

MARCH 2025


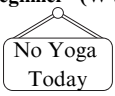

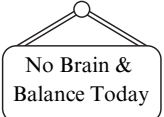


Fitness Class Calendar



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
 <p>NEW for 2025</p> <p>Walk- Up FARM-ACY</p>	<p>Produce Distribution Now in The ERH Main Lobby!</p> <p>Thursday March 13th and 27th 4pm-6pm or until supplies last</p>		
<p>3</p> <p>11:00 FIT (TRF) 1:30pm Ongoing Tai Chi* (RF) 2:30 Y12SR Yoga (RF)</p>	<p>4</p> <p>11am Tai Chi for Arthritis - Beginner* (WV)</p> <p></p> <p>4:30 Brain & Balance (ERH)</p>	<p>5</p> <p>11am Brain & Balance (HTC) 4:30 Body Building (ERH)</p>	<p>6</p> <p>11am Chair Yoga (EPL) 2:30pm Tai Chi for Arthritis - Beginner* (WV) 4:30 Cardio Dance (ERH)</p>
<p>10</p> <p></p>	<p>11</p> <p>11am Tai Chi for Arthritis - Beginner* (WV) 1:30 Y12SR Yoga (EMC) 4:30 Brain & Balance (ERH)</p>	<p>12</p> <p>11am Brain & Balance (HTC) 2pm Ongoing Tai Chi* (WRC) 4:30 Body Building (ERH)</p>	<p>13</p> <p>11am Chair Yoga (EPL) 2:30pm Tai Chi for Arthritis - Beginner* (WV) 4:30 Cardio Dance (ERH)</p>
<p>17</p> <p>11:00 FIT (TRF) 1:30pm Ongoing Tai Chi* (RF) 2:30 Y12SR Yoga (RF)</p>	<p>18</p> <p>11am Tai Chi for Arthritis - Beginner* (WV) 1:30 Y12SR Yoga (EMC) 4:30 Brain & Balance (ERH)</p>	<p>19</p> <p></p> <p>2pm Ongoing Tai Chi* (WRC) 4:30 Body Building (ERH)</p>	<p>20</p> <p>11am Chair Yoga (EPL) 2:30pm Tai Chi for Arthritis - Beginner* (WV) 4:30 Cardio Dance (ERH)</p>
<p>24</p> <p>11:00 FIT (TRF) 1:30pm Ongoing Tai Chi* (RF) 2:30 Y12SR Yoga (RF)</p>	<p>25</p> <p>11am Tai Chi for Arthritis - Beginner* (WV) 1:30 Y12SR Yoga (EMC) 4:30 Brain & Balance (ERH)</p>	<p>26</p> <p>11am Brain & Balance (HTC) 2pm Ongoing Tai Chi* (WRC) 4:30 Body Building (ERH)</p>	<p>27</p> <p>11am Chair Yoga (EPL) 2:30pm Tai Chi for Arthritis - Beginner* (WV) 4:30 Cardio Dance (ERH)</p>

Registration Info
*Office for the Aging (OFA)
Sponsored Classes Require Registration
Call Ulster County Office for the Aging at (845) 340-3456
Tai Chi for Arthritis Beginner Level
Ongoing Tai Chi

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, NY12428

(EPL)
Ellenville Public Library

(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

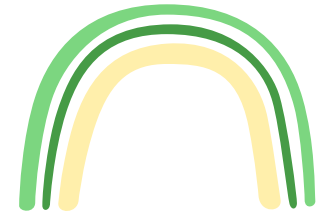
(RF)
Ridgwell Fitness
3555 Main St, Stone Ridge, NY 12484

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

(WRC)
Walkkill Reformed Church
45 Bridge Street Walkkill, NY 12589

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

MARCH WELLNESS EVENTS



Ulster Partners for Prevention - Join us and Catskills Pharmacy in Kerhonkson on Monday, March 10th, and Matthews Pharmacy in Ellenville on Tuesday, March 18th, both days from 11am - 2pm for their Medication Takeback Events.

New Horizons - Tuesday, March 18th 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: Colon Cancer Awareness and Tips for Healthy Prevention! Please call (845) 647-6400 x215 to register.

Family Wellness Workshop - Monday, March 10th at Ellenville Jr/Sr High School 5-7pm. Join us for FREE family fitness classes, family dinner and nutrition, an a social education presentation.

Farm-acy - NEW! Walk Up Produce distribution in ERH Main Lobby. Thursday, March 13th and 27th.

Stick to the Point! Sharps and Medication Collection in the Ellenville Regional Lobby on Friday, March 21st 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 - Beginner Level:

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.

Ongoing Tai Chi:

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.