



SENIOR CITY LIFE



July 2016 • Vol. 8, Number 7

CITY OF BUFFALO
DIVISION OF SENIOR
SERVICES

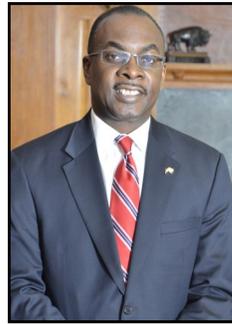
Otis T. Barker, Sr.
Commissioner
Douglas R. Ruffin
Director



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Greetings from Mayor Byron Brown



Happy Independence Day! This month we celebrate our nation's birthday, a time when it was declared that all men are created

equal. June was a great month for our city and July promises to be even busier as summer events kick into high gear throughout Buffalo.

Last month, we celebrated Immigrant Heritage Month with the city's first Immigrant Heritage Month recognition ceremony. Thanks to the efforts of this year's honorees, in partnership with Buffalo Police Commissioner Dan Derenda and Office of New Americans Executive Director Jessica Lazarin, our police officers now have Language Identification Cards to assist them during their interactions with foreign-born residents. This is a great tool to help build upon relationships between Buffalo Police Officers and citizens.

I was happy to join Pastor Dwayne Jones, members of Mt. Aaron Baptist Church and colleagues

in government for the Mt. Aaron Manor ribbon cutting in June. This ten-unit senior housing project on Buffalo's eastside was built at a cost of \$1.4 million with funds directed by the city and M&T Bank.

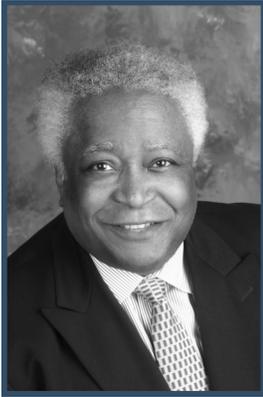
As summer begins, city pools and splash pads are open for families to enjoy and cool off during our warmer months. Pools and splash pads will be open from July 1 through September 7 from 11AM-7PM, weather dependent. I hope all of you take advantage of the warm weather and set aside time to visit one of our many great parks.

This month, Buffalo will host the 33rd annual Taste of Buffalo, the largest two-day food festival in the United States. On July 9th and 10th, you can come out and sample food from the many different restaurants, food trucks and wineries.

In closing, congratulations to Elder Manual Larry Wiggins, our senior of the month who is featured in this edition of the newsletter! I look forward to seeing many of you out and about at one of our wonderful festivals in Buffalo.

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



Hello Buffalo Seniors:

This month, I want to make sure that you are informed about a few events or activity's that you have been inquiring about and all are scheduled to take place or begin within the next few months, or at least by September.

1). THE MAYORS' 6th ANNUAL SENIOR'S BARBEQUE AND PIG ROAST

At FRONT PARK off of Porter Ave in Buffalo. At this time, based on weather, it looks like it will be Friday, August 12, 2016, but the report keeps changing. As we get closer, this can be finalized. We have added a few new features and brought back the old favorites'. The food is great, the music is great, and well, you know the rest. Don't miss out! As it is with all of our events and activities, they are open to any senior citizen at least 55 years or older. All of these events are on a "first come/first served" rule. If needed, call the office for a flyer, requirements, and cost. Tickets

should be available by July 5th.

2). The "MEETING PLACE" / EVENING PROGRAMMING

This new activity will begin in September! If you like being active, involved in great activity's, going to dinner, the theatre, gourmet cooking classes, and a host of other very interesting things, this might be the group for you to join! If you can imagine it, we might try it! It will be a membership activity. Interested? Call the office for more information.

3). "GROCERIES ON THE GO!"

We are exploring the possibility of providing and expanding our "grocery" assistance for seniors who are experiencing difficulty getting to and carrying grocery's (multiple bags) home. Our intent is to develop a rotation possibly by council district. The target start date for this activity is September. We will keep you informed.

In spite of what seems to be a popular mindset, I still believe that connectivity is the way that our society grows. One of the worst outcomes for a person as they age is to become disconnected from the people, the home and the community they have known all their lives! We are doing our part to keep you connected. It is now your turn!

4). "END OF SUMMER FLING!" Watch out for information about this event! You won't want to miss it!

Have a great summer!

Douglas R. Ruffin
Director, 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: _____

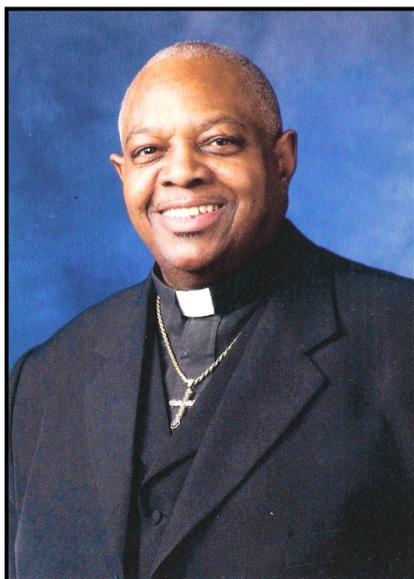
State/Zip Code: _____

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



Senior Spotlight - Senior of the Month

SENIORS OF THE MONTH: Elder Manual Larry Wiggins



In keeping with an old saying used in many church circles which states “the first shall be last and the last shall be first”; we would like to end our 2016 fiscal year in the following manner. We are honored to end our years cycle by recognizing Elder Manual Larry Wiggins.

Elder Wiggins is a dedicated community servant; he is a member and Associate Pastor at the Greater Refuge Temple. Elder Wiggins has served as Chaplin of the Erie County Home, produced Public Access TV shows, and serves with numerous groups and organizations throughout Buffalo. His “good works” truly speak for him. Congratulations from a grateful community.

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

- July 4 **Center Closed Independent Day**
- July 13 10:30 Free Health Screenings by Catholic Health
- July 21 10:00 Lockport Trip *Lunch at Wegner's Family Restaurant* Tour of the Erie Canal Discovery Center* Lockport Locks Canal Ride \$65 due 7/6
- July 25 10:30 1st Picnic of Summer Catered by Fat Bob's Smoke House
- July 27 10:30 Buffalo History & Architecture Presentation by Chuck LaChiusa "Central Park Neighborhood"

**** No Book Club Meeting in July****

Daily Programs

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

Upcoming Events

- Aug 8 9:00 AARP Safe Driving
AARP Mem \$20/Non Mem \$25; Due 7/28
- Aug 18 12:00 Celebrate July & August Birthdays; Free cake & coffee with meal purchase
1:00 Birthday Bingo-2 Free Bingo board for birthday celebrants
- Aug 22 2nd Annual Picnic of Summer details to be announced- save the date
- Aug 23 10:00 Book Club Meeting

Richmond-Summer Senior Center

337 Summer Street, Buffalo, New York 14222

Kerry Saunders, (716) 885-3290

- July 1 12:00 County 4th of July Lunch/Bingo
- July 4 Closed
- July 5 9:30 Senior Shopping- Walmart
- July 6 10:00 Canal Side Relax in the Sun/Lunch
- July 6 11:00 Senior Exercise
- July 8 12:00 Hamburgers on grill w/salad \$4/Bingo
- July 12 9:00 Farmers market-Tonawanda/Budways
- July 13 9:00 Art Park-Relax or Fitness in the Park/
Lunch
- July 13 11:00 Senior Exercise
- July 14 10:00 Italian Festival
- July 15 12:00 County Lunch/Bingo
- July 18 Haircuts

- July 19 10:00 Senior Shopping- Price Right
- July 20 10:00 Canal Fest Tonawanda
- July 22 12:00 Spaghetti \$4/Bingo
- July 26 9:00 Senior Shopping- New Walmart Cheektowaga Store
- July 27 11:00 Senior Exercise
- July 29 10:00 Free Breakfast and County Lunch/\$3 Bingo

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****

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

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

Monday

9:00 Wii Bowling
 12:00 Nutrition Program
 1:00 Bingo

Tuesday

10:00 Guitar Class
 12:00 Nutrition Program
 2:00 Water Class

Wednesday

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

Thursday

10:30 Line Dancing
 12:00 Nutrition Program
 1:00 Pinochle Tournament
 2:00 Water Class

Friday

11:15 Balancing Exercise Class

12:00 Nutrition Program
 1:00 Bingo

Special Events

July 15 1:00 Who's Who Party \$3
 Match your friends pictures from their uch younger days. The center will be filled with a family tree wall of Schiller Park Fabulous Seniors. Hamburgers, Mac & Cheese, and baked beans. Prizes for those who can match the most faces to the pictures. Please have your photos into Lou as soon as possible.

July 20 12:15 Bison Game
 July 22 12:00 Volunteer Recognition Luncheon
 July 27 6:00 Excalibur Boat ride leaving from NFTA Small Boat Harbor

Guest Speakers

July 6 10:15 Blue Cross Blue Shield
 July 13 10:15 Buffalo Fire Department Safety & Seniors
 July 15 10:15 Blood Pressure Presentation- Rite aid
 July 18 10:15 Blue Cross Blue Shield
 July 20 10:15 Buffalo Police Department

Upcoming Events

Aug 26 3:00 Dinner/Dance with Buffalo Fines Foxie Brown and the Blues Boy Old School Music \$6

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

July 1 1:15 Movie & Popcorn
 July 6 1:15 Best Breakfast in Buffalo
 July 6 1:15 Artistry & Color/Arts & Crafts
 July 7 10:00 Mobile Vegetable Market
 July 7 1:15 Movement w/ Monica
 July 8 10:00 Shopping
 July 8 10:00 Wii Bowling
 July 8 1:00 Movie & Popcorn
 July 13 10:00 Arts & Crafts
 July 13 1:00 Bingo
 July 14 10:00 Mobile Vegetable Market
 July 14 12:30 Wellness Check Blood Pressure
 July 15 10:00 Wii Bowling
 July 15 1:30 "Let's Go Have Ice Cream!"
 July 20 1:30 Bison Baseball Game

July 20 1:00 Tables Games
 July 21 10:00 Free Senior Legal Services w/Furnette Williams
 July 21 1:15 Movement w/ Monica
 July 21 10:00 Mobile Vegetable Market
 July 22 12:00 Birthday Luncheon Celebration
 July 23 10:00 Mobile Vegetable Market
 July 28 10:00 Mobile Vegetable Market
 July 28 Wellness Check Blood Pressure
 July 28 1:30 "Brain Stormers"
 July 28 7:00 Bison Baseball Game
 July 29 Chivetta's Chicken Dinners \$10 in advance/ \$11 day of event

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

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

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

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

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 Tai Chi
 11:00 Line Dancing
 1:00 Bingo
 1:30 Walk the Walk Exercise

July 4

Center Closed Independent Day

July 6 1:00 Food Give Away
 July 7 9:00 Shopping Trip to Erie, Pennsylvania & Lunch at Golden Corral \$6 for transportation/lunch on your own.
 July 12 8:00 Harriet Tubman Home Tour & Lunch \$10 for transportation/\$3 entry fee/Lunch on your own
 July 14 10:00 Erie County Farmer's Market Coupons
 10:30 Italian Festival
 July 15 4:30 Dancing Under the Stars \$15 Cocktail Hour/ Hors d'oeuvre/Dinner/DJ & music/ games & prizes
 July 21 9:00 Senior Picnic at Cheektowaga Town Park \$5 member/\$8 non members
 July 25 Celebrating Christmas in July

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

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

July 2016 - Announcements

TRAVEL CLUB

- ◆ Travel club meeting will be held at the Richmond Summer Senior Center on Wednesday, July 13, 2016 at 2:00pm.
- ◆ Join us in Rediscovering Cuba on March 16-24, 2017. For informational brochure, call Lisa at 851-4204.
- ◆ Coming in August a wine tasting trip - TBA
- ◆ Montreal trip meet and greet – TBA

ROYCROFT CAMPUS TRIP & SHOPPING

Guided tour of historic arts and crafts center founded in 1895 by Elbert Hubbard and free time to lunch on your own and explore East Aurora– Home of Vidler’s 5 & 10. Wednesday, July 20, 2016, We will depart from the back of City Hall at 9am and return back to City Hall by 5pm, \$12.00 per person.

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.

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

This is just an alert that this year’s Annual Barbeque & Pig Roast will be scheduled for Friday, August 12, 2016. We are waiting for a positive weather prediction/forecast. This one will be even better than the last. Hope to see you there! Call our office for final details prior to the next newsletter: (716) 851-4141. Hope to see you there!!

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

July 2016



Inspirational Quote of the Month:

*If your actions inspire others to dream more, learn more,
do more and become more, you are a leader.*

~John Quincy Adams