

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

Welcome back from our annual maintenance shutdown. Our Center is sparkling clean and ready for our "New Season".

Our trip to Boston was terrific! We had such a great time & we came home with wonderful memories! Our trips have become very popular & seem to be selling out quickly. If you're interested in a trip that we are running, be sure you sign up for it as soon as we start signups so that you don't get shut out.

The Town of Tonawanda Youth, Parks and Recreation Department is once again hosting a 50+ wedding Anniversary party at the Senior Center. If you and your spouse have been married to each other for 50, 55, 60, 65

etc years it is free for you to come to this event. Any couples married 51-54; 56-59; 61-64; 66-69 etc years the cost is \$10 **per couple**. You must live in the Town of Tonawanda or Village of Kenmore. You will be treated to a delicious catered dinner and entertainment. You will also be asked to show us your marriage certificate & proof of residence when we issue you your tickets. The date of the event is Friday, October 13, 2017 at 5:30pm. Don't delay in responding, tickets are going quickly!

Don't forget it's time for most of you to renew your dues for 2018. If you are not sure if your dues need to be paid now, please ask in the office. If your membership runs out, you will no longer be able to participate in our programs, classes, parties, etc. as a member, so don't delay! Also, don't forget that it costs \$5.00 per year to receive the bulletin in the mail. If you'd rather not pay, you can pick one up in the office or view it on line at www.tonawanda.ny.us. You can sign up for this at any time, it does not have to coincide with you membership payment.

Enjoy the beautiful September days and I hope to see you at the Senior Center.

Tricia Pray, Director

PRESIDENT'S CORNER

Fall is upon us, so get set for a great line up of events here at the Senior Center. September 15th is our annual picnic. Check out our bulletin boards for more information on parties, events and trips.

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: Constance Bichler, Fred Brancato, Corinne Aquino, Carole Sinclair, Annette Bitner, Carol Fanutti, Diane DiBuono, Barbara Kraemer, Frances Bruce.

SUNSHINE REPORT

Get Well/Thinking of You wishes go out to the following members: Janet Murphy, Helen Kindron, Elaine Dean.

Our Sympathy to the following members who have lost loved ones: Sandy & Gary Romano loss of granddaughter, Fran Panzica loss of great grand-daughter, Sandy Monteleone 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, Barb Bielli, Vickie Christopher, Joan DeLong, Evelyn Dziadasek, Irene Ferguson, Diana Hull, Annette Maus, Elaine Miller, Audrey Morris, Sharon Novino, Patricia & Emily Pflieger, Nancy Pilon, Arlene Ptaszkiewicz, Mary Smith, Anna Stanton, Mary Veitch, Betty Vitko, Wanda Webb, Peg Young 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.

JULY WINNER

Birthday: Lynn Ortiz

PARTIES

50+ WEDDING ANNIVERSARY PARTY

If you and your spouse have been married to each other for at least 50 years, and you're a Town of Tonawanda or Village of Kenmore resident, you're invited to our 50+ Wedding Anniversary Party!

You will be treated to a delicious catered dinner by Lucarelli's Catering, and live entertainment! The event is free for couples celebrating a 50th, 55th, 60th, 65th, 70th or 75th Wedding Anniversary this year. Couples celebrating 51-54; 56-59; 61-64; 66-69 or 71-74 years of marriage may attend the celebration for only \$10 per couple.

Each couple registering MUST show proof of residency (photo ID with current address) and your marriage certificate even if you have attended previously.

DATE: Friday, October 13, 2017

TIME: 5:15 pm - Doors open

5:30 pm - Hors d'oeuvres

6:30 pm - Dinner

PLACE: Town of Tonawanda Senior Center

COST: Free for couples celebrating: 50,55,60,65,70 or 75 years of marriage.

\$10 per couple for those celebrating: 51-54; 56-59; 61-64; 66-69 or 71-74 years of marriage.

MENU: Family Style: stuffed pork, chicken parmesan, penne pasta, vegetable, dessert, pop, coffee & tea

SIGNUP: Starts Tuesday, August 1st – Last date to register is Tuesday, October 3rd or when sold out.

ANNUAL SENIOR PICNIC

Chiavetta's Chicken

It's 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 ****

TRIPS

ALL ABOARD!

Enjoy a fall day aboard the Arcade and Attica Railroad. Start with lunch at the Iron Kettle Restaurant where a delicious buffet will be served. Then off for a two hour train ride viewing the beautiful fall foliage from the comfort of this historic train. Our last stop will be Mayer Brothers Cider Mill.

DATE: Wednesday, October 18, 2017

ARRIVE AT CENTER: 10:15am

APPROX. RETURN: 6:30pm

SIGNUP: Check office for availability

COST: \$77

A TRIBUTE TO BARBRA STREISAND, NEIL DIAMOND & TOM JONES

A passport, passport card or enhanced license is required.

DATE: Tuesday, September 19, 2017

ARRIVE AT CENTER: 10AM

APPROXIMATE RETURN: 6PM

SIGNUP: Sold Out waiting list only

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

MINIATURE GOLF TOURNAMENT

Come join us for our annual Senior Miniature Golf outing held at the Town of Tonawanda Paddock Chevrolet Golf Dome on Brompton Road. You will enjoy the experience of the lavish miniature golf course and beautiful golfing facilities. Don't miss out; this is a really fun event! Please note that will be NO refunds.

DATE: Friday, November 3, 2017

TIME: Choose from the following times: **9:30 a.m. & 1:00 p.m. Limit of 72 people per time slot**

COST: \$2.00 per person-NO REFUNDS

PLACE: Town of Tonawanda Paddock Chevrolet Golf Dome on Brompton Road

INCLUDES: 18 holes of Miniature Golf, LOTS of Prizes, medals for men's and women's winners, doughnuts and coffee

SIGNUP: Begin Tuesday, September 5 and ends on Friday, October 27

FLU SHOTS

(Pneumonia & Shingles Shots Also Available)

Shots will be administered by the Pharmacists from RiteAid at the Town of Tonawanda Senior Center.

DATE: Friday, October 6, 2017

TIME: 9:00 am – 2:30 pm

SIGNUP: Ends October 5th. Stop into the office or call 874-3266 to register. Most insurances accepted.

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, September 29, 2017

TIME: 10am

SIGNUP: No signup necessary

PEOPLE INC. PRESENTATION

Through the People Inc. Senior Outreach Program, case management services are provided to seniors 60 years or older who live at home to provide the necessary support to age in place. Seniors enrolled will gain access to services such as adult day care, food stamps, home care services, HEAP and more. A representative from People Inc. will be here to explain the program and answer questions.

DATE: Friday, September 29, 2017

TIME: 12:30pm in café

SIGNUP: Ends September 28th

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, September 8, 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 September 11th, 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, September 8th & 22nd

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 September 7th meeting we will discuss the book "The Spool of Blue Thread" by Anne Tyler. At our October 5th meeting we will discuss the book "A Piece of the World" by Christina Baker Kline. See you in September.

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.

MATINEE MADNESS MONTH OF SEPTEMBER

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.

9/11/17: The Zookeeper's Wife: (Jessica Chastain, Johan Heldenbergh) – The Zookeeper's wife tells the account of keepers of the Warsaw Zoo, Antonina and Jan Zabinski, who helped save hundreds of people and animals during the German invasion. (Rated PG-13, Biography/Drama/History; 127 mins.)

9/18/17: The Circle: (Emma Watson, Tom Hanks) – A woman lands a dream job at a powerful tech company called the Circle, only to uncover an agenda that will affect the lives of all of humanity. (Rated PG-13; Drama/Sci-Fi/Thriller; 110 mins.)

9/25/17: Going in Style: (Morgan Freeman, Michael Caine, Alan Arkin) – Desperate to pay the bills and

come through for their loved one, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money. (Rated PG-13, Comedy/Crime; 96 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.

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

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 everyone at our picnic. Everyone enjoyed great food, and good conversation.

Our next meeting is September 7th. We are planning our fall activities. 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, but most of all to have fun.

SINGLES CLUB

On September 21st we will be hosting a Pot Luck Luncheon. This is where each of our members brings in something they enjoy and would like to share with our members. Please remember not to sign for lunch at the center that day.

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 & 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.**

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

September 5, 12, 19, 26 – 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)

September 4 – Closed for Labor Day

September 11, 18, 25 – Regular Day Activities

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

September 7, 14, 21, 28 – Regular Day Activities