

**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** →

**April 2024**

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](mailto:CSCI@clarenceseniorcenter.org)

**Web-site:** [www.clarenceseniorcenter.org](http://www.clarenceseniorcenter.org)



**WE ARE OPEN LATE ON TUESDAY  
AND THURSDAY SERVING  
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](mailto:contact@clarenceseniorcenter.org)  
Web-site: [www.clarenceseniorcenter.org](http://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 Director .....Heather Kraemer  
Program Coordinator.....Nicky Geiger  
Office Administrator.....Krystina Frangos  
Office/Program Associate .....Carol Serviss  
Bookkeeper.....Carolyn Giovino  
Office Associate .....Joyce 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  
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



# April Special Events

	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 10:30 Paula's Do-nuts 12:15 Dyngus Day Lunch 1:30 Book Club	<b>2</b> 1:00 Hearing Evaluations 3:00 Movie 5:00 Dinner	<b>3</b> 9:00 Computer help 1:00 So-Sew	<b>4</b> 5:00 Potluck Dinner & Game Night	<b>5</b> 2:00 Movie	
	<b>8</b>  <b>CLOSED</b>	<b>9</b> 1:00 Elder-law Presentation 3:00 Movie 5:00 Dinner 6:00 Bingo Bash	<b>10</b> 9:00 Driving Class 1:00 So-Sew	<b>11</b> 10:30 Music & Pastries 12:30 Dessert Bar 1:00 Annual Meeting 5:00 Dinner 12:30 Dessert Bar	<b>12</b> 2:00 Movie	
	<b>15</b> 10:30 Paula's Do-nuts 12:30 Trivia	<b>16</b> 1:00 Elder Fraud Presentation 3:00 Movie 5:00 Potluck Dinner	<b>17</b> 9:00 Computer Help 1:00 So-Sew	<b>18</b> 12-2:30 United Health 1:00 Wellnessss 5:00 Dinner & Game Night	<b>19</b> 2:00 Movie	
	<b>22</b> 1:15 Greeting Cards	<b>23</b> Lancaster PA Trip 1:00 Alzheimer 3:00 Movie 5:00 Dinner 6:00 Bingo Bash	<b>24</b> 12:15 Baked potato & Chocolate Bar 1:00 So-Sew <b>NO ZUMBA</b>	<b>25</b> <b>12:30 Sundae Bar</b> 5:00 Dinner 5:00 Diners 5:30 Sundae Bar 5:30 Candy Bingo	<b>26</b>  <b>NO ZUMBA</b>	
	<b>29</b>	<b>30</b> 10-12 Univera 1:00 Magic Show 3:00 Movie 5:00 Dinner				

**Monday April 1st**  
**10:30 Paula's Donuts**  
**12:15 Dyngus Day Lunch**  
**1:30 Book Club**

**Tuesday, April 2nd**  
**1:00 Hearing Evaluation— Services of Buffalo**  
**3:00 Movie**  
**5:00 Dinner**

**Wednesday, April 3rd**  
**9:00 Computer help**

**Thursday, April 4th**  
**5:00 Dinner— Potluck & Game Night**  
Act and guess as fast as you can in this hilarious, high-speed Guesstures game! The words may look easy, but you only have a few seconds to use classic charades techniques to get your team to guess each one.

**Friday, April 5th**  
**2:00 Movie**

**Monday, April 8th**  
CLOSED for the eclipse

**Thursday April 9th**  
**1:00 Center for Elder-law Presentation**  
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 April 10th**  
**9:00 Driving Class**  
Safe driver academy— Save money on your car insurance and increase your driving skills. Please register in the office. Lunch is available for a suggested \$3.00 donation. Payment of \$35.00 is due the day of the class. Future dates: June 12th & August 14th.

**Tuesday April 11th**  
**10:30 Music & Pastries**  
**12:15 Dessert Bar**  
**1:00 Annual Meeting**  
**5:00 Dessert Bar**

*\*Please sign up and pay in the office \$2.00*

**Wednesday April 12th**  
**2:00 Movie**

**Monday, April 15th**  
**10:30 Paula's Donuts**  
**12:30 Trivia presented by Erie County**  
Come compete virtually against other senior centers. Sign up in the office today!

**Tuesday, April 16th**  
**1:00 Elder Fraud Presentation—**learn about fraud and how to protect yourself!  
**3:00 Movie**  
**5:00 Potluck Dinner**

**Wednesday, April 17th**  
**9:00 Computer help**

**Thursday, April 18th**  
**12:30-2:30 United Health Care**  
**1:00 Wellness for All Seniors—** We are a non profit that helps seniors get the support they need from connecting them to transportation, cleaning services, help at home, and the insurance to help pay for services. Our mission is to help seniors live as happy, health and independently as possible.  
*\*Refreshments will be served\**  
**5:00 Dinner & Game night**

The Outburst game offers a high-energy, laugh-out-loud party game experience! This game of lists will get you on the edge of your seat as teams shout out words to match as many top 10 answers !

**Friday, April 19th**  
**2:00 Movie**

**Monday April 22nd**  
**1:15 Greeting Cards**

**Tuesday, April 23rd**  
Lancaster, PA Trip  
**1:00 Alzheimer's—Tips for tough conversations**  
Receive helpful resources and learn how to have those difficult conversations regarding signs of Alzheimer's or Dementia.  
**3:00 Movie**  
**5:00 Dinner**  
**6:00 Bingo Bash**

**Wednesday, April 24th**  
**NO ZUMBA**  
**12:15 Baked potato and chocolate bar**  
*\*Please sign up in the office \$2.00*

**Thursday, April 25th**

**12:15 Build your own sundae bar**

**5:00 Dinner & Build your own sundae bar**

*\*Please sign up and pay in the office \$2.00*

**6:00 Candy Bingo with youth bureau**

**Friday, April 26th**

**NO ZUMBA**

**Tuesday, April 30th**

**10-12 Univera**

**1:00 Magic show**

Come enjoy a 40 minute magic show presented by  
Todd Nelson Magic.

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

**3:00 Movie**

**5:00 Dinner**

**SO-SEW Tote bag class**

Wednesdays in April at 1:00pm

*Please sign up and pay in the office \$5.00*

You can use the fabric in the sewing room or buy  
your own. Use quilt-weight cotton or cotton blend  
(non-stretch)

**You will need:**

1 yard outer fabric

1 yard lining fabric

1 yard heavy iron on interfacing

**Save the date:**

Wednesday, May 22nd

Health and Fitness Fair!

**Tax Prep- AARP**

Please call 716-293-1648 to make an appointment

**Book Club**

**April 1st**– Hamnet By Maggie O’Farrell

**May 6th**– The Queen’s Fortune By Allison Pataki

**June 3rd**– The Maid By Nita Prose

**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**

**April 25th**

Arrive at 5:00PM, Dinner at 5:30PM

**Family Tree Restaurant**

**\$29.00**

**Meals:**

*Chicken Souvlaki*

*Pot Roast*

*Broiled Fish*

Meals include: Bread, Soup, Vegetable, Potato, Rice  
Pudding & Tea, Coffee or Soda.

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





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!!

**~Message from Heather~**

We wanted to first thank several of the volunteers that are here at the Center almost daily. We want to further acknowledge that without their help and support, we would find it hard to accomplish all of these things that we are required to get to each day! So, this month we are sending out a heartfelt THANK YOU to CSCI volunteers Lori Nettnin, Pat Hartwig, Bob & Rose Landrich, John & Joanne Hickey, Donna Matyas, Laura Saraceno, Sandra DiStefano, and Mike Becker! We are grateful for your time and service.

Secondly, I wanted to remind all members that you are invited for the Annual Meeting that is held here on Thursday April 11th, at 1pm. The Board of Directors of Clarence Senior Citizens, Inc. and Senior Center staff members will provide brief summaries of activities carried out during the preceding year. Following the presentations, Center members will be invited to pose written questions and comments in response to the reports that have been shared.

Lastly, we are working on a few projects early in the year that include a whole new website design for 2024, and adding surveillance technology that will help monitor the safety and security for employees, members, and visitors who are utilizing the building. Our best hope is to have a new website launched early this Summer that will have a better look, with enhanced features, and ease of use that we can no longer have under the current service provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Cabbage Roll with Savory Meat Sauce Mashed Potatoes Carrots Dinner Roll Éclair (782)	<b>2</b> Breaded Chicken Breast with Buffalo-Style Sauce on a Bun Tater Tots Broccoli Florets Chef Salad with Dressing Fresh Banana (867)	<b>3</b> Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Butterscotch Pudding with Whipped Topping (801)	<b>4</b> Polish Sausage with Sauerkraut & Mustard on a Bun Seasoned Potatoes California Blend Vegetables Mandarin Oranges Chocolate Milk (696)	<b>5</b> Breaded Chicken Drumsticks Scalloped Potatoes Peas with Red Pepper Dinner Roll Fudge Round Cookie (868)
<b>8 CENTER CLOSED</b> <b>No Meals Served in Observance of Solar Eclipse</b> 	<b>9</b> Creamy Swedish Meatballs over Pasta Peas Harvard Beets Fresh Orange (650)	<b>10</b> Vegetable Lasagna with Cream Sauce Broccoli Florets Chef Salad with Dressing Wheat Bread Vanilla Pudding (794)	<b>11</b> Ancho Chicken Fajita Skillet with Peppers, Onions, Salsa & Shredded Cheddar Cheese Spanish Rice Fiesta Corn Chef Salad with Dressing Tropical Fruit (809)	<b>12</b> Breaded Pork Chop with Gravy Lazy Pierogi Orange-glazed Carrots Rye Bread Applesauce Chocolate Milk (708)
<b>15</b> Stuffed Shells with Tomato Meat Sauce & Mozzarella Cauliflower Fruit Punch Italian Bread Lemon Ice (827)	<b>16</b> Beef Pepper Steak Casserole over Rice Broccoli Florets Carrots Sugar Cookies Chocolate Milk (720)	<b>17</b> Chicken Breast with Marsala Sauce Mashed Squash Green Beans Chef Salad with Dressing Multigrain Bread Mandarin Oranges (571)	<b>18</b> Steakhouse Burger with Gravy on a Bun Mashed Potatoes Lima Bean Bake Fruit Cocktail (802)	<b>19 Entrée Salad</b> Chicken Caesar Salad with Parmesan Cheese & Croutons Whole Wheat Dinner Roll Chocolate Pudding (804)
<b>22</b> Cheese Omelet with Cheese Sauce Tater Tots Peppers, Onions & Tomatoes Raisin Bread Brownie (804)	<b>23</b> Baked Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella Cheese California Blend Vegetables Grape Juice Dinner Roll Diced Peaches (721)	<b>24 BAKED POTATO BAR</b>  <b>CHOCOLATE BAR</b>  <b>Sign up and pay \$5.00</b>	<b>25</b> Breaded Chicken Breast with Gravy Cheesy Mashed Potatoes Spinach Chef Salad with Dressing Whole Wheat Dinner Roll Strawberry Ice Cream (859)	<b>26</b> Roast Beef with Horseradish & Gravy Scalloped Potatoes Brussels Sprouts Rye Bread Diced Pears Chocolate Milk (789)
<b>29</b> Beef Macaroni Casserole with Mozzarella Cheese Spinach Corn Dinner Roll Tropical Fruit (794)	<b>30</b> Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Carrots Fresh Orange Chocolate Milk (793)		  <b>To cancel a lunch</b> <b>Please call</b> <b>716-633-5138</b>	

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 and nights 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**

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

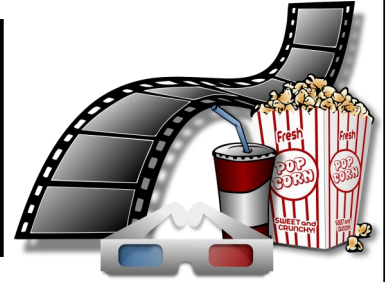
### **FROZEN MEAL PROGRAM**

*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!**

MON	TUES	WED	THURS	FRI
1	2 <b>3:00 Movie- 12 Mighty Orphans</b> Cheese tortellini with chicken, red pepper sauce, Califlower, dinner roll and orange sherbert.	3	4  Pot Luck Dinner- Sign up in office	5  2:00 Movie- Labor Day
8	9 <b>3:00 Movie- Marry Me</b> Airline chicken breast with dijon mustard sauce, brussel sprouts, vetetables, rice pilaf and lemon meringue pie.	10	11  Greek chicken salad, Roll and lemon meringue pie. <b>Dessert bar sign up and pay \$2.00</b>	12  2:00 Movie- Learning to drive
15	16 <b>3:00 Movie- Overboard</b> Pot Luck Dinner- Sign up in office	17	18  Polish Sausage with sauerkraut, cheeseey diced potatoes, green beans, and chocolate cream pie.	19  2:00 Movie- The roaring twenties
22	23 <b>3:00 Movie- Instant Family</b> Salisbury Steak with onion gravy, cheesy mashed potatoes, carrots, roll and chocolate eclair.	24	25  Grilled chicken, mandarian orange salad, roll and chocolate cream pie. <b>Sundae bar sign up and pay \$2.00</b>	26
29	30 <b>3:00 Movie- Far Haven</b> Chicken ceaser salad, roll and banana creame pie	1	2  Chicken and Sausage Jambalaya, fiesta corn, broccoli, white rice and banana cream 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 <b>Stretch &amp; Tone</b> #5A <b>\$3.00</b>
9:30 Woodworking #3	<b>9:00 Ceramics #4 \$3</b>	9:15 Woodworking #3	9:00 Aerobics #5A	9:30 – 11:00 Senior Outreach #4
10:15 <b>Tap</b> #5A <b>\$7.00</b>	9:30 Woodworking #3	9:30 <b>Line Dancing</b> #5A <b>\$2.00</b>	9:30 Woodworking #3	9:30 Woodworking #3
11:30 <b>Jazz</b> #5A <b>\$7.00</b>	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	<b>1:00 Tai Chi with Scott \$10.00</b>	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
<b>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.</b>	1:30 Indoor Horseshoes #5B	1:00 <b>Watercolor</b> #4 <b>\$12.00</b>	1:00 <b>Bingo</b> #5B <b>Boards are .50 cents</b>	1:00 Zumba #5A <b>\$5.00</b>
	3:00 Movie #5A	1:00 Hand & Foot/ Canasta/Rummikub/ Five Crown/Euchre #2	1:00 Shuffleboard #5A	1:30 Dominoes #4
	5:00 Dinner #5B	2:30 <b>Zumba</b> #5A <b>\$5.00</b>	4:00 Cornhole	2:00 Movie
	5:30 Pinochle		5:00 Dinner	
			5:30 Pinochle	

### **UPCOMING TRIPS!**

#### **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 at the center.

#### **Thursday, June 13, 2024 “Yesterday Once More” at the Walters Family Theatre (Bright, Ontario, Canada) \$149.00**

Please note a passport or enhanced driver's license is required for this trip.

Join the Clarence Seniors on trip to the renowned Walters Music Venue in Bright, Ontario, Canada to see a performance of “Yesterday Once More”, direct from Las Vegas! Come and experience a show filled with non-stop hits, vibrant choreography, and delightful banter. This extraordinary show highlights instantly recognizable songs like “Dancing Queen”, “Close to You”, “California Dreaming”, and “Up, Up and Away”, all performed by our four dynamic singers. Allow yourself to relive the timeless music and rich harmonies of the past and don't let this unforgettable experience pass you by! You will also enjoy a buffet lunch at Quehl's Restaurant, featuring tender roast beef and rolled stuffed pork rib, mashed potatoes, vegetables, authentic from scratch homemade gravy, a variety of house made salads and a dessert bar with fresh baked fruit pies and cheesecake, and homemade creamy rice pudding.

#### **Thursday, June 20, 2024 Jersey Boys” at the Merry Go Round Theatre \$153 per person**

Join the Clarence Seniors on trip to the Merry Go Round Playhouse to see a performance of “Jersey Boys”, the story of Frankie Valli and The Four Seasons. They had a look, an attitude, and a sound like no other. Sure, they were born in Jersey, but they were Made in America! Jersey Boys is the international musical phenomenon that takes you behind the scenes — and behind the music — of Frankie Valli and The Four Seasons. Featuring “Big Girls Don't Cry,” “Sherry,” “December, 1963 (Oh, What a Night),” “My Eyes Adored You,” “Stay,” “Can't Take My Eyes Off You,” “Walk Like A Man,” “Who Loves You,” “Working My Way Back to You,” and “Rag Doll.” (Rated PG-13 with some colorful Jersey language). You will also enjoy a served lunch at the Springside Inn, and stop for shopping at Sauders Country Store.











## **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.