

### **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

### **DIRECTOR'S LETTER**

Fall is here and the Senior Center is buzzing with activity. It's nice to see so many of you active in the programs we offer. Classes are all filling up and trips are selling out. We've also been selling a lot of new memberships.

There are a few events coming up this month that are worth noting. We will have a flu shot clinic at our Senior Center on Friday October 4<sup>th</sup> from 9:00am-12:00pm. Please stop in or call the office to make an appointment. Most insurance plans will cover all or most of the cost.

Tickets for the Holiday Fundraiser are now on sale. Don't delay in getting yours... this event sells out every year. They are available in the office. This event helps us to raise money for needy families in our community. Proceeds from this fundraiser allows us to give each family a gift card to Tops to buy groceries during the holidays. We give to 50 families from the Middle and High Schools in the Ken-Ton School District. The Boutique also raises money throughout the year to purchase gift cards for additional needy families. A large amount of the money they raise comes from their sales during the Holiday Fundraiser so please come out to support a very worthwhile cause! Besides being a fundraiser, it's also a wonderful party! The last few years we've had over 150 baskets to raffle off plus some bigger ticket items that we raffle off in a special raffle. Come out & try to win!!! Hope to see you at our events and at the center. Take care...

Tricia Pray, Director

### **PRESIDENT'S CORNER**

Fall is in full swing now. October 4<sup>th</sup> we will be offering a Flu Shot Program by Rite Aid Pharmacists. Our classes are now in full swing and Shuffleboard is going strong. Check out our bulletin board for future trips, parties and events. Happy Halloween!

Donna Heiss, President

## WELCOME 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 Donna Heiss at 694-3773.

## WELCOME TO OUR NEW MEMBERS

We would like to welcome the following members who recently joined: Susan & Harvey Lichtblau, Sharon Muldoon, Paula Carlson, Jackie Reed, Robert Surra, Carolyn Boron, Nancy & Louie San George, Kathy Dunford.

## SUNSHINE REPORT

**Get Well/Thinking of You wishes go out to the following members:** Pattie Montante, Mary Veitch.

**Our thoughts & prayers are with the families and friends of the following members who have passed away:** Mike Bavaro.

**Our Sympathy to the following members who have lost loved ones:** Gina Kubala 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: Barb Bielli, Joan DeLong, Evelyn & Bob Dziadasek, Diana Hull, Karen Kopper, Carol Kostelnik, Annette Maus, Dolores Mickens, Elaine Miller, Arlene Ptaszkiwicz, Diana Randall, Jean Serra, Anna Stanton, Wanda Webb, Peg Young and Vickie Christopher.

## BIRTHDAY & ANNIVERSARY DRAWINGS YOU COULD BE A WINNER!!

Each month we have a Birthday Drawing. Every 3 months we 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 are 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.

## AUGUST WINNER

**Birthday:** Evelyn May

## PARTIES

## HOLIDAY FUNDRAISER

Mark your calendars for our annual Holiday Fundraiser! All proceeds will go to our "Needy Children's Fund."

Gift cards from Tops will be donated to students from the Ken-Ton School District. You always boost the spirits of these Ken-Ton families.

If you would like to donate Baked Goods for the Fundraiser please drop them off in the office the day before the Fundraiser or the day of the Fundraiser between 10 am – 2:00 pm.

We will NOT be collecting non-perishable food items this year. The Boutique will be open. All Boutique proceeds from 2019 will be donated to needy families in the Ken-Ton area.

**DATE:** Saturday, November 16, 2019

**TIME:** 3:00 p.m. (Doors open at 3:00 p.m.)

**PLACE:** Senior Center, 291 Ensminger Road

**DINNER:** Served from 4:00 - 5:30 p.m. by Luke's Catering: Chicken Cutlet, Potatoes, Vegetable, Chef Salad & Beverages. Our Seniors will hold a Bake Sale for dessert!

**THEME BASKET:** Auction will begin at approximately 5:30pm

**DONATION:** \$12.00 includes a day of fun, food, theme basket auction and a special auction. (NO REFUNDS) Your ticket stub automatically enters you in a drawing to win a Cash Prize

**TICKETS:** On sale beginning Monday, September 9<sup>th</sup> at 11:00 am until sold out.

## 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 18, 2019

**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: catered by Lucarelli's

**SIGNUP:** Ends October 8<sup>th</sup> or when sold out.

## PROGRAMS & EVENTS

## FLU SHOTS

Flu Shots will be administered by the pharmacists from Rite Aid at the Town of Tonawanda Senior Center.

**DATE:** Friday, October 4, 2019

**TIME:** 9:30 am – 12:00 Noon

**SIGNUP:** Stop by the office or call 874-3266

**COST:** “Most insurances accepted – call Rite Aid at 835-0533 Ext 3 for questions”

### **AARP SMART DRIVER COURSE**

As of this printing, we are registering for classes on the 1<sup>st</sup> Monday of the month beginning December 2, 2019. January 6 & February 3, 2020. Date subject to change. Call the office to register at 874-3266.

**COST:** AARP members \$20.00/non-members \$25.00.

### **BINGO**

We will play Bingo, 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. You must be a member to play.

**DATE:** Friday, October 25, 2019

**TIME:** 1:00 pm

**PLACE:** Senior Center Cafeteria

### **KEN-TON MEALS ON WHEELS**

The Ken-Ton Meals on Wheels Program is currently looking for enthusiastic volunteers to help in supporting the dignity and independence of homebound persons in our community. Volunteers are needed as drivers, meal packaging and handymen. We especially need people who can fill in as drivers or servers on the routes. If you have some free time between 11:00 a.m. and 1:00 p.m. and are comfortable being called to fill in, we would love to work with you. Please call Tina at 716-874-3595 for more information. Thank You!

### **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 1<sup>st</sup> Thursday of each month at **10:00 am**. At our October 3<sup>rd</sup> meeting we will discuss the book “Pieces We Keep” by Kristina Mc Morris At our November 7<sup>th</sup> meeting we will discuss the book “Table for Five” by Susan Wiggs.

### **BOUTIQUE**

We will be open for business on Mondays, Wednesdays and Fridays from 10:00 am to 1:00 pm. 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.

### **BOCCE STANDINGS 2019**

**9:00 am – 1<sup>st</sup> Place Winners: Lawn Rangers**  
Lucille Moore, John Cinquino, Lois & Larry McCormick

**2<sup>nd</sup> Place Winners: 4 Granny’s**

Diana Randall, Betty Bavaro, Mary Hipwell, Rita Newton

**3<sup>rd</sup> Place Winners: Easy Rollers**

Evelyn May, Nancy Lazarski, Jack Glavin, Carol Reingold

**10:30am - 1<sup>st</sup> Place Winners: The Ace’s**

Karen & Alex Scheuer, Valerie & Clyde Hickok

**2<sup>nd</sup> Place Winners: Master Blasters**

Sharon Hondzinski, Duane Durham, Kay Brinkman, Linda Pettit

**3<sup>rd</sup> Place Winners: Four Seniors**

Ann & Jake Worling, Howard & Eileen Raderman

Our end of season party and awards ceremony was wonderful.

### **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.

### **BOOK & PUZZLE LENDING LIBRARY**

We have many books and puzzles available in our Lounge for our members. Please feel free to borrow them. No sign out is necessary. It is an on your honor system. Simply return the items you have borrowed when you are done with them.

### **MATINEE MADNESS MONTH OF OCTOBER**

**Please Note:** Every Monday we will show a movie in our beautiful lounge. Sit back and enjoy a snack while watching a movie show on our big screen TV. Movies are shown at 1:00 pm.

**10/07/19: Love, Romance, & Chocolate (Lacey Chabert, Will Kemp)** – Emma and chocolatier Luc compete for Belglum’s Royal Chocolatier. The beauty and romance of Bruges inspire unique chocolate combinations, but will their entry win without them losing their hearts? (Rated TV-G, Romance; 84 mins.)

**10/21/19: A Dog’s Way Home: (Ashley Judd, Jonah Hauer-King)** – A female dog travels four hundred miles in search of her owner throughout a Colorado wilderness. (Rated PG, Adventure/Drama/Family; 96 mins.)

**10/28/19: After the Storm: (Madeline Leon, Bo Yokely)** – Lauren wants to rebuild her community, including her family home, in the aftermath of a

devastatingly disastrous storm. (Not Rated; Romance; 91 mins.)

### **BILLIARDS - ROOM 8**

The Billiards room will be open on Tuesday, Wednesday and Friday from 8:30 to 4:30pm.

### **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.

### **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 Wednesdays starting at approximately 12:45 pm. 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.

### **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!

### **KUPPLES KLUB**

On October 3<sup>rd</sup>, we will have a regular meeting. See bulletin board for more information.

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 able to take part in the Kupples Klub.

### **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.

### **PREVENTING FALLS – EXERCISE**

This exercise program will be offered each Tuesday at 11:00am & 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 12:30 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**

Our Pot Luck luncheon was wonderful. There were so many choices and everything was so delicious. On October 17<sup>th</sup> we will be having another movie month. If anyone has any movie suggestions – please let me know. Happy Halloween to everyone!

Anyone interested in joining our group, we meet the third Thursday of every month and always welcome new members. Make sure you update your Singles membership dues which are \$3.00 and 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 Fridays from 9:00 am to noon. Come join the fun and be creative with us. Need help with 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 Monday, Tuesday & Thursday's from 9:00 -11:00am. This is not a league, we play for exercise & fun. For more information stop by and ask for Bob or Jean.

### **WOOD BURNING GROUP**

We meet Wednesdays from 9:00 – 11:00am in room 4. If interested bring wood burning equipment, minimum charge for wood and patterns.

## **CLASSES**

### **CERAMICS CLASS**

Hi everyone! Come join us in the fun class of ceramics. You will enjoy creating beautiful things in ceramics 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-alongs” of various subjects that will WOW your friends and family! Please pick up your Supply List in Office when registering and contact Instructor Sheila Reigh (info on Supply List) before 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 Office when registering and contact Instructor Sheila Reigh (info on Supply List) 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 Office when registering and contact Instructor Sheila Reigh (info on Supply List) before 1<sup>st</sup> class.

### **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, 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**

**New Instructor**

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.

### **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  
October 1, 8, 15, 22, 29 – Regular Day Activities

#### **MANG BRANCH**

The Mang Branch of our Senior Center will be meeting at the Senior Center on Ensminger Road while the Mang Community Center is under construction. They would love for some of our regular members to stop in to see what they’re all about & participate with them. They will meet on Mondays and Thursdays in room 8 (the pool room) from 9:30am-2:30pm.

#### **Mondays schedule:**

**\*\* NEW PLAYERS ALWAYS WELCOME\*\***

9:30am: Open pinochle, 12:30pm: Progressive Pinochle

#### **Thursdays Schedule:**

**\*\* NEW PLAYERS ALWAYS WELCOME\*\***

9:30am: Open Pinochle

10:00am: Scat

12:30pm: Open Pinochle, Scat, Poker

Please call Sharon to reserve your spot for Thursday afternoon Pinochle 319-0680.

#### **Tuesday, Wednesday, Friday schedule:**

10:00am: Scat Group Meets – come join them

### **TOWN TRANSPORTATION SERVICE**

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

Our vans start at 9:00am – and finish for the day at approximately 3:30pm.

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.