

HAPPY SEPTEMBER BIRTHDAY TO THE FOLLOWING MEMBERS!

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|--|--|--|
| 1. Estelle Sarafin | 14. Norman Karcher Sr.
Linda Atallah
Donald Brock | 26. Jean Anderson
Melvin Brundage
Barbara Mahl
Donald Schoelles |
| 2. Radovan Milosivic
Elmer Artman
Winslow Hunt
John Lepore | 15. Jean Brundage | 27. Diane Tanner
Donna Zwack |
| 3. Marion Mulcahy
Richard Morgan | 17. Noreen Keefe | 28. William Riley
Joan Johnston-Heath |
| 4. Robert Gregg
George Thompson | 18. Pauline Gworck
James Burngasser
Elince Deeb | 29. Jean Harmon
Paula Scotch
Patricia Marcaccio |
| 5. James H. Kuczynski | 20. Paul Sturner
Ronald Hall
Susanne Bordonaro
Beverly Shaffer
Nancy Wiseman | 30. Mary Holdaway
Nancy Emmons
Mildred Towkacz |
| 6. Kenneth A. Roth
Colleen Knoche
Anna M. Jones | 21. William Waite
Donald Holdaway | |
| 7. Richard Kucharski
Alice Block | 22. Elaine Lortz | |
| 8. Laurel Berry
Judy Herbst
Barbara Vogel
Robin Allman Shonry | 23. Joyce Butkowski
Leonard Smith
Carolyn Leber
Michael Bass | |
| 9. Betty S. Skoney
Nancy Juliano | 24. Margaret Hess
Barbara Helmbrecht | |
| 11. Donald Tunison | 25. David Henninger | |
| 12. Aline Gagnon
Shirley Sampson | | |



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

Return Service Requested

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

Time Value
Sept 2018

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

Closed September 3rd
Bazaar—October 6th
Safe Driver Course—October 25 and 26

Coming Events around the City

American Legion & Vietnam Vets Car Show 9/2
Primary Day-September 13th polls open 6am
Fall Festival—September 22nd
St Francis Service Fair—September 27th

Dinner Meeting

The dinner/business meeting is on **Monday, September 24th**. Bingo at 4:00pm, dinner served at 5:00pm. President Cheryl Doran will conduct the meeting at 6:00pm. Reservations are required for a beef stew dinner. The tickets are \$8.00 and must be purchased by **Friday, September 21st**. All members are welcome to attend the meeting.

Services at the Center

Attorney

Attorney Potter to be at the Center on **Wednesday, September 12th at 10:00am.**

Blood Pressure Screening

Fire Department personnel provide this free service on **Thursday, September 6th from 11:00 am to 11:30am.**

Univera

Will have a representative at the Center on **Tuesday, September 25th.**

Fidelis Medicare

Will have a representative at the Center on **Tuesday, September 18th at 1:00pm.**

Blue Cross & Blue Shield

Will have a representative at the Center in **October.**

United Health Care

Will have a representative at the Center on **Wednesday, September 26th and October 24th at 1:00pm.**

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.

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. A representative will be here **Tuesday, September 18th and 25th.**

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

Chair Yoga

This class will be held Friday mornings **9:30am-10:30am**. There is a \$2.00 fee. You may join anytime.

Mahjong (Mah-Jong)

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

Women's Pinochle

On Tuesdays at **1:00-3:30pm** all women are welcome!

Bridge

Thursday mornings at **11:00-3:00pm**. 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**.

Euchre

Euchre players voted to change the time to **9:00-noon** on Tuesday mornings.

Ball Room Dancing

This class will be on Fridays at **1pm**. Marge Dorato is the instructor. Anyone may join. There is a \$2.00 fee for the class.

Line Dance Class

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

Adult Coloring

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

Scrap Booking

Will meet on Wednesday, **September 5th 10am-2pm**. 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 **10:30-noon**. 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.

Billiards

The tournament season will return the week of **September 17th**. New players are always welcome.

Bocce

The season has ended Team Garys took this years title, congratulations!

Folk Sing A Long

Anyone interested in this sing a long call the center 692-7029. Feel free to bring along your guitar.

Member Updates

The Officers for the 2018 year are:

President - Cheryl Doran
Vice President—Arlene Cooper
Secretary—Myrna Waite
Treasurer—Carol Dammann

Board Members:

Joe Toth
Sue Toth
Cindy Kerr
Jean Hammond

Sunshine Secretary

Joanne Catipovic will serve for the 2018 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:

Joan Rohde Prohn

Center Picnic

Thank you to the members of Firemen's Local 829 for the use of their grill and to chefs Cindy Young, Denise Young and Mike Young. The success was due to these volunteers.

Council President Jenna Koch

Thank you to everyone who donated to the back to school drive. These supplies benefit the City of Tonawanda students. Anyone who would like to receive the quarterly connect newsletter contact me at 692-3070. This year only Primary Day is on Thursday, September 13th. St. Francis service fair is on Thursday, September 27th, 4:00pm-7:00pm at the Broad Street, enter St. Clare Center. If you have any questions or comments call me at 692-3070.

Primary Day

Note change of day, this year Primary Day is **Thursday, September 13th**. Polls are open 6:00am- 9:00pm.

Park Permits

Shelter permits are now available for Veterans and Eastern Park. New this year you can check availability and make your reservations on line at **www.tonawandacity.com** or visit the parks department **Monday thru Friday 7am-3pm closed 12pm-1pm** to purchase your permit. Rates for Veterans Park (large shelters) and Eastern Park resident \$75.00; non resident \$150.00. Small shelter rates are resident \$50.00; non resident \$75.00. Permits are being issued thru September 30th.

Medications Disposal Kiosk Site

Disposal of syringe/medical waste, unneeded, expired medications and used needles may be dropped off at the Town of Tonawanda Police department. Located at 1835 Sheridan Drive. The lobby is open 24/7.

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.

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 housewatch 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 will know that the fire department visits the Main Street facility to provide blood pressure screening on the first **Thursday** of each month at **11am**.

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 cannot 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 that is necessary in order to get onto the list.

Erie County Board of Elections

Erie County Board of Elections is in need of election inspectors for the election cycle. For more information call the Erie County Board of Elections at 858-4982. Voter registration and absentee ballot applications are available at the center.

Community Farmer's Market

Every Sunday from 10am- 2pm, May through October in the front of the Hub on Young Street. Vendors to include farmers, crafters and non-profits. Come out and support your local farmers and get your fresh veggies, meats, plants & more!

Service Fair

St. Francis is having a service fair **September 27th 4pm-7pm**. There will be representatives from emergency, family, employment, financial planning, health, housing opportunities, legal, utilities and Veteran services. The senior center will be participating at this event. If you are in need of any of these services or have any questions plan on attending.

Dementia Respite Care Program

This free program is offered the third Tuesday every month 10:30am-2:30pm at First Presbyterian Church located at 149 Broad Street. Contact the church office 692-1319 to obtain a guest registration form and get answers to any questions you might have regarding the Memory Lane Respite Program.

September 2018

692-7029

692-7029

Monday	Tuesday	Wednesday	Thursday	Friday
3) Closed Labor Day	4) 9:00 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong	5) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Men's Billiards 10:00 Scrap Booking 10:00-noon United Way	6) 10:00 Crafts 11:00 Bridge 12:30 9 Ball 11:00 Blood Pressure Screening	7) 9:30 Chair Yoga 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
10) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney	11) 9:00 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong	12) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Men's Billiards 10:00 Attorney	13) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	14) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
17) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney	18) 9:00 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Fidelis HICAP	19) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Men's Billiards 10:00-noon United Way 1:00 Pharmacist	20) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	21) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
24) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney Dinner Meeting 4:00-Bingo 5:00-Dinner 6:00-Meeting	25) 9:00 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Univera HICAP	26) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Men's Billiards 1:00-3:00 United Health Care	27) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	28) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing

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.

United Way

Representative Joanne Mierzwa will be at the center on **Wednesday, September 5th and 19th 10:00am to noon.**

Pharmacist

Pharmacist Dawn Hoffmann of Walgreens will be at the center on **Wednesday, September 19th 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.

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.

Home Energy Assistance Program (HEAP)

Members who received HEAP last year should be getting their forms for the 2018-2019 year this month or early September. You must file **every** year so be sure to file as soon as you receive them. If you have questions with the filing call the office.

A.A.R.P. Safe Driving Course

Upon completion of the course you will get a 10% discount for the next three years on your liability insurance. The next class will be Wednesday, **October 25th and Thursday, October 26th. Please note the change of dates.** The classes are 9:00am- noon each day. You must attend both classes in order to receive credit. Fee for the class is \$20.00 for AARP members and \$25.00 for non members. Fee must be paid by check or money order made payable to A.A.R.P. To register call the center 692-7029.

Bazaar

Saturday, October 6th is the date this year. Donations are being accepted and may be dropped off at the center anytime. Volunteers are needed to set up and work the day of the Bazaar. If you would like to volunteer call or stop in the office. Baked goods would be appreciated.