



SENIOR CITY LIFE



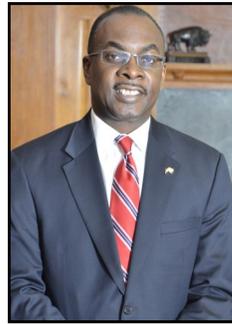
April 2016 • Vol. 8, Number 4

CITY OF BUFFALO
DIVISION OF SENIOR
SERVICES

Otis T. Barker, Sr.
Commissioner
Douglas R. Ruffin
Director



Greetings from Mayor Byron Brown



April is here and there's much to celebrate in Buffalo, including a full month of activities planned in recognition of Earth Day 2016. I thank WUFO for continuing to partner with the City of Buffalo to

promote our ambitious 34andMore Buffalo Recycles campaign. Throughout the month of April, WUFO will run a series of new radio advertisements to encourage you and your families to continue to recycle. Earth Day 2016 events will culminate on April 23rd with a huge Earth Day celebration at Cazenovia Park that will include a community shredding event, clothing drive, a GoBike donation and site tours of the park. The fun begins at 9 am and runs through noon.

March was also an exciting month. Thanks to the support of residents from all over the city, Buffalo is ranked one of the best places in the country to celebrate St. Patrick's Day. It was great to see so many of you out at our two popular parades.

I hope you enjoyed all of the sights, sounds and tastes of the Easter Festival Season at the Broadway Market. In the coming year the City of Buffalo will invest \$400,000 in capital improvements at the historic market. This will include a new licensed commercial kitchen to host healthy cooking classes, visiting chef

cooking demonstrations and small business food entrepreneurs.

At City Hall, we just wrapped up diversity training focused on cultural sensitivity for more than 300 City of Buffalo employees. The "Building Awareness" sessions, conducted by the National Federation for Just Communities (NFJC) of Western New York, Inc., were aimed at providing city employees with strategies to identify and resolve cross-cultural conflicts, create an atmosphere that encourages open discussion and problem solving, and achieve the benefits of a diverse workforce while improving service to Buffalo's multi-cultural population.

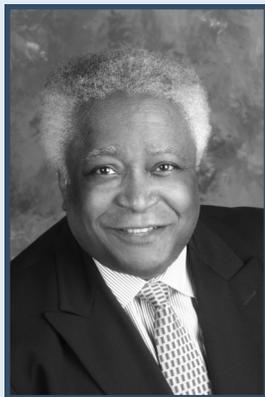
In Buffalo, we continue taking steps to prevent opioid and heroin related overdose deaths. This month, the Buffalo Police Department will hold four community NARCAN training sessions. More information about the training sessions can be found on page 3 of your newsletter.

I'm also pleased to report this month that economic and business development in Buffalo shows no sign of slowing down. Thanks to a new partnership with Microsoft, BAK USA, the tablet manufacturer - located on Buffalo's East Side in the old Sheehan Memorial Hospital - will now use Windows 10 as the software on their tablets. This partnership will accelerate BAKs growth in the region and ability to employ more city residents.

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Greetings from Douglas Ruffin, Director



Hello Buffalo Seniors;

National Older Americans Month is always celebrated in May! This year's theme is "Blazing A New Trail! As is our tradition, the Division of Senior Services will celebrate this holiday with a series of activities and events that we hope you will participate in and enjoy! Briefly, here are a few activity's to remember: Sign up ASAP!

THE MOTHER'S DAY SENIOR CRAFT SHOW

Thursday, May 5 – Friday, May 6, 2016; 8am to 3pm; Held in Buffalo City Hall
Multiple crafters and vendors with terrific items for gifts. Also, beautiful plants for Mother's Day! Any questions call Lizbeth Gonzalez at (716) 851-4141.

JOIN A TRIP TRONTO'S RIPLEY'S AQUARIUM

Tuesday, May 10, 2016; Bus leaves from rear of City hall 8:00am and return by 5:00pm.
Shopping and lunch in Downtown Toronto (on your own) from 10:00am to 1:00pm. Aquarium

1:00pm to 3:00pm.

Canada's largest indoor aquarium. Toronto's newest Aquarium.

ANNUAL SENIOR HEALTH FAIR

Thursday, May 12, 2016; 10:00am to 2:00pm. Held at Schiller Park Senior Center, 2057 Genesee St.
Come meet and get questions answered by different health providers. Lunch will be provided. Must register in advance at your senior center or Lizbeth Gonzalez at (716) 851-4141.

5th ANNUAL SENIOR BOWL-A-THON

Wednesday, May 18, 2016; 8am to 4pm; Kerns Avenue Bowling Center.
Individual bowling in the AM, Teams bowling in the PM. Pick one! Free bowling, shoes rental, and games. Free breakfast for AM bowlers and free lunch for the PM teams. Great prizes. Tickets and reservations required. Call Lizbeth Gonzalez at 851-4141 to sign up.

JUMPSTART

Friday, May 20, 2016; Active aging exercise fair. This event is free for all seniors 55 years or older. Learn yoga, Tai Chi, & Strategies for a better balance; make it a life style change. Sign up now! Honor that new years resolution. For more information, Call Lizbeth Gonzalez at (716) 851-4141 for location and time!

MAYOR'S CHOICE LUNCHEON

Wednesday, May 25, 2016; Templeton Landing, Templeton Terrace, Buffalo, NY 14202; 11:00am to 2:00pm
Senior volunteers must be nominated by the senior center or senior housing complex where you volunteer. Call Lizbeth Gonzalez (716) 851-4141.

SENIOR TECH 2.0

Friday, May 27, 2016; Buffalo Employment and Training Center, 77 Goodell St, Buffalo, NY 14203;
Interested in learning how to use a computer? How to use a smart phone? How to connect with family through social media? Sign up today! Call Lizbeth Gonzalez at (716) 851-4141.

Douglas Ruffin,
Director, Division of Senior Services

Senior Services Donation Coupon

Please accept my donation to
Senior Services for basic needs,
activities, leisure,
recreational programming, and
general activities.

Name: _____

Address: _____

City: _____

State/Zip Code: _____

MAIL TO: Division for Senior Services
65 Niagara Square, Room 8A
Buffalo, New York 14202

Buffalo Police offer free NARCAN training

The Buffalo Police Department will hold four community Narcan training sessions. The sessions, which are free and open to the public, will focus on how to administer the life-saving overdose antidote. Attendees will receive a free Narcan kit, containing two doses of Narcan, upon completion of the training session.

“As the epidemic of heroin and opioid drug overdose deaths continues in our city, our region and cities across the country, we believe it’s time to train and equip community members to aid in the rescue effort. While having our police officers carry Narcan is making a difference and saving lives, we need the help of our community to further address this important health issue,” said Buffalo Police Department Commissioner Daniel Derenda.

The drug naloxone, commonly known as Narcan, temporarily reverses the effects of opioids, allowing someone who has suffered an overdose to resume breathing. Administration of Narcan to an overdose victim increases the life-saving window of time for treatment by first responders.

The free Narcan training sessions will be held at the following locations:

- Saturday, April 2, 2 p.m. – 3 p.m. – New Testament Cathedral, 987 Kensington Ave.
- Saturday, April 2, 10:30 a.m. – 1:00 p.m. – Valley Community Center, 93 Leddy St.
- Thursday, April 21, 6 p.m. – 8 p.m., St. Joseph University Parish, 3269 Main St, Buffalo, NY 14214
- Wednesday, April 27, 6 p.m. – 8 p.m. – True Bethel Baptist Church, 907 E. Ferry St.

Senior Spotlight

Senior of the Month: **Bill Buyers**



Former North District Councilmember Bill Buyers’ career has spanned across eight decades and nine Mayors in the city of Buffalo. He working started for the city in 1948 as a Tape Boy in the Department of Public Works, earning \$5.98 a day. He served as an Erie County Deputy Sheriff in the 1950’s, North District Councilman in the 1960’s, Director of Special Projects for the City of Buffalo in the 1970’s and Commissioner of Human Resources in the 1980’s. Over the last 20 years he has served as a valuable leader of the Mayor’s Impact Team, a role he still serves in today. He proudly served in the United States Army as a Paratrooper with the 11th Airborne Division and volunteered to go to Korea with the 187th Regimental Combat Team known as Rakkasan. Thank you Bill for your commitment and service to our city and nation.

Do you know a special senior who you’d like to see featured in the Senior Spotlight? If so, please send us a letter detailing the Individual’s life, a photo and your contact information to Senior Services, 65 Niagara Square - Room 8A, Buffalo, NY 14202. You can also email us at druffin@city-buffalo.com.

Senior Center - Activities

Autumnwood Senior Center
1800 Clinton Street, Buffalo, New York 14206
Julianne Panty, Director
(716) 826-7895 / Fax: (716) 826-7897

Apr. 1	10:00	Book Club with Loretta
Apr. 4	9:30	Bingo @ Holy Mother of the Rosary
Apr. 6	10:30	Pizza & Wings /Bingo Refreshments, Raffles & Prizes \$5 due 3/30
Apr. 8	10:00	Botanical Gardens & Lunch
Apr. 11	9:00	AARP Safe Driving, Must pre-register, class size limited. AARP mem \$20/ Non-member \$25 3/31
Apr. 13	10:30	Mac n; Cheese & Sausage/ Bingo Party Refreshments, Raffles, Prizes \$5 due 4/7
Apr. 14	12:00	Celebrate April Birthdays Free Cake & Coffee w/Meal Purchase
Apr. 14	1:00	Birthday Bingo party 2 Free Bingo Boards for Birthday Celebrants
Apr. 15	10:30	Fish fry Brunch Lunch
Apr. 18	10:00	Trip to Seneca Allegany Casino \$20 Slot Dollars/\$5 Food; \$25
Apr. 20	10:30	Buffalo History & Architecture Presentation by Chuck LaChiusa "Greek Roots of Buffalo Architecture"

Apr. 20	12:00	Special in House Lunch-Chicken Greek Salad w/Sides, dessert & beverage, \$5 due 4/14
Apr. 22		Van Mystery Trip
Apr. 25	10:30	Beef on Weck w/sides, dessert & beverage/ Bingo Party, \$5 due 4/20
Apr. 29	10:00	Book Club with Loretta
Apr. 29	10:30	Our Lady of Fatima

Daily Programs

Tuesday & Thursday	2:00-4:00	Water Class @ the Belle Center
Tuesday, Wednesday & Thursday	1:00	Jingo
Friday	1:00	Pinochle Club

Upcoming Events:

May 5	10:30	Mother's Day Party/Bingo In House Lunch- Stuffed Pork Chops w/all the fixing's; Refreshments, Prizes & Raffles, \$5 due 4/21
May 9	10:30	Buffalo History & Architecture Presentation by Chuck LaChiusa "Italian Roots in Buffalo Architecture"
May 9	12:00	In House Lunch-Ziti & Italian Sausage w/ Beverage, Dessert & Bingo Party \$5 due 5/19

Richmond-Summer Senior Center
337 Summer Street, Buffalo, New York 14222
Kerry Saunders, (716) 885-3290

Apr. 1	12:00	April Fools Lunch & Bingo \$3
Apr. 5	9:00	Senior Shopping- Walmart
Apr. 6	11:00	Senior Exercise
Apr. 8	12:00	Fish Sandwich, Salad & Bingo/Stay Fit Lunch \$3
Apr. 11	10:00	Hair Cuts
Apr. 12	9:00	Senior Shopping- Price Right
Apr. 13	10:00	Buffalo Zoo/Lunch
Apr. 13	11:00	Senior Exercise
Apr. 15	12:00	Chicken, Gravy Over Rice, Vegetables/ Bingo \$5

Apr. 19	10:00	Outlet Mall/Lunch
Apr. 20	12:00	Out to the Movies
Apr. 22	12:00	Hamburger/Hot dog on the Grill/Bingo \$5
Apr. 26	9:00	Amvets
Apr. 27	11:00	Senior Exercise
Apr. 27	1:30	Internet Classes
Apr. 29	10:00	Free Breakfast/Bingo \$3

Daily Programs:

Mondays	11:00	Zumba
Tuesdays	10:00	Qigong and Drumming
	1:30	Line Dancing w/Barbara
Thursdays	10:00	Tai Chi

C.R.U.C.I.A.L. Senior Center
230 Moselle Street, Buffalo, New York 14211
(716) 895-8891 / Fax (716) 895-1182

Daily Schedule:

Tuesday	11:30-3:30	Crafts
	12:00-4:30	Jewelry
Wednesday	1:00-4:30	Bridge Club

Thursday	11:30-12:30	Line Dancing
	12:30-1:15	Group Lunch Cards, Dominoes, Bridge, etc.
Friday	1:00-4:30	Bridge Club

Bible Study: every 2nd- Wednesday of the Month

The Salvation Army Golden Age Center
960 Main Street, Buffalo NY 14202
Lisa Holmes, 888-6261

1:00 Devotion
 1:30 Bingo, Walk the Walk Exercise

Thursday

9:00 Computer Classes
 9:30 Pickle ball
 10:00 Book Club
 11:00 Nail Spa
 1:00 Stretch Bands
 1:30 Walk the Walk Exercise

Friday

9:00 Computer Classes
 10:00 Tai Chi
 11:00 Line Dancing
 1:00 Bingo
 1:30 Walk the Walk Exercise

Upcoming Events

Apr. 9 11:00 Senior Spring Fling \$8
 Apr. 13 1:00 Free Food Give Away
 Apr. 14 8:30 AAR

Monday

9:00 Computer Classes
 10:00 Chair/Ball Exercises, Chess Lessons
 10:30 Adult Coloring Classes
 11:00 Piano Lessons
 1:00 Raffles & Bingo
 1:30 Walk the Walk Exercise

Tuesday

9:00 Computer Classes
 10:00 Bridge Lessons, Painting with a Purpose Class
 10:30 Stretch Bands
 11:00 Nail Spa
 1:30 Walk the Walk Exercise

Wednesday

9:00 Computer Classes
 10:15 Bible Study
 11:00 GAC Gospel Choir Rehearsal

Delavan Grider Community Center
877 E. Delavan Avenue, Buffalo NY 14215
(716) 896-7021

Thursdays 9:30-2:30 Walking Exercise-Gym
 9:30-2:30 Fitness Room
 10:30-12 Line Dancing
 12:30-1:30 Inspirational Time
 Fridays 9:30-2:30 Walking Exercise-Gym
 9:30-2:30 Fitness Room
 10:00-11:15 Stretch Band Exercises
 12-3:00 Movies

Upcoming Events:
****Call the center****

Erie County Stay Fit Dining Site: 60+ residents; \$3.00/confidential donation, will not be turned way for inability to pay. Meals served Monday-Friday at 12:30

Mondays 9:30-2:30 Walking/Fitness-Gym
 9:30-2:30 Fitness Room
 10:30-12 Line Dancing
 12-1:30 Jewelry Making/Scrapbooking-
 (2nd & 4th Mondays)
 1:30-2:30 Rite Aid Health Topics
 Tuesdays 9:30-2:30 Walking Fitness-Gym
 9:30-2:30 Fitness Room
 12-1:00 Zumba Senior Class: \$3/class
 Wednesdays 9:30-2:30 Walking /Fitness-Gym
 9:30-2:30 Fitness Room
 1:00-2 Board and Card games

Pratt Willert Community Center
422 Pratt Street, Buffalo New York, 14208
Tiffany Lewis (716) 852-1671

Edward Saunders Community Center
2777 Bailey Avenue, Buffalo, New York 14215
Kenneth Simmons (716) 332-4380

Monday 10:00-11 Coffee/News/Exercise
 11:00-12 Memory Games/Puzzles
 12:00-1 Lunch
 12:00-1 Line Dancing (Pratt Willert Only)

****Edward Saunders Center: Please note: Movies trips once per month****

Tuesday 10:00-11 Coffee/ News/Exercise
 11:00-12 Game Day
 12:00-1 Lunch
 1:00- 2 Art or Informational Presentation

**** Pratt Willert Center: Please note: Movie trips once per month****

****Bowling Trip once per month****

Wednesday 10:00-11 Coffee/News/Exercise:
 11:00-12 Arts/Crafting
 12:00-1 Lunch
 1:00-2 Pokeno
 Thursday 10:00-11 Coffee/News/Exercise
 11:00-12 Open Discussion: Presenters from
 different health organizations
 12:00-1 Lunch
 1:00-2 Games/Crafts
 Friday 10:00-11 Coffee/News/Exercise
 11:00-12 Shopping Trips twice per month
 12:00-1 Lunch
 1:00-2 Card Games

****Field Trips for the seniors**
@ Pratt & Edward Saunders: Call Center**

Schiller Park Senior Citizen Center
2057 Genesee Street, Buffalo, New York 14211
Marcey Ivey, (716) 895-2727

Monday

10:00 Wii Bowling
 12:00 Nutrition Program
 12:30 Trivia
 1:00 Bingo

Tuesday

10:00 Pokino
 10:00 Guitar Class
 12:00 Nutrition Program

Wednesday

10:00 Bible Study
 11:00 Quilting
 11:15 Stretchband Exercises
 12:00 Nutrition Program
 1:00 Bingo

Thursday

10:30 Line Dancing
 12:00 Nutrition Program
 1:00 Pinochle Tournament

Friday

10:15 Balancing
 11:00 Quilting
 12:00 Nutrition Program
 1:00 Bingo

Upcoming Events

Apr. 4 12:00 Haircuts by Chris
 Apr. 6 10:15 Presentation BC BS Dietary Guidelines
 Apr. 19 10:00 Daemen College
 Apr. 20 10:30 Alzheimer Presentation

We have puzzles, pool tables, cards, TV and Fitness Room Daily.

Volunteers Needed

Looking for outgoing fun people to assist our seniors in the activities department. Nutrition program, games, crafts, and bingo.

NEW MEMBERS ALWAYS WELCOME!!

Moot Senior Center
292 High Street, Buffalo, New York 14204
Carrie Bryant, (716) 882-4637

Celebrating Women's History Month, National Kidney Month, National Nutrition Month

Apr. 6 1:15 UB Students
 Apr. 13 1:15 Bingo
 Apr. 14 1:15 UB Students
 Apr. 15 Birthday Celebration
 Apr. 20 UB Students
 Apr. 21 Free Senior Legal Services
 Furette Williams

Apr. 22 1:15 Daemen Nurses
 Apr. 30 10:00 Moot Women's Prayer Birthday

Movement with Monica every 2nd and 3rd Thursday of the month at 1:15 pm

Weekly Programs: Wednesday-Friday 8:30am-3:00pm

Wed. 10:00 Bible Study
Thurs. 11:00 Moot Chorus Rehearsal

Please note: We will have Best Breakfast every first Wed. of the month.

Gloria J. Parks Community Center
3242 Main Street, Buffalo, New York 14214
(716) 832-1010, (716) 832-5099
www.UDCDA.ORG

Mondays

11:00 Stretch Band Exercises
 1:00 Computer Class

Tuesdays

10:30 Bingo
 12:00 Lunch, Paws for Love Guest, Bread Donations
 12:30 Bingo

Wednesday

11:00 Hustle for Health
 1:00 Computer Class, Wii Bowling, Card Games, Bid Whist Tournament
 6:00 Line Dancing \$3

Thursdays

10:30 Bingo
 12:00 Lunch
 12:30 Bingo

Fridays

10:30 Tai Chi
 12:00 Wii Bowling, Card Games

March Events

Mar. 18 4:30-8:30 Dancin' at the Parks \$12-\$15
 Mar. 29 11:00-6:00 Seneca Niagara Casino Trip \$18

Special Events

Gloria on the Go/Bingo on the Go! Field Trip Program
 Health & Wellness Monthly Seminars
 Other Fun Events: Silver Birthday Celebrations and Movie Theater Showings

April 2016 - Announcements

Travel Club:

The Montreal, Quebec, and Ottawa Trip is scheduled for September 18-23, 2016, and it includes:

- ⇒ Motor coach Transportation
- ⇒ 5 Nights Lodging
- ⇒ 10 Meals
- ⇒ Guided Tours of each city
- ⇒ Montmorency Falls, Notre Dame Basilica cruise on St. Lawrence River
- ⇒ Montreal's underground City and Tower
- ⇒ Ottawa's Parliament Hill
- ⇒ Canadian Museum of History

For more information visit: www.grouptrips.com/lisafintzel

\$640 per person/double occupancy

Coming in 2017: Cuba Trip

Travel Club Meeting: No meeting in April. Next meeting will be May 11, 2016, held at Richmond Summer Senior Center at 2:00 pm.

Cuba 2017 Trip Information Meeting – Will be held on June 8th, 2016 at 2:00 pm at Richmond Summer Senior Center. Meet with a representative from Collette Travel.

The theme for National Older Americans Month 2016 is “**BLAZE A NEW TRAIL**”. Why not think about becoming a “volunteer” in your City Senior Department. We have many very interesting ideas and activities that I’m sure you would be interested in participating, but we are, not short of ideas, but unfortunately, short of help.

Become a volunteer!

Contact: Douglas Ruffin, Director, Division of Senior Services – (716) 851-4115.

GET WELL SOON!

As many of you know, one of our valuable staff members, **Julianne Panty, Manager of the Autumnwood Senior Center** is out on medical leave. We ask that you send her your best wishes and Prayers for a speedy recovery! We miss her!

We also send our best wishes and prayers to **Lisa Fintzel, our “Travel Guru”** from the Division for Senior Services main office is on medical leave. We wish her a speedy return !

We also send our best wishes and prayers out to **Deirdre Cotter and her family**. Deirdre is also away on family leave. We wish her mother a speedy recovery.

On behalf of the Division for Senior Services, we would like to extend our condolences to the family and friends of Raymond Urbanski.

City of Buffalo Division of Senior Services
65 Niagara Square, 8A City Hall
Buffalo, New York 14202-3324

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TO:

Mayor Byron Brown's Senior City Life

April 2016



Inspirational Quote of the Month:

Cultivation of the mind is as necessary as food to the body!

-Cicero



“BLAZING A NEW TRAIL”

“BLAZING A NEW TRAIL” is the 2016 theme for the National Older Americans Month in May. Each year, the City of Buffalo’s Division of Senior Services sponsors a series of senior activities designed to help you “get out of the house”, and get involved in new things. Here is your chance to sign-up for some great activities, and have some fun. As always, slots will be limited. First come, first served.

Any questions please call Lizbeth Gonzalez at (716) 851-4141.

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