

ADMINISTRATIVE STAFF:

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

ASSOCIATION OFFICERS:

PRESIDENT: Donna Heiss
VICE PRESIDENT: Linda Hamiltonr
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
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DIRECTOR'S LETTER

I can't believe I'm writing this, but this is my FINAL directors Letter to you!!! I will be RETIRING and my last day of work will be Friday October 7. I have to say I have mixed emotions about this. I have loved every minute of my job with the Town and at the Senior Center. I am so grateful to have met so many amazing seniors over the years and have been blessed with the best coworkers I could ever ask for. I am going to miss all of you very much. Many of you have been members of the center since I started here almost 20 years ago. You've watched my kids grow up; we've had a lot of laughs & even some tears. I have decided that this is a good time to step away and spend good, quality time with my family, husband, kids & of course my new puppy Lila! You never know what curves life is going to throw at you & I want to be able to enjoy myself! I wish all of you nothing but the best. I'm sure I'll be back to visit so I'll see you then.

In the meantime, don't forget about all of the parties & events we have planned at the Senior Center. The University Express talk about "Buffalo Scandals" is coming up on October 7, the Trade Show/Flu Shots are on October 21, the Halloween Party is on October 28 & the Holiday Fundraiser is on November 19. I hope you'll consider participating in all of the events- stop in the office to sign up!

I guess this is it!! Everyone please take care... Sincerely, Tricia

PRESIDENT'S CORNER

I hope everyone is enjoying Fall and the cooler weather. Our Senior Picnic was fun and enjoyed by all. Our trip to Lucille Ball Desi Arnaz Museum and Studio, with lunch in the Tropicana Room was enjoyed by all. This month we will be having a Halloween party with costumes optional. Flu Shots will be given along with our Trade Show on October 21st. Please come and support the vendors. Looking forward to a busy month here at the Senior Center. Happy Halloween!

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: David & Susan Galvin, Bonnae Meshulam, Gail Ross, Kathleen Kolasny, Cheryl Speier, Thomas Schwab, Judy Beardsley, Donna & Daniel Reinhart, JoAnn Cappellano, Andrea Mondo, Cindy Hubacher, Marcia & George Reifsnnyder and Albert Miller.

GET WELL & SYMPATHY

Our thoughts and prayers are with the families and friends of the following members who have passed away: Jack Szmania, Robert Surra.

Get Well/Thinking of You wishes go out to the following members: John Cinquino.

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

BULLETINS

Special thanks to all the loyal seniors who helped prepare the bulletins for mailing: Mary Ann & Otto Achtziger, Betty Bavaro, Barb Bielli, Vickie Christopher, Evelyn & Bob Dziadasek, Sharon Leidy, Pat Pflieger, Nancy Pilon, Diana Randall, Jean Serra and Anna Stanton.

HALLOWEEN PARTY

Join us for a Halloween Party. We will serve roast beef, potatoes, salad, dessert, popcorn, pop, and apple cider. There will games, prizes, and a raffle. Ted Burzynski will be here with his magic show.

DATE: Friday, October 28

TIME: Doors open at 12:15pm

COST: \$12 members, \$14 non-members

SIGNUP: Ongoing until October 21

FLU SHOTS

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

DATE: Friday, October 21, 2022

TIME: 9:00 am – 11:00 am

SIGNUP: Stop by the office or call 874-3266 to register.

MOST INSURANCES ACCEPTED - Call Rite Aid for insurance questions 835-0533 Ext. 3

ANNUAL TRADE SHOW

Plan to join us for our annual trade show on **Friday, October 21, 2022 from 8:30am until 11:30am**. Many businesses from our community will be present to answer questions and provide you with information about the services they offer. This is an informal day and an easy way for you to receive a great deal of information. Some businesses may also be offering various free health screenings.

DATE: Friday, October 21

PLACE: Senior Center Cafetorium

TIME: 8:30am – 11:30am

COST: FREE, no sign up necessary

MINIATURE GOLF TOURNAMENT

Come join us for our Senior Miniature Golf outing held at the Town of Tonawanda Paddock Chevrolet Golf Dome on Brompton Road. You will enjoy the experience of the lavish miniature golf course and beautiful golfing facilities. Don't miss out; this really is a fun event!

DATE: Friday, November 4, 2022

TIME: Choose from the following times: **9:30 a.m. & 1:00 p.m. Limit of 72 people per time slot**

COST: \$3.00 per person-NO REFUNDS **PLACE:** Town of Tonawanda Paddock Chevrolet Golf Dome on Brompton Road

INCLUDES: 18 holes of Miniature Golf, Prizes, medals for men's and women's winners, doughnuts and coffee.

SIGNUP: Ongoing to Thursday, October 27-members only

HOLIDAY FUNDRAISER

Mark your calendars for our annual Holiday Fundraiser! All proceeds will go to our "Needy Children's Fund." Gift cards will be donated to students from the Ken-Ton School District.

Please consider donating a theme basket or item for a basket. 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.

The Boutique will be open. All Boutique proceeds from 2022 will be donated to needy families in the Ken-Ton area.

DATE: Saturday, November 19, 2022

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

PLACE: Senior Center, 291 Ensminger Road

DINNER: Served from 4:00 - 5:00 p.m. Two slices of pizza, bag of chips, pop & coffee. Our Seniors will hold a Bake Sale for dessert!

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

DONATION: \$7.00 Includes a day of fun and food (NO REFUNDS)

There will be a theme basket auction and a special auction. Your ticket stub automatically enters you in a drawing to win a Cash Prize

TICKETS: On sale until sold out.

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.

MYSTERY, MAYHEM & CRIME

Our first stop is the former GLF Grain Silo, where you will have the opportunity to walk inside the silo. Next, we will travel throughout the city to hear untold stories of true crime in Buffalo. After the tour, we will have lunch at the Pearl Street Grill. Our final stop will be Mayer Brothers Cider Mill.

DATE: Tuesday, October 18

ARRIVE AT THE CENTER: 9am **RETURN:** Approx. 3:30pm

SIGNUP: Check office for availability

COST: \$67.00

UNIVERSITY EXPRESS

The Town of Tonawanda Senior Center holds University Express classes in conjunction with Erie County. These classes are one session seminars, open to all senior citizens in Erie County and are FREE!! The classes below will be offered here in the fall. Call or stop in the office to sign up.

Buffalo Scandals: Millionaires in the early 1900's: Money, Sex & Booze!!!

Hold on to your hat as we go back in time to the Dark Side of Buffalo's Elmwood Avenue.

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

Friday, October 7, 2022, 1:00pm

Who Was That Man?

As the president's wife, Jacqueline Kennedy was assigned her own Secret Service agent for her personal protection. Who was that man that jumped onto the limousine after the shooting and what were his thoughts on being given the job of securing the safety of the first lady instead of the president? Learn about his tenure with Mrs. Kennedy and about the book he eventually wrote after decades of silence. Based on the book, Mrs. Kennedy and Me, by Clint Hill.

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

Monday, November 7, 2022, 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.

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. There will be **NO** Bingo in October.

BOUTIQUE

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. At our October 6th meeting we will discuss the book "Infinite Country" by Patricia Engel. At our November 3rd meeting we will discuss the book "The Horse Whisperer" by Nicholas Evans.

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 fun at our Bills tailgate party. Everyone wore red, blue and white or Bills clothing. We had Roast Beef and Potato salad for lunch and then played farkle. October 6th we will be having a Halloween party. There will be prizes for costumes and word games. Bring your own lunch, dessert will be provided. Our November 3rd meeting we will have a speaker, Beth Moses from Erie County about Preventing Falls. Bring your own lunch. December 1st is our Christmas Party to be held at Payne's Restaurant. Cost is \$22.00 per person includes choice of Roast Beef, Chicken Parm or Breaded Pork Chops. Come join 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.

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.

SINGLES CLUB

Thank you to everyone who brought something to our Pot Luck luncheon. It was delicious and fun to taste several different dishes. Our next meeting will be October 20th, with the possibility of having a Bills Party or watching a movie. We meet the third Thursday of the month, at 1:00pm in Rooms 1 & 3. 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.

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.

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

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.

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.