



# 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.*

### DECEMBER 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**  
(2<sup>nd</sup> Monday of each month)

**Coloring Corner/Puzzles/Games**

@9:00AM – 11:00AM

##### TUESDAY

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

**Open Computer Lab 9-11AM/1-3 PM**

##### WEDNESDAY

**Gym Open for Exercise -**

**Open Computer Lab 9-11AM/1-3 PM**

**Coloring Corner/Puzzles/Games**

@9:00AM – 11:00AM

**Open Watercolor Workshop**

December 6<sup>th</sup> only @ 1:30-3:30PM

Will resume in January.

##### THURSDAY

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

**Open Quilters Workshop**

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

##### FRIDAY

**Beginners Crocheting**

@ 10:30 AM w/Ann

**Coloring Corner/Puzzles/Games**

@9:00AM – 11:00AM

**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.

#### **SPECIAL SPEAKERS / EVENTS FOR DECEMBER**

- ❖ December 6<sup>th</sup> @ 10AM-1PM United Health Care Rep. Karen Olsen will be on site for Open Enrollment
- ❖ December 9<sup>th</sup> 10AM-4PM and December 10<sup>th</sup> 12 – 4PM Holiday Bazaar / Bake Good Sale at the Evans Senior Center
- ❖ December 11<sup>st</sup> @ 12:30 PM Alzheimer's Association presentation on "The Warning Signs"
- ❖ ALL REGULAR PROGRAMS WILL RESUME THE 1<sup>ST</sup> WEEK OF FEBRUARY.

#### **MEETINGS AT THE SENIOR CENTER**

**Senior Advisory Board Meeting**

will resume in January @ 6:00 PM on the 2<sup>nd</sup> Monday of the month

**Travel Club** will resume in January @ 7:00 PM the 2<sup>nd</sup> Monday of the month

**Evans Art Guild December 6<sup>th</sup> @**

7:00 PM and will resume the 1<sup>st</sup> Wednesday of each month as of April

**Southtowns Scarlette Chapeaus**

@ 11:00AM 1<sup>st</sup> 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](http://www.erie.gov/depts/seniorservices)

**CORNHOLE GAMES – Mondays 12Noon-3PM. Wednesdays & Fridays 11AM-3PM**

## COMMUNITY NEWS

1. Another great opportunity that will be happening @ the center we will be hosting a “ **HOLIDAY BAZAAR**” **December 9<sup>th</sup> and 10<sup>th</sup>** all vendors are welcome . Hand- Crafted Gifts\* Art \* Baked Goods\* Woodworking etc.. Spaces and Tables are available, RESERVE NOW # 947-0974
2. Holiday Christmas Party for all registered members on December 20<sup>th</sup> @ 10:30-1:00pm Price of \$ 3.00 per person / must sign up for event to participate. Entertaining us at Holiday Christmas party will be the Lakeshore High School students band and afterwards all student will be joining us for our Holiday meal on the Senior Center.
3. Huge “ Thank You” to Chief James Kuras and his culinary students that PARTNERSHIP with the Evan Senior Center with their 1<sup>st</sup> Senior Social Mingle Event that was held in November @ the center. It was a huge success and everyone was off their seats dancing, laughing and socialization with one another of all ages, to “ Mike Hartman and the Runaway Train” which did a great job of performing.
4. Evans Senior Center hosted and was arranged by our own Director the 1<sup>st</sup> Health Resource Fair in this area. The center had over # 15 Health Care Insurance Agencies at this event , along with several other Health Related Resources. This event will be hosted next year again at open enrollment time for Health Insurance and Veronica stated she will recruit more agencies of all kinds of Nature relate to Health Resources for the community .
5. Director and Staff would like to personally Thank all instructors that were hired to teach the various class and workshops at the center, as we all know our Town is in a financial Crisis and that does affect all Departments, with that mention our paid programs will restart in the 1<sup>st</sup> week of February along with some new ones. December and January months will still offer lunch every day and the following are volunteer instruction and will continue on their normal days.

## HAND-WRITTEN SIGN FOUND ON THE WALL OF MOTHER TERESA’S ROOM:

- People are often unreasonable, illogical, and self-centered; forgive them anyway
- If you are kind, people may accuse you of selfish, ulterior motives; be kind anyway
- If you are successful, you will win some false friends, and some true enemies; be successful anyway
- If you are honest and frank, people may cheat you; be honest and frank anyway
- What you spend years building, someone could destroy overnight; build anyway
- If you find serenity and happiness, others may be jealous; be happy anyway
- The good you do today, people will forget tomorrow; do good anyway
- Give the world the best you have, and it may never be enough; give your best anyway
- For you see, in the final analysis, it is between you and God. It was never between you and them anyway

### POSITIVE QUOTE CORNER

Life is NOT about  
waiting for the  
storm to pass,  
But learning to  
“Dance in the Rain.”

### JOIN IN OUR NEW TRAVEL CLUB!

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

Friday December 15, 2017 - \$107.00 per person (includes sit down lunch at Webbs Lofts, catered by Pearl Street Grill) Departing 8:30am from the Senior Center; Home @ 3:15pm

#### **Sight & Sound’s “Jesus”**

3 Days/2Nights, June 18-20, 2018 - \$359 per person /\$25 non-refundable deposit due March 9<sup>th</sup>  
Final payment due April 27<sup>th</sup> – Make checks payable to Evans Travel Club

#### **Wheeling Festival of Light**

3 Days/2Nights, November 12-14, 2018 - \$369 per person /\$25 non-refundable deposit by August 3<sup>rd</sup>  
Final payment due September 21<sup>st</sup> – Make checks payable to Evans Travel Club

**\*\* Payment/Booking Policy apply to all of these trips**

**Questions & Reservation please contact: Tony Montoro @716-549-5347**