

# PITTSFORD

# SENIOR CITIZENS

35 Lincoln Ave. • Pittsford, NY 14534

**(585) 248-6235**

Dolores DeCoste, Director



## BLOOD PRESSURE CHECKS

**SEPTEMBER 11th & 12th**

Will be held twice a month every month.

Please call for additional fall dates.

*The Pittsford Senior Center  
is open Monday through  
Friday 9:00AM-3:30PM*

**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 now located at the Pittsford Community Center-35 Lincoln Ave and open Monday through Friday, 9:00AM-3:30PM. We hope you will come and spend time with us either by joining one of our programs, or just stopping in to meet your friends or make new ones. Our monthly calendar is available at the Pittsford Senior Programming office (Rm 118).

*Weekly luncheon meetings are held on Tuesdays at the Senior Center at 12:00PM. Lunch is followed by a program presentation. Participants may stay to play cards and other games until 3:30PM.*

### **CRAFT CLUB - Pittsford Community Center Room 114**

Craft Club will meet every Friday from 9:30AM-11:30AM beginning on September 21. The club will work on organized crafts on (9/21, 10/5 & 10/19, 11/9 & 11/30, 12/7 & 12/14) for upcoming events and for donations to various local charities. The rest of the Friday meetings will be used for participants to do their own projects. Craft club will not meet on 11/23, 12/21 & 12/28.

### **LUNCH CLUB 60 NUTRITION PROGRAM**

Mondays, Wednesdays & Fridays. Lunch is served at 12:00PM. The Nutrition Program offers an opportunity to share in a hot meal, partake in social activities, and maintain a quality of life that older adults age 60 or over so richly deserve. 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. Enrichment programs are also presented. We will provide transportation to and from the Pittsford Senior Center. Please call 248-6235 to make a lunch reservation and/or sign up for transportation.

### **AARP SMART DRIVER PROGRAM - Pittsford Community Center Room 114**

This course is for drivers age 50 and older and consists of two-3 hour sessions held consecutive Thursdays at the Pittsford Community Center. During this time participants will be updating driving knowledge and skills. Completion of the six classroom hours entitles participants to a discount on their auto insurance and reduction of points on their driving record. Classes will be held September 6 & 13, October 4 & 11, November 1 & 8 and December 6 & 13. All classes will be from 9:00AM-12:00PM. SPACE IS LIMITED. Please call 248-6235 to make a reservation.

### **EUCHRE - Pittsford Community Center Room 113**

Mondays 12:30-3:00PM. Join our enthusiastic Euchre players and make new friends.



**Tuesday, October 16, 2018  
9:00AM-12:00NOON**

Please bring your insurance card and proof of identification

Please make a reservation by October 9  
(248-6235 or stop by the office)  
to ensure we have enough doses.

**elderSOURCE**

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

**Lisa will be available at the Pittsford Community Center to meet with seniors the second Tuesday of every month from 11:00AM-12:00PM.**

*Eldersource assistance is available on a first come, first served basis. Please be aware there may be a short wait period based on the needs of other participants. Your patience is appreciated.*

Register Online At: [www.townofpittsford.org](http://www.townofpittsford.org)

# PITTSFORD

# SENIOR EXERCISE PROGRAMS

## **LINE DANCING - with Will Herzog**

Pittsford Community Center Room 218

Beginner Class meets Wednesdays from 9:00-10:00AM. Advanced Class meets Wednesdays from 10:00-11:00AM. Fun, entertaining, and a great source of exercise!

## **ZUMBA GOLD - with Heather Ottnud**

Pittsford Community Center Room 215

Class meets Thursdays, 12:30-1:15PM, PCC Rm 215. 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.

## **TAI CHI FOR ARTHRITIS - with Donna Evevsky**

Pittsford Community Center Room 218

Class meets on Tuesdays & Thursdays from 1:00-2:00PM. The 73 Tai Chi (advanced group) will meet Thursdays from 2:00-2:30PM. A gentle form of Tai Chi specifically developed for people with arthritis. Improves balance, breathing and relaxation.

## **ARTHRITIS SENIOR FITNESS - with Pat Rose**

Pittsford Community Center Room 113

Classes meet Mondays and Wednesdays from 10:00-11:00AM. This is a gentle motion exercise program to keep your joints flexible.

## **YOGA FOR SENIORS - with Donna Kawczynski**

Pittsford Community Center Room 113

Mondays, 11:10AM-12:00PM & Fridays, 9:00-9:50AM. Come try this ancient form of body rehabilitation called yoga. Yoga helps to regain strength, tone and flexibility in a nurturing, gentle atmosphere.

## **Matter of Balance - with Sarah Otis**

Pittsford Community Center Room 218 **FREE!**

Wednesdays from 1:30-3:30PM. A Matter of Balance is a workshop designed to increase activity levels and decrease the fear of falling. This class will meet Oct. 3, 10, 17, 24, 31 & November 7, 14, 21.

## **NIA: MIND-BODY-SPIRIT FITNESS - with Rhonda Wright**

Pittsford Community Center Room 218

NIA: Non-Impact Aerobics. Classes meet Mondays 9:00-10:15AM. Wear loose-fitting clothing and bring a mat or towel for floor stretching. NIA is a whole-body approach to fitness that encompasses the dance arts, the martial arts, and the healing arts.

## **BALANCE CLASS **FREE!****

Pittsford Community Center Room 218

Our Instructor is Dr. Ron Wood, owner of Clover Physical Therapy, PC. Classes are held every third Monday of the month, 1:30-2:15PM. Exercises to help improve strength, mobility and/or balance which can help you stay active and prevent falls.

## **FELDENKRAIS METHOD EXERCISE CLASS **FREE!****

Pittsford Community Center Room 113

First two Wednesdays of each month at 11:15AM. Improves posture, coordination, flexibility and suppleness. Moreover, Feldenkrais alleviates pain by minimizing physiological and psychological stress associated with restricted functions. Our instructors are Staffan Elgelid PT, GCFP, Ph.D. and Fred Onufryk, MS, PT.

## **SQUARE DANCING - with Jim Gotta**

Pittsford Community Center Room 218

Fridays from 1:30-3:00PM. Jim teaches the basics of square dancing, including a mixture of traditional and modern styles.



*Classes are FREE to Pittsford Residents & \$3.00 per class for non-residents  
Any classes listed as FREE, are free to all who attend.*

PITTSFORD

SENIOR

# Local Trips



All trips require a non-refundable \$1.00 deposit due at time of reservation. Residents may make reservations beginning August 27th for fall trips. Non-Residents may make reservations for the trips listed below one week before the date of the trip. Lunch menus for trips are available to view in the Senior Programming office (Room 118). **All tours, admissions & lunches are paid for on your own.**

**SEPTEMBER 6th**

Seneca Park Zoo

**OCTOBER 4th**

Skaneateles

**OCTOBER 25th**

White Deer Tour - \$20

**NOVEMBER 22nd**

NO TRIP

**SEPTEMBER 13th**

Cooking Class at St. John's

**OCTOBER 11th**

Charley Brown's Restaurant - Schutt's Apple Mill

**NOVEMBER 1st**

Del Lago

**NOVEMBER 29th**

Bad Apples Bistro

**SEPTEMBER 20th**

Hedges

**OCTOBER 18th**

Brightly's Farm Market & Bakery (Hamlin, NY)

**NOVEMBER 8th**

Saunders-Abigail's

**DECEMBER 6th**

Bocaccinis Italian Bistro

**SEPTEMBER 27th**

Glen Iris Inn

**NOVEMBER 15th**

Granger Homestead NY Kitchen

**DECEMBER 13th**

Kittleberger's - The Garlic Pit

## SENIOR Special Programs & Events

### Halloween Luncheon

By Chef Julie Donnelly

**Tuesday, October 23, 2018  
12:00 Noon**

\$6.00 per person

Each participant will receive a pumpkin donated by Paula Willard and painted by Mendon High School art class students.

Reservations and payment due by October 16, 2018

### BANANA BOX GIFT WRAPPING

At the Public Safety Building

Date TBA

Transportation from the Pittsford Community Center in the Paddy Wagon

Sponsored by the Monroe County Sheriff's Department

Coffee and doughnuts will be served

**Pick up at 8:30, return at 11:30AM**

### End Of Summer Picnic

Tuesday,

September 18, 2018

**12:00 Noon • \$6.00 per person**

Program: Barns of Pittsford by Audrey Johnson

Reservations by September 11, 2018

### Holiday Luncheon

By Chef Julie Donnelly

**Tuesday, December 11, 2018  
12:00 Noon**

\$6.00 per person

PROGRAM: Beth Brancato - World Travels

Reservations and payment due by December 4, 2018

### Thanksgiving Feast

**Tuesday, November 13, 2018  
12:00 Noon**

\$12.00 per person

Menu: Roasted Turkey with Stuffing  
Mashed Potatoes with Gravy, Squash, Peas,  
Cranberry Sauce, Pumpkin Pie

Reservations and payment due by November 6, 2018

### PITTSFORD WOMEN'S CLUB

#### Annual Appetizer Party

**Tuesday, December 4, 2018  
12:00 Noon  
\$3.00 per person**

**MENU:** An assortment of appetizers and desserts

**Music by: Joe Miltch**

Reservations and payment due by Thursday, November 29, 2018

## COATS FOR SENIORS

Collection of new and gently used coats will take place at the Pittsford Community Center from:

**October 15 - January 2, 2019**

Coats will be distributed throughout Monroe County to those in need.

*Please join us in making  
"Coats for Seniors" a success this year!*

## EDUCATIONAL PROGRAMS

### Medicare Updates:

Ron Brandwein- Lifespan

**Wednesday, October 24  
& Tuesday, October 30 at 12:30PM**

### Scams:

Leita King, Scam Prevention Coordinator at Lifespan

**Tuesday November 6, 12:30PM  
& Monday, November 19, 12:30PM**



**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 Phoenix Building - located at 4 South Main Street 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](http://www.pittsfordyouthservices.org)**

## PITTSFORD HIGHLANDS' CHORUS

*Choral Director, Rhonda Wright*

Rehearsals are held every **Wednesday at 2:00pm**  
at the Highlands at Pittsford, Building 100.

**ALL ARE WELCOME- NO AUDITIONS**



**SAVE THE DATE!**

## EUCHRE PARTY

**Saturday, January 19, 2019**

*We would like to extend our gratitude to  
Pittsford Florist who provides beautiful flower  
donations on a weekly basis.*



## 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!***