

— SPRING 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

Earth Day Crafting with Panther Pals

Friday, April 11
10:30-11:00AM

Room 4

Come join this intergenerational fun activity honoring Earth Day and craft with our Panther Pals. We will paint and decorate plant pots. You will leave with your very own plant to pot at home!

All supplies will be provided.

Reservations required.

Using Matcha in your Diet

Tuesday, April 15
10:00-11:00AM

Room 107

Learn easy ways to incorporate health benefits of Matcha into meals (includes recipes and a few samples). Instructed by Rie Maywar.

**Call 248-6235 to sign up by April 10
\$10.00**

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 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 10 & 17, May 8 & 15, and June 5 & 12. 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,
April 11, May 16, and June
13 from 9:30-11:30AM



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

Spark your Brain Workshop

Tuesday, April 29 | 10:00AM - 12:00PM

Room 107

Join Katja Schultz MS, CCC-SLP for a lively two-hour workshop designed to help you better understand and navigate the changes in attention, memory, and cognition that come with age. We'll explore the science behind these changes, share practical evidence-based strategies to keep your brain sharp, and have a few laughs along the way. Think of it as a tune-up for your mental engine! Whether you're curious about boosting your focus, staying sharp for the long haul, or just want to feel more on top of your game, this workshop has something for you!

Call 248-6235 to sign up by April 25

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 wellbeing.

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.

FREE Online BALANCE CLASS - with Dr. Ron Wood

Clover 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.

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.

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. & 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.

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 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 Tuesday Luncheon Series

GOOD FOOD • GOOD COMPANY

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

GATEWAY TO SUMMER

The Addison of Fairways Senior Living

April 8 | 12:00PM

Music by Fred Vine

Earth Day Celebration

By Chef Rachael

April 22 | 12:00PM - \$8.00

Program by Margot Fass

"Vernal Ponds in Pittsford, N.Y."

MOTHER'S DAY LUNCHEON

By Chef Jen

May 6 | 12:00PM - \$8.00

Music by The Maple Quartet

Patriotic Pizza Party

By Staff

May 20 | 12:00PM

Program by 4th graders from Thornell Road Elementary School

SPRING PICNIC

(King's Bend Park, North Lodge)

By Staff

June 10 | 12:00PM - \$8.00

SOLSTICE FESTIVITY

St. John's Living

June 24 | 12:00PM

Music and Performance by Montage

Cooking Class

Tuesday, May 13 | 11:00AM

By Alyssa VanValkenburg RDN, Cornell Cooperative Extension

Space is Limited, Reservations Required

\$10.00



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.





PITTSFORD SENIOR SPRING 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 4 trips per person. Waitlist available at 248-6235.

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

APRIL 10

The Little House

APRIL 24

Cracker Barrel

MAY 8

**Mr. Dominic's
at the Lake**

MAY 22

Warplane Museum

JUNE 5

**Ganondagan State Historic
Site**

JUNE 26

Wild Wings

Movies for Seniors

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

APRIL 3

Sabrina

MAY 15

Top Gun: Maverick

JUNE 12

Elvis

After Movie Lunch:

Pizza from Salvatore's in East Rochester.

Salad & dessert for \$6.00

Reservations 3 days prior to the event.

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



ELDERBERRY EXPRESS

Elderberry Express provides transportation to Pittsford Seniors Monday through Friday from 9:00 am – 3:00 pm

We provide transportation for:

- Medical
- Groceries
- Bank, post office, taxes, voting
- Haircuts
- 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

Tech with Ginny

Free assistance with electronic devices

Thursdays between 9:30AM and 12:00PM

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

ONE ON ONE HELP

Please sign up in seniors' office for half hour sessions

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

elderSOURCE

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. Room 206.