



SENIOR CITY LIFE

NOVEMBER 2016

Vol. 8 Number 11

CITY OF BUFFALO
Division of Senior Services

Otis T. Barker, Sr.
Commissioner

Douglas R. Ruffin
Director



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GREETINGS FROM Mayor Byron W. Brown

Hello seniors, November is a month of gratitude. I hope that you take this month to count your blessings and be thankful for your family, friends and neighbors that all care about you.

I'd like to thank you for coming to the City's Fire Open Houses last month. It was a pleasure to see you with your neighbors and your grandchildren out in the community. I hope that you were able to get one of the new 10-year battery fire detectors. As you know, we hold the Open Houses to educate our community about being fire safe.

On November 11, we are celebrating Veteran's Day. On this day and year-round, we are remembering and honoring our veterans for their service to our country. Last month, we announced that a national nonprofit homeless service provider is converting 368 Broadway into affordable housing for low-income families and veterans.

This \$12.9 million dollar project will be done by HELP USA in conjunction with the City of Buffalo and New York State. The historic building on Buffalo's East Side will be converted into a complex with 47 apartments.

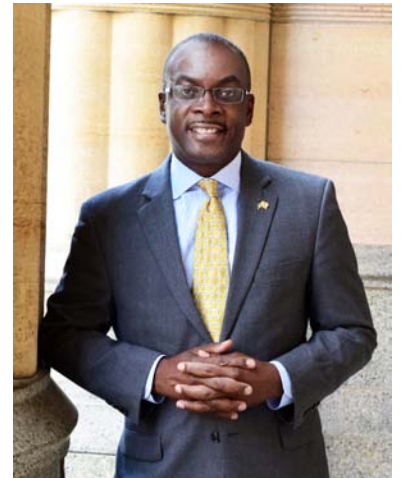
We also recently celebrated the grand opening of the Patriot Heights Apartments Project, located at 347 East Ferry St. in Buffalo. The Buffalo Sabres Foundation, in conjunction with Saving Grace Ministries, Inc. and True Community Development Corporation, opened 16 units of affordable housing. There will also be a community center on the first floor that will be operated by the Resource Council of Western New York. The City is proud to have provided \$1.5 million to this project.

We are excited about these projects and others that will transform and improve our residents' quality of life.

Happy Veteran's Day, and Happy Thanksgiving, seniors. Thank you for being such an integral part of our community.

Sincerely,

Mayor Byron W. Brown



Mayor Byron Brown with Mary, the winner of the Fire Safety basket at the sixth Fire Open House of the season at Engine 4 on October 26th, 2016.

GREETINGS FROM DIRECTOR DOUGLAS RUFFIN



HELLO BUFFALO SENIORS:

You have endured ten (10) months of life’s stresses! In some cases, you participated in life’s challenges; and hopefully won. In other situations, dealing with the daily surprises that life can hand you, maybe, you just survived. Now, it is time for you to take a step back; assess where you are now in comparison to where you came from, and hopefully, the scales of life balance in your favor!

I think that most would agree that 2016 has had both its low points and its challenges; but, when each of us look at the totality of the year, it is my hope that you will find that fate has favored you with life, health, safety for your family, good friends and a warm home!

November begins the Holiday season. If you allow yourself to look at this time of year through what is called, a “child’s eyes,” I believe that you will begin to see the wonder and hopefulness that they see. Even the most cynical of us would have to admit that being around children and even the “young” during this time of year is very up-lifting and motivating.

So, this season, why not join me and look at the “good” that is all around you; you can find it if you try! Then, just maybe, you’ll believe, even if just for a little while. We, at the Division of Senior Services have planned a number of spirit up-lifting events and activities between November and January 1, 2017. I invite you to take advantage of some or all of them. The Holidays can be a time of “Good Will” for all as it was intended to be.

All the best to you and your families during this wonderful season.

Douglas Ruffin
Director

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
Room 8A, 65 Niagara Square
Buffalo, New York 14202

IMPORTANT SENIOR ALERT!

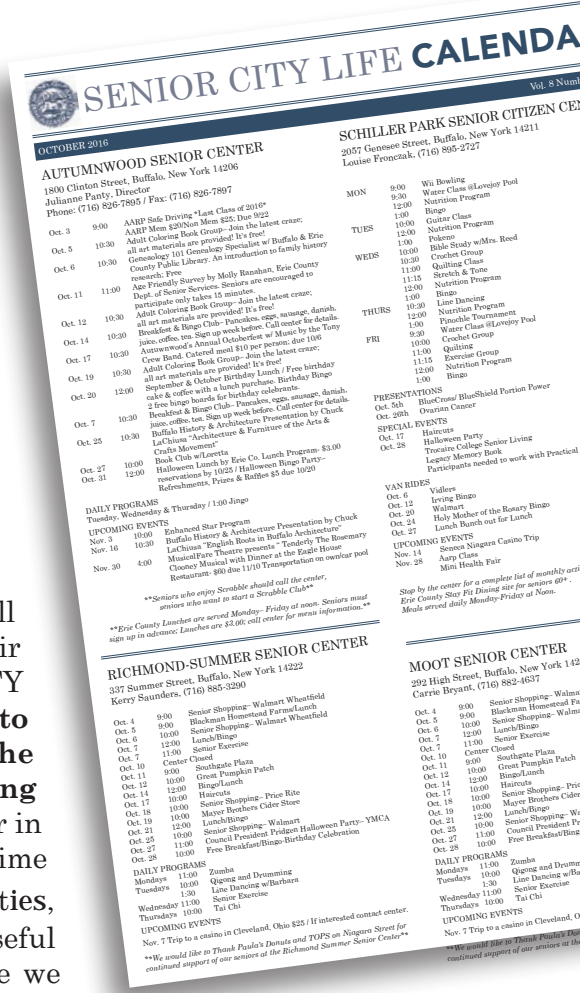
THIS IS THE NEWS MANY OF YOU HAVE BEEN WAITING FOR!

As I mentioned in our previous City Life Senior Newsletter, we have been working on a “workable” plan to provide our senior readers with a Senior Center Schedule that would reach them at the beginning of each month and also provide the “newsletter” component for our readers.

We think that we may have found a solution that will satisfy both groups of our readers who depend on the City Life Newsletter, the senior centers who wish to publish their individual schedules, and the Divisions that need to keep you informed on what is happening in your City, especially the things that directly affect you.

OUR PLAN IS TO PROVIDE YOU WITH TWO (2) SEPARATE DOCUMENTS:

1. The SENIOR CITY LIFE CALENDAR – The CALENDAR will contain the schedules of the local Senior Centers who submit their individual calendars for publication in the monthly SENIOR CITY LIFE CALENDAR. **Each senior center will be required to submit their monthly schedule by the fifteenth (15th) of the previous month in order to be in the next month’s publishing schedule – no exceptions!** If you don’t see your centers calendar in the CITY LIFE publication, it means that it was not submitted in time to meet the deadline; for further information on that months activities, you will need to call your center, not our office. As it is with most useful publications, timing is important, and space is limited, therefore we must abide by a “first come/first served, or published” basis. We will always attempt to fit as many into the calendar as possible.
2. The CITY LIFE NEWSLETTER – This part is exciting to us because we will finally be able to provide you with a lot of the information that you have been requesting from us. The publication will/can accept articles from various senior centers, senior housing complexes and individuals when space allows. It will also be able to keep you abreast of other events and activities that may be happening City-wide. You will also have pictures, news from our Mayor, the Directors message and other components.



THIS LONG AWAITED CHANGE IS SCHEDULED TO TAKE PLACE AS OF JANUARY 1, 2017!

This will give all parties time to adjust and/or prepare their schedules and work out any submitting complications. The monthly calendar and newsletter will also be posted on the City of Buffalo’s web-page under Senior’s. If you would like to see your centers calendar in the publication, tell your center manager. As we prepare to make this transition, please feel free to contact us with any other suggestions.

AUTUMNWOOD SENIOR CENTER
1800 Clinton Street, Buffalo, New York 14206
Julianne Panty, Director
Phone: (716) 826-7895 / Fax: (716) 826-7897

- Nov. 3 10:00 Enhanced Star Program– Call center to pre-register & what you must bring
- Nov. 3 10:30 Adult Coloring Book Group– Join the latest craze; all art materials are provided! It's free!
- Nov. 4 10:30 Breakfast Club– Waffles, Eggs, Sausage, Danish, Juice, Coffee, Tea. \$5 due 10/27
- Nov. 4 10:30 Senior Choice/Game Day– Seniors & friends choose from variety of activities; poker pinocle, scrabble, adult coloring, crafts, etc. All welcome!
- Nov. 8 **Election Day**–Center open for voting only
- Nov. 10 10:30 Adult Coloring Book Group– Join the latest craze; all art materials are provided! It's free!
- Nov. 11 **Veteran's Day**–Center Closed
- Nov. 16 10:30 Buffalo History & Architecture Presentation by Chuck LaChiusa "English Roots in Buffalo Architecture"
- Nov. 17 10:30 Adult Coloring Book Group– Join the latest craze; all art materials are provided! It's free!
- Nov. 18 10:30 Breakfast Club–Your choice of Eggs, Sausage, Danish, Juice, Coffee, Tea. \$5 by 11/10
- Nov. 18 10:30 Senior Choice/Game Day– Seniors & friends choose; poker, pinocle, scrabble, adult coloring, crafts, etc. All Welcome!
- Nov. 18 11:00 Presentation by "Wellcare" Free Donuts &

- Coffee will be provided.
- Nov. 22 12:00 Thanksgiving Holiday Lunch by Erie Co. Lunch Program- \$3 by 11/15
- Nov. 24 & 25 **Thanksgiving-Center Closed**
- Nov. 28 10:30 In-House Special– Your choice of hot dogs, hamburgers, or cheeseburger with all the fixin's & sides– create your own ice cream float. \$5 due 11/17 Bingo after lunch
- Nov. 30 4:00 MusicalFare Theatre presents " Tenderly The Rosemary Clooney Musical with Dinner at the Eagle House Restaurant- \$60 due 11/10 Transportation on own/car pool
- Nov. 31 Thanksgiving Party– Refreshments, prizes & raffles \$5 due by 11/15

Daily Programs

Tuesday, Wednesday 1:00 Jingo
& Thursday

Upcoming Events

- Dec. 2 10:00 Book Club Meeting
- Dec. 5 10:30 Autumnwood's Annual Christmas Party Catered Meal & Musical Christmas Program– to be announce. Call center for details.
- Dec. 14 10:30 Buffalo History & Architecture Presentation by Chuck LaChiusa "Downtown Skylights & Ceilings"

** Seniors who enjoy Scrabble should call the center, seniors who want to start a Scrabble Club**

**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

- Nov. 1 9:00 Senior Shopping– Walmart Wheatfield
- Nov. 2 9:00 Fall Grape Season Chautauqua County/ Lunch
- Nov. 2 11:00 Senior Exercise
- Nov. 3 10:00 Tai Chi
- Nov. 4 12:00 Lunch/Bingo
- Nov. 7 7:00 Cleveland Trip
- Nov. 8 **Closed– Election Day**
- Nov. 9 11:00 Senior Exercise
- Nov. 10 9:00 AARP Driving Class
- Nov. 10 10:00 Tai Chi
- Nov. 11 **Closed– Veteran Day**
- Nov. 14 10:00 Haircuts
- Nov. 15 10:00 Market in the Square-Southgate
- Nov. 16 10:00 Holiday Trip Mumford Historic Village/ Lunch

- Nov. 16 11:00 Senior Exercise
- Nov. 17 10:00 Tai Chi
- Nov. 18 11:00 Thanksgiving Dinner \$5/Bingo
- Nov. 22 10:00 Broadway Market Thanksgiving Shopping
- Nov. 23 11:00 Senior Exercise
- Nov. 24 Thanksgiving Center Closed
- Nov. 25 Center Closed
- Nov. 29 10:00 Senior Shopping– Walmart

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

Upcoming Events

Nov. 7 Trip to a casino in Cleveland, Ohio \$25
If interested contact center.

****We would like to Thank Paula's Donuts and TOPS on Niagara Street for continued support of our seniors at the Richmond Summer Senior Center****

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	Pokeno
Wednesday	10:00	Bible Study w/Mrs. Reed
	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
	11:00	Quilting
	11:15	Exercise Group
	12:00	Nutrition Program
	1:00	Bingo

Presentations

Nov. 2	BlueCross/ BlueShield
Nov. 30	Falls Prevention

Special Events

Nov. 21	Haircuts
Nov. 28	AARP

Upcoming Events

Nov. 7	Cleveland Casino/Shopping Trip w/ Richmond Summer Senior Center
Nov. 8	Bake Good Sale
Nov. 14	Seneca Niagara Casino
Nov. 16	Mini Health Fair 10-1
Dec.	Holiday Party

Van Rides

Nov. 10	Shopping at Walmart
Nov. 17	Lunch Bunch out for Lunch
Nov. 28	Out to Bingo

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

Nov. 2	8:30	Best Breakfast in Buffalo at Moot
Nov. 4	10:30	Shopping
Nov. 9	1:15	Presentation w/Damien Nurses
Nov. 10	10:15	Free Legal Services
Nov. 10	1:15	Wellness Check
Nov. 11		Veterans Day– Center Closed
Nov. 17		BFNC Community Thanksgiving Dinner

Please Note:

The Moot Center will not have regular program November 16-25 and will reopen on November 30, 2016

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.

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

Call center for upcoming events

THE SALVATION ARMY GOLDEN AGE CENTER
 960 Main Street, Buffalo NY 14202
 Lisa Holmes, (716) 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
 11:00 Nail Spa
 1:30 Walk the Walk & Cize 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 & Cize Exercise

Thursday

9:00 Computer Classes
 11:00 Book Club
 1:30 Walk the Walk & Cize Exercise

Friday

9:00 Computer Classes
 10:00 Chair/Ball Exercise; Wii Tournament
 1:00 Bingo
 1:30 Walk the Walk & Cize Exercise

Upcoming Events

Nov. 2 1:00 Your Best Training (Free)
 Nov. 7 1:00 Free Food Give Away (Free)
 Nov. 9 10:00 Your Best Training (Free)
 Nov. 11 8:30 Veteran's Day Celebration (Free)

PRATT WILLERT COMMUNITY CENTER
 422 Pratt Street, Buffalo New York, 14208
 HoRanda Morrison, (716) 852-1671
 Tuesday, Wednesday, and Thursday

EDWARD SAUNDERS COMMUNITY CENTER
 2777 Bailey Avenue, Buffalo, New York 14215
 Curtis Cotton Atchison, (716) 332-4381
 Monday-Friday

Monday (Edward Saunders Only)

10:00-11 Coffee/News/Exercise
 11:00-12 Memory Games/Puzzles
 12:00-1 Lunch
 12:00-1 Dominoes

Tuesday

10:00-11 Coffee/ News
 11:00-12 Bingo/Bid Wiz
 12:00-1 Lunch
 1:00- 2 Movies

(Galleria Regal Movie Cinema one Tuesday per month for each center)

Wednesday

10:00-11 Coffee/News
 11:00-12 Crafts/Jewelry
 12:00-1 Lunch
 1:00-2 Bowling

Thursday

10:00-11 Coffee/News
 11:00-12 Bible Study
 12:00-1 Lunch
 1:00-2 Group Discussion

Friday

(Edward Saunders Only)

10:00-11 Coffee/News/Line Dance
 11:00-12 Shopping
 12:00-1 Lunch

****Weekly Trips to the post office and pharmacy****

Monthly Trips to the Walmart and Thrift Store Shopping



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
 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

NOVEMBER 2016 ANNOUNCEMENTS:

TRAVEL CLUB

Meeting: Every second Wednesday of the month at 2:00pm
 at the Richmond Summer Senior Center.

Meetings will be suspended for the months of December thru February.
 Meetings will restart in March 2017.

Call Lisa at 716-851-4204 on the day of the meeting to confirm.

**COME ON OUT AND VISIT THE 2016 HOLIDAY VILLAGE
 CITY HALL COMPONENT**

The 2016 Holiday Village components are as follows:

- ★ The Holiday Food Basket Donation, recommend someone who could benefit. (limited-first come/first served)
- ★ The Holiday Senior Craft Show and Sale & Coupon Option – come on down and do some shopping – get a discount coupon!
- ★ Grandparents Raising Grand Children/ The Adopt-A-Family Project. (limited – only two families selected by committee)
- ★ The Gift Basket & Ginger Bread House Display & Auction.

Come and see, bid, and enjoy the day!

Transportation provided to centers and groups on a first come/first served basis.

City of Buffalo Division of Senior Services
65 Niagara Square, 8A City Hall
Buffalo, N.Y. 14202-3324

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U.S. POSTAGE
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BUFFALO, N.Y.
PERMIT #856

TO:

MAYOR BYRON W. BROWN'S SENIOR CITY LIFE

NOVEMBER 2016



“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.”

- William Arthur Ward

WWW.CITY-BUFFALO.COM