

Clarence Senior Center
4600 Thompson Road
Clarence, New York 14031

NON-PROFIT
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PAID
Permit no. 28
Clarence, NY
14031

TIME VALUE

December 2009

The *SILVER*
STREAK

Happy Holidays!

Bill Westley
Chairman of the
Board of Directors

Karla R. Madrid
Executive Director

Debbie Santiago
Program Coordinator

Phone: 716.633.5138
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Clarence Senior Citizens, Inc.

4600 Thompson Road

Clarence, NY 14031

Phone 633-5138

Fax 633-2276

Email: clrsc@roadrunner.com

The mission of Clarence Senior Citizens, Inc. is to provide social, recreational, educational, and nutritional programs, as well as opportunities for volunteerism, to persons in the community who are fifty five and older.

Regular Business Hours

Monday - Friday: 9:00 am - 4:00 pm (Doors open at 8:50 am)

Wednesday evening 6:30 - 9:30 pm (Doors open at 6:15 pm)

Outreach Services: Friday: 9:30 - 11:00 am.

Parking

Due to the limited number of handicapped parking spaces available, please consider those most in need when using your handicapped tag.

Sign In Procedures

All who enter the building **must** sign-in upon arrival and sign-out upon exiting. Member sign-in is located in the foyer and guest sign-in is located in the office.

Van Transportation

Van transportation is available to members on a first call, first reserved basis. **Please call the office to make or to cancel a reservation.** To help defray the cost of transportation, a suggested donation of \$1 each way is greatly appreciated.

Shopping is available four afternoons each week with a limited number of seats available. Shoppers leave from the center at 1:00 p.m. for an hour at the store and are then taken home.

- Monday: Tops
- Tuesday: Wal Mart
- Wednesday: Dash's
- Friday: Wal Mart

The Van will take shoppers to Eastern Hills Mall on Wednesday, December 2nd & 9th.

On the Cover:

Holiday Greetings!

Center Staff

Executive Director Karla R. Madrid

Program Coordinator..... Debbie Santiago

Program Associate Carol Serviss

Bookkeeper..... Tammy Anderson

Office Manager Susan Shisler

Office Assistant..... Joyce DePronio

Nutrition Coordinator..... Roger L. Moren

Transportation Ken Adams

.....

MOW Site Manager Mary Lou McDermott

MOW Office 633-9783

Outreach Services ... Jessica Colvin@636-3070

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Bulletin Boards

Please check the bulletin board across from the office for important notices, including Board of Directors information, meeting minutes, and scheduled meetings.

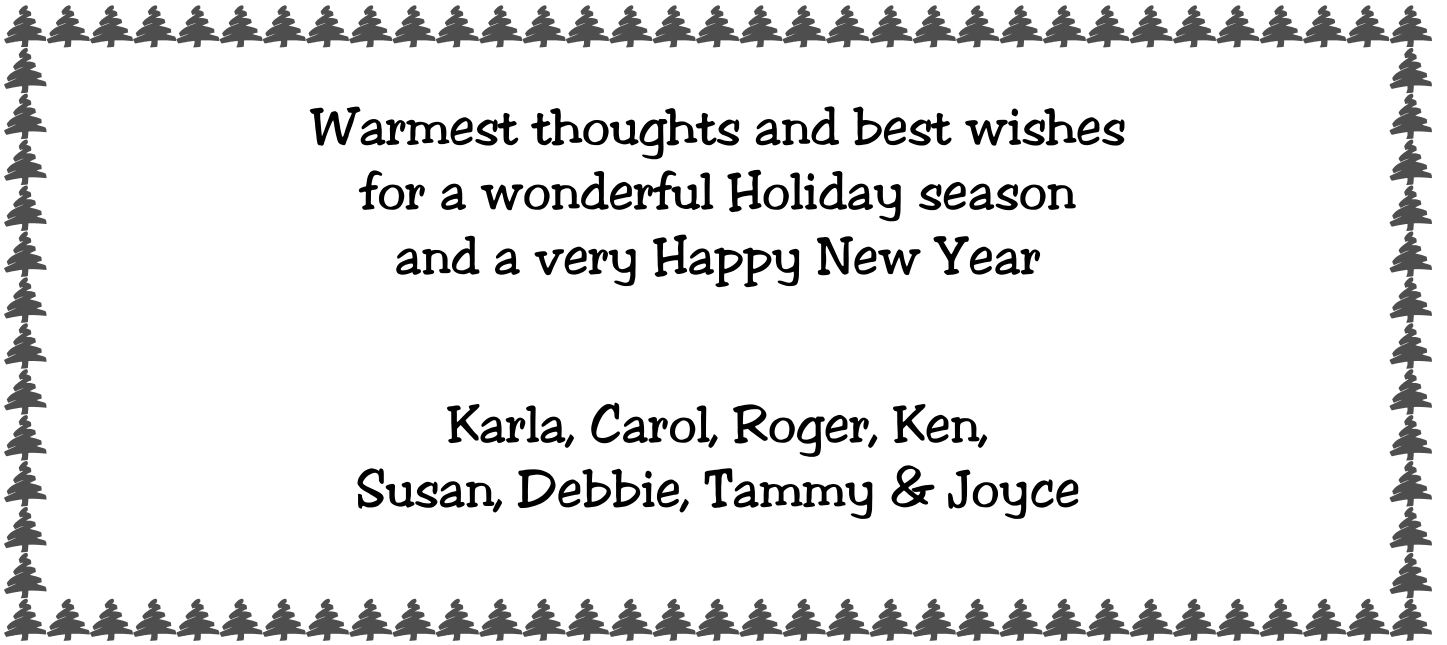
Bulletin boards containing member information, announcements, scheduling, and such are located throughout the hallways. Check for information on day trips, travel, volunteering and various special events.

Please bring any notices you wish to have posted to the office. The staff will then post them appropriately. Postings are normally kept up for one month.

Please Remember . . .

We do not give out confidential information such as phone numbers, addresses or personal information. If you wish to share this information with someone at the center, you need to do so on your own.

Please be sure to inform the office of any address, phone number or emergency contact changes.



Warmest thoughts and best wishes
for a wonderful Holiday season
and a very Happy New Year

Karla, Carol, Roger, Ken,
Susan, Debbie, Tammy & Joyce

From the Board Chair...

The holiday season is upon us, and all of the directors wish everyone the best season of joy and happiness. May your wishes and dreams be happy ones, and your thoughts about the center be sweet. Each year our programs keep getting better, and more people are finding the center a nice place to enjoy with friends.

May all your lights be bright, your spirits twinkle,
and the holidays be the best they can be for you.

Bill Westley, Board Chair



Welcome New Members...

Dolores Classon, Sandy Corbelli,
Donald & Mary Ann Donius,
Barbara Robida, Rita Sobczak, Marcia Williams

FIND YOUR NAME "HIDDEN" IN THE SILVER STREAK AND COME TO THE OFFICE TO PICK UP YOUR TWO FREE CSC LUNCH CERTIFICATES

Need to do some holiday shopping?



The Van will take shoppers to Eastern Hills Mall on Wednesdays, December 2nd & December 9th.

The Twelve Days of Christmas at the Clarence Senior Center

From December 1st through December 16th we will be giving a special gift to one lucky winner each day. Any member who is joining us for the Erie County lunch program will be eligible for that day's gift.

Making a Difference Through the Joy of Giving



During this holiday season, CSC members will have the opportunity to help others. Beginning with our trim a tree party, we will be collecting non-perishable food items for the Clarence Food Pantry. The Center will also be helping others through our "Giving the Gift of Warmth" project. Members may bring in socks and slippers to be distributed to area nursing homes.

Tuesday, December 1st
9:30 a.m.
Univera

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.

Wednesday, December 2nd
1:15 p.m.

Classic Movie



Sunset Boulevard

Starring William Holden and Gloria Swanson

The story, set in 1950s Hollywood, focuses on Norma Desmond (Swanson), a silent-screen goddess whose pathetic belief in her own indestructibility has turned her into a demented recluse. The crumbling Sunset Boulevard mansion where she lives with only her butler, Max who was once her director and husband has become her self-contained world. Norma dreams of a comeback to pictures and she begins a relationship with Joe Gillis (Holden), a small-time writer who becomes her lover, that will soon end with murder and total madness.

Thursday, December 3rd
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.

Mary Robert...you are a winner!

Thursday, December 3rd
10:15 a.m.

Tea Time at the Center



Join us for a spot of tea and lunch as we go back in time with Denise Reichard as she recreates the life of one of the great women from our history. Denise, a well-known local performance artist, gathers information about each of her historical portrayals and writes a story that retells their unique life. Today's performance will entertain and charm you with its vivid detail and authentic material. Finger sandwiches, scones and desserts will be served. The cost for this event is \$4.00.

Seating is limited.

Please reserve your spot by Tuesday, December 1st.



Friday, December 4th
11:00 a.m.
**Christmas Tree Trimming
and Cookie Decorating**

The holiday season is just around the corner and what better way to get into the spirit than to join our annual tree trimming and cookie decorating event. Today we will begin collecting non-perishable food items to be donated to the Clarence Food Pantry.

Monday, December 7th
1:15 p.m.
Craft of the Month

This month we will create a lovely holiday plate or vase for the upcoming holiday season. The cost for this project will be \$2.00.

Please register and pay in the office.

Monday, December 7th
1:30 p.m.
Book Group

Play Money
By Laura Pederson

All are welcome to join our discussion!

The January book selection is
The Shack: Where Tragedy Confronts Eternity
By William P. Young



Tuesday, December 8th
1:30 p.m.
Antiques To Go

In the spirit of the holidays, bring your treasured Santa, Angel, and Snow Babies figurines for today's discussion.

All are welcome to attend!

Tuesday, December 8th
2:30 p.m.
Widows & Widowers Group

All are welcome to join us today for friendship and conversation. Refreshments will be served.

Wednesday, December 9th
1:15 p.m.
Birthday Lunch



Birthdays are special. Join us to celebrate this special occasion. Cake will be served with lunch and those celebrating a December birthday will receive a special gift. The suggested donation for lunch is \$2.50.

Sign up on the birthday sheet on the nutrition board.

Wednesday, December 9th
1:15 p.m.
"A Healthier Me"
Presented by Blue Cross / Blue Shield

This program will provide information on nutrition, appropriate weight loss and exercise.

Please register in the office.

Wednesday, December 9th
6:30 p.m.
Bob Poczik Presentation
Land of Snow: Tibet and the Dahli Lama

Center Member Bob Poczik will share his knowledge and stories gained from his extensive travels. Join us for this entertaining presentation!

Please sign up in the office.

Thursday, November 10th
12:00
Nature Explorers Christmas Luncheon
The Red Mill Inn

Sign-up in the office.



WEEKLY SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
9:00 So-Sewers	9:00 Men's Bridge	9:00 So-Sewers	9:00 Full Body Workout	9:00 Intermediate Bridge
9:00 Stretch & Tone	9:15 Women's Bridge (Foursome only)	9:00 Beg.Line Dance	10:00 Beginner Bridge	9:30 – 11:00 Senior Outreach Program (636-3070)
9:00 - 11:00 Computer Support 12/7 & 12/21	10:00-12:00 Blood Pressure Screenings	9:30 Ceramics	10:15 Yoga	
9:30 Ceramics	11:30 Resistance Training	9:30 Woodworking		11:30 Resistance Training
9:30 Chess	11:30 Tai Chi	9:30 Euchre		
9:30 Woodworking		9:30 Line Dance		
10:15 Tap Dancing		10:00 - 12:00 Computer Support		
11:30 Lyrical Jazz				
Noon Billiards	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)	1:00 - WP Support 12/1 & 12/15	1:00 Watercolor Class	1:15 Bingo	1:00 Dominoes
	1:00 Chair Pilates	6:30 Woodworking	1:30 - 3:00 Computer Support 12/10 & 12/17	
	1:15 Shuffleboard	6:30 Pinochle and Pool		

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

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

December Special Events Calendar



Su	Mon	Tue	Wed	Thu	Fri	Sa
		1 9:30 Univera	2 1:15 Classic Movie <i>"Sunset Boulevard"</i>	3 10:00 BC/BS 10:15 Christmas Tea	4 11:00 Cookie Decorating & Tree Trimming	5
6	7 1:15 Craft of the Month 1:30 Book Group	8 1:30 Antiques to Go 2:30 Widows/Widowers	9 12:30 Birthday Lunch 1:15 A Healthier Me 6:30 Bob Poczik Presentation	10 9:00 Board Meeting 12:00 Nature Explorers Luncheon	11 10:00 CSC Travelers	12
13	14 1:30 Warren Marcus Presentation	15 1:30 Out & About: Yorkshire Hall	16 11:15 Christmas Luncheon 6:30 Movie: <i>"The Proposal"</i> 7:00 Alzheimer's Support	17 10:00 BC/BS 2:00 Univera	18 1:15 Movie: <i>"The Proposal"</i>	19
20	21	22	23 1:15 Movie: <i>"The Proposal"</i>	24 The Center will close at 1:30 today.	25 The Center is closed today. 	26
27	28 1:30 Couple's Club	29 11:30 Grandchildren's Day	30 11:15 New Year Luncheon	31		

Friday, December 11th
10:00 a.m.
CSC Travelers Meeting



Attend today's meeting to discuss upcoming travel plans, including several newly scheduled trips.

All members interested in travel are invited to attend!

Monday, December 14th
1:30 p.m.
**Warren Marcus Presents
Journey into the Cosmos**



Warren Marcus, a JPL/NASA Community Outreach Educator, will be here to amaze us with another great presentation about our extraordinary universe.

Please register in the office.

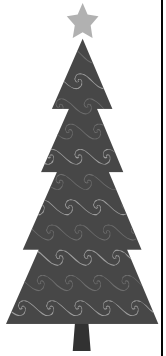
Tuesday, December 15th
1:30 p.m.
**Out & About
Christmas Memories Show at Yorkshire Hall**

Join us as we step back to the golden days of radio at Christmas! Join the rest of the "live studio audience," as the story unfolds at radio station WXMS. Of course, a major snow storm has kept the celebrity guests away and the only ones left in the studio are young Benny Burns and old Godfrey Wells, trying to keep the station on the air against all odds – and each other's egos. There will be songs, laughter, a tug at the heartstrings, and even some free Christmas refreshments. The van will leave the center at 1:00 p.m. and return at 4:00 p.m.

Cost for this event is \$12.00.

*Please sign up in the office by Friday, December 4th.
Space is limited.*

Wednesday, December 16th
11:15 a.m.
Christmas Luncheon



Celebrate the season by joining us for the CSC Christmas Luncheon. A sing along will begin at 11:15 a.m. If you would like to attend, please sign up on the Nutrition Board by Wednesday, December 9th. The suggested donation for lunch is \$2.50.

Wednesday, December 16th
6:30 p.m.*
Movie: *The Proposal*

*Genre: Comedy PG-13
Starring: Sandra Bullock & Ryan Reynolds*

Margaret Tate (Bullock) is the executive editor-in-chief of a book publishing company who forces her assistant Andrew Paxton (Reynolds) to marry her in order to avoid being deported to Canada. He grudgingly accepts, under the condition that he is promoted to the position of editor. When the government investigates, the two are forced to spend the weekend with his parents in Alaska in order to sell the lie.

**Due to the Christmas Luncheon, there will only be an evening presentation today.*

*Encore presentation Friday, December 18th.
Encore matinee Wednesday, December 23rd.*

Wednesday, December 16th
7:00 p.m.
Alzheimers Support

This group provides support, information, and resources to anyone touched by Alzheimers.

Thursday, December 17th
10:00 a.m.
BlueCross BlueShield of Western NY

A Representative from BlueCross BlueShield will be available to answer questions concerning current policies or the rules of Medicare.

Thursday, December 17th
2:00 p.m.
Univera

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

Thursday, December 24th
The Center will close at 1:30 p.m.

Friday, December 25th
The Center is Closed

Monday, December 28th
1:30 p.m.
Couples Club

All couples are welcome to join us for an afternoon social.

Tuesday, December 29th
11:30 a.m.
Grandchildren's Day



Winter break is a great time to spend some time with your grandchildren (or other special children in your life). Bring your children for an afternoon of food and fun. A lunch of pizza, veggie sticks, and dessert will be served at noon with "Casper The Clown" coming to entertain. The cost is \$2.00 per person.

*Please sign up in the office
by Tuesday, December 22nd.*

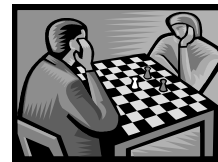
Wednesday, December 30th
11:15 a.m.
New Year's Luncheon



Join all your friends at the Center as we celebrate the coming New Year. Entertainment will be provided. The suggested donation for lunch is \$2.50.

*Sign up on the Nutrition Board
by Tuesday, December 23rd.*

Interested In Playing Chess??



Mondays at 9:30 a.m.

Don't know how to play, but have always wanted to learn? We have a volunteer who will instruct beginners Mondays at 9:30 a.m. All are welcome!

If interested, please sign up in the office.

Looking Forward...

**Wednesday, January 13th
Potluck & Game Night**

**Monday, January 25th
Bob Poczik Presentation
"Ben Franklin"**

**Tuesday, January 26th
R.S.V.P. Orientation**

Free Income Tax Service Offered

It's Time to Start Preparing



If you are looking to save money on tax preparation, be aware that the Clarence AARP Tax-Aide free federal and state income tax preparation program will resume operation in 2010 according to the following schedule:

**Income Tax service will be provided in Clarence
from February 1st through April 13th 2010 at:**

Clarence Senior Center

4600 Thompson Road
Tuesdays and Fridays
9 AM to 12 Noon

&

Clarence Public Library

Three Town Place
Mondays, Thursdays and Saturdays
12 Noon to 3 PM

In addition, late hours are planned at the library
on Thursday evenings 3 PM to 7 PM

It is not too early to begin gathering your financial data. This should include the pension, earnings statements, and brokerage reports you will begin receiving after January 1st. Due to changes in the law brought about by economic stimulus efforts, also keep in mind that the following may reduce your tax bill:

- New home purchases
- Energy-efficient home improvements
- Enhanced college expense deductions
- Debt cancellation
- The deductibility of property taxes and sales taxes on new cars for non-itemizers
- There have also been changes to the taxability of unemployment benefits and new "Making Work Pay" rules, which we can explain to you at our sites.

Certainly, you will want to begin to catalog your medical expenses, mortgage payments, and work-related expenses as clearly and completely as possible. Also, be sure that copies of your 2008 federal and state forms are available, as you will need to bring these to the tax preparation site.

Whether you'll be visiting our sites as a returning client or a new client, we are very willing to work with you to ensure the accuracy of your return while you realize all the benefits of continually changing tax laws. Keep us in mind as a community service sincerely dedicated to our mission.

Retired Senior Volunteer Program (R.S.V.P.)

The Erie County Retired & Senior Volunteer Program (RSVP) recognizes individuals who have demonstrated a commitment to helping others. All volunteers are encouraged to join the RSVP Program.

For more information, please see Carol in the office.

Save Your Receipts!

For every \$100 worth of cash register receipts collected, Dash's Market will donate \$3.50 to the Center. Please save your Dash's receipts and drop them off in the box located in the front lobby.

To date, the Center has received over \$3500 from Dash's! Thank you to all who have contributed.

Kitchen Volunteers Needed...

Volunteers are always needed for the Lunch Program. Please see Roger if you would be interested in helping.

Soldier Care Packages

The CSC is a drop off site for donations for our military troops. Many thanks to the Clarence American Legion Auxiliary 838 for assembling the packages and getting them to the soldiers.

Suggested Items:

Travel size soaps, shampoos, conditioners, lotions & creams, disposable razors, hand sanitizer, lip balm, sun block, small combs, small pkgs. of tissues, pens, pencils, note pads, small hand held games, playing cards, puzzle books, gum, hard candy, black socks.

Computer Support

- Dave Schupp is available to provide general computer assistance from 9:00 to 11:00 a.m. on Mondays, December 7th & 21st.
- Mary Stefano is available for instruction and questions related to word processing on Tuesdays, December 1st & 15th from 1:00 - 2:30 p.m.
- Ron Butler is available from 10:00 a.m. until noon on Wednesday mornings for general assistance.
- Jo Rogan will be available on Thursdays, December 10th and 17th from 1:30 to 3:00 for basic computer and internet support.

Computers for members are located in the CSC library. They are available for use 9:00 a.m. to 3:45 p.m. Monday - Friday. The computers are also available on Wednesday evenings 6:30 p.m. – 9:15 p.m. Please note that first-time users must sign the "Rules for the Use of Public Computers" available in the front office.

Thinking of You...



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

*John Mergler
Carl Giglia*

Don't Forget to Renew Your Membership!!

All 2009 CSC memberships will expire on December 31st. Stop in the office to renew your membership.

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
JANUARY NEWSLETTER IS DECEMBER 11th.**

Theatergoers

Sunday, January 24th, 2010

3:00 p.m.

The Palace Theater in Lockport

“You Can’t Take it With You”

Alice Sycamore has to introduce the family of her fiancé, Tony Kirby, to her own family. The Kirbys are a wealthy, stuffy family of great self-importance, while the Sycamores are a collection of good-hearted lunatics. When the two families come together, lifestyles and philosophy collide head-on.

Tickets are \$15

Sign up and pay in the office
by Wednesday, December 23rd

Thursday, February 25th, 2010

2:30 p.m.

The Lancaster Opera House

“The Mousetrap”

This play is one of the greatest thrillers on the world stage from the master of the mystery genre, Agatha Christie. The play is about a group of snowbound guests who arrive to the news that a murder has occurred. A clue at the crime scene suggests someone at the guest house will be next...but who?

Tickets are \$16

Sign up and pay in the office
by Thursday, January 21st

Suggestion Box Comments

September

Comment #1 about the cleanliness in the men's restroom.

ANSWER: The Parks Department has worked on this problem and it is now rectified.

Comment #2 about having bee sting medication included in the first aid kit.

ANSWER: This will be done.

Comment #3 about material for the woodworkers.

ANSWER: A new scroll saw has been purchased and the cost to the Center has been reimbursed by Paul Stephens, owner of Rock Oak. A second scroll saw was donated by a member, Dick Zimmerman, and is being utilized. There have also been donations of wood as well as purchases by the Center.

Comment #4 about first aid training being provided to members.

ANSWER: The question was answered personally--these classes are offered through the school.

Comment #5 a complaint about the lighting in the puzzle/library room.

ANSWER: The area has been improved by new lighting. If the question arises again, we will look for alternatives.

October

COMMENT #1 The odor from the art room is offensive to the dancers.

ANSWER: Karla will speak to the ceramic teacher but the door into the hallway from the dance room should remain closed during the dance classes. A representative from Membership will speak to those concerned.

COMMENT #2 There is a need for additional waste containers in the ladies room.

ANSWER: Staff will look into this and rectify.

TRAVEL NEWS

Wednesday, June 9 - Friday, June 11, 2010

The Thousand Islands

Round-trip chartered motorcoach transportation between Clarence & the 1000 Island Region.
Two nights accommodations, two breakfasts, two lunches, and one dinner.
Visit to Alexandria Bay, including a two hour narrated Boat Tour and a visit to Boldt Castle.
Ron & Nancy OneSong's Country Jukebox Jubilee at the Clayton Opera House.
Ferry ride from Cape Vincent to Kingston, Ontario w/Luncheon at the General Wolfe Hotel.
"River Rat" Cookout at Grass Point State Park on the St. Lawrence River.

Price per person: **\$399 Double** **\$369 Triple** **\$489 Single**

Sign up with a \$50 deposit by JANUARY 23rd and get a free Cancellation Protection Plan

Sign-ups are also being taken for these newly announced trips...

Thursday - Sunday
September 16 - 19, 2010
Historic Gettysburg, Pennsylvania
\$479 / person based on double occupancy

Monday - Thursday
November 15 - 18, 2010
Wheeling, WV Festival of Lights
\$479 / person based on double occupancy

DAY TRIPS

Wednesday, February 10th, 2010
"Swing for Victory"
at the Downstairs Cabaret Theater
in Rochester, NY

A musical tribute to "The Greatest Generation"
Lunch at Mario's Italian Steakhouse
Leave the Center at 10:00 a.m.
Return at approximately 5:30 p.m.
\$79 per person

Thursday, March 18th, 2010
"Shamrocks & Shenanigans"
at the Auburn Holiday Inn

A delicious sit-down lunch followed by
Irish Tunes & Humor w/Laura Roth
Leave the Center at 9:00 a.m.
Return at approximately 5:15 p.m.
\$79 per person

For further information about these trips and future trips, attend the monthly
CSC Travelers meeting. Next meeting is Friday, December 11th at 10:00 a.m.

Brochures for all trips are available at the Center.
Please note...all trips must be paid for by check.
Thank you for your cooperation!