

Evans Senior Center

999 Sturgeon Point Road

Derby, NY 14047

716.947.0974



SEPTEMBER NEWSLETTER

SENIOR MOMENTS

FROM THE DIRECTOR: JULIE A. ROACH

Mission Statement of the Evans Senior Center; Help Seniors to remain Independent, Active, Healthy and in their own homes for as long as possible.

September.....Fall is right around the corner. Snow birds are packing up and we Hearty bunch are getting ready for new classes and activities.

Pssst we have Horseshoe pits. Parks installed the pits just in time for a nice cool game. Thank you Tony Montoro for the Shoes.

Senior Center	Rural Transit	Community Concern	Meals on Wheels	EC Senior Services	Legal Services for the Elderly	Going Places
947-0974	549-5098	947-5025	822-2002	858-8526	858-3087	858-7433

www.TownofEvans.org

DAILY ACTIVITIES

On any given day you will find an active group of retirees at the Senior Center.

HOURS

Monday thru Friday from 9AM-3PM (*some evenings*)

SCHEDULED ACTIVITIES

Van transportation is available with a 9AM pick up and afternoon take home (\$2.00 r/t donation)

Monday-Friday we have a noon meal served at the Center through the Erie County Nutrition Program Stay Fit Dining. Requested donation \$3.00. Meals are ordered one week in advance.

Monday: Stay Fit Stretch and Tone at 11:00

Tuesday: Bingo at 10:00

Thursday: Pinochle all day - sign in by noon for afternoon play

Friday: Learn to Crochet 10:30 begins 10/7

Also available daily at the center:

Exercise equipment by appointment (Treadmills, Cardio Fit, Stationary Bikes, Gazelles, Elliptical, Weight Uni Gym, Billiards, ShuffleBoard, Card Playing, Puzzles, Book Exchange)

Interested in playing Euchre or Scrabble? Want to start a book of the month club? Trivia Group?

Let Julie or Barb know if you are interested and we will set something up for the Fall

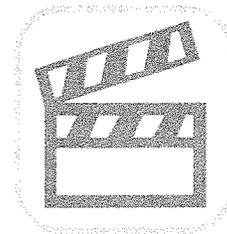
Also looking for dance, art, knitting, and hand quilting instructors

EVANS ENTERTAINERS

Looking for a lively group of singers, dancers, musicians and entertainers.

Monthly practice and if we can arrange transportation we will be going out on a bi-monthly basis....

Sing A Long: Monday, September 19th @ 12:30 PM



Everyone has a song to sing, why not share.....

VOLUNTEER OPPORTUNITIES

A special *Thank You* to all of the seniors who give so generously through volunteering at the local VFW, Legion, Fire Halls, Schools, OGN, Community Concern, Church's, Meals on Wheels, Salvation Army Kettle Drive, Lakeshore Post Prom Party and anyone else who needs a helping hand.

There are many Volunteer opportunities in the Town of Evans and many of our seniors volunteer.

We are always in need of Kitchen Help. Cooks, Set up, Serve, Clean up for the daily Meal program.

I Gave You My Time, You Gave Me Your Smile and that is what makes it All Worthwhile.....

SUNSHINE CLUB & TRAVEL

We will be putting together a travel club this fall and ask anyone interested in day and overnight trips to please attend our first meeting to be held the second Thursday of the month at 11 AM

Birthdays in September: Joan Bauer, Helga Jones, Robert Pingitore, Mary Hanner Barbara Severin

Get Well: Peg Shriber George Stephan

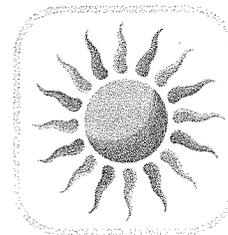
In Sympathy: Kazimierz Szydowski

We are always looking for new ideas on interesting day and overnight trips as well as new programs.

Why not stop by and let us know where you would like to go or a program you would like to attend. If

you know someone celebrating a Birthday or Special Milestone contact the center and we will be sure to

include you in our Newsletter.



RHYMES RIDDLES AND REMEMBERS

We all put more effort into helping folks reach old age than into helping them enjoy it

The real fountain of youth is in your mind

Old age is not a disease it is strength and survivorship

Do You Remember: 8 track tapes, dick and jane, three tv stations, red barn

EVENTS AND HAPPENINGS

2016 Defensive Driving Course 2016

(all classes require pre registration and are held at the center from 6-9 PM you must attend both nights and you will be given an insurance reduction.) Fees for classes are now \$20.00 for members and \$25.00 for non members payable by Check or Money order made to AARP they Do Not Accept Cash. There is no age requirement.

September 6 & 7 and November 1 & 2

September 8: Travel Club first meeting 10:00

September 12: No Senior Board Meeting (next meeting October 18)

September 14: Fit & Lean 10:30-Noon (six week program)

September 19: Sing A Long 1 PM

September 20: Flu Shots 12:30-2 PM

September 22: First Day of Fall Luncheon Noon



HEAP is offering Heating Equipment Cleaning and Tune Up Assistance 858-1969 for an application.

Next month AARP and UB will be here discussing our needs as part of the **2016 Age Friendly Community**

Needs Assessment... This is where plans are laid and we have so many of you with great ideas and who better to know what an age friendly community needs. If you will be unable to attend and have something to offer Please Contact the senior center and we will submit your idea.

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**Mon-Fri 9-7
Sat & Sun 9-2**

627-3232

4923 Lakeshore Rd. • Hamburg

Change is

Beautiful!

I am a lifelong resident of the Town of Evans and a Certified Senior Real Estate Specialist.

*If you're thinking about
buying or selling a home,
give me a call!*

CHRISTINE A. TAYLOR, SRES

Licensed Real Estate Salesperson

Cell: 716.863.2000

Res: 716.549.0198

ChrisTaylor@RealtyUSA.com



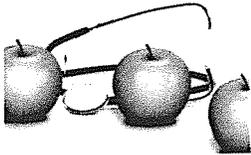
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Oral Rehabilitation

Implants

Periodontal Care

• **NEW PATIENTS ACCEPTED** •

21 Center Street
Angola, NY 14006
716-549-3111

5782 Main Street
Williamsville, NY 14221
716-634-1300

Maria Rita P. Andaya, MD

Internal Medicine

Vivien Redeye, MD

Diane Cozzo, NP

FAMILY PRACTICE



Performing D.O.T. Physicals

16 North Main St., Angola, NY 14006

716-780-7398

15 Melroy Ave., Lackawanna, NY 14218

716-821-0170

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