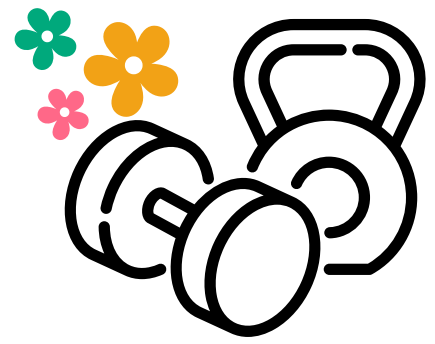



JULY 2024



Fitness Class Calendar

FREE Fitness Classes available to the community through the Ellenville Regional Hospital Rural Health Network



MON	TUE	WED	THU
1 11:00 FIT (TRF) 1:30 Weekday Walkers (ERH) 1:30 Tai Chi for Arthritis* (HTC) 3:30 Y12SR Yoga (RF)	2 11:00 Brain & Balance (Walker Valley) 1:30 Y12SR Yoga (EMC) 3:00 Bingocize* (SH) 4:30 Brain & Balance (ERH)	3 11:30 Weekday Walkers (ERH) 1:30 Tai Chi for Arthritis* (HTC) 3:00 Bingocize* (SH) 4:30 Body Building (ERH)	4 July 4th Holiday! No Classes 2:30 Cardio Dance (TRF) 4:30 Tai Chi Flow (ERH)
8 11:00 FIT (TRF) 1:30 Weekday Walkers (ERH) 1:30 Tai Chi for Arthritis* (HTC) 3:30 Y12SR Yoga (RF)	9 11:00 Brain & Balance (Walker Valley) 1:30 Y12SR Yoga (EMC) 3:00 Bingocize* (SH) 4:30 Brain & Balance (ERH)	10 11:30 Weekday Walkers (ERH) 3:00 Bingocize* (SH) 4:30 Body Building (ERH)	11 2:30 Cardio Dance (TRF) 4:30 Tai Chi Flow (ERH)
15 11:00 FIT (TRF) 1:30 Weekday Walkers (ERH) 3:30 Y12SR Yoga (RF)	16 11:00 Brain & Balance (Walker Valley) 1:30 Y12SR Yoga (EMC) 3:00 Bingocize* (SH) 4:30 Brain & Balance (ERH)	17 11:30 Weekday Walkers (ERH) 3:00 Bingocize* (SH) 4:30 Body Building (ERH)	18 2:30 Cardio Dance (TRF) 4:30 Tai Chi Flow (ERH)
22 11:00 FIT (TRF) 1:30 Weekday Walkers (ERH) 3:30 Y12SR Yoga (RF)	23 11:00 Brain & Balance (Walker Valley) 1:30 Y12SR Yoga (EMC) 3:00 Tai Chi for Arthritis* (SH) 4:30 Brain & Balance (ERH)	24 11:30 Weekday Walkers (ERH) 3:00 Tai Chi for Arthritis* (SH) 4:30 Body Building (ERH)	25 2:30 Cardio Dance (TRF) 4:30 Tai Chi Flow (ERH)
29 11:00 FIT (TRF) 1:30 Weekday Walkers (ERH) 3:30 Y12SR Yoga (RF)	30 11:00 Brain & Balance (Walker Valley) 1:30 Y12SR Yoga (EMC) 3:00 Tai Chi for Arthritis* (SH) 4:30 Brain & Balance (ERH)	31 11:30 Weekday Walkers (ERH) 3:00 Tai Chi for Arthritis* (SH) 4:30 Body Building (ERH)	 FARM-ACY Produce Distribution Drive through pick up in the back of the hospital Thursday July 11th & 25th 4pm-6pm or until supplies last

Registration Info

*Office for the Aging Sponsored Classes
 Require Registration
 Call Ulster County Office for the Aging at
 (845) 340-3456
Tai Chi for Arthritis and Fall Prevention
 July 23rd - September 11th, 2024

 All other classes do not require registration!
 Call us if you have questions at
 (845) 647-6400 Ext. 215

Class Cancellations

Follow us on Facebook for announcements about class cancellations
<https://www.facebook.com/erhruralhealth>

Location Key

(EMC)
 Ellenville Methodist Church
 85 Canal Street Ellenville, NY 12428

(ERH)
 Ellenville Regional Hospital
 Specialty Services Lobby
 10 Healthy Way Ellenville, NY 12428

(HTC)
 Holy Trinity Ukrainian Catholic Church
 211 Foordmore Road Kerhonkson, NY 12446

(RF)
 Ridgewell Fitness
 3555 Main St, Stone Ridge, NY 12484

(SH)
 Ellenville Senior Housing
 15-19 Healthy Way Ellenville, NY 12428

(TRF)
 Trudy Resnick Farber
 Basement Community Room
 50 Center Street Ellenville, NY 12428

(Walker Valley)
 Walker Valley Schoolhouse
 Community Center
 6 Marl Road Pine Bush, NY 12566



Farmacy:

The 2nd and 4th Thursday every month! FREE Produce Distribution. Drive through pick up in the back of the hospital Thursday July 11th and 25th, 4pm-6pm or until supplies last.

New Horizons:

New Horizons is a healthy living program for seniors that takes place monthly featuring different health and wellness topics. It occurs on the last Tuesday of the month from 1-2pm in the Ellenville Senior Housing Community Room. This month's topic: Resources and Tips to Conserve Energy and Lower Costs. Please call (845) 647-6400 x215 for more information and to register.

July 10th is Chronic Disease Day: Keep an eye out for chronic disease prevention information and educational materials.

Stick to the Point! Sharps and Medication Collection in the Ellenville Regional Lobby on Friday, July 26th from 12pm - 4pm

FITNESS CLASS DESCRIPTIONS



A Matter of Balance:

This is an 8-week course designed to reduce fear of falling, as well as improve balance and activity levels.

Bingocize:

This class combines exercise and health information with the familiar game of Bingo - fun!

Brain & Balance:

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!

Cardio Dance

This class will get your heart rate up with some cardio dance moves and fun music!

Chair Yoga

Connect your mind, body and breath with a series of lengthening and strengthening yoga exercises done seated or standing. The benefits include loosening and stretching painful muscles, reducing chronic pain, decreasing stress, and improving circulation.

Farm-acy:

This is a drive-thru program where all are welcome to come pick up a bag of FREE healthy fruits and vegetables.

F.I.T. (Fun Interval Training):

F.I.T includes uplifting music that motivates you to perform different exercises at different stations around the room. It is based on a program created by Dr. Izumi Tabata to strengthen your heart and circulatory system. All ages and fitness levels are welcome!

New Horizons:

New Horizons is a healthy living program for seniors that takes place monthly featuring different health and wellness topics. It occurs on the last Tuesday of the month from 1-2pm in the Ellenville Senior Housing Community Room.

Strength Training/Body Building:

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:

This is an 8-week series taking place weekly. Created by Dr. Paul Lam, the 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 evidenced based.

Tai Chi Flow:

Tai Chi is a series of slow gentle movements and physical postures with controlled breathing. The exercises can be done seated or standing. Tai Chi improves strength, flexibility, aerobic conditioning and balance.

Weekday Walkers:

Join us for a walk down Airport Road and enjoy a beautiful view of the Shawangunk's! Meet RHN staff and community members at the back of the hospital near the community garden. We will walk with you at your own pace, distance, and comfort level. If temperatures are under 40 degrees or over 80 degrees, we will not be meeting for a group walk that day.

Y12SR Recovery Yoga:

Y12SR Yoga is a 12-step based discussion and yoga practice that is open to anyone and everyone dealing with their own addictive behavior or affected by the addictive behavior of others. This is an open and inclusive group. All A's are welcome.

Yoga:

You will perform stretches & poses, both seated and standing as a way of promoting physical & mental wellbeing. All ages and fitness levels are welcome!