

Cheektowaga Senior Services

DECEMBER 2016



**3349 Broadway Street
Cheektowaga NY 14227**

716-686-3930

www.tocny.org/departments/seniorservices.aspx

DIRECTOR'S CORNER

Dear Friends,

As we come to the end of another year I can't help but reflect back on 2016 and be proud of the many good things happening around our Center. Our programs & membership are still growing strong and we are attracting more of our "Baby Boomers" who seem to want more wellness programs, educational opportunities and diverse adventures in travel. We have a very dedicated group of senior volunteers who are always willing to step up and help with whatever we need—we are most grateful for all their help. We will continue to build our volunteer base in 2017 and look for new ways to make a difference in the lives of others in our community.

Our staff continues to listen to you, our members, and we work hard to incorporate your ideas and suggestions into our daily routine at the Center. We sincerely appreciate your input and we encourage you to let us know what we're doing right, what we can improve on and what new ideas you have as we move into a whole new year. This is YOUR Center and we want you with us, so help us make it one of your favorite places to spend your time.

Finally, our Department will continue to work with our Town Supervisor & Councilmembers to streamline our operations, be conscious of our budget spending and look for ways to save money or build partnerships to offset costs while still continuing to offer quality services and programs to our senior residents.

Peace & joy to you and yours this holiday season. Be a light for others—make it a bright one!

Sincerely,

Kerry Peek

ON OUR COVER: Marcy & Allan Weidrich are featured on our cover, dancing the night away at one of our special events. They are both active members at our Center. Marcy, a retired nurse, kindly offers to do free blood pressure checks for us once each month, she volunteers for our S.O.S. program and her and Allan are one of the many teams in our Wii Bowling League. Allan was just elected as the 1st Vice President of our Cheektowaga Seniors Travel/Social Club and he is looking forward to being more involved in the Club's leadership.

VAN SERVICES

In cooperation with the Erie County Department of Senior Services, the Town operates five (5) vans to pick up Senior Citizens, age 60+ (who cannot use any conventional means of transportation) at their home and take them to the doctor, food shopping, and other necessary services. **This is a curb to curb service. Residents requiring assistance getting in/out of their home or the van should bring a friend or family member along to assist them.**

The suggested donation for a one-way trip is **\$3** and **\$8** one way for the wheelchair van, but the donation is confidential and each person determines what he or she can pay. The vans run five days a week from 8:30 am to 3:30 pm. Please try to make your appointments early in the day, allowing plenty of time for your return home.

Van reservations for **MEDICAL APPOINTMENTS** can be made a **minimum of 24 hours and a maximum of two weeks in advance** (the sooner the better). All **OTHER APPOINTMENTS** (shopping, banking, etc.) can be made a **minimum of 24 hours and a maximum of one week in advance**. Appointments will be scheduled on a space availability basis—medical being the priority. **For the health & safety of other passengers and our drivers, we do not transport residents to the Laundromat with dirty laundry. WHEN GROCERY SHOPPING, EACH RIDER IS LIMITED TO 4 BAGS.** Van drivers can help unload the bags but are not permitted to enter the rider's home.

PHONE NUMBER—858-RIDE (858-7433)
WEEKDAYS, 8:30 AM—4:20 PM TO MAKE A RESERVATION.

STAYING FIT DINING PROGRAM

In cooperation with the Erie County Department of Senior Services, the Town provides a **nutritious hot meal and social opportunities** for persons age 60 or over and their spouses **EACH WEEKDAY AT NOON.**

The suggested contribution for each meal is \$3.00. PLEASE CALL AHEAD IF YOU ARE A NEW PARTICIPANT. The following locations donate their facilities in order that we may conduct this program:

CAYUGA VILLAGE COMMUNITY CENTER

100 Hutchens Drive (off Losson Road)
583-4141 (Donna) (Call between 10am-1pm)

CHEEKTOWAGA SENIOR CENTER

3349 Broadway (near Union Road)
686-7417 (Chris)

INFANT OF PRAGUE CHURCH

921 Cleveland Drive (between Beach Road & NYS Thruway)
632-9574 (Lin) (Call between 10am-1pm)

MARYVALE EAST COMPLEX

100 Moorman Drive
583-1190 (Alice) (Call between 10am-1pm)

SLOAN COMMUNITY CENTER*

140 Halstead Avenue (off Broadway)
897-1389

VIOLET SENIOR APARTMENTS

11 Haley Lane (off French Road)
534-6486 (Shirley)

WILLIAMSTOWNE SENIOR APARTMENTS*

2940 William Street (across from Cayuga Creek Rd.)
892-2263 (Karen)

**These sites are not sponsored by us but we include them here so you know you have other options close to home—you can eat at ANY site in Erie County*

MEALS ON WHEELS PROGRAM

In cooperation with the Buffalo and Erie County Meals on Wheels Program, we offer five-day delivery of hot and cold meals to homebound seniors in the Cheektowaga community. **PERSONS INTERESTED IN RECEIVING MEALS SHOULD CALL 822-2002.**

VOLUNTEERS NEEDED! Would you be willing to donate an hour (11:30 am-12:30 pm) one day per week to help us help others? We need drivers and meal servers to deliver the meals. There are three sites in Cheektowaga. Contact the location near you and volunteer today!



CHEEKTOWAGA SENIOR CENTER

601-0646 (Jim)

LORD OF LIFE

656-7186 (Nancy)

MARYVALE PRESBYTERIAN CHURCH

892-1711 (Joanne)

FITNESS CLASSES

TUESDAYS---9:00-10:00 am

THURSDAYS---9:00-10:00 am

Come join our fitness instructor, Kim Kawa, for an hour of aerobic exercise. There are standing exercises and floor exercises. All classes provide an excellent workout and you will be reminded to work at your own pace. Seniors are encouraged to dress comfortably, wear sneakers, bring a mat or towel to lay on and 1-3 lb. hand-held weights are optional. ALL senior residents, age 60 plus, are welcome to join this FREE program.

FITNESS ROOM

Our fitness room is open for your use during our Center's operating hours (M-F, 9:00 am-4:00 pm). Be sure to check in the office first. —To use the room you must pay our fitness room membership fee (\$25 for the year), get an I.D. Card and update your doctor's release. If it is your first time using the room, set up an appointment with Kim to give you a brief training before you begin. Remember you should bring dry shoes to put on before using the equipment—not your wet shoes from outside. ***Non-Resident Guest Memberships Available—we invite our non-resident guest friends to join our fitness room for the year at the rate of \$45. We've had a few requests for this and we certainly want to be inclusive, not exclusive, as long as it means our residents still have priority. Fitness Room Memberships are for a FULL ONE YEAR PERIOD! For example, if you sign up on May 2, 2016 and pay your \$25 fee, your membership will not expire until May 2, 2017. There is not a half-year rate.

CHAIR MASSAGE & TABLE MASSAGE

Karen Farrell, our licensed massage therapist, will be offering Table Massage on Tuesdays, \$19 for 25 minutes and Chair Massage on Fridays, \$8 for 15 minutes. Appointments can be made in our Center office or by calling 686-3930.

****TRY KAREN'S HOT STONE MASSAGE****

Instead of just a table massage on Tuesdays, you can make an appointment for a HOT STONE MASSAGE. It is still a 25-minute treatment and the fee will be \$21 payable directly to Karen. This is just one more option for you—if you prefer the regular table massage, that is still available. When you call for your appointment, let them know which treatment you'd like.

ZUMBA CLASSES

MONDAYS, 6:00-7:00 pm

TUESDAYS, 11:00 am—12:00 pm

\$2.50 per class. Wear comfortable, COOL clothing.

ZUMBA is a fusion of Latin and International music with dance themes creating a dynamic, exciting, effective fitness system! It targets areas such as the glutes, legs, arms and the most important muscle in the body—the HEART! Dance experience is NOT needed. Come and see what ZUMBA is all about. Our instructor is Julia Kiesznowski.

BE A WINNER...

Each month we will have drawings for a \$10 gift certificate good toward a center-sponsored event.

BIRTHDAY BUCKET: If your birthday falls during the month, fill out a slip at the sign in table in the lobby, put it in the bucket and we'll draw a winner from there.

ANNIVERSARY BUCKET: If you & your spouse are celebrating their wedding anniversary during the month, fill out a slip at the sign in table in the lobby, put it in the bucket and we'll draw a winner.

OCTOBER WINNERS

Birthday—Alice Slowinski

Anniversary—Greg & Marlene Szarpa

FREE BLOOD PRESSURE CHECK

Wednesday, December 7, 9-11 am

Thursday, December 22, 9:30-11:30 am

Wii OPEN BOWLING

Wii Open Bowling times can be reserved in one-hour increments

Thursday, December 22—1:30 pm



MEXICAN TRAIN DOMINOES

Wednesday, December 7 & 21

1:00 pm in the Atrium

Bring \$1.55 (13 dimes and 1 quarter)

All levels of play welcome—if you are a beginner, don't be nervous, we'll show you how to play!

**Work for a cause, not for applause.
Live life to express, not to impress.**

2017 AARP DRIVING CLASSES

We are taking reservations for our 2017 classes. The list of dates is in our office—please call our office or stop in to sign-up in advance because class size is limited. We do not take payment for classes—you must pay the instructor the day of class BY CHECK ONLY MADE OUT TO AARP. \$20 for AARP Members, \$25 for Non-Members. You must bring your AARP Membership Card to receive the member discount.

LOTTERY LUNCH BUNCH

NO LOTTERY LUNCH BUNCH FOR DECEMBER. Dawn will be taking the January Lunch Bunch out...watch for details in next month's bulletin.



NEW MEMBER ORIENTATION

Thursday, December 29 at 9:30 am

Come hear about all the programs, activities and services we offer at our Center. Please sign up in our office so we know how many to expect. Complimentary coffee, tea & sweets will be served. Welcome to the following members who attended last month's orientation: Beatrice Pucci, Sue Thompson, Audrey Friedrich, William Zach, Sharon & Al Johnson, Joyce Nash, James & Cyndie Menefee, Sharon Moriarity, Diane & Edward Zmuda, Donna & Joe Babulski, Barbara & Stan Bernys, Genesio Ciminelli, Barbara Trznadel, Ann Graff, Millie Sutter, Doreen Burns, Mike Eisenman, Bernie Deer, Susan & Ron Bernys, Jerri Towers and Yvonne Harston.

CONRATULATIONS to Don & Beverly Miskell who will celebrate their 60th Wedding Anniversary on December 28th. * Members celebrating milestone anniversaries please let our office know at least a month in advance so we can congratulate you too!**



DECEMBER

Sunday

Monday

Tuesday

Wednes

SPECIAL THANKS TO OUR GUYS WHO HELPED WITH LAST MONTH'S S.O.S. PROJECT! Last month SIX gentlemen from our Center spent some time with 10 of the guys who live at Elderwood Assisted Living at Cheektowaga. We had some great conversation, roast beef on weck and Mahattan clam chowder for lunch and did a little beer tasting & trivia. Thanks to our guys George Mazurowski, Joe Zdybowicz, Jack Borgosz, Dave Peek, John Stiegler and Larry Martinez for spending part of their day with us. The guys from Elderwood had a ball and want to know when we'll be back.

HOLIDAY COOKIE BAKING
Friday, December 16 from 9:30am-2:00pm at Zasada's Bar
\$20 per person (class is limited to 20—sign up now In
 Calling all bakers...if you're looking to have a great cookie assortment for holiday company, join us for this busy, baking session. We will make SIX different varieties and you will leave with lots more than you can eat. You will need to bring an apron, a rolling pin and LOTS of pl... take home all your cookies when we're done. Look for the separate details. A pizza lunch and beverages is included in the activity fee.

4

Cherish your human connections—your relationships with friends and family.
-Barbara Bush

5

9:00-11:00 Senior Band (atrium)
 9:00 Quirky Quilters Club (craft rm.)
 9:00-12:00 Ceramics
 9:30 Euchre (mtg. rm. B)
 10:00 Creative Coloring \$1.50 (craft rm.)
 10:00 Cheek, Seniors Club Trip Sign-Ups (conf rm.)
 11:00 Doors open for "Christmas With The Superstars" at Salvatore's Italian Gardens (drive on your own)
12:00 SENIOR LUNCH (Chile Con Carne w/ Cheddar Cheese)
 1:00 Cheek, Seniors Club Meeting (banq. hall)
 1:00-4:00 Ceramics
 6:00-7:00 ZUMBA Class \$2.50 (banq. hall)

6

9:00 Fitness Class (banq. hall)
 9:00-4:00 Senior Men's Club (ceramic & pool rm.)
 9:30 Cribbage
 10:00-12:00 Congressman On Your Corner (lobby table) * Rep. from Congressman Higgins' Office here to answer questions/concerns
 10:00 Craft—Holiday Ornaments \$5 (craft rm.)
 10:00 Watercolor Painting \$2.50 (craft rm.)
 Walk-ins Welcome
 10:00-10:45 Chair Exercise (banq. hall)
 10:00-12:55 Table or Stone Massage by appt.
 11:00-12:00 ZUMBA \$2.50 per class
12:00 SENIOR LUNCH—(Turkey & Vegetable Stew)
 1:00 Card Players Club—fun, friendly, free (craft rm.)
 1:00 Cheek, Senior Chorus Performance at Lord of Life Adult Day Health Center (members drive on their own)
 5:00 Doors open for Cheektowaga Seniors Christmas Party at the Millennium Hotel

9:15 Contract Bridge
 9:15-12 Needles, Pins & H...
 9:30 Tai Chi—must pre-re...
 10:00 Greeting Card Ma...
 10-12 United Healthcare...
 10:30 Early Bird Pinochle...
12:00 SENIOR LUNCH—Mustard Sauce)
 1:00 Pinochle Tournament...
 1:00 Mexican Train Domi...
 Spirit of Sharing Dinner...
 of Organizations (banq.

11

12:00 Bus leaves for "Love Came Down at Christmas" Festival Chorus & Lunch at Bellevue Hotel

Dwelling on the negative simply contributes to its power.
- Shirley MacLaine

12

9:00-11:00 Senior Band (atrium)
 9:00 Quirky Quilters Club (craft rm.)
 9:00-12:00 Ceramics
 9:30 Euchre (mtg. rm. B)
10:00-1:00 Center Sponsored Holiday Brunch, \$15 due by 12/2
NO SENIOR LUNCH
 1:00-4:00 Ceramics
 6:00-7:00 ZUMBA Class \$2.50 (banq. hall)
 CREB Board Mtg. (conf. rm.)
 7:15 CREB Mtg. (banq. hall)

13

8:45 Bus leaves for Seneca Niagara Casino Customer Appreciation
 9:00 Fitness Class (banq. hall)
 9-4 Senior Men's Club (ceramic & pool rm.)
 9:15 Van leaves for SOS help at Resurrection Life Food Pantry (lobby)
 9:30 Crossing Guard Christmas Party (conf. rm.)
 9:30 Cribbage
 10:00 Watercolor Painting \$2.50 (craft rm.)
 10:00 Craft—Snowman \$6 (craft rm.)
 10:00-10:45 Chair Exercise (banq. hall)
 10:00-12:55 Table or Stone Massage Today
 11:00-12:00 ZUMBA \$2.50 per class
12:00 SENIOR LUNCH—(Julienne Salad Entree) *served tray style in atrium
 1:00 Card Players Club—fun, friendly, free (craft rm.)
 1:00 Cheek, Retirees Christmas Party (banq. hall)
 2:00 Cheek, Senior Chorus Performance at Park Creek (members drive on their own)
 Cheek, Symphony Rehearsal (banq. hall)
6:00-8:00 Senior Foundation FUNDRAISER AT ALEX & ANI STORE on Main Street in Williamsville

9:15 Contract Bridge
 9:15-12 Needles, Pins & H...
 9:30-10:30 Tai Chi—must...
 NO Early Bird Pinochle T...
12:00 SENIOR LUNCH—w/ Gravy
 NOPinochle Tournament...
 1:00 Chapel Seniors Chri...
 1:00 FREE Movie Matine...
 room bulletin for title an...
 5:00 Bus leaves for Dinn...
 Christmas Story"

18

May Christmas lend a special charm to all you chance to do. And may the season light your way to hopes and dreams anew.
- Garnett Ann Schultz

19

9:00-11:00 Senior Band (atrium)
 9:00 Quirky Quilters Club (craft rm.)
 9:00-12:00 Ceramics
 9:30 Euchre (mtg. rm. B)
12:00 SENIOR LUNCH—(BBQ Pork Ribetter on a Slider Roll)
 1:00 Ceramics Room Christmas Party in atrium (must sign up)
 6:00-7:00 ZUMBA Class \$2.50 (banq. hall)

20

9:00 Fitness Class (banq. hall)
 9-4 Senior Men's Club (ceramic & pool rm.)
 9:30 Cribbage
 10:00 Watercolor Painting \$2.50 (craft rm.)
 10:00-10:45 Chair Exercise (banq. hall)
 NO Table or Stone Massage Today
 11:00-12:00 ZUMBA \$2.50 per class
12:00 SENIOR LUNCH—(Sweet & Sour Chicken w/ White Rice)
 1:00 Card Players Club—fun, friendly, free (craft rm.)

9:15 Contract Bridge
 9:15-12 Needles, Pins & H...
 9:30-10:30 Tai Chi (mu...
 10:30 Early Bird Pinoc...
12:00 SENIOR LUNCH (Chicken Cordon B Sauce)
 1:00 Pinochle Tourn. S...
 1:00 Mexican Train D...

25



26



HOLIDAY—CENTER CLOSED

27

9:00 Fitness Class (banq. hall)
 9-4 Senior Men's Club (ceramic & pool rm.)
 9:30 Cribbage
 10:00 Watercolor Painting \$2.50 (craft rm.)
 10:00-10:45 Chair Exercise (banq. hall)
 NO Table or Stone Massage Today
 11:00-12:00 ZUMBA \$2.50 per class
12:00 SENIOR LUNCH (Hamburger w/ Onion Gravy)
 1:00 Card Players Club—fun, friendly, free (craft rm.)

9:15 Contract Bridge
 9:15-12 Needles, Pins & H...
 10:30 Early Bird Pinoc...
12:00 SENIOR LUNCH Cacciatore)
 1:00 Pinochle Tourn. \$3...
 1:00 FREE Movie Matin...
 room bulletin for title a...
 2:30 Sending Rays of St...
 6:30-8:30 Family

BER 2016



Wednesday

Thursday

Friday

Saturday

<p>6</p> <p>Bar & Catering (our office)</p> <p>ment ready for your work in teams to n SIX dozen cook- astic containers to te flyer with all the .</p>	<p>1</p> <p>9:00 Fitness Class (banq. hall) 9:00-12:00 Ceramics 10:00 Univ. Exp. "Chronic Pain" - conf. rm. 10:00-11:15 Advanced Line Dance—\$3 11:15-12:00 Beginner Line Dance—\$2.50 (*\$5 if you stay for both Line Dance Classes) 12:00 SENIOR LUNCH—*New Menu Item—Chopped Steakhouse Burger 1:00 Mah Jongg (ceramic rm.) 1:00 Bingo—2 boards for \$1 (craft rm.) 4:00-9:00 Cheek. Senior Couples Club Party (banq. hall) 6:00 Cheek. Historical Association Board Mtg. (conf. rm.)</p>	<p>2</p> <p>9:00 Yoga—\$3 (atrium) 9:15 Contract Bridge (mtg. rm. B) 9:30 Senior Group Leader's Holiday Party (conf. rm.) 10-12:40 Chair Massage (by appt. only) 10:15-11:15 Chair Yoga—\$3 (banq. hall) 10:15-4:30 Wii Bowling League (atrium) 12:00 SENIOR LUNCH—(Vegetable Quiche w/ White Cheese Sauce) 1:00 Scrabble Club (ceramic rm.) 1:00-4:00 Univera Info. Session (conf. rm.) 2:00 Acrylic Painting \$10 (sign up in craft rm.)</p>	<p>3</p> <p><i>Fitness Class Christmas Party (see Kim for details)</i></p> <p>Never underestimate your ability to make someone else's life better, even if you never know it. <i>- Greg Louganis</i></p>
<p>7</p> <p>ookers (ceramic rm.) egister (atrium) king \$1.50 (craft rm.) Info. (conf. rm.) (banq. hall) (Baked Ham Steak w/</p> <p>nt \$3 (banq. hall) noes (atrium) ponsored by Intercouncil hall)</p>	<p>8</p> <p>9:00 Bus leaves for The Platters "Home for the Holidays" at Seneca Niagara Casino 9:00 Fitness Class (banq. hall) 9:00-12:00 Ceramics 10:00-11:15 Advanced Line Dance—\$3 11:15-12:00 Beginner Line Dance—\$2.50 (*\$5 if you stay for both Line Dance Classes) 12:00 SENIOR LUNCH—Veteran's Day Special (Boneless Chicken Breast w/ Gravy) 12:30 Couples Club (conf. rm.) 1:00 Mah Jongg (ceramic rm.) 1:00 Bingo—2 boards for \$1 (craft rm.) 2:00-7:00 S. Cheek. MOW Christmas Party (banq.hall)</p>	<p>9</p> <p>9:00 Yoga—\$3 (atrium) 9:15 Contract Bridge (mtg. rm. B) 10-12:40 Chair Massage (by appt. only) 10:15-11:15 Chair Yoga—\$3 (banq. hall) 10:15-4:30 Wii Bowling League (atrium) 12:00 SENIOR LUNCH—(Homemade Meatloaf w/ Gravy) 1:00 Scrabble Club (ceramic rm.) 1:00 Food Adventurers \$5 (craft rm.)</p>	<p>10</p> <p>3:30-8:30 Men's Club Christmas Party (banq.hall)</p> <p>No act of kindness no matter how small, is ever wasted. <i>- Aesop</i></p>
<p>14</p> <p>ookers (ceramic. rm.) re-register (atrium) oday (Breaded Chicken Breast</p> <p>Today stmas Party (banq. hall) ee (craft rm.) * see craft d details er at Chef's & Shea's "A</p>	<p>15</p> <p>9:00 Fitness Class (banq. hall) 9:00-12:00 Ceramics 10:00-11:15 Advanced Line Dance—\$3 11:15-12:00 Beginner Line Dance—\$2.50 (*\$5 if you stay for both Line Dance Classes) 11:30 Van leaves for Lottery Lunch Bunch (lobby) 12:00 SENIOR LUNCH—(Beef & Rice Patty w/ Cabbage & Savory Sauce) 12:00 Pizza Party \$4 (craft rm.) 12:30 Couples Club (conf. rm.) 1:00 Mah Jongg (ceramic rm.) 1:00 Pokeno (craft rm.) Cheek. Historical Association Christmas Party (banq.hall)</p>	<p>16</p> <p>9:00 Yoga—\$3 (atrium) 9:15 Contract Bridge (mtg. rm. B) 9:30-2:00 Cookie Bake Off at Zasada's (must sign up) *Detailed flyer available in lobby 10-12:40 Chair Massage (by appt. only) 10:15-11:15 Chair Yoga—\$3 (banq. hall) 10:15-4:30 Wii Bowling League (atrium) 12:00 SENIOR LUNCH—(Breaded Fish Patty w/ Tartar Sauce) 1:00 Scrabble Club (ceramic rm.) 1:00 Reindeer Races—FREE (craft rm.)</p>	<p>17</p> <p>Love your family. Spend time, be kind and serve one another. Make no room for regrets. Tomorrow is not promised and today is short.</p>
<p>21</p> <p>& Hookers (ceramic. rm.) ust pre-register hle (banq. hall) —Christmas Luncheon leu w/ Herb Cheese</p> <p>\$3 (banq. hall) ominoes (atrium)</p>	<p>22</p> <p>9:00 Fitness Class (banq. hall) 9:00-12:00 Ceramics 9:30-11:30 Free Blood Pressure Screening (clinic) 10:00-11:15 Advanced Line Dance—\$3 11:15-12:00 Beginner Line Dance—\$2.50 (*\$5 if you stay for both Line Dance Classes) 12:00 SENIOR LUNCH—(Swedish Meatballs w/ Penne Pasta) 12:30 Couples Club (conf. rm.) 1:00 Mah Jongg (ceramic rm.) NO Bingo in craft room today but room is open to socialize and be with friends 1:00 Wii Open Bowling (atrium)</p>	<p>23</p> <p> HOLIDAY CENTER CLOSED</p>	<p>24</p> <p>I don't think Christmas is necessarily about things. It's about being good to one another. It's about Christian ethic, it's about kindness. <i>-Carrie Fisher</i></p>
<p>28</p> <p>Hookers (ceramic. rm.) e (banq. hall) CH—(Breaded Chicken</p> <p>(banq. hall) ee (craft rm.) * see craft nd details unshine (board rm.) Support Group (conf. rm.)</p>	<p>29</p> <p>9:00 Fitness Class (banq. hall) 9:00-12:00 Ceramics 10:00-11:15 Advanced Line Dance—\$3 11:15-12:00 Beginner Line Dance—\$2.50 (*\$5 if you stay for both Line Dance Classes) 12:00 SENIOR LUNCH—(Roast Turkey w/ Bread Stuffing Gravy) 12:30 Couples Club (conf. rm.) 1:00 Mah Jongg (ceramic rm.) NO Bingo in craft room today but room is open to socialize and be with friends.</p>	<p>30</p> <p>9:00 Yoga—\$3 (atrium) 9:15 Contract Bridge (mtg. rm. B) NO Chair Massage Today 10:15-11:15 Chair Yoga—\$3 (banq. hall) 10:15-4:30 Wii Bowling League (atrium) 12:00 SENIOR LUNCH—New Year's Lunch (Breaded Pork Loin w/ Gravy) 1:00 Scrabble Club (ceramic rm.)</p>	<p>31</p> <p>NEW YEAR'S EVE PARTY 7:00 pm-12:45 am Dinner at 7:00 pm by Peter G's Music to follow by Tony Krew & Co. Residents—\$29 pp Non-Residents—\$34 due by 12/16</p>

SENIORS OFFERING SERVICE **FOOD DRIVE**



Erie County Legislator Ted Morton is sponsoring his 3rd Annual FOOD DRIVE and we have decided to use that as our SOS activity for December. Please bring canned and/or non-perishable foods to the drop box in our office from NOW UNTIL MONDAY, DECEMBER 12. The food items will benefit the Alden-

Marilla Community & Tri-Community Food Pantries. This is a great way for neighbors to help neighbors.

We will continue our SOS work at the Resurrection Life Food Pantry in Cheektowaga EVERY 2nd Tuesday of each month. We have a full group for December but if you are interested in January, see Linda Stiegler in our office. The pantry has a need for volunteers at other times. Consider contacting the pantry directly and volunteering on your own or with a friend. They need additional help on the 2nd & 4th Tuesdays at 9:30 am and then multiple times, all day from 8:30 am -8:00 pm on Thursdays for many different distributions and packing. They serve Veterans, pack food bags and deliver them to various senior apartment complexes and also pack refugee welcome boxes. If you have a hand to lend, Resurrection Life would love your help. Contact Kim Reynolds, Pantry Director at 656-8995 ext. 14.

SUNDAY WINTER CONCERTS

Join us for some terrific music to brighten up the gray days of winter. These concerts are FREE and open to the public so invite your family and friends too. We will have hot dogs cooking on the grill as part of our concessions to benefit our Senior Foundation. It may be cold outside, but we will warm it up inside with two fabulous bands. Concerts are held from 2:00-4:00 pm. Doors will open at 12:45pm. Concession stand opens at 1 pm.

JANUARY 22—THE BACKROOM JAZZ BAND

Sponsored by Heathwood Assisted Living

This group plays a mixture of tunes, including some from the Big Band Era.

FEBRUARY 12—THE NITETONES

Sponsored by Elderwood Assisted Living at Cheektowaga, Elderwood at Cheektowaga and Elderwood Residences at Cheektowaga

This band provides a full assortment of music genres playing a variety of hit songs from the 50's (Oldies) through the 90's including some Country. Their performance will grab your attention, make you dance, make you sing or mesmerize you to sit and watch but will always leave you fully entertained.

COMMUNITY CORNER...

TOWN TREE LIGHTING CEREMONY & RECEPTION

Monday, December 5th



5:45 pm before the Town Board Meeting, on the steps of Town Hall. Open to residents of all ages. Witness the first lighting of the Town Hall Tree and then enjoy complimentary refreshments in the lobby of Town Hall before the Board meeting begins at 6:45 pm.

CENTER SPECIAL EVENTS

HOLIDAY BRUNCH

Monday, December 12, 10:00 am—1:00 pm
(Brunch served at 11 am)

\$15 per person



Come and share the holiday spirit with all of your friends at the Center. Gather together for some holiday games, complete with prizes and a chance to win special door prizes too. Then enjoy a **family-style brunch**, catered by Peter G. The menu will consist of scrambled eggs, sausage, ham, home fries, French toast, mixed pastries, orange juice, coffee & tea. Finally, sit back, relax and enjoy the festive sounds of Cheektowaga Central High School's Concert Choir. Don't miss this chance to spend some Holiday time with us. *Your Dinner Club Card will be punched.*

Deadline To Buy Tickets: Friday, December 2



NEW YEAR'S EVE PARTY

Saturday, December 31, 7:00 pm—12:45 am

\$29 per person (Cheektowaga Senior Residents)
\$34 (Senior Non-Resident Guests)

Ring in the New Year at our 4th annual bash. Your family-style dinner will be served at 7:00 pm by Peter G's Catering. We will begin with a shrimp cocktail then a chef salad, rolls & butter, steak roll ups, chicken marsala, mashed potatoes with gravy, California veggie medley and cucumbers & cream. To finish the meal, coffee & tea will be served with black forest cake for dessert. From 8:30-12:30 Tony Krew & Company will play for your listening and dancing pleasure. We will stop just before midnight to countdown to 2017—hats & noisemakers included. Guests are permitted to bring their own snacks & beverages. Pop will be for sale \$1 per bottle. *This is a center-sponsored event so your Dinner Club Card will be punched.*

Deadline To Buy Tickets: Friday, December 16 (or until sold out)

BBQ WITH BARNSTORM

Tuesday, January 31, 2017, 5:00-9:00 pm

\$19 per person (Cheektowaga Senior Residents)
\$24 per person (Senior Non-Resident Guests)



We will start off this toe-tapping, boot-stomping evening with a BUFFET dinner catered by BW Smokin' Barrel Barbecue. Dinner will include chef salad with Italian dressing, 1/4 BBQ chicken, 1/4 rack of ribs, BBQ baked beans, baby buttered spuds and a pastry heart for dessert. Following dinner, we will be entertained with the dancing and listening music of Barnstorm. They are committed to providing an upbeat, "A" class, live musical and dancing entertainment experience that all Country music fans will appreciate and enjoy. *This is a center-sponsored event so your Dinner Club Card will be punched.*

Deadline To Buy Tickets: Monday, January 23 (or until sold out)

CHEEKTOWAGA COUPLES CELEBRATING THEIR 50th WEDDING ANNIVERSARY IN 2017 are cordially invited to attend our special celebration on Wednesday, May 3, 2017 from 5:00-8:00 pm. Please sign up in our lobby or see a staff member if you were married in 1967 and are celebrating your golden wedding anniversary. DEADLINE TO REGISTER IS FEBRUARY 28th. Please help us spread the word about this event!

A good exercise for the heart is to bend down and help another up.