



Mayor Byron W. Brown

SENIOR CITY LIFE



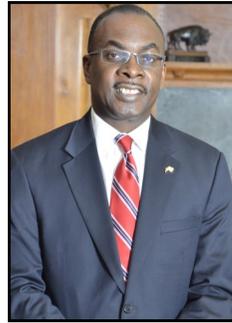
May 2016 • Vol. 8, Number 5

CITY OF BUFFALO
DIVISION OF SENIOR
SERVICES

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



Greetings from Mayor Byron Brown



This month we will honor those in our city who have encouraged us and made it possible for all of us to achieve our goals.

May is recognized nationally as 'Older Americans Month'. Established in 1963, this is a time spent celebrating the special people in our lives who have laid the groundwork for our present, as we continue working to make our communities a better place for future generations. In this month's newsletter, you will find many activities dedicated to recognizing the elders in Buffalo.

May is also the month when we celebrate Mother's Day. Happy Mother's Day to all of our mothers, grandmothers, aunts and mother figures who have set a positive example and high standard for all of us. We celebrate you - not only your special day - but every day of

the year. Be sure to look at your centers schedule, or call them to find out what they have planned to celebrate Mother's Day.

On Memorial Day, Monday, May 30th, we will remember and honor the fallen men and women who served in our armed forces. These brave and selfless individuals gave the ultimate sacrifice to protect our life, liberty and pursuit of happiness. Their courage in the face of danger, reminds us that freedom comes with a heavy cost. We salute them and will forever keep their families in our prayers.

On Page 3 of this edition, you will read about Arlene Williams - our 'Senior Citizen of the Month'. You'll also learn more about the Thurgood Marshall movie that is being filmed in Buffalo.

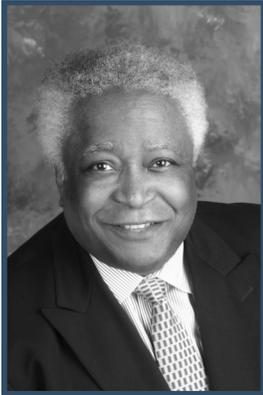
Again, I look forward to seeing you as we ease into summer. This has already been a phenomenal year for us and I am positive that we will have an amazing summer.

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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



Hello Buffalo Seniors;

May is one of our most interesting months. And, in many ways, May is the perfect month for the Nation, to recognize America's Older Adult Population. The month of May, finds itself uncomfortable lodged in between the transition month of spring – April, and the rejuvenation and renewal month of June, for our purposes – "the gateway" into a new period of growth and change, leading to summer.

In some ways, that space in time, is very similar to the process of becoming a "senior citizen". Even if you hate the term of "senior citizen", you must admit that the two processes are very similar. At the very beginning of this personal transition, after working and/or struggling to find and enjoy the gifts

of your adult life, you now find that your children have now grown up, are secure, and hopefully moved on with their lives. The house that comfortable held all of your memories, may seem a little "too large" for you now. And, after you finally get to enjoy the solitude of the "empty nest" and "down time", you begin to realize that your needs and your world, as you have known it, is changing. You may be coming to the final years on a job that you have held for the majority of your adult life; and now, that chapter is also about to change, or maybe, has already changed. As it is with the transition period associated with the month of May, if you can just wait for your personal clouds to pass, your life could just be transitioning into the absolute "best time of your life"!

There is an old saying that I like that states "**The bend in the road, is not the end of the road, unless you miss the turn**". It is my hope that no matter where you are in life's transition, that you take this opportunity to "**not miss the turn**". If you are tired, some rest may be the cure; if you are lonely, finding companionship may help; but if you need stimulation, and a renewed purpose in life, we may be your answer!

Our needs are small, but very important; your wisdom, regardless of the amount is like gold to us – extremely valuable. Why not take advantage of this opportunity to reach out to the Division of Senior Services and explore the menu of service opportunity's we have available. Life is too short to waste or not share your talent. Call us at 851-4141.

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

Thurgood Marshall Biopic

We're excited that the Thurgood Marshall biopic, "Marshall", will be filmed right here in Buffalo.

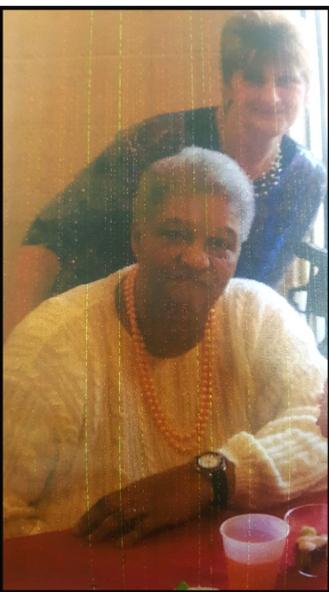
The courtroom thriller focuses on a young Thurgood Marshall, one of our nation's greatest legal minds, prior to becoming the first African American Supreme Court Justice and his handling of a case that proved important to the Civil Rights Movement.

Regina Hudlin, who produced films such as House Party, Boomerang, The Bernie Mac Show and the 2016 Academy Awards, will produce and direct the film. Chadwick Boseman, star of the Jackie Robinson biopic "42", is among the star-studded cast.

Mayor Brown's administration worked closely with Governor Andrew Cuomo and his Motion Picture and TV Development Office, U.S. Senator Chuck Schumer and Buffalo Niagara Film Commissioner Tim Clark to bring this production to our city, which will create about 400 jobs and spur more economic growth.

With New State Tax Credits of 30% and an additional 10% in Upstate New York, Buffalo is quickly becoming a film production mecca. Last year, films shot in Buffalo had an economic impact of over \$16 million.

Senior Spotlight



SENIOR OF THE MONTH: Arlene Williams

We are honored to have Ms. Arlene Williams as the Division's "Senior of the Month for the month of May". Arlene was actually born in the City of Buffalo, New York. Worked and retired from Buffalo State College after twenty three (23) years. Arlene, now eighty-one (81) years of age, has been a faithful member of the Richmond / Summer Senior Center for many years. It is with great sadness that we must say good-bye to Arlene; she will be leaving us (her adopted family) to join her children in Gadsden, Alabama. The members of the Richmond / Summer Senior Community, had a Spaghetti Dinner in her honor on Thursday, April 20, 2016, and to say "Goodbye!" Arlene will be missed by all of us! Have a safe trip Arlene, and May God Bless You and your family.

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

- May 2 10:30 In House Lunch-Chicken Julienne Salad & Bingo Party Refreshment, Raffles & Prizes. \$5 by 4/28
- May 4 10:30 Mother's Day In House Lunch- Stuffed Pork Chops & Bingo Party Refreshment, Raffles & Prizes. \$5 by 4/21
- May 9 9:00 AARP Safe Driving. Must pre-register, class size limited. AARP Member, \$20/Non-Member \$25 due 4/28
- May 11 10:30 Breakfast Brunch & Bingo Refreshment, Raffles & Prizes \$5 by 5/5
- May 19 12:00 Celebrate May Birthday Lunch Free cake & coffee with meal purchase
- May 19 1:00 Birthday Bingo- 2 free Bingo board for birthday celebrants
- May 25 10:30 Buffalo History & Architecture Presentation by Chuck LaChiusa, "Italian Roots in Buffalo Architecture"

- May 25 12:00 Zitti & Italian Sausage & Bingo party Refreshments, Raffles & Prizes \$5 by 5/19
- May 30 **Center Closed- Memorial Day**
 No May Book Club w/Loretta

Daily Programs

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

Upcoming Events

- June 6 9:00 AARP Safe Driving Member \$20/ Non Member \$25 by 5/26
- June 16 10:30 Father's Day Pizza & Wings & Bingo Party Refreshment, Raffles & Prizes \$5 by 6/9
- June 29 10:30 Buffalo History & Architecture Presentation by Chuck LaChiusa, "Parkside Neighborhood"
- June 29 12:00 Special In House Lunch- Salad Bar with dessert & beverage \$5 due 6/23

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

- May 3 9:00 Senior Shopping- Walmart Wheatfield
- May 4 11:00 Senior Exercise
- May 6 12:00 Mothers Day Lunch & Bingo/Stay Fit Lunch \$3
- May 9 10:00 Hair Cuts
- May 10 9:00 Senior Shopping- Price Right
- May 11 10:00 Visit Lockport Canal/Lunch
- May 11 11:00 Senior Crafts
- May 12 9:00 Mayor Brown Senior Lunch & Health Fair Schiller Park Senior Center
- May 12 9:00 AARP Safe Driving
- May 13 12:00 Fried Chicken and Waffles \$5
- May 17 10:00 Senior Shopping- Galleria Mall

- May 18 12:00 Out to the Movies
- May 20 12:00 Memorial Day/Bingo Hamburger and Hot dog on the grill \$5
- May 24 9:00 Senior Shopping- New Walmart in Cheektowaga
- May 25 **Center Closed- Memorial Day**
- May 25 12:30 Internet Classes
- May 27 10:00 Memorial Day Lunch & Bingo/Stay Fit Lunch \$3
- May 31 9:30 Canalside

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

May 5 10:00 Cinco de Mayo Party \$3
 May 6 10:00 Pre Mother's Day Celebration \$8
 May 11 1:00 Free Food Give Away
 May 27 11:30 Cook Out on the Patio \$3
 May 30 **Center Closed- Memorial Day**

Delavan Grider Community Center
877 E. Delavan 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)
 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
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

Thursday cont.

1:00 Pinochle Tournament

Friday

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

Upcoming Events

May 4 10:15 Presentation BC/BS Preventing Chronic Disease
 May 11 10:00 Catholic Health- Hands only CPR
 May 12 10:00 Mayor's Senior Health Fair and Lunch- Schiller Park
 May 20 10:15 Rite Aid- Heart Health
 May 23 9:00 AARP Defensive Driving Course

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.

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

May 4 8:30 Best Breakfast in Buffalo
 May 4 1:15 Arts & Crafts
 May 5 1:15 Movement w/ Monica
 May 6 10:00 Wii Bowling
 May 6 10:00 Shopping
 May 6 12:00 Mother's Day Program
 May 11 1:00 Whist Cards/Bingo
 May 12 1:15 Alzheimer's Update
 May 13 10:00 Wii Bowling
 May 13 1:00 Movie & Popcorn

May 18 Artistry & Color; Arts & Crafts
 May 19 1:00 Table Games
 May 19 1:30 Artistry & Color
 May 20 10:00 Wii Bowling
 May 20 12:00 Birthday Celebration Luncheon
 May 25 1:30 Artistry & Color
 May 26 1:00 Table Games
 May 26 1:30 Checkers
 May 27 10:00 Wii Bowling
 May 27 1:15 Table Bingo

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

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

May 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.

Cardiovascular Disease Research

We are looking for people between 50 and 64 years of age who are currently married or living as if married to participate in a research study.

Participants will receive the following at no cost:

- a cardiovascular disease risk assessment (i.e., their individualized 10-year and lifetime risk of experiencing a heart attack or stroke)
- medical tests (lipid/cholesterol panel, blood sugar (hemoglobin A1C, fasting), artery reactivity, heart rate variability, vital signs, basic metabolic profile)
- a report of their results to discuss with their physician

Participation in the study involves:

- one visit to the UB South Campus (approximately 3 hours)

If interested, please contact us by email: ubresearch2015@gmail.com or telephone: (716) 829-5605.

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

May 2016



Inspirational Quote of the Month:

*When we are no longer able to change a situation –
we are challenged to change ourselves.*

-Viktor E. Frankl



“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.

THE MOTHER’S DAY SENIOR CRAFT SHOW

Thursday, May 5 – 6, 2016, 8 a.m. to 3 p.m. Held in Buffalo City Hall. There will be multiple crafters with terrific items for gifts. In addition, there will be beautiful plants for Mother’s Day!

JOIN A TRIP TRONTO’S RIPLEY’S AQUARIUM

Tuesday, May 10, 2016, Bus leaves from rear of City hall 8:00 a.m. and return by 5:00 p.m. Shopping and lunch in Downtown Toronto (on your own) from 10:00 a.m. to 1:00 p.m. Then you will go to the Aquarium at 1:00pm to 3:00pm. The cost is only \$15 per senior.

2nd ANNUAL SENIOR HEALTH FAIR

Thursday, May 12, 2016, 10:00am to 2:00pm. It will take place at Schiller Park Senior Center, 2057 Genesee St. Come meet and get questions answered by different health providers. Lunch provided by Subway for you. You must register in advance at your senior center.

6th ANNUAL SENIOR BOWL-A-THON

Wednesday, May 18, 2016, 8 a.m. to 4 p.m. Kerns Avenue Bowling Center. Individual bowling in the AM, Teams bowling in the PM. You will enjoy free bowling, shoes rental, and games. AM bowlers will get free breakfast and PM teams will get free lunch. Prizes will be given to the top 3 scores. Tickets and reservations required.

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! Please call Lizbeth Gonzalez at (716) 851-4141 for location and time!

MAYOR’S CHOICE LUNCHEON

Wednesday, May 25, 2016, Templeton Landing, Templeton Terrace, Buffalo. 11:00 a.m. to 2:00 p.m. The luncheon is to recognize senior citizen volunteers. Senior citizen volunteers must be nominated by the senior center or senior housing complex where you volunteer.

SENIOR TECH 2.0

Friday, May 27, 2016, Buffalo Employment and Training Center, 77 Goodell St, Buffalo, NY 14203; Are you interested in learning how to use a computer or how to use a smart phone? Maybe you are interested in learning how to connect with family through social media? Sign up today!