



Town of Alden

March Newsletter



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From Supervisor Rick Savage

By now, all of those in the Town Refuse District should have received their Refuse cart. Schedules for Waste Management's collection beginning 4/1/19 have been developed by them, and will be provided to residents in a mailing on or about 3/15/19. Monday and Friday will remain Town collection days, but some streets/roads have changed days. Once you receive your mailing, be sure to check the listing of roads for you collection days. The schedule of the 4 bulk collections will also be included on the collection calendar.

Erie County Stay Fit Dining Program MARCH 2019

	Tuesday	Wednesday	Thursday	
 <p>Please come and enjoy a wonderful, nutritious meal served at one of 45 dining sites located throughout ERIE COUNTY.</p> <p>Please give 48 hour notice if ordering or canceling meals.</p> <p>Suggested Meal Donation: \$3.00 All donations are confidential Nobody is denied a meal due to an inability to pay.</p> <p>All meals served with 1% or 2% milk.</p> <p>Coffee, Hot tea & water are free.</p> <p>For Dining Site Information or Locations Call: 858-7639 or Email: www.erie.gov/stayfit</p>	<p>First day of Spring (Spring equinox) falls on March 20 at 5:58 PM EDT. The length of day and night is nearly equal in all parts of the world. After the Spring equinox the Northern Hemisphere tilts to the sun, which is why we start to get longer, warmer, sunnier days.</p>			 <p>Alden Community Center 13116 W. Main St.</p> <p>To order or cancel lunch call: ~Beverly Weisbecker 937-4018 Cell 207-1640 ~Meals are served on Tues., Wed. & Thurs; 10 to 1 PM</p> <p>ALDEN SENIOR VAN Available Tues, Wed, Thurs, only Shopping trips: 1st Wed. of month To Schedule a ride Call Joyce Eastland 480-6532</p> <p>BINGO Tuesdays at 12:45 PM</p> <p>CRAFT DAY March 21, 12:30 PM Craft Fee \$3.00 Pat Holmis at 238-3755</p> <p>CERAMICS Thursdays at 9 AM</p> <p>ALDEN SENIOR TRAVEL April 15: <i>Lucy & Wright on the Lake</i>, Includes Lunch at Falcon's Nest Fee Due by March 18 Helen at 937-6722 Louise at 937-3466</p> <p>ALDEN SENIOR CLUB MEETINGS: 2nd and 4th Wednesday</p>
	<p>5 Fat Tuesday Buffalo Style Breaded Chicken Breast on a Soft Roll Fiesta Corn Broccoli Chocolate Eclair (736)</p>	<p>6 Ash Wednesday Tuna Macaroni Salad w/ Cherry Tomatoes on a Bed of Lettuce w/ Classique Dressing Club Crackers (726) Tapioca Pudding w/ Fruit</p>	<p>7 Roast Pork with Warm Cinnamon Apples Carrots Mashed Potatoes Wheat Bread Frosted Spice Cake (713)</p>	
	<p>12 Ham with Scalloped Potatoes Peas Apple Juice Rye Bread Lemon Cake w/Frosting (781)</p>	<p>13 Roast Beef Sliced, w/Onion Gravy Sweet Potato Spiced Apples Whole Wheat Dinner Roll Fruited Gelatin (589)</p>	<p>14 St. Patrick's Day Corned Beef Creamed Cabbage with Dill Carrots Parslied Potatoes Lime Sherbet (610)</p>	
	<p>19 Meatloaf with Gravy Mashed Potatoes Broccoli White Bread Vanilla Mousse (822)</p>	<p>20 Welcome Spring Low fat Cottage Cheese with Lettuce Garnish 1/2 cup Berries 1/2 cup Cantaloupe Whole Wheat Crackers Strawberry Ice Cream (533)</p>	<p>21 Veal Parmesan w/ Tomato Sauce Italian Green Beans Cauliflower Dinner Roll Frosted Marble Cake (824)</p>	
	<p>26 Beef Stew Brussels Sprouts Biscuit Strawberry Bavarian (560)</p>	<p>27 Sloppy Joe on a Wheat Roll California Mixed Vegetables Broccoli Cheese Soup Fruit Compote Chocolate Milk (947)</p>	<p>28 Roast Turkey with Gravy Mashed Potatoes Peas and Carrots Breakaway Roll Red Gelatin (581)</p>	

Senior News

- March 13** Member meeting, Community Center, 1:00pm. Sign-in begins at 12:30pm. Speaker: Lauren Gill, Alzheimer's Association.
- March 21** Crafts with Pat – Spring item this month – 12:30pm at the Community Center – registration required and \$5 for supplies – contact Pat at 238-3755 or sign up at the March 13 member meeting.
- March 26** Executive meeting, Community Center, 9:30am.
- March 27** Member meeting, Community Center, 1:00pm. Sign-in begins at 12:30pm. March Birthday celebrations with cake and ice cream.

Note: To attend these meetings, you must be an active member of the Alden Citizen Seniors Club. Feel free to join us at any time; membership fee is \$7.

ALDEN RECREATION AQUATICS PROGRAM

CLASSES RUN
6 WEEKS
MON. AND WED.
MAY 6-JUNE 12TH



ALL SWIM CLASSES
CANCELLED
MEMORIAL DAY
MAY 27TH

REGISTRATION DATES FOR SWIM:

Saturday, April 6th 1-5 pm High School Pool
Saturday, April 13th 1-5 pm High School Pool
Wednesday, April 17th 6-9 pm High School Pool

The Alden Recreation Dept. is offering a comprehensive Swim Program this SPRING! Due to scheduled Pool and locker room renovations by our Alden Central School system the AHS Pool will be closed this Summer. We're working to Waterproof America- One wave at a time! Safety First- Fun Follows! Swim lessons and swim program activities are conducted by American Red Cross Certified Lifeguards and Water Safety instructors. Please direct specific swim questions to Alden Aquatics Directors Pam Turton or Abby Blendowski Pool # 937-9116 x4100 or Recreation Dept. 937-7393. Staff will be available at registration to assist with proper learn to swim level placement. Lessons greatly enhance swim proficiency for Alden Central Sch. Phys. Ed. Swim sessions.

Classes run 6 weeks Mon. and Wed. May 6-June 12th.
 Classes cancelled Memorial Day May 27th.
 All Saturdays 1-5 pm Open /family swim thru June 15th

Time	Days	Activities
5:00-5:45 pm	M & W	Levels 1, 2, 3, 4
6:00-6:45 pm	M & W	Levels 5, 6 Parent/Child Pre-school
7:00-7:45 pm	M & W	Aquacize, Private, deep end laps
7:45-9:00 pm	M & W	Lap Swim
1:00-5:00 pm	Sat.	Open/Family Swim

Course Descriptions

Only the American Red Cross offers six comprehensive course levels that teach participants how to swim skillfully and safely. Instructors follow a plan that details the skills to be introduced at ea. level along with performance expectations. Progress of participants is continuously monitored and evaluated and skills are checked off as they are achieved. Once all skills of a particular level are achieved, participants receive a completion certificate and move on to the next level. The updated course description:

Level 1 Introduction to water skills: no floatation devices.

Intro. to basic skills as the foundation for future skills. Certain milestones are necessary for successful completion of level1, including: entering the water independently using ladder, steps or side, traveling at least 5 yards, bobbing 3 times then safely exiting the water, gliding on front 2 body lengths, rolling to a back float for 3 seconds with support and recovering to a vertical position, exhale underwater, submerge mouth, nose and eyes, alternating arm and leg action, safety topics.

Level 2 Fundamental Aquatic Skills.

Build on skills learned in Level 1. Some milestones include stepping from side into chest deep water, moving into a front float for 5 seconds, rolling onto front and back, pushing off and swimming using combined leg and arm action, floating, safety topics.

Program Fees

Lessons Levels 1-6.....	\$25
Open Swim/Family Swim:	\$1 per day/person
<i>** Young children w/parent/guardian in pool</i>	
Lap Swim: ...	\$3 per day/person or \$25 for 6 weeks
Parent/child; Pre-School.....	\$30
Aquacize.....	\$40
Private	\$50

Level 3 Stroke Development (deep end).

Child will learn: survival float, front crawl, elementary backstroke, scissors and dolphin kick, treading water, safety rules for headfirst entries, beginner diving. Some milestones include: jumping in deep water, swimming the front crawl for 15 yards, elementary backstroke, timed treading, proper breathing, safety skills.

Level 4 Stroke Improvement.

Increases endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances, build on the scissors kick and dolphin kick by adding arms for sidestroke and butterfly, backstroke, basics for turning at pool wall. Some milestones: front crawl and elementary backstroke for 25 yards, breaststroke for 15 yards, back crawl for 15 yards, open turns on front and back, safety.

Level 5 Stroke Refinement.

Refine performance in all strokes, front crawl, backstroke, butterfly, breaststroke, elementary backstroke, sidestroke, increase endurance, flip turns front and back, tuck and pike surface dives, submerge completely, standard scull, stride jump. Milestone include performing a shallow-angle dive into deep water, swimming all strokes in good form.

Level 6 Swimming and Skill Proficiency: Personal Water Safety & Fitness Swimmer:

Continue to improve the quality and endurance of all 6 strokes learned throughout the 6 levels of Learn-to-Swim, prepare for more advanced courses like Lifeguarding and Water Safety Instructor, and learn some basics of specialized aquatic activities, such as competitive swimming or diving. Milestones; swimming 500 yards continuously using any 3 strokes of choice., swimming 50 yards each stroke, performing a two part takeoff with a feet first and head first entry from a 1 meter diving board, safety.

Pre-School Aquatics (about 4-5 years) until ready for Level 1 Learn-to-Swim

Orients children to the aquatic environment and helps them gain basic aquatic skills. Enter water using ladder, steps or side, up to jumping in, blow bubbles, submerge mouth, nose, and eyes, open eyes and retrieve submerged objects, front and back glide, roll from front to back and back to front, alternating and simultaneous arm and leg action on front and back, combined arm and leg action, bobbing, treading, finning, age appropriate water safety topics. Progressive layered bubbles may be used. \$10 at registration.

Parent and Child Ages 9 mos. - 3 yrs. or until ready for Pre-School Aquatics or Level 1 Learn to Swim

For very young to feel comfortable, use motor skills, learn safety. Adult must accompany child in water. Instructor leads skills according to child's age & ability. Use plastic swim pants as suit or under suit. Back bubbles may be used, bring your own or order at registration for \$10.00 at first class. Pediatrician's prior approval is recommended.

Lap Swim

Swim laps for personal fitness. Note additional pool times. Have a swimming fun summer!

Private

One on one instruction, based upon the needs of swimmer. This may be an older child or adult in need of rehabilitation, to overcome fear or to have water fun.. Talk to Mrs. Turton.

Aquacize:

Instructor lead- Low impact exercise routine in the pool set to music. Walk, jog or dance shallow end. Benefits include cardiovascular endurance, muscular strength, flexibility and weight management. You'll feel absolutely terrific and your body will thank you! Water shoes recommended. Hand weights optional, dynabands provided. A minimum of 6 participants is necessary to run the class.

Kiddie Pool Schedule



July 1st thru Sept. 2nd

Kiddie Pool will be
OPEN
Thurs., July 4th

Open Daily 11-6pm
(Weather Permitting)