

Clarence Senior Center
4600 Thompson Road
Clarence, New York 14031

NON-PROFIT
U.S. Postage
PAID
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 →

Lori Adams
Chair, Board of Directors

Heather Kraemer
Executive Director

Nicky Geiger
Program Coordinator

Daniel Michnik
Councilman
Town Board Liaison

Phone: 716.633.5138

Email: CSCI@clarenceseniorcenter.org

Web-site: www.clarenceseniorcenter.org

March 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



March Special Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	
4 10:30 Paula's Donuts 1:00 Independent Health 1:30 Book Club	5 1:00 Caring Environments 3:00 Movie 5:00 Dinner 6:00 Bingo Bash	6 9:00 Computers 12:15 National Oreo Cookie Day No line dancing	7 4:00 Cornhole 5:00 Dinner	8 12:00 Food Truck 2:00 Movie		
11 <i>Casino Trip</i>	12 12:00 Stern Therapy 3:00 Movie 5:00 Dinner 4:00 Tech Help	13 9:00 Driving Class No line dancing	14 10:00 United Healthcare 10:30 Music & Pastries 12:15 Pasta Lunch 4:00 Cornhole 5:00 Dinner &	15 12:00 St Patrick's Day Lunch 12:30 Hasting Duo		
18 10:30 Paula's Donuts	19 1:00 Center for Elder law & Justice 3:00 Movie 5:00 Dinner 6:00 Bingo Bash	20 9:00 Computers 12:15 Welcome Spring Lunch No Zumba	21 4:00 Cornhole 5:00 Dinner & Cookie Exchange 5:30 Reminisce with Judy Miller	22 9:30 Pancake Breakfast 12:00 Food Truck 2:00 Movie No Zumba		
25 12:15 Birthday Lunch <i>Casino Trip</i>	26 12:5 Indoor Picnic 1:00 Paul Parsons 3:00 Movie 5:00 Dinner No Bunco	27 12:15 Easter Lunch	28 4:00 Cornhole 5:00 Dinner 5:30 Bunco	29 <u>CLOSED</u>		

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

Monday, March 4th

10:30 Paula's Donuts

1:00 Independent Health

1:30 Book Club

Tuesday, March 5th

1:00 Caring Environments

Learn more about maintaining your independence while remaining in your home

3:00 Movie

5:00 Dinner

6:00 Bingo Bash

Wednesday, March 6th

9:00 Computers

12:15 National Oreo Cookie Day

We will be celebrating by picking your two favorite flavors of Oreos and serving them with ice cream. Did you know there are over 85 flavors of Oreos?

**Sign up and pay in the office \$4.00*

NO LINE DANCING

Thursday, March 7th

4:00 Cornhole

5:00 Dinner

Friday, March 8th

12:00 Food Truck

2:00 Movie

Monday, March 11th

Casino Trip

Tuesday, March 12th

12:00 Stern Therapy- Free Lunch!

3:00 Movie

4:00-6:00 Tech Help

Free help with technology at the Senior Center presented by Clarence Youth Bureau

5:00 Dinner

Wednesday, March 13th

9:00 Driving Class

No Line Dancing

Thursday, March 14th

10:00-2:00 United Health Car

10:30 Music and Pastries

12:15 Pasta and Meatball Lunch

Pasta, Meatballs, Garlic Bread, Salad, and Pie.

It is celebrated in countries that follow the month/day date format. Pi day is an annual celebration of the mathematical constant. So, Let's eat Pie!

**Sign up and pay in the office \$5.00*

4:00 Cornhole

5:00 Dinner & Pie

Pi Day!

Friday, March 15th

12:00 St. Patrick's Day Lunch

We will be serving corned beef with cabbage, buttered potatoes, carrot coins, deli rye bread and chocolate éclair.

12:30 - 2:00 Hasting Duos

Sponsored by the contemporary club

**Please sign up and pay in the office \$3.00*

Monday, March 18th

10:30 Paula's Donuts

Tuesday, March 19th

1:00 Center for Elder law & Justice

Meet with an attorney for a free one-on-one legal consultation. Topics include debt harassment, tenant rights, medical, mortgage/tax foreclosure and more!

3:00 Movie

5:00 Dinner

6:00 Bingo Bash

Wednesday, March 20th

9:00 Computers

12:15 Welcome spring lunch

NO ZUMBA TODAY

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

Thursday, March 21st

4:00 Cornhole

5:00 Dinner & Cookie Exchange

Please bring in 2 dozen cookies and an empty tray and your recipe. You can bring home an assortment of cookies. Don't have time to bake? Pick up your favorite cookies from the store— we won't tell!

5:30 Reminisce with Judy Miller

Take a journey back into the time of 1940's, 50's and 60's and how we lived during those times.

Friday, March 22nd

9:30 Pancake Breakfast

We will be serving pancakes with butter & maple syrup, bacon, fruit, and pastries.

**Please sign up in the office! \$5.00*

12:00 Food Truck

2:00 Movie

NO ZUMBA TODAY

Monday, March 25th

12:15 Birthday Lunch
Casino Trip

Tuesday, March 26th

12:15 Indoor Picnic

Serving bratwurst, baked beans, tater tots, mixed vegetables, pop and ice cream sandwiches. **\$6.00**

** Please sign up in the office*

1:00 Paul Parsons Presentation

Paul will share lessons from the world's largest scientific study of happiness, with an aim to help you create a more meaningful and satisfying life.

3:00 Movie

5:00 Dinner

Wednesday, March 27th

12:15 Birthday Lunch
Casino Trip

Thursday, March 28th

5:30 Bunco

Free! Prizes and food included sponsored by the Clarence Youth Bureau.

Gail Beck

Please remember your \$0.25 Donation for coffee!

In hopes of reducing paper waste and saving funds on postage, we are asking our members to consider picking up their newsletter or have it emailed. If you would like to do this please let Krystina know in the office.

If you would like to continue to get yours mailed to your home you do not need to let us know. As always you can also access this information on our website and Facebook page.

If you would like to help volunteer to assemble the newsletter you may let Krystina know as well!

Thank you for your efforts !!

Diners

March 28th

5:00PM

Al-E-Oops

See bulletin for more information

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

Book Club

March— Hello Beautiful by Ann Napolitano
April— Hamnet By Maggie O'Farrell

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To cancel a lunch please call 716-633-5138</p>				<p>1 Entrée Salad</p> <p>Tuna Macaroni Salad on a Bed of Salad Greens Multigrain Crackers Oatmeal Round (732)</p>
<p>4</p> <p>Turkey a La King Mashed Potatoes Carrots Biscuit Chocolate Chip Cookies (747)</p>	<p>5 Entrée Salad</p> <p>Grilled Chicken Caesar Salad with Parmesan Cheese and Croutons Whole Wheat Dinner Roll Sugar Cookie (864)</p>	<p>6National Oreo Cookie Day</p> <p>Cabbage Roll Ranch Mashed Potatoes Wax Beans with Carrot Multigrain Bread Oreo Cookies & Ice Cream Sign Up & pay \$4.00</p>	<p>7</p> <p>Breaded Boneless Pork Chop with Gravy Scalloped Potatoes Peas Rye Bread Tropical Fruit Chocolate Milk (759)</p>	<p>8</p> <p>Baked Fish with Lemon Butter Parsley Sauce Vegetable Rice Pilaf California Blend Vegetables Dinner Roll Brownie (737)</p>
<p>11</p> <p>Italian Sausage with Peppers, Onions, and Tomato Sauce on a Bun Herb Roasted Potatoes Mixed Vegetables Pineapple (595)</p>	<p>12</p> <p>Breaded Chicken Drumsticks Broccoli Florets Chef Salad with Dressing Macaroni and Cheese Diced Peaches (804)</p>	<p>13</p> <p>Chili con Carne with Crackers Chef Salad with Dressing Corn Fruit Punch Fresh Orange Chocolate Milk (799)</p>	<p>14 PI DAY</p> <p>Pasta and Meatballs Garlic Bread Salad Pie Sign Up & Pay \$5.00</p>	<p>15 St. Patrick's Day</p> <p>Corned Beef with Cabbage Buttered Potatoes Carrot Coins Deli Rye Bread Chocolate Éclair (741) Hastings Duo Sign Up & Pay \$3.00</p>
<p>18</p> <p>Pork Ribette with BBQ Sauce on a Bun Chessy Mashed Potatoes Seasoned Mixed Greens Oatmeal Cookies (893)</p>	<p>19</p> <p>Beef Bourguignon Harvard Beets Chef Salad with Dressing Brussels Sprouts Rye Bread Vanilla Pudding</p>	<p>20 Welcome Spring!</p> <p>Grilled Chicken, Mandarin Orange, and Sunflower Seed Salad Whole Wheat Dinner Roll Lemon Meringue Pie (825)</p>	<p>21</p> <p>Roast Turkey with Gravy & Cranberry Sauce Mashed Sweet Potatoes Peas and Carrots Dinner Roll Strawberry Gelatin</p>	<p>22</p> <p>Cheese Omelet with Creole Sauce Cheesy Diced Potatoes Broccoli Biscuit Chocolate Milk (721)</p>
<p>25</p> <p>Cheese Ravioli with Tomato Meat Sauce & Parmesan Cheese Peas Summer Squash with Peppers Italian Bread Peaches (788) Birthday Cake</p>	<p>26 Indoor Picnic</p> <p>Bratwurst with Baked Beans & Mustard on a Bun Tater Tots with Cheese Mixed Vegetables Ice Cream Pop Sign Up & Pay \$6.00</p>	<p>27 Easter Meal</p> <p>Chicken Cordon Bleu with Creamy Herb Gravy Vegetable Rice Pilaf Normandy Mixed Vegetables Chef Salad with Dressing Dinner Roll Coconut Cream Pie (1121)</p>	<p>28</p> <p>Stuffed Pepper with Tomato Meat Sauce Garlic Mashed Potatoes Green Beans Multigrain Bread Tropical Fruit (667)</p>	<p>29</p> <p>Good Friday CENTER CLOSED</p>

~Message from Heather~

ANNUAL MEETING ANNOUNCEMENT

The Board of Directors of Clarence Senior Citizens, Inc. invites Senior Center members to attend the Annual Meeting on Thursday, March 11 at 1:00 PM in room 5A/ B. Members of the board will share brief summaries of actions. Following the presentations, Center members are invited to offer written questions and comments in response to the reports that have been given.

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.

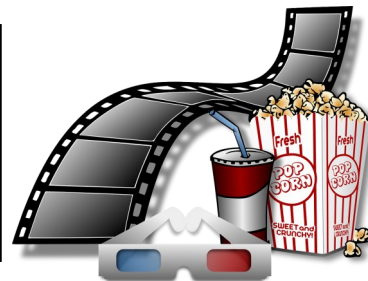
Kindly, stop in the office or call if you need to cancel a reservation so we have ample time to pull someone from our waitlist

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



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 3:00 Movie —Viva las Vegas 5:00 Dinner — Roast beef with gravy, ranch mashed potatoes, vegetables, roll, and cheesecake with chocolate sauce.	7 5:00 Dinner - Grilled chicken, mandarin orange, sunflower salad and cheesecake with chocolate sauce.	8 2:00 Movie –Poms
12 3:00 Movie —Woman in gold 5:00 Dinner – Swedish meatballs, pea, spiral pasta, and pie.	14 5:00 Dinner - Chicken Caesar salad, dinner roll and pie.	15 2:00 Movie -Fisherman's Friend's
19 3:00 Movie —Medicine Man 5:00 Dinner - Breaded chicken patty with buffalo sauce, tater tots, au gratin broccoli, roll, and chocolate cream pie.	21 5:00 Dinner – Breaded chicken patty with buffalo sauce, tater tots, au gratin broccoli, roll, and chocolate cream pie.	22 2:00 Movie – Going in style
26 3:00 Movie —My big fat Greek wedding 5:00 Dinner —Ham steak with pineapple sauce, scalloped potatoes, brussels sprouts, and lemon meringue pie.	28 5:00 Dinner – Ham steak with pineapple sauce, scalloped potatoes, brussels sprouts, and lemon meringue pie.	

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 Scrabble #2	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.	1:30 Indoor Horseshoes #5B	1:00 Watercolor #4 \$12.00	1:00 Bridge #7	1:00 Zumba #5A \$5.00
	3:00 Movie #5A	1:00 Hand & Foot/ Canasta/Rummikub/ Five Crown/Euchre #2	1:00 Bingo #5B Boards are .50 cents	1:30 Dominoes #4
	5:00 Dinner #5B	2:30 Zumba #5A \$5.00	1:00 Shuffleboard #5A	2:00 Movie
	5:30 Pinochle		4:00 Cornhole	
			5:00 Dinner	
			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!

March 11th, 2024 Buffalo Creek Casino \$31.00

Includes \$35 free slot play and \$10 dining dollars. 11:30-5:45PM 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 **SOLD OUT!!**

May 21st Turning Stone Casino Temptations Tribute Show \$111.00

Receive \$25 free play, \$5 food, show ticket and deluxe motor coach transportation.

May 29th Grand Lady Luncheon Cruise & Hawk Creek Wildlife Center \$145.00

Join us on a scenic & relaxing two hour luncheon cruise on the Buffalo River aboard the Grand Lady, a yacht-style luxury cruise vessel. You will learn about Buffalo's waterfront, the history of Buffalo Harbor, Elevator Alley, and the Erie Canal. During your cruise enjoy a buffet luncheon including salad, two meats, pasta, vegetables, potatoes, rolls & butter, dessert and coffee/tea. After your cruise travel south of the city to West Falls, NY, where you will visit the Hawk Creek Wildlife Center, an award-winning non-profit whose mission is to connect people & nature – this is your chance to see conservation in action! You will have a tour of the facility and meet some of their residents close up, including an Andean condor, bald eagles, a river otter, and more! Finish your day with a stop for shopping at the Buffalo Bills Store at Highmark Stadium, your home for all Bills Mafia gear. Detailed flyer will be available with times and registration instructions.

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.