

# Town of Tonawanda Senior Center

## April Bulletin

### SENIOR CENTER INFORMATION

#### **Hours of operation:**

Monday-Friday 8:30am-4:30pm

#### **Membership cost:**

\$15.00 per year for Residents of the Town of Tonawanda or Village of Kenmore

\$23.00 per year for non-residents

(Must be 60 years of age to join or have a spouse that's a member & at least 60 years old)

\$5.00 for a year's subscription to our monthly bulletin

### FROM THE DIRECTOR

May is Senior Citizen Month and we have a lot of events planned just for you! Signups for all of the May events are going on now in the office. Be sure to note the last day to sign up for each event as they are all different. Please note that we will be holding our annual Business meeting on April 12<sup>th</sup> at 12:45 in the cafetorium. We run this meeting just like we do a regular board meeting. All are invited!

The Spring Swing is a free dance that is always a lot of fun. We invite 20 people from each of 3 area Senior Centers to join us, so don't wait to sign up, tickets will go quickly. Don't forget about the Memorial Service. We will honor all of the senior center members that have passed away in the last year. This is always a very touching service and a wonderful time to get together with family and friends of our deceased members. The Volunteer Recognition Luncheon is a delightful event where we recognize all of our very special senior center volunteers with a free luncheon. Last but not least is the Election of Officers-don't forget to cast your vote!!! These are also important events during May.

Don't forget to turn in your nominations for Volunteer of the year. Forms are still available in the office. Only one form per nominee needs to be turned in.

May is your month. Take advantage and enjoy!

Tricia Pray, Director

### PRESIDENT'S CORNER

There are a lot of things going on at the Senior Center. April 5<sup>th</sup> our trip Pirates of Penzance. April 21<sup>st</sup> is our Trade Show, many businesses from our community will be present to answer questions and provide you with information about the services they offer. Think about running for a position on the Board of Directors at our April 12<sup>th</sup> Business Meeting. Spread the word about our wonderful center and all we have to offer.

Don Dean, President

### WELCOMING COMMITTEE

Our welcoming committee would like to invite our members to come in and take a tour of the building. To schedule a tour; please call Ann Worling at 877-0931.

### WELCOME TO OUR NEW MEMBERS

We would like to welcome the following members who recently joined: Letty & Richard Hollister, Nancy & Glenn Schoonmaker, Denise Aljoe, Karen Patenaude, Fritz Schweiger, Marvin Feuerstein, Edward & Wendy Koch, Susan Willard, Donald Flaig, Christine Crotty, Diane Evans, Ruth Noah, Donna Rich, Gregory Kuhaneck, Donna Kokinos, Helen Kokinos, Jadzia Insalaco, Virginia & Clayton Cutler, Beth Frascatore, Janice Vanderwerf, Karen Jurewicz, Sheila Prugel, Barbara Weiser, Sharon Wicks.

### SUNSHINE REPORT

**Get Well/Thinking of You wishes go out to the following members:** Bruce Wotherspoon, Fran Lesiniski.

**Our thoughts & Prayers are with the families/friends of the following members who have passed away:** Gerald Baskey, John Sturm.

**Our Sympathy to the following members who have lost loved ones:** Jane Croft loss of daughter.

Please let the Office know of any members who are sick, hospitalized or deceased so that their names can be printed in the bulletin.

### BULLETINS

Special thanks to all the following loyal seniors who help prepare the bulletins for mailing: Julie Ameroso, Sue Arnold, Vickie Christopher, Joan DeLong, Evelyn Dziadasek, Irene Ferguson, Roberta Harter, Diana Hull, Karen Kopper, Annette Maus, Evelyn May, Patricia Pflieger, Nancy Pilon, Natalie Pruc, Elizabeth Rosina, Anna Stanton, Wanda Webb, Peg Young and Delores Mickens.

## **BIRTHDAY & ANNIVERSARY DRAWINGS YOU COULD BE A WINNER!!**

Each month we will have a Birthday Drawing. Every 3 months we will have an Anniversary Drawing. If you're Birthday or Anniversary falls during the current month(s), fill out a slip and place it in the appropriate jar. Please enter only once; duplicate entries will be removed before each drawing. The jars will be located in the Senior Center office, stop by and enter for your chance to win. Winners will receive a \$10 gift certificate, which can be used towards a Senior Center party or trip.

### **JANUARY WINNER**

**Birthday:** Cathy Carney

## **PARTIES**

### **VOLUNTEER RECOGNITION DAY LUNCHEON**

To honor our valuable volunteers who do so much for the Senior Center, we will hold a free luncheon. If you have volunteered for a **minimum of (5) hours** between May 2016 and April 2017 you are eligible to attend. Volunteers may pick up the volunteer forms now and **only** bring the forms back with you when you sign up **OR** come prepared to fill out a volunteer form upon signup, listing all your volunteer duties for the 2016/2017 year. We will honor one (1) of our members as volunteer of the year.

**DATE:** Friday, May 19, 2017

**TIME:** 1:00 pm (cafetorium doors open at 12:30 pm)

**COST:** Free if you have volunteered for a **minimum of (5) hours** between May 2016 & April 2017

**SIGNUP:** Ends May 11, 2017

**MENU:** Chicken Cutlet, Chef Salad, Potatoes, Vegetable, Dessert, Pop, Coffee & Tea

### **MEMORIAL SERVICE**

Please join us at this beautiful service as we honor the memory of our members who have passed away during the last year. Remember all classes and programs will be **interrupted from 1:00 to 2:00 pm** for an **"Hour of Respect"** to our deceased members. Music will be performed by our own Choral Group. Refreshments and fellowship will follow the service.

**DATE:** Friday, May 26, 2017

**TIME:** 1:00 pm (doors open at 12:45 pm)

**COST:** Free, but you must have a ticket

**SIGNUP:** Ends May 19, 2017

## **DANCES**

### **SPRING SWING**

The Krew will provide music for this Town Dance, which includes refreshments. This is the event where we get to show off our Senior Center by inviting other area seniors from various Senior Centers. So put your dancing shoes on, sign up early and join the fun. Tickets are limited and they will go fast so don't delay.

**DATE:** Friday, May 5, 2017

**TIME:** 7 – 10 pm (doors open at 6:30)

**PLACE:** T.O.T. Senior Center  
291 Ensminger Road

**COST:** Free, but you must have a ticket

**SIGNUP:** Ends Friday, April 28, 2017

## **TRIPS**

### **AT HOME WITH LUCY**

The first stop on this trip is to Ecklof's Bakery, home of the Swedish rye limpa bread that Lucy had shipped to California. Samples are included. Next, enjoy lunch at The Falcon's Nest. After lunch, tour the Desilu Studio and the Lucy/Desi Museum. Then sit back and relax for a Lucy Driving Tour. The last stop of the day will be Peterson's Candies.

**DATE:** Tuesday, May 16, 2017

**ARRIVE AT CENTER:** 7:30am

**APPROX. RETURN:** 7:00pm

**COST:** \$80

**SIGNUP:** Check office for availability

### **THE PIRATES OF PENZANCE**

**DATE:** Wednesday, April 5<sup>th</sup>

**ARRIVE AT CENTER:** 10 am

**APPROXIMATE RETURN:** 6 pm

**COST:** \$78

**SIGNUP:** Waiting list only

## **PROGRAMS**

## **BOCCE**

Looking for a way to get involved at the Center? Do you want to meet new friends and have a little fun? Then come on in and sign up for our Bocce League, with a team of 4 or by yourself. PLEASE REMEMBER, THIS IS FOR FUN!!!

**DATES:** Tuesday, June 6 - Tuesday, July 25, 2017  
(No play on July 4<sup>th</sup>)

**RAINDATE:** Tuesday, August 1<sup>st</sup>.

**TIME:** 9:00 am Session and 10:30 am Session

**COST:** Free

**SIGNUP:** Begins May 1<sup>st</sup>. & ends when all spots are filled

**PARTY:** Tuesday, August 8<sup>th</sup> at 10:00 am cost \$5

## **ANNUAL TRADE SHOW**

Plan to join us for our annual trade show on **Friday, April 21, 2017 from 8:30am until 11:30am.** Many businesses from our community will be present to answer questions and provide you with information about the services they offer. This is an informal day and an easy way for you to receive a great deal of information. Some businesses may also be offering various free health screenings. Mark your calendars and plan on joining us for this informative day. We will provide you with free refreshments.

**DATE:** Friday, April 21, 2017

**PLACE:** Senior Center Cafetorium

**TIME:** 8:30am – 11:30pm

**COST:** FREE, no sign up necessary

## **COLORING GROUP**

Coloring is not just for kids!! Recently, adults across the country have picked up coloring books as a way to relax and relieve stress. The health benefits go beyond relaxation, and include exercising fine motor skills and training the brain to focus.

Join us to take part in the newest trend. We will meet once a month on a Friday in the café. **NO SIGNUP NECESSARY.**

**DATE:** Friday, April 7, 2017

**TIME:** 12:45pm in room 1

**COST:** FREE

## **AARP SMART DRIVER COURSE**

As of this printing, we are registering for classes on the 1<sup>st</sup> Monday of the month beginning April 3<sup>rd</sup>, thru all of 2017. Call the office to register at 874-3266.

**COST:** AARP members \$20.00/non-members \$25.00.

## **BINGO**

We will play Bingo once a month, on Friday, after the lunch program. Boards will be sold for \$1.00 each. Please NO large bills. All money collected will be used as prizes. No signup is necessary.

**DATE:** Friday, April 7 & 28, 2017

**TIME:** Approximately 12:45 pm

**PLACE:** Senior Center Cafeteria

## **BLOOD PRESSURE**

You may have your Blood Pressure taken on the first Wednesday of each month, from 10:00am to approximately noon.

## **BOOK CLUB**

**If you love to read books, you will want to join the Book Club.** We would love to have new people come and read with us! The Club meets on the 1<sup>st</sup> Thursday of each month at **10:00 am.** At our April 6<sup>th</sup> meeting we will discuss the book "It Can't Happen Here" by Sinclair Lewis. At our May 4<sup>th</sup> meeting we will discuss the book "Vinegar Girl" by Anne Tyler.

## **CENTER FOR MEDICARE & MEDICAID SERVICES**

Do you have questions regarding different health insurance options, changes in your health insurance, your healthcare forms, HMO, Medicare, Medicaid, Medigap, EPIC, Long Term Care Insurance or prescription drug Part D? If so, feel free to call Ron Schmitz from Erie County Senior Services. He will set up a time to meet with you individually at our senior center. He can be reached at 400-0612.

## **EXERCISE**

Come and join us on Mondays and Thursdays from 9:15-11:15am. This program is FREE with Senior Center membership.

## **BOUTIQUE**

We will be open for business on Mondays and Fridays from 10:00 a.m. to 1:00 p.m. Come shop at our Boutique! We accept new, clean and in good condition items from our members. Members must bring in their membership card when bringing items to be sold. We do NOT accept shoes or clothes. We only accept five items per person at a time and only on Fridays from 10:00 am through 12:00 pm.

## MOVIE LENDING LIBRARY

The Senior Center has a Movie Lending Library. There is a list of movies available in the office. You must be a member in good standing to borrow movies. The movies must be returned within two weeks.

### MATINEE MADNESS MONTH OF APRIL

**Please Note:** In case a Movie is not available at the Video Store, we will rent an appropriate substitute. Every Monday we will show a movie in our beautiful lounge. Sit back and enjoy a snack while watching a movie shown on our big screen TV. Movies are shown at 1:00 pm.

**4/3/17: A Month of Sundays: (Anthony LaPaglia)** – Miserable real estate agent Frank, whose business is failing and his relationship with this family is at an all-time low, meets by chance Sarah, a nice woman who reminds him of his mother. Their friendship starts healing him emotionally. (Rated PG-13, Comedy/Drama; 105 mins.)

**4/10/17: Manchester by the Sea: (Casey Affleck)** - An uncle is asked to take care of his teenage nephew after the boy's father dies. (Rated R, Drama; 137 mins.)

**4/17/17: Jackie: (Natalie Portman)** – Following the assassination of President John F. Kennedy, First Lady Jacqueline Kennedy fights through grief and trauma to regain her faith, console her children, and define her husband's historic legacy. (Rated R, Drama/Biography; 100 mins.)

**4/24/17: Collateral Beauty: (Will Smith)** – Retreating from life after a tragedy, a man questions the universe by writing to Love, Time and Death. Receiving unexpected answers, he begins to see how these things interlock and how even loss can reveal moments of meaning and beauty. (Rated PG-13, Drama/Romance; 97 mins.)

### BRIDGE LESSON TUESDAYS

**9:30 am** Duplicate bridge review lessons with Ron – No sign-up or partners required. For both beginners and intermediate players. Be prepared to have fun while exercising your brain. Try our new "Because Game," meet new friends, ask questions, and just enjoy.

## CANASTA

Do you play CANASTA? This group meets every Wednesday at 1:00 pm. Give it a try!

## CANASTA HAND & FOOT

Join us to play or learn how to play Canasta Hand & Foot each Thursday at 12:00 pm.

## CRIBBAGE

A card game so called because the dealer receives a crib, or additional hand partly drawn from hands of his or her opponents. We meet every Thursday at 1:00 pm.

## DUPLICATE BRIDGE

Duplicate Bridge is played on Wednesday's starting at approximately 12:45 pm in room 3. Single players are welcome to play in one of the most friendly bridge games in the area! Sign up and Ron Fill will help you get a partner. Remember, Duplicate Bridge helps to exercise your brain and gets your competitive juices flowing

## DIGITAL PHOTOGRAPHY CLUB

We meet at 9:30am on the 1<sup>st</sup> Tuesday of each month in the computer room. New members always welcome.

## DOMINO GROUP

Our domino group meets on Fridays at 12:30 pm. We have a fun time. We would love to have you join us! Try it, you'll like it!

## EUCHRE

Are you interested in playing EUCHRE? Are you a little rusty? Stop by and someone will help you brush up on the game. We play on Tuesday mornings at 9:30. We have winners for high and low scores.

## KUPPLES KLUB

At our February meeting we introduced a new game called Farkle. Our pizza party in March was a great success. On April 6<sup>th</sup> we will be hosting a pot luck luncheon.

Looking ahead at the May 4<sup>th</sup> meeting we will be having a Kentucky Derby Day. This is a fun day with fancy hats, drinking mock mint juleps and having a horse racing games. Come join the fun!

We meet the first Thursday of the month, from noon until 2:00 pm in rooms 1 & 3. New couples are welcome. Dues are only \$2.00 per person for the year. You must also have an up to date membership for the senior center to be take part in the Kupples Klub.

## MAH JONGG

If you know how to play Mah Jongg we meet on Mondays at 1:00 pm. You will be sure to have fun!

## PINOCHLE

Come join us for a couple of hours of fun! We play each Wednesday at 12:45 pm. Sign up will be from 8:30 to 12:30pm everyone signing in will play. See bulletin board for rules.

## PREVENTING FALLS – EXERCISE

This exercise program will be offered each Friday at 10:30am. Any Erie County Resident may attend at NO cost. NO sign up is necessary.

## QUILTING CLUB

We meet every Monday at 1:00 pm, in room 14.

## SCAT GROUP - Card Game

SCAT group meets on Tuesday afternoons at 12:30 pm. It's a lot of fun – don't be shy – we'll be happy to teach you this easy and fun game.

## SEWING CLUB

We meet every Wednesday from 9:00 a.m. to 3:00 pm. We welcome those of you that need help. We get together to sew, crochet, knit or do any handiwork, but most of all to have fun.

## SINGLES CLUB

On April 20<sup>th</sup> we will be hosting a Pizza & Wings Party, cost is \$6.00. For more information call Nancy Pilon @ 464-3342, reservations end on April 13<sup>th</sup>.

We meet the third Thursday of every month at 1:00pm. Make sure you update you Singles membership dues which is \$3.00 per year. You must also have an up to date membership for the senior center to be take part in the Singles Club.

## SOCIAL CRAFTS

Time to start another project! Come join us on Fridays from 10:00 am to noon.

## TABLE TENNIS

We meet Monday, Tuesdays & Thursday from 9:00 - 11:30 am, in rooms 1 & 3.

## CLASSES

## CERAMICS CLASS

Hi everyone! Come join us in the fun class of ceramics. You will enjoy doing all the beautiful things in ceramics and enjoy being part of a very happy and friendly group of wonderful people.

## DRAWING CLASS

Learn step by step basic artistic concepts such as shape, value, shading, perspective, contrast, and composition. Practice seeing with an artist's eye. Develop the skills to make your drawings look real using graphite, colored pencil, charcoal, and/or pastels.

## WATERCOLOR

Continue expanding your knowledge and skills as a watercolor painter with new lessons and more helpful techniques... and more fun! Enjoy creating your own paintings with guidance and encouragement.

## WOODSHOP

**Tuesday & Thursday 9:15-11:45 + 12:30 – 2:45**  
\$2.00 per visit or \$15.00 per Year

All Senior Center members are welcome to take advantage of our FULLY equipped woodworking shop. We have a complete variety of power and hand tools available to build just about any woodworking project you can come up with. There are also always "experts" on hand to solve any problems or questions you might have. **As always safety first.**

## TAI CHI

**Gold Summit Qigong:** Through many types of slow, soft exercises some with breathing, some with movement, and some stationary a person can learn to relax.

**Gold Summit Tai Chi Fundamentals:** Through soft but lively movements, Tai Chi can offer relief from stress, arthritis, concentration troubles and more. I will help focus on generating great vitality, balance, focus relaxation and coordination. You will experience a real difference in your strength, balance and energy levels.

## YOGA

Come join us, learn to reduce stress and release tension. This class helps you improve your mind-body connection, increase your flexibility and tone your muscles. **Please bring your own yoga mat.**

## **CHAIR YOGA**

This gentle yoga allows you to reap all the benefits of regular yoga, without the worry of getting up and down from a floor mat. Students can choose to stay seated for the duration of the class, or may stand and use the chair for support and reinforcement.

## **ZUMBA**

Basic Zumba class is 45 minutes of low impact, senior friendly, aerobic activity includes stretching, repetitive movements, deep breathing and body sculpting – all to a Latin beat. All of the movements are performed from a standing position (there is no floor work!) The goal is to get your bones and muscles moving and your circulation pumping.

## **BRANCH CORNER**

### **ELLWOOD BRANCH**

#### **TUESDAYS 9:30 am – 2:30 pm**

1000 Englewood Ave., Kenmore, Telephone: 877-9524

**Every Tuesday:** Cards & Pinochle 9:30 & 12:00

April 4, 11, 18, 25 – Regular Day Activities

### **MANG BRANCH**

#### **MONDAYS & THURSDAYS 9:30 am – 2:30 pm**

135 Wilber at Mang, Kenmore, Telephone: 873-0737

**Every Monday:** 9:30 – 11:30 Cards, Social, Pinochle, 11:30 Lunch, 12:30 Progressive Pinochle (sign-up by 11:15 am)

April 3, 10, 17, 24 – Regular Day Activities

**Every Thursday:** 9:30-11:30 Cards, Social Pinochle, Canasta, Rummikub, 11:30 Lunch, 12:45 Bingo.

April 6, 13, 20, 27 – Regular Day Activities

### **TOWN TRANSPORTION SERVICE**

The Town of Tonawanda offers Van Transportation Service for Senior Citizens, 60 years & over that reside in the Town of Tonawanda and Village of Kenmore.

**For more information or to schedule a van call:**

875-1029 Monday-Friday 8:30am-1:30pm

Our vans start at 9:00am – and finish for the day at approximately 3:30pm.

**Cost:** \$5.00 (In-Town) or \$10.00 (Out of Town) each way.