

### **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**

Summer is here and I hope you're all taking time to enjoy it. I know everyone that signed up for the "Bet Ya Didn't Know" trip to Erie PA, is looking forward to a nice time!! The trip to Rhode Island & Martha's Vineyard will also be here before we know it. It sounds like it will be a fun and exciting adventure! Let's hope for great weather for both trips! If you are interested in going on any of our trips, please keep in mind they have been filling up very quickly, many time on the first day of sign ups! If you think you'd like to go, don't hesitate! We do take a waiting list once the trip has been filled, but there is no guarantee we will get to your name.

Don't forget to purchase your tickets to our Hot Dog Roast. They are only \$5. During this event, you'll be entertained by Tom Bender. Feel free to sign up any of your senior aged friends that are not currently members. The cost for non-members to come to the Hot Dog Roast is only \$7.00. Hopefully they'll like what we have to offer & decide to join our wonderful center!!

We have started a new "Walking Group" at the senior center. We will meet in the front hall every Tuesday at 11:00am. Walking can be done outside as long as the weather permits it. If the weather is bad, we will walk inside the building. There is no charge to be a part of this group & no sign up required. Walking is a great form of exercise! Bring a friend or meet a new one. Hope to see you there!!

Take care and enjoy your summer!

Tricia Pray, Director

### **PRESIDENT'S CORNER**

Summer is here at last! Welcome to July at our Senior Center. We had such a busy June! Our Fun and Floats Party and trip to Canada was a lot of fun. Stop by and check out our Bocce league on Tuesday mornings.

There is so much coming up at the Senior Center. Our Hot Dog Roast on Friday, July 13<sup>th</sup>, and a trip to Erie PA on July 23<sup>rd</sup>. Check out our bulletin for more information on events, parties and classes that are available.

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: Barbara Ferlicca, Sharon & George Kingston, Mike Guize, David Sullivan, Anita Mitchell, Helen Vickers, Carl & Sharon Naeher, Amelia Giarrantano and Ronald Irwin.

## SUNSHINE REPORT

**Get Well/Thinking of You wishes go out to the following members:** Phyllis Reese, Bus Adams, Nye Lipp, Angie DelBosco, Kay Felice, Julie Ameroso and Pat Abraham.

**Our thoughts & prayers are with the families and friends of the following members who have passed away:** Helen Kindron, Carol Brasure.

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: Barb Bielli, Evelyn and Bob Dziadasek, Karen Kopper, Carol Kostelnik, Annette Maus, Evelyn May, Joan Nisbet, Pat Pflieger, Nancy Pilon, Diana Randall, Anna Stanton, Kathy Thompson, Wanda Webb, Peg 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.

## MAY WINNER

**Birthday:** Donna Kokinos

## PARTIES

## ANNUAL SENIOR PICNIC Chiavetta's Chicken

Its time again for the annual Picnic and you don't want to miss it. You will enjoy entertainment, games, Bingo, food and fun with your friends. **ALL tickets must be purchased by September 4.**  
**DATE:** Friday, September 14, 2018

**TIME:** Doors Open at 11:00 a.m. and lunch is served at 12 noon

**PLACE:** T.O.T. Senior Center, 291 Ensminger Rd.

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

**SIGNUP:** Ends September 4

**MENU:** Chiavetta's chicken, pulled pork, pasta, potatoes, salad, beer, pop, coffee & an ice cream treat.

**NO Take-Outs**

**ENTERTAINMENT:** Mike Nugent-sings Frank Sinatra, Michael Buble, etc.

**\*\* THE CENTER WILL BE CLOSED ALL DAY ON THE DAY OF THE PICNIC – NO CLASSES OR PROGRAMS WILL TAKE PLACE \*\***

## 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

## 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

**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

Balance due July 11

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

## 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**

### **WALKING GROUP**

Walking is a great form of exercise. Join us each Tuesday at 11am in the front hallway. Walking can be done inside the building or outside if weather permits. You may walk at your own pace and for the length of time that fits your needs. No signup is necessary.

### **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

### **UNIVERSITY EXPRESS/RSVP CLASSES**

**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.

### **AARP SMART DRIVER COURSE**

As of this printing, we are registering for classes on the 1<sup>st</sup> Monday of the month beginning July 2<sup>nd</sup> thru all of 2018. Call the office to register at 874-3266.

**COST:** AARP members \$20.00/non-members \$25.00.

### **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, July 6, 2018

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

**COST:** FREE

### **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:** July 6 & 20, 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 September 6<sup>th</sup> meeting we will discuss the book "Killing Lincoln" by Bill O'Reilly. **The Book Club will not meet in July & August.**

### **BOUTIQUE**

Thank you to all the volunteers who helped over the past year in the boutique. The boutique will be closed during July and August. 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 JULY**

**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.

**7/02/18: Let There Be Light: (Kevin Sorbo)** – An atheist goes through a near death experience in a car accident before converting to Christianity. (Rated PG-13, Drama; 100 mins.)

**7/09/18: The Post: (Meryl Streep, Tom Hanks)** – A cover-up that spanned four U.S. Presidents pushed the country's first female newspaper publisher and a hard driving editor to join an unprecedented battle between the press and the government. (Rated PG-13; Biography/Drama/History; 116 mins.)

**7/16/18: I, Tonya: (Margot Robbie)** – Competitive ice skater Tonya Harding rises amongst the ranks at the U.S. Figure Skating Championships, but her future in the activity is thrown into doubt when her ex-husband intervenes. (Rated R; Biography/Drama/Comedy; 120 mins.)

**7/23/18: Surviving the Wild: (Jon Voight, Jamie Kennedy)** – Against the wishes of his parents (who are in the midst of a messy divorce) a young boy steals the ashes of his dead Grandfather and runs away into the wilderness with his dog. (Rated PG-13; Action/Adventure/Family; 88mins.)

**7/30/18: Same Kind of Different as Me: (Greg Kinnear, Renee Zellweger)** – International art dealer Ron Hall must befriend a dangerous homeless man in order to save his struggling marriage to his wife, a woman whose dreams will lead all three of them on the journey of their lives. (Rated PG-13; Drama; 119 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

Everyone had a great time at the Hot Dog Roast in June. Our next meeting is July 5<sup>th</sup>, we will be having subs and firecracker bingo. 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

I would like to thank everyone who made baskets and purchased tickets to make our Theme Basket raffle a success.

We will be holding our Summer Picnic on July 19<sup>th</sup> in the cafetorium. Doors open at 12 noon with lunch at 1 pm. There will be games, prizes and lucky numbers. I am looking forward to seeing everyone there. You must sign up by June 21<sup>st</sup>.

There will be no meeting in August, see you in September. 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 9:15-11:45 + 12:30 – 2:45**  
\$2.00 per visit or \$15.00 per Year

**The Woodshop will be open on TUESDAYS ONLY during the months of July & August. It will reopen Tuesday & Thursday after Labor Day.**

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  
July 3, 10, 17, 24, 31 – 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)

July 2, 9, 16, 23, 30 - Regular Day Activities

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

July 5, 12, 19, 26 – 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.