



# The Silver Streak

Clarence Senior Center Newsletter

## HOW TO REACH US

4600 Thompson Road  
Clarence, NY 14031

716-633-5138

**VISIT OUR NEW WEBSITE:**  
[thecsci.org](http://thecsci.org)

## BUSINESS HOURS

### MONDAY

9:00am– 4:00pm

### TUESDAY

9:00am– 8:00pm

### WEDNESDAY

9:00am– 4:00pm

### THURSDAY

9:00am– 4:00pm

*\*We are closing at 4pm on  
Thursdays in December.  
No dinners served.*

### FRIDAY

9:00am– 4:00pm

## 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.

*Embrace Life. Stay Connected.*



*Happy Holidays from all of us  
at the Clarence Senior Center!*

**DECEMBER 2024**

**HOW TO REACH US****CLARENCE SENIOR CENTER**

4600 Thompson Road, Clarence, NY 14031

**PHONE:** 716-633-5138**FAX:** 716-406-2604**EMAIL:** csci@clarenceseiorcenter.org**NEW WEBSITE:**

thecsci.org

**Heather Kraemer** Executive Director

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**Office Staff** Joyce DePronio, 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.

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**

First, thank you to all who attended the Shop-A-Latte event! We had some great local vendors and artisans and we greatly appreciate the community's support.

We are also excited to announce our NEW website - **www.thecsci.org** - is live. Check out this user friendly, up to date and informative site for all the latest events coming to the CSC.

With another holiday season upon us, we are ready for some holiday fun at the CSC! We have a fun December planned: our Holiday Party at Ripa's, holiday music performances, an ugly sweater contest, a cookie exchange, specially themed lunches and dinners... We've got a lot to offer this holiday season! See inside the newsletter for details on all these events, plus our daily and weekly classes, workshops and special happenings!

**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 Wheels .....	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.*

**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**

Rural Transit Service





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(716) 906-3218  
route5boots.com

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*Your Community Rehab Clinic!*



- Physical, Occupational & Speech
- Chronic Pain Management
- Post-Surgical Interventions

**BrothersofMercy.org**

**716-759-7680**

**WE'RE HIRING!**  
AD SALES EXECUTIVES

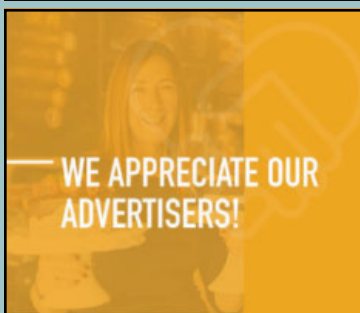


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- Work-life balance
- Full-Time with benefits
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WE APPRECIATE OUR  
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**SUPPORT THE  
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that Support our  
Community!



**THIS MONTH:** PLEASE NOTE: WE WILL CLOSE AT 4PM ON THURSDAYS IN THE MONTH OF DECEMBER.  
NO DINNER WILL BE SERVED ON THURSDAYS IN DECEMBER.

**MON. DEC. 2**

**Christmas on Ice at Fallsview Casino.** 8-8:15am: Arrive at Center. 8:30am: Bus departs. Please park along grass away from building.

**10:30am: Paula's Donuts** Join us for donuts made with love, coffee & conversation!

**1:30pm Book Club:** Join Barb Feidner to talk about the book of the month: *The Spectacular* by Fiona Davis. January's book will be *The Collected Regrets of Clover* by Mikki Brammer. February's book will be *The Girls with No Names* by Serena Burdick.

**TUE. DEC. 3**

**3:00pm: University Express: Meditative Self Healing.** See pg. 10.

**6:00pm: Bingo Bash:** Join us for bingo. Prizes for the winners!

**THU. DEC. 5**

**10-12:00pm: United Healthcare Medicare Advantage Information Meeting.** See pg. 10.

**10:30am: Music & Pastries:** Join us for some delicious pastries & listen to live music played by local musicians.

**12:00pm:** Center for Elder Law. See pg. 10

**1:15pm: NEW TIME - BINGO:** Bingo on Thursdays will now start at 1:15pm.

**Center closes at 4pm on Thursdays in December. No dinner served.**

**FRI. DEC. 6**

**10am-12pm: Decorate the Center Christmas Tree:** Join us to trim the tree! See page 5 for details.

**TUE. DEC. 10**

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

**4:00pm: Buffalo Queen City**

**Chordsmen:** Come listen to the Buffalo Queen City Chordsmen before dinner (dinner is at 5:15pm). The group is a Barbershop Chorus that meets Monday evenings at 7:30pm in Lancaster. They are the home chapter of the famed Buffalo Bills quartet of The Music Man. They welcome all male singers who love to sing.



**Buffalo Queen City Chordsmen**

**WED. DEC. 11**

*\*The Center is open for regular hours (9am-4pm) today. Lunch will be served.*

**9:00am-3:00pm: Defensive Driving Class:** Save money on your car insurance with Ray from the Safe Driver Academy. Cost is \$35 payable day of by check or cash. Lunch is available for a suggested \$3 donation. Next class is February 12. Sign up in the office.

**1:00-5:00pm: Holiday Party at Ripa's Restaurant.** See page 5.

**MON. DEC. 16**

**10:30am: Paula's Donuts**

**11:00am: Clarence Middle School Show Choir:** Join us to listen to the CMS Show Choir!

**TUE. DEC. 17**

**3:00pm: Movie: Scrooged with Bill Murray.** See pg. 6

**6:00pm: Bingo Bash:** Join us for bingo. Prizes for the winners!

**WED. DEC. 18**

**9:00am: Computer help:** Dave Schupp will be available to help members with their computer questions.

**12:15pm: Christmas Lunch**

**12:30-1:30pm: Custode & Parisi Jazz Duo** Enjoy music with lunch!

**THU. DEC. 19**

**12:30pm: Bananas Foster Dessert:** A delicious dessert to enjoy after lunch. Lunch begins at 12:15. Dessert will be served after. **Cost is \$2.** Please sign up and pay in the office.

**1:15pm: NEW TIME - BINGO:** Bingo on Thursdays will now start at 1:15pm.

**4:00pm: Center closes at 4pm on Thursdays in December. No dinner served.**

**FRI. DEC. 20**

**12:15pm Welcome Winter Lunch & Ugly Sweater Contest:** Don't be shy! Wear your ugliest sweater and show off your holiday spirit.



**1:00pm Cookie Exchange:**

Bring 2 dozen of your favorite cookies, plus a container to take home 2 dozen cookies that other people make and bring in. It's not a requirement to make your own cookies, but if you do, please provide the recipe if available.

**TUE. DEC. 24—CHRISTMAS EVE**

**WE WILL BE CLOSING AT 12PM TODAY. NO LUNCH OR DINNER SERVED.**

**WED. DEC. 25: Center is closed. Merry Christmas!**

**MON. DEC. 30**

**12:15pm: Birthday Lunch:** Celebrate December birthdays with a slice of cake after lunch!

**TUE. DEC. 31**



**11:30am: New Year's Lunch:** We will be serving lunch early today (at 11:30am). Menu on pg. 7.

**CENTER WILL BE CLOSED AFTER LUNCH. NO DINNER WILL BE SERVED.**







## Small Blessings PURSE PROJECT

Small Blessings Purse Project is collecting donations of clean, gently-used purses. The purses are then filled with the items listed below and donated to a variety of reliable organizations to be distributed to local disadvantaged women.

Please donate the following new, unopened personal care items or Dollar Tree gift cards to go towards purchasing these items:

- bath soap
- deodorant
- lotion
- shampoo
- conditioner
- hand sanitizer
- socks
- tissues
- toothpaste
- toothbrush
- mouthwash
- dental floss
- lip balm
- hair brush/comb
- wet wipes (for skin)
- feminine hygiene products

The group will donate and deliver the filled purses to these **RELIABLE, LOCAL** organizations that support local, disadvantaged women: Mother Teresa Home, St. Gianna Molla Pregnancy Care Outreach Center, Gerard Place, Journey's End Refugee Services, Clara's Closet, St. Lawrence Vineyard Ministries, Corner Stone Manor, St. Luke's Mission of Mercy, Response to Love Center, Clarence Community Food Pantry, Alden Marilla Food Pantry

**HOW CAN YOU HELP?** Bring your donations to the Clarence Senior Center main office. Please spread the word about this wonderful program.

**EMPOWERED WOMEN, EMPOWER WOMEN!**

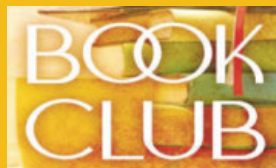
Contact **Susan Riley: 716-400-3145**, [rileydesign@gmail.com](mailto:rileydesign@gmail.com)



Join us to decorate the Center's Christmas Tree!  
**Friday, December 6  
10am-12pm**

*We are in need of ornament donations!*

If you would like to donate, please bring in one ornament per person from **November 25 to December 5** to the CSC Main Office. We have a lot of red and green ornaments so other colors are greatly appreciated!



JOIN US THE FIRST  
MONDAY OF THE MONTH  
(excluding holidays)

Book Club meets  
Monday, December 2  
@ 1:30pm

DECEMBER'S  
BOOK OF THE MONTH  
SELECTION:  
*The Spectacular*  
by Fiona Davis



January's Book of the Month will be:  
*The Collected Regrets of Clover* by Mikki Brammer.

February's Book of the Month will be:  
*The Girls with No Names* by Serena Burdick.

## Holiday Party

**Come Celebrate With Us!**

**WEDNESDAY, DEC. 11<sup>TH</sup> 1-5PM**

**Ripa's Italian Restaurant  
4218 Walden Ave. Lancaster**

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

Call 716-633-5138 to reserve your spot!  
*Van service available to and from Center to Ripa's.*

Music from DJ Biggs - Cash bar

Dinner buffet starts at 2pm. Music 2-5pm.

**\$30pp members/\$40pp non members**  
Reservation deadline Dec. 4



**FRIDAY, DECEMBER 20**

**12:15PM: WELCOME WINTER LUNCH  
FOLLOWED BY THE UGLY SWEATER CONTEST  
THEN COOKIE EXCHANGE AT 1PM**

# WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Fiber Arts	9:00: Cards/Games	9:00: Fiber Arts	9:00: Cards/Games	<u>9:00: Stretch &amp; Tone \$3</u>
9:30: Woodworking	<u>9:00: Ceramics \$3</u>	9:00: Computer help <i>Dec. 18</i>	9:00: Aerobics	9:00: Rummikub
<u>10:15: Tap \$7</u>	9:00: Rummikub	9:15: Woodworking	9:30: Woodworking	9:30-11:00: Senior Outreach
<u>11:30: Jazz \$7</u>	9:30: Woodworking	<u>9:30: Line Dancing \$2</u>	10:00: Intermediate Tai Chi	9:30: Woodworking
12:15: LUNCH	11:00: Resistance Exercise	<u>11:00: Arthritis Exercise \$2</u>	10:00: Five Crown	10:00: Meditation
12:30: Billiards	12:15: LUNCH	12:15: LUNCH	11:00: Stretch Yoga w/ Teri Tubbs	10:00: Rummikub
1:00: Pinochle	12:30 Billiards	12:30: Billiards	12:15: LUNCH	11:00: Resistance Exercise
1:00 Shuffleboard	1:00 Euchre	<u>1:00: Tai Chi with Scott \$10</u>	12:30: Billiards	12:15: LUNCH
	1:00 Scrabble	1:00 Bridge	1:00: Friendly Pinochle	12:30: Tabletop Shuffleboard
	1:30 Indoor Horseshoes	<u>1:00 Watercolor \$12</u>	1:00: Bridge	1:00: Pinochle
	5:00 Dinner	1:00 Hand & Foot/ Canasta/Rummikub/ Five Crown/Euchre	1:15: <b>Bingo</b> <i>Boards .50 cents</i>	<u>1:00: Zumba \$5</u>
	5:30 Pinochle	<u>2:30 Zumba \$5</u>	1:00: Shuffleboard	1:30: Dominoes

Please note: Arthritis Exercise will now cost \$2 per person, per class. Thank you.

**CENTER CLOSES at 4pm on Thursdays in December**

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).



**MOVIE THIS MONTH: TUESDAY, DECEMBER 17 @ 3PM: Scrooged**, starring Bill Murray, is a dark comedy adaptation of Charles Dickens' *A Christmas Carol*. Murray plays Frank Cross, a cynical and selfish television executive who is visited by a succession of ghosts on Christmas Eve intent on helping him regain his Christmas spirit. The ghosts give him a chance to re-evaluate his actions and right the wrongs of his past.

## 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 with The Center. Leaves are laser engraved and made through a one time donation at bronze, silver, or gold giving levels.

**Please call 716-633-5138 or email [csci@clarenceseniorcenter.org](mailto:csci@clarenceseniorcenter.org) for more information.**

# NOVEMBER MENU - ERIE COUNTY STAY FIT DINING PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Chicken & sausage paella rice with black beans, corn with red pepper, orange pineapple juice, diced pears	<b>3</b> Beef macaroni casserole w/ mozzarella peas & carrots, grape juice, chef salad, multigrain bread, oatmeal round cookie	<b>4</b> Cheese tortellini with chicken & primavera sauce, Italian bean medley, zucchini & tomatoes, roll, banana, chocolate milk	<b>5</b> Ham steak with maple glaze, mashed sweet potatoes, Brussels sprouts, rye bread, strawberry ice cream	<b>6</b> Beer battered fish with tartar sauce, tater tots, au gratin broccoli, wheat roll, vanilla pudding
<b>9</b> Chicken breast with BBQ sauce, cheesy diced potatoes, fiesta corn, whole wheat roll, applesauce	<b>10 ENTRÉE SALAD</b> Beef taco salad with shredded cheddar, tortilla strips & tomato salsa, salad greens, fudge round cookie	<b>11</b> Cheese ravioli with tomato meat sauce & mozzarella, peas, grape juice, chef salad, Italian bread, chocolate ice cream	<b>12</b> Chicken vegetable casserole, mashed potatoes, green beans, biscuit, pineapple tidbits, chocolate milk	<b>13</b> Salisbury steak with gravy, scalloped potatoes, mixed vegetables, wheat bread, mandarin oranges
<b>16</b> Turkey tetrazzini, Brussels sprouts, apple juice, wheat roll, Lorna Doones	<b>17</b> Italian sausage with peppers, onions & tomato sauce on bun, seasoned potatoes au gratin, spinach, brownie	<b>18 CHRISTMAS LUNCH</b> Broccoli-stuffed chicken with creamy herb gravy, vegetable rice pilaf, peas with red pepper, chef salad, roll, strawberry cheesecake	<b>19</b> Beef stroganoff over pasta, carrots, broccoli florets, orange, chocolate milk	<b>20 WELCOME WINTER</b> Roasted turkey with stuffing, gravy & cranberry sauce, mashed potatoes with chives, mixed vegetables, apple pie with whipped topping
<b>23</b> Cheese omelet with creole sauce, cheesy diced potatoes, broccoli florets, muffin, tropical fruit	<b>24</b> <b>CENTER WILL BE CLOSING AT 12pm.</b> <b>NO MEALS SERVED TODAY</b>	<b>25 CENTER CLOSED</b> 	<b>26</b> Chicken a la King, mashed potatoes, California blend vegetables, biscuit, oatmeal cookies	<b>27</b> Polish sausage with sauerkraut & mustard on bun, creamy mushroom pasta, green beans with red pepper, applesauce
<b>30</b> Beef pepper steak casserole over rice, zucchini medley, broccoli florets, fudge round cookie	<b>31 NEW YEAR'S LUNCH</b> <b>LUNCH BEGINS AT 11:30am</b> Pork loin with stuffing & cranberry chutney, mashed potatoes with chives Brussels sprouts, chef salad, chocolate	<b>1 CENTER CLOSED</b> 	<b>2</b> <b>RESERVATIONS REQUIRED</b> 48 hours in advance Call 716-633-5138 or stop in office	<b>3</b> <b>SUGGESTED DONATION \$3.00</b> Please call if you have to cancel. Meals are held for 10 minutes, then returned to the kitchen.

## TUESDAY DINNER MENU

*\*No Thursday dinners in December*

**12/3:** Cabbage roll with sauce, mashed potatoes, green beans, whole wheat roll, chocolate chip cookies & milk

**12/10:** Beef bourguignon, garlic mashed potatoes, peas, whole wheat roll, peach pie with whipped cream & milk

**12/17:** Ancho chicken fajita with peppers, onions, salsa & cheddar cheese, Spanish rice, corn with red pepper, tortilla, orange sherbet & milk

**12/24:** Center closes at 12pm. No meals served

**12/31:** Center closes after lunch. No dinner served.

**DID YOU KNOW?** Artificial Christmas trees originated in 19th-century Germany, made from dyed goose feathers... Celebrating Christmas used to be illegal, but it became a federal holiday on June 26th, 1870... Ham is the most popular main dish served at Christmas... The most recorded Christmas song in history is Silent Night, with over 700 renditions of the song existing today.





## 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**

**REGISTRATION OPENS MONDAY, NOVEMBER 25. RESERVATIONS WILL NOT BE TAKEN PRIOR TO Nov. 25. Must pay in person at CSC office to reserve spot(s). Payable by CHECK ONLY (made out to Bus America)**

**DELUXE 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. With a catastrophic storm on its way, Noah is given a monumental task - build a boat big enough to save his family from a flood that will cover the entire earth. As Noah endeavors to live faithfully in the midst of an increasingly chaotic world, can he trust that God's promises run deeper than the rising waters around him? Returning for one season only, this landmark production takes you on board one of the world's best-known voyages as live animals fill the stage and aisles. Set sail inside the ENORMOUS ark as this extraordinary story comes to life in this special 30th anniversary season!
- Dutch Apple Dinner Theatre - Enjoy a delicious buffet dinner followed by a performance of "Fiddler on the Roof", a Tony Award winning musical. Set in a small Russian village, Tevye, his wife Golde, and their five daughters are led through the wonders of life and have their faith tested. This timeless score includes "If I Were a Rich Man," "Tradition," "Matchmaker, Matchmaker," "To Life (L'Chaim)," and "Sunrise, Sunset."
- Smorgasbord Dinner at Hershey Farm Restaurant, an all-you-can-eat buffet offering scratch-made Pennsylvania Dutch staples, and a dessert bar featuring fresh treats from their bakery.
- Experience the Amish Way of Life with a visit to The Amish Village. Located on twelve scenic acres of land, experience Amish culture up close as you take a guided tour of the Amish Farmhouse, followed by a self-guided tour of the village grounds, building and shops. You will also enjoy a 90 minute tour of the Lancaster Country countryside with a step-on guide, and stop for shopping at an Amish business.
- Visit to the Bird-in-Hand Bake Shop, with a large selection of Amish baked goods, crafts and petting zoo; and Bird-in-Hand Farmers Market with a wide variety of vendors including Amish crafts, foods & produce.
- Luggage handling and all taxes & tips, including driver tip. Please see reverse for terms & conditions.

**To sign up:** Visit the CSC Main Office starting Monday, 11/25 to reserve your spot(s) with a \$100 deposit, payable by check only made out to Bus America Group Tours.

**Balance:** Balance is due 30 days prior to departure. Travelers will be invoiced directly from Bus America.

**Special Offer:** Sign up with \$100 deposit by Friday Jan. 31, 2025 and receive a FREE Bus America Tour Cancellation Protection Plan valued at \$35-\$45. This plan will allow you to cancel for medical or emergency reasons and receive a full refund.

*Itinerary subject to change.*



## SENECA NIAGARA CASINO TRIP

**MONDAY, JANUARY 13, 2025 \$30.00 (driver tip included)**

**DEPART FROM CENTER: 8:45AM, RETURN: 3:30PM**

Reservation and pre-payment required. Cash or check made out to Clarence Senior Center.

Spend the day at the Seneca Niagara Casino with over 4,200 slot machines, featuring big progressive Jackpots, over 100 tables including Blackjack, Craps, Roulette and all your favorite new and classic games, or play in the Poker Room. The Casino main floor is non-smoking. Turtle Island

is now the smoking room with expanded Game Floor. Receive \$25 in Seneca Slot Dollars & \$5 Seneca Dining Dollars during your visit with valid ID. Mondays are Classic 50 Day! Bring your government issued picture ID in order to receive incentives at Casino. **Reserve your spot and pay for trip in person at the CSC Main Office.**



# NEVER MISS OUR NEWSLETTER!

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Have our  
newsletter  
emailed  
to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



# UNIVERSITY EXPRESS

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

**Tuesday, Dec. 3 @ 3:00pm**

**Meditative Self Healing:** You'll be guided on a meditative journey that will result in deep relaxation. This process helps you go "within" and begin to heal. You'll also receive a mini energy clearing. Allow 1.5 hours for this class. Class size limited.

*The University Express Fall Semester ends on December 13. We will publish the Spring Semester when it is available. Visit [erie.gov.ue](http://erie.gov.ue) for more information.*

## HEALTHCARE & LEGAL RESOURCES

**FRIDAY, DEC. 5, 10-12pm**

**United Healthcare Medicare Advantage Information Meeting:** Hosted by Ron Gniazdowski, a Medicare expert with over 25 years of experience. Open to everyone, regardless of your current Medicare plan or provider.

**FRIDAY, DEC. 5, 12pm**

**Center for Elder Law:** Meet an attorney for a free one-on-one legal consultation. Topics include debt harassment, tenant rights, medical, mortgage/tax foreclosure and more.



We are holding a name contest for the newly formed CSC Walking Club! The winner will be announced on December 3 and receives 2 FREE lunches! We are in the

beginning stages of starting this FREE club to explore the great outdoors and take in the beauty of local trails with fellow members and friends. No experience necessary and trails will be paved and easy to navigate. Walks are weather permitting. No dates have been scheduled yet, but if you are interested in receiving more information once we have started up the club and scheduled walks, please call Katie at 716-633-5138.

## FROZEN MEAL PROGRAM

The frozen meal program is available to all seniors in Erie County. There is a 3 or 5 meal per week option. Suggested donation is \$3 per meal. Curbside pickup and delivery is available. Call Nicky at 716-633-5138 for more info and to sign up.



Our members having a great time using their creative skills!



Call us at 716-633-5138 to sign up for a fun arts & craft or ceramics class!



Just a reminder...



**Coffee/hot chocolate/tea is a \$0.25 donation...** To help us save on postage, please consider picking up your Silver Streak or having it emailed. If you would like either of these options, please see Katie in the office. If not, your newsletter will continue to be regular-mailed... Look for your name hidden in the Silver Streak and come to the office to pick up 2 FREE CSC lunch certificates.



# LET'S GROW YOUR BUSINESS

## Advertise in our Newsletter!

**CONTACT ME**  
**Jay Schwartz**

jschwartz@4LPi.com  
(800) 477-4574 x6801

### DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

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**Lisa Giancarlo**

Owner, Vice President / Independent Sales Agent

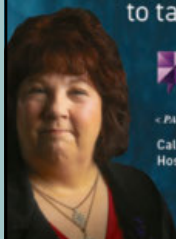
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