

### 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

### FROM THE DIRECTOR

Senior Citizens month is over and was quite busy with all of the special events that took place at the center. It was wonderful to see so many of you participate in them. The memorial service was especially moving this year. We had to say good-bye to many long time, wonderful members. They will be missed by all of us. A special thank you to the outgoing Board Members for a job well done and congratulations to the incoming Board Members. I'm looking forward to working with all of you in the coming year. We are very lucky to have such a great team in the office that helped to coordinate all of the May events! They all worked very hard to make "Senior Citizens Month" a huge success and a lot of fun for you. Without their hard work it would be

impossible to run them. I hope you enjoyed everything!!!

This year at the volunteer recognition luncheon we gave a very special "Lifetime Achievement Award for Outstanding Volunteerism" to **Helen Loveric**. Helen has been volunteering at our center for almost 25 years & we thought it was time to recognize all of her efforts. She quietly goes about the center volunteering so much of her time to making our center a better place to be. She is appreciated more than she may realize! We also have to congratulate our volunteer of the year winner, **Donna Heiss**!! We thank her for all of her hard work and dedication to the Senior Center. We are so lucky to have a volunteer like her helping at our center in so many different ways!

Tricia Pray, Director

### PRESIDENT'S CORNER

I am very proud to represent the Town of Tonawanda Senior Citizens Association Board and look forward to serving as your new President and in helping our center thrive.

There is so much coming up at the Senior Center. Check out our bulletin boards for more information on parties, events and trips.

Donna Heiss, President

## WELCOMING 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 Ann Worling at 877-0931.

## WELCOME TO OUR NEW MEMBERS

We would like to welcome the following members who recently joined: Leona Cox-Boutet, Kenny Valerie, Marilyn Plache, Antoinette Sedita, Mary Ann DePasquale, Sharon Caserta, Lucille Gappen, Cathy Connery, Tom & Judy Groat, Kathleen Sullivan, Carol DiGaetano, Susan Schlatter, Thomas Ortel, David Gardner, Nancy Gullo.

## SUNSHINE REPORT

**Get Well/Thinking of You wishes go out to the following members:** Pattie Montante, Bob Dziadaszek, Kay Felice, Julie Ameroso, George Weisenberger.

**Our thoughts & prayers are with the families and friends of the following members who have passed away:** Margaret Smith-Rivard, Joan MacVittie, Gerald Thuman.

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: Joan DeLong, Carol Kostelnik, Karen Kopper, Annette Maus, Dolores Mickens, Audrey Morris, Nancy Pilon, Arlene Ptaszkiwicz, Diana Randall, Kathy Thompson, Betty Vitko and Vickie Christopher.

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

Each month we will have a Birthday Drawing. Every 3 months we will have an Anniversary Drawing. If your 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.

## APRIL WINNER

**Birthday:** Mary Williams

## PARTIES

## HOT DOG ROAST

Join us for a good old-fashioned Hot Dog Roast. We will serve grilled hot dogs, baked beans, potato chips, popcorn, and a dessert. There will be entertainment too.  
**DATE:** Friday, July 13, 2018

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

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

**SIGNUP:** Ends Friday, July 6

**ENTERTAINMENT:** Tom Bender

## FUN AND FLOATS

Help us welcome the summer season. We will serve your choice of a Root Beer Float or a Boston Cooler (ice cream & ginger ale). Both diet & regular root beer and ginger ale will be available. Popcorn & pretzels will also be served. Our entertainment will be "In The House". They sing Beatles songs, Oldies and much more! There will be door prizes after the program. You must be present to win.

**DATE:** Friday, June 15, 2018

**TIME:** 2:00pm (doors open at 1:30pm)

**COST:** \$3/\$5 for non-members

**SIGNUP:** Ends June 8<sup>th</sup>

**ENTERTAINMENT:** "In The House"

## TRIPS

## BET YA DIDN'T KNOW

The first stop on this tour will be the Tom Ridge Environmental Center, then it's off to Pulako's Chocolates. Lunch will be at the Union Station and we will then travel to the Erie Brewing Company. Our last stop will be a cruise on the Victorian Princess Paddle Boat.

**DATE:** July 23, 2018

**BE AT CENTER:** 7:00 am

**RETURN:** 6:00 pm

**COST:** \$84

**MEMBER SIGNUP:** Check office for availability

**NON-MEMBER SIGNUP:** Wed, June 6, if any seats remain

## OH CANADA, EH?

Canada's longest running dinner musical! This high-energy production features songs from Canadian artists. While you're enjoying the show, the performers serve a family-style meal. After the show we will visit White Meadow Farms and learn about maple syrup and maple products.

**DATE:** June 20, 2018

**ARRIVE AT CENTER:** 10:15 am

**RETURN:** 6:00 pm

**COST:** \$78

**SIGNUP:** Check office for availability

## RHODE ISLAND & MARTHA'S VINEYARD

Join us for a 5 day/4 night trip to Rhode Island with a bonus stop at Martha's Vineyard. Includes: hotel accommodations, 8 meals, many tours, a sunset lighthouse cruise and much more. Stop by the Senior Center for a detailed flyer.

**DATE:** August 20-24, 2018

**COST:** \$959 Double, \$1,199 Single

\$100 Deposit due at signup

**SIGNUP:** Sold Out – Taking waiting list

Please be considerate of your fellow travelers and refrain from wearing perfume or cologne on TRIPS. Many people are sensitive to different scents. Thank You.

#### TRIP POLICY

Non-members are welcome to go on our trips, but non-members **must wait 2 weeks** after the initial signup date to register. If you join the Senior Center, you may register for trips on the first day of signup.

### PROGRAMS & EVENTS

#### 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 12 – November 28, 2018

**TIME:** 1:00 pm

**COST:** Free

**SIGN-UP:** Begins Monday, July 9 & ends Friday, August 17<sup>th</sup> or when all spots are filled

**PARTY:** Wednesday, December 5<sup>th</sup> at 1:00 pm,

**Cost:** \$5.00

#### SENIOR CENTER COMMUNITY GARDEN

How would you like to participate in the Senior Center's annual community garden? All plants & materials will be supplied. To sign up, please stop in the office or call us at 874-3266.

#### GREENHOUSE

Anyone with plants in the greenhouse please be sure to remove them by June 30<sup>th</sup> or they will be disposed of.

#### UNIVERSITY EXPRESS/RSVP CLASSES

**Buffalo City Hall:** One of the largest city halls in America, constructing City Hall where it is, with the style it has, changed the way the City of Buffalo looks.

**Tuesday, June 19<sup>th</sup> @ 1:00pm,**

**The Art and Social Vision of Frank Lloyd Wright:**

We'll examine Wright's quintessentially American life, along with two of his most significant buildings, the Darwin Martin House and the Larkin Building.

**Thursday, July 12<sup>th</sup> @ 1:00pm,**

The classes listed are **FREE** and will be held at the Town of Tonawanda Senior Center. Please call 874-3266 to register.

#### COLORING GROUP

Coloring is not just for kids!! Recently, adults across the country have picked up coloring books as a way to relax and relieve stress. The health benefits go beyond relaxation, and include exercising fine motor skills and training the brain to focus. **NO SIGNUP NECESSARY.**

**DATE:** Friday, June 1, 2018

**TIME:** 12:45pm in Room 1

**COST:** FREE

#### AARP SMART DRIVER COURSE

As of this printing, we are registering for classes on the 1<sup>st</sup> Monday of the month beginning June 4<sup>th</sup> thru all of 2018. 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.

**DATE:** June 8 & 22, 2018

**TIME:** Approximately 12:45 pm

**PLACE:** Senior Center Cafeteria

#### 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 June 7<sup>th</sup> meeting we will discuss the book "The Other Einstein" by Marie Benedict. **The Book Club will not meet in July & August.**

#### BOUTIQUE

We will be open for business on Mondays, Wednesdays and Fridays from 10:00 a.m. to 1:00 p.m. 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.

The boutique will be closed during July and August. Thank you to the volunteered who help over the past year. Hope you have a wonderful summer and see you in September.

#### 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 JUNE

**Please Note:** In case a Movie is not available at the Video Store, we will rent an appropriate substitute. Every Monday we will show a movie in our beautiful lounge. Sit back and enjoy a snack while watching a movie shown on our big screen TV. Movies are shown at 1:00 pm.

**6/04/18: What Dreams May Come: (Robin Williams)** – After he dies in a car crash, a man searches heaven and hell for his beloved wife. (Rated PG-13, Drama/Fantasy/Romance; 114 mins.)

**6/11/18: The Shape of Water: (Octavia Spencer, Sally Hawkins)** – At a top secret research facility in the 1960's, a lonely janitor forms a unique relationship with an amphibious creature that is being held in captivity. (Rated R; Adventure/Drama/Fantasy; 123 mins.)

**6/18/18: Three Billboards Outside Ebbing, Missouri: (Woody Harreison, Frances McDormand)** – A mother personally challenges the local authorities to solve her daughter's murder when they fail to catch the culprit. (Rated R; Crime/Drama; 115 mins.)

**6/25/18: Darkest Hour: (Gary Oldman, Lily James)** – In May 1940, the fate of Western Europe hangs on British Prime Minister Winston Churchill, who must decide whether to negotiate with Adolf Hitler, or fight on knowing that it could mean a humiliating defeat for Britain and its empire. (Rated PG-13; Biography/ Drama/History; 125 mins.)

### 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.

### KUPPLES KLUB

At our June 7<sup>th</sup> meeting we will host our annual hot dog roast, must prepay ahead of time. 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.

### 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!

### 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 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

On June 21<sup>st</sup>, we will be hosting our Theme Basket Raffle. All are welcome to view baskets from 11:00am to 1:45pm. Tickets can be purchased for \$5.00 a sheet or 3 sheets for \$10.00. Raffle will be called at 2:00pm. Coffee and dessert will be served at 1pm.

We meet the third Thursday of every month at 1:00pm. Make sure you update your Singles membership dues which is \$3.00 per 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 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

We meet Monday, Tuesday & Thursday from 9:00 - 11:30 am, in rooms 1 & 3.

## 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.

### DRAWING CLASS

Learn step by step basic artistic concepts such as shape, value, shading, perspective, contrast, and composition. Practice seeing with an artist's eye. Develop the skills to make your drawings look real using graphite, colored pencil, charcoal, and/or pastels.

### WATERCOLOR

Continue expanding your knowledge and skills as a watercolor painter with new lessons and more helpful techniques... and more fun! Enjoy creating your own paintings with guidance and encouragement.

### 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.

### 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

Basic Zumba class is 45 minutes of low impact, senior friendly, aerobic activity include stretching, repetitive movements, deep breathing and body sculpting – all to a Latin beat. All of the movements are performed from a standing position (there is no floor work!) 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  
June 5, 12 19, 26 – Regular Day Activities

### MANG BRANCH

**MONDAYS & THURSDAYS 9:30 am – 2:30 pm**

135 Wilber at Mang, Kenmore,  
Telephone: 873-0737

**Every Monday:** 9:30 – 11:30 Cards, Social, Pinochle,  
11:30 Lunch, 12:30 Progressive Pinochle (sign-up by  
11:15 am)

June 4, 11, 18, 25 - Regular Day Activities

**Every Thursday:** 9:30-11:30 Cards, Social Pinochle,  
Canasta, Rummikub, Scat, 11:30 Lunch,

June 7, 14, 21, 28 – Regular Day Activities

### TOWN TRANSPORTION 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:**

\$5.00 (In-Town) or \$10.00 (Out of Town) each way.

