



Clarence Senior Center Newsletter

HOW TO REACH US

4600 Thompson Road Clarence, NY 14031

716-633-5138

NEW WEBSITE:

thecsci.org

BUSINESS HOURS

MONDAY

9:00am- 4:00pm

TUESDAY

9:00am- 8:00pm

WEDNESDAY

9:00am- 4:00pm

THURSDAY

9:00am- 8:00pm

FRIDAY

9:00am- 4:00pm

OUR MISSION

To provide social, recreational, educational, and nutritional programs, as well as opportunities for volunteerism, to persons in the community who are age fifty-five and older.

FEBRUARY 2025

Embrace Life. Stay Connected.



HOW TO REACH US CLARENCE SENIOR CENTER

4600 Thompson Road, Clarence, NY 14031

PHONE: 716-633-5138 **FAX:** 716-406-2604

NEW WEBSITE:

thecsci.org



Heather Kraemer, Executive Director *NEW EMAIL:* heather@thecsci.org

Nicky Geiger, Program Coordinator *NEW EMAIL:* nicky@thecsci.org

Katie Macre, Office Administrator *NEW EMAIL:* katie@thecsci.org

Office Staff: Carol Serviss, Rita Wascak

Bookkeeper: Carolyn Giovino

Food Service Manager: Stephanie Caparco

Shuttle Drivers: Fran Dougherty, Billie Held,

Mike Nicometi

Lori Adams Chair, Board of Directors

Daniel Michnik Councilman/Town Liaison

Erie County Senior Services is here to help you!

Call 716-858-8526 for assistance with applying for entitlements & benefits (HEAP, SNAP, etc.), insurance coverage questions, health insurance review, budgeting & financial stability, housing info, Medicaid applications & more.

IMPORTANT NUMBERS

AARP					
Community Education 716-407-9001					
EPIC Hotline 800-332-3742					
EPIC Online Application: nyepic.primetherapeutics.com					
Erie County Adult Protection 716-858-6877					
Erie County Senior Services					
Clarence Library 716-741-2650					
Meals on Wheels					
Parks Department 716-741-8927					
Post Office (Main Street) 716-759-1243					
Senior Citizen's Helpline 800-342-9871					
Social Security 800-772-1213					
State Police 716-759-6831					
Town Clerk 716-741-8938					

TRANSPORTATION SERVICES

Transportation is available to members who are residents of Clarence on a first call, first reserved basis, Monday-Friday, 9am-3pm. Call 716-633-5138 to make or cancel a reservation. Suggested donation is \$2 round trip to help defray costs fuel costs and is greatly appreciated. We do not provide transportation to medical appointments.

ALL RESERVATIONS MUST BE MADE 24 HOURS IN ADVANCE!

SHOPPING TRIPS: available 4 afternoons a week. Limit 2 bags or as much as you can personally carry. Van leaves Center at 1pm. You can spend 1 hour at the store, then you will be taken home.

> Mondays Walmart, Tuesdays Tops, Wednesdays Wegmans, Fridays Aldi's

OTHER TRANSPORTATION SERVICES: RURAL TRANSIT: 716-565-3323 ERIE COUNTY GOING PLACES 716-858-7433





FeedMóre wny

FeedMore WNY's Home Delivered Meal Program (also known as Meals on Wheels) is looking for volunteer substitute drivers and servers. If you are interested in volunteering to help deliver meals to neighbors in the Clarence community, please contact Heather Sabers at 716-633-9783. Volunteers arrive at the Clarence Senior Center at 11am and are finished by 1pm.

Message from Heather, CSC Executive Director: Sadly we started off the year with a huge loss - the passing of our beloved friend and colleague Joyce DePronio. We have dedicated this issue in honor of Joyce and we are asking for donations in her memory (see page 5). On a positive note, the building got an update with the Clarence Town Park staff cleaning and painting the Center. A big thank you to them for their hard work! We're also offering several new programs and classes in 2025, and we're excited to introduce a brand new sign-in and registration system called My Senior Center. This easy-to-use, online-based platform will simplify the process of signing up for classes, programs, and meals, whether you're at the Center, using your phone, or at home on your computer. We're excited about this upgrade and will be offering training to help you get familiar with the system so stay tuned for more news about this program! And don't forget to renew your membership and let us know how you'd prefer to receive your newsletter! See page 10 for more details.

MON. FEB. 3

10:30am: Paula's Donuts Start your morning with Paula's Donuts, coffee and conversation! Visit with friends and have a donut made with love.

1:30pm: Book Club: Join Barb Feidner to talk about the book of the month: *The Girls with No Names* by Serena Burdick. March Book club book: *The Guncle* by Steven Rowley.

TUE, FEB. 4

10:00am: Stretching for Arthritis is back! Every Tuesday at 10am.

10-10:30am: NEW CLASS! Healthy Living. Every Tuesday 10-10:30am. Sign up in office. See pg. 5.

3:00pm: Movie Tucker, The Man & His Dream

WED. FEB. 5

9:00am: Computer help from Dave Schupp

12:15pm: Indoor Picnic: Join us for an Indoor Picnic (menupg. 7) and live music from **12:30-2:00pm from the Hastings Duo.** Sign up in office.

THU. FEB. 6

4:00pm: NEW CLASS! Gentle Yoga: Every Thursday at 4pm. Sign up in office. See pg. 5.

MON. FEB. 10

12:15pm: Pizza Lunch with live music from 12:30-1:30pm from Johnny D.: Food & entertainment fee: \$5. Sign up & pay in office.

12:30pm: United Healthcare Medicare Advantage Information: United Healthcare staff will be available to answer your questions.

TUE. FEB. 11

11:45pm: Wellness for All Seniors: Wellness for All Seniors, Inc. is a non-profit that helps seniors get support for help at home, transportation, cleaning services, insurance questions and much more. Info will be available during lunch.

1:15pm: Greeting Cards: Diane Carr will assist you in making 2 beautiful greeting cards. Sign up in office. Cost: \$6.00

3:00pm: Movie 80 for Brady

6:00pm: Bingo Bash: Prizes for the winners!

WED. FEB. 12

Sam-3pm: Defensive Driving Class: Save money on your car insurance with Ray from the Safe Driver Academy. Cost is \$35 payable day of by cash or check. Lunch is available for a suggested donation of \$3.50. Sign up in office.

THU. FEB. 13

10:30am: Music & Pastries: Delicious pastries & live music played by local musicians.

FRI. FEB. 14

12:15pm: Valentine's Day Lunch. Menu page 7.

TUE. FEB. 18

3:00pm: Movie: Breakfast at Tiffany's

WED. FEB. 19:

9:00am: Computer help from Dave Schupp

THU. FEB. 20:

11:00am: Hearing Evaluation of Buffalo: Dr. Jill Bernstein will review the latest research on hearing loss, tinnitus, impacts on cognition and updates in current hearing and technology. Join her for a conversation and Q&A session. Free hearing screening following presentation.

6:00pm: Candy Bingo: FREE event. Grandparents bring your grandkids for a chance to win Jumbo size candy bars. Sign up in office. Hosted with the Clarence Youth Bureau.

FRI. FEB. 21

Tlam: Lunch & Art Gallery at Montabauer Heights: View the Erie Canal Bicentennial Exhibit Series at the Art Gallery at the Montabaur Heights then enjoy lunch in the dining room. Cost \$15 payable to Montabaur Heights. Sign up in office.

TUE. FEB. 25

Ipm: Alzheimer's & Dementia Education: Supporting Independence. The Alzheimer's Association offers free classes for those impacted by Alzheimer's and other dementia. The Empowered Caregiver series aims to help care partners build skills and feel more prepared to handle the challenges that come with caring for someone living with dementia. Supporting Independence focuses on helping people living with dementia take part in daily activities, with the right amount of support, balancing safety and independence, while managing expectations. Next class: March 25 @ 1pm - Tips for Tough Conversations.

3:00pm: Movie As Good As It Gets

6:00pm: Bingo Bash: Prizes for the winners!

WED. FEB. 26

1-4pm: American Needlepoint Guild Meeting: Group meets every 4th Wednesday of the month. Stop in to the meeting or call office for more information.

THU. FEB. 27

5pm: Pot Luck Dinner: Sign up in office and let us know what delicious dish you'll be bringing. Join us for games after dinner.

5pm: CSC Diners: The CSC Diners will meet at the Family Tree Restaurant (4346 North Bailey Ave. Amherst) at 5pm, dinner at 5:30pm. All meal choices are \$29 - chicken souvlaki, pot roast or broiled fish - includes bread, soup, entrée and rice pudding. Sign up and pay in office by February 20.

MARK YOUR CALENDAR:

Health & Fitness Fair, Wednesday, May 21, 2025 Clarence Town Park Clubhouse, 10405 Main Street

Free exhibits on health, fitness, safety and government benefits. Free health screenings, seminars, lunch, prizes and live entertainment.

In Loving Memory of Joyce DePronio

It is with heavy hearts that we announce the sudden passing of our dear friend and colleague Joyce DePronio, on January 1, 2025. Joyce was beloved by everyone at the Clarence Senior Center, and her kindness, dedication, and uplifting spirit will be profoundly missed. Joyce always went above and beyond in her work, selflessly offering a helping hand whenever needed. Her passion for serving others, combined with her friendly personality, brought warmth and light to our team, her friends, and the members of the Center. Her love for her family was evident in everything she did, and she always spoke of them with great affection. A true animal lover, Joyce lovingly cared for her cats and delighted in watching the birds, squirrels, foxes and other wildlife around her home. Her presence was a constant source of smiles and friendship, and her positive attitude inspired all of us. We are so grateful for the time we shared with Joyce, and we will honor her legacy in all that we do.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKLY SCHEDULE	9:00: Fiber Arts	9:00: Cards/Games	9:00: Fiber Arts	9:00: Cards/Games	9:00: Stretch & Tone \$3
	9:30: Woodworking	9:00: Ceramics \$3	9:00: Computer help <i>Feb.</i> 5 & 19	9:00: Aerobics	9:00: Rummikub
	10:15: Tap \$7 11:30: Jazz \$7	9:00: Rummikub 9:30: Woodworking 10:00: Stretching for	9:15: Woodworking 9:30: Line Dancing \$2	9:30: Woodworking 10:00: Intermediate Tai	9:30-11:00: Senior Outreach
	12:15: Lunch	Arthritis is back!	11:00: Arthritis Exercise	Chi	9:30: Woodworking
	12:30: Billiards	10-10:30: <u>NEW! Healthy</u>	12:15: Lunch	10:00: Five Crown	10:00: Meditation
	1:00: Pinochle	<u>Living \$3</u> . Pre-sign up required.	12:30: Billiards	11:00: Stretch Yoga w/	10:00 : Rummikub
	1:00 Shuffleboard	11:00: Resistance Exercise	1:00: Bridge	Teri Tubbs 12:15: Lunch	11:00: Resistance Exercise
		12:15: Lunch	1:00 Watercolor \$12	12:30: Billiards	12:30: Tabletop
		12:30 Billiards 1:00 Euchre	1:00 Hand & Foot/ Canasta/Rummikub/Five	1:00: Bridge	Shuffleboard
Join us for dinner on Tuesday &		1:00 Scrabble	Crown/Euchre	1:15: Bingo Boards \$0.50	1:00: Pinochle
	hursday nights	1:30 Indoor Horseshoes	2:30 Zumba \$5	1:00: Shuffleboard	1:00: Zumba \$5
at	5pm. See menu on pg. 7.	5:00 Dinner		4 <u>:00: Yoga NEW! \$15</u> Pre-sign up required.	1:30: Dominoes
	on pg. 7.	5:30 Pinochle		Yoga mat provided if needed	
		6:00 Bingo Bash <i>Feb. 11</i> & 25		5:00 Dinner	ELEANOR RADKA

These classes are free to all current members unless a fee is noted next to the class. Signing up in advance is not required unless noted otherwise. All activities are subject to change and cancellation. If a class is cancelled it will be noted at the main entrance as soon as we are notified. Classes that require payment can be paid to the instructor on the day of the class, cash or check (payable to Clarence Senior Center) or sign up in office if indicated.



MOVIES THIS MONTH: Join us for dinner at 5pm after the movie.

Tree Esh & Same Treeker The Mer

Tues. Feb. 4 @ 3pm: Tucker, The Man & His Dream. Starring Jeff Bridges, based on

the true story of a man who wanted to build a better American car after World War 2.

Tues. Feb. 11 @ 3pm: 80 for Brady. Four best friends go on an unforgettable journey to see Tom Brady play in Super Bowl. Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field star in this hilarious true story of friendship, fun, and living life to the fullest, no matter your age.

Tues. Feb. 18 @ 3pm: Breakfast at Tiffany's. Holly is an eccentric NYC girl determined to marry a Brazilian millionaire. Starring Audrey Hepburn and George Peppard.

Tues. Feb. 25 @ 3pm: As Good as it Gets. A single mother and waitress, an eccentric author, and a gay artist form an unlikely friendship. Starring Jack Nicholson, Helen Hunt & Greg Kinnear.

NEW CLASSES: SIGN UP IN OFFICE

Healthy Living: Tuesdays @ 10-10:30am, \$5/class Can't seem to get the holiday weight off? Come to Healthy Living and learn the basics of weight loss and maintenance taught by former Weight Watchers leader Nan Scinta. Weigh in optional. Recipes provided. New discussion topic each week. Sign up in office. Cost: \$3 with personal assessment as needed. Meets every Tuesday.

Gentle Yoga: Thursdays @ 4pm, \$15/class



Instructor Christine will lead you through full body stretching and gentle strengthening. Increase mental and physical flexibility and find peace and calm through meditation. Entire

class can be done in a chair, on a mat or chair can be used for support when needed. Sign up in office and let us know if you need a yoga mat.

FEBRUARY MENU - ERIE COUNTY STAY FIT DINING PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5 INDOOR PICNIC	6	7
Grilled chicken breast with herbed gravy, sweet potatoes, lima bean bake, roll, sugar cookies	Beef macaroni casserole with cheddar cheese, peas, fruit punch, salad, Italian bread, rice krispie treat	Hot dog, baked beans & ketchup on bun, macaroni & cheese, carrots, tropical fruit Live music from the Hastings Duo 12:30-2pm	Breaded chicken cutlet with tomato sauce & mozzarella over pasta, cauliflower, spinach, strawberry gelatin	Pork loin with gravy, scalloped potatoes, green beans with red pepper, wheat roll, banana, chocolate milk
10 PIZZA LUNCH	11	12	13	14 VALENTINE'S DAY
Slice of cheese or pepperoni pizza, garlic bread, salad, dessert bar Live music from Johnny D. 12:30-1:30pm Cost: \$5 Sign up & pay in office	Hamburger with onion gravy on bun, mashed sweet potatoes, green beans, vanilla pudding	Cream of potato soup with ham, Brussels sprouts, apple juice, corn muffin, banana, chocolate milk	Beef Bourguignon, mashed potatoes, peas, rye bread, brownie	Broccoli stuffed chicken with herb cream sauce, rice pilaf, mixed vegetables, cranberry juice, salad, cheesecake with chocolate sauce
17 CENTER CLOSED	18	19	20	21
PRESIDENTS: DAY	Grilled chicken with marsala sauce, mashed potatoes, peas with pearl onions, roll, chocolate pudding	Lasagna roll with tomato meat sauce & mozzarella, spinach, grape juice, wheat roll, mandarin oranges, chocolate milk	Ham steak with pineapple sauce, mashed sweet potatoes, green beans, rye bread, sugar cookies	Cabbage roll with savory meat sauce, garlic mashed potatoes, carrots, corn muffin, salad, orange
24	25	26	27 SOUP & SANDWICH	28
Macaroni & cheese, zucchini & tomatoes, California blend vegetables, multigrain bread, Rice Krispie Treat	Ground beef taco with flour tortilla, Spanish rice, corn & black beans, salad, banana, chocolate milk	Breaded chicken cutlet with Buffalo sauce on bun, potatoes O'Brien, broccoli, fudge round	Minestrone soup, chicken, salad, wheat roll, Brussels sprouts, fig bar	Salisbury steak with gravy, mashed potatoes, lima bean bake, wheat bread, fruit cocktail
LUNCH IS S <i>Effective January 1, 2 donation amo</i>				
Call 716-63. Meals a	Valentine's DAY			

TUESDAY & THURSDAY DINNER MENU: Suggested donation \$3.50. Dinner is served at 5pm.

- Tue. 2/4: Breaded chicken drumsticks, broccoli cheese rice casserole, chef salad, carrots, whole wheat roll, banana cream pie & milk Thu. 2/6: Chicken Caesar salad with parmesan, carrots & croutons, cherry tomatoes, whole wheat roll, banana cream pie & milk Tue. 2/11: Turkey with gravy and cranberry sauce, mashed potatoes, green beans, stuffing, chef salad, cherry pie with whipped topping & milk Thu. 2/13: Grilled chicken, mandarin orange and sunflower salad, garden salad, cherry tomatoes, whole wheat roll, cherry pie with whipped topping & milk Meatloaf with gravy, scalloped potatoes, California blend vegetables, chef salad, whole wheat roll, chocolate chip Tue. 2/18: cookies & milk Thu. 2/20: Garden chicken patty salad with ranch dressing, cheddar cheese, croutons, cherry tomatoes, roll, chocolate chip
- cookies & milk
- Tue. 2/25: Polish sausage on bun, sauerkraut, cheesy potatoes, green beans, strawberry ice cream & milk
- Thu. 2/27: Pot Luck dinner sign up in office and let us know what dish you are bringing



SENECA NIAGARA CASINO TRIP: TUESDAY, MARCH 4, 2025

MARDI GRAS BINGO EVENT \$30.00 (driver gratuity included)

DEPART FROM CENTER: 10:45AM, RETURN: 5:15PM

Reserve your spot and pay for trip in person at the CSC Main Office. Cash or check made out to RESORT & CASINO Clarence Senior Center. It's MARDI GRAS BINGO at Seneca Niagara Casino! Receive \$25 free slot play and \$5 food & bingo. You'll find over 4,200 slot machines with big progressive Jackpots. With all the

best action and new renovations, there si always something new at the Seneca Niagara Casino Resort. 1:00pm Bingo Event to get you in the Mardi Gras spirit and chance to win great prizes. Five games of Bingo: Game 1-3 win \$250 Free Slot Pay, Game 4 win \$500 Free Slot Play, Game 5 win \$1,000 cash.



DAY TRIP TO TARA - A COUNTRY INN: WEDNESDAY, APRIL 9, 2025 \$119 per person, Sign up and pay at CSC Main Office by March 10.

No cancellations after March 10. Itinerary and times subject to change. Payable by check only made out to Bus America Group Tours



Discover the Historic Roots of Tara - A Country Inn. Inspired by Gone with the Wind, Tara is a recreated embodiment of the Old South style. Revel in the 19th-century elegance of the mansion, built in 1854, a period of utmost style and sophistication. Here at Tara, dedication to exceptional service, dining and history is still alive and well. The Greek Revival-style mansion is decorated with fascinating pieces of Civic War memorabilia and artifacts, making it feel like you've been transported back in time!

7:30-7:45am: Arrive at Center to check in.

Depart by chartered motorcoach. Rest stop en route. 8:00am:

Arrive at Tara - A Country Inn (2844 Lake Road, Clark, PA) and enjoy a family style lunch with the group. 11:30am:

Guided group tour of the mansion 1:00pm:

Travel by bus to Hermitage, PA for afternoon activities 2:00pm:

Visit the Avenue of the 444 Flags, Honoring America's Veterans. There will be a short group tour and 2:15pm:

time to view the largest display of American flags in the world

3:00pm: Visit Kraynak's Easter Bunny Lane with time for shopping and to enjoy the start of Spring along a

300-foot indoor avenue of beautiful, brightly colored trees bursting with blossoms and a cast of life-like

animated characters.

Your final stop to shop for Easter candy will be at **Daffin's Candies Chocolate Kingdom** where 4:00pm:

> chocolate reigns supreme. Unbelievable sights await you at this fantasy land of chocolate characters. The unique, one of a kind attraction includes a 300 pound chocolate turtle, a 125 pound chocolate reindeer and a 75 pound chocolate frog, unicorn, bunnies and many other characters that will fascinate

and delight!

Re-board bus and depart for home. Stop for dinner on your own at Cracker Barrel in Meadville, PA 4:45pm:

Estimated return time to Clarence Senior Center 8:45pm:



PENNSYLVANIA DUTCH COUNTRY ADVENTURE TUES. MAY 6 - THUR. MAY 8, 2025

NOAH, Live on stage at the SIGHT & SOUND THEATRE and featuring "Fiddler on the Roof" at the Dutch Apple Dinner Theatre.

Price per person: \$664 double / \$644 triple / \$799 single

Chartered motorcoach transportation from Niagara Scenic Coach Lines, accommodations for two nights at the Holiday Inn Express Lancaster-Strasbourg, and two buffet breakfasts at the hotel. Reserved center orchestra seats for "Noah" at Sight & Sound's majestic Millennium Theatre. Dutch Apple Dinner Theatre buffet dinner followed by a performance of "Fiddler on the Roof". Smorgasbord Dinner at Hershey Farm Restaurant, all-you-can-eat buffet. Experience the Amish Way of Life with a visit to The Amish Village. Visit to the Bird-in-Hand Bake Shop. Sign up in the Main Office to reserve your spot(s) with a \$100 deposit, payable by check only made out to Bus America Group Tours. Balance is due 30 days prior to departure. Travelers will be invoiced directly from Bus America. Itinerary & times subject to change.





COMING SOON: *my* seniorcenter™

We are excited to introduce a new sign-in and registration system called My Senior Center that will be coming to the Center! This new, easy to use, online based program will allow you to register for classes, programs, and meals at a kiosk in the center as well as on your cell phone and home computer, while providing a better way for staff to track activities at the Center. You will also be able to register and view your classes/activities and registration information on your phone or home computer.

Every member will be issued a key tag (similar to those you get at a grocery store) which you'll scan each time you visit the Center. This will eliminate the paper sign in process and you can register for programs or sign up for a meal through our touch screen kiosk. We will be introducing the program very

soon and providing members the training to use this easy, helpful and efficient system. There are many local centers currently using this program, including centers in Orchard Park and West Seneca. Stay tuned for more information about this exciting development.

SILVER STREAK NEWSLETTER OPTIONS

Effective March 1, 2025, there will be a \$6.00 fee if you would like your Silver Streak newsletter regular

mailed to your address. This fee will help cover the increased co and aligns with other local senior centers charging similar n	osts associated with postage and processing				
addition to your membership fee. If you prefer, you can opt to receive the newsletter via email or pick up in the office at no charge. Newsletters are also available for free on our website at www.thecsci.org.					
YOUR NAME:					
Delivery options: Please mark your choice:					
REGULAR MAIL (\$6 FEE) Cash or check	Mail your \$6 payment with this form to: Clarence Senior Center				
Make check payable to Clarence Senior Center. You can also pay in person at the office.	4600 Thompson Road Clarence, NY 14031				
CONFIRM YOUR MAILING ADDRESS:					
CITY:	ZIP:				
EMAIL (FREE)					
EMAIL ADDRESS:					
PICK UP IN OFFICE (FREE)					

Please fill out this form and return by February 20 to arrange how you would like to receive your newsletter. Mail form with payment to address above or drop off in person at Main Office. Thank you!

THE CLARENCE SENIOR CENTER

4600 Thompson Rd., Clarence, NY 14031 716-633-5138

ORGANIZATION
U.S. POSTAGE
PAID

Clarence, NY 14031

MEMBERSHIP RENEWAL FOR 2025 IS NOW DUE

Memberships are valid for the calendar year (January 1 to December 31) so please renew your membership to keep enjoying the Center's great programs. Fees are \$10 for Clarence residents and \$15 for non-Clarence residents. Visit us in the office to renew today or call us at 716-633-5138 to arrange mailing your payment.

Please see page 10 for the newsletter delivery option form to let us know if you would like your newsletter regular mailed (\$6 fee), picked up (free) or emailed (free).

HONORARY & TRIBUTE GIFTS

A donation to the Clarence Senior Center, a 501 (c)(3) charitable not-for-profit organization, is a thoughtful way to honor an individual or family member whose life was positively influenced by our programs and services. Your donation will help us continue to serve more individuals throughout the community.

CSC FRIENDSHIP TREE

The CSC Friendship Tree is in the front foyer and has leaves that memorialize friendships, family, or others who have a special connection to Center. Leaves are laser engraved and made through a one time donation at bronze, silver, or gold giving levels.

The Center was recently painted by staff from the Clarence Parks Department. Thank you for your hard work!