

Center offers fun, services for Rochester-area seniors

ROCHESTER — Sally Eisenberg, activities director at 700 North Street Senior Center, noted that the aim of her job is simple when it comes to clients.

"All I want to do is let them have fun," Eisenberg said. The senior center is sponsored by the Catholic Family Center and the City of Rochester.

According to Eisenberg, the center's nearly 400 senior citizens — who range in age from 60 to 98 — enjoy access to a wide range of programs that serve their financial, medical, social and recreational needs. An average of 80 clients come to the center each day from 9 a.m. to 2 p.m., Eisenberg commented.

On Tuesday and Thursday mornings, a social worker drops in and helps members with food stamp applications, social security problems, health insurance, heating assistance and numerous other services.



Activities Director Sally Eisenberg (right) gives choir member Louise Nicastro a hand with the microphone during a lunch-time sing along.



A lunch put together by a dietitian employed by Monroe County is served Monday through Friday at the 700 North Street Senior Center.



CATHOLIC
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"She usually has lines at her door," Eisenberg said of the social worker.

In addition to visiting the center on the first and third Tuesday of every month to perform blood pressure screenings and health presentations, a nurse occasionally administers flu and tetanus shots, Eisenberg remarked.

A dietitian employed by Monroe County puts together a menu for meals served each day at 12:15 p.m. The center is careful to provide low-salt foods and desserts low in sugar for its members. The suggested donation is \$1.50 per meal, but no one is denied food because of their inability to pay. All donations are kept confidential.

The center also has recently started a hot-breakfast program on Wednesdays and Thursdays from 9:30-10:30 a.m., Eisenberg said.

In addition to meals and health services, she pointed out that the center offers sports, games, exercise classes, crafts and musical opportunities for its members. The agency also sponsors trips to Rochester-area parks, and other cities in the country.

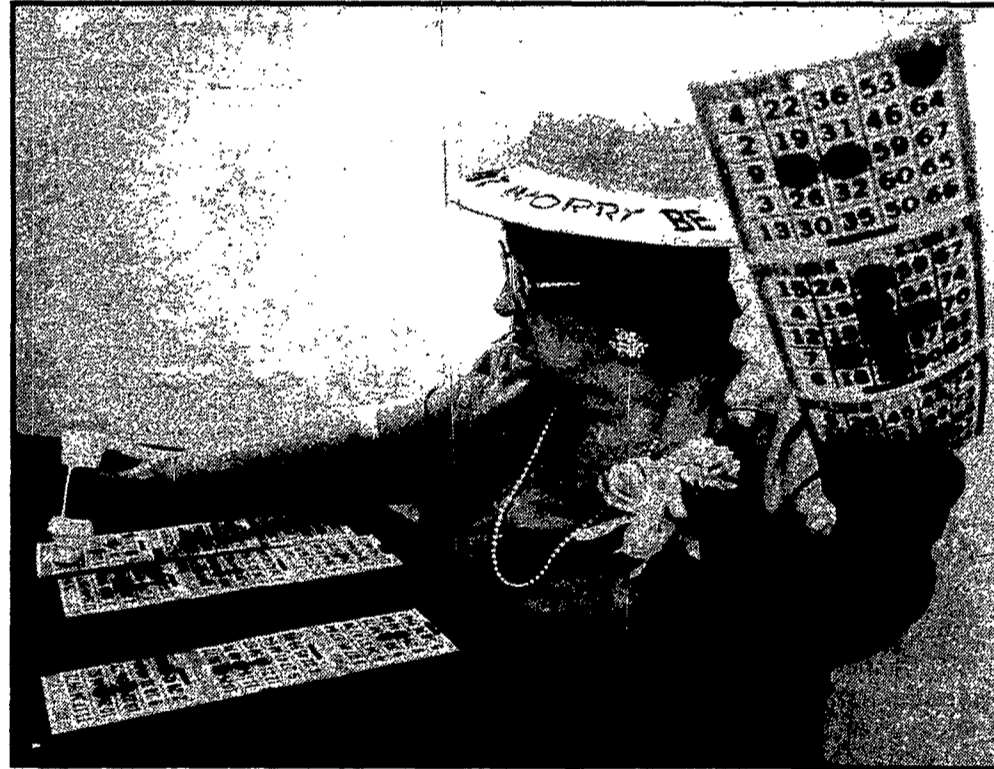
"We try to do a wide range of leisure time activities," she said.

EDITORS' NOTE: For information on the center, call 716/428-6606. Low-cost transportation is available.

— Rob Cullivan



Annie Zito (left) and Leo Bleier lend a hand with the center's thrift shop. Funds raised from donated items sold by seniors and community members benefit the center.



Jennie Salem holds up her winning bingo card during one of the center's two daily games.



Margaret Van Kuyck donned a Mickey Mouse hat for the center's Mother's Day Mad Hatter Tea Party on May 13.

Courier photos

by

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