



How do mountains stay warm in winter?



They wear snow caps.

Eldersource Care Manager Corner: Lisa Wholley from Lifespan

Great news!

Have you heard that HEAP, Home Energy Assistance Program, opened as of December 1, 2025?

If you are concerned with heating costs and interested in learning about possible benefit eligibility for a heating grant, please stop to see Care Manager, Lisa Wholley January 6th between 11-12.

I look forward to seeing you in the new year!

Enjoy your Christmas and the time with your family!

FREE Games and Activities

Register ahead online or by calling 585-784-5260, then check in when you arrive.

MOVIE & CRAFT NIGHT OPEN STUDIO

Once / Month, Thursday, 5:30 - 8:30 PM
1/29, 2/26, 3/26, 4/30, 5/28

Bring a project, pull up a chair, and enjoy a laid-back night of crafting and a movie with friends old and new

Needleworks Group

Wednesdays, 10 AM - Noon

A group for people who enjoy knitting, crochet, embroidery, needlepoint, or felting to chat and work on projects together.

Bridge Group

Mondays, 1:30 - 3:30 PM

Register with a partner if you have one, but not required.

Mah Jongg Group

Wednesdays & Fridays
1:30 - 3:30 PM

Bring the latest Mah Jongg card with you!

Scrabble Group

Thursdays, 1 - 3 PM

Enjoy a friendly classic game while keeping your mind sharp.

Our game groups have an easygoing, jump-right-in atmosphere, with players who already know the basics and enjoy getting straight into a good round together.

Brighton Seniors are members of our fun, fit community who actively pursue lifestyles of recreation, health, & happiness. We are here for adults of ALL ages, and Brighton residency is not required. Call, stop by, or visit our website to register ahead for all programs of interest. Registration is required for all programs, free or paid

FREE 2026 AARP BASIC TAX PREP

Appointments for basic tax prep will be held at the Pittsford Community Center on **Fridays, February 6—March 27**. **By APPOINTMENT ONLY!** To schedule your appointment, please call Brighton Recreation at 585-784-5260 ext. 0 **Beginning on Monday, January 12th**.

BRIGHTON FARMERS MARKET

11/23/25 - Spring 2026

Sundays 10:00 am — 1:00 pm

Winter Farmers Market Building!

The Barn

1435 Westfall Rd
Rochester, NY 14618

Visit: brightonfarmersmarket.org



Brighton Senior Program Town of Brighton Recreation Dept

GPS to/Enter via: 1 Columbus Way Rochester NY 14618

Mail only: 220 Idlewood Road, Rochester NY 14618

Facebook: [Town of Brighton Recreation](https://www.facebook.com/TownofBrightonRecreation)

Visit: www.brightonny.gov/rec to catch new programs added periodically!

E-mail: brighton.recreation@brightonny.gov with questions or suggestions.

Call: (585) 784 - 5260 ext. 0



Brighton Senior Connection

January 2026

A Fresh Start, Shared Together

January brings a quieter kind of energy to the Senior Center — a chance to ease into the new year, reconnect after the holidays, and settle into winter with intention and good company. As the days stay chilly and bright routines return, we're looking forward to welcoming everyone back for a season of connection, creativity, and steady rhythms.

This month is all about simple joys and meaningful moments. You'll find cozy gatherings, engaging conversations, movement classes to keep you feeling strong, and plenty of opportunities to spend time together — whether that's over a cup of coffee, a game with friends, or a shared creative project.

We're also excited to kick off new programs and fresh ideas while continuing the activities you know and love. Whether January feels like a reset, a restart, or just another chapter, we're glad to be stepping into it together.

Here's to a warm, welcoming start to the year at the Senior Center.

With Warmth,
Dara Thomson
Senior Center Coordinator

January Special Events

Register online at: townofbrighton.org/rec, or call (585) 784-5260 ext. 0

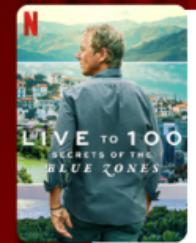
Brighton Recreation Van Transport



Van transportation is available for seniors needing a ride to the Senior Center for Tuesday / Thursday programs and planned trips.

Home Pickup Available for Ambulatory Seniors within Brighton

To arrange transportation, call the Recreation Office at 585-784-5260 ext. 0



SILVER SCREEN SOCIAL

Settle in for a relaxing movie afternoon filled with warm company, comfy seating, plenty of popcorn and a feel-good film to enjoy together.

JANUARY FEATURE - LIVE TO 100: SECRETS OF THE BLUE ZONES

Thursday, January 22 (episodes 1 & 2) & January 29 (episodes 3 & 4)

@ 1 pm in the Senior Lounge

Cost: Free, Registration Required

REC VAN TRANSPORT AVAILABLE - LIMITED SPOTS, RESERVE, ASAP!



LUNCH OUT AND ABOUT



Discover local spots and savor good food with friends old and new.

REC VAN TRANSPORT AVAILABLE - LIMITED SPOTS, RESERVE, ASAP!



Memorial Art Gallery Tour & Lunch at Brown Hound Downtown



Explore the Memorial Art Gallery's current exhibitions, including powerful works by William Gropper alongside diverse global and contemporary collections.

Wednesday, January 21st @ 11 am **Van Departs Center Half Hour Before**

Museum Admission: \$7 per person for seniors, purchased at the museum's front desk

Parking: Free visitor parking is available in all lots on the museum grounds.



COFFEE TALKS



A cozy Friday morning series for conversation, creativity, and community. Come for your favorite morning drink, stay for the connection. 10 AM to 12 PM

1/9

Mindful Moments

A relaxed conversation about small ways to slow down, stay present, and find calm in everyday life.

1/16

Winter Comforts

Share the simple things that make winter cozier, from favorite routines and treats to little joys that brighten cold days.

1/23

Snow Day Memories

A nostalgic chat about memorable snow days, winter traditions, and stories from years gone by.

1/30

SHARED STORIES

From novels and memoirs to movies, podcasts, poems, and favorite shows, stories help us see the world a little differently. This Coffee Talk is a space to share what you've been enjoying, hear new perspectives, and connect through the stories that linger with us.

4th Friday of the month



BROWN BAG BUNCH



Bring your lunch and join new friends for a lively mix of programs, from guest speakers to musical performances and more.

Lunch begins at 11:30 am, Entertainment at 12 pm

REC VAN TRANSPORT AVAILABLE - LIMITED SPOTS, RESERVE, ASAP!

ENTERTAINMENT SCHEDULE



Tuesday, 1/6

Staying Street Smart:

Safety Tips for Older Adults

This program by the Monroe County Traffic Safety discusses how to self-assess your driving skills & shares community resources that can help you remain a safe driver.



Tuesday, 1/13

Great Day Personal Training Presents: Creating Healthy Habits in the New Year

Kick off the new year with helpful ideas for staying active and well, featuring senior-friendly fitness tips that support strength, balance, and confidence.



Tuesday, 1/20

Wii Game Day: Beat the Winter Blues Edition

Shake off the cold this week with Wii bowling, group games, and a little friendly competition indoors.



Tuesday, 1/27

Brighton's Got Talent Showcase: Valentine's Card Making with Nita

Join us as we celebrate the talents that make our community special. This month features Nita's beautiful handmade cards, just in time for Valentine's Day.



Thursday, 1/8

Rosemary Irwin Presents: Thomas Nast & the Rise of Political Cartoons

Explore the origins of political cartoons in the United States and the images that still influence us today.



Thursday, 1/15

Crafternoon with Michaela from Legacy at Clover Blossom

Join us for a relaxed crafternoon filled with creativity, conversation, and seasonal fun.



Thursday, 1/22

Wii Game Day: Beat the Winter Blues Edition

Whether you're playing or watching, enjoy Wii games, friendly competition, and plenty of laughs together.



Tuesday, 1/29

Kanack School Musical Performance

Join us for a special musical performance from the Kanack School, part of their CAD program, celebrating creativity and connection.

Brighton Senior Connection

January 2026



Brighton Senior Program
E-mail brighton.recreation@brightonny.gov

Brookside Indoor Walkers - When : Weekdays 9am-4:30pm - Where : Brookside Hallways

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Brighton Recreation center closed	2
5 F 10:00 Knitting Open Studio SL F 1:30 Bridge Group SL	6 F 9:00 PLARN Group MPR F 11:30 Brown Bag Bunch MPR F 12:00 Staying Street Smart: Safety Tips for Older Adults MPR F 12:30 Intro to Art A&C, NS F 1:30 Euchre Group SL P 6:30 Painting Concepts A&C, NS	7 F 10:00 Needleworks Group SL F 12:30 2D Artist - Open Studio A&C F 1:30 Mah Jongg SL & MPR P 3:30 Gentle Yoga TB, NS P 5:30 Intro to Mah Jongg SL, NS P 6:30 Water Exercise SJMP, NS	8 F 10:00 Rummikub SL F 11:30 Brown Bag Bunch MPR F 12:00 Rosemary Irwin Presents: Thomas Nast & the Rise of Political Cartoons MPR F 1:00 Scrabble SL P 1:00 Urban Line Dancing SG, NS	9 F 10:00 Coffee Talk: Mindful Moments MPR F 1:30 Mah Jongg SL P 3:30 Gentle Yoga TB, NS
12 P 09:00 Accessible Yoga SG P 10:00 Knitting SL F 1:30 Bridge Group SL P 6:30 Knitting SL	13 F 9:00 PLARN Group MPR F 11:30 Brown Bag Bunch MPR F 12:00 - Creating Healthy Habits in the New Year Presentation by Great Day Personal Training MPR F 1:30 Euchre Group SL P 6:30 Painting Concepts A&C	14 F 10:00 Needleworks Group SL F 12:30 2D Artist - Open Studio A&C F 1:30 Mah Jongg SL & MPR P 3:30 Gentle Yoga TB P 5:30 Intro to Mah Jongg SL P 6:30 Water Exercise SJMP	15 P 9:15 Functional Strength Circuit TB F 10:00 Rummikub SL F 11:30 Brown Bag Bunch MPR F 12:00 Crafternoon, Michaela from Clover Blossom MPR F 1:00 Scrabble SL P 1:00 Urban Line Dancing SG	16 F 10:00 Coffee Talk: Winter Comforts MPR F 10:30 Short Story Group SL F 1:30 Mah Jongg SL P 3:30 Gentle Yoga TB
19  Brighton Rec Center Closed	20 F 9:00 PLARN Group MPR P 9:15 Better Balance Bootcamp TB, NS F 11:30 Brown Bag Bunch MPR F 12:00 Wii Game Day MPR F 1:30 Euchre Group SL P 4:30 Mat Pilates TB, NS P 6:30 Painting Concepts A&C	21 F 10:00 Needleworks Group SL \$ 11:00 Memorial Art Gallery Tour & Lunch at Brown Hound Downtown - cost on your own F 12:30 2D Artist - Open Studio A&C F 1:30 Mah Jongg SL & MPR P 3:30 Gentle Yoga TB, NS P 5:30 Intro to Mah Jongg SL P 6:30 Water Exercise SJMP	22 P 9:15 Functional Strength Circuit TB, NS F 10:00 Rummikub SL F 11:30 Brown Bag Bunch MPR F 12:00 Wii Game Day MPR F 1:00 Scrabble MPR F 1:00 Silver Screen Social SL	23 F 10:00 Coffee Talk: Snow Day Memories MPR F 1:30 Mah Jongg SL P 3:30 Gentle Yoga TB, NS
26 P 9:00 AARP Smart Driving MPR P 9:00 Accessible Yoga SG P 10:00 Knitting SL F 1:30 Bridge Group SL P 6:30 Knitting SL	27 F 9:00 PLARN Group MPR P 9:15 Better Balance Bootcamp TB F 11:30 Brown Bag Bunch MPR F 12:00 Brighton's Got Talent: Valentine's Card Making with Nita MPR F 1:30 Euchre Group SL P 6:30 Painting Concepts A&C	28 P 9:00 AARP Smart Driving MPR F 10:00 Needleworks Group SL F 12:30 2D Artist - Open Studio A&C F 1:30 Mah Jongg SL & MPR P 3:30 Gentle Yoga TB P 5:30 Intro to Mah Jongg SL P 6:30 Water Exercise SJMP	29 P 9:15 Functional Strength Circuit TB F 10:00 Rummikub SL F 11:30 Brown Bag Bunch MPR F 12:00 Kanack School Musical Performance MPR F 1:00 Scrabble MPR F 1:00 Silver Screen Social SL	30 F 10:00 Coffee Talk: Shared Stories MPR F 1:30 Mah Jongg SL P 3:30 Gentle Yoga TB

Special Free Programs For Brighton Residents This Fall

- Urban Soul Line Dancing
- PUSH Physical Theatre
- SAIL Movement
- Better Balance Bootcamp ***Coming Soon***
- Functional Strength Circuit
- Mat Pilates
- Gentle Yoga
- Water Exercise
- Brighton Lunch Bunch

Stay active, stay connected, and enjoy healthy meals in good company.



Brighton Recreation

Program Updates/Cancellation Line



5 8 5 - 7 8 4 - 5 3 8 3

Registration required for all programs, including free and drop-in!

Key	Location						
Fees and registration		Within Brighton Park & Rec Center			Outside of Brighton Park & Rec Center		
P	Paid program	A&C	Arts & Crafts	SL	Senior Lounge	SJMP	St. John Meadows Pool
F	Free	NS	New Session	SG	Small Gym	RR	Rec Room
\$	Special Event/Trip with a fee	MPR	Multipurpose Room	LG	Large Gym	MC	Meridian center Tennis court

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FOR YOUR REFERENCE - RESOURCE LIST

BRI-PEN Senior Rides Schedule ahead rides for Seniors to medical appointments, religious services, Brighton & Penfield town community centers, Vaccination appts, donating blood and hospital or nursing home for visiting family. *Leave a message for full details on getting a ride or to volunteer (dispatch/drive).*
(585) 340-8674 www.facebook.com/BriPenSeniorRides/

AARP From sharing practical resources, to holding fun activities and events, AARP provides opportunities for older adults. <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) 461-5698 www.monroecounty.gov/hs-adult

Alliance for Retired Americans Union retirees and other older Americans can work together on the laws, policies, and institutions that shape their lives.
<https://nystate.retiredamericans.org/>

Alzheimer's Association (Roc Chapter) Alzheimer's & memory support, research. www.alz.org/rochesterny/

Brighton Food Cupboard
Food and clothing related support in Brighton & nearby zip codes.
(585) 271-5355 <= Updated Number
<https://jfsrochester.org>

Compassion & Support Services
Advanced Care Planning, MOLST & End of Life Issues
<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-lists

Lifeline Crisis Support Hotline 24/7 support by trained counselors.

Immediate response & 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 overwhelmed, scared, depressed or anxious. Dial 988 or Text 741741.

Meals on Wheels URMC Meal Delivery Service

(Fresh meals available each weekday) (585) 787-8397(Online application available) <https://www.urmc.rochester.edu/home-care/meals-on-wheels>

Monroe County Dept. of Aging & Adult Services MCOFA

Protective services, long-term care, quality nutrition programs, and supportive in-home services.

<http://www.monroecounty.gov/aging-index.php>

988 Suicide and Crisis Lifeline At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone. **Dial 988**
<https://988lifeline.org/>

TogetherNow – Working across a diverse network of providers and community members to improve lives in Monroe County and beyond.
<https://www.togethernowny.org/>

MyWayfinder – MyWayfinder helps you search for and connect with a wide range of essential services. The platform offers a large database of local providers, making it simple for you to find the support you need.

<https://my-wayfinder.org/home>

GRAPE – Elder Pages – Complete Guide to Services for Older Adults in the Greater Rochester Area. The ElderPages provides information on: Care Management, Food and Nutrition, Government Agencies, Home Support Services, Housing Options, Insurance, Legal Resources, Transportation, And more!

<https://www.grapelder.org/the-elderpages>

NEW YEAR'S CROSSWORD



ACROSS

2. Colorful displays lighting up the sky
3. Traditional bubbly beverage for toasting
4. Traditional event in Times Square, New York
5. Goal set for the new year
6. Decorative paper ribbons
7. Anticipatory seconds leading to midnight
9. Celebratory gathering to ring in the new year

DOWN

1. Festive paper shreds thrown at celebrations
8. Traditional song sung at midnight
10. Device used to create loud sounds at midnight



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