

# PITTSFORD SENIOR CITIZENS

## July and August 2018 Newsletter

The Pittsford Senior Center will be **closed** from **Monday, August 20, through Friday, August 31. We will reopen on Tuesday, September 4,** at our new home, the Pittsford Community Center, with a celebration luncheon and a tour of our new facility. We look forward to seeing you as we ring out the old and ring in the new!

PITTSFORD SENIOR CITIZENS Present:

### SEMI - ANNUAL Euchre Party



**Saturday, August 18, 2018  
12:00 – 4:00 P.M.**

**Cost \$10.00  
(Non-Refundable)**

**Deadline for payment is Friday, August 10**

PITTSFORD SENIOR CITIZENS Present:

### Spiegel Center Update

**Kate Munzinger, Deputy Supervisor**

**Tuesday, July 3, 2018**

**12:00 Noon**

**\$6.00 per person**

#### **Menu**

Assorted Submarine Sandwiches  
Fresh Fruit  
Dessert

PITTSFORD SENIOR CITIZENS Present:

### Legacy Fairways

**Tuesday, August 14, 2018**

**12:00 Noon**

**Menu  
TBD**

**Program: Music by Joe Miltsch**

**Reservations & payment by August 7, 2018**

**SENIOR CENTER WILL BE CLOSED JULY 4<sup>th</sup>**

PITTSFORD SENIOR CITIZENS Present:

## July Luncheons

**July 3, Tuesday Meeting, 12:00 Noon**Lunch Prepared by Kitchen Staff **(\$6.00).****Program:** Spiegel Center Update.

Reservations and payment by June 26, 2018

**July 10, Tuesday Meeting, 12:00 Noon**Red, White and Blue Luncheon by Chef Julie.  
BBQ Country Ribs, Sweet Potato Fries,  
Caprese Salad on a stick, Black Forest  
Cheesecake **(\$6.00).****Program:** "Told in the USA" by Rebecca and  
Rachel of Stories Galorious.

Reservations and payment by June 3, 2018

**July 17, Tuesday Meeting, 12:00 Noon**Luncheon by Chef Stacy and Chef Pat.  
Chicken Marsala over Pasta, Wedge Salad,  
Cheesecake **(\$6.00).****Program:** "The Little House Needs a Little  
Help" by Pittsford Town Historian, Audrey  
Johnson.

Reservations and payment by June 10, 2018

**July 24, Tuesday Meeting, 12:00 Noon**Luncheon by Heather Heights **(\$3.00).****Program:** "Bedbugs & Mobs" by  
Jeanne Gehret.

Reservations and payment by June 17, 2018

**July 31, Tuesday Meeting, 12:00 Noon**

Luncheon by Chef Ann Parker.

BLT Macaroni Salad, Orange Salad, Sweet  
Rolls, Cookies and Cream Pie **(\$6.00).****Program:** "Memories of Rochester Past"  
by Doris Adamek".

Reservations and payment by June 24, 2018

PITTSFORD SENIOR CITIZENS Present:

## August Luncheons

**August 7, Tuesday Meeting, 12:00 Noon**Lunch prepared by Staff **(\$6.00).****Program:** "The Fascinating Facts of  
Gemstone Jewelry" by Matt Wahl of  
Forsythe Jewelers.

Reservations and Payment by August 7, 2018

**August 14, Tuesday Meeting, 12:00 Noon**Lunch catered by Legacy Fairways **(\$3.00).****Program:** Music by Joe Miltsch.

Reservations and Payment by August 7, 2018



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



## **THURSDAY LOCAL TRIPS**

*All trips require a non-refundable \$1.00 deposit to hold a bus spot, due at time of reservation.*

*Residents may reserve spots on the trips now.*

*Non-Residents may reserve spots on those trips listed below one week before date of trip.*

*Lunch menus for these trips are available to view in the Seniors' office. **All tours, admissions & lunches are paid for on your own.***

## **July Trips**

### **July 12, Thursday Bus Trip**

Rochester Public Market. Arrive at Senior Center at 9:15AM.

**Reservations by Thursday July 5, 2018**

### **July 19, Thursday Bus Trip**

Blueberry picking at the Sugar Shack. Arrive at the Senior Center at 8:15AM.

**Reservations by Thursday July 12, 2018**

### **July 26, Thursday Bus Trip**

Lavender Moon Herb Garden and lunch at the Rabbit Room. Arrive at the senior center at 11:00AM.

**Reservations by Thursday July 19, 2018**



## **August Trips**

### **August 2, Thursday Bus Trip**

Lunch at Warfield's Bistro in Victor. Arrive at Senior Center at 11:00AM.

**Reservations by Thursday June 28, 2018**

### **August 9, Thursday Bus Trip**

Lunch at Castaways on the Lake. Arrive at Senior Center at 10:45AM.

**Reservations by Thursday August 2, 2018**

### **August 16, Thursday Bus Trip**

Mr. Dominic's at the Lake and Encore Chocolate after lunch. Arrive at Senior Center at 10:45AM.



**Reservations by Thursday August 9, 2018**



**NIA (Non-Impact Aerobics)****Mondays 9:00AM – 10:15AM****\*\*NO CLASS JULY 9\*\***Rhonda Wright leads the class  
in Mind, Body, and Spirit Fitness**Line Dance - Wednesdays****Beginner Class 9:00AM–10:00AM****Advanced Class 10:00AM–11:00AM**Join Will Herzog for a great  
workout and loads of fun!**Arthritis Senior Fitness****Mondays & Wednesdays****10:00AM – 11:00AM**Instructor, Pat Rose, has developed a  
gentle motion exercise program to keep  
your joints flexible.**Feldenkrais Method Class (FREE)****Wednesday July 11, Aug. 8****11:15AM – 12:00PM**The Feldenkrais Method improves  
posture, coordination, & suppleness. It  
alleviates pain by minimizing stress  
associated with restricted functions.**Zumba Gold Class****Mondays & Thursdays****10:30AM – 11:15AM**This Latin inspired fitness dance that is fun,  
easy & effective – no dance or exercise  
experience needed. Class is modified for the  
active older adult or beginner participants.  
Instructor, Heather Ottnod**Square Dancing****Fridays 1:30PM – 3:00PM****\*\*No Class Aug 17\*\***Jim Gotta teaches the basics of square  
dancing including a mixture of the traditional  
and modern styles. A partner is  
recommended.**YOGA for SENIORS****Mondays: 11:10AM – 12:00PM****Fridays: 9:00AM – 9:50AM**Donna Kawczynski makes YOGA fun and  
accessible to seniors by allowing students  
to participate in the class at their own  
level. This program is done in a chair.**Tai Chi for Arthritis****Thursdays 1:00PM – 2:30PM****\*\*NO CLASS JULY 5\*\***Instructor, Donna Evevsky, teaches this gentle  
form of Tai Chi specifically developed for  
people with arthritis. Improves balance,  
breathing and relaxation.**Euchre (FREE)****Mondays 12:30PM – 2:00PM**Come and spend time with our  
enthusiastic Euchre players and  
make new friends.**BALANCE (FREE)****Monday, July 17,****1:15PM – 2:00PM**Our Instructor is Dr. Ron Wood, physical  
therapist and owner of Clover Physical  
Therapy, PC. Exercises to help improve  
strength, mobility and/or balance can help  
you stay active and prevent falls.*Classes are FREE to Pittsford residents & \$3.00 per class for non-residents.**Any classes listed above as FREE, are free to all who attend.***NO CLASSES WILL BE HELD AUGUST 20-31. CLASSES WILL RESUME  
SEPTEMBER 5.**

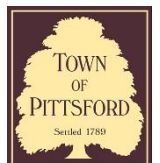


**12:00 Noon****Lunch Menu****\$3.50 Contribution**



<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>
<p><b><u>Please Make Reservations</u></b> <b><u>Two Weeks In Advance</u></b></p> <p><b>All Lunches served at the Pittsford VanHuysen Senior Center</b> <b>CALL 248-6235</b></p>		<p><b>PLEASE CIRCLE DATES</b> <b>YOU WANT TO RESERVE</b> <b>FOR LUNCH</b></p>
<p>BBQ Pulled Pork on Bun <b>2</b> Broccoli Carrots Pears</p> <div>Spiegel Update Kate Munzinger</div>	<p><b>ABVI and Senior Center Closed</b> <b>4</b></p>	<p>Chicken Quarter w/ BBQ Sauce <b>6</b> Mashed Sweet Potatoes Italian Blend Vegetables Apple Juice 12 Grain Bread Apricots</p>
<p>Ground Beef Taco Salad <b>9</b> w/ Cheese, Salsa &amp; Sour Cream Tomato Florentine Soup Tortilla Fruit Cocktail</p>	<p>Macaroni &amp; Cheese <b>11</b> Tomatoes, Zucchini &amp; Onions Broccoli Italian Bread Watermelon</p>	<p>Braised Pork Chop w/ Gravy <b>13</b> Scalloped Potatoes Spanish Style Lima Beans Rye Bread Mandarin Oranges</p>
<p>Pumpkin Lentil Black Bean Chili <b>16</b> Broccoli Crackers 12 Grain Bread Peaches</p> <div>Balance Class 1:15</div>	<p>Chicken ala King over Biscuit <b>18</b> Carrots Peas Applesauce</p>	<p>Meatballs Pasta &amp; Sauce <b>20</b> Tossed Lettuce Salad w/ Italian Dressing Wax Beans Breadstick Pears</p>
<p>Veggie Meatball Sub Sandwich <b>23</b> w/ Sauce Minestrone Soup Mandarin Oranges</p>	<p>Chili Topped Baked Potato <b>25</b> w/ Sour Cream &amp; Shredded Cheese Broccoli Marble Rye Bread Honeydew</p>	<p>Seafood Salad <b>27</b> w/ Lettuce &amp; Tomato On Thinwich Cabbage Beef Soup Pineapple</p>
<p>Goulash w/ Ground Beef <b>30</b> Broccoli Scandinavian Blend Vegetables Grape Juice Italian Bread Apricots</p>		<p><b>All Meals Served with milk, bread and butter.</b></p> <p><b>Soup served with crackers</b></p>



Monroe County Dept. of HS/Office for the Aging  
No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on the grounds of race, color, sex, religion, national origin, disability or marital status. This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, Monroe County Dept. of HS/Office for the Aging.



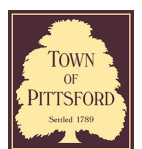
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	<p>Rosemary Oven Browned Chicken Quarter Pea &amp; Cheese Salad California Blend Vegetables Wheat Dinner Roll Watermelon</p> <p><b>1</b></p> <p>Citizen Preparedness</p>	<p>Broccoli Cheese Baked Potato Split Pea Soup Wheat Bread Pears</p> <p><b>3</b></p>
<p>BBQ Pork Riblet on Bun Cauliflower Corn Applesauce</p> <p><b>6</b></p>	<p>Chicken Salad Sandwich on Wheat Thinwich Yankee Bean Soup Tossed Salad w/ French Dressing Fresh Peach</p> <p><b>8</b></p> <p>Nina Kalen</p>	<p>Tuna Pasta Salad w/ Lettuce &amp; Tomato Spinach Lentil Soup Apple Juice Wheat Bread Apricots</p> <p><b>10</b></p>
<p>Broccoli &amp; Cheese Ouiche Green Beans Corn Wheat Bread Pineapple</p> <p><b>13</b></p>	<p>Breaded Haddock w/ Tartar Sauce Red Jacketed Potatoes Tuscany Blend Vegetables Marble Rye Bread Plums</p> <p><b>15</b></p>	<p>Chicken Breast w/ Lettuce, Tomato &amp; Mayo on a Bun. Summer Potato Salad Orange Juice Ice Cream Sandwich</p> <p><b>17</b></p>

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## Summer Concert Series

Concerts begin at 6:30pm  
(Gazebo at Carpenter Park)

### Friday

**July 13:** David Miller & The Other Sinners -  
Southern Soul  
**July 20:** That Party Band/PYS Duck Drop  
**July 27:** Alfred St. John Trinidad & Tobago -  
Steel Drum Band  
**August 3:** John Bolger Band - Blues  
**August 10:** Pittsford Fire Dept. Band - Pops

## CRAFT CLUB



**ENJOY YOUR SUMMER!**

See you in September!

**August 17 - Euchre Party Favors**

## 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.**

THE HIGHLANDS  
AT PITTSFORD

Blood Pressure Checks

**July 10 & 11  
August 7 & 8**



## AARP Smart Driver Course

Thursdays

**September 6 & 13**

9:00 AM – 12:00 NOON



**\$20.00 per person for AARP Members**

**\$25.00 per person for all others**

The Driver Safety class has a new name and new fees. *Registration payable by **check only** and payable to **AARP**.*

The course is for drivers age 50 and older and consists of two 3-hour sessions held on consecutive Thursdays at the Pittsford Library.

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 a reduction of points on their driving record.

SPACE IS LIMITED.

PLEASE CALL 248-6235 TO SIGN UP

**elderSOURCE**

Lisa Wholley, Eldersource Care Manager.  
(585) 325-2800

Do you receive excessive junk mail? Did you ever register to stop the mail from coming but it has resumed? If you are interested in having your name removed from mailing lists, register at [www.dmachoice.org](http://www.dmachoice.org) for \$2 removal fee or review other tips at <https://www.agingcare.com/Articles/stop-junk-mail>. If you would like to avoid the \$2 fee, please see me.

**Tuesday July 10 and August 14, 2018  
11:00AM-12:00Noon**

**Pittsford Senior Citizens**  
**3750 Monroe Avenue, Suite 500**  
**Pittsford, NY 14534**  
**(585) 248-6235**

## About Pittsford Senior Citizens

**PITTSFORD SENIOR CITIZENS** is sponsored by the Town of Pittsford, Department of Senior Citizens, for retired residents or those 50 years of age and over. There are NO fees for membership. The Newsletter can be mailed to your home for a \$6.00 yearly postage fee, or can be picked up at the Center.

Our Senior Center is located at:

**3750 Monroe Avenue, Suite 500, Pittsford, NY 14534**  
**(585) 248-6235**

Staff: Director, Dolores DeCoste; Lunch Club 60 Staff: Rae Bernacki, Linda Steidle, David Sullivan,; Office Staff, Missi Rickett, Mary Ann Tette; Bus Driver, Jim Rice.

The Town of Pittsford VanHuysen Senior Center is open **Monday through Friday, 9:00 AM – 3:30 PM..** 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.

**Weekly Luncheon Meetings** are held on Tuesdays at the Center. Lunch is followed by a program presentation, after which members stay for cards and other games until 3:30PM.

**Lunch Club 60** 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 screening, assessment, education and counseling to help older participants meet their health and nutrition needs. Please call to make reservations at 248-6235. **Lunch is served every Mon., Wed., & Fri. We will provide transportation to and from Senior Center - please call 248-6235.**

**Elderberry Express** has been meeting the needs of seniors in our community for 30 years. They provide transportation to senior citizens living in the Town of Pittsford, or at Linden Knoll. Service is provided Monday – Friday, between 9:00 AM – 3:00 PM, excluding holidays. Clients must be ambulatory. Transportation is offered within Monroe County, or within 10 miles of Pittsford Village. We provide one round trip per day – please phone at least two days in advance. There is an increasing need for more volunteer drivers. **Can you help? Call 248-6237 for information.**

**Eldersource Caseworkers** are available by appointment to assist with many concerns and services. Call Lisa Wholley at (585) 325-2800 for more information.