

# JANUARY 2018 NEWSLETTER

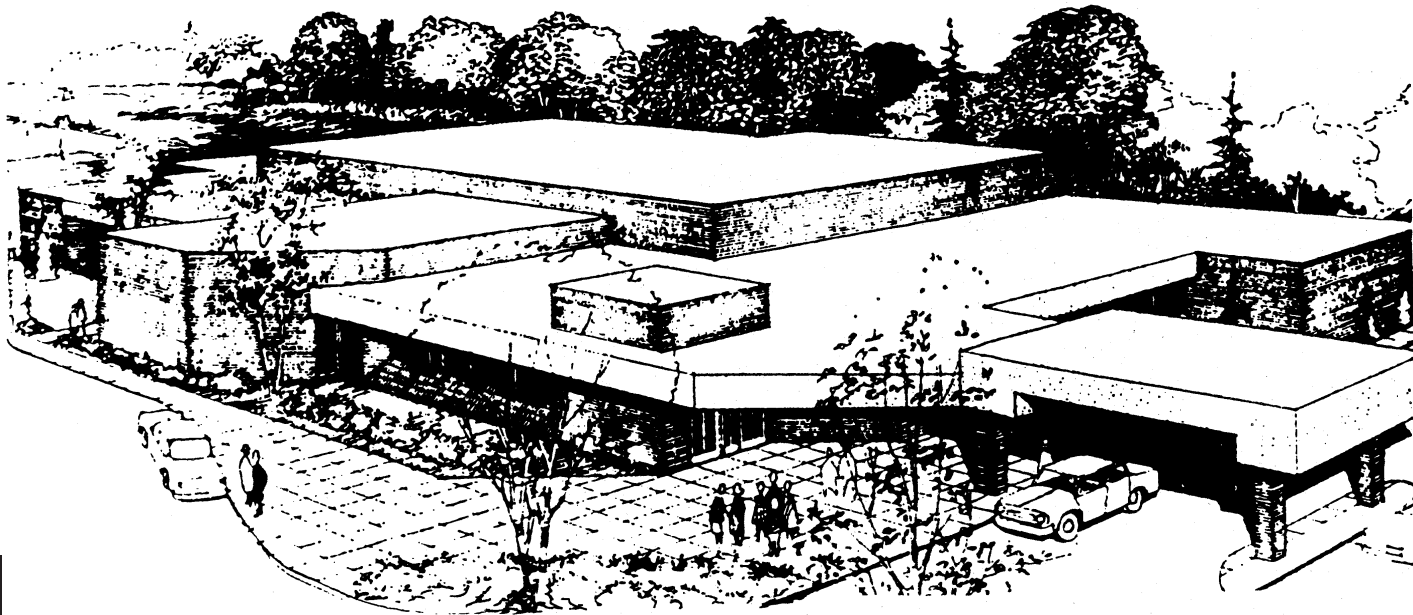
Town of West Seneca

## 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 JANUARY ~  
**THOUGHT OF THE MONTH:**  
**"Cheers to a new year and another chance for us to get it right"**

## UPCOMING SPECIAL EVENTS FOR JANUARY:

- Jan 1 - Welcome 2018! - Center Closed - No Meals Served
- Jan 3 - Union Medical - 11am
- Jan 5 - Holiday Bingo!
- Jan 6 - Pinochle Tournament - doors open at 11 play begins at 1
- Jan 8 - BCBS info session - 10-12noon
- Jan 8 - Euchre Tournament - 1pm
- Jan 11 - Birthday Cake Lunch Day - Sign up in the office
- Jan 11 - 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
- Jan 12 - Senior HEAP & SNAP Outreach 10-12
- Jan 12 - Martin Luther King Lunch
- Jan 15 - Martin Luther King Day - Center Closed
- Jan 22 - Sr. Center Board Meeting - 1:15pm
- Jan 22 - Trips & Tours Meeting - 2:30pm
- Jan 24 - Walgreens - BP checks & info - 12-1
- Jan 29 - AARP Safe Driving Class - 9:15-3:45pm - must sign up

## MARY'S MINUTE~

*Hello, Happy New Year! I hope all is well with you! Like the thought of the month says, **"Cheers to a new year and another chance for us to get it right!"**. This thought of the month is not only perfect for January but something to live by for the entire year! We all want to start the new year with a resolution and I don't know about all of you but each and every year I start it off with my resolutions filled with many things that I want to change and every year I try and every year it doesn't last so long so hopefully this year it will work out better, fingers crossed! Maybe it will work if we all try to do it together and make it a group effort to get it right and to do the right thing this year! But please keep this in mind, don't change coming to the Senior Center because my day is never complete until I see your smiling face! So, cheers to us all for trying to do the right thing and for continuing to make this Senior Center the Best Place to Be! You all mean so much to me and I thank you for that! Have a Keen 2018! You all are the best and a very happy New Year!*


~ Love and Laughter, Mary.

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



# JANUARY, 2018



| Monday                                                                                                                                                                                                                                          | Tuesday                                                                                                                                                         | Wednesday                                                                                                                                                                                                                                  | Thursday                                                                                                                                                                                                                                                                                                                                              | Friday                                                                                                                                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1</p> <p><b>Happy New Year!</b></p> <p><b>CENTER CLOSED<br/>NO MEALS SERVED</b></p>                                                                                                                                                          | <p>2</p> <p>10:00 Ceramics<br/><b>12:30 LUNCH:<br/>Sloppy Joe on a<br/>Wheat Bun</b><br/><br/>1:00 Pinochle</p>                                                 | <p>3</p> <p>10:00 Wii Bowling<br/>10:00 Ceramics<br/>10:00 Dancercise<br/>10:00 Knitting/Crafts<br/>11:00 Union Medical<br/><b>12:30 LUNCH: Ham<br/>Steak with pineapple</b><br/>1:00 Bridge<br/>1:15 Ceramics<br/>1:30 Bingo</p>          | <p>4</p> <p>10:00 Ceramics<br/>10:00 Mah Jong<br/><b>12:30 LUNCH: Chicken<br/>Leg with BBQ Sauce</b><br/>1:00 Euchre<br/>1:00 Line Dancing</p>                                                                                                                                                                                                        | <p>5</p> <p>9:00 Poker<br/>10:15 Tai Chi Exercise<br/><b>12:30 LUNCH:<br/>Steakhouse Burger<br/>w/gravy &amp; a bun</b><br/><br/>1:30 Bingo<br/>"Holiday Bingo"</p>                                                                  |
| <p>8</p> <p>9:30 RSVP Sewing<br/>9:30 Chess<br/>10:00 Ceramics<br/>10:15 Tai Chi Exercise<br/>10:00 BCBS Info<br/><b>12:30 LUNCH: Beef<br/>Macaroni Casserole</b><br/>1:00 Euchre Tournament<br/>1:00 Bridge/Dominoes<br/>1:15 Ceramics</p>     | <p>9</p> <p>10:00 Ceramics<br/><b>12:30 LUNCH:<br/>Breaded Chicken<br/>Breast w/scaloppini<br/>sauce &amp; potatoes</b><br/>1:00 Pinochle</p>                   | <p>10</p> <p>10:00 Wii Bowling<br/>10:00 Ceramics<br/>10:00 Dancercise<br/>10:00 Knitting/Crafts<br/><b>12:30 LUNCH: Mac &amp;<br/>Cheese Chicken<br/>Casserole &amp; Side Salad!</b><br/>1:00 Bridge<br/>1:15 Ceramics<br/>1:30 Bingo</p> | <p><u><b>Birthday Cake<br/>Lunch Day</b></u> 11</p> <p>10:00 Ceramics<br/>10:00 Mah Jong<br/>12:00 Hand n Foot<br/><b>12:30 LUNCH:<br/>Hamburger &amp; gravy</b><br/>1:00 Euchre<br/>1:00 Line Dancing<br/><b>6:30 Thursday Dance<br/>Music by Bobby Sugg</b></p>  | <p>12</p> <p>9:00 Poker<br/>10:00 Senior Services<br/>SNAP-HEAP<br/>10:15 Tai Chi Exercise<br/><b>12:30 LUNCH:<br/>MLK Special Lunch<br/>Breaded Boneless Pork<br/>Chop with gravy &amp;<br/>Banana Cream Pie</b><br/>1:30 Bingo</p> |
| <p>15</p>  <p><b>Martin Luther<br/>King Jr. Holiday<br/>Center Closed<br/>No Meals Served</b></p>                                                              | <p>16</p> <p>10:00 Ceramics<br/><b>12:30 LUNCH:<br/>Penne Pasta<br/>Meatballs and sauce</b><br/>1:00 Pinochle</p>                                               | <p>17</p> <p>10:00 Wii Bowling<br/>10:00 Ceramics<br/>10:00 Knitting/Crafts<br/>10:00 Dancercise<br/><b>12:30 LUNCH:<br/>Boneless Chicken<br/>Breast w gravy</b><br/>1:00 Bridge<br/>1:15 Ceramics<br/>1:30 Bingo</p>                      | <p>18</p> <p>10:00 Ceramics<br/>10:00 Mah Jong<br/><b>12:30 LUNCH:<br/>Meatloaf w/Onion Gravy</b><br/>1:00 Euchre<br/>1:00 Line Dancing</p>                                                                                                                                                                                                           | <p>19</p> <p>9:00 Poker<br/>10:15 Tai Chi Exercise<br/><b>12:30 LUNCH:<br/>Entrée Salad!<br/>Julienne Salad !!</b><br/>1:30 Bingo</p>                                                                                                |
| <p>22</p> <p>9:30 RSVP Sewing<br/>9:30 Chess<br/>10:00 Ceramics<br/>10:15 Tai Chi Exercise<br/><b>12:30 LUNCH:<br/>Boneless Chicken</b><br/>1:00 Bridge/Dominoes<br/>1:15 Ceramics<br/>1:15 Sr Board Meeting<br/>2:30 Trips &amp; Tours Mtg</p> | <p>23</p> <p>10:00 Ceramics<br/><b>12:30 LUNCH:<br/>Breaded Veal Patty<br/>With Penne Pasta<br/>And Sauce</b><br/>1:00 Pinochle</p>                             | <p>24</p> <p>10:00 Wii Bowling<br/>10:00 Ceramics<br/>10:00 Knitting/Crafts<br/>10:00 Dancercise<br/><b>12:30 LUNCH: Ham<br/>Steak w/Maple Glaze</b><br/>1:00 Bridge<br/>1:15 Ceramics<br/>1:30 Bingo</p>                                  | <p>25</p> <p>10:00 Ceramics<br/>10:00 Mah Jong<br/><b>12:30 LUNCH: Hot Dog<br/>w/Chili Sauce on a bun<br/>And Potato Salad</b><br/>1:00 Euchre<br/>1:00 Line Dancing</p>                                                                                                                                                                              | <p>26</p> <p>9:00 Poker<br/>10:15 Tai Chi Exercise<br/><b>12:30 LUNCH:<br/>Breaded Boneless Pork<br/>Chop with Gravy</b><br/>1:30 Bingo</p>                                                                                          |
| <p>29</p> <p>9:15 AARP Safe<br/>Driving Class<br/>9:30 RSVP Sewing<br/>9:30 Chess<br/>10:00 Ceramics<br/>10:15 Tai Chi Exercise<br/><b>12:30 LUNCH:<br/>Swedish Meatballs<br/>Over Cavatapi</b><br/>1:00 Bridge/Dominoes<br/>1:15 Ceramics</p>  | <p>30</p> <p>10:00 Ceramics<br/><b>12:30 LUNCH:<br/>Entrée Salad!<br/>Caesar Salad with<br/>Breaded Chicken<br/>Breast &amp; Dressing</b><br/>1:00 Pinochle</p> | <p>31</p> <p>10:00 Wii Bowling<br/>10:00 Ceramics<br/>10:00 Knitting/Crafts<br/>10:00 Dancercise<br/><b>12:30 LUNCH: Lasagna<br/>Roll with Tomato Meat<br/>Sauce and Cake</b><br/>1:00 Bridge<br/>1:15 Ceramics<br/>1:30 Bingo</p>         | <p>1</p> <p>10:00 Ceramics<br/>10:00 Mah Jong<br/><b>12:30 LUNCH: Sliced<br/>Turkey Breast w/gravy<br/>Dressing &amp; potatoes</b><br/>1:00 Euchre<br/>1:00 Line Dancing</p>                                                                                                                                                                          | <p><u><b>Ground Hog Day!</b></u> 2</p> <p>9:00 Poker<br/>10:15 Tai Chi Exercise<br/><b>12:30 LUNCH:<br/>Steakhouse Burger<br/>With Gravy AND<br/>Chocolate Milk!</b><br/>1:30 Bingo</p>                                              |
|                                                                                                                                                                                                                                                 |                                                                                                                                                                 |                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                      |