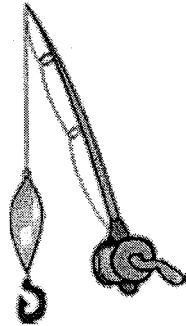


Senior Connection

The Ogden Senior Citizens' Newsletter



June
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?

JUNE BIRTHDAYS

Our birthday celebration will be on June 19th at 11:30am.

Join us for cake!

1st Helen Robinson

11th Ron Staub

16th Nita Landes

18th Ray Peters



Lunch Trips

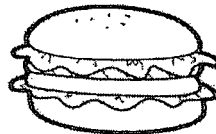
Asian Buffet

Thursday, June 13th @ 11:00am

Summerville Grill

Tuesday, June 25th @ 11:00am.

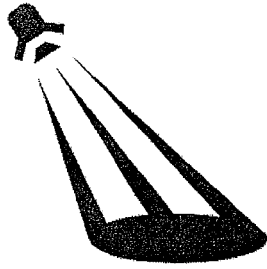
Advance sign up required for both events.



SAHARO'S CORNER

We would like to thank SAHARO for joining us for lunch on May 6th

We look forward to having this lovely group of people visit us again!



SENIOR SPOTLIGHT

An opportunity to get to know each other better!

Senior: **David!**

Where were you born? Greece, New York.

Where else have you lived? Spencerport.

Tell us about your family: David has a son and had a daughter. He has two granddaughters and a grandson.

What did you do for work? He has always worked as an artist! David drew maps for the Army to help direct soldiers toward their units. He worked at the Miami-Dade Junior College as an art teacher. David also had a job painting signs at a local sign shop!

Where have you traveled? On one trip David visited Ireland, Scotland, and Wales. Other trips included visiting family in Arizona and California.

What are your hobbies and interests? David enjoys woodworking and displayed his beautiful creations at a recent event at the Ogden Senior Center. He also likes listening to Dean Martin and Frank Sinatra.

What do you enjoy about the Ogden Senior Center? The people!

Any words of wisdom for your fellow seniors? David stated "don't look at the bad side of things."

MONTHLY WIT & WISDOM

"There is sunshine behind the clouds."



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



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 and accompany that person to the meal site.
- Disabled persons under the age of 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

- Staff under 60 years of age **must** pay \$7.50 per person.

Guests

- 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, N.Y. State Office for the Aging, N.Y. State Department of Health, and Monroe County Dept. Of HS/Office for the Aging.

Please remember...

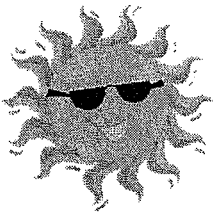


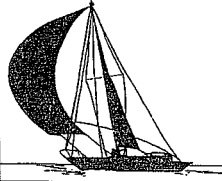
- ❖ Children may be present at OSC functions only for specific multi-generational events and by pre-arrangement. This applies to all senior nutrition programs and all senior programs sponsored by the Town of Ogden.
- ❖ No totes, purses, bags, or containers should be left on the floor, especially under 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.

JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>OGDEN SENIOR CENTER</p> <p>200 S UNION STREET SPENCERPORT, NY 14559</p> <p>(585) 352-3250 M-W-F, 9-3</p>					<p>1</p> 
<p>3</p> <p>9:00 Cards 10:00 1:1 with Eldersource Manager, Hollie Freece 12:45 Sundae Monday!</p> 	<p>4</p> <p>11:30 Cards and BYO Lunch</p>	<p>5</p> <p>9:00 Cards ARC 10:00 Fit & Flexible -Free! BINGO (Pending # of participants) 1:00 Mahjong</p>	<p>6</p> <p>10:00 Project Council 11:30 Cards and BYO Lunch</p>	<p>7</p> <p>9:00 Cards 9:30 Fit & Flexible - \$\$ 1:00 Euchre</p>	<p>8</p>
<p>10</p> <p>9:00 Cards</p>	<p>11</p> <p>11:00 Crafts with Luba 3 FOR \$5 11:30 Cards and BYO Lunch</p>	<p>12</p> <p>9:00 Cards ARC 10:00 Fit & Flexible - Free! 11:00 Mini Health Fair 11:30 Hypertension The Silent Killer - Cindy Rapp 11:00 Visit with Gay BINGO (Pending # of participants) 1:00 Mahjong</p>	<p>13</p> <p>11:30 Cards and BYO Lunch 11:00 Asian Buffet Trip</p>	<p>14</p> <p>9:00 Cards 9:30 Fit & Flexible - \$\$ 11:00 Therapy Dog</p>  <p>1:00 Euchre</p>	<p>15</p>
<p>17</p> <p>9:00 Cards 10:00 1:1 with Eldersource Manager, Hollie Freece</p>	<p>18</p> <p>9:15 Breakfast Buddies at Yanni's! (120 Pixley Road in Gates)</p>	<p>19</p> <p>9:00 Cards ARC 10:00 Fit & Flexible - Free! 11:30 June Birthday Party! BINGO (Pending # of participants) 1:00 Mahjong</p>	<p>20</p> <p>11:30 Cards and BYO Lunch</p>	<p>21</p> <p>9:00 Cards 9:30 Fit & Flexible - \$\$ 1:00 Euchre</p>	<p>22</p> 
<p>24</p>	<p>25</p> <p>11:30 Cards and BYO Lunch 11:00 Summerville Grill Luncheon</p>	<p>26</p> <p>9:00 Cards ARC 10:00 Fit & Flexible - Free! 11:00 Disaster Preparedness Training BINGO (Pending # of participants) 1:00 Mahjong</p>	<p>27</p> <p>11:30 Cards and BYO Lunch</p>	<p>28</p> <p>9:00 Cards 9:30 Fit & Flexible - \$\$ 1:00 Euchre</p>	<p>29</p>