

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

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Permit no. 28  
Clarence, NY  
14031

## TIME VALUE

**September 2009**

# The *SILVER* STREAK

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Chairman of the  
Board of Directors

Karla R. Madrid  
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### *From the Executive Director...*

Dear Friends,

I am pleased to announce that a new Program Coordinator has been hired. We didn't have to look far: Debbie Santiago has assumed the position. Debbie has worked as an Office Assistant at the Center for the past year. She is smart, creative, friendly, hard working, and already she is busy working on several new and exciting happenings for the Center. If you haven't done so, please do not hesitate to come to the office to meet Debbie and as always, we welcome and encourage you to share your ideas and suggestions for programs and activities at the Center.

Looking forward to seeing you this month,

**Karla**

### *From the Board Chair...*

What a different summer we had - not only the wet and cool July, but the hot August. We have had weather changes in our staff as well.

Debb Sabbitas, our Program Coordinator, left for a big job in Newstead, but we're happy that we have so talented a person as Debbie Santiago taking over the position. Our Business Manager is resigning to move "southwest" in September. With the training and learning necessary to perform these jobs, the new members of staff will provide a new look for getting the job done.

The programs you like will continue, but new ideas might stimulate you to try something new and different.

Stay tuned for the fun and excitement.

**Bill**

### **Welcome New Members...**

Arlene Bevilacqua, Robert & Dolores Conaway, Gary & Barbara Chilton,  
Larry Kaminski, David Hirsch, Barbara Manhardt, Arthur & June Matthies,  
Kenneth & Marilyn Olendorf, Marilyn Phillips, June Pigeon, J. David Ropach,  
William & Jeanmarie Schmitt, Norma Smyka, Susan Snyder, Frances Zale

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

Book Group will resume on Monday, October 5th at 1:30. .  
We will be discussing The Guernsey Literary & Potato Peel Society by Mary Ann Shaffer.

Tuesday, September 1st  
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. This will be Jim's last day for massages.

*Please sign up on the board adjacent to the office.*

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

***Classic Movie***



***"The Fighting Seabees"***  
(1944)

***Starring John Wayne & Susan Hayward***

Construction workers in World War II in the Pacific are needed to build military sites, however the work is very dangerous and they doubt the Navy's ability to protect them. After a series of attacks by the Japanese, something new is tried, Construction Battalions, hence CBs. The new CBs have to both build and be ready to fight.

Thursday, September 3rd  
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.

This workshop will be repeated on  
Thursday, September 10th at 2:00 p.m.

Friday, September 4th  
1:15 p.m.

***German Lessons with Hilde***

Sprechen sie Deutsch??? Learning a new language is a great way to keep your mind sharp while having fun! Center member Hilde Smith will help you master the basics of conversational German. **TO BE HELD IN OCTOBER!** Free 8-week session begins today. To fully benefit from these classes, please plan on attending regularly.

*Please sign up in the office.*

Monday, September 7th  
***Labor Day***

***The Center is Closed***

Tuesday, September 8th  
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.

Tuesday, September 8th  
1:30 p.m.

***Writing Snippets of Your Past***

**Ladies and Gentlemen – This Workshop Is All About You**

Your life is a patchwork of moments in time stitched into a rich history that is yours alone. Why not capture a memory you treasure? A fun writing adventure is available to you, and the only supplies you need are a memory from your lifetime, a pencil and paper. Be remembered in years to come. Never written anything? No problem! Like to stretch the truth? Who will know? Be it humor, adventure, or setting the record straight for posterity, let's give it a go. This workshop will be held at the Center on Tuesdays at 1:30 p.m. from September 8th through October 6th. Course fee of \$25 includes a 42-page guide and personal help from a local author.

*Sign-up and pay in the office.*

Tuesday, September 8th  
1:30 p.m. - 2:30 p.m.  
***Antiques to Go***

Our first meeting of the 2009-2010 season will be "Show & Tell." Maybe you found a great treasure at a garage sale or flea market, or perhaps you have a unique antique or collectible at home that you'd like to discuss. Bring in your prized possession today to show and tell, or just come and enjoy the discussion. All are welcome!

Tuesday, September 8th  
2:30 p.m. - 3:30 p.m.  
***Widows/Widowers Group***

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

Wednesday, September 9th  
10:00 a.m.  
***Independent Health***

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



Wednesday, September 9th  
5:30 p.m.  
***Steak Roast***

Join us for an evening of food and fun. Enjoy a steak dinner with "all the fixins". Then play cards, dominoes, Wii bowling, bocce or pool. Doors will open at 5:15 and dinner will be served at 5:30. Cost is \$4. A limited number of tickets are available in the office. Van service will be offered. Sign up by Friday, September 4th.

Thursday, September 10th  
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.

Thursday, September 10th  
10:00 a.m.  
***Therapeutic Exercise Presentation***

Richard J. Derwald, Fitness Coordinator for Erie County Senior Services, will be teaching twelve therapeutic exercises designed to improve quality of life for arthritis sufferers. All are welcome to attend.

Thursday, September 10th  
1:00 p.m.  
***Tai Chi Lecture & Demonstration***

Have you ever thought of attending Tai Chi class, but are unsure of what it's all about? Are you looking for ways to improve your overall health and well-being? We invite you to attend this insightful lecture on the benefits of Tai Chi, proven to improve both your physical and mental well-being, and a student demonstration of some of the Tai Chi movements learned in the class. Join us and learn about this ancient Chinese Martial Art.

Friday, September 11th  
10:00 a.m.  
***CSC Travelers***

Attend this meeting to discuss upcoming travel plans.

Monday, September 14th  
Tuesday, September 15th  
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.

Sign-up and pay in the office.  
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:  
October 19, 20 & November 16, 17



# 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	<b>9:00 Men's Bridge</b>	9:00 So-Sewers	9:00 Full Body Workout	9:00 Intermediate Bridge
9:00 Sweat & Tone	9:15 Women's Bridge (Foursome only)	9:00 Beg. Line Dance	<b>10:15 Yoga (Begins 9/17)</b>	9:30 – 11:00 Senior Outreach Program (636-3070)
9:00 - 11:00 Computer Support 9/14 & 9/28	10:00-12:00 Blood Pressure Screenings	9:30 Ceramics	<b>11:30 Tai Chi</b>	
9:30 Ceramics	11:30 Resistance Training	9:30 Woodcarving		11:30 Resistance Training
9:30 Chess	11:30 Tai Chi	9:30 Euchre		
10:15 Tap Dancing		9:30 Line Dance		
11:30 Lyrical Jazz		10:00 - 12:00 Computer Support		
Noon Billiards	Noon Billiards	Noon Billiards	Noon Billiards	Noon Billiards
<b>12:30 LUNCH IS SERVED</b>	<b>12:30 LUNCH IS SERVED</b>	<b>12:30 LUNCH IS SERVED</b>	<b>12:30 LUNCH IS SERVED</b>	<b>12:30 LUNCH IS SERVED</b>
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 Shuffleboard	1:00 Watercolor Class	1:15 Bingo	1:00 Dominoes
		6:00 Bocce Ball		
		6:30 Pinochle and Pool		

**Tai Chi class is now offered on both Tuesday and Thursday at 11:30 a.m.**

**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.

# September Special Events Calendar



Su	Mon	Tue	Wed	Thu	Fri	Sa
		1	2 1:15 Classic Movie <i>"The Fighting Seabees"</i>	3 9:30 Univera	4	5
6	7  <i>The Center is Closed</i>	8 9:30 HIICAP  1:30 Writing Workshop 1:30 Antiques to Go 2:30 Widows/Widowers	9  10:00 Independent Health  5:30 Steak Roast	10 9:00 Board Meeting 10:00 BC / BS 10:00 Therapeutic Exercise 1:00 Tai Chi Demo 2:00 Univera	11  10:00 CSC Travelers	12
13	14  AARP Driving Course 10:00 - 2:30	15  1:00 Word Processing  <i>Museum Trip</i>	16 10:30 Unclaimed Funds 12:30 Birthday Lunch 1:15 & 6:30 Movie: <i>"Phenomenon"</i>  <i>Maryland Trip 9/16-9/20</i>	17 9:30 Nature Explorers  1:15 Sleep Apnea	18  1:15 Movie Encore <i>"Phenomenon"</i>	19
20	21	22  1:15 Dental Treatments	23  1:15 Clarence History 6:30 Apple Fest 7:00 Alzheimers Support	24  12:30 Out & About Darwin Martin House 5:30 CSC Diners	25  11:00 New Member Welcome	26
27	28  3:00 Couples Club Town Place Park  <i>Seneca Niagara Casino Trip</i>	29  10:00 BPO Presentation 1:00 Word Processing	30			

Tuesday, September 15th  
1:00 p.m.

### ***Word Processing w/Mary***

Mary Stefano will be teaching this hands-on intro to word processing. (Advanced users are also welcome.) Learn to create, format, print and save your documents. This class will be repeated on Tuesday, September 29th.

*Registration is required in the office.  
Class size is limited!*

Thursday, September 17th  
9:30 a.m.

### ***Nature Explorers***

Plans are in the works! Please check the bulletin board for information on this month's nature outing.

Thursday, September 17th  
10:15 a.m.

### ***Yoga with Carol Stein***

Sooth your spirit while toning your body. Increased flexibility and strength as well as improved balance and stamina are just a few of the advantages of practicing yoga. In addition to the many physical benefits, yoga has been shown to reduce stress and anxiety while improving mental clarity. Fee is \$5.00 per class.

An 8 week session begins today.

*Please register in the office.*

Wednesday, September 16th  
10:30 a.m.

### ***State Comptrollers Office Unclaimed Funds***

The office of the NYS Comptroller is in possession of more than \$9 billion of New Yorkers' money. There are 22 million accounts of people who are owed money or property. Using his laptop, Western New York Regional Representative Michael Johnson will look up names and print claim forms for those lucky enough to be found.

Thursday, September 17th  
1:15 pm

### ***All About Sleep Apnea***

Jason Blanchet of CPAP Express will give an informative presentation on sleep apnea and the available treatments. Jason will also have a question and answer period following the presentation.

*Please sign up in the office.*



Wednesday, September 16th  
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 a September birthday will receive a special gift. The suggested donation for lunch is \$2.50. Please sign up on the birthday sheet on the nutrition board.

Tuesday, September 22nd  
1:15 pm

### ***Dental Treatments***

As a follow up to our earlier presentation on sleep apnea, Jeff Goldberg, DDS will give a presentation on dental treatments for sleep apnea. In addition,

Dr. Goldberg will provide information on the advances in dental implants.

*Please sign up in the office.*

Wednesday, September 16th  
1:15 p.m.

### ***Movie: "Phenomenon"***

Rating: PG13

*Starring: John Travolta, Forest Whitaker, Robert Duvall,*

John Travolta stars as George Malley, a humble mechanic in a rural California town. On his 37th birthday, George celebrates at a pub with friends (Whitaker & Duvall). When he steps outside, George observes a bright light in the sky that knocks him briefly unconscious. When he awakens, George has incredible intellectual powers and his life is profoundly changed.

**Encore presentation tonight at 6:30 p.m.  
and Friday, September 18th at 1:15 p.m.**

Wednesday, September 23rd  
1:15 p.m.

### ***Clarence History with Mark Woodward***

Town Historian Mark Woodward will share his knowledge and stories about the history of Clarence.

Wednesday, September 23rd

6:30 p.m.

***Apple Fest***

Doors open at 6:15 p.m.

Fall is in the air and it is time to celebrate the season by joining your friends at the Center for some delicious apple pie a la mode! Entertainment will be provided by *Fiddlesticks*. The fee for this event is \$2.50 per person.

*Sign up in the office by  
Wednesday, September 16th  
Van service is available.*

Wednesday, September 23rd

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, September 24th

12:30 p.m.

***Out & About  
Darwin Martin House***

Take a docent-led tour of the Darwin D. Martin House Complex. Visit the main floor of the Martin House as well as the pergola, conservatory and carriage house, as your docent unravels Frank Lloyd Wright's genius in creating intricate harmonies in architecture. Cost is \$3. We will depart from the Center at 12:30 p.m. and return at 2:30 p.m. for a discussion and refreshments.

*Sign up and pay in the office by Friday, September 18th.*

Thursday, September 24th

***CSC Diners***

Check the Diner's bulletin board for information.

*Violet Nosbisch... You are a winner!*

Friday, September 25th

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, September 28th

3:00 p.m.

***Couples Club  
Town Place Park***

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

Tuesday, September 29th

10:00 a.m.

***BPO Presentation  
By George Thomas***

Mr. Thomas will give a presentation on Kleinhans, including information about Music Director Joanne Falletta, and Concertmaster Michael Ludwig, as well as the orchestra and awards they have received.

*Please sign up in the office.*

***Coming Events...***

Thursday & Friday  
October 15th & 16th

***VNA Flu Shots***

(see insert for more details)

\* \* \* \* \*

Saturday PM, October 24th

***Harvest Ball  
Town Park Clubhouse***

## 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.

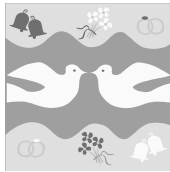
## Volunteer Computer Support

- Dave Schupp is available to provide computer assistance from 9:00 a.m. to 11:00 a.m. on Mondays, September 14th & 28th.
- 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 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.

## Wedding Anniversary Congratulations



*Bob & Bette Schuessler ..... 58 Years*  
*Dale & Norma Honsberger ..... 56 Years*

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

## Thinking of You...



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

Wayne (Skip) Bergman  
Ruth Mallon  
Gerald Schutz  
Jack Ulrich

## 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.

If you know of an organization or business that would allow us to place a collection box for either of these items, please contact Debbie @633-5138

## Volunteers Needed

If you, or someone you know, are interested in volunteering to help operate the Disaster Emergency Shelter site at the Center, please speak with Karla. No previous experience or special skills are needed. Orientation and training will be provided by Dave Bissonnette, Town of Clarence Disaster Coordinator.

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 OCTOBER NEWSLETTER IS SEPTEMBER 11th.**

### A Note from the New Program Coordinator...

To All Members...

I have enjoyed one year at the Senior Center working and forming relationships as the Office Assistant. I am very excited to begin my new position of Program Coordinator and I look forward to adding to the foundation of classes and programs. I welcome your suggestions and feedback to enhance the overall experience at the Center. Please feel free to stop in and speak with me or to complete a suggestion/comment sheet which will be located by the sign-in podium.

Debbie Santiago

## DOMINOES TOURNAMENT

### DePronio Reigns as The Queen of Dominoes

In the longest match of our short history, Joyce DePronio hammered out a decisive victory over five other stalwart competitors. She keeps in tact the legacy of "only women" champions! Scores of the finalists were:

- 1) Joyce DePronio..... 197
- 2) Jackie Carpenter ..... 271
- 3) Paulino Vazquez..... 302
- 4) Ruth Schultz ..... 312
- 5) Hazel Ellis ..... 369
- 6) Janet Vito..... 510

All participants showed exuberance in making this tournament a success. A special thank you goes out to scorekeeper Violet Oldenski. The next tournament will be played in January, 2010.

*Submitted by Art Sambuchi*

Thank you to Art for arranging the fun-filled dominoes tournaments held at the Center. Art's endless enthusiasm is most appreciated.

THANKS ART FOR AN EXCITING TIME!!

### From the Suggestion Box...

June 2, 2009

1) To encourage lunch sign-up and make it easier, perhaps the sign-up sheets could be placed on an elevated stand, perhaps a loose-leaf notebook?

**Reply** - Will be discussed with Roger and also explore options.

2) Regarding notices, it's nice having Obituary notices, but would like illness notices also posted.

**Reply** - It is a nice idea, but there is a privacy issue in regard to this suggestion.

3) There were three separate suggestions in the box referring to term limits. They would all like to see term limits for Board members.

**Reply** - These will be referred to the By-laws for discussion and review.

June 30, 2009

1) An inquiry was made into inserting Diner's dates in the Silver Streak. Membership has dropped, perhaps because of this.

**Reply** - Information placed in the Silver Streak can only be accepted for insertion if it is provided in a timely manner.

2) I am a member of the Finance Committee but haven't received a copy of the Audit.

**Reply** - Since this suggestion was submitted, all members of the committee have received the Audit.

3) There was a question about the Board meetings and the confusion surrounding the minutes.

**Reply** - There is a special Ad Hoc Committee formed to discuss this question and comments will be taken in the office for an Ad Hoc folder.

4) When a comment is written and submitted to the Board, is the item attached to the minutes.

**Reply** - Ad Hoc will resolve this issue and comments relevant to the Ad Hoc Committee will be inserted in the Chairman's Silver Streak feature.

5) Many members asked why Janet Vito was not put up for officer since she contributed so much to the Board.

**Reply** - The Nominating Committee was discussed. They decided a list of candidates who worked well together would be formed and nominated. Nominations from the floor were accepted also.

## ***Theatergoers***

The CSC Theatergoers have begun planning for the 2009-2010 season. We'll be going to The Lancaster Opera House, Musalfare Theater, Kavinoky Theater, The Riviera Theater, The Irish Classical Theater, O'Connell & Co (at ECC North), and the Historic Palace Theater in Lockport. **We will be carpooling to all events.**

Friday, October 9th, 2009

7:30 p.m.

Lancaster Opera House

### **Michael John's "Tribute to Billy Joel"**

Michael John has worked hard at perfecting his Billy Joel show and landed a gig playing with the world famous *Legends In Concert*. Michael will be in a "New York State of Mind" when he brings his piano from Las Vegas to the Lancaster Opera House stage.

Tickets are \$25 – Sign up and pay by Friday, September 18th.

\* \* \* \* \*

Sunday, December 27th, 2009

2:30 p.m.

Lancaster Opera House

### **"A Polish Christmas"**

Featuring Polish Heritage Dancers

A yearly tradition at the Lancaster Opera House.  
Join us for a celebration of traditional Polish folk dancing and music.

Tickets are \$15

Sign up and pay by Wednesday, November 27th

\* \* \* \* \*

Also coming up...

Sunday, January 24th, 2010 - "You Can't Take it With You" at The Palace Theater in Lockport

Thursday, February 25th, 2010 - "The Mousetrap" at The Lancaster Opera House

## ***Music Lovers***

\$90 includes the entire series!  
Order tickets in the office  
by Thursday, October 15th.  
We will be carpooling to these shows.

**The Buffalo Philharmonic Orchestra**  
2009-2010 Friday Morning Coffee Concert Series

All concerts are Friday mornings at 10:30 a.m.  
Coffee/tea, bagels & doughnuts  
are served before each concert.

November 13th - Viennese Masters  
December 4th - Sibelius Symphony No. 2  
December 11th - A Classical Christmas  
February 5th - Sibelius Violin Concerto  
April 9th - Bohemian Rhapsody

The Clarence Senior Center will be offering

## FLU & PNEUMONIA SHOTS

Thursday and Friday  
October 15th & 16th  
9:00 a.m. - 2:00 p.m.

Administered by  
The Visiting Nursing Association of WNY

The following insurances will be accepted:

Medicare Part B  
Univera  
Independent Health  
BlueCross BlueShield

If you do not have any of the above insurances or do not bring your card with you, you will be required to pay \$30 for the flu shot and \$45 for the pneumonia shot. No exceptions will be made.

Please call the office at 633-5138 to schedule an appointment.

### Newsletter Correction

German Lessons will be offered in October, not September.

The 8-week session will start on **Friday, October 2<sup>nd</sup>**.



### *Seneca Niagara Casino*

Monday, September 28<sup>th</sup>  
\$25

Leave the Center at 9:15 a.m.  
Return at approximately 5:00 p.m.

Sign-up and pay in the office  
by Wednesday, September 23<sup>rd</sup>.