



THE CLARENCE SENIOR CENTER

HOW TO REACH US!

4600 Thompson Road
Clarence, NY 14031

716-633-5138
clarenceseniorcenter.org

BUSINESS HOURS

MONDAY

9:00am– 4:00pm

TUESDAY

9:00am– 8:00pm

WEDNESDAY

9:00am– 4:00pm

THURSDAY

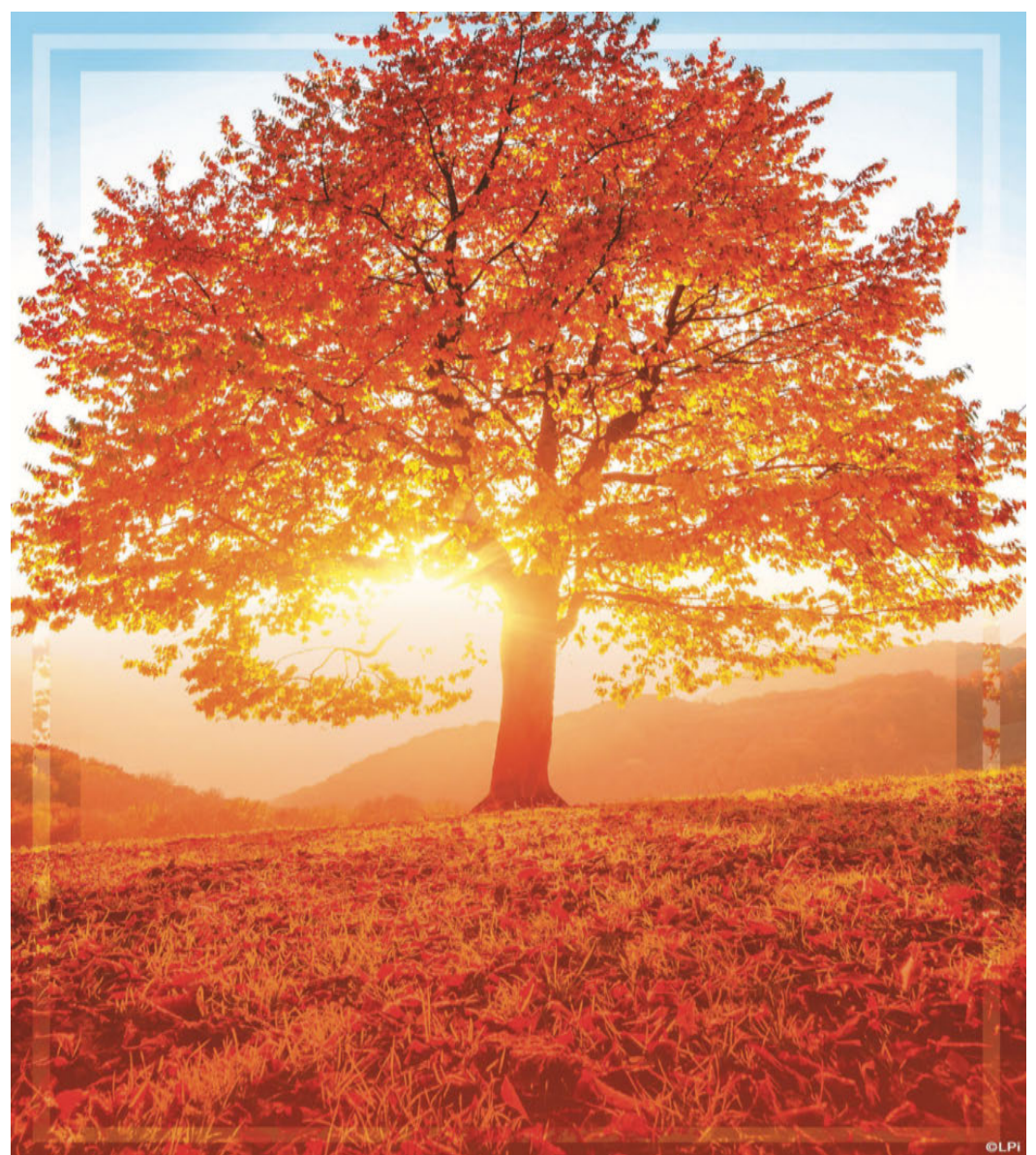
9:00am– 8:00pm

FRIDAY

9:00am– 8:00pm

OUR MISSION

The mission of the 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 age fifty-five and older.



SEPTEMBER 2024

HOW TO REACH US

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4600 Thompson Road
Clarence, NY 14031

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LORI ADAMS CHAIR, BOARD OF DIRECTORS

DANIEL MICHNIK COUNCILMAN/TOWN LIAISON

TRANSPORTATION SERVICES

Transportation is available to members who are residents of Clarence on a first call, first reserved basis. Call our main office today at **(716) 633-5138** to make or cancel a reservation. A suggested donation of \$2.00 round trip is requested to help defray the costs of fuel and is greatly appreciated. **ALL RESERVATIONS MUST BE MADE 24 HOURS IN ADVANCE!**

Shopping trips are available 4 afternoons a week. **Limit 2 bags** or as much as you can personally carry. **Mon. Walmart, Tues. Tops, Wed. Wegmans, Fri. Aldi's**

OTHER TRANSPORTATION SERVICES

RURAL TRANSIT 716-565-3323 OR ERIE COUNTY GOING PLACES 716-858-7433

It is time for a beautiful change!

We hope you continue to provide us suggestions and ideas for the Silver Streak. The Center and the newsletter can only improve when we celebrate the good together.



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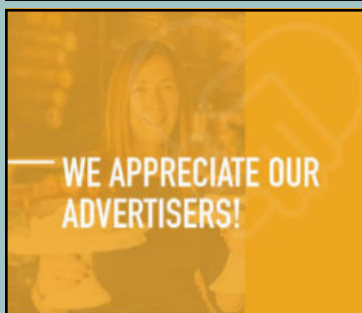


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SEPTEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02	03	04	05	06
Happy Labor Day The Center is closed!	Chicken Breast, red pepper sauce, mashed potatoes & carrots, dinner roll & orange juice	Cheese Rav. w/ meat sauce, peas, salad w/ dressing, Italian bread & lemon ice	Turkey w/ stuffing, gravy & cranberry sauce, sweet potatoes, beans, applesauce & milk	Hamburger w/ swiss, gravy & bun, scalloped potatoes, mix veg. mandarin oranges
09	10	11	12	13
Beef Stroganoff over pasta, broccoli florets, carrots, sugar cookies	Italian Sausage with pepp & onions on a bun, potatoes, au gratin spinach, orange & milk	Turkey a la King, biscuit, green bean Normandy, chocolate brownie	Breaded pork chop with gravy, mashed potatoes, peas, onions, roll & chocolate pudding	Picnic in the Park Cheeseburgers, potato salad, baked beans, chips, pop, and dessert! \$6.00
16	17	18	19	20
Chili con carne, shred cheddar, carrots, apple juice, corn muffin & oatmeal round	Chicken patty, BBQ sauce on a bun, mashed potatoes, mix veg. & banana	Broc. Ched. soup, salad/dressing, green beans, roll, mandarin oranges, & milk	Brat w/ Sauerkraut, bun, German potato salad, au gratin spinach & pineapple tidbits	Breaded bone in pork chop w/ gravy, butternut squash, broccoli, salad, roll, & cherry pie
23	24	25	26	27
Lemon-herb chicken breast, scalloped potatoes, mix veg. rye bread & fudge	Lasagna w/ meat sauce, cauliflower, punch, salad, roll & strawberry jello	Garden chicken patty, salad w/ cheese, ranch, roll & tropical fruit	Beef pepper steak over rice, peas, carrots & beans, orange & choc. milk	Cheese omelet, potatoes O'brien, brussel sprouts, bread & Lorna Doones
30				

Sweet and sour meatballs over pasta, cauliflower, green beans & oatmeal cookie

ERIE COUNTY LUNCHES AT THE CENTER

SUGGESTED DONATION \$3.00

The sign up calendars used for lunch reservations are available in the office. Fill one out for the month and drop it off to us or call/ stop by the office and we can help you make reservations. We often require a 2 business day notice for lunches however, with cancellation and other changes, we can accommodate late needs. Don't hesitate to call us if you have a cancellation - we can provide extra last minute meals to others.

REMINDER: Dash's Tape Saver Program: Kindly donate Dash's receipts from 2023 and 2024 only to qualify for the program. Thank you!

THIS MONTH

MON SEPT. 2ND - CLOSED

TUE. SEPT. 3RD

3:00pm Movie: Forget Paris

THU. SEPT 5TH

12:30pm Dessert Bar (after lunch) **\$2**

5:15pm Dessert Bar (after dinner) **\$2**

**Dessert Bar payable day of the event **

MON. SEPT. 9TH

1:15pm Greeting Cards

1:30pm Book Club

TUE. SEPT. 10TH

10:00am Univera

3:00pm Movie: Goodbye Girl

6:00pm Bingo Bash

WED. SEPT. 11TH

9:00am Driving Class

9:00am Computer Help

THU. SEPT. 12TH

10:30am Music & Pastries

MON. SEPT. 16TH

10:30am Paula's Donuts

TUE. SEPT. 17TH

1:00pm Understanding annuities.

What are annuities? Why do people invest in them? What kind of annuities are available? What are the pros and cons of owning them? What role can they play for retirees or those approaching retirement? **Chartered Financial Consultant, Jason Meyers, will explore these questions and more in this education-only presentation.**

3:00pm Movie - Her Alibi

WED. SEPT. 18TH

9:30am Breakfast

FRI. SEPT. 20TH

11:00am-1:00pm Wegman's Flu Clinic

Reservations required. Please call or stop by the office to schedule your vaccine time.

12:15pm Welcome Fall luncheon

MON. SEPT. 23RD

1:00pm Independent Health

TUE. SEPT. 24TH

12:30pm Dessert Bar (after lunch) **\$2**

3:00pm Movie - Best Friends

5:15pm Dessert Bar (after dinner) **\$2**

**Dessert Bar payable day of event **

6:00pm Bingo Bash

WED. SEPT. 25TH

9:00am Computer help

THU. SEPT. 26TH

5:00pm Diners Club (see details on pg. 8)

MON. SEPT. 30TH - BIRTHDAY LUNCH

12:30pm Celebrate all of the September Birthdays with a slice of cake after lunch!

We are still taking donations for the Clarence Food Pantry. Collection box is in the office.

EACH FRIDAY, A SENIOR OUTREACH CASE MANAGER IS AVAILABLE TO MEMBERS IN ROOM 4 FROM 9:30-11:00AM

PLEASE NOTE:

NO SENIOR OUTREACH SEPT. 27TH.



PICNIC IN THE PARK - SEPT. 13TH
CLARENCE TOWN PARK ON GOODRICH ROAD

We are serving cheeseburgers, potato salad, baked beans, chips, pop, and a dessert bar for lunch. Entertainment by Rick Strusienski from 1-2:30pm.

Cost is \$6.00 per person.

Sign up in the office early!



DAY TRIPS

LETCHWORTH FALL FOLIAGE EXCURSION OCTOBER 21ST \$105.00

Bus America Fall Foliage bus trip to Letchworth, during peak Fall color changes! Enjoy lunch at Glen Iris Inn, overlooking Middle Falls. After lunch, a Park Ranger will join us on the bus for a guided tour of the Genesee River, 3 major waterfalls, cliffs as high as 600 feet, and the surrounding lush forests. Plus, we will be making at least ONE MYSTERY STOP! Call for details.

SENECA NIAGARA CASINO OCTOBER 7TH \$30.00

Attendees receive \$25.00 free play, \$5.00 dining dollars plus Mondays are Senior Day, where any person 50+ receive extra incentives.

Depart from Center: 9:00am

Return to Center: 3:30pm

BATAVIA CASINO NOVEMBER 4TH \$34.00

Attendees receive \$15.00 in Free Play. Plus it's Senior Day - anyone 50+ receives an additional \$15 in free play, plus an ice cream, soup or soda (Senior Day rewards granted after 10 points earned). Veterans and new members earn extra rewards.

Trip requires 40 people paid by 10/18/24 to operate.

Depart from Center: 9:00am

Return to Center: 4:00pm

HOLIDAY OVERNIGHT TRIP WHEELING, WEST VIRGINIA OGLEBAY FESTIVAL OF LIGHTS NOV. 13TH - 15TH

\$599pp/double occupancy

\$100.00 deposit due by 9/16 to qualify for free tour cancellation plan (\$40 value). Balance due October 14th. Check made out to Bus America.

- Niagara Scenic Coach Lines travel, 2 night accommodations at the Hampton Inn Wheeling (2 breakfasts and 2 dinners, including a Holiday Dinner Show at Oglebay Resort).

Visits to these fabulous spots:

- Festival of Lights tour: 6 miles of lights synched with audio, tunnels & 70-foot Christmas tree
- Colonel Oglebay's Mansion Museum: Oglebay's iconic mansion with 13 historic rooms lavishly decorated for the holidays. It comes alive at night with an animated light show choreographed to your favorite Holiday music
- Carriage House Glass Museum: Over 3000 displays of Wheeling glass made from 1829-1939, including the Sweeney Punch Bowl, the largest cut lead crystal ever made.
- Oglebay's Good Zoo & Holiday Light Show: See animal's in beautiful habitats, Rockin' Holiday Light Show on the patio, holiday laser show & nightly Wish for Snow experience.
- Wheeling Island Casino & greyhound racing: Non-stop gaming action with 1,400 slot machines, table games and thrilling Greyhound racing. You may opt not to visit the casino and enjoy the hotel amenities & pool or explore the town and shop!
- Guided tour of Wheeling, WV from a local guide that will join us on our bus! Includes visit to WVA Independence Hall, 150-year-old Wheeling Suspension Bridge, breathtaking homes in Victorian Old Town and Krueger Street Toy & Train Museum.
- Kraynak's Christmas Store & Santa's Christmasland: En route to home stop to indoor starlit avenue of Christmas trees.

CALL 716-633-5138 or visit the office to sign up!

- Pre-payment required to hold your reservation.
- Casino trips can be paid by cash or check made out to Clarence Senior Center. All other trips are payable by check only, made out to Bus America.
- Bring your government issued picture ID in order to receive incentives at Casino.
- Limited spots available so call today!

ERIE COUNTY STAY FIT DINING PROGRAM'S 50TH ANNIVERSARY

WEDNESDAY, OCTOBER 2ND

The CSC is hosting a Stay Fit Anniversary celebration, and a complimentary lunch is provided. Make your reservations in the office or call 716-633-5138.

Reservations are required 1 week in advance.

Lunch: Chicken Cordon Bleu with herb gravy, vegetable rice pilaf, California blend vegetables, chef salad, dinner roll, and apple pie with whipped topping.



CSC ANNUAL OKTOBERFEST

TUESDAY, OCT. 8TH 5:00-7:30pm
CLARENCE TOWN PARK PAVILION

Bratwurst, sauerkraut, German potato salad, pretzels and dessert.

Entertainment by Polka Boyz from 5:30-7:30pm.

Tickets: \$10.00 for members
\$15.00 for non-members

FIBER ARTS SEPTEMBER PROJECT CROSS-BACK APRON

Every Monday from 1:00pm- 3:00pm

You will need 2 yards of woven fabric with matching thread. This project will take approximately 5 weeks. Cost of class is \$20 per person.

OCTOBER CRAFT PROJECT FLORAL WREATH

THURSDAY, OCT. 3RD

1:00pm

Join Rosemond Ruhland as she shows you how to make a floral wreath. Supplies are included. Reservations required. Sign up in the office by Monday, Sept. 30th. Cost is \$5.00 per person.



HOUSING FAIR

CLARENCE TOWN CLUB HOUSE
WEDNESDAY, OCT. 23RD

9:00am-11:00am

Open to the community as a free event hosted by the CSC and Akron Newstead Senior Center. Talk with housing vendors, rental or assisted living representatives, rehabilitation providers and more! Presentation by Outreach Specialist from Elderwood IPA. Refreshments provided.

CSC HOLIDAY PARTY WEDNESDAY, DEC. 11TH

This year we are hosting a holiday party in lieu of the annual New Years Eve lunch.

This year's event is being held at Ripa's Italian Restaurant! More info to follow and reservation will be required.



DINNERS

TUESDAYS

9/3: Polish sausage on a roll w/ sauerkraut, lima beans, salad, cookie fruit punch & milk

9/10: Lasagna roll, tomato meat sauce, green beans, salad, roll, choc. eclair, grape juice & milk

9/17: Tuna macaroni salad, salad & cherry tomatoes, crackers, butterscotch pudding w/ whipped topping & milk

9/24: Greek chicken salad with tomatoes, Italian bread, cherry pie w/ whipped topping & milk

THURSDAYS

9/5: Garden chicken patty with salad, cherry tomatoes & croutons, roll w/ butter, chocolate cookie & milk

9/12: Grilled mandarin orange chicken, sunflower seed salad, dinner roll w/ butter, chocolate eclair & milk

9/19: Breaded chicken drumsticks, ranch mashed potatoes, mixed vegetable, wheat roll w/ butter, butterscotch pudding & milk

9/26: Cheese tortellini w/ chicken tender, red pepper cream sauce. California mixed vegetables, chef salad, Italian bread w/ butter, cherry pie w/ whipped topping & milk



CSC Diners Club

Indian Falls Log Cabin Restaurant
1227 Gilmore Road, Corfu, NY 14036
September 26th @ 5:30pm

All meal choices are \$29.00 per person

1. Open-faced roast beef
2. Shrimp scampi
3. Bourbon BBQ chicken

All meals include salad, entrée, dessert & coffee, tea or soda. Deadline to reserve your spot is September 20th. Stop by the office to make reservations and pay.

JOIN US EACH MONTH

September 9

1:30pm:

Too Close to the Falls by Catherine Gildiner

November:

The House on Mango Street by Sandra Cisneros

October:

Lady Clementine by Marie Benedict

Book club meets the first Monday of the month, unless there is a holiday!



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 So-Sew	9:00 Cards/Games	9:00 So-Sew	9:00 Cards/Games	9:00 Stretch & Tone \$3.00
9:30 Woodworking	9:00 Ceramics \$3.00	9:15 Woodworking	9:00 Aerobics	9:00 Rummikub
10:15 Tap \$7.00	9:00 Rummikub	9:30 Line Dancing \$2.00	9:30 Woodworking	9:30-11:00 Senior Outreach
11:30 Jazz \$7.00	9:30 Woodworking	10:30 Wii Bowling	10:00 Intermediate Tai Chi	9:30 Woodworking
12:15 LUNCH	11:00 Resistance Exercise	11:00 Arthritis Exercise	10:00 Five Crown	10:00 Meditation
12:30 Billiards	12:15 LUNCH	12:15 LUNCH	11:00 Chair Yoga with Teri Tubbs	10:00 Rummikub
1:00 Pinochle	12:30 Billiards	12:30 Billiards	12:15 LUNCH	11:00 Resistance Exercise
1:00 So-Sew	1:00 Euchre	1:00 Tai Chi with Scott \$10.00	12:30 Billiards	12:15 LUNCH
1:00 Shuffleboard	1:00 Scrabble	1:00 Bridge	1:00 Friendly Pinochle	12:30 Tabletop Shuffle Board
	1:30 Indoor Horseshoes	1:00 Bridge	1:00 Bingo	1:00 Pinochle
	3:00 Movie	1:00 Watercolor \$12.00	<i>Boards are \$0.50 cents</i>	1:00 Zumba \$5.00
	5:00 Dinner	1:00 Hand & Foot/ Canasta/Rummikub/ Five Crown/Euchre	1:00 Shuffleboard	1:30 Dominoes
	5:30 Pinochle	2:30 Zumba \$5.00	4:00 Cornhole	2:00 Movie
			5:00 Dinner	
			5:30 Pinochle	

Message from Heather, CSC Executive Director

August was a busy month for us at the center! We put the finishing touches on our newly formatted Silver Streak, collected last minute basket raffle donations, finalized plans for the raffle, coordinated a few more trips, and worked on many other goals on our 2024 'To-Do' list. I am pleased to announce that the gift card donations included in our raffle this year totaled over \$700! The cards were featured on the gift card wall or added to baskets. We had a cash raffle prize of \$140 donated by the CSC Board of Directors, a Yeti cooler raffle prize valued at \$550 donated by local supporter Tunney Murchie at Lackawanna Products Corp. A complete list of donors and supporters and more details from the event will be included in October's issue.

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.

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OUR FRIENDSHIP TREE

There is a very special tree that we have in the front foyer of the CSC, that we hope to fill full of leaves over time. Leaves for the tree memorialize friendships, family, or others who have a special connection with The Center.

Leaves are laser engraved and made through a one time donation. They are unique in color, available in bronze, silver, or gold and based on giving levels.

Let us know if you are interested in more information or adding to our Friendship Tree!

