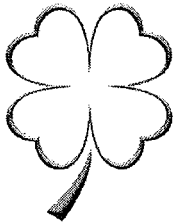
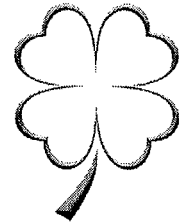


Senior Connection

The Ogden Senior Citizens' Newsletter



MARCH 2019



At the OSC, We're all about active!

The Ogden Senior Center is located at 200 S. Union Street, Spencerport, NY 14559

Phone: (585) 352-3250

Mon/Wed/Fri – Senior Nutrition Program, 9:00am to 3:00pm.
Lunch is served at noon.

Tues/Thurs – Cards & Bring Your Own Lunch, 11:30am to 2:00pm.

Nutrition Program Center Coordinator: Valerie Collins

President Tues/Thurs Seniors: Nona Lucas

Support Staff: Nicole Fogg, Marta Fortuber, Dick Blodgett

SAHARO Liaison: Carmen Zipeto

Town of Ogden Liaison: Mal Perry

What's happening at the Ogden Senior Center?

MARCH BIRTHDAYS

Our birthday celebration will be on March 13th at 11:00am.

Join us for cake!

1st Kay McIntyre

4th Bob Collins

8th Irene Heidenreich

15th Connie Staub

17th Susan Rittler

20th Gayle Grandy

26th Erma Miller



LUNCH @ WESTWOOD COMMONS

Tuesday, March 19, 2019 @ 11:30am.

Please sign up in advance. Thanks!

Entrée

Spaghetti and Meatballs

Italian Blend Vegetables

Garlic Bread

Dessert

Sherbet

Alternatives Available

Chef Salad with Turkey, Cheese, &

Hard-Boiled Egg

Tuna Fish Sandwich

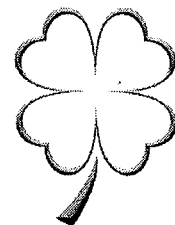
Chicken or Beef Pot Pie

TIMOTHY PATRICK'S (TP'S)

Authentic Irish Pub on Panorama Trail in Penfield!

Thursday, March 28th. Bus leaves the OSC at 11:00am.

Please sign up in advance. Thanks!



What's happening at the Ogden Senior Center?

NARCAN INFORMATION & TRAINING SESSION

Wednesday, March 20th, 2019 @ 11:00am.

AARP SMART DRIVER'S COURSE

Monday, APRIL 15th AND Wednesday, APRIL 17th, 1:00-4:00pm.

This is a refresher course designed to meet the needs of motorists over age 50. Participants must attend BOTH classes. Cost is \$20 for AARP members, \$25 for non-members. No cash is accepted. A check or money order made payable to AARP is due on the first day of class. Please bring your Driver's License. Call the OSC to register.

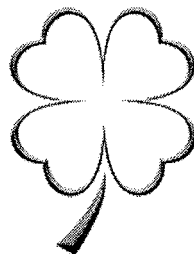
SAHARO'S CORNER

OSC Maintenance Update:

Grace & Peace Church will be installing a doorbell outside the lower door and a buzzer by the drinking fountain.

SPRING BEGINS ON MARCH 20th!

Let's hope the weather realizes it!



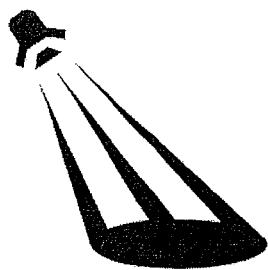
Please remember...

- ❖ Children may be present at OSC functions only for specific multi-generational events and by pre-arrangement. This applies to all senior nutrition programs and all senior programs sponsored by the Town of Ogden.
- ❖ No totes, purses, bags, or containers should be left on the floor, especially under the tables. They can be a tripping hazard. Thanks!
- ❖ Suggested contribution for the OSC Senior Nutrition Program lunch M-W-F is now **\$3.50**. No one 60 and over is ever denied due to inability or unwillingness to contribute. Voluntary donation is now \$2 for One Way and MMS Transportation.
- ❖ Coffee is **50 cents** per cup.
- ❖ As a reminder, only whole fruit with the skin intact (apples, oranges, bananas, etc.) and baked goods (sliced bread, cookies, cupcakes) may be taken home from lunch. This is a MCOFA rule, and there are no exceptions. You may not take home milk, ice cream, or sherbet, even in a sealed container. Second services must be eaten at the Center, at the same sitting as the regular meal.
- ❖ Lunches will be served as described on the MCOFA menu. No exceptions will be made. We adhere to a first come, first served policy. You must be signed in by 12:00 to be served. You may call ahead to reserve a lunch.
- ❖ We can accept only sealed, dated packages of cookies and snacks to be served with coffee.

Ecumenical Food Shelf – We're proud to be one of the many drop-off points in the community for the collection of non-perishable food items for the Ecumenical Food Shelf. We accept contributions M-W-F from 9-3, and the food basket is just inside the reception area door.

Project Council Representatives: Luba Balycz and Del and Linke.

Please talk with them and share your ideas for improving and growing out Center. We all welcome you input.



SENIOR SPOTLIGHT

An opportunity to get to know each other better!

Senior: Elmer

Where were you born? "Rochester, New York".

Where else have you lived? "I always lived in Rochester".

Tell us about your family: Elmer's wife was from Pennsylvania (she passed away), he has 2 boys, and 3 grandkids.

What did you do for work? Eastman Kodak for 36 years.

Where have you traveled? Tokyo, Japan, Bermuda, Korea (in the army), and Canada

What are your hobbies and interests? Gardening and watching sports.

What do you enjoy about the Ogden Senior Center? "Meeting with friends and having lunch".

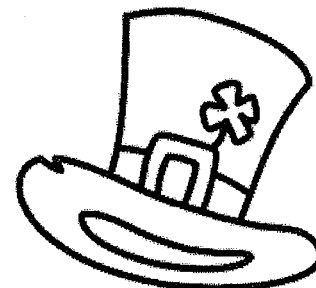
Any words of wisdom for your fellow seniors? "Watch what you eat"!

MONTHLY WIT & WISDOM

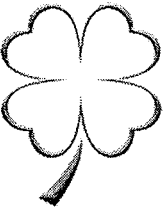

"The trouble with doing nothing is that it's too hard to tell when you're finished."




Have a great month from all of us at the Ogden Senior Center!



MARCH 2019

MARCH 2019					
MON	TUE	WED	THU	FRI	SAT
<p>AT OSC, WE'RE ALL ABOUT ACTIVE!!!!</p>				<p>1</p> <p>9:00 Cards 9:30 Fit & Flexible - \$\$ 1:00 Euchre</p>	2
<p>4</p> <p>9:00 Cards 10:00 Eldersource Manager, Hollie Freece DISCUSSION: General Benefit Information</p>	<p>5</p> <p>11:30 Cards and BYO Lunch</p>	<p>6</p> <p>9:00 Cards ARC 10:00 Fit & Flexible - Free BINGO 1:00 Mah Jongg</p>	<p>7</p> <p>11:30 Cards and BYO Lunch</p>	<p>8</p> <p>9:00 Cards 9:30 Fit & Flexible - \$\$ 11:00 Therapy Dogs 1:00 Euchre</p>	9
<p>11</p> <p>9:00 Cards 1:00 Mason Jar Art</p>	<p>12</p> <p>11:00 Crafts with Luba 3 FOR \$5 11:30 Cards and BYO Lunch MCOFA Meeting</p>	<p>13</p> <p>9:00 CARDS ARC 10:00 Fit & Flexible - Free 11:00 Birthday Celebration - CAKE! 1:00 MAH JONGG</p>	<p>14</p> <p>11:30 Cards and BYO Lunch</p>	<p>15</p> <p>9:00 Cards 9:30 Fit & Flexible - \$\$ 1:00 Euchre</p>	
<p>18</p> <p>9:00 Cards 10:00 Eldersource Manager, Hollie Freece DISCUSSION: General Benefit Information</p>	<p>19</p> <p>11:30 Cards and BYO Lunch Lunch at Westwood Commons</p>	<p>20</p> <p>9:00 CARDS ARC 10:00 Fit & Flexible - Free 11:00 Narcan Info & Training Session 11:00 Visit with Gay 1:00 Mah Jongg</p>	<p>21</p> <p>11:30 Cards and BYO Lunch</p>	<p>22</p> <p>9:00 Cards 9:30 Fit & Flexible - \$\$ 1:00 Euchre</p>	23
<p>25</p> <p>9:00 Cards</p>	<p>26</p> <p>11:30 Cards and BYO Lunch</p>	<p>27</p> <p>9:00 Cards ARC 10:00 Fit & Flexible - Free 1:00 Mah Jongg</p>	<p>28</p> <p>Lunch at Timothy Patrick's (TP's) 11:30 Cards and BYO Lunch</p>	<p>29</p> <p>9:00 Cards 9:30 Fit & Flexible - \$\$ 1:00 Euchre</p>	<p>30</p> <p>OGDEN SENIOR CENTER 200 S UNION STREET SPENCERPORT, NY 14559 (585) 352-3250 M, W, F, 9-3</p>

OGDEN SENIOR CENTER NUTRITIONAL MENU March-19

MONDAY	WEDNESDAY	FRIDAY	1
<p>All meals served with milk, bread, and butter. Soup served with crackers.</p> 		<p>Sloppy Joe on Bun Vegetable Soup Cauliflower Apricots</p>	
4	Ash Wednesday	6	8
<p>Chicken ala King over Biscuit Lima Beans Carrots Mandarin Oranges</p>	<p>Breaded Haddock w/Tartar Sauce Coleslaw California Blend Vegetables Wheat Bread Pineapple</p>	<p>Broccoli Cheese Quiche Orange Juice Green Beans 12-Grain Bread Pears</p>	
11	13	15	
<p>Italian Sausage Pasta & Sauce Grape Juice Wax Beans, Mixed Vegetables Italian Bread Applesauce</p>	<p>Individual Meat Loaf w/Vegetable Gravy Au Gratin Potatoes Broccoli Dinner Roll Fruit Cocktail</p>	<p>Breaded Haddock w/Tartar Sauce Coleslaw Steamed Potatoes Wheat Bread Pineapple</p>	
18	20	22	
<p>Pub Burger w/Catsup, Mustard, Relish, & Onion on Bun Tomato Florentine Soup Corn Mandarin Oranges</p>	<p>BBQ 1/4 Chicken Yankee Bean Soup Steamed Potatoes Corn Muffin Fresh Apple</p> <p style="text-align: center;">29 cupcakes</p>	<p>Macaroni & Cheese Stewed Tomatoes Green Beans Wheat Bread Fresh Orange</p>	
25	27	29	
<p>Mild Chili Tossed Lettuce w/Ranch Dressing Wax Beans Corn Muffin Peaches</p>	<p>Pork w/Vegetables over Brown Rice Warm Applesauce Broccoli Dinner Roll Pineapple</p>	<p>Tuna Salad Sandwich w/Lettuce & Tomato on Wheat Thinwich Minestrone Apricots</p>	

Monroe County Dept of HS/Office for the Aging

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability, or marital status. This program is funded by participants' contributions U.S. Administration of Aging, N.Y. State Office for the Aging, N.Y. State Dept. of Health, and Monroe County Dept. of HS/Office for the Aging.