

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

January was quite a month at the Senior Center. We have to extend many thanks to the Youth, Parks and Recreation Department for helping to sponsor the Winterfest Dance. It was a lot of fun! This was the kickoff to the Town's Winterfest weekend and is always a very enjoyable evening. We also started a new block of classes. It's great to get back to our normal routines after the busy holidays.

We have numerous upcoming events at the Senior Center. Please take some time to read through the bulletin to see what is going on. We have some wonderful trips planned and a few parties as well. Please note, if you participate in trips and parties at the senior center, please be sure to NOT sign up for lunch from the nutrition program on these days unless you intend on

eating it. We get numerous cancellations for nutrition on party and trip days and this causes a lot of food to go to waste. We appreciate your cooperation with this matter.

Don't forget to sign up for the Intergenerational Dance with Kenmore East. The kids and seniors always have such a great time together. There are always more snacks than we could ever eat & the music is outstanding. Hope you'll consider coming this year. Don't forget that this dance will be held at the Senior Center again this year. It is a lot of fun.

I hope everyone is well & that we'll see you very soon.

Tricia Pray, Director

PRESIDENT'S CORNER

Think about joining one of our many classes we offer at our center. With your up to date membership we offer a free exercise or fall prevention class. On February 17th we will host a Pasta Party. See senior center office for tickets. Spread the word about our wonderful center and all we have to offer.

Don Dean, President

STORM CLOSING

With winter on the way, you should know how to go about finding out if the Center is closed due to inclement weather. Announcements regarding the Town of Tonawanda Youth, Parks & Recreation Department can be heard on WBEN 930 AM. Please listen to this

station for announcements about the Youth, Parks & Recreation Department's programs, and please do not put your health at risk by making unnecessary trips in bad weather. WE DO NOT fall under the Ken-Ton School District.

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: William & Lynn Fuller, Judy Zvorsky, Jeanne Hilburger and Michele Cofield.

SUNSHINE REPORT

Get Well/Thinking of You wishes go out to the following members: Al Judd, Kay Felice, Paul Morgante, Molly Pfeiffer.

Our thoughts & Prayers are with the families/friends of the following members who have passed away: Patricia Long, Eva Dunlop, Judy Ann Meisner, Miriam Brownsten, Lois Miles, Larry Zaccagnino.

Our Sympathy to the following members who have lost loved ones: Pattie Montante loss of son.

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, Evelyn & Bob Dziadasek, Irene Ferguson, Diana Hull, Karen Kopper, Evelyn May, Elaine Miller, Loretta O'Connor, Nancy Pilon, Arlene Ptaszkiewicz, Betty Vitko, Sylvia Wotherspoon, 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.

DECEMBER WINNER

Anniversary: John & Helen Marciniak

Birthday: Annette Maus

PARTIES

ST. PATRICK'S DAY PARTY

Join us and celebrate St. Patty's Day with a delicious catered lunch, live entertainment, beer and pop. Feel free to wear your favorite "green" attire. Don't miss out on the fun!!

DATE: Thursday, March 16, 2017

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

MENU: Corned Beef, Potatoes, Cabbage, Vegetable & Dessert

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

SIGNUP: Ends March 8th

PASTA PARTY

The Senior Center will be hosting a Pasta Party. It will include Pasta, Salad, Bread, Dessert, Coffee and Pop.

Tom Bender will be here to entertain us with his Crooner/Golden Age Show. We will have door prizes after the show. You must be present to win.

DATE: Friday, February 17, 2017

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

COST: \$6.00 members/\$8.00 non-members

SIGNUP: Ends February 9

DANCES

KEN-EAST INTERGENERATIONAL DANCE Held at Town of Tonawanda Senior Center

Sign up for the annual Intergenerational Dance, where students from the Kenmore East High School National Honor Society will join us at the Senior Center. What a great way for two generations to come together for a wonderful night of music, dancing and fun!

DATE: Friday, March 31, 2017

TIME: 7-9:30 pm (Doors open at 6:30 pm)

PLACE: Town of Tonawanda Senior Center

COST: \$2.00 members & non-members (NO Refunds)

SIGNUP: Ends March 30th

REFRESHMENTS: Snacks, baked goods, coffee & pop

PROGRAMS

SENIOR WATCH

Would you like to know more about your neighborhood, community and town? Does the prospect of learning about crime resistance, keeping yourself and your neighbors safe, and getting the inside scoop on law enforcement in the town interest you? This group will bring seniors together to learn, question and share under the guidance of a police liaison officer and a member of the Town of Tonawanda Crime Resistance Executive Board. Speakers on a variety of topics that affect the community, safety, and crime resistance are part of the

monthly agenda. Police Stats and the Concern Corner round out the meetings. This is a **FREE** program.

DATE: Friday, February 24, 2017

TIME: 10am

SIGNUP: No signup necessary

HEAP OUTREACH

A Home Energy Assistance Program (HEAP) Outreach will be at the Senior Center. All applicants will be interviewed. Please bring the following documentation: one form of ID for all household members (birth certificates, licenses, SS Card), Proof of Income received within the last 30 days for all household members (pay stubs, SS or pension award letters, rental income, etc), Current Heat & Electric Bills.

DATE: Wednesday, February 15, 2017

TIME: 9:00 am to 3:30 pm

NO signup necessary

2016 SHUFFLEBOARD WINNERS

First Place: Easy Sliders

Wins - 23 Losses - 13 Points - 1895

Dorothy Farrington, Rod McQuillan, Diana Newman, Nancy Flaig

Second Place: Nanas and Papas

Wins - 22 Losses - 14 Points - 1836

Joe & Betty Domino, Bob & Rosalie D'Orsaneo

Third Place: New Friends

Wins - 20 Losses - 16 Points - 2057

Mary & Mike Battaglia, Joan Backlarz & John Sperro

TAX HELP

Volunteers from AARP will be offering assistance in filing your taxes again this year. All forms will be filed electronically. You will receive a printout of the return that is filed for you. Appointments will be scheduled from February 2 – April 13, 2017 and will be held on Tuesday & Thursday from 9:00 am – 1:00 pm. Please stop in the office for an appointment.

DATE: Ends, April 13, 2017

TIME: Tuesdays & Thursdays from 9am – Noon

COST: FREE

SIGNUP: See office for availability

Please bring Photo ID and last year's return, and

Social Security card for all persons on the Tax Return.

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, February 3, 2017

TIME: 12:45pm in the café

COST: FREE

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.

AARP SMART DRIVER COURSE

As of this printing, we are registering for classes on the 1st Monday of the month beginning February 6th, 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, February 24, 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 1st Thursday of each month at **10:00 am**. At our February 2nd meeting we will discuss the book "The Widow" by Fiona Barton. At our March 2nd meeting we will discuss the book "The Day the Falls Stood Still" by Cathy Marie Buchanan.

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.

MATINEE MADNESS MONTH OF FEBRUARY

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.

2/6/17: Ace the Case: (Susan Sarandon) When 10 year old Olivia's Mom goes on a business trip for the weekend, she leaves Olivia home alone with her 17 year old brother Miles in charge. (Rated PG-13, Family/Mystery; 94mins.)

2/13/17: Denial : (Rachel Weisz) – Acclaimed writer and historian Deborah E. Lipstadt must battle for historical truth to prove the Holocaust actually occurred when David Irving, a renowned denier, sues her for libel. (Rated PG-13, Biography/Drama/History; 109mins.)

2/27/17: The Light Between Oceans: (Rachel Weisz) – A lighthouse keeper and his wife living off the coast of Western Australia raise a baby they rescue from a drifting rowing boat. (Rated PG-13, Drama/Romance; 133mins.)

BRIDGE LESSON TUESDAYS

8:30 am Party Bridge with Ray – For anyone who wants to learn how to play bridge. Learn how to count cards, high card points, how to bid, play defense, etc. No prior experience required, just come in and have some fun. Reference material provided.

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!

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.

CANASTA HAND & FOOT

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

DIGITAL PHOTOGRAPHY CLUB

We meet at 9:30am on the 1st 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!

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.

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.

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!

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

Our next meeting is Thursday February 2nd. 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.

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.

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

Our next meeting February 16th, we will be hosting a Trash and Treasure Day. Members please bring in one or two items you would like to donate. We will play Bingo if there is time. Please call Nancy Pilon if you have any questions at 464-3342.

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

February 7, 14, 21, 28 – 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)

February 6, 13, 27 – Regular Day Activities

February 20 – Closed for Presidents Day

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

February 2, 9, 16, 23 – Regular Day Activities

TOWN TRANSPORTATION 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.