

ADMINISTRATIVE STAFF:

DIRECTOR: Tricia Pray
PROGRAM COOR: Sandy Preziuso
SECRETARY: Penny Muscarella
KITCHEN MANAGERS & OFFICE ASSISTANTS:
Jan Celani & Sharon Novino
SENIOR VAN DISPATCHERS:
Kathleen Veronica
Ellen Settlekowski

ASSOCIATION OFFICERS:

PRESIDENT: Donna Heiss
VICE PRESIDENT: George Degener
RECORD. SECRETARY:
SGT.-AT-ARMS: Carol Reingold

ASSOCIATION DIRECTORS:

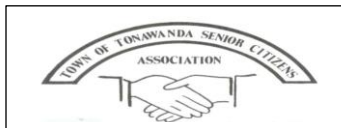
Linda Hamilton
Fran Ross
Diana Randall
Barb Bielli

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
874-3266
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DIRECTOR'S LETTER

Fall is almost upon us and as of this moment, things at the Senior Center are in full swing. If you are not fully vaccinated, we are asking that you continue to wear a mask while you are inside the Senior Center. This is for your own protection. We are really looking forward to our first day trip in almost 2 years! We will be heading to Chautauqua for a ride on the Chautauqua Belle and a few other stops along the way. We are also planning 2 other day trips this fall so be sure to check the bulletin for all of the details and sign up dates.

On September 17, we will also be hosting our very first party in a year & a half! The party will be our annual Hot Dog Roast. It will be so nice to have everyone back together again for the first time in a long time. If you're interested in coming, please stop in the office to sign up. The cost is \$5.00 and you must be signed up by September 10. We have been reopened for a while now & are asking that everyone participating in programs at the Senior Center have a current membership. If you're not sure whether your membership has expired, you can stop in the office or call us to ask. We have also started sending out reminder letters to those people whose membership has expired. The cost for is \$17 if you live in the Town of Tonawanda or Village of Kenmore or \$25 if you do not. All memberships are good for a full year.

We hope all of you are well and that we will see you soon!

Take care, Tricia

PRESIDENT'S CORNER

Welcome Fall! Our center is in full swing with lots of activities. On September 15th Shuffleboard will be starting, September 17th is our Hot Dog Roast. Our first trip in a long time will be September 21st. It will be a day at Chautauqua Lake, a boat ride on the Chautauqua Belle with lunch, tour of Webb's Candies and a tour and tasting at a local Brewery. Our classes and clubs are in full swing. Our Boutique also is open on Wednesdays from 9-12:30 and your shopping support is always welcome. Looking forward to seeing everyone at our Senior Center.

Donna Heiss, President

WELCOME NEW MEMBERS

Welcome to the following new members: Lesia Van Houten, Mary Ellen Hutchinson, Jeane Hammond, James Caputi, Geraldine Applegrath, Jack Szmania, JoAnne Norton, Jeanne Vilz, Lena Burgio, Karen Stalker.

SYMPATHY

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

Geraldine Graziano, Joan Dorn, Eileen Doerflein, Barbara Riedel, Joyce Spotts, James Berger.

Get Well/Thinking of You wishes go out to the following members: Carol Reingold.

Our Sympathy to the following members who have lost loved ones: Don & Elaine Dean loss of brother, Carl Notaro loss of sister in law.

TRIP - LAKE LIFE – CHAUTAUQUA BELLE

Start the day with a factory tour of Webb's Candies. Next take a cruise on the Chautauqua Belle and have a BBQ buffet lunch. Before heading home, a stop will be made at a local brewery for a tour and taste.

DATE: Tuesday, September 21

ARRIVE AT SENIOR CENTER: 7:30am **RETURN:** 5:30pm **COST:** \$93.

Check office for availability

HOT DOG ROAST

Join us for a good old-fashioned Hot Dog Roast. We will serve grilled hot dogs, baked beans, potato chips, pop and a dessert. There will be entertainment too.

DATE: Friday, September 17, 2021

TIME: 1:00 pm - doors open at 12:30 pm

PLACE: Town of Tonawanda Senior Center

COST: \$5 members, \$7 non-members

SIGNUP: Ends Friday, September 10

ENTERTAINMENT: Hastings Duo

FLU SHOTS

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

DATE: Friday, October 15, 2021

TIME: 9am – 11:00

SIGNUP: Begins Wednesday, September 1 – Stop by the office or call 874-3266

most insurances accepted – call Rite Aid at 835-0533 Ext 3 for questions

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.

October 1, 2021 at 1:00pm

History & Geology of the Niagara Gorge

Niagara Falls is one of the most recognizable waterfalls in the world, it also happens to be in our backyard. Learn what makes this geological wonder so dynamic. Explore the historical and cultural significance of the oldest state park in American and how it impacts us today. Journey down through time to discover how Niagara Falls got its shape, how its' still changing today, and what secret lay beneath. Key topics: Historical significance – Native Americans and early development, Geomorphology – The last ice age, weathering and erosion, Geology – Stratigraphic column and fossils, Human mitigation – Hydropower and dewatering the Falls.

Instructor: Catherine Konieczny, M.S., Director of Science, Penn Dixie Fossil Park & Nature Reserve

October 22, 2021 at 1:00pm

Erie County's Top 10 Events!

What's the most important event in our local history? Was it the completion of the Erie Canal? The Underground Railroad? The Pan-American Exposition? Erie County's history spans over 200 years and includes major military conflicts, significant inventions, three presidents and an assassination! Erie County historian Douglas Kohler has put together his list, but he's always open to discussion about what the key events are that shaped Erie County.

Instructor: Doug Kohler, Erie County Historian

November 12, 2021 at 1:00pm

The Buffalo Naval Park

Come learn more about the ships docked at the largest inland naval museum in the country! You'll hear about the history of the three ships and the memorable events they experienced.

Instructor: Shane E. Stephenson, director of Museum Collections, Buffalo & Erie County Naval and Military Park; owner, Archives in the Buff

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 September 10 and 24 at 1:00pm.

BOUTIQUE

The Boutique will be open on Wednesday's 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 September 9th meeting we will discuss the book "The Return" by Nicholas Sparks. At our October 7th meeting we will discuss the book "The Horse Dancer" by JoJo Moyes.

EXERCISE

Come join us on Mondays and Thursday s from 10:00 - 11:15am. This program is FREE with Senior Center membership. No Pre-registration necessary.

CANASTA

Do you play CANANSTA? This groups meets every Wednesday at 1:00pm. Meet in Room 2B (old computer room).

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.

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).

KUPPLES KLUB

Our next meeting is September 2nd. We meet the first Thursday of the month, from noon until 2:00pm 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 in Room 7. Sign up will be from 8:30 to 12:30pm. 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

Our next meeting September 16th, we will be having a Pot Luck Luncheon (at 12:30pm). We meet the third Thursday of the month, at 1:00pm in Rooms 1 & 3. Dues are only \$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.

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.

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.

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.

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.

**The following classes run in 6 to 8 week 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. You will delight in creating beautiful items and enjoy being part of a very happy and friendly group of wonderful people.

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 1st class.

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.