

MARCH 2017



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.

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BLOOD PRESSURE CHECK

Tuesday, March 14th & Thursday,
March 28th in Front Foyer
9:00AM-11:00AM

KNITTERS

Thursdays at 9:30AM in 55Plus Lounge

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.

Lunches are non-transferable.

Retired Men's Club

Meeting

When: Tuesday, March 7, 2017

Time: 10:00AM

Location: Observation Room

John Hall's Trip to France

When: Tuesday, March 21, 2017

Time: 10:00AM

Location: Room 212

John Hall will give a presentation, with slides, on his trip to France. John is very well traveled and always very interesting. This presentation is open to all Perinton residents and you are welcome to join us.

Breakfast at Durf's

When: Tuesday, March 28, 2017

Time: 9:00AM

Location: N. Main Street, Fairport Village

Cost: Responsible for your own order

GAMES

Monday: Bingo 1:00PM

Tuesday: Mah Jongg 9:30AM
Euchre 12:30PM

Wednesday: Billiards 9:00AM(Teen Center)
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

SENIOR LIVING COUNCIL WEBSITE IS UNDER CONSTRUCTION. WE WILL KEEP YOU POSTED AS TO WHEN THEIR NEW WEBSITE IS UP AND RUNNING!

Exercise

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

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

Covered Wagon Trips



SIGN UP NOW!!

SENECA NIAGARA CASINO
NIAGARA FALLS, NEW YORK

Date: Monday, April 10, 2017
Location: 8:00AM Leave from upper PCC parking lot
Return: Approximately 7:15PM
Cost: \$42.00

This tour includes:

11/2 hour stop at **The Broadway Market**

Since 1888, the Broadway Market has been known for unique products and personal services, with meat stands, poultry stands, produce counters, bakeries with Easter treats, delis, candy stands and restaurants.

Family owned businesses, passed from generation to generation, have created some of Buffalo's best loved foods. Pick up Easter gifts and delicious treats.

Next stop: Seneca Niagara Casino
Receive \$25.00 slot bonus
\$5.00 food voucher
Round trip deluxe motorcoach
Transportation
Gratuity for motorcoach driver

Seneca Niagara Casino offers the latest and most popular slot machine and table games. There are a variety of eating places to choose from: a steakhouse, an all you can eat buffet, Italian dining, café and a snack bar.

EVERYONE MUST HAVE AN ISSUED PHOTO ID TO RECEIVE A PLAYER'S CARD AND CASINO BONUS.

SIGN UP NOW!!

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HOLLAND, MICHIGAN
HOLLAND TULIP TIME
FESTIVAL

Date: Tuesday, May 9-Friday, May 12, 2017
Time: 8:00AM Leaving from upper PCC parking lot
Return: Approximately 8:30PM
Cost: Double-\$769 Triple-\$689 Single-\$949

Includes:

3 night stay at the Best Western Executive Inn in Grand Rapids, Michigan
Includes 2 dinners and two shows
3 breakfasts

Tour in Grand Rapids, Michigan includes:

Gerald R. Ford Presidential Museum and Library

Frederik Meijer Gardens and Sculpture Park-Tram Tour

Your visit to Holland includes:

Premium Grand seating at the Volksparade
Windmill Island Gardens
Dutch Food Court and Marketplatts
Dinner with Fiddlefire Performance
Veldheer's Tulip Farm
Free time in downtown Holland
New Odyssey Dinner Show

Tour in Lansing, Michigan includes:

R.E. Olds Transportation Museum-The museum has thousands of irreplaceable items in the archives along with over 60 vehicles that range from 1886 through 2003, including the first Oldsmobile built in 1897.

YOU MUST HAVE A VALID ENHANCED LICENSE OR A PASSPORT TO TRAVEL THROUGH CANADA!

SPECIAL EVENTS

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, March 15, 2017

Time: 1:00PM

Location: 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 behavior can present real challenges for caregivers to manage. Learn to decode behavior message, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Registration is Required Please call 800-272-3900

BRAIN FITNESS

Date: Thursday, March 9, 2017

Time: 1:00PM

Location: 208B

Cost: Free

Jeanette Cooper will be here to discuss Brain Fitness. Though there are many ways to engage the brain, our technology is taking from our ability to think...for our aging population they are ahead of the game as most of them could count change back, read a map, write in cursive, and hold conversation. All of these actions are causing them to engage their brain. Join us on how to keep our brain functioning in the manner it should be and how to keep our brain fit as we age.

REGISTRATION IS REQUIRED

AARP SMART DRIVER COURSE

Designed for the mature licensed driver to: tune up driving skills, update knowledge of age-related physical changes and adjust driving for these changes. Upon completion, participants may receive up to a 10% multi-year discount on auto insurance and DMV may allow up to a 4-point reduction. You will develop a greater appreciation of driving challenges.

Monday and Wednesday 3/13 & 3/15

Monday and Wednesday 4/10 & 4/12

Monday and Wednesday 5/8 & 5/10

Monday and Wednesday 6/12 & 6/14

Monday and Wednesday 7/10 & 7/12

9:00AM-12:00PM (two classes per session)

Perinton Community Center

AARP Instructor

Fee: \$20.00 AARP member/\$25.00 non-member

Checks only, payable to AARP Call 585-223-1617

Registration is required

INTRODUCTION TO "THE SERIOUS SIDE OF FOOD"

Date: Wednesdays, March 29th, April 5th - May 10th

Time: 1:00PM

Location: Room 212

Cost: Free

Lecturer: Rosemary Irwin

Once again the New York Council for the Humanities has selected Perinton 55Plus to host a series on the "Serious Side of Food". Food provides both nourishment and pleasure, of course, but the foods we eat reflect cultural, scientific, and emotional beliefs which affect our health, our interactions with each other, and our very sense of self. This lecture looks at the history, the current realities and hidden science behind the foods we choose daily. Perinton 55Plus will begin with an overview lecture on the topics by class facilitator Rosemary Irwin on Wednesday, March 29th. She will host six sessions of reading/discussion classes.

REGISTRATION IS REQUIRED

COMING IN MARCH

NYS CITIZEN PREPAREDNESS CORPS

Date: Tuesday, March 14, 2017

Time: 12:00PM

Location: Room 204 A&B

Cost: Free \$4.50 with lunch

With severe events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters.

This program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. The training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies.

MSG Brian Bennett will be the presenter of the NY Citizen Preparedness Training Program.

MONROE COUNTY HOME IMPROVEMENT GRANT PRESENTATION

Date: Thursday, March 2, 2017

Time: 10:00AM

Location: 204A

Cost: Free

Monroe County's Home Improvement Program (HIP) provides grants and loans to income-eligible homeowners for home repairs and improvements in the suburban towns and villages.

Eligible repairs include structural (roof, foundation, windows, exterior paint or siding), major systems and accessibility accommodations.

Phil Morgan and Betty Cordero will be here to do a presentation and answer any questions that you may have about grant program.

COBB'S HILL MANOR

Date: Tuesday, March 21, 2017

Time: 12:30PM

Location: Room 204 A&B

Cost: Free \$4.50 with lunch

Cobb's Hill Manor is a new and affordable residential adult care facility in Rochester. They are located at 1175 Monroe Avenue. In early 2017, Cobb's Hill Manor expects to be granted ALP (assisted living program) status which will include Medicaid beds. Jacqueline Langberg will be here to give a short presentation on all the opportunities Cobb's Hill Manor has to offer.

REGISTRATION IS REQUIRED

BLARNEY BINGO

Ages: Open to all families

When: Friday, March 17, 2017

Location: Room 208B

Time: 6:30-8:00PM

Cost: \$8.00 per person/\$23.00 family max.

Enroll all family members who will be attending

Registration through Perinton Recreation. Forms available at the Community Center.

Come celebrate St. Patrick's Day with your grandchildren at the PCC. Fun prizes are up for grabs and pizza will be served for dinner. Let's see who can open the leprechaun's treasure box filled with gold! Bring the whole family for a great time together. Do you have the Luck o' the Irish? Come join us for Blarney Bingo to find out!



REGISTRATION IS REQUIRED

MARCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Parmesan Chicken & Biscuit Pie	2 Breakfast on the Deck (9:00) Tater Tot Sausage Breakfast Casserole, Fruit, Mixed Pastries	3
6 Spanish Rice, Roasted Zucchini, Eggplant, Squash and Red Onions Dessert	7 Baked Italian Chicken, Mashed Potatoes, Mixed Vegetables Dessert	8 Beef Stroganoff Salad, Vegetables, Fruit, Dessert	9	10
13 Chicken White Bean Chili, Salad, Fruit, Dessert	14 Oven Roasted Salmon topped w/ Sautéed Spinach Crust	15 Turkey ala King, Salad, Fruit, Dessert	16 Breakfast on the Deck (9:00) Italian Sausage Spinach Scramble, Fruit, Coffee, Juice	17
20 Vegetable Lasagna, Salad, Garlic Bread, Fruit, Dessert	21 Grilled Hamburgers, Sweet Potato Fries, Salad, Fruit, Dessert	22 Goulash, Seasoned Corn, Garlic Bread, Salad, Dessert	23	24
27 Hot Turkey Sandwich, Mashed Potatoes, Salad, Fruit, Dessert	28 BirthDay Bash Musique Baked Ziti, Salad, Vegetables, BirthDay Cake	29 Philly Cheese Steak Stuffed Peppers, Salad, Fruit, Dessert	30	31

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 (\$4.50, 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.

Perinton Recreation & Parks Department
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Website: www.perinton.org

Kim Zeck/Senior Citizen Program
Supervisor
223-5050 x1180

Maggie Monsen/Recreation Assistant
223-1617

“Forgive quickly. Kiss Slowly.
Love truly, laugh uncontrollably and
never regret anything that made you
smile.”

Audrey Hepburn