



SENIOR CITY LIFE



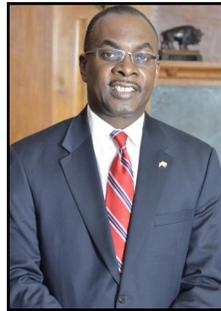
January 2016 • Vol. 8, Number 1

CITY OF BUFFALO
DIVISION OF SENIOR
SERVICES

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



Greetings from Mayor Byron Brown



Happy New Year! I hope you had a great time with your families over the holiday season. It is important that we convey our love to those who are an integral part of our lives while we are still able to do so.

December was a great month for Buffalo. We had a month of mild weather, several major announcements and again hosted one of the largest New Year's Eve Ball Drops in the country.

This year, the City of Buffalo, the Police Athletic League of Buffalo and Buffalo Place teamed up to host the 28th annual Buffalo Ball Drop & Fireworks at Iskalo Development's Electric Tower in Roosevelt Square. While the City of Buffalo is the largest funder of the ball drop, because of costs associated with police, fire, emergency services, and department of public works personnel who work together to ensure the event is fun, festive and safe, I thank the many new and returning sponsors for their commitment and dedication.

We ended 2015 on a strong note with many great announcements, from the return of two-way traffic to the 500 Block of downtown Main Street to the grand re-opening and return of Ted's Hot Dogs, one of our region's favorite restaurants. After having left the city 17 years ago, Ted's is now located on Chippewa and joins a growing list of restaurants and businesses that are investing in downtown Buffalo.

As further testament to the continued strength of our city, we were recently named the hottest city in the Northeast for construction, ahead of both Boston and New York City. We were also ranked the 12th best city in the nation for home ownership. Other good news included the announcement that USA Hockey selected Buffalo to host the 2018 World Junior Hockey Championship, making Buffalo the only U.S. city to twice host the championship.

In our ever growing and hi-tech world, it is important that our students have the technology they need to succeed. In December, I presented Say Yes Buffalo College Scholars with Bak tablets. Earlier this year, I directed \$75,000 in city funds to Say Yes for the purchase of 500 tablets, and with approval from the Buffalo Common Council, I was pleased to see that action become a reality.

As we begin the New Year, our city's significant economic resurgence shows no sign of slowing down. Moving forward, we will continue to build a city of opportunity and stress the value of equity, inclusion and diversity in our community and in our business culture.

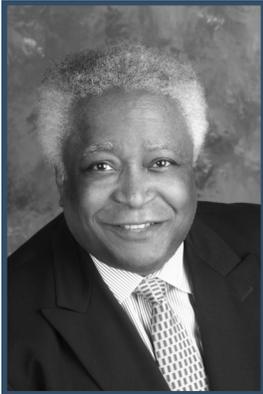
In closing, I congratulate our first 2016 'Senior of the Month', Carrie Bryant. You can read about Ms. Bryant's contributions to our community on page 3. In the meantime, I hope your 2016 is off to a strong and healthy start and I look forward to seeing you throughout the year.

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65 Niagara Square / 8A City Hall / Buffalo, N.Y. 14202-3324
(716) 851-4141/ Fax: (716) 851-5803 / druffin@city-buffalo.com

Greetings from Douglas Ruffin, Director



HAPPY NEW YEAR BUFFALO!

A new and exciting year is now beginning! Look around you; Buffalo is growing again! What was old is becoming new again. This can also apply to us as older Americans. We can decide to develop a new perspective. Maybe not all at once! But, try to give yourself and your city the “benefit of the doubt”. I sincerely believe that Buffalo could be the most “senior friendly” city in this country! The business community is responding; our government is creating opportunity. The next step is for our citizens; it’s simple and doesn’t cost anything. It is achieved through “attitude”. And, maybe we can help with that with a little free advice! If you are confronted with a problem that you believe might have an impact on a senior citizen, whether it’s only one person or a thousand, the smart thing to do is: A). See if you can solve it, one on one, or within your cycle of influence, and if not, B). Let someone else know about it. Try not to just complain about it, but state the problem as an opportunity to do something that will make life easier for someone in Buffalo. That action in turn will help make Buffalo a better place for someone to live and in turn, a better place for you!

This point was made clear recently by a new resident to our city that has been used to driving, at will, wherever they needed to go. Now, this individual has to resort to utilizing public transportation. The experience started off with actually having the money for the bus, but not knowing that it required exact change. Once that problem had been resolved and the second bus ride secured, the bus route was not exactly as the person had been led to believe, so they had to get off quite a distance from their destination.

This individual, being a senior citizen and an immigrant was confronted by situations that any sympatric “bus rider” could have assisted with; however, they were left to their own devices.

So, while I was questioning this rider trying to get a better sense of whether this was a “problem”, or just an unfortunate situation, I decided to do something that I rarely do; I took the “bus”. It was an interesting experience, especially for an individual that isn’t a regular rider. And, I’m not sure that others who are use to riding the bus are even aware of it or just take all of these things for granted. A simple thing like, “don’t stand before you get to your stop” even though others are doing it. The ride or “stop” can be rather jerky and you are subject to falling. Also, the ride can seem rather fast for seniors on medications, or those who have motion sickness caused by medication; and, the streets/stops go by rather fast, so one must be prepared! And, of course, there were a number of other issues that could be solved through a more caring and concerned public.

I clearly understand why people don’t want to get involved in things that they feel “aren’t” their concerns. You are on your way somewhere, maybe to work, and you don’t want to be bothered or you just don’t have the time. But that attitude has the net results, or affect, of leaving all of us a little more isolated. So, my solution! Why not take a tip from the parable of the “Good Samaritan”; “Love thy neighbor as you love yourself.” It might truly be hard in this worlds’ environment, but if you believe like I believe, it is still worth doing.

Give it a try! Have a HAPPY NEW YEAR BUFFALO!

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 Sq., Room 8A
Buffalo, New York 14202**

Happy New Year from the Division of Senior Services



Senior Spotlight: Mrs. Carrie Bryant

SENIOR OF THE MONTH: Mrs. Carrie Bryant



Mrs. Carrie Bryant was born December 30th. She graduated from East High School. She later earned an Associate's Degree in Chemistry from Erie Tech. and a Bachelor's in Human Resources from UB. "Miss Carrie", worked several years as a Technician at Dunlop Tires and then as an Aerospace Technician for Moog where she retired from. She is a Deaconess for St. John Baptist Church, President of the Senior Fellowship and a member of the choir. She was an active member of Phi Lambda a Sorority where she was treasurer and Chairperson for the Apple for the Teacher Scholarship Award.

She married the Love her life, Mr. Frank Bryant and shared over 50 years of love and life until his recent demise. The proud mother of 2 children and 2 grandchildren.

Although retired, "Miss Carrie" (as she is affectionately called) works at the Moot Senior Center where she always works tirelessly to make sure the seniors are happy and active. Today we salute and celebrate her!

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

Jan. 1st **Center Closed**
 Jan. 4th 11:00 Van-Lunch Bunch- Seniors Choice!
 Jan. 6th 10:00 Van-Bingo at Knights of Columbus-
 South Buffalo
 Jan. 11th 9:00 Van- Bingo at Holy Mother of the Rosary
 Jan. 13th 10:30 Beat the January Blues Jingo Pizza &
 Wings Raffles & Prizes. \$5.00; due 1/5
 Jan. 18th **Center Closed**
 Jan. 20th 10:30 Zitti, Sausage & Bingo Party
 Raffles & Prizes. \$5.00; due 1/13
 Jan. 21th 12:00 January Birthday Lunch
 Free Cake & Coffee w/Purchased Meal
 Jan. 21st 1:00 Birthday Jingo 2 Free Bingo Boards for
 Birthday Celebrants
 Jan. 22nd 9:00 Book Club w/Loretta
 Jan. 25th 10:30 Subs & Bingo Party Raffles & Prizes. \$ 5;
 due 1/20

Jan. 27th 10:30 Buffalo History & Architecture
 Presentation by Chuck LaChiusa
 "Allentown Neighborhood"
 Jan. 27th 12:00 Homemade Beef on Weck
 Lunch and Bingo. \$5.00 due 1/14

Daily Programs

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

Upcoming Events

Feb. 4th 10:30 February Fling Lunch- Polish Sausage
 w/sides & Bingo. Raffles & Prizes \$5.00 due 1/25
 Feb. 17th 10:30 Buffalo history & Architecture
 Presentation by Chuck LaChiusa "5 Presidents in Buffalo"
 Feb. 18th 10:30 Celebrate February Birthdays
 w/Homemade Chicken Casserole & Bingo. Raffles & Prizes.
 \$5.00 due 2/11

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

Jan. 4th 11:00 Zumba
 Jan. 4th 1:00 Movie Monday
 Jan. 5th 9:00 Senior Shopping- Walmart
 Jan. 5th 10:00 Qigong and Drumming
 Jan. 5th 1:30 Line Dancing w/Barbara
 Jan. 6th 11:00 Senior Exercise
 Jan. 6th 11:00 Senior Crafts
 Jan. 8th 12:00 New Years Fish Fry Haddock,
 Coleslaw and Fries/ Bingo \$8
 Jan. 11th 10:00 Haircuts- Donations Welcome
 Jan. 11th 1:00 Movie Monday
 Jan. 11th 11:00 Zumba
 Jan. 12th 9:00 Senior Shopping- Ollie's Discount
 Jan. 12th 10:00 Qigong and Drumming
 Jan. 12th 1:30 Line Dancing w/Barbara
 Jan. 13th 9:00 Senior Shopping- Price Rite
 Jan. 13th 11:00 Senior Exercise
 Jan. 15th 10:00 MLK Day Free Breakfast/Bingo
 Jan. 18th **CENTER CLOSED: Martin Luther King**

Jan. 19th 9:30 Senior Shopping Walmart/Lunch
 Jan. 19th 10:00 Qigong and Drumming
 Jan. 19th 1:30 Line Dancing w/Barbara
 Jan. 20th 11:00 Senior Exercise
 Jan. 20th 11:00 Senior Crafts
 Jan. 22th 12:00 Turkey and Mashed Potatoes Lunch
 and Bingo \$2
 Jan. 25th 11:00 Zumba
 Jan. 25th 1:00 Monday Movies
 Jan. 26th 10:00 Senior Shopping- Amvets
 Jan. 26th 10:00 Qigong and Drumming
 Jan. 26th 1:30 Line Dancing w/Barbara
 Jan. 27th 11:00 Senior Exercise
 Jan. 29th 12:00 Spaghetti and Meat Sauce/Bingo \$4

Daily Programs:

Mondays 11:00 Zumba
 Tuesdays 10:00 Qigong and Drumming
 1:30 Line Dancing w/Barbara
 Every Other
 Wednesday 11:30 Yoga

We offers FREE van pick up for those senior who want a hot nutritious lunch. A small fee is suggested but not required. Call 885-3290

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

**Friends of the Elderly /
Dorothy J. Collier Community Center
118 East Utica Street, Buffalo New York, 14209
Laura Hayden, 882-0602**

Monday - Friday	10-10:30	Continental Breakfast
	12-12:30	Stay Fit Dining Site 60yrs. & older; R.S.V. P. Required (Confidential Donation): \$3.00
Tuesday & Thursday	10:30	Craft Guild
	11-12:00	Bridge/Bid Whist (R.S.V.P required) D'Youville Balance Exercise
Wednesday	9:00	Bread Pantry
	12:30-1:30	Bible Study
	11:00-1:00	Bi-Monthly Case Management Day

Thursday	11-3:00	Chess Club
	1-2:00	Penny Saver Coupons/ Recipe Exchange Club
	1:30-3	Bingo: Come Socialize & win prizes
Friday	9:30	Bread Pantry
	11-12:00	Band Fitness: Bring your band & wear your T-shirt
	12:30-1:30	Friday Fellowship Day: Game Day

UPCOMING EVENTS:
Call Center

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

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)
Tuesdays	1:30-2:30	Rite Aid Health Topics
	9:30-2:30	Walking Fitness-Gym
	9:30-2:30	Fitness Room
Wednesdays	12-1:00	Zumba Senior Class: \$3/class
	9:30-2:30	Walking /Fitness-Gym
	9:30-2:30	Fitness Room
Thursdays	1:00-2	Board and Card games
	9:30-2:30	Walking Exercise-Gym
	9:30-2:30	Fitness Room

Thursdays	10:30-12	Line Dancing
Cont.	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 away 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 a**

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, Linda Larson, (716) 895-2727

Jan. 6th	10:15	Blue Cross Blue Shield- Presentation	Daily Schedule:	Monday	9:00	Wii Bowling
Jan. 12th	10:00	Congressman in your Corner, + Brian Higgins		Mon., Wed., Fri.	1:00	Bingo
Jan. 18th	Center Closed			Tuesday	11:00	Guitar Classes
Jan. 22nd	10:00	Hospice- Presentation		Wednesday	10:00	Bible Study Class w/Mrs. Barbara Reed
Jan. 25th	55 Alive Defensive Driving Class AARP Member-\$20 Non-members \$25			Wednesday	11:15	Stretch Band Exercise
				Thursday	1:00	Pinochle Tournament
				Thursday	10:30	Line Dance \$2.00

Board games, card games and Championship available daily

Please be aware of center closings during inclement weather, all closings will be posted on WIVB and WGRZ

** Call Center for updates **

Moot Senior Center
292 High Street, Buffalo, New York 14204
Carrie Bryant, (716) 882-4637, (716) 240-9389

Jan. 6th	8:30-10	Best Breakfast in Buffalo	Weekly Programming: Wednesday - Friday
Jan. 13th	1:30	Bingo	Mon. 6:00-7pm Line Dancing with Willa
Jan. 15th		Tribute to Dr. Martin Luther King	Wed. 10:45-11:45 Bible Study w/ Carolyn D. Harris
Jan. 18	Center Closed		Thurs. 10:45-11:45 Moot Chorus w/ Bessie Patterson-Director
Jan. 21st	10:00	Senior Legal Services, Furette Williams	***Happy Holidays from the Moot Senior Center***
Jan. 22th	10:00	Shopping	Please note: We will have Best Breakfast every first Wednesday of the month.
Jan. 29th	1:00	Movie @ Moot	

Movement with Monica every 2nd and 3rd Thursday of the month at 1:30

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

Mondays	11-12:00	Stretch Band Exercise	Wednesday	11-12:00	Hustle for Health
	12:00	Lunch		12:00	Lunch
	1-2:00	Computer Class		1:00-2:00	Computer Class
Tuesdays	10:30-12	Bingo		1:00-2:30	Wii Bowling
	12:00	Lunch	Thursdays	6:30-8pm	Line Dancing w/Sandra Hall \$3
	12:30-2	Bingo		10:30-12	Bingo
				12:00	Lunch
				12:30-2	Bingo
			Fridays	10:30-12:00	Tai Chi- 1st & 4th Fridays
				12:00-2	Wii Bowling

***Monday, January 18th- Center Closed ***

January 2016 - Announcements

Seniors,

Do you have a story to tell? Do you have pictures, newspaper articles, or other remembrances of “life” in Buffalo from long ago? Then, we would like to talk to you! The Division of Senior Services is developing a “Living History” archive that you might want to be a part of. Contact Douglas Ruffin, Director of Senior Services, by calling (716) 851-4141 or emailing him at druffin@city-buffalo.com

Volunteers Needed

Do you have a few extra hours of down time? Do you want to make a contribution to your community? Well, the Division of Senior Services is looking for senior volunteers who may have interest in the following areas:

- Office/Clerical – Assisting the Public
- Recruitment – Looking for a small team of seniors who would be interested in doing business recruitment to expand the Senior Discount Card Program.
- Senior Newsletter Development – Interested in typing & producing the monthly senior newsletter.
- Volunteering at a senior center

The Buffalo Living History Project, People, Places & Things, is looking for a few good men & women!

Our senior citizens represent our “Living History”. We wanted to create some “talking points” or footnotes on Buffalo. People’s memories of Buffalo differ depending on their experiences. But, no matter what the specific struggle Buffalo has gone through, the City not only survives, it thrives! This project is the Divisions way of capturing some of those experiences, thoughts and examples of what life was like from their vantage point.

The Living History Project is being developed to be or become a “Video Diary & Documentary” on the City of Buffalo, its’ origins, the people who have come to the City and have helped make it the historic place that it is today. This fall/winter, we want to establish a small working committee to provide some guidance as we develop the Project. So, if you like history, this is the project for you. Please contact our office at 851-4141 for more information.

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

January 2016



Inspirational Quote of the Month:

Do someone a favor, and don't expect or ask for one in return...