

JANUARY 2025

Fitness Class Calendar



Happy New Year

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
 FARM-ACY	Produce Distribution Drive through pick up in the back of the hospital Thursday, January 30th 4pm-6pm or until supplies last	 NO CLASSES	2 2:30pm Brain & Balance (WV) 4:30 Tai Chi for Arthritis* (ERH)
6 11:00 FIT (TRF) 1:30pm Tai Chi Flow (RF) 2:30 Y12SR Yoga (RF)	7 1:30 Y12SR Yoga (EMC) 3:00 Bingocize for Immune Support (SH) 4:30 Tai Chi for Arthritis* (ERH)	8 11am Brain & Balance (HTC) 3:00 Bingocize for Immune Support (SH) 4:30 Body Building (ERH)	9 11am Chair Yoga (EPL) 2:30pm Brain & Balance (WV) 4:30 Tai Chi for Arthritis* (ERH)
13 11:00 FIT (TRF) 1:30pm Tai Chi Flow (RF) 2:30 Y12SR Yoga (RF)	14 1:30 Y12SR Yoga (EMC) 3:00 Bingocize for Immune Support (SH) 4:30 Brain & Balance (ERH)	15 11am Brain & Balance (HTC) 3:00 Bingocize for Immune Support (SH) 4:30 Body Building (ERH)	16 11am Chair Yoga (EPL) 2:30pm Brain & Balance (WV) 4:30 Cardio Dance (ERH)
20 NO CLASSES	21 1:30 Y12SR Yoga (EMC) 3:00 Bingocize for Immune Support (SH) 4:30 Brain & Balance (ERH)	22 11am Brain & Balance (HTC) 3:00 Bingocize for Immune Support (SH) 4:30 Body Building (ERH)	23 11am Chair Yoga (EPL) 2:30pm Brain & Balance (WV) 4:30 Cardio Dance (ERH)
27 11:00 FIT (TRF) 1:30pm Tai Chi Flow (RF) 2:30 Y12SR Yoga (RF)	28 1:30 Y12SR Yoga (EMC) 3:00 Bingocize for Immune Support (SH) 4:30 Brain & Balance (ERH)	29 11am Brain & Balance (HTC) 3:00 Bingocize for Immune Support (SH) 4:30 Body Building (ERH)	30 11am Chair Yoga (EPL) 2:30pm Brain & Balance (WV) 4:30 Cardio Dance (ERH)

Registration Info
 *Office for the Aging Sponsored Classes
 Require Registration
 Call Ulster County Office for the Aging at
(845) 340-3456
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

JANUARY WELLNESS EVENTS



Join **Ulster Partners for Prevention** and Catskills Pharmacy in Kerhonkson on Monday, January 13th, and Matthews Pharmacy in Ellenville on Tuesday, January 21st both days from 11am - 2pm for their Medication Takeback Events.

Farm-acy - Produce distribution drive-through pick up in the back of the hospital. Thursday, January 30th, 4pm-6pm or until supplies last.

New Horizons - Last Tuesday of the month at 1pm at Ellenville Senior Housing #15, Community Room: a healthy living program for seniors that takes place monthly featuring different health and wellness topics. This month's topic: Life's Essential 8 - Your Checklist for Lifelong Health from the American Heart Association. Tuesday, January 28th. Please call (845) 647-6400 x215 to register.

Stick to the Point! Sharps and Medication Collection in the Ellenville Regional Lobby on Friday, January 31st from 12pm - 4pm.

FITNESS CLASS DESCRIPTIONS



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.