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SENIOR VAN DISPATCHERS  
Kathleen Veronica  
Ellen Settlekowski

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RECORD. SECRETARY:  
SGT.-AT-ARMS: Carol Reingold

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Fran Ross  
Diana Randall  
Barb Bielli

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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**  
**874-3266**  
**Website: [www.tonawanda.ny.us](http://www.tonawanda.ny.us)**

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**DIRECTOR'S LETTER**

It looks like summer may be here & the cold weather is behind us! I hope everyone is doing well and starting to get out more than you did last year at this time. The Senior Center has become a pretty busy place considering we're still limiting the number of people that are able to participate in activities and classes. This month we will be starting up 2 of our card groups. We are going to see how this goes before we start up others. The most important rule that MUST be followed when playing cards is keeping your mask on at all times. If people are unable to keep their masks on we will have to let them know they cannot participate in our program. We need to have everyone following the rules. We would hate to be shut down again! If all goes well with the first card groups, we will be adding on additional groups in the upcoming weeks. Please be patient with this process. We want everything to be safe for everyone involved.

Don't forget that we are also running a few different exercise classes, our hot & frozen meal programs, Preventing Falls, Bingo, Ceramics, Line Dance, Zumba, Jazzy Dance, Tai Chi and Qigong. You do need to be signed up in advance for anything you'd like to participate in & space is limited. We are also checking each person in as they enter the building, taking their temperature & asking wellness questions.

I hope you are all doing well & adjusting to our new normal. If you have any questions about the programs we are offering, please call the Senior Center office at 874-3266.

Take care, Tricia

## WELLNESS

Everyone entering the Senior Center will have a temperature check and will be asked wellness questions. You must wear a mask and observe social distancing! At this time, only the programming listed in this newsletter is ongoing & you must be pre-registered to participate. Other programming such as cards, groups, table tennis, shuffleboard etc. have not yet begun.

## SENIOR CENTER MEMBERSHIP

The cost to belong to the Senior Center has increased slightly in 2021. It now costs \$17 for a resident and \$25 for a non-resident to belong to the center. Memberships are good for a year from when it is paid. The cost to have the bulletin mailed to you is still \$5 for the year.

## FREE ACTIVITIES

The Senior Center offers the following **free activities to members**: Exercise on Mondays and Thursdays, Preventing Falls on Fridays and Bingo on various days at no charge. **You MUST be pre-registered for all activities!** Class size is limited. Call the Center for more information.

**Exercise:** The Monday exercise class is taught by Carol Ann Gleason and the Thursday exercise class is taught by Joan Beiter. These classes begin at 10am and end at 11:15am. Both classes observe social distance protocols. Limit of 32.

**Preventing Falls:** At this time, this class is being taught by Bonnie Eschborn. Class begins at 10am and ends at 11am each Friday. Social distance protocols are observed. Limit of 32.

**Bingo:** We play Bingo using disposable paper Bingo boards and participants will be seated using social distance protocols. Winners will receive prizes. Bingo will be held on Wednesday, June 9 and June 16. Limit of 42.

## WELCOME NEW MEMBERS

Welcome to the following new members: Dolores Santangelo, Carol Kirby, Linda & Thomas Lindsay, Maria & Vincent Paladino, Eugene & Phyllis Stasiowski.

## SYMPATHY

**Our thoughts and prayers are with the families and friends of the following members who have passed away:** JoAnn Frens, Eugene Sprain, Fred Miller, Barbara Cochrane.

**Get Well/Thinking of You wishes go out to the following members:** Joan LaDuca.

**Our Sympathy to the following members who have lost loved ones.** Mary Hipwell loss of brother.

## SENIOR BOWLING

Fall Senior Bowling at Manor Lanes, Monday's 12:30pm. Teams of 3 people or we can help you get on a team. There will be a meeting at Manor Lanes on August 23<sup>rd</sup> at noon. If interested call Dave Hussar at 876-3157.

## ERIE COUNTY STAY FIT DINING NUTRITION PROGRAM

The Erie County Stay Fit Dining "Dine-In Program" has resumed. 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.

## BOUTIQUE

The Boutique will be open on Wednesday, June 9 and June 30 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.

#### **LOUNGE**

We are accepting donations of books and puzzles (no magazines). If you wish to borrow a book or puzzle, please call the office.

#### **BOOK CLUB**

At our June 3<sup>rd</sup> meeting we will discuss the book "The Broken Road" by Richard Paul Evans. There will no book club in July and August. Please call the Senior Center office to pre-register. Masks must be worn and social distancing rules will apply. Limit 10 seniors.

#### **ATTENTION CARD GROUPS**

In June, the Senior Center will start back up a few card groups. We will start with Pinochle and Duplicate Bridge. We will do a temperature check as you enter the building. **YOU MUST WEAR YOUR MASK THE ENTIRE TIME YOU ARE IN THE BUILDING PLAYING CARDS. NO EXCEPTIONS!!** You will be asked to leave if you do not comply. If everyone follows this rule, we will add more groups moving forward. We do not want to see the Senior Center close again. Please call the Senior Center at 874-3266 to register for Pinochle and/or Duplicate Bridge. You will not need to register each week. Once you call to register we will keep your name on the Pinochle or Duplicate Bridge list.

#### **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. Masks must be worn.

#### **PINOCHLE**

Come join us for a couple of hours of fun! We play each Wednesday at 12:45 pm in room 7. Sign up will be from 8:30 to 12:30pm. Everyone signing in by 12:30 will play. Masks must be worn.

#### **SEWING**

We meet every Wednesday from 9:00 am to 12:30 pm. Please call the Senior Center office to pre-register. Masks must be worn and social distancing rules will apply. Limit 10 seniors.

#### **SOCIAL CRAFTS**

Join us on Friday's from 9:00am to noon. Come join the fun and be creative with us. Need help with project? We'll help. Please call the Senior Center office to pre-register. Masks must be worn and social distancing rules will apply. Limit 10 seniors.

#### **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.

#### **TRANSPORTATION**

We are running our transportation service on a more regular basis. 2 of our 3 vans are back in service. Right now, doctor appointments are taking precedent, but we will try to fit grocery shopping, hair appointments, banking, etc. if there is room on a given day. If you are in need of transportation, you can reach the dispatcher at 875-1029 Monday thru Friday from 8:30am-1:30pm.

## **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.

## **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 1<sup>st</sup> 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 1<sup>st</sup> class.

## **DRAWING BASICS Fridays 1:00-3:30**

Always wanted to draw better? Come learn the basics of realistic drawing and develop your artist's eye. Easy step-by-step instruction of various subject matter teaches you the sequence of creating surprisingly realistic 3-D shapes using lines, angles, shadows, and shading. Please pick up your supply list in the office when registering and contact Instructor Sheila Reigh before the 1<sup>st</sup> class.

## **LINE DANCE**

Come and join our Line Dance Class. It is not only fun but great exercise.

## **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, and 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 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.