



Mayor Byron W. Brown

SENIOR CITY LIFE

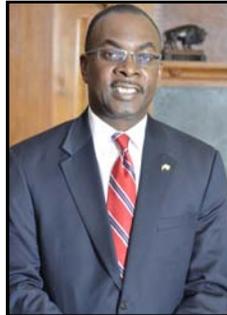


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CITY OF BUFFALO
DIVISION OF
SENIOR SERVICES

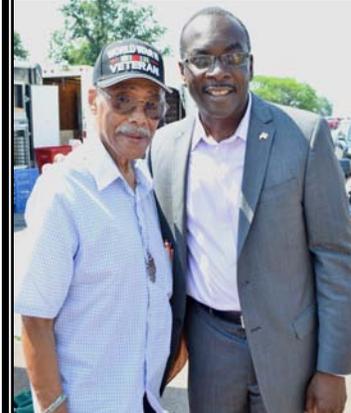
Otis T. Barker, Sr.
Commissioner
Douglas R. Ruffin
Director

65 Niagara Square
8A City Hall
Buffalo, N.Y. 14202-3324
(716) 851-4141
Fax: (716) 851-5803
druffin@city-buffalo.com



Greetings from Mayor Byron Brown

Thank you to everyone that came to my 6th Annual Senior Pig Roast and BBQ. Over 1,600 seniors attended the event in Front Park. I am thankful for all of our seniors who continue to make a difference in our community.

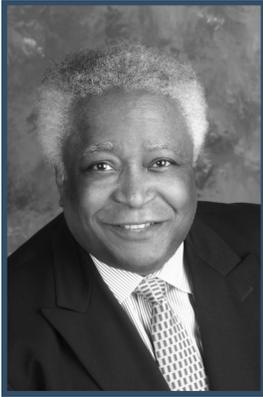


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Greetings from Douglas Ruffin, Director



Hello Buffalo Seniors:

Beginning in October, we will start some “new” programming for individuals who are looking for “evening activity’s”; maybe you’re looking for a place where you can stop by to meet with old neighborhood friend’s, or make that personal investment in your New Year’s Resolution, or your desire to achieve a “healthy active life style; or go to dinner, or a play; take up that craft you wanted to learn! And this is only a sample of what will be available. If any of this fits you, then the **MEETING PLACE** is perfect for you! The Meeting Place concept is “activity based” and driven by the interest, needs, and desires of the adults members.

This program or service is for adults who are at least fifty-five years of age or older who may be still working, semi-retired, fully retired, or may be involved in care-giver services for aging parents or grandchildren, or just a senior who is still very active, and interested in evening program activities with friends and other community members. If you are, or wish to remain active, interesting and involved, give us a call and sign up for more information on “The Meeting

Place”. “The Meeting Place” as implied through the name, is exactly what it says. You “meet” wherever agreed unless a specific planned activity calls for a dedicated location such as one of the City of Buffalo’s three (3) City run centers. The assigned “Meeting Place” could be at a restaurant, or at the theater, Kleinhans, a Casino or other place of interest. The Meeting Place is intended to be a “PM” program. Functioning in the late afternoon and early evening, allowing the members who work full or part-time to participate.

Membership: The Meeting Place is intended to be a membership driven organization or group. It can be as large or as small as the need or activity interest shows at any time.

Requirements: Members must be at least 55 years of age.

Membership Fee: An Annual membership fee is set at \$25.00 Per Year.

A payment schedule can be arranged, if needed.

The Meeting Place will offer weekly activities that the membership can participate in, geared specifically to their needs and areas of interest. The proposed activity is not necessarily restricted to a specific center, location, or time; it is governed or regulated by the interest of the seniors who have expressed an interest in participating in that particular activity in advance. Programming is planned to commence between 3:00pm to 9:00 pm unless an activity demands more time commitment. However, generally, activities will be between 5:00pm and 9:00pm except planned activities on a Saturday that may fall between 8:00 and 4:00pm.

Activity Notification:

The Meeting Place Information and activities will be posted on the City of Buffalo’s Seniors Web-Page. The majority of the activities will take place between 3:00pm and 9:00pm. Winter months, during the first year of the pilot will be limited to what will be called special events. Special Events will also have the possibility of being held on weekends (Saturday and/or Sunday if needed). All Meeting Place events will also be listed in the Divisions monthly newsletter for the general public.

The Meeting Place membership will also be contacted by telephone/cell phones, though social media, tweets, texts, email or other agreed upon methods. **Hope you will become a member!**

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**

MORE PHOTOS FROM THE MAYOR'S SENIOR PIG ROAST & BBQ



Senior Spotlight - Senior of the Month

SENIOR OF THE MONTH: Ola J. Johnson Snell

Born on April 18, 1916 to Mary Gatewood and Sidney Johnson in Uniontown Alabama. She is the last of 8 sisters and one brother. She relocated to buffalo New York in 1939. Married and widowed she was mother to one step daughter and 11 foster children. Always active, she served on many civic organizations and continues to be civic minded. Since 1971, Ola has hosted a 'Children's Day' barbeque where 5 generations come to meet relatives and friends. She volunteers at St. Luke's Mission of Mercy and as past president of B.L.E.S. Seniors, she ensures her group's awareness of community senior activities. After many years of services at the Salvation Army, they granted her a lifetime membership. She worships at Mount Ararat Temple of Prayer with Pastor Bishop Dwight Brown.

Her favorite saying is "If I can help somebody as I travel along this way—then my living will not have been in vain."



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

- Sept. 1 10:30 Annual Flu Shot Clinic- Call center to pre-register. Bring SS# & medical insurance information with you
- Sept. 5 **Closed for Labor Day**
- Sept. 7 10:30 Adult Coloring Book Group- Join the latest craze; all art materials are provided! It's free!
- Sept. 8 11:30 "Autumnwood's Cookout" Hot Dog, hamburger or cheeseburger w/sides, beverage, dessert. \$5.00 due 9/1. Bingo after Lunch
- Sept. 12 9:00 AARP Safe Driving
AARP Mem \$20/Non Mem \$25; Due 9/1
- Sept. 14 10:00 Trip to the NY wine & Culinary Center in Canandaigua, NY. Two cooking demonstrations & a three course luncheon. Coach transportation \$80 due by 8/17
- Sept. 20 11:30 "Autumnwood's Cookout" Hot Dog, hamburger or cheeseburger w/sides, beverage, dessert. \$5.00 due 9/15- Bingo after lunch.
- Sept. 21 10:30 Adult Coloring Book Group- Join the latest craze; all art materials are provided! It's free!
- Sept. 23 10:00 Book Club w/ Loretta

Sept. 28 10:30 Buffalo History & Architecture Presentation by Chuck LaChiusa "University Heights Neighborhood"

Daily Programs

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

Upcoming Events

- Oct. 3 9:00 AARP Safe Driving
AARP Mem \$20/Non Mem \$25; Due 9/22
last class of the year, next class will be in March 2017
- Oct. 6 10:30 Genealogy 101 w/Rhonda Konig, Genealogy Specialist w/ Buffalo & Erie County Public Library. Call center to register.
- Oct. 17 10:30 Autumnwood's Annual Oktoberfest w/ Music by the Tony Crew Band. Catered meal \$10 per person; due 10/6
- Oct. 25 10:30 Buffalo History & Architecture Presentation by Chuck LaChiusa "Architecture & furniture of the Arts & Crafts Movement"

** Seniors who enjoy Scrabble and want to start a Scrabble Club should call the center. **

**Erie County Lunches are served Monday- Friday at noon. Seniors must sign up in advance; Lunches are \$3.00; call center for menu information. **

Richmond-Summer Senior Center

337 Summer Street, Buffalo, New York 14222

Kerry Saunders, (716) 885-3290

- Sept. 2 12:00 Labor Day Picnic/Bingo \$3
- Sept. 5 **Closed for Labor Day**
- Sept. 6 10:00 Senior Shopping- Walmart Wheatfield
- Sept. 7 9:00 Tour Ellicottville shopping and lunch
- Sept. 7 11:00 Senior Exercise
- Sept. 8 9:00 AARP
- Sept. 9 12:00 Lunch/Bingo
- Sept. 12 10:00 Hair Cuts
- Sept. 12 Trip to Casino in Pennsylvania \$20
- Sept. 13 Election Day
- Sept. 13 9:00 Bud Ways
- Sept. 14 10:00 Hamburg Farmer Market/ Lunch
- Sept. 16 12:00 Schiller Park- Hot dog/Bingo

- Sept. 20 10:00 Senior Shopping- Price Rite
- Sept. 21 9:00 Lucy Museum Jamestown \$11
- Sept. 23 12:00 Lunch/Bingo
- Sept. 27 10:00 Senior Shopping- Walmart
- Sept. 28 9:00 Senior Shopping- AmVets Tonawanda
- Sept. 30 10:00 Free Breakfast/Bingo

Daily Programs:

- Mondays 11:00 Zumba
- Tuesdays 10:00 Qigong and Drumming
1:30 Line Dancing w/Barbara
- Wednesday 11:00 Senior Exercise
- Thursdays 10:00 Tai Chi

****We would like to Thank Paula's Donuts and TOPS on Niagara Street for their continued support of our**

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

Monday

- 9:00 Wii Bowling
- 9:30 Water Class @Lovejoy Pool
- 12:00 Nutrition Program
- 1:00 Bingo

Tuesday

- 10:00 Guitar Class
- 12:00 Nutrition Program
- 1:00 Movie

Wednesday

- 10:00 Bible Study w/Mrs. Reed
- 10:30 Crochet Group
- 11:00 Quilting Class
- 11:15 Stretch & Tone
- 12:00 Nutrition Program
- 1:00 Bingo

Thursday

- 10:30 Line Dancing
- 12:00 Nutrition Program
- 1:00 Pinochle Tournament

Friday

- 9:30 Water Class @Lovejoy Pool
- 10:00 Crochet Group
- 11:00 Quilting

Friday cont.

- 11:15 Exercise Group
- 12:00 Nutrition Program
- 1:00 Bingo

Presentations

- Sept. 7th BlueCross/ BlueShield
- Sept. 14th Olmstead Center for Sight
- Sept. 21st Elder Abuse
- Sept. 28th Alzheimer's

Special Events

- Sept. 16 Hawaiian Luau End of Summer Party
(with other Senior Centers)
- Sept. 27 Seneca Niagara Casino Trip

Van Rides

- Sept. 8 Marina
- Sept. 15 Broadway Market Rooftop Garden
- Sept. 22 Walmart
- Sept. 29 Marina

Stop by the center for a complete list of monthly activities.

Erie County Stay Fit Dining site for seniors 60+ . Meals served daily Monday-Friday at Noon.

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

The center will be closed the first week in September and will resume regular program Sept. 14, 2016

- Sept. 14 1:15 Bingo
- Sept. 15 10:00 Free Legal Services
- Sept. 15 10:30-1:00 Moot Mobile Market
- Sept. 15 1:15 Movement w/ Monica
- Sept. 16 12:00 Aug. & Sept. Birthday Celebration
- Sept. 21 "Kiss the Summer Goodbye" wear white & black
- Sept. 22 10:30-1:00 Moot Mobile Market
- Sept. 22 12:30 Wellness Check Blood Pressure
- Sept. 23 10:30 Shopping
- Sept. 23 10:00-2:00 Flu Shots will be provided by Walgreens
- Sept. 28 10:00 Star Rebate

Every Monday beginning August 1st until October 3rd, we will begin Aging Mastery Program (AMP) Classes 2:00pm-3:00pm

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

- Wed. 10:00 Bible Study**
- Thurs. 11:00 Moot Chorus Rehearsal**

2nd & 3rd Thursday 1:15 Movement w/Monica

- Mon. 2:00 AMP I Classes every Monday**
- 2:00-3:30 Amp II Classes start Sept. 13**

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

The Salvation Army Golden Age Center
960 Main Street, Buffalo NY 14202
Lisa Holmes, 888-6261

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 Chair/Ball Exercise
 11:00 Line Dancing
 1:00 Bingo
 1:30 Walk the Walk Exercise

Upcoming Events

Call Center

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

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

Hispanos Unidos de Buffalo
254 Virginia Street, Buffalo New York, 14201
Aileen Gonzalez-Marti (716) 856-7110

Monday	8:30-2:30	Seasonal Crafts
	8:30-2:30	Domino and bingo
Tuesday	8:30-10:45	Domino and bingo
	10:45-11:15	Low Impact exercise
	11:15-2:30	Domino and bingo
Wednesday	8:30-2:30	Domino and bingo (All day)
Thursday	8:30-12:30	Domino and bingo
	12:30-2:30	Movie and popcorn
Friday	8:30-12:30	Domino and bingo
	12:30-2:30	Tarde de bohemia

Upcoming Events

Sept. 9 Arts and Crafts at El Buen Amigo
 Sept.16 Opening of the Hispanic Month Celebration-Senior Food Competition
 Sept. 23 End of the Summer BBQ at the HUB Senior Center-Fundraising Event

Guest Speakers

Sept. 12 1:00 Food Bank of WNY- Say Yes to Fruits and Vegetables
 Sept. 20 9:30 United Health Care
 Sept. 27 12:30 Fallon health Weinberg
 Sept. 29 Flu Shots Provided by Rite Aid

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

September 2016 - Announcements

TRAVEL CLUB

Trip to Cuba in March 2017

Special travel presentation to be held at the
 Richmond Summer Senior Center
 Wednesday, September 7, 2016 at 2:00 pm .
 For informational brochure call Lisa at 851-4204.

Corning Museum of Glass Trip

Thursday, October 13, 2016

9:00 am to 5:00 pm

\$20.00

Lunch on your own. Depart and return from back of City Hall.
 Limited seating, your payment is your reservation.

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.

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

September 2016



Inspirational Quote of the Month:

*“Nature does not demand that we be perfect,
it requires only that we grow.”*

Joshua Loth Liebman