

Message from the Director

Dear Friends,

Winter will officially end on the 20th. After this *long and unreasonable* winter, the arrival of spring will be much appreciated.

To help celebrate the coming warm weather and the end of our self-imposed hibernation there are many interesting programs and events planned at the Center. Check your newsletter for more information on these and other upcoming programs and activities.

See you at the Center,

Debb

First Trip Announced

First trip of the year will be Wednesday, May 21st.

We will be traveling to Erie, PA to The Station Dinner Theatre to see "1970's Comedy Shows Revisited," an all new musical comedy show. Join us for a funny look at the variety shows that we all loved. Remember the Dean Martin Show, Hee Haw, Sonny & Cher, Donny & Marie and many more. Included in this trip will be a family style luncheon of soup, salad, 2 meats, 2 sides, dessert and coffee or tea.

The bus will leave the Center at 10 am and return at 5:45 pm. The cost of this trip will be \$50 for residents and \$70 for nonresidents. **Sign up with payment beginning April 1st.**

Upcoming Trips

Below is just some brief information concerning upcoming trips. Although **the details are subject to change**, this will give you some information as you plan your summer activities.

June— Toyota Plant Tour in Canada

July-Canandaigua cruise with lunch and a visit to Sonnenberg Gardens

August-Visit to Lillydale

September-Lunch and show at Olean Library

Specifics of these trips will be available soon.

From the President's Corner

New Board members Kay Green, Jean Johnson and Shirley Domon have copies of the annual budget and By-laws. This will help them learn how and why the Board operates. From my perspective, they are all taking their leadership responsibilities seriously.

We are fortunate to have been selected to receive a part-time intern from the Canisius Master's Program in Forensic Accounting. The intern is assigned to us as part of course work and will look at an area of interest to us and then provide a report of how we might improve that area. We have sent our preference requests to the Program and are awaiting details of the assignment. Thank you to Debb and the United Way for linking us to this opportunity.

Did you know that the approved minutes of Board meetings will now be posted on the bulletin board outside the Library Room? As usual, all members are welcome to attend Board meetings to see what we are doing and to raise issues of concern to them during an comments period at the end of the meeting.

The Travel Committee composed of Faye Szulist, Hiroko Swader, Terri Mazzone and Barb Gaik have been working diligently to provide you with another season of great bus trips. In addition, a two night trip to Amish country in Lancaster, PA is on the schedule. Check this insert for more details.

With so many activities and games offered at the Senior Center (Thank you Debb!), we couldn't resist adding the newest game of Mah Jongg. The games on Wednesday morning at 9:30 a.m. are going great. Join us to learn and play at any time - call me @ 542-2325 to reserve a spot.

I am so pleased to announce our new Sunshine Lady, Terri Mazzone, a Village of Akron resident. Contact Terri @ 542- 4384 with a clear message including name(s) and reason for card when you know of a member who should receive a get well or sympathy card from us. Terri would appreciate it if you would make sure to leave your name and number on the message so that she can check back with you on details if need be. Thank you so much.

Thank you to all the volunteers who keep our Board, committees, activities and special events going. See you at the Center!

Marianne Morris

Monday, March 10th

Bus will depart at 9 am

Casino Day

Join the fun as the seniors head to Seneca Niagara Casino. The cost for this trip is **only \$16** (including driver tip) per person with passenger incentive of **\$25 Slot Dollars**.

Sign up and pay ASAP to guarantee your seat as this trip will fill quickly.

*Incentives are compliments of the Casino and are subject to change.

Must be 21 years of age or older to enter casino floor, to receive incentive, or to qualify for any promotions. **Valid** State/Federal issued photo ID is **required** to receive incentive (government issued driver's license, non-driver's picture ID, or passport).

There will only be one bus for this trip-sign up and pay ASAP.

Upcoming casino trip: April 28th. There will be two buses; one leaving at 9 am and a second leaving at 11 am.

New Class– T'ai Chi for Better Balance

Do you have balance issues or are you concerned about the possibility of a fall?

This T'ai Chi program represents the results from years of scientific research and community evaluations. Its focus is on preventing falls through regular practice of this specific form of T'ai Chi by improving one's balance. There are 8 forms all of which are derived from the traditional 24 Form Yang Style. The statistics read that approximately 1/3 of all adults over the age of 65 fall at least once in a year. This T'ai Chi program is designed to lessen that possibility while you are having fun, stimulating your brain and moving your muscles in a soft, slow manner.

There are many medical reasons that may effect your balance; it is recommended that you speak to your doctor and see if this program is safe for you.

Classes on Monday, March 24th at 10:30 am. The first class will be a free giving you an opportunity to learn the benefits of T'ai Chi. For more info and to sign up, call 542-6645.

Sunday, March 16-Monday, March 17

Seneca Allegany Casino

Seats may still be available-call 542-6645 for more info.

Enjoy a fun filled overnight motor coach tour to New York's premier gaming attraction.....Seneca Allegany Casino & Hotel. Featuring over 6,000 Slot Machines and 130 table games-set within the beautiful landscape of Salamanca, NY. Enjoy gaming and the dining options including a world-class buffet and other great casino eateries with your food voucher. There is a complimentary shuttle to the Bingo Hall or relax and enjoy the pool, spa, or fitness area. It's all waiting for you at this four diamond resort hotel.

For \$101 per person double Or \$161 single

Your Package includes:

- **Luxury round trip motor coach transportation**
- **Overnight accommodations at Seneca Hotel**
 - **Occupancy fee**
 - **Baggage handling**
 - **\$50 Free play-slots**
 - **\$20 Food voucher**

Payment due with reservation.

Easter Egg Hunt

Be part of the fun! The A/NSC is having a good old-fashioned Easter Egg Hunt from Monday, March 24th through Monday, April 14th. Pictures of Easter eggs will be hidden throughout the Center for you to find. To participate see office for a contest form and official rules. Winners will be announced on Wednesday, April 16th at our potluck luncheon.

Please do not remove the eggs when you find them.

