

### **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**

Summer is in full swing and I hope you're able to get outside & enjoy the *nice* days. The Senior Center is busy getting ready for fall. Don't forget that most Senior Center members need to pay their dues for 2018 sometime between Labor Day and December 31, 2017. This will insure you remain a current member so you may continue to take our classes, come to parties, and enjoy all our center has to offer. Also, if you'd like to receive the bulletin in the mail, the cost is \$5.00 per year. If you're not sure when your dues or bulletin subscription need to be paid, please feel free to stop by the office and we'll be happy to check for you.

It was wonderful to see so many of you at our Hot Dog Roast. It was fantastic and everyone had a very enjoyable afternoon. I hope that just as many people will sign up for our Senior Center Picnic on September 15<sup>th</sup>. We'll be enjoying delicious Chiavetta's Chicken, playing games and Mike Nugent will be here again to entertain us that afternoon!! It is always a great time.

Don't forget to come in to sign up for fall classes, shuffle board and our trips. You may sign up for classes until September 8<sup>th</sup>. Check the bulletin for dates and costs.

We will be closed for our annual maintenance shut down between August 21<sup>nd</sup> and September 4<sup>th</sup>. The Senior Center will reopen on September 5<sup>th</sup>. Enjoy the rest of your summer and we hope to see you around the Senior Center!

Tricia Pray, Director

### **PRESIDENT'S CORNER**

Remember the good old lazy hazy days of summer, that's what August reminds me of. Fall will be upon us, so I hope everyone enjoys the rest of summer. September 15<sup>th</sup> will be our annual picnic, reservation for this ends September 7<sup>th</sup>. There is so much coming up at the Senior Center. Check out our bulletin boards for more information on parties, events and trips.

The center will be closed the last two weeks of August.

Wishing everyone a wonderful summer.

Barb Bielli, 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: Sue Kates, Jeanette Socha, Martha Fishback, Tom & Patricia Somerville, Frances Stalinski, Rosalie Seguin, Anthony Skapinski, Sylvia Rinelli, Paul & Kathie Piazza, Charlene Gornicki, Mary Palestine, Mack Santarsiero, Karen Ehrhardt, Judith DeJesus, Katherine Langenfeld and Thomas Szydowski.

### SUNSHINE REPORT

**Get Well/Thinking of You wishes go out to the following members:** Bea Freidman, Pat Rellinger, Howard Bruce and Bill Grunzweig.

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, Barb Bielli, Vickie Christopher, Joan DeLong, Evelyn Dziadasek, Roberta Harter, Diana Hull, Karen Kopper, Annette Maus, Evelyn May, Elaine Miller, Audrey Morris, Patricia Pflieger, Nancy Pilon, Arlene Ptaszkiewicz, Mary Smith, Betty Vitko, Wanda Webb 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.

### JUNE WINNER

**Anniversary:** Evelyn & Bob Dziadaszek

**Birthday:** Sally Holtz

### PARTIES

### 50+ WEDDING ANNIVERSARY PARTY

If you and your spouse have been married to each other for at least 50 years, and you're a Town of Tonawanda or Village of Kenmore resident, you're invited to our 50+ Wedding Anniversary Party!

You will be treated to a delicious catered dinner by Lucarelli's Catering, and live entertainment! The event is free for couples celebrating a 50th, 55th, 60th, 65th, 70th or 75th Wedding Anniversary this year. Couples celebrating 51-54; 56-59; 61-64; 66-69 or 71-74 years of marriage may attend the celebration for only \$10 per couple.

**Each couple registering MUST show proof of residency (photo ID with current address) and your marriage certificate even if you have attended previously.**

**DATE:** Friday, October 13, 2017

**TIME:** 5:15 pm - Doors open

5:30 pm - Hors d'oeuvres

6:30 pm - Dinner

**PLACE:** Town of Tonawanda Senior Center

**COST:** Free for couples celebrating: 50,55,60,65,70 or 75 years of marriage.

\$10 per couple for those celebrating: 51-54; 56-59; 61-64; 66-69 or 71-74 years of marriage.

**MENU:** Family Style: stuffed pork, chicken parmesan, penne pasta, vegetable, dessert, pop, coffee & tea

**SIGNUP:** Starts Tuesday, August 1<sup>st</sup> – Last date to register is Tuesday, October 3<sup>rd</sup> or when sold out.

### ANNUAL SENIOR PICNIC

#### Chiavetta's Chicken

It's time again for the annual Picnic and you don't want to miss it. You will enjoy entertainment, games, Bingo, food and fun with your friends. **ALL tickets must be purchased by September 7.**

**DATE:** Friday, September 15, 2017

**TIME:** Doors Open at 11:00 a.m. and lunch is served at 12 noon

**PLACE:** T.O.T. Senior Center, 291 Ensminger Rd.

**COST:** \$12.00 members, \$14.00 non-members

**SIGNUP:** Ends September 7<sup>th</sup>

**MENU:** Chiavetta's chicken, pulled pork, pasta, potatoes, salad, beer, pop, coffee & an ice cream treat.

#### NO Take-Outs

**ENTERTAINMENT:** Mike Nugent-sings Frank Sinatra, Michael Buble, etc.

**\*\* THE CENTER WILL BE CLOSED ALL DAY ON THE DAY OF THE PICNIC – NO CLASSES OR PROGRAMS WILL TAKE PLACE \*\***

### TRIPS

### A TRIBUTE TO BARBRA STREISAND, NEIL DIAMOND & TOM JONES

It's just a short drive to the Greg Frewin Theatre in Niagara Falls, Ontario. Upon arrival, enjoy a wonderful lunch buffet. After lunch, sit back and enjoy the tribute to Barbra Streisand, Neil Diamond & Tom Jones. Before heading home, learn the process of making lavender

products at NEOB Lavender Boutique. **A passport, passport card or enhanced license is required.**

**DATE:** Tuesday, September 19, 2017

**ARRIVE AT CENTER:** 10AM

**APPROXIMATE RETURN:** 6PM

**SIGNUP:** Check office for availability

**COST:** \$75

**Please be considerate of your fellow travelers and refrain from wearing perfume or cologne on TRIPS. Many people are sensitive to different scents. Thank You.**

## PROGRAMS

### PEOPLE INC. PRESENTATION

Through the People Inc. Senior Outreach Program, case management services are provided to seniors 60 years or older who live at home to provide the necessary support to age in place. Seniors enrolled will gain access to services such as adult day care, food stamps, home care services, HEAP and more. A representative from People Inc. will be here to explain the program and answer questions.

**DATE:** Friday, September 29, 2017

**TIME:** 12:30pm in café

**SIGNUP:** August 7<sup>th</sup> – September 28<sup>th</sup>

### IT'S SHUFFLEBOARD TIME!!

It's time again to sign up for the Shuffleboard League. Get your team of 4 friends together, give yourselves an interesting name and come in to sign up! If you don't have a whole team, sign up anyway and we will try to get you onto a team. We will allow 8 teams to sign up, so get in early.

Come out to have fun with your friends and for some pleasant competition. Remember this is for FUN. **No** arguments will be tolerated!!

We are also looking for subs to fill in when the regular players cannot make it. Let us know if you are interested in being a sub.

**DATE:** Wednesday, September 13 – November 29, 2017

**TIME:** 1:00 pm

**COST:** Free

**SIGN-UP:** Ends August 18<sup>th</sup> or when all spots are filled

**PARTY:** Wednesday, December 6<sup>th</sup> at 1:00 pm,

**COST:** \$5.00

### 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, August 11, 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 August 7<sup>th</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 twice a month, on Fridays, 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, August 4<sup>th</sup> & 18<sup>th</sup>

**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**. We will not meet in the month of August. At our September 7<sup>th</sup> meeting we will discuss the book "The Spool of Blue Thread" by Anne Tyler. At our October 5<sup>th</sup> meeting we will discuss the book "A Piece of the World" by Christina Baker Kline. See you in September.

### BOOK & PUZZLE LENDING LIBRARY

We have many books and puzzles available in our Lounge for our members. Please feel free to borrow them. No sign out is necessary. It is an on your honor system. Simply return the items you have borrowed when you are done with them.

### BOUTIQUE

The boutique will be closed in August. Even though the boutique will be closed we will still accept items in the office. The boutique will reopen in September.

### 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.

## 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 AUGUST

**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.

**8/7/17: This Beautiful Fantastic: (Jessica Brown Findlay, Andrew Scott)** – A young woman who dreams of being a children's author makes an unlikely friendship with a cantankerous, rich old widower. (Rated PG, Comedy/Drama/Fantasy; 100 mins.)

**8/14/17: 23 Blast: (Mark Hapka, Stephen Lang)** – When a high school football star is suddenly stricken with irreversible total blindness, he must decide whether to live a safe handicapped life or bravely return to the life he once knew and the sport he still loves. (Rated PG-13; Drama/Family/Sport; 98 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.

## 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. We will not meet in July & August, see you September.

## 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!

## 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

## 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

On August 3<sup>rd</sup>, we will be hosting our summer picnic at the NOCO pavilion (cost involved) at noon. Catered by Jovi's Restaurant. Come and join the fun, many activities planned, everyone is sure to have a fun.

Our next meeting is September 7<sup>th</sup>. 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.

## 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, but most of all to have fun.

## SINGLES CLUB

I would like to wish everyone a wonderful summer. There will be NO meeting in August. On September 21<sup>st</sup> we will be hosting a Pot Luck Luncheon. This is where each of our members bring in a dish they enjoy and would like to share with our members.

We meet the third Thursday of every month at 1:00pm.

Make sure you update your 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**

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

The Woodshop will be open on **TUESDAYS ONLY** during the months of July & August. It will reopen Tuesday & Thursday after Labor Day.

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.**

## **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

August 1 – Regular Day Activities

August 8 – Regular Day Activities

August 15 – 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)

August 7 – Regular Day Activities

August 14 – Regular Day Activities

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

August 3 – Regular Day Activities

August 10 – Regular Day Activities

August 17 – 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.

To schedule a van, you may call 1 week prior to the day you need transportation. However, you may always call less than 1 week and ask if there are any available reservations left.

**Cost:**

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