

# Edward T. Boyle Center

APRIL 2023



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Welcome April! Spring is in the air, well actually as I write this snow is falling, but I am hopeful.

I have noticed so much division in the world lately and it doesn't stop at the Boyle Center doors. Politics, religion, right, left, his, hers, mine, ours, smoking, seating, etc., cause us to divide. Because I am a problem solver by nature, this tension leaves me feeling uncomfortable. I have been reading about conflict resolution and how to have healthier more effective conversations about hot topics without digging our heels in and getting no where.

### **Why can't we all just get along?!**

Well, the simple answer to this is that each one of us thinks that we are right. The only thing I can assure you is that we all come from different walks of life and carry with us baggage that no one else sees and from this we form life views and belief systems.

I was reading an article in the Greater Good Magazine published by Berkley that suggests five lessons that may help us have constructive conversations when we disagree. First let go of winning or keeping score—life is not a zero-sum game. Share your story as to why, or how you think about the topic, rather than just stating your opinion and telling the other they're "no good," or "wrong." Ask questions to understand another's view, don't assume and invite them to do the same. Acknowledge the role of emotions. Expressing that you understand how someone else feels about a topic does not mean that you agree, but it can go a long way in validating another person. And finally, when possible seek common ground. You may not agree how to get to a solution about a problem, but you can agree that there is a problem that exists. There will always be differing opinions, disagreements and even arguments, but I am asking you to take a moment, breathe and ask yourself if the comment or action you are about to make is going to resolve anything?

There is always going to be someone, or something in your life that rubs you the wrong way—but how you respond is up to you.

Best Regards, Angelia Mack, Your Service Coordinator



A non-profit development and management company specializing in housing for seniors, families, and the disabled in Upstate New York.

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### Happening this month!

- 4/4-10am Floor Capt. Meeting
- 12:30pm Birthday Bash
- 1:30 Perform 4 Purpose
- 4/5 1pm Internet presentation
- 4/7 10 am Angie's Social Hour
- 4/10 4:30 Pizza 5:30 Jeff Martin
- 4/12 9:30 CNY Food Box Delivery
- 4/13 EPIC presentation
- 4/17 1:30 Hoffman Dinner
- 2:30 Matt Chase
- 4/20 1pm Medicare 101 Presentation
- 4/24 4pm Soup Cook Off
- 5pm Elvis
- 4/26 2:30 Pie/Drink Sale
- 3pm Silver Song Birds
- 4/27 1pm Access to Homecare Presentation
- 4/30 2pm Genesee St. Voices
- \*\*\*Details Inside\*\*\*

**Boyle Senior Center, Inc., invites all senior citizens of Cayuga County to participate in its recreational, educational, cultural, and community service programs.**

**Boyle Senior Center April 2023 Events**  
**From Julie Howard Program Director**

April 1st - Unity Street Band 2pm free

April 4th - Birthday Bash 12:30 pm  
w/ music by Perform 4 Purpose at 1pm free

April 10th - Pizza Dinner 4:30pm \$5.00 don.  
music w/ Jeff Martin Trio 5:30pm free

April 17th - Hoffman Hots Dinner 1:30pm \$6.00 don.  
music w/ Matt Chase 2:30pm free

April 24th - Soup Cook Off 4pm \$5.00 don.  
Elvis is in the House 5pm free

\*Music is always free. Food is optional\*

To order food, please see Julie Howard or  
Call 315-406-9373

# Health & Wellness



## Health & Wellness from Angelia Mack, the Service Coordinator— Keeping your Mind, Body, & Soul Healthy.

**Monday, Wednesday, & Friday**  
**11:30am** Exercise with Phyllis Tanner

**Monday:** Entertainment  
(see Program office for details)

**Tuesday: 10am** Art Class for Seniors  
(\$2 donation)

**12:40pm** free Centro Bus to  
Wegmans

**2:30pm** Chair Yoga

**Wednesday: 10am** Blood Pressure  
Checks (2nd floor lobby)

**10am** Diet Club

**Thursday: 10am** Bible Study (2nd  
floor card room)

**Fridays: 10am**

Get your Blood Work done,  
(2<sup>nd</sup> Floor Lobby)

**\*\*\*Last Weds of every month**  
**-Silver Song Birds 2:30pm Pie**  
**Sales and Performance**

If you have any questions about the  
above please see Angelia,  
or call 315-370-5938.

## Wednesday, April 5th 1pm

Learn the benefits of High Speed Internet  
and how to apply for Affordable Connectivity  
Program; presented by Interfaith Works.

## Wednesday, April 12th at 9:30am—

Sign up by Friday, April 7th

The Food Bank of CNY will deliver to the  
community room for your shopping  
convenience. If you have any questions, or  
need help getting food call Angelia  
315-370-5938.

## Thursday, April 13th-1pm—EPIC Elderly

Pharmaceutical Insurance Program  
presentation! Apologies that this has been  
cancelled the last two times but I am hoping  
that 3rd time is a charm. If any of you do not  
have EPIC and have out of pocket expense for  
your prescriptions and have Medicare Part D-  
you should attend this presentation!

## Thursday, April 20th 1pm—

Sean Daly  
will present Medicare 101 with refreshments. If  
you are confused about your Medicare  
coverage or are new to Medicare—get your  
questions answered.

## Wednesday, April 26th - 2:30pm

Pie/drink Sales; **3pm** Silver Songbirds  
Proceeds from pie/drink sales will be used to  
bring Joe Triandero back on May 25th mark your  
calendar!!!

## Thursday, April 27th—1pm

Access to  
Homecare presentation with Joe Mclean. If you  
need more assistance in your home—see if you  
qualify for any of their programs.

Happy Birthday to all those born in April!

4/1 Phyllis White	511		
4/3 Wilma Palmer	417		
4/4 Reggie Penird	614		
4/15 Mike Knight	307		
4/15 Patricia Wolfe	416	4/20 Joyce Whitman	522
4/16 Suzanne Goodale	514	4/22 Laura Bennett	822
4/19 Ron Giannino	520	4/24 Leroy Wellington	722
4/20 Rose Clark	817	4/24 Diantha Pacheco	410

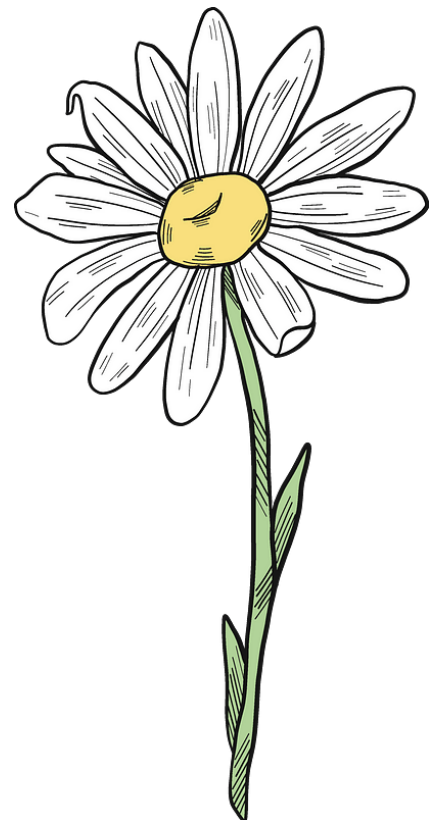


Please join us on April 4th at 12:30 for the April Birthday Bash in the Community Room. Cupcakes, Trivia, Prizes, 50/50 and Music by Perform 4 Purpose will be at 1:30 brought to you by the Program Office.

It's time to celebrate all April birthdays! With the daisy as this month's flower, we are always reminded of the beauty of springtime and the blooming of flowers across the country. The daisy is also a symbol of innocence.

## Here are some more fun facts about this month!

- The zodiac signs of this month are Aries (March 21-April 19), which is characterized as being adventurous and lively, and Taurus (April 20-May 20), which is characterized by generosity and dependability
- It is thought that the name April comes from the Latin word "to open", and is believed to have been used to describe the opening of the trees that happens during springtime
- The professional baseball season begins in the United States
- National monthly observances this month include National Humor Month, Mathematics Awareness Month, National Poetry Month, and National Jazz Appreciation Month
- Famous birthdays this month: Pharrell Williams (4/5), David Letterman (4/12), Emma Watson (4/15), James Franco (4/19), Kelly Clarkson (4/24), Channing Tatum (4/26), Jerry Seinfeld (4/29), and Penelope Cruz (4/28)



<https://www.americangreetings.com/blog/april-birthday-fun-facts/>  
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## Please Welcome

Kenneth & Nancy Aldrich 201

Marlene Bassett 302

Betty & Mark Powers 812

**Please join your floor captains, Service Coordinator and Program Director on Tuesday, April 4th 10:30am in the Computer Room (2nd Floor).**



Home Sweet Home

**Attention:** We need additional floor captains for 1, 2, 6, and 8 who are responsible to welcome new residents on their floor, monitor door tags, hand out fliers when needed and be a good neighbor :)

**\*\*\*Rescheduled Floor Captain Meeting Tuesday, April 4th at 10:00am all floor captains please attend. If you would like to become a floor captain please attend this meeting.\*\*\***

**If you are unable to attend, call Angelia at 315-370-5938**

**Please Note!**

The table in the library is not a “free” table. Please do not leave ANY belongings on this table. It is for books, magazines, newspapers and getting together.

Cameras are now monitoring this area.

# **SCAT VAN FUNDRAISER**

**Wednesday April 19<sup>th</sup> 2023 11:30**

**Mooney's BBQ will be serving up dinners to benefit the SCAT VAN!!!**

**You will have your choice of chicken 1/2's, pulled pork, or rib dinners. Each dinner will be \$15 and will include, salt potatoes, baked beans, Mac salad and cornbread.**

**We will also have available just the meats...**

**Chicken 1/2.....\$8**

**Pork Sandwich...\$8**

**1/3 rack of ribs....\$12**

**1/2 rack of ribs.....\$20**

**Full Rack of ribs....\$27**

**To pre-order see Angelia Mack by 4/14**



# Benefits of High Speed Internet

Date: April 05, 2023

Time: 1:00 PM - 2:30 PM

Location: Boyle Center Community Room

Refreshments will be provided !

At this workshop you will learn about:



High Speed options



Benefits of internet



How to apply for Affordable Connectivity Program

