



April 2009

www.riversrunliving.com
585-292-5440



April Highlights



Sunday, April 5th
Club Room @ 1pm

Art Show Opening Reception - Rochester Area Color Pencil Club - Sunday will kick off this month long art show. Art will be available for viewing daily. The purpose of the Rochester Area Colored Pencil Club (RACPC) is "to inform and educate ourselves and the community in order to promote, support and enjoy colored pencil art at all levels". Hope to see you there.

Friday, April 3rd
Impressions from 4-7pm

Fish Fry Fundraiser - Rivers Run is hosting "Fish Fry Fridays" to benefit and support important organizations in our community. Dinner will include: your choice of fried or broiled had-dock, french fries or baked potato, plus a side of coleslaw. Purchase tickets through Henrietta Fire Department, Henrietta Senior Center, and Rivers Run. **Ticket Cost: \$10.** Proceeds will be donated to the local organization of that night.

Tuesday, April 7th
Lecture Hall @ 1pm

Bingo Bash - Rivers Run and Henrietta Senior Center will be hosting this fun filled event. Games, prizes, refreshments and excellent company will be shared. Reserve your spot today! The event cost : \$1

Thursday, April 9th
Lecture Hall @ 11am

Exercise and Nutrition for the Active Senior Years - Brought to you by Weston Paxxon Rehab Services. This lecture will discuss the importance of staying active as we age. Topics to be discussed: safe exercise and safe limitation on certain activities. You will also learn exercise safety tips and guidelines.

Friday, April 10th
Lecture Hall @ 2pm

Rochester Historical Society - Rochester, Young Lion of the West - During the 1820's Rochester was the fastest growing community in the US and the nation's first inland boomtown. Prosperity centered around the flour industry. Enriched farmers created demand for all sorts of products. Eventually, however, the center of the flour industry moved West, leaving Rochester without the industry that had defined it. This was an economic as well as a psychological blow to the city because the boomtown image was inextricably tied to flour.

Friday, April 17th
Lecture Hall @ 1pm

Arthritis in Major Joints - What Can Be Done About It? - Like death and taxes, arthritis is inevitable as one gets older. The cartilaginous surfaces of the joints begin to wear in the early 20's and progression is very slow but relentless. Many things can aggravate the progression including trauma, overuse, infections and some metabolic conditions.

Presenter: Dr. Evarts - Former Senior Vice President and Vice Provost for Health Affairs University of Rochester

Friday, April 24th
Lecture Hall @ 7pm

UNLEASHED! Comedy Improv teams with local colleges - The Jewish Community Center's improvisational comedy troupe, UNLEASHED! uses audience suggestions to spontaneously create characters and scenes. UNLEASHED! Is teaming with RIT to bring us a fun filled evening. **Tickets are \$8 (\$7 for JCC and River's Run Community members) and \$5 for students.**

Forth Saturday of each Month
Lecture Hall from 9-3:30pm

AAA - Defensive Driving - AAA's defensive driving course is a six-hour course sponsored by AAA and approved by the New York State Department of Motor Vehicles. Upon completion of this course, you may be eligible to reduce as many as four (4) points from your driving record. You will also receive a 10% reduction on the collision and liability portion of your automobile and motorcycle insurance premiums. **Register for this class with AAA:** <http://www.nyaaa.com/auto/driverprograms/defensivedriving> Member Price: \$35, Non-Member Price: \$41, RR Member Price: \$27.

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Please note: This schedule is subject to change. If you have any questions please feel free to call the front desk at The Riparian at Rivers Run. Sign-up sheets for events are located at the front desk. Thank you for your cooperation.</p>		<p>April Showers...</p>	<p>1 New Community Member Orientation.....10am Wegmans.....11am Field Trip.....2pm High Tea.....4pm</p>	<p>2 Meet the Press.....10am Tia Chi Video/Lecture Hall11am</p>	<p>3 Garden Club.....11am Craft Club (field trip to Jo Ann's).....2pm Fish Fry Fundraiser: 4-7pm</p>	<p>4 Shopping Trip.....2-4pm</p>
<p>5 Church Runs (Call to set up appt.).....9:30am Art Show.....1pm</p>	<p>6 NY Times Cross-word.....9:30am Wellness center orientation.....1-2pm Intro to Wii Gaming...2pm</p>	<p>7 Stretch Video/Lecture Hall.....11am Bingo Bash.....1pm Computer Help.....2pm Open Art Studio.....3pm Ping Pong Club.....7pm</p>	<p>8 New Comm. Member Orientation.....10am Wegmans.....11am Field Trip.....2pm High Tea.....4pm Texas Hold-em.....7pm Beginning of Passover</p>	<p>9 Meet the Press.....10am Exercise and Nutrition for the Active Senior Years.....11am Be the Critic6:30-9pm</p>	<p>10 Garden Club.....11am Rochester Historical Society.....2pm Happy Hour(BYO).....4pm <i>Good Friday Fish Fry: 4-7pm</i></p>	<p>11 Trip to Henrietta Public Library.....11pm-1pm</p>
<p>12 Church Runs (Call to set up appt.).....9:30am Happy Easter! </p>	<p>13 NY Times Cross-word.....9:30am Wellness center orientation.....1-2pm Intro to Wii Gaming...2pm</p>	<p>14 Stretch Video/Lecture Hall.....11am Open Billiards.....1pm Computer Help.....2pm Open Art Studio.....3pm Ping Pong Club.....7pm</p>	<p>15 New Community Member Orientation.....10am Wegmans.....11am Field Trip.....2pm High Tea.....4pm</p>	<p>16 Meet the Press.....10am Intro to Max Effort.....11am End of Passover </p>	<p>17 Garden Club.....11am Dr. Evarts.....1pm Crafts Club.....2pm Blood Pressure Clinic.....3pm RR Potluck Dinner....5pm</p>	<p>18 Classic Movie Matinee(LH).....2pm</p>
<p>19 Church Runs (Call to set up appt.).....9:30am</p>	<p>20 Breakfast w/RIT.....9am Wellness center orientation.....1-2pm Intro to Wii Gaming...2pm</p>	<p>21 Stretch Video/Lecture Hall.....11am Open Billiards.....1pm Computer Help.....2pm Open Art Studio.....3pm Ping Pong Club.....7pm</p>	<p>22 Earth Day New Community Member Orientation.....10am Wegmans.....11am Field Trip.....2pm High Tea.....4pm CM Lecture.....6pm</p>	<p>23 Meet the Press.....10am Tia Chi Video/Lecture Hall11am Be the Critic.....6:30-9pm</p>	<p>24 Garden Club.....11am Walking Club.....1pm Happy Hour(BYO).....4pm JCC Improve.....7pm</p>	<p>25 AAA Defensive Driving.....9-3:30pm <i>Must register for this class thru AAA!</i></p>
<p>26 Church Runs (Call to set up appt.).....9:30am</p>	<p>27 NY Times Cross-word.....9:30am Wellness center orientation.....1-2pm E.R. Fashion Show..2pm</p>	<p>28 Stretch Video/Lecture Hall.....11am Open Billiards.....1pm Computer Help.....2pm Open Art Studio.....3pm Ping Pong Club.....7pm</p>	<p>29 New Community Member Orientation.....10am Wegmans.....11am Cooking Class.....1pm Field Trip.....2pm High Tea.....4pm</p>	<p>30 Bird Watching Trip...7am Meet the Press.....10am Getting fit w/Max Effort.....11am</p>	<p>...Bring May Flowers! </p>	

In order for us to properly plan our events, PLEASE RSVP by contacting RR Front Desk at 292-5440, 48 hours in advance to let us know you are coming. Otherwise programming may be cancelled. Thank You!

DRIVER SCHEDULE

MONDAY: Appointments, 10-4pm (by appointment check w/front desk)
TUESDAY: Shuttle to RIT am and pm - 9-3pm (leaves every hour from Riparian)
WEDNESDAY: Field Trips/Grocery /Mall (check calendar)
THURSDAY: Shuttle to RIT am and pm - 9-3pm (leaves every hour from Riparian)
FRIDAY: Appointments, 10-4pm (by appointment check w/front desk)
SATURDAY: Field Trips/Grocery /Mall (check calendar)
SUNDAY: Field Trips/Grocery /Mall (check calendar)

Mondays

Wellness Center, 1-2pm

Wellness Orientation - Please call front desk to schedule an appointment with Kelly for equipment orientation. Appointments will be held between 1-3pm . This orientation is necessary for members to attend before using equipment in Wellness Center.

Wednesdays

Club Room @ 10am

New Community Member Orientation - Please call front desk to schedule an appointment with Kelly for new community member orientation. Appointments will be held in small groups every Wednesday at 10am . This orientation will help you through your transition with moving into The Riparian at Rivers Run.

Tuesdays

Art Studio @ 3pm

Open Art Studio - The art studio is open for all community members to come work on whatever their heart desires. Limited supplies will be available. Please feel free to bring your own projects to work on, in this inspiring studio.

Alternate Fridays

Art Studio @ 2pm

Craft Club - Come join Kelly in the art studio to create crafts. Each session will be unique. Participants will be able to create a gift for a loved one, or a beautiful decoration for their home.

First Saturday

from 1-4pm

Shopping Trip – Let Rivers Run's bus take you there, door to door service. The first Saturday of each month community members can explore a different shopping mall. This month we will head out to Eastview Mall for an afternoon of shopping. New locations will be chosen by participants. Any suggestion please let us know!

Fridays

Club Room @ 4pm

Happy Hour - The good times are aplenty here at Rivers Run. Join us Fridays at 4pm for an evening delight. Music, friends and fun - what more could you ask for. Hope to see you there! This is a B.Y.O.B. event.

Thursday

Club Room @ 10am

„Meet the Press” - Join us as we discuss current events over coffee and tea. This is a good chance to meet your neighbors and the Rivers Run Team.

Alternate Thursdays

Lecture Hall @ 6:30pm

„Be the Critic”. This is your chance to discuss recent and classic movies. Community members will gather at 6:30 for a viewing of a film in the Lecture Hall. Popcorn and refreshments will be served. Movie are chosen by Community Members.

Tuesdays & Thursdays

Lecture Hall @ 11am

Exercise Videos - Tuesday - stretch and strength video and Thursday tia chi video. This is a great way to ease into an exercise program. Come join your friends and neighbors as we try something new together. If you would like to add any other group video exercise sessions please contact Kelly.

Third Saturday

Lecture Hall @ 2pm

Classic Movie Matinees - The third Saturday of every month join us in the Lecture Hall for classics films. Please contact Kelly for suggestions. Popcorn and refreshments will be served.

Wednesdays

Club Room @ 4pm

High Tea - Calling all Rivers Run Ladies to gather in the club room for tea time. Bring yourself, needle point, knitting and/or a dish to pass. This tea time will offer community members a time to share stories, secret recipes, and have some fun.

Tuesdays

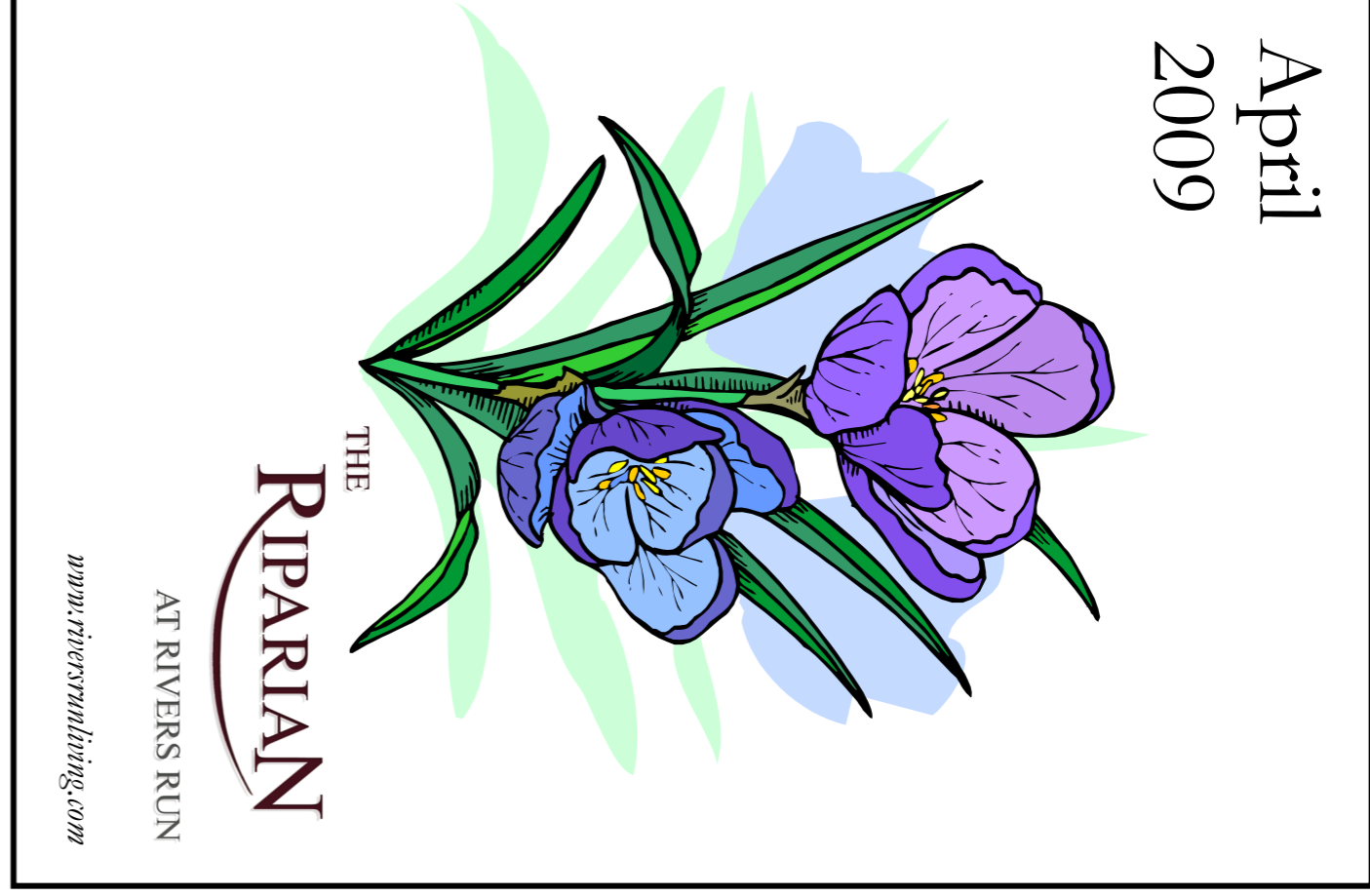
Library/Media Room 2pm

Computer Help - If you want to learn the basics this may be the opportunity for you. Learn how to use the keyboard and mouse to "talk to your computer." Get experience using Click, double-click, Click-Hold-Drag, Right-Click mouse techniques. Learn about Icons, Windows, Menus, Drop-Down Lists, Scrollbars and how to use them. Learn how to start and exit programs. Create, save, open, close, and print files in Windows-based programs.

Tuesdays

Lecture Hall @ 7pm

Ping Pong Club - Now that we have practiced - it is time to start a friendly competition. Let us meet in the lecture hall Tuesdays at 7pm. First meeting will decide the rules and regulations. Hope to see you there.



More Programming...

Second Wednesday of the Month

Billiards Room @ 7pm

Texas Hold-em Tournament - Rivers Run first poker tournament, prepare to have fun. Doesn't matter if your beginner or pro meet in the billiards room for a friendly tournament. Please contact Howard Maslich via email: howard@wrvsvallespring.com. Do not hesitate to RSVP, we need at least six participants for tournament to run.

April 1, 8, 15, 22, & 29th

Field Trip - Times Vary

Field Trips - Celebrate the Coming of Spring - Rivers Run Community Members can enjoy group outings to near by places that will bring a glimmer of spring.
Wed. 4/25 - Webster Arboretum - 2pm. Stay tuned for more details....

Rivers Run Community Member's Website

By Appointment

CM Website Help - Please contact Julian Thomas via email or telephone: jt@le-mj.net or 272-5499. You will need to provide Julian with the following information: your name, email, preferred user id, and a starting password (which you can change once you log in) to get signed up initially. The website is a wonderful way for community members

Monday, April 20th

Cafe @ 9am

RIT Alumni Relations - **Presenter Terry Bohling, Assistant Director** - Terry will be here to provide RR community members with information related to various campus volunteer opportunities that are currently available as well as volunteer opportunities that are being developed. Please come to hear how we can help support our friends at RIT

Wednesday, April 22nd

Lecture Hall @ 6pm

Community Member Lecture Series - **Global Warning: Evidence and Prospects** - Why do scientists think the earth is warming? And what do they predict for the future? This one-hour lecture and slide show presents an overview of the science of climate change, followed by the different projections of what the future might hold.

Monday April 27th

Lecture Hall @ 2pm

Fashion Show - East Rochester senior center will be here to present the latest spring fashions. Be ready to laugh your pants off. You won't want to miss out on the fun

Wednesday, April 29th

Art Studio @ 1pm

Fast, Easy & Wealth Meals in 30minutes - **Impressions** Executive Chef, Matt Cole will be demonstrating healthy meals in 30 minutes that taste as if you slaved in the kitchen for hours. Do not miss out on fun and save your spot today by registering at the front desk of The Riparian. **Cost: \$ 10.**