






DECEMBER 2024

Fitness Class Calendar



FREE Fitness Classes available to the community through the Ellenville Regional Hospital Rural Health Network. For more information: (845) 647-6400 x215



MON	TUE	WED	THU
2 11:00 FIT (TRF) 1:30 Tai Chi for Arthritis* (RF) 2:30 Y12SR Yoga (RF) 4:30 Brain & Balance (SH)	3 11:00 AMOB* (HTC) 1:30 Y12SR Yoga (EMC) 3:00 Chair Exercise (SH) 4:30 Tai Chi for Arthritis* (SH)	4 1:30 Tai Chi for Arthritis* (RF) 4:30 Body Building (ERH)	5 11:00 AMOB* (HTC) 2:30pm Brain & Balance (WV) 4:30 Tai Chi for Arthritis* (SH)
9 No Classes	10 11:00 AMOB* (HTC) 1:30 Y12SR Yoga (EMC) 3:00 Chair Exercise (SH) 4:30 Tai Chi for Arthritis* (SH)	11 1:30 Tai Chi for Arthritis* (RF) 4:30 Body Building (ERH)	12 11:00 AMOB* (HTC) 2:30pm Brain & Balance (WV) 4:30 Tai Chi for Arthritis* (SH)
16 11:00 FIT (TRF) 1:30pm Tai Chi Flow (RF) 2:30 Y12SR Yoga (RF) 4:30 Brain & Balance (SH)	17 11:00 AMOB* (HTC) 1:30 Y12SR Yoga (EMC) 3:00 Chair Exercise (SH) 4:30 Tai Chi for Arthritis* (SH)	18 4:30 Body Building (ERH)	19 11:00 AMOB* (HTC) 2:30pm Brain & Balance (WV) 4:30 Tai Chi for Arthritis* (SH)
23 11:00 FIT (TRF) 1:30pm Tai Chi Flow (RF) 2:30 Y12SR Yoga (RF) 4:30 Brain & Balance (SH)	24 11:00 AMOB* (HTC) 1:30 Y12SR Yoga (EMC) 3:00 Chair Exercise (SH) 4:30 Tai Chi for Arthritis* (SH)	25  No Classes	26  No Classes
30  No Classes	31  No Classes		FARM-ACY Produce Distribution Drive through pick up in the back of the hospital Thursday, December 12th & 19th 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
 A Matter of Balance
 Bingocize
 Tai Chi for Arthritis

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
- (SSC) Shawangunk Senior Center
70 Main St, Napanoch, NY 12458
- (SH) Ellenville Senior Housing
15-19 Healthy Way Ellenville, NY 12428
- (TRF) Trudy Resnick Farber
Basement Community Room
50 Center Street Ellenville, NY 12428
- (WV) Walker Valley Schoolhouse
Community Center
6 Marl Road Pine Bush, NY 12566

DECEMBER WELLNESS EVENTS



Farmacy:

The 2nd and 4th Thursday every month! FREE Produce Distribution. Drive through pick up in the back of the hospital Thursday, December 12th and 19th, 4pm-6pm or until supplies last.

Healthy Holiday Treats! Join SNAP-Ed NY and the Ellenville Regional Rural Health Network to learn budget-friendly recipes to celebrate the season. Tuesday, December 10th from 6-7:30pm at Ellenville Junior/Senior High School. Please call (845) 340-3990x327 to register.

Join Ulster Partners for Prevention and Catskills Pharmacy in Kerhonkson on Monday, December 9th and Matthews Pharmacy in Ellenville on Tuesday, December 17th, both days from 11am - 2pm for their Medication Takeback Events.

New Horizons - Tuesday, December 17th at 1pm at Ellenville Senior Housing Community Room: a healthy living program for seniors that takes place monthly featuring different health and wellness topics. This month's topic: HEARTS Program for Dementia Care. Please call (845) 647-6400 x215 to register.

Stick to the Point! Sharps and Medication Collection in the Ellenville Regional Lobby on Friday, December 20th, from 8am - 12pm

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.

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!

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.