

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

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The *SILVER*  
STREAK →

**January 2022**

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Chair, Board of Directors

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Executive Director

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## *Happy New Year 2022*

As 2021 comes to an end and 2022 begins, many of us look to set resolutions and make lifestyle changes. Typically, the resolutions tend to focus on physical health and well-being—eating healthier, quitting smoking, exercising and weight loss are some of the usual favorites. This is generally not the time that you hear someone say they wish to take risks. However, there is one man—Gerontologist, Dr. Bill Thomas, states that over 17 billion people have lived and not one of them has grown younger. Since we cannot escape the reality of aging, he recommends that we embrace the opportunities of aging. Aging provides us a chance to do all the things our younger self wouldn't have dared to do because we are now well equipped with accumulated life experiences. So in 2022, pursue your passions and follow the advice of Dr. Thomas and live life to the fullest! Strive to make your time matter. Minutes and hours and days and weeks can blow away like dead leaves, with nothing to show but time spent not quite ever doing things, or time spent waiting to begin. Look forward to meeting new people and talking to them and hearing what they have to say. Create new things, repair/refurbish old things and share them with people who may enjoy them. Along the way you will probably make mistakes. That can be a good thing since that means you are making new things, trying new things, learning, living, pushing yourself, changing yourself.

So that's my wish for you, and all of us. Don't worry about making mistakes—they can be glorious and amazing. Make mistakes nobody's ever made before—that is the secret of inventors! Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect. Whatever it is you're afraid of doing, do it.

Make your mistakes, this year and forever and always remember to be kind to yourself and others. Life is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one. Live it well! Enjoy today! Do something fun! Live happy in this year and every year!

Wishing you all a happy and healthy new year!

As a 501 (c)(3) charitable not-for-profit organization, Clarence Senior Citizens, Inc. is able to accept tax deductible contributions. Honor a special person by making a memorial donation. Your donation will help to make a difference in the lives of seniors by supporting a wide range of programs provided at the Clarence Senior Center.

**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**

Book Club at 1:30 p.m.

January Book: "One for the Blackbird, One for the Crow" by Olivia Hawker. All members are welcome to join in this discussion.

**Tuesday, January 4th**

Dinner & Movie 3:00 p.m.  
"The War With Grandpa"

Starring Robert DeNiro, Uma Thurman & Rob Riggle

In this star-studded comedy for the whole family, young Peter is not too pleased when his mom makes him give up his beloved bedroom to accommodate Grandpa. Desperate to get his room back, Peter decides to wage all-out war and devises all sorts of wild schemes to make Grandpa give up his room. However, Grandpa refuses to surrender easily and soon takes the fight back to his grandson. Dinner will be served at 5:00 p.m. We will be serving roast beef with gravy, ranch-seasoned mashed potatoes, Harvard beets and strawberry swirl ice cream. The suggested donation for dinner is \$3.00.

**Friday, January 7th**

Healthcare advocate at 12:30 p.m.

A representative will be here during lunch to answer questions on how to make well-informed healthcare decisions.

**Friday, January 7th**

Movie 1:15 p.m.

"The War With Grandpa"

Check Tuesday, January 4th for movie description.



**Tuesday, January 11th**

Aetna 10:30—12:30 p.m.

A representative will be here to answer any questions.

**Tuesday, January 11th**

Preparing for Retirement at 1:00 p.m.

Valerie Stanek, Esq., CFP, attorney at law; certified financial planner will give an overview of the issues that you will be facing as you approach retirement, including when to take Social Security, how to manage your investments as you get closer to beginning distributions, assessing your Medicare choices, and preserving assets for future generation.

**Tuesday, January 11th**

Dinner & Movie 3:00 p.m.  
"Stillwater"

Starring Matt Damon, Camille Cottin, Abigail Breslin

A dramatic thriller directed by Academy Award winner Tom McCarthy, Stillwater follows an American roughneck from Oklahoma who travels to Marseilles to visit his estranged daughter in prison for a murder she claims she did not commit. Confronted with language barriers, cultural differences, and a complicated legal system, Bill Baker builds a new life for himself in France as he makes it his personal mission to exonerate his daughter.

Dinner will be served at 5:00 p.m. We will be serving cabbage rolls with meat sauce, garlic mashed potatoes, corn and chocolate cream pie for dessert. The suggested donation for dinner is \$3.00.

**Wednesday, January 12th**

Computer Support 9:00 a.m.

Dave Schupp will be available in the CSC library to assist members with computer use. Dave is very experienced with computers and can offer assistance with e-mail, internet searches, software questions and general computer use.

**Attention Volunteers**

Thank you to all our volunteers that have been lending a helping hand with our newsletters and kitchen duties. Special shout out to Laura Saraceno who is always eager to help out in our kitchen!



**Wednesday, January 12th**

Safe Driver Academy 9:00 a.m.

Lower your auto insurance 10% for three years or reduce up to 4 points from your DMV record. You'll save money and increase your driving skills, but who would think you would be laughing out loud and having a lot of fun? This unique Safe Driver Academy class is NYS's only DMV approved humor-based class. The fee for this class is \$35 payable to Safe Driver Academy. Enjoy your break with a nice lunch at the center. Lunch will be penne pasta with meatballs, chef salad and dessert. Suggested donation for lunch is \$3.00.

**Wednesday, January 12th**

United Healthcare 12:30—2:30 p.m.

A representative will be here to answer any questions.

**Thursday, January 13th**

Alzheimer's Presentation 11:15 a.m.

Dr. Matt Misiak will hold a one hour seminar updating the recent scientific updates on Alzheimer's and potential break through therapy. Question and answer session will be offered. Please sign up in the office to reserve your seat for this informational meeting.

Friday, January 14th

UBMD 1:00 p.m.

To be announced!  
Please call the office for details.

**Monday, January 17th**

CENTER IS CLOSED  
FOR  
MARTIN LUTHER KING JR. DAY

**Tuesday, January 18th**

Dinner & Movie 3:00 p.m.

"Joe Bell"

Starring Mark Wahlberg, Reid Miller, Connie Britton

From director Reinaldo Marcus Green, Joe Bell tells the intimate and heart-wrenching true story of Oregonian father Joe Bell, who embarks on a self-reflective walk across America with his son Jadin, with the hope to raise awareness about the effects of bullying on LGBTQ youth.

Dinner will be served at 5:00 p.m. We will be serving a Julienne salad, dinner roll and sugar cookies. The suggested donation for dinner is \$3.00

Friday, January 21st

Movie 1:15 p.m.

"Joe Bell"

Check above for the movie description.

**Monday, January 24th**

Greeting Card Workshop 1:15 p.m.

Have you ever wanted to make your own greeting cards? Here is your opportunity to try your hand at making beautiful one-of-a-kind greeting cards that will impress your friends and family. Instructor and demonstrator Diane Carr will assist you in making two new greeting cards. View a sample of the cards you will create in the front display case. Please note the cost for the craft has changed to \$6.00. Please sign up and pay in the office.

**Tuesday, January 25th**

Univera 10:00—12:00 p.m.

A representative will be here to answer any questions.

**Tuesday, January 25th**

UBMD Presentation on Healthy Brain at 1:00 p.m.

Come and learn about promoting healthy brain function through the prevention of brain diseases, disorders, and injuries in adults. As we age we are not quite as sharp as our younger days. But how can we tell normal aging from early signs of dementia and Alzheimer's disease. Sign up in the office to attend.

**Tuesday, January 25th**  
Dinner & Movie 3:00 p.m.  
"Free Guy"

Starring Ryan Reynolds, Jodie Comer, Lil Rel Howery

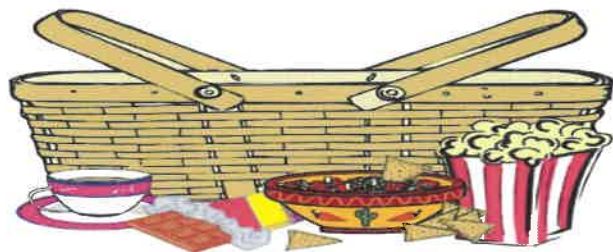
Ryan Reynolds stars in this action-packed comedy as a mild-mannered bank teller named Guy who learns he's really a background character in an open-world video game. Every day, Guy is under assault by players and objects within the game, where he's robbed, hit by cars, and otherwise mistreated as a "non-playing character". To make matters worse, the game's owner has decided to end the game, Guy decides to become the hero of his own story. Now, in a world where there are no limits, he is determined to be the guy who saves his world his way before it's too late.

Dinner will be served at 5:00 p.m. We will be serving breaded chicken drumsticks, macaroni & cheese, peas and sherbet for dessert. The suggested donation for dinner is \$3.00.

**Wednesday, January 26th**

Computer Support 9:00 a.m.

Dave Schupp will be available in the CSC library to assist members with computer use. Dave is very experienced with computers and can offer assistance with e-mail, internet searches, software questions and general computer use.



**Wednesday, January 26th**

Indoor Picnic 12:00 p.m.

We had so much fun the first time let's do it again!! For lunch we will have grilled chicken salad Sandwiches and/or hot dogs, macaroni salad, chef salad, chips and a dessert bar. For your listening and dancing pleasure we will have The Hasting Duo playing from 12:00—2:00 p.m. Please sign up and pay in the office by January 24th. Cost of this picnic will be \$7.00

**Thursday, January 27th**

CSC Diners

Buffalo Brew Pub

Meet at 5:00 p.m.—Dinner at 5:30 p.m.

Menu Choices:

Haddock (beer battered/broiled).....\$24.00  
Includes coleslaw, macaroni salad & pub fries

Shepherd's Pie.....\$28.00  
Beef & vegetables topped with potatoes & side salad

Hot Roast Turkey.....\$29.00  
Served on bread with gravy and mashed potatoes & side salad

All meals include: coffee/tea, soda, dessert, and gratuity. Sign up and pay in the office by Thursday, January 20th.

**Friday, January 28th**

Movie at 1:15 p.m.

"Free Guy"

Check for the movie description on January 25th.

**Monday, January 31st**

Birthday Celebration 12:30 p.m.

Join us for our monthly birthday celebration! Cake will be served today with lunch to celebrate everyone who has a birthday in January. The suggested donation for lunch is \$3.00.

Thank you to everyone who participated in our holiday cash raffle. We raised over \$900 that will help towards our activities and programs at the center. Congratulations to our winners:

Jodi Arthur—\$1,000 winner

Joan Reeverts—\$500 winner

Yvonne Work—\$250 winner

Bill Albrecht—\$250 winner



### **Pencil Drawing**

Anyone interested in learning how to do technical pencil drawing we will have someone teaching classes every Thursday at 1:00 p.m. Come and relax and try something new!!

### **Did You Know?**

Information about Medicare Advantage Plans

The Medicare Open Enrollment Period officially closed as of December 7th, but did you know that if you enrolled in a Medicare Advantage Plan during Open Enrollment you may change your mind. Once during the period from January 1st to March 31st 2022, if you are in a Medicare Advantage Plan, you can change to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan). Any changes made will be effective the first of the month after the plan receives your request. For more information please stop by to speak to one of the visiting Insurance representatives.

### **Wii Bowling is Back!!**

Join us every Thursday at 1:00 p.m. for some great bowling fun. Wii bowling provides light exercise without having to use the heavy bowling ball. Everyone is welcome!!

### **Senior Outreach Services**

Case Manager available at the Center every Friday from 9:30 a.m.—11:00 a.m. Pamela Macadlo will be available to individuals on a first come first served basis with no appointment necessary. Senior Outreach assists persons 60 years of age and older to maintain independence by providing case management, information and linkage to community services. Services are free of charge and available to all residents of Clarence.

For more information call 636-3070

### **PLEASE RENEW YOUR MEMBERSHIP**

All 2021 memberships expired on December 31st. Not only does your membership entitle you to participate in the many classes, programs, activities, and events offered at the Clarence Senior Center. It also includes your subscription to "The Silver Streak". Don't miss a single issue! Membership may be renewed in the Center office.

### **Ongoing Collection for The Clarence Food Pantry**

We will continue to collect canned and dry goods to donate to The Clarence Food Pantry. A box for donations is located in the coat room in our lobby.

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

Please save your Dash's receipts and drop them off in the box located in front of the office. For every \$100 worth of cash receipts collected Dash's Market will donate \$2.50 to the Center.

### **FROZEN MEAL PROGRAM**

Frozen meals are available for curbside pick-up once a week. There is a 3 meal or 5 meal per week option. This program is available to all seniors in Erie County. The suggested contribution is \$3 per meal. Delivery is also available. If you would like more information or would like to sign up please call Nicky Geiger at 633-5138.

### **Sign In Procedures**

Please sign in upon arrival to the center and sign out upon exiting the building. Member sign in is located in the foyer. Thank you!

### **Wednesday Game Day**

Come join us at the center every Wednesday at 1:00 p.m. for a game of Rummikub, Five Crown, Hand & Foot and/or Euchre. Don't know how to play?? No worries we can teach you.

### **So-Sew Mug Rugs**

Looking for something crafty to do...come and make mug rugs...why not join us in the so-sew room every Monday and Wednesday morning to help make them. Make some for yourself and for someone else that may need one.

### **Just a Reminder.....**

Because of the Covid-19 pandemic please be aware that we may have to change or cancel scheduled events at any time. Thank you for understanding!

We are still mandatory masking in the building. The only time you can remove your mask is when you are eating or drinking. Thank you for your cooperation!



# WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 So-Sew #2	9:00 Cards/Games #2	9:00 So-Sew #2	9:00 Cards/Games #2	9:00 Stretch & Tone #5A
9:15 Ceramics #4	9:15 Ceramics #4	9:15 Woodworking #3	9:00 Aerobics #5A	9:30 – 11:00 Senior Outreach #4
9:30 Woodworking #3	9:30 Woodworking #3	9:30-10:45 Line Dance #5A	9:15 Ceramics #4	9:30 Woodworking #3
9:45 Chair Cardi-Yoga #7	11:00 Resistance Exercise 5A	9:30 Ceramics #4	9:30 Woodworking #3	10:00 Meditation #7
10:15 Tap #5A	12:30 LUNCH #5B	11:00 Arthritis Exercise #5A	10:00 Tai Chi #5A	9:45 Chair Cardi-Yoga #5B
11:30 Jazz #5A	12:30 Billiards #6	12:30 LUNCH #5B	12:30 LUNCH #5B	11:00 Resistance Exercise #5A
12:30 LUNCH #5B	1:00 Euchre #7	12:30 Billiards #6	12:30 Billiards #6	12:30 LUNCH #5B
12:30 Billiards #6	1:00 Scrabble #2	1:00 Bridge #7	1:00 Bridge #7	12:30 Billiards #6
1:00 Pinochle #7	1:30 Indoor Horseshoes #5B	1:00 Watercolor #4	1:00 Pencil Drawing #2	1:00 Pinochle #7
1:30 Shuffleboard 5A	3:00 Movie #5A	1:00 Hand & Foot/ Canasta/Rummikub/ Five Crown/Euchre #2	1:00 Wii Bowling #6	1:00 Tabletop Shuffleboard #6
	5:00 Chair Yoga #7	2:30 Zumba #5A	1:15 Bingo #5B	1:15 Movie #5A
	5:00 Dinner #5B		1:30 Shuffleboard #5A	1:30 Dominoes #4

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.



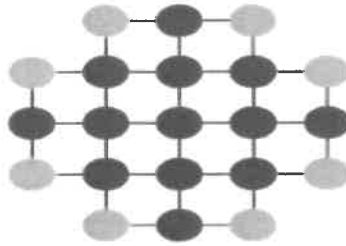
# January Special Events



Su	Mon	Tue	Wed	Thu	Fri	Sat
	3  1:30 Book Club	4  3:00 Movie 5:00 Dinner	5	6	7  12:30 Healthcare Advocate at Lunch  1:15 Movie	
	10	11  10:30 Aetna 1:00 Retirement Presentation 3:00 Movie 5:00 Dinner	12  9:00 Computer Help 9:00 Driving Class 12:30 United Healthcare	13  11:15 Alzheimers Presentation	14  1:00 UBMD	
	17  CENTER IS CLOSED	18  3:00 Movie  5:00 Dinner	19	20	21  1:15 Movie	
	24  1:15 Greeting Cards	25  10:00 Univera 1:00 UBMD Brain Presentation  3:00 Movie 5:00 Dinner	26  9:00 Computer Help  12:00 Indoor Picnic	27  5:00 Diners	28  1:15 Movie	
	31  12:30 Birthday Celebration at Lunch					

*Embrace Life. Stay Connected.*

A MEMBER OF



**UB | MD**  
PHYSICIANS' GROUP

January 14<sup>th</sup> at 1:00 p.m.

## Memory, Forgetfulness and Aging

Come join us in a discussion about forgetfulness in aging. Learn what is normal and what is not!! Open discussion and question will follow after the presentation.

**Wednesday, January 19th**

1:30 p.m.

### **Membership Meeting at CSC**

The purpose of this Center focused town hall style meeting is to receive comments on possible enhancements in programs, communication, atmosphere, and related matters of Center staff responsibility. *Areas outside of staff responsibility involving others such as Town Board, Town Highway, Town Parks, or Town appointed Board of Directors will be off limits for this meeting.*

We hope to have an open and cordial dialogue. Not only will we be sharing our goals for 2022 and onward, but this will be a great opportunity for you to share your comments and suggestions.

*We need your voice to bring about positive change for our senior community.*

***Embrace Life. Stay Connected.***  
***at***  
***Clarence Senior Center***

### ***Emergency Shelter Volunteers Needed***

The Clarence Senior Center is a Town of Clarence Disaster Emergency Shelter. When activated, a trained team of volunteers, both Senior Center members and non-members, operate the shelter. No previous experience or special skills are required. If you are interested in volunteering, please stop in the office, email [debb.sabbatis@clarenceseniorcenter.org](mailto:debb.sabbatis@clarenceseniorcenter.org) or call Debb at 633-5138.

***Training will be held on Tuesday, January 4th at 5 p.m.***

***Please call 716-633-5138 if planning to attend.***

**Tuesday, January 4**

3:00 p.m.

### ***Winter Emergency Preparedness***

The winter season can be one of the most beautiful times of year—snow, lights, and cozy fireplaces burning bright. But while you are enjoying those beautiful views, you might also find yourself in a bit of trouble if you're effected by a major weather event or power outage. Attending this presentation by Dave Bissonette, Town of Clarence Disaster Coordinator, can help prepare you with winter emergency safety tips so that you can rest assured that you're living in the safest environment possible.

Call to reserve your seat.

### **NEW CLASS**

#### **CHAIR CARDI-YOGA!**

Class consists of fun Chair Aerobics with upbeat throwback music. Then Breathing and Flexibility exercises with relaxing music. Also improves Strength, Balance, Immunity and Stress reduction. Roots in Yoga, Pilates and QiGong.

Appropriate for all fitness levels.

Mondays and Fridays at NEW TIME 9:45 a.m.

First class is FREE!!

\$5.00 a class or \$30 a month

**Monday, January 10<sup>th</sup> at 11:00 A.M.**

#### ***Travel Committee Meeting***

We will be making plans for the 2022 travel season and would love to have your input as we consider various travel options.

All members welcome!!!

# CLARENCE SENIOR CENTER LUNCH MENU

JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Boneless Chicken Breast with Marsala Sauce Rice Pilaf Cauliflower & Carrots Grape Juice Chocolate Chip Cookies (686)	<b>4</b> Macaroni & Cheese Zucchini & Tomatoes Green Beans Wheat Dinner Roll Fruit Cocktail (832)	<b>5</b> Entrée Salad Julienne Salad with Dressing Dinner Roll Rice Krispie Treat (652)	<b>6</b> Tortellini with Tomato Meat Sauce Chef Salad with Dressing Italian Mixed Vegetables Italian Bread Fresh Orange Chocolate Milk (704)	<b>7</b> Salisbury Steak with Onion Gravy Scalloped Potatoes Peas Dinner Roll Strawberry Bavarian (795)
<b>10</b> Sliced Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Potatoes Carrots Lorna Doones (699)	<b>11</b> Beef Pepper Steak Casserole over Rice Broccoli Wax Beans with Carrot Butterscotch Pudding (645)	<b>12</b> Penne Pasta with Meatballs, Tomato Sauce & Mozzarella Cheese Chef Salad with Dressing Country Cottage Mix Grape Juice Ambrosia (841)	<b>13</b> Roast Pork Loin with Cranberry Chutney Sweet Potatoes Green Beans Wheat Bread Cinnamon Applesauce Chocolate Milk (756)	<b>14</b> Breaded Chicken Drumsticks Au gratin Potatoes Seasoned Mixed Greens Cornbread Marinated Cucumber & Tomato Salad Banana Cream Pie (1065)
<b>17</b> <b>CENTER</b> <b>CLOSED</b>	<b>18</b> Ancho Chicken Fajita Skillet with Peppers, Onions, Salsa & Shredded Cheddar Flour Tortilla Seasoned Black Beans & Rice Fiesta Corn Tropical Fruit (763)	<b>19</b> Beef Bourguignon Mashed Potatoes French Bean Medley Wheat Bread Oatmeal Raisin Cookies (857)	<b>20</b> Turkey Tzatziki Salad on a Bed of Fresh Salad Greens & Cherry Tomatoes Pita Bread Fresh Banana Chocolate Milk (603)	<b>21</b> Ham Steak with Brown Sugar Glaze Cheesy Scalloped Potatoes Brussels Sprouts Cornbread Pear Crisp (716)
<b>24</b> Caribbean Chicken Stew Broccoli Wheat Dinner Roll Pineapple (606)	<b>25</b> Hot Dog with Baked Beans & Ketchup on a Bun Roasted Red Potato Carrots Fresh Apple Chocolate Milk (776)	<b>26 Indoor Picnic</b> Chicken Salad Sandwich and/or Hot Dogs Macaroni Salad Chef Salad Chips Desert Bar	<b>27</b> Lasagna Roll with Meatsauce California Mixed Vegetables Grape Juice Chef Salad with Dressing Dinner Roll Lemon Bavarian (754)	<b>28</b> Meatloaf with Swiss Gravy Mashed Potatoes Peas with Pearl Onions Wheat Bread Brownie (849)
<b>31</b> Cheese Omelet w/ Cheese Sauce Peppers, Onions & Tomatoes Tater Tots Raisin Bread Fruit Compote (777)	<b>1</b> Entrée Salad Greek Grilled Chicken Breast Salad Breakaway Roll Cinnamon Pear Crisp (867)	<b>2</b> Lentil Bolognese Pasta Broccoli Chef Salad with Dressing Dinner Roll Peach Bavarian (730)	<b>3</b> Breaded Pork Chop with Gravy Lazy Pierogi Harvard Beets Whole Wheat Dinner Roll Pineapple & Mandarin Oranges (700)	<b>4</b> Teriyaki Beef Strips over Rice Oriental Mixed Vegetables Orange Pineapple Juice Fresh Pear Chocolate Milk (662)

Please call the Office at 633-5138 to sign up or to cancel lunch.