

MARCH 2022

# Welcoming Spring at Ferris Hills

“Nothing in the world is quite as adorably lovely as a robin when he shows off and they are nearly always doing it.”

- Frances Hodgson Burnett

## Staff Member Brings Ancient Martial Art to Ferris Hills

Julie Charles of Dining Services studied the ancient martial art of tai chi for 20 years, including two in China.

In late 2020 she volunteered to teach a weekly class to improve Clark Meadows residents' balance, flexibility, strength, concentration, and overall health.

It went so well, Julie is now teaching tai chi at Ferris Hills as well, and her classes are popular!

It's no wonder: According to the Mayo Clinic, the low-impact nature of tai chi puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels.

Thank you, Julie, for sharing your knowledge with our residents!



### FERRIS HILLS & CLARK MEADOWS

*Independent and Enriched Senior Living*  
One Ferris Hills, Canandaigua, NY 14424

# Take on New Projects or Take it Easy – It's Your Choice!

For many people, life in a retirement community is all about making the most of a life of leisure.

While some of the residents at Ferris Hills at West Lake fully enjoy kicking back and taking it easy, others are the type who like to stay busy, and there's no shortage of things to do.

In addition to the parties, concerts, lectures and other events on campus – as well as the outings to destinations throughout the Finger Lakes region – there are opportunities to lead projects or classes.

In fact, some residents are so often the driving forces behind many of the activities that the staff sometimes joke they are “taking over.”

Take Doris Ellenbogen, for example. The retired art gallery director recently led a program on changing demographics as part of the Foreign Policy Association's Great Decisions discussion series. Ellenbogen, who moved from Florida four years ago, said what while Great Decisions is one of her favorites, there's a wide variety of activities at Ferris Hills.

“It's all there for the taking,” she said.

Joan Danaher, meanwhile, leads a meditation class that meets on Sunday afternoons in the Vista Lounge.



Many residents sign up to lead Great Decisions global affairs discussions at Ferris Hills. It's just one example of getting involved, although there's no expectation or pressure for residents who prefer to kick back and relax.

Joan is a retired primary school teacher who has lived at Ferris Hills since March of 2020. Her class came about because a couple of friends – who knew she'd been practicing meditation for several years – encouraged her.

For Joan, leading a class is about sharing something she enjoys with others. She *is* someone who likes to be involved, but said there are also days she just enjoys hunkering down and spending quiet time with her cat.

That's one of the nice things about Ferris Hills, according to Joan: “I think that you can be involved as you want to be. There's no pressure either way.”

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## Photos of Recent Events

