



# The Silver Streak

Clarence Senior Center Newsletter

**ADDRESS:**

4600 Thompson Road  
Clarence, NY 14031  
716-633-5138

**WEBSITE:**

[thesci.org](http://thesci.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

JULY 2025

JULY



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  
**Email:** csci@thecsci.org

**WEBSITE:** thecsci.org



**Heather Kraemer, Executive Director**

heather@thecsci.org

**Nicky Geiger, Program Coordinator**

nicky@thecsci.org

**Katie Macre, Office Administrator**

katie@thecsci.org

**Office Staff:** Carol Serviss, Rita Wascak

**Bookkeeper:** Carolyn Giovino

**Kitchen Manager:** Joe Florczak

**Shuttle Drivers:** Fran Dougherty, 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.....	800-424-3410
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 .....	716-858-8526
Clarence Library .....	716-741-2650
Meals on Wheel.....	716-633-9783
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.

**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

**Other Transportation Services:**

Rural Transit: 716-565-3323  
Erie County Going Places: 716-858-7433



Rural Transit Service



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

**Message from Heather, CSC Executive Director:** As we welcome the warmth and sunshine of summer, I want to take a moment to wish you a joyful, active, and safe season! Summer is a wonderful time to enjoy the outdoors, connect with others, and take part in new experiences... but it's also important to keep your health and safety top of mind. In June, the CSC staff completed a First Aid/CPR/AED certification course to ensure we're ready to respond in the event of an emergency. One of the topics we covered was staying safe in the heat - a timely reminder for all of us. Small steps like drinking plenty of water, wearing lightweight clothing, and spending time in cool, air-conditioned spaces (like our Senior Center!) can make a big difference. Be sure to check out everything we have planned this month - from classes and workshops to day trips and social gatherings. Whether you're joining us for a fitness session, a friendly chat, or just some cool comfort on a hot day, we look forward to seeing you soon at the Center!

**WEDNESDAY, JULY 2**

**9am:** Computer help from Dave Schupp

**1pm: University Express:** Not Just a Pretty Face. See pg. 5

**THURSDAY, JULY 3**

**12:15pm:** Independence Day lunch. Menu pg. 7.

**FRIDAY, JULY 4: Fourth of July. CENTER CLOSED.**

**MONDAY, JULY 7**

**10:30am:** Start your morning with coffee, conversation and **Paula's Donuts**

♥ made with love

**1:30pm: Book Club:** Join Barb Feidner to talk about the book of the month: The God of the Woods by Liz Moore. August Book Club selection: The Frozen River by Ariel Lawhon.

**TUESDAY, JULY 8**

**1-3pm: University Express:** Internet Privacy & Safety. See pg. 5.

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

**WEDNESDAY, JULY 9**

**9am-3pm:** Safe Driver Academy Defensive Driving Class

**1-2pm: University Express:** Storytelling. See pg. 5.

**THURSDAY, JULY 10**

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

**11:30am: Center for Elder Law** info table

**MONDAY, JULY 14**

**11:30am:** Blood Clot Awareness information table

**TUESDAY, JULY 15**

**1-3pm: University Express:** Using Google. See pg. 5.

**WEDNESDAY, JULY 16**

**Canandaigua Lake Boat Cruise & Lunch 7:30-7:45am:** Arrive for check in. Park along grass away from building. **Depart: 8:00am: Estimated Return: 6:30pm**

**9am:** Computer help from Dave Schupp

**FRIDAY, JULY 18**

**12-3:00pm: Picnic in the Park:** Menu pg. 7

**MONDAY, JULY 21**

**10:30am:** Start your morning with coffee, conversation and **Paula's Donuts**

♥ made with love

**TUESDAY, JULY 22**

**Seneca Niagara Casino Comedy Show "Daredevils of Niagara". 8:15-8:30am:** Arrive for check in. Park along grass away from building. **Depart: 8:45am: Estimated Return: 4:45pm:**

**1pm: Andy Parker's Weather Machine:** Andy Parker brings his Weather Machine to the CSC for a fun, educational event for all ages. Made possible through the Clarence Youth Bureau's grant from Arts For Learning from the Daniel C. and Beatrice M. Fisher Fund! **FREE** event. Sign up in office.

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

**THURSDAY, JULY 24**

**10am-12pm: United Healthcare** Medicare Advantage info table

**FRIDAY, JULY 25**

**12:15pm: Christmas in July Lunch.** Menu pg. 7. Sign up in office by July 22.

**MONDAY, JULY 28**

**12:15pm: Birthday Lunch:** Join us for a slice of birthday cake after lunch to celebrate July birthdays.

**TUESDAY, JULY 29**

**1:00pm: Resource Wellness Group:** Learn how to end pain or repair your body without surgery or medications and give your body the best chance to live a happy and healthy life. Dessert provided. **FREE** event. Sign up in the office.

**WEDNESDAY, JULY 30**

**9am:** Computer help from Dave Schupp

**11am-3pm:** Erie County Picnic, Bowen Road Grove at Como Park, Lancaster. Catered picnic lunch, free raffle prizes, entertainment, games and lots of fun! Seating is limited. Pre-sale tickets only. \$3.50 per person. Sign up and pay in the office.

**THURSDAY, JULY 31**

**12:15pm:** Make your own sundae bar. Cost \$3. Sign up and pay in office.

*No Greeting Cards or Gentle Yoga in July.*





Fieldstone Country Inn  
The oldest restaurant in Lockport.  
5986 South Transit Road, Lockport




**Thursday, July 24**  
Meet at 5pm. Dinner at 5:30pm

**All meal choices are \$39:**  
**½ Rack of Ribs**  
**Parmesan Crusted Baked Fish**  
**Breaded Pork Chop**

All meals include soup & salad, baked potato, sweet potato (add \$1.99), dessert, coffee or tea. Sign up and pay in office by July 18.

## UNIVERSITY EXPRESS

Please sign up in the office. All classes are FREE.

University Express offers free educational classes for older adults in Erie County. The program runs during spring and fall semesters. You will find classes in a variety of categories, including current affairs, history, humanities, finance and medicine. Classes are designed to stimulate the mind and provide opportunities to build social networks, thereby reducing social isolation. No homework or tests, just exciting discussions alongside peers with similar interests!

**Wednesday, July 2 @ 1-2pm**

### **Not Just a Pretty Face (Medicinal Native Plants)**

Native plants are critical to ecological resilience and biodiversity and used by indigenous people for centuries. Presentation will discuss medicinal plants and their many uses as well as herbs that can be grown in container gardens. Informational purposes only, not intended to treat or diagnose medical problems.

**Tuesday, July 8 @ 1-3pm**

**Internet Privacy & Safety:** Learn the best practices for protecting your personal information online, from creating secure passwords to avoiding scams and staying safe on social media.

**Wednesday, July 9 @ 1-2pm**

**Storytelling:** Would you like to be a better storyteller? Learn to create enriching connections with expressive narratives. Improve your storytelling skills with a variety of communicative techniques that enhance a variety of social encounters. We will cover aspects of theme, plot, delivery and structure that help you find and tell your story.

**Tuesday, July 15 @ 1-3pm**

**Using Google:** Master the basics of Google Search and other Google tools, including Gmail, Google Drive and Google Docs to enhance productivity and simplify tasks.

## *picnic in the park*

**Friday, July 18 @ 12-3pm**  
**Town Place Park, 5400 Goodrich Rd.**

**Italian sausage, peppers  
& onions, mac salad,  
watermelon, soda.**

**1-3pm: DJ BIGGS**  
**50/50 & Basket Raffle**

**Cost: \$7**

No meals served at Center.

**Pay in office when you sign up.**

**Sign up by 7/15.**





# SAVE THE DATE

## Basket Raffle

### Saturday, Sept. 6, 2025

### Clarence Senior Center

This is our biggest fundraiser of the year.  
All proceeds support CSC programs.

## CALL FOR BASKETS

Now accepting donated raffle baskets, gift cards or items to include in a basket. Donors will be listed in our newsletter, our website, social media & at event. Drop off at the Main Office by Friday 8/29. Pick up available.

**Pace Makers**

**FREE CLUB, bring a friend!**  
**NEXT WALK**



Sunday, July 20 @ 2pm  
Clarence Town Park, 10405 Main St.  
Meet at the Clubhouse for a 20-30 minute  
walk on paved trail, at your own pace.



# WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:00</b> Fiber Arts	<b>9:00 Ceramics \$3</b>	<b>9:00</b> Fiber Arts	<b>9:00</b> Cards/Games	<b>9:00 Stretch &amp; Tone \$3</b>
<b>9:30</b> Woodworking	<b>9:00</b> Low Impact Aerobics	<b>9:00</b> Computer help July 2, 16 & 30	<b>9:00</b> Aerobics	<b>9:00</b> Rummikub
<b>10:15 Tap \$7</b>	<b>9:00</b> Rummikub	<b>9:15</b> Woodworking	<b>9:30</b> Woodworking	<b>9:30-11:00</b> Senior Outreach
<b>11:30 Jazz \$7</b>	<b>9:30</b> Woodworking	<b>9:30 Line Dancing \$2</b>	<b>10:00</b> Intermediate Tai Chi	<b>9:30</b> Woodworking
<b>12:30</b> Billiards	<b>10:00 Stretching for Arthritis \$3</b>	<b>11:00 Arthritis Exer. \$3</b>	<b>10:00</b> Five Crown	<b>10:00</b> Meditation
<b>1:00</b> Pinochle	<b>11:00</b> Resistance Exercise	<b>12:15</b> Lunch	<b>11:00</b> Chair Stretch w/ Teri Tubbs	<b>10:00</b> Rummikub
<b>1:00</b> Shuffleboard	<b>12:15</b> Lunch	<b>12:30</b> Billiards	<b>12:15</b> Lunch	<b>11:00</b> Resistance Exercise
	<b>12:30</b> Billiards	<b>1:00</b> Bridge	<b>12:30</b> Billiards	<b>12:15</b> Lunch
	<b>1:00</b> Euchre	<b>1:00 Watercolor \$12</b>	<b>1:00</b> Bridge	<b>12:30</b> Tabletop Shuffleboard
	<b>1:30</b> Indoor Horseshoes	<b>1:00</b> Hand & Foot/ Canasta/Rummikub/ Five Crown/Euchre	<b>1:15</b> Bingo Boards \$0.50	<b>1:00</b> Pinochle
	<b>3:00</b> Movie	<b>2:30 Zumba \$5</b>	<b>1:00</b> Shuffleboard	<b>1:00 Zumba \$5</b>
	<b>5:00</b> Dinner		<b>4:00 Gentle Yoga \$15</b> <i>Pre-sign up required. Yoga mat provided if needed</i>	<b>1:00</b> Dominoes
	<b>5:30</b> Pinochle		<b>5:00</b> Dinner	
	<b>6:00</b> Bingo Bash July 8 & 22		<b>5:30</b> Pinochle	

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.



## TUESDAYS AFTERNOON MOVIES

**Tues. July 1 @ 3pm: Forrest Gump** - Slow-witted Forrest Gump (Tom Hanks) has never thought of himself as disadvantaged, and thanks to his supportive mother (Sally Field), he leads anything but a restricted life and inspires people with his childlike optimism.





**Tues. July 8 @ 3pm: Glory** - Powerful historical drama that tells the story of the 54th Massachusetts Infantry Regiment, one of the first all-black regiments in the Union Army during the American Civil War.

**Tues. July 15 @ 3pm: A League of Their Own** - Set during World War II, this movie is about the first female professional baseball league with sisters Dottie and Kit Hinson who are recruited from a dairy farm in rural Oregon to play for the Rockford Peaches, one of four original teams from the league.

**Tues. July 22 @ 3pm: Nutty Professor** - 1961 movie starring Jerry Lewis who plays nerdy, accident-prone professor Julius Kelp. He creates a potion that transforms him into Buddy Love, a handsome, conceited playboy.

**Tues. July 29 @ 3pm: Apollo 13** - Based on the true story of the 1970 Apollo 13 mission, intended to be the third crewed lunar landing, but an on-board explosion forces them to abandon the Moon landing.

# JULY MENU - ERIE COUNTY STAY FIT DINING PROGRAM

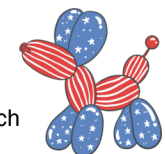
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH IS SERVED AT 12:15pm.</b> <b>Recommended donation of \$3.50 per meal unless noted otherwise.</b> <small>Call 716-633-5138 or stop in office to sign up. Reservations required 48 hours in advance.</small>	<b>1</b> Lasagna roll, tomato meat sauce, mozzarella, cauliflower, peas, salad roll, orange, chocolate milk	<b>2 ENTREE SALAD</b> Tuna macaroni salad, Club Crackers, tropical fruit	<b>3 JULY 4<sup>th</sup> LUNCH</b> Hot dog, baked beans, ketchup, bun, macaroni & cheese, broccoli, fruit punch, ice cream sandwich	<b>4 CENTER CLOSED</b> 
<b>7</b> Hearty beef stew, mashed potatoes, Brussels sprouts, biscuit, vanilla pudding	<b>8</b> Breaded chicken patty, Buffalo sauce on bun, tater tots, au gratin broccoli, banana, chocolate milk	<b>9</b> Polish sausage, sauerkraut, mustard on bun, ranch mashed potatoes, carrots, fudge round cookie	<b>10</b> Roasted turkey, stuffing, gravy & cranberry sauce, mashed butternut squash, corn, salad, mandarin oranges	<b>11</b> Omelet with cheese sauce, potatoes O'Brien, green beans, raisin bread, tropical fruit
<b>14</b> Lasagna roll, tomato meat sauce, mozzarella, broccoli, grape juice, Italian bread, sugar cookies	<b>15</b> Swedish meatballs over pasta, peas, Harvard beets, pineapple tidbits	<b>16</b> Breaded chicken with gravy, sweet potatoes, lima bean bake, salad, roll, fruit cocktail	<b>17</b> Hearty pork stew, mashed potatoes, carrots, roll, strawberry gelatin	<div> <b>18 PICNIC IN THE PARK</b>  <b>12-3pm, Town Place Park 5400 Goodrich Rd.</b>            Italian sausage, peppers &amp; onions, mac salad, watermelon, soda.  <b>1-3pm: DJ BIGGS</b>            50/50 &amp; Basket Raffle  <b>Cost: \$7.</b> Pay in office when you sign up  <small>No meals served at the Center..</small> </div>
<b>21</b> Chicken breast, marsala sauce, garlic mashed potatoes, peas with pearl onions, wheat roll, mandarin oranges	<b>22</b> Beef pepper steak casserole with white rice, broccoli, carrots, diced pears	<b>23</b> Roast pork with warm cinnamon apples, sweet potatoes, green beans, wheat bread, butterscotch pudding	<b>24 ENTREE SALAD</b> Garden chicken patty salad, cheddar, croutons, ranch dressing, multigrain bread, banana, chocolate milk	<b>25 XMAS IN JULY</b> Roast beef, horseradish, gravy, scalloped potatoes, Brussels sprouts, salad, rye bread, cheesecake with chocolate sauce. <b>Dress in your favorite Christmas outfit. Prizes &amp; surprises!</b>
<b>28</b> Turkey a la King, mashed potatoes, carrots, warm biscuit, chocolate pudding  <small>This symbol means you need to pay when you sign up</small>	<b>29 ENTREE SALAD</b> Beef taco salad, cheddar cheese, salsa, tortilla strips, pineapple tidbits, chocolate milk	<b>30</b> Rigatoni with Italian sausage, tomato sauce & mozzarella, California blend vegetables, fruit punch, salad, banana	<b>31</b> Breaded chicken patty, gravy, wheat bun, potatoes O'Brien, au gratin spinach <b>MAKE YOUR OWN SUNDAE BAR: \$3</b> <small>Pay when you arrive at lunch.</small> 	

Call 716-633-5138 or stop in office to sign up. Please call if you have to cancel. Meals are held for 10 minutes, then returned to the kitchen. If you have a food allergy, please notify us. If an additional fee is noted, that is to cover the cost of entertainment and food that is not provided by Erie County meal program. Reservations required 48 hours in advance.

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

- Tue. 7/1:** Beef bourguignon, mashed potatoes, green beans, whole wheat roll, salad, peach pie with whipped topping
- Thu. 7/3:** Chicken Caesar salad, parmesan cheese, croutons, cherry tomatoes, carrots, roll, peach pie with whipped topping
- Tue. 7/8:** Breaded chicken drumsticks, mashed potatoes, corn on the cob, whole wheat dinner roll, salad, banana cream pie
- Thu. 7/10:** Breaded chicken drumsticks, mashed potatoes, corn on the cob, whole wheat dinner roll, salad, banana cream pie
- Tue. 7/15:** Turkey w/ gravy, cranberry sauce, sweet potatoes, stuffing, Brussels sprouts, salad, chocolate covered ice cream bar
- Thu. 7/17:** Turkey w/ gravy, cranberry sauce, sweet potatoes, stuffing, Brussels sprouts, salad, chocolate covered ice cream bar
- Tue. 7/22:** Cabbage roll w/ meat sauce, garlic mashed potatoes, carrots, roll, salad, mini eclairs
- Thu. 7/24:** Cabbage roll w/ meat sauce, garlic mashed potatoes, carrots, roll, salad, mini eclairs
- Tue. 7/29:** Steakhouse burger w/ BBQ sauce, tater tots, au gratin broccoli, bun, salad, ice cream sandwich
- Thu. 7/31:** Steakhouse burger w/ BBQ sauce, tater tots, au gratin broccoli, bun, salad, ice cream sandwich

Per Erie County Stay Fit Dining Program regulations, leftovers cannot be put in containers and taken home. Meals must be eaten on the premises.






**MON. JUNE 30: SENECA ALLEGANY CASINO - SPOTS STILL AVAILABLE!**
**\$34 (driver gratuity included). Depart from Center: 9am. Return: 5pm.**

Reserve your spot and pay in person at the CSC Main Office. Nestled in the beautiful Allegheny Mountains, Seneca Allegany Casino offers excitement while you test your luck at table games and slot machines. Receive \$25 in free slot dollars & \$5 Seneca Dining Dollars. Mondays are Classic 50 Day: Earn 1 point: Get \$10 Free Slot Play or Dining Dollars, Earn 5 points: Get \$15 Free Slot Play or Dining Dollars, Earn 10 points: Get \$25 Free Slot Play or Dining Dollars.


**TUES. JULY 22: COMEDY SHOW "DAREDEVILS OF NIAGARA" at SENECA NIAGARA CASINO**
**\$46 (driver gratuity included). Depart from Center: 8:45am. Return: 4:45pm.**

A matinee comedic show filled with history & humor from comedian Joel Dombrowski, as he presents the comic, courageous and sometimes crazy stories of people who've challenged Niagara. Includes motor coach transportation, matinee performance at Bear's Den Show Room, \$25 Slot Play and \$5 Seneca Dining Dollars. Spend time at the Casino at your leisure before and after show. Reserve your spot and pay for trip in person at the CSC Main Office. Cash or check made out to Clarence Senior Center.

**MON. AUGUST 11: SENECA NIAGARA CASINO**
**\$30 (driver gratuity included). Depart from Center: 8:45am. Return: 3:15pm.**

Receive \$25 Seneca Slot Dollars and \$5 Seneca Dining Dollars. You'll find over 4,200 slot machines with big progressive Jackpots and 100 table games. Mondays are Classic 50 Day: Earn 1 point get choice of \$10 Free Slot Play or Dining Dollars. Earn 5 points get choice of \$15 Free Slot Play or Dining Dollars. Earn 10 points get choice of \$25 Free Slot Play or Dining Dollars. Reserve your spot and pay for trip in person at the CSC Main Office. Cash or check made out to Clarence Senior Center.

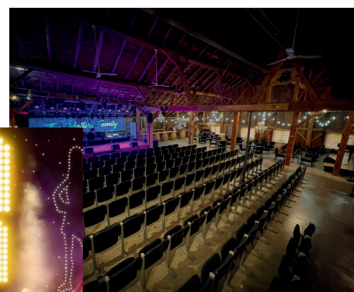
**WED. JULY 16: CANANDAIGUA LAKE BOAT CRUISE & BUFFET LUNCH AT HOTEL CANANDAIGUA**

**\$179 per person. Sign up & pay in Main Office by July 2.**
**No cancellations after July 2.**

Join us for a cruise on the beautiful Canandaigua Lady, a 19th century steamboat replica and authentic double-decker paddle wheeler. Arrive at the AWA Communication Technologies Museum in Bloomfield, NY for a guided tour to go back in time to explore and discover the history of technologies. Next is lunch at the lovely, new Hotel Canandaigua, a Tapestry Hotel Resort by Hilton, located at Steamboat landing on the shores of Canandaigua Lake. Enjoy a buffet lunch then board the boat for a 90-minute narrated sightseeing cruise on Canandaigua Lake with fun facts about the Steamboat Era, Canandaigua Lake, the Seneca Indian Nation and more. Schedule subject to change.

**WED. AUGUST 20: ABBAMANIA AT THE WALTERS FAMILY THEATRE & LUNCH AT QUEHL'S RESTAURANT, BRIGHT, ONTARIO, CANADA**
**\$149 per person. Sign up & pay in Main Office by July 25. No cancellations after July 25.**

The ultimate ABBA tribute show featuring all the band's greatest hits from Mamma Mia to Dancing Queen, Waterloo to Take a Chance On Me, this non-stop hit parade will have you singing and dancing in your seat. Buffet lunch at Quehl's Restaurant followed by the show at the Walters Family Theatre, a 200-year-old wood-beamed barn theatre, a gem destination for music lovers worldwide. Valid passport or enhanced driver's license required. Schedule subject to change.


**MONDAY-SATURDAY, OCTOBER 6-11: NASHVILLE COUNTRY TRAILS. 100TH ANNIVERSARY CELEBRATION OF THE GRAND OLE OPRY!**

**Price per person: \$1,475 double, \$1,375 triple, \$1,850 single**  
**SPOTS STILL AVAILABLE. Call or visit office for more info.**



# THANK YOU

Thank you to all who attended the "Fit Over 50: A Walk in the Park" Health Fair on May 21 at the Clarence Town Park Clubhouse. We held the event in conjunction with the Akron/Newstead Senior Center to provide valuable resources, screenings, and educational opportunities to our community.

Thank you to our sponsors for their generous support.

HIGHMARK WESTERN NEW YORK

univera HEALTHCARE

UnitedHealthcare

Independent Health

Nascentia Health  
TOMORROW'S HEALTHCARE TODAY

FRIEDMAN  
RANZENHOFFER  
ATTORNEYS AT LAW

NEW YORK STATE  
Department of Health

EPIC  
Elderly Pharmaceutical Insurance Coverage Program

## FUN PERFORMANCES!

July 22 @ 1pm

Andy Parker "The Weather Guy"

Fun & educational weather experiments

FREE!

August 26 @ 1pm

Van Taylor Jazz

Music ensemble performance

Don't miss these fun performances, open to all ages. Brought to you by the Clarence Youth Bureau

Arts for Learning Fisher Fund Grant  
Register in person or call 716-633-5138.

## OPEN TO ALL AGES

Buffalo General Medical Center  
Gates Vascular Institute

## LOOKING FOR VOLUNTEERS

**Buffalo General Medical Center/Gates Vascular Institute is in need of volunteers.** They are looking for people who have a few hours to spare each week, are former patients who would like to help others going through similar situations, or are new to the area and want to meet other people while giving back.

There are many opportunities - nursing unit assistants, information desk, greeter, office/clerical support, surgery waiting areas and more!

Contact Rev. Richard Augustyn at 716-859-2603  
or [raugustyn@kaleidahealth.org](mailto:raugustyn@kaleidahealth.org)

## MONEY MATTERS

**Understanding Financial Markets,  
Making Your Money Work for You  
& Leaving a Legacy**

Jeff Buckley, Attorney & Certified Financial Planner

Join Jeff for these informative sessions to help you learn to take control of your financial future. He'll break down how financial markets work in simple, easy-to-understand terms, explore smart ways to grow and protect your savings, and discuss practical steps to pass wealth on to your loved ones. Curious about how to make your money work smarter... not harder? Then these **FREE** presentations are for you.

**Tuesday, August 19 @ 1pm**

**Tuesday, Sept. 23 @ 1pm**

**Tuesday, October 21 @ 1pm**

Call or visit the office to sign up.

**Farmers Market**

**Farmers Market coupon  
distribution starts in July!**



Coupons will be available at the CSC. Availability date will be announced as soon as we hear from Erie County!

**Donations for Small Blessing Purse Project  
& Food Pantry can be dropped off at Main Office.**

## SUMMER safety tips



DRINK WATER



CHECK MEDICATION  
FOR SIDE EFFECTS



AVOID ALCOHOL  
AND CAFFEINE



AVOID USING STOVE



STAY OUT OF DIRECT  
SUN FROM 10AM-4PM



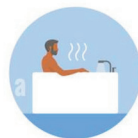
USE SUNSCREEN



AVOID STRENUOUS  
ACTIVITIES



KEEP YOUR  
HOUSE COOL



TAKE COOL SHOWERS  
AND BATHS



PLACE A COOL  
WASHCLOTH ON THE  
BACK OF YOUR NECK



WEAR SUNGLASSES



WEAR LIGHT COLORED,  
LOOSE CLOTHING



## THE CLARENCE SENIOR CENTER

4600 Thompson Road, Clarence, NY 14031

716-633-5138



Pool players enjoying an afternoon in the billiards room.

From L to R: Frank, Mike, Gary, Willie, Joe, Jerry, Steve, Keith, Cecil and Larry



Members enjoying the June Picnic in the Park!



### Coming up in August - SAVE THE DATE!

**Tuesday, August 5, 12-3pm:** Picnic in the Park with live music from the Hastings Duo

**Thursday, August 21, 12:15pm:** Senior Citizen Day Lunch at the CSC

**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.

