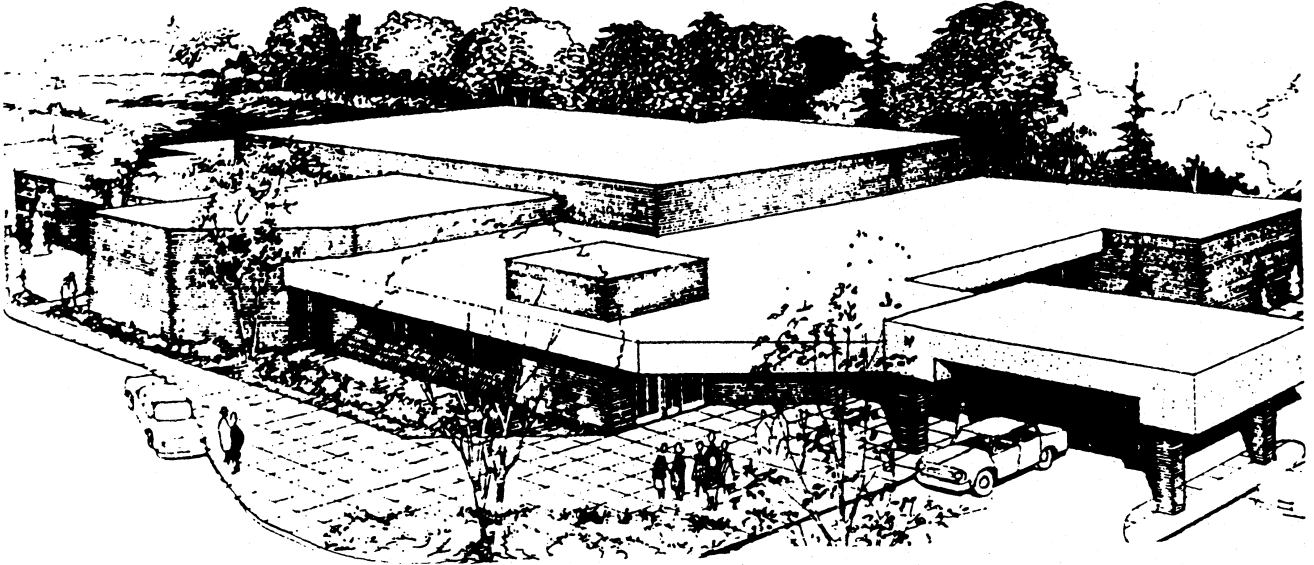


AUGUST 2018 NEWSLETTER



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 AUGUST THOUGHT OF THE MONTH:

"Recipe to Live By"

UPCOMING SPECIAL EVENTS FOR AUGUST

- Aug 3 - Univera Info Session 10-11am
- Aug 6 - Fidelis Info Session - 10 -12 Noon
- Aug 6 - National Root Beer Float Day! Sponsored by Fidelis!
- Aug 9 - United Health Care - 10 - 11:30am
- Aug 9 - August Birthday Cake Lunch - Sign up in the Office
- Aug 9 - Thursday Dance - Music by Bobby Sugg
4:30 - 5:30 - \$3 Roast Beef Sandwich, chips, coffee
5:30 - 8:30 - \$3 Music by Bobby Sugg
- Aug 14 - Computer Class - 10 & 11am - sign up today!
- Aug 15 - Clear Captions - 10 - 12 Noon
- Aug 27 - WSSC Trips & Tours Meeting - 2:30pm
- Aug 27 - WSSC Board Meeting - 1:15pm
- Aug 28 - Computer Class - 10 & 11am - sign up today!

~ MARY'S MINUTE ~

Hello and Happy August! I hope all is well with you and happy Summer! The thought of the month is "Recipe to Live By" is perfect not for the month of August but for every day. As you all know I love recipes and love to cook so when a sweet lady from the Senior Center shared a recipe with me I was happy to look it over and when I read it, it brought a smile to me face and knew right away that I needed to share it with you all, so here it is:

"A Recipe to Live By"

~ 1/2 cup friendship

~ 1 cup thoughtfulness

~ Cream together with a pinch of powdered tenderness very lightly beaten in a bowl of loyalty with: 1 cup faith, 1 cup hope, 1 cup charity.

~ Be sure to add a spoonful each of gaiety that sings, also the ability to laugh at little things. Moisten with sudden tears of heartfelt sympathy.

~ Bake in a good natured pan of service

~ Serve repeatedly

I feel that this recipe is perfect to keep close to your heart and try you best to follow it each and every day, I know I will, so enjoy it and remember your "Recipe to Live By"

You all are the best, get 'cooking' and enjoy your day!


~ Love and Laughter, Mary.

~~~~~  
~ RAISE A CUP OF CHEER AND TOAST TO  
GOOD FRIENDS, GOOD TIMES AND A GOOD YEAR!  
HAPPY 2018 MY FRIENDS ~  
~~~~~



AUGUST, 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Don't Forget the West Seneca Farmers Market Is open ! Every Thursday 4:00-7:30pm Behind the Town Hall</p>		<p>1</p> <p>10:00 Wii Bowling 10:00 Ceramics 10:00 Dancercise 12:30 LUNCH: JULIENNE SALAD FROSTED BROWNIE 1:00 Bridge 1:15 Ceramics 1:30 Bingo</p>	<p>2</p> <p>10:00 Ceramics 10:00 Mah Jong 12:30 LUNCH: STUFFED PEPPER WITH MASHED POTATOES 1:00 Euchre 1:00 Line Dancing</p>	<p>3</p> <p>10:00 Univera Info 10:15 Tai Chi Exercise 12:30 LUNCH: CHICKEN LEG QTR SQUASH/BRUSSEL SPROUTS 1:30 Bingo</p>
<p>6</p> <p>9:30 RSVP Sewing 9:30 Chess 10:00 Ceramics 10:15 Tai Chi Exercise 10:00 Fidelas Info 12:30 LUNCH: HAMBURGER/BUN MASHED POTATOES 1:00 Bridge/Dominoes 1:15 Ceramics</p>	<p>7</p> <p>10:00 Ceramics 12:30 LUNCH: BONELESS CHICKEN BREAST/GRAVY 1:00 Pinochle</p>	<p>8</p> <p>10:00 Wii Bowling 10:00 Ceramics 12:30 LUNCH: CHILI CON CARNE 1:00 Bridge 1:15 Ceramics 1:30 Bingo</p>	<p>9</p> <p><u>Birthday Cake Lunch Day</u> 10:00 Ceramics 10:00 Mah Jong 10:00 Clarity Group 12:00 Hand n Foot 12:30 LUNCH: SWEET N SOUR CHICKEN 1:00 Euchre 1:00 Line Dancing</p> 	<p>10</p> <p>10:15 Tai Chi Exercise 12:30 LUNCH: BEEF PATTY WITH SAUCE/POTATOES 1:30 Bingo</p>
<p>13</p> <p>9:30 RSVP Sewing 9:30 Chess 10:00 Ceramics 10:15 Tai Chi Exercise 12:30 LUNCH: PORK RIBETTE/BBQ 1:00 Bridge/Dominoes 1:15 Ceramics</p>	<p>14</p> <p>10:00 Ceramics 10:00 & 11:00 Computer Class Sign up today 12:30 LUNCH: BEEF STEW WITH MASHED POTATOES 1:00 Pinochle</p>	<p>15</p> <p>10:00 Wii Bowling 10:00 Ceramics 10:00 Dancercise 10:00 Clear Captions 12:30 LUNCH: SALAD CRANBERRY CHICKEN SALAD 1:00 Bridge 1:15 Ceramics 1:30 Bingo</p>	<p>16</p> <p>10:00 Ceramics 10:00 Mah Jong 12:30 LUNCH: MEATLOAF WITH AU GRATIN POTATOES 1:00 Euchre 1:00 Line Dancing</p>	<p>17</p> <p>10:15 Tai Chi Exercise 12:30 LUNCH: BAKED FISH/WITH DILL SAUCE AND MAC N CHEESE 1:30 Bingo</p>
<p>20</p> <p>9:30 RSVP Sewing 9:30 Chess 10:00 Ceramics 10:15 Tai Chi Exercise 12:30 LUNCH: MEATBALLS WITH CAVATAPPI PASTA 1:00 Bridge/Dominoes 1:15 Ceramics</p>	<p>21</p> <p>10:00 Ceramics 12:30 LUNCH: CHICKEN CORCON BLEU /RICE PILAF 1:00 Pinochle</p>	<p>22</p> <p>10:00 Wii Bowling 10:00 Ceramics 12:30 LUNCH: TURKEY/STUFFING 1:00 Bridge 1:15 Ceramics 1:30 Bingo</p>	<p>23</p> <p>10:00 Ceramics 10:00 Mah Jong 12:30 LUNCH: CHEESE OMELET WITH HOME FRIES 1:00 Euchre 1:00 Line Dancing</p>	<p>24</p> <p>10:15 Tai Chi Exercise 12:30 LUNCH: STUFFED PEPPER WITH MASHED POTATOES 1:30 Bingo</p>
<p>27</p> <p>9:30 RSVP Sewing 9:30 Chess 10:00 Ceramics 10:15 Tai Chi Exercise 12:30 LUNCH: CREAMY TURKEY PASTA 1:00 Bridge/Dominoes 1:15 Ceramics 1:15 Board Meeting 2:30 Trips & Tours Mtg</p>	<p>28</p> <p>10:00 Ceramics 10:00 & 11:00 Computer Class Sign up today 12:30 LUNCH: SLOPPY JOE/ CORN AND CAULIFLOWER 1:00 Pinochle</p>	<p>29</p> <p>10:00 Wii Bowling 10:00 Ceramics 10:00 Knitting/Crafts 10:00 Dancercise 12:30 LUNCH: HAN STEAK/SQUASH BRUSSEL SPROUTS 1:00 Bridge 1:15 Ceramics 1:30 Bingo</p>	<p>30</p> <p>10:00 Ceramics 10:00 Mah Jong 12:30 LUNCH: ROST BEEF WITH MASHED POTATOES 1:00 Euchre 1:00 Line Dancing</p>	<p>31</p> <p>10:15 Tai Chi Exercise 12:30 LUNCH: STEAKHOUSE BURGER MAC N CHEESE 1:30 Bingo</p>