

— Spring 2021 —

PITTSFORD

SENIOR CITIZENS

35 Lincoln Ave. • Pittsford, NY 14534

(585) 248-6235

Dolores DeCoste, Director



Senior Outing

Thursday, May 20

Isaac Gordon Nature Trail Hike

For more information and to register
please call (585) 248-6235

Online Balance Class

FREE Online Program

Our Instructor is Dr. Ron Wood, owner of Clover Physical Therapy, PC. Classes are held every first and third Monday of the month, 1:15-2:00PM. Exercises to help improve strength, mobility and/or balance which can help you stay active and prevent falls. Call (585) 248-6235 for more information.

PITTSFORD SENIOR PROGRAMS are for retired residents or those 50 years of age and over. There are NO fees for membership. The Pittsford Senior Programming office is located at the Pittsford Community Center-35 Lincoln Ave.

Lunch is currently offered in a grab and go format, please call 248-6235 for more information.

LUNCH CLUB 60 NUTRITION PROGRAM

The Pittsford Senior Center is currently offering Grab-n-Go boxed meals. Lunches may be picked up at the Pittsford Community Center (35 Lincoln Ave) between 11:30AM & 12:30PM. Please call 248-6235 for more information.

Suggested contribution for this lunch is \$3.50 per person. This program provides nutrition screenings, assessment, education and counseling to help older participants meet their health and nutrition needs.

AARP SMART DRIVER PROGRAM

Pittsford Community Center Room 204

Please call 248-6235 for more information and 2021 class dates.

IN-PERSON EXERCISE PROGRAMS

Classes are **FREE** to Pittsford Residents & \$3.00 per class for non-residents

PRE-REGISTRATION IS REQUIRED FOR IN-PERSON EXERCISE CLASSES. Please call to register.

Arthritis Senior Fitness - With Pat Rose
Pittsford Community Center Room 113

Classes meet Wednesdays and Fridays from 10:00-11:00AM. Why not start your day with a bit of fun and exercise all in one as you move towards wellness. This low impact class seated or standing can help you with balance, joint flexibility strengthening and toning while you get up and go for the day. We supply balls, bands and weights while you are on your mission to health as well as the social aspect that we as seniors all need. We hope to see you soon.

ZUMBA GOLD - with Melanie Jones
Pittsford Community Center Room 218

Class meets Wednesdays from 9:00-10:00AM. Exercise that's fun, easy, and effective - no dance or exercise experience needed for this Latin inspired dance fitness program! Modified for the active older adult or beginner participant.

PITTSFORD HIGHLANDS' CHORUS

Choral Director, Rhonda Wright

**Rehearsals will be held via Zoom every Monday
from 1:30PM to 2:30PM**

**ALL ARE WELCOME
NO AUDITIONS**

THE HIGHLANDS
AT PITTSFORD

HELPFUL RESOURCES FOR SENIORS

ELDERSOURCE

Eldersource can be your single source for information, for advice, for advocacy, and for support.

Care Managers are available to assist with in-home geriatric assessment, caregiver consultation, care planning, linkages to services, help with housing decisions and more.

LISA WHOLLEY,
Eldersource Care Manager
(585) 325-2800



AARP

AARP helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families – such as employment security, health care and retirement planning.

May be able to assist with information on AARP Safe Driver course, Tax Prep, and more.

AARP.ORG

1-888-687-2277

LIFE SPAN

Lifespan provides information, guidance and more than 30 services for older adults and caregivers.

WWW.LIFESPAN-ROCH.ORG
(585) 244-8400

ADDITIONAL RESOURCES

Monroe County Office for the Aging
www.monroecounty.gov
(585) 753-6280

Pittsford Food Cupboard
www.pittsfordfoodcupboard.net
(585) 264-9860

Meals on Wheels
(585) 787-8397



Pittsford Youth Services, Inc.

Supporting Youth. Strengthening Families.

Our Mission

Pittsford Youth Services, Inc. (PYS) is dedicated to providing youth and their families with confidential, professional and affordable social work services in the schools and Pittsford community. PYS strives to enhance social and emotional well-being through counseling, advocacy, educational programs and informational services.

PYS is proud to be the sole provider of professional social work services for the Pittsford schools and St. Louis School. All PYS social work staff are New York State Licensed, Master's level Social Workers (LMSW).

How to Access Services

Eligibility: Any youth, ages 5-21 and their families, who live, work, attend school or worship in the town of Pittsford.

Cost: Services in the schools for youth are free. Additional counseling services are available at our offices in the Village at a cost of \$50/hr. A sliding scale is utilized in working with families who may have a limited income, and services are never denied based upon inability to pay.

Contact: Parents may contact their child's teacher, school counselor or the PYS office directly to request services. Appointments at the PYS office are available during the day, some evenings and as arranged directly with the social worker.

PYS Services

- Individual and family counseling
- Home visits
- Referrals to outside agencies
- Social-emotional groups
- Grief and loss counseling
- Support of Special Education Services
- Parent education programs
- Skill-based groups
- Drug and alcohol education/information programming

For more information or to learn how you can help,
call 585.248.6299 or visit our website:
www.pittsfordyouthservices.org



ELDERBERRY EXPRESS

Pittsford Community Center
(585) 248-6237

NEED TO GET OUT OF THE HOUSE? CALL ELDERBERRY EXPRESS!

Elderberry Express provides transportation to the senior citizens of Pittsford for the following:

- Pittsford Seniors' Meeting - Tuesdays
- Shopping at Wegmans & Pittsford Plaza -Wednesdays
- The individual's choice: any weekday doctor, dentist, bank, friend, beauty salon, etc.

A donation per trip is appreciated but not required.

Volunteer Drivers Needed!