We’ve Got Your Resolution Solutions

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JANUARY - APRIL 2014  |   WWW.PIETERSFAMILYLIFECENTER.ORG

Located in Henrietta, at the corner of East Henrietta Road and Castle Road
**Wellness for the Whole Person, All in One Place**

The Pieters Family Life Center offers more than just exercise classes and therapy programs. We work to create a sense of community that supports all kinds of wellness - physical, social, emotional, spiritual, intellectual and occupational. We are committed to programming that:

- Encompasses all aspects of healthy living
- Recognizes the unique needs of each individual
- Provides avenues for personalized growth in a caring and supportive environment
- Helps our community strengthen its compassion and humanity

The Life Center welcomes people of all ages and abilities to be a part of our community which is focused on building a *HealthyYou*. Visit our fitness room, volunteer with us, join a fitness class or get a massage; these are just a few ways you can take a step towards a *HealthyYou*.

We have many flexible ways you can be a part of our person-centered wellness community.

<table>
<thead>
<tr>
<th><strong>HEALTHY YOU</strong></th>
<th><strong>BASIC MEMBERSHIP</strong></th>
<th><strong>PUNCH PASSES</strong></th>
</tr>
</thead>
</table>
| Join our HealthyYou community that provides support for wellness goal setting, supervised and supported exercise programs, therapeutic group exercise classes and more. $50 a month. One time $50 registration fee. Contact us for more information. | Includes unlimited use of the Pieters Family Life Center fitness center.  
• Individual: $15 a month  
• Household: $30 a month  
One time registration fee: $50 | We also offer 10-visit punch passes.  
• Fitness Pass: $20  
• Exercise Class Pass: $60 |

**CONTACT INFORMATION**
1025 Commons Way  
Rochester, NY 14623  
Phone: (585) 487-3500  
Fax: (585) 487-3527  
info@pietersfamilylifecenter.org  
pietersfamilylifecenter.org  
facebook.com/PietersFamilyLifeCenter  
twitter.com/RocPieters  
rocpieters.blogspot.com

**FACILITY HOURS**
Monday-Friday: 6:30 am-9 pm  
Saturday: 8 am-5 pm

Holiday Closings:  
Jan. 1, 2014  
April 18, 2014  
April 19, 2014

During inclement weather, check local news stations for closing updates: WHAM TV-13, WHEC TV-10, WROC TV-8, and YNN TV-9.

To support the health and well-being of our staff, customers and visitors, the Pieters Family Life Center is a non-smoking campus.

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**Fitness Consultation**

The start of the New Year always brings the prospect of new beginnings in people. Maybe this is the year you give up smoking, lose that stubborn 20 pounds or you plan to run your first marathon. Regardless, there is always one question; how do I do it? Often we get caught up in gym memberships at huge facilities but then don’t know what exactly to do. A fitness consultation is a great solution to this. With a fitness consultation, you can meet one on one with an instructor to discuss your goals and abilities while working together on the path to the new you.

Your own fitness consultation is available at the Pieters Family Life Center for $35 for a half hour or $50 for one hour. For more information contact Cory Kruger at (585) 487-3567 or ckruger@pietersfamilylifecenter.org.

**Supervised Fitness Room Hours**

Wellness assistant, Cory Kruger, will now be available Mondays, 10-11 am; Wednesdays, 5:30-6:30 pm and Fridays, 2:30-3:30 pm to assist you in using the equipment in the Fitness Room. He will also offer orientation to new members at this time.

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**Third Annual Women’s Health Fair**

**Saturday, March 29, 2014:** Calling all ladies! Join us for a day just for women to celebrate the health of your mind, body and spirit. The Life Center has teamed up with area health and wellness organizations to provide women in our community an opportunity to focus on their best asset – themselves. The day will include speakers on health and wellness, healthy food samples, demonstrations, makeovers, a vendor area, giveaways and more.

For vendor information and more, visit www.pietersfamilylifecenter.org.
Every year, lots of people—maybe even you—choose a list of resolutions for the next year. “I will spend more time with my family,” and “I will get in shape,” or “I will quit smoking, enjoy life more and learn something new!” Do these sound familiar? Generally, we make these resolutions because we want to improve our lifestyle. We know what we want to accomplish but what we fail to realize is that making changes in our daily habits is difficult and takes time.

Start by making a plan. Pick your top three goals and prioritize them. Start with the one that you know you can be successful. Make your goals attainable. For example: try walking 2-3 times a week for the month of January and then, add more as your fitness level improves.

Be nice to yourself. Habits are tough to break! Practice and persistence will get you to your goals. So when you give into the chocolate cake, it doesn’t mean you throw out your healthy eating program. Get yourself back on track as soon as possible and celebrate what you’ve accomplished so far.

Stay positive. Journal all your accomplishments and praise yourself on a job well done! When the times get tough you will be able to re-read all you have written and it will keep you motivated and focused on your goals.

Add a friend. It’s easier to stick to your goals if you have a buddy to join you. Ask a friend, family member or a co-worker if they’d like to take a class with you. Life is about relationships and the fun we have learning and growing together.

Resolution Solutions

Every year, lots of people—maybe even you—choose a list of resolutions for the next year. “I will spend more time with my family,” and “I will get in shape,” or “I will quit smoking, enjoy life more and learn something new!” Do these sound familiar? Generally, we make these resolutions because we want to improve our lifestyle. We know what we want to accomplish but what we fail to realize is that making changes in our daily habits is difficult and takes time.

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Silver & Fit

Did you know the Pieters Family Life Center is a provider of the Silver & Fit program through Excellus BlueCross and BlueShield and Aetna? The Life Center is also in the process of being accepted through many more health insurance providers. Silver & Fit is for adults age 65 and over; it’s a program eligible to those with Medicare health insurance. For a non-refundable fee of $25 per year one can receive access to the following:

- Unlimited use of our fitness room
- Discounted HealthyYou membership
- Discounted PFLC exercise punch pass

Stop by the reception desk for further information, or call (585) 487-3500. We will be adding more insurance providers this year.

Caring, Sharing and Laughter

We’ve all heard that laughter is the best medicine but during the cold, often dreary days of January, a warm thought or a smile can be hard to come by. Come prepared to laugh and share some of life’s bloopers as we chase away the cold, and light the fire inside each of us.

Date: Thursdays, Jan. 9, 16, 23 and 30

Time: 1–2 pm

Fee: $30 for four classes

NEW Melodies and Memories

Melodies and Memories promotes health and wellness for individuals with dementia and memory loss, as well as their care partners, through a variety through a variety of musical experiences. Participants will have the opportunity to play instruments, sing, and be involved in group discussion in a welcoming and supportive environment. No musical background is required. Join board-certified music therapist Lauren C. Faggiano for these free monthly sessions sponsored by the Alzheimer’s Association of Rochester and the Finger Lakes.

Date: Every second Friday

Time: 2-3:30 pm

Fee: FREE

CLASSES FOR CHILDREN

MARK YOUR MARK

Make Your Mark is a handwriting class designed for four-year-olds. Children will explore the shape and directionality of capital letters through music, movement, and activities. For more information visit: www.pietersfamilylifecenter.org

Session: Jan. 8-Feb. 12

Fee: $70 per session plus book fee of $10

Day Time

Wednesdays 9:15-10 am or 1:30-2:15 pm

TOOTHBRUSHING CONSULTATION

An occupational therapist will assist you in developing gentle strategies to assist your “sensory-sensitive” child with tooth brushing. Service may be covered by insurance.

Session: Call (585) 487-3500 to learn more or schedule

Fee: $90 for a 60-minute session
Fitness Programs & Classes

Therapeutic Exercise and Physical Activity Classes

For your convenience we offer a 10-visit punch pass for fitness classes (eligible classes are marked with ♥) at a cost of $60, saving you $10 for buying 10 visits.

BONE BUILDING EXERCISES FOR OSTEOPOROSIS & ARTHRITIS
Learn therapeutic exercises to build bone mass, strengthen your muscles and increase endurance safely! $7/class ♥

WEIGHT TRAINING AND ENDURANCE FOR FIBROMYALGIA & CHRONIC PAIN
Get moving and strengthen your muscles – and your heart -- without increasing fatigue or pain. Learn how exercise and social support can address chronic pain. $7/class ♥

STRETCH AND GO!
Focus on gentle yoga and therapeutic exercises designed to make you feel your best. Perfect for caregivers who could benefit from a soothing environment. $7/class ♥

MUSCLES IN MOTION EXERCISE PROGRAM
Develop a fitness routine to build muscle, increase flexibility and improve endurance. This class is recommended for stroke survivors, individuals with early stage dementia, seniors and those new to exercise. All exercises can be done while sitting or standing. $7/class ♥

STRETCHING AND STRENGTHENING FOR MULTIPLE SCLEROSIS
Increase muscle flexibility and strength to improve coordination, balance and endurance. $7/class ♥

WALK FIT
Enjoy socializing while you walk to music in the Pieters Family Life Center gymnasium. $7/class ♥

ZUMBA WITH BODY CONNECTION INSTITUTE
Experience a Latin-inspired fitness class that offers a dance party-like atmosphere that anyone can enjoy. $7/class ♥

PILATES
Begin with basic principles, including exercises that focus on conditioning, proper alignment, strength and flexibility. Exercises may be incorporated on a stability ball with a focus on balance. $10/class

BACK TO BASICS
Meet with a group of your peers for one hour twice a week; 30 minutes of cardiovascular exercise, followed by two sets of upper and lower body exercise on our weight equipment. Prior to class, time will be set aside for sharing and goal building. $30 for six-week session

NEW BALANCE AND STRENGTH
This half hour class is for the beginner exerciser. Start getting active by focusing on general strength, endurance and stability in a safe environment. $5/class

MOVING TO THE GROOVE
Get moving to the groove to maintain and develop endurance, strength and coordination. Gets your body moving to fun, motivating music in the company of fun motivating people! Classes are held in the Pieters Family Life Center gymnasium. $7/class ♥

PICKLEBALL
Come enjoy Pickleball at the Life Center with a few of your friends and others from around the community. In collaboration with the town of Henrietta Senior Center we have been able to bring this popular game to our facility. $3 per visit or $20 for 10-visit Pickleball punch pass

HANDS IN MOTION
This class is for adults who may be struggling with daily tasks such as turning a key, opening jars or zipping a jacket. We will guide your hands through gentle stretching, games and pampering, to develop flexibility and coordination. Pre-registration required. $10/class

For Dates and Times of the Classes Below, See Page 7.

Health & Specialty Classes

Living with Fibromyalgia and Chronic Pain
Take advantage of a series of classes designed to cope with chronic pain. Choose the ones that fit your needs or participate in the entire session. $18/class

CLASS 1- WHAT IS FIBROMYALGIA AND HOW IS IT TREATED?
Wednesday, Feb. 26, 2-4 pm

CLASS 2- SLEEP & PAIN
Wednesday, March 5, 2-4 pm

CLASS 3- THERAPEUTIC EXERCISE TO DECREASE PAIN AND INCREASE MUSCLE POWER
Wednesday, March 12, 2-4 pm

CLASS 4- NUTRITIONAL GUIDELINES TO RESTORE ENERGY
Wednesday, March 19, 2-4 pm

CLASS 5- FIBROMYALGIA AND FAMILIES (Fee includes all family members.)
Wednesday, March 26, 6:30-7:30 pm

Outpatient Therapeutic and Wellness Services

The Pieters Family Life Center, in partnership with Unity Physical Therapy & Rehabilitation, offers a full range of orthopedic, sports, general physical rehabilitation services, as well as aquatic therapy.

We specialize in:

- Sports-related injuries
- Sprains and Strains
- Tendonitis
- Joint Pain/Joint Replacement Surgery
- Back and Neck Pain
- Osteoarthritis and Degenerative Joint Disease
- Stroke
- Surgery
- Swelling Disorder

Participants must have a doctor’s prescription in order to participate. We accept most insurance carriers.
Health & Specialty Classes

Memories In The Making
A fine arts program for individuals with dementia and their care partners. Memories In the Making is facilitated by a Pieters Family Life Center art therapist and is a partnership with the Alzheimer’s Association Rochester and Finger Lakes chapter. Meeting the first and third Mondays, please call (585) 487-3500 for a current schedule. This program is free to participants.

Taking The Lead
Taking the Lead provides a safe space where people with Parkinson’s can come together to learn a variety of dance techniques, maintain physical integrity, learn techniques that can help in day-to-day life, feel good and have fun moving. $10/class or $50 for six classes. Spouse/Caretaker no charge.

Swallowing Consultation
The Pieters Family Life Center is now offering individualized consultations/evaluations with a speech-language pathologist. The therapist will recommend strategies specific to your situation. This non-invasive table-side evaluation can be viewed as the first step to addressing your swallowing concern. Service may be covered by insurance. $90. Contact: Maria Rosa Capozzolo M.A. CCC-SLP (585) 487-3558 for an appointment.

Connecting Voices
Join us for Connecting Voices, a therapy-based choir experience for anyone who is experiencing difficulty with breath support, vocal articulation and intensity, fluency, facial expression and swallowing. The group is specifically designed to provide opportunities for strengthening social connections and improving overall wellness in a supportive environment. No previous music experience necessary! Class meets on Fridays from 1-2 pm. Check online or call ahead for class updates and cancellations. $7/class or $60 for a ten-week punch pass.

Aquatic Wellness Programs

The Pieters Family Life Center is home to the region’s first HydroWorx 2000 therapy and fitness pool. This fully accessible pool has an underwater treadmill and resistance jets — which allows for low-impact therapeutic exercise and aggressive conditioning for serious athletes. To view a video, visit www.pietersfamilylifecenter.org. Your session dates will begin after registration.

BACK HAB
If you have back pain or are just getting discharged from physical therapy for back pain, then this is the class for you. Learn lumbar stabilization exercises to strengthen core muscles in the therapy pool. Class limited to four participants. $60 for a six-week session.

STEP IT UP A NOTCH
Spice up your workout. If you would like a more challenging program these next two classes may be what you’re looking for. Not for beginners or individuals who may need assistance but for the person who exercises at least three times per week. $75 for a six-week session.

WATER WALKING EXERCISE CLASS
A fitness option for those who find it hard to achieve cardiovascular goals on land due to joint, mobility, or chronic pain conditions. To intensify your cardiovascular workout, try the new higher speeds that have been added to the schedule. No more than four participants per class. $50 for a six-week session.

All new participants must sign up for a free 15-minute trial to determine appropriate class placement. Call (585) 487-3500 to register.

AQUA FIT
Enjoy gentle exercises that will help improve joint range of motion while strengthening and relaxing muscles. $60 for a six-week session. For class days and times call (585) 487-3500.

GOT KNEE/HIP PAIN?
Feel the warmth of the hydrotherapy pool while you stretch and strengthen your muscles. $60 for a six-week session.

OH, MY ACHY BODY!
If you have unresolved pain from arthritis, an accident or chronic pain condition, this is the class for you. Come and experience the healing power of warm water while you increase muscle strength, balance and endurance. This class is especially helpful to those who are preparing for knee or hip replacement surgery or for those who have been discharged from physical therapy and need to continue a therapeutic exercise program. The class will utilize the pool at Holy Childhood, 100 Groton Parkway, Rochester, NY 14623 (right around the corner from the Pieters Family Life Center). $90 for a six-week session.

AQUABALANCE
This 30-minute class will focus on stretching, strengthening and endurance to improve standing balance. The water provides a safe environment by providing additional body support and ease of movement. $60 for a six-week session.

POST PT/OPEN POOL
Have you recently been discharged from aquatic physical therapy but aren’t interested in water walking? This half hour class allows participants to use the HydroWorx 2000 pool to continue to gain strength and mobility without the use of the treadmill. $50 for a six-week session.
Life Center Events

PFLC Garden Club
This group meets monthly to make garden-themed crafts and plan for the 2014 Pieters Family Life Center gardens. Meetings are:
Wednesday, Jan. 15, Feb. 12, March 12, April 16
Time: 6:30-8 pm
Fee: $3/class

Scrapbooking Sample
Never scrapbooked or need a refresher? Join Rita Marie to make a scrapbook sample. Bring a couple pictures and you will leave with your first scrapbook page.
Wednesday, Feb. 26
Fee: FREE

ABC’s of Cooking:
In this series of cooking classes you’ll learn hands on cooking basics from terminology to cooking methods and recipes while enjoying fellowship around “the dinner table”. This class is great for the cooking beginner who would like to learn some tricks of the trade.

Comfort Foods Made Healthy
Each week we’ll make a favorite comfort food with a healthy twist!
Tuesdays, Feb. 4, 11, 18 and 25
Time: 6:30-7:30 pm
Fee: $40 for a four-week session

Celebrations at the Table
We’ll focus on easy recipes and kitchen basics while learning ways to make meal time a time of connection and celebration.

Tuesdays, April 1, 8, 22 and 29
Time: 6:30-7:30 pm
Fee: $40 for a four-week session

GARDEN CAFÉ
KARAOKE
Hosted by DJ Dana
Wednesdays:
- Jan. 15
- Feb. 19
- March 19
- April 16
Time: 7-8 p.m.
Cost: Free

Contact Catalina Johnson for more information at (585) 487-3500 or cjohnson@pietersfamilylifecenter.org.

PROGRAM HIGHLIGHT

TRANSITION UNIVERSITY

Transition University is a fun educational opportunity for young adults with intellectual disabilities, autism and social disabilities ages 18-24 years-old, who are transitioning from school to adulthood. Working with a team of skilled clinicians and professionals, students of Transition University will benefit from a supportive group environment while learning key skills that promote independence! Choose the course that most interests you!

NOW YOU’RE TALKIN’! - Students will work with a speech pathologist as she takes a functional and fun approach to develop social awareness and help individuals communicate more efficiently and effectively. Some of the skills addressed in the series will include: tone of voice, volume of speech, body language, initiating conversation, turn taking and topic maintenance, expressing emotions, asking for clarification and responding to criticism. This is an intermediate level course; therefore students must be able to independently speak in short sentences.

A PLACE OF MY OWN - Are you overwhelmed by the possibility of living on your own? The occupational therapy team will guide you in formulating an independence plan and in learning to accomplish daily tasks for independent living.

DISCOVER “U” - Creative arts therapists use art, music and dance as tools for self-discovery. Through creative explorations students will gain self-awareness, social awareness and other skills that promote success at work and at home.

HEALTHY LIVING 101 - Join the PFLC wellness team to improve your health and wellness! Students will develop a personalized wellness plan that includes safe physical activity, healthy eating and how to make these a part of a daily routine.

FEBRUARY BREAK CAMP "PREPARE U"
PrepareU is a fun 2-day educational opportunity, during February school break, for teens with intellectual disabilities, autism and social disabilities ages 13-17. Working with a team of skilled clinicians and professionals, students will benefit from a supportive group environment while learning key skills that promote independence. PrepareU offers a sampling of course material from Transition University. For more information please visit www.pietersfamilylifecenter.org.

NOW ENROLLING!
- Preschool
- Pre-Kindergarten
- Before & After School Care
Call (585) 340-2077 for a tour!
ExpressiveBeginningsChildCare.org
Next door to the Pieters Family Life Center

Times: 9:30 a.m.- noon, Tuesday and Thursday, Feb. 18 & 20
Fee: $60
### Weekly Class Schedule

#### MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Instructors</th>
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<tbody>
<tr>
<td>7:30 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>8:00 am</td>
<td>AQUA Fitness</td>
<td>Barb Cacia</td>
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<tr>
<td>9:30 am</td>
<td>AQUA Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>11 am</td>
<td>Bone Building Exercises for Osteoporosis &amp; Arthritis</td>
<td>Cory Kruger</td>
</tr>
<tr>
<td>11:45 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Walk Fit</td>
<td>Barb Cacia</td>
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<tr>
<td>1:30 pm</td>
<td>Muscles in Motion</td>
<td>Barb Cacia</td>
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<tr>
<td>5:30 pm</td>
<td>Zumba</td>
<td>A. Merced, A. Merced</td>
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<tr>
<td>5:30 pm</td>
<td>Step it up a Notch (every hour)</td>
<td>Dawn Chock</td>
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#### TUESDAY

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<tr>
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<td>Water Walking (every 1/2 hour)</td>
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<td>11:30 am</td>
<td>AQUA Fitness</td>
<td>Barb Cacia</td>
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<tr>
<td>11:30 am</td>
<td>Balance and Strength</td>
<td>Erin Allen</td>
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<tr>
<td>11:30 am</td>
<td>AQUA Fitness</td>
<td>Barb Cacia</td>
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<tr>
<td>11:30 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
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<tr>
<td>2:30 pm</td>
<td>Back to Basics</td>
<td>Cory Kruger</td>
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<tr>
<td>2:15 pm</td>
<td>Hands in Motion</td>
<td>Noelle Pacer</td>
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<tr>
<td>5:30 pm</td>
<td>Pilates</td>
<td>Barb Noskie</td>
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<tr>
<td>6:00 pm</td>
<td>Water Walking (every 1/2 hour)</td>
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#### WEDNESDAY

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<td>Water Walking (every 1/2 hour)</td>
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<td>11:45 am-12:45 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
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<tr>
<td>noon-1 pm</td>
<td>Stretching &amp; Strengthening for MS</td>
<td>Barb Cacia</td>
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<tr>
<td>noon-3 pm</td>
<td>Pickleball</td>
<td>Multiple</td>
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<tr>
<td>1:30 pm</td>
<td>Muscles in Motion</td>
<td>Barb Cacia</td>
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<tr>
<td>4:30 pm</td>
<td>Back Hab</td>
<td>Elizabeth Grzeskowski</td>
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<td>4:30 pm</td>
<td>Got Knee/Hip Pain (every 1/2 hour)</td>
<td>Barb Cacia</td>
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<td>5:30 pm</td>
<td>Zumba</td>
<td>A. Merced, A. Merced</td>
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<tr>
<td>6:00 pm</td>
<td>Water Walking (every 1/2 hour)</td>
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#### THURSDAY

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<td>7:00 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
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<tr>
<td>11:30 am</td>
<td>AquaBalance</td>
<td>Erin Allen</td>
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<td>11:30 am-12:15 pm</td>
<td>Moving to the Groove</td>
<td>Shannon Seddon</td>
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<tr>
<td>noon-1 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
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<tr>
<td>2:30 pm</td>
<td>Back to Basics</td>
<td>Cory Kruger</td>
</tr>
<tr>
<td>3:30-4:15 pm</td>
<td>My Achy Body! Holy Childhood pool</td>
<td>Multiple</td>
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<tr>
<td>4:30-5:15 pm</td>
<td>Open Pool (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Water Walking (every 1/2 hour)</td>
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#### FRIDAY

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<tr>
<td>10:11 am</td>
<td>Stretch and Go!</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>noon-2 pm</td>
<td>AQUA Fitness (every 1/2 hour)</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>Connecting Voices</td>
<td>Melinda Kurowski</td>
</tr>
<tr>
<td>2:15 pm</td>
<td>Taking the Lead</td>
<td>Shannon Seddon</td>
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#### SATURDAY

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<tr>
<td>8:30 am-1:30 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
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The Magic Paintbrush Project

Combining goals and creativity, our Magic Paintbrush workshops are designed to meet the needs of individuals of all ages with physical or developmental disabilities, and their caregivers. In a typical workshop, participants might roll a paint-covered ball over paper or use their hands and feet to draw— all while practicing new skills and enjoying time with family members and friends.

Participants take away a sense of family cohesion. They feel like they’ve succeeded at reaching their goals. And they laugh a lot.

Funding for the Magic Paintbrush Project has been made possible through the generous support of the Rochester Press Radio Club and M&T Bank.

For more information about the Magic Paintbrush Project at the Pieters Family Life Center please contact Sara at scorona@pietersfamilylifecenter.org.

Creative Arts Therapy

Sometimes finding the right words can be tough, but spending time with a creative arts therapist at the Pieters Family Life Center can make it easier to work through complex feelings and stressful life changes. Our team of art, music, and dance/movement therapists provide individual sessions and the following group creative arts experiences:

- **Connecting Voices:** A therapy-based choir for those experiencing deficits related to speech.
- **Taking the Lead:** People with Parkinson’s can learn a variety of safe dance techniques to promote balance and stamina.
- **Memories in the Making:** A fine arts program for individuals with dementia and their care partners.
- **Melodies and Memories:** Promote health and wellness through musical experiences; play instruments, sing, and be involved in group discussion. No musical background is required.

For more information on these unique programs visit: www.pietersfamilylifecenter.org

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<th><strong>HEALTHY YOU</strong></th>
<th><strong>BASIC MEMBERSHIP</strong></th>
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| Join our HealthyYou community that provides support for wellness goal setting, supervised and supported exercise programs, therapeutic group exercise classes and more. $50 per month. One time $50 registration fee. Contact us for more information. | Includes unlimited use of the Pieters Family Life Center fitness center.  
- Individual: $15 a month  
- Household: $30 a month  
One time registration fee: $50 | We also offer 10-visit punch passes.  
- Fitness Pass: $20  
- Exercise Class Pass: $60 |