

Brighton-Pittsford Post – “From the Supervisor” column – February 19, 2015 issue
Submitted by Pittsford Town Supervisor Bill Smith

Stay Active at the Senior Center

Pittsford’s Senior Center is one of the gems of our community. Winter weather can be a deterrent to socializing and activity, but judging from my recent visits to our VanHuysen Senior Center, Pittsford seniors are a robust bunch!

Last month, I stopped by the day we took delivery of the Senior Center’s new bus. It was good to see the full house for that day’s lunch, which featured a performance by the Eastman School’s New Horizons Clarinet Ensemble. Last week I had the pleasure of attending the center’s Valentine’s Day party, a lunch that featured a rousing performance by local musician John Dady – replete with enthusiastic audience participation. Programs like these give folks a worthwhile reason to get out, get active and enjoy the day.

In addition to purely social activities, our Senior Center offers a range of health and wellness classes, engaging activities and interesting programs designed specifically with senior residents in mind. If you’re looking to keep active and connected – we have a program for you!

The center’s Lunch Club 60 program offers information on nutrition, social activities and a hot lunch each Monday, Wednesday and Friday. Tuesdays feature an engaging speaker or musical program, often with a special lunch menu. Thursday trips to local restaurants and points of interest are always popular, and Fridays provide a great time to socialize during the Men’s and Ladies’ Group and Craft Club meetings. Throughout the week seniors can take advantage of a range of classes for maintaining health and wellness – all of them free of charge for residents. From non-impact aerobics, yoga and line dancing to arthritis exercise and Feldenkrais for flexibility, our classes help seniors enjoy and maintain an active and healthy approach to life.

I admire the uniformly high quality of Pittsford’s offerings designed for senior citizens and am grateful to the Director of our Senior Center, Delores DeCoste, and to her staff for bringing it all off so successfully. I’m grateful as well to the many participants in the center’s activities whose advice and suggestions are so valuable to maintaining and improving the quality of our programs. If you’re a senior, I encourage you to join us at the VanHuysen Senior Center, 3750 Monroe Avenue, to take advantage of all it has to offer. We’re open Monday – Thursday from 9AM-3:30PM and Fridays 9AM – 2PM; free transportation by Elderberry Express is available with advance reservation. For more information, see the Seniors page on the Town website (www.townofpittsford.org) or call 248-6235.

Contact Supervisor Smith at bsmith@townofpittsford.org or 248-6220.