



The Silver Streak

Clarence Senior Center Newsletter

HOW TO REACH US

4600 Thompson Road
Clarence, NY 14031

716-633-5138

NEW WEBSITE:

thecsci.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

CENTER CLOSED:

Wed. Jan. 1:

New Year's Day

Thu. Jan 2 - Tue. Jan 7:

Center will be closed
for facility painting.

Mon. Jan. 20:

Martin Luther King Day

JANUARY 2025

Embrace Life. Stay Connected.



OUR MISSION

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.

HOW TO REACH US CLARENCE SENIOR CENTER

4600 Thompson Road, Clarence, NY 14031

PHONE: 716-633-5138

FAX: 716-406-2604

EMAIL: csci@thecsci.org

NEW WEBSITE:
thecsci.org



Heather Kraemer Executive Director
heather@thecsci.org

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nicky@thecsci.org

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katie@thecsci.org

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.

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



**FeedMore
wny**

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

Happy New Year! I would like to express my gratitude to all of our wonderful members, staff, and volunteers who make our Senior Center such a special place! December was a fun month at the CSC, from holiday themed classes and events to special lunches and dinners and a fun filled Holiday Party at Ripa's Restaurant. We want to thank all those who donated to the Small Blessings Purse Project, members who brought in ornaments for the Center Christmas trees, as well as the members who helped decorate the trees. In 2025, we look forward to more fun with our members and days filled with joy, learning, and meaningful connections. We have an exciting lineup of events, classes, music and activities planned for 2025, and we encourage you to stay involved and continue exploring all that we offer. Whether it's fitness classes, arts and crafts, woodworking, social gatherings, card games, educational seminars, joining us for a meal, spending time with friends and much more, there's something for everyone here!

THE CENTER WILL BE CLOSED ON:

WED. JAN. 1: New Year's Day

THU. JAN. 2 - TUE. JAN. 7: Center will be closed for facility painting

MON. JAN. 20: Martin Luther King Day

THIS MONTH:

WED. JAN. 8

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

THU. JAN. 9

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

4:00pm: NEW CLASS! Yoga: See page 6 for details about this new class offering, meeting every Thursday!

MON. JAN. 13

Seneca Niagara Casino Trip: Arrive at Center between 8:15-8:30am. We will be departing from Center @ 8:45am. Please park along grass away from building. We will be returning to Center @ 3:15-3:30pm.

1:30pm: Book Club: Join Barb Feidner to talk about the book of the month: *The Collected Regrets of Clover* by Mikki Brammer.

TUE. JAN. 14

11:00am: NEW CLASS! Healthy Living. See pg. 5.

1:00pm: Paragon Group Functional Fitness Presentation. See pg. 5.

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

3:00pm: Movie: Miracle on 34th Street. See pg. 6

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



FRI. JAN. 17

12:15pm: Martin Luther King Lunch: Menu pg. 7



MON. JAN. 20 CENTER CLOSED

TUE. JAN. 21

MOVIE DOUBLE FEATURE. See pg. 6

1:00pm: Planes Trains & Automobiles

3:00pm: Deck the Halls

WED. JAN. 22

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

11:30am: The GreenFields Senior Living Team will be available to provide information about the continuum of care, including independent living options.

THU. JAN. 23: NATIONAL PIE DAY

We will be serving delicious pie at 12:30pm and 5:15pm!

MON. JAN. 27

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

TUE. JAN. 28

1pm: Alzheimer's & Dementia Education: Building Foundations of Caregiving. Details on pg. 5.

3:00pm: Movie: Crocodile Dundee. See pg. 6

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





We continue to collect donations for the Small Blessings Purse Project. Please bring in gently-used purses and new self care items to benefit local women. Items can be dropped off in the main office. We have received so many wonderful donations from our generous members and the community! Thank you to everyone who has donated to this worthwhile project!

2025 UPDATES & ANNOUNCEMENTS

MEMBERSHIP RENEWAL:

Don't forget to renew your membership for 2025! Memberships are renewable each calendar year - \$10 for Clarence residents and \$15 for non-Clarence residents. Visit us in the office to renew today.

BEVERAGE FEE:

Starting February 1, 2025 coffee, hot chocolate and tea will cost \$0.50 cents per cup. Payment can be made at the beverage counter in the cafeteria.

NEWSLETTER DELIVERY FEE:

Due to rising costs, we are introducing a small annual fee for members who wish to receive a printed copy of the newsletter by regular mail. Effective March 1, 2025, the fee will be \$6.00 and will help cover the increased costs associated with postage and processing and aligns with other local senior centers charging similar newsletter delivery fees. This fee will be in addition to your membership fee.

If you prefer, you can opt to receive the newsletter via email or pick up in the office at no charge. Newsletters are also available on our website at www.thecsci.org.

Delivery options:

Regular mail:	\$6.00 payable by cash or check
Email:	No charge
Pick up in office:	No charge

Please call or visit the office by February 20 to arrange how you would like to receive your newsletter.

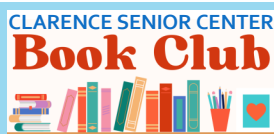
Pace Makers



Walking Club
CLARENCE SENIOR CENTER

WINNER OF WALKING CLUB NAME CONTEST

The winner of the Walking Club Name contest is Jackie Feighner! The winning name of the the club submitted by Jackie is the Pace Makers. Jackie won 2 free lunches. Thank you for all the submissions. Call Katie at 716-633-5138 for more info about the CSC Pace Makers Walking Club.



MEETS FIRST MONDAY
OF THE MONTH
(excluding holidays & closures)

January Book Club meets
Monday, January 13 @ 1:30pm

JANUARY'S BOOK SELECTION:

The Collected Regrets of Clover
by Mikki Brammer



February's Book of the Month will be:

The Girls with No Names by Serena Burdick.

WHAT'S NEW IN 2025

Call or visit office to sign up.

NEW CLASSES: Thursdays @ 4pm: Yoga: See page 6.
Meets every Thursday starting Jan 9.

Tuesdays @ 11am: Healthy Living: Can't seem to get the holiday weight off? Come to Healthy Living and learn the basics of weight loss and maintenance taught by former Weight Watchers leader Nan Scinta. Weigh in optional. Recipes provided. New discussion topic each week. Sign up in office. Cost: \$3 with personal assessment as needed. Meets weekly starting Jan. 14.

NEW INFORMATIONAL PROGRAMS:

Tuesday, Jan. 14 @ 1pm:

Paragon Group Functional Fitness: Join Dr. Elizabeth Marabella Peck, PT, DPT for an informative presentation about Functional Fitness. Dr. Peck has been practicing for 27 years and specializes in orthopedics, joint replacement rehab, biomechanics, balance and fall prevention, pain management, injury prevention and exercise/fitness consultation.

Tuesday, Jan. 28 @ 1pm:

Alzheimer's & Dementia Education: Building Foundations of Caregiving. The Alzheimer's Association offers free classes for anyone interested in or impacted by Alzheimer's and all other dementia. The Empowered Caregiver series aims to help care partners build skills and feel more prepared to handle the challenges that come with caring for someone living with dementia. Building Foundations of Caregiving explores the role of the caregiver and changes they may experience, building a support team and managing caregiver stress.

Future class dates:

February 25 @ 1pm: Supporting Independence

March 25 @ 1pm: Tips for Tough Conversations



SEWING MACHINE DONATIONS: Do you have a sewing machine that you are no longer using and would like to donate to the CSC? We have an active and talented group of crafters and artisans in our Fiber Arts group and they would love some newer sewing machines so they can continue to make beautiful items!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED Jan. 6 & Jan 20	CLOSED Jan. 7	CLOSED Jan. 1	CLOSED Jan. 2	CLOSED Jan. 3
	9:00: Cards/Games	9:00: Fiber Arts	9:00: Cards/Games	9:00: Stretch & Tone \$3
9:00: Fiber Arts	9:00: Ceramics \$3	9:00: Computer help Jan. 8 & 22	9:00: Aerobics	9:00: Rummikub
9:30: Woodworking	9:00: Rummikub		9:30: Woodworking	9:30-11:00: Senior Outreach
10:15: Tap \$7	9:30: Woodworking	9:15: Woodworking	10:00: Intermediate Tai Chi	9:30: Woodworking
11:30: Jazz \$7	11:00: NEW! Healthy Living \$3. Pre-sign up required.	9:30: Line Dancing \$2	10:00: Five Crown	10:00: Meditation
12:15: LUNCH	11:00: Resistance Exercise	11:00: Arthritis Exercise	11:00: Stretch Yoga w/ Teri Tubbs	10:00: Rummikub
12:30: Billiards	12:15: LUNCH	12:15: LUNCH	12:15: LUNCH	11:00: Resistance Exercise
1:00: Pinochle	12:30: Billiards	1:00: Tai Chi with Scott \$10	12:30: Billiards	12:15: LUNCH
1:00 Shuffleboard	1:00 Euchre	1:00 Bridge	1:00: Bridge	12:30: Tabletop Shuffleboard
	1:00 Scrabble	1:00 Watercolor \$12	1:15: Bingo Boards .50 cents	1:00: Pinochle
	1:30 Indoor Horseshoes	1:00 Hand & Foot/ Canasta/Rummikub/ Five Crown/Euchre	1:00: Shuffleboard	1:00: Zumba \$5
	5:00 Dinner	2:30 Zumba \$5	4:00: Yoga NEW! \$15 Pre-sign up required. <i>Yoga mat provided if needed</i>	1:30: Dominoes
	5:30 Pinochle		5:00 Dinner	

The Center is closed:**January 1:**

New Year's Day

January 2 - 7:Closed for facility
painting**January 20:**

Martin Luther King Day

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) or sign up in office if indicated.

**MOVIES THIS MONTH:****Tues. Jan. 14 @ 3pm:****Miracle on 34th Street (1947)**Starring Maureen O'Hara, John
Payne & Natalie Wood**Tues. Jan. 21: DOUBLE FEATURE!****1:00pm: Planes, Trains & Automobiles (1987)**

Comedy starring Steve Martin & John Candy

3:00pm: Deck the Halls (2006)Comedy starring Danny Devito and Mathew
Broderick**Tues. Jan. 28****3:00pm: Crocodile Dundee (1986)**

Comedy starring Paul Hogan, Linda Kozlowski

**NEW CLASS: Gentle Yoga****Thursdays @ 4pm****\$15 per class**

Instructor Christine will lead

you through full body stretching and gentle strengthening. Increase mental and physical flexibility and find peace and calm through meditation. Entire class can be done in a chair, on a mat or chair can be used for support when needed. Sign up in office and let us know if you need a yoga mat.

Join us for a movie or a class/event, then have lunch or dinner at the Center. Lunch is at 12:15 Monday-Friday and dinner is at 5pm on Tuesdays & Thursdays. Call or visit the office to sign up! Menu on page 7.

JANUARY MENU - ERIE COUNTY STAY FIT DINING PROGRAM

MONDAY

Reservations required 48 hours in advance.

Call 716-633-5138 or stop in office. Please call if you have to cancel. Meals are held for 10 minutes, then returned to the kitchen.

TUESDAY

NEW SUGGESTED DONATION \$3.50

Effective January 1, 2025 the Erie County Stay Fit Program has increased the suggested donation amount to \$3.50.

WEDNESDAY

1 CENTER CLOSED



THURSDAY

2 CENTER CLOSED

FRIDAY

3 CENTER CLOSED

CENTER CLOSED FOR FACILITY PAINTING
January 2-7

6 CENTER CLOSED

7 CENTER CLOSED

8

Beef stew, mashed potatoes, Brussels sprouts, biscuit, salad, vanilla pudding

9

Polish sausage with sauerkraut & mustard on bun, potatoes O'Brien, carrots, fudge round

10

Ancho chicken with peppers, onions, salsa & cheddar, Spanish rice, corn, fruit punch, mandarin oranges

CENTER CLOSED FOR FACILITY PAINTING
January 2-7

13

Turkey with stuffing, gravy & cranberry sauce, sweet potatoes, green bean casserole, pineapple tidbits

14

Swedish meatballs over pasta, Harvard beets, peas, orange, chocolate milk

15

Vegetable lasagna with cream sauce, broccoli, salad, roll, chocolate pudding

16

Hearty pork stew, mashed potatoes, carrots, roll, salad, diced peaches

17 Martin Luther King Meal

Breaded chicken drumsticks, seasoned rice & beans, mixed greens, corn muffin, banana crème pie

20 CENTER CLOSED



21

Beef pepper steak casserole over rice, broccoli, carrots, diced pears

22 ENTRÉE SALAD

Grilled chicken salad with Greek dressing, multigrain bread, strawberry gelatin

23

Steakhouse burger with gravy on a bun, mashed potatoes, peas, fruit cocktail, chocolate milk

24

Beer battered fish with tartar sauce, broccoli & cheese rice casserole, Country Cottage vegetables, wheat roll, vanilla pudding

27

Omelet with cheese sauce, tater tots, peppers, onions & tomatoes, raisin bread, pineapple tidbits

28

Rigatoni with Italian sausage, tomato sauce & mozzarella, California blend vegetables, green beans, roll, oatmeal round

29

Turkey a la King, mashed potatoes, carrots, biscuit, chocolate pudding

30

Breaded chicken breast with gravy, cheesy mashed potatoes, spinach, multigrain bread, strawberry ice cream

31

Roast beef with horseradish & gravy, scalloped potatoes, Brussels sprouts, rye bread, salad, orange, chocolate milk

TUESDAY & THURSDAY DINNER MENU: *Suggested donation \$3.50*

- Thu. 1/9: Breaded boneless pork chop with gravy, Harvard beets, broccoli, stuffing, apple pie with whipped topping & milk
- Tue. 1/14: Beer battered fish with tarter sauce, apple juice, zucchini & tomatoes, mac & cheese, chocolate pudding with whipped topping & milk
- Thu. 1/16: Garden chicken patty salad with cheese, carrots & croutons, tomatoes, ranch dressing, whole wheat roll, chocolate pudding with whipped topping & milk
- Tue. 1/21: Stuffed shells with tomato meat sauce, cauliflower, grape juice, roll, salad, lemon meringue pie & milk
- Thu. 1/23: Beef taco salad with cheddar cheese, salad mix & salsa, corn & black bean salsa, tortilla strips, lemon meringue pie, & milk
- Tue. 1/28: Roasted turkey with gravy & cranberry sauce, sweet potatoes, green bean casserole, stuffing, salad, sugar cookie & milk
- Thu. 1/30: Chicken Caesar salad with parmesan, cheese, carrots & croutons, whole wheat roll, sugar cookie & milk



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.



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

*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.

To sign up: Visit the CSC Main Office 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.



NEW WAY TO GET MEMBERS INFORMATION

We're introducing a new telephone notification system to help keep you updated about important news, activities, and any changes at the Center. It will make it easier for you to stay connected and informed. This system will help us send out important reminders, event announcements, emergency alerts, schedule changes or weather-related closings, directly to your phone. We will continue to post announcements on social media and our website, but now you can hear directly on your phone about any changes or updates at the Center

You don't need to do anything - when there's an important update, the system will automatically call the phone number you have listed on your registration form. You'll hear a recorded message that will explain what's happening and provide instructions and contact information if needed.

This system is very easy to use. If you ever feel unsure or need assistance, we'll be here to help. If you have any questions feel free to ask any of the Center staff or call 716-633-5138.

We're excited to have this new way to keep you connected and informed. We hope it helps make your experience at the Center even better!

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.

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.

FOOD PANTRY DONATIONS

Donations for the Clarence Food Pantry can be dropped off in the Main Office.



**Thank you to our
members who helped decorate
the Center Christmas trees!**



THE CLARENCE SENIOR CENTER

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

ORGANIZATION

U.S. POSTAGE

PAID

Clarence, NY 14031

CSC Members had
a great time at our
Holiday Party at
Ripa's Restaurant
in Lancaster!
Thank you to all
who attended!



Joe & Diana Ilecki



Sherri & Mike Becker



*Ruth Claypoole, Sheila
Graber & Marge
McMillen*



Eleanor Radka



Happy New Year!

***There's so much going on at the CSC.
Call, email or visit us today!***

Call 716-633-5138 - Email csci@clarenceseniorcenter.org

VISIT OUR NEW WEBSITE: www.thecsci.org

