



# Senior Center December 2019 Newsletter



Dear Friends:

I am sure that you know that after working for the Town of Webster for 21 years, I have decided to retire.

I want to thank you for all the patience and kindness you have showed me during my time with you at the senior center. You have taught me to stay young at heart and kind in spirit. I will hold all of the wonderful memories of my time here close to my heart.

As Winnie the Pooh said, "How lucky I am to have something that makes saying goodbye so hard."

All the best,

*Clare~*

## 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 TIP FOR DECEMBER

The snow and poor driving conditions will be arriving very soon with our Rochester winter months approaching. Do you ever wonder what if the roads are too bad to travel? What if you can't pick up your prescription or make it to the grocery store?

For resources regarding pharmacy delivery or grocery delivery options, please see :

**Vanessa Van Aernum, Eldersource Care Manager**  
**at the Webster Senior Center every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of**  
**each month between 9-11:30a.m.**

# Lunch Club 60 Benefits

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

**Meals served Monday-Friday between 11:45 AM-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 round trip or \$1.00 one way).**

**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**

# **IMPORTANT PLEASE READ!!**

## **MONROE COUNTY OFFICE FOR THE AGING AND WEBSTER SENIOR CENTER AND LUNCH CLUB 60 POLICY**

While you are at the senior center you are expected to follow our policy.

These are the guidelines that we will enforce in order to protect the health and welfare of our participants and staff.

### **DISRUPTIVE BEHAVIOR**

The following behaviors will **NOT** be tolerated at our center:

- Verbal or physical threats to any participant or staff member
- Foul and/or verbal abuse and/or aggressive behavior
- Continued refusal to cooperate with the requests by the center coordinator

**PLEASE NOTE:** If another type of behavior occurs and we deem it to be inappropriate, we will dismiss the person immediately or if a behavior occurs and we need law enforcement intervention, we can dismiss immediately

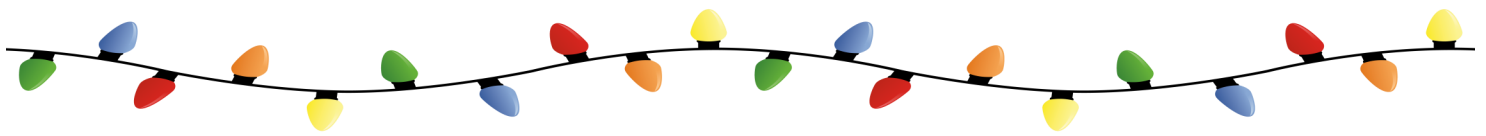
If a participant exhibits any of the above behavior the senior center coordinator can:

- Refuse to serve the participant a meal for that day, ask him or her to leave the premises. Explain to the individual the reason for the suspension, when possible.
- Warn the participant that, should the same act be repeated, he or she will immediately be suspended for a period of ten (10) days, and will be refused service at any other center
- Upon the third violation of the same nature, the participant will be suspended from the program for a period of six (6) months. The participant will be permitted to appeal this suspension to the Site Council.
- Should a fourth event occur, involving the same participant, the result will be complete and final expulsion from the program. If expelled from the program, the participant will be notified.

**Also, there will be NO cutting or pushing people out of the way to get in line to get your tray! If people are in line you MUST go to the end of the line and wait your turn!!**

## December 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Stuffed w/ Broccoli & Cheese Mashed Potatoes w/ Gravy Beets 12 Grain Bread Fruit Cocktail	Braised Pork Chop w/ Gravy Warm Applesauce Scalloped Potatoes Brussels Sprouts Pumpernickel Bread Oatmeal Raisin Cookie	<b>NO MEALS                      SERVED                      TODAY</b>	BBQ Chicken Breast Macaroni & Cheese Broccoli Stewed Tomatoes Wheat Bread Peaches	Potato Crusted Tilapia w/Tartar Sauce Coleslaw Peas Wheat Dinner Roll Apricots
9	10	11	12	13
Meatballs Pasta & Sauce Tossed Lettuce Salad w/ Italian Dressing Wax Beans Italian Bread Pears	Chicken ala King over Biscuit Carrots Spinach Mandarin Oranges	Broccoli Cheese Quiche Corn Green Beans 12 Grain Bread Petite Banana	Breaded Haddock w/Tartar Sauce Coleslaw Mixed Vegetables Marble Rye Bread Pineapple	Open Faced Hot Roast Beef Sandwich on Wheat Bread w/Gravy Tomato Florentine Soup Mashed Potatoes Peaches
16	17	18	19	20
<p style="color: red; text-align: center;"><b><u>HOLIDAY PARTY</u></b></p> Roast Ham Slice w/ Raisin Sauce Mashed Potatoes Caribbean Blend Vegetable Dinner Roll Holiday Dessert <p style="color: red; text-align: center;"><b>REGISTER IN                      ADVANCE                      BEFORE 12/ 6</b></p>	Broccoli & Cheese Topped Baked Potato Black Bean Lentil Chili 12 Grain Bread Peaches	Mild Chili Tossed Lettuce Salad w/Ranch Dressing Wax Beans Oyster Crackers Pineapple	Steak Diane w/ Mushroom Sauce Tossed Lettuce Salad w/French Dressing Scalloped Potatoes Dinner Roll Holiday Dessert	Pepperoni or Cheese Pizza Salad Fruit
23	24	25	26	27
Breaded Haddock w/ Tartar Sauce Coleslaw Mashed Potatoes Wheat Bread Apricots	BBQ Pulled Pork over Baked Potato Corn 12 Grain Bread Pears	<p style="color: green;"><b>Merry Christmas</b></p> <p style="color: red;"><b>SENIOR                      CENTER CLOSED</b></p>	Pub Burger w/ Lettuce, Tomato & Onion on Bun Carrots Peas Fruit Cocktail	Macaroni & Cheese Broccoli Stewed Tomatoes Italian Bread Peaches
30	31	<p><b>Certified by Mary Apps, MS, RD, CDN 1/7/19</b></p> <p>Monroe County Dept of HS/Office for the Aging</p> <p>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, US Administration on Aging, NY State Office for the Aging, NY State Dept of Health, and Monroe County Dept of HS/Office for the Aging.</p> <p><b>* = Meal is NOT certified by MCOFA Dietitian or provided by ABVI</b></p>		<p>All meals served with                      milk, bread and                      butter.</p> <p>Soup served with                      crackers.</p>
Sloppy Joes on Bun Vegetable Soup Cauliflower Apricots	<p style="color: blue; text-align: center;"><b><u>New Year's Eve                      Brunch</u></b></p> French Toast w/ Syrup, Fruit Garnish & Whipped Topping Orange Juice Turkey Sausage Blueberry Yogurt Mixed Fruit Cup			



## December 2019 Senior Center Activities

Mon	Tue	Wed	Thu	Fri
2 9 AM Bingo 10:30 Exploring the Bible 10:30 AM Theraband 1:30 PM Wegmans	3 11:15 Exercise Bingo 12:30 Bridge 12:30 Mahjong	4 10:15 AM Visionaries <b>THERE WILL BE NO LUNCH SERVED TODAY</b> <b style="color: red;">Monroe County Holiday Ball</b> <b style="color: green;">If you taking van be at the Senior Center before 4:45 PM</b>	5 9 AM Bingo 11:15 AM Fitness 12:30 Mahjong 12:30 Euchre	6 9 AM Friday Knitters 12:00 Birthday Bingo  <b style="color: red;">Last day to register for Holiday Party</b>
9 9 AM Bingo 10:30 Exploring the Bible 10:30 AM Theraband 1:30 PM Wegmans	10 9 AM Caseworker 10:30 AM Do the "write" thing 11:15 Exercise Bingo 12:30 Bridge 12:30 Mahjong	11 11 AM Hooligans Lunch Bunch	12 9 AM Bingo 11:15 AM Fitness 12:30 Mahjong 12:30 Euchre	13 9 AM Friday Knitters 10:30 AM Book Club Buddies
16 9 AM Bingo 10:30 Exploring the Bible 10:30 AM Theraband <b style="color: green;">11: 00 Holiday Party – Music by Jeff Elliot</b> 1:30 PM Wegmans	17 11:15 Exercise Bingo 12:30 Bridge 12:30 Mahjong	18 9 AM AARP Defensive Driving 10:30 AM Pokeno	19 9 AM Bingo 11:15 AM Fitness 12:30 Mahjong 12:30 Euchre	20 9 AM Friday Knitters 11:00 AM Poetry & Beyond
23 9 AM Bingo 10:30 Exploring the Bible 10:30 AM Theraband 1:30 PM Wegmans	24 11:15 Exercise Bingo 12:30 Bridge 12:30 Mahjong	<b style="color: red; font-size: 1.5em;">SENIOR CENTER CLOSED</b>	26 9 AM Bingo 11:15 AM Fitness 12:30 Mahjong 12:30 Euchre	27 9 AM Friday Knitters
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