

# — Summer 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

## CRAFT CLUB

RESERVATIONS REQUIRED

FRIDAY, JULY 19 & AUGUST 16

Do you have a  
passion and want  
to share it with us?

Let us know if you want to  
start a class or program!



**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

Room 107

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 208

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 **July 11 & 18, and August 8 & 15**. 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.

## OPEN PLAY GAMES

Room 113

### EUCHRE

Mondays 12:00-3:00PM

### CARDS

Tuesdays 12:30-3:30PM

### CANASTA

Thursdays 1:00-4:00PM

### MAHJONG

Fridays 1:00-4:00PM



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 216

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.

\*Please note a time change on 5/23/24 only. The class will be held at 8:30-9:15AM.



## **TAI CHI FOR ARTHRITIS & FALL PREVENTION - 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. You do not have to have arthritis to take this class. Designed to improve quality of life using Sun style Tai Chi. This style includes agile steps and exercises that may improve mobility, range of motion, breathing, balance and relaxation. Tai Chi for Arthritis consists of 41 movements. The program is designed to provide continual challenge by reversing the direction of the movement and adding depth of knowledge using Tai Chi principles. It was devised by Dr. Paul Lam (Tai Chi for Health Institute), is evidenced based and has been approved by many Arthritis Foundations worldwide.

2-2:30PM Tues/Thurs SUN 98 Form: Advanced Tai Chi class for those who are proficient in the Tai Chi for Arthritis program.

## **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** **FREE!** 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 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

### EPISCOPAL SENIOR LIFE LUNCHEON

Tuesday, July 9 | 12:00 Noon  
Program Topic  
"Senior Living Options"  
Reservations due by July 3

### Pavilion Picnic Series

**By Staff**

Tuesday, July 23 | 12:00 Noon - \$8.00 per person

### OUTDOOR MINI GOLF TOURNAMENT

Reservations by July 18

### PAVILION SUMMER CONCERT

Tuesday, July 30 | 1:00 PM

Ice Cream available for purchase from  
Ice Cream Factory of Fairport truck

**Music by the Smugtown Stompers**

Reservations due by July 25

### *The Highlands at Pittsford Luncheon*

**By Highlands Chef**

Tuesday, August 6 | 12:00 Noon

Program by Maria Sommerville, Director of Marketing and  
Community Outreach and Bob Corby, former Pittsford Mayor  
"Exploring The Highlands at Pittsford's  
Historic Trolley Trail"

Reservations due by August 1

### PAVILION PICNIC SERIES FINALE!

**By Staff**

Tuesday, August 20 | 12:00 Noon- \$8.00 per person

"Magic Show" by St. Andrew Magic

Reservations due by August 15

### Movies for Seniors

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

**THURSDAY, JULY 18**

**On the Town**

**THURSDAY, AUGUST 1**

**The Greatest Showman**

**After Movie Lunch:**

Pizza from Salvatore's in East Rochester  
salad & dessert for \$6.00

Reservations 3 days prior to the event.



### Tech with Ginny

Need help with your computer, laptop, iPhone or iPad?

Free assistance with electronic devices

Thursdays between 9:30AM and 12:00 Noon

Call to book a half hour session.

**ONE ON ONE HELP**

Sign up in seniors' office for half hour sessions.

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 SENIOR

# Local Trips

## SUMMER 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.**



**JULY 11**

**Sam Patch Boat Tour,  
Erie Canal Ride**

**JULY 25**

**Sugar Shack,  
Blueberry Picking**

**AUGUST 15**

**Abbey on the  
Genesee**

**AUGUST 29**

**Public Market  
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.**

## 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!***