

# November 2023

EPL = Ellenville Public Library  
 PB = Pine Bush Library  
 TRF = Trudy Resnick Farber  
 ERH = Ellenville Regional Hospital

ML = Mamakating Library  
 SH = Ellenville Senior Housing  
 SSC = Shawangunk Senior Center  
 ECSD = Ellenville Jr/Senior Highschool

Wallkill = Wallkill Reformed Church  
 Walker Valley = Walker Valley Senior Center

| MON   | TUE  | WED  | THU  | FRI              |
|---|--|--|--|------------------|
| <p><b>30</b></p> <p><b>11:00 FIT (TRF)</b><br/>1:00 Tai Chi for Arthritis (ML)<br/><b>2:00 Chair Yoga (ML)</b><br/>4:00 A Matter of Balance (SSC)</p> | <p><b>31</b></p> <p><b>11:00 Bingocize (SH)</b><br/>5:00 Brain &amp; Balance (ERH)</p>   | <p><b>01</b></p> <p><b>11:00 Bingocize (SH)</b><br/>1:00 &amp; 2:00 Tai Chi for Arthritis (PB)<br/><b>4:30 Strength Training (ERH)</b><br/>4:00 A Matter of Balance (SSC)</p>        | <p><b>02</b></p> <p><b>11:00 Chair Yoga (EPL)</b><br/>4:30 Advanced Tai Chi (ERH)<br/><b>4:30 Peer Meet &amp; Greet (Ulster Savings Bank)</b></p>              | <p><b>03</b></p> |
| <p><b>06</b></p> <p><b>11:00 Tai Chi (TRF)</b><br/>1:30 Tai Chi for Arthritis (Wallkill)<br/><b>4:00 A Matter of Balance (SSC)</b></p>                | <p><b>07</b></p> <p><b>11:00 Tai Chi for Arthritis (ML)</b><br/>12:00 Chair Yoga (ML)<br/><b>5:00 Brain &amp; Balance (ERH)</b></p>                            | <p><b>08</b></p> <p><b>11:00 Bingocize (SH)</b><br/>1:30 Tai Chi for Arthritis (Wallkill)<br/><b>4:00 A Matter of Balance (SSC)</b><br/>4:30 Strength Training (ERH)</p>             | <p><b>09</b></p> <p><b>11:00 Chair Yoga (EPL)</b><br/>4:00 Farm-acy<br/><b>4:30 Advanced Tai Chi (ERH)</b></p>   | <p><b>10</b></p> |
| <p><b>13</b></p> <p><b>11:00 FIT (TRF)</b><br/>1:30 Tai Chi for Arthritis (Wallkill)<br/><b>3:15 Tai Chi for Arthritis (Walker Valley)</b></p>        | <p><b>14</b></p> <p><b>11:00 Tai Chi for Arthritis (ML)</b><br/>12:00 Chair Yoga (ML)<br/><b>5:00 Brain &amp; Balance (ERH)</b></p>                            | <p><b>15</b></p> <p><b>11:00 Bingocize (SH)</b><br/>1:30 Tai Chi for Arthritis (Wallkill)<br/><b>3:15 Tai Chi for Arthritis (Walker Valley)</b><br/>4:30 Strength Training (ERH)</p> | <p><b>16</b></p> <p><b>11:00 Chair Yoga (EPL)</b><br/>4:30 Advanced Tai Chi (ERH)<br/><b>6:00 Family/Community Workshop: Practicing Mindfulness (ECSD)</b></p> | <p><b>17</b></p> |
| <p><b>20</b></p> <p><b>11:00 FIT (TRF)</b><br/>1:30 Tai Chi for Arthritis (Wallkill)<br/><b>3:15 Tai Chi for Arthritis (Walker Valley)</b></p>        | <p><b>21</b></p> <p><b>11:00 Tai Chi for Arthritis (ML)</b><br/>12:00 Chair Yoga (ML)<br/><b>5:00 Brain &amp; Balance (ERH)</b></p>                            | <p><b>22</b></p> <p><b>11:00 Bingocize (SH)</b><br/>1:30 Tai Chi for Arthritis (Wallkill)<br/><b>3:15 Tai Chi for Arthritis (Walker Valley)</b><br/>4:30 Strength Training (ERH)</p> | <p><b>23</b></p>    | <p><b>24</b></p> |
| <p><b>27</b></p> <p><b>11:00 FIT (TRF)</b><br/>1:30 Tai Chi for Arthritis (Wallkill)<br/><b>3:15 Tai Chi for Arthritis (Walker Valley)</b></p>        | <p><b>28</b></p> <p><b>11:00 Tai Chi for Arthritis (ML)</b><br/>12:00 Chair Yoga (ML)<br/><b>1:00 New Horizons (SH)</b><br/>5:00 Brain &amp; Balance (ERH)</p> | <p><b>29</b></p> <p><b>11:00 Bingocize (SH)</b><br/>1:30 Tai Chi for Arthritis (Wallkill)<br/><b>3:15 Tai Chi for Arthritis (Walker Valley)</b><br/>4:30 Strength Training (ERH)</p> | <p><b>30</b></p> <p><b>11:00 Chair Yoga (EPL)</b><br/>4:30 Advanced Tai Chi (ERH)</p>  |                  |

All programs are FREE!

\*Please see the next page for program descriptions\*

## **A Matter of Balance at the Shawangunk Senior Center**

Mondays & Wednesdays from 4:00 PM to 5:30 PM at the Shawangunk Senior Center (70 Main St, Napanoch, NY 12458): This program is twice a week for 4 weeks (10/16/2023-11/08/2023\*). Reduce your fear of falling and improve activity levels! *Limited space, please contact the Shawangunk Senior Center to reserve your spot (845-647-7800 ext.129)*

## **Advanced Tai Chi at Ellenville Regional Hospital**

Thursdays at 4:30 PM in Specialty Services Area Lobby of the hospital or outside (when weather permits). An advanced class that blends Qi Gong to heal and Tai Chi for balance! We are learning the Chen style 24 form and Shibashi (18 moves).

## **Brain & Balance at Ellenville Regional Hospital**

Tuesdays at 5:00 PM in Ellenville Regional Hospital's Specialty Services Area Lobby. This class will improve your motor skills, hand-eye coordination and gait, strengthen your muscles and core, increase your range of motion and stimulate your mind. This exercise class increases production of Brain-Derived Neurotropic factor and packs a punch!

## **Bingocize at Ellenville Senior Housing**

Wednesday's at 11:00 AM in the Ellenville Senior Housing Community Room, Building #15 (15 Healthy Way, Ellenville, NY 12428). Have fun playing Bingo, test your health trivia skills and exercise all at the same time! Win prizes, socialize and break a sweat. This session runs for 10 weeks, until Nov 15th.

## **Chair Yoga at Ellenville Public Library and Mamakating Library**

Wednesdays at 2:00 PM at the Mamakating Library (128 Sullivan St, Wurtsboro, NY 12790) / Thursdays at 11:00 AM at the Ellenville Public Library (40 Center St, Ellenville, NY 12428). Connect your mind, body and breath with a series of lengthening and strengthening exercises done seated or standing. The benefits include loosening and stretching painful muscles, reducing chronic pain, decreasing stress, and improving circulation. *Please contact the library to sign up.*

## **Farm-acy at Ellenville Regional Hospital**

Thursday, October 12th and 26th at 4:00 PM (until supplies lasts). This is a drive-thru program where all are welcome to come pick up a bag of FREE healthy fruits and vegetables! Please drive down past the hospital and Shoprite to Airport Road. Cars can line up near the employee parking lot behind the hospital. Walk-ins are accepted after 4:30 PM

## **F.I.T. (Fun Interval Training) at the Trudy Resnick Farber Building**

Mondays at 11:00 AM at the Trudy Resnick Farber Building (50 Center St, Ellenville, NY 12428). Fun uplifting music motivates you to perform different exercises at different stations around the room. Based on a program created by Dr. Izumi Tabata to strengthen your heart and circulatory system. All ages and fitness levels are welcome!

## **New Horizon's at Ellenville Senior Housing**

Tuesday, October 31st from 1-2 PM in the Ellenville Senior Housing Community Room, building #15 (15 Healthy Way, Ellenville, NY 12428). New Horizon's is a healthy living program for seniors that takes place monthly featuring different health and wellness topics. In October, we will have the American Red Cross present about how to prepare for the winter weather! For more information or to register, please contact: oingalsbe@erhny.org or call 845-647-6400 ext. 281

## **Strength Training at Ellenville Regional Hospital**

Wednesday's at 4:30 PM in the Specialty Services Area Lobby of the hospital. This class includes exercises that are designed to improve strength and endurance with the use of free weights and resistance bands. All ages and fitness levels are welcome!

## **Tai Chi for Arthritis & Fall Prevention (Walkill Reformed Church & Walker Valley School House Community Center)**

An 8-week series taking place twice a week on Mondays and Wednesdays! Created by Dr. Paul Lam, this program incorporates tai chi principles for improving health, strengthening for fall prevention and range of motion to ease arthritis pain. Recommended by the CDC and evidence-based. *Please contact the Office for the Aging 845-340-3456 to register, \*space is limited\**

**For questions or to register, please contact the Rural Health Network at  
RuralHealthNetwork@erhny.org or 845-647-6400 x215**

