



University Express Fall Programs:



Call 716-542-6645 or stop into the center to sign up.

Monday, December 2nd @ 12:45pm: The Golden Age of Disney (1937 - 1942) - Learn the beginnings of one of the most iconic American movie companies, Walt Disney Studios, as it rose to challenge the idea of what animation could be with classics like Snow White, Pinocchio and Fantasia.

Tuesday, December 3rd @ 5:30pm: Waterway of Change - 200 Years on the Erie Canal - May 2025 marks the bicentennial of the Erie Canal. Plans are underway to celebrate Buffalo's role as the western end of the Canal. Join Erie County historian Doug Kohler on a look at how the canal came to be and what some of the exciting plans are for the bicentennial commemoration!

Wednesday, December 4th @ 1:30pm: Reach Out to 911 - Everyone knows how to dial the number, but not everyone knows WHEN! Let us teach you all about the Who, What, Where, When, Why, and Hows of calling 911 for help. We answer questions such as: When should you call 911? What information do you need to know? How can you find out the address if you don't know where you are? Can you text 911? Can you video chat 911? What sort of instructions can dispatchers give you to help until responders arrive? After the presentation we even have a 911 simulator that we can practice calling 911! Learn the difference between 911, 211, 311, 988 and other numbers that offer assistance!!

Monday, December 9th @ 2:00pm: Merry Christmas from Buffalo - Despite modern-day commercialism, Christmas here in Buffalo and throughout this nation was first a religious celebration whose roots date back to the Romans and to ancient pagan rites. While it eventually evolved into a general celebration of the birth of Jesus Christ, Christmas was deeply rooted in the specific ethnic origins and traditions of the families celebrating it. Buffalo, with its diverse ethnic population, had an abundance of Christmas traditions that influenced the various ways this holiday was celebrated. Join us to learn how these early Buffalonians brought their unique ethnic and religious traditions to help define a Buffalo Christmas!

Thursday, December 12th @ 2:30pm: Historic Places in Buffalo - Information about historic locations, buildings, homes and places in our community, as identified by historic markers and other sites of interest.

Friday, December 13th @ 2:00pm: Winter Sowing & Native Plants - Winter sowing is an effective way to grow native plants, annuals and vegetable seeds using recycled milk jugs. Winter sowing traditionally starts on the Winter Solstice and is a great way to extend the growing season and grow your own food.



Senior Center Apparel Sale

T-shirts - \$13 Fleece Zip Up - \$36 Sweatshirt - \$25

Color choices: black, dark gray, navy or red

12 total of each much be purchased to complete the order. **Payment due at time of order.**

Orders **due by December 6th!** Sample tshirt sizes available in the office!



KNIT/CROCHET SCARF AND HAT DRIVE

Now until December 13th we will be collecting handmade knit or crochet hats and scarves to donate to Lockport C.A.R.E.S Homeless Shelter

CLOSED

CENTER CLOSSES @ 12:00PM 12/24

CENTER CLOSED 12/25

CENTER CLOSED 12/31 until 4:30pm

Event Sign-up

Please use this sign up sheet to select the events you wish to attend. Limited space is available, in the event an activity is full we will call you to notify you.

Name(s): _____

Phone Number: _____

Please pay for the below events a week in advance.

Please provide separate checks for Trips and Travel, Casino Trips and Diners Club.

Event:	Name(s) Attending	Staff Use (PD)
<input type="checkbox"/> December 4th--Hitch a Ride: Outlets \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> December 5th--Hitch a Ride: History Museum \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> December 6th--Craft \$8 _____		<input type="checkbox"/>
<input type="checkbox"/> December 9th--Batavia Downs \$35 _____		<input type="checkbox"/>
<input type="checkbox"/> December 9th--Cocoa & Cookies \$4 _____		<input type="checkbox"/>
<input type="checkbox"/> December 10th--Holiday Tea \$20 _____		<input type="checkbox"/>
<input type="checkbox"/> December 11th--Akron Orchestra \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> December 12th--Hitch a Ride: The Christmas Shoppe \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> December 12th--Diner Club \$22 _____ Meal Choices (circle one): Shrimp Chicken Pork		<input type="checkbox"/>
<input type="checkbox"/> December 18th--Board Luncheon \$3 _____		<input type="checkbox"/>
<input type="checkbox"/> December 20th--Welcome Winter Luncheon \$3 _____		<input type="checkbox"/>
<input type="checkbox"/> December 23rd--Homemade Monday \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> December 26th--Dinner and a Movie \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> December 31st--New Year's Eve \$20 _____		<input type="checkbox"/>
<input type="checkbox"/> 2025 MEMBERSHIP RENEWAL \$10 _____ Info same as 2024? Y or N		<input type="checkbox"/>



Please sign up for Erie County Meals below and **pay at time of meal.**

Please indicate Date(s) and Name(s) of those attending below.

Lunch:		Dinner:	
Date(s)	Name(s)	Date(s)	Name(s)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Additional Comments _____ Staff Initial _____

ACTIVITIES DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2 9:00 Walking Group 9:00 Exercise with Barb 9:30 UNO 10:00 Rummikub 12:30 Club 99 12:45—University Express Class 1:00 Poker—Dealers Choice</p>	<p>3 9:00 SilverSneakers Circuit 9:30 Hand & Foot 12:30-1:30 Feedmore FoodTruck 12:45 Movie Matinee 4:30 Texas Hold'em 5:00 Dinner 5:30 University Express Class</p>	<p>4 9:00 Exercise with Barb 9:30 Dominoes 10:00 Book Nook 10-11 United Health Care 10:15 Stability Class 11:30 Hitch a Ride 11-12 Aena 1:00-3:00 St. Outreach Services 1:30 Manjong 1:30 University Express Class 3:00 Watercolor 4:00 Dinner 5:00 Euchre / Hand & Foot</p>	<p>5 9:00 SilverSneakers Classic 9:15—Hitch a Ride 9:30 Board Meeting 12:30 Ladies Lunch Outing 1:00 Pinochle 5:30 TOPS</p>	<p>6 9:00 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10:00 Crokinole 11:30 Craft w/ Rose 1:00 Bingo</p>	<p>7 11:00—Day Trip—White Christmas 4:30—No Evening Activities NFC Event</p>
<p>9 9:00 Walking Group 9:00 Exercise with Barb 9:30 UNO 10:00 Rummikub 11:00 Batavia Downs 12:30 Club 99 12:30 Erie County Trivia 1:00 Poker—Dealers Choice 2:00 University Express Class</p>	<p>10 9:00 NO SilverSneakers Circuit 9:30 Hand & Foot 12:00 Holiday Tea 12:45 Movie Matinee 4:30 Texas Hold'em 5:00 Diner/Bingo</p>	<p>11 9:00 Exercise with Barb 9:30 Dominoes 10:15 Stability Class 12:30 Lunch/ Akron Orchestra 1:00 Manjong 3:00 Watercolors 4:00 Dinner 5:00 Euchre / Hand & Foot</p>	<p>12 9:00 SilverSneakers Classic 1:00 Pinochle 1:00 Hitch a Ride 2:30 University Express Class 5:00 AN Drivers 5:30 TOPS</p>	<p>13 9:00 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10:00 Crokinole 1:00 Bingo 2:00 University Express Class</p>	<p>14</p>
<p>16 9:00 Walking Group 9:00 Exercise with Barb 9:30 UNO 10:00 Rummikub 12:30 Club 99 1:00 Poker—Dealers Choice</p>	<p>17 9:00 SilverSneakers Circuit 9:30 Hand & Foot 12:30-1:30 Feedmore FoodTruck 12:45 Movie Matinee 4:30 Texas Hold'em 5:00 Dinner/ Akron Quartet</p>	<p>18 9:00 Exercise with Barb 9:30 Dominoes 9:30-11:30 St. Outreach Services 10:15 Stability Class 10:30 Exercise Orientation 11:30 Board Lunch/Entertainment 1:00 Manjong 3:00 Watercolors 4:00 Dinner 5:00 Euchre / Hand & Foot</p>	<p>19 9:00 SilverSneakers Classic 9:45 Day Trip—Lion King 11:00 Cocoa & Cookies 1:00 Pinochle 5:30 TOPS</p>	<p>20 9:00 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10:00 Crokinole 11:00 Grief 12:00 Winter Lunch/Entertainment 1:00 Bingo</p>	<p>21 4:30—Texas Hold'em Hand & Foot</p>
<p>23 9:00 Walking Group 9:00 Exercise with Barb 9:30 UNO 10:00 Rummikub 12:00 Homemade Monday & Trivia 12:30 Club 99 1:00 Poker—Dealers Choice</p>	<p>24 9:00 NO SilverSneakers Circuit 9:30 Hand & Foot Center Closing at 12pm</p>	<p>25 Center Closed </p>	<p>26 9:00 NO SilverSneakers Classic 1:00 Pinochle 4:30 Dinner & Movie 5:30 NOTOPS</p>	<p>27 9:00 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10:00 Crokinole 12:00 Lunch/Abby/Levi 1:00 Bingo</p>	<p>28</p>
<p>30 9:00 Walking Group 9:00 Exercise with Barb 9:30 UNO 10:00 Rummikub 12:30 Club 99 1:00 Poker—Dealers Choice</p>	<p>31 Center Closed during the day. 4:30-8:00 New Years Eve Event </p>				

Erie County Stay Fit Dining Program Menu

DECEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Chicken & Sausage Paella Rice with Black Beans Corn with Red Pepper Orange Pineapple Juice Diced Pears (633)</p>	<p>3 Beef Macaroni Casserole with Mozzarella, Peas & Carrots Grape Juice, Chef Salad with Dressing, Multigrain Bread Oatmeal Round Cookie (996)</p> <p>5pm- Cabbage Rolls, Mashed Potatoes, Green Beans, Roll Chef Salad & Dessert University Express Class</p>	<p>4 Cheese Tortellini with Chicken & Primavera Sauce, Italian Bean Medley, Zucchini & Tomatoes Dinner Roll Fresh Banana <i>Chocolate Milk</i> (687)</p> <p>4pm- Cranberry Chicken Salad, Roll & Dessert</p>	<p>5 Ham Steak with Maple Glaze Mashed Sweet Potatoes Brussels Sprouts Rye Bread Strawberry Ice Cream (630)</p>	<p>6 Beer Battered Fish with Tartar Sauce Tater Tots Au Gratin Broccoli Wheat Dinner Roll Vanilla Pudding (725)</p>
<p>9 Chicken Breast with BBQ Sauce Cheesy Diced Potatoes Fiesta Corn Whole Wheat Dinner Roll Applesauce (606)</p>	<p>No Lunch – Holiday Tea</p> <p>5pm- Beef Bourguignon, Garlic Mashed Potatoes, Peas, Chef Salad and dessert Bingo</p>	<p>11 Cheese Ravioli with Tomato Meat Sauce & Mozzarella, Peas, Grape Juice, Chef Salad with Dressing Italian Bread Chocolate Ice Cream</p> <p>4pm- Grilled Chicken Mandarin Orange & Sunflower Salad, Roll & Dessert</p>	<p>12 Chicken Vegetable Casserole Mashed Potatoes Green Beans Warm Biscuit Pineapple Tidbits <i>Chocolate Milk</i> (645)</p>	<p>13 Salisbury Steak with Gravy Scalloped Potatoes Mixed Vegetables Wheat Bread Mandarin Oranges (742)</p>
<p>16 Turkey Tetrazzini Brussels Sprouts Apple Juice Wheat Dinner Roll Lorna Doones (674)</p>	<p>17 Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Seasoned Potatoes, Au Gratin Spinach, Brownie (683)</p> <p>5pm- Terra House – Surprise Meal Akron Quartet</p>	<p>18 Broccoli-stuffed Chicken with Creamy Herb Gravy, Vegetable Rice Pilaf Peas with Red Pepper Chef Salad, Dinner Roll Strawberry Cheesecake (1044)</p> <p>4pm- Chicken Caesar Salad, Roll & dessert</p>	<p>19 Beef Stroganoff over Pasta Carrots Broccoli Florets Fresh Orange <i>Chocolate Milk</i> (595)</p>	<p>20 Welcome Winter Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Potatoes with Chives Mixed Vegetables Apple Pie with Whipped Topping (894)</p>
<p>23 Homemade Monday</p>	<p>24 No Meals Served</p>	<p>25 No Meals Served</p>	<p>26 Chicken a la King Mashed Potatoes California Blend Vegetables Warm Biscuit Oatmeal Cookies (875)</p>	<p>27 Polish Sausage with Sauerkraut & Mustard on a Bun Creamy Mushroom Pasta Green Beans with Red Pepper Applesauce (736)</p>
<p>30 Beef Pepper Steak Casserole over Rice Zucchini Medley Broccoli Florets Fudge Round Cookie (684)</p>	<p>31 No Meals Served 5pm- New Years Eve Event</p>	<p>1 No Meals Served</p>	<p>2 Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower Fruit Punch Dinner Roll Sugar Cookies (807)</p>	<p>3 Entrée Salad Garden Chicken Patty Salad with Cheddar Cheese & Ranch Dressing Wheat Dinner Roll Fresh Orange <i>Chocolate Milk</i> (908)</p>