



PAUSE TO CONSIDER

Newsletter of the Town of Evans Senior Center

999 Sturgeon Point Road, Derby, NY 14047 - (716) 947-0974

OFFICE HOURS 7AM-4PM Veronica Sullivan, Director

Helping Seniors remain in their own homes through active participation, socialization, recreation and nutrition in the community.

MARCH 2018

REMEMBER EVERYDAY ACTIVITIES

7-9 AM EVERY MORNING Start your day with some cardio vascular exercise in our open Gym. Utilize the exercise equipment and walk laps around the gymnasium.

12 NOON MONDAY – FRIDAY
Lunch served! Stop in any time for a menu. Suggested cost is \$3.00. Please call two weeks prior to order – 947-0974. Be at the center by 11:45, and please try to call in cancellations before noon any day you can't make it.

CALL 947-0974 TO REGISTER FOR:

MONDAY

Resistance Band Exercise
@ 11 AM with Barb (every week)

Charity Quilting @ 9 AM-3 PM
(2nd Monday of each month)

Coloring Corner/Puzzles/Games
@ 9 AM – 12PM

TUESDAY

Bingo @ 10-11 AM (every week)

**Low/No Impact Cardio Workout
w/Lisa @ 10 AM** (every week)

WEDNESDAY

Sitting in Motion Exercise -
@ 10 AM-11AM (every week)

Coloring Corner/Puzzles/Games
@ 9 AM – 12PM

Open Watercolor Workshop
Every 2nd and 4th Wednesday
@ 1:30-3:30PM Open to public/
\$15 for non-members

THURSDAY

Cards @ 9 AM - 3 PM Every Week

Beginners Quilting Class @ 9AM-3PM with Poppy- 1st & 3rd Thursday

Open Quilters Workshop
@ 9 AM-3 PM Every week

Dance Expressions with Nancy Jo
@ 10 AM - 2nd & 4th Thursday

FRIDAY

Crocheting @ 10:30 AM w/Ann

Coloring Corner/Puzzles/Games
@ 9 AM – 12PM

Line Dancing Class @10:30-11:30 AM **Must sign up!

Sewing Class @1-3PM (Every week)
Must attend March 2nd session! Must sign up-only 6 slots available!

A Stay Fit Nutritional Lunch Program is offered at the Evans Senior Center each day at noon. Cost is \$3 per meal. Two weeks advance registration is required.

MEETINGS AT THE SENIOR CENTER

Senior Advisory Board Meeting
@ 6:00 PM 2nd Monday of the month

Travel Club @ 7:00 PM the 2nd Monday of the month

Evans Art Guild @ 7:00 PM on the 1st Wednesday of each month beginning in April

Southtowns Scarlett Chapeaus
@ 11:00AM 1st Monday of each month

POSITIVE QUOTE CORNER

“Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you.” – Roy T. Bennett

Do you like to volunteer?

We are looking for individuals who would enjoy teaching our seniors a new craft, or exercise program, or hobby. Give us a call - we'd love to hear from you!

INFORMATION & REFERRAL SERVICES

Senior Center: 947-0974
Open 7AM to 4 PM

Meals on Wheels: 822-2002

Evans Rural Transit Van Service
549-5098 – Dr. Apt, Errands, Etc.

Going Places Van
858-7433 Mon–Fri, 8:30–4:30

Erie County Senior Services
858-8526

Telephone Assurance Program
(TAP) 896-6388

Evans Police –Non-Emergency
549-3600

EMERGENCY - Dial 911
Fire, Police, First Aid

Evans Center Volunteer Fire Co.
549-1221

Lake Erie Beach Fire Co.
549-1122

Angola Village Fire Co.
549-3022

For more information about additional Senior Services and Programs such as HEAP, Adult Day Care & Respite, Community Concern of WNY, etc., please visit the Erie County Department of Senior Services at

www.erie.gov/depts/seniorservices

SPEAKERS CORNER NEWS

Special Featured Speakers for the Month of March & Open to the Public

*** Need to call and sign up for Speakers

1. March 5th @ 12:30pm .. Alzheimer's Association on - **Effective Communication Strategies for Dementia**
2. March 6th @ 10-12:00pm...**Arts Access Workshop** - Arts Access aims to increase the accessibility of Western New York arts and culture by connecting residents to free and low-cost cultural opportunities in their communities.
3. March 12th @ 10:00-11:00am...**Eat Smart Food Demo** – Suggestions and demonstrating a healthy way of cooking for everyone
4. March 15th @ 12:30pm...**Elder Law Justice Pool Trust** for Seniors and Individuals with Disabilities.
5. March 13th @ 12:30am-2:00pm ...**Clear Captions workshop w/ Ice Cream Social** ...If you are experiencing any form of hearing loss, you may qualify to receive a Clear Captions phone at no cost to you
6. March 20th @ 9:30-12:00pm ...**Elderwood presents Managed Long Term Health Care** - Insurance Information ... prepare for the future
7. March 21st @ 12:30pm. .. **SSI and Medicare Presentation** with Kevin Cafferty. Great opportunity to speak with a live person to ask questions.
8. March 22nd @ 11:00am. .. **Dr. Leo, Chiropractor** started new practice in the Evans Area/ Present information and answer questions
9. March 26th @ 12:30pm...**Grief And Loss** , presented by Blue Cross & Blue Shield

COMMUNITY NEWS

1. Nellie Jo Ballard has been a member of the Evans Senior Center and unfortunately needed to moved to Elder wood Assisted Living in Hamburg , the Director went to visit her and she sends her love and Hello's to everyone at the Senior Center.
2. Our Senior Center is continuing to do update remodeling and we have just completed the Lounge room and Lunch room with plastering and painting, it looks wonderful. Along with removal of the old blinds and replaced with newly made curtains. John Dutchess is the maintenance man who did all of the remodeling for the center...GREAT JOB!!!!
3. The Senior Center would like to "Thank" the following women that took the time over the summer to go with the director and pick out the material for all the curtains for the center and also made all of the curtains on # 3 Saturdays. Miriam Oster, Patty Burke, Poppy our Quilting instructor. Fantastic Job Ladies you out did yourself! Also "Thank You" Mr. Oster for the Lounge Curtain Rod idea.
4. The director of the Senior Center would like to remind the Evans Community to take advantage of all the speakers and workshops that are being offered at the Senior Center .. Knowledge is power!
5. Senior Center is also going to being holding Raffle Basket Event for the whole month of April, please come in and try your luck with the Raffle , this will help raise funds for future events @ the Senior Center (Christmas Party, Social Dance Event, Senior Picnics).
6. March 1st the Senior Center will be having our Evans Town Supervisor at the Center for Lunch with our Seniors to have friendly conversation.
7. Every last Thursday of the month, we celebrate members of the centers birthdays with a celebration cake @ 12:00pm ...everyone is welcome!

Every 1st Tuesday of the Month @ Each Food Pantry OGN, OGN on Prospect in the Village of Angola
...individuals can come in for free food on this day only!

JOIN OUR NEW TRAVEL CLUB!

1. April 24th **"Till Beth Do Us Part"** Station Dinner Theater – Erie Pa ...\$86 per/person w/ Lunch included
2. May 8th **"Delago Casino"** - \$26 per/person - \$25 free slot play & lunch buffet included(full payment)
3. June 18-20th - **"Jesus"** Sight and Sound Theater \$ 359 per/person (\$ 25 non- refundable deposit by March 9th - final payment April 27th)
4. July 17th **"Double Decker Bus and Boat Tour"** - \$109 per/person lunch included (full payment)
5. August 23rd **"Grand Canyon of East Penn"** - \$96 w/lunch included (full payment)
6. September 26-29th **"Mountain Trains Vermont"** - \$100 per/person due on making reservation. Final payment August 15, 2018... #3 prices look at flyer for information
7. October 30th **"Mama Mia Seneca Niagara"**- \$ 70 per/person (\$20 free slot play & Free lunch voucher)
8. November 12-14th **"Festival of Lights West Virginia"** - \$369 per/person (\$25 non-refundable deposit by August 3rd... Final payment September 21st 2018)

** Make checks payable to Evans Travel Club. Payment/Booking Policy apply to all of these trips
Questions & Reservation please contact: **Tony Montoro @ 716-549-5347**

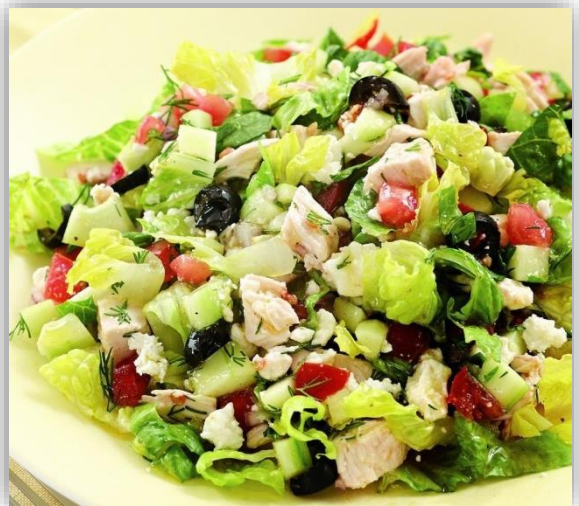
CHOPPED GREEK SALAD WITH CHICKEN

DRESSING

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh dill or oregano or 1 teaspoon dried
- 1 teaspoon garlic powder
- ¼ teaspoon salt

RECIPE

- ¼ teaspoon freshly ground pepper
- 6 cups chopped romaine lettuce
- 2½ cups chopped cooked chicken,
(about 12 ounces; see Tip)
- 2 medium tomatoes, chopped
- 1 medium cucumber, peeled, seeded and chopped
- ½ cup finely chopped red onion
- ½ cup sliced ripe black olives
- ½ cup crumbled feta cheese



PREPARATION

- Whisk vinegar, oil, dill (or oregano), garlic powder, salt and pepper in a large bowl. Add lettuce, chicken, tomatoes, cucumber, onion, olives and feta; toss to coat.
- Tip: If you don't have cooked chicken, poach 1 pound chicken breasts for this recipe. Place boneless, skinless chicken breasts in a medium skillet or saucepan. Add lightly salted water (or chicken broth) to cover and bring to a boil. Cover, reduce heat to low and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 15 minutes