

Clarence Senior Center
4600 Thompson Road
Clarence, New York 14031

NON-PROFIT
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Permit no. 28
Clarence, NY
14031

New Hours:

Monday: 9am-4pm

Tuesday: 9am-8pm

Wednesday: 9am-4pm

Thursday: 9am-8pm

Friday: 9am-4pm

PLACE LABEL HERE

**The *SILVER*
STREAK** →

January 2024

Lori Adams
Chair, Board of Directors

Heather Kraemer
Executive Director

Nicky Geiger
Program Coordinator

Bob Geiger
Councilman
Town Board Liaison

Phone: 716.633.5138

Email: CSCI@clarenceseniorcenter.org

Web-site: www.clarenceseniorcenter.org



**WE ARE NOW OPEN LATE ON
THURSDAY AND SERVING
THURSDAY DINNERS at 5:00PM**

Clarence Senior Citizens, Inc.

4600 Thompson Road
Clarence, NY 14031
Phone 716-633-5138 • Fax 716-406-2604
Email: contact@clarenceseniorcenter.org
Web-site: www.clarenceseniorcenter.org



The mission of Clarence Senior Citizens, Inc. is to provide social, recreational, educational, and nutritional programs, as well as opportunities for volunteerism, to persons in the community who are fifty-five and older.

Transportation Service

Transportation is available to members who are residents of Clarence on a first call, first reserved basis. Please call the office at **716-633-5138** to make or cancel a reservation. A suggested donation of \$2 roundtrip to help defray costs would be greatly appreciated.

ALL RESERVATIONS MUST BE MADE 24 HOURS IN ADVANCE

Shopping trips are available four afternoons a week.

The Shuttle will leave the center at 1:00 p.m. for an hour at the store and then passengers will be taken home.

Limit of 2 bags or as much as you can personally carry.

Monday.....Walmart
Tuesday.....Tops
Wednesday.....Wegmans
Friday.....Aldi's

Rural Transit Service

Rural Transit 716-565-3323
Dispatch M-F, 9 - 1 p.m.
Van Runs M-F, 8 - 4 p.m.

Going Places Van 716-858-7433



Center Staff

Executive DirectorHeather Kraemer
Program Coordinator.....Nicky Geiger
Office Administrator.....Krystina Frangos
Office/Program AssociateCarol Serviss
Bookkeeper.....Carolyn Giovino
Office AssociateJoyce DePronio
Food Service Manager.....Stephanie Caparco
Shuttle DriverBillie Held
Shuttle Driver.....Fran Dougherty

MOW Site Manager.....Heather Sabers
MOW Office716-633-9783
Outreach Services..... Pamela L. Macadlo

IMPORTANT PHONE NUMBERS

AARP 1-800-424-3410
Community Education 716-407-9001
EPIC Hotline..... 1-800-332-3742
Erie County Adult Protection... 716-858-6877
Erie County Senior Services.... 716-858-8526
Library..... 716-741-2650
Meals on Wheels 716-633-9783
Parks Department..... 716-741-8927
Post Office (Main Street) 716-759-1243
Senior Citizen's Helpline..... 1-800-342-9871
Senior Outreach Services 716-856-8526
Social Security 1-800-772-1213
State Police..... 716-759-6831
Town Clerk..... 716-741-8938

*Erie County
Senior Services is
here for you!*



**Department of
Senior Services**


NY Connects is here to help you! Please call 716-856-8526 if you need assistance with any of the following:

- Applying for entitlements & benefits (HEAP, SNAP, etc.)
- Insurance coverage questions/Health Insurance Reviews
- Budgeting and financial stability
- Housing Information
- Medicaid Applications

January Special Events



Su	Mon	Tue	Wed	Thu	Fri	Sat
	1 <u>CLOSED</u>	2 2:30 Movie	3 9:00 Computer Help	4 5:00 Dinner	5 2:00 Movie	
	8 1:15 Greeting Cards 1:30 Book Club	9 3:00 Movie 5:00 Dinner 6:00 Bingo Bash	10	11 10:30 Music & Pastries 1:00 Wellness for all seniors 5:00 Dinner	12 12:00 Food truck 2:00 Movie	
	15 <u>CLOSED</u>	16 12:15 Pizza lunch 3:00 Movie 5:00 Dinner	17 9:00 Computer help 12:30 National Disaster Preparedness	18 5:00 Pot Luck Dinner	19 2:00 Movie	
	22 12:15 Chili Lunch	23 3:00 Movie 5:00 Dinner 6:00 Bingo Bash National Pie Day	24 12:15 Indoor Picnic	25 5:00 Quesadilla Dinner 6:00 Candy Bingo	26 12:00 Food Truck 2:00 Movie	27 11-3PM Winter fest
	29 12:15 Birthday Lunch	30 3:00 Movie 5:00 Dinner	31 9:00 Driving Class 1:00 Amherst Senior Singers			

<p>FIND YOUR NAME "HIDDEN" IN THE SILVER STREAK AND COME TO THE OFFICE TO PICK UP YOUR TWO FREE CSC LUNCH CERTIFICATES</p>	<p><u>Monday, January 15th</u></p> <p><u>CLOSED</u></p>
<p><u>Monday January 1st</u></p> <p><u>CLOSED</u></p>	<p><u>Tuesday, January 16th</u></p> <p>12:00 Pizza lunch presented by Stern at home therapy <i>Join Samantha for some great information about excellent patient therapy in the comfort of your home.</i> Please call the office to register</p> <p>3:00 Movie</p> <p>5:00 Dinner</p>
<p><u>Tuesday, January 2nd</u></p> <p>2:30 Movie</p>	<p><u>Wednesday, January 17th</u></p> <p>12:30 National Preparedness training This training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing family emergency plan and stocking up on emergency supplies. Each family that attends will receive one free Preparedness kit. <i>Register using this link or visit the office for assistance:</i> https://www.surveymonkey.com/r/CSC11724</p>
<p><u>Thursday, January 4th</u></p> <p>5:00 Dinner</p>	<p><u>Thursday, January 18th</u></p> <p>5:00 Potluck Dinner</p>
<p><u>Friday, January 5th</u></p> <p>2:00 Movie</p>	<p><u>Friday, January 19th</u></p> <p>2:00 Movie</p>
<p><u>Monday, January 8th</u></p> <p>1:15 Greeting Card Class Come create a beautiful one of a kind greeting card! Instructor Diana Carr will assist you in making two new greeting cards. The cost of this class is \$6.00—please sign up in the office!</p> <p>1:30 Book Club</p>	<p><u>Monday, January 22nd</u></p> <p>12:15 Chili Lunch \$5.00 <i>* Sign up and pay in the office</i></p>
<p><u>Tuesday, January 9th</u></p> <p>3:00 Movie</p> <p>5:00 Dinner</p> <p>6:00 Bingo Bash </p>	<p><u>Tuesday, January 23rd</u></p> <p>National Pie Day! Why not? Pies have always been a sweet treat to warm the cold winter days, and with the holiday celebrations a fading memory, this is a great way to warm up in a January cold snap. Pies will be served after lunch</p> <p>3:00 Movie</p> <p>5:00 Dinner</p> <p>6:00 Bingo Bash</p>
<p><u>Thursday, January 11th</u></p> <p>10:30 Music & Pastries</p> <p>1:00 Wellness for all services, Inc We are a nonprofit that helps seniors get the support they need, from connecting you to transportation, cleaning services, help at home & the insurance to help pay for or entirely cover those services & more. Our mission is to help seniors citizens live as happy, healthy and independently as possible. Dessert will be provided and arrive on time for a free gift.</p> <p>5:00 Dinner</p>	
<p><u>Friday, January 12th</u></p> <p>12:00 Food Truck</p> <p>2:00 Movie</p>	

Membership dues are now due! Please stop in the office to renew today.

Wednesday, January 24th

12:15 Indoor picnic with the Hasting Duo \$5.00

Hotdog bar with the works!

Optional toppings such as Bacon, Relish, Cheese, onions, chili sauce. Baked beans, potato salad & Dessert

** Sign up and pay in the office*

Thursday, January 25th

5:00 Quesadilla Dinner

6:00 Candy Bingo

Bring your grandchildren or just join the fun at our candy bingo night! Prizes will include jumbo candy bars and candy goodie bags

** please call or stop in the office to register.*

Friday, January 26th

12:00 Food Truck

2:00 Movie

Saturday, January 27th

11:00-3:00 Winterfest

At the Clarence Town Park 10405 Main Street

Monday, January 29th

12:15 Birthday Lunch

Tuesday, January 30th

3:00 Movie

5:00 Dinner

Wednesday, January 31st

9:00 Defensive driving class

\$35- Receive 10% off your car insurance for 3 years or 4 points off your DMV record.

Sign up in the office!

1:00 Amherst Senior Singers

Join us after lunch to listen to the Amherst Senior Singers

NEW Jazz dancers wanted!!

Mondays 11:30-12:30

Classes Include:

- ♦ Warm ups/ stretching exercises
 - ♦ Dance combinations
- ♦ Social interaction/Lots of laughs!
 - ♦ All ages welcomed

Dance movement helps regulate mood, stimulate the senses and loosens the body physically.

\$7.00/class~ Payable per month~ cash only

Thank you to everyone that dropped off donations for Santa that were distributed to children at the buffalo city mission.

Save the date!

February 13th Mardi Gras Lunch with Custode & Parisi Jazz Duo from the ballroom buzzards!



No Diners group in January- We will resume in February!

Book Club

January- Lion and Lamb by James Patterson
February- The Orphan collector by Ellen Marie Wiseman

March- Hello Beautiful by Ann Napolitano

April- Hamnet By Maggie O'Farrell

Check out page #8 of your newsletter for the latest information regarding Trips & Travel. Call or come into the office for more information!

Library is now open! While there take a look at the showcase items created by member available by donation!

Technology support with Krystina

Do you need help with your cell phone? Do you need help with your tablets, laptops and more? Krystina in the office is here to help! Stop by the office with your device for help for call to set up a time for 1-on-1 assistance with your technology needs.

~Message from Heather~

Hello everyone,

We hope you are starting the new year out healthy and well. We look forward to spending time with you hear throughout the year and have been working on new activities and classes in the hopes that members find new activities, interests, or something educational or fun.

As we are in the middle of cold/flu season, we gently caution people to please be mindful of cold or flu symptoms prior to coming in for any events or activities. If you have symptoms, you could be contagious (even if you feel fine). And if you're sick, you'll do everyone a favor if you stay home, get some rest and recover quickly!

If you are worried about a reservation for lunch or an activity, do not hesitate to call us at the office. We can almost always find another person to fill your reservation for lunch or a large activity, and we understand that your health is a priority.

The CSCI is wishing you all great start to the year!

Additional Zumba class added!

Zumba with Marge Kloc on Friday afternoons!!

1:00PM

Dash's Tape Saver Program

Please save your Dash's receipts and drop them off in the box located in front of the office. **These monies are used to enrich our programs and activities.**

Thank you for your support!

Sign in procedures

Please sign in upon arrival to the center and sign out upon exiting the building. Member sign in is located in the front foyer. All nonmember guests must sign in at the office,
Thank you!

Ongoing collection for the Clarence Food Pantry

We will continue to collect canned and dry goods to donate to The Clarence Food Pantry. A box for donations is located in the coat room in our lobby.

Please stop in the office to sign up for lunch!

We will have printed copies of the lunch menus where you can circle all the days you'd like to attend, write your name/phone number and turn it into the black bin! Our staff will ensure your name is put on our lunch list. *We appreciate 48 notice on meal selections to ensure we order enough food for all.*

Please be sure to pay for any special lunches/diners when turning your sheets in.

Kindly, stop in the office or call if you need to cancel a reservation so we have ample time to pull someone from our waitlist

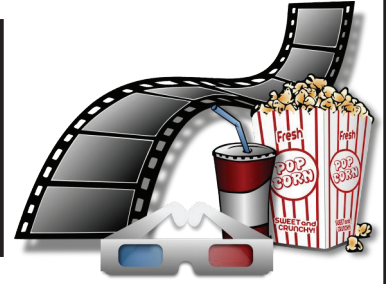
All lunches are a suggested \$3.00 donation unless otherwise stated

FROZEN MEAL PROGRAM

Frozen meals are available for curbside pickup once week. There is a 3 meal or 5 meal per week option. This program is available to all seniors in Erie County. The suggested contribution of is \$3.00 per meal. Delivery is also available. If you would like more information or would like to sign up please call Nicky Geiger at 716-633-5138. Thank you!



Dinner & Movie @ The CSC



DINNERS ARE A SUGGESTED DONATION OF \$3.00 UNLESS INDICATED OTHERWISE.

Please sign up in the office for dinner. Movies do not require a sign up!

Tue	Thu	Friday
2 2:300 Movie <i>Jersey Boys</i> 5:00 Dinner .	4 5:00 Dinner	5 2:00 Movie <i>The other women</i>
9 3:00 Movie <i>Fools rush in</i> 5:00 Dinner	11 5:00 Dinner	12 2:00 Movie <i>The book club</i>
16 3:00 Movie <i>Viva Las Vegas</i> 5:00 Dinner	18 5:00 Pot luck Dinner	19 2:00 Movie <i>Grease</i>
23 3:00 Movie <i>The bucket list</i> 5:00 Dinner	25 5:00 Quesadilla Dinner	26 2:00 Movie <i>The way back</i>
30 3:00 Movie <i>Somethings gotta give</i>		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 So-Sew #2	9:00 Cards/Games #2	9:00 So-Sew #2	9:00 Cards/Games #2	9:00 Stretch & Tone #5A \$3.00
9:30 Woodworking #3	9:00 Ceramics #4 \$3	9:15 Woodworking #3	9:00 Aerobics #5A	9:30 – 11:00 Senior Outreach #4
10:15 Tap #5A \$7.00	9:30 Woodworking #3	9:30 Line Dancing #5A \$2.00	9:30 Woodworking #3	9:30 Woodworking #3
11:30 Jazz #5A \$7.00	10:00 Arthritis Exercise—student led	10:30 Wii Bowling #6	10:00 Intermediate Tai Chi** #5A	10:00 Meditation #7
12:15 LUNCH #5B	11:00 Resistance Exercise #5A	11:00 Arthritis Exercise #5A	10:00 Five Crown #2	10:00 Rummikub #2
12:30 Billiards #6	12:15 LUNCH #5B	12:15 LUNCH #5B	11:00 Chair Yoga with Teri Tubbs #5A	11:00 Resistance Exercise #5A
1:00 Pinochle #7	12:30 Billiards #6	12:30 Billiards #6	12:15 LUNCH #5B	12:15 LUNCH #5B
1:00 So-Sew #2	1:00 Euchre #7	1:00 Tai Chi with Scott \$10.00	12:30 Billiards #6	12:30 Tabletop Shuffle Board #6
1:00 Shuffleboard #5A	1:00 Tai Chi with Mr Fitness	1:00 Bridge #7	1:00 Friendly Pinochle #2	1:00 Pinochle #7
Call the office for more information on any of these activities. All activities listed on the schedule on subject to time and date change or cancellation.	1:00 Scrabble #2	1:00 Watercolor #4 \$12.00	1:00 Bridge #7	1:00 Zumba
	1:30 Indoor Horseshoes #5B	1:00 Hand & Foot/ Canasta/Rummikub/ Five Crown/Euchre #2	1:00 Bingo #5B Boards are .50 cents	1:30 Dominoes #4
	3:00 Movie #5A	2:30 Zumba #5A \$5.00	1:00 Shuffleboard #5A	2:00 Movie
	5:00 Dinner #5B		5:00 Dinner	
	5:30 Pinochle		5:30 Pinochle	

***Please come to the office for more information and to register. You may also check our Facebook page/website for more information– or join our email listing to be the first to receive information!!**

UPCOMING TRIPS!

February 12, 2024 Seneca Niagara Casino \$30.00

Receive \$25 in Seneca slot dollars and \$5 in Seneca dining dollars. 9:00am-3:30PM VALID ID REQUIRED *Checks payable to Clarence Senior Center*

March 25th, 2024 Elvis Tribute show at Seneca Niagara Casino \$59.00

Includes show ticket, \$20 free slot play and \$10 Seneca dining dollars. 9:00am-5:00PM VALID ID REQUIRED *Checks payable to Clarence Senior Center*

April 23-25th Daniel Live Lancaster PA Bus Tour

Enjoy center orchestra seats for Daniel at sight & sound, a tour of Hersey, PA, and much more on your 2 day bus trip! Travelers who sign up with a \$100 deposit by February 4th will receive free cancellation protection plan. *Checks payable to Bus America*

Stop in the office to make your \$100.00 deposit and fill out your paperwork.

Saturday, September 7th-Tuesday, September 17th 2024 -CANADA AND NEW ENGLAND CRUISE

Limited time only– beverage package included! First come first serve (all beer, spirits, wine by the glass, cocktails, water, sodas, juice smoothies, coffee and teas, unlimited WIFI, 2 premium desserts per day and 2 fitness classes. Includes bus transportation to Quebec City, Quebec City tour, return bus transportation from Boston with guided city tour before leaving for home. *Food and entertainment is included on the cruise*

Must call bus America for more information, to reserve your spot and for pricing. PASSPORT REQUIRED

Honorary and 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.



BROWNCHIARI ATTORNEYS

CHOOSING THE RIGHT NURSING HOME FOR YOUR LOVED ONE (& YOU & YOUR FAMILY)



Choosing a nursing home for a family member not only impacts the soon to be resident, but it can have an impact upon the family as well. The ability to have frequent and random visits is very important. Therefore, it is often best to choose a facility that is in the most convenient location for family.

Long before the decision is imminent, it is strongly recommended that families have in place a Power of Attorney that allows a friend or family member to act on behalf of another. This allows for financial and other decisions. In addition, a Health Care Proxy should be executed so that certain health related decisions can be made according to the family member's wishes.

A question always posed to us at Brown Chiari is which nursing home is best. One place to start is the New York State Department of Health website, which will provide facility ratings and profiles:

https://profiles.health.ny.gov/nursing_home/#5.79/42.868/-76.809-414c-9535-12821ddfc554?ui=en-us&rs=en-us&ad=us



Once admitted to a nursing home, the nursing home *must* create a Care Plan for the resident. This is an individualized blueprint of the care that is required in order to prevent injuries and promote independence and dignity. Be familiar with the Care Plan and attend Care Plan Meetings so that you can stay informed and on top of everything that your family member may need.

BROWN CHIARI is always available to answer your questions regarding Power of Attorney, Health Care Proxy, and nursing home care.

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