

Senior Newsletter

May 2019

May Highlights

(** Advance registration required)

ATTENTION Card Players please remember that your play time has been changed to 12:30— 3:30 PM

And you MUST register in advance

Wednesday, May 1 ~ **Take Me Out To The Ballgame Party!!!! Don't miss the fun!!

Wednesday, May 1 ~ Visionaries Support Group

Wednesday, May 15 ~ **Hong Wah Restaurant

Wednesday, May 15 ~ **AARP Safe Driving

**Friday, May 17th ~ **Monroe County Spring Fling—
NO LUNCH OR TRANSPORTATION AT THE SENIOR CENTER**

Monday, May 27th ~ CLOSED FOR MEMORIAL DAY

Phone Numbers

Transportation

585-872-7103 Ext. 7385

Call by 8am and leave a message for changes

Senior Coordinator

Clare Guadagnino

585-872-7103 Ext. 7105

Weather Cancellations

Monroe County Senior Center

Nutrition Programs

TV Ch 8, 9, 10 & 13



Hello
Sunshine!

WE ARE LOOKING FOR BINGO PLAYERS! COME AND JOIN US ON MONDAYS & THURSDAYS FOR SOME OLD FASHIONED FUN! THERE IS NOMINAL FEE OF 20 CENTS PER GAME

Eldersource

If you didn't know: Lifespan offers a variety of educational classes at their main office at 1900 S. Clinton Avenue in the Tops Plaza in Brighton (the old Loehmann's Plaza) as well as other sites around the area. Just a few coming up are—

Hearing Loss Demonstration Center May 16 from 10-2 at Lifespan

Tai Chi for Arthritis May 21 from 9:30-11 at Lifespan

Legal Aspects of Aging May 15 from Noon to 1:30 at the Lily Café (Maplewood YMCA) All classes require reservations at 244-8400 extension 201.

If you'd like to see the full listing please see Vanessa from Eldersource the 2nd and 4th Tuesday of each month from 9:00-11:30 here at your center

Lunch Club 60 Benefits

Healthy nutritious meal planned by a registered dietician from Monroe County.

Meals served Monday-Friday between 11:45-12:15 PM.

Small suggested contribution of just \$3.50 for lunch for those 60 and older.

Transportation for Webster Residents to and from our center.

(With a suggested contribution of \$2.00 each way).

Free access to our fitness facilities on lunch days to those meeting center standards.

Free fitness classes and lap walking in the gym to those meeting center standards.

Free transportation to offsite trips to those meeting center standards!

Monroe County Senior Nutrition Program

Who is eligible to eat a meal?

- Any person age 60 or older, regardless of residency, is eligible to eat a meal. This includes staff members and volunteers at the meal site who are age 60 or older.
- A spouse of any age of an eligible participant as defined above.
- Disabled persons under the age of 60 who reside at the home of an eligible participant & accompany that person to the meal site.
- Disabled persons under age 60 who reside in housing facilities where congregate meals are served.
- Volunteers of any age who assist in the meal service during meal time.

Who may 'contribute'?

Includes all persons as described in the list above.

- No eligible person can be denied a meal because of inability or unwillingness to contribute.
- The suggested meal contribution is **\$3.50** per meal.
- All contributions are confidential and voluntary.

Who must 'pay'?

- Staff under 60 years of age must pay **\$7.50** per person.
- Guests under age 60 must pay **\$7.50** per person.
- Guests include children, other relatives of participants (other than those noted as being eligible as noted above),
- Employees of agencies, towns, counties, politicians, speakers, social workers, etc.

No eligible person shall be denied benefits or subjected to discrimination under any program or activity receiving any Federal, State, or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status. This program is funded by participants' contributions, U.S. Administration on Aging, NY State Office for the Aging, NY State Dept of Health, and the Monroe County Dept of HS/Office for the Aging

FITNESS CLASSES

THERABAND

Monday's at 10:30- 11:30
Free Program taught by GVPT
Registration Required

SILVER & FIT FITNESS

Tuesday & Thursday at 9:00
Free Program for Silver and Fit Members
Registration Required

EXERCISE BINGO

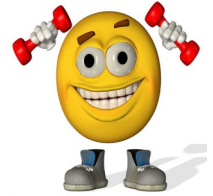
Tuesday's at 11:15
Free Program to Lunch Club 60 Members
Taught by Webster Staff in Lunch Room
Registration **NOT** required

FITNESS

Wednesday's at 12:30
Thursday's at 11:15
Free for Lunch Club 60 Members
Taught by Webster Staff in Lunch Room
Registration **NOT** required

CHAIR YOGA

Friday's 10:15-11:00
Free for Lunch Club 60
members
Registration Required



There are other fitness programs that require registration and have fees. Grab a program guide for more information! Please check at the front desk to see if you qualify for Silver and Fit or Silver Sneakers

Webster Parks and Recreation

WEBSTER SENIOR CENTER

Our Purpose

The Webster Senior Center is dedicated to support and enhance the lives of seniors 50 years and older by providing programs and services that promote active, independent and healthy lifestyles. We offer a diverse selection of activities such as; games, day trips, fitness classes, cards and more. Our monthly newsletter – including menu and activity calendar can be found on our website at: www.ci.webster.ny.us/449/Senior-Center

• • •

Our Center Standards

Participants must exhibit independence and ability for self care. Mental disorientation or physical disabilities requiring individual care cannot be accommodated, unless a caregiver accompanies that individual.

An individual's status is subject to periodic review.
Caregivers must register and abide by center standards.

• • •

Our Participant Expectations

Participants and Participant Caregivers are expected to exercise respect, civility, and orderly conduct towards participants, volunteers, staff members, instructors, facilities and the public.

Lunch Club 60 Menu May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All meals served with milk, bread and butter.</p> <p>Soup served with crackers.</p>		1	2	3
		<p>TAKE ME OUT TO THE BALL-GAME PARTY!</p> <p>Hot Dogs Macaroni Salad French Fries Ice Cream</p>	<p>Hot Roast Beef Sandwich w/Gravy Tomato Florentine Soup Cauliflower Marble Rye Bread Pears</p>	<p>BBQ Pulled Pork served over Baked Potato Brussels Sprouts Wheat Bread Applesauce</p>
6	7	8	9	10
<p>Sloppy Joes on Bun Broccoli Corn Peaches</p>	<p>Macaroni & Cheese Stewed Tomatoes Green Beans 12 Grain Bread Fresh Orange</p>	<p>Braised Pork Chop w/Dressing Smashed Potatoes & Gravy Sicilian Blend Vegetables Dinner Roll Orange Cake</p>	<p>Roasted Chicken Breast w/Dressing Mashed Potatoes & Gravy Malibu Blend Vegetables Wheat Dinner Roll Chocolate Cake</p>	<p>Tuna Salad Sandwich on Wheat Thinwich w/Lettuce & Tomato Chicken Gumbo Fruit Cocktail</p>
13	14	15	16	17
<p>Italian Sausage Pasta & Sauce Grape Juice Wax Beans Mixed Vegetables Italian Bread Applesauce</p>	<p>Beef Stew over Biscuit Tossed Salad w/ Ranch Dressing Corn Petite Banana</p>	<p>Chicken Salad Sandwich on Wheat Thinwich Split Pea Soup Tossed Salad w/ French Dressing Fruit Cocktail</p>	<p>Breaded Haddock w/Tartar Sauce Coleslaw Mashed Potatoes Wheat Bread Pineapple</p>	<p>NO LUNCH TODAY</p>
20	21	22	23	24
<p>Chicken Cordon Bleu Mashed Potatoes w/ Gravy Beets Wheat Bread Mandarin Oranges</p>	<p>Pork w/Vegetables over Brown Rice Broccoli Dinner Roll Applesauce</p>	<p>Stuffed Cabbage w/Sauce Steamed Potatoes Peas Marble Rye Bread Peaches</p>	<p>Broccoli & Cheese Topped Baked Potato Black Bean & Lentil Chili 12 Grain Bread Petite Banana</p>	<p>Pub Burger w/Lettuce, Tomato, Onion, Catsup, Mustard & Relish on Bun Minestrone Corn Pears</p>
27	28	29	30	31
<p>ABVI Closed</p> <p>No Meals Served</p>	<p>Chicken Stuffed w/ Broccoli & Cheese Mashed Potatoes w/ Gravy Carrots & Peas Wheat Bread Pineapple</p>	<p>Seafood Salad w/ Lettuce & Tomato on Thinwich Cabbage Beef Soup Fruit Cocktail</p>	<p>Braised Pork Chop w/Gravy Scalloped Potatoes Brussels Sprouts Rye Bread Oatmeal Raisin Cookie</p>	<p>BBQ Chicken ¼ Navy Bean Soup Steamed Potatoes Corn Muffin Peaches</p>

May 2019 Activities

Mon	Tue	Wed	Thu	Fri
	<p>ATTENTION CARD PLAYERS- PLEASE NOTE NEW TIME AND YOU <u>MUST</u> REGISTER FOR YOUR PROGRAM~ THANK YOU~</p>	<p>1 10:30 Visionaries</p> <p>NO FITNESS TODAY</p> <p>11:00 Take Me Out to The Ballgame Lunch \$5.00</p>	<p>2 9:00 Bingo 11:15 Fitness 12:30 Euchre 12:30 Mahjong</p>	<p>3 9:00 Knitters 10:15 Chair Yoga</p>
<p>6 9:00 Bingo 10:30 Exploring the Bible 10:30 Theraband 1:30 Wegmans</p>	<p>7 9:00 Caseworker 11:00 Senior Singers 11:15 Exercise Bingo 12:30 Bridge 12:30 Mahjong</p>	<p>8 12:30 Fitness</p>	<p>9 9:00 Bingo 11:15 Fitness 12:30 Euchre 12:30 Mahjong</p>	<p>10 9:00 Knitters 10:15 Chair Yoga 10:30 Book Club Buddies 12:00 Birthday Bingo</p>
<p>13 9:00 Bingo 10:30 Exploring the Bible 10:30 Theraband 1:30 Wegmans</p>	<p>14 11:00 Senior Singers 11:15 Exercise Bingo 12:30 Bridge 12:30 Mahjong</p>	<p>15 9:00 AARP Driving (register in advance)</p> <p>11:00 Lunch Bunch to Hong Wah (register in advance)</p> <p>12:30 Fitness</p>	<p>16 9:00 Bingo 11:15 Fitness 12:30 Euchre 12:30 Mahjong</p>	<p>17 10:15 Chair Yoga Senior Center Closed—NO LUNCH TODAY</p>
<p>20 9:00 Bingo 10:30 Exploring the Bible 10:30 Theraband 1:30 Wegmans</p>	<p>21 11:00 Senior Singers 11:15 Exercise Bingo 12:30 Bridge 12:30 Mahjong</p>	<p>22 12:30 Fitness</p>	<p>23 9:00 Bingo 11:15 Fitness 12:30 Euchre 12:30 Mahjong</p>	<p>24 9:00 Knitters 10:15 Chair Yoga</p>
<p>27 SENIOR CENTER CLOSED FOR MEMORIAL DAY</p> 	<p>28 9:00 Caseworker 11:00 Senior Singers 11:15 Exercise Bingo 12:30 Bridge 12:30 Mahjong</p>	<p>29 12:30 Fitness</p>	<p>30 9:00 Bingo 11:15 Fitness 12:30 Euchre 12:30 Mahjong</p>	<p>31 9:00 Knitters 10:15 Chair Yoga</p>