

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

- |                                                                                |                                                                                |                                                                                          |
|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| 1. John Franasiak<br>Clayton Stickles<br>Joan Fleegal                          | 11. Angela Dellapentia<br>Cindy Kerr<br>Robert Rosinski                        | 23. Franklin Walker<br><br>24. Viola Baron                                               |
| 2. Carol Case<br>Leroy Baldwin<br>Freda Blackmon                               | 12. John Sante<br>Dorothy Smith                                                | 25. Annette Samperi<br>Mary Seba<br>Edward Smith<br>William Witmer                       |
| 3. Liz Durkee<br>Richard Sante                                                 | 13. June Allen<br>Mary Ivancic                                                 | 27. J. Denny D'Angelo<br>David Hess<br>Elizabeth Kovacs<br>Lawrence Myers<br>Della Sanio |
| 4. Marie Holcomb<br>Eva Hooper                                                 | 14. Eugene McNamara<br>Roy Nagel<br>Jerome Trybalski                           | 28. David Lembke<br>Norma Sokoley                                                        |
| 5. Madalyn Barry                                                               | 16. Jodi Gebera<br>Edna Lovegrove                                              | 29. Patricia Wells                                                                       |
| 7. Maggie Crawford<br>Mary O'Brocta                                            | 17. Joseph Chimera<br>Teresa Neuland<br>Lucy Penrod                            | 30. Delores Burns<br>Carmella Grunzweig<br>Marion Joyce<br>Bob Stennett<br>Norman Weaver |
| 8. Ronald Hughes<br>Patricia D. Patterson<br>Vera Tuchovsky<br>William Wiseman | 18. Sharon Annalora<br>Ronald Hoffman<br>Bethany Peacock<br>Patricia Penberthy | 31. Sylvia Barry                                                                         |
| 9. Mary Decker<br>Dorothy Gross                                                | 19. Samuel H. Stanton                                                          |                                                                                          |
| 10. Dolores Baker<br>Nina Pasiaka<br>John Tony                                 | 22. Frederick Kolb<br>Samuel Scinta<br>Martha Sheldon<br>Mary Lou Warner       |                                                                                          |



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  
April 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

**Safe Driving Courses—July 24th & July 25th;  
September 18th & September 19th  
Senior Prom—Friday May 3rd  
80's Celebration—Monday May 13th  
Bocce starts—May 13th  
Dinner Meeting—May 20th  
Closed— Monday May 27th**

### Coming Events around the City

**Wine on the Water—Friday May 3rd  
Shoreline Sweep—Saturday May 11th  
Garden Walk—July 12th & 13th**

### Dinner Meeting

**Monday, May 20th** is this month's dinner and business meeting. Bingo at 4:00pm with a chicken thigh dinner served at 5:00pm. President Cheryl Doran will conduct the business meeting at 6:00pm. Reservations are required for dinner. The tickets are \$8.00 and must be purchased by **Friday, May 17th**. Remember to get your tickets early due to the Memorial Day holiday, this dinner is a week early. All members are welcome to attend the meeting and program.

## Services at the Center

### **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 16th from 2:00pm-3:00pm.**

### **Fidelis Medicare**

Will have a representative at the center on **Tuesday, May 30th from 1:00pm-2:00pm.**

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

Will have a representative at the center on **Tuesday, May 9th from 1:00pm-3:00pm.**

### **United Health Care**

Will have a representative at the center on **Wednesday, May 17th from 1:00pm-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](http://www.health.ny.gov). A representative will be here **Friday, May 10th at 1:00pm.**

### **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, May 9th, 16th and 30th and Wednesday, May 17th 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.

## 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**

Will meet on **Wednesday, May 8th 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 **10:30-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 open every morning for all members to play. The tournaments are played Monday, Wednesday and Thursday afternoons. Feel free to join the tournaments 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 season starts **Monday, May13th**. Anyone interested in playing can call Jim at 694-4038. They are always in need of substitutes.

## 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**

### **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:**

Arlene Hogan  
Geneva Nelson  
Frances Baron

### **New Board Member**

President Cheryl Doran has named Marnitta Cooper to the current board to serve thru March 31, 2020.

### **Council President Jenna Koch**

Reminder school board election is Tuesday, May 21st noon to 8:00pm at the Tonawanda Senior High school.

Primary day this year is Tuesday, June 25th 6:00am- 9:00pm.

The 4th Warrior Walk will return on Wednesday, May 29th at 6:30 pm at the Long Homestead. Schedules will be available at the center.

Take the time to remember the Veterans on Memorial Day.

Happy Mother's Day to all our mothers, grandmothers, and great grandmothers.

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

## **Fantasy Island**

Offers the silver star program is designed for mature applications looking for flexible part time summer employment. Program participants have the ability to make their own schedule up to 40 hours. For further information call (716) 272-2006.

### **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.

### **Tax Assistance Program**

Thank you to all the volunteers who took the time to attend classes on Saturdays so that this program may continue. We thank Ann Belinski, George Brooks, Lynn Getzin, Pauline Knapp and Vergi Ottner.

## **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.

### **Garden Walk 2019**

#### **APPLICATION**

<https://cityoftonawandaartsboard.com/gardenwalk-application/>

#### **DATES & TIMES**

**Night Lights:** Friday, July 12, 2019 @ 9p . 11p

**Garden Walk:** Saturday, July 13, 2019 @ 10a . 4p

#### **QUESTIONS? CONTACT US**

**Phone:** (716) 695-8645

**Email:** cotboardofarts@hotmail.com

**FAQ:** <https://cityoftonawandaartsboard.com/gardenwalk-faq/>

# May 2019

692-7029

692-7029

Monday	Tuesday	Wednesday	Thursday	Friday
		1) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards  10:00 United Way	2) 10:00 Crafts 11:00 Bridge 12:30 9 Ball  11:00 Blood Pressure	3) 9:30 Chair Yoga 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
6) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney	7) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong  1:00-3:00 Blue Cross Blue Shield 2:00 HICAP	8) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards  10:00 Scrap Booking	9) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	10) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing  1:00 EPIC
13) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney  12:30 Pharmacist 80¢ Celebration 4:00 BINGO 5:00 Dinner 6:00 Program	14) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong  1:00-3:00 Blue Cross 2:00 HICAP	15) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards  10:00 United Way 1:00-2:00 United Health Care	16) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	17) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
20) 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	21) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong  1:00-2:00 Univera 2:00 HICAP	22) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards	23) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	24) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
27) <b>Closed—Memorial Day</b>	28) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong  2:00 Fedelis 2:00 HICAP	29) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards	30) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	31) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing

*Happy Mother's Day to our Mother's, Grandmother's, Great Grand-mother's and Great Great Grandmother's.*

## 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

Representative Joanne Mierzwa will be at the center on **Wednesday, May 1st and 15th 10:00am to noon.**

## Pharmacist

Pharmacist Dawn Hoffmann of Walgreens will be at the center on **Monday, May 13th 12:30pm.** Please note the day and time. 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.

## Center for Elder Law & Justice

The speaker for the dinner meeting spoke on the services available, health care advocacy, elder abuse prevention, income maintenance, kinship care, guardianship services consumer protection, foreclosure prevention, substituted decision making, housing, WNY coalition pooled trust. For information on any of these call 853-3087. At a future dinner meeting we will have a speaker on one of the topics. This is a free service for the elderly.

## Senior Prom

This year's senior prom will be **Friday, May 3rd, 5:30pm-8:30pm** at the Tonawanda Senior High School. Please RSVP to Renee Smith 704-3801 by April 10th.

## 80's Celebration

Monday, May 13th is the date for this annual celebration. We will have as our guests the members who are 80 years of age and older together with members who will be 80 this year. Bingo will be played at 4:00pm with a chicken thigh dinner served at 5:00pm. There is no charge for our members 80 years of age or older. If your spouse or companion is not yet 80 they are welcome to attend but must pay \$8.00 for dinner. Reservations are required and you may call the office or stop in no later than Friday, May 10th. The board and officers look forward to welcoming you to this event.

## 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 July 24 and Thursday July 25 or 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.