

ADMINISTRATIVE STAFF:

DIRECTOR: Sandy Prezioso
DIRECTOR: Scott Brinkman
SECRETARY: Penny Muscarella
KITCHEN MANAGER & OFFICE ASSISTANT:
Jan Celani
SENIOR VAN DISPATCHERS
Kathleen Veronica
Ellen Settlekowski

ASSOCIATION OFFICERS:

PRESIDENT: Donna Heiss
VICE PRESIDENT: Linda Hamilton
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
874-3266
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Tonawanda, N.Y.
Permit No. 300

Time Value
January, 2023

DIRECTOR'S LETTER

Happy New Year to all!! I hope everyone enjoyed the holiday season and is looking forward to an exciting 2023. A big thank you to all who participated in the Holiday Fundraiser. We exceeded our goal!

I hope everyone will begin 2023 on a positive note. Please remember that our center is meant to be a place where all members should feel welcome. If someone new comes to your group, please make them feel welcome. Take a few minutes to explain how the group works, how they sign up to participate and any rules specific to your group. Thank you for always helping to make our newest members feel welcome.

Snow is a part of life during our winters, but the Senior Center is rarely closed. This does not mean that you need to come to the center just because it is open. Please do not put yourself or others in danger by driving on snow covered or dangerous roads. If our lunch program is cancelled, we will call you. Please keep in mind that the heat at the Senior Center isn't always consistent from room to room and can vary from day to day. It is a good idea to have a sweater with you for times when it's chilly.

I wish everyone health and happiness in the New Year!!

Keep smiling, Sandy

PRESIDENT'S CORNER

Hope everyone had a nice Holiday season. December was a busy month here at the center. Our Tree Trimming Party was so much fun with cookies galore. Our Shuffleboard Party honored all the winners with medals. The center is off to a fun filled new year with activities and classes for everyone to enjoy. On January 19, we will host the Winterfest Dance. Wishing every day of the New Year to be filled with success, happiness, good health and prosperity for all. Happy New Year everyone!

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: Diane Nichols, Michelle Lang, Bambi Feuz, Dawn Ralph, Dorothy Tomasello, Barbara Arcadipane, Pamela Summerville, Carolyn Vujnovic, Maureen Parylo, Lydia Hidalgo, Anna Musacchia.

SYMPATHY

Our thoughts and prayers are with the families and friends of the following members who have passed away: Frances Panzica and Anthony Fanti.

Get Well/Thinking of You wishes go out to the following members: Mike Battaglia, Karen Ehrhardt and Donna Heiss.

WINTERFEST TOWN DANCE

Join us for the Town of Tonawanda Youth, Parks and Recreation Department's Winterfest Dance.

We will have a live band at the Senior Center for your dancing and listening pleasure. Refreshments will be served and will include popcorn, dessert, pop, and coffee.

DATE: Thursday, January 19, 2023

TIME: 7pm – 10pm (Doors open at 6:30)

PLACE: Town of Tonawanda Senior Center

COST: \$5.00 for Senior Center Members & Ken-Ton Residents -\$7.00 for Non Residents

SIGNUP: Ends January 13th

BAND: The Hastings

SNOW FLAKE PARTY

It will include Salad, Mac-n-Cheese, Breaded Chicken Cutlet, Dessert, Coffee, Pop & Entertainment.

DATE: Friday, February 10, 2023

TIME: 1:00pm (doors open at 12:30pm)

COST: \$11.00 members - \$13.00 non-members

SIGNUP: Ends February 3, 2023

HOLIDAY FUNDRAISER & BOUTIQUE THANK YOU

Many thanks to all those who supported this year's fundraiser and those who have shopped at the Boutique. Due to your generosity we exceeded our goal. More than 60 needy families in the Ken-Ton school district will be receiving gift cards. We did it!!!

TAX HELP

Volunteers from AARP will be offering assistance in filing your taxes again this year. They will prepare basic tax returns, NOT rental property or more involved returns. All forms will be filed electronically. You will receive a printout of the return that is filed for you. Please call or stop in the office for an appointment.

DATE: Starts, February 7, 2023

TIME: Tuesdays & Thursdays

COST: Free

SIGNUP: Starts January 17, 2023

Please bring Photo ID, your Social Security Card for each person on the Tax Return and last year's return with you.

HEAP OUTREACH

A Home Energy Assistance Program (HEAP) Outreach will be at the Senior Center. Please bring the following documentation: one form of ID for all household members (birth certificates, licenses, SS Card), Proof of Income received within the last 30 days for all household members (pay stubs, SS or pension award letters, rental income, etc), Current Heat & Electric Bills. **NO signup necessary**

DATE: Thursday, January 19, 2023

TIME: 10:00 am to 4:00 pm

SHUFFLEBOARD STANDINGS 2022

Congratulations to all of the participants in the 2022 Shuffleboard League. It was another fun season! The following teams are the top 3 finishers:

1st Place: **The Flying Discs:** (20 wins & 10 losses) Nancy Flaig, Lois McCormick, Holly Weisenberger, Linda Pike

2nd Place: **Hot Shots:** (20 wins & 10 losses) Betty Domino, Bob & Rosalie D'Orsaneo, Mary Ann DiGiulio

3rd Place: **New Friends:** (17 wins & 13 losses) Mary & Mike Battaglia, Bob Boncore, Joan Backlarz

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.

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.

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.

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 January 6th & 20th at 1:00pm.

BOUTIQUE

The Boutique is open on Wednesdays from 9am to 12:30pm. We are accepting merchandise from current 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 January 5th meeting we will discuss a Christmas book you choose to read.

At our February 2nd meeting we will discuss the book "A Cold Day in Hell" by Lissa Marie Redmond.

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 a joyful time at our Christmas party at Pane's restaurant. We played holiday bingo for prizes including Hershey bars disguised as Santa's suits. Our next meeting on January 5th includes appetizers and desserts. 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.

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.

SCRABBLE

We meet every Wednesday at 9:00am in room 2B. Come join the fun!

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.

SOCIAL CRAFTS

Join us on Friday from 9:00am to noon. Come join the fun and be creative with us. Need help with a project? We'll help.

SINGLES CLUB

Happy New Year – welcome 2023! Our Christmas luncheon was enjoyed by all. At our January 19th meeting we will have our Installation of Officers for 2023. Anyone interested in joining our group, we meet the third Thursday of the month, at 1:00pm in Rooms 1 & 3. January starts our new yearly dues for the Singles Club 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.

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.

LOUNGE

Attention winter bookworms, the season is fast approaching. In our Lounge you will find on the table as you enter, hours of relaxing reading for your holiday enjoyment. Also, check out our book cart in the front hallway.

New book return policy: In the little room just before entering the TV room, please find a basket on the floor for all book returns. Please don't reshelf books or put them on the book cart. This will certainly help our library workers save time. Thank you and enjoy your reading. We are accepting donations of books and puzzles (no magazines). Please feel free to borrow books or puzzles. NO sign out necessary.

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.**

**The following classes run in 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 WITH COLORED PENCILS

Do you like to color? First of all, YOU DO NOT NEED TO KNOW HOW TO DRAW! Learn how to color, layer, shade, and texture with colored pencils in order to make your drawing look very real. You will be given patterns of beautiful pictures to trace onto your drawing paper, and together, we will make them come to life with our colored pencils. Please pick up your supply list in the office when registering and contact Instructor Diana Hanagan (716) 876-8133 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 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.

SENIOR STRETCHING WORKOUT

This is a great stretching class done mostly on chair, keeping you flexible & healthy.

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.

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.

ERIE COUNTY STAY FIT DINING NUTRITION PROGRAM

The Erie County Stay Fit Dining “Dine-In Program” is run Monday – Friday each week. 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.