

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

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The *SILVER*  
—————→  
**STREAK**

*December*

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WE ARE

TEMPORARILY CLOSED  
UNTIL FURTHER NOTICE



## **ERIE COUNTY CLUB 99**



Has COVID-19 got you down ? Erie County Senior Services has something that will pump you up! Starting Monday November 23rd at 10am Mr. Fitness aka Richard Derwald and Julie Ruzala will be hosting virtual exercise classes Monday through Friday at 10:00am. Join us—you won't regret it! Please contact Julie at 858-6403 or [Julie.ruszala@erie.gov](mailto:Julie.ruszala@erie.gov) to register .



### **DRIVE-THRU LUNCH**

Tuesday, December 15th at 12:00 p.m.

\$5.00

Chicken Noodle Soup

Garden Salad

Fresh Roll

Cookies

Please call the office by December 10th to order!

## **CLARENCE SENIOR CENTER CLOSED FOR RECREATIONAL ACTIVITIES**

**Effective Monday, November 23, 2020** until further notice, the Clarence Senior Center has shut its doors again for recreational programming due to the COVID-19 PANDEMIC.

**The Center will be closed to the public but the following services WILL continue:**

Office Staff will still be available by phone to answer questions and provide assistance at 633-5138, M-F, 9am-3:30 pm

Pam Macadlo, Outreach Coordinator, is still available to assist seniors, Call 636-3070 for assistance

FeedMore WNY will still coordinate delivery of HOME DELIVERED MEALS for homebound seniors

**FROZEN MEAL PICK UP IS NOW AN OPTION from Erie County CONGREGATE DINING...see details on next page :** Staff will be coordinating the Frozen Meal program being offered through Erie County Senior Services.

Staff will be making welfare calls to our members to assist where necessary or for a reassuring chat.

The van service will be utilized to deliver meals to those unable to pick up the frozen meals and possibly to take people grocery shopping. Our van service is unavailable for medical appointments.

*Other transportation options: Erie County Going Places Service-858-7433; Rural Transit-565-3323; Hearts & Hands-406-8311.*

While many of our members may not have computer or internet access, we will be taking every opportunity to link those members who are connected with a variety of virtual programming. We will also explore other options, such as Zoom chats and Facebook, in order to keep our people connected to the world around them.

*Unfortunately, we have no way of knowing when the Center will reopen. During this evolving public health situation, our main priority is the health and safety of our staff and our members. The staff of CSC will be available to assist you, to the best of our abilities, as we move forward during this very difficult situation. Feel free to contact us should you have any questions or concerns.*

*We will not be mailing our usual December newsletter at this time. We will be in contact through our website, Facebook page and mailing of any information to keep you all in the loop. If you would like to receive emails from us , please contact us with your email address.*

*Please stay safe and healthy. We miss you all!*

*Debb and the staff*



## ERIE COUNTY STAY FIT DINING PROGRAM

NOW OFFERING

### Frozen meal option

The Erie County Stay Fit Dining Program congregate lunch sites will be on pause until further notice. As a healthy alternative, FROZEN MEALS will be available for curbside pick-up once a week for registered participants. Milk and dessert will be included with each meal. Just like the Stay Fit Dining Program, the suggested contribution is \$3 per meal. Your contribution will be collected when you pick up your meals.

There are 3 meal or 5 meal per week options. You will not be able to select your individual meals at this time—they will come as a “meal pack” clearly labeled and including instructions on how to reheat. Entrée items will include items such as meatballs and gravy, pulled pork, chicken breasts, chicken tenders, and various other healthy and delicious meals that have been tested and freeze well.

This program is available to all seniors of Erie County, able to pick up their meals each week, even if you have never participated in the Stay Fit Dining Program in the past. People not registered will need to fill out a form and sign a waiver. Should you not have transportation to pick up the meals call the Center to inquire about the possibility of having your meals delivered by our van service.

For the Clarence Senior Center Site, weekly reservations must be called in by 11:00 am on the Wednesday of each week for the next week. Meals will need to be picked up on Monday at 9:30 am in the front of the Senior Center under the drive-thru.

#### Clarence Senior Center and COVID-19 Frequently Asked Questions

**Are we safe coming to the Center?** *We at the Center follow all of the guidelines as set forth by the CDC, NYS and Erie County Department of Health.*

**What happens if someone at the Center has the virus?** *If we are aware of a positive testing for the virus we will contact the Erie County Dept. of Health for their directives in handling possible exposures. Should you have any concerns or are exhibiting symptoms, contact your medical professional.*