



# 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-Yeager, Director  
*Helping Seniors remain in their own homes through active participation, socialization, recreation and nutrition in the community.*

## MARCH 2020

### **REMEMBER EVERYDAY ACTIVITIES**

**7-9 AM EVERY MORNING** Start your day with some cardiovascular 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 AM, 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 – 3 PM (every week)

**Open Corn Hole** @ 9 AM – 10 AM

**Card Making by Natalie** @ 9 AM  
(Every 1st Monday each month)

**Charity Quilting** @ 9 AM-3 PM  
Every 2<sup>nd</sup> Monday each month

**Resistance Band Exercise** (every week)  
@ 10:00 AM – 10:30 AM

**Healthy Self** (meditation, relaxation techniques, and more)  
11:15 AM – 12:00 PM (every week)

### **TUESDAY**

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

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

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

**Beginner Tap** @ 11:10 AM –12:00 PM  
(every week)

### **WEDNESDAY**

**Coloring Corner/Puzzles/Games**  
@ 9 AM – 3 PM (every week)

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

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

**Tai Chi for Beginners \*\*\*NEW**  
@ 1:45 PM - 2:45 PM every week  
(sitting & standing style). Geared for senior population. **\*Must sign up**

**Tai Chi for Intermediate \*\*\*NEW**  
@ 2:50 PM – 3:50 PM every week  
(sitting & standing style).

**\*Must sign up**

**Painting With Acrylic**  
@ 1:30 -3:30 PM  
**Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday each month.** Open to public-must sign up

### **THURSDAY**

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

**Beginners Quilting** @ 9AM - 3PM  
1<sup>st</sup> & 3<sup>rd</sup> Thursday each month

**Open Quilting Workshop**  
@ 9 AM - 3 PM  
2<sup>nd</sup> & 4<sup>th</sup> Thursday each month

**NEW Yoga Class** @ 10 AM – 11 AM  
**Note:** Every week. Standing and sitting style will be taught

### **FRIDAY**

**Coloring Corner/Puzzles/Games**  
@ 9 AM – 3 PM (every week)

**Open Corn Hole** @ 9 AM – 10AM  
**Beginners Crocheting Class** @  
10:30 AM–12 PM (every week)

**Line Dancing Class with Gloria**  
@10:30-11:30 AM (every week)  
**\*\*Must sign up!**

**Sewing Class @ 1PM – 3 PM**  
Starts March 13th, then every week till the end of June.

*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 required.*

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

**Senior Advisory Board Meeting**  
@ 6:00 PM 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**

**Harmonia Collaborative Care**  
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 AM – 4:30 PM

**Erie County Senior Services**  
858-8526

**Telephone Assurance Program**  
(TAP) 896-6388

**Evans Police–Non-Emergency**  
549-3600

**Highland Hose Volunteer Fire Co.**  
947-4505

**Evans Center Volunteer Fire Co.**  
549-1221

**North Evans Volunteer Fire Co.**  
627-3410

**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 @ [www.erie.gov/depts/seniorservices](http://www.erie.gov/depts/seniorservices)

# POSITIVE QUOTE CORNER

**“Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.” - Ralph Waldo Emerson**

## **SPEAKERS CORNER NEWS @ THE SENIOR CENTER** **Special Featured Speakers for the Month of MARCH 2020** **Free & Open to the Public**

**\*\*\*Need to call and sign up for Speakers\*\*\***

**Monday, March 2, 2020 at 1:00 PM**

**“Our Changing Forests” with Matt Nusstein, Naturalist, NYS Parks.**

This presentation will provide a look at our State forests’ history and will speak on issues for the present and future forests.

**Tuesday, March 3<sup>rd</sup> 2020 @ 1:00 PM**

**“Medicare”**

**Presented by William Daniels, Coordinator Department of Erie County Social Services.**

Mr. Daniels will provide unbiased information and assist individuals to navigate the health system that best fits their current situation.

**Monday, March 9<sup>th</sup> 2020 @ 1:00 PM**

**“CBD BIOCARE”** Presented by Karen Ginter.

Come and join for this presentation that will provide information on various products to aid Health issues, in a more natural, Holistic form of pain management.

**Tuesday, March 10<sup>th</sup> 2020 @ 1:00 PM**

**“Lyme Disease” Presented by Maureen McCabe, RN Community Educator.**

Learn about testing, diagnosis, treatment of tick removal and post-treatment of Lyme Disease Syndrome.

**Monday, March 16<sup>th</sup> 2020 @1:00 PM**

**“Should I Turn it Over to My Children” Presented by Attorney Valerie L. Stanek, Esq.,CFP.**

Attorney Valerie Stanek will be providing advisement for Seniors in slots of 15-minute intervals to come to the center and ask any questions that are related to the following titles:

Power of Attorney; Should I Give it All Away?; Should I Put it in My Kid’s Name; Life Estate; TODs; Trust, and Living Will. \* **PRIOR Sign up is required for this particular presentation.**

**Monday, March 23<sup>rd</sup> 2020 @ 1:00 PM “Alas, Poor Ghost! The 21<sup>st</sup> Century Supernatural”  
Presented by Author Mason Winfield.**

Most Americans get their impressions about ghosts, poltergeists, ESP, near-death experiences, and other “supernatural” topics from entertainment sources: TV, movies, and fiction. An alternate picture is out there, and it is one open only to specialists – until now. Join author-researcher Mason Winfield for an overview of The 21<sup>st</sup> Century Supernatural based on research, folklore, encounter, philosophy, and eyewitness report.

## COMMUNITY NEWS

- Every first Thursday of the month, we celebrate members of the center's birthdays with a celebration cake at 12:00 PM. Everyone is welcome!!
- Sad news at our Center - One of our regular attendees, Rose Pogirski, passed away. Services were held in Erie, PA. I would like to acknowledge the generosity of our members and staff who paid for the Memorial Memory Service in Honor of Rose which was held at Most Precious Blood Parish, along with a beautiful floral arrangement for her funeral service.
- Director, Veronica Yeager, went to the John Oishei Foundation of Children's Hospital and donated various items from the following Evans Senior Center Classes: Beginners Crocheting, Sewing, Quilters, and seniors from the community. All gave of their time to make these beautiful items: (15 crocheted blankets), (20 knitted hats for children), (10 crocheted/knitted scarves), (1 Raggedy Ann and Andy Doll set), (2 handmade sewed stuffed animals), and (10 lap quilts). Along with the \$100.00 cash, these items were donated to the clinic to assist young mothers and their children. Thank You to all the individuals in the classes mentioned. How heartwarming it was to provide our support to local organizations.
- Continuing to spread the charity spirit, Director Yeager went to Southtowns Kidney Dialysis Clinic and provided them with a donation of 20 beautiful lap quilts (from our Charity Quilting group at the Senior Center) for the people that are going through dialysis to sustain their life. Thank You to all the ladies who contributed their time and skills to make such beautiful blankets.
- The Month of April will be our Annual Basket Raffle Fundraiser for the Senior Center. Proceeds will be utilized for our programs, equipment and activities during the calendar months. The Center welcomes any basket donations for this event. Please call the Senior Center at (716) 947-0974 for more information.
- I would like to notify all members of the center during the months of **April-June** there will be **outside construction** happening on the building. They will be doing part of the roof along with the brickwork. So at times, the entrances will be blocked and unable to be utilized for entrance of the center. **Please be understanding and patient during this time.**

\*\*\*\*\*

Support the Senior Center with your empty cans and bottles by returning them in the name of Evans Senior Center to:

“Green Zone” on Erie Road, Angola, and

“Can Counter” located at 6811 Erie Road, Derby

\*\*\*\*\*

## **JOIN IN OUR TRAVEL CLUB!!**

1. Mystery At Lost Memories Manor, Thursday, May 21, 2020.  
Interactive Murder Mystery along with Buffet Luncheon.  
Departure at 10:30 a.m. at the Evans Senior Center and return to the Senior Center at 5:00 p.m. approximately.
2. Seneca Niagara Casino Special Event, Tuesday, June 9, 2020  
Receive \$30 slot dollars plus Lunch Buffet  
Departure at 8:30 a.m. at the Evans Senior Center and return to the Senior Center at approximately 4:30 p.m.

## **For Booking or more information**

## **Contact: Tony Montoro (716) 549-5347**