

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

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Clarence, NY  
14031

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The *SILVER*  
STREAK →

*March*

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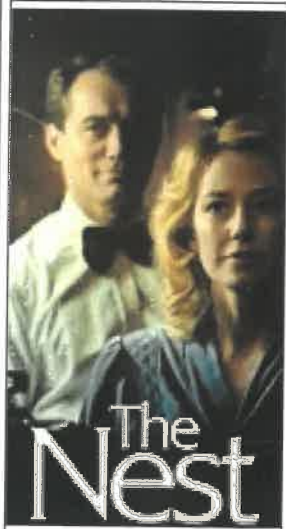
Web-site: [www.clarenceseniorcenter.org](http://www.clarenceseniorcenter.org)







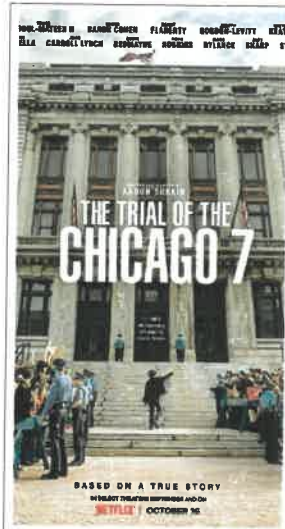
# March Movies



Friday, March 5th  
1:30 p.m.

**The Nest...**Life for an entrepreneur and his American family begin to take a twisted turn after moving into an English country manor. "The Nest," a wrenching, beautiful drama about a married couple who relocate from upstate New York to a drafty old estate near London, where their union unravels. ... The marriage of Rory and Allison (Jude Law and Carrie Coon) was already frayed.

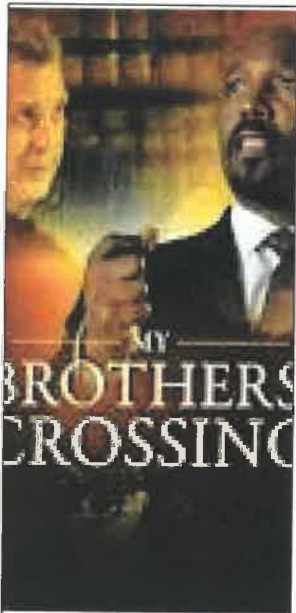
R | 2020 | 1h 47m



Friday, March 12th  
1:30 p.m.

**The Trial of the Chicago 7....** The film is based on the infamous 1969 trial of seven defendants charged by the federal government with conspiracy and more, arising from the countercultural protests in Chicago at the 1968 Democratic National Convention. The trial transfixed the nation and sparked a conversation about mayhem intended to undermine the U.S. government.

R | 2020 | 2h 10m



Friday, March 19th  
1:30 p.m.

**My Brothers' Crossing** is the true story about a tragic accident that happened in August 2015. In remote southwest Virginia, during the time when we were experiencing riots and racial hate crimes, an African-American man is involved in a horrific accident which claims the lives of Bobby and Pam Clark—a Caucasian couple.

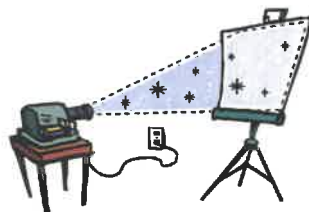
NR | 2019 | 1h 37m



Friday, March 26th  
1:30 p.m.

**Rust Creek....**Sawyer is an ambitious, overachieving college student who has a seemingly bright future. While on her way to a job interview, a wrong turn leaves her stranded deep in the frozen forest. Suddenly, the young woman who has everything to live for finds herself facing her own mortality as she's punished by the elements and pursued by a band of ruthless outlaws. With nowhere left to run, she is forced into an uneasy alliance with an enigmatic loner who has shadowy intentions.

R | 2018 | 1h 48m



### **Book Group**

Join us on Tuesday, March 2nd  
1:00pm

*Please call the office to sign up if you plan to attend*

Book: *The Keeper of Lost Things*  
by Ruth Hogan

All members are invited to join in this discussion.

**New "Birthday in a Bag" Sponsored by Univera!!**  
If you already had a birthday this year or your birthday is in March let us help you celebrate! Univera will be handing out bags that include a cake mix, frosting, sprinkles, a candle and a birthday hat. This is a drive-thru pickup that will happen on March 12th. Please call the office to reserve your bag. Thank you Univera for sponsoring this event that will be every month this year!!



### **Greeting Card Workshop**

Monday, March 15th  
1:15 p.m.

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. Cost for the craft is \$5.00.

*Sign up and pay in the office by  
Friday, March 12th*

### **MEMBERSHIP DUES**

Dues for 2021 must be received by March 31st. If your dues are not current you will no longer receive the monthly newsletter or be able to sign up for activities!

### **March Craft: St. Patrick's Wreath**

Friday, March 12th  
1:30 p.m.



Just in time to celebrate Saint Patrick's Day, a wreath to adorn your home. This is a super easy craft that you can enjoy for years to come!

Fee for class including all supplies will be \$5.

Limited number of participants-Sign up and pay ASAP.

**SAVE THE DATE**

Friday, April 16th

**RAGTIME:**

The Book, The Movie, The Musical

Presented by Bob Poczik

As a 501 © (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 it's members.



**CHAIR YOGA & STRETCH**  
With Teri Tubbs  
Tuesdays at 1:00

**FUN & GAMES FITNESS**  
With Teri Tubbs  
Tuesdays at 2:00  
Please bring water and a hand towel.  
Each class is \$6.00  
\$5.00 each if you sign up for both!

**BEGINNER TAI CHI**  
With Teri Tubbs  
Fridays at 10:30  
Learn the Yang 24 forms, principles  
and mindful movement \$6

**TAI CHI PLUS**  
With Teri Tubbs  
Fridays at 11:15  
This class offers more flow of the  
forms, more energy & more  
relaxation. \$5  
\$10 if you attend both Tai Chi classes.

**PLEASE NOTE THE FOLLOWING  
CHANGES TO THE SCHEDULE!**  
Afternoon Movies are now on Fridays  
at 1:30 pm

Tap & Lyrical Jazz are now offered on  
Monday mornings at 10:15 & 11:30



### **CSC DINERS**

Fieldstone Country Inn  
5986 S. Transit Road, Lockport  
Thursday, March 25th  
Meet at 5:00 p.m.  
Dinner at 5:30 p.m.

#### **Menu Choices:**

1/2 Rack of Ribs: Grilled to perfection, these ribs are the house specialty....\$28.00

Chicken Marsala: Tender boneless breast of chicken sautéed in a Marsala wine sauce with sliced mushrooms.....\$27.00

Pork Chop: Charbroiled center cut pork chop served with glazed apples.....\$27.00

All entrees include: a cup of soup, coffee/tea/pop, apple crisp for dessert and gratuity. Please sign up and pay in the office by March 18th.

***Congregate Dining*** will begin again starting Monday, March 1st. Please call the office to reserve your spot!! If you have made a reservation and then can't make it....please call to cancel your meal!

### **AARP TAXES**

Because of the COVID virus the tax season will be different this year. All taxpayers need an appointment to have their tax return prepared. To get an appointment please call (716) 249-1526 or you can request an appointment to [clarencetaxaide@gmail.com](mailto:clarencetaxaide@gmail.com)

### **ANNUAL BOARD MEETING** March 25 at 1:30 pm

Must register by March 18th to attend. Due to COVID-19 protocol, limited seating is available.





# March

Thu	Fri	Sat
<p><b>Please call the office at 633-5138 to reserve your spot in ALL PROGRAMS</b></p>		
<p><b>**Please arrive no earlier than 10 minutes before your scheduled program and vacate the building immediately after. Thank you!!</b></p>		
<p>4</p> <p><b>9:00 Exec Meeting</b> 12:30 Billiards            9:00 Cards/Games 12:30 Duplicate Bridge            9:15 Ceramics 1:00 Adult Coloring            9:30 Woodworking 1:15 Bingo            10:00 Rummikub 1:30 Shuffleboard            10:00 Tai Chi            12:30 Lunch</p>	<p>5</p> <p>9:00 Stretch &amp; Tone 12:30 Lunch  <b>9:30 Senior Outreach</b> 12:30 Billiards            9:30 Woodworking 1:00 Pinochle            10:00 Meditation 1:30 Dominoes            10:15 Resist. Exercise <b>1:30 Movie</b>            10:30 Tai Chi            11:15 Tai Chi Plus</p>	6
<p>11</p> <p><b>9:00 Board Meeting</b> 12:30 Lunch            9:00 Cards/Games 12:30 Billiards            9:15 Ceramics 12:30 Duplicate Bridge            9:30 Woodworking 1:00 Adult Coloring  <b>10:00 Aetna</b> 1:15 Bingo  <b>10:00 Blue Cross Blue Shield</b>            10:00 Rummikub 1:30 Shuffleboard            10:00 Tai Chi</p>	<p>12</p> <p>9:00 Stretch &amp; Tone 12:30 Lunch  <b>9:30 Senior Outreach</b> 12:30 Billiards            9:30 Woodworking 1:00 Pinochle            10:00 Meditation 1:30 Dominoes            10:15 Resist. Exercise <b>1:30 Movie</b>            10:30 Tai Chi <b>1:30 Craft</b>            11:15 Tai Chi Plus</p>	13
<p>18</p> <p>9:00 Cards/Games 12:30 Lunch            9:15 Ceramics 12:30 Billiards            9:30 Woodworking 12:30 Duplicate Bridge  <b>10:00 Independent Health</b> 1:00 Adult Coloring  <b>10:00 Univera</b> 1:15 Bingo            10:00 Rummikub 1:30 Shuffleboard            10:00 Tai Chi</p>	<p>19</p> <p>9:00 Stretch &amp; Tone 12:30 Lunch  <b>9:30 Senior Outreach</b> 12:30 Billiards            9:30 Woodworking 1:00 Pinochle            10:00 Meditation 1:30 Dominoes            10:15 Resist. Exercise <b>1:30 Movie</b>            10:30 Tai Chi            11:15 Tai Chi Plus</p>	20
<p>25</p> <p>9:00 Cards/Games <b>*ALL AFTERNOON</b>            9:15 Ceramics <b>ACTIVITIES ARE</b>            9:30 Woodworking <b>CANCELED</b>            10:00 Rummikub            10:00 Tai Chi            12:30 Lunch <b>5:00 Diners</b>  <b>1:30 Annual Board Meeting</b></p>	<p>26</p> <p>9:00 Stretch &amp; Tone 12:30 Lunch  <b>9:30 Senior Outreach</b> 12:30 Billiards            9:30 Woodworking 1:00 Pinochle            10:00 Meditation 1:30 Dominoes            10:15 Resist. Exercise <b>1:30 Movie</b>            10:30 Tai Chi            11:15 Tai Chi Plus</p>	27

### *Message from the Director*

March is just around the corner and let's hope that winter will soon be behind us. The first few months of 2021 may have been a bit chilly and snowy -overall not too bad- but spring is on the way and slowly but surely vaccinations are rolling out and may ease our COVID worries.

To help ease your boredom, it is our goal to introduce many new and interesting programs this year. As a warm up, there are four new classes to get you fit and healthy beginning this month. We are introducing *Chair Yoga; Fun & Games Fitness; Beginner Tai Chi and Tai Chi Plus*. Be sure to read your newsletters because Nicky has some amazing ideas to keep you all active and engaged.

Speaking of newsletters.....this will be your final newsletter if you have not renewed your membership for 2021. Call or stop by to be sure that you are current.

No matter the weather, we hope that you will stop by for some of the fun activities and events we have planned for you.

Hope to see you soon!

Debb



#### RESISTANCE EXERCISE IS BACK!!!

Come in and join the fun and get moving. Resistance Exercise is back on the schedule on Tuesday & Friday mornings at 10:15. Your decision to begin an exercise program like resistance exercise may prove to be an important factor in enhancing your health, mental and physical condition thereby improving your quality of life!!

#### UPDATE FROM AARP DRIVER SAFETY

AARP Drive Safety has made the decision to extend our cancellation of all in-person events and activities until April. Check out the AARP Smart Driver online course as an alternative, especially for those who need to renew their car insurance discount.

Website: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)



#### ESTATE & MEDICAID PLANNING WEBINARS

To register for these free programs, click the webinars button on WNY-Lawyers.com or call 631-9999.

Attorneys Robert Friedman of Friedman & Ranzenhofer, PC and Judy N. Cuzzacrea Wagner of Harris Beach, PLLC will be presenting:

**“Essential Estate Planning: A Discussion of the Basics”** on Thursday, March 18, 2021 from 4 PM to 5 PM. Learn vital information about essential estate planning documents and strategies.

**“Medicaid Planning and Asset Preservation: Know the Rules”** on Thursday, April 1, 2021 from 4 PM to 5 PM. An understanding of the Medicaid process is important to assure there are no barriers to Medicaid benefits when nursing home or home care is needed.

#### **Insurance Company Visits**

Representatives from major insurance Providers will be available to discuss plans and benefits and how they can work for you.

If you have any questions stop in.

**Wednesday, March 10th**

United Healthcare 10-12

**Thursday, March 11th**

Aetna 10-12

BC/BS 10-12

**Thursday, March 18th**

Univera 10-12

Independent Health 10-12






# Erie County Stay Fit Dining Program

STANDARD

## MARCH 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Rotini & Meatballs with Tomato Sauce & Mozzarella Cheese Cauliflower Seasoned Spinach Fruit Cocktail (617)	<b>2</b> Breaded Chicken Breast with Buffalo-style Sauce on a Bun Fiesta Corn Broccoli Tapioca Pudding with Peaches (736)	<b>3</b> Roasted Turkey with Stuffing & Gravy Mashed Sweet Potatoes Peas Fresh Apple <b>Molded Cranberry Salad</b> (769)	<b>4</b> Beef Stew Mashed Potatoes Biscuit Chocolate Mousse (727)	<b>5</b> <b>Lenten Meal</b> Macaroni & Cheese Zucchini & Stewed Tomatoes Green Beans <b>Chef Salad with Dressing</b> Wheat Bread Mandarin Oranges & Pineapple (928)
<b>8</b> Turkey A la King Mashed Potatoes Carrots Biscuit Chocolate Chip Cookies (742)	<b>9</b> Ham Steak with Maple Glaze Scalloped Potatoes Peas Rye Bread Lemon Cake with Frosting (820)	<b>10</b> Roast Beef with Onion Gravy & Horseradish Sweet Potatoes Brussels Sprouts Whole Wheat Dinner Roll Fruited Gelatin (692)	<b>11</b> Breaded Eggplant with Tomato Sauce & Mozzarella Cheese over Pasta Broccoli Cannellini Beans Baked Pear Crisp (670)	<b>12</b> <b>Lenten Meal</b> Baked Salmon with Pineapple Salsa Rice Pilaf Green Beans Cornbread Tropical Fruit (698)
<b>15</b> Stuffed Shells with Tomato Sausage Sauce & Mozzarella Cheese Seasoned Spinach Mixed Vegetables Italian Bread Pineapple (747)	<b>16</b> Hamburger with Gravy on a Whole Wheat Hamburger Bun Mashed Potatoes Broccoli Vanilla Mousse (751)	<b>17</b> <b>St. Patrick's Day</b> Corned Beef with Creamy Dill Cabbage Parslaid Potatoes Carrots Rye Bread Chocolate Eclair (734)	<b>18</b> Entrée Salad Welcome Spring Grilled Chicken Mandarin Orange & Sunflower Seed Salad Wheat Dinner Roll Strawberry Ice Cream (656)	<b>19</b> <b>Lenten Meal</b> Vegetable Lasagna Cauliflower Italian Green Beans Dinner Roll Frosted Marble Cake (828)
<b>22</b> Pork Ribette with BBQ Sauce on a Bun Cheesy Mashed Potatoes Seasoned Mixed Greens Fig Bar (853)	<b>23</b> Beef Stew with a Biscuit Brussels Sprouts Strawberry Bavarian (629)	<b>24</b> Beef & Sausage Macaroni Casserole California Mixed Vegetables Corn Rye Bread Fruit Compote (772)	<b>25</b> Roast Turkey with Gravy Mashed Potatoes Peas and Carrots Breakaway Roll Lorna Doones <b>Molded Cranberry Salad</b> (755)	<b>26</b> <b>Lenten Meal</b> Beer-Battered Fish with Tartar Sauce Macaroni and Cheese Green Beans Cornbread Fruited Gelatin <b>Coleslaw</b> (888)
<b>29</b> Butternut Squash Ravioli with Chicken Paprika Cream Sauce Peas Seasoned Summer Squash with Red Peppers Italian Bread Peaches (689)	<b>30</b> Bratwurst with Baked Beans & Mustard on a Bun Roasted Potatoes Mixed Vegetables Tropical Fruit (742)	<b>\$1 Easter Celebration</b> Chicken Cordon Bleu with Herb Cream Sauce Rice Pilaf Orange-glazed Carrots <b>Chef Salad with Dressing</b> Dinner Roll Coconut Cream Pie (1146)	<b>1 April Fool's Day</b> Stuffed Cabbage Roll with Savory Sauce Ranch Mashed Potatoes Corn Rye Bread Right-side-up Pineapple Upside-down Cake (866)	<b>2</b> <b>No Meals Served</b> 

# CLARENCE SENIOR CENTER

## SENECA NIAGARA CASINO

WEDNESDAY, MARCH 17, 2020

**\$28.00**  
PER PERSON



Seneca Niagara Casino offers exhilarating gaming with the hottest slots and action-packed games. Take pleasure in exceptional dining at a variety of restaurants from casual to fine dining and enjoy world-class entertainment. With so much variety, there's never been a better time to enjoy a group outing to Seneca Niagara Casino & Hotel.

### FANTASTIC CASINO INCENTIVE:

**PASSENGERS RECEIVE:** • \$25.00 Free Slot Play

10 AM

11 AM - 3 PM

4 PM

DEPART CLARENCE SR CENTER- 4600 THOMPSON RD.

TIME AT CASINO

ESTIMATED ARRIVAL CLARENCE

First paid, first reserved. Call for reservations. Travelers must be 21 years of age. Must have valid Government issued photo identification to receive Seneca Player's Club Card. Must arrive and depart via motor coach to receive incentive. Use your Player's Card throughout your stay to continue to receive incentive & earn points. \*Incentive is the offering of the casino and, as such, is subject to change without notice. Niagara Scenic & Seneca Resorts follows strict CDC guidelines for your health and safety.

FOR RESERVATIONS AND/OR MORE INFORMATION:

**CLARENCE SENIOR CENTER**

**633-5138**

*Make cash/checks payable to  
Clarence Senior Center*

*Niagara Scenic Tours*

*Travel The  
Scenic Route!*

