

**Clarence Senior Center**  
4600 Thompson Road  
Clarence, New York 14031

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Clarence, NY  
14031

**RETURN SERVICE REQUESTED**

**January 2011**

The *SILVER*  
**STREAK**

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Bill Westley  
Chairman of the  
Board of Directors

Karla R. Madrid  
Executive Director

Debbie Santiago  
Program Coordinator

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Web-site: [www.clarenceseniorcenter.org](http://www.clarenceseniorcenter.org)



## Clarence Senior Citizens, Inc.

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Clarence, NY 14031

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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 Center 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.

### Sign In Procedures

Anyone who enters 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. Shoppers leave from the center at 1:00 p.m. for an hour at the store and are then taken home.

The Van will take shoppers to Eastern Hills Mall on Wednesday, January 12th.

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

*On the Cover:*

*Happy New Year 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 Kudela@636-3070

### IMPORTANT PHONE NUMBERS

AARP ..... 1-800-424-3410  
 Community Education..... 407-9001  
 Erie County Adult Protection..... 858-6877  
 Erie County Senior Services..... 858-8526  
 Library..... 741-2650  
 Meals on Wheels ..... 633-9783  
 Parks Department ..... 741-8927  
 Post Office (Main Street) ..... 759-8952  
 Senior Outreach Services ..... 636-3070  
 Social Security..... 1-800-772-1213  
 State Police ..... 759-6831  
 Town Clerk..... 741-8938

### Transportation

Clarence Senior Center Van ..... 633-5138  
 Going Places Van ..... 858-7433  
 Rural Transit ..... 565-3323

### *In This Issue*

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## FROM THE EXECUTIVE DIRECTOR...

Dear Friends,

It is hard to believe it is another new year. 2010 went by so quickly! Already, plans are set in motion to make 2011 a very dynamic year at the Center. Stay informed as to what is happening by reading your newsletters and remember that you can read your newsletter and much more online at [www.clarenceseniorcenter.org](http://www.clarenceseniorcenter.org).

Now that the hustle and bustle of the holidays is over, on behalf of all the staff, I would like to thank all the people who helped to set up and serve the holiday meals, those who made dough and baked cookies for our cookie decorating event, the people who donated canned and dry goods for the food pantry, the people who brought in socks, mittens, hats, and blankets for area nursing homes, those who donated items used for raffles, and to all of you (you know who you are) that helped in some way to make the holidays brighter for us all.

Wishing you and yours the Happiest New Year!

*Karla*

## FROM THE BOARD CHAIR

There are many things we need to be thankful for as we finish 2010 and move into 2011. One would be the many volunteers that serve the Center, and I would like to highlight the new board member volunteers. Greet Henry Becker, Darlene Feinen, Violet Oldenski, Paul Schulz, and Holly Zuffranieri when you see them at the Center or around Town, and let them know how you feel about the Center.

Another group to thank is the whole Town of Clarence for providing this Center. The Town of Clarence gave the Senior Center a stipend of \$215,000 for operations for 2010. We will have about 30,000 people sign the registry when they enter. If you do the arithmetic it is a little over \$7 per visit. The Town also provides service from the Parks and Highway Departments, which doubles the cost to about \$14 a visit. Every time you enter the Center, think about what the whole Town provides to the seniors.

The Board of Directors elected the 2011 officers at the December meeting. They are Chairperson Bill Westley, Vice Chairperson Neil Struebing, Secretary Jim Blum, Treasurer Darrell Young, and Assistant Treasurer Jackie Carpenter. Talk to us and let us know your feelings on issues. Have a great 2011.

Bill Westley  
Board Chair

## Welcome New Members...

Pramodini Agarwal, Paul Graf, James Kargen,  
Ignatius and Vita Lococo, Richard and Linda Wiley

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

Monday, January 3rd  
1:30 p.m.

***Book Group***

Due to time limitations during last month's meeting, today's discussion is The Help by Kathryn Stockett.

February's book selection is  
Ape House by Sara Gruen

March's book selection is  
Fierce Radiance by Lauren Belfer

All are invited to join our discussion!

Tuesday, January 4th  
10:00 a.m.

***Computer Club***

For the next few months we'll be exploring the web and all it has to offer. Today we'll look at maps, directions, and Google Earth.

All Center members are welcome.

Tuesday, January 4th  
10:30 a.m.

***Volunteer Meeting***

Are you looking to volunteer ?  
Debbie will meet with volunteers the first Tuesday of each month to discuss upcoming volunteer opportunities in the Center, as well as opportunities out in the community.

All are invited to attend!

Tuesday, January 4th  
11:00 a.m.

***Visit with Kobie***

Along with his owner, Martha, our Golden Doodle friend, Kobie, will be here for a visit. Stop and say hello! Kobie & Martha will also be here on Wednesday, January 19th at 10:00 a.m.

Wednesday, January 5th  
1:15 p.m.

***Classic Movie***



***"Belles on Their Toes"  
1952***

*Starring: Jeanne Crain, Myrna Loy*  
The "Cheaper by the Dozen" crew is back. Lillian is struggling to make ends meet without her husband's income, while Anne, Martha, and even Ernestine find romance.

Thursday, January 6th  
10:00 a.m.

***\*\*new time\*\****

***Clarence Public Library***

Libraries serve as centers of information, education, culture and entertainment for the residents of Erie County. Learn more about what the Clarence Library has to offer during a brief tour. Following the tour, library staff can assist you or you may choose to browse and use the "quiet reading area".

Van service is offered to and from the library on the first Thursday of each month. The van will return to the center at 11:00 a.m.

*Please sign up in the office.*

Friday, January 7th  
10:30 a.m.

***Adequate Health Insurance  
Don't Get Sick Without It***

Bill Daniels, Coordinator of Insurance for Erie County Senior Services will review several programs such as Supplemental and Medicare Advantage, prescription drug programs and long term care.

*Please sign up in the office.*

Friday, January 7th  
1:30 p.m.

***Introduction to Astronomy  
with Dr. Gus Cenkner***

Today's topic is stars.  
Most of the zillions of stars in the universe exist in groups, and most stars are not like the sun. We will discuss the classification of stars by temperature and size and identify the characteristics of groups of stars called binaries, galaxies, and clusters.

*Please sign up in the office.*

Tuesday, January 11th  
1:30 p.m.

***Antiques To Go***



December's meeting was cancelled, so today we will share our Christmas collectibles. Bring your Santas \*angels \*tree ornaments \*bells \* snow babies\* and books...and we'll have Christmas in January!

Tuesday, January 11th  
9:30 a.m.

***Scroll Saw for Women***



CSC member Rosemond Ruhland will show you how to use a scroll saw to make a bunny. This class will be repeated on Thursday, January 20th at 9:30 a.m.

*Please sign up in the office.*

Tuesday, January 11th  
2:30 p.m.

***Widow & Widowers Group***

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

Thursday, January 13th  
9:00 a.m.

***Free Zumba Demonstration***

If you're looking for a workout that's fun and exciting, look no further! It's Zumba!!! Zumba fuses Latin rhythms and easy to follow dance moves that work your entire body. Every class feels like a party!! Come and try this free demo with instructor, Kathy Cammarano.

*Please sign up in the office.*

Tuesday, January 11th  
10:00 a.m.

***EPIC***

Could you use some help paying for your prescription drugs? A representative from EPIC is available to explain more about the New York State EPIC Program and the Medicare Prescription Drug Program.

Tuesday, January 11th  
1:30 p.m.

***Learn to Play Wii Bowling***

Using the Wii is a lot of fun, as well as great exercise! Program Coordinator Debbie Santiago will be teaching the basic skills needed to use the Wii.

*Please sign up in the office.*

Tuesday, January 13th  
10:00 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.

Friday, January 14th  
10:00 a.m.  
***MVP Health Care***

MVP Health Care now offers Medicare Advantage health plans in Western New York. An informational meeting is an excellent way to get to know MVP Medicare plans and benefits and how they can work for you. The meetings are free, and there is absolutely no obligation to join - just a chance to get your Medicare questions answered.

Friday, January 14th  
10:00 a.m.  
***CSC Travelers Meeting***

All members interested in travel are invited to attend today's meeting to discuss upcoming travel plans.

Friday, January 14th  
Friday, January 21st  
1:00 p.m.  
***Dominoes Tournament***



There will be a random drawing for seating and the best scores at each table will compete the second week to determine 1st, 2nd, 3rd, and 4th place winners. If you are interested in competing in this tournament, *please register in the office.*

Monday, January 17th  
Martin Luther King Day  
***The Center is Closed***



Tuesday, January 18th  
1:30 p.m.  
***Learn about the Egg Industry***

American agriculture has changed dramatically over the last few decades. Karyn Kreher, Director of Food Safety and Quality Assurance at Kreher Farms, will discuss how Kreher's Farm has been committed to producing, marketing and distributing high-quality eggs and other related activities.

*Please sign up in the office.*

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



Join us for our monthly birthday celebration! Cake will be served with lunch and those celebrating a January 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.

Wednesday, January 19th  
1:15 p.m. & 6:30 p.m.  
***Movie***  
***"Young Victoria" PG***

*Starring: Emily Blunt and Rupert Friend*  
A dramatization of the turbulent first years of Queen Victoria's rule, and her enduring romance with Prince Albert. Encore presentation Friday, January 21st at 1:15.

Wednesday, January 19th  
Doors open at 5:00 p.m.  
***Potluck, Movie & Game Night***

All members are welcome at this evening of food and fun! Please bring a dish to pass. Beverages will be provided. Dinner will be served at 5:15 p.m. Regular evening activities will follow.

*Please sign up in the office.*

Thursday, January 20th

9:00 a.m.

**Zumba**  
**6 Week Session Begins**

If you're looking for a workout that's fun and exciting, look no further..It's Zumba!!! Zumba fuses Latin rhythms and easy to follow dance moves that work your entire body. Sign up and pay in the office. Cost for the six week session is \$18.

Thursday, January 20th

10:00 a.m.

**Nature Explorers**  
**Chili in the Park**



It's time for the annual snow party at the Town Park on Main Street. Bring your snow shoes or cross-country skis for a short trek in the park or just join us in the Clubhouse for lunch and to play games. The chili pots will be on! Bring your own place setting and beverage. Coffee will be provided

*Sign-up on the Nature Explorers' bulletin board.*

Friday, January 21st

10:00 a.m.

**Computer Club**

Dave Schupp will continue to facilitate the Friday Computer Club. Today's topic will be "All You Need to Know About Viruses & Virus Protection."

*All Center members are welcome to attend.*

Tuesday, January 25th

1:00 p.m.

**Senior ID Cards**

A representative from the Erie County Department of Social Services will be here to offer complimentary ID cards for Erie County residents 65+.

*Please sign up in the office.*

Tuesday, January 25th

1:30 p.m.

**Senior Outreach Services**  
**Financial Benefits & Entitlements**

Senior Outreach Service (SOS) is a government-funded program providing assistance to persons aged 60 and older. Free services are available to all seniors residing in the Towns of Amherst, Clarence, and Newstead. The Senior Outreach staff are trained to identify and coordinate all available community and government services, thus eliminating much of the "red tape" that can cause frustration to seniors and their caregivers.

Social Worker Jessica Kudela will be reviewing four specific benefits and entitlements: the Medicare Savings Program, Food Stamps, HEAP, and the telephone discount. Jessica will be available after the presentation to answer questions as well as to assist with applying for any benefits and entitlements.

*Please sign up in the office if you are interested.*

Wednesday, January 26th

12:00 Noon

**CSC Line Dancers**

Arrive early for lunch and be entertained by our very own group of Line Dancers led by Center member, Kitty Miranda. The line dance class meets every Wednesday at 9:00 a.m. New students are welcome!

Wednesday, January 26th

5:00 p.m.

(doors open at 4:45 pm)

**Country Western Hoedown**



Ya'll are invited to a good ole Country Western Hoedown here at the Center. Grab your boots and hat and join us for a good 'ole time. A BBQ Dinner will be served at 5:00 p.m with entertainment by Billy Dee to follow. The cost is \$2.00 per person.

*Sign up in the office by Wednesday, January 19th.*



## WEEKLY SCHEDULE


<u><b>MONDAY</b></u>	<u><b>TUESDAY</b></u>	<u><b>WEDNESDAY</b></u>	<u><b>THURSDAY</b></u>	<u><b>FRIDAY</b></u>
9:00 So-Sewers	9:15 Women's Bridge (Foursome only)	9:00 So-Sewers	9:00 Zumba (starts 1/20)	9:00 Intermediate Bridge
9:00 Stretch & Tone	10:00-12:00 Blood Pressure Screenings	9:00 Beg.Line Dance	10:00 Canasta	9:30 – 11:00 Senior Outreach Program (636-3070)
9:00 - 11:00 Computer Support 1/10 & 1/24	11:30 Resistance Training	9:00 Euchre	10:00 Beginner Bridge	11:30 Resistance Training
9:30 Ceramics	Noon Billiards	9:30 Woodworking	11:30 Tai Chi	
9:30 Chess	<b>12:30 LUNCH IS SERVED</b>	9:30 Ceramics		Noon Billiards
9:30 Woodworking	1:00 Intermediate Bridge	9:30 Line Dance	Noon Billiards	<b>12:30 LUNCH IS SERVED</b>
10:15 Tap Dancing	1:00 Poker	10:00 - 12:00 Computer Support	<b>12:30 LUNCH IS SERVED</b>	1:00 Pinochle
11:30 Lyrical Jazz		Noon Billiards	12:30 Duplicate Bridge	1:00 Poker
Noon Billiards		<b>12:30 LUNCH IS SERVED</b>	1:00 Poker	1:00 Dominoes
<b>12:30 LUNCH IS SERVED</b>		12:30 Bridge	1:15 Bingo	
1:00 Poker		1:00 Poker	1:15 Shuffleboard	
1:15 Wii Bowling		1:00 Watercolor Class		
1:00 Euchre		1:00 Canasta		
		6:30 Pinochle Pool Woodworking		

**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.

# January Special Events



Su	Mon	Tue	Wed	Thu	Fri	Sat
2	3 1:30 Book Group	4 10:00 Computer Club 10:30 Volunteer Meeting 11:00 Visit w/Kobie	5 1:15 Classic Movie: "Belles on Their Toes"	6 10:00 Clarence Library	7 10:30 Adequate Health Insurance 1:30 Intro to Astronomy	1 8
9	10	11 9:30 Scroll Saw for Women 10:00 EPIC 1:30 Learn to Play Wii Bowling 1:30 Antiques to Go 2:30 Widows/Widowers	12	13 9:00 Board Meeting 9:00 Zumba Demo 10:00 Univera	14 10:00 Travelers Meeting 10:00 MVP Health Care 1:00 Dominoes Tournament	15
16	17 <b>The Center Is Closed</b> 	18 1:30 Kreher Farms	19 10:00 Visit w/Kobie 12:30 Birthday Lunch 1:15 & 6:30 Movie: "Young Victoria" 5:00 Potluck, Movie & Game Night	20 9:30 Scroll Saw for Women 10:00 Nature Explorers Chili in the Park	21 10:00 Computer Club 1:00 Dominoes Tournament 1:15 Movie: "Young Victoria"	22
23	24	25 1:00 Senior ID Cards 1:30 SOS Financial Benefits & Entitlements	26 12:00 CSC Line Dancers Presentation 5:00 Hoedown	27	28 10:30 New Member Welcome 1:30 Intro to Astronomy	29
30 W I N T E R F E S T	31 1:30 Couples Club					

Friday, January 28th  
10:30 a.m.

***New Member Welcome***

This is a great opportunity for new members, as well as not so new members, to “meet and greet” and learn more about the Center. A tour of the building will be given and light refreshments will be served.

*Arnold Castren...you are a winner!*

Friday, January 28th  
1:30 p.m.

***Introduction to Astronomy  
With Dr. Gus Cenkner***

Today’s topic is Astronomical Phenomena such as sun halo, rainbows, the green flash, mirages and Buddha’s rays. Hopefully, this will help to prevent you from identifying these natural astronomical phenomena as UFOs!

*Please sign up in the office.*

Sunday, January 30th  
12:00 p.m. - 4:00 p.m.

***Winterfest***



Enjoy the season at the Annual Town of Clarence Winterfest in the Clarence Town Park on Main St.

Monday, January 31st  
1:30 p.m.

***Couples Club***

All couples are invited to join us today for friendship and conversation.

***Looking Forward...***

February 1st - 28th  
***Membership Drive***

\* \* \* \* \*

Thursdays & Fridays  
Beginning February 3rd  
9:00 - 12:00

***AARP Tax Preparation***

\* \* \* \* \*

February 4th  
***Learn About Osteoporosis***

\* \* \* \* \*

February 14th  
***Valentine’s Day Luncheon***

\* \* \* \* \*

Monday, February 28th  
***Storytelling w/Bob Poczik***

***Did You Renew  
Your Membership??***

All 2010 CSC memberships expired on December 31st. Don’t miss a single issue of “The Silver Streak!” Stop in the office to renew your membership.

2011 Dues  
\$5.00/individual  
\$7.50/couple

Associate Membership  
\$12/individual  
\$18/couple

### **IMPORTANT NOTICE...**

Pursuant to Town policy, the Center Van may not pull into any driveway that is not plowed and/or reasonably clear from snow and/or ice so as to avoid the possibility of the Van becoming stuck and thus unavailable to other members of the Senior Center.

### **Wedding Anniversary Congratulations**



*Dick & Josephine Zelawski. .... 64 years*

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

### ***Did you know...***

The Silver Streak is available on the CSC website:

**clarenceseniorcenter.org.**

You'll also find a monthly calendar, the menu,  
and lots of other information about the Center.

\* \* \* \* \*

### ***Do you have an e-mail address?***

We would like to be prepared to utilize e-mail  
notification. As with all member information,  
e-mail addresses will be kept confidential.

Please fill out the form below  
and return it to the office.

Name (s) \_\_\_\_\_

E-mail \_\_\_\_\_

### **Thinking of You. . .**



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

*Carol Jacobs  
James Sullivan*

### **Dash's Tapesaver Program**

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

### ***Ongoing Collection for Veterans...***

We will continue to collect canned and dry goods  
to donate to the Veteran's food pantry. A box for  
donations is located in the front foyer.

### **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.

### **Cell Phone Collection**

Do you have an old cell phone that you no longer use?  
Please recycle your cell phone to benefit the Center.  
Collection box is located in the Center foyer.

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  
FEBRUARY NEWSLETTER IS JANUARY 12TH.**

► **New Day Trip** ◀

*Ultimate Superstars Legends*

Luncheon Show at the Clarion Hotel in Batavia, NY

Wednesday, February 23, 2011

Enjoy a buffet luncheon followed by national performing and recording artists, Richie and Debbie Derwald in a critically acclaimed, high energy, full costume show featuring tributes to Elvis, Cher, Neil Diamond, Frank Sinatra, Judy Garland, Dolly Parton, Roy Orbison, The Phantom of the Opera, & countless others!

Depart the Senior Center by motorcoach at 11:00 a.m. and return at approximately 4:00 p.m.

\$69 per person

**Travel News**

*Springtime in Washington*

Monday, May 2 - Thursday, May 5, 2011

- ◆ Deluxe round-trip chartered motorcoach transportation from the Clarence Senior Center; three nights accommodations in the Washington area; daily continental breakfast, and three dinners.
- ◆ Guided Tour of Washington featuring the Women in Military Memorial, Marine Corps War Memorial, the White House Visitor's Center, Embassy Row, View of the national Cathedral, Capitol Hill, and 9/11 Memorial at the Pentagon.
- ◆ Guided Illuminated Monuments Tour including the Jefferson Memorial, FDR Memorial, and view of the city from Kennedy Center Terrace.
- ◆ Visits to the National World War II Memorial, Vietnam Memorial, Lincoln Memorial, Korean War Veterans Memorial, Air Force Memorial, Smithsonian Institution, Union Station, and Steven Udvar-Hazy Center.
- ◆ Visits to the International Spy Museum and the Newseum where there is a special "Inside Tim Russert's Office" exhibit.

Price Per Person

\$549 Double      \$519 Triple      \$699 Single

Sign up in the office with a \$50 deposit per person.

**For further information, attend the monthly CSC Travelers meeting. The next meeting is Friday, January 14th at 10:00 a.m. Brochures for trips are available at the Center.**

*All trips must be paid for with a check separate from other activities. Thank you for your cooperation!*