

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 assistance in filing your taxes again this year. AARP will be here on Tuesdays & Thursdays and we will be offering appointments from 9:00am-12:00pm. Please **don't** wait to make your appointment until you have all of your paperwork. They do fill up & if you wait to make an appointment, there's a good chance we will no longer have any spots left. You should call ASAP but choose a date that's later in the tax season.

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

Tricia Pray, Director

PRESIDENT'S CORNER

Now that the holiday season is over the activities at the center are in full swing again. Check out the senior bulletin for information on programs, events and trips coming up. On February 9th we will be hosting a Mardi Gras Party. See senior center office for tickets. Spread the word about our wonderful center and all we have to offer.

Barb Bielli, 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: Elaine Tober, Karen & Alex Scheuer, Damon Piatov, William Bilbo, David Price, John Power, Joan Nisbet, Donald Manno, Helene & Richard Tuskes, Christine & John Lachina, Anna Savarino.

SUNSHINE REPORT

Get Well/Thinking of You wishes go out to the following members: Karen Kopper, Mary Ann Jahren.

Our thoughts & prayers are with the families and friends of the following members who have passed away: Peter Giaraffa.

Our Sympathy to the following members who have lost loved ones: Lou Nati loss of sister.

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, Vickie Christopher, Joan DeLong, Evelyn & Bob Dziadasek, Irene Ferguson, Diana Hull, Annette Maus, Elaine Miller, Audrey Morris, Nancy Pilon, Anna Stanton, Betty Vitko, Millie Warmuz, Wanda Webb, Peg Young, Kay Felice and Dolores 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 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 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

Birthday: Ann Zuege

Anniversary: Tom & Lucretia Winiarz

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 15, 2018

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 7, 2018

ENTERTAINMENT: Mike Nugent (Sinatra styled songs)

MARDI GRAS PARTY

The Senior Center will be hosting a Mardi Gras Party. It will include Pasta, Meatballs, Salad, Bread, Dessert, Coffee and Pop. The Buffalo Dolls will be here to entertain you with their "Andrew Sisters" type show. We will have door prizes after the show. You must be present to win.

DATE: Friday, February 9, 2018

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

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

SIGNUP: Ends February 1, 2018

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.

LOVE, LAS VEGAS STYLE

Travel to Seneca Niagara Casino for a Las Vegas style show featuring the Derwalds. Included is \$15 in slot play, free lunch buffet and a ticket to the show.

DATE: Monday, February 12, 2018

ARRIVE AT SR CTR: 11:15 am

RETURN: 6:45 pm

SIGNUP: See office for availability

PRICE: \$36.

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

PROGRAMS & EVENTS

SHUFFLEBOARD RESULTS

Congratulations to the top placed teams in the fall senior center shuffleboard league!

1st Place: **New Friends**- (Mary & Mike Battaglia, Joan Backlarz, Mary Jane Buttersaon & John Cinquino), 24 wins, 9 losses and 3158 points

2nd Place: **Nana's & Papa's**- (Joe & Betty Domino, Bob & Rosalie D'Orsaneo), 21 wins, 12 losses and 3157 points

3rd Place: **4 H's**- (Jim & Judy Hoage, Dave & Pat Hussar), 19 wins, 14 losses and 2291 points

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 1 – April 12, 2018 and will be held on Tuesday & Thursday from 9:00 am – 12:00 pm. Please stop in the office or call 874-3266 for an appointment.

DATE: Starts, February 1 and Ends, April 12, 2018

TIME: Tuesdays & Thursdays from 9am – Noon

COST: FREE

SIGNUP: See office for availability

Please bring Photo ID, your Social Security Card for each person on the Tax Return and last year's return with you.

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 2, 2018

TIME: 12:45pm in room 1

COST: FREE

AARP SMART DRIVER COURSE

As of this printing, we are registering for classes on the 1st Monday of the month beginning February 5th 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 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: February 2 & 23, 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 1st Thursday of each month at **10:00 am**. At our February 1st meeting we will discuss the book "Something to Hide" by Deborah Maggach. At our March 1st meeting we will discuss the book "A Gentleman in Moscow" by Amor Towles.

BOUTIQUE

We will be open for business on Mondays, Wednesdays 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. Items to be sold must be brought into the office.

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 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.

2/05/18: Home Again: (Reese Witherspoon) – Life for a single mom in Los Angeles takes an unexpected turn when she allows three young guys to move in with her. (Rated PG-13, Comedy, Drama, Romance; 97 mins.)

2/12/18: Victoria & Abdul: (Judi Dench) – Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim. (Rated PG-13; Drama/Biography/History; 111 mins.)

2/26/18: The Mountain Between Us: (Idris Elba, Kate Winslet) – Stranded after a tragic plane crash, two strangers must forge a connection to survive the extreme elements of a remote snow-covered mountain. When they realize help is not coming, they embark on a perilous journey across the wilderness. (Rated PG-13, Action/Adventure/Drama; 112 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 in room 14. 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

Are next meeting is February 1st 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. See bulletin board for rules.

PREVENTING FALLS – EXERCISE

This exercise program will be offered each Friday at 9:45am. 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

Our next meeting is February 15th and 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. 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

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

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 & 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, 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
February 6, 13, 20, 27 – 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 5, 12, 26 – Regular Day Activities
February 19 – Closed for President's Day

Every Thursday: 9:30-11:30 Cards, Social Pinochle,
Canasta, Rummikub, 11:30 Lunch, 12:45 Bingo.
February 1, 8, 15, 22 – 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.