



PITTSFORD SENIOR CITIZENS

January 2017 Newsletter

Notes From The Office

Welcome To 2017

January is the time for new beginnings. Betty Friedan once stated, "Aging is not lost youth but a new stage of opportunity and strength." Positive aging refers to maintaining a happy lifestyle, staying healthy, engaging fully in life, and feeling good about ourselves throughout our lives. We have a few suggestions which you may consider as we move into 2017:

- Smile more often
- Reach out to friends
- Improve your outlook on life
- Engage in physical activity
- Eat a healthy diet
- Visit your Pittsford Senior Center

Please join us on January 10, 2017 as we ring in the New Year together at our annual New Year's party.

We extend our warmest wishes to you for a healthy, joyful 2017.

SEMI - ANNUAL Euchre Party



Saturday, January 21, 2017
12:00 – 4:00 P.M.

Cost \$10.00
(Non-Refundable)

Deadline for payment is Friday, January 13, 2017

FREE

AARP 2016 TAX PREPARATIONS

Pittsford VanHuysen Senior Center

FRIDAYS, FEBRUARY 3 – April 7

Free, Quality Volunteer run assistance and preparation service that can transmit your return directly to the IRS.

BY APPOINTMENT ONLY!!!



Call after January 16, 2017 to make an appointment

Thank You to our Pittsford Seniors for contributing:

- ** Food and paper products to the Pittsford Food Cupboard
- ** Toiletries to the Open Door Mission
- ** Coats to "Coats for Seniors"
- ** Centerpieces to Camp Good Days
- ** Knitted and crocheted items to the Salvation Army
- ** Elderberry Express

In 2016!

PITTSFORD SENIOR CITIZENS Present:

Luncheon

Tuesday, January 3, 2017
12:00 Noon
\$6.00 per person

Menu

Penne Pasta
Meatballs
Salad
Italian Bread
Dessert

Program – Bob Vukosic will present/discuss his recent trip to Israel

PITTSFORD SENIOR CITIZENS Present:

Luncheon

Tuesday, January 17, 2017
12:00 Noon
\$6.00 per person

Menu

Soup, Quiche and Dessert

Program – Beth Brancato, Indo China
Viet Nam and Cambodia

Reservations and **payment** by January 10, 2017

PITTSFORD SENIOR CITIZENS Present:

Luncheon

Tuesday, January 24, 2017
12:00 Noon
\$6.00 per person

Menu

Hot Roast Beef Sandwich
Roasted Potatoes, Salad and Dessert

Program – Nina Kalen, Book Review

Reservations and **payment** by January 17, 2017

New Year's Party

Tuesday, January 10, 2017

\$8.00 per person

Menu:

Catered by Chen Garden:
Mixed Vegetables
Sesame Chicken (not spicy)
Chicken Lo Mein
White & Fried Rice
Rainbow Sherbet & Fortune Cookie

Musical Entertainment by:
Genesee Valley Orchestra and Chorus

Reservation and **Payment** by January 3, 2017

PITTSFORD SENIOR CITIZENS Present:

Luncheon

Tuesday, January 31, 2017
12:00 Noon
\$6.00 per person

Menu

Chili, Corn Muffin, Salad
Birthday Cake

Program – Super BINGO,
Legacy at Village Wood

Reservations and **payment** by January 24, 2017

January 2017

January 3, Tuesday Meeting, 12:00 Noon

Penne Pasta luncheon **(\$6.00)**

Program: Bob Vukosic will present/discuss his recent trip to Israel.

January 5, Thursday Bus Trip

Lunch at Keenan's Restaurant. Arrive at Senior Center at 11:00AM.

January 10, Tuesday Meeting, 12:00 Noon

New Year's Party – Food from Chen Garden. **(\$8.00).**

Program: Genesee Valley Orchestra and Chorus

January 12, Thursday Bus Trip

Lunch at Hose 22 Fire Grill. A restored Firehouse in Charlotte. Arrive at Senior Center at 10:45AM

January 17, Tuesday Meeting, 12:00 Noon

Soup, Quiche and Dessert **(\$6.00).**

Program: Beth Brancato, World Traveler–Indo China, Vietnam, Cambodia.

January 19, Thursday Bus Trip

Lunch at Six50 in Victor. Arrive at Senior Center at 11:00AM.

**January 21, Semi – Annual Euchre Party.
\$10.00. 12-4.**

January 24, Tuesday Meeting, 12:00 Noon

Hot Roast Beef Sandwich, Roasted Potatoes, Salad and Dessert **(\$6.00).**

Program: Nina Kalen, Book Review.

January 26, Thursday Bus Trip

Lunch at Biaggi's and some shopping at Eastview Mall. Arrive at Senior Center at 11:00AM.

January 31, Tuesday Meeting, 12:00 Noon

Chili, Corn Muffin, Salad and Birthday Cake **(\$6.00).**

Program: Super BINGO – Legacy at Village Wood

February 2017

February 2, Thursday Bus Trip

Lunch at Trata. Arrive at Senior Center at 11:00AM.

February 7, Tuesday Meeting, 12:00 Noon

Soup, Submarine Sandwich and dessert **(\$6.00)**

Program: Audrey Johnson – Jack Holzwarth

February 9, Thursday Bus Trip

Lunch at The French Quarter. Arrive at Senior Center at 11:00AM.

February 14, Tuesday Meeting, 12:00 Noon

Legacy Fairways luncheon **(\$3.00).**

Program: Lumen Essence

February 16, Thursday Bus Trip

Lunch at City Grill Steakhouse. Arrive at Senior Center at 11:00AM.

February 21, Tuesday Meeting, 12:00 Noon

Italian Sausage Sandwich, Salad and Dessert **(\$6.00).**

Program: The Slave Experience and the Underground Railroad by Jerry Bennett.

February 23, Thursday Bus Trip

Lunch at Pane Vino. Arrive at Senior Center at 11:00AM.

February 28, Tuesday Meeting, 12:00 Noon

Luncheon by Brookdale Brighton **(\$3.00).**

Program : The History of Crossman Seed.



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.** Please bring cash to*

Lunch at

Thursday, January 5, 2017



Bus leaves Senior Center at 11:15AM
 Transportation \$1.00
 Reservations by: December 30, 2016

Lunch at



Thursday, January 19, 2017

Bus leaves Senior Center at 11:15AM
 Transportation \$1.00
 Reservations by: January 12, 2017

Lunch at



Thursday, January 26, 2017



\$1.00 for Transportation
 Bus leaves Senior Center at 11:15 AM
 Reservations by January 19, 2017

Lunch at

Hose 22 Firehouse Grill

Thursday, January 12, 2017



\$1.00 for Transportation
 Bus leaves Senior Center at 11:00AM
 Reservations by January 5, 2017

NIA (Non-Impact Aerobics)
Mondays 9:00AM – 10:15AM

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 an arthritis exercise program fit for seniors.



Feldenkrais Method Class (FREE)
Wednesday January 4 & 11
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 Otnod



Square Dancing
Fridays 1:30PM – 2:30PM

Jerry Carmen will teach 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 – 2:00PM

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, January 16
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.

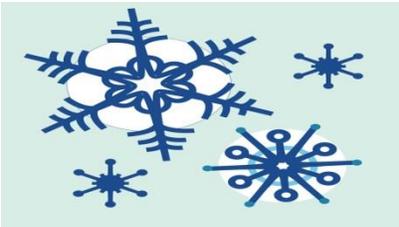


Classes are FREE to Pittsford residents & \$3.00 per class for non-residents.
Any classes listed above as FREE, are free to all who attend.

12:00 Noon

Lunch Menu

\$3.00 Contribution

Monday	Wednesday	Friday
<p><u>Please Make Reservations</u> <u>Two Weeks In Advance</u></p> <p>All Lunches served at the Pittsford VanHuysen Senior Center CALL 248-6235</p>		<p>PLEASE CIRCLE DATES</p> <p>YOU WANT TO RESERVE</p> <p>FOR LUNCH</p>
<p><u>ABVI</u> 2 <u>Closed</u> <u>No Lunch</u></p>	<p>4 Braised Pork Chop w/Gravy Au Gratin Potatoes Cauliflower Pumpnickel Bread Fresh Apple</p>	<p>6 Stuffed Pepper w/Sauce Mashed Potatoes Scandinavian Blend Vegetables Dinner Roll Pears</p> <div data-bbox="1295 653 1458 730" style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Kit Nelson Music </div>
<p>9 Meat Lasagna Tossed Lettuce Salad w/Italian Dressing California Blend Vegetables Italian Bread Fruit Cocktail</p>	<p>11 Macaroni & Cheese Stewed Tomatoes Green Beans 12 Grain Bread Pineapple</p>	<p>13 Sweet & Sour Pork over Brown Rice Oriental Blend Vegetables Wax Beans Dinner Roll Fresh apple</p>
<p>16 Chicken ala King over Warm Biscuit Carrots Broccoli Butterscotch Pudding</p>	<p>18 Pub Burger w/Catsup, Mustard, Relish Onion, Shredded Lettuce & Tomato Slice Chicken Gumbo Fruit Cocktail</p> <div data-bbox="834 1205 1029 1283" style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Nina Kalen Book Review </div>	<p>20 Chicken Burrito Rice Bowl w/ Cheese Lettuce, Tomato, Salsa & Sour Cream Mexican Bean Soup Soft Flour Tortilla Kiwi</p>
<p>23 Vegetable Lasagna Beets Carrots Italian Blend Vegetables Pineapple</p> <div data-bbox="306 1457 514 1541" style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Balance Class 1:15 </div>	<p>25 Breaded Haddock w/Tartar Sauce Coleslaw w/out Pineapple Mixed Vegetables Wheat Bread Petite Banana</p>	<p>27 Beef Stew over Biscuit Tossed Lettuce Salad w/ Ranch Dressing Grape Juice Peaches</p>
<p>30 Italian Sausage w/Onions on Bun Steamed Potatoes Italian Bread Vegetables Mandarin Oranges</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.



CRAFT CLUB



From 9:30AM-11:30AM

January 13 - Euchre Party Favors

January 27

February 10 and 24

Come and enjoy some crafts and good company!

“Coats for Seniors”

Collecting new and gently used coats

at our Senior Center from:

Now – January 9, 2017

Coats will be distributed throughout

Monroe County to those in need.

Please join us in making this a successful year!

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.



**Blood Pressure Checks at 11:00AM
Tuesday, January 3**



AARP

Smart Driver Course

Thursdays

January 19 & 26

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 Senior 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 a reduction of points on their driving record.

SPACE IS LIMITED.

PLEASE CALL 248-6235 TO SIGN UP



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

Does anyone have the winter blues now that the holidays have passed? Are you feeling down, having little interest or pleasure? Are you wondering what kind of support might be available for you to help you through this? If so, please see me for connection and emotional support. Happy New Year and I hope to see you in 2017,

Tuesday January 10, 2017

11:00AM-12:00Noon

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.

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 **\$3.00 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 29 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 do not provide same day service – 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.