

—Spring 2024— PITTSFORD SENIOR CITIZENS

35 Lincoln Ave. • Pittsford, NY 14534
(585) 248-6235

Jennifer Morrow, Senior Center Director
Carlos Chediak, Senior Program Specialist
Senior Center Staff:

Mary Ann Burdett, Rachael George,
Armand Miale, Paul Mosakowski,
Ann Parker, Pat Rice,
Jim Rice, Linda Steidle

START TO LEARN!

MAHJONG
WORKSHOP ON APRIL 12
12:00 Noon - 2:00PM
Reservations required!

MEMORIAL DAY PARADE

Monday, May 27, 2024
Parade starts off at 10:00AM

Be a part of the Memorial Day Parade and ride with us on the Pittsford Seniors Bus! Participants will meet at 35 Lincoln Ave at 9:00AM and will return after the Memorial Day Ceremony at the Pittsford Cemetery.

Reservations by May 22nd

Tech with Ginny

FREE ASSISTANCE WITH ELECTRONIC DEVICES.

Thursdays between 9:30AM and 12:00 Noon
Need help with your computer, laptop, iPhone or iPad?
One-on-one help.
Call to book a half hour session.

PITTSFORD SENIOR CITIZENS 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 at 35 Lincoln Ave, and is open Monday through Friday, 8:30AM-4:00PM. 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).

LUNCH CLUB 60 NUTRITION PROGRAM

The Nutrition Program offers an opportunity for adults age 60 and over to meet new people while sharing in a hot meal, partaking in social activities and educational programs.

This program provides nutritional screenings, assessment, education, and counseling to help participants meet their health and nutrition needs. We will provide transportation to and from the Pittsford Senior Center. Lunch is served at 12:00PM Mondays, Wednesdays & Fridays. Suggested contribution for this lunch is \$3.50 per person. Please call 248-6235 to make a lunch reservation and/or sign up for transportation.



AARP SMART DRIVER PROGRAM

Pittsford Community Center Room 204

This course is for drivers age 50 and older and consists of two 3-hour sessions held on 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 April 11 & 18, May 9 & 16, June 13 & 20. All classes will be from 9:00AM-12:00PM. \$25.00 for AARP members and \$30.00 for non-members, make check payable to AARP due on the first day of class. Please call 248-6235 to make a reservation.

CRAFT CLUB

Pittsford Community Center
Room 107
Fridays 9:30-11:30AM
April 19, May 17 & June 14

CANASTA: OPEN PLAY

Pittsford Community Center
Room 113
Thursdays 1:00-4:00PM

EUCHRE

Pittsford Community Center
Room 113
Mondays 12:00-3:00PM

MAHJONG: OPEN PLAY

Pittsford Community Center
Room 113
Fridays 1:00-4:00PM

CARDS: OPEN PLAY

Pittsford Community Center
Room 113
Tuesdays 12:30-3:30PM



PITTSFORD

SENIOR EXERCISE PROGRAMS

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

YOGA FOR SENIORS - with Donna Kawczynski Pittsford Community Center Room 113

Mondays & Fridays from 9:00-9:50AM. Come explore this ancient form of body movement, breathing techniques, and relaxation known as yoga. Yoga combines flexibility, strength and mobility in a gentle, nurturing environment which promotes both mental and physical well-being.

Nia: MIND-BODY-SPIRIT FITNESS- with Rhonda Wright Pittsford Community Center Room 218

Class meets Mondays from 9:30-10:30AM. Nia is a whole-body approach to fitness that encompasses the dance arts, the martial arts, and the healing arts. Through expressive movement and music, Nia invites you to achieve physical, mental, and spiritual fitness and well-being. Nia will lubricate your joints, release your tension, enhance your balance, and tone your muscles with pleasure, mindful awareness and joyful spirit.

ARTHRITIS SENIOR FITNESS - with Pat Rose Pittsford Community Center Room 113

Classes meet Mondays and Wednesdays from 10:00-11:00AM. 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.

Online BALANCE CLASS - with Dr. Ron Wood **FREE!**

Clover Physical Therapy, PC. Classes are held every first, second and third Monday of the month, 12:15-1:30PM. Exercises to help improve strength, mobility and/or balance, stay active and prevent falls. Call the Seniors Office for online link.

BALANCE CLASS - with Alyssa Ziolk Pittsford Community Center Room 215

Classes are held every first, second and fourth Tuesday of the month, 10:30-11:15AM. This class will help you become more confident in your movements, increase agility, improve coordination, and prevent a fall. Learn safe and effective exercises to improve posture, strength and balance.

ZUMBA GOLD

Tuesday with Erica Jacob | Thursday with Carlos Chediak Pittsford Community Center 218

Class meets Tuesdays & Thursdays from 9:00-9:45AM. 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 & FALL PREVENTION - with Donna Evevsky Pittsford Community Center Room 216

Class meets on Tuesdays & Thursdays from 1:00-2:00PM. The 73 Tai Chi (advanced group) will meet Thursdays from 2:00-2:30PM. Tai Chi, an art with great depth of knowledge and skill, is an effective exercise for health of mind and body that originated in ancient China. It can be easy to learn and soon delivers benefits. Sun Lu-tang (1861-1932) created a unique style of tai chi that combines two of the most powerful internal arts with tai chi. Emphasis is on Qigong exercise to cultivate vital life energy, making it especially effective for enhancing healing and relaxation. The form is characterized by agile steps with smooth and flowing movements that may improve mobility, range of motion, breathing and relaxation. The modified version is gentle and suitable for most people.

LINE DANCING - with Will Herzog Pittsford Community Center Room 218

Beginner Class meets Wednesdays from 9:30-10:30AM.

Advanced Class meets Wednesdays from 10:30-11:30AM. Fun, entertaining, and a great source of exercise!

FELDENKRAIS METHOD EXERCISE CLASS with Fred Onufryk, MS, PT.

Pittsford Community Center Room 113

Second Wednesdays of each month at 11:15AM-12:00PM. Improves posture, coordination, flexibility, and suppleness. Moreover, Feldenkrais alleviates pain by minimizing physiological and psychological stress associated with restricted functions.

GET FIT AND STRESS LESS - with Donna Evevsky Pittsford Community Center Room 113

Wednesdays from 1:15-2:15PM. This class provides participants with two major components of cardio health: exercise and stress management. Engage your body with high intensity interval training, fun endurance routines like cardio kickboxing and use of traditional fitness equipment employing a mind/body fitness approach. The class ends with a stress management component to grow your holistic stress management toolbox. Class can be done seated or standing and is suitable for individuals of varying abilities.

SQUARE DANCING - with Jim Gotta

Pittsford Community Center Room 218

Fridays from 2:00-3:30PM. Don't just take our word, organizations such as the Mayo Clinic have indicated that square dancing provides low impact physical exercise as well as working on mental sharpness all while providing social interaction. Jim teaches the basics of square dancing, including a mixture of traditional and modern styles.

..... SENIOR Special Programs & Events

GOOD FOOD • GOOD COMPANY

Midnight at Mid-day Eclipse Party **By Staff**

Tuesday, April 2 - 12:00 Noon - \$8.00
Music by Joe Miltch
Reservations by March 28

SUNSHINE SOIRÉE

By Chef Beverly
Tuesday, April 23 | 12:00 Noon - \$8.00
Program by Town Historian, Vicki Masters Profit
"Celebrating Pittsford's Pioneering Women"
Reservations by April 18

ST. ANN'S COMMUNITY ADULT DAY SERVICES

Catered by Wegmans
Tuesday, May 7 | 12:00 Noon
Program by St. Ann Coordinator
Reservations by May 2

Lasagna a la Rachael

By Chef Rachael
Tuesday, May 21 | 12:00 Noon - \$8.00
Music by Mike Kornrich
Reservations by May 16

Spring Picnic (Kings Bend Park North Lodge)

By Staff
Tuesday, June 4 | 12:00 Noon - \$8.00
Bingo winner will get flowers!
Reservations by May 30

St. John's Senior Living

By St. John's Chefs - Pavilion Series
Tuesday, June 18 - 12:00 Noon
Program by St. John's
Reservations by June 13

COOKING CLASSES

By Alyssa VanValkenburg RDN,
11:00AM | Thursday, May 9 - \$8.00
Cornell Cooperative Extension
Space is Limited, Reservations Required

Movies for Seniors

10:30AM enjoy a complementary selection of coffee,
breakfast pastries & popcorn!

Thursday, April 18

The Devil Wears Prada

Thursday, May 16

The Natural

Thursday, June 13

My Big Fat Greek Wedding

After Movie Lunch:
Pizza from Salvatore's in East Rochester.
Salad & Dessert by Staff. \$6.00
Reservations 3 days prior to the event.





PITTSFORD SENIOR

Local Trips

SPRING 2024 OUTINGS

Reservations for all trips are on a first come, first served basis; residents will have first choice; non-residents will be added to a waitlist and will be notified one week prior to the trip if space is available. A \$1.00 bus fee will be due the day of the trip. Please call 30 days prior to the schedule trip day to make reservations 248-6235. **All tours, admissions & lunches are paid for on your own.**



APRIL 11

Lamberton Conservatory

APRIL 25

Warfield's Restaurant & Shop

MAY 2

Genesee Brew House

MAY 23

Mackenzie-Childs Aurora

JUNE 15

Parkleigh Shopping

JUNE 29

Skaneateles Shopping

*elder***SOURCE**

Please call 248-6235 to schedule an appointment.

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

Lisa will be available at the Community Center to meet with seniors the second Tuesday of every month by appointment only.

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

New Location!
1433 Pittsford-Victor Rd., Victor, NY 14564
(585) 248-5860

PITTSFORD HIGHLANDS CHORUS

Choral Director, Rhonda Wright

Rehearsals will be held every Wednesday at 1:30PM at the Highlands at Pittsford, Building 100.

ALL ARE WELCOME - NO AUDITIONS

THE **HIGHLANDS**
AT **PITTSFORD**



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
- The individual's choice: any weekday-doctor, dentist, bank, friend, beauty salon, grocery, etc.
- 3 days' notice required

A donation per trip is appreciated but not required.

Volunteer Drivers Needed!