

# DECEMBER 2016



## Perinton Recreation and Parks 55 Plus Programs

Monday thru Friday  
Hours: 7:30AM-3:30PM  
Phone: (585) 223-1617

Stop in and visit us! We strive to provide an active and social environment. Come check us out! There are NO fees for membership.

### Transportation for Perinton/Fairport Seniors Door-to Door Connections for Seniors

#### 24 Hour Notice Required

	Monday	Tuesday	Wednesday	Thursday*	Friday
Pick Up	9:00am	11:00am	9:00am	8:30am	9:00am
Return Time	1:00pm	1:00pm	1:00pm	10:00am	11:00am

- Transportation on the first and third Thursday of the month.
- **Eastview Mall shopping is available on the 3rd Friday of the month** from 10:00am to 2:00pm. There is a suggested donation of \$5.00. You must be a Perinton Senior age 55+.

#### **For Elderbus transportation call 585-377-8117:**

Door-to-door and wheelchair- accessible transportation services for medical appointments and essential errands within the Town of Perinton for residents aged 60 and older. Elderbus runs Monday through Friday between the hours of 8:30am and 3:30pm.

Limited transportation to medical appointments outside of Perinton or outside of Elderbus hours (listed above) are provided by volunteers in their personal cars.

A recommended donation is requested for transportation services.

### **What's Inside**

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### **BLOOD PRESSURE CHECK** **9:00AM-12:00PM**

Tuesday, December 13, 2016  
Tuesday, December 27, 2016

**KNITTERS**  
Thursdays, 9:30AM

# General Information

## **S.O.F.I.**

### **Senior Options for Independence Individualized Care Coordination for Perinton Seniors**

Senior Options for Independence offers information and choices that enable older senior persons to live safely and independently at home.

SOFI employs experienced geriatric professionals who will visit you at your home and will work with you. We can guide you to safe reliable services to meet your needs.

**How can I learn more? Call 585-377-7830**

### **Program Refund/Cancellation Policy**

A refund for any reason will be given only if applied at least one week (7 days) prior to the start date of the program. A \$5.00 processing fee will be charged for all refunds or changes.

**Program transfers are not given at any time.**

Participants may not give their spot in any program to another person. Only the name that appears on our registration list will be allowed into a program (this includes lunch). If our Department cancels a program, a full refund will be given and no processing fee will be assessed. We will make every effort to accommodate you.

### **LUNCH POLICY**

**We are certified by the Monroe County Health Department to prepare and serve lunches. Meals are prepared according to Health Department regulations and are expected to be consumed on site at the scheduled time. For health reasons lunches are non-transferable.**

## **Retired Men's Club**

### **Meeting**

**When: Tuesday, December 6, 2016**

**Time: 10:00AM**

**Location: Observation Deck**

### **Holiday Party**

**When: Thursday, December 8, 2016**

**Time: 12:00PM**

**Location: Room 208B**

**Cost: \$16.00**

**Deadline date: December 2, 2016**

### **Breakfast at Durf's**

**When: Tuesday, December 27, 2016**

**Time: 9:00AM**

**Location: N. Main Street, Fairport Village**

**Cost: What you buy on your own.**

### **GAMES**

**Monday:** Bingo 1:00PM

**Tuesday:** Mah Jongg 9:30AM

Euchre 12:30PM

**Wednesday:** Bridge 12:45PM

**Thursday:** Mah Jongg 9:30AM

Mah Jongg 1:00PM

**Friday:** Pokeno 12:45PM

**M-Th:** Open Card Night

6:00PM-9:30PM

### **Seniorlivinginperinton.org**

**Information on care management and transportation services, housing in Perinton, and Sunday dinners are just a few of the things you can learn on this web page.**

# Exercise

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>8:00AM</b> SilverSneakers Circuit 204 A&B	<b>8:30AM</b> SilverSneakers Classic 204 A&B	<b>8:00AM</b> SilverSneakers Classic 204 A&B	<b>8:30AM</b> SilverSneakers Classic 204 A&B	<b>8:00AM</b> SilverSneakers Yoga 204 A&B
<b>9:00AM</b> SilverSneakers Yoga 208B	<b>9:30AM</b> SilverSneakers Cardio 204 A&B	<b>9:00AM</b> Aerobics 204 A&B	<b>9:30AM</b> SilverSneakers Circuit 204 A&B	<b>9:00AM</b> Aerobics 204 A&B
<b>9:00-11:00AM</b> Aerobics & Stretch N Strengthen 204 A&B	<b>10:30AM</b> ** Zumba Gold 204 A&B	<b>10:15AM</b> Stretch N Strengthen 204 A&B	<b>9:30AM</b> Silver&Fit Experience 208B	<b>9:00AM</b> **WaterinMOTION Lap Pool
<b>9:00AM</b> **WaterinMOTION Lap Pool		<b>10:00AM</b> Bodies in Motion Water Aerobics Lap Pool	<b>10:30AM</b> SilverSneakers Yoga 204 A&B	<b>10:00AM</b> Bodies in Motion Water Aerobics Lap Pool
<b>10:45AM</b> Silver&Fit Experience 208B			<b>1:45PM</b> **Zumba Gold 204 A&B	<b>10:15AM</b> Stretch N Strengthen 204 A&B
<b>1:30PM</b> **Zumba Gold 204 A&B				<b>11:15AM</b> **Zumba Gold 204 A&B

**\*\* INDICATES SILVER&FIT ENDORSED  
FOR MORE INFORMATION PLEASE CALL 585-223-1617**

# Covered Wagon Trips



## SENECA NIAGARA CASINO NIAGARA FALLS, NY

Date: Thursday, November 10, 2016  
Location: 8:30AM Leaving from upper PCC parking lot  
Return: 5:00PM  
Cost: \$28.00

This tour includes:

Round trip deluxe motorcoach  
Receive \$20.00 Slot Bonus and \$5.00 Food  
Voucher at Seneca Niagara Casino  
Services of a Covered Wagon Tour Director  
Gratuity for restaurant waitstaff, Tour Director  
Motorcoach Driver

**Valid Government Issued Photo ID Required**

**SIGN UP NOW**



## CHRISTMAS IN THE FIFTIES ROME, NY

Date: Thursday, December 1, 2016  
Location: 8:00AM Leaving from upper  
PCC parking lot  
Return Approximately: 8:15PM-9:45PM  
Cost: \$99.00 per person

From hot war Christmases to cold war Christmases to that day in October 1957, when a brand new star called Sputnik appeared in the sky. Many of us began to wonder if there would be any more Christmases. However, the spirit of the season carried us through from one year to the next and we're still here.

With over two dozen songs of Christmas and of that time, this unusual show will stir many a memory and let you take home a new appreciation for the Holy Season.

This tour includes:

Round trip deluxe motorcoach

Olney's Flowers of Rome-time to browse and shop

Lunch buffet at The Beeches Inn

Matinee performance of Christmases in the Fifties Show at The Beeches Dinner Theater

Destiny USA for shopping and dinner on your own

Admission to "Lights on the Lake" light show

Services of a Covered Wagon Tour Director  
Gratuity for restaurant waitstaff, Tour Director and motorcoach driver

**SIGN UP NOW!!**

# SPECIAL EVENTS

## MEDICARE AND MEDICARE D

Date: Thursday, November 3, 2016  
Time: 10:00AM-12:00PM  
Location: Room 212  
Cost: Free

Lifespan's Ron Brandwein will answer questions on Medicare updates and changes to additional insurance with no sales pressure at all.

## YOU'RE RETIRED, NOW WHAT?

Date: Thursday, November 17, 2016  
Time: 12:30PM  
Location: 204 C  
Cost: Free

Financial Advisor, Matt Bennage and Estate Attorney, David Shaffer have offered to share what you need to know today in order to ensure you have a proactive plan for protecting your hard earned retirement "nest egg." Please join us for lunch prior to the presentation. You will receive a free copy of "5 Secrets To Sustaining Your Wealth and Income-In and Beyond Retirement."

**Registration is required for each program.**

**Check out our lunch menu on page 6.**

**THE 55PLUS OFFICE WILL BE CLOSED MONDAY,  
DECEMBER 26, 2016.**

## CHRISTMAS DINNER DANCE FEATURING MUSIQUE

Date: Tuesday, December 13, 2016  
Time: 5:00PM  
Location: 204 A&B  
Cost: \$15.00

Join us for an evening of great food and song. Preston will be preparing Baked Ham with Scalloped Potatoes, Vegetable Blend and a Christmas dessert table.

Musique will be providing the music for you to dance the night away. There will be a variety of music from holiday and big band to the standards all suited for dancing.

## DECEMBER BIRTHDAY BASH FEATURING MIKE SIDOTI

Date: Tuesday, December 27, 2016  
Time: 12:30PM  
Location: 204 A&B  
Cost: \$6.50

Mike Sidoti from Decades Entertainment will be providing the music for our Birthday Bash. He is known for performing the standards along with a wide variety of styles and selections. Why not join us for a wonderful lunch prepared by Preston. The menu will be Chicken Cacciatore, Salad, Vegetable, Fruit and Dessert.

## THE 75TH ANNIVERSARY OF THE ATTACK ON PEARL HARBOR LUNCH N LEARN

Date: Wednesday, December 7, 2016  
Time: 12:30PM  
Location: Room 204 A&B  
Cost: \$ 5.00      \$6.25 with lunch

Wednesday, December 7th will be the 75th Anniversary of the Attack on Pearl Harbor which brought the United States officially into World War II. We will show President Franklin Roosevelt's reaction to Congress, filmed live, and discuss the meaning of this event in our lives, past and present. Please join facilitator Rosemary Irwin as we reflect upon and acknowledge the importance of this upcoming occasion.

# COMING IN DECEMBER

## BETTER LIVING SERIES PRESENTATIONS

Dates: Friday, December 16th  
Time: 10:30AM-11:45AM  
Cost: \$8.00 each  
Instructor: Dylan Mariah

Friday, December 16, 2016      “Holiday De-stressor!”  
Learn how to handle stress and experience natural techniques to help you relax into the holiday spirit.

Call the 55Plus Office at (585) 223-1617 for information. **Registration is required.**

## ALZHEIMER’S ASSOCIATION OF ROCHESTER

Alzheimer’s community education classes are free for caregivers and those who are interested in information about Alzheimer’s disease and other forms of dementia.

**Registration is required. To register for a class call 800-272-3900.**

### Understanding and Responding to Dementia Related Behavior

Date: Wednesday, December 7, 2016  
Time: 1:00PM  
Location: Room 204C

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Learn to decode behavior messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer’s disease.

### LORI PARKER, ESQ. ELDER LAW ATTORNEY

Date: Thursday, December 1, 2016-December 8, 2016  
Time: 1:00-2:00PM  
Location: 204C  
Cost: Free

Lori Parker has been a practicing attorney here in the Rochester area for more than 20 years.  
Lori will present a 2 week session dealing with topics:

1. Important documents and Why Do I Need to Know About It? (wills, Power of Attorney, Health Care Proxy, trusts, beneficiary designations)
2. What Happens If I Can’t Make My Own Decisions? (guardianship, Powers of Attorney, advance directives)

**Registration is required.**

## DID YOU KNOW....

That you can receive the 55Plus Newsletter for free by going on the **perinton.org** website and download it or ask to be put on the mailing list. Come in and see Amanda or Kim or call (585) 223-1617.

That S.O.F.I. is a great resource for information and choices that enable older senior persons to live safely and independently at home?  
Call (585) 377-7830

Did you know that the risk of Dementia can be cut in half if you walk a mile 5 times a week? That's a quick 17 laps at the Perinton Community Center. Give your brain a workout, and you can even take the weekends off! Think Healthy!

That you can get your Flu shot at the community center?

Tuesday, November 8, 2016  
Sunday, November 13, 2016

That Lifespan is a great resource if you are having any questions about Medicare or Medicare D? Call (585) 244-8400 for more information.

That the Alzheimer's Association of Rochester is a great resource if you or someone you know is dealing with memory loss or confusion? Call (585) 760-5400 for more information.

# DECEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>BREAKFAST (9:00)</b> French Toast w/ Strawberry Sauce	2
5 Chicken Parmesan Burgers	6 Sweet & Sour Beef Over Rice	7 Turkey Noodle Casserole	8	9
12 Rosemary Seasoned Baked Chicken	13 <b>DINNER DANCE (5:00)</b> Baked Ham, Scalloped Potatoes, Vegetable Blend	14 Mac n Cheese Stewed Tomatoes	15 <b>BREAKFAST (9:00)</b> Scrambled Eggs, Hash, Sausage, Fruit	16
19 Chicken Picatta	20 Steak Tips and Peppers over Rice	21 Broiled Tilapia Salad, Fruit, Dessert	22	23
26 <b>CLOSED</b>	27 <b>BIRTHDAY BASH</b>  Chicken Cacciatore	28 Pumpkin Chili	29 <b>NEW YEARS BRUNCH (11:30)</b> Pancakes, French Toast, Bacon, Eggs, Pastries	30

Enjoy one of Perinton's finest dining experiences. Join our Chef Preston and senior volunteers for casual dining. Lunch entrees prepared and served on site Mondays, Tuesdays and Wednesdays. **To reserve your seat, please send in your registration (\$4.25, prices may vary) by Friday of the previous week. Non-Residents please add a dollar more. If available, same day lunches may be purchased at an extra cost. Menus are subject to change.** There are no substitutions. **Please, no phone reservations.** For more information, please call 223-1617.

**DECEMBER 2016**  
**REGISTRATION DATE FOR ACTIVITIES NOVEMBER 21, 2016**

NAME				BIRTHDATE						
ADDRESS				PHONE						
CITY		ZIP		E-MAIL						
DATE			PROGRAM			PRICE	#	AMT	CODE	
M	T	W	Mon.	Tues.	Wed.				880012	
12/5	12/6		B	C		\$4.25				
12/12	12/14		E		G	\$4.25				
12/19	12/20	12/21	I	J	K	\$4.25				
	12/28				M	\$4.25				
<b>SPECIAL EVENTS</b>										
	12/1		Breakfast on the Deck (9:00am)			A	\$5.75			
	12/7		Pearl Harbor-Lunch n Learn			D	\$5.00/\$6.25			
	12/13		Christmas Dinner Dance Musique			F	\$15.00			
	12/15		Breakfast on the Deck (9:00am)			H	\$5.75			
	12/27		Birthday Bash Mike Sidoti			L	\$6.50			
	12/29		New Year's Brunch (11:30)			N	\$8.00			
	12/8		Retired Men's Holiday Party			O	\$16.00			
	12/1-12/8		Lori Parker-Elder Law Attorney				Free			882000S
	12/16		Senior Living Presentations				\$8.00			882000L
<b>COVERED WAGON TOURS</b>										
	11/10		Seneca Niagara Casino				\$28.00			881000K
	12/1		Rome, NY-Christmas in the Fifties				\$99.00			881000L
<b>EXERCISE</b>										
	11/2-12/23		Aerobics (20 Classes) Ex. 11/4, 11/11, 11/25 & 12/26				\$70.00			800001L
	11/2-12/23		Stretch n Strengthen (Same as above)				\$60.00			800002L
	11/7-12/19		Zumba Gold-Mondays				\$21.00			800003L
	11/3-12/22		Zumba Gold -Thursdays				\$21.00			800004L
	11/1-12/20		Zumba Gold -Tuesdays				\$24.00			800005L
	12/2-12/23		Zumba Gold-Fridays				\$12.00			800006L

**I HEREBY RELEASE THE PERINTON RECREATION AND PARKS DEPARTMENT AND ANY OF ITS STAFF FROM ANY RESPONSIBILITY OR LIABILITY WITH THESE ACTIVITIES. I ALSO FULLY REALIZE THAT I MUST PROVIDE PROPER HOSPITALIZATION . REFUND POLICY:** A REFUND WILL BE GIVEN (MINUS A \$5.00 PROCESSING FEE) IF THERE IS NO CHARGE TO OUR DEPARTMENT. IF THERE IS A CHARGE, BUT WE ARE ABLE TO FILL YOUR PLACE FROM A WAITING LIST, THEN WE WILL RETURN YOUR MONEY (MINUS A \$5.00 PROCESSING FEE). A MINIMUM OF 7 DAYS MUST BE GIVEN FOR ANY CANCELLATION IN ORDER TO RECEIVE A REFUND. IF OUR DEPARTMENT CANCELS THE PROGRAM, A FULL REFUND WILL BE GIVEN.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



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make this publication possible.



## Bank With Your Neighbors

[WWW.FAIRPORTSAVINGSBANK.COM](http://WWW.FAIRPORTSAVINGSBANK.COM)

### Fairport

45 South Main St.  
Fairport, NY 14450  
585-223-9080

### Perinton

6797 Pittsford-Palmyra Rd.  
Fairport, NY 14450  
585-223-2200



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To advertise with us contact  
**Jason Cornwall** at **716-688-8688**.

Perinton Recreation & Parks Department  
1350 Turk Hill Road  
Fairport, NY 14450  
Website: [www.perinton.org](http://www.perinton.org)

Kim Zeck/Senior Citizen Program  
Supervisor  
223-5050 x1180

Amanda Tinsley/Recreation Assistant  
223-1617

“Every year at just this time, in cold  
and dark December, families around  
the world all gather to remember,  
with presents and parties with  
feasting and with fun, customs and  
traditions for people old and  
young.”  
-Helen H. Moore