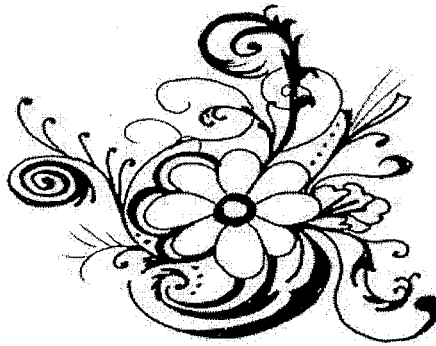


Senior Connection

The Ogden Senior Citizens' Newsletter



May
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.

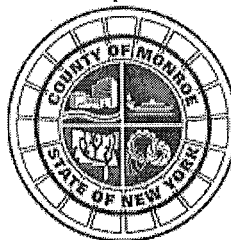
Tues/Thurs – Cards & Bring Your Own Lunch, 11:30am to 2:00pm.

Nutrition Program Center Coordinator: Valerie Collins

President Tues/Thurs Seniors: Nona Lucas

Support Staff: Nicole Fogg, Marta Fortuber, Dick Blodgett

SAHARO Liaison: Carmen Zipeto



What's happening at the Ogden Senior Center?

MAY BIRTHDAYS

Our birthday celebration will be on May 15th at 11:30am. Join us for cake!

2nd David Talbot
5th Lorie Spagnola
6th Robert Barone
9th Marge Ballister
13th Joan Walters

14th Giuliana Marchioni
15th Nancy Hagemann
20th Carol Brosius
23rd Nicole Fogg
31st Florence Hagemann



SPRING FLING

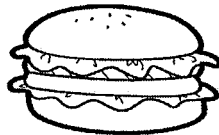
Friday, May 17th from 10:00am-2:00pm
at the Memorial Art Gallery

Sign up is limited to OSC Lunch Club members only.

LUNCH @ Blades

This open kitchen daytime restaurant features an all-day breakfast, brunch, and lunch menu.

Tuesday, May 28th @ 11:00am.



Advance sign up required for both events. Thanks!

What's happening at the Ogden Senior Center?

OLDER AMERICAN CELEBRATION

Wednesday, May 22nd at 11:00am

Please join us as we celebrate Older American Month by bringing in examples of your artistic talents! Whether you paint, knit, or carve wood we want to see what you create!

We'll have coffee and cookies as we celebrate by connecting with friends, showing our personal creativity, and contributing our experiences through conversation!



SAHARO'S CORNER

SAHARO will be joining the OSC for lunch on May 6th!

This is a good opportunity to get together and share updates and ideas!

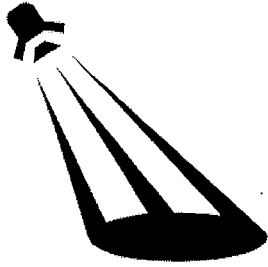
Please remember...

- ❖ 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 our Center. We all welcome your input.



SENIOR SPOTLIGHT

An opportunity to get to know each other better!

Senior: **Bernice!**

Where were you born? Glasco, New York

Where else have you lived? Spencerport, since 2016.

Tell us about your family: Bernice has two daughters and a son. She has five grandchildren and her oldest is twenty-five.

What did you do for work? She worked at Newburry's five and dime store and she worked for the telephone company as a phone operator when they went from manual to dial. Bernice went to beautician school and became a hairdresser. She opened a shop in her home at one point after she had children.

Where have you traveled? Bernice took her family to Italy in 2016!

What are your hobbies and interests? Knitting, crocheting, and putting puzzles together. She even plans on framing some of the puzzles she has completed!

What do you enjoy about the Ogden Senior Center? Bernice likes the friendship, comradery, and talking with people her own age.

Any words of wisdom for your fellow seniors? "Be slow to anger, think about what you say."




MONTHLY WIT & WISDOM

"Start each day with a fresh beginning as if this whole world was made anew."




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

MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Cards ARC 10:00 Fit & Flexible – Free! BINGO (Pending # of participants) 1:00 Mahjong	2 11:30 Cards and BYO Lunch	3 9:00 Cards 9:30 Fit & Flexible - \$\$ 1:00 Euchre	4
6 9:00 Cards 10:00 1:1 with Eldersource Manager, Hollie Freece 12:00 Lunch with SAHARO	7 11:30 Cards and BYO Lunch	8 9:00 Cards ARC 10:00 Fit & Flexible –Free! BINGO (Pending # of participants) 1:00 Mahjong	9 11:30 Cards and BYO Lunch	10 9:00 Cards 9:30 Fit & Flexible - \$\$ 11:00 Therapy Dog  1:00 Euchre	11 7:00-10:00pm Cornerstone Christian Academy High School Senior Prom
13 9:00 Cards	14 11:00 Crafts with Luba 3 FOR \$5 11:30 Cards and BYO Lunch	15 9:00 Cards ARC 10:00 Fit & Flexible – Free! 11:00 May Birthday Party! 11:00 Visit with Gay BINGO (Pending # of participants) 1:00 Mahjong	16 11:30 Cards and BYO Lunch	17 9:00 Cards 9:30 Fit & Flexible - \$\$ 10:00 Spring Fling 1:00 Euchre	
20 9:00 Cards 10:00 1:1 with Eldersource Manager, Hollie Freece	21 9:15 Breakfast Buddies at Yanni's! (120 Pixley Road in Gates)	22 9:00 Cards ARC 10:00 Fit & Flexible – Free! 11:00 Connect, Create, Contribute Gathering BINGO (Pending # of participants) 1:00 Mahjong	23 11:30 Cards and BYO Lunch	24 9:00 Cards 9:30 Fit & Flexible - \$\$ 1:00 Euchre	25
CLOSED FOR MEMORIAL DAY	28 11:30 Cards and BYO Lunch 11:00 Blades Lunch Trip	29 9:00 Cards ARC 10:00 Fit & Flexible – Free! 11:00 Episcopal Senior Life discussion on "Community Options for Seniors" BINGO 1:00 Mahjong	30 11:30 Cards and BYO Lunch	31 9:00 Cards 9:30 Fit & Flexible - \$\$ 1:00 Euchre	OGDEN SENIOR CENTER 200 S UNION STREET SPENCERPORT, NY 14559 (585) 352-3250 M-W-F, 9-3

OGDEN SENIOR CENTER NUTRITIONAL MENU May-19

<p>MONDAY</p> <p>All meals served with milk, bread, and butter. Soup served with crackers.</p> 	<p>WEDNESDAY 1</p> <p>Veggie Meatballs Pasta & Sauce Tossed Lettuce Salad w/Italian Dressing Wax Beans Italian Bread Petite Banana</p>	<p>FRIDAY 3</p> <p>BBQ Pulled Pork served over Baked Potato Brussel Sprouts Wheat Bread Applesauce</p>
<p>6</p> <p>Sloppy Joe on Bun Broccoli Corn Peaches</p>	<p>HAPPY MOTHERS DAY 8</p> <p>Braised Pork Chop w/Dressing Smashed Potatoes & Gravy Sicilian Blend Vegetables Dinner Roll Orange Cake</p>	<p>10</p> <p>Tuna Salad Sandwich w/Lettuce & Tomato on Thinwich Chicken Gumbo Fruit Cocktail</p>
<p>13</p> <p>Italian Sausage Pasta & Sauce Grape Juice Wax Beans, Mixed Vegetables Italian Bread Applesauce</p>	<p>15</p> <p>Chicken Salad Sandwich on Wheat Thinwich Yankee Bean Soup Tossed Lettuce Salad w/French Dressing Fruit Cocktail</p>	<p>17</p> <p>Broccoli & Cheese Quiche Vegetable Soup Peas, Orange Juice 12-Grain Bread Apricots</p>
<p>20</p> <p>Chcken Cordon Bleu Mashed Potatoes w/Gravy Beets Wheat Bread Mandarin Oranges</p>	<p>22</p> <p>Stuffed Cabbage w/Sauce Steamed Potatoes Peas Marble Rye Bread Peaches</p>	<p>24</p> <p>Pub Burger w/Lettuce, Tomato, Onion, Catsup, Mustard, & Relish on Bun Minestrone Corn Pears</p>
<p>27</p> <p style="text-align: center;">ABVI CLOSED</p> <p style="text-align: center;">NO MEALS served</p>	<p>29</p> <p>Seafood Salad w/Lettuce & Tomato on Thinwich Cabbage Beef Soup Fruit Cocktail</p> <p style="text-align: center;">29 cupcakes</p>	<p>31</p> <p>BBQ 1/4 Chicken Navy Bean Soup Steamed Potatoes Corn Muffin Peaches</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.

