

ADMINISTRATIVE STAFF:

CO-DIRECTOR: Scott Brinkman
CO-DIRECTOR: Kathleen Veronica
SECRETARY: Penny Muscarella,
KITCHEN MANAGER & OFFICE ASSISTANT:
Jan Celani
SENIOR VAN DISPATCHERS
Ellen Settlekowski
Bonnie Monahan

ASSOCIATION OFFICERS:

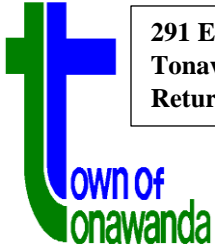
PRESIDENT: Donna Heiss
VICE PRESIDENT: Linda Hamilton
RECORD. SECRETARY: Linda Pike
SGT.-AT-ARMS: Peg Young

ASSOCIATION DIRECTORS:

Nancy Flaig
Pat Pike
Diana Randall
Barb Bielli

TOWN OFFICIALS:

Joseph H. Emminger, Supervisor
Carl Szarek, Councilman &
Chairman of Youth, Parks & Recreation Committee
Mark D. Campanella Sr.
Superintendent Parks & Recreation Department



291 Ensminger Road
Tonawanda, NY 14150
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Town of Tonawanda Senior Center
716-874-3266
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April, 2023

DIRECTOR'S LETTER

May is Senior Citizen Month and we have a lot of events planned just for you! Signups for all the May events are going on now in the office. Be sure to note the last day to sign up for each event as they are all different. Please be aware that we will be holding our Annual Business meeting on April 12th at 10:00am in the conference room. The meeting is run just like we do a regular board meeting. We will close the slate of officers that are running for various Senior Center board positions at this meeting. All are invited!

The Spring Swing is a daytime dance that is always a lot of fun. Entertainment will be The Hastings band. They always put on a great show! Don't forget about the Memorial Service. We will honor all the senior center members that have passed away. This is always a very touching service and a wonderful time to get together with family and friends of our deceased members.

The Volunteer Recognition Luncheon is a delightful event where we recognize all our very special senior center volunteers with a free luncheon. Don't forget to turn in your nominations for Volunteer of the year by April 12th to the Senior Center Office. Forms are still available in the office. Only one form per nominee needs to be turned in.

"Smile, Happiness looks great on you!"

Thank you, Scott Brinkman, Director

PRESIDENT'S CORNER

Welcome Spring! Our St. Patrick's Day luncheon was enjoyed by everyone. The food and entertainment were wonderful. We are looking forward to April 21st where we will be holding our April Showers bring May Flowers party. We will be having a guest from North Town Garden Center and a representative from the Erie County of Environment and Planning to speak about Hazardous waste. Also on April 25th we will be going on our day trip to Seneca Niagara Casino and enjoying entertainment from the Motown Singers. Happy Easter and Passover to all.

Donna Heiss, President

WELCOME NEW MEMBERS

Welcome to the following new members: Michael Thorp, Mary Sobkowiak, Linda Zaifert, Linda King, Kathleen Penrod, Lorraine Gulczewski, Donna Phillips, Raymond Hayward, Monica Carroll, Diane Scuto, Angela Petrotto, Mike Ryan, Felicia Kreuzer, Martha Zimmerman, Carlos & Patty Ossa.

SYMPATHY

Our thoughts and prayers are with the families and friends of the following members who have passed away: Pattie Montante, Robert Ward, Josie Lombardo and Gary Romano.

Get Well/Thinking of You wishes go out to the following members: Patricia Pflieger, Alan Benjamin and Carolyn Vujnovic.

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

BULLETINS

Special thanks to all the following loyal seniors who help prepare the bulletins for mailing: Betty Bavaro, Evelyn & Bob Dziadaszek, Diana Hull, Carol Kostelnik, Sharon Liedy, Diana Randall, Jean Serra, Anna Stanton, Betty Vitko, Peg Young and Vickie Christopher.

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. Please be considerate of your fellow travelers and refrain from wearing perfume or cologne on TRIPS.

THE MOTOWN YEARS

DATE: April 25, 2023

TIME: Arrive at Center 9:45 am

DEPART: 10:15am

APPROXIMATE RETURN: 5:15pm

PRICE: \$76.00 – Sold Out waiting list only

BOCCE

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!!! Dues must be current in order to participate.

DATES: Tuesday, June 13 - August 1, 2023

RAIN DATE: August 8th

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

COST: Free

SIGNUP: Begins May 8th & ends when all spots are filled

PARTY: August 15th with awards given out

SPRING SWING DANCE

The Hastings will provide the music for this dance which includes snacks & pop.

DATE: Friday, May 5, 2023

TIME: 1:30 – 4:00 p.m. (Doors open at 1:00 p.m.)

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

COST: \$5.00 for members, \$7.00 for non-members

SIGNUPS: Ends Monday, May 1st

VOLUNTEER RECOGNITION DAY

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 five (5) hours between May 2022 – April 2023 you are eligible to attend. Volunteers may pick up a volunteer form in the office and bring it back when you sign up. List all your volunteer duties for 2022/2023. We will honor one of our members as volunteer of the year.

DATE: Friday, May 19, 2023

TIME: 1:00 p.m. (doors open at 12:30)

COST: Free if you have volunteered for a minimum of five (5) hours between May 2022 and April 2023

SIGNUPS: Ends Thursday, May 11th

MEMORIAL SERVICE

Please join us at this beautiful service as we honor the memory of our members who have passed away during the past year. Music will be performed by our own Choral Group. Refreshments and fellowship will follow the service.

DATE: Friday, May 26, 2023

TIME: 1:00 p.m. (Doors open at 12:45 p.m.)

COST: Free, but you must have a ticket

SIGNUPS: Ends Monday, May 22nd

UNIVERSITY EXPRESS/RSVP CLASSES: 2023

These classes are one session seminars, open to all senior citizens in Erie County and are FREE!
The classes listed below will be held at the Town of Tonawanda Senior Center. Please call 874-3266 to register.

My Career as a Buffalo Radio Journalist, Wednesday, May 17, 2023 @ 1:00pm

He was hired by the legendary Irv Weinstein to handle overnight news at the iconic WKBW Radio in 1961. A career that spawned relationships with some unlikely individuals including: the convicted Texas Chainsaw Killer and daredevil Evel Knievel. The crossing gates you see at the entrances to all local expressways is a result of one of his editorials written following the Blizzard of 77.

Instructor: John Zach, Retired Buffalo Broadcast Journalist; Author

History of the Buffalo Mafia, Wednesday, May 31, 2023 @ 1:00pm

Examines the crime unit through its information in Sicily, emergence in WNY and demise as the 20th century ended.

Instructor: Lee Coppola, Retired news reporter, Assistant United States Attorney

iPad & iPhone Basics, Wednesday, June 14, 2023 @ 1:00pm

Once you have an iPad or iPhone, your next step should be learning about the physical features of the device and the accessories that come with it. This includes the different buttons and ports. Come learn the ins and outs of using Apple mobile devices.

Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo & Erie County Library

Three Identical Strangers, Wednesday, June 28, 2023 @ 1:00pm

Based on the movie of the same name, learn the story of adopted siblings who found each other after being separated for almost 20 years.

Instructor: Theresa Wiater, retired teacher, Clarence Center Elementary School

The Unsolved Murders of Linden, NY, Wednesday, July 12, 2023 @ 1:00pm

A small hamlet of Linden, NY (about 40 miles east of Buffalo) where 5-6 horrific murders took place from 1917 to 1924 that remain unsolved to this day! Nearly 100 years later, historians and detectives believe they have evidence that could help solve these murders, which continue to fascinate and intrigue us today.

Instructor: Ryan Gadzo, Research Analyst, Erie County Department of Senior Services

SAFE DRIVER ACADEMY - DRIVER COURSE

Safe Driver Academy course is held at the Senior Center each month, cost \$35.00. Call the office at 874-3266 to register for a class.

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.

PREVENTING FALLS

This exercise program is offered every Friday at 10:00am. Any Erie County resident may attend at NO cost. No sign up is necessary.

You must be a current member of the Senior Center in order to participate in the following programs.

BINGO

Boards are sold for \$1.00 each. Please NO large bills. All money collected will be used as prizes. Bingo will be held on April 14th & 28th at 1:00pm.

BOUTIQUE

The Boutique is open on Wednesdays from 9am to 12:30pm Eight (8) item limit per person which includes items that are already in the Boutique.

CANASTA HAND & FOOT

Join us to play or learn how to play Canasta Hand & Foot each Thursday at 12:00pm, meet in Room 8 (pool room).

BOOK CLUB

We would love to have new people come and read with us! The club meets the 1st Thursday of each month at 10:00am. At our April 6th meeting we will discuss the book "The Over Night Guest" by Heather Gudenkauf. At our May 4th meeting we will discuss the book "The Social Grace's" by Renee Rosen.

CHORAL

Are you interested in singing? Come join us on Mondays @ 1:30, in the cafetorium.

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, in Room 2B (old computer room).

DUPLICATE BRIDGE

Duplicate Bridge is played on Wednesdays starting at approximately 12:45 pm, in Room 1. Single players are welcome to play in one of the most friendly bridge games in the area! Remember, Duplicate Bridge helps to exercise your brain and gets your competitive juices flowing.

EUCHRE

Are you interested in playing EUCHRE? Stop by and someone will help you brush up on the game. We play on Tuesday mornings at 9:30.

EXERCISE

Come join us on Mondays and Thursdays from 10:00 - 11:15am. This program is FREE with Senior Center membership. No Pre-registration necessary.

KUPPLES KLUB

Everyone had a good time at our potluck luncheon. The food was delicious and the games were fun. Our next meeting is April 6th and we will be having ham sandwiches and a side. Hopefully, the Easter bunny will stop by early and hide some eggs. In May we will have a chance to pick our favorite horse for the Kentucky Derby. We meet the first Thursday of the month at noon 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 1:00pm, meet in Room 2B (old computer room).

PINOCHLE

Come join us for a couple of hours of fun! We play each Monday & Wednesday at 12:45 pm in Room 7. Sign up by 12:30 pm. Everyone signing in by 12:30 will play.

SCAT GROUP

SCAT group meets on Tuesday afternoons at 12:30pm. It's a lot of fun – don't be shy – we'll be happy to teach you this easy and fun game.

SCRABBLE

We meet every Wednesday at 9:30am in room 2B. Come join the fun!

SEWING

We meet every Wednesday from 9:00 am to 12:30 pm. We get together to sew, crochet, knit, but most of all to have fun.

SINGLES CLUB

Our April 20th meeting will be a presentation by the Erie County Library, Brendon Chella, on the new eBook app and review the large selection of magazines. Anyone interested in joining our group, we meet the third Thursday of the month, at 1:00pm in Rooms 1 & 3. Unlike the senior center, the singles membership runs from January to December for \$5.00 per person. 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

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

TABLE TENNIS

Attention to the many new people who have joined the Senior Center. We are always looking to add new players. We play Tuesdays & Thursdays from 9:00 -11:00am. This is not a league; we play for exercise & fun.

WOODSHOP

Monday & Wednesday 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. **As always, safety first.**

CERAMICS CLASS

Hi everyone! Come join us in the fun class of ceramics. You will delight in creating beautiful items and enjoy being part of a very happy and friendly group of wonderful people.

LINE DANCE

Come and join our Line Dance Class. It is not only fun but great exercise. Stop by the Senior Office to register.

DRAWING WITH COLORED PENCILS

Do you like to color? First of all, YOU DO NOT NEED TO KNOW HOW TO DRAW! Learn how to color, layer, shade, and texture with colored pencils in order to make your drawing look very real. You will be given patterns of beautiful pictures to trace onto your drawing paper, and together, we will make them come to life with our colored pencils. Please pick up your supply list in the office when registering and contact Instructor Diana Hanagan (716) 876-8133 before the 1st class.

INTERMEDIATE WATERCOLOR

Tuesdays 1:00-4:00

For those who have already completed an Intro to Watercolor class, continue to build your skills in watercolor techniques such as washes, glazing, layering and lifting dry brush, color mixing, etc. We will do step-by-step "paint-along" of various subjects that will WOW your friends and family! Please pick up your supply list in the office when registering and contact Instructor Sheila Reigh before the 1st class.

ADVANCED WATERCOLOR

Thursdays 1:00-4:00

Must have 3+ years' experience in watercolor and be able to work on your own some of the time. Continue refining your control of the water, colors, and timing with projects chosen by you and/or the instructor. Develop and discover your unique style by experimenting with new approaches, techniques, and subject matter. Please pick up your supply list in the office when registering and contact Instructor Sheila Reigh before the 1st class.

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

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.

SENIOR STRETCHING WORKOUT

This is a great stretching class done mostly on chair, keeping you flexible & healthy.

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 GOLD

Zumba Gold is 50 minutes of low impact, senior friendly aerobic activity. The goal is to get your bones and muscles moving and your circulation pumping.