

# Webster Senior Center Newsletter September 2019

## **Monthly Happenings,,,,,**

Please note: You **MUST** register in advance for programs noted with **\*\*\***



- Thursday, September 5 \*\*\*Trip to the Public Market
- Thursday, September 12 \*\*\*Trip to The Dollar Store
- Friday, September 13 \*\*\*Matter of Balance class begins
- Wednesday, September 18 \*\*\*Let's go have lunch at the Summerville Grill!
- Wednesday, September 18 \*\*\*AARP Driving Course
- Thursday, September 19 Visit from Senator Pamela Helming (**informational flyer inside newsletter**)
- Friday, September 20 \*\*\*A Day at the Zoo for Seniors
- Wednesday, September 25 A visit from Meredith Vacca from NYS Supreme Court 7th District
- Monday, September 30 Nutritionist, Cindy Rapp presentation on Living with Diabetes

## **Here's a sneak peak into the first week of October .....**

Wednesday, October 2nd Joe Meli presentation on James Madison 10:30 AM  
(\*\*\*please register in advance for this **FREE** program)

Thursday, October 3rd Public Flu Shot Clinic will be here at The Rec Center from 10 AM—2 PM  
Bring your Identification and Insurance Card(s)  
**No** registration necessary—first come, first served



Friday, October 4th Beth Parry will give a presentation on Osteoporosis.  
**Don't** miss this as it is very informative whether you have Osteo or not! 12:15 PM  
right after lunch

(\*\*\*you must register in advance for this **FREE** program)

### **Phone Numbers**

#### **Transportation**

585-872-7103 Ext. 7385

Call by 8am and leave a message for changes

#### **Senior Coordinator**

Clare Guadagnino

585-872-7103 Ext. 7105

#### **Weather Cancellations**

Monroe County Senior Center  
Nutrition Programs  
TV Ch 8, 9, 10 & 13

### **~ Eldersource News ~**

Are your prescriptions costs high and cutting into your other living expenses?

You may be eligible for prescription programs to help you lower these expenses.

Please come see the Care Manager, Vanessa VanAernum, the 2<sup>nd</sup> or 4<sup>th</sup> Tuesday of the month between 9-11:30 a.m. @

The Webster Senior Center

for information on prescription coverage.

I look forward to seeing you!

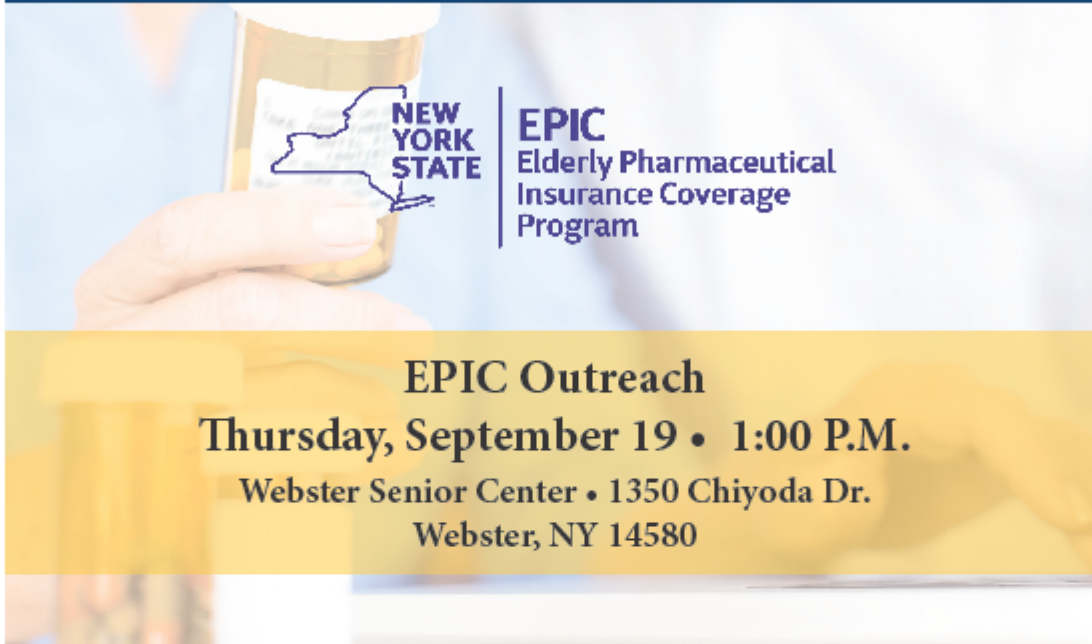
# SEPTEMBER SENIOR CENTER ACTIVITIES

Mon	Tue	Wed	Thu	Fri
<b>2</b> <b>CLOSED FOR LABOR DAY</b> 	<b>3</b> 11:15 Exercise Bingo 12:30 Bridge 12:30 Mahjong 1:30 Wegmans	<b>4</b>	<b>5</b> 9:00 Bingo 9:45 Public Market 11:15 Fitness 12:30 Euchre 12:30 Mahjong	<b>6</b> 9:30 Friday Knitters 12:00 Birthday Bingo 
<b>9</b> 9:00 Bingo 10:30 Explore the Bible 1:30 Wegmans	<b>10</b> 9:00 Caseworker 10:30 Do the "Write" thing 11:15 Exercise Bingo 12:30 Bridge 12:30 Mahjong	<b>11</b>	<b>12</b> 9:00 Bingo 10:00 Dollar Store 11:15 Fitness 12:30 Euchre 12:30 Mahjong	<b>13</b> 9:30 Friday Knitters 10:00 Matter of Balance 10:30 Book Club Buddies 11:00 Poetry & Beyond
<b>16</b> 9:00 Bingo 10:30 Explore the Bible 1:30 Wegmans	<b>17</b> 11:15 Exercise Bingo 12:30 Bridge 12:30 Mahjong	<b>18</b> 9:00 AARP Driving 10:30 Pokeno 10:45 Summer-ville Grill	<b>19</b> 9:00 Bingo 11:15 Fitness 12:30 Euchre 12:30 Mahjong 1:00 Senator Pam Helming –EPIC Presentation	<b>20</b> 9:30 Friday Knitters 10:00 Matter of Balance 10:00 Senior Day at the Zoo!  <b>NO LUNCH SERVED AT CENTER TODAY</b>
<b>23</b> 9:00 Bingo 10:30 Explore the Bible 1:30 Wegmans	<b>24</b> 9:00 Caseworker 10:30 Do the "Write" thing 11:15 Exercise Bingo 12:30 Bridge 12:30 Mahjong	<b>25</b> 12:15 Meredith Vacca NYS Supreme Court	<b>26</b> 9:00 Bingo 11:15 Fitness 12:30 Euchre 12:30 Mahjong	<b>27</b> 9:30 Friday Knitters 10:00 Matter of Balance
<b>30</b> 9:00 Bingo 10:30 Explore the Bible 10:30 Theraband 11:30 Cindy Rapp presentation on Living with Diabetes 1:30 Wegmans				

	<b>Lunch Club</b>	<b>September</b>	<b>2019</b>	
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2 <b>Senior Center Closed for Labor Day</b>	3 Potato Crusted Tilapia w/Tartar Sauce Mashed Potatoes Beets Wheat Bread Mandarin Oranges	4 Pub Burger on Bun w/Lettuce, Tomato, Onion & Condiments Minestrone Corn Nectarine	5 Broccoli Cheese Quiche Tomato Florentine Soup Green Beans 12 Grain Bread Honeydew	6 Ground Beef Taco Salad w/Lettuce, Tomato, Picante Sauce, Cheese Sour Cream & Tortilla Chips Southwestern Chicken Soup Fruit Cocktail
9 Veggie Meatballs Pasta & Sauce Tossed Lettuce Salad Italian Dressing Wax Beans Italian Bread Peaches	10 Individual Meat Loaf w/Vegetable Gravy Steamed Potatoes Spinach Dinner Roll Butterscotch Pudding w/Whipped Topping	11 Chicken Breast Sandwich w/Mayo Hearty Split Pea Soup Tossed Lettuce Salad w/ French Dressing Cantaloupe	12 BBQ Pulled Pork <i>served over</i> Baked Potato Coleslaw Marble Rye Bread Pineapple	13 Tuna Pasta Salad w/ Lettuce & Tomato Spinach Lentil Soup Wheat Roll Apricots
16 Chicken Piccata over Brown Rice Tossed Lettuce Salad w/Italian Dressing Carrots Rye Bread Applesauce	17 Seafood Salad w/Lettuce & Tomato on Wheat Thinwich Chicken Gumbo Honeydew	18 Swiss Steak Steamed Potatoes Spinach Dinner Roll Lemon Pudding w/Whipped Topping	19 Hot Roast Beef Sandwich on Italian Bread w/Gravy Potato Leek Soup Broccoli Petite Banana	20 <b>NO LUNCH SERVED TODAY</b>
23 Sweet & Sour Meatballs <i>served over</i> Brown Rice Cauliflower Green Beans Wheat Bread Mandarins	24 Stuffed Cabbage w/Sauce Mashed Potatoes Carrots Marble Rye Bread Fresh Apple	25 Breaded Haddock w/Tartar Sauce Memphis Coleslaw Mixed Vegetable Wheat Roll Pears	26 Chicken ¼ w/BBQ Sauce Navy Bean Soup Broccoli 12 Grain Bread Fruited Gelatin w/Whipped Topping	27 Braised Pork Chop w/Gravy Southwest Chicken Soup Steamed Potatoes Rye Bread Oatmeal Cookie
30 Macaroni & Cheese Broccoli Stewed Tomatoes Italian Bread Fruit Cocktail			All meals served with milk, bread and butter.  Soup served with crackers.	

# SENATOR PAM HELMING invites you....

## Elderly Pharmaceutical Insurance Coverage (EPIC) Program Information Session



**The Elderly Pharmaceutical Insurance Coverage (EPIC) Program saves you more money on the cost of your prescription drugs by supplementing your Medicare Part D plan.**

**Hear from an EPIC outreach specialist to learn more about the program, eligibility guidelines and benefits as well as have your questions answered.**

**This information session is FREE and open to the public, but please register by calling Senator Pam Helming's District Office at (315) 568-9816 or emailing [helming@nysenate.gov](mailto:helming@nysenate.gov).**



### SENATOR PAM HELMING

**District Office:**  
425 Exchange St.  
Geneva, NY 14456  
Phone: (315) 568-9816

**Albany Office:**  
517 Legislative Office Bldg.  
Albany, NY 12247  
Phone: (518) 455-2366

 [SenatorHelming](#)

 [helming.nysenate.gov](http://helming.nysenate.gov)



# **Lunch Club 60 Benefits**

**Healthy nutritious meal planned by a registered dietician from Monroe County.**

**Meals served Monday-Friday between 11:45-12:15 PM.**

**Small suggested contribution of just \$3.50 for lunch for those 60 and older.**

**Transportation for Webster Residents to and from our center.**

**(With a suggested contribution of \$2.00 one way , \$4 round trip).**

**Free access to our fitness facilities on lunch days to those meeting center standards.**

**Free fitness classes and lap walking in the gym to those meeting center standards.**

**Free transportation to offsite trips to those meeting center standards!**

## **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 & accompany that person to the meal site.
- Disabled persons under age 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 under 60 years of age must pay **\$7.50** per person.
- 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, NY State Office for the Aging,**

**NY State Dept of Health, and the  
Monroe County Dept of HS/Office for the Aging**