

MAY BULLETIN

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

May is here and what a busy month it will be! We have had a great response to all of the events we are holding this month.

Once again, the Trade Show was a big success. I hope everyone took advantage of all the information that the vendors brought in to the center. Profits from the sale of tables from this event will help to defray the cost of the volunteer recognition luncheon. This luncheon honors the many volunteers that put in so many hours to help make our center the wonderful place it is.

There are many different programs being offered at our center. Be sure to check the bulletin for information on them. I'm sure you will find something that interests

you! You may also find out about what's going on at our center and about other programs being offered thru the Youth, Parks & Recreation Department if you go on line to tonawanda.ny.us then click on departments/youth parks & recreation. Once you are on this page go to the list on the left side and click facilities. Here you will find a listing of the facilities run by our department, including the Senior Center. The Youth, Parks & Recreation also has a new Facebook page. Please feel free to like our page so you can see all of the exciting activities that are going on in our Town!

Hope to see you at all of the events. Take care!!

Tricia Pray, Director

PRESIDENT'S CORNER

We have a lot going on designed to honor our Senior Citizens this month. May 5th is our Spring Swing Dance, with guests from other senior centers. Our Volunteer Luncheon on May 19th is for all volunteers who are responsible for making so many things happen at the senior center. This is our way of saying thank you for all your help. The Memorial Service is on May 26th this is a beautiful service to show our respect for those who have passed away. Spread the word about our wonderful center and all we have to offer.

Don Dean, 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: Patricia Biscotto, Peter Weidner, Rita Newton, Karol Lynch, Sue Wright, Mary Bobtak, Florence Purchase, Margaret Marrano, Gwen Hill, Sylvia Grendisa, Mary Lestak, Penny Cirbus, Karen and Charles Collura.

SUNSHINE REPORT

Get Well/Thinking of You wishes go out to the following members: Paula May, Donna Hinchy.

Our thoughts & Prayers are with the families/friends of the following members who have passed away: Bill Fishback, Theresa Drennan Smith, Geraldine Calleri.

Our Sympathy to the following members who have lost loved ones: Shirley Zygmunt loss of daughter.

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, Joan DeLong, Evelyn Dziadasek, Irene Ferguson, Roberta Harter, Diana Hull, Karen Kopper, Annette Maus, Evelyn May, Elaine Miller, Patricia Pflieger, Natalie Pruc, Arlene Ptaszkiewicz, Elizabeth Rosina, Mary Smith, Wanda Webb, Millie Warmuz, Peg Young, 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.

MARCH WINNER

Anniversary: Holly & George Weisenberger
Birthday: Bob Troidi

PARTIES & DANCES

CELEBRATE AMERICA

In honor of Flag Day and the Fourth of July, we are celebrating America. We will serve punch, cookies and ice cream. Also, Denise Reichard will be back. This time she will present her "I Love America" program.

There will be door prizes after the program. Let's all wear red, white and blue.

DATE: Friday, June 9, 2017

TIME: 1:30pm (doors open at 1:15pm)

COST: \$3/\$5 for non-members

SIGNUP: Ends June 2, 2017

ENTERTAINMENT: Denise Reichard

VOLUNTEER RECOGNITION DAY LUNCHEON

To honor our valuable volunteers who do so much for the Senior Center, we will hold a free luncheon. If you have volunteered for a **minimum of (5) hours** between May 2016 and April 2017 you are eligible to attend. Volunteers may pick up the volunteer forms now and only bring the forms back with you when you sign up OR come prepared to fill out a volunteer form upon signup, listing all your volunteer duties for the 2016/2017 year. We will honor one (1) of our members as volunteer of the year.

DATE: Friday, May 19, 2017

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

COST: Free if you have volunteered for a **minimum of (5) hours** between May 2016 & April 2017

SIGNUP: Ends May 11, 2017

MENU: Chicken Cutlet, Chef Salad, Potatoes, Vegetable, Dessert, Pop, Coffee & Tea

MEMORIAL SERVICE

Please join us at this beautiful service as we honor the memory of our members who have passed away during the last year. Remember all classes and programs will be **interrupted from 1:00 to 2:00 pm** for an "**Hour of Respect**" to our deceased members. Music will be performed by our own Choral Group. Refreshments and fellowship will follow the service.

DATE: Friday, May 26, 2017

TIME: 1:00 pm (doors open at 12:45 pm)

COST: Free, but you must have a ticket

SIGNUP: Ends May 19, 2017

SPRING SWING

DATE: Friday, May 5, 2017

TIME: 7 – 10 pm (doors open at 6:30)

PLACE: T.O.T. Senior Center
291 Ensminger Road

COST: Free, but you must have a ticket

SIGNUP: See office for availability

BAND: The Krew

TRIPS

SAVOR NIAGARA

Travel to the Canadian Food & Wine Institute. Take a tour of the greenhouse nursery. Then enjoy a delicious lunch at the five star Benchmark Restaurant. After lunch there will be a guided winery tour and tasting. A stop will be made at Picard's Peanuts and then some free time in Niagara-On-The-Lake. A passport, passport card or enhanced license is required. Stop by the office for detailed flyer.

DATE: Monday, June 19, 2017

COST: \$79

SIGNUP: Check office for availability

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

AT HOME WITH LUCY

DATE: Tuesday, May 16, 2017

ARRIVE AT CENTER: 7:30am

APPROX. RETURN: 7pm

COST: \$80

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

BOCCE

Looking for a way to get involved at the Center? Do you want to meet new friends and have a little fun? Then come on in and sign up for our Bocce League, with a team of 4 or by yourself. PLEASE REMEMBER, THIS IS FOR FUN!!!

DATES: Tuesday, June 6 - Tuesday, July 25, 2017

(No play on July 4th)

RAINDATE: Tuesday, August 1st.

TIME: 9:00 am Session and 10:30 am Session

COST: Free

SIGNUP: Begins May 1st & ends when all spots are filled

PARTY: Tuesday, August 8th at 10:00 am cost \$5

SENIOR CENTER COMMUNITY GARDEN

How would you like to participate in the Senior Center's annual community garden? We are looking for senior volunteers to help plant, water and maintain the vegetable garden. We plan on planting the garden at the end of May or beginning of June depending on the weather. Once the garden is planted, we will set up a

schedule for teams of volunteers to come in to water & weed the garden then eventually pick the vegetables. All plants & materials will be supplied. To sign up, please stop in the office or call us at 874-3266.

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, May 5, 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 May 1st, 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, May 5, 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 May 4th meeting we will discuss the book "Vinegar Girl" by Anne Tyler. At our June 1st meeting we will discuss the book "And After the Fire" by Lauren Belfer.

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

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 ten items per person. Items may be dropped off at the office Monday through Friday from 9:00 am through 3:00 pm.

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 MAY

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.

5/1/17: Fences: (Denzel Washington, Viola Davis) – A working class African American father tries to raise his family in the 1950s, while coming to terms with the events of his life. (Rated PG-13, Drama; 139 mins.)

5/8/17: Lion: (Nicole Kidman) – A five year old Indian boy gets lost on the streets of Calcutta, thousands of kilometers from home. He survives many challenges before being adopted by a couple in Australia; 25 years later, he sets out to find his lost family. (Rated PG-13, Drama; 118 mins.)

5/15/17: Hidden Figures: (Octavia Spencer) – Based on a true story. A team of African American women provide NASA with important mathematical data needed to launch the programs first successful space missions. (Rated PG, Drama/History/Biography; 127 mins.)

5/22/17: La La Land: (Emma Stone) – A jazz pianist falls for an aspiring actress in Los Angeles. (Rated PG-13, Drama/Comedy/Musical; 128 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.

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

The Kupples Club enjoyed a pot luck luncheon in April, along with a viewing of the movie Sully. On May 4th at noon, we will be hosting a Kentucky Derby Party complete with fancy hats, mock mint juleps and having a horse racing game. Come join the fun! Joseph Emminger (the Town Supervisor) will also join us for a report on the town. June 1st meeting will be a prepaid hot dog roast.

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

Our regular meeting will be on May 18th. We will be playing Bingo. You will be able to purchase as many boards as you want to play and prizes will be in the form of cash, not candy bars.

We meet the third Thursday of every month at 1:00pm. Make sure you update you 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 & 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

May 2, 9, 16, 23, 30 – 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)

May 1, 8, 15, 22 – Regular Day Activities

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

May 4, 11, 18, 25 – Regular Day Activities

