

ADMINISTRATIVE STAFF:

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

ASSOCIATION OFFICERS:

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

ASSOCIATION DIRECTORS:

Nancy Flaig  
Pat Pike  
Linda Miller  
Donna Miller

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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**DIRECTOR'S LETTER**

Senior Citizens month is over and was quite busy with all the special events that took place at the center. It was wonderful to see so many of you participate in them.

The Memorial Service was especially moving. Our Senior friends will be missed by all of us. A special thank you to the outgoing board members for a job well done and congratulations to the incoming board members. We are looking forward to working with all of you in the coming year.

We are very lucky to have such a great team in the office that helped to coordinate all the May events! They all worked very hard to make "Senior Citizens Month" a huge success and a lot of fun for you. Without their hard work it would be impossible to run them. We hope you enjoyed everything!!!

This year at the Volunteer Recognition luncheon we honored **Janet Garton** as our Volunteer of the Year. We thank her for her many years of hard work and dedication to the Senior Center. She has done so much in the 11 years since she joined! We are so lucky to have her as a volunteer helping our center in so many different ways!

If you haven't been here lately then you might not know that there is major construction being done here at the Senior Center. Our roof is finally being replaced! Construction is already underway and is expected to go until Mid-July. Parking might be difficult at times as many spots will not be available, so please be patient with us.

We have some exciting events coming up at the Senior Center. The "Flag Day Celebration" party is coming up on the 16<sup>th</sup> of this month, a day trip to Geneva & Seneca Falls with stops at a Cheese Company, Sauders Store in Seneca Falls and then a stop at the Montezuma Winery to get a slushie for the ride home. The Hot Dog Roast is scheduled for Friday, July 14, and a trip to Erie PA to the Chicago Speakeasy on Wednesday, July 26<sup>th</sup>. We expect all events to be a lot of fun. Hope to see everyone at the center. There is always a lot to do here...

Enjoy!! Scott & Kathleen

Quote of the Month from Confucius:

"Wrinkles mean you laughed, grey hair means you cared, and scars mean you lived."

## PRESIDENT'S CORNER

Our May was so active at the Senior Center. Our events were enjoyed by all. June is going to be busy as well. Our Flag Day Celebration is on June 16<sup>th</sup> with lunch and entertainment. On June 26<sup>th</sup> we will travel to the Finger Lakes region for a day of food, wine treat and shops. The Belhurst Castle was listed on the National Register of Historic Places in 1987. Here we will enjoy a Fabulous Plated Lunch. Our University Express Classes will continue on in June & July.

After 5 years (1 year when center was closed due to Covid) my reign's as president is over. It has been such a wonderful time. It has been a honor and pleasure to have had that title and represent our Seniors in the Town of Tonawanda. This month I am turning over the Presidency to our newly elected – Linda Hamilton.

I am wishing all our gentlemen members a Happy Father's Day.

Thank you to all – you are a super group of Seniors

Donna Heiss, President

## BULLETINS

Special thanks to all the following loyal seniors who help prepare the bulletins for mailing: Otto & Mary Ann Achtziger, Barb Bielli, Evelyn & Bob Dziadaszek, Diana Hull, Carol Kostelnik, Sharon Liedy, Nancy Pilon, Diana Randall, Jerry Simmes, Anna Stanton, Peg Young and Vickie Christopher.

## SENIOR CENTER MEMBERSHIP

Hours of operation: Monday-Friday 8:30am – 4:30pm. Membership cost: \$17 per year for a resident of the Town of Tonawanda or Village of Kenmore and \$25 per year for non-resident. Memberships are good for a year from when it is paid. (Must be 60 years of age to join or have a spouse that's a member & at least 60 years old). The cost to have the bulletin mailed to you is \$5 for the year.

## VOLUNTEERS NEEDED

We are looking for volunteers for Parties, Dances, Boutique, etc. If interested leave your name and phone number in the office.

## WELCOME NEW MEMBERS

**Welcome to the following new members:** Jacqueline Krupczyk, Fran Schmidt, Janice Troutman, Watler Myers, Sue Szczepaniec, Jeanne Madigan, Jim Davern, Jill McGrath.

## SYMPATHY

**Get Well/Thinking of You wishes go out to the following members:** Donna Heiss, Thelma Frauenhofer, Bill Darnell.

**Our thoughts and prayers are with the families and friends of the following members who have passed away:** Margaret Riddle.

**Our Sympathy to the following members who have lost loved ones:** Betty Foster loss of husband.

## GREENHOUSE

If you have plants in the greenhouse, please remove them by the end of June. Anything left in the greenhouse will be tossed out. Thank you.

## FLAG DAY CELEBRATION

In honor of Flag Day, we are celebrating America with a luncheon and a special presentation by the Red Blazer's choir. Boy Scout Troop 229 will be here to collect your old American flags.

**DATE:** Friday, June 16, 2023

**TIME:** 1:00pm (Doors open at 12:30)

**COST:** \$14 Members/\$16 Non-Members

**SIGNUPS:** Ends June 8<sup>th</sup>

## 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.

## FINGER LAKES ADVENTURE

Travel to the Finger Lakes region for a day of food, a wine treat and out of the way shops. We'll have lunch, stop at Muranda Cheese Co, a Mennonite store called Sauders, and the last stop will be Montezuma Winery where everyone can enjoy a wine slushie.

**DATE:** Monday, June 26, 2023

**TIME:** Arrive at the Center at 8am

**APPROXIMATE RETURN:** 7:30pm

**COST:** \$102

**SIGNUPS:** See Office for availability

## 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.

### **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.

**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 June 2<sup>nd</sup> & 23<sup>rd</sup> at 1:00pm.

### BOUTIQUE

The Boutique is open on Wednesdays from 9am to 12:30pm. We are accepting merchandise from current members. Only merchandise in good condition will be accepted. We are NOT accepting books, jewelry, purses, DVDS, or drinkware. Eight (8) item limit per person which includes items that are already in the Boutique.

### BOOK CLUB

We would love to have new people come and read with us! The club meets the 1<sup>st</sup> Thursday of each month at 10:00am. At our June 1<sup>st</sup> meeting we will discuss the book "The Silent Patient" by Alex Michaelides. At our July 6<sup>th</sup> meeting we will discuss the book "The Cul-de-sac" by Joy Fielding.

## **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).

## **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 friendliest bridge games in the area! Remember, Duplicate Bridge helps to exercise your brain and gets your competitive juices flowing.

## **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**

At our April meeting we had a visit from the Easter bunny. In May we all enjoyed our Kentucky Derby day. On June 1<sup>st</sup> we will have a pizza party and play Farkle. You must sign up for the pizza party. Come join in the fun. 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.

## **LOUNGE**

We have many books and puzzles available in our Lounge. Also, check out our book cart in the front hallway.

**New book return policy:** In the little room just before entering the TV room, please find a basket on the floor for all book returns. Please don't reshelve books or put them on the book cart. This will certainly help our library workers save time. Thank you and enjoy your reading. We are accepting donations of books and puzzles (no magazines). Please feel free to borrow books or puzzles. NO sign out necessary.

## **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.

## **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.

## **RUMMIKUB**

We meet every Tuesday at 11:00am in room 2B. Come join the fun!

## **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**

June 15<sup>th</sup> meeting will be our Basket Raffle. The raffle is open to all Tonawanda Senior Center members. Thank you in advance for your support. 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.**

<p><b>The following classes run in sessions. You must pre-register and pay a fee.</b> <b>Call the Senior Center for more information.</b></p>
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## **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.

## **INTERMEDIATE WATERCOLOR**

**Tuesdays 1:00-4:00**

## **ADVANCED WATERCOLOR**

**Thursdays 1:00-4:00**

Will resume classes in September

## **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.