

**ADMINISTRATIVE STAFF:**

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

**ASSOCIATION OFFICERS:**

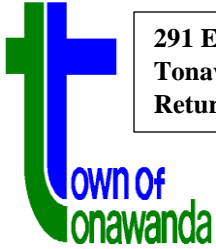
PRESIDENT: Donna Heiss  
VICE PRESIDENT: Linda Hamilton  
RECORD. SECRETARY: Linda Pike  
SGT.-AT-ARMS: Peg Young

**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  
Return Service Requested



**Town of Tonawanda Senior Center**  
**716-874-3266**  
**Website: [www.tonawanda.ny.us](http://www.tonawanda.ny.us)**

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Time Value  
March, 2023

**DIRECTOR'S LETTER**

Wow, by the time you're reading this I will have retired. It is bittersweet. I have loved all 23 years of my job. I have been so fortunate to have met so many amazing seniors and to have formed so many wonderful friendships. My co-workers have been awesome, and I consider myself lucky to have worked with them. I certainly will miss everyone. I'm sure I'll be back to visit and maybe even take some classes, so this is so long not goodbye.

In March, we will be having a St. Patrick's Day Party. The Erie County lunch (Corned Beef & Cabbage) will be served and there will be musical entertainment by Ramundo Music. We will play Bingo for prizes after the entertainment. You can sign up in the office. It will be a lot of fun.

We will be hosting several RSVP-University Express classes this spring. Check out the flyer for a listing of the classes and dates. This is an awesome free program so I hope you will take advantage of it.

So Long & Keep Smiling,  
Sandy

On behalf of the staff and myself, I would like to thank Sandy for all of the hard work and dedication she has given to the Town of Tonawanda and the Senior Center. She has been spending the last couple of months taking the time to show me the ropes. Sandy, we will miss you!

Enjoy your retirement,  
Scott

**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.

## PRESIDENT'S CORNER

Spring is almost here. Who can hardly wait for this cold and windy weather to be gone! Our Snowflake party in February was a lot of fun and the food was excellent.

On March 16<sup>th</sup> we will be celebrating St. Patrick's Day with our Erie County lunch program. Lunch will be corned beef & cabbage, boiled potatoes, carrots, roll and dessert, entertainment by Ramundo Music and bingo. Everyone is Irish this day. Looking forward to Spring.

Donna Heiss, President

## WELCOME NEW MEMBERS

**Welcome to the following new members:** Dorothy Rish, Claire Brooder, Joanne Christopher, Martin Piersall, Dennis & Kathleen Linsley, Dale Meidrum, Bonnie Staffi, Michael Villar and Kevin Summerville.

## SYMPATHY

**Get Well/Thinking of You wishes go out to the following members:** Richard Burkard.

**Our Sympathy to the following members who have lost loved ones:** Don & Elaine Dean loss of brother, Charmaine Sterry loss of brother in law.

## ST. PATRICK'S PARTY

It will include Corned Beef and Cabbage, boiled potatoes, carrots, roll and a cookie. We will have musical entertainment from Ramundo Music & more!

**DATE:** Thursday, March 16<sup>th</sup>

**TIME:** 12:00pm

**COST:** \$3.00

**SIGNUP:** Ends Friday, March 10<sup>th</sup>

## 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.

**TIME:** Tuesday & Thursday mornings

**COST:** Free

**SINGNUP:** See office for appointment

Please bring photo ID, your social security card for each person on the tax return, property tax bills for new property tax credit, completed intake packet and last year's return with 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. Please be considerate of your fellow travelers and refrain from wearing perfume or cologne on TRIPS.

## THE MOTOWN YEARS

Enjoy an afternoon at **Seneca Niagara Casino**. Each passenger will receive \$20 Slot Dollars, \$10 Food Credit and general admission to the Show.

**DATE:** Tuesday, April 25, 2023

**TIME:** 9:45am - approximate return 5:15pm

**COST:** \$76.00 - See office for availability

## 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 March 10<sup>th</sup> & 24<sup>th</sup> 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 1<sup>st</sup> Thursday of each month at 10:00am. At our March 2<sup>nd</sup> meeting we will discuss the book "The Quarry Girls" by Jess Lourey. At our April 6<sup>th</sup> meeting we will discuss the book "The Over Night Guest" by Heather Gudenkauf.

### **BULLETINS**

Special thanks to all the following loyal seniors who help prepare the bulletins for mailing: Evelyn & Bob Dziadaszek, Sharon Liedy, Carol Kostelnik, Annette Maus, Nancy Pilon, Jean Serra, Anna Stanton, Betty Bavaro, Peg Young and Vickie Christopher.

### **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).

### **CHORAL**

Are you interested in singing? Come join us on Mondays @ 1:30, in the cafetorium.

### **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 wonderful time at our Valentine celebration. Our next meeting on March 2nd, we will be having a pot luck luncheon. Come join us to find out what surprise we have in-store for our April 6th meeting. 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 9:30am 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**

Our February presentation about app for ebooks and magazines is rescheduled to April due to a scheduling conflict. Hope everyone enjoyed the replacement activity. Please note our March meeting will be held on March 23<sup>rd</sup> the fourth Thursday of the month. We will show the movie Marshall. This movie was filmed in Buffalo so we can all look for local landmarks. Anyone interested in joining our group, we meet the third Thursday of the month, at 1:00pm in Rooms 1 & 3. Unlike the senior center, the singles membership runs from January to December for \$5.00 per person. 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**

We have many books and puzzles available in our Lounge. 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.

### **LINE DANCE**

Come and join our Line Dance Class. It is not only fun but great exercise. Stop by the Senior Office to register.

## **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 1<sup>st</sup> 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 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 the office when registering and contact Instructor Sheila Reigh before the 1<sup>st</sup> 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.

## **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.