

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

March is here. Hopefully it will go out like a lamb and make way for spring. I hope all of the cold winter days are behind us!!! What a wonderful time we had at the Presidents Day party a few weeks ago and we're looking forward to the St. Patrick's Day party on March 14th. Don't forget to sign up before March 6th.

We are also looking forward to all of the events that we have scheduled in May. Don't forget that we will be honoring one Senior Center member at our Volunteer Recognition Luncheon as *Outstanding Volunteer*. The person that receives this award is nominated by their peers from the Senior Center. Please try to think of someone you believe is worthy of this award.

Nomination forms will be available in the office. If you need information about the person you would like to nominate, please ask the office staff. We will try to assist you in coming up with the volunteer work they have done at the Senior Center. Anyone who has volunteered at least 5 hours at the Senior Center between May 2018 and April 2019 is eligible to come to this luncheon and it is free of charge. It is our way of thanking you for all of the volunteer work you have done at the Senior Center. Come in to the office and fill out the form listing your volunteer activities and you will be given a ticket for this event.

Check the bulletin for all of the other events happening at the Senior Center. Hope to see you soon!

Tricia Pray, Director

PRESIDENT'S CORNER

Spring will be here on the calendar this month! We have a fun month planned. Our St. Patrick's Day Party is on Thursday, March 14th, with Corned Beef and Cabbage and entertainment. Everyone is Irish on this day! Monday, March 25th is our trip to Seneca Niagara casino with a show and buffet. Hope to see everyone enjoying our March events. Welcome Spring!

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: Dorothy Massman, Peter Rizzo, Janet Wadosky, Diane Cosentino, Roslyn Romano, Mary Ann Pendrys, Robert Milburger, Rhetta Giardina, Roselyn Kieffer, Jane Mulawka, Maureen Meyer, Fred Rutherford, Richard Curto, Theresa Panaro and Nancy Ulrich.

SUNSHINE REPORT

Get Well/Thinking of You wishes go out to the following members: Richard Sloan, Dan DeLano.

Our thoughts & prayers are with the families and friends of the following members who have passed away: Tom Dixon, Alice Wagner.

Our Sympathy to the following members who have lost loved ones: Virginia Kaprel loss of sister and niece. Clara Vathy loss of sister. Bob & Norma Welch loss of son in law.

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, Diana Hull, Diane Kruck, Carol Kostelnik, Evelyn May, Elaine Miller, Pat Pflieger, Nancy Pilon, Natalie Pruc, Diana Randall, Mary Smith, 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 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.

JANUARY WINNER

Birthday: Norene Havens

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 14, 2019

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 6th

ENTERTAINMENT: Sean Polen – Irish music & stories

TRIPS

TAP INTO SPRING

Celebrate maple syrup season at Cartwright's Maple Tree Inn. Our first stop will be the Cuba Cheese Shoppe for some sampling, then off to the maple farm for an all you can eat pancake lunch. Following lunch we will visit the "Street of Shops" in Angelica, which includes the Angelica Country Store & Antiques.

DATE: Tuesday, April 9

ARRIVE AT CENTER: 7:45am

RETURN: 5:15pm

COST: \$53.00

SIGNUP: Check office for availability

ELVIS "LAS VEGAS STYLE"

Seneca Niagara Casino

We're off to Seneca Niagara Casino for an Elvis Tribute Show featuring Terry Buckwald. Also, included will be a lunch buffet and \$15 in slot play. You must bring a valid form of ID (license) to receive the slot bonus!

DATE: Monday, March 25, 2019

ARRIVE AT CENTER: 10:45AM

APPROX. RETURN: 6:30 PM

SIGNUP: Waiting List Only

PRICE: \$39.00

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

ANNUAL TRADE SHOW

Plan to join us for our annual trade show on **Friday, April 12, 2019 from 8:30am until 11:30am**. Many businesses from our community will be present to answer questions and provide you with information about the services they offer. This is an informal day and an easy way for you to receive a great deal of information. Some businesses may also be offering various free health screenings. Mark your calendars and plan on joining us for this informative day. We will provide you with free refreshments.

DATE: Friday, April 12

PLACE: Senior Center Cafetorium

TIME: 8:30am – 11:30am

COST: FREE, no sign up necessary

BOCCE

Looking for a way to get involved at the Center? Do you want to meet new friends and have a little fun? Then come on in and sign up for our Bocce League, with a team of 4 or by yourself. PLEASE REMEMBER, THIS IS FOR FUN!!!

DATES: Tuesday, June 4 - Tuesday, July 30, 2019

RAINDATE: Tuesday, August 6th

TIME: 9:00 am Session and 10:30 am Session

COST: Free

SIGNUP: Begins May 1st & ends when all spots are filled

PARTY: Tuesday, August 13th at 10:00 am cost \$5

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. **Appointments are almost all full.**

DATE: Ends, April 11, 2019

TIME: Tuesdays & Thursdays from 9am – Noon

COST: FREE

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, March 1, 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 April 1st 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, March 8 & 22, 2019

TIME: 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 1st Thursday of each month at **10:00 am**. At our March 7th meeting we will discuss the book "Rebecca" by Daphne Du Maurier. At our April 4th meeting we will discuss the book "The Little Old Lady Who Broke All The Rules" by Catharina Ingelman-Sundberg.

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 MARCH

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.

3/04/19: Runnin' from my Roots: (Janine Turner, Patrick Muldoon) – Following a very public fall from grace, country music star Faith Winters seeks refuge in her rural Texas hometown, where she rediscovers feelings for her high school sweetheart, the local pastor. But the homecoming is bittersweet. (Not Rated, Country; 92 mins.)

3/11/19: The Wedding Date: (Debra Messing, Dermot Mulroney) – Single-girl anxiety causes Kat Ellis to hire a male escort to pose as her boyfriend at her sister's wedding. Her plan, an attempt to dupe her ex-fiance, who dumped her a couple years prior, proves to be her undoing. (Rated PG-13; Comedy/romance; 90 mins.)

3/18/19: God Bless the Broken Road: (Mathew Derek Davis, Arthur Cartwright) – While grieving the loss of her husband, a financially struggling widow meets a race car driver. (Rated PG; Drama/Family/Romance; 111 mins.)

3/25/19: Laws of Attraction: (Julianne Moore, Pierce Brosnan) – Amidst a sea of litigation, two New York City divorce lawyers find love. (Rated PG-13; Comedy/Romance; 90 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.

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 March 7th. We will be hosting a pizza party. See bulletin board for more information. 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.

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

Just a few weeks until spring! What a wonderful speaker we had from Hearts and Hands last month. We learned a lot about this organization and all their benefits. At our meeting on March 21st we are having a movie in the lounge. If possible the film will be "The Green Book" or "A Star is Born" depending on availability. Make sure you update your Singles membership 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
March 5, 12, 19, 26 – Regular Day Activities

MANG BRANCH

The Mang Branch of our Senior Center will be meeting at the Senior Center on Ensminger Road while the Mang Community Center is under construction. This will start on Monday March 4th and continue for a minimum of 3 months. They would love for some of our regular members to stop in to see what they're all about & participate with them. They will meet on Mondays and Thursdays in room 8 (the pool room) from 9:30am-2:30pm.

Mondays schedule:

**** NEW PLAYERS ALWAYS WELCOME****

9:30am: Open pinochle

12:30pm: Progressive Pinochle

Thursdays Schedule:

**** NEW PLAYERS ALWAYS WELCOME****

9:30am: Open Pinochle

10:00am: Scat

12:30pm: Open Pinochle

12:30pm: Scat

Please call Sharon to reserve your spot for Thursday afternoon Pinochle 319-0680

TOWN TRANSPORTION SERVICE

For more information or to schedule a van call:
875-1029 Monday-Friday 8:30am-1:30pm