



# APRIL

# 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><b>NEW for 2025</b></p> <p>Walk- Up FARM-ACY</p>	<p><b>1</b></p> <p>11am Tai Chi for Arthritis - Beginner* (WV)</p>	<p><b>2</b></p> <p>1:30pm WALK DAY 2pm Ongoing Tai Chi* (WRC) 4:30 Strength Training (ERH)</p>	<p><b>3</b></p> <p>2:30pm Tai Chi for Arthritis - Beginner* (WV)</p>
<p><b>7</b></p> <p>1:30pm Ongoing Tai Chi* (RF) 2:30 Y12SR Yoga (RF)</p>	<p><b>8</b></p> <p>11am Tai Chi for Arthritis - Beginner* (WV)</p>	<p><b>9</b></p> <p>2pm Ongoing Tai Chi* (WRC) 4:30 Strength Training (ERH)</p>	<p><b>10</b></p> <p>2:30pm Tai Chi for Arthritis - Beginner* (WV)</p>
<p><b>14</b></p> <p>1:30pm Ongoing Tai Chi* (RF) 2:30 Y12SR Yoga (RF)</p>	<p><b>15</b></p> <p>2pm Bingocize (CFL)</p>	<p><b>16</b></p> <p>2pm Ongoing Tai Chi* (WRC) 4:30 Strength Training (ERH)</p>	<p><b>17</b></p> <p>2pm Bingocize (CFL)</p>
<p><b>21</b></p> <p>1:30pm Ongoing Tai Chi* (RF) 2:30 Y12SR Yoga (RF)</p>	<p><b>22</b></p> <p>2pm Bingocize (CFL)</p>	<p><b>23</b></p> <p>2pm Ongoing Tai Chi* (WRC) 4:30 Strength Training (ERH)</p>	<p><b>24</b></p> <p>2pm Bingocize (CFL)</p>
<p><b>28</b></p> <p>1:30pm Ongoing Tai Chi* (RF) 2:30 Y12SR Yoga (RF)</p>	<p><b>29</b></p> <p>2pm Bingocize (CFL)</p>	<p><b>30</b></p> <p>2pm Ongoing Tai Chi* (WRC) 4:30 Strength Training (ERH)</p>	 <p><b>FARM-ACY Produce Distribution</b> Now in the front of the hospital! Thursday April 10th and 24th 4pm-6pm or until supplies last</p>

### Registration Info

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

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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

**(CFL)**  
Cragsmoor Free Library  
355 Cragsmoor Road  
Cragsmoor, NY 12420

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

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

**(WRC)**  
Wallkill Reformed Church  
45 Bridge Street Wallkill, NY 12589

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

# APRIL WELLNESS EVENTS



**APRIL SHOWERS**  
Bring  
**MAYFLOWERS**

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

**New Horizons** - Tuesday, April 29th 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: Setting the State for Healthy Habits with Mary Brimmer, SNAP-Ed Nutritionist. Please call (845) 647-6400 x215 to register by April 22nd.

**Farm-acy** - NEW! Walk Up Produce distribution in ERH Main Lobby. Thursday, April 10th and 24th, 4-6pm or until supplies last

**Stick to the Point!** Sharps and Medication Collection in the Ellenville Regional Lobby on Friday, April 25th from 8am-12pm

## FITNESS CLASS DESCRIPTIONS



### **Bingocize:**

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

### **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.

### **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.