



Mayor Byron W. Brown

# SENIOR CITY LIFE



March 2015 • Vol. 7, Number 3

CITY OF BUFFALO  
DIVISION OF SENIOR  
SERVICES

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



## Greetings from Mayor Byron Brown

In February, I delivered my 10<sup>th</sup> State of the City Address to a record crowd at the Buffalo Niagara Convention Center, plus to an online audience, and announced that the City of Buffalo is strong, and continues to grow stronger every day. To keep the engine of opportunity going, I also announced that in order to accelerate Buffalo's growth and prosperity, we must continue to build a city of Opportunity for everyone.

My vision has always been to make sure that every city resident and every city business owner can succeed and participate in Buffalo's remarkable revival. I'm confident that if everyone in our community strongly advocates for inclusion and equity, we will see an even more vibrant Buffalo. I'm asking each and every one of you to sign the Buffalo Opportunity Pledge, which encourages businesses, organizations and residents to demonstrate a commitment to building a culture of inclusion and equity in Buffalo. You can sign the pledge by going to [www.city-buffalo.com](http://www.city-buffalo.com).

During my annual address, I also unveiled a number of other plans and initiatives for the year ahead. This year, I will again not raise property taxes. A request for proposals will be issued to attract a mixed-use development in downtown Buffalo that includes a grocery store. AMC Theaters, one of the largest theater chains in the country, will start construction this year at the Market Arcade Cinema Complex.

In order to improve the lines of communication between the Buffalo Police

and the community, we have established a partnership with Nextdoor, a private social network for neighborhoods. You can sign up for next door at [www.nextdoor.com](http://www.nextdoor.com).

Since Say Yes Buffalo started I have committed \$1.3 million to educational support and college scholarships for city students and this year I am allocating funds to provide 500 tablets to Say Yes Scholars who graduate high school and go on to college. We will also continue to offer summer employment to city youth through the Mayor's Summer Internship Program. In the summer of 2015 we will have 1,450 youth in the program, the most in the city's history.

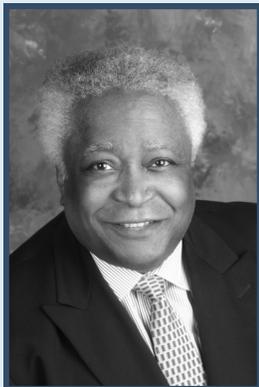
As Buffalo continues to grow we want to ensure that all of our neighborhoods benefit from the tremendous amount of development taking place. My administration continues to work closely with Governor Andrew Cuomo and Empire State Development on a plan for the Northland Business and Training Park. This development has the potential to create hundreds of jobs and training opportunities on Buffalo's East Side. We will also break ground on a number of projects: Saving Grace Veterans Apartments on East Ferry, Mt. Aaron Senior Apartments on Genesee, PUSH Buffalo's affordable housing project on Massachusetts and Bellamy Commons on Jefferson.

2015 is already shaping up to be a promising and exciting year. In this edition of the Senior Newsletter, I encourage you to read more about the Buffalo Opportunity Pledge, as well as our Senior of the Month, Sarah Lewis, on page 3. Last but certainly not least, Happy St. Patrick's Day everyone, I hope to see you at the parade!

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## Greetings from Director Douglas Ruffin



### Director's Message:

We are now in the middle of "Tax Season". And, along with tax season, comes all of the scams and fraud! Unfortunately, it is also a time when a lot of the scams & frauds are perpetrated on the senior population. We are asking you to please be careful! It is OK to file early; in some cases it is actually recommended. However, your deadline for filing is not until April 15, 2015. We have had a senior report that they received a phone call after filing their 2014 taxes, stating that there was a problem on their taxes and they needed to send more money! Based on our checking, the IRS communicates with you by mail, and on official letterhead. We were not able to find any instances where they called a filer this early and verbally asked for more money. In addition, the mailing addresses for the IRS are fairly easy to confirm, but the scammers know that some senior citizens don't have access to computers or the internet. So, if you get a call requesting more money, get as much information as you can and then tell someone who can help you check it out. **YOUR FIRST ACT SHOULD NOT BE TO MAIL MONEY!** The scammers know that they have put pressure on you; they want you to be stressed! If all else fails, place a direct call to your local IRS office AT (716) 961-5100, THE City of Buffalo's Division of Senior Services at (716) 851-4141 or the Erie County Senior Services at (716) 858-8526.

Now, for some "good news". Do you want to go to the **historic Broadway Market** before Easter? Possibly buy a "**famous**" **Butter Lamb** for that Easter meal? We will be providing van transportation to the market during the first three days in April (**April 1<sup>st</sup>, April 2<sup>nd</sup>, and April 3<sup>rd</sup>**). If you attend a senior center that doesn't have a van, or live in a housing complex that doesn't have a van, have your center or housing manage contact our office at (716) 851-4141 and get scheduled. Time slots are limited!

## 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**

## Buffalo Opportunity Pledge

As the city continues its remarkable revival, Mayor Byron Brown is putting an increased focus on making sure that Buffalo's resurgence touches all areas of the city and benefits all residents. During the 2015 State of the City Address, Mayor Brown unveiled the Buffalo Opportunity Pledge, in front of a record crowd in attendance and some of the city's leading civic activists, business leaders and residents in attendance.

"The goal of this pledge is to encourage businesses, organizations and residents to demonstrate a commitment to building a culture of inclusion and equity in Buffalo," said Mayor Brown.

During his speech Mayor Brown stated that in order "To accelerate Buffalo's growth and prosperity, we must foster a community wide mindset that embraces diversity and inclusion as core values."

Residents, Businesses and Institutions that sign the pledge promise to:

- Foster, cultivate and preserve a culture of diversity, inclusion, fairness and equality.
- Set collective goals to aggressively reduce poverty and increase employment opportunities for all residents, thereby enhancing our City's productivity and prosperity.
  - Recognize that our City's business community will get stronger, as it gets more inclusive and entrepreneurs from every neighborhood and every racial background have the opportunity to realize their true potential.
  - Recognize that our City's strength will grow as each and every one of our neighborhoods grow through employment, upward mobility and prosperity.
  - Recognize that diverse and inclusive workplaces appeal to top talent and encourage excellent performance and productivity, and increase profitability.

To read the complete pledge and to sign your name and/or the name of your business or organization please go to [www.city-buffalo.com/buffalooportunitypledge](http://www.city-buffalo.com/buffalooportunitypledge).

## Senior Spotlight



Sarah Lewis, a native of Buffalo, graduated from Hutchinson Central High School and attended the University of Buffalo in the field of Business Administration. Miss Lewis retired in 1991 from employment as Community Service Director at WIVB-TV Channel 4.

Throughout her life she has been involved in many community activities. She has been a faithful member of various community organizations including the NAACP Act-So Committee and the Cultural Diversity Committee of the American Diabetes Association. For over 20 years she held the office of Secretary of the Dr. Martin Luther King Celebration Committee. Former Board Memberships include Public Relations Committee of Meals on Wheels and nine years as a Board Member of the Buffalo Goodwill Industries.

Her many community service awards include Greyhound Corporation Woman Of the Year and 1977 Black Achievers Award.

Sarah Lewis is an active lifelong member of St. Paul AME Zion Church where she served 12 years as New York Conference Director of Christian Education.

## Senior Center - Activities

**Autumnwood Senior Center**  
**1800 Clinton Street, Buffalo, New York 14206**  
**Julianne Panty, Director**  
**(716) 826-7895/ Fax: (716) 826-7897**

Mar. 5, 12, 19, 26th & Apr. 2nd-10:30-12:00- Fit & Lean Program by the Erie County Lunch Program: Free six week program "to promote healthy lifestyle changes through good nutrition and fitness". Interested seniors must pre-register at the center by 2/12.; Call 826-7895

Mar. 5, 12, 19, & 26th- 2:00- Stretch & Tone Low Impact Exercise for Seniors: Free

Mar.6th- 12:00- "Friday Afternoon at the Movies": Group size limited; please sign up at the Center

Mar. 9th- 9:00-3:30- AARP Safe Driving Class: AARP Members \$20/Non-Members-\$25; Payment due by 2/26

Mar. 17th- 10:00- St. Patrick's Day Performance by the Rince Na Tiarna Irish Dancers

Mar. 17th-12:00- St. Patrick's Day Holiday Lunch: Nutrition Program- \$3/person; reserve lunch by 3/5

Mar. 17th- 1:00- St. Patrick's Day Holiday Jingo Party: Refreshments, Prizes, & Raffles- \$4/person; Payment due by 3/5

Mar. 18th- 10:30- 11:30- Buffalo History & Architecture Presentation by Chuck LaChiusa: "The Statler, Lafayette & other examples of Adaptive Reuse"

Mar. 20th- 12:00- Lunch Bunch at Gardenview Restaurant:

Space Limited; Must sign-up by 3/12; Be at Center by noon.

Mar. 26th- 12:00- Guys & Dolls Birthday Lunch: Free Cake & Coffee with a meal purchase

Mar. 26th- 1:00- Birthday Jingo: Birthday members, birthday card & 2 free bingo boards w/ a meal purchase

Mar. 27th- 10:00- Book Club with Loretta

### **Daily Programs:**

Tuesdays: 1:00- Jingo

Wednesday: 10:00- 12:00- Social Worker- 1st & 3rd Wednesday of every month; 1:00- Jingo

Thursday: 1:00- Jingo

Friday: 1:00- Pinochle Club

### **Coming Events:**

Apr. 2nd- 12:00- Easter Holiday Luncheon by the Nutritional Luncheon: Reserve lunch by 3/24; \$3/person

Apr. 2nd- 1:00- Easter Holiday Jingo Party: Refreshments, Prizes, & Raffles- \$4/person; Payment due by 3/19

Apr. 10th- "Friday Afternoon at the Movies"

Apr. 13th- 9:00-3:30- AARP Safe Driving Program: AARP Members \$20/Non-Members-\$25; Must Sign-up in advance; Payment due by 4/2

\*Apr. 15th- 10:30- Buffalo History & Architecture Presentation by Chuck LaChiusa: "Stained Glass in Buffalo"

Apr. 16th- Shopping Trip

Apr. 24th- 12:00- Lunch Bunch at the Filling Station @ Larkinville

Apr. 28th- Shopping Trip

**Richmond-Summer Senior Center**  
**337 Summer Street, Buffalo, New York 14222**  
**Louise Fronczak, (716) 885-3290**

Mar. 3rd- 9:00- Grocery Shopping: Tops Senior Discount Day; Elmwood Ave. Free van ride

Mar. 4th-12:45- Senior Bowling: Clinton/Bailey Lanes- \$6 Shoes & 3 Bowling Games, you can purchased Food at the Bowling Center

Mar. 5th- 10:00- Mall Walk: Galleria Mall

Mar. 6th-12:00- Lunch & Bingo: \$4

Mar. 10th- 9:00- Grocery Shopping: Aldi-Free van transportation

Mar. 11th- 9:00- Senior Clothes & House Hold Shopping: Target- Free van transportation

Mar. 13th- 12:00- St. Patrick's Day Lunch & Bingo: \$5

Mar. 18th- 10:00- Mall Walk: Boulevard Mall

Mar. 18th- 12:45- Senior Bowling

Mar. 20th- 12:00- St. Joseph Celebration & Bingo: \$5

Mar. 25th- 12:30- Let's go to the Movies

Mar. 27th- 10:00- Senior Appreciation Breakfast: Free w/Ticket

\*\*Richmond-Summer is a Senior Lunch Site we serve Lunch daily @ 12:00; We offer Free van pick up for Seniors who what a Hot nutritious lunch, small fee is suggested; but not required- Call Center

\*\*New Senior Care Program offered @ the Richmond-Summer Senior Center & the Moot Center "Moot Cares Program" (BIP) Link Program Services for Buffalo Residents 50 yrs. or Older: Social Services, Counseling, Medication Management, Financial Management, Free Tax Preparation, Housing Issues, Legal Services, Transportation to Medical appointments, etc.

**Upcoming Events:** Call Center

**Daily Programs:** Mondays- 11:00- Zumba

Tuesdays-1:30-Line Dancing w/Barbara- \$1

Wednesdays-11:00- Yoga- \$1

Thursday-10:00-Tai Chi

Fridays- 11:00- Exercise Group

**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 monthsThursday: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:**

Call Center

**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 &amp; 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,&amp;

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:****DINNER FOR TWO MOTHER'S DAY RAFFLE:**

Donation - \$5.00 per ticket

**Russell's Steak, Chop and More Salvatore's Grand Hotel**  
located at 6675 Transit Rd Williamsville, NY 14221**The One Night Overstay Package includes:** Dinner for two  
from dining for two menu and breakfast for two from Good  
Morning Breakfast Buffet. **DRAWING HELD SATURDAY****MAY 9, 2015 -Masten District Stakeholder's Breakfast**  
8:30am -10:30am Ticket Purchase call 833-0097.**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 happen-  
ings Name that event/time: 3 history questions/11:00-12:00-Memory Games: Puzzles, Concentration, Jeopardy

(game), &amp; Karaoke (name that tune)/12:00- 1:00-

Lunch/1:00-2:00- Memory Games: Puzzles, Concentra-

tion, Jeopardy (game), &amp; 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/1:00-2Game 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: Present-

ers 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 1<sup>st</sup> & 3<sup>rd</sup> 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 Saun-****ders: Call Center**

**Schiller Park Senior Citizen Center**  
**2057 Genesee Street, Buffalo, New York 14211**  
**Marcey Ivey, Linda Larson, Brenda Favor,**  
**(716) 895-2727**

Mar. 4th– 10:15- BC/BS: Fiber  
 Mar. 6th– 1:00– Brain Stormers  
 Mar. 9th- 9:00– Haircuts by Chris  
 Mar. 11th– 10:00– Sign-up for Mammograms  
 Mar. 17th– 9:00– 4:00– Moble Mammogram Unit  
 Mar. 18th– 4:00– General Meeting  
 Mar. 23rd- 10:00– Univera: Insurance Info  
 Mar. 23rd– Casino Trip Seneca Niagara

Mar. 25th–“Name that Tune” with Bill O’Lear  
 Mar. 25th– 10:00– United Healthcare: Medicare Info  
 Mar. 25th-10:00-11:00– Fidelis: Insurance Info  
 Mar. 30th– 9:00– AARP– Driving Class

**Daily Schedule**

Monday– 9:00- Wii (Bowling)  
 Monday & Wednesday-1:00- Bingo  
 Wednesday-10:00-11:00-Bible Study Class w/Mrs. Barbara Reed/11:15- Stretch Band Exercise  
 Thursday-10:30- Line Dance w/Willa- \$2.00/1:00- Pinochle Tournament  
 Friday- 10:15- Exercise/1:00- Pokeno or Bingo

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

Tuesday: 11:30-3:30- Crafts  
 12:00- 4:30– Jewelry  
Wednesday: 1:00-4:30- Bridge Club  
Bible Study: every 2<sup>nd</sup>- Wednesday of the Month  
Thursday: 11:30-12:30- Line Dancing  
 12:30- 1:15- Group Lunch  
Cards, Dominoes, Bridge, etc.  
Friday: 1:00– 4:30- Bridge Club

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

**Special Events for March:**

Women’s History Month/National Kidney Month  
**\*Free Income Tax Preparations tax Counseling for the Elderly (TCE): Seniors 60+ are given priority Federal and State Returns**-February 3, 2015– April 15, 2015 @ Moot Center: Tuesday-12:00– 5:00; Friday– 11:00– 4:00  
Brain Stormers Activity– 1:30  
Ivy League Construction Home Energy Saving Program – 1:30  
Blood Pressure Screening every Wednesday– 1:30  
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

**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: 10:30-12:00 & 12:30-1:45– Bingo/12:00-Lunch  
Wednesday: 11:00– 12:00- Lunch/1:00-3:00- Hustle for Health; Wii Bowling, Golf, & Dance  
Wednesday Evenings: 6:30-8:00P.M.– Line Dancing w/ Sandra Hall- \$3/class

Fridays: 1st & 4th Fridays: 12:30– 2:00- Shuffleboard; 3rd-Friday: Movie Time: 12:30-3:00; Tai Chi: 10:30-12:00  
Hustle for Health: Weds., Jan. 14th-Mar. 4th-11-12  
 Mar. 5th– U Be There!: “Count Me In”: Having Fun in Buffalo  
 Mar. 26th– U Be There!: “ Take a Picture, Make a Picture”: Scrapbooking– Refreshments & Door Prizes

## March 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 TAI 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. Next Meeting is **Mar. 11th @ 2:00**

### **TRAVEL CLUB: TUESDAY, MAY 26, 2015– 9:30 A.M.-2:30 P.M.**

#### **MAYOR'S CHOICE: BOTANICAL GARDENS & LUNCH @ ILIO DiPAOLO'S RESTAURANT**

Thank You, Senior Volunteers! To honor individuals that volunteer at senior centers throughout the year. There will be a visit to the Buffalo & Erie County Botanical Gardens & a great lunch at Ilio DiPaolo's Restaurant.

**Centers will be contacted by the Division for Senior Services office.**

### **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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TO:

# Mayor Byron Brown's Senior City Life

March 2015



*Inspirational Quote of the Month:*

***“Opportunities are ageless, do not let yours pass you by.”***

[www.city-buffalo.com](http://www.city-buffalo.com)



# “GET INTO THE ACT”

BYRON W. BROWN

“GET INTO THE ACT” is the 2015 theme for the National Older Americans Month in MAY of 2015. 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”, interact with old friends, and participate in your community after a long and unusually harsh winter. So, 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.

## APRIL 1<sup>ST</sup>, APRIL 2<sup>ND</sup>, & APRIL 3<sup>RD</sup>

AM & PM SHOPPING TRIPS TO THE BROADWAY MARKET! GET YOUR “BUTTER LAMB! SHOP FOR EASTER GOODIES; STOP INTO THE SENIOR CITIZENS DROP-IN CENTER LOCATED AT THE FRONT OF THE MARKET. HAVE A CUP OF COFFEE (FREE), WATCH TV UNTIL YOUR RIDE COMES. WE WILL ONLY PICK UP FROM HOUSING COMPLEXES THAT DON’T HAVE TRANSPORTATION! MORNING PICK UPS BEGIN AT 9:00 AM UNTIL 12:00 PM AFTERNOON PICK UPS BEGIN 1:00 UNTIL 2:00PM. CHECK WITH YOUR BUILDING MANAGER OR CALL OUR OFFICE FOR GROUPS OF AT LEAST 8 INDIVIDUALS! MUST BE ABLE TO GET ON & OFF A VAN UNASSISTED!

## WEEK ONE: MAY 5<sup>TH</sup>

JOIN US AND OTHERS AT THE RICHMOND SUMMER SENIOR CENTER LOCATED AT 337 SUMMER ST. EXPERIENCE A “CHAIR HAND & NECK MASSAGE”, RECEIVE A “**FREE HEALTHILY LUNCH**”; GET INFORMATION ON TAI CHI, YOGA AND ZUMBA CLASSES. TALK TO SOME HEALTH & WELLNESS PROFESSIONALS; SIGN UP FOR UPCOMING FIELD TRIPS AND **WIN SOME PRIZES!** IT’S BEEN A LONG WINTER! THIS IS YOUR CHANCE, DON’T MISS OUT! GET INTO THE ACT! CALL LIZBETH GONZALEZ AT (716) 851-4141 FOR VAN TRANSPORTATION PROVIDED FROM SENIOR HOUSING & SENIOR CENTERS IF NEEDED  
FIRST COME, FIRST SERVE.

## MAY 7<sup>TH</sup> & MAY 8<sup>TH</sup>

SENIOR CITIZEN’S CRAFT SHOW & SALE! ARE YOU A CRAFTSMAN? WANT TO DISPLAY AND SELL SOME OF YOUR ITEMS? SIGN UP AS A VENDOR OR JUST COME TO THE SENIOR CRAFT SHOW AND SALE FROM 8:00 TO 3:30, BOTH DAYS. TABLES FILL UP FAST SO IF INTERESTED, CALL NOW!

## WEEK TWO: MAY 12<sup>TH</sup>

A “DAY FIELD TRIP” TO THE NEWLY REMODELED FASHION OUTLET MALL. SHOP IN THE MORNING, GO TO LUNCH ON YOUR OWN, SHOP SOME MORE. BUS LEAVES REAR OF CITY HALL 9:00AM AND RETURNS AT 4:00PM  
YOUR COST: \$10.00 EACH LIMITED SEATING – CALL LISA AT 851-4204

## WEEK THREE: MAY 20<sup>TH</sup>

### SENIOR CITIZENS BOWL-A-THON

ADMISSION TICKETS REQUIRED (NO COST) COUNTRY BREAKFAST AND LUNCH SERVED (FREE)  
GAMES AND SHOES PROVIDED (FREE) TIME: 9:00 AM TO 3:30 PM

## WEEK FOUR: MAY 26<sup>TH</sup>

### MAYOR’S CHOICE SENIOR RECOGNITION TRIP & LUNCH

PARTICIPANTS SELECTED BY THEIR SENIOR CENTER (LIMITED NUMBER)

VISIT TO THE BUFFALO AND ERIE COUNTY BOTANICAL GARDENS AND LUNCH AT ILIO DIPAOLO’S 9:30 TO 2:30.  
CENTERS WILL BE CONTACTED BY OUR OFFICE WITH MORE DETAILS.