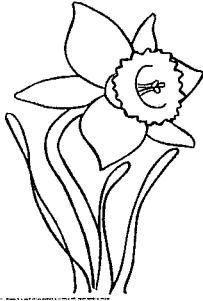
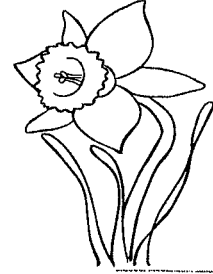


# Senior Connection

## The Ogden Senior Citizens' Newsletter



**April 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.

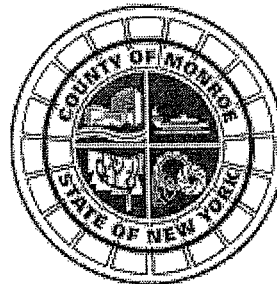
**Tues/Thurs** – Cards & Bring Your Own Lunch, 11:30am to 2:00pm.

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?

## APRIL BIRTHDAYS

Our birthday celebration will be on April 17th at 11:00am.

Join us for cake!

17<sup>th</sup> David Oremus

25<sup>th</sup> Mary Keane

19<sup>th</sup> Gayle Bradbury

25<sup>th</sup> Leon Smith

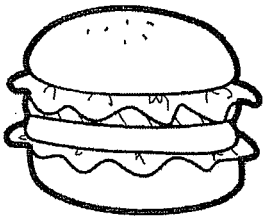
23<sup>rd</sup> Christopher Noah

30<sup>th</sup> Ginger Smith

24<sup>th</sup> Frank Bertolino



## LUNCH @ BILL GRAYS in GREECE



Thursday, April 25 @ 11:00am.

Please sign up in advance. Thanks!

## VOLUNTEER RECOGNITION PARTY

Wednesday, April 10<sup>th</sup> @ 11:00am at the Ogden Senior Center.

We want to acknowledge those who volunteer their time and talents to the senior center. There will be refreshments and the DON NEWCOMB BAND will be here, playing a wide range of popular tunes from the 40s through the 70s.

We truly appreciate each of our volunteers!

*Thank  
You!*

# What's happening at the Ogden Senior Center?

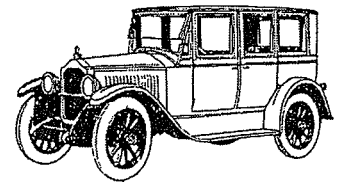
## NARCAN INFORMATION & TRAINING SESSION

**New date!** Wednesday, April 3<sup>rd</sup> @ 11:00am.

## AARP SMART DRIVER'S COURSE

Monday, APRIL 15<sup>th</sup> AND Wednesday, APRIL 17<sup>th</sup>, 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.



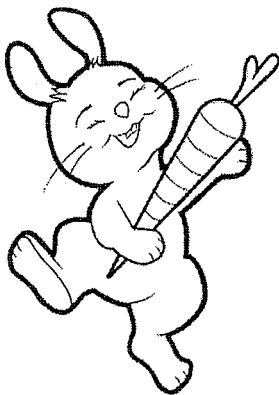
## SAHARO'S CORNER

OSC Maintenance Update:

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

## SPRING IS HERE!

To those who celebrate, we wish you a Happy Easter,  
Happy Passover, and Happy Earth Day!



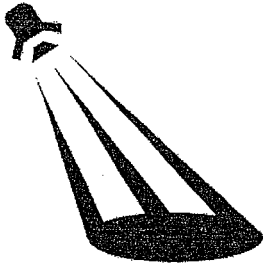
## **Please remember...**

- ❖ 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: **Jack!**

Where were you born? Rochester, New York

Where else have you lived? Always around Rochester.

Tell us about your family: 2 sons and a daughter. One son is local, one lives in Atlanta, and his daughter lives in NYC with her twin daughters.

What did you do for work? Jack was an accountant at the University of Rochester, Eastman Dental, and Rochester Hearing & Speech. Always non-profit! At the U of R, Jack was part of the bowling league which he enjoyed very much.

Where have you traveled? Jack used to visit his parents in Florida. His favorite vacation was to Mackinac Island, Michigan. He says it is beautiful there, especially with all the water, and likes that there are no cars on the island. Everyone travels by horseback.

What are your hobbies and interests? Enjoys coming to the senior center. He used to like going for walks in the park, but still tries to get there as long as there are park benches. Also enjoys watching TV "maybe more than I should." He likes to watch the old black & white movies, action movies like Indiana Jones, and Monk. He used to volunteer for the Red Cross delivering blood to hospitals all over the place.

What do you enjoy about the Ogden Senior Center? Jack enjoys the fitness group and socializing with people his age. "Everyone is so nice here."

Any words of wisdom for your fellow seniors? "Keep laughing. Don't take anything too serious."


## MONTHLY WIT & WISDOM

*"Be like the teakettle. When it's up to its neck in hot water, it sings!"*



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

# APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9:00 Cards	<b>2</b> 11:30 Cards and BYO Lunch	<b>3</b> 9:00 Cards ARC 10:00 Fit & Flexible – Free 11:00 NARCAN Training BINGO 1:00 Mahjong	<b>4</b> 10:00 Project Council meeting 11:30 Cards and BYO Lunch	<b>5</b> 9:00 Cards 9:30 Fit & Flexible - \$\$ 11:00 Spring Oragami with Eileen 1:00 Euchre	<b>6</b>
<b>8</b> 9:00 Cards 10:00 1:1 with Eldersource Manager, Hollie Freece	<b>9</b> 11:30 Cards and BYO Lunch 11:00 Crafts with Luba 3 FOR \$5	<b>10</b> 9:00 Cards ARC 10:00 Fit & Flexible – Free 11:00 Volunteer Recognition Party! BINGO 1:00 Mahjong	<b>11</b> 11:30 Cards and BYO Lunch	<b>12</b> 9:00 Cards 9:30 Fit & Flexible - \$\$ 11:00 Therapy Dogs 11:30 Nutrition Education –What Does \$3.50 Get You? 1:00 Euchre	<b>13</b>
<b>15</b> 9:00 Cards 1:00 AARP Safe Driving Course	<b>16</b> 11:30 Cards and BYO Lunch	<b>17</b> 9:00 Cards ARC 10:00 Fit & Flexible – Free 11:00 April Birthday Party! 11:00 Visit with Gay 1:00 AARP Safe Driving Course 1:00 Mahjong	<b>18</b> 11:30 Cards and BYO Lunch	<b>19</b> CLOSED  FOR  SPRING  HOLIDAY	<b>20</b> 
<b>22</b> 9:00 Cards 10:00 1:1 with Eldersource Manager, Hollie Freece	<b>23</b> 11:30 Cards and BYO Lunch	<b>24</b> 9:00 Cards ARC 10:00 Fit & Flexible – Free 1:00 Mahjong	<b>25</b> 11:00 Bill Gray's Lunch Trip 11:30 Cards and BYO Lunch	<b>26</b> 9:00 Cards 9:30 Fit & Flexible - \$\$ 1:00 Euchre	<b>27</b>
<b>28</b> 9:00 Cards	<b>29</b> 11:30 Cards and BYO Lunch	<b>30</b> 9:00 Cards ARC 10:00 Fit & Flexible - Free 11:00 Episcopal Senior Life discussion on "Community Options for Seniors" 1:00 Mahjong			<b>OGDEN SENIOR CENTER</b> 200 S UNION STREET SPENCERPORT, NY 14559 (585) 352-3250 M-W-F, 9-3