

Clarence Senior Center
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Clarence, New York 14031

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TIME VALUE

August 2009

The *SILVER* STREAK

THE NEWSLETTER OF CLARENCE SENIOR CITIZENS, INC.

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Chairman of the
Board of Directors

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From the Executive Director...

Dear Friends,

It is with sadness that I bear news of Debb Sabbatis leaving the Center. Over the past two and a half years she planned many great activities, programs, and events and I, for one, will miss her. She has taken the position of the Director of the Town of Newstead Senior Center. She will make a terrific director and I wish her all the best! We are in the process of looking for her replacement but not to worry, great things continue to be happening at the Center. Please read about some of those things in the subsequent pages of this newsletter including: Grandchildren's Day, Potluck Dinner & Game Night, Picnic in the Park, and an outing to the Buffalo Museum of Science. If you have any questions or need further information about any of these events, do not hesitate to stop in or call the office.

I look forward to seeing you.

Karla

Goodbye from Debb Sabbatis...

Greetings to all my Dear Friends at the CSC...

I want to take this opportunity to express my sincere appreciation to all my friends and colleagues at the Center. Although I am looking forward to my new position, it was not an easy decision to make because I truly have enjoyed working with all of you. I want to thank you all for your support, patience and, most importantly, your friendship over the past few years. I have learned a great deal from you all and will miss your company. It has been a privilege and a pleasure to get to know each one of you.


I was truly touched by the wonderful farewell party that you gave for me. It was a fabulous surprise! Thank you for the beautiful gift basket, especially the money tree. You are a special group of people and I will definitely miss you. I will try to visit soon!

Sincerely,

Debb

Welcome New Members...

Bernice Burg, Anthony Capozzi, Rose & Larry Cerasa, Nancy Graber,
Paul Gromlovits, Jerolyn & Vernon Hayes, Angela Licata, Patricia Lorenz,
Shirley & Robert Morgan, Sharon Parkes, Anne Sarles, Jean Snyder,
Violet VanNuys, Frances & Warren Wells

<p>FIND YOUR NAME "HIDDEN" IN THE SILVER STREAK AND COME TO THE OFFICE TO PICK UP YOUR TWO FREE CSC LUNCH CERTIFICATES</p>	<p>Wednesday, August 5th 10:00 a.m. Independent Health</p>
<p>Mahjong Anyone? - Several members have expressed an interest in playing this Chinese form of rummy. Let the office know if you would like to participate. An instructor will be available.</p>	<p>A Representative from Independent Health will be available to answer questions you may have concerning your current policy or the current rules of Medicare.</p>
<p>Let's Go Surfing Now...</p> <p>Everybody's learning how!</p> <p>Free computer lessons are offered on Tuesdays at 1:30 p.m. & repeated on Thursdays at 10:30 a.m. for members wanting to learn how to "surf" the internet. Using the new big screen TV as a monitor, Susan Shisler will cover a different topic each week. Each lesson will be approximately 30 minutes followed by a 15 minute Q & A session. Feel free to bring your own laptop and follow along, bring a notebook and pen to take notes, or just come to listen and observe.</p> <p>Tuesdays, August 4th, 11th & 18th Thursdays, August 6th, 13th & 20th</p>	<p>Wednesday, August 5th 1:15 p.m. Classic Movie</p>  <p>Barefoot in the Park (1967)</p> <p><i>Starring Robert Redford & Jane Fonda</i></p> <p>Newlywed couple Corie (Fonda) and Paul Bratter (Redford) are setting up house in a minuscule fifth-floor walkup apartment in a downtown Manhattan brownstone. Paul is a straight-laced attorney, Corie a spontaneous free spirit. In addition to adjusting to married life, the two must contend with a lack of heat, several long flights of stairs, an oddball neighbor, and Corie's well-meaning mother.</p>
<p>Tuesday, August 4th 11:00 a.m. - 2:00 p.m. Chair Massage</p> <p>Jim Grindrod, a licensed massage therapist, will be available for free massages. Appointments are required. Jim will also be here on Tuesday, August 18th.</p> <p><i>Please sign up on the board adjacent to the office.</i></p>	<p>Wednesday, August 5th 5:15 p.m. Potluck Dinner & Game Night</p> <p>All members are welcome for this evening of food and fun! Please bring a dish to pass. Beverages will be provided. Doors will open at 5:00 and dinner will be served at 5:15 p.m. Afterwards we'll play cards and dominoes, or you can try your hand at Wii bowling!</p> <p><i>Please sign up in the office. Van service will be available.</i></p>
<p>Tuesday, August 4th 1:15 p.m. Housing Needs for Seniors A Roundtable Discussion</p> <p>Members are needed to join a discussion group concerning housing needs for seniors. Diane Koteris, with Weinberg Campus, is seeking opinions to be utilized in planning for future building propositions by Weinberg Campus. If you are interested in sharing your thoughts <i>please register in the office.</i></p>	<p>Thursday, August 6th 9:30 a.m. Univera</p> <p>Univera workshops are informal, informational, and easy to understand. Whether you are just becoming eligible for Medicare or you are already a member and looking for clarification of the rules of Medicare, this workshop is a great way to stay informed. Paul Mezhir, Medicare Sales Consultant, will conduct this informative workshop.</p>

Friday, August 7th
11:30 a.m.
Dog Days of Summer

Kobie, our favorite Golden Doodle, will be back for another visit! Most of us have had the privilege to have had a special pet as part of our family, and as our lives have changed we may find ourselves missing that love and friendship. If you are in need of some puppy love, come visit Kobie and Martha, his human Mommy.

Friday, August 7th
12:00 p.m.
Grandchildren's Day

Bring your grandchildren to the Center for an afternoon of fun! Children will be welcomed by Kobie, a therapy dog who also visits at Children's Hospital. A box lunch with a coldcut sandwich, fruitcup, chips, cookie and milk will be served at 12:15 followed by the movie "Hotel for Dogs."

Animals are strictly forbidden at Andi and her little brother Bruce's foster home. But for Friday, the adorable dog they secretly care for, they're ready to risk everything. They finally find him an ideal shelter, a huge abandoned hotel that Bruce transforms, thanks to his engineering genius. In what becomes an incredible paradise for dogs, Friday is soon joined by all kinds of furry friends, so many, in fact, that their barks alert the neighbors...and the local pound, who can't understand the disappearance of all the stray dogs. Andi and Bruce have to call on all their friends and all their imagination to stop the hotel's secret from being discovered.

Cost is \$2/person.
Please sign up in the office by Monday, August 3rd.

Tuesday, August 11th
9:30 a.m.
Health Insurance Information

Nancy Schneider from Erie County's Health Insurance Information Counseling Assistance Program (HIICAP) will be available to provide information regarding Medicare, Medicare supplement policies and long term care insurance. Confidential help with claims filing and referrals to appropriate agencies will also be available.

Thursday, August 13th
10:00 a.m.
BlueCross BlueShield of Western NY

A Representative from BlueCross BlueShield will be available to answer questions you may have concerning your current policy or the rules of Medicare.

Friday, August 14th
10:00 a.m.
CSC Travelers



CSC Travelers are on the go! The Travelers Meeting is the best place to find out about scheduled trips. Plan on attending this meeting to learn about all the upcoming travel plans, including our trip to Ocean City, Maryland. See page 12 more for details.

Monday, August 17th
Tuesday, August 18th
10:00 a.m. - 2:30 p.m.
AARP Driving Course

The AARP Driving Course is offered at the Center each month. Attendance enables you to save money on your auto insurance. You must attend both days to receive a discount on your insurance. Be sure to bring your driver's license to class. Course fee is \$12.00 for AARP members and \$14.00 for non-AARP members.

To register for this class call 633-5138.
Class size is limited.

Consider dining with us...lunch at the center is convenient and inexpensive. Lunch is served at 12:30 for the suggested donation of \$2.50. Reservations will be taken when registering for class.

Upcoming classes:

September 14, 15
October 19, 20
November 16, 17



WEEKLY SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
9:00 So-Sewers	9:15 Women's Bridge (Foursome only)	9:00 So-Sewers	9:00 Full Body Workout	9:00 Intermediate Bridge
9:00 Sweat & Tone	10:00-12:00 Blood Pressure Screenings	9:00 Beg.Line Dance		9:30 – 11:00 Senior Outreach Program (636-3070)
9:00 - 11:00 Computer Support 8/3 & 8/17	11:30 Resistance Training	9:30 Ceramics		
9:30 Ceramics	11:30 Tai Chi	9:30 Woodcarving		11:30 Resistance Training
9:30 Chess	1:15 Bocce	9:30 Euchre		
10:15 Tap Dancing	Noon Billiards	9:30 Line Dance		
11:30 Lyrical Jazz		10:00 - 12:00 Computer Support		
Noon Billiards		Noon Billiards	Noon Billiards	Noon Billiards
12:30 LUNCH IS SERVED	12:30 LUNCH IS SERVED	12:30 LUNCH IS SERVED	12:30 LUNCH IS SERVED	12:30 LUNCH IS SERVED
1:00 Poker	1:00 Intermediate Bridge	12:30 Bridge	12:30 Duplicate Bridge	1:00 Pinochle
1:15 Wii Bowling	1:00 Poker	1:00 Poker	1:00 Poker	1:00 Poker
2:30 Ping Pong (please call in advance for table set-up)	1:15 Bocce	1:00 Watercolor Class	1:15 Bingo	1:00 Dominoes
		6:00 Bocce Ball		
		6:30 Pinochle and Pool		

Bocce Ball is now being played on Tuesday afternoons at 1:15 **and** Wednesday evenings at 6:00.

German Lessons will resume in October. Let the office know if you are interested.

Call the office for more information on any of these activities.

*All activities listed on the schedule are subject to time and room change and/or cancellation.

August Special Events Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 11:00 - 2:00 Chair Massage w/Jim 1:15 Housing Needs 1:30 Computer Lessons 1:30 Writing Workshop	5 10:00 Independent Health 1:15 Classic Movie "Barefoot in the Park" 5:15 Potluck Dinner & Game Night	6 9:30 Univera 10:30 Computer Lessons	7 11:30 Dog Days 12:00 Grandchildren's Lunch & Movie	8
9	10	11 9:30 HIICAP 1:30 Computer Lessons	12	13 10:00 BC/BS 10:30 Computer Lessons	14 10:00 CSC Travelers	15
16	17 AARP Driving Course	18 10:00 - 2:30 11:00 - 2:00 Chair Massage w/Jim 1:30 Computer Lessons	19 12:30 Birthday Lunch 1:15 & 6:30 Movie: "The Ultimate Gift" Day Trip: Keuka Lake	20 9:30 Nature Explorers Akron Falls Park 10:30 Computer Lessons	21 10:00 - 1:00 Passports on the Move 1:15 Movie Encore "The Ultimate Gift"	22
23	24	25 11:00 - 3:30 PICNIC IN THE PARK! <i>The Center is Closed</i>	26 6:30 Happy Hour 7:00 Alzheimers Support Group	27 9:30 Out & About Science Museum 5:30 CSC Diners	28 11:00 New Member Welcome	29
30	31 3:00 Couples Club Town Place Park					

Tuesday, August 18th
11:00 a.m. - 2:00 p.m.
Chair Massage

Jim Grindrod, a licensed massage therapist, will be available for free massages. Appointments are required. Please sign up on the board adjacent to the office.

Thursday, August 20th
9:30 a.m.
Nature Explorers

Meet at the Center for carpooling then head to Akron Falls Park for an end-of-the summer hike and picnic.

Geraldine Kelly...you are a winner!

Wednesday, August 19th
12:30 p.m.
Birthday Lunch



Birthdays are special! Join us to celebrate this special occasion. Cake will be served with lunch and those celebrating an August birthday will receive a special gift. The suggested donation for lunch is \$2.50. Please sign up on the designated birthday sheet on the nutrition board.

Friday, August 21st
10:00 a.m. – 1:00 p.m.
Passports on the Move

Official documents are now required for travel between the United States. & Canada. Erie County Clerk Kathy Hochul will be offering the “Passports on the Move” program at the Center. This on-site Passport processing is an easy and convenient way to obtain these important documents. You may apply for either a passport, a passport card, or both documents. More information and applications are available in the Center office.

Please register in the office by Monday, August 10th.

Wednesday, August 19th
1:15 p.m.
Movie: “The Ultimate Gift”

Rating: PG13
Starring: James Garner, Drew Fuller

After the death of oil tycoon Howard 'Red' Stevens (Garner), his greedy family gathers for the reading of the will. For his reckless and selfish grandson Jason Stevens (Fuller), who hated him, Red assigns twelve apparently simple tasks called "gifts" - of work, money, friends, learning, problems, family, laughter, dreams, giving, gratitude, a day and love - challenging the playboy Jason to a journey of discoveries. When he meets the leukemic girl Emily and her mother, Jason changes his perspective of life and money, superseding the expectations of Red, improving and becoming a better man and receiving the ultimate gift from his wise grandfather.

**Encore presentation tonight at 6:30 p.m.
and Friday, August 21st at 1:15 p.m.**

Tuesday, August 25th
11:00 a.m. – 3:30 p.m.
Picnic in the Park
Theme: “South Pacific”



Aloha! Put on your sailor caps and tropical shirts and enjoy an afternoon of fun at the Clarence Town Park on Main Street (Miller Pavilion). Lunch will be served at 12:30 p.m. for a suggested donation of \$2.50. Cards, bingo, and dominoes will be played after lunch.

Please sign up on the designated sheet on the Nutrition Board by Wednesday, August 17th.

The Center will be closed today for maintenance.



Wednesday, August 26th*
6:30 p.m. – 8:00 p.m.
“Happy Hour” (and a Half!)

Non-alcoholic beverages and light refreshments will be served with entertainment by Jean and Jim of the Fabulous Fifties. Doors will open at 6:15 p.m. Cost is only \$4. Don't miss out on this entertaining evening!

*Please note change in date from that announced in last months Silver Streak.

Make reservations in the office by Friday, August 21st.
Van service is available.

Wednesday, August 26th
7:00 p.m.

Alzheimers Support Group

This group is free, provides mutual support, gives practical information, helps you learn more about caregiving, and informs you about community resources.

Thursday, August 27th
9:30 a.m.

**Out & About:
Buffalo Museum of Science
“Body Worlds”**

Throughout the ages, scholars and students have striven to understand how our bodies function through exploration of real human specimens. The revolutionary process of plastination allows human specimens to be presented in a completely new and enlightening way.

Body Worlds and The Story of the Heart features more than 200 authentic specimens, including entire bodies, individual organs, and transparent body slices. The exhibit is an unforgettable anatomy lesson that allows visitors to see and understand physiology and health and gain new appreciation and respect for what it means to be human.

The cost for this excursion is \$20 including van transportation between the Center and the museum. Leave the Center at 9:30 and return at approximately 12:30.

Space is limited to 20 people.

For those who choose to drive, tickets are \$17.50.

Sign up in the office by Monday, August 10th.

Thursday, August 27th
CSC Diners

Check the Diner's bulletin board for details.

Friday, August 28th
11:00 a.m.

New Member Welcome

This is a great opportunity for new members, or any member, to meet new people and learn more about the Center. A tour of the building will be given and light refreshments will be served.

Please notify the office if you plan to attend.

Monday, August 31st
3:00 p.m. – 8:00 p.m.

**Couples Club
Town Place Park**

Join us for an afternoon social!
Please bring a dish to pass.

Coming Events...

Wednesday, September 9th p.m.
Steak Roast

* * * * *

Thursday, September 10th a.m.
Therapeutic Exercise Presentation

*Twelve exercises for arthritis sufferers
presented by Richard Derwald.*

* * * * *

September 23rd p.m.
Apple Festival



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The Silver Streak is mailed via bulk mail, which can take up to a week to be delivered to your home, depending on your zip code.

If you would prefer to pick up your newsletter at the Center, please notify the office and we will gladly hold your Silver Streak for you.

**Wedding Anniversary
Congratulations**

Couples celebrating fifty years or more, please register the date with the office at least six weeks in advance.

Chuck & Betty Fiegl 62 years
Gordon & Theresa Lund..... 62 years
Eugene & Eleanor Ross..... 61 years

Thinking of You. . .



Our sincere sympathy is extended to the family and friends of the members who recently passed away.

John Minch
Alfred Wind
Anna Tagliarino

Dash's Tapesaver Program

Please continue to bring your cash register receipts to the Center. A drop-off box is located in the foyer.

Cell Phone Collection

Do you have an old cell phone that you no longer use? Please recycle your cell phone to benefit the Center. Money will be earned for each cell phone collected. Phones may be deposited in the same box used for the Dash's receipts. You will find the big striped box located in the Center foyer next to the sign-in sheet.

CSC Computer Info

Volunteer Computer Support

- Dave Schupp is available to provide computer assistance from 9:00 a.m. to 11:00 a.m. on Mondays, August 3rd & 17th.
- Ron Butler is available from 10:00 a.m. until noon on Wednesday mornings.

Computers for members are located in the CSC library.

They are available for use 9:00 a.m. to 4:00 p.m. Monday - Friday. The computers are also available on Wednesday evenings 6:30 p.m. – 9:30 p.m. Please note that first-time users must sign the Rules for the Use of Public Computers available in the front office.

Please Note...

The fee for printing documents in the library is as follows:

Black & White5¢
Color25¢

Please deposit money in the canister attached to the printer.

Also, please DO NOT print photos in the library.

Any photos or documents downloaded to the library computers will eventually be deleted. You can bring in a flash drive or disk if you want to save files.

Do You Have a Laptop?

Wireless service is available throughout the CSC. If you have a laptop computer, you can access the internet from anywhere in the building. Instructions are posted in the library or you may stop in the office with any questions. Please note that this is an unsecured network. As stated above, members must sign the Rules for the Use of Public Computers, which are available in the office.

As a 501 (c) (3) charitable not-for-profit organization, the Clarence Senior Center is able to accept tax deductible contributions to be used for the benefit of the Center and its members.

**SUBMISSION DEADLINE FOR THE
SEPTEMBER NEWSLETTER IS AUGUST 12th.**

Health Tips

Preventing the Flu: Good Health Habits Can Help Stop Germs

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits, like covering your cough and washing your hands, often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick.

If possible, **STAY HOME WHEN YOU ARE SICK**. You will help prevent others from catching your illness.

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands.

Washing your hands often will help protect you from germs. Use hand sanitizer when available. The Senior Center now has hand sanitizer available throughout the building.

Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Practice other good health habits.

Get plenty of sleep, be physically active, drink plenty of fluids, and eat nutritious food!

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**THE VISITING NURSES ASSOCIATION WILL BE AT THE SENIOR CENTER
ON OCTOBER 15TH & 16TH TO ADMINISTER FLU SHOTS.
MORE INFORMATION WILL BE PROVIDED IN THE SEPTEMBER SILVER STREAK.**



TRAVEL NEWS

Ocean City & Annapolis, Maryland

**Wednesday, September 16th
to Sunday, September 20th**

This exciting trip will include:

- Deluxe chartered motorcoach transportation between Clarence and Maryland
- Accommodations for three nights in Ocean City and one night in the Annapolis area
- Breakfast & dinner daily
- Ocean City Boardwalk including Shipwreck Museum & Seashell City
- Historic tour of Annapolis, including the Maryland State House, numerous 18th century mansions, and the U.S Naval Academy
- Sightseeing on Chincoteague and Assateague Islands, including an Explorer Boat Tour
- NASA Visitor Center
- A visit to the beautiful Delmarva Peninsula, including an Eastern Shore winery

\$599 / person - Double Occupancy
\$579 / person - Triple or Quad ♦ \$699 / Singles

Don't miss out - sign-up in the office ASAP!

Day Trips



The Sound of Music Princess of Wales Theater In Toronto, Canada



**Wednesday, November 18th
7:30 a.m. - 7:30 p.m.**

Enjoy the lavish, new hit London production of
THE SOUND OF MUSIC, with music by Oscar Hammerstein II and lyrics by Richard Rodgers.

Includes chartered motorcoach and a sit-down lunch at Barootes Restaurant.

\$139 per person
Sign-up with a \$50 deposit with balance due by September 18th

Please note that a Passport, Passport Card or Enhanced Driver's License is required for Customs.

**Brochures for all trips are available at the Center.
For further information about these
trips and future trips, attend the
monthly CSC Travelers meeting.
Next meeting is Friday, August 14th at 10:00 a.m.**

*Please note...
all trips must be paid for by check.
Thank you for your cooperation!*

PASSPORTS ON THE MOVE



Official documents are now required for travel between the U.S. & Canada.



Erie County Clerk Kathy Hochul will be offering the "Passports on the Move" program at the Clarence Senior Center

Friday, August 21st
10:00 a.m. – 1:00 p.m.

This on-site Passport processing is a convenient way to obtain these important travel documents.

You may obtain either a Passport, a Passport Card, or both documents.

What You Will Need

1) Original or CERTIFIED copy of U.S. Birth Certificate, or previous U.S. passport.

PLUS

2) **ONE OF THESE PRIMARY I.D'S:** Current NYS Driver's License or non-driver I.D, Pilot's License, State or Federal work I.D. card, Current Student I.D., Military or Dependent I.D., Passport, Naturalization Certificate, Certificate of Citizenship or Green Card.

3) Two identical 2"x2" color Passport photos OR \$10 cash or M.O. to have your picture taken at the Center by the Clerk's staff.

4) A completed application, which can be obtained in advance in the Center office.

What's the difference between a Passport Card & a Passport?

A **Passport Card** is a wallet-size document valid when entering the U. S. from Canada, Mexico, the Caribbean, and Bermuda via land and/or sea.

A **Passport** is a booklet document valid for international travel by air, land and sea.

FEES

Check or money order made out to "Department of State"

Passport Card.....\$20
Passport Book.....\$75
Passport Card & Book.....\$95

AND

\$25 cash, check or money order payable to "Erie County Clerk" for execution fees.

If interested, please register in the office by Monday, August 10th.