

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

March is here! Hopefully it will go out like a lamb and make way for spring! I hope all of the cold winter days are behind us!!! What a wonderful time we had at the Pasta party a few weeks ago and we're looking forward to the St. Patrick's Day party on March 16th. Don't forget to sign up before March 8th.

We are also looking forward to all of the events that we have scheduled in May. You may begin to sign up for everything on March 20th. Don't forget that we will be honoring one Senior Center member at our Volunteer Recognition Luncheon as ***Outstanding Volunteer***. The person that receives this award is nominated by their peers from the Senior Center. Please try to think of someone you believe is worthy

of this award. Nomination forms will be available in the office starting April 3rd. If you need information about the person you would like to nominate, please ask the office staff. We will try to assist you in coming up with the volunteer work they have done at the Senior Center. Don't forget that anyone who has volunteered at least 5 hours ***at the Senior Center*** between May 2016 and April 2017 is eligible to come to this luncheon and it is free of charge. It is our way of thanking you for all of the volunteer hours you have given to the Senior Center. Come in to the office beginning April 3rd and fill out the form listing your volunteer activities and you will be given a ticket for this event.

Check the bulletin for all of the other events happening at the Senior Center. Hope to see you soon!

Tricia Pray, Director

PRESIDENT'S CORNER

There are a lot of things going on at the senior center. On March 16th we will be hosting our St. Patrick's Day Party. March 31st we will host an Intergenerational Dance, with students from the Kenmore East High School National Honor Society. 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: Christine & John Grupp, Deborah McTigue, Cindy & Robert Hughes, Linda Bakowski, Fred Meli, James Ackerman, Gordon Albright, James Meade, Thomas O'Hara.

SUNSHINE REPORT

Get Well/Thinking of You wishes go out to the following members: Marion & Jackie Pagano, Etta Reese, Betty Bruckman, Paula Kerr, Jerry Baskey, Sal Gervase, Marcie Ksiazek, Loretta O'Connor, Nancy Wagner, Losi Plummer.

Our thoughts & Prayers are with the families/friends of the following members who have passed away: Bessie Daniels, Theresa Leous, Janet MacVittie.

Our Sympathy to the following members who have lost loved ones: Judy Peterson loss of husband.

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, Evelyn Dziadasek, Irene Ferguson, Jeanne Glair, Karen Kopper, Annette Maus, Evelyn May, Patricia Pflieger, Nancy Pilon, Arlene Ptaszkiewicz, Elizabeth Rosina, Mary Smith, Anna Stanton, Betty Vitko, Wanda Webb, 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.

JANUARY WINNER

Birthday: Jean Serra

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

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

TRIPS

THE PIRATES OF PENZANCE

Start your day with a wonderful lunch at The Colony Restaurant in Irving, New York. Then it's off to the Marvel Theatre at the State University of New York at Fredonia for a production of the Pirates of Penzance. Detailed flyer available in the office.

DATE: Wednesday, April 5th

ARRIVE AT CENTER: 10 am

APPROXIMATE RETURN: 6 pm

COST: \$78

SIGNUP: Check office for availability

PROGRAMS

ANNUAL TRADE SHOW

Plan to join us for our annual trade show on **Friday, April 21, 2017 from 8:30am until 11:30pm**. Many businesses from our community will be present to answer

questions and provide you with information about the services they offer. This is an informal day and an easy way for you to receive a great deal of information. Some businesses may also be offering various free health screenings. Mark your calendars and plan on joining us for this informative day. We will provide you with free refreshments.

DATE: Friday, April 21

PLACE: Senior Center Cafetorium

TIME: 8:30am – 11:30pm

COST: FREE, no sign up necessary

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 neighbor's 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, March 24, 2017

TIME: 10am

SIGNUP: No signup necessary

SPEAKER: From Highway Department

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, March 3, 2017

TIME: 12:45pm in the café

COST: FREE

AARP SMART DRIVER COURSE

As of this printing, we are registering for classes on the 1st Monday of the month beginning March 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, March 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 March 2nd meeting we will discuss the book "The Day the Falls Stood Still" by Cathy Marie Buchanan. At our April 6th meeting we will discuss the book "It Can't Happen Here" by Sinclair Lewis.

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.

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.

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 MARCH

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.

3/6/17: Loving: (Ruth Negga, Joel Edgerton) The story of Richard and Mildred Loving, an interracial couple, whose challenge of their anti-miscegenation arrest for their marriage in Virginia led to a legal battle that would

end at the US Supreme Court. (Rated PG-13, Biography, /Drama/Romance; 123 mins.)

3/13/17: Priceless : (Joel Smallbone, Bianca A. Santos)

A widower who loses custody of his daughter finds himself unable to hold down a job. He agrees to drive a truck across the country, no questions asked. But when he discovers what he is delivering, he is faced with a life changing choice. (Rated PG-13, Drama/Romance; 97 mins.)

3/20/17: Arrival: (Amy Adams, Jeremy Renner) –

When twelve mysterious spacecraft appear around the world, linguistics professor Louise Banks is tasked with interpreting the language of the apparent alien visitors. (Rated PG-13, Drama/Mystery/Sci-Fi; 116 mins.)

3/27/17: Hacksaw Ridge: (Andrew Garfield, Sam Worthington) –

WWII American Army Medic Desmond T. Doss, who served during the Battle of Okinawa, refuses to kill people, and becomes the first man in American history to receive the Medal of Honor without firing a shot. (Rated R, Drama/History/War; 139 mins.)

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!

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.

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

Our next meeting is Thursday March 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. You must also have an up to date membership for the senior center to be take part in the Kupples Club.

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.

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 March 23rd, we will have speaker Father Ryszard Biernat. He will talk about his hobby of collecting honey from his bee colonies. This is a great way to learn many amazing facts about Honeybees.

We will be collecting \$6.00 for our Pizza & Wing Party on April 20th.

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

March 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)

March 6, 13, 20, 27 – Regular Day Activities

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

March 2, 9, 16, 23, 30 – 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.