



PAUSE TO CONSIDER

Newsletter of the Town of Evans Senior Center

999 Sturgeon Point Road, Derby, NY 14047 - (716) 947-0974

OFFICE HOURS 7AM-4PM

Veronica Sullivan, Director

Helping Seniors remain in their own homes through active participation, socialization, recreation and nutrition in the community.

NOVEMBER 2017

REMEMBER EVERYDAY ACTIVITIES

7-9 AM EVERY MORNING Start your day with some cardio vascular exercise in our open Gym. Utilize the exercise equipment and walk laps around the gymnasium.

12 NOON MONDAY – FRIDAY

Lunch served! Stop in any time for a menu. Suggested cost is \$3.00. Please call two weeks prior to order – 947-0974. Be at the center by 11:45, and please try to call in cancellations before noon any day you can't make it.

CALL 947-0974 TO REGISTER FOR:

MONDAY

Resistance Band Exercise

@ 11:00AM with Barb (every week)

Charity Quilting @ 9:00AM-3:00PM

(2nd Monday of each month)

TUESDAY

Bingo @ 10:00-11:00AM (every week)

Low/No Impact Cardio Workout

with Lisa @ 11:15 AM (every week)

WEDNESDAY

Sitting in Motion Exercise -

@ 9:30- 11:00 AM (every week)

Open Watercolor Workshop

@ 1:30-3:30 PM Every 2nd & 4th Wednesday of the month. Open to all levels. Open to public w/\$15.00 fee

Beginners Computer Class w/Dave

@ 1:30-3:30PM (every week) Need to sign up every week. Bring own laptop/tablet/iPad to class if available.

THURSDAY

Cards @9:00AM-3:00PM every week

Beginner Quilting Class w/Poppy

@ 9:00AM-3:00PM Every 1st and 3rd Thursday each month

Open Quilting Workshop

@ 9:00AM - 3:00PM every week

FRIDAY

Crochet Workshop - All Levels

@ 10:30 AM - 12 Noon w/Ann

Beginners Sewing Class @1:00PM –

3:00PM every week – Class full

Line Dancing Class @10:30-11:30AM

every week w/Gloria- must sign up

❖ **November 17th & 20th @ 10AM-12Noon** United Health Care Rep. Karen Olsen will be on site for Open Enrollment

❖ **November 21st @ 10:00-11:00 AM** Univera Rep. April Romonowski will be on site for Open Enrollment

A Stay Fit Nutritional Lunch Program is offered at the Evans Senior Center each day at noon. Cost is \$3 per meal. Two weeks advance registration is required.

MEETINGS AT THE SENIOR CENTER

Senior Advisory Board Meeting

@ 6:00 PM on the 2nd Monday of the month (All seniors welcome)

Travel Club @ 7:00 PM on the 2nd Monday of each month

Evans Art Guild @ 7:00 PM

1st Wednesday of each month

Southtowns Scarlett Chapeaus

@ 11:00AM 1st Monday of each month

Do you like to volunteer?

We are looking for individuals who would enjoy teaching our seniors a new craft, or exercise program, or hobby. Give us a call - we'd love to have you!

INFORMATION & REFERRAL SERVICES

Senior Center : 947-0974

Open 7AM to 4 PM

Meals on Wheels: 822-2002

Evans Rural Transit Van Service
549-5098 – Dr. Appts, Errands, Etc.

Going Places Van

858-7433 Mon–Fri, 8:30–4:30

Erie County Senior Services

858-8526

Telephone Assurance Program

(TAP) 896-6388

Evans Police –Non-Emergency

549-3600

EMERGENCY - Dial 911

Fire, Police, First Aid

Evans Center Volunteer Fire Co.

549-1221

Lake Erie Beach Fire Co.

549-1122

Angola Village Fire Co.

549-3022

For more information about additional Senior Services and Programs such as HEAP, Adult Day Care & Respite, etc., please visit the Erie County Department of Senior Services at

www.erie.gov/depts/seniorservices

COMMUNITY NEWS

1. We would like to extend our condolence to Carmella Gehl on the passing of her husband Ronald " Buzz" they both are members of the Senior Center for many years and we send our thoughts and prayers from everyone @ the Senior Center.
2. Unfortunately also like to send our condolences to Marie Vatrak and family for the her son loss of his partner Mary Pinker.
3. Exciting news... the Senior Center will be hosting their **1st Senior Social Event on November 9th 2017 @ 6-9pm** , tickets are available @ the Senior Center and this will be a great opportunity to socialize and have fun dancing to some great music...limited tickets & you don't have to be a member of the center to come !
4. Another great opportunity that will be happening @ the center we will be hosting a "**HOLIDAY BAZAAR**" **December 9th and 10th** all vendors are welcome . Hand- Crafted Gifts* Art * Baked Goods* Woodworking etc.. Spaces and Tables are available, RESERVE NOW # 947-0974
5. This month we were honored to have Assemblyman Michael Kearns @ our Evans Senior Center to acknowledge our new " Wounded Designated Parking Sign" for Purple Heart Veterans. It was a great moment for the center to represent our Veterans and to witness our assemblyman honored Russell Ward for her military services in the Army with certificate of recognition.
6. I would like to say "**Thank You**" to the following individuals that give of their time and energy to assist myself and staff with meal preparation and clean up along with a current "**BIRTHDAY BOARD**" which is absolutely beautiful each month. Lucy Galfo, Marge Ashton, Joan Bainbridge, Fran Hinton. You are very much appreciated and to blessing to have @ the center!

SPEAKERS CORNER AT THE SENIOR CENTER

Special Featured Speakers for the Month of November & Open to the Public
***** need to call and sign up for Speakers**

- **November 1st** @ 9:00-12:00/ **1st HEATH RESOURCE FAIR** (for all ages)
- **November 9th** @ 6:00-9:00pm/ **1st SENIOR SOCIAL EVENT** (*Mike Hartman & the Runaway Train* and refreshments)
- **November 13th** @ 1-2pm/ Tips for Tough conversation about Dementia (Alzheimer's Workshop)
- **November 14th** @ 1-3pm/ Nature in Winter Workshop w/ NYS Parks David McQuay
- **November 15th** @ 1:00pm / Vitamin D Presentation w/ Clinical Coach RN Darcie Hanson
- **November 21st** @ 1-3pm / Shipwrecks of Lake Erie Historic Preservation Presentation
- **November 27th** @ 1:00pm / Fundamentals of Investing and Retirement Planning presented by Lincoln Financial Advisors
- **November 28th** @ 1-3pm / Lake Erie Volcanoes Lecture w/ NYS Parks David McQuay

Positive Quote Corner

"Never blame anyone in
your life.

Good people give you happiness.

Bad people give you experience.

Worst people give you lesson and

Best people give you memories."

JOIN IN OUR NEW TRAVEL CLUB!

**Holiday POPS Concert @ Kleinhans Music Hall with
the Buffalo Philharmonic Orchestra**

Friday December 15, 2017 ... price per person - \$107.00 (includes sit down lunch
at Webbs Lofts , catered by Pearl Street Grill)

Departing 8:30am from the Senior Center ; Home @ 3:15pm

** Payment/Booking Policy apply to all of these trips
Questions & Reservation please contact:

Tony Montoro @ 716-549-5347

The Power of Positive Thinking

By Remez Sasson

Positive thinking is a mental and emotional attitude that focuses on the bright side of life and expects positive results.

A positive person anticipates happiness, health and success, and believes he or she can overcome any obstacle and difficulty.

Positive thinking is not a concept that everyone believes and follows. Some, consider it as nonsense, and scoff at people who follow it. However, there is a growing number of people, who accept positive thinking as a fact, and believe in its effectiveness.

It seems that this subject is gaining popularity, as evidenced by the many books, lectures and courses about it.

To use it in your life, you need more than just to be aware of its existence. You need to adopt the attitude of positive thinking in everything you do.

How Positive Thinking Works

The following story illustrates how this power works:

Allan applied for a new job, but he didn't believe he will get it, since his self-esteem was low, and he considered himself as a failure and unworthy of success. He had a negative attitude toward himself, and therefore, believed that the other applicants were better and more qualified than him.

Allan's mind was occupied with [negative thoughts](#) and fears concerning the job, for the whole week preceding the job interview. He actually, anticipated failure.

On the day of the interview, he got up late, and to his horror he discovered that the shirt he planned to wear was dirty, and the other one needed ironing. As it was already too late, he went out wearing a wrinkled shirt and without eating breakfast.

During the interview, he was tense, negative, hungry and worried about his shirt. All this, [distracted his mind](#) and made it difficult for him to focus on the interview. His overall behavior made a bad impression, and consequently, he materialized his fear and did not get the job.

Jim applied for the same job too, but approached the matter in a different way. He was sure that he was going to get the job. During the week preceding the interview, he often visualized himself making a good impression and getting the job.

In the evening before the interview, he prepared the clothes he was going to wear, and went to sleep a little earlier. On day of the interview, he woke up earlier than usual, and had ample time to eat breakfast, and then to arrive to the interview before the scheduled time.

Jim made a good impression and got the job.

What do we learn from these two stories? Was there any magic used?

No, everything happened in a natural way.

Positive Thinking Is a Way of Life

With a positive attitude we experience pleasant and happy feelings. This brings brightness to the eyes, more energy, and happiness. Our whole being broadcasts good will, happiness and success. Even our health is affected in a beneficial way. We walk tall, our voice is more powerful, and our body language shows the way we feel.

Positive and negative thinking are contagious.

We affect, and are affected by the people we meet, in one way or another. This happens instinctively and on a subconscious level, through words, thoughts and feelings, and through body language.

Is it any wonder that we want to be around positive people, and prefer to avoid negative ones?

People are more disposed to help us, if we are positive, and they dislike and avoid anyone broadcasting negativity.

Negative thoughts, words and attitude, create negative and unhappy feelings, moods and behavior. When the mind is negative, poisons are released into the blood, which cause more unhappiness and negativity. This is the way to failure, frustration and disappointment.

Positive Thinking Instructions and Advice

In order to turn the mind toward the positive, some inner work is required, since attitude and thoughts do not change overnight.

1. Read about this subject, think about its benefits, and persuade yourself to try it. The power of your thoughts is a mighty power that is always shaping your life. This shaping is usually done subconsciously, but it is possible to make the process a conscious one. Even if the idea seems strange, give it a try. You have nothing to lose, but only to gain.
2. Ignore what other people say or think about you, if they discover that you are changing the way you think.
3. Use your imagination to visualize only favorable and beneficial situations.
4. Use positive words in your inner dialogues, or when talking with others.
5. Smile a little more, as this helps to think positively.
6. Once a negative thought enters your mind, you have to be aware of it, and endeavor to replace it with a constructive one. If the negative thought returns, replace it again with a positive one. It is as if there are two pictures in front of you, and you have to choose to look at one of them, and disregard the other. Persistence will eventually teach your mind to think positively, and to ignore negative thoughts.
7. In case you experience inner resistance and difficulties when replacing negative thoughts with positive ones, do not give up, but keep looking only at the beneficial, good and happy thoughts in your mind.
8. It doesn't matter what your circumstances are at the present moment. Think positively, expect only favorable results and situations, and circumstances will change accordingly. If you persevere, you will transform the way your mind thinks. It might take some time for the changes to take place, but eventually they will.
9. Another useful technique is the repetition of [affirmations](#). This technique is similar to [creative visualization](#), and can be used together with it.