

ADDITIONAL MARCH NOTES...

A NOTE FROM ELDERSOURCE CASEMANAGER, VANESSA VAN AERNUM

Have you thought you might need a cane, walker or portable ramp? Or, have you had a loved one with one that no longer has use for it? Are you aware of the various loan closets in the community that may have these types of durable medical equipment? If you are interested in accessing these or want to clean out your closet with these items, please see Vanessa on the 1st Tuesday of the month between 9:30-11a.m. at the Brighton Senior Center to discuss this or anything else of concern. See you soon!

BRIGHTON FOOD CUPBOARD is a program of Jewish Family Service of Rochester in partnership with community volunteers & area organizations. The Brighton Food Cupboard addresses hunger & food insecurity for individuals & families in Brighton & surrounding communities.

CONSIDER DONATING They accept non-perishables, & are specifically looking for boxes of cereal this month. They're located down the hall from our Senior Center past the Large Gym.

TUESDAY TRAVELER PROGRAM: Brighton Residents can get a ride in from home to our Center on Tuesdays & short trip days for a **\$4 round trip!** On Tuesdays, you will be picked up between **8:00 & 9:30 am**, then to the Center, where you are welcome to partake in free, weekly 10:15 am program. Lunch is at **11:30 am** with special guest presenter at **12:15 pm**. The Bus leaves the Center at 1:00 pm, at which point you may choose to get dropped off at **Tops/Shoppes at Lac de Ville or Wegmans/Pittsford Plaza** (alternates each week—see this booklet's inside calendar for specification) for shopping, or return home. Any travel changes you need to make, must be communicated as soon as possible. Please sign-up by noon the day before or sooner.

Local transportation provided by S & S LIMOUSINE SERVICE!

Patrons using Town Travel accommodations must be able to board independently

Please call Emily Kelsey at 784-5266 with last minute travel updates.



Tuesday Lunch Bunch Menu & Lineup

Catered by: Full Belly Deli

Please join us for our social Lunch Bunch group! Pack your lunch or sign-up for a delicious \$6 lunch (variations will be noted below). Each Tuesday at 11:30 am a full lunch including an entrée, two sides, dessert & milk, is catered. **Sign-up no later than noon on Mondays required to receive a catered meal.** Your payment is needed by 11:20 am day-of or sooner. If you cancel after the 12 pm Monday deadline, you are responsible for payment (refund only issued if your meal is bought by someone else). Musical entertainment or interesting speaker follows lunch at 12:15 pm.

<p>3/3</p> <p>Turkey Sandwich & Roasted Red Pepper Soup, Chocolate Chip Cookie</p> <p>Dick Stacy Duo Sax Guitar & Song</p>	<p>3/10</p> <p>Stuffed Shells, Meatballs, Garlic Bread, Canoli</p> <p>Chet Ferry the Breadman</p> <p>100,000 Loaves of Kindness!</p>	<p>3/17</p> <p>ST. PATRICK'S PARTY</p> <p>10:15 Games&Snacks 11:00 Celtic Serenade by Robert Dean Chorale 11:30 Corned Beef Luncheon from Madeline's Catering 12:00 Academy of Irish Dance Performs \$18 w/ Lunch, OR \$3 for Entry. Please RSVP by 3/12.</p>	<p>3/24</p> <p>Chicken, Cheese, Broccoli Casserole, Lemon Cookie</p> <p><i>Birthday Cake Provided by The Gables at Brighton</i></p> <p>Joe Meli Presents Women in History</p>	<p>3/31</p> <p>Goulash, Roll with Butter, Peanut Butter Brownie</p> <p>Everybody's a Comedian</p> <p>Open Mic... bring your jokes & laughter!</p>
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Town of Brighton Senior Program ♦ <http://www.townofbrighton.org/rec>
Contact: Brighton Recreation Office at 585-784-5260 ext. 0 with general questions
Senior Program Coordinator, Emily Kelsey by e-mail emily.kelsey@townofbrighton.org



March

Around Our Town

BRIGHTON FARMERS MARKET



Shop Local!
Get out of the house to mingle, meet the local farmers & stock up on your favorite produce!

Sundays 1 - 4 pm

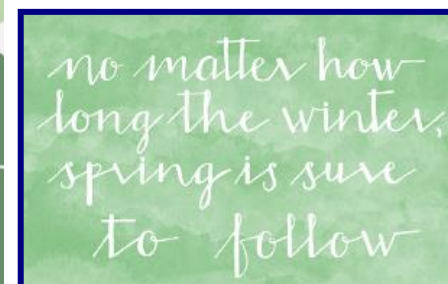
Brookside Rec Center
220 Idlewood Road

BRIGHTON MAD HATTERS GROUP

Always welcoming new members! For more details on membership or upcoming events call the Mad Hatter President, Doreen S. at 334-7616.

LOOKING FOR A VOLUNTEER POSITION? BRI-PEN SENIOR RIDES WANTS YOU! Bri-Pen Senior Rides volunteer transportation program helps ambulatory seniors 65 & over with their transportation needs. Dispatchers & Drivers are needed. Do you want to help your neighbors in need?

Call 340-8674 today!



As we prepare to march from winter to springtime, we plan to keep active & entertained! From new Rec classes, to our major St. Patrick's Day party, to Maple Madness Brunch at GCV&M, & a Del Lago Casino Trip, make reservations early...

~TWO NEW PROGRAMS~

Colored Pencils: Drawing Challenges Course A more independent workshop with a brief review of stroke techniques, layering, blending & color mixing. Then complete 1 to 2 still life or floral projects of your choice with instructor guidance. Familiarity with colored pencil basics recommended. Bring 8" x 10" (or smaller) photo(s) of simple still life or floral to render (other materials provided). Fridays, 3/13-3/27 3-4:30 pm \$36

Water Gardening: Ponds Pure & Simple A special workshop created by request—Gardening with Pro, KC Fahy-Harvick, just got even more intriguing. Garden ponds, waterfalls, pondless waterfalls, fountains, & container water gardens. Build it right the first time, no chemicals, no gimmicks, maintain clear water, & enjoy. Take it with your garden buddy or to gift to your favorite DIY-er! Monday, 3/16 7-9 pm \$20

Just announced: our 2020 Day Trips with Integrity Tours, adventures to look forward to! Here's a bit about the first two:

BUFFALO TRADITIONS

Stop at the Broadway Market for its meat stands, fresh produce, & bakery items. Next stop, historic Herschell Carrousel Factory Museum, where they welcome the young at heart. A gem of a tour! Lunch is at Webster's Bistro before a Chef's dessert demonstration at Webster's Kitchen. To sweeten the day—visit Platter's Chocolates for a tour, on the way home! \$89

SPRINGTIME IN D.C. *Departs from Winton Place **FRI-SUN, MAY 1-3**

Enjoy a 3-day trip with overnight accommodations, some delectable meals, & guided tours/stops to Arlington National Cemetery, Library of Congress, U.S. Capitol, Supreme Court, National Archives, Washington Monument, F.D.R., WWII, Vietnam, Lincoln, Martin Luther King, Jr., Iwo Jima Memorials, & so much more!

\$439 Double • \$389 Triple • \$369 Quad • \$569 Single

Call 438-4166 for reservations.

Save the Date for Brighton Rec's Spring Euchre Tournament on Friday, April 17!

Be sure to check Brighton Rec's Winter/Spring Brochure in print or online at townofbrighton.org/rec. Don't forget to like us on Facebook for updates!



Brookside Recreation Center ♦ 220 Idlewood Road ♦ Rochester, NY 14618

Contact: Brighton Recreation Office at 585-784-5260 ext. 0 with general questions

To contact the Senior Program Coordinator, e-mail: emily.kelsey@townofbrighton.org

Or leave a message at 585-784-5266



March 2020

Town of Brighton Recreation & Seniors

Brookside Recreation Center ♦ 220 Idlewood Road ♦ Seniors Office 784-5266

Monday	Tuesday	Wednesday	Thursday	Friday
2 R 8:45 AARP Smart Driving—MR R 10:00 Knitting Class—CR R 11:30 Osteoporosis Prevention & Posture Class—SG F 1:00 Intermediate Bridge—MR R 2:00 Gentle Yoga—SG	3 *Tops/Shoppes at Lac de Ville F 9:30 Lifespan Caseworker—MR F 9:30 Plarn Divas Meet—CR F 10:15 Sing Along w/ Jon Turner—SL F 12:15 Dick Stacy Duo—MR F 1:30 Euchre Group—MR R 6:30 Water Exercise—SJMP	4 R 8:45 AARP Smart Driving—MR R 9:30 Water Walking—SJMP F 9:30 Needleworks—SL F 1:00 Open Scrabble—CR F 1:00 Open Mah Jongg Groups-MR&SL R 1:30 Zumba Gold—LG	5 R 10:00 Easy Stability Ball—LG R 11:00 Tai Chi for Balance—LG F 1:00 Mexican Train Dominoes-SL	6 R 9:00 Core Strength & Balance-LG R 9:30 Water Walking—SJMP F 1:00 Pinochle Group—MR
9 R 10:00 Knitting Class—CR R 11:30 Osteoporosis Prevention & Posture Class—SG F 1:00 Intermediate Bridge—MR R 2:00 Gentle Yoga—SG	10 *Wegmans Pittsford F 9:30 Plarn Divas Meet—CR F 10:15 Wii Bowling—SL F 12:15 Chet Fery, The Breadman—MR F 1:30 Euchre Group—MR R 2:00 Lifespan's Tai Chi—SG R 6:30 Water Exercise—SJMP	11 R 9:30 Water Walking—SJMP F 9:30 Needleworks—SL R 10:30 Get Strong w/ Weights Class-LG F 1:00 Open Scrabble—CR F 1:00 Open Mah Jongg Groups-MR&SL R 1:30 Zumba Gold—LG new session	12 R 10:00 Easy Stability Ball—LG R 11:00 Tai Chi for Balance—LG F 1:00 Mexican Train Dominoes-SL	13 R 9:00 Core Strength & Balance LG R 9:30 Water Walking—SJMP F 10:15 Short Story Circle—SL F 1:00 Pinochle Group—MR R 3:00 Colored Pencils Challenges-CR
16 R 10:00 Knitting Class—CR R 11:30 Osteoporosis Prevention & Posture Class—SG F 1:00 Intermediate Bridge—MR R 2:00 Gentle Yoga—SG R 7:00 Water Gardening: Ponds Pure & Simple —SL	17 *Tops/Shoppes at Lac de Ville F 9:30 Plarn Divas-CR R 10:30 Senior Fitness SG 10:15 Games/Snacks LG GYM, \$ & RSVP 3/12 11:00 Robert Dean Chorale Celtic Songs 11:15 Visit w/ Town Clerk, Dan Aman 11:30 Corned Beef Meal by Madeline's 12:15 Roc Academy of Irish Dance R 12:45 Painting Concepts F 1:30 Euchre Group R 6:30 Water Exercise Class—SJMP	18 R 9:30 Water Walking—SJMP F 9:30 Needleworks—SL R 10:30 Get Strong w/ Weights Class-LG F 1:00 Open Scrabble—CR F 1:00 Open Mah Jongg Groups-MR&SL R 1:30 Zumba Gold—LG	19 R 10:00 Easy Stability Ball—LG R 11:00 Tai Chi for Balance—LG F 1:00 Mexican Train Dominoes-SL	20 R 9:00 Core Strength & Balance LG R 9:30 Water Walking—SJMP \$ 9:30 Trip to Maple Madness: Genesee Country Village & Museum — (\$22 per person, sign up & pay due 3/12) F 1:00 Pinochle Group—MR R 3:00 Colored Pencils Challenges-CR
23 R 10:00 Knitting Class—CR R 11:30 Osteoporosis Prevention & Posture Class—SG F 1:00 Intermediate Bridge—MR R 2:00 Gentle Yoga—SG	24 *Wegmans Pittsford F 9:30 Plarn Divas Meet—CR F 10:15 Spring Craft—SL R 10:30 Fitness for Seniors—LG F 12:00 Women in History by Joe Meli—MR R 12:45 Painting Concepts—A&C F 1:30 Euchre Group—MR R 2:00 Lifespan's Tai Chi—SG R 6:30 Water Exercise Class—SJMP	25 R 9:30 Water Walking—SJMP F 9:30 Needleworks—SL R 10:30 Get Strong w/ Weights Class-LG F 1:00 Open Scrabble—CR F 1:00 Open Mah Jongg Groups-MR&SL R 1:30 Zumba Gold—LG	26 R 10:00 Easy Stability Ball—LG \$ 10:30 Trip to Del Lago Casino —B Proper ID required: \$10 free play + free buffet (\$6 per person, rsvp by 3/19) R 11:00 Tai Chi for Balance—LG F 1:00 Mexican Train Dominoes-SL	27 R 9:00 Core Strength & Balance LG R 9:30 Water Walking—SJMP F 10:15 Short Story Circle—SL F 11:00 Mad Hat's Game Drop In —MR (Bring a brown bag lunch & be ready to play!) F 1:00 Pinochle Group—MR R 3:00 Colored Pencils Challenges-CR
30 R 10:00 Knitting Class—CR R 11:30 Osteoporosis Prevention & Posture Class—SG F 1:00 Intermediate Bridge—MR R 2:00 Gentle Yoga—SG new session	31 *Wal*mart Henrietta F 9:30 Blood Pressures BFD F 9:30 Plarn Divas Meet—CR F 10:15 Balance Class by TBA—SL F 12:15 Everybody's a Comedian Open Mic—MR F 1:30 Euchre Group—MR R 6:30 Water Exercise Class—SJMP	CALENDAR KEY A&C Arts & Crafts Room SG Small Gym CR Conference Room SL Senior Lounge LG Large Gym SJMPS St. John's Meadows Pool TR Tot Room TH Town Hall Back Lot MR Multipurpose Room Tuesday Lunch Bunch (Weekly at 11:15 am—Menu on back) * Shopping Opportunity part of Tuesday Traveler/Bus Program detailed on back page of this booklet	Monthly Birthday Party w/ cake given by Gables at Brighton DEAR Daytime Education At Recreation RSVP it's FREE! F This symbolizes Free programming, please drop in! R Browse the Brighton Rec. brochure Registration required! \$ Fee/advance sign-up for this Special Event required	

If you are Registered for a Rec Program, please use this monthly overview only as a general guide, & refer to your receipt & departmental communications for the most accurate scheduling details.