

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

Happy New Year to all of you! I hope everyone enjoyed the holiday season, and is looking forward to an exciting 2019! It was so nice to see everyone at all of the parties during the past month. A big thank you needs to go out to the chairmen of the parties and to our program coordinator, Sandy. Everyone worked very hard on all of the details that make the parties so nice.

I hope everyone will begin 2019 on a positive note. Remember that our center is meant to be a place where all members should feel welcome. If someone new comes into your group, please be kind to them and help them to 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. Remember how it

feels to be in a new situation and not know anyone. Thank you for always helping to make our newest members feel welcome!

I realize that there are days when you may be feeling a little under the weather. Just a gentle reminder to everyone that if you aren't feeling well on a particular day, it would be better for you and your friends at the Senior Center if you stay at home and rest. This way you will have a chance to recover and you won't be spreading your illness to others. Also, remember to use the hand sanitizers located throughout our building. They help to stop the spread of germs. Thank you for your consideration.

Snow is a part of everyday life during our winters. Please be aware that our center does not close for bad weather. This does not mean that you need to come here just because we are open. Please do not put your life or the lives of others in danger by driving on snow covered or dangerous roads. If the nutrition program is cancelled, we will call you & let you know. It is not necessary to call us to see if we are open.

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. Please have a sweater or jacket with you for the times when it's chilly in your room.

One last reminder, unless you have a handicap parking tag, please do not park in the handicapped

parking spots or in the striped areas next to them. These spots are reserved for people that are handicapped and need to park closer to the building. The police periodically drive through the parking lot & we would hate to see you get a ticket.

Hope to see you at the Winterfest Dance. Have a fantastic 2019!

Tricia Pray, Director

PRESIDENT'S CORNER

Happy New Year! Hope everyone had a nice holiday season. December was a busy month here at the center, our Tree Trimming Party was a lot of fun.

The Senior Center is off to a brand new year with fun filled activities. Think about joining one of our many classes we offer at the center. On January 17th we will host our Winterfest Dance, see office for tickets.

Donna Heiss, President

STORM CLOSING

With winter on the way, you should know how to go about finding 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 listen to this station for announcements about the Youth, Parks & Recreation Department's programs, and 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 Ann Worling at 877-0931.

WELCOME TO OUR NEW MEMBERS

We would like to welcome the following members who recently joined: Judy Shotwell, Frank Kenny, John Grace, Mary Niedzialowski, Dorothy White, Mary Brown, Karen Leslie.

SUNSHINE REPORT

Get Well/Thinking of You wishes go out to the following members: Betty Sadowsky, George Degener, Mary Veitch, Sharon DeVargas.

Our thoughts & prayers are with the families and friends of the following members who have passed away: Winnifred Gilham, Beverly Troidl, Helen Robertson, John Bartolomeo and Lois Derby.

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, Evelyn and Bob Dziadasek, Diana Hull, Karen Kopper,

Diane Kruck, Annette Maus, Evelyn May, Dolores Mickens, Audrey Morris, Nancy Pilon, Jean Serra, Wanda Webb, Peggy Young, 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 you're 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.

NOVEMBER WINNER

Birthday: Kathryn Thornton

PARTIES

PASTA PARTY

The Senior Center will be hosting a Presidents' Day Party. It will include pasta, meatballs, salad, bread, dessert, coffee and pop. Our entertainment will be the Hastings & Sampson Duo. We will have door prizes after the show. You must be present to win.

DATE: Friday, February 15, 2019

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

COST: \$7.00 members/\$9.00 non-members

SIGNUP: Ends, February 7, 2019

DANCES

WINTERFEST TOWN DANCE

Join us for the Town of Tonawanda Youth, Parks and Recreation Department's kick off to the Winterfest Weekend. This weekend is filled with events for Town of Tonawanda and Village of Kenmore residents.

We will have a live band here at the Senior Center for your dancing and listening pleasure. Refreshments will be served and will include pizza, popcorn, dessert, pop and coffee. This wonderful event is sponsored by the Town of Tonawanda.

** Look for a list of other events happening that weekend at all Town Recreation Facilities

DATE: Thursday, January 17, 2019

TIME: 7:00 p.m. – 10:00 p.m.

(doors open at 6:30 p.m.)

PLACE: Town of Tonawanda Senior Center

COST: \$4.00 for Members and Ken-Ton Residents
\$6.00 for Non-Residents

SIGNUP: Ends, January 11, 2019

BAND: National Trust

TRIPS

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.

Many people are sensitive to different scents.

Thank You

PROGRAMS & EVENTS

TAX HELP

Volunteers from AARP will be offering assistance in filing your taxes again this year. 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 5 and Ends, April 11, 2019

TIME: Tuesdays & Thursdays from 9am – Noon

COST: FREE

SIGNUP: Starts January 2, 2019

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

COLORING GROUP

DATE: Friday, January 4, 2019

TIME: 12:45pm in Room 1

COST: FREE

AARP SMART DRIVER COURSE

As of this printing, we are registering for classes on the 1st Monday of the month beginning January 7th thru all of 2019. 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: Friday, January 11 & 25, 2019

TIME: Approximately 12:45 pm

PLACE: Senior Center Cafeteria

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 to Tops or Wegmans. We did it!!!!

MINIATURE GOLF RESULTS

A good time was had by all that played miniature golf at the Paddock Chevrolet Golf Dome on Friday, November 2nd. Congratulations to the following winners:

9:30 Group

Women:

1st Carol Ansbrow 40

2nd Barb Miller 44

3rd Elsie Schreiber 45

High Score: Terri Izard

Men:

1st Ralph MacVittie 44

2nd Jack Miller 45

3rd Tom Reinagel 46

High Score: Gary Finley

1:00 Group

Women:

1st Audrey Gardner 48

2nd Audrey Morris 48

3rd Pat Pike 48

High Score: Joan Mapes

Men:

1st Mike Battaglia 43

2nd Alex Scheuer 45

3rd Peter Weidner 45

High Score: William Dill

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 1st Thursday of each month at **10:00 am**. At our January 3rd meeting we will discuss the book "Comfort & Joy" by Kristin Hannah. At our February 7th meeting we will discuss the book "Radium Girls" by Kate Moore.

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.

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 JANUARY

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 show on our big screen TV. Movies are shown at 1:00 pm.

1/07/19: I Feel Pretty: (Amy Schumer, Michelle Williams) – A woman struggling with insecurity wakes from a fall believing she is the most beautiful and capable woman on the planet. Her new confidence empowers her to live fearlessly, but what happens when she realizes her appearance never changed? (Rated PG-13, Comedy; 110 mins.)

1/14/19: Christopher Robin: (Ewan McGregor, Hayley Atwell) – A working class family man, Christopher Robin, encounters his childhood friend Winnie the pooh, who helps him to rediscover the joys of life. (Rated PG; Animation/Adventure/Comedy; 104 mins.)

1/21/19: Breaking Brooklyn: (Louis Gossett Jr., Nathan Kress) – A 12 year old boy with a passion for dance and his brother are rescued from the streets by an old showman who takes them to live with his estranged former dancing partner/brother. (Rated PG-13; Drama/Family/Music.)

1/28/19: Won't You Be my Neighbor? (Fred Rogers, Joanne Rogers, John Rogers) – An exploration of the life, lessons, and legacy of iconic children's television host, Fred Rogers. (Rated PG-13; Biography/Documentary; 94 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

Happy New Year! A festive time was had at our Christmas Party. On January 3rd, come celebrate the New Year with friends at the NOCO Pavilion, @ 12 noon. We will celebrate with wine, cheese, pepperoni and a pot luck appetizers. 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

Happy New Year Everyone! Welcome to 2019! Our Christmas luncheon was delicious and a lot of fun. Our January 17th meeting we will have our

Installation of Officers for the 2019 year. January starts our new year of dues which are \$3.00 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 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 Monday, Tuesday & Thursday's 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.

We meet Monday, Tuesday & Thursday from 9:00 - 11:00 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. 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
January 1 - Closed for New Year's
January 8, 15, 22, 29 – 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)
January 7, 14, 21, 28 - Regular Day Activities

Every Thursday: 9:30-11:30 Cards, Social Pinochle,
Canasta, Rummikub, Scat, 11:30 Lunch,
January 3, 10, 17, 24, 31 – 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:
\$3.00 (In-Town) or \$6.00 (Out of Town) each way.