

— SUMMER 2025 —

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



OPEN PLAY GAMES

Room 113

EUCHRE

Mondays 12:00-3:00PM

CARDS

Tuesdays 12:30-3:30PM

CANASTA

Thursdays 1:00-4:00PM

MAH JONGG

Fridays 1:00-4:00PM

PITTSFORD SENIOR CITIZENS are for retired residents or those 55 years of age and over. There are NO fees for membership. The Pittsford Senior Programming office is located at the Pittsford Community Center, 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).

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 10 & 17, and August 14 & 21. 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.

SPACE IS LIMITED.

Please call 248-6235 to make a reservation.

CRAFT CLUB

Room 107

Craft Club will meet on Fridays,
July 11 and August 8 from 9:30-11:30AM

Memoir Writing Workshop

Tuesday, July 8 | 1:00-3:00PM

Room 107

From Memory to Page: Crafting Engaging Life Stories

Every life is unique, and capturing personal stories in writing can be rewarding and inspiring for both writers and readers alike. In this two-hour memoir writing workshop, we will explore various types of memoirs—such as coming-of-age stories, travelogues, and food memoirs—and discuss why personal writing resonates with readers. Following our discussion, we'll dive into some exploratory writing and share story ideas in a supportive environment. Whether you enjoy sharing your own stories or are curious about how others write about their lives, this workshop is for you—no writing experience necessary.

Facilitated by Jennifer Thompson Stone, Ph.D.

Pre-Registration required.

Tech with Ginny

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

Free assistance with electronic devices

Thursdays between 9:30AM and 12:00PM

One-on-one help

Sign up in seniors' office for half hour sessions.

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.*

SENIORS YOGA - 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 (Summer only). 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.

FREE Online BALANCE CLASS - with Dr. Ron Wood

Clower Physical Therapy, PC. Classes are held every first, second and third Monday of the month, 12:45-1:30PM. 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 meet on Tuesdays from 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 Room 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.

FELDENKRAIS METHOD EXERCISE CLASS

With Fred Onufryk, MS, PT. & Staffan Elgelid PT, GCFP, PHD Pittsford Community Center Room 113

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

LINE DANCING - with Will Herzog Pittsford Community Center Room 216

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!

TAI CHI FOR ARTHRITIS & FALL PREVENTION - with Donna Evevsky Pittsford Community Center Room 218

Class meets on Tuesdays & Thursdays from 1:00-2:00PM. A gentle form of Tai Chi specifically developed for people with arthritis using SUN style. You do not have to have arthritis to take this class. It was devised by Dr. Paul Lam and the Tai Chi for Health Institute, is evidenced based and has been approved by many Arthritis Foundations worldwide. The class is taught by a board-certified instructor. **Advanced Tai Chi** Tuesdays & Thursdays from 2:00-2:30PM. SUN 98 Form: Advanced Tai Chi class for those who are proficient in the Tai Chi for Arthritis program, parts 1 and 2.

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. 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 works on mental sharpness all while providing social interaction. Jim teaches the basics of square dancing, including a mixture of traditional and modern styles.



..... SENIOR Tuesday Luncheon Series

GOOD FOOD • GOOD COMPANY

Please call (585) 248-6235 to reserve your space a minimum of 5 days in advance.

PAVILION PICNIC SERIES

Catered by Lorraine's
July 15 | 12:00PM | \$8.00
Music by Chris & Korie

Summer Party

By Staff
July 29 | 12:00PM | \$8.00
American Songbook Classics with Meredith
Room 107

PAVILION PICNIC SERIES

By Staff
August 12 | 12:00PM | \$8.00
Music by Nate Rawls Jazz Community Band

Sunshine Day

By Highlands at Pittsford Chef
August 26 | 12:00PM
Healthy Lunch & Wellness Lecture with The Highlands at Pittsford
Room 107

Pavilion Social

July 22 | 1:00PM
Ice Cream & Outdoor Mini Golf



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

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.





PITTSFORD SENIOR SUMMER 2025 OUTINGS

Local Trips

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 scheduled trip day to make reservations: Limit 2 trips per person. Waitlist available at 248-6235.

All tours, admissions & lunches are paid for on your own.

JULY 10

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

JULY 24

**Christmas in July, Evolve -
The Christmas Store**

AUGUST 7

Sonnenberg Gardens

AUGUST 21

Muranda Cheese Tasting



elderSOURCE

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. Room 206.

Movies for Seniors

10:30AM. Enjoy a complimentary selection of coffee, breakfast pastries, and popcorn!

THURSDAY, JULY 17

Big Business

THURSDAY, AUGUST 14

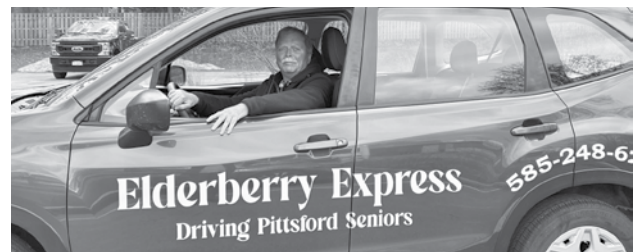
The Founder

After Movie Lunch:

Pizza from Salvatore's in East Rochester.

Salad & dessert for \$6.00

Reservations 3 days prior to the event.



ELDERBERRY EXPRESS

Elderberry Express provides transportation to Pittsford Seniors Monday through Friday from 9:00AM-3:00PM.

We provide transportation for:

- Medical
- Taxes
- Groceries
- Voting
- Bank
- Haircuts
- Post Office
- Visiting loved ones

3 business days' notice is required (more notice is helpful).

A donation per trip is appreciated but not required.

Volunteer Drivers Needed! (585) 248-6237

PITTSFORD HIGHLANDS CHORUS

THE HIGHLANDS
AT PITTSFORD
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