USEFUL RESOURCE LIST

**AAEP** from sharing practical resources to holding fun activities and events; AARP provides opportunities for older adults. [https://states.aarp.org/new-york](https://states.aarp.org/new-york)

**Adult Protective Services** Elder abuse tragically impacts many adults aged 60 and older which can include: Physical, Emotional, Sexual, Financial exploitation, and Neglect (including self-neglect). Find help: Weekdays, 9am-5pm (585) 753-6532 After-hr Emergent: (585) 461-5959 [www.monroecounty.gov/hs-adult](http://www.monroecounty.gov/hs-adult)

**Alliance for Retired Americans** Union retirees and other older Americans can work together on laws, policies, and institutions that shape their lives. [https://nystates.aarp.org](http://nystates.aarp.org)

**Alzheimer’s Association (Roch Chapter)** Alzheimer’s & memory support research. [www.alz.org/rochestery.org](http://www.alz.org/rochestery.org)

**BRI-PEN Senior Rides** Schedule ahead rides for Seniors to medical appointments, religious services, [Brighton & Henrietta town community centers.](https://nzptstal dripping-atwiliorg.com/)

**Compassion & Support Services** [http://www.compassionandsupport.org/](http://www.compassionandsupport.org/)


**Brighton Food Cupboard** Food and clothing related support in Brighton & nearby zip codes. (585) 271-5355 Updated Number [https://bfcrochester.org](http://https://bfcrochester.org)

**Guidance, Education & Advocacy** (County Office of the Aging)

**Eldersource Care Management/NY Connects** [https://states.aarp.org/new-york](https://states.aarp.org/new-york)

**Advanced Care Planning, MOLST & End of Life Issues** [https://jfsrochester.org](https://jfsrochester.org)

**Housing/food etc.** Dial 211.

**Lifeline Crisis Support Hotline** See also [Guidance, Education & Advocacy](https://states.aarp.org/new-york)

**Alliance for Retired Americans** (585) 325-2800 See also [https://bfr.croczestery.org/resources.htm](https://bfcrocher.org/resources.htm)


**Union retirees and other older Americans can work together on laws, policies, and institutions that shape their lives.** [https://nystates.aarp.org](http://nystates.aarp.org)

**Brighton Food Cupboard** Food and clothing related support in Brighton & nearby zip codes. (585) 271-5355 Updated Number [https://bfcrochester.org](http://https://bfcrochester.org)

**Compassion & Support Services** [http://www.compassionandsupport.org/](http://www.compassionandsupport.org/)

**Eldersource Care Management/NY Connects** (Hotline through partnership with Lifespan & Monroe County Office of the Aging) Case Management, Aging Guidance, Education & Advocacy. (585) 325-2800 See also [www.lifespan-roch.org-resource-list](http://www.lifespan-roch.org-resource-list)

**Urgent Crisis Support Hotline** 24/7 support by trained counselors. Immediate response 6 plans for next steps. Assistance w/ resources (housing/food etc.). Dial 211.

**Mental Health Crisis Call Line** 24/7 for Adult & Youth. Talk w/ trained professionals if you are feeling over-whelmed, scared, depressed or anxious. Dial 988 or Text 741741.

**Meals on Wheels** URCM Meal Delivery Service (Fresh meals available each weekday) (585) 274-4260 (Online application available)

**Monroe County Dept. of Aging and Adult Services** Protective services, long-term care, quality nutrition programs, and supportive in-home services. [http://www.monroecounty.gov/aging-index.php](http://www.monroecounty.gov/aging-index.php)

**URMC Meal Delivery Service** Visit: GPS to/Enter via: 1666 South Winton Road, Rochester NY 14618 May also: 220 Idlewood Road, Rochester NY 14618 Visit: 1666 South Winton Road, Rochester NY 14618

**Facebook**: Brighton Senior Center & Town of Brighton Recreation [https://www.facebook.com/BrightonSeniorCenter](https://www.facebook.com/BrightonSeniorCenter) & [https://www.facebook.com/BrightonRec](https://www.facebook.com/BrightonRec)

**Brighton Senior Program** E-mail: Brightonrecreation@townofbrighton.org or call the Rec office at (585) 784-5260 ext. 0.

**Brighton Senior Program** [https://www.facebook.com/BrightonSeniorCenter](https://www.facebook.com/BrightonSeniorCenter) & [https://www.facebook.com/BrightonRec](https://www.facebook.com/BrightonRec)

**Brighton Senior Program** [https://www.facebook.com/BrightonSeniorCenter](https://www.facebook.com/BrightonSeniorCenter) & [https://www.facebook.com/BrightonRec](https://www.facebook.com/BrightonRec)

**Brighton Senior Program** [https://www.facebook.com/BrightonSeniorCenter](https://www.facebook.com/BrightonSeniorCenter) & [https://www.facebook.com/BrightonRec](https://www.facebook.com/BrightonRec)

**Brighton Senior Program** [https://www.facebook.com/BrightonSeniorCenter](https://www.facebook.com/BrightonSeniorCenter) & [https://www.facebook.com/BrightonRec](https://www.facebook.com/BrightonRec)
### August 2024

#### BROWN BAG BUNCH (BBB) TUESDAYS

Get ready for the fun that ensues on Tuesdays 11:30 am - 1:00 pm. Bring a snack or brown bag lunch and meet in our Multipurpose Room. We will mingle a bit, get into special topics, celebrations, listen to guest lecturers and entertainers! All welcome. Please note: Sharing of homemade food items will not be allowed. Individually packaged/commercially prepared goods, may be shared.

**Monday**
- 29 P 10:00 Knitting SL
- 1:30 Bridge Group SL
- F 6:30 Knitting MPR

**Tuesday**
- 30 P 9:15 Balancebackcketball TB
- F 9:30 Plant Group MPR
- 1:30 Brown Bag Bunch MPR
- Rosemary Irwin presents Jane Austin in the 21st Century
- 12:30 Painting/Drawing & A&C
- 1:30 Euchre Group SL
- F 1:30 Tai Chi SUN 73 TB
- 3:00 Tai Chi Part 1 TB
- 6:30 Painting Concepts A&C

**Wednesday**
- 31 F 10:00 Needledervs SL
- F 1:30 Lunch Out & About
- 12:00 Mat Pilates MPR
- F 1:30 Painting Concepts A&C
- F 1:30 Mah Jongg SL
- P 2:00 SAIL Program TB
- P 3:00 Tai Chi Part 1 TB
- P 6:30 Water Exercise SJMP

**Thursday**
- 1 F 9:45 Walking Club - Town Park
- 10:00 Rummikub SL
- F 12:30 Scorable MPR
- F 1:30 Mah Jongg Beginner SL
- F 3:00 Tai Chi SUN 73 TB
- F 3:00 Tai Chi Part 1 TB
- P 6:30 Water Exercise SJMP

**Friday**
- 2 F 10:30 Short Story Group SL
- F 1:30 Mah Jongg SL
- P 1:00 SAIL Program TB

---

#### LUNCHES OUT/TRIPS - REC VAN TRANSPORT AVAILABLE. LIMITED SPOTS, RESERVE ASAP!

- **Tuesday Travelers** House Pickups for Ambulatory seniors who reside in Brighton to get a round trip to our lunch out location. Please register for Transportation Interest List for more info!

**Monday**
- Lunch at Legacy Clover Blossom Wednesday 8/14 12 pm
- 100 McAuley Drive Rochester, NY 14620 $9 (+ tax) payment due at front desk 
  
**Tuesday**
- Lunch at River Edge Manor w/ Mike "The Get Away Guy"
  
**Wednesday**
- Lunch at River Edge Manor w/ Mike "The Get Away Guy"
  
**Thursday**
- Lunch at River Edge Manor w/ Mike "The Get Away Guy"

**Friday**
- Lunch at Legacy Clover Blossom Wednesday 8/14 12 pm
- 100 McAuley Drive Rochester, NY 14620 $9 (+ tax) payment due at front desk 

---

#### GAMES/ACTIVITIES FREE! Register ahead, then check in when you arrive.

**Brown Bag Bunch**
- Monday, 1:30-3:30 pm. Register with a partner if you have one!
- **Plant Group**
  - Tuesday 9:30-11:30 am. Be part of this remarkable service project!
  - **Euchre Group**
  - 1:30 - 3:30 pm. Bring your quarters & dimes.
  - **Mah Jongg Groups**
  - Wednesdays 1:30 pm, 5 Fridays at 1 pm. Bring your card!

**Needlework**
- Wednesdays, 10:00 am-12:00 pm.
  - Need help or want to learn?
  - Drop-in peer guidance is always available! Bring your project or check it out.

**Rummikub**
- Thursdays, 10:00 am-12:00 pm.
  - Call to request a lesson, if needed!

**Short Story Circle**
- First & Third Fridays, 10:30 am - 12:00 pm.
  - Two short stories at each session; usually from an anthology/collection of stories by the same author.
  - Read ahead, then discuss.

---

#### KEY

- Programs are held at Brookside Recreation Center unless otherwise noted. Programs subject to change. Please use this calendar as a guide. You must officially register and sign in to programs, especially to stay in the loop!
- F-Free, but registration required
- $—Special Event/Trip with a fee
- P—Paid program, please register early if possible!
- A&C—Arts & Crafts
- LG—Large Gym
- MPR—Multipurpose Room
- SR—Senior Lounge
- RR—Rec Room
- MC—Mid-tennis center Tennis court
- Bold Text—Indicates the first date or a one-time program

---

#### Town of Brighton Senior Program

Browse/Register at: [www.townofbrighton.org/rec](http://www.townofbrighton.org/rec)  E-mail: [brighton.trecrec@townofbrighton.org](mailto:brighton.trecrec@townofbrighton.org) or call us at: (585) 784-5260 ext. 0!

Like our Facebook pages: Brighton Senior Center & Town of Brighton Recreation Department

---

#### Fall Prevention Awareness Day

At Brighton’s Farmers Market Barn Thursday, September 17, 2024 10 am—1 pm

Interactive Demos, Vendors, & more!