

eventscalendar

january–april 2012

Introducing Midtown's Fresh Market Good Food Collective CSA

Thursday, January 5, 7:00–8:00 pm

Learn about the latest local organic food coop at Midtown. Farm fresh to our door. Register at the front desk. Guests welcome. Complimentary.

YOGA Course II [Part 1]

Saturdays, January 7–March 17, 9:00–10:30 am

This ten week course, taught by Mary Aman, M.A., RYT 500, adheres carefully to sequences described in *YOGA, the Iyengar Way*. The small group setting maximizes individualized student attention and builds on standing poses and beginning inversions. Course Two also consists of sitting poses and twists, prone and supine poses. Stability is reinforced through standing poses, simple backbends and pranayama (intentional breath work.) Several strategies for relaxation will be explored. Take what you've been practicing, and weave it in with the quiet of seated forward bends, the heat of revolved standing poses and the satisfaction of going upside down. For your optimal experience, class size is limited to 15 participants. \$150 per member, \$175 per guest.



Family Roller Skate Night at Midtown Sponsored by Colie's Cafe

Saturday, January 7, 5:00–7:00 pm

Party the night away with all your Midtown friends! DJ, skates, dinner and fun for all ages and abilities. \$8 per person or \$25 per family max—includes food, beverage and skates.

Tai Chi for Healing

Sundays, January 8, 15, 22 & 29, 1:30–2:30 pm

Based on the Sun style of Tai Chi, this program utilizes powerful Qigong exercises which facilitate healing, improve breathing, promote relaxation, and strengthen the mind/body connection. Characterized by slow rhythmic steps, agility and posture are improved. \$60 per member, \$70 per guest.

Sunday Afternoon Meditation

Sunday, January 8, 4:45–5:45 pm

Bring balance and focus to your life and discover a sense of peace and renewal in this unique practice. Complimentary.

Yoga School for Beginners

January 9–February 4, Time TBD

This four- week course serves as an introduction to yoga. Build strength and flexibility and become comfortable enough to move into our regular classes after four weeks. \$60 per member, \$70 per guest.

Intro to Skin Care

Monday, January 9, 6:00–7:30 pm

Learn the basics for great looking skin. The Spa at Midtown skin care specialists will answer skin care questions and demonstrate popular services. Guests welcome. Gift to all attendees. Complimentary.

The Midtown Jazz Band

Monday, January 9, 6:30–8:30 pm

Unwind with good friends in the café!

Eye of The Tiger Practice

Friday, January 13, 6:00–9:00 pm

Aimee and Stephanie lead you through this intermediate/advanced class similar to the Eye of the Tiger practice used by John Friend, founder of Anusara Yoga. Every class of poses are sequenced to deepen physical openings, expand the heart and mind. \$37 per member, \$47 per guest.

Midtown Member Mania Day

Saturday, January 14, 8:00 am–Noon

Four hours of fitness fun, prizes and raffles. Participate in group exercise (cycle, Group Power, Zumba, Group Step, kickboxing) and mind body classes (Pilates and yoga). The more classes you take the more raffle chances you have to win prizes. Members are welcome to bring in a guest for free. Complimentary.



“Joint Replacement in Younger Patients: Facts, Myths and the Future”

Presented by Dr. Alan Boyd, Professor of Orthopaedic Surgery, Chief of Highland Hospital Orthopaedics and the Evarts Joint Center, URMC and Dr. Christopher Drinkwater, Associate Professor of Orthopaedic Surgery and Co-Director of the Evarts Joint Center at Highland Hospital, URMC
Tuesday, January 17, 7:00–8:00 pm

Drs. Boyd and Drinkwater will present current thinking related to hip and knee replacement surgery for younger and more active individuals. The purpose is to provide insight into navigating between marketing and science in terms of general information presented to the public. Discussion will include non-operative management, indications for surgery, technical details of surgery, rehabilitation and expected outcomes.

Wheatgrass Lecture and Tasting

Presented by Sarah Pollicove, Cornell University
Wednesday, January 18, 7:00–8:00 pm

Join Sarah Pollicove, Rochester based grower and proprietor of Wheatgrass Organics for an informative talk on the benefits of wheatgrass. Enjoy samples! Register at the front desk. Guests welcome. Complimentary.

BUNCO Night at Midtown

Thursday, January 19, 7:00–8:30 pm

Join us for this fast and furious dice game—more fun than cards! No experience or partner necessary. \$5 per player includes dice, score card, light appetizers and a hilarious evening to remember.

Group Power Launch

**Saturday, January 21, 8:00–9:00 am and
11:00 am–Noon**

Power up with this quarter's Group Power release. See what new strength conditioning movements bring to your fitness goals. Complimentary.

Group Step Launch

Saturday, January 21, 9:30–10:30 am

Step it up with the latest Group Step release. Join our motivating instructors in this incredible workout. New moves, new music and always great energy. Complimentary.

Victor Antonelli's Salsa Band Featuring Johnny Vega at Midtown!

Saturday, January 21, 7:00–9:00 pm

Put on your dancing shoes and join us for a night that is sure to sizzle. \$5 per person. Guests welcome. Register at the front desk. Food and beverage available à la carte.



Evening of Restorative Yoga

Friday, January 27, 6:30–8:00 pm

Linger quietly and savor the sweetness of life. All levels welcome. Please bring your luminous soul's strong desire to journey into a place of deep relaxation! Tea and light refreshments to follow. \$10 per member, \$15 per guest.

Dance in Kidtown

Saturday, January 28, 10:00 am

Join your Midtown pals for non-stop dance fun. Complimentary.

Basketball League

**Thursday Nights, February 2–April 26,
6:00–9:00 pm**

Basketball leagues are a great way to stay in shape, meet new people, and stay competitive. High school or college level experience suggested. Must be 18 years or older to participate. \$57 per member.

5th Annual Mind/Body Boot Camp

Saturday, February 4, 8:45–9:45 am

Join Randi and Sam for a unique and unconventional core strengthening, circuit workout which blends yoga, Pilates and cardio. Complimentary.

Cycle for Hope

Saturday, February 4, 8:00 am–2:00 pm

Whether you're an avid cyclist or a beginner, this 6-hour cycling marathon is a unique opportunity for everyone to enjoy. Ride for just one hour or all six. \$20 per hour. All net proceeds will be divided evenly between Camp Good Days and Special Times and Golisano Children's Hospital at Strong. Pledge forms are available in the cycle room, at the front desk, or may be downloaded at www.cycle4hope.org.

Sunday Afternoon Meditation

Sunday, February 5, 4:45–5:45 pm

Bring balance and focus to your life and discover a sense of peace and renewal in this unique practice. Complimentary.

Seafood Night at Bon Marché

Monday, February 6, 6:30–8:30 pm

Join us for a soul warming seafood stew of mussels, clams, scallops and fish. Enjoy a complimentary glass of wine with your stew and relax to the sounds of the Perrin Yang Quartet. Advance registration not required. \$17 per person. Guests welcome.

Perrin Yang Quartet

Monday, February 6, 6:30–8:30 pm

Join us in the café for an exciting classical concert!



“Are You a Chocoholic?”

**Presented by Greg Seeger, M.D., Medical Director of Addiction Services, Rochester General Hospital
Tuesday, February 7, 7:00–8:00 pm**

Dr. Seeger will explore the history of chocolate and its mysterious effects on the body and mind. A comparison of dark and milk chocolate will be addressed as well as cravings and how to control them. Tasting included! Register at the front desk. Guests welcome. Complimentary.

Couples Massage Workshop

Wednesday, February 8 and 15, 5:30–7:00 pm

Learn basic massage techniques for the scalp, hands and feet. Discover how massage promotes cortisol to reduce stress and oxytocin which increases affection and bonding between couples. \$10 per couple per session includes massage oil. Register for one or both workshops.

Valentine's Day Couple's Yoga

Friday February 10, 6:00–7:30 pm

Join Jen and Tisah for this heart opening Partner Yoga Class. Move through poses, build trust with your partner and deepen your connection to your partner and yourself. Any pose is more fun when shared. Class includes traditional yoga poses as well as partner work, restorative yoga, and Thai massage. Valentines Day gathering and sweet treat immediately following class. Bring your spouse, best friend or loved one. Members \$40 per couple, guests \$50 per couple.

MXT Partners

Saturday, February 11, 12:30–1:30 pm

Sometimes, two is better than one. Bring a Midtown friend, spouse, family member, or special loved one to Vinny's extreme workout. This class will focus on movements that can be done with a partner. Complimentary.

Family Roller Skate Night at Midtown Sponsored by Colie's Cafe

Saturday, February 11, 5:00–7:00 pm

Party the night away with all your Midtown friends! DJ, skates, dinner and fun for all ages and abilities. \$8 per person or \$25 per family max—includes food, beverage and skates.

Love, Sweat, and Boot Camp

Sunday February 12, 4:30–5:30 pm

Join Inez for a pre-Valentine's Day workout. Bring a friend or that special someone to try a variety of strength drills, skills, and cardio thrills meant for two. Complimentary.

The Midtown Jazz Band

Monday, February 13, 6:30–8:30 pm

Unwind with good friends in the café!



BUNCO Night at Midtown

Thursday, February 16, 7:00–8:30 pm

Join us for this fast and furious dice game—more fun than cards! No experience or partner necessary. \$5 per player includes dice, score card, light appetizers and a hilarious evening to remember.

Evening of Restorative Yoga

Friday, February 17, 6:30–8:00 pm

Linger quietly and savor the sweetness of life. All levels welcome. Please bring your luminous soul's strong desire to journey into a place of deep relaxation! Tea and light refreshments to follow. \$10 per member, \$15 per guest.

Dance in Kidtown

Saturday, February 25, 10:00 am

Join your Midtown pals for non-stop dance fun! Complimentary.

Elder Care and Planning Options Presented by HCR Home Care and Elder Law Professionals

Tuesday, February 28, 7:00–8:00 pm

Dealing with a parent, loved one or business client that is aging? Concerned about their physical cognitive health? Understanding a long term care option is overwhelming. HCR Home Care along with an elder law attorney and geriatric care manager will lead a discussion to provide you with the guidance needed to navigate the various options.

Midtown Yoga Teacher Training 40 Hour Module
Fridays, 6:00–9:00 pm & Saturdays,
11:30 am–6:30 pm

March 2, 3, 16, 17, 30, 31 & April 20, 21

For students and teachers with previous yoga training. Expand your yoga knowledge and refine your teaching skills. May be applied towards yoga alliance certified hours. Non-members welcome. Contact Randi Lattimore at 461-2301, extension 103 for more details.

Ultimate Athlete Challenge Boot Camp

Hosted by Justin Bradt

Saturday March 3, 8:45–9:45 am

Join us and be challenged by some of the toughest sports out there. At the end of the class you'll be an ultimate athlete. Complimentary.

Paddles for Saddles Greater Rochester
Paddle Tournament

Supporting The Equicenter

Saturday, March 3, 8:00 am–10:00 pm

Four levels of men's and ladies tournament play followed by dinner, drinks and live music by Uncle Plum. Register at the front desk or call Laramie Gavin at 461-2300, extension 236 for details. All levels of players welcome.



Paddles for Saddles Party
Supporting The Equicenter

Saturday, March 3, 6:00–10:00 pm

Dinner, drinks and live music by Uncle Plum. The general Midtown membership is invited. Cash bar and barbecue dinner. Register at the front desk or call Chrissy Gawens at 461-2300, extension 126 for details.

Zumba Party

Friday, March 9, 6:30–8:00 pm

Spice up your Friday night with the hottest party around. An hour of shaking your hips to the best Latin sounds. The party continues with light snacks and prizes. Complimentary.

Family Roller Skate Night at Midtown
Sponsored by Colie's Cafe

Saturday, March 10, 5:00–7:00 pm

Party the night away with all your Midtown friends! DJ, skates, dinner and fun for all ages and abilities. \$8 per person or \$25 per family max—includes food, beverage and skates.

Adrian Jules Custom Clothiers Trunk Show
at Midtown

Monday, March 12, 7:00 am–7:00 pm

Preview the latest men's fashion from the style experts at Adrian Jules. Complimentary.

The Midtown Jazz Band

Monday, March 12, 6:30–8:30 pm

Unwind with good friends in the café!

Saint Patty's Day Feast at the Café

Thursday, March 15, 5:00 pm [start]

Enjoy homemade corned beef dinner with all the trimmings and a 16 oz. beer. Advance registration not required. Guests welcome. \$17 per person plus tax.

BUNCO Night at Midtown

Thursday, March 15, 7:00–8:30 pm

Join us for this fast and furious dice game—more fun than cards! No experience or partner necessary. \$5 per player includes dice, score card, light appetizers and a hilarious evening to remember.

Cardio Hip Hop

Saturday, March 17, 1:30–2:30 pm

Add a little attitude to your workout with hip hop inspired routines to warm you up and get your groove on! The second part of the class will focus on learning several hip hop combinations, broken down in easy parts, to then perform at the end of class. All levels welcome. Complimentary.



An Evening of Restorative Yoga

Friday, March 23, 6:30–8:00 pm

Linger quietly and savor the sweetness of life. All levels welcome. Please bring your luminous soul's strong desire to journey into a place of deep relaxation! Tea and light refreshments to follow. \$10 per member, \$15 per guest.

Memory Issues: Signs and Risk Factors for Dementia and Assistance for Families and Caregivers Presented by HCR Home Care Professionals and the Alzheimer's Association

Tuesday, March 27, 7:00–8:00 pm

Differences between normal aging, Alzheimer's disease and related dementias, and the early warning signs of Alzheimer's disease will be addressed. Common myths versus reality and the risk factors associated with dementia will also be discussed as well. Information will be provided on how you can help yourself and loved one.

Dance in Kidtown

Saturday, March 31, 10:00 am

Join your Midtown pals for non-stop dance fun. Complimentary.

The Midtown Jazz Band
Monday, April 9, 6:30–8:30 pm
Unwind with good friends in the café!

Perrin Yang Quartet
Monday, April, 16, 6:30–8:30 pm
Join us in the café for an exciting classical concert!

Midtown's Fresh Market
Good Food Collective CSA
Tuesday, April 17, 7:00–8:00 pm
Learn about the very latest local organic food coop that has landed at Midtown. Register at the front desk. Guests welcome. Complimentary.

To Move or Not to Move?
Options For Seniors Who Desire to Stay in Their Own Home and Other Senior Housing Options Presented by HCR Home Care and Senior Living Specialists
Tuesday, April 24, 7:00–8:00 pm
Concerned about an aging loved one being able to care for themselves? Physical or cognitive changes impact one's ability to maintain one's home, and many face the question, is it safe? This panel discussion will present information on what to look for, options to help, housing alternatives and how best to navigate this difficult subject.



Evening of Restorative Yoga
Friday, April 27, 6:30–8:00 pm
Linger quietly and savor the sweetness of life. All levels welcome. Please bring your luminous soul's strong desire to journey into a place of deep relaxation! Tea and light refreshments to follow. \$10 per member, \$15 per guest.

Dance in Kidtown
Saturday, April 28, 10:00 am
Join your Midtown pals for non-stop dance fun. Complimentary.