

## 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)

\$5.00 for a year's subscription to our monthly bulletin

## FROM THE DIRECTOR

January was quite a month at the Senior Center. We have to extend many thanks to the Youth, Parks and Recreation Department for helping to sponsor the Winterfest Dance. It was a lot of fun! This was the kickoff to the Town's Winterfest weekend and is always a very enjoyable evening. We also started a new block of classes. It's great to get back to our normal routines after the busy holidays.

We have numerous upcoming events at the Senior Center. Please take some time to read through the bulletin to see what is going on. We have some wonderful parties planned. The Hoedown on February 14<sup>th</sup> will be a lot of fun! If you're not a line

or square dancer, join us anyway. It will be very entertaining to watch and you'll also have a delicious lunch!! Signups are also on going for the St. Patrick's Day party. That's always a great lunch and fun day. Please note, if you participate in trips and parties at the senior center, please be sure to NOT sign up for lunch from the nutrition program on these days unless you intend on eating it. We get numerous cancellations for nutrition on party and trip days and this causes a lot of food to go to waste. We appreciate your cooperation with this matter.

Don't forget to sign up for assistance in filing your taxes again this year. AARP will be here on Tuesdays & Thursdays and we will be offering appointments from 9:00am-12:00pm. Please **don't** wait to make your appointment until you have all of your paperwork. They do fill up & if you wait too long to make an appointment, there's a good chance we will no longer have any spots left. You should call ASAP but choose a date that's later in the tax season. I hope everyone is well & that we'll see you very soon.

Tricia Pray, Director

## PRESIDENT'S CORNER

What a great time everyone had at the Winterfest dance. What a wonderful start to the New Year! On Friday, February 14<sup>th</sup>, we will be hosting a Western Hoedown. This sounds like so much fun! Remember

it is a new year and schedule your annual checkup to keep yourself healthy. Also, spread the word about our wonderful center and all we have to offer.

Donna Heiss, President

### **STORM CLOSING**

With winter on the way, you can find out if the center is closed due to inclement weather. Announcements regarding the Town of Tonawanda Youth, Parks & Recreation Department can be heard on WBEN 930 AM. Please do not put your health at risk by making unnecessary trips in bad weather. WE DO NOT fall under the Ken-Ton School District.

### **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 Donna Heiss at 694-3773.

### **WELCOME TO OUR NEW MEMBERS**

We would like to welcome the following members who recently joined: Jackie Falsone, Gary Kolbe, Susan Lockwood, Sue Korosecz, Lester Bennett, Janet Paonessa, and Susan Lotempio.

### **SUNSHINE REPORT**

**Get Well/Thinking of You wishes go out to the following members:** Joan Griffin, Elaine Jacobs, Kay Felice, Mary Veitch.

**Our thoughts & prayers are with the families and friends of the following members who have passed away:** Robert Eikenburg, Emily Platek.

**Our Sympathy to the following members who have lost loved ones:** Ann & Jake Worling loss of sister, Don & Leanda Stilwell loss of grandson.

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: Evelyn and Bob Dziadasek, Diana Hull, Dolores Mickens, Nancy Pilon, Diana Randall, Elaine Schultz, Jean Serra, Kathy Thompson, Wanda Webb, Peggy Young 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.

### **DECEMBER WINNER**

**Anniversary:** Mary & Mike Battaglia

**Birthday:** Betty Bavaro

### **PARTIES**

### **ST. PATRICK'S DAY PARTY**

Join us and celebrate St. Patty's Day with a delicious catered lunch, live entertainment, beer and pop. Feel free to wear your favorite "green" attire. Don't miss out on the fun!!

**DATE:** Thursday, March 12, 2020

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

**MENU:** Corned Beef, Potatoes, Cabbage, Vegetable & Dessert

**COST:** \$12.00 members, \$14.00 non-members

**SIGNUP:** Ends March 4

**ENTERTAINMENT:** Kindred Duo

### **WESTERN HOEDOWN**

The Senior Center will be hosting a Western Hoedown Party. It will include a roast beef sandwich, potatoes, baked beans, salad, popcorn, dessert, coffee and pop. Our entertainment will be Bill Ryan & the Water Wheels Dance Club. You will have the opportunity to try square dancing. There will also be line dancing.

**DATE:** Friday, February 14, 2020

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

**COST:** \$9.00 members/\$11.00 non-members

**SIGNUP:** Ends February 6, 2020

### **PROGRAMS & EVENTS**

### **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:** February 4 thru April 9, 2020

**TIME:** Tuesdays & Thursdays from 9am – Noon

**COST:** FREE

**SIGNUP:** See office for availability

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

### **AARP SMART DRIVER COURSE**

AARP smart driver course is held on the first Monday of every month. Call the office at 874-3266 to register. **COST:** AARP members \$20.00/non-members \$25.00. Starting July 1<sup>st</sup> there will be a price increase; AARP members will pay \$25.00/non-members \$30.00.

### **BINGO**

We play Bingo on Fridays after the lunch program. Boards are sold for \$1.00 each. Please NO large bills. All money collected will be used as prizes. No signup is necessary.

**DATE:** Friday, February 7<sup>th</sup> & 21<sup>st</sup>

**TIME:** Approximately 1:00 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 February 6<sup>th</sup> meeting we will discuss the book "Unsheltered" by Barbara Kingsolver. At our March 5<sup>th</sup> meeting we will discuss the book "Sold on a Monday" by Kristina McMorris.

### **BOUTIQUE**

We will be open for business on Mondays, Wednesdays and Fridays from 10:00 am to 1:00 pm. 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.

### **KEN-TON MEALS ON WHEELS**

The Ken-Ton Meals on Wheels Program is currently looking for enthusiastic volunteers to help in supporting the dignity and independence of homebound persons in our community. Volunteers are needed as drivers, meal packaging and handymen. We especially need people who can fill in as drivers or servers on the routes. If you have some free time between 11:00 a.m. and 1:00 p.m. and are comfortable being called to fill in, we would love to work with you. Please call Tina at 874-3595 for more information. Thank You!

## **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. Please feel free to borrow them. No sign out is necessary. Simply return the items you have borrowed when you are done with them.

### **MATINEE MADNESS MONTH OF FEBRUARY**

**Please Note:** Every Monday we will show a movie in our beautiful lounge. Sit back and enjoy a snack while watching a movie on our big screen TV. Movies are shown at 1:00 pm.

**2/03/20: Breakthrough: (Marcel Ruiz, Topher Grace)** – When her 14 year-old son drowns in a lake, a faithful mother prays for him to come back from the brink of death and be healed. (Rated PG, Biography/ Drama; 116 mins.)

**2/10/20: Long Shot: (Charlize Theron, Seth Rogen)** – Journalist Fred Flarsky reunites with his childhood crush, Charlotte Field, now one of the most influential women in the world. As she prepares to make a run for the Presidency, Charlotte hires Fred as her speechwriter and sparks fly. (Rated R: Comedy/Romance; 125 mins.)

**2/24/20: Sunrise in Heaven: (Caylee Cowan, Travis Burns)** – A true love story that spans a lifetime but eventually results in a painful loss of love. Jan is the daughter of an overly protective militant father, but that doesn't stop her from falling love with Steve, a young GI in the Air Force. (Not Rated; Drama/Romance; 85 mins.)

### **BILLIARDS - ROOM 8**

The Billiards room will be open on Tuesday, Wednesday and Friday from 8:30 to 4:30pm.

### **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.

### **CARD GAMES – Room 8**

Join us on Thursdays in Room 8 to play fun card games such as Pay Me, Pass the Ace, Left, Right, Center, Scat, etc! 9:30 – Noon & 12:30 – 2:30. All are welcome!

### **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.

### **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!

### **KUPPLES KLUB**

Our next meeting is February 6<sup>th</sup>. 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.

### **PROGRESSIVE PINOCHLE MONDAY**

We play each Monday at 12:30 pm in Room 8. Everyone signing in will play.

### **PINOCHLE WEDNESDAY**

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 – EXERCISE**

This exercise program is offered every 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 that need help. We get together to sew, crochet, knit, but most of all to have fun.

### **SINGLES CLUB**

Congratulations to our 2020 officers. Our next meeting is February 20<sup>th</sup>. We are looking forward to our speaker this month. Make sure you update your Singles membership dues which are \$5.00 and 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 a 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 Mondays, Tuesdays & Thursdays from 9:00 -11:00am. This is not a league; we play for exercise & fun. For more information stop by and ask for Bob or Jean.

<b>CLASSES</b>
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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 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 1<sup>st</sup> class.

### **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 1<sup>st</sup> class.

### **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.

### **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.

## **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

Everyone signing in will play pinochle.

January 7,14,21,28 - Regular Day Activities

### **TOWN TRANSPORTATION 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:**

\$3.00 (In-Town) or \$6.00 (Out of Town) each way.



Happy

Valentine’s

Day!



