

# JANUARY 2019 NEWSLETTER

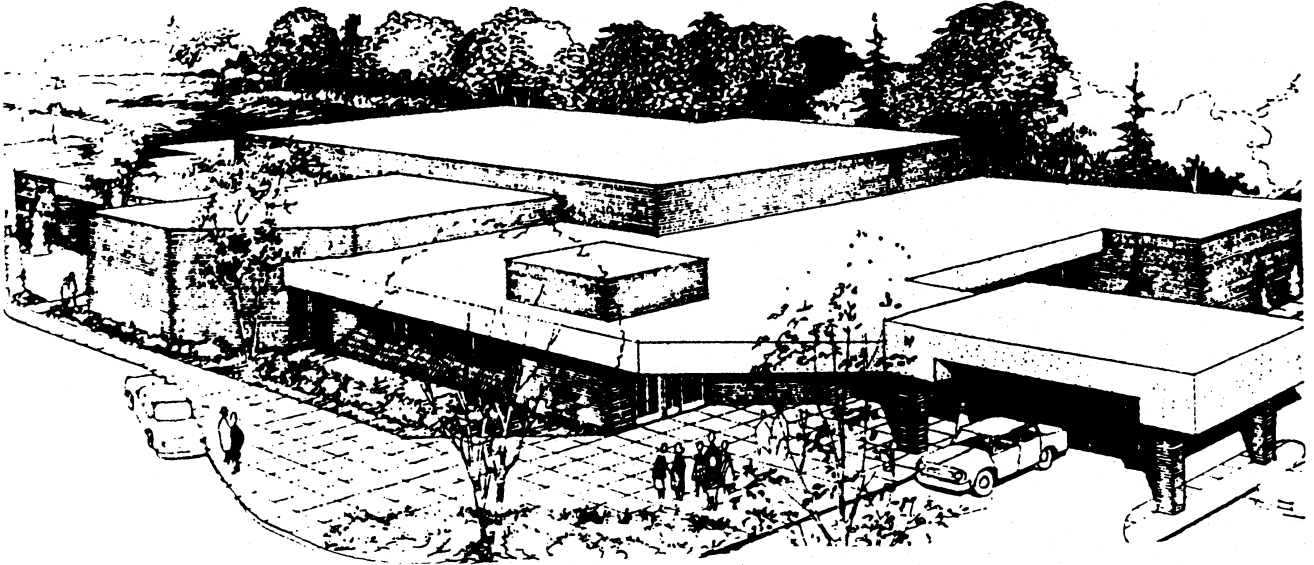
Town of West Seneca

## Senior Citizens Center

4620 Seneca Street

West Seneca, NY 14224

**675-9288**



Senior Center Hours:

8:30-4:30pm

Fitness Center Hours:

8:30am-1:30pm

Office Closed: 12:30-1:30pm

## INFORMATION & REFERRAL SERVICES

- 675-9288 ..... SENIOR CENTER (Open 8:30am - 4:30pm)
- 558-2258 ..... SENIOR FITNESS CENTER (8:30am - 1:30pm)
- 675-9288 ..... TRIPS & TOURS
- 858-7433 ..... GOING PLACES VAN
- 858-7548 ..... RETIRED SENIOR VOLUNTEER PROGRAM
- 858-8526 ..... ERIE COUNTY SENIOR SERVICES
- 822-2002 ..... MEALS ON WHEELS (Intake Dept. 8am-1pm)
- 911 or 674-2280 ... WEST SENECA POLICE
- 911 or 675-1333 ... FIRE & FIRST AID
- 674-2280 ... ARE YOU OK? (Telephone Assurance System)



The purpose of this organization is to provide a municipal program of planned recreational, social, educational, cultural, and health related programs and activities, and to promote good fellowship in a friendly and relaxed manner which will best serve all Senior Citizens in the Town of West Seneca.

## NUTRITION

In cooperation with the Erie County Department of Senior Citizens, the town provides a hot meal for people age 60 or over and their spouses each \_\_\_\_\_ (except holidays) at 12:30pm at the Center. **The suggested contribution is \$3.00** call the Center at 675-9288 Monday and Tuesday 9-4pm to reserve for a lunch 1 weeks later or for the entire month!

## VAN SERVICES

In cooperation with the Erie County Department of Senior Services, the town operates a van to pickup Senior Citizens (who cannot use, or do not have access to any conventional means of transportation) at their home and take them to the doctor, food shopping and other necessary services. The suggested donation for a one-way trip is \$3.00 but EACH person determines what he or she can pay. The van operates five days a week (except holidays) from 9am to 3pm. Reservations must be made 48 hours in advance, except for medical trips within the caller's service area (eg: West Seneca within West Seneca) where reservations may be made two weeks in advance. Call 858-7433 for reservations.

## R.S.V.P.

Our Seniors participate in the retired Senior Volunteer Program through the Erie County Department of Senior Services. Currently, the Monday Morning Sewing Group have volunteer opportunities. For more information call the RSVP Office at 858-7548, or stop in at the Center to check it out!

## MEMBERSHIP INFO

In cooperation with the Erie County Department of Senior Citizens anyone in Erie County is welcomed at the Center and to take part in most of its activities/programs. To become a member at the Center "West Seneca residents only" stop in at the front office and fill out a short application and pay a \$5.00 one time fee. With being a member of the Center you are also entitled to purchase a ticket to the annual Christmas Party and can vote in the elections. Stop in today to become a member if you haven't already! Office hours are:  
9am-4pm and the office is closed 12:30-1:30pm for lunch, thank you.

**~Join the  
Senior Center today!  
Memories made here!**

## HAPPY THOUGHT OF THE MONTH:

**" RAISE A CUP OF CHEER FOR GOOD TIMES AND  
A GOOD YEAR! "**

## UPCOMING SPECIAL EVENTS FOR JANUARY:

- Jan 2 - Computer Class - "Upload Photos" - 10:15am
- Jan 5 - Monthly Pinochle Tournament - 11am
- Jan 9 - Computer Class - "Ask the Teacher" 10:15am - Sign up
- Jan 10 - Birthday Cake Day for January Birthdays! - Sign up
- Jan 14 - Monthly Eucher Tournament - 11am
- Jan 16 - Computer Class - "How to use the Smart Phone-10:15
- Jan 17 - Heap Outreach Sponsored by County Legislature  
Joe Lorigo 9am to 4pm
- Jan 17 - Clarity Info Session - 10-12noon
- Jan 18 - First Light Info Session - 10:30am
- Jan 28 - AARP Safe Driving Class 9-4pm
- Jan 28 - United Health Care - 10-12noon
- Jan 28 - WSSC Board Meeting - 1:15pm
- Jan 28 - WSSC Trips & Tours Meeting - 2:30pm
- Jan 30 - Computer Class - "Email Messages" - 10:15am

## ~ MARY'S MINUTE ~

*Hello all and happy January! I can't believe that it is 2019 already so the thought of the month is "Raise a cup of cheer for good times and a good year". This thought is perfect for anytime but especially the start of a new year, you know "new year, new you". So this is the time to start anew and resolve to be a better, kinder, nicer, giving person, and to wish well to all, no matter if they are your friend or not. So let's all try together to be more understanding of each other, take a minute to listen to others and to smile more and frown less! I truly only want the best for each and every one of you and this Senior Center is a great place where a ton of good times happen so let's continue to work together to keep this place the best Senior Center there is!*

*I'm so blessed to be here and to have you as my friend and for that I will always be **Grateful and Thankful!!** So on New Year's Eve and every day after I will...*

**" RAISE A CUP OF CHEER FOR GOOD TIMES AND  
A GOOD YEAR! "**

**HAPPY 2019 MY FRIENDS**

*~ Love and Laughter, Mary.*





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**DID YOU KNOW THAT THERE ARE BOCCE BALL AND SHUFFLE BOARD SET UPS DOWN STAIRS IN THE FITNESS CENTER? IF INTERESTED IN LEARNING HOW TO PLAY OR JOIN A TOURNAMENT STOP IN AND SIGN UP!**  
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**God Bless our Veterans! We're Free Because Of YOU!**



# JANUARY 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p><b>NEW YEAR'S DAY</b></p>  <p><b>CENTER CLOSED NO MEALS SERVED</b></p>	<p>2</p> <p>10:00 Wii Bowling 10:00 Dancercise 10:00 Ceramics 10:00 Computer Class "Upload Photos" <b>12:30 LUNCH: Breaded Chicken Breast</b> 1:00 Bridge 1:15 Ceramics 1:30 Bingo</p>	<p>3</p> <p>10:00 Ceramics 10:00 Mah Jong <b>12:30 LUNCH: Hot Dog with Chili with Mac n Cheese</b> 1:00 Euchre 1:00 Line Dancing 1:00 Friendly Pinochle 1st Thursday in The Library</p>	<p>4</p> <p>10:15 Tai Chi Exercise <b>12:30 LUNCH: Lasagna Roll/Chef Salad</b> 1:30 Bingo</p>
<p>7</p> <p>9:30 RSVP Sewing 9:30 Chess 10:00 Ceramics 10:15 Tai Chi Exercise <b>12:30 LUNCH: Boneless Chicken Breast</b> 1:00 Bridge/Dominoes 1:15 Ceramics</p>	<p>8</p> <p>10:00 Ceramics <b>12:30 LUNCH: SALAD Julienne Salad</b> 1:00 Pinochle</p>	<p>9</p> <p>10:00 Wii Bowling 10:00 Dancercise 10:00 Ceramics 10:00 Computer Class "Ask the Teacher" <b>12:30 LUNCH: Polish Sausage</b> 1:00 Bridge 1:15 Ceramics 1:30 Bingo</p>	<p>10</p> <p><u><b>January Birthday Lunch Day!</b></u></p> <p>10:00 Ceramics 10:00 Mah Jong 12:00 Hand n Foot <b>12:30 LUNCH: Tortellini/MeatSauce</b> 1:00 Euchre 1:00 Line Dancing</p> 	<p>11</p> <p>10:15 Tai Chi Exercise <b>12:30 LUNCH: Salisbury Steak/Gravy</b> 1:30 Bingo</p>
<p>14</p> <p>9:30 RSVP Sewing 9:30 Chess 10:00 Ceramics 10:15 Tai Chi Exercise <b>12:30 LUNCH: Sliced Turkey/Gravy</b> 1:00 Euchre Tournament 1:00 Bridge/Dominoes 1:15 Ceramics</p>	<p>15</p> <p>10:00 Ceramics <b>12:30 LUNCH: Beef Pepper Steak</b> 1:00 Pinochle</p>	<p>16</p> <p>10:00 Wii Bowling 10:00 Ceramics 10:00 Dancercise 10:00 Computer Class 'how to use the smart phone" <b>12:30 LUNCH: Penne Pasta/Meatballs</b> 1:00 Bridge 1:15 Ceramics 1:30 Bingo</p>	<p>17</p> <p>9-4pm HEAP Outreach 10:00 Clarity Info Session 10:00 Ceramics 10:00 Mah Jong <b>12:30 LUNCH: Roast Pork Loin with Sweet Potatoes</b> 1:00 Euchre 1:00 Line Dancing</p>	<p>18</p> <p>10:15 Tai Chi Exercise 10:30 First Light Info Session <b>12:30 LUNCH: Baked Tilapia with Creole Sauce</b> 1:30 Bingo</p>
<p><b>MLK DAY</b></p> <p>21</p>  <p><b>NO MEALS SERVED CENTER CLOSED</b></p>	<p>22</p> <p>10:00 Ceramics <b>12:30 LUNCH: SALAD Chicken Caeser Salad</b> 1:00 Pinochle</p>	<p>23</p> <p>10:00 Wii Bowling 10:00 Ceramics 10:00 Dancercise <b>12:30 LUNCH: Beef Stroganoff /Rice</b> 1:00 Bridge 1:15 Ceramics 1:30 Bingo</p>	<p>24</p> <p>10:00 Ceramics 10:00 Mah Jong <b>12:30 LUNCH: Chicken Pasta Primavera / Italian Veggies</b> 1:00 Euchre 1:00 Line Dancing</p>	<p>25</p> <p>10:15 Tai Chi Exercise <b>12:30 LUNCH: Ham Steak/Maple Glaze</b> 1:30 Bingo</p>
<p>28</p> <p>9:00 AARP 9:30 RSVP Sewing 9:30 Chess 10:00 Ceramics 10:00 United Health 10:15 Tai Chi Exercise <b>12:30 LUNCH: Chicken Pot Pie</b> 1:00 Bridge/Dominoes 1:15 Ceramics 1:15 Board Meeting 2:30 Trips &amp; Tours Mtg</p>	<p>29</p> <p>10:00 Ceramics <b>12:30 LUNCH: Veggie Burger with Roasted Red Potatoes</b> 1:00 Pinochle</p>	<p>30</p> <p>10:00 Wii Bowling 10:00 Ceramics 10:00 Dancercise 10:00 Computer Class "Email Messaages" <b>12:30 LUNCH: Roasted Pork Loin</b> 1:00 Bridge 1:15 Ceramics 1:30 Bingo</p>	<p>31</p> <p>10:00 Ceramics 10:00 Mah Jong <b>12:30 LUNCH: Meatloaf with / Mashed Potatoes</b> 1:00 Euchre 1:00 Line Dancing</p>	<p>1</p> <p>10:15 Tai Chi Exercise <b>12:30 LUNCH: Lasagna Roll</b> 1:30 Bingo</p>