

# March 2009

www.riversrunliving.com  
585-292-5440



## March Highlights



March 4th, 12th, 18th & 25th

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. 3/4 - Strong Museum - Dancing Wings Butterfly Garden - 2pm  
Thurs. 3/12 - Garden Scape 2009 - Rochester Flower Show - 2pm  
Wed. 3/18 - Highland Park - Lamberton Conservatory - 2pm  
Wed. 3/25 - Webster Arboretum - 2pm

Wednesday, March 11th

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@wnysalestraining.com](mailto:howard@wnysalestraining.com). Do not hesitate to RSVP, we need at least six participants for tournament to run.

Friday, March 6th, 20th & 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 haddock, french fries or baked potato, plus a side of coleslaw. Purchase tickets through RHAFT, Henrietta Ambulance, Henrietta Fire Department, Henrietta Senior Center, and Rivers Run. **Ticket Cost: \$10.** Proceeds will be donated to the local organization of that night.

Thursday, March 5th

Lecture Hall @ 3pm

**Everything You Are Aching To Know About Arthritis** - The 45 minute long presentation will cover pain management, exercise, diet and current treatments for arthritis and will include a question and answer period. Although there are over 100 different types of arthritis, the focus of the presentation will be osteoarthritis. You will also hear ways you can lessen your risk for osteoarthritis. The presenter is Joanne Insull, Program Director of the Arthritis Foundation. She holds a Master's Degree in Exercise Science from the University at Buffalo is a certified trainer and also has osteoarthritis.

Monday, March 9th

Riverside Café from 7-9pm

**Wine 101 - Rochester Wine School** - Do you choose wine because you like the label? The best way to learn about wine is to taste it! In this introductory class, you will learn several wine tasting techniques while sampling a selection of white and red wines. You will also get tips for food & wine pairing, reading labels, and storing & serving wine. Class includes a tasting of six international wines and a sampling of Executive Chef Matt Cole's exquisite creations. **FEE: \$25 Please register by: 3/6**

Monday, March 16th

Riverside Café @ noon

**Writers And Books - If All of Rochester Read the Same Book** - Join us in the café for a book discussion on Jim the Boy written by: Tony Earley. Jim the Boy is available for purchase at the front desk of The Riparian. Bring your lunch or purchase one from the café. This book discussion will get us ready for **Friday, March 27th @ 3pm**. Tony Earley will be here to conduct a book reading followed by a Q & A session. **Both events are Free!** Hope to see you there! **Book: \$14.03 includes tax**

Thursday, March 19th

Lecture Hall @ 5:30pm

**The Invisible Symptoms of MS: Depression** - Depression is a persistent disturbance of mood and has specific symptoms. People with MS experience depression more than the general population. Please join us as Cindy Irish and Eileen Scheid, both MS certified nurses and Clinical Research Coordinators at the University of Rochester Medical Center, continue our series on invisible symptoms. **Please register by: 3/12 by calling 1(800)FIGHT -MS**

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**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.

**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 Church Runs (Call to set up appt.).....9:30am	2 NY Times Cross-word.....9:30am Wellness center orientation.....1-2pm Intro to Wii Gaming...2pm <b>Intro to Sign Language</b> .....3:30pm	3 Stretch Video/Lecture Hall.....11am Open Billiards.....1pm Computer Help.....2pm Open Art Studio.....3pm Ping Pong Club.....7pm	4 New Community Member Orientation.....10am Wegmans.....11am Field Trip.....2pm High Tea.....4pm	5 Meet the Press.....10am Yoga Video/Lecture Hall.....11am <b>Arthritis Foundation Ed. Session</b> .....3pm	6 Garden Club.....11am Crafts.....2pm <b>Fish Fry Fundraiser: 4-7pm</b>	7 Bible Study.....10am Upwords(CR).....4pm
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8 Church Runs (Call to set up appt.).....9:30am <b>Daylight Savings</b>	9 Wellness center orientation.....1-2pm Intro to Wii Gaming...2pm <b>Intro to Sign Language</b> .....3:30pm <b>Wine 101</b> .....7-9pm	10 Stretch Video/Lecture Hall.....11am Open Billiards.....1pm Computer Help.....2pm Open Art Studio.....3pm Ping Pong Club.....7pm	11 New Comm. Member Orientation....10am Wegmans.....11am High Tea.....4pm <b>Texas Hold-em Tournament</b> .....7pm	12 Meet the Press.....10am Yoga Video/Lecture Hall.....11am Field Trip.....2pm Be the Critic .....6:30-9pm	13 Garden Club.....11am <b>Rochester Historical Society</b> .....2pm <b>Irish Dancing</b> .....4pm	14 Trip to Henrietta Public Library.....11pm-1pm
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15 Church Runs (Call to set up appt.).....9:30am	16 NY Times Cross-word.....9:30am <b>Writers and Books</b> .....12pm Wellness center orientation.....1-2pm Intro to Wii Gaming...2pm <b>Intro to Sign Language</b> .....3:30pm	17  Stretch Video/Lecture Hall.....11am Open Billiards.....1pm Computer Help.....2pm Open Art Studio.....3pm Ping Pong Club.....7pm <b>Happy St. Patrick's Day</b>	18 New Community Member Orientation.....10am Wegmans.....11am Field Trip.....2pm High Tea.....4pm	19 Meet the Press.....10am Yoga Video/Lecture Hall.....11am <b>MS Foundation ...5:30pm</b>	20 <b>First day of Spring!</b> Garden Club.....11am Crafts.....2pm <b>Blood Pressure</b> .....3pm Happy Hour (BYO).....4pm <b>Fish Fry Fundraiser: 4-7pm</b>	21  Classic Movie Matinee(LH).....2pm
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22 Church Runs (Call to set up appt.).....9:30am	23 NY Times Cross-word.....9:30am Wellness center orientation.....1-2pm <b>Preferred Care (Gender Diff. in Stroke)</b> .....2pm <b>Intro to Sign Language</b> .....3:30pm	24 Stretch Video/Lecture Hall.....11am Open Billiards.....1pm Computer Help.....2pm Open Art Studio.....3pm Ping Pong Club.....7pm	25 New Community Member Orientation.....10am Wegmans.....11am Field Trip.....2pm <b>Downsizing w/Theresa</b> .....3pm High Tea.....4pm	26 Meet the Press.....10am Yoga Video/Lecture Hall.....11am Be the Critic.....6:30-9pm	27 Garden Club.....11am <b>Writers and Books</b> .....3pm Happy Hour.....4:30pm <b>Game Night</b> .....7pm	28 Marketplace Mall.....2-4pm
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29 Church Runs (Call to set up appt.).....9:30am	30 NY Times Cross-word.....9:30am Wellness center orientation.....1-2pm Intro to Wii Gaming...2pm <b>Intro to Sign Language</b> .....3:30pm	31 Stretch Video/Lecture Hall.....11am Open Billiards.....1pm Computer Help.....2pm Open Art Studio.....3pm Ping Pong Club.....7pm	<b>DRIVER SCHEDULE</b>		
			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)		

Update: 3/02/09

### ***Mondays***

**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.

#### ***Last Friday***

#### **Lecture Hall @ 7pm**

**Game Night** - Join us the last Friday of each month for game night. Games played will be picked by participants that evening.

### ***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.

#### ***Friday, March 6th & 20th***

#### **Art Studio @ 2pm**

**Craft Club** - 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.

#### ***First Saturday***

#### **Captain's Room @ 10am**

**Bible Study** – Come join us for bible study. This is just the beginning...stay tuned for more religious programming. Bible study is the first Saturday of each month. Brought to you by Lighthouse Church.

### ***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.

### ***Thursday 3/12 & 3/26***

**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 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. 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.

### ***Mondays***

#### **Lecture Hall @ 3:30pm**

**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!

### ***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, Toolbars, 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.



50 Fairwood Drive  
Rochester, NY 14623

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

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AT RIVERS RUN

THE  
**RIPARIAN**

THE



2009

March

Postage