

CITY OF TONAWANDA
SENIOR CITIZEN CENTER
35 Main Street, Tonawanda NY 14150-2105

Return Service Requested

STD
U.S. Postage
PAID
Tonawanda, NY
Permit No. 207

Time Value
May 2017

Center Hours

The center is open Monday through Friday from 9:30am to 4:00pm. Call us anytime at 692-7029. We have a health maintenance room with several pieces of exercise equipment for use by seniors 55 years of age and older. This room is open daily until 3:30pm.

The downstairs game room, featuring three beautiful billiard tables, is open daily until 3:45pm. We also have a TV room downstairs where the computer is kept for your use. Feel free to join the programs at your convenience.

Senior Center Lifetime Membership

If you are 55 years old or older and are looking to have access to a place with many programs and events, The City of Tonawanda Senior Center is for you. The cost is just \$5.00 for a lifetime membership. Whether you want to play cards, learn to dance or just socialize...this is the best deal in town!

Cash or check payable to The City of Tonawanda can be paid at The Senior Center or the Parks & Recreation office located at 150 Fillmore Ave.

Coming Events at the Center

Senior Citizen Prom- May 5th
80¢ Celebration. Monday May 15th
deLago Casino- May 16th
Dinner Meeting-May24nd
Center closed Memorial Day Holiday. May 29th
T.H.S. Golden Warrior Reunion Picnic-July 16th
Safe Driving course- July 26th & July 27th
Safe Driving course- October 18th & October 19th

Dinner Meeting

The May dinner business meeting will be on **Monday, May 22nd**. Bingo will be at 4:00pm with chicken thighs dinner served at 5:00pm. President Cheryl Doran will conduct the business meeting at 6:00pm. Reservations are required for dinner. Tickets are \$7.00 and must be purchased by **Friday, May 19th. REMEMBER TO GET YOUR TICKETS EARLY DINNER IS A WEEK EARLIER THIS MONTH.** All members are welcome to attend the meeting and program.

Services at the Center

Attorney

Attorney Potter will be at the center on **Monday, May 8th at 10:00am.**

Blood Pressure Screening

Fire Department personnel provide this free service on **Thursday, May 4th from 11:00am to 11:30am.**

Univera

Will have a representative at the Center on **Tuesday, May 23rd at 1:00pm.**

Fidelis Medicare

Will have a representative at the Center on **Tuesday, May 16th at 1:00pm.**

Blue Cross & Blue Shield

Will have a representative at the center on **Tuesday, May 2nd 1:-3:00pm.**

EPIC

Have you checked out what EPIC can do for you lately? The New York State Elderly Pharmaceutical Insurance Coverage Program EPIC provides secondary prescription coverage to eligible NYS seniors with Medicare Part D plans.

To be eligible for EPIC seniors must be a NYS resident, 65 years or older, previous year's income cannot exceed \$75,000 single and \$100,000 married, be enrolled or eligible to enroll in a Medicare Part D drug plan and cannot be receiving Full Medicaid benefits.

EPIC provides secondary prescription coverage for Medicare Part D and EPIC covered drugs after any Medicare Part D deductible is met. By using EPIC together with Medicare Part D, members save more money on the cost of their prescription drugs.

For many seniors, it is less expensive to enroll in EPIC and Medicare Part D than just Medicare

Part D alone. EPIC pays the Part D drug plan premiums up to \$39.73 per month in 2016 for members with income up to \$23,000 single or \$29,000 married. Higher income members are responsible for paying their Medicare Part D premiums but will receive Part D assistance in the form of reduced EPIC deductibles.

Seniors may apply for EPIC at any time during the year even if they do not have a Medicare Part D plan. Enrolling in EPIC will provide eligible seniors a Special Enrollment Period from Medicare allowing them to join a Medicare Part D drug plan or switch to another Medicare Part D plan outside of their Open Enrollment Period. Join EPIC today for additional savings on your Medicare Part D prescription drugs.

For an application or more information, please call the toll-free EPIC Helpline at 1-800-332-3742 Monday-Friday from 8:30am to 5:00pm or visit the EPIC website at www.health.ny.gov. An EPIC representative will be available to help seniors enroll at the center. A representative will be at the center **Thursday, May 18th 1-3pm.**

Health Insurance Counseling and Advocacy Program (HICAP)

This program is sponsored by the Erie County Department of Senior Services. Call the Center to make an appointment with the representative. If you are going to be 65 soon, you should ask questions about three months before your birthday. Anyone may make an appointment if you have questions regarding current coverage or comparing other coverage available. **Tuesday, May 9th, 16th, and 23rd from 1:00pm-2:00pm.**

Brush Up Class with The Net Cracker

Cost is \$40 and class size is limited to 5 people. Class will include: whatever your questions are regarding the internet, email, Facebook, digital photos, word processing and more. To register call Kim at 531-0494. Private lessons are also available.

Instructional Classes & Recreation

Yoga and Tiachi

Anyone interested in one or both of these programs please call the Center. There will be a fee for these programs.

Mahjong (Mah-Jong)

We are currently seeking more players to play on Tuesday afternoons from **1pm-3pm**.

Combined Chorus

Meets every Tuesday morning at **11am**. Anyone interested may join at anytime.

Women's Pinochle

On Tuesdays at **1pm** all women are welcome!

Bridge

Thursday mornings at **11am**. If you are interested, please call the center at 692-7029.

Canasta

To play, please call the Center or join in on any Wednesday at **1pm**.

Ball Room Dancing

Come join us on Fridays at **1pm**. The fee is only \$2.00 per person per class.

Line Dance Class

Line Dance Class is on Monday with instructor Marge Dorato at **11am**. There is a class fee of \$2.00.

Billiards

Monday afternoons at **1pm** 8 Ball Billiards. Men's Billiards Wednesdays at **1pm**. Thursdays, at **1pm** 9 Ball Billiards. Members and friends are always welcome to join anytime.

Euchre

Euchre will now be on Tuesday mornings at **9:30am-11:30am**. Feel free to join us on any Tuesday.

Scrap Booking

Will meet on **Wednesday, May 17th 10:00am-2:00pm**. Materials for the class will be provided, but donations are always welcome. You do not have to stay for the complete class, but if you do, bring your lunch and favorite photos, or just stop in to see what the class offers.

Wii Bowling League & Wii Programs

Come and join the fun on Friday mornings at **10:30am**. If you are unable to attend Friday mornings feel free to come to the Center any time to play.

Craft Class

Join us every Thursday at **10am**. Come and make some new crafts. Materials are supplied for you.

Ceramic Class

All materials are supplied at no charge. Why not join us on Wednesday mornings at **10am** and make a ceramic piece?

Regular Programs

Combined Chorus - Tuesdays at 11am
9 Ball Singles Billiards - Thursdays at 1pm
Ladies Billiards - Fridays at 1pm
Men's Billiards - Wednesdays at 1pm
8 Ball Singles Billiards - Mondays at 1pm
Progressive Pinochle - Monday, Wednesday, and Friday, at 1pm
Progressive Euchre - Tuesdays at 9:30am

Library

The center has a library which offers books, jigsaw puzzles, videos, discs, and audio books. Stop in and browse.

Vial of Life

Vial of life is designed to speak for you when you can't speak for yourself. The vial contains important medical information that can assist emergency personnel in administering the proper medical treatment. It is free so all it will cost you is a little time. Information and forms for this program are available at the center.

Lions Club

Eye glasses and hearing aides you no longer use may be dropped off at the center and a member of the club will pick them up.

Tax Assistance Program

Thank you to the following tax volunteers George Brooks, Lynn Getzin, Pauline Knapp, Vergie Ottner, Anne Belinski and Helen Rogala for the extra hours beyond their regular hours to be sure our members were able to file on time. The center would not be able to offer this program without these dedicated volunteers. This year they processed over 300 filers.

Senior Prom

This year's senior prom will be Friday, May 5th, 5:30pm-8:30pm at the Tonawanda Senior High School. This year's theme is the Roaring 20s. Please RSVP to Renee Smith 704-3801.

80's Dinner

Monday, May 15th is the date for this annual celebration. We will have as our guests the members who are 80 years of age and older, along with members who will be 80 this year. Bingo will be played at 4pm. A chicken thigh dinner at 5pm. There is no charge for members 80 years or older. If your spouse or companion is not yet 80, they are welcome to attend and pay \$7.00 for dinner. For reservations call or stop in the office no later than Friday, May 12th. We look forward to seeing many of you for this special evening.

Adult Coloring

Join us for coloring, coffee and conversation every Wednesday mornings at 10:00am. Pencils will be supplied. Any questions call the center.

Member Updates

The Officers for the 2017-2018 year are:

President - Cheryl Doran
Vice President—Jean Hammond
Secretary—Myrna Waite
Treasurer—Carol Dammann

The officers welcome Cindy Kerr and Arlene Cooper as board members, they will serve a one year term, April 1, 2017 to March 31, 2018

Board Members:

Joe Toth
Sue Toth
Cindy Kerr
Arlene Cooper

Sunshine Secretary

Joanne Catipovic will serve for the 2016-2017 term. If anyone knows of a member who is shut-in at home, resides in a nursing home, or is in the hospital, please call the office or notify Joanne.



Our Sincere Sympathy to the Family and Friends of:

Henry Czochara
Joan Loeswick
Nira Koehler
Marion Supparits

School Board and Budget Election Day

School board election and budget vote is Tuesday, May 16th 11:00am- 8:00pm at the Tonawanda High School in the Wellness gym.

Community Events

Food Pantry Donations

The Tonawanda and North Tonawanda food pantry is still in need of paper bags and non perishable food items. Donations may be dropped off at the center anytime. We thank all the members who have been so generous.

City of Tonawanda Emergency Information

In case of an emergency or for public service announcements in our community, tune in to radio station 1670 AM for any necessary information.

2017 Garden Walk

Would you like your garden to be in the City of Tonawanda Garden Walk 2017? Share your garden and show your pride in your neighborhood. Anyone can enter. There is no judging of gardens, Garden Walk is NOT a contest. There are no entry fees. All you have to do is apply and get gardening!

Night Lights, Friday July 14th and Garden Walk, Saturday July 15th. Please apply on-line @ city-oftonawandaartsboard.com/gardenwalk-application. Application deadline 06/01/2017.

Council President Jenna Koch

The common council has authorized the hiring of a full time narcotic officer. I will be scheduling another NARCAN class at the center, dates to follow. Take a Wednesday walk of historic neighborhoods. The walks begin at 6:30pm at the Benjamin Long Homestead. The tours continue thru Wednesday September 6th.

Your questions and comments are always welcome and you may reach me at 692-3070.
Council President Jenna Koch

Some things about the Tonawanda Fire Department you may not know—Part 4

CPR and First Aid Instruction

The department has for many years taught cardio-pulmonary resuscitation (or CPR for short) to the public. Many groups including several area businesses, little league ball club coaches and

Kohler Pool lifeguards have been taught this life-saving skill. Current training provided by the fire department can also include instruction on how to perform first aid techniques and how to use an automatic external defibrillator (AED). If you or anyone you know are interested in learning these important skills you can call fire headquarters at 692-8400 and ask for the Fire Prevention Officer to schedule a training session.

Blood Pressure Screening

The department also can provide blood pressure checks for anyone interested. Persons can walk into Fire Headquarters (44 William Street) off the street and just ask our duty personnel on house-watch to measure their BP. Our members will write the numbers down for you so you can keep track. If you are a regular visitor at the Senior Citizens Center you know that the fire department visits the Main Street facility to provide blood pressure screening on the first Thursday of each month at 11 AM.

Special Needs Registry

The Office of Emergency Management, which works under the direction of the Fire Chief and Police Chief, maintains a list known as the Special Needs Registry. In the event of a long-term power outage, extreme weather condition or other similar event, it could be difficult for some persons to manage on their own for extended periods. This could be someone who requires constant medical treatment (oxygen therapy), homecare aid assistance (and the aid can't make it in due to weather conditions) or just regular elderly persons who because of various reasons, would have difficulty taking care of themselves for long periods. In order to ensure that these residents are taken care of, the department will use the Special Needs Registry list to check on those individuals during situations as described above.

Information listed on the Special Needs form remains confidential and is made available only to emergency personnel should a disaster-type situation occur. If you, a family member or anyone you know falls into the category of Special Needs+ we encourage you to have those persons added to this list. You can do so by calling fire headquarters and leaving a message with the Emergency Management Office. They will return your call and explain all

May 2017

692-7029

692-7029

Monday	Tuesday	Wednesday	Thursday	Friday
1) 11:00 Line Dancing 1:00 Pinochle 1:00 8 Ball Tourney	2) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong	3) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Menø Billiards	4) 10:00 Crafts 11:00 Bridge 1:00 9 Ball 11:00 Blood Pressure Screening	5) 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing 5:30-8:30 Senior Prom
8) 11:00 Line Dancing 1:00 Pinochle 1:00 8 Ball Tourney 10:00 Attorney	9) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 HICAP 1:00 Blue Cross Blue Shield	10) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Menø Billiards 1:30 Pharmacist	11) 10:00 Crafts 11:00 Bridge 1:00 9 Ball	12) 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
15) 10:00 Bocce 11:00 Line Dancing 1:00 Pinochle 1:00 8 Ball Tourney 80ø Dinner 4:00Bingo 5:00 Dinner	16) 9:30 Euchre 10:00 Bocce 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Fidelis 1:00 HICAP School Board Election	17) 9:30 Scrap Booking 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Menø Billiards 11:00 United Way	18) 10:00 Bocce 10:00 Crafts 11:00 Bridge 1:00 9 Ball 1:00-1:30 EPIC	19) 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
22) 10:00 Bocce 11:00 Line Dancing 1:00 Pinochle 1:00 8 Ball Tourney Dinner Meeting 4:00-Bingo 5:00-Dinner 6:00-Meeting 6:30-Program	23) 9:30 Euchre 10:00 Bocce 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Univera 1:00 HICAP	24) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Menø Billiards	25) 10:00 Bocce 10:00 Crafts 11:00 Bridge 1:00 9 Ball	26) 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
29) Closed Memorial Day	30) 9:30 Euchre 10:00 Bocce 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong	31) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Menø Billiards	1) 10:00 Bocce 10:00 Crafts 11:00 Bridge 1:00 9 Ball 11:00 Blood Pressure Screening	2) 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing

Happy Mother's Day to our Mother's, Grandmother's, Great Grandmother's and Great Great Grandmother's.

Special Needs Registry

Do you or a family member or friend have special needs the Fire Dept, Police Dept or Emergency Management need to know about? Please take the time to fill out a special needs registry form and send it to the Mayor's Office or Fire Dept. Having details about your special situation will help us help you. Need a form? For a copy contact the Senior Center, or visit www.tonawandacityfd.com, click Departments, then click Fire Department and scroll to the bottom of the page for the form. You can also call the Tonawanda Fire Department Emergency Management Office at 692-8400 ext. 208 or Linda Foels at 692-0033.

Senior Van Service

Are you 60 years of age or older and capable of getting in and out of a van without assistance and do not receive MEDICAID? You may qualify for the %Going Places Van+. Operating schedule Tuesday through Friday, except some holidays, beginning at 7:30am. No pickups past 2:30pm. A donation of \$2.00 EACH WAY is requested for local trips, and \$3.00 EACH WAY for Buffalo, Williamsville, Cheektowaga and Amherst. Please contact the Parks-Recreation department at 505-1172 to request an application.

H.E.A.P. Free Inspection

Free carbon monoxide detectors and programmable thermostats will be installed in eligible households that do not already have them. To be eligible households must have received a regular HEAP benefit last winter. Applications can be made at the HEAP office 291 Pearl Street, 8:00am to 4:00pm weekdays. Applications also can be requested by calling 858-1969. Other information about the program is available on the HEAP hotline 858-7644.

United Way

JoAnn Mierzwa of the United Way will be at the center, **Wednesday, May 17th at 11:00am** to help anyone with applications for food stamps and HEAP.

Pharmacist

Pharmacist Dawn Hoffmann of Walgreens will be at the center on **Wednesday, May 10th 1:00pm—1:30pm**. Bring all your prescriptions and over the counter medicines such as vitamins and other supplements in their original packaging. Questions concerning insurance will be entertained.

A.A.R.P. Safe Driving Course

This class offered by A.A.R.P. will help you to learn how to improve your driving skills and drive safer. Upon completion of the course you will get a 10% discount for the next 3 years on your liability insurance. The classes will be offered at the center on: Wednesday, July 26th and Thursday, 27th; Wednesday, October 18th and Thursday, October 19th. The classes are held from 9:00am-noon each day. You must attend both days in order to receive credit. The fee is \$20.00 for A.A.R.P. members and \$25.00 for non members. The fee must be paid by check or money order made payable to A.A.R.P. Cash will not be accepted. To register for the course, call the center at 692-7029.

Park Permits

Shelter permits are now available for Veterans and Eastern Park. Visit the parks and recreation department **Monday thru Friday 7am-3pm closed 12pm-1pm** to purchase your permit. Rates for Veteran's Park (large shelters) and Eastern Park resident \$75.00; non resident \$150.00. Small shelter rates are resident \$50.00; non resident \$75.00. Call 505-1172 to check for availability.

delLago Casino

The center has a trip to this casino on **Tuesday, May 16th**. Departing the center at 8:00am and returning at 4:00. This is a non smoking casino with a separate smoking area. The cost is \$20.00. You will receive \$20.00 free slot play and \$2.00 discount on the buffet with players card. Reservations require current valid government issued photo ID. Guest must register for a delLago rewards card to receive incentive. This is open to members and guests. Any questions call the center 692-7029.