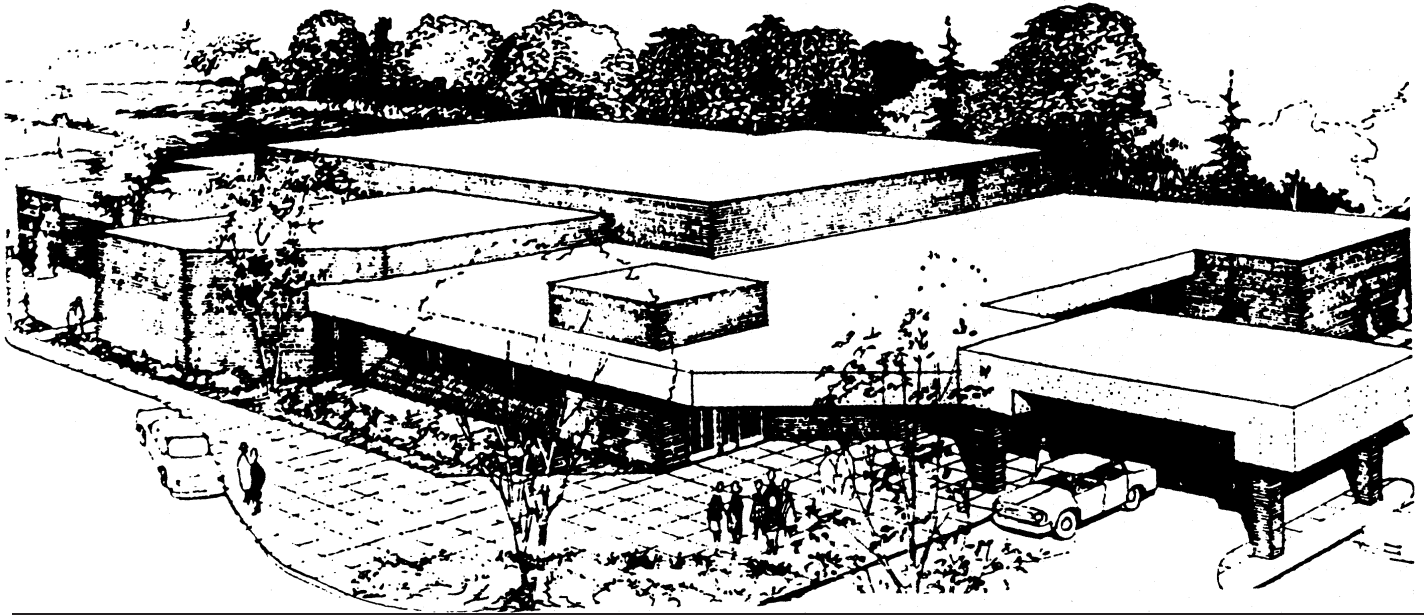


APRIL 2018 NEWSLETTER



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 APRIL~ THOUGHT OF THE MONTH:

"Your mind is a garden, Your thoughts are the seeds, you can grow flowers or you can grow weeds"

UPCOMING SPECIAL EVENTS FOR APRIL:

- Apr 4 - United Health Care - 10:30-12noon
- Apr 7 - Pinochle Tournament - doors open at 11 play begins at 1
- Apr 8 - Library Fund Raiser - Trivia Nite at the Senior Center
- Apr 9 - Euchre Tournament - 1pm - Sign up 12 to 12:45
- Apr 10 - Computer Class - 10 & 11am sign up today!
- Apr 11 - BCBS Info Session - 10am
- Apr 11 - Crime Victim Rights Info Session 11:30am
- Apr 12 - Birthday Cake Lunch Day - Sign up in the office
- Apr 13 - WS Art Show Reception and bonus sale
- Apr 18 - Fidelas Info Session 10-12noon
- Apr 18 - WNY Legal Aid - 11-12noon
- Apr 20 - Univera Info Session - 10-11am
- Apr 22 - Spring Dinner Dance - \$20 a ticket - get yours today!
- Apr 23 - AARP Safe Driving Class
- Apr 23 - Sr. Center Board Meeting - 1:15pm
- Apr 23 - Trips & Tours Meeting - 2:30pm
- Apr 28 - National Drug Drop Off Day - 10-2

~ MARY'S MINUTE ~

Hello and a happy April! The thought of the month is perfect for this month "Your mind is a garden, your thoughts are the seeds, you can grow flowers or you can grow weeds" because of many reasons. First off there is April and it's the start of the growing season with the bulbs popping up and the trees blooming, and there is also the time for panning in your mind how you want your gardens to look this year but it's also something deeper where in our minds we have the ability to see the good in all and to be good and we all are the flowers in life. So, every day you can make a decision and that decision is if you want to grow weeds or if you want to grow flowers and I choose flowers and I pick all of YOU! We all have the common goal of making this Senior Center the best place there is and do you know what? I think it is! The West Seneca Senior Center is a friendly place, a home away from home where all feel welcomed! So let's all remember this thought of the month and grow flowers together to continue to make this the best place ever! You all are the best!


~ Love and Laughter, Mary.

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



# APRIL 2018



| Monday                                                                                                                                                                                                                                                         | Tuesday                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                | Thursday                                                                                                                                                                                                                                                                                             | Friday                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <p>2</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:</b><br/>Cabbage Roll<br/>1:00 Bridge/Dominoes<br/>1:15 Ceramics</p>                                                                              | <p>3</p> <p>10:00 Ceramics<br/><b>12:30 LUNCH:</b><br/>Breaded Chicken Breast/Gravy<br/>1:00 Pinochle</p>                                                               | <p>4</p> <p>10:00 Wii Bowling<br/>10:00 Ceramics<br/>10:00 Dancercise<br/>10:30 United Health Care<br/>10:00 Knitting/Crafts<br/><b>12:30 LUNCH: SALAD</b><br/>Julienne Salad<br/>1:00 Bridge<br/>1:15 Ceramics</p>                      | <p>5</p> <p>10:00 Ceramics<br/>10:00 Mah Jong<br/><b>12:30 LUNCH:</b><br/>Breaded Boneless Pork Chop<br/>1:00 Euchre<br/>1:00 Line Dancing</p>                                                                                                                                                       | <p>6</p> <p>10:15 Tai Chi Exercise<br/><b>12:30 LUNCH:</b><br/>Hamburger/Potatoes<br/>1:30 Bingo</p>                        |
| <p>9</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:</b><br/>BBQ Pulled Pork<br/>1:00 Euchre Tournament<br/>1:00 Bridge/Dominoes<br/>1:15 Ceramics</p>                                                | <p>10</p> <p>10:00 Ceramics<br/>10:00 Computer Class<br/>Sign up today!<br/><b>12:30 LUNCH:</b><br/>Penne Pasta, Meatballs, Sauce and Side Salad!<br/>1:00 Pinochle</p> | <p>11</p> <p>10:00 BCBS<br/>10:00 Wii Bowling<br/>10:00 Ceramics<br/>10:00 Dancercise<br/>11:30 Crime Victim Rights Info Session<br/><b>12:30 LUNCH:</b><br/>Breaded Chicken Breast<br/>1:00 Bridge<br/>1:15 Ceramics<br/>1:30 Bingo</p> | <p><u><b>Birthday Cake Lunch Day</b></u></p> <p>12</p>  <p>10:00 Ceramics<br/>10:00 Mah Jong<br/>12:00 Hand n Foot<br/><b>12:30 LUNCH:</b><br/>Meatloaf/Mashed Potatoes<br/>1:00 Euchre<br/>1:00 Line Dancing</p> | <p>13</p> <p>10:15 Tai Chi Exercise<br/><b>12:30 LUNCH:</b><br/>Breaded Fish w Broccoli Cheese Casserole<br/>1:30 Bingo</p> |
| <p>16</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:</b><br/>Boneless Chicken Breast<br/>1:00 Bridge/Dominoes<br/>1:15 Ceramics</p>                                                                  | <p>17</p> <p>10:00 Ceramics<br/><b>12:30 LUNCH:</b><br/>Veal Parmesan with Pasta and Sauce<br/>1:00 Pinochle</p>                                                        | <p>18</p> <p>10:00 Fidelas<br/>10:00 Wii Bowling<br/>10:00 Ceramics<br/>10:00 Dancercise<br/>11:00 WNY Legal Info<br/><b>12:30 LUNCH:</b><br/>Ham Steak<br/>1:00 Bridge<br/>1:15 Ceramics<br/>1:30 Bingo</p>                             | <p>19</p> <p>10:00 Ceramics<br/>10:00 Mah Jong<br/><b>12:30 LUNCH:</b><br/>Hot Dog/Chili Sauce<br/>Mac n Cheese<br/>1:00 Euchre<br/>1:00 Line Dancing</p>                                                                                                                                            | <p>20</p> <p>10:00 Univera<br/>10:15 Tai Chi Exercise<br/><b>12:30 LUNCH:</b><br/>Breaded Boneless Pork<br/>1:30 Bingo</p>  |
| <p>23</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:</b><br/><b>Swedish Meatballs/ Pasta</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>24</p> <p>10:00 Ceramics<br/><b>12:30 LUNCH:</b><br/>Breaded Chicken Breast<br/>1:00 Pinochle</p>                                                                    | <p>25</p> <p>10:00 Wii Bowling<br/>10:00 Ceramics<br/>10:00 Knitting/Crafts<br/>10:00 Dancercise<br/><b>12:30 LUNCH:</b><br/>Lasagna Roll/side salad<br/>1:00 Bridge<br/>1:15 Ceramics</p>                                               | <p>26</p> <p>10:00 Ceramics<br/>10:00 Mah Jong<br/><b>12:30 LUNCH:</b><br/>Turkey, Stuffing &amp; Gravy<br/>1:00 Euchre<br/>1:00 Line Dancing</p>                                                                                                                                                    | <p>27</p> <p>10:15 Tai Chi Exercise<br/><b>12:30 LUNCH: SALAD</b><br/>Julienne Salad<br/>1:30 Bingo</p>                     |
| <p>30</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:</b><br/>Beef Pepper Steak<br/>1:00 Bridge/Dominoes<br/>1:15 Ceramics</p>                                                                        | <p>1</p> <p>10:00 Ceramics<br/><b>12:30 LUNCH:</b><br/>Stuffed Shells with Sauce &amp; Side Salad<br/>1:00 Pinochle</p>                                                 | <p>2</p> <p>10:00 Wii Bowling<br/>10:00 Ceramics<br/>10:00 Knitting/Crafts<br/>10:00 Dancercise<br/><b>12:30 LUNCH:</b><br/>Boneless Chicken Breast<br/>1:00 Bridge<br/>1:15 Ceramics<br/>1:30 Bingo</p>                                 | <p>3</p> <p>10:00 Ceramics<br/>10:00 Mah Jong<br/><b>12:30 LUNCH:</b><br/>Sliced Roast Beef Sandwich with gravy<br/>1:00 Euchre<br/>1:00 Line Dancing</p>                                                                                                                                            | <p>4</p> <p>10:15 Tai Chi Exercise<br/><b>12:30 LUNCH:</b><br/>Ham and Cheese Strata with Cheese Sauce<br/>1:30 Bingo</p>   |
|                                                                                                                                                                                                                                                                |                                                                                                                                                                         |                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                      |                                                                                                                             |