Evans Senior Center

APRIL 2026 NEWSLETTER

MONDAY	9:00am - 10:00am	Resistance Band Exercise Class
	9:00am - 10:00am	Frozen Meal Pick Up
	10:30am - 11:30am	Balance & Strengthening Exercise Class
	12:00pm - 12:30pm	Lunch is served
TUESDAY	9:00am - 10:00am	Drum Fit Exercise Class
	9:30am - 11:30am	Bingo
	11:15am - 12:15pm	Low Impact Cardio Exercise Class
	12:00pm - 12:30pm	Lunch is served
	1:00pm - 2:00pm	Meditation Workshop (April 7 and 21)
WEDNESDAY	8:00am - 9:00am	Deadline to order lunch & frozen meals for next week
	9:00am - 10:00am	Sitting in Motion Exercise Class
	10:30am - 11:30am	Meditation For Healthy Mind & Body
	12:00pm - 12:30pm	Lunch is served
	1:00pm - 3:00pm	Painting with Acrylics (April 1 and 15)
		Craft Workshop (April 8 and 22)
THURSDAY	9:00am - 10:00am	Chair Yoga
	9:00am - 3:00pm	Open Quilting Workshop
	9:30am - 3:00pm	Pinochle Card Play
	10:30am - 11:30am	Tai Chi
	12:00pm - 12:30pm	Lunch is served
FRIDAY	9:30am - 10:30am	Line Dance
	9:30am - 12:00pm	Intro to Sewing Class
	10:00am - 12:00pm	Crochet (April 3 and 17)
		Knitting (April 10 and 24)
	11:00am - 12:00pm	Resistance Band Exercise Class - Video Only
	12:00pm - 12:30pm	Lunch is served

The first Easter taught us this;

that life never ends

and love never dies.

MARK YOUR CALENDAR FOR THESE EXCITING EVENTS!

Monday, April 27: Pan – American Exposition

Join us as we learn about the 1901 Pan-Am Exposition that was held in Buffalo over 125 years ago and why we're still excited to talk about it. Presented by NYS Parks. 1:00pm - 2:00pm. Open to the public. Free but please pre-register.

Monday, May 4: Gardening for Birds & Butterflies

Learn which native plants and shrubs not only thrive-benefit the WNY region but also attract birds and butterflies. Take home a selection of seeds. Presented by NYS Parks. 1:00pm - 2:00pm. Open to the public. Free but please pre-register.

Thursday, May 14: The Songbirds

Join us for a special performance by St. Columban's Home on the Lake Choir - The Songbirds! Members include residents, staff and volunteers and range in age from 50 to 97! Directed by Corinne Demerau-Best, a retired Choir teacher. Make a day of it and stay for lunch, reservations required. This performance is free and open to the public. 11:30am - 12pm.

Monday, May 18: Characters with the Bard

Join Gretchen Didio, from Shakespeare in Delaware Park, as she guides participants through vocal and physical warm-up that will prepare them to be present, and ready to discuss Shakespeare's iconic characters. Presented by University Express. Begins at 1pm. Free but please pre-register.

Spring Basket Raffle

Ticket sales begin: Wednesday, April 1

Winners will be drawn: Thursday, April 30

1 sheet of tickets = $5 3 sheets of tickets = $10

Purchase tickets in office. Cash only.

Upcoming Events

Wednesday, April 1
Ticket sales begin for annual Basket Raffle. Winners will be drawn on Thursday, April 30.

Monday, April 6 & 20
Laura Archambault, a broker with Clarity Group, is available to answer questions regarding all insurance plans except Independent Health. Free - 9:00am to 12:00pm - walk ins welcome.

Friday, April 3
Closed for Good Friday. Happy Easter!

Monday, April 13, 20 and 26
Cooking with Sass! Hands on cooking demonstrations with Erie County Dept for the Aging. All three classes are full.

Monday, April 27
Free presentation: 1901 Pan-American Exposition @ 1:00pm

Monday, May 4
Free presentation: Gardening for Birds & Butterflies @ 1:00pm

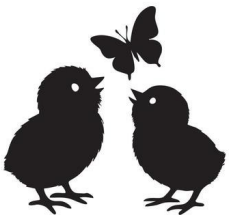
Thursday, May 14
Join us for a special performance by St. Columban's Home on the Lake Choir, The Songbirds! The thirty minute show begins at 11:30am.

Monday, May 18:
Free presentation: Characters with the Bard (Shakespeare) @ 1:00pm

Monday, May 25
Closed for Memorial Day

Wednesday, May 27
Let's go for a walk! Join us as we take an energizing walk through Chestnut Ridge State Park. Free but please pre-register. Van service and carpooling available.

Monday, June 1
Free presentation: The Buffalo Presidential Suite @ 1pm



Evans Senior Center is located at 999 Sturgeon Point Road in Derby, NY.
716.947.0974 — Open Monday through Friday from 8:00am to 3:00pm.

LOCAL SERVICES THAT ARE HERE TO HELP!

Erie County Department for the Aging

716-858-8526

Provides information about programs like Heap, Adult Day Care and Respite.

Offices are open Monday thru Friday from 8:30am to 4:30pm.

Website: erie.gov/aging — Email: seniorinfo@erie.gov

Harmonia Collaborative Care

716-947-5025

A not-for-profit organization offering behavioral health and senior care services.

Location: 6722 Erie Road (Route 5) — Website: harmonia-care.org

Operation Good Neighbor Food Pantry

716-627-5194

Location: 2030 South Creek Road — Website: ogwny.wordpress.com

Feed More WNY (Meals on Wheels)

716-822-2002

Website: feedmorewny.org

211 WNY

211 or 888-696-9211

Speak with a trained information and referral specialist who is able to identify services in the community that can provide seniors with the help they need.

211 WNY is open 24 hours a day, 7 days a week.

Evans Town Hall	716-217-3500	**Evans Police Dept**	716-549-3600
Evans Hwy Dept	716-549-3533	**Angola Village Hall**	716-549-1126

CAN & BOTTLE RECYCLING FUNDRAISER!

Utilize the Route 5 Can & Bottle Redemption Center (8550 Erie Road) and ask them to donate the money to the Evans Senior Center.

Thank you!