

**HAPPY AUGUST BIRTHDAY TO THE FOLLOWING MEMBERS!**

- |  |   |   |
|--|---|---|
| 1. Maureen Cianco<br>Wayne Fordyce<br>Madelyn Laures<br>Gerry Penman | 12. Kathleen Cowell<br>Walt Opalinski<br>Irene Smith<br>Janet Tharrett<br>Thomas Williams | 20. Susanne Bordonaro<br>Barb Cristiano<br>Beverly Finley<br>Katherine Howard |
| 2. Virginia Wisniewski   |   | 22. Boyd Ginter   |
| 3. Michele K. Houser<br>Lillian Manning<br>Clifford Strehlow         | 13. Roy Doel<br>Diana Fusco<br>Betty McGee  | 23. Audrey Gardner  |
| 4. Cathy Markiewicz<br>Rose Marie Pollock                            | 14. Marylou Dunlap<br>Catherine M. Tony<br>Joseph Toth                                    | 24. Ronald Delp<br>William Harmon<br>Jean Schulat                             |
| 5. Joann Danvir<br>Janet Durkin<br>Barbara Kancar<br>Helen Regalla   | 15. Ruth Gebra<br>Mary Ann Lisinski<br>Virginia Sebastiano<br>Dale Zdrojewski             | 26. Dorothy Miller  |
| 6. Robert Ralston<br>Grayce Spagnuolo                                | 16. Donna Fischer<br>Cheri N. Koepsell  | 27. Diane Penberthy   |
| 7. Maryann Gonka<br>Sylvia Stiles<br>Elizabeth Vandrel               | 17. Dick Calhoun<br>Dorothy Fronczak  | 28. Darla Beck<br>Yolande Engelert  |
| 8. Morn Flannery   | 18. Vincent Crecca<br>Patricia Tomczk   | 29. Norma Berndt<br>Rita Cameron<br>Paul Haak                                 |
| 9. Richard Stadler   | 19. Cindy Reinhardt<br>James Rippey   | 30. Jane Bainbridge   |
| 11. John Gojmerac<br>Margaret Hamm                                   |   | 31. Dorothy Poole<br>Jim Schmidt<br>Richard Vigrass<br>Myrna Waite            |



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

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

Return Service Requested

Time Value  
Aug 2019

### 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

**Ice Cream Social—August 21st**  
**Safe Driving Course—September 18th & 19th**

### Coming Events around the City

**Eagles Tribute Band—August 2nd**  
**Buffalo Philharmonic Orchestra—August 3rd**  
**American Legion Post #264—August 4th**  
**Super Charger & Kurt & the Lodgers—Aug 7th**  
**Bergholz German Band—August 11th**  
**Daring Hearts & Nik & the Nice Guys Aug 14th**  
**Buffalo Banjo Band—August 18th**  
**XOXO & Hair Nation w/Carmine Appice—Aug 21st**  
**Movie Night on =Niagara—August 23rd**  
**The Good Guys—August 25th**  
**Morgan Street Stomper—August 25th**  
**Allykat and Hit N Run—August 28th**

### Dinner Meeting

The monthly business meeting and dinner is **Monday, August 26th**. Bingo at 4:00pm with a Hawaiian dinner served at 5:00pm and the business meeting at 6:00pm. The tickets are \$8.00 and must be purchased by **Friday, August 23rd**. All members are welcome to attend the meeting.

## **Services at the Center**

### **Blood Pressure Screening**

Fire Department personnel provide this free service on **Thursday, August 1st from 11:00am to 11:30am.**

### **Univera**

Will have a representative at the center on **Tuesday, August 6th from 2:00pm-3:00pm.**

### **Fidelis Medicare**

Will have a representative at the center on **Tuesday, August 27th from 1:00pm-2:00pm.**

### **Blue Cross & Blue Shield**

Will have a representative at the center on **Tuesday, August 13th from 1:00pm-3:00pm.**

### **United Health Care**

Will have a representative at the center on **Wednesday, August 14th from 1:00pm-3:00.**

### **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](http://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, August 6th, 13th and 27th and Wednesday, August 14th from 2:00pm-3:00pm.**

### **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.

### **Newsletters**

If you would like to receive your newsletter via email, please contact Phyllis at 505-1172. It is also available on the City's website [www.tonawandacity.com](http://www.tonawandacity.com) on the Senior Center & Senior Services page.

## 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 **9:30-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**. Materials will be supplied. Any questions call the center.

### **Scrap Booking**

Scrap booking will return on Wednesday, September 11th at **10:00am**. Supplies are provided and members can join the class any time.

### **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 room is available for open billiards until the tournaments return. The billiards tournaments will start the week of September 9th. Members may join anytime.

### **Folk Sing A Long**

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

### **Bocce**

The bocce banquet will be held at the center on Thursday, August 29th at **1:00pm**. Your team captain will contact you with further information.

### **Bargemen**

Several members of this group are interested in revising the Bargemen, any male member interested please call the center, 692-7029. The group will meet on Tuesday morning at **10:00am**, starting August 6th.

## Member Updates

The Officers for the 2019 year are:

**President - Cheryl Doran**  
**Vice President—Jean Hammond**  
**Secretary—Sue Toth**  
**Treasurer—Carol Dammann**

**Board Members:**  
**Arlene Cooper**  
**Myrna Waite**  
**Marnitta Cooper**  
**Joe Toth**

### **Sunshine Secretary**

Joanne Catipovic will serve for the 2019-2020 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:**

Glen Scarmender  
Viola Koch  
JoAnne Mierzwa

### **Council President Jenna Koch**

An electronic recycling event on Saturday, August 10th 9:00am-noon will be held at the Tonawanda Senior High School.

The school supplies drive sponsored by the school board, T.E.A. and council President Jenna Koch will be on Thursday, August 22nd 4:00pm-7:00pm at the Senior High School or drop off anytime at the center.

St. Francis of Assisi 2nd annual service fair will be Tuesday, September 24th 4:00pm-7:00pm.

Council meetings are every 1st and 3rd Tuesday of the month at 7:00pm.

If you have any questions or comments you can contact me at 692-3070.

### **Summer Guide Books**

If you have not received a copy of the Summer guide book they are available for pick up at the Center, City Hall, Library, Parks department and Kohler Youth Center. It is also posted on the city's website, [www.tonawandacity.com](http://www.tonawandacity.com).

## **Medical Disposal System**

Senator Chris Jacobs with the UB school of pharmacy partner to distribute drug deactivation systems pouches. The purpose for the pouches is to dispose of the prescriptions rather than flushing medications down the toilet where they can pollute our waterways or leave them in a medicine cabinet. Unused pills, patches or liquid medication can be placed into the pouch along with warm water. After 30 seconds the medications deactivate. The pouches can then be disposed of in normal trash. Making them safer for landfills as well as directly removing unwanted pharmaceuticals from potential misuse or abuse. Senator Jacobs is at the City of Tonawanda City Hall the second Wednesday of the month 9:30am- 11:30am. You will be able to get a pouch at that time or call his office at 854-8705.

### **Park Shelter 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](http://www.tonawandacity.com) or visit the parks and recreation department **Monday thru Friday 7am-3pm closed 12pm-1pm** to purchase your permit. Rates for Veterans Park (large shelters only) and Eastern Park resident \$75.00; non resident \$150.00. Small shelter rates are resident \$50.00; non resident \$75.00.

### **Ice Cream Social**

Wednesday, August 21st 4:00pm-7:00pm is the social. Everyone is welcome to attend as well as family members and neighbors. This free event is sponsored by the center.

### **Thank you**

Thank you to Kelly Williams for the donation of chips for the center picnic.

Thank you to Mary Morgan for Monday morning dance class for the \$60.00 donation for the December Children's Christmas party.

## **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 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 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.

### **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.

### **Supplemental Nutrition Assistance Program**

This program is also known as SNAP and food stamps. Income guidelines for those 60 years and older or disabled. Household size 1 - gross monthly income \$2,023.00 or 2 - \$2,743.00. For further information contact 858-7239. If you need help filling the forms out come to the center on the 1st and 3rd Wednesdays of the month when the United Way representative is here for assistance.

### **Food Truck & Farmers Market Thursdays**

The season is June 6th through September 26th from 5pm-8pm. There will be at least 12 food trucks, music, local farmers and vendors.

### **Electronic Recycling Event**

Senator Chris Jacobs has again scheduled a free recycling drop off for Saturday, August 10th 9:00am-noon at the Tonawanda Senior High School. You can recycle unwanted computers, TVs, printers, cell phones and more. NOT accepted are AC units, broken CRT TVs or alkaline batteries. Limit 2 tube TVs/monitors per vehicle. For further information call the Senator's office at 854-8705.

# August 2019

692-7029

692-7029

Monday	Tuesday	Wednesday	Thursday	Friday
			1) 10:00 Crafts 11:00 Bridge 12:30 9 Ball  11:00 Blood Pressure	2) 9:30 Chair Yoga 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
5) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney	6) 9:30 Euchre 10:00 Bargemen 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong  2:00-3:00 Univera 2:00-3:00 HICAP	7) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards	8) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	9) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
12) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney	13) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong  1:00-3:00 Blue Cross Blue Shield 2:00-3:00 HICAP	14) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards  1:00-3:00 United Health Care 2:00-3:00 HICAP	15) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	16) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
19) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney  12:30 Pharmacist	20) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong	21) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards  7:00 Ice Cream Social	22) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	23) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
26) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney Dinner Meeting 4:00-Bingo 5:00-Dinner 6:00-Meeting 6:30-Speaker	27) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong  1:00-2:00 Fedelis 2:00-3:00 HICAP	28) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards	29) 10:00 Crafts 11:00 Bridge 12:30 9 Ball  1:00 Bocce Banquet	30) 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 7:00am thru 3:00pm. 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

The representative from United Way will not be at the center in August. If you have any questions call the office.

## Pharmacist

Pharmacist Dawn Hoffmann of Walgreens will be at the center on **Monday, August 19th at 12:30pm**. She will do blood pressure at that time along with any questions you may have regarding your prescriptions. .

## 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.

## 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 this course you will get a 10% discount for the next 3 years on your liability insurance. The next class will be held at the center on Wednesday September 18th and Thursday September 19th. The classes are held 9:00am to 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 you can call the office at 692-7029.

**DID SOMEONE SAY** 

 **MEAT AND BASKET**

**RAFFLE?**

City of Tonawanda Board of Visual & Performing Arts

**Saturday,**  
**SEPTEMBER 28th**  
**Gratwick Hose Fire Hall**  
110 Ward Road - North Tonawanda

**Admission \$10**  
**Beer and Pop Included**

**Doors open at 6pm**  
**First Spin at 7pm**

**Bring your coolers & snacks!**

**Call the Mayor's Office**  
**to get your tickets early!**  
**(716)695-8645**

Proceeds to benefit the creation and installation of "The Canal remembered" sculpture in Niawanda Park



