



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.

NOVEMBER 2019

REMEMBER EVERYDAY ACTIVITIES

7-9 AM EVERY MORNING Start your day with some cardiovascular 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 AM, and please try to call in cancellations before noon any day you can't make it.

CALL 947-0974 TO REGISTER FOR: MONDAY

Coloring Corner/Puzzles/Games
@ 9 AM – 3 PM (every week)

Open Corn Hole @ 9 AM – 10 AM

Card Making by Natalie @ 9 AM
(Every 2nd Monday)

Charity Quilting @ 9 AM-3 PM

Resistance Band Exercise (every week) @ 10:00 AM – 10:30 AM

Note: New time started in September

Healthy Self (meditation, relaxation techniques, more) 11:15 – 12:00 PM (every week) **Note:** New time

TUESDAY

Bingo @ 10 AM -11 AM (every week)

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

Open Computer Lab -
@ 10 AM-12 PM (every week)

Beginner Tap @ 11:15 AM –11:45 PM (every week)

WEDNESDAY

Coloring Corner/Puzzles/Games
@ 9 AM – 3 PM (every week)

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

Open Computer Lab -
@ 10 AM-12 PM (every week)

Tai Chi for Beginners *NEW**
@ 1:45 PM - 2:45 PM every week (sitting & standing style). Geared for senior population. ***Must sign up**

Tai Chi for Intermediate *NEW**
@ 2:50 PM – 3:50 PM every week (sitting & standing style).

***Must sign up**

Painting With Acrylic

@ 1:30 -3:30 PM

Every 2nd and 4th Wednesday each month Open to public-must sign up

THURSDAY

Cards @ 9 AM - 3 PM every week

Beginners Quilting @ 9AM - 3PM
1st & 3rd Thursday each month

Open Quilting Workshop

@ 9 AM - 3 PM every week

NEW Yoga Class @ 10 AM – 11 AM

Note: Every week started in September. Standing and sitting style will be taught

FRIDAY

Coloring Corner/Puzzles/Games
@ 9 AM – 3 PM (every week)

Open Corn Hole @ 9 AM – 10AM

Beginners Crocheting Class @
10:30 AM–12 PM w/Anne (every week)

Line Dancing Class with Gloria
@10:30-11:30 AM (every week)

****Must sign up!**

Sewing Class 1 – 3 PM (every week until the end of November)

Class size limited

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 required.

MEETINGS AT THE SENIOR CENTER

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

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

Community Concern of WNY
947-5025

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 AM – 4:30 PM

Erie County Senior Services
858-8526

Telephone Assurance Program
(TAP) 896-6388

Evans Police–Non-Emergency
549-3600

Highland Hose Volunteer Fire Co.
947-4505

Evans Center Volunteer Fire Co.
549-1221

North Evans Volunteer Fire Co.
627-3410

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, etc., please visit the Erie County Department of Senior Services @ www.erie.gov/depts/seniorservices

SPEAKERS CORNER NEWS @ THE SENIOR CENTER

Special Featured Speakers for the Month of NOVEMBER 2019 & Open to the Public

*****Need to call and sign up for Speakers*****

Monday, November 4, 2019 at 1:00 PM

**“Everything You Ever Wanted to Know About Senior Sexuality, But Were Afraid to Ask”
Presented by Kelly Asher, Erie County Department of Health.**

This is not the sex education class you received in school. We will talk about sexuality in older age, safe dating practices in a new world, sex and your health, and safe sex practices. You will leave informed and empowered.

Tuesday, November 12, 2019 at 1:00 PM

“Understanding Veterans Benefits” with Veterans Service Officer, Felice Kryciar

Erie County Veteran Services Officers will help you navigate the Department of Veterans Affairs' bureaucracy. Our services are free. We will help with gathering the information necessary to support a claim, file a claim, and track the claim through the VA system. We can also assist with filing appeals for denied claims. **We strongly recommend you make use of the services provided by County Veterans Service Officers.** Our expertise can help you avoid the pitfalls and delays that missing paperwork or improperly filled out claim forms can cause. Additionally, the Erie County Veterans Service Agency (ECVSA) can review all possible Veterans' benefits and programs, including state and local benefits. The Office of Veterans Services offers a personalized service not available from other sources. Please contact our office at **(716) 858-6363** or email us at: veterans@erie.gov with any questions you may have about the following summary of VA benefits.

- * **Disability Compensation**
- * **Pension**
- * **Other Benefits**

Thursday, November 14, 2019 at 1:00 PM

“Medicare” Presented by Daniel Walter & Andrea Grajeda from Bankers Conseco Life Insurance Company.

- Has **Medicare** got you confused or frustrated?
- Are you concerned with the **rising costs of healthcare?**
- Do you worry about **Long-Term Care** costs should the need arise?
- If the answer to any of these questions is **YES**, we can **HELP!**

Monday, November 18, 2019 at 1:00 PM

“Genealogy 101” Presented by Rhonda Hoffman, Genealogy Specialist

Please join us to jump-start your genealogy with this introduction to family history research. You will learn basic genealogy concepts, the types of records used, and an overview of the genealogy resources available through the Buffalo & Erie County Public Library System.

Monday, November 25, 2019 at 1:00 PM

“Their Great Adventure: WNY Men in World War 1”

In a class by themselves, early WNY volunteers for aviation served primarily with the French in the Lafayette Escadrille. American squadrons were formed after April 1917 but organizing, training, and equipping the new Army Air Service took so long that only 45 all-American squadrons fought in France by the end of the war. See how John Knox MacArthur, Nathaniel Duffy, Laurence Dana Rumsey dared to fly their “peach crates” in dog fights with superior German pilots. Learn how Buffalo’s Aero Club and Curtiss Aeroplane Company helped move WNY into the forefront of aviation.

POSITIVE QUOTE CORNER

I AM STRONG - because I know my Weakness

I AM BEAUTIFUL - because I am aware of my Flaws

I AM FEARLESS - Because I learnt to recognize Illusion from Real

I AM WISE – because I learn from my Mistakes

I AM A LOVER - because I have felt Hate

And...

I CAN LAUGH - because I have known Sadness

COMMUNITY NEWS

- 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.**
- **Every First Thursday of the month**, we celebrate members of the center's birthdays with a celebration cake at 12:00 PM. Everyone is welcome!!
- **Wednesday, November 6, 2019 from 9 AM to 2 PM**, the Evans Senior Center will be hosting its **Annual Senior Health Fair**. Everyone is welcome to come and take advantage of the opportunity to speak with a live person and ask the necessary questions regarding their health benefits.
- **Thursday, November 7, 2019 from 6 PM to 9 PM**
Fall Senior Dance - The ROADRUNNERS Band will be entertaining us with rock and roll music and a variety of country and classic music. Tickets are just \$15.00 per person and are available at the Town of Evans Senior Center. Ticket price includes appetizers, beverages, music and raffle. Call (716) 947-0974 if you have any questions. Doors open at 5:30 PM.

- Thank you to one of our seniors, **Jane Teel**, for purchasing a new grab bar for our ladies room. Along with this, the center purchased a new toilet that isn't child size. All updated now.
- Thank you to **Joan Bainbridge** for taking two days to weed both sides of the entrance on the Sturgeon Point Road side. Thank you also for purchasing six mum plants and planting them for the center. Everything looks beautiful.
- Thank you to **Phyllis Martin** for the donation of material for the center's Quilting and Sewing classes.
- **A huge "Thank You" to everyone** who thinks to bring in goodies for the morning coffee sessions and extra items that are placed for people to take for themselves. The craft supplies and holiday decorations are so appreciated. This partnership that has been displayed since I have taken this position and is greatly valued. It never goes unnoticed.
- **A special thank you to Kathy for working a whole day to weed, till, and clean up our side entrance of the Senior Center.** It looks amazing and again, Volunteers are priceless individuals.

Support the Senior Center with your empty cans and bottles by returning them in the name of Evans Senior Center to:

"Green Zone" on Erie Road, Angola, and

"Can Counter" located at 6811 Erie Road, Derby

JOIN IN OUR NEW TRAVEL CLUB!

EVANS TRAVEL CLUB – For reservations and/or questions – contact: Tony Montoro at (716) 549-5347.

Wednesday, November 20th, 2019

"Seneca Niagara Casino Customer Appreciation Event" Price \$27.00 per person.

Monday, December 2nd, 2019

"Sinatra Christmas – My Way"

Salvatore's Italian Gardens

Price \$77.00 per person with lunch

THE SPIRIT OF YOGA

As yoga has grown in popularity, most people have understood its practice as a series of stretches ranging from the easy to the physically challenging. In many ways, yoga is a vigorous form of physical activity that demands athleticism and flexibility. Yoga, however, is much more than physical exercise. As one of its most famous practitioners, B.K. S. Iyengar, stated, "Yoga cultivates the way of maintaining a balanced attitude in day-to-day life." This balance of mind makes yoga both spiritual and physical exercise.

Yoga was developed 5,000 years ago by mystics seeking harmony between their body and spirit as a way of achieving divine enlightenment. So while yoga may be practiced today as merely a physical exercise, this is just one side of the practice. Yoga also touches the soul.

Yoga postures, or poses, require focused attention and intention. Slow, careful breathing and inward focus to meditation help yoga practitioners clear their minds of worry and become present in the now. These practitioners shed their daily worries the way a snake sheds its skin and become energized. Some even feel greater sense of creativity, insight, imagination, and intuition. These are the gifts that yoga can give to our spirits, while our bodies enjoy the gifts of endurance, flexibility, and strength, and beauty to body, mind, and soul.

Be sure to join us every Thursday at 10:00 -11:00 a.m. in the Gym for Yoga!