Spring is creeping closer, and I can’t wait to say goodbye to the Winter blues. How about you? Spring begins the season of new things, so why not come out to the Irondequoit Senior/Community Center and try something new! We can’t wait for our Spring Party on March 19th, where we will have a delicious Corned Beef lunch and musical entertainment, and we are also excited about the Oasis tap dancing entertainment this month too. Our ever popular Tai Chi will be hosting another session this month, along with new sessions from several of our fitness programs. For those who may be looking in retiring soon or looking for a career change, we have a seminar on March 31st that will be very beneficial to you! We try to have something for everyone. For more information on any of these programs, please call us at 336-6077. We love to see new faces and meet new community members!

Happy Spring! Jenna

Jenna Sergeant, Recreation Leader
Phone: 585.336.6078
Email: jsergeant@irondequoit.org
Why Visit Irondequoit Senior Center?

There are several reasons to come and visit the Irondequoit Senior/Community Center! We have several fun fitness programs that we offer year round that are adaptable to all fitness levels and abilities. If fitness isn’t what you are looking for, we have an excellent nutrition program that is perfect for a good meal and great conversation. We also host a variety of card games, tabletop games and an open game room with pool and shuffle board for the community to enjoy!

Some of the unique programs offered include china painting, health seminars and a nationally recognized program known as Matter of Balance as well as hosting the AARP Smart Driving courses each month to name a few.

Stop by and check out what you have been missing!!

Classes with Carol Lang

I have been a group exercise instructor with AFAA for 38 years, 20 of them right here at the Irondequoit Community/Senior center! I have also been a yoga instructor for the past 16 years.

My experience is in many disciplines such as Interval and Circuit training, muscle conditioning, cardio, step and fitness yoga. My classes include something for everyone! My motto is “Exercise for Everyday People”.

Why not try Motion Promotion, a seated overall toning & balance strengthening workout or Morning Cardio to burn calories and increase cardiovascular endurance or Yoga for a mind and body, relaxing experience. Fun and friendship is an added BONUS in my classes!

Can’t wait to see you!
Silver Sneakers—Classic

Increase muscle strength and range of movement, and improve activities for daily living. You’ll have a chair for seated exercises and standing support. Your instructor will modify the exercises for your fitness level.

Drop in at your leisure!!

WHERE: Irondequoit Senior/Community Center
WHEN: Tuesday & Thursday
TIME: 9:05 AM—10:05 AM
COST: Free to MVP Insurance members $2.50/ class for all other participants

You can purchase a 10 class punch card at the Senior office for $25.00. Contact your insurance provider for discounts.

Cardio with Carol (Ages 50+)

This class will help you to improve cardiovascular, muscle and respiratory strength. Exercises will include low impact movements, toning and strengthening. Each class will close with relaxation and flexibility training. Participants are asked to bring a floor mat and wear aerobic shoes.

INSTRUCTOR: Carol Lang
WHEN: April 3—June 26 (12 classes)
No Class on April 10
5210– A
WHERE: Irondequoit Senior / Community Center
COST: $65.00
TIME: 8:00—9:00 AM
**Adult Fencing (Ages 18+)**

**NEW! Adult Fencing with Rochester Fencing Club Staff**

Want to learn a fun and new skill that provides a great cardiovascular workout while improving your mental agility? Come try the Olympic sport of Fencing! Our 4-class session for adult beginners is designed for adults looking to try the best activity for improving their physical and mental well being. You will learn the basic rules, stance, footwork and blade work in our beginner course! **Due to USA Fencing Regulations, please bring $10.00 to your first class to be registered with USA Fencing. SNEAKERS REQUIRED.**

**Instructors:** Rochester Fencing Club Staff  
**Location:** Rochester Fencing Club, 3335 Brighton Henrietta Townline Rd 14623  
**Registration:** Min 1/Max 4  

5001-A  
**Date:** Sunday, April 26– May 17  
**Time:** 11:30-12:30  
**Cost:** $90.00

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**AARP Tax Preparation**

**Tax Preparation** appointments are being taken now.

To Schedule an Appointment, please call **585-336-6063.**

Calls are taken on **Tuesdays & Thursdays 9AM—1PM.**

**Irondequoit Residents only.**

**Tax Prep. Location:** Irondequoit Public Library  
1290 Titus Avenue  
Rochester, NY 14617
HAPPY BIRTHDAY TO:

Emily Foser
Rose Guardalben
Jeanne Ramm
Butch Reynell
Harvy Rosenbaum
### March 2020 Suggested Contribution $3.50

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>2</td>
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<tr>
<td>Swedish Meatballs</td>
<td>Mild Chili</td>
<td>Braised Pork Chop w/ Gravy</td>
<td>Rosemary Oven Baked Chicken 1/4</td>
<td>Breaded Haddock w/ Tartar Sauce</td>
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<tr>
<td>Mashed Potatoes</td>
<td>Tossed Lettuce Salad w/Ranch Dressing</td>
<td>Warm Applesauce</td>
<td>Split Pea Soup</td>
<td>Coleslaw</td>
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<tr>
<td>Spinach</td>
<td>Wax Beans</td>
<td>Scalloped Potatoes</td>
<td>Mashed Winter Squash</td>
<td>Steamed Potatoes</td>
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<tr>
<td>Marble Rye</td>
<td>Corn Muffin</td>
<td>Brussels Sprouts</td>
<td>12 Grain Bread</td>
<td>Wheat Bread</td>
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<tr>
<td>Pears</td>
<td>Peaches</td>
<td>Dinner Roll</td>
<td>Petite Banana</td>
<td>Pineapple</td>
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<tbody>
<tr>
<td>Chicken ala King over Biscuit</td>
<td>BBQ Pulled Pork over Baked Potato</td>
<td>Swiss Steak</td>
<td>Veggie 'Meat'balls</td>
<td>Tuna Salad Sandwich w/Lettuce &amp; Tomato on Wheat Thinwich</td>
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<tr>
<td>Lima Beans</td>
<td>Shredded Cheese</td>
<td>Mashed Potatoes</td>
<td>Pasta &amp; Sauce</td>
<td>Minestrone</td>
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<tr>
<td>Carrots</td>
<td>Sour Cream</td>
<td>Corn Chowder</td>
<td>Tossed Lettuce Salad w/Italian Dressing</td>
<td>Apricots</td>
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<tr>
<td>Mandarin Oranges</td>
<td>Brussels Sprouts</td>
<td>Wheat Bread</td>
<td>Wax Beans</td>
<td>Italian Bread</td>
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<tr>
<td></td>
<td>Marble Rye Bread</td>
<td>Petite Banana</td>
<td>Italian Bread</td>
<td>Fruited Gelatin w/ Whipped Topping</td>
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<td>Applesauce</td>
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<tbody>
<tr>
<td>Breaded Haddock w/ Tartar Sauce</td>
<td>Coleslaw</td>
<td>Steamed Potatoes</td>
<td>Wheat Bread</td>
<td>Pub Burger w/Catsup, Mustard, Relish &amp; Onion on Bun</td>
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<td></td>
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<td></td>
<td>Tomato Florentine Soup</td>
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<td>Corn</td>
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<tbody>
<tr>
<td>Happy St. Patrick's Day</td>
<td>Happy St. Patrick's Day</td>
<td>Individual Meat Loaf w/Vegetable Gravy</td>
<td>Broccoli Cheese Quiche</td>
<td>Happy St. Patrick's Day</td>
</tr>
<tr>
<td>Beef Stew</td>
<td>Lettuce, Tomato, Picante Sauce &amp; Sour Cream on Tortilla Chips</td>
<td>Au Gratin Potatoes</td>
<td>Orange Juice</td>
<td>Happy St. Patrick's Day</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>Mexican Bean Soup</td>
<td>Broccoli</td>
<td>Green Beans</td>
<td>Happy St. Patrick's Day</td>
</tr>
<tr>
<td>Tossed Lettuce Salad w/French Dressing</td>
<td>Peaches</td>
<td>Dinner Roll</td>
<td>12 Grain Bread</td>
<td>Happy St. Patrick's Day</td>
</tr>
<tr>
<td>Biscuit</td>
<td>Sherbet</td>
<td>Mandarin Oranges</td>
<td>Pears</td>
<td>Happy St. Patrick's Day</td>
</tr>
<tr>
<td>Oas Dancers</td>
<td></td>
<td>Sign up for our Senior Spring Party</td>
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<td>Happy St. Patrick's Day</td>
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<tbody>
<tr>
<td>Italian Chicken Sausage</td>
<td>BBQ Chicken ¼</td>
<td>Hot Roast Beef Sandwich w/Gravy</td>
<td>Stuffed Cabbage w/Sauce</td>
<td>Macaroni &amp; Cheese</td>
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<tr>
<td>Pasta &amp; Sauce</td>
<td>Navy Bean Soup</td>
<td>Chicken Vegetable Soup</td>
<td>Mashed Potatoes</td>
<td>Stewed Tomatoes</td>
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<tr>
<td>Grape Juice</td>
<td>Steamed Potatoes</td>
<td>Cauliflower</td>
<td>Peas</td>
<td>Green Beans</td>
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<tr>
<td>Wax Beans</td>
<td>Corn Muffin</td>
<td>Marble Rye Bread</td>
<td>Dark Rye Bread</td>
<td>Wheat Bread</td>
</tr>
<tr>
<td>Mixed Vegetables</td>
<td>Chocolate Pudding w/ Whipped Topping</td>
<td>Petite Banana</td>
<td>Peaches</td>
<td>Fruit Cocktail</td>
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<td>Italian Bread</td>
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<tr>
<td>Applesauce</td>
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<th>28</th>
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<tbody>
<tr>
<td>Italian Chicken Sausage</td>
<td>Bacon Quiche</td>
<td>Hot Roast Beef Sandwich w/Gravy</td>
<td>Stuffed Cabbage w/Sauce</td>
<td>Chicken Cordon Bleu</td>
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<tr>
<td>Pasta &amp; Sauce</td>
<td>Peas</td>
<td>Chicken Vegetable Soup</td>
<td>Mashed Potatoes</td>
<td>Cabbage Beef Soup</td>
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<tr>
<td>Mashed Potatoes</td>
<td>Carrots</td>
<td>Cauliflower</td>
<td>Peas</td>
<td>Mashed Potatoes &amp; Gravy</td>
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<tr>
<td>Wheat Bread</td>
<td>12 Grain Bread</td>
<td>Marble Rye Bread</td>
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<td>Wheat Bread</td>
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<tr>
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<td>Mandarin Oranges</td>
<td>Petite Banana</td>
<td>Peaches</td>
<td>Apricots</td>
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Certified by Mary Apps, MS, RD CON 12/19/19
Monroe County Senior Nutrition Program

Who is eligible to eat a meal?

• Any person age 60 or older, regardless of residency, is eligible to eat a meal. This includes staff members and volunteers at the meal site who are age 60 or older.
• A spouse of any age of an eligible participant as defined above.
• Disabled persons under the age of 60 who reside at the home of an eligible participant and accompany that person to the meal site.
• Disabled persons under the age of 60 who reside in housing facilities where congregate meals are served.
• Volunteers of any age who assist in the meal service during meal time.

Who may “contribute”?

• Includes all persons as described in the list above.
• No eligible person can be denied a meal because of inability or unwillingness to contribute.
• The suggested meal contribution is $3.50 per meal.
• All contributions are confidential and voluntary.

Who must “pay”?

Staff
• Staff under 60 years of age must pay $7.50 per person.

Guests
• Guests under age 60 must pay $7.50 per person.
• Guests include children, other relatives of participants (other than those noted as being eligible as noted above), employees of agencies, towns, counties, politicians, speakers, social workers, etc.

No eligible person shall be denied benefits or subjected to discrimination under any program or activity receiving any Federal, State, or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, Immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status. This program is funded by participants’ contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, and Monroe County Dept. Of HS/Office for the Aging.
Meet the Oasis Tappers

Oasis Tappers are a vivacious, fun group of men and women tap dancing their way through their golden years. The tappers perform their routines at senior centers, nursing facilities, festivals, parties, holiday events, and a variety of other venues all over the area. They’ve even performed on stage at Geva Theater.

The Oasis Tappers are serious dancers with years of collective experience and practice, but their dedication to dance is only surpassed by their dedication to each other.

Anyone witnessing their joyful interaction as they practice can tell that there’s a lot of laughter intermingled with the sounds of the silver taps on their patent leather dance shoes.

Come and enjoy their unique show! Register early because they are performing on St. Patrick’s Day! Come in your GREEN & join in the fun!

**DATE:** Tuesday, March 17th

**TIME:** 12:30 PM

**WHERE:** Irondequoit Community / Senior Center

154 Pinegrove Avenue

Please register ahead of time by calling 585-336-6077. Also, please let us know if you would like to enjoy the meal that day for a suggested contribution of $3.50.

**MENU:**

- Beef Stew
- Apple Juice
- Tossed Salad w/ French Dressing
- Biscuit
- Sherbert

**NOTE:** there will be No Bingo on March 17th.
Senior Spring Party
Thursday, March 19th

10:30 AM Doors Open
11:30 AM Lunch is Served
Cost: $12.00 per person
Entertainer: Geoff Clough 12:30-1:30 PM
Location: Irondequoit Community Center
Please register by March 12th by calling
336-6077 or stop in the office

*Lunch Menu*
Shamrock Jack’s, Corned Beef & Cabbage
Potatoes
Carrots
Bread
Dessert
Irish Punch

Irondequoit Inquirer
Let us know how your meal was today?

Love a meal? Not like a meal? Make your comments heard! Monroe County wants to hear what you think of the meals they are serving? Complete the Comment Card below and turn it in to us as often as you would like!

Lunch Club 60 Comments

Thank you for joining us today. Our goal is to provide you a healthy and nutritious lunch to help you improve and/or maintain your independence. Any contributions collected will go back into enhancing this service.

We appreciate your comments on today’s meal.

Menu item: ________________________________________________________________

Date served: ______________________________________________________________

Meal was: Excellent_____ Good_____ Poor_____

What did you like best about the meal?
______________________________________________________________

What did you like least about the meal?
______________________________________________________________

Additional comments:
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

Please call Mary Apps, RD at 753-6517 for further comments or questions. Thank you.

-Updated 01/20
No Lunch Program on Thursday March 5th due to the County’s Beat the Winter Blues Event being held at Radio Social
Town of Irondequoit Refuse District Meeting

Public Information Meetings:

Tuesday, March 24 at 6PM
Irondequoit Town Hall, Broderick Room

Thursday, March 26 at 10:45am*
Irondequoit Senior/Community Center,
154 Pinegrove Ave.
*Reservations would be appreciated as seating is limited. Please call 336-6077 to reserve a space.*

Over the next few months, the Town of Irondequoit will be working with residents, neighborhood associations and other interested parties to facilitate the formation of a refuse district. This concept has been long discussed for our Town, possessing the potential to lower the cost of garbage collection for residents, reduce heavy truck traffic on our roads and carbon emissions into our environment. For a primer about refuse districts, the possible benefits and the process for forming one, please attend one of these meetings or visit our website at https://www.irondequoit.org/community/refuse-districts

WHAT IS A REFUSE DISTRICT?

A Refuse District is a designated area in which a single refuse collector services all households in the district. The Town of Irondequoit would request bids for all districts and negotiate a contract with a Refuse collector. The cost of the service would be added to the property tax bill of property owners in the Refuse District as a special district charge, in the manner of the existing sewer districts and lighting districts. Residents within the district would, thus, no longer pay a refuse collector directly as is currently the case.