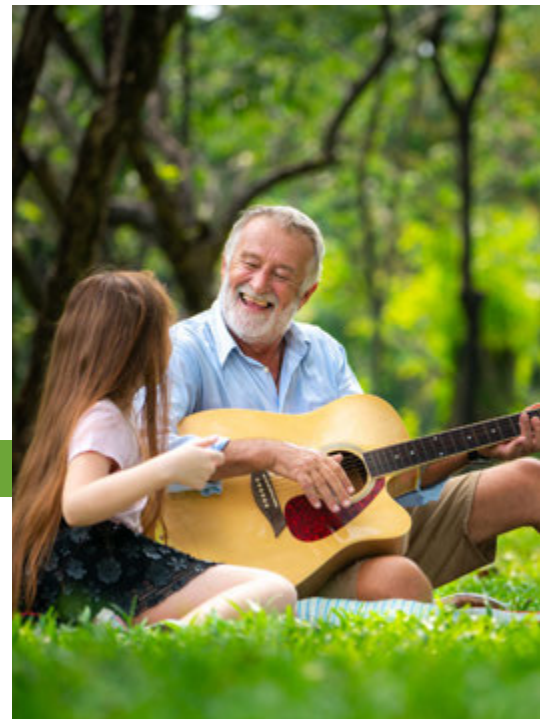


# livfun

The Village at Unity

APRIL 2019 • SONGS OF SPRING



## February Fitness Frenzy, By Mary Roat

This was our first year participating in the February Fitness Frenzy, the one month dedicated to being active and raising money based on how active we are. I hope that you all enjoyed being a little more active than usual and that when you logged your activity, you might have been a little surprised at what you can do. We had 70 participants tracking their activity and we moved for over 103,365 minutes. That is an average of over 52 minutes a day per person. Way to go! We raised a total of \$800 that will be donated to a charity that helps women and children. Thank you to all who participated.



PrimeFit Exercise Class meets every Tuesday to Friday.



Strutting their stuff during the walker dance lesson.

## Village Walking Group Returns! By Mary Roat

Nothing says spring in New York like walking outside. We will be walking the Village Green (make sure to wear your coat and hat) starting this month! Every Wednesday at 10:35 a.m., we will meet in the Café, walk the green and stop for a cup of coffee after. Who doesn't love a walk outdoors to get the blood pumping? It is just a short walk, one-third of a mile, enough to get us ready for the Outdoor Walking Group starting in May (May 4, if you want to mark your calendars). Please join us.

## Bursting With Blossoms

A sure sign of spring is the beautiful blossoming of many trees. Here are a few varieties that put on a seasonal show:

**Dogwood** – Native to North America, the dogwood is famous for its stunning springtime display of white or pink blooms, making it a popular landscaping tree since America's earliest days. Both George Washington and Thomas Jefferson had dogwoods planted at their estates.

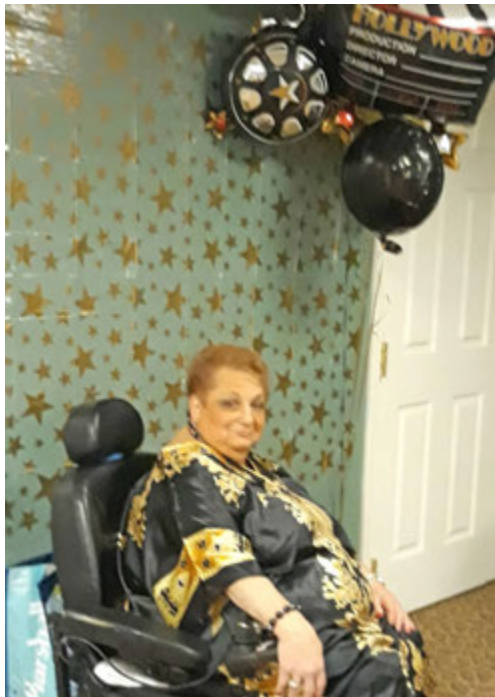
**Japanese flowering cherry** – This tree is the star of the National Cherry Blossom Festival in Washington, D.C., as well as other spring celebrations around the world. Its branches display delicate pink-white flowers that bloom for just a short time early in the season.

**Magnolia** – Prized for their large, fragrant flowers in shades of white, pink, red, purple and yellow, magnolias are often associated with the South, but varieties are grown in every region.

**Eastern redbud** – Dainty clusters of magenta blooms attract butterflies and birds to the redbud, which grows primarily in the eastern half of the U.S.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 PRIMEFIT, ES 10:30 Reminiscing with Sue Huurman, EAR 10:45 PRIMEFIT FOR BEGINNERS, ES 1:00 Art for the Young at Heart, AS 1:15 Intro to Theater, VSA&B 1:30 PRIMEFIT FOR BEGINNERS, ES 1:30 PrimeFit Circuit Training, FC 3:00 5 Minute Mystery, CN 3:30 Piano Music by Dave Barber, WFL	2 9:30 PRIMEFIT, ES 10:30 PrimeFit Walking Group, Cafe 12:45 VILLAGE CHORUS, MR 1:30 PRIMEFIT TAI CHI, ES 2:00 GUEST SPEAKER: JOANNE FRENCH 19TH CENTURY PIONEERS IN THE WORK OF BUSINESS & ENGINEERING!, VSA	3 9:30 PRIMEFIT, ES 10:35 PrimeFit Walking Group, Cafe 12:45 VILLAGE CHORUS, MR 1:30 PRIMEFIT TAI CHI, ES 2:00 GUEST SPEAKER: JOANNE FRENCH 19TH CENTURY PIONEERS IN THE WORK OF BUSINESS & ENGINEERING!, VSA	4 9:30 PRIMEFIT, ES 10:30 * Pancake Lunch at Cartwright's Maple Tree Inn, LFL 10:45 PRIMEFIT FOR BEGINNERS, ES 1:00 Dining Room Committee, VSB 1:30 PRIMEFIT FOR BEGINNERS, ES	5 10:00 PrimeFit, ES 1:00 PRIMEFIT TAI CHI, ES 1:30 RESIDENT BIRTHDAY PARTY WITH FOLK MUSIC BY JOHN DADY, VSA&B	6 10:45 Book Club: The Woman in the Window, By A.J. Finn, VSB 2:00 GUEST SPEAKER: INTERESTING MUSICAL INSTRUMENTS, VSA 6:15 Village Game Night: See Guide for Details
7 9:00 CHURCH SHUTTLE SERVICE-SEE GUIDE FOR DETAILS, LFL 10:00 Sunday Travelogue, C 11:00 Catholic Communion, MR 3:00 Methodist Service with Pastor Deano Pulice, MR	8 1:30 Resident Council: Members Only, VSA 1:30 MONDAY'S BACK STAGE TOUR:, C 2:00 Resident Council: All Welcome, VSA 3:30 Piano Music by Dave Barber, WFL 7:00 KODAK CONCERT BAND, VSA&B	9 9:30 PRIMEFIT, ES 11:00 COMMUNITY BRUNCH WITH HCR HOME CARE, VSA 1:00 Art for the Young at Heart, AS 1:15 Intro to Theater, VSA&B 1:30 PRIMEFIT FOR BEGINNERS, ES 6:25 * GREECE HISTORICAL SOCIETY LECTURES, LFL	10 9:30 PRIMEFIT, ES 10:35 PrimeFit Walking Group, Cafe 11:00 PARTY GAMES WITH PETE, EFL 12:45 VILLAGE CHORUS, MR 1:30 PRIMEFIT TAI CHI, ES 2:15 TRAVELOGUE-NORTH & SOUTH KOREA-EXTREME POLARITIES, VSA 3:15 PrimeFit Brain HQ, VSB	11 9:30 PRIMEFIT, ES 10:45 PRIMEFIT FOR BEGINNERS, ES 12:00 * EAT-IN LUNCH: VILLAGE CATERING, VSA 1:30 PRIMEFIT FOR BEGINNERS, ES 5:55 *RPO PRESENTS RACHMANINOFF, LFL	12 10:00 PRIMEFIT, ES 1:00 PRIMEFIT TAI CHI, ES 1:30 COUNTRY MUSIC WITH BRETT LIGHTHOUSE, VSA&B	13 11:00 Family Easter Egg Hunt, VSA&B 2:00 PrimeFit Yoga, ES 6:15 Village Game Night: See Guide for Details
14 <b>PALM SUNDAY</b> 9:00 CHURCH SHUTTLE SERVICE-SEE GUIDE FOR DETAILS, LFL 10:00 Sunday Travelogue, C 2:00 Ecumenical Faith Worship with Friends From Greece Baptist Church, MR	15 1:30 PrimeFit Circuit Training, FC 1:30 MONDAY'S BACK STAGE TOUR:, C 3:00 Larry's Music Education: The Music & Life of John Denver, VSB 3:00 5 Minute Mystery, CN 3:30 Piano Music by Dave Barber, WFL	16 9:30 PRIMEFIT, ES 10:45 PRIMEFIT FOR BEGINNERS, ES 1:00 Art for the Young at Heart, AS 1:15 Intro to Theater, VSA&B 1:30 PRIMEFIT FOR BEGINNERS, ES 2:30 Cards & Games Committee Meeting, EAR 4:10 * DINNER AT AGATINA'S, LFL	17 9:30 PRIMEFIT, ES 10:35 PrimeFit Walking Group, Cafe 12:00 Lunch & Learn with Mary, VSB 12:45 VILLAGE CHORUS, MR 1:00 Coffee Talk with Mike, P 1:10 * GEVA THEATER PRESENTS "NATIVE GARDENS," LFL 1:30 PRIMEFIT TAI CHI, ES 2:00 GUEST SPEAKER: HCR HOME CARE	18 9:30 PRIMEFIT, ES 10:45 PRIMEFIT FOR BEGINNERS, ES 11:00 * LADIES' LUNCHEON: BERNARD'S GROVE, LFL 1:30 PRIMEFIT FOR BEGINNERS, ES 2:00 Green Thumbs, VSB 3:00 Memoir Writing with Deanna, AGCR 7:00 Holy Thursday Catholic Mass with Father Wheeland, VSA&B	19 <b>GOOD FRIDAY</b> <b>PASSOVER BEGINS AT SUNSET</b> 10:00 PRIMEFIT, ES 1:00 PRIMEFIT TAI CHI, ES 2:00 Good Friday Catholic Service with Father Wheeland, VSA&B	20 10:25 * Shopping @ Greece Ridge Mall, LFL 6:15 Village Game Night: See Guide for Details 7:00 Easter Vigil Catholic Mass with Father Wheeland, VSA&B
21 <b>EASTER SUNDAY</b> 9:00 CHURCH SHUTTLE SERVICE-SEE GUIDE FOR DETAILS, LFL 10:00 Sunday Travelogue, C 11:30 Catholic Communion, MR 3:00 Methodist Service with Pastor Deano Pulice, MR	22 <b>EARTH DAY</b> 2:00 Spiritual Hymn Sing with Erin & Rosalie, P 1:30 MONDAY'S BACK STAGE TOUR:, C 2:30 Catholic Mass, MR 3:30 Piano Music by Dave Barber, WFL	23 9:30 PRIMEFIT, ES 10:15 * Card Making with Mary Ann, AS 10:45 PRIMEFIT FOR BEGINNERS, ES 11:30 * LUNCH AT PHILLIP'S EUROPEAN, LFL 11:40 Books Sandwiched In, LFL 1:00 Art for the Young at Heart, AS 1:15 Intro to Theater, VSA&B 1:30 PRIMEFIT FOR BEGINNERS, ES	24 9:30 PRIMEFIT, ES 10:35 PrimeFit Walking Group, Cafe 12:45 VILLAGE CHORUS, MR 1:30 PRIMEFIT TAI CHI, ES 2:00 HISTORY OUT LOUD-MANIFEST DESTINY WITH LOCAL HISTORIAN & COLLEGE PROFESSOR DAN CODY, VSA 3:15 PrimeFit Brain HQ, VSB	25 9:30 PRIMEFIT, ES 10:15 * CRAFTS WITH MARY ANN, AS 10:45 PRIMEFIT FOR BEGINNERS, ES 11:15 * MEN'S LUNCH: LONGHORN STEAKHOUSE, LFL 1:30 PRIMEFIT FOR BEGINNERS, ES 2:00 A Taste of Home, EAR	26 9:30 PrimeFit, ES 10:00 MEET YOUR NEW NEIGHBORS!, VSA 10:45 Blood Pressure Checks by the Greece Ridge Fire Department, VSB 1:00 PRIMEFIT TAI CHI, ES 2:00 PRIMEFIT FRIDAY: DANCING FOR BETTER BALANCE, VSA	27 1:10 *SCHOOL OF THE ARTS PRESENTS "RENT" THE MUSICAL, LFL 2:00 PRIMEFIT YOGA, ES 6:15 Village Game Night: See Guide for Details
28 9:00 CHURCH SHUTTLE SERVICE-SEE GUIDE FOR DETAILS, LFL 10:00 Sunday Travelogue, C 1:30 Interfaith Service with Friends From Hope Lutheran Church, MR	29 1:30 APRIL IN PARIS MOVIE & FRENCH PASTRIES, VSA&B 1:30 PrimeFit Circuit Training, FC 1:30 MONDAY'S BACK STAGE TOUR:, C 3:00 5 Minute Mystery, CN 3:30 Piano Music by Dave Barber, WFL	30 9:30 PRIMEFIT, ES 10:45 PRIMEFIT FOR BEGINNERS, ES 1:15 Intro to Theater, VSA&B 1:30 PRIMEFIT FOR BEGINNERS, ES	 <div data-bbox="1717 1674 1911 1715" data-label="Section-Header"> <p><b>Locations</b></p> </div> <div data-bbox="1717 1715 2957 2005" data-label="List-Group"> <ul style="list-style-type: none"> <li>Alf Glasoe Card Room, AGCR</li> <li>Art Studio, AS</li> <li>Bocce Court, BC</li> <li>Cinema, C</li> <li>Coffee Nook, CN</li> <li>Coffee Nook &amp; Plaza, CN&amp;P</li> <li>Crossroads, Cafe</li> <li>East &amp; West Dining Rooms, EWDR</li> <li>East Activities Room, EAR</li> <li>East Dining Room, EDR</li> <li>East Front Lobby, EFL</li> <li>Exercise Studio, ES</li> <li>Fitness Center, FC</li> <li>Front Lobby, FL</li> <li>Game Room, GR</li> <li>Leaving From The Front Lobby, LFL</li> <li>Meditation Room, MR</li> <li>Plaza, P</li> <li>Shuffleboard Court, SBC</li> <li>Village Green, VG</li> <li>Village Square A, VSA</li> <li>Village Square A &amp; B, VSA&amp;B</li> <li>Village Square B, VSB</li> <li>West Community Room, WCR</li> <li>West Dining Room, WDR</li> <li>West Front Lobby, WFL</li> <li>West Game Room, WGR</li> <li>West Organ Area, WOA</li> <li>West Wii Game Center, WWGC</li> <li>West Wii Game Center Or Plaza, WGC or P</li> </ul> </div>			

# Village Fun!



And the Oscar goes to ...



Valentine's Day "Love Is In The Air" Music Social!



And the Oscar goes to ...



The Village at Unity hosted our annual Senior to Senior Dance with students from Spencerport High School!



Mardi Gras fun!



Senior to Senior Dance!

## THE VILLAGE

UNITY • MILL LANDING

**The Village at Unity**  
 1471 & 1477 Long Pond Road  
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 585-368-4040 (West)

### Staff

**Resident Services Manager**  
 Mary Ann Mack

**Programs Supervisor**  
 Deanna Crawford

**PrimeFit Instructor**  
 Mary Roat

**Resident Service Supervisor**  
 Sheila Englert

**Performing Arts Coordinator**  
 Erin Stoianoff



Mardi Gras Kings and Queen:  
 Robert Schaeffer, Gerry Young and Joe Verdino!

Make your  
 "someday"  
 today.

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**TRAVEL** BY LEISURE CARE



## 2019 Destinations

Alaska Cruise | July 27–August 3

Las Vegas | September 30–October 4

Bermuda Cruise | October 20–27

For more information,  
 or to book your getaway, contact:  
 Carol Dennis at 1-888-468-2010



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