

ADMINISTRATIVE STAFF:

DIRECTOR: Tricia Pray
PROGRAM COOR: Sandy Prezioso
SECRETARY: Penny Muscarella
KITCHEN MANAGER & OFFICE ASSISTANTS:
Jan Celani
SENIOR VAN DISPATCHERS:
Kathleen Veronica
Ellen Settlekowski

ASSOCIATION OFFICERS:

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

ASSOCIATION DIRECTORS:

Diana Randall
Barb Bielli
Nancy Flaig
Pat Pike

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
Return Service Requested**



**Town of Tonawanda Senior Center
874-3266
Website: www.tonawanda.ny.us**

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August, 2022**

DIRECTOR'S LETTER

Summer is in full swing and I hope you're able to get outside & enjoy the *nice* days. The Senior Center is busy getting ready for fall. Don't forget that most Senior Center members need to pay their dues for 2023 sometime between Labor Day and December 31, 2022. This will ensure you remain a current member so you may continue to take our classes, come to parties, and enjoy all our center has to offer. Also, if you'd like to receive the bulletin in the mail, the cost is \$5.00 per year. If you're not sure when your dues or bulletin subscription needs to be paid, please feel free to stop by the office and we'll be happy to check for you.

It was wonderful to see so many of you at our Hot Dog Roast. It was fantastic and everyone had a very enjoyable afternoon. I hope that just as many people will sign up for our Senior Center Picnic on September 16th. We'll be enjoying delicious BBQ Pulled Pork catered by The Grill at the Dome, playing games and the Hastings Duo will be here to entertain us that afternoon!! It is always a great time.

Don't forget to come in to sign up for fall classes, shuffleboard and our trips. You may sign up for classes until September 9th. Check the bulletin for dates and costs.

We have decided that we will not close this year for our annual maintenance shut down. If something needs to be cleaned or painted, maintenance will just close that area of the building so they can complete the necessary work. Enjoy the rest of your summer and we hope to see you around the Senior Center!

Take care, Tricia

PRESIDENT'S CORNER

Hi Everyone! Gosh here it is August already. We are so lucky to have a wonderful air conditioned center to relax in. A luncheon with music is planned for this month, further details to be announced. Our trip this month is to The Station Dinner Theatre in Erie, PA for a luncheon and show. Wishing everyone a wonderful month of summer fun.

Donna Heiss, President

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.

WELCOME NEW MEMBERS

Welcome to the following new members: Dennis Louth, Kenneth & Lesley Long, Dean Burgstahler, Patricia Kamionka, Rose Ann Oakes, Marie Donofrio, Mary Strolla, David Niemann, Patricia Davey, Kenneth & Carol Heavern, Patricia Weber and John Bray.

GET WELL & SYMPATHY

Get Well/Thinking of You wishes go out to the following members: Richard Burkard and Joan Backlarz.

SENIOR PICNIC

Its time again for the annual Picnic and you don't want to miss it. You will enjoy entertainment, games, food and fun with your friends.

DATE: Friday, September 16, 2022

TIME: Doors Open at 11:30am. lunch is served at 12:30pm

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

COST: \$12.00 members, \$14.00 non-members

SIGNUP: Ends September 8th

MENU: BBQ pulled pork, baby red potatoes, pasta salad, watermelon, pop, & an ice cream treat. **NO Take-Outs**

ENTERTAINMENT: Hastings Duo

TRIP POLICY

If you join the Senior Center or have a current membership, you may sign-up for yourself and one other current member on the first day of signup. Non-members are welcome to go on our trips, but non-members **must wait 2 weeks** after the initial signup date to register. Please be considerate of your fellow travelers and refrain from wearing perfume or cologne on TRIPS.

LAUGHING DOWN MEMORY LANE

Start the day with a visit to the Lucille Ball Desi Arnaz Museum and Studio in Jamestown. Lunch is included at the Tropicana Room. Next, a visit to the National Comedy Center.

DATE: Monday, September 26, 2022

ARRIVE AT CENTER: 7:45am

RETURN: approximately 6pm

COST: \$93

SINGUP: Starts Monday, August 8 for members and Monday, August 22 for non-members

WATCHIN' WALDO

Enjoy the afternoon at the Station Dinner Theatre in Erie, Pa. with a production of Watchin' Waldo. This trip includes a family style lunch. After the show, a stop will be made at Mason Farms Country Market.

DATE: Wed, August 31, 2022

ARRIVE AT CENTER: 8:45am **RETURN:** approximately 6:45pm

COST: \$85

SIGNUP: Check office for availability

IT'S SHUFFLEBOARD TIME!!

It's time again to sign up for the Shuffleboard League. Get your team of 4 friends together, give yourselves an interesting name and come in to sign up! If you don't have a whole team, sign up anyway and we will try to get you onto a team. We will allow 8 teams to sign up, so get in early.

Come out to have fun with your friends and for some pleasant competition. Remember this is for FUN. **No** arguments will be tolerated!!

We are also looking for subs to fill in when the regular players cannot make it. Let us know if you are interested in being a sub.

DATE: Wednesday, September 21st – November 30, 2022

TIME: 1:00 pm

COST: Free

SIGN-UP: Ends Friday, August 19th or when all spots are filled

PARTY: December 7, 2022

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 August 5th & 19th at 1:00pm.

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.

BOUTIQUE

The Boutique will be closed for the month of August. We will reopen on September 7th. The Boutique will be open on Wednesday from 9am to 12:30pm. We are accepting merchandise from updated 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 1st Thursday of each month at 10:00am. There will be no book club in August. At our September 8th meeting we will discuss the book "The Language of Flowers" by Vanessa Diffenbaugh.

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).

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 July 7th holiday meeting, we held a hot dog roast and played patriotic bingo. On August 4th we will be having a catered summer party at the NOCO center. Looking ahead to the football season our September meeting will be a tailgate party and playing farkle. Come join us. 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 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.

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.

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.

SOCIAL CRAFTS

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

SINGLES CLUB

Our summer picnic was enjoyed by everyone, great food and lots of fun for all. There is no meeting in August. Our next meeting will be September 15th, with a pot luck luncheon. We meet the third Thursday of the month, at 1:00pm in Rooms 1 & 3. Beverages & dessert are provided. Make sure you update your Singles membership dues which are \$5.00 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 Singles Club.

TABLE TENNIS

Attention to the many new people who have joined the Senior Center. We are always looking to add new players. We play Mondays, 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.

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

CERAMICS CLASS

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

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 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.

LINE DANCE

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

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.

TRANSPORTATION

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. 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 \$3.00 (In-Town) or \$6.00 (Out of Town) each way.

ERIE COUNTY STAY FIT DINING NUTRITION PROGRAM

The Erie County Stay Fit Dining “Dine-In Program” is run Monday – Friday each week . The frozen meal program is still in place. Feel free to take part in both programs if you wish. You must be pre-registered. Call the Senior Center at 874-3266 for more information.