

January 2009

www.riversrunliving.com
585-292-5440



January Highlights



Wednesday, January 7, 14, 21, 28
Field Trip from 1-3pm

Museum Tour - Rivers Run Community Members can enjoy touring Rochester's local museums together. Every Wednesday of this month Rivers Run will explore a different museum. Sit back and relax aboard the Rivers Run bus as your driver provides door to door service. Fee for museum entrance is not included. Fees range from \$8 - \$12.

Thursday, January 22
Lecture Hall from 6:30 - 8:30pm

Local Historian - Learn all about Henrietta's local history. Henrietta Library's Local History Librarian will be here to facilitate a program all about our local history. This is a great opportunity to inquire about questions that you have been pondering.

Monday, January 19th
Lecture Hall from 1-4pm

Writers and Books - Brain Works: The Creative Person's Tool Box:
Do you sometimes find yourself at wit's end, digging yourself deeper into the same mental hole, locking yourself in a box as tight as a Wells Fargo safe? This class will offer participants a toolbox of creative thinking techniques gleaned from sources as diverse as Aristotle to Edward deBono, and demonstrate such brainstorming techniques as free-writing/looping, clustering, decisional PMI, and many others. Though targeted specifically for writers, this class will also be of value to planners, teachers, administrators, or for anyone whose business it is to think outside the box. Riparian members: FREE. Rivers Run members:\$35.

Tuesday, January 20th
Lecture Hall from 2-4pm

Writers and Books - Writing for Personal Growth and Healing: A practice of personal writing can be helpful in exploring ingrained behaviors, attitudes and beliefs, can assist in the processing of experiences and feelings, and can lead to personal healing on many levels. We will experiment with writing exercises in various genres designed to address important emotional and cultural issues as well as free up the writing process. Participants will be encouraged to share what they write from exercises suggested during the sessions, but it will not be mandatory. This workshop is appropriate for individuals at all levels of writing experience. This workshop is not intended as a substitute for primary therapy. Riparian members: FREE. Rivers Run members:\$35.

Monday, January 26th
Lecture Hall from 1-4pm

Writers and Books - Writing Your Memoirs: The Surprise Story of Your Life B-I-A: If you're interested in writing about your life but don't know where to start, this is the class for you. We'll discuss different forms of memoir and do writing exercises that will help you find the stories inside the flow of events in your life. Writing does more than put down what you already know; it helps you discover new meanings. We'll learn the basics of how to "show, not tell" so that your writing can come alive. You'll learn how to use dialog, description, action, inner thoughts and summary the way a fiction writer would to write compelling stories. Riparian members: FREE. Rivers Run members:\$39.

Friday, January 23
Lecture Hall @ 10am

Preferred Care - Mindful Meditation: Quietening the mind and body can prove to be challenging as we live our hectic lives. Learn the basics of mindful meditation for a greater sense of calm and relaxation for your body and mind.
Wear loose and comfortable clothing. If you have a yoga or exercise mat, please feel free to bring this to the session.

SUN	MON	TUE	WED	THU	FRI	SAT
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!				1	2	3
				Yoga Video/Lecture Hall 10am	Scrabble..... 10am Happy Hour (BYO).....4pm	
4	5 NY Times Cross- word.....9:30am Wellness center orienta- tion.....1-3pm Sign Language Class.....7pm	6 Meet the Press9am Stretch Video/Lecture Hall.....10am Open Billiards.....1pm Open Art Studio.....3pm	7 Meet the Press.....9am New Community Mem- ber Orientation.....11am Eastman House.1-3pm High Tea.....4pm	8 Yoga Video/Lecture Hall 10am Intro to Wii Bowling2-4pm	9 Scategories.....11am Winter Inspired Crafts.....2pm Happy Hour (BYO).....4pm	10 Interfaith Service...10am Shuttle to RIT.....1pm Point Park.....11-2pm
11	12 NY Times Cross- word.....9:30am Wellness center orienta- tion.....1-3pm Sign Language Class.....7pm	13 Stretch Video/ Lecture Hall.....10am Open Billiards.....1pm Open Art Studio.....3pm	14 Meet the Press.....9am New Community Mem- ber Orientation.....11am Planetarium.....1-3pm High Tea.....4pm	15 Yoga Video/Lecture Hall 10am Be the Critic (Meet the Parents).....6:30-9pm	16 Scrabble..... 10am Happy Hour (BYO).....4pm Sharing w/Mary...7pm	17 Trip to Henrietta Public Library...11pm-1pm Shuttle to RIT.....1pm
18	19 NY Times Cross- word.....9:30am Wellness center orienta- tion.....1-3pm W&B Class.....1-4pm Sign Language Class.....7pm	20 Meet the Press.....9am Stretch Video/Lecture Hall.....10am Open Billiards.....1pm Open Art Studio.....3pm W&B Class.....2-4pm	21 Meet the Press.....9am New Community Mem- ber Orientation.....11am MAG.....1-3pm High Tea.....4pm	22 Yoga Video/Lecture Hall 10am Local History w/Alicia.....6:30-8:30	23 Mindful Meditation w/PC.....10am Scategories.....11am Winter Inspired Crafts.....2pm Happy Hour (BYO).....4pm	24 Young @ Heart (movie) LH.....2pm Shuttle to RIT.....1pm
25	26 NY Times Cross- word.....9:30am Wellness center orienta- tion.....1-3pm W&B Class.....1-4pm Sign Language Class.....7pm	27 Meet the Press ...9am Stretch Video/Lecture Hall.....10am Open Billiards.....1pm Open Art Studio.....3pm Staying Healthy @ RR.....11-2pm	28 Meet the Press...9am New Community Mem- ber Orientation.....11am Strong Museum w/grandchildren.1-3pm High Tea.....4pm	29 Yoga Video/Lecture Hall 10am Wine Tasting.....7pm	30 Scrabble..... 10am Happy Hour (BYO).....4pm Be the Critic (Mama Mia).....6:30-9pm	31 Shuttle to RIT.....1pm Intro to Wii Bowling12-2pm

DRIVER SCHEDULE

MONDAY: Appointments, 10-4pm*
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*
SATURDAY: Field Trips/Grocery /Mall (check calendar)
SUNDAY: Field Trips/Grocery /Mall (check calendar)
*Free Service to Riparian Community Members

Please note: This schedule is subject to change. Descriptions of programs are located inside. 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.

Update: 12/30/08

Thursday, January 15th & Friday, January 30th
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. 1/15 - “Meet the Parents” & 1/29 - “Mama Mia”

Monday, January 5, 12, 19, & 26
Wellness Center, 1-3pm

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.

Wednesday, January 7, 14, 21 & 28
Club Room @ 11am

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 11am . This orientation will help you through your transition with moving into The Riparian at Rivers Run.

Monday, January 5, 12, 19, & 26
Club Room @ 9:30am

N.Y Times - Crossword Puzzle - Join us Monday morning and together we can solve the Sunday crossword puzzle over a cup of Joe. Copies of puzzle available.

Tuesday, January 6, 13, 20 & 27
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.

Friday, January 9 & 23
Art Studio @ 2pm

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

Saturday, January 10th
Lecture Hall @ 10am

Religious Services – Come join us for an interfaith service. This is just the beginning...stay tuned for more religious programming. Next month weekly services and bible study programming.

Friday, January 2, 9, 16, 23, & 30
Club Room @ 4pm

Happy Hour - The good times are a plenty 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.

Wednesday, January 7, 14, 21 & 28
Club Room @ 9am

“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.

Tuesdays & Thursdays in January
Lecture Hall @ 10am

Exercise Videos - Tuesday - stretch and strength video and Thursday yoga video. This is a great way to ease into an exercise program. Come join your friends and neighbors as we try something new together.

Friday, January 16th
Club Room @ 7pm

Attention All Collectors - Has anyone lost their marbles? Or maybe their buttons! Come join Mary who will be sharing her collection of buttons and memorabilia of the past. Please share with us your unique collections for a fun and interesting evening.

Saturday, January 24th
Lecture Hall @ 2pm

“Young at Heart” - You will not want to miss out on this film that documents the true story of the final weeks of rehearsal for the Young at Heart Chorus in Northampton, MA, whose average age is 81, and many of whom must overcome health adversities to participate. Their music is unexpected, going against the stereotype of their age group, performing songs, for example, by James Brown, and Sonic Youth. Although they have toured Europe and sang for royalty, this account focuses on preparing new songs, not an easy endeavor, for a concert in their home town, which succeeds in spite of several real heart breaking events. *Written by Fox Searchlight*

Tuesday, January 6, 13, 20 & 27
Billiard Room @ 1pm

Open Billiards - Another great way to have fun and relax with your neighbors. Join us for an afternoon of pool. Great chance for beginners to learn or experts to share their knowledge and skill. You won't want to miss out on the fun. Hope to see you there!

Wednesday, January 7, 14, 21 & 28
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.

Monday, January 5, 12, 19, & 26
Lecture Hall @ 7pm

Intro to Sign Language - Paul Peterson a RR community member and retiree of RIT's NTID will be facilitating this program. This class will be an introduction to signing - focusing on finger spelling and casual signs that are used in day to day life. This class is open to all & FREE!

*“The natural place to live for people
who never stop growing.”*



50 Fairwood Drive
Rochester, NY 14623

www.riversrunliving.com

AT RIVERS RUN

THE
RIPARIAN

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Postage