



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.

JUNE 2018

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

Coloring Corner/Puzzles/Games
@ 9 AM – 12PM (every week)

Resistance Band Exercise
@ 11 AM with Barb (every week)

Charity Quilting @ 9 AM-3 PM
(2nd Monday of June)

TUESDAY

Bingo @ 10-11 AM (every week)

Low/No Impact Cardio Workout
w/Lisa @ 10 AM (every week)

Open Computer Lab @10 AM-12 PM
(every week)

WEDNESDAY

Coloring Corner/Puzzles/Games
@ 9 AM – 12PM (every week)

Sitting in Motion Exercise -
@ 10 AM-11AM (every week)

Open Computer Lab -
@ 10 AM-12PM (every week)

TaiChi for Seniors *NEW**
@ 1:45PM-2:45PM-sitting &
standing (every week)

Painting With Acrylic

Every 2nd and 4th Wednesday
@ 1:30-3:30PM Open to public

THURSDAY

Cards @ 9 AM - 3 PM (every week)

Open Cornhole @ 9 AM-12:00PM

Beginners Quilting Class @ 9AM-
3PM with Poppy - 1st & 3rd Thursday of
June

Open Quilting Workshop

@ 9 AM - 3 PM (every week)

Dance Expression w/Nancy Jo

@ 10 AM – 2nd & 4th Thursday of June

FRIDAY

Coloring Corner/Puzzles/Games

@ 9 AM – 3 PM (every week)

Beginners Crocheting @ 10:30 AM –
12 PM (every week) w/Ann

Line Dancing Class @10:30-11:30
AM **Must sign up!

Beginners Sewing Class @1-3 PM
(every week)

Must attend May 4th session.

Must sign up - only 6 slots available!

MEETINGS AT THE SENIOR CENTER

Senior Advisory Board Meeting

@ 6:00 PM 2nd Monday of the month

Travel Club @ 7:00 PM on the 2nd
Monday of the 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 hear from you!

INFORMATION & REFERRAL SERVICES

Community Concern of WNY:
947-5025

Meals on Wheels: 822-2002

Evans Rural Transit Van Service
549-5098 – Dr. Apt, 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

**Highland Hose Volunteer Fire
Company – 947-4505**

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

POSITIVE QUOTE CORNER

"The more you feed your mind with positive thoughts, the more you can attract great things into your life." – Roy T. Bennett

SPEAKERS CORNER NEWS

Special Featured Speakers for the Month of June & Open to the Public

*** Need to call and sign up for Speakers

1. **June 4th @ 12:30 PM Erie County Fraud Protection Presentation**
2. **June 6th @ 1:00 PM Understanding Immunotherapy** by Dr. Elizabeth Repasky
3. **June 7th @ 10:00 AM – 12:30 PM Thank A Vet** with Michael Kearns presented by Erie County Clerk's Office. Discount Veterans Cards will be available on site.
4. **June 9th @ 12:30 – 3:30 PM 2nd Senior Center Social Dance** at the Senior Center featuring the "Mystery Hill Band." Public welcome – presale tickets only
5. **June 12th @ 12:30 – 3:30 PM Positive Thinking** presented by Melanie Washington BCBS
6. **June 14th @ 12:30 PM Lighthouses of the Seaway Trail** presented by NY State Parks, Recreation and Historic Preservation
7. **June 18th @ 10:00 AM – 12:00 PM Hearing Aids and Hearing Loss: What's Best For Me?** Sponsored by Buffalo Hearing & Speech Center. **Free** hearing tests and resource information.
8. **June 20th @ 10:00 AM – 12:00 PM Arts Access of WNY** on site to explain Free and Low Cost Arts and Culture Opportunities for all
9. **June 25th @ 10:00 – 11:00 AM Eat Smart NY Program** Food Demo w/Cornell Cooperative Extension of Erie County
10. **June 28th @ 12:30 PM The Erie Canal/The Creation of the Empire State** presented by Explore Buffalo

May – June Every Friday @ 1:00 – 3:00 PM Beginners Sewing Class – learn to make delightful homemade gift items, **MUST SIGN UP** – limited space.

COMMUNITY NEWS

1. **The Director of the Senior Center would like to remind the Evans Community to take advantage of all the speakers and workshops that are being offered at the Senior Center...Knowledge is Power!**
2. Every last Thursday of the month, we celebrate members of the centers birthdays with a celebration cake @ 12:00pm everyone is welcome!
3. A special " Thank You" to our Tai Chi instructors Kate Molik & Daniel Cimino from AFC716 for their \$100.00 donation to our Senior Activity Accounts.
4. Poppy (Quilting instructor) and Miriam Oster (Sewing instructor) for sewing curtains for both offices, both Barb and I are very appreciative.

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5. Director Veronica Sullivan decided to extend an Olive branch to the NYS Office for People With Developmental Disabilities to have some of three of their individuals come and learn life skills and have the opportunity to help at the Senior Center. It has been rewarding on both sides of the new partnership.
6. One of our regular seniors, Joan Bainbridge, donated three beautiful pots for plants to be displayed at the Center....Thank You!
7. Another "Thank You" to several individuals that came and donated various items for the center to use – this continued outside support is very appreciated.
8. Well, Evans Senior Center is extending themselves to another intergenerational program with the students of Willis H. Carrier Center Cosmetology Center. What a wonderful experience our seniors had with the students. The seniors experienced pedicures, facials, haircuts, and manicures. Great job and we all say "Thank You" to the students and instructors of the Cosmetology department.
9. Would like to let everyone know one of our instructors "POPPY" is moving at the end of June to start a new adventure of her life with her daughter and son-in-law to Alaska. She was new to the area and was my first friend I met on my first day at the Center as the Director. Poppy has been nothing but a true gift to our center becoming the Quilting instructor and recruiting individuals to be part of our Quilting circle, which has been nothing but a huge success. Her positive attitude and warm nature of teaching has brought several women together and created a kinder spirit among them. I honestly have to say "Thank You" to her for all of her assistance with making curtains, quilts, and being such a leader in promoting new ideas and just being the wonderful person she is. From myself and staff, members of the center - SAFE travels my friend and you will always have a VIP spot here at the Evans Senior Center. Will Miss You more than you know!!!!

JOIN OUR NEW TRAVEL CLUB!

1. July 17th - **"Double Decker Bus and Boat Tour"** Canalside Cruise and Forest Lawn Tour with Lunch at Riverworks - \$109 per person (full payment due)
2. August 23rd - **"Grand Canyon of East-Old Covered Wagon Tour"** Wellsboro, PA. Includes Juice and Muffin, then BBQ lunch cookout - \$96 per person (full payment due)
3. September 26-29th - **"Mountain Trains Fall Foliage Tour"** through Vermont and New Hampshire. \$855/Single, \$655/Double, \$605/Triple. \$100 per person due on making reservation...Final payment August 15th
4. October 22nd - **"Del Lago Casino"**- \$26 per person (\$25 free play and buffet lunch)

5. November 12-14th - “**Festival of Lights**” in Wheeling, WV - \$369 per person, \$25 non-refundable deposit due by August 3rd. Final payment September 21st 2018.

**** 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**

DATING AFTER DIVORCE: WHEN IS THE RIGHT TIME?

By Lisa Fiel

If you're divorced, or have ended a long-term relationship, well-meaning relatives and friends may encourage you to start dating again soon. But how will you know when you're ready for a new relationship?

“This widely varies from person to person,” says Judith Sills, PhD, a Philadelphia-based psychologist and author of *Getting Naked Again: Dating, Romance, Sex, and Love When You've Been Divorced, Widowed, Dumped or Distracted*. “Everyone ends a relationship by grieving the emotional investment. For some people, that happens before they move out. Others are still emotionally married after the divorce is final.”

Dena Roché started dating while waiting for her divorce papers to come through.

“It helped, because I got to see what ‘normal’ looked like,” Roché says. “I also saw that my ex wasn't the only guy who would want to be with me. It bolstered my confidence for dating.”

Claudia Barnett needed some alone time to heal before seeking a new relationship.

“Your marriage has died; you need to grieve that loss,” Barnett says. “To move forward, I had to be whole emotionally, financially, mentally, and spiritually. After I accomplished some set goals, I knew it was time.”

Here's what experts say you should consider before dating:

Go by your feelings, not the calendar

Some people are ready to date after 2 months; others may need years. Don't rush. It's important to experience the emotions associated with divorce.

Give yourself “a little time to think, a little time to grieve, a little opportunity to find someone else” Sills says.

The ex factor

If you're still thinking about what your ex is doing or whom he's dating, you're too distracted to begin a healthy relationship.

"Some people date and even marry to try to prove something to an ex," says Edward M. Tauber, PhD, a California-based divorce counselor and co-author of *Find the Right One After Divorce*. "You wouldn't date somebody who's still tangled up with an ex emotionally. Why offer that to somebody else?"

Are you open to new experiences?

If you were in a committed relationship for a long time, the idea of beginning a new romance may seem scary. If you've recently tried other activities that bring you out of your comfort zone you could be ready to date.

"Have you done something that's an affirmation of yourself and your life – made a new friend, taken up a new sport, gotten a haircut?" Sills asks. "You open your **heart** to new **relationships** when you're resilient enough to endure the minuses of dating to get the pluses."

Accept yourself as a new individual

Your identity has nothing to do with your dating status. Rather than jumping into a new relationship to avoid being alone, give yourself a chance to explore life on your own terms.

"You can't heal unless you're on your own." Tauber says. "You need to find single friends to have a social life with."

Things have changed since the last time you were dating

Not only have you changed since you were last single, but so have your social life circle of friends, and routines. You might meet a new partner through a friend or by clicking with a mysterious stranger – but you may also want to consider online dating.

"The advantage is you have a pool of people who are looking, like you are," Sills says. "When you drop off the kids at school, there might be a single person there, but you don't know them."

Dating is an adult decision

Some single parents don't date because they're worried about the effect it may have on their children. You don't let your children make other decisions for you, so don't let them keep you from dating if that's something you want to do.

But be careful.

"Do a very slow introduction of a new partner," Sills says. "It should be a serious person with the potential of a long-term relationship who comes to dinner or the zoo as mom or dad's friend."