

### **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 2019 sometime between Labor Day and December 31, 2018. This will ensure 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 14<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 7<sup>th</sup>. Check the bulletin for dates and costs.

We will be closed for our annual maintenance shut down between August 20<sup>th</sup> and September 3<sup>rd</sup>. The Senior Center will reopen on September 4<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**

Gosh, here it is August already! Hello to our new members and present members alike. July's hot dog roast and trip were enjoyed by all. Our extended trip to Rhode Island and Martha's Vineyard is this month and sounds so exciting. Don't forget our annual shut down the last two weeks of September, for maintenance and sprucing up the center. Looking forward to seeing you in September. Check out our bulletin boards for more information on parties, events and trips.

Donna Heiss, 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: Michael Mostipak, Barbara Johnston, Jean Miller, Raymond & Rosemarie Metzger, Linda Bewley, Paulette Hotchkiss, Elizabeth Marcotte, Penny Theel, Carol Iannello, Virginia & James Forsaith, Jill Fowler, Robin Fowler, Linda Laciura, Mary Ellen Newton, Judy Powalski, Fran Voigt.

## SUNSHINE REPORT

**Get Well/Thinking of You wishes go out to the following members:** Pat Abraham, Julie Ameroso, Joe Scieumeca.

**Our thoughts & prayers are with the families and friends of the following members who have passed away:** Alice Baskey, Marcella Danaher.

**Our Sympathy to the following members who have lost loved ones:** Pat Dowling loss of mother, Beverly Andrew loss of father.

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: Joan DeLong, Evelyn and Bob Sziadasek, Diana Hull, Carol Kostelnik, Annette Maus, Dolores Mickens, Audrey Morris, Pat Pfleger, Nancy Pilon, Arlene Ptazkiewicz, Jean Serra, Anna Stanton, Peg Young and Vickie Christopher.

## 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 your 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 are 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:** Carol & Sheldon Reingold  
**Birthday:** Ed Zimmerman

## 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 12, 2018

**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: catered by Lucarelli's

**SIGNUP:** Starts Wednesday, August 1 – Last date to register is Tuesday, October 2 or when sold out.

## ANNUAL SENIOR PICNIC

### Chiavetta's Chicken

Its 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 4<sup>th</sup>.**

**DATE:** Friday, September 14, 2018

**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 4

**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

### TRIP POLICY

Non-members are welcome to go on our trips, but non-members **must wait 2 weeks** after the initial signup date to register. If you join the Senior Center, you may register for trips on the first day of signup.

## HIGH TEA IN ST. JACOBS, CANADA

Visit Canada's largest year round farmers market. Next, you will enjoy a High Tea featuring tea sandwiches, breads, scones and desserts. After tea there will be a guided bus tour of the Old Order Mennonite area. On the way home, a stop will be made at the Dutch Mill Country Market which will include a muffin and coffee or tea. A Passport, Passport Card or Enhanced Driver's License is required for Customs.

**DATE:** Thursday, September 27, 2018

**BE AT CENTER:** 7am

**RETURN:** 7pm

**COST:** \$75

**SIGNUP:** Check office for availability

**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 & EVENTS

### WALKING GROUP

Walking is a great form of exercise. Join us each Tuesday at 11am in the front hallway. Walking can be done inside the building or outside if weather permits. You may walk at your own pace and for the length of time that fits your needs. No signup is necessary.

### 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 12 – November 28, 2018

**TIME:** 1:00 pm

**COST:** Free

**SIGN-UP:** Ends August 17<sup>th</sup> or when all spots are filled

**PARTY:** Wednesday, December 5<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. NO SIGNUP NECESSARY.

**DATE:** Friday, August 10, 2018

**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 6<sup>th</sup> thru all of 2018. Call the office to register at 874-3266.

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

### BINGO

We will play Bingo, 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 3 & 17, 2018

**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. The Book Club will not meet in August.** At our September 6<sup>th</sup> meeting we will discuss the book "Killing Lincoln" by Bill O'Reilly.

### BOUTIQUE

The boutique will be closed during August. Hope you have a wonderful summer and see you 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.

### 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.

### **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.

**8/06/18: Black Panther: (Chadwick Boseman)** – T’Challa, the King of Wakanda, rises to the throne in the isolated, technologically advanced African nation, but his claim is challenged by a vengeful outsider who was a childhood victim of T’Challa’s father’s mistake. (Rated PG-13, Action, Adventure, Sci-Fi; 134 mins.)

**8/13/18: A Wrinkle in Time: (Oprah Winfrey)** – After the disappearance of her scientist father, three peculiar beings send Meg, her brother, and her friend to space in order to find him. (Rated PG; Adventure/Family/Fantasy; 109 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.

### **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 Wednesdays starting at approximately 12:45 pm. 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 2<sup>nd</sup>, we will be hosting our summer picnic at the NOCO pavilion (cost involved) at noon. Come and join the fun, many activities planned, everyone is sure to have 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 able to 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.

### **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 12:30 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**

Thank you to everyone who helped make our summer picnic so much fun. It was enjoyed by all and the food was fantastic. I would like to wish everyone a wonderful summer. There will be NO meeting in August. On September 20<sup>th</sup> we will be hosting a Pot Luck. Please bring a dish to pass for everyone to enjoy.

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 able to take part in the Singles Club.

### **SOCIAL CRAFTS**

Join us on Fridays from 9:00 am to noon. Come join the fun and be creative with us. Need help with project? We’ll help!

## TABLE TENNIS

We meet Monday, Tuesday & 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 creating 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 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 month of 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, and 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 include 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 7, 14, 28 – Regular Day Activities

August 21 – Closed

## 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 6, 13, 27 - Regular Day Activities

August 20 - Closed

**Every Thursday:** 9:30-11:30 Cards, Social Pinochle, Canasta, Rummikub, Scat, 11:30 Lunch,

August 2, 9, 16, 30 – Regular Day Activities

August 23 – Closed

## 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.