

Clarence Senior Center
4600 Thompson Road
Clarence, New York 14031

NON-PROFIT
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Permit no. 28
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14031

New Hours:
Monday: 9am-4pm
Tuesday: 9am-8pm
Wednesday: 9am-4pm
Thursday: 9am-8pm
Friday: 9am-4pm

PLACE LABEL HERE

The *SILVER* STREAK →

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

February 2024



**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 Driver Billie Held
Shuttle Driver.....Fran Dougherty

MOW Site Manager.....Heather Sabers
MOW Office 716-633-9783
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 716-858-8526
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 716-858-8526 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



February Special Events

Su	Mon	Tue	Wed	Thu	Fri	Sat
				1 5:00 Dinner	2 No Stretch & Tone 2:00 Movie	
5 10:30 Paula's Donuts 1:00 Independent Health 1:15 Greeting Cards 1:30 Book Club	6 1:00 Alzheimer's Presentation 3:00 Movie 5:00 Dinner 6:00 Bingo Bash	7 9:00 Computers	8 10:30 Music & Pastries 10:30 Blood Pressure Checks 5:00 Dinner	9 12:00 Food Truck 12:15 Pizza Lunch 2:00 Movie		
12 8:00 Casino Trip No Tap & Jazz	13 12:15 Mardi Gras Lunch 3:00 Movie 5:00 Dinner	14 12:15 Valentine's Lunch	15 12:15 President's Day Luncheon 5:00 Dinner	16 2:00 Movie		
19 <u>CLOSED!</u>	20 3:00 Movie 5:00 Dinner 6:00 Bingo Bash	21 9:00 Computers	22 5:00 Pot Luck Dinner	23 12:00 Food Truck 2:00 Movie	24	
26 10:00 Travel Meeting 12:15 Birthday Lunch	27 12:15 Lunch & Music 3:00 Movie 5:00 Dinner	28 9:30 Breakfast	29 5:00 Dinner			

FIND YOUR NAME "HIDDEN" IN THE SILVER STREAK AND COME TO THE OFFICE TO PICK UP YOUR TWO FREE CSC LUNCH CERTIFICATES

Thursday, February 1st

5:00 Dinner

Friday, February 2nd

No Stretch and Tone

2:00 Movie

Groundhogs day

Monday, February 5th

10:30 Paula's Donuts

1:00 Independent Health

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!*

1:30 Book Club

Book Club

February— The Orphan collector by Ellen Marie Wiseman

March— Hello Beautiful by Ann Napolitano

April— Hamnet By Maggie O'Farrell

Tuesday, February 6th

1:00-2:00PM— Join Carolyn Barker who Is a community educator from the Alzheimer's Associates for a presentation on warning signs, normal aging vs early warning and more! Please sign up in the office.

3:00 Movie

5:00 Dinner

6:00 Bingo Bash

Wednesday, February 7th

9:00 Computer help

Thursday, February 8th

10:30 Music & Pastries

11:30-1:00 Wegmans Blood Pressure Check

5:00 Dinner

Friday, February 9th

12:00 Food Truck

12:15 Lunch \$7.00

Let's celebrate two of the best things invented! Today is National Pizza & Chocolate day. At lunch we will be serving pizza followed by a delicious chocolate dessert.
**Please sign up in the office!*

2:00 Movie

Monday, February 12th

8:00 Casino Trip

No Tap & Jazz

Tuesday, February 13th

12:15 Mardi Gras Lunch \$7.00

Mardi Gras, also known as Fat Tuesday, is a festive celebration marking the last days before lent begins. Entertainment will be provided by Custode & Parisi Jazz Duo from the ballroom buzzards!
**Please sign up in the office!*

3:00 Movie

5:00 Dinner



Wednesday, February 14th

12:15 Valentine's Day Luncheon

Thursday, February 15th

12:15 President's Day Luncheon

5:00 Dinner

Friday, February 16th

2:00 Movie

Monday, February 19th

CLOSED!

Tuesday, February 20th

3:00 Movie

5:00 Dinner

6:00 Bingo Bash

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

Wednesday, February 21st

9:00 Computer help

Thursday, February 22nd

5:00 Potluck Dinner

Friday, February 23rd

12:00 Food Truck

2:00 Movie

Monday, February 26th

10:00 Travel Meeting

12:15 Birthday Lunch

Tuesday, February 27th

12:15 Lunch & Entertainment \$5.00

Entertainment provided by Johnny D.

**Please sign up in the office!*

3:00 Movie

5:00 Dinner

Wednesday, February 28th

9:30 Breakfast at the center \$5.00

We will be serving breakfast pizza, fresh fruit and pastries!

**Please Sign up in the office!*

Thursday, February 29th

5:00 Dinner

No Diners group in February– We will resume in March!

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!

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

NEW! Cornhole

Thursdays at 4:00pm

Beginner and Intermediate

Cornhole is fun game that can be played by people of all ages and skill level. Cornhole can be played in singles or doubles. To play, each player will take a turn tossing their bags at the board opposite them!

Worked up an appetite?

Stay for dinner at 5:00PM

Please sign up in the office for dinners!

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 save your Dash's receipts and drop them off in the box located outside the front office. These monies are used to enrich our programs and activities. Thank you!!

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!

Additional Zumba class added!

*Zumba with Marge Kloc on Friday afternoons!!
1:00PM*



Erie County Stay Fit Dining Program Menu



February

2023



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breaded Pork Chop with Gravy Lazy Pierogi Carrots Whole Wheat Dinner Roll Mandarin Oranges (636)	2 Teriyaki Beef Strips over Rice Oriental Mixed Vegetables Orange Pineapple Juice Cinnamon Applesauce <i>Chocolate Milk</i> (669)
5 Grilled Chicken Fajita Skillet with Peppers, Onions, Salsa, and Cheddar on a Flour Tortilla Spanish Rice Corn Fresh Orange (728)	6 Stuffed Shells with Tomato Meat Sauce & Parmesan <i>Chef Salad with Dressing</i> Cauliflower Italian Bread Shortbread Cookies (854)	7 Pork Ribette with BBQ Sauce on a Bun Scalloped Potatoes Peas with Red Pepper Chocolate Pudding (883)	8 Entrée Salad Garden Chicken Patty Salad with Cheddar Cheese & Ranch Dressing Whole Wheat Dinner Roll Orange Sherbert <i>Chocolate Milk</i> (953)	9 National Pizza & Chocolate Day 2 Slices Pesci's Pizza Chef Salad with Dressing Chocolate Dessert Pop Sign Up and Pay in the Office \$7.00
12 Beef Stew Mashed Potatoes Brussels Sprouts Biscuit Cinnamon Applesauce (644)	13 Fat Tuesday Chicken & Sausage Jambalaya with Rice Fiesta Corn Broccoli Florets Chocolate Éclair Entertainment w/Jazz Duo \$7.00	14 Valentine's Day Cheese Ravioli with Tomato Sauce and Mozzarella <i>Chef Salad with Dressing</i> Cauliflower Grape Juice Dinner Roll Cheesecake with Chocolate Sauce (1023)	15 President's Day Turkey with Stuffing, Gravy & Cranberry Sauce Sweet Potatoes Green Bean Casserole Cherry Pie with Whipped Topping (896)	16 Beer Battered Fish & Tartar Sauce Cheesy Diced Potatoes Zucchini and Stewed Tomatoes Multigrain Bread Fruit Cocktail <i>Chocolate Milk</i> (696)
19 No Meals Served	20 Sloppy Joe on a Wheat Roll Seasoned Red Potatoes Broccoli Florets Tropical Fruit (654)	21 Pork Chop with Pineapple Topping Sweet Potatoes Creamy Dill Cabbage Wheat Dinner Roll Shortbread Cookies (636)	22 Roast Beef with Gravy & Horseradish Cheesy Mashed Potatoes Sliced Carrots Rye Bread Fresh Banana <i>Chocolate Milk</i> (826)	23 Vegetable Quiche with Cheese Sauce Green Beans Harvard Beets Blueberry Muffin Mandarin Oranges (681)
26 Rotini & Meatballs with Tomato Sauce & Mozzarella Cauliflower Spinach Diced Peaches (614)	27 Breaded Chicken Breast w/ Buffalo-Style Sauce on a Bun Tater Tots Broccoli Florets Fruit Cocktail <i>Chocolate Milk</i> (768) Entertainment \$5.00	28 Turkey with Stuffing & Gravy Mashed Sweet Potatoes Green Beans Applesauce (584)	29 Soup & Salad Beef Barley Soup Brussels Sprouts <i>Chef Salad with Dressing</i> Corn Muffin Chocolate Pudding (791)	

~Message from Heather~

As we begin 2024, we have so many things to be grateful for here at the CSC.

We are grateful for the friends or members who enjoy and look forward to coming to the senior center each day or week. Each person coming through the doors choosing to stay active, be engaged, and remain healthy. We are grateful for the Town of Clarence and the community who supports us, so that many, many lives can find belonging, and have quality.

I am thankful for the wonderful staff, volunteers, and instructors who dedicate their days to providing the best possible programs and services that we can.

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 lunch/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

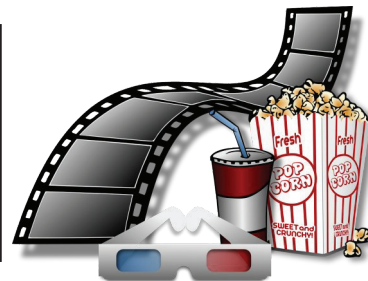
FROZEN MEAL PROGRAM

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



Diana Ilecki

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
	1 5:00 Dinner	2 2:00 Movie-- Groundhog's day
6 3:00 Movie <i>Water for Elephants</i> 5:00 Dinner—Breaded drum sticks, Broccoli Cheese rice, carrots, roll and Banana Cream Pie.	8 5:00 Dinner - Cranberry chicken salad, roll, and banana cream pie.	9 2:00 Movie <i>Never to late for love</i>
13 3:00 Movie <i>The Way</i> 5:00 Dinner— Broccoli stuffed chicken, scalloped potatoes, mixed vegetables, roll and ice cream.	15 5:00 Dinner - Broccoli stuffed chicken, scalloped potatoes, mixed vegetables, roll and ice cream.	16 2:00 Movie <i>The Retirement Plan</i>
20 3:00 Movie <i>Million Dollar Arm</i> 5:00 Dinner - Tortellini with diced chicken in roasted red pepper sauce, broccoli, roll and	22 5:00 Pot luck Dinner	23 2:00 Movie- The Hundred foot Journey
27 3:00 Movie <i>What happens next</i> 5:00 Dinner—Polish sausage with sauerkraut, cheesy diced potatoes, green beans, roll and cherry pie with whipped topping.	29 5:00 Dinner— Grilled southwest salad, dinner roll and cherry pie with whipped topping.	
~7~		<i>Embrace Life. Stay Connected.</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 Bingo #5B Boards are .50 cents	1:00 Zumba
	1:30 Indoor Horseshoes #5B	1:00 Hand & Foot/ Canasta/Rummikub/ Five Crown/Euchre #2	1:00 Shuffleboard #5A	1:30 Dominoes #4
	3:00 Movie #5A	2:30 Zumba #5A \$5.00	4:00 Cornhole	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

~ 8 ~

Embrace Life. Stay Connected.

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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