Simple Steps, Simple Changes

inside
Membership Info 2
New Classes & Offerings 2-3
Program Spotlight 3
Classes for Children, Adults & Seniors 4-7
Class Schedule 7
Creative Arts Therapy 8

SEPTEMBER - DECEMBER 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.

### 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:**  
Sept. 1, 2014  
Nov. 27-28, 2014  
Dec. 24-27, 2014  
Dec. 31, 2014 (Closing at 5 pm)  
Jan. 1, 2015

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.

### SIMPLE STEPS TO SIMPLE CHANGES

**UNIVERSALLY DESIGNED FITNESS ROOM**  
If you’re worried or nervous about using a fitness room, we’re a great place to start! The fitness room at the Pieters Family Life Center is an intimate space that offers easy-to-use, fully accessible fitness equipment. Our fitness staff will get to know you and provide you with the support needed to work toward your goals.

**WATER WALKING EXERCISE CLASS**  
Do you find it hard to be active due to joint, mobility or chronic pain conditions? Our water walking classes are a great way to get you moving! The warmth and buoyancy of the water provides support to bones, joints and muscles — getting you moving when you thought you couldn’t.

### BASIC MEMBERSHIP

Includes unlimited use of the Pieters Family Life Center fitness center.  
- Individual: $15 a month  
- Household: $30 a month  
One time registration fee: $50

### PUNCH PASSES

We also offer 10-visit punch passes.  
- Fitness Pass: $20  
- Exercise Class Pass: $60

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.

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Are you nearing discharge from physical therapy? Would you benefit from an ongoing exercise program to maintain your therapeutic goals? Let the Pieters Family Life Center be the Next Step in your journey to improved health and function through a variety of classes to benefit people with arthritis, back pain and other chronic conditions.

Mary, a participant at the Pieters Family Life Center, suffered an injury and found herself struggling to perform her daily tasks. She started using the HydroWorx pool at the Life Center to strengthen and stretch her muscles and joints. Mary took her Next Step with us and now sees improvement in her posture and ability to walk on a treadmill.

To help you take the Next Step, try one of these specialized classes:
- Aquatic Back Hab
- AquaBalance
- AquaFitness
- Water Walking
- Bone Building for Osteoarthritis
- Stretching and Strengthening for Multiple Sclerosis
- Weight Training for Fibromyalgia and Chronic Pain

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 exercise punch pass
- Discounted aquatics classes

Stop by the reception desk for further information, or call (585) 487-3500.

We're happy to welcome four new instructors to the Pieters Family Life Center who bring a variety of new classes and a wealth of experience in supporting people on their wellness journey.

Donna Evevsky brings her passion for yoga to the Pieters Family Life Center. Donna is a certified sport yoga instructor and has experience in teaching yoga to kids, seniors and individuals with disabilities. In addition to yoga, Donna was an exercise instructor for the Arthritis Foundation.

Dawn Chock is a familiar face at the Pieters Family Life Center. Dawn, a lifetime fitness enthusiast, has taught water walking classes and has recently completed the Arthritis Foundation Certification for Aquatics Instruction. Dawn is the instructor for the newest aquatics class – Aquatic Interval Workouts for Beginners.

Andrea King is the tai chi instructor. She has an instructor level black belt. She teaches the Yang style of tai chi. She has practiced martial arts at the Northeastern Martial Arts Dojo for six and a half years and has taught tai chi for four years.

Melissa Culver is the instructor for the aquatics exercise program. Melissa was the upstate New York trainer for the Arthritis Foundation aquatics exercise program for 14 years and has taught aquatics programs at the YMCA and Town of Brighton Recreation.
**Fitness Programs & Classes**

**FOR DATES AND TIMES OF THE CLASSES BELOW, SEE PAGE 7.**

**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 AND 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**

Pilates workouts promote strength and balanced muscle development as well as flexibility and increased range of motion. The focus on core support and full body fitness, including the breath and the mind, provides a level of fitness that is hard to find anywhere else. $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

**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 ◊

**YOGA**

Classes follow a traditional yoga flow format and are modified to be done seated. Participants gain awareness of body movement and positioning in a safe, gentle manner with a restorative yoga focus and instruction in breathing techniques. Yoga can be extremely helpful in combating stress, fatigue and pain while increasing core strength and flexibility. $10/class

**ITSY BITSY YOGA**

Yoga fun for kids ages 3-7 and parent or responsible caregiver. A creative introduction to yoga poses with an emphasis on imagination. Please bring a yoga mat or blanket to class, a water bottle and wear comfortable clothes. Register all who are attending, but the adult is free! $50 for an 8 week session or $7/class

**MEDITATIVE ARTS**

This class combines multiple modalities of meditation with creative arts to help lead to a more balanced you and is perfect for those with a stress-filled life, chronic pain, general anxiety or anyone searching for greater self-awareness. $8/class

**TAI CHI**

Tai chi is an internal martial art, mainly practiced for health, flexibility and fitness of the body and mind, using slow and steady movements. Tai chi can benefit everyone, including people with fibromyalgia, arthritis, Parkinson’s, multiple sclerosis, headaches, high blood pressure and stress. $10/class

**FUEL UP WITH GOOD FOOD**

Food is the fuel that runs your body. Fuel it up by feeding it good, fresh and wholesome foods that will give you energy, repair your muscles and keep you operating at 100 percent. This class will highlight simple diet changes that will have a big impact on your health and wellness. Wednesday, Oct.15, 6:30 – 8 pm

**ABCs of ZZZs**

Honor your body, mind and spirit with sleep! A good night’s sleep doesn’t come easily for many people. The ABCs of ZZZs will teach you how to get a good night’s sleep that will leave you rested, feeling good and ready to conquer the day. Wednesday, Oct. 8, 6:30 – 8 pm

**WELLNESS THROUGH MUSCLE MOVEMENT**

Movement and exercise will renew your body, mind and spirit. Honor your body with gentle stretching, walking and daily exercise. This class focuses on how to incorporate movement into your daily routine in a way that will increase your energy and stamina and prevent injuries. Wednesday, Oct.15, 6:30 – 8 pm

**SIMPLE STEPS TO SIMPLE CHANGES SERIES**

Join Barb Cacia, Pieters Family Life Center wellness coordinator, for these classes designed to highlight strategies to improve your overall health and wellness. Choose classes a la carte, or participate in the entire series. $18/class or $75 for the entire series.

**FOR HEALTH, FLEXIBILITY AND FITNESS OF THE BODY AND MIND, USING SLOW AND STEADY MOVEMENTS. TAI CHI CAN BENEFIT EVERYONE, INCLUDING PEOPLE WITH FIBROMYALGIA, ARTHRITIS, PARKINSON’S, MULTIPLE SCLEROSIS, HEADACHES, HIGH BLOOD PRESSURE AND STRESS.**

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**MANAGING STRESS BEFORE IT MANAGES YOU**

Stress can have a major impact on your health and wellness. Learning to control the stress response requires a great deal of self-awareness. This class will highlight the relationship between stress and health while identifying ways to manage stress so you can live a happy life and reach your goals. Wednesday, Oct 29, 6:30 – 8 pm
Simple Steps Con’t

TAKE CHARGE OF YOUR THOUGHTS
It’s a busy world! In the rush to get everything done you may find yourself losing connection with the present moment. Your thoughts can control how your body physically feels. This class will teach you strategies to live in the moment and frame your thoughts so you can continue to live a full, focused life. Wednesday, Nov.5, 6:30 – 8 pm

Specialty Classes

HANDWRITING TUTORING
The Pieters Family Life Center offers handwriting tutoring taught by an occupational therapist. Tutoring sessions meet weekly, for 30 or 45 minutes.

Students who have experience in printing will receive a handwriting screening as part of the first session to determine which skills the student needs to master. A printing evaluation may be done upon request, for an additional charge of $150.

Time: Schedule with instructor, Noelle Pacer, OTR, by calling (585) 487-3577.
Fee: $20 for 30 minutes; $30 for 45 minutes. Ages: 4 through adult.

HANDS IN MOTION
Are you having difficulty opening jars, zipping your coat, turning a key? Get your Hands in Motion to develop flexibility and coordination. Noelle Pacer, Occupational Therapist, will guide your fingers with gentle stretching, games, and pampering. $10/class.
Time: Tuesdays 2:15 - 3 pm
Must pre-register.

Aquatic Wellness Programs

FOR DATES AND TIMES OF THE CLASSES BELOW, SEE PAGE 7.

SEPTEMBER - DECEMBER 2014

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

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
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

(AQ) AQUATIC EXERCISE
This type of exercise helps to build strength and stamina with a minimal amount of discomfort, reconditioning joints and managing pain. The class includes warm up, endurance, strength, flexibility, cool down and relaxation exercises and also encourages social wellness. $75 for a six-week session.

(AQ) AQUATICS INTERVAL WORKOUTS FOR BEGINNERS
This warm-water exercise program consists of intervals of more intense segments followed by easier segments, referred to as recovery periods. The participant can select his/her level of intensity and length of interval according to ability and fitness. It is ideal for those looking to improve cardiovascular fitness while reducing fatigue and burning more calories. $75 for a six-week session.
**A Fall Full of Fun at the Garden Cafe!**

**Garden Club**  
With the advent of cooler weather, we’re bringing the garden inside! Please join us for gardening and plant activities indoors, once every month on Wellness Wednesdays. We will include special projects for the fall and winter holidays using living plants and natural materials. Oct. 29, Nov. 19, Dec. 17  
Fee: $3 to cover the cost of supplies

**ABC’s of Cooking:**  
A four-class series hosted at the Pieters Family Life Center, with a chance to learn hands-on cooking basics from terminology to methods and recipes. This class is great for the cooking beginner who would like to learn the tricks of the trade! Contact Catalina Johnson at (585) 487-3504 or email cjohnson@pietersfamilylifecenter.org  
Tuesdays Oct. 7, 14, 21, 28, 6:30 – 7:30 pm  
Fee: $40 for the series

**PFLC Membership Social**  
In the month of giving thanks, please join us as we take time to thank YOU for your participation in Pieters Family Life Center programs! Tuesday, Nov. 18, 11 am – 1 pm  
Contact Catalina Johnson for more information at (585) 487-3500 or cjohnson@pietersfamilylifecenter.org.

**PROGRAM HIGHLIGHTS**

**TRANSITION UNIVERSITY**

Transition University is a fun educational opportunity for young people, ages 18-25, who are transitioning into 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 at home, work and in life.

Choose from one of the following courses:

- **Interaction and Reaction** – Working with a speech pathologist and a behavior specialist, students will build on current social skills to develop positive relationships and understand interactions. The course includes situation-based role plays addressing emotional awareness, recognition of body language and keeping conversation flowing smoothly.

- **A Place of My Own** – Occupational therapists will guide students in forming a “plan for success” in daily living skills. Students will practice these skills to prepare for a more independent lifestyle.

- **Discover “U”** – Creative arts therapists use art, music and dance as tools for self-discovery. Through creative explorations and self-reflection, 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 this part of their daily routine.

- **Preparing for Employment** – Work directly with professionals from the Employment Alliance to learn more about getting a job. Students will work on skills such as preparing a resume and applying and interviewing for jobs. With practice, students will build self-confidence related to seeking employment.

**Space is Limited!** Orientation & First Class: Sept. 11, 6-7:30 pm  
Classes held from 6-7pm on Sept. 18, 25, Oct. 2, 9, 16, 23 and 30.

Cost: $125, Ages 18-25. For more information please visit www.pietersfamilylifecenter.org/TU or call us at (585) 487-3500.

**(NEW) TRANSITION UNIVERSITY PARENT WORKSHOPS**

Transition University tuition fee includes free attendance to one Parent Workshop; each additional class is $10

Workshops run 6-7pm at the Pieters Family Life Center.

- **Discovering Natural Supports** Sept. 18
- **Advocacy Center** Sept. 25
- **Introduction to Faith, Hope and Inclusion: Stronger Together** Oct. 2
- **An Introduction to Customized Support Services (CSS)** Oct. 9
- **Planning with Special Needs Trusts** Oct. 16
- **Caring for the Caregiver** Oct. 23

**NOW ENROLLING!**

- Preschool  
- Pre-Kindergarten  
- Kindergarten  
- Before & After School Care

**Call (585) 340-2077 for a tour!**  
ExpressiveBeginningsChildCare.org

Next door to the Pieters Family Life Center
# Weekly Class Schedule

## Monday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9 am</td>
<td>AQUA Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>9-9:30 am</td>
<td>AQUA Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>11-11:30 am</td>
<td>Back Hab</td>
<td>Elizabeth Grzeskowiak</td>
</tr>
<tr>
<td>11 am-noon</td>
<td>Bone Building Exercises for Osteoporosis &amp; Arthritis</td>
<td>Cory Kruger</td>
</tr>
<tr>
<td>11:30 am-12:30 pm</td>
<td>Aquatics Exercise Class</td>
<td>Melissa Culver</td>
</tr>
<tr>
<td>12:30-1:15 pm</td>
<td>Walk Fit</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1:30-2:30 pm</td>
<td>Muscles in Motion</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>4-4:30 pm</td>
<td>Back Hab</td>
<td>Jessica Collins</td>
</tr>
<tr>
<td>5:30-6:30 pm</td>
<td>Zumba</td>
<td>A. Merced</td>
</tr>
<tr>
<td>5:30-6:30 pm</td>
<td>Step it up a Notch (every hour)</td>
<td>Dawn Chock</td>
</tr>
<tr>
<td>6-7 pm</td>
<td>Walk Fit</td>
<td>Shawn Boyton</td>
</tr>
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</table>

## Tuesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructors</th>
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</thead>
<tbody>
<tr>
<td>7-9 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>11-11:30 am</td>
<td>AQUA Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>11:30 am-noon</td>
<td>AQUA Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>noon-1 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>12:30-2 pm</td>
<td>Weight Training/Endurance Fibromyalgia &amp; Pain</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>2-3 pm</td>
<td>Back to Basics</td>
<td>Cory Kruger</td>
</tr>
<tr>
<td>2:15-3 pm</td>
<td>Hands in Motion</td>
<td>Noelle Pacer</td>
</tr>
<tr>
<td>3-4 pm</td>
<td>Aquatics Exercise Ai Sigil Center pool</td>
<td>Melissa Culver</td>
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<tr>
<td>5-6 pm</td>
<td>Aquatics Exercise PFLC pool</td>
<td>Melissa Culver</td>
</tr>
<tr>
<td>5:30-6:30 pm</td>
<td>Pilates</td>
<td>Barb Noskie</td>
</tr>
<tr>
<td>5:30-6:30 pm</td>
<td>Tai Chi</td>
<td>Andrea King</td>
</tr>
<tr>
<td>6-9 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
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</table>

## Wednesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:45 am-12:45 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Dawn Chock</td>
</tr>
<tr>
<td>noon-1 pm</td>
<td>Stretching &amp; Strengthening for MS</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1-2 pm</td>
<td>Yoga</td>
<td>Donna Evesky</td>
</tr>
<tr>
<td>2-3 pm</td>
<td>Itsy Bitsy Yoga</td>
<td>Donna Evesky</td>
</tr>
<tr>
<td>1:30-2:30 pm</td>
<td>Muscles in Motion</td>
<td>Barb Cacia</td>
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<tr>
<td>4-4:30 pm</td>
<td>Back Hab</td>
<td>Elizabeth Grzeskowiak</td>
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<tr>
<td>4:30-6 pm</td>
<td>Got Knee/Hip Pain (every 1/2 hour)</td>
<td>Barb Cacia</td>
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<tr>
<td>5:30-6:30 pm</td>
<td>Zumba</td>
<td>A. Merced</td>
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## Thursday

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<tr>
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<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
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<tr>
<td>11-11:30 am</td>
<td>AquaBalance</td>
<td>Elizabeth Grzeskowiak</td>
</tr>
<tr>
<td>11:30 am-12:15 pm</td>
<td>Moving to the Groove</td>
<td>Shannon Seddon</td>
</tr>
<tr>
<td>noon-1 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>2-3 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>
</tr>
<tr>
<td>4-5 pm</td>
<td>Post PT Open Pool (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>4:30-5:15 pm</td>
<td>My Achy Body! Holy Childhood pool</td>
<td>Multiple</td>
</tr>
<tr>
<td>5-6 pm</td>
<td>Aquatics Intervals for Beginners</td>
<td>Dawn Chock</td>
</tr>
<tr>
<td>6-9 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
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<thead>
<tr>
<th>Time</th>
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<th>Instructors</th>
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</thead>
<tbody>
<tr>
<td>10-11 am</td>
<td>Stretch and Go!</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>11 am-noon</td>
<td>Tai Chi</td>
<td>Andrea King</td>
</tr>
<tr>
<td>noon-2 pm</td>
<td>AQUA Fitness (every 1/2 hour)</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1-2 pm</td>
<td>Connecting Voices</td>
<td>Melinda Kurowski</td>
</tr>
</tbody>
</table>

## Saturday

<table>
<thead>
<tr>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>8:30 am-1:30 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
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</table>
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.

**Art with Heart:** 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.

We also offer individual dance, music, and art therapy sessions.

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

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.

Join one of our family workshops that encourage:

- An inviting experience for the whole family or group
- Fun and interactive socialization with peers and siblings
- A unique focus on ABILITY
- A place that fosters self confidence and creativity

**Family workshops held monthly.**

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

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**HERITAGE CHRISTIAN LEGACY MILE & 5K**

The Pieters Family Life Center is proud to participate in the Heritage Christian Legacy Mile & 5K. Proceeds benefit children and adults with developmental disabilities and the Pieters Family Life Center. For event information or to find how you can get involved visit: www.legacymileand5k.kintera.org