Evans Senior Center

SEPTEMBER 2026 NEWSLETTER

The Fall class schedule, listed below, starts Monday, September 14.

From Tuesday, September 1 to Friday, September 11, the only programs held will be Pinochle, Bingo and Quilting Workshop. The daily lunch & frozen meal programs continue as normal.

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

8:00am - 9:00am	Deadline to order lunch & frozen meals for next week
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

WEDNESDAY

9:00am - 10:00am	Sitting in Motion Exercise Class
10:30am - 11:30am	Meditation
12:00pm - 12:30pm	Lunch is served
1:00pm - 3:00pm	Arts in Studio (Sept 16 & 30)

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 Dancing
9:30am - 12:00pm	Sewing Workshop
10:00am - 12:00pm	Crochet (Sept 18) or Knitting (Sept 25)
11:00am - 12:00pm	Resistance Band Video
12:00pm - 12:30pm	Lunch is served

STUDIO IN ARTS

We are excited to introduce a new program - Studio In Arts! Sue Vullo, a retired art teacher, will be the instructor. She has created a list of projects that will allow students to explore a variety of art styles, materials, and develop skills that help define their creativity and self-expression. This is a six-class series and will be held on the 1st and 3rd Wednesdays of the month; except in September when it will meet on the 16th and 30th. Register today and pick up a supply list.

CREATIVE ARTS REGISTRATION IS OPEN

Registration for Crochet, Knitting and Sewing classes is now open!
All classes are held on Friday mornings and run from September to November.

FRIDAY BOOK CLUB

Join us as we read six books between October 2026 and June 2027. Discussions take place on the first Friday of the month from 10:30am to 11:30am. Books will be provided. Register today and pick up a flyer with program outline and meeting dates. Group is limited to 10pp.

CRAFT WORKSHOP

Join Director Veronica Yeager for a Craft Workshop as she teaches how to make a fabric-rag wreath. It will be held Wednesday, October 28 from 1:00pm to 3:00pm. Please pre-register and pick up a supply list. The next workshop will be November 11.

THE FRIENDSHIP CORNER DEMENTIA RESPITE PROGRAM

The Friendship Corner Dementia Respite Program at the First Church of Evans meets on the first Thursday of each month from 10:30am to 2:30pm.

What is respite? Seniors with dementia or Alzheimer's are left in the care of knowledgeable and kind volunteers who interact with them, care for them and share lunch while their caregivers take a short break from their daily responsibilities and enjoy some personal time.

If you know someone who would benefit from these services or if you would like to volunteer, please reach out to Debby Waddell at 716-562-7240. Thank you!

MUSIC IS ART FESTIVAL

The Music is Art Festival is a free community celebration that features 20 stages; showcasing a massive variety of live music, art installations and performance art. This annual homegrown festival is family-friendly. There is a Kids Village, an instrument zoo, plenty of food and drink. The festival is poised to paint a vivid picture of Buffalo's artistic Prowess and cultural vibrancy.

Saturday, September 12 — 11:00am to 11:00pm — Free
Terminal B at Buffalo's Outer Harbor — 901 Furmann Boulevard

Upcoming Events

Tuesday, September 1 - Friday, September 11

Fall Break: There will be no instructor led classes during this time.
The only classes held will be Bingo, Pinochle and Quilting Workshop.
The daily lunch & frozen meal programs continue as normal.

Monday, September 7

The senior center is closed for Labor Day

Tuesday, September 8 & Wednesday, September 9

Defensive driving class presented by the Safe Driver Academy; save on auto insurance.
6:00pm - 9:00pm each night, $35 per person. Pre-registration is by personal check.
The next class will be held November 3rd and 4th.

Monday, September 14

Fall class schedule begins!

Friday, October 2

First Book Club discussion from 10:30am to 11:30am.

Monday, September 21

Laura Archambault from the Clarity Group, is available to discuss Medicare and all insurance plans except Independent Health. Free service - 9:00am to 12:00pm.

Monday, October 12

The senior center is closed for holiday.

Wednesday, October 28

Craft Workshop from 1:00pm to 3:00pm. Learn how to make a fabric-rag wreath.

"There is a time in late September when the leaves are still green, and the days are still warm, but somehow you know that it is all about to end. As if summer was holding its breath, and when it exhaled, it would be autumn."

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

September

FUN FACTS & RIDDLES!

September gets its name from *septem*, the Latin word for “seven”, because it was the 7th month in the early Roman calendar. It marks the transition from summer to fall in the Northern Hemisphere. It became the 9th month when the Romans added January and February to the year.

I have a spine, but no bones.
I have leaves, but no branches.
I can tell stories, but I cannot speak.
What am I?

a book

September is the ultimate transitional month for food lovers, celebrated as National Honey Month, National Mushroom Month, and Better Breakfast Month.

September’s gemstone is the sapphire, and its flowers are the aster and the morning glory.

What falls down
but never ever breaks?

nightfall

Fall officially begins in the Northern Hemisphere around September 22 or 23, when day & night are nearly equal length.

What is a tree’s
least favorite month
of the year?

Sept-Timber!

Who helps baby
pumpkins cross the
busy street safely?

a crossing gourd

If money grew on trees, what would be everyone's favorite season?

Fall

Do you remember?

September 5, 1966 - Actor and comedian, Jerry Lewis held his first live Muscular Dystrophy Labor Day Telethon, raising $1 million. He continued as host for 45 years, raising $2.45 billion for medical research and care.

September Food Holidays:

Sept 5 - National Cheese Pizza Day

Sept 13 - International Chocolate Day

Sept 16 - National Guacamole Day

Sept 18 - National Cheeseburger day

Sept 22 - National Ice Cream Cone Day

Sept 29 - National Coffee Day

CONVERSATION STARTERS FOR SENIORS WITH MEMORY LOSS

Engaging seniors with dementia through "fun facts" and nostalgic trivia works best when focused on long-term memory, which stays strong longer than recent memory. Sharing lighthearted facts, old slang, and familiar pop culture sparks joy, eases stress, and encourages conversation.

Example of Nostalgic Pop Culture:

1. What color was Dorthy's famous slippers? *Ruby Red*
2. What was Elvis Presley's other known name? *King of Rock and Roll*
3. When was the first moon landing and who was it? *Neil Armstrong in 1969*
4. What did Frank Sinatra nickname New York City? *The city so nice, they named it twice.*

Slang and Idioms:

1. The bee's knees - old school slang, something or someone that was the absolute best.
2. Cutting a rug - a popular phrase used to describe people who were dancing.
3. Put a sock in it - a playful phrase asking someone to be quiet.

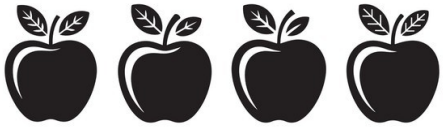
Tips for Sharing Facts

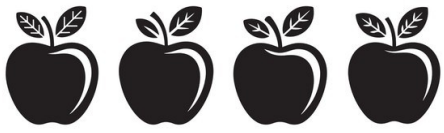
- Keep it conversational: Frame facts like a friendly chat rather than a test (e.g., "I was just thinking about Elvis...").
- Focus on feelings over facts: If a detail is forgotten, the warm emotion or story behind it matters most.
- Use visual aids: Show a picture or object to make the topic easier to connect with.

THE MAYER BROS. CIDER MILL IS ALL ABOUT FALL!

The Mayer Bros. have been making fresh-pressed apple cider since 1852
and their Cider Mill and Bakery offers everything we love about Fall.
Apple cider, apple cider slushies, candied apples, apple butter, jam, maple syrup,
artisan cheese, donuts, home-style baked pies and strudels bursting with flavor.

Located at 1540 Seneca Creek Road in West Seneca, 14224.
They are open now through November 2nd from 7am to 7pm daily.
716-668-5260





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

Going Places Transportation Program
716.858.7433
Sponsored by EC Dept for the Aging. Anyone 60+ is welcome to use for personal errands and medical appointments. Vans run Monday, Tuesday, Wednesday & Friday from 8am to 3pm. Office hours are 8:30am to 4:20pm. Wheelchair accessible. Must complete application before scheduling rides. Suggested donation is $8 one way. Financial contributions are confidential, no one will be denied service if unable to pay.

Harmonia Collaborative Care
716.947.5025
A not-for-profit organization offering behavioral health and senior care services.
Location: 6722 Erie Road — 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
Dail 211 or 888.696.9211
Speak with a referral specialist who is able to identify services in the community that can provide the general public with the help that they need. This free and confidential link to health and human services 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.