



SENIOR CITY LIFE



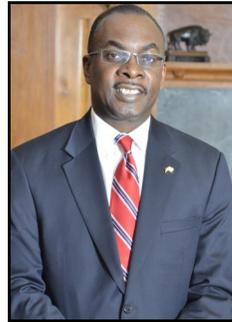
June 2016 • Vol. 8, Number 6

CITY OF BUFFALO
DIVISION OF SENIOR
SERVICES

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



Greetings from Mayor Byron Brown



May was an exciting month for us in Buffalo and, with June marking the official start of summer festival season, there's no sign of the excitement coming to an end.

I was happy to join members of Governor Andrew Cuomo's administration, the Concerned Clergy Coalition of Western New York, Assemblywoman People-Stokes and Senator Kennedy to announce the recent formation of the WNY Employment Strikeforce. This initiative will give job seekers assistance in writing resumes, provide opportunities to gain new skills and help guide residents in landing a stable career.

Readers of the popular magazine, Travel and Leisure, voted Buffalo as their favorite city in America. This is more great news for our city, which is experiencing over \$5.5 billion in economic development and enjoying a renewed interest in activities throughout the city.

June marks the beginning of Buffalo's fun-filled summer festival season. Every year we host dozens of festivals that expose people to the many different cultures that add to the

diversity and vibrancy of our city.

The annual Allentown Art Festival, held in one of our most historic neighborhoods, highlights the magnificent art scene in our city. Thousands of art lovers from across the country flock to the festival each year to view the artwork created by hundreds of artists that come from as far away as California to showcase their works. This year, the festival is on June 11th and 12th.

Buffalo's Juneteenth celebration is one of the largest in the country. Every year, it attracts thousands of people from Western New York to commemorate the end of slavery. Juneteenth is a festival that promotes and cultivates knowledge and appreciation of African American history and culture. This year the festival takes place June 18th and 19th.

It was great seeing so many of you at my second annual Senior Citizen Lunch and Wellness Fair. More than 600 people came to the Schiller Park Senior Citizens Center where over 30 organizations provided information about the services they offer. Pictures from the event can be found on Page 3.

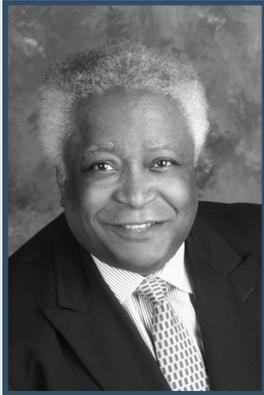
In closing, I wish to thank all of the fathers, grandfathers and father figures who are making a positive impact on the lives of many in our city and wish you a happy Father's Day.

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Greetings from Douglas Ruffin, Director



Hello Buffalo Seniors,

First, I want to thank all of you who took the opportunity to participate in the May – National Older Americans Month Activities. It was great seeing a lot of you getting out and getting involved! From the comments that we have heard, everyone enjoyed seeing old friends and meeting new people; but, the activity was the great draw! We will attempt to make next years’ events even better.

As I travel around the City engaging with the senior population, I hear how frustrated and unhappy some have become about the conditions in our country and the world in general. I also hear a lot of what some might think can be a solution to the long list of problems. Believe it or not, some suggestions, actually, are

quite good; but, of course, some are obviously a result of anger and frustration that is being felt. Trust me, I feel some of their pain. But, you can’t build a better world until you build, create or find a way to develop a better human being or person. Suggestions on fighting “fire with fire” might be a popular “go to” statement, however, fighting fire with fire usually ends with both parties in ashes!

We, as seniors, are in a unique position. Many of us are either retired, semi-retired, or getting ready to retire. Other brave souls are venturing out to begin a second career, or to start a new chapter of their lives. It really doesn’t matter which point on life’s path that you are currently at, my point is, that you still have choices and options.

Even as an older adult, your need to face and confront life’s changes and challenges; it is still a part of the process. Giving up or giving in is really not an option. You can still see those rainbows that you worked all of your life for, but to do that, you must, unfortunately, put up with the rain.

Resisting the change and the challenges, usually doesn’t help. The universe loves balance, even if we can’t see it. Change is not always automatic, but from my experience, it is inevitable.

We can still make the choice to remain relevant. Remaining trapped in our past lives only forces you to remain as our youth say, a “has-been”; why not embrace the change, and look towards the future while you still have time to maybe become a “will be”! Whether they want to admit it or not, this country still needs your wisdom. You are the wisdom keepers of our community’s. Stay involved; you matter!

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 Health and Wellness



Mayor Byron W. Brown's 2nd Annual Senior Health and Wellness Fair



Senior Spotlight - Seniors of the Month

This month we want to recognize those seniors who were awardees at the Mayor's Choice Senior Volunteer Recognition Luncheon seniors of the month. As our way of saying 'thank you' to the Senior Citizens of the City of Buffalo who give of themselves and their time, and in some cases, their personal resources, to insure the "well-being" of another.

Cleo Alexander	Pat Gray	Lorene Kemp	Madeliene Paige	Joyce Stines
Kathy Baldwin	Paul Golebiewski	Barbara Kregg	Evelyn Pizarro	Rosalind Thomas
Florine Bradley	Pat Golebiewski	Paula Kregg	Judson Price	Foster Tolbert
James Brown	Barb Gorski	Bernie Lee	Mike Rasp	Migdalia Torres
Odessa Brown	Priscilla Grant	Lillie Anne McClary	Pat Raymond	Barbar Truesdale
Annie Chetham	Sandra Hall	Lois McGhee	Linda Roberts	Carol Vance
Pauline Clay	Cathy Hartley	Francesca Mesiah	Thelma Roberts	Rita Varne
Marie Crawford	Chris Henry	Irma Muniz	Peggy Romano	Lucia Vazquez
Micheal Cuerton	Jessie Hughes	Geraldine Nevilles	Donette Ruffin	Sandy White
Alice Douglas	Betty Hunt	Sharon Newberg	Darrell Ruise	Rev. Manuel Larry Wiggins
Corrine Dziedzic	Juanita Hunter	Claire Nicholson	Guadalupe Salazar	Anthony Wiley
Alice Emprec	Eunice Jackson	Bill O'Lear	Mike Sapp	Andrew Williams
Lateyfah Fareed	Victoria Johnson	Marth Oliver	Kathy Sharpe	Theresa Winiarski
Linda Freidenberg	Marie Penny Johnson	Noemi Padilla	Ruby Siggers	
Felix Garcia	Deloris Fields Jones	Doris Paige	Carolyn Steele	

Congratulations to William "Bill" O'Lear for receiving the "Doing Good for Good Sake Award".

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

- June 1 10:30 In House Lunch-Cheeseburger/
Hamburger & Bingo Party Refreshment,
Raffles & Prizes. \$5 by 5/26
- June 3 10:00 Book Club w/Loretta
- June 6 9:00 AARP Safe Driving. Must pre-register,
class size limited. AARP Member \$20/Non-
Member \$25 due 5/26
- June 8 10:30 In House Lunch- Lasagna & Bingo Party
Refreshments, Raffles & Prizes. \$5 by 6/2
- June 13 10:30 VAN Lunch Bunch & Shopping at Walmart
- June 16 10:30 Father's Day Pizza & Wings & Bingo Party
Refreshment, Raffles & Prizes \$5 by 6/9
- June 20 10:30 VAN Hamburg Casino
- June 23 12:00 Celebrate June Birthdays Lunch Free cake
& coffee with meal purchase
- June 23 1:00 Birthday Bingo -
2 Free Bingo for birthday celebrants

June 27 10:30 VAN Bingo @ Holy Mother of the Rosary

June 29 10:30 Buffalo History & Architecture
Presentation by Chuck LaChiusa
"Parkside Neighborhood"

June 29 12:00 Salad bar & Bingo Party
Refreshments, Raffles, & Prizes
\$5 due 6/23

Daily Programs

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

Upcoming Events

Call Center for July events

Richmond-Summer Senior Center

337 Summer Street, Buffalo, New York 14222

Kerry Saunders, (716) 885-3290

- June 1 11:00 Senior Exercise
- June 2 10:30 Universoul Circus \$12
- June 3 12:00 Pork Chops and Rice \$5/Bingo
- June 7 9:00 Senior Shopping- Walmart
- June 8 11:00 Senior Exercise
- June 8 11:00 Senior Crafts
- June 10 12:00 County Lunch/Bingo \$3 or Donation
- June 13 10:00 Haircuts
- June 14 9:00 Senior Shopping- Price Rite
- June 15 11:00 Senior Exercise
- June 17 12:00 Father's Day Lunch BBQ Chicken & Salad
\$5/ Bingo

June 21 10:00 Senior Shopping-Walmart in Wheatfield
& Lunch

June 22 11:00 Senior Crafts

June 22 12:00 Schiller Park Visit

June 24 10:00 County Lunch/\$3 or Donation

June 28 10:00 Buffalo Zoo and Lunch

June 29 11:00 Senior Exercise

June 29 12:30 Internet Class

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

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

Upcoming Events

June 8 1:00 Free Food Give Away
 June 16 8:00 Elder Law Day @ Adam's Mark
 June 17 8:30 Father's Day Luau \$10
 June 21 9:00 Butterfly Conservatory \$20 (admission & transportation)
 June 23 12:00 Bison Day

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

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

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
Louise Fronczak, (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

Volunteers Needed

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

Upcoming Events

June 1 10:15 Presentation BC/BS
 June 2 9:30 Van Trip to Broadway Market roof top gardening followed by walk to the Marina
 June 6 10:30 Arts & Crafts with Miles
 June 8 10:15 Colon Health Presentation
 June 9 9:30 Van Trip to Broadway Market roof top gardening followed by trip to Walmart
 June 13 10:30 Arts & Crafts with Miles
 June 14 11:00 Flag Day Celebration
 June 16 9:30 Van Trip to Broadway Market roof top gardening followed by trip to thrift stores
 June 20 2:00 Left Right Center Tournament & Ice Cream Social \$2
 June 22 12:30 Senior Beauty Pageant \$4 (Roast beef sandwiches & potato salad) Contestants needed
 June 23 9:30 Van Trip to Broadway Market rooftop gardening followed by a trip to K-Mart
 June 27 11:00 Erie County Senior Services presentation on Arthritis
 June 28 9:00 Seneca Niagara Casino Trip
 June 30 9:30 Van Trip to Broadway Market roof top gardening and ride to the Marina

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

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

June 1 8:30 Best Breakfast in Buffalo
 June 2 1:15 Movement w/ Monica
 June 3 10:00 Shopping & Wii Bowling
 June 8 1:15 Bingo
 June 9 1:15 Movie & Popcorn, Table Games
 June 10 1:15 Fall Prevention w/Beth Moses
 June 15 1:15 Artistry & Color
 June 16 1:15 Movement w/ Monica
 June 16 5:00 Summer Solstice @ Lafayette Hotel
 June 17 12:00 Father's Day Celebration

June 22 Wear Yellow Welcome Summer
 June 23 10:00 Mobile Vegetable Market
 June 23 12:30 Wellness Check
 June 23 1:00 Movie & Popcorn
 June 24 12:00 Birthday Celebration
 June 29 1:00 Bid Whist/ Table Games
 June 30 12:30 Mobile Vegetable Market

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

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

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

June 2016 - Announcements

APOLOGY!

The Division's Newsletter Staff would like to extend their sincere apology to the readers of the Senior City Life Newsletter for the lateness of this edition.

FATHER'S DAY BASEBALL GAME

Come join us on June 23, 2016 for our Annual Father's Day Baseball Game Celebration. We have limited tickets so please call ASAP if interested. Tickets cover admission, a Hot Dog and Soda. Come on out and celebrate Father's Day with us.

ROYCROFT CAMPUS TRIP & SHOPPING

This is another "can't miss" event for Buffalo Seniors! On June 15, 2016, at 10:00 am, a bus will leave City Hall to go to the ROYCROFT Campus and will also include an excursion to Vidler's and other retail outlets.

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 CITIZEN'S BARBEQUE AND PIG ROAST!

This is just the alert that this year's Annual Barbeque & Pig Roast will be scheduled for either the last week in July or hopefully the first week in August. 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

June 2016



Inspirational Quote of the Month:

Good, better, best. Never let it rest.
'Til your good is better and your better is best.
~ St. Jerome