

## ***Supervisor cooks St. Pat's lunch for Seniors***

This week, I had the pleasure of cooking corned beef and cabbage for the Senior Center's St. Patrick's Day luncheon on Tuesday. Cooking for the seniors is something that I do several times a year and look forward to each and every time. There was an overwhelming 85 seniors who attended the luncheon. Whether people were Irish or just Irish for that day, we had a fantastic time celebrating, eating Irish cuisine and listening to Irish music.

More than 15% of Pittsford residents are 65 or older. To accommodate this growing group, the Town of Pittsford doubled the amount of programs offered to senior citizens in the past several years. The present Pittsford Senior Center, opened in 2005, provides a centralized location – 3750 Monroe Avenue - for activities designed for adults 50 and over. The benefits for residents have been clear – better physical health; socialization; increased ability to maintain independent living; more energy; improved quality of life; reduced stress; fewer aches and pains; reduced anxiety and depression; improved self-esteem; and an overall enhanced quality of life.

The staff at the Senior Center work hard to make sure that the atmosphere is warm, welcoming and almost family like. The Senior Center offers individuals a chance to do what they love or branch out and try something new. Activities offered include an array of fitness classes (Zumba, Tai-chi, Non-Impact Aerobics, line dancing); golf league; day trips; craft club; knitting; euchre classes and tournaments. Above all else, the Senior Center is a place that is fun and emphasizes friendship and an active lifestyle.

If you are interested in becoming involved at the Senior Center, I encourage you to attend the weekly meeting for seniors which is held every Tuesday. Members bring a sandwich for lunch at noon and the club provides dessert and a beverage. Donations are received to help defray the cost. Lunch is typically followed by a guest speaker and afterwards members stay for cards or other games. Residents should also consider signing up for the senior newsletter which can be mailed to your home each month. To receive the newsletter or sign up for a class, please call 248-6235.

Whether you are just entering retirement or are a certified golden resident, I encourage you to come and take advantage of Pittsford's Senior Center. Further, if you are currently a regular at the center and wish to send me a suggestion for a class or activity, please send your comments to [bcarpenter@townofpittsford.org](mailto:bcarpenter@townofpittsford.org) or stop in to Town Hall and see me.