



SENIOR CITY LIFE



January 2015 • Vol. 7, 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!

As we embark on a new year, I would like to thank you for your shared commitment to making Buffalo an even bigger, better and bolder city. Buffalo is blessed to have a dedicated and active senior citizen community and I am grateful that

many of you continue to share your time and talents for the betterment of our future generation. We rely on you and your insight.

2014 was another year of great progress for Buffalo. 2015 promises even more excitement. With over \$5 billion in new economic development activity underway resulting in over 12,000 new jobs, our city continues to transform into a hip, competitive, cutting-edge city that is attracting more investment and more opportunities for city residents and business owners. The recent opening of the \$200 million Harbor Center Project is just the latest visible sign of Buffalo's success.

At the same time, Buffalo, like all cities, has its share of challenges. The events in Ferguson, Missouri and Staten Island opened up an important national dialogue all across the

country about policing policy, procedures and training. Last month, the Concerned Clergy Coalition of WNY joined me in hosting a community-police forum to get input from residents as the city continues to review and update its policing policy, procedures and training. More than 400 concerned citizens attended. Feedback will be reviewed and incorporated into our upcoming reforms.

This year, we will also continue to build and invest in the quality of life areas that matter most to citizens in Buffalo: improvements to streets and sidewalks citywide, public safety, education and youth employment, parks and recreation.

I am also excited to let you know that I recently joined U.S. Mayors in a pledge to further improve the lives of our older adults. The pledge comes from the Milken Institute's Best Cities for Successful Aging with a focus on how to make cities an even better place for aging. You can read more about this initiative on page 3 in this edition of the senior newsletter. Please also join me in recognizing our Senior of the Month, Johnnie Mae Holt, for her contributions.

As I close, I wish all of you a healthy, happy and prosperous New Year. May God bless Buffalo and may God bless our senior citizens.

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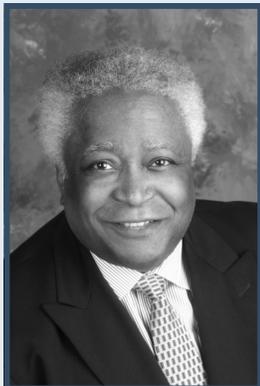
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Mayor Brown mingles with seniors during the winter



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Greetings from Director Douglas Ruffin



Director's Message:

A NEW YEAR – A YEAR OF HOPE, VISION AND DIRECTION!

As we begin a New Year, 2015, I think it would be appropriate for us, no matter what your religious persuasion, to give thanks for the fact that we are all still here! I think that 2015 will be a great year! I think it will be a great year for Buffalo and for the senior citizens who choose to still reside in this great City. As a senior citizen, you are familiar with the history of this area. It is easy to see that our City is “on the move” again. Development is happening; investment is up; and people are actually moving back into the City!

Buffalo has a lot to offer. But, it does need its' citizens to get on board; talk about what's positive in our City and help us work on what needs fixing. The Division of Senior Services staff wishes you and yours, a very HAPPY NEW YEAR!

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

Best Cities for Successful Aging

Mayor Byron Brown recently signed the Milken Institute's "Best Cities for Successful Aging Pledge." Showing once again how committed his administration is to the health and prosperity of city seniors.

By signing the pledge, Mayor Brown agreed to take steps to continue making Buffalo work better for older adults. The city of Buffalo already has a dedicated Senior Services department that provides various services to city residents and community centers. For instance, the File of Life program is incredibly helpful to first responders during medical emergencies. The Senior Discount Card program offers seniors discounts at participating retail stores, pharmacies, and at various car and home repair shops. Medical van services are also offered to city residents who need transportation assistance to doctor's appointments.

Under the direction of Mayor Brown, the Senior Services Department continues to develop ways to engage and assist senior city residents truly making Buffalo one of the Best Cities for Successful Aging.

Senior Spotlight



Johnnie Mae Holt

Johnnie Mae Holt is a native Buffalonian. She attended Fosdick Masten Vocational High School and UB Center in Downtown Buffalo. She was employed by Fleet Bank / Bank of America for 37 years. She retired in 2004. She has been married to Henry Holt, Sr. for 51 years and is the proud mother of 2 children – Chavonne Williams and Henry Holt, Jr. who both reside in Tampa Florida. She has 5 grandchildren and 2 great-grandchildren.

Johnnie Mae is a lifelong member of Durham Memorial A.M.E. Zion Church located at 174 Eagle Street in Buffalo. After her retirement, the late Rev. Richard Stewart recruited her to help with the Central City Café Soup Kitchen located in The Durham Memorial Outreach Center next to the church. Originally, her job was to handle paperwork and various other clerical/administrative duties. But, after the Café's cook retired, to her surprise Rev. Stewart promoted her to that position. She told Rev. Stewart she was not prepared for this assignment but the Pastor told her "she would figure it" out and she admits that is what she has been doing ever since. It is because of Mrs. Holt's dedication, that The Soup Kitchen has been so successful. The Soup Kitchen is manned by volunteers and some are employed by organizations, such as Supportive Services. Additional volunteers and donations are always welcomed.

Those who visit The Soup Kitchen do not have to fill out any forms to be served. They can come back as often as they want to and can eat as much as they want while they are here. The only criteria to be served: "You only have to be hungry". Johnnie says their motto is "You may come in hungry but you will leave full". The Soup Kitchen is open on Holidays for those in need and for others who don't have family.

Johnnie Mae Holt believes that sometimes we don't know what our mission in life will be. She believes her life is geared for service because as she states "I love to do it."

Senior Center - Activities

Autumnwood Senior Center

1800 Clinton Street, Buffalo, New York 14206

Julianne Panty, Director

(716) 826-7895/ Fax: (716) 826-7897

Jan. 7th– 11:15– Free Blood Pressure Screening:

Children's Pharmacy

Jan. 8, 15, 22, & 29th– 10:00– Gentle Yoga/Tai Chi for Seniors

Jan. 14th– 10:30-11:30– Buffalo History & Architecture Presentation by Chuck LaChiusa: "Who's Who in Forest Lawn Cemetery"

Jan. 19th– CENTER CLOSED: Martin Luther King

Jan. 21st– "Beat the January Blues Jingo": Refreshments, Prizes, & Raffles- \$4/person; Payment due by 1/8

Jan. 22nd– 12:00-Guys & Dolls Birthday Lunch:

Free cake & coffee with a meal purchase

Jan. 22nd– 1:00– Birthday Jingo: Birthday mem-

bers, birthday card & 2 free bingo boards with a meal purchase

Jan. 23rd– 10:00-Book Club with Loretta

Daily Programs:

Tuesdays, Wednesdays, & Thursdays– 1:00-Jingo

Wednesdays- **10:00– 12:00– Social Worker the 1st & 3rd Wednesday of every month**

Fridays– 1:00– Pinochle

Coming Events:

Feb. 12th– 1:00– Valentine's Jingo Party: Refreshments, Prizes, & Raffles- \$4/person; Payment due by 1/29

Feb. 18th-10:30- Buffalo History & Architecture Presentation by Chuck LaChiusa: "The Houses of Lincoln Parkway"

Richmond-Summer Senior Center

337 Summer Street, Buffalo, New York 14222

Louise Fronczak, (716) 885-3290

Jan. 2nd– 3:00– Until– New Years Party: Finger food & games; \$6/person

Jan. 6th– 9:00– 11:00– Senior Grocery Shopping: Tops Market on Elmwood; Seniors will receive 6% of all food purchases. Free van transportation

Jan. 9th– 12:00– Lunch & Bingo: \$3/lunch; \$2/ bingo

Jan. 12th– 10:00– Hair Cut w/George

Jan. 13th– 9:00– 11:00– Senior Grocery Shopping: Price Rite on Kenmore, free van transportation

Jan. 14th– 9:00-11:00– Senior Clothes Shopping: Amvet's Thrift Store, 2900 Walden Ave., free van

Jan. 15th– 5:00– Martin Luther King Program: Free event- Niagara Falls, 4455 Porter Ave., free transportation; limited seating– call center for reservations.

Jan. 16th– 2:00– 7:00– Martin Luther King Day: Spaghetti & Meat Ball Fundraiser- \$6 @ Richmond

Summer; will deliver 4 take outs or more, call center to place orders.

Jan. 19th- Center Closed: Martin Luther King

Jan. 21st– 1:00– Beat the January Blues Bingo: Autumnwood Senior Center; \$.50/board, free van trans.

Jan. 28th– 1:00– Let's Go to the Movies: includes ticket & transportation; call center for reservations.

Upcoming Events:

Feb. 8th– 9th– Seneca Alleghany Casino: Overnight trip; call Center for details

Daily Programs:

Mondays & Thursdays-11:00 Zumba, 12:30– Pokeno & Spades

Tuesdays & Thursdays-10:00- Water Class @ Belle Center-104 Maryland St.-\$1

Jan. 6, 13, 20, & 27-1:30-Line Dancing w/ Barb- \$1

Jan. 8, 15, 22, & 29- 10:00-Tai Chi

Wednesdays– 11:00– Yoga

Fridays- Exercise

Friends of the Elderly/**Dorothy J. Collier Community Center**

118 East Utica Street, Buffalo New York, 14209

Laura Hayden, 882-0602

Monday-Friday:10:00- 10:30- Continental Breakfast, 12:00- 12:30- StayFit Dining Site: 60yrs. & older; R.S.V. P. Required

(Confidential Donation): \$3.50

Tuesday & Thursday:10:30- until- Craft Guild11:00- 12:00- Bridge/Bid Whist (R.S.V.P required)/D'Youville Balance ExerciseWednesday:9:00- until ?- Bread Pantry, 12:30- 1:30- Bible Study,11:00- 1:00- Bi- Monthly Case Management Day: 3rd

Wednesday of every TWO months

Thursday:11:00- 3:00- Chess Club1:00- 2:00- Penny Saver Coupons/Recipe Exchange Club1:30- 3:00- Bingo: Come Socialize & win prizesFriday:9:30- until ?- Bread Pantry11:00- 12:00- Band Fitness: Bring your band & wear your T-shirt12:30- 1:30- Friday Fellowship Day: Game Day**UPCOMING EVENTS:**Jan. 16th- 12:30-1:30- Play: 'Dr., Dr.' by Brain-Stormers**Delavan Grider Community Center****877 E. Delavan Avenue, Buffalo, New York 14215****Candace Moppins, (716) 896-7021**Mondays: 9:30-2:30- Walking/Fitness-Gym, 9:30-2:30- Fitness Room, 10:30-12:00- Line Dancing, 12:00-1:30- Jewelry Making/Scrapbooking-(2nd & 4th Mondays), 1:30--2:30- Rite Aid Mondays- Health Topics; Tuesdays:

9:30-2:30- Walking Fitness-Gym, 9:30-2:30- Fitness Room, 12:00-1:00- Zumba Senior Class: Members Free,

& Guests, \$3/class, 1:00-3:00; Wednesdays: 9:30- 2:30- Walking /Fitness-Gym, 9:30-2:30- Fitness Room, 1:00-

2:00- Board and Card games;

Thursdays: 9:30- 2:30- Walking Exercise- Gym, 9:30- 2:30- Fitness Room, 10:30-12:00- 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, 12:00-3:00- Movies-Friday Afternoon**Special Events:****Call Center****Pratt Willert Community Center****422 Pratt Street, Buffalo New York, 14208****Edward Saunders:****2777 Bailey Avenue, Buffalo, New York 14215****Josephine Torres, (716) 852-1673****Kenneth Simmons, 332-4380**Monday: 10:00- 11:00-Coffee News: Community happenings Name that event/time: 3 history questions/11:00-12:00-Memory Games: Puzzles, Concentration, Jeopardy (game), & Karaoke (name that tune)/12:00- 1:00-Lunch/1:00-2:00- Memory Games: Puzzles, Concentration, Jeopardy (game), & Karaoke (name that tune)

Please note we will be going to the movies every other month on Monday

Tuesday: 10:00- 11:00- Coffee News: Events for seniors- Lets share scripture/11:00-12:00- Game Day: Pokeno,Bingo, Cards, & Dominoes/12:00-1:00- Lunch/1:00-2 Game Day: Pokeno, Bingo, Cards, & DominoesWednesday: 10:00- 11:00- Coffee News: Current events, Exercise- Walk the gym/11:00- 12:00- Crafts/ Jewelry Making & Sewing/12:00-1:00-Lunch/1:00- 2:00- Crafts/ Jewelry Making & SewingThursday: 10:00-11:00- Tea & Crackers: Let's talk Health (bring an article)/11:00-12:00-Open Discussion: Presenters will be scheduled form different health organiza-tions/12:00-1:00- Lunch **Please note we will be going to the Belle Center for swimming exercise once a month**Friday: 10:00-11:00- Coffee & computer classes/11:00- 12:00- Wal-mart trip every 1st & 3rd Friday/ Line Dancingin the community room/12:00-1:00- Lunch/1:00- 2:00- Line Dancing in the community room/Computer classes****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, Brenda Favor,
(716) 895-2727

Jan. 1st– Closed: New Years Day
 Jan. 2nd– 10:00– Univera: Insurance Info
 Jan. 7th- 10:15- BC/BS: Weight Management
 Jan. 12th- 9:00- Haircuts by Chris
 Jan. 13th– 12:30-2:30- Independent Health: Blood Pressure
 Jan. 14th–1:00- Board Meeting
 Jan. 19th– Closed: Martin Luther King
 Jan. 20th- 12:30-2:30- Independent Health: Blood

Pressure
 Jan. 21st– 10:15– Kaleida Health Presentation: Alzheimers
 Jan. 26th– 9:00- AARP Driving Class

Daily Schedule

Monday– 9:00- Wii (Bowling)
 Monday & Wednesday-1:00- Bingo
 Tuesday- 9:45- 10:30- Silver Sneakers Exercise-
 (covered by most insurance plans)
 Wednesday-10:00-11:00-Bible Study Class w/Mrs.
Barbara Reed/11:15- Stretch Band Exercise
 Thursday- 9:45- 10:30- Silver Sneakers /10:30- Line
Dance w/Willa- \$2.00/1:00-Pinochle Tournament

C.R.U.C.I.A.L. Senior Center
230 Moselle Street, Buffalo, New York 14211
(716) 895-8891, Fax (716) 895-1182

Tuesday: 8:30-9:30- Exercise Class
 1:00- 4:30- Bridge Club
 Wednesday: 11:00-12:30- Craft Class
 12:30-4:00- Bridge Club
 2:30- Bible Study: every 2nd- Wednesday of the Month
 Thursday: 11:30-12:30- Line Dancing
 12:30- 1:15- Group Lunch
 1:15- 5:00- Card Playing, Dominoes, Bridge, etc.
 Friday: 11:30-1:00- Jewelry Making
 1:00– 4:30- Bridge Club

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
Tuesdays & Thursdays: 10:30-11:45 & 12:30-1:45–
Bingo/11:50-12:30-Lunch
Wednesday Evenings: 6:30-8:00P.M.– Line Dancing w/
Sandra Hall- \$3/class
Fridays: 1st & 4th Fridays: 12:30– 2:00- Shuffle-
board; 3rd Friday: Movie Time: 1:00-3:00
****Hustle for Health**: Weds., Jan. 14th-Mar. 4th,
 2015-11:00-12
****Tai Chi** : Every Fri., beginning Jan. 9th– 10:30-12

Moot Senior Center
292 High Street, Buffalo, New York 14204
Carrie Bryant, (716) 882-4637, (716) 856-1432

The Moot Senior Center will be CLOSED
Dec. 22nd-Jan. 6, 2015
We will re-open Jan. 7, 2015

Happy New Year from
The Division of Senior Services!

**** For January Schedule, call Center**

Weekly Program: Wednesday– Friday

****We will not have Best Breakfast until further notice**

Wed. 10:45-11:45- Bible Study w/Carolyn D. Harris

Thurs. 10:45-11:45- Moot Chorus w/Bessie Patterson- Directing

Fri. 11:00-11:45- Fitness w/Carrie

January 2015 - Announcements

HEALTHY LIVING

The Division is beginning to implement our spring/summer program of “Healthy Living, Healthy Eating, and Exercise.” Please contact your community senior center for participation, time, dates, and classes. Classes will be in TIA CHI, YOGA, and ZUMBA.

During the Easter Holidays, we will be scheduling trips under our Healthy Eating project to the Broadway Market for shopping and other events. If you or your center does not have van transportation, please feel free to contact our office (716) 851-4141. We will only do pick-ups for this project from senior centers or senior housing (groups only). For more information, please call Patricia at (716) 851-4141.

TRAVEL CLUB MEETINGS @ RICHMOND-SUMMER SENIOR CENTER:

Every **2nd Wednesday** of the Month; Contact Lisa for more information at 851-4204. **Note that there will be **NO MEETINGS** in January and February.

TRAVEL CLUB NEWS:

In early October we enjoyed a six day trip to Cape Cod. The weather was warm, which made sightseeing to the Heritage Gardens, JFK Museum, Hyannis Harbor Cruise, Provincetown, among others; a fun filled adventure. What a fabulous whirlwind trip!

In order to plan a successful 2015 year of day and over-night trips, we would appreciate your suggestions. Please fill out our brief survey and mail or fax your ideas back to our office. Your input is very important to us!

Clip & Send

Day Trips:

Wine Tasting: _____

Shopping: _____

Museums/Historical: _____

Other: _____

Over-Night Trips:

Montreal/Quebec

NYC/Boston

Washington/Philadelphia

Other: _____

MAIL TO: Division for Senior Services

65 Niagara Sq., Room 8A or FAX TO: (716) 851-5803

Buffalo, New York 14202

City of Buffalo Division of Senior Services
65 Niagara Square, 8A City Hall
Buffalo, New York 14202-3324

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Mayor Byron Brown's Senior City Life

January 2015



Inspirational Quote of the Month:

“Don’t wait for something big to occur. Start where you are, with what you have, and that will always lead you into something greater.” - Mary Manin Morrissey

www.city-buffalo.com