



The Silver Streak

Clarence Senior Center Newsletter

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- 4:00pm

Embrace Life. Stay Connected



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.

OCTOBER 2024

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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**WEBSITE:** clarenceseiorcenter.org**Heather Kraemer** Executive Directorheather.kraemer@clarenceseiorcenter.org
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716-633-5138**Office Staff**Joyce DePronio
Carol ServissCarolyn Giovino
Rita Wascak**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.

IMPORTANT NUMBERS

AARP.....	800-424-3410
Community Education	716-407-9001
EPIC Hotline	800-332-3742
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****Message from Heather, CSC Executive Director**

I would like to send out a heartfelt thank you to our donors and supporters for the CSC Annual Basket Raffle. The event was a huge success and we raised over \$4600! We couldn't have done it without the generosity of our members, the community and local businesses. Thank you!

- | | | |
|------------------------|---|--|
| • 716 Knit | • Dash's | • Matthew Wascak |
| • Arby's | • Flora Leamer | • McDuffie's Bakery |
| • Betty Milowski | • Clarence Chamber of Commerce | • Morluski's |
| • Bocce Club Pizza | • Gianni Mazia's | • Nancy Pankow |
| • Buffalo Brew Pub | • GreenFields Continuing Care Community | • Olive Garden |
| • Campfire Grill | • Hayes Seafood House | • Pat Hartwig |
| • Carl & Peggy Carlini | • Home Depot | • Pesci's Pizza |
| • Clarence Hollow | • Independent Health | • Pizza Plant |
| • Craft Coffee House | • Karen & Keith Tober | • Robert Hoag, R.J. Financial Associates |
| • CSC Pinochle players | • Kathy & Keith Tepas | • Russell's |
| • CSC Stretch & Tone | • King Crab | • Salvatore's |
| • CSC Tai Chi | • Lavocat's | • Tavern at Windsor Park |
| • CSC Woodshop | • Mardee's Diner | • The Hollow Bistro |
| • Daniel Michnik | • Marge K's Zumba class | • Tops |

THIS MONTH

TUE. OCT. 1ST

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

WED. OCT. 2ND

12:15pm FREE lunch to celebrate Erie County's Stay Fit Dining Program's 50th anniversary. Reservation required. Menu on pg. 7.

THU. OCT. 3RD

1:00pm October craft: Join Rose Ruhland as she shows you how to make a floral wreath. Reservation required.

MON. OCT. 7TH

9:00am Seneca Niagara Casino Trip: Arrive at Center at 9am. Bus departs at 9:30am. Please park along grass away from building.

10:00am United Healthcare Medicare Advantage Informational Meeting. See pg. 5.

10:30am  Join us for donuts made with love, coffee & conversation!

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

1:30pm Book Club: Join Barb Feidner to talk about the book of the month: Lady Clementine by Marie Benedict.

TUE. OCT. 8TH

12:15pm Pizza Lunch Menu on pg. 7.

1:00pm Medicare 101 w/ Jason Myers See pg. 5.

CENTER CLOSSES AT 4pm. No dinner served at center.

5-7:30pm Oktoberfest @ Clarence Town Park Pavilion (10405 Main St.). Great food & music - bratwurst, sauerkraut, German potato salad, pretzels, dessert. Entertainment by Polka Boyz from 5:30-7:30pm. Bring your own beverages. No glass or hard liquor. Reservations required. \$10 members. \$15 non-members.

WED. OCT. 9TH

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

THU. OCT. 10TH

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

MON. OCT. 14TH Center is closed for Indigenous Peoples' Day

TUE. OCT. 15TH

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

WED. Oct. 16TH

9:00am Defensive Driving Course: 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 December 11. Sign up in the office.

FRI. OCT. 18TH

1-3pm Healthcare Forum: See pg. 5.

MON. OCT. 21ST

9:00am Letchworth Trip: Arrive at Center 8/8:15am. Bus departs at 8:30am. Please park along grass away from building.

10:30am 

TUE. OCT. 22ND

6:30pm Pembroke/Corfu Band & Dessert Bar after dinner. Join us for great music & delicious desserts! Sign up in office. **Cost \$3** (dinner served at 5pm)

WED. OCT. 23RD

9:00am Computer help

9-11:00am Senior Housing Resource Fair: Clarence Town Park Clubhouse. See pg. 5.

THU. Oct. 24ND

12:30pm Hot Fudge Sundaes: Enjoy a hot fudge Sundae after lunch. Sign up in office. **Cost \$2.00**

5:00pm Diners Club: See pg. 8

6:00pm Candy Bingo w/ the Youth Bureau: FREE event. See pg. 5. Call 716-633-5138 to sign up.

MON. OCT. 28TH

12:15pm Birthday lunch: Celebrate October Birthdays with a slice of cake after lunch!

FRI. OCT. 31ST

12:15pm Halloween lunch & Costume Contest: Prizes for Best Overall, Best Couple & Most Original costumes.

FIBER ARTS OCTOBER PROJECT CROSS-BODY BAG

Every Monday from 1-3:00pm

You will need 1/2 yard of 2 contrasting fabrics. Project will take approx. 5 weeks. **Cost \$5 per class per person.** Sign up in office.

SENIOR HOUSING RESOURCE FAIR

CLARENCE TOWN CLUB HOUSE

WEDNESDAY, OCT. 23RD

9-11:00am FREE EVENT

Open to the public, this event is hosted by CSC and Akron Newstead Senior Center. Information about housing options and services for local seniors in the Akron/Newstead and Clarence communities. Talk with housing vendors, rental and assisted living representatives, rehabilitation providers and more! Presentation by Outreach Specialist from Elderwood IPA @ 9:30.

Light refreshments provided.

CANDY BINGO

THURSDAY, OCT. 24TH 6pm

Grandparents bring your grandchildren... grandchildren bring your grandparents to play for jumbo size candy bars! Open to members & non-members. Hosted in conjunction with Clarence Youth Bureau. Call 716-633-5138 to sign up. FREE event.

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.

**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.

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

HEALTHCARE INFO RESOURCES

MONDAY, OCT. 7TH 10:00am

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.

TUESDAY, OCT. 8TH 1:00pm

Medicare 101 w/ Jason Myers: Medicare is confusing! This class will help people understand how the federal Medicare program works and provide a general overview of the variety of Medicare insurance options available to beneficiaries.

FRIDAY, OCT. 18TH 1-3:00pm

Healthcare Forum: Healthcare needs change, as do benefits and cost. Open enrollment is the one time each year when all people with Medicare can learn about new Medicare benefits and make changes to their coverage. Join us to learn about available options and find a plan that fits your needs. Reps from major health insurance companies will be available to answer questions and discuss benefit packages.

FRIDAY, OCT. 25TH 10:00am

United Healthcare representative will be available to members to answer questions.



Holiday Party

Come Celebrate With Us!

WEDNESDAY, DEC. 11TH 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!

Music from DJ Biggs - Cash bar

Meal choices will be available when you call to make your reservations.

\$30pp members/\$40pp non members

Reservation deadline Monday, 12/2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Fiber Arts	9:00: Cards/Games	9:00: Fiber Arts	9:00: Cards/Games	9:00: <u>Stretch & Tone \$3</u>
9:30: Woodworking	9:00: <u>Ceramics \$3</u>	9:00: Computer help Oct. 9 & 23 only	9:00: Aerobics	9:00: Rummikub
10:15: <u>Tap \$7</u>	9:00: Rummikub	9:15: Woodworking	9:30: Woodworking	9:30-11:00: Senior Outreach
11:30: <u>Jazz \$7</u>	9:30: Woodworking	9:30: <u>Line Dancing \$2</u> <i>*no 10/2 or 10/9</i>	10:00: Intermediate Tai Chi	9:30: Woodworking
12:15: LUNCH	10:00 NEW! Stretching for Arthritis	11:00: Arthritis Exercise	10:00: Five Crown	10:00: Meditation
12:30: Billiards	11:00: Resistance Exercise	12:15: LUNCH	11:00: Stretch Yoga w/ Teri Tubbs	10:00: Rummikub
1:00: Pinochle	12:15: LUNCH	12:30: Billiards	12:15: LUNCH	11:00: Resistance Exercise
1:00: Fiber Arts	12:30 Billiards	1:00: <u>Tai Chi with Scott \$10</u>	12:30: Billiards	12:15: LUNCH
1:00 Shuffleboard	1:00 Euchre	1:00 Bridge	1:00: Friendly Pinochle	12:30: Tabletop Shuffleboard
	1:00 Scrabble	1:00 <u>Watercolor \$12</u>	1:00: Bridge	1:00: Pinochle
	1:30 Indoor Horseshoes	1:00 Hand & Foot/ Canasta/Rummikub/ Five Crown/Euchre	1:00: Bingo <i>Boards .50 cents</i>	1:00: <u>Zumba \$5</u>
	5:00 Dinner	2:30 <u>Zumba \$5</u>	1:00: Shuffleboard	1:30: Dominoes
	5:30 Pinochle		4:00: Cornhole	
			5:00: Dinner	
			5:30 Pinochle	

No movies will be shown this month due to other activities. No line dancing Oct. 2 & 9.

These classes are free to all current members unless a fee is noted next to the class. Signing up in advance is not required. 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 (made out to Clarence Senior Center).

NEW CLASS! STRETCHING FOR ARTHRITIS - Tuesdays at 10am

Join Diane Swatsworth for these free classes. Stretching can help with arthritis by improving range of motion and reducing stiffness and pain. We will use bands and weights (provided).

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.

OCTOBER MENU - ERIE COUNTY STAY FIT DINING PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESERVATIONS REQUIRED 48 hours in advance Call 716-633-5138 or stop in office	1 Breaded chicken w/ Buffalo style sauce on bun, tater tots, broccoli florets, banana, chocolate milk	2 FREE Lunch Chicken cordon bleu w/ creamy herb gravy, vegetable rice pilaf, California blend vegetables, chef salad, roll, apple pie w/ whipped topping	3 Beef stew, mashed potatoes, brussel sprouts, biscuit, butterscotch pudding	4 Italian sausage w/ peppers, onions & tomato sauce on bun seasoned potatoes, au gratin spinach, chocolate brownie
7 Chicken breast w/ Polynesian sauce, white rice, carrots, fruit punch, chocolate chip cookies	8 PIZZA PARTY 2 slices pepperoni pizza, garlic bread, cookies Sign up in the office Cost \$5.00	9 Beef barley soup w/ crackers, corn, green beans, mandarin oranges, chocolate milk	10 Breaded chicken w/ tomato sauce & mozzarella over pasta, peas, grape juice, butterscotch pudding	11 Salisbury steak w/ gravy, mashed potatoes, mixed vegetables, roll, fudge round
14 CENTER CLOSED	15 Swedish meatballs over pasta, Harvard beets, peas, orange, chocolate milk	16 Vegetable lasagna w/ cream sauce, broccoli florets, chef salad, wheat roll, vanilla pudding	17 Ancho chicken w/ peppers, onions, salsa & shredded cheddar, spanish rice, fiesta corn, apple juice, chef salad, tropical fruit	18 Breaded pork chop w/ gravy, lazy pierogi, California mixed vegetables, rye bread, applesauce
21 Stuffed shells w/ meat sauce & mozzarella, cauliflower, fruit punch, Italian bread, sugar cookies	22 Beef pepper steak casserole w/ white rice, broccoli florets, carrots, fruit cocktail	23 ENTRÉE SALAD Grilled chicken Caesar salad on fresh greens, multigrain bread, mandarin oranges	24 Steakhouse burger with gravy w/ bun, mashed potatoes, lima bean bake, lemon ice	25 Beer battered fish w/ tartar sauce, broccoli cheese rice casserole, zucchini, tomatoes, wheat roll, chocolate pudding
28 Cheese omelet w/ peppers, onions & tomatoes, tater tots, au gratin spinach, raisin bread, pineapple tidbits	29 Rigatoni w/ Italian sausage, tomato sauce & mozzarella California blend vegetables, roll, peaches, chocolate milk	30 Turkey a la king w/ white rice, green beans, orange pineapple juice, strawberry gelatin	31 HAPPY HALLOWEEN! Breaded chicken drumbsticks, duchess mashed potatoes, peas, chef salad, roll, banana cream pie	SUGGESTED DONATION \$3.00 <i>Please call if you have to cancel. Meals are held for 10 minutes, then returned to the kitchen.</i>

TUESDAY DINNERS

10/1: Beef taco salad, shredded cheddar, tomato salsa, salad, cherry tomatoes, tortilla strips, chocolate cream pie & milk

10/8: Center is closed for dinner. See Oktoberfest info on pg. 4.

10/15: Grilled chicken breast w/ teriyaki pineapple sauce, stir fry veggies, rice pilaf, coconut cream pie, orange pineapple juice & milk

10/22: Airline chicken w/ herbed tomato cream sauce, chef salad, broccoli florets, vegetable rice pilaf, whole wheat roll, apple pie w/ whipped topping & milk

10/29: Lasagna Bolognese w/ parmesan cheese, chef salad, cauliflower, French green beans, Italian bread, strawberry ice cream & milk

THURSDAY DINNERS

10/3: Ham steak with pineapple sauce, sweet potatoes, brussel sprouts, multigrain bread, chocolate cream pie & milk

10/10: Beef cubes in gravy, ranch mashed potatoes, chef salad, mixed veggies, rye bread, sugar cookies & milk

10/17: Grilled chicken, mandarin orange & sunflower salad, cherry tomatoes, crackers, coconut cream pie, & milk

10/24: Garden chicken patty salad w/ ranch dressing, cheddar cheese & croutons, cherry tomatoes, whole wheat roll, apple pie w/ whipped topping & milk

10/31: Beef taco salad w/ shredded cheddar, tomato salsa, cherry tomatoes, tortilla strips, strawberry ice cream & milk



DAY TRIPS

LETCWORTH FALL FOLIAGE EXCURSION OCTOBER 21ST \$105.00

Bus America Fall Foliage bus trip to Letcworth, 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.

CASINO TRIPS

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+ receives extra incentives.

Depart from Center: 9am, Return: 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: 9am, Return: 4pm



HOLIDAY OVERNIGHT TRIP

OGLEBAY FESTIVAL OF LIGHTS WHEELING, WEST VIRGINIA ONLY 4.5 HOURS BY BUS!

\$599pp/double occupancy

Reservations required by 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: 13 historic rooms lavishly decorated for the holidays. Nighttime animated light show choreographed to Holiday music
- Carriage House Glass Museum: Over 3000 displays of Wheeling glass made from 1829-1939.
- Oglebay's Good Zoo & Holiday Light Show: See animals in beautiful habitats, Rockin' Holiday Light Show, holiday laser show & nightly Wish for Snow experience.
- Wheeling Island Casino & greyhound racing: 1,400 slot machines, table games and Greyhound racing or visit the casino and enjoy hotel amenities/pool, explore the town and shop!
- Guided tour of Wheeling, WV from a local guide that will join us on our bus! Visit to Independence Hall, Wheeling Suspension Bridge, Victorian Old Town and Krueger Street Toy & Train Museum.
- Kraynak's Christmas Store & Santa's Christmasland: En route to home stop to indoor

Call 716-633-5138 or visit the office to sign up for these great trips!

- 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!

UNIVERSITY EXPRESS

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

Tuesday, Oct. 1st @ 1:00pm: Buffalo City Hall

One of the largest city halls in America is often taken for granted by residents who live and work downtown. City Hall's location and style changed the way Buffalo looks. Explore the exterior and interior of this Art Deco masterpiece.

Tuesday, Oct. 1st @ 3:00pm: Basics of Medicaid & Long Term Care:

Focus on strategies to preserve and protect assets in the event that there is a need for Medicaid, skilled nursing home care or in-home care. Discuss how to protect your assets and ensure that you are provided with good care for the rest of your life.

Friday, Oct. 4th @ 1:00pm: Landlubbing on the Buffalo River:

From the comfort of your chair, sail down the Buffalo River with its rich industrial history and learn about the day it caught fire, the role it played in the Civil Rights movement and how it was instrumental in electrifying the city of Buffalo.

Tuesday, Oct. 8th @ 9:30am: Budgeting & Bundt Cakes:

Info about the importance of working within a budget as you age. We will share a tasty treat while discussing ways to conserve, rework and manage a budget on a fixed income.

Wednesday, Oct. 11th @ 11:00am: Long-Forgotten Cleveland Hill School Fire:

The book with facts and date made available through the Freedom of Information Law requests and other sources, uncovers the true cause of the fire and explains why no one was charged despite overwhelming evidence that could have resulted in prison terms.

Tuesday, Oct. 15th @ 3:00pm: Drum4Health

We will introduce you to the magic, fun & healing power of recreational music-making with handheld drums. No prior experience needed. Allow 2 hours for class. Limited to 25 people.

Tuesday, Oct. 22nd @ 1:00pm: Be Choosy when Choosing a Caregiver:

Information about the importance of selecting the proper caregiver as you or family members age and discuss how to fit increasing care costs into a long-term budget.

Tuesday, Oct. 29th @ 3:00pm: Henry Flagler - Opening Up Florida:

Henry Flagler was a NY entrepreneur who started Standard Oil. He built the rail system that opened up the East Coast of Florida, all the way to the Keys. Includes slides of the cities he built up - St. Augustine, West Palm and Miami. See the 'Golden Age' of Florida's society events and lavish lifestyles.



October 24th @ 5:00pm

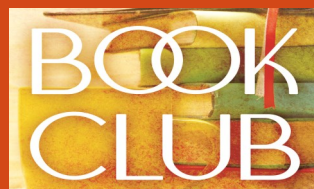
Ripa's Restaurant

4218 Walden Ave. Lancaster

\$38 per person

- Char broiled pork chop
- Char broiled fish
- French onion chicken

All meals include salad, bread, entrée, dessert & coffee, tea or soda. Reserve your spot in the office or call 716-633-5138 by October 17th.



JOIN US
EACH MONTH

October: Lady Clementine by Marie Benedict

November: The House on Mango Street by Sandra Cisneros

December: The Spectacular by Fiona Davis

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



Bills vs. Dolphins Pizza Party Sunday, Nov. 3 @ 1pm

Join us as the Bills 'Squish the Fish'. Watch the game on the big screen TV with friends and family!

\$6 members, \$8 non-members

Includes pizza, snacks, soda, water. Sign up & pay in office.

THE CLARENCE SENIOR CENTER

**4600 Thompson Rd., Clarence, NY 14031
716-633-5138**

ORGANIZATION

U.S. POSTAGE

PAID

Clarence, NY 14031

Permit No. # 28

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!

Call 716-633-5138 or email
csci@clarenceseniorcenter.org.

