

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 here and I hope you're all taking time to enjoy it. I know everyone that signed up for the trip to Niagara Falls & the Maid of the Mist is looking forward to a nice time. The trip to Boston will also be here before we know it. It sounds like it will be a fun and exciting adventure! Let's hope for great weather for both trips. If you are interested in going on any of our trips, please keep in mind they have been filling up very quickly, many time on the first day of signups. If you think you'd like to go, don't hesitate! We do take a waiting list once the trip has been filled, but there is no guarantee we will get to your name.

Don't forget to purchase your tickets for our Hot Dog Roast. They are only \$5. During this event, you'll be

entertained by Tony Chiappone who sings songs by Elvis, Dean Martin, Tom Jones, and Frank Sinatra. Feel free to sign up any of your senior aged friends that are not currently members. The cost for non-members to come to the Hot Dog Roast is only \$7.00. Hopefully they'll like what we have to offer & decide to join our wonderful center!!

The Town of Tonawanda has updated their website. The website address is **tonawanda.ny.us** and you can easily access the senior center information from this site. Once you log on, look below the main picture for the words "senior center" and click in that box. You can access the bulletin, calendar, class schedule, transportation information, flyers on trips and parties, etc. It's a great resource!

Take care and enjoy your summer!

Tricia Pray, Director

PRESIDENT'S CORNER

I'm very proud to represent the Town of Tonawanda Senior Citizens Association Board once again and look forward to helping our center thrive.

Independence Day is a great time to reflect on the pride we hold for our country. Fly your flags, wear your red, white & blue and celebrate this great country of ours. I for one am very proud to be an American.

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: Joann Nowinski, Deborah Tari, Cathy Aureli, Tom Myszka, Shirley Jordan, Carol & Ronald Woroniecki, Badassare & Sandra Leone, Carolyn Distilo, Nina Meinzer, Marjorie Wilson.

SUNSHINE REPORT

Get Well/Thinking of You wishes go out to the following members: Walter Wojcik, Bill Grunzweig, Beverly Troidl, Karen Monkelbaan, Charmaine Sterry and Norma Welch.

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: Barb Bielli, Vickie Christopher, Evelyn Dziadasek, Irene Ferguson, Diana Hull, Annette Maus, Evelyn May, Patricia & Emily Pflieger, Nancy Pilon, Natalie Pruc, Arlene Ptaszkiewicz, Elizabeth Rosina, Elaine Schultz, Mary Smith, Anna Stanton, Betty Vitko, Millie Warmuz, Wanda Webb, Sylvia Wotherspoon, Delores Mickens and Kay Felice.

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.

MAY WINNER

Birthday: Jean Riedel

PARTIES

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 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 7th

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 ****

HOT DOG ROAST

Join us for a good old-fashioned Hot Dog Roast. We will serve fresh, grilled hot dogs, baked beans, potato chips, popcorn, and a dessert. There will be entertainment too.

DATE: Friday, July 14, 2017

TIME: 1:00 pm - doors open at 12:30 pm

COST: \$5 members, \$7 non-members

SIGNUP: Ends Friday, July 7

ENTERTAINMENT: Troy Chiappone Sings Elvis Presley, Dean Martin, Tom Jones, Frank Sinatra & more

TRIPS

ALLURE OF THE FALLS

Our step-on-guide will keep you entertained and informed about some of the little known facts of Niagara Falls. Visit the State Park & Terrapin Point for the best view of the Horseshoe Falls. There will be a buffet lunch at the Como Restaurant featuring a roaming guitar player.

Our next stop will be the New York Power Vista and then an up close and personal view of the Falls with a ride on the Maid of the Mist. The last stop will be made at the new Platter's Chocolate Factory! A detailed flyer is available in the office.

DATE: Monday, July 17, 2017

ARRIVE AT CENTER: 9AM

APPROXIMATE RETURN: 6:15PM

SIGNUP: Check office for availability

COST: \$78

BOSTON, SALEM & CAPE COD

Travel to the Boston area for 5 days and 4 nights. Includes: hotel accommodations, 8 meals, many tours, 2 theatre performances, schooner cruise and much more! Stop by the Senior Center for a detailed flyer.

DATE: August 21-25, 2017

COST: \$949 Double, \$1269 Single,

Deposit of \$100 due at signup

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

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: Begins Monday, July 10th & Ends August 18th or when all spots are filled

PARTY: Wednesday, December 6th 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, July 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 1st Monday of the month beginning July 10th, 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, July 7 & 21, 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**. We will not meet in the months of July & August. See you in September.

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.

BOUTIQUE

The boutique will be closed during July and August. Even though the boutique will be closed we will still accept items in the office. 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.

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 JULY

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.

7/3/17: Silver Skies: (George Hamilton, Heather McComb) – A group of eccentric retirees lives are turned upside down when their beloved apartment complex is suddenly sold out from under them. (Rated PG-13, Comedy/Family/Drama; 95 mins.)

7/10/17: The Space Between: (Gary Oldman) – The first human born on Mars travels to Earth for the first time, experiencing the wonders of the planet through fresh eyes. He embarks on an adventure with a street smart girl to

discover how he came to be. (Rated PG-13; Adventure/Drama/Romance; 120 mins.)

7/17/17: The Resurrection of Gavin Stone: (Brett Dalton, Neil Flynn) – A washed up former child star, forced to do community service at a local megachurch, pretends to be a Christian to land the part of Jesus in their annual Passion Play, only to discover that the most important role of his life is far from Hollywood. (Rated PG, Comedy/Drama/Family; 91 mins.)

7/24/17: Beauty and the Beast: (Emma Watson) – “Beauty and the Best” is the fantastic journey of Belle, a bright, beautiful and independent young woman who is taken prisoner by a beast in his castle. (Rated PG, Fantasy/Musical/Family/Romance; 129 mins.)

7/31/17: The Last Word: (Shirley MacLaine) – Harriet is a retired businesswoman who tries to control everything around her. When she decides to write her own obituary, a young journalist takes up the task of finding out the truth resulting in a life altering friendship. (Rated R, Comedy/Drama; 108 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 1st 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!

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

A good time was had by all at our hot dog roast. We learned a lot about storm water with a presentation by a town technician from the Town Water Authority.

Our next meeting is July 6th. 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 or do any handiwork, but most of all to have fun.

SINGLES CLUB

On July 20th we will be hosting our first ever Christmas in July Luncheon. It will be held at The Fairways at Deerwood, 1818 Sweeney Street, North Tonawanda. The price is \$18.00 each for member. You must have a reservation to attend. If you have not signed up please contact Nancy Pilon @ 464-3342 so I can add your name to our waiting list.

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

July 4 – Closed for 4th of July

July 11 – Regular Day Activities

July 18 – Regular Day Activities

July 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)

July 3 – Regular Day Activities

July 10 – Regular Day Activities

July 17 – Regular Day Activities

July 24 – Regular Day Activities

July 31 – Regular Day Activities

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

July 6 – Regular Day Activities

July 13 – Regular Day Activities

July 20 – Regular Day Activities

July 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.

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.