



SENIOR CITY LIFE



August 2016 • Vol. 8, Number 8

CITY OF BUFFALO
DIVISION OF SENIOR
SERVICES

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



Greetings from Mayor Byron Brown



Hello, I hope all of you had a chance to enjoy the beautiful weather and great festivals we've had during the month of July. Over a two-day period, the 33rd annual Taste of Buffalo attracted

450,000 residents and visitors from across the country to downtown Buffalo. Two other major festivals, The Masten Park Jazz Festival and the Italian Festival, also drew huge crowds and the summer fun isn't over yet.

For all the jazz lovers, the ever popular Pine Grill Jazz Reunion takes place August 7 and 14. The Pine Grill Jazz Reunion, now in its 23rd year, honors local, national and international artists who contribute to the legacy of jazz music.

On August 12, I hope to see all of you at my sixth annual Senior Barbeque and Pig Roast at Front Park. Every year the Senior Barbeque and Pig Roast gets bigger and better, last year over 1,400 seniors attended. Be sure to stop by City Hall's Senior Services office to get your ticket or contact your senior center.

This Summer I have partnered with BlueCross Blue Shield of WNY to present "Summer City Fitness" in Buffalo. This free community fitness program runs until September 3, fitness classes are at Martin Luther King, Jr. Park on Wednesdays at 6:30AM and on Saturdays at 10AM. Fitness classes are also at Perkins Park on Thursdays at 6:30AM and Saturdays at 10AM. No registration is required. Come out and have fun meeting your neighbors

and starting on the path to a healthier lifestyle.

My 15th annual Reading Rules! Kids Summer Reading Challenge is still accepting applications and summaries for participation in the closing prize and scholarship ceremony. Since Reading Rules began, over 12,000 students have completed the program, reading over 70,000 books. This is a great program for students from grades PreK-12. So, be sure to let your grandchildren, nieces and nephews and other loved ones know that the deadline for submitting applications and one-page summaries is August 26. More information can be found on the city's website or at your local library. Remember: summer reading will help keep our youth 'well-prepared' and their 'skills sharp' as they head back to school this fall!

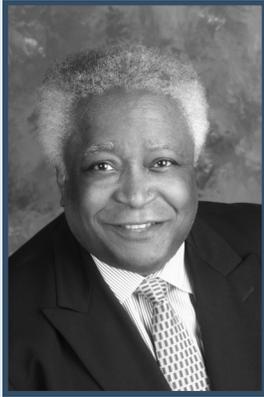
As we do every month, we have chosen a 'Senior of the Month' who represents the kind heart and tenacious spirit of Buffalo. Congratulations to Annie Cheatham, our Senior of the Month for August. You can read about Ms. Cheatham's contributions to our community on page 3.

In closing, I thank you for your support as we continue to build Buffalo into a city that embraces diversity and inclusion. On page 3, you can read about our efforts to provide permit parking to residents in the Fruit Belt to ease parking congestion in the area as the Buffalo Niagara Medical Campus continues to grow. Again, I've enjoyed seeing many of you at various summer events and look forward to seeing you during the month of August, especially at my Senior Barbeque and Pig Roast.

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Greetings from Douglas Ruffin, Director



Hello Buffalo Seniors:

August signals the coming of the end of summer! And, I'm feeling like that annoying little voice in our heads that acts like your personal timekeeper. So, this month, I have a serious question for you to consider. It is possible that you have thought about this, but maybe not. My question is about legacy: what will be your legacy? You will have one whether you really want it or not; everyone will. The point is, what kind will your legacy be; what will you leave behind? This is probably something that you don't want to think about, but it's something that applies to all of us.

Just for the sake of argument; will it be money; will it be property; will it be some of your knowledge; how about memories, or good deeds; or maybe just a hand full of unfulfilled hopes, dreams, plans and desires.

Now, for those of you who may have automatically jumped to the "worst" case scenario, remember that a "legacy" can be how you are remembered when you leave a job, or move to another City, or fail to stay in contact with old friends. But the most important thing to remember is that you are "creating" your legacy through your actions (or lack of action) each day of your life.

If you are like me, some of us won't have much money to leave behind, but hopefully, you will leave what Dr. King called a "committed life" behind. Hopefully, you got the chance to "touch" someone's life in a positive way to leave that situation better than you found it. Hopefully, someone will care that you are no longer there. I hope that someone will know that it wasn't always "just about you", that you made time for others.

So, you may be asking, why I've decided to take you on this short philosophical journey. Well it's because my job affords me the opportunity to see, talk with and observe people and what we can call "human nature" in many of its forms. But lately, I've encountered more than a fair share of my fellow seniors who are very negative, bitter, and in some cases almost rude to others when talking about life and it makes me wonder what has made them become like that. I know that it is extremely difficult to always be pleasant when you are in pain. I know this from experience; I live with pain on a daily basis. But even within that state, you still have a choice; let the pain consume you and color all of your daily interactions, or try to fight through it and not let it sour your life.

Experience has taught me that there are things in life that you can't control. Life is simply life! It's neither good nor bad, it simply is! No rhyme or reason why something happens to some and not to others. But what you can control, is how you respond or react to it. And, what I do know is that if you constantly look for the negative, that is what you will find; there is plenty to go around. I'm not making light of the problems of life, especially as you get older. But there really is a better way. So, here is my suggestion.

Let's try to find something positive each day to be glad about. It doesn't have to be complicated. Just something to put a smile on your face. Why not just be happy that you woke up today! Try not to always be alone. Interact with people. As we were taught as children, if you want a friend, you must be a friend. Enjoy what's left of life & you still have time to "make a friend!"

Enjoy!

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

FRUIT BELT PARKING PERMIT PROGRAM SIGNED INTO LAW

Mayor Byron W. Brown, New York State Assemblywoman Crystal Peoples-Stokes, New York State Senator Timothy Kennedy, Buffalo Common Council President Darius Pridgen and residents who live in the Fruit Belt Neighborhood came together today pleased that State Legislation has been signed into law giving Buffalo the ability to implement a parking permit program for the Fruit Belt Neighborhood. This permitting process will address community concerns about parking availability in and around the Buffalo Niagara Medical Campus (BNMC).

“The Fruit Belt Parking Permit Program has been a top legislative priority for my administration,” said Mayor Brown. “I am proud of the collaboration between government, residents and labor that helped move this legislation forward. We want to continue cultivating the development of the Buffalo Niagara Medical Campus and the neighborhoods around it. This is a great eastside community with a rich history and a bright future. As we grow Buffalo into a City of opportunity for all people, it is important that we work together to adjust to the growth taking place and ensure that everyone has a voice in how we evolve and change as a city.”

In May, elected officials, community leaders and union representatives came together to announce the signing of a memorandum of understanding (MOU) that would address and set protocol for parking in the historic neighborhood, alleviating the parking congestion in the Fruit Belt that is a result of the rapid economic expansion taking place on the BNMC. With Assemblywoman Crystal Peoples-Stokes and Senator Tim Kennedy at the helm, the New York State Legislature passed and Governor Andrew Cuomo signed legislation into law giving Mayor Brown’s Administration the authority to regulate a parking permit system in and around the BNMC.

Based on the MOU, the Fruit Belt Parking Permit Program encompasses the streets located within the boundaries of Michigan Avenue and Rose Street and BFNC Drive and East North Street. Signage will be installed mid-block of each street, and will coincide with alternate street parking within the program boundaries designating half of each street as ‘resident only’ parking and the other half that has not been designated as resident only parking will remain free parking for the public. Residents of the Fruit Belt Neighborhood will be issued permits for their designated areas.

Senior Spotlight - Senior of the Month

SENIOR OF THE MONTH: Annie Cheatham



Annie Cheatham is a community member who exemplifies the word “Leadership”. Ms. Cheatham has served four years as the president of the University District Block Coalition (UDBCC). UDBCC is a grassroots organization that was created to assist Block Club’s in the University District located in Buffalo, NY. Under Ms. Cheatham’s leadership, UDBCC developed strategic initiatives focused on community safety, neighborhood beautification, community engagement, advocacy, and capacity building of block clubs. Through the leadership of Annie Cheatham and Lois Young, 951 children and adults were fed during the 2015 Buffalo Promise Neighborhood Holiday Food Drive. Ms. Cheatham works at the Home Away From Home Daycare Center. She is a member of Antioch Holiness Church under the leadership of Bishop Bowman and First Lady Kathy Bowman. Ms. Cheatham believes in the quote of Theodore Roosevelt, “This country will not be a good place for any of us to live in unless we make it a good place for all of us”.

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: City of Buffalo, Division of 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

- Aug. 8 9:00 AARP Safe Driving
AARP Mem \$20/Non Mem \$25; Due 7/28
- Aug. 11 11:30 "Autumnwood's Cookout" Hot Dog, hamburger or cheeseburger w/sides, beverage, dessert. \$5.00 per person; reservation by Mon. Aug. 8- Bingo after
- Aug. 18 12:00 Celebrate July & August Birthdays; Free cake & coffee with meal purchase
- Aug. 18 1:00 Birthday Bingo-2 Free Bingo board for birthday celebrants
- Aug. 22 10:30 2nd Picnic of Summer Musical Program w/Niagara Frontier Fiddler's Club; Catered Meal (Bingo after Music Performance) \$10.00 due 8/4
- Aug. 26 10:00 Book Club w/Loretta
- Aug. 26 11:30 "Autumnwood's Cookout" Hot Dog, hamburger or cheeseburger w/sides, beverage, dessert. \$5.00 due 8/17- Bingo after
- Aug. 31 10:30 Buffalo History & Architecture by Chuck LaChiusa "Building of E.B. Green"
- Aug. 31 11:30 "Autumnwood's Cookout" Hot Dog, hamburger or cheeseburger w/sides, beverage, dessert. \$5.00 due 8/24- Bingo after

NEW!! Join the latest craze Adult Coloring Book Group!! 10:30-12:00 Bring in a photo & Julianne will customize your coloring experience- all materials will be provided: for more details call center.

Daily Programs

- Tuesday, Wednesday 1:00 Jingo
& Thursday
- Friday 1:00 Pinochle Club

Upcoming Events

- Sept. 1 10:30 Autumnwood's Annual Flu Shot Clinic
Must pre-register, call center 826-7895
- Sept. 12 9:00 AARP Safe Driving
AARP Mem \$20/Non Mem \$25; Due 9/1
- Sept. 23 4:00 Autumnwood's Fund Raiser Krolick's Chicken BBQ Dinner- Eat in Take out \$9 pre-order; \$10 at the door
- Sept. 24 Trip to the New York Wine & Culinary Center in Canandaigua New York

Cooking Demos & Lunch call center for detail

** Seniors who enjoy Scrabble should call the center, seniors who want to start a Scrabble Club**

Richmond-Summer Senior Center

337 Summer Street, Buffalo, New York 14222

Kerry Saunders, (716) 885-3290

- Aug. 2 9:30 Senior Shopping-Walmart
- Aug. 3 9:00 Senior Shopping- Price Rite
- Aug. 3 9:30 Senior Exercise
- Aug. 5 11:00 Eden Corn Festival
- Aug. 5 12:00 Lunch/Bingo
- Aug. 9 9:00 Senior Shopping- Walmart
- Aug. 10 11:00 Senior Exercise
- Aug. 11 9:00 Boat Ride Miss Buffalo
- Aug. 12 11:00 Mayors Pig Roast and BBQ/Center Closed
- Aug. 15 10:00 Senior Hair Cuts
- Aug. 16 10:00 Erie County Fair
- Aug. 17 11:00 Senior Exercise
- Aug. 19 12:00 Lunch/Bingo

- Aug. 23 9:00 Visit County Farm/Lunch
- Aug. 24 11:00 Senior Exercise
- Aug. 26 10:00 Free Breakfast/Bingo
- Aug. 26 12:00 Lunch/Bingo
- Aug. 30 9:00 Discount Store
- Aug. 31 11:00 Senior Dance

Daily Programs:

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

We would like to Thank Paula's Donuts and TOPS on Niagara Street for continued support of our seniors at the Richmond Summer Senior Center

Schiller Park Senior Citizen Center

2057 Genesee Street, Buffalo, New York 14211
Louise Fronczak, (716) 895-2727

Monday

- 9:00 Wii Bowling
- 9:00 Water Class
- 12:00 Nutrition Program
- 1:00 Bingo

Tuesday

- 10:00 Guitar Class
- 12:00 Nutrition Program
- 1:00 Movie or Pokeno

Wednesday

- 10:00 Bible Study w/Mrs. Reed
- 11:00 Quilting Class
- 11:15 Stretch & Tone
- 12:00 Nutrition Program
- 1:00 Bingo

Thursday

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

Friday

- 9:00 Water Class
- 11:00 Quilting
- 12:00 Nutrition Program
- 1:00 Bingo

Special Events

- Aug. 3 10:00 Stay Fit Lunch Programs Picnic in the Park
- Aug. 8 9:00 Haircuts
- Aug. 8 10:00 Outing-Gordy's Harper Bazarr & Lunch
- Aug. 10 10:15 Catholic Health Presentation
- Aug. 12 10:00 Excalibur Fishing & Boat Ride
- Aug. 16 9:30 Erie County Fair
- Aug. 17 12:15 Bison Game
- Aug. 19 10:15 Rite Aid Presentation
- Aug. 24 6:00 Excalibur Fishing & Boat Ride
- Aug. 26 3:00 Dinner/Dance
- Aug. 31 BC/BS Healthy Zone Cruiser

Upcoming Events

- Sept. 16 End of Summer Party
- Sept. 26 AARP Class
- Sept. 27 Seneca Niagara Casino Trip

Stop by the center for a complete list of monthly activities.

Erie County Stay Fit Dining site for seniors 60+ . Meals served daily Monday-Friday at Noon.

Moot Senior Center

292 High Street, Buffalo, New York 14204
Carrie Bryant, (716) 882-4637
 Celebrating National Ice Cream Month

- Aug. 3 8:30 Best Breakfast in Buffalo
- Aug. 4 11:00 Market at Moot (Mobile Market)
- Aug. 4 1:15 Movement w/ Monica
- Aug. 5 "Wear Purple Day" Amanda Jackson 103 B-day
- Aug. 5 10:00 Wii Bowling
- Aug. 9 9:00 Bison Baseball Game
- Aug. 10 1:15 Bingo
- Aug. 11 11:00 Market at Moot (Mobile Market)
- Aug. 11 12:30 Wellness Check Blood Pressure
- Aug. 12 Mayor's Pig Roast
- Aug. 16 7:00 Bison Baseball Game
- Aug. 17 10:00 Erie County Fair/\$10 mem/ \$15 non-mem
- Aug. 18 11:00 Free Legal Services w/ Furette Williams
- Aug. 18 1:15 Movement w/Monica
- Aug. 18 11:00 Market at Moot (Mobile Market)

- Aug. 19 Celebrate National Senior Citizen Day
- Aug. 19 10:00 Wii Bowling
- Aug. 25 11:00 Market at Moot (Mobile Market)
- Aug. 25 12:30 Wellness Check (Blood Pressure)
- Aug. 26 10:00 Wii Bowling
- Aug 30 7:00 Bison Baseball Game

Every Monday beginning August 1st until October 3 will begin Aging Mastery Program (AMP) Classes 2:00pm-3:00pm

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

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

2nd & 3rd Thursday 1:15 Movement w/Monica

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

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

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
 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 Chair/Ball Exercise
 11:00 Line Dancing
 1:00 Bingo
 1:30 Walk the Walk Exercise

Upcoming Events

****Call Center****

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

Mondays	9:00-2:00	Walking Fitness-Gym
	10:30-12	Line Dancing
	12:30-2:00	Paint, Snack, and Chat
	1:30-2:30	Stay Fit Dining
	5:45-6:45	Zumba
Tuesdays	9:00-2:00	Walking Fitness-Gym
	9:30-2:30	Fitness Room
	12-1:00	Zumba
	12-1:00	Stay Fit Dining
Wednesdays	9:00-2:00	Walking Fitness-Gym

Thursdays	11:00-12	Stretch Band Exercise
	12-1:00	Stay Fit Dining
	5:45-6:45	Zumba
Fridays	10:30-12	Line Dancing
	9:30-2:30	Walking Fitness-Gym
	12-1:00	Stay Fit Dining
	9:00-2:00	Walking Fitness-Gym
	9:30-2:30	Fitness Room
Saturday	12-1:30	Movie for a Friday Afternoon
	12-1:00	Stay Fit Dining
	10:00-11:00	Zumba

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

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
Thursday	1:00-2	Pokeno
	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**

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

Wednesday cont.

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

Starting 9:30am Good Morning Gloria
Coffee, Fellowship, and games

August 2016 - Announcements

TRAVEL CLUB

Travel club meeting will be held at the Richmond Summer Senior Center on Wednesday, August 10, 2016 at 2:00pm.

Join us in Rediscovering Cuba on March 16-24, 2017. For informational brochure, call Lisa at 851-4204.

Wine Tasting Trip in Ontario on August 11. 9-5pm \$15.00, Enhanced NYS ID or Passport needed! Send check or money order to reserve seat!

Montreal trip meet and greet meeting, you will be notified by mail individually.

October trip– date TBA

Going to Corning Museum of Glass

MAYOR BYRON W. BROWN'S 6TH ANNUAL SENIOR CITIZENS BARBEQUE AND PIG ROAST!

Date: Friday, August 12, 2016

Time: 10:00am to 3:30pm

Place: Front Park, Porter Ave.

For: Seniors, age 55 and older (No Children)

Price: \$3

For additional information, call Senior Services at (716) 851-4141

EVENING PROGRAMMING!

You've been asking for it, and now it's coming. The Division will be sponsoring "Evening Programming" beginning in September. The Activity is called "THE MEETING PLACE"! Call the office for more information: (716) 851-4141.

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

August 2016



Inspirational Quote of the Month:

“The first step toward change is acceptance. Once you accept yourself,
you open the door to change. That’s all you have to do.
Change is not something you do, it’s something you allow.”

~Will Garcia