

Cheektowaga **SEPTEMBER** *Department of Senior Services* **2016**

3349 Broadway • Cheektowaga, NY 14227 • Phone 716-686-3930 • Fax: 716-686-3582



DIRECTOR

Kerry A. Peek

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RECREATION LEADER

Camille Russell

OUTREACH COORDINATOR

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SECRETARY

Terri Szafranski

RECEPTIONIST

Linda Rine

The mission of the Cheektowaga Department of Senior Services is to provide our participants with quality activities, programs and advocacy that promote independence and enhance their well being.

CHEEKTOWAGA SENIOR CENTER
3349 BROADWAY ST
CHEEKTOWAGA NY 14227

E² *Discover...Empower...Grow* *Enrichment Emporium* SATURDAY, OCTOBER 1



A Day Full of
FUN & INTERACTIVE Sessions
Designed With YOU in Mind...
YOU PICK YOUR PATH!

Cheektowaga Senior Center, 3349 Broadway

A Continental Breakfast and Lunch Will Be Served!
\$35—Residents \$40 Non-Residents

RSVP by September 19 **686-3930**

Sponsored by the Cheektowaga Senior Citizen's Foundation

Find our Department's information on the Town's website! Go to www.tocny.org and click on the Senior Services section.

DIRECTOR'S CORNER

Dear Friends,

Our Department partners with Erie County Senior Services on many programs and special projects. Our Van Service and our Stay Fit Dining Programs are two examples of that partnership. Over the next couple months we will be assisting the County with an **Age Friendly Community Needs Assessment Survey**. They are looking to learn more about priority issues for older adults and residents of all ages. Molly Ranahan, their Research Analyst will be at our Center now and again to get your feedback through this survey. The purpose of this survey is to learn about the things that influence health and quality of life in Erie County. So, let your opinions be known! When you see Molly in our lobby or at an event, be sure to stop and grab a survey. It should only take about 10 minutes or so to fill out. If you don't get a chance to meet Molly, you can go online to

<https://www.surveymonkey.com/r/afecresident>
or, if you want to participate in a bit more in depth survey that would take about 30 minutes to fill out, go online to

<http://surveymonkey.com/r/afecresidentinfo>
and just for filling out the lengthier survey you will be entered to win a Wegmans gift card.

Next month you will see a colorful change to our newsletter. Starting in October the cover of this bulletin will be printed in four-color. What that means is, **WE WILL BE LOOKING FOR GREAT PHOTOS OF CENTER HAPPENINGS** that we can use for this monthly publication. So, if you snap some nice shots of our members and our events and would be willing to share, please bring a copy of your photos to the office. Be sure to save it on your camera card because if we decide to use it for an issue, we will need to get it from you digitally.

It seems hard to believe that summer will be over soon and we will be sliding right into Fall. I'm looking forward to seeing you around the Center—there's always something fun happening!

Sincerely,
Kerry Peek

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)



DO YOU HAVE AN IDEA FOR A NEW PROGRAM HERE AT THE SENIOR CENTER? Drop us a note in our suggestion box!

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.

NO CLASS SEPTEMBER 12, 13, 19 & 20

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.

Happy Birthday!



JULY WINNERS

Birthday—William Wayne

Anniversary—Pete & Rosemary Quinn



FREE BLOOD PRESSURE CHECK

Wednesday, September 7, 9-11 am

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

SORRY...

**NO Wii OPEN BOWLING
THIS MONTH**



MEXICAN TRAIN DOMINOES

Wednesday, September 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!

TAI CHI

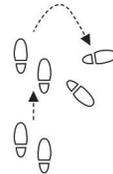
Wednesdays, 9:30am – 10:30am

September 14 – November 2

\$38 for the 8-week session



This class is for all levels & abilities, from beginner through intermediate and advanced. Research has shown that people with balance problems who take Tai Chi classes significantly improve their balance, reducing the risk of falling. Tai Chi also increases your strength, concentration and body awareness and may even lower your blood pressure. All around Tai Chi does your body good. Sign up for classes today!



INTRO TO LINE DANCE

Thursdays, September 1—September 22

\$10 for the 4-week session

We will be offering this four-week specialty class once again for those who would like to brush up on their line dance steps or learn some basic steps for the first time.

You will learn 3 to 4 basic line dances and they will be reviewed each week after learning them so you master the steps. This class is *not* for experienced line dancers. Sign-up in our office.

LOTTERY LUNCH BUNCH

Ten seniors, selected by lottery, will travel by van with a Center staff member to a local restaurant for a Dutch treat lunch (pay your own way). This is a great chance to meet some new friends at the Center and explore new dining experiences. Drop your name in our "Lottery Lunch Bucket" in the office and we'll call you the week before if you are selected. On **FRIDAY, SEPTEMBER 16th**, join **TERRI SZAFRANSKI & LINDA STIEGLER** as they head to **99 Brick Oven** on Aurora in Lancaster. Please meet in our lobby at **11:30 am** if we call you to say you were selected. **If you are a couple or two friends wishing to go together, please put both your names on your entry slip.** Be sure to include your phone number.



NEW MEMBER COFFEE HOUR



**NO DATE FOR SEPTEMBER—NEXT SESSION
WILL BE OCTOBER 27**



SEPTEMBER 2

Sunday

Monday

Tuesday

Wedn



Last month Town Supervisor Di... and Senior Center Director Kerry Cayuga Village Senior Group for honor of **ANGIE ORŁOWSKI'S**. Angie is still active with the senior Village, she still does her own la always up for a game of bingo, can party the group sponsors. Angie's of living life to the fullest! Happy

Over the 4th of July holiday a group of our members went to Pittsburgh and visited the Flight 93 Memorial. Pictured above are men and women representing ALL BRANCHES of the armed forces, during a memorial candle lighting service. We are proud to say most of these service men and women were from our group. Thank you for your dedicated service to our country!



HOLIDAY—CENTER CLOSED

Happiness often sneaks through a door you didn't know you left open.
-John Barrymore

Plenty of people miss their share of happiness, not because they never found it, but because they didn't stop to enjoy it.
-William Feather

If you change the way you look at things, the things you look at change.
-Wayne Dyer

5
8:30 Bus leaves for Seneca Niagara Casino
9:00 Fitness Class (banq. hall)
9:00 Town Park Seniors Mtg. (Board Rm.)
9:00-6:00 Senior Men's Club Picnic (gazebo)
9:30 Cribbage
10:00 Watercolor Painting \$2.50 (craft rm.)
Walk-ins Welcome
10:00 Craft—Pumpkin Wall Hanging \$8(craft rm.)
10:00-10:45 Chair Exercise (banq. hall)
10:00-12:55 NO Table or Stone Massage Today
11:00-12:00 ZUMBA \$2.50 per class
12:00 SENIOR LUNCH—(Knockwurst w/ Sauerkraut)
1:00 Card Players Club—fun, friendly, free (craft rm.)

12
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.)
12:00 SENIOR LUNCH (Chicken Vegetable Stew)
1:00 Cheek. Seniors Club Meeting (banq. hall)
1:00-4:00 Ceramics
NO ZUMBA CLASS TONIGHT
7:15 CREB Mtg. (banq. hall)

18
9:00 Quirky Quilters Club (craft rm.)
9:00-12:00 Ceramics
9:30 Euchre (mtg. rm. B)
12:00 SENIOR LUNCH—(Swedish Meatballs over Cavatappi Pasta)
1:00-4:00 Ceramics
1:00 Cheek. Seniors Club Special Bingo, \$7 by 9/12—Prizes are Rubbermaid Products
NO ZUMBA CLASS TONIGHT

19
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.)
12:00 SENIOR LUNCH—(Lasagna Roll w/ Meat Sauce)
6:00-7:00 ZUMBA Class \$2.50 (banq. hall)

6
9:00-12:00 AARP Safe Driving Class (conf. rm.)
9:00 Fitness Class (banq. hall)
9-4 Senior Men's Club (ceramic & pool rm.)
9:10-1:00 Van leaves for SOS Food Pantry Help (lobby)
9:30 Cribbage
10:00 Watercolor Painting \$2.50 (craft rm.)
10:00 Craft—Fall Welcome Sign \$10 (craft rm.)
10:00-10:45 Chair Exercise (banq. hall)
10:00-12:55 NO Table or Stone Massage Today
NO ZUMBA CLASS TODAY
12:00 SENIOR LUNCH—Entrée Salad (Beef Pepper Casserole)
1:00 Card Players Club—fun, friendly, free (craft rm.)
1:00 Senior Choral Group Rehearsal (atrium)

13
9:00-12:00 AARP Safe Driving Class (conf. rm.)
9:00 Fitness Class (banq. hall)
9-4 Senior Men's Club (ceramic & pool rm.)
9:10-1:00 Van leaves for SOS Food Pantry Help (lobby)
9:30 Cribbage
10:00 Watercolor Painting \$2.50 (craft rm.)
10:00 Craft—Fall Welcome Sign \$10 (craft rm.)
10:00-10:45 Chair Exercise (banq. hall)
10:00-12:55 NO Table or Stone Massage Today
NO ZUMBA CLASS TODAY
12:00 SENIOR LUNCH—Entrée Salad (Beef Pepper Casserole)
1:00 Card Players Club—fun, friendly, free (craft rm.)
1:00 Senior Choral Group Rehearsal (atrium)

20
9:00 Fitness Class (banq. hall)
9-4 Senior Men's Club (ceramic & pool rm.)
9:30 Cribbage
9:30 Branson Trip Pre-Departure Mtg. (conf. rm.)
10:00 Watercolor Painting \$2.50(craft rm.)
10:00 Craft—Pumpkin Centerpiece -\$8 (craft rm.)
10:00-10:45 Chair Exercise (banq. hall)
10:00-12:55 NO Table or Stone Massage Today
NO ZUMBA CLASS TODAY
12:00 SENIOR LUNCH—(Stuffed Shells w/ Meat Sauce)
1:00 Card Players Club—fun, friendly, free (craft rm.)
1:00 Senior Choral Group Rehearsal (atrium)

27
9:30 AARP Safe Driving Class (conf. rm.)
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 Craft—Scarecrow & Snowman \$10 (craft rm.)
10:00-10:45 Chair Exercise (banq. hall)
10:00-12:55 Table or Stone Massage (by appt. only)
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 Senior Choral Group Rehearsal (conf. rm.)

9:00 Cheek. Senior Found...
9-11 Free Blood Pressure S...
9:15 Contract Bridge
9:15-12 Needles, Pins & Ho...
10:00 Greeting Card Makin...
10:30 Early Bird Pinochle (b...
12:00 SENIOR LUNCH—(S...)
12:30 Cheek. Retirees Mtg...
1:00 Pinochle Tournament...
1:00 Mexican Train Domini...

8:45 Bus leaves for Sweet Car...
Casino
9:00-12:00 AARP Safe Driving...
9:15 Contract Bridge
9:15-12 Needles, Pins & Hook...
9:30-10:30 Tai Chi (must pre-re...
10:30 Early Bird Pinochle (ban...
12:00 SENIOR LUNCH—Entrée
Breast, Bowtie Pasta & Vegeta...
12-3 Tax Volunteer training (b...
1:00 Pinochle Tourn. \$3 (banq...
1:00 Hillbilly Horseshoes (atrium...
1:00 Free Movie Matinee (cro...
for movie title
7:00 Cheek. Patriotic Comm...

9-12 Tax Volunteer Tra...
9:15 Contract Bridge
9:15-12 Needles, Pins & P...
9:30-10:30 Tai Chi (mu...
10:00-1:00 Prep. For E...
10:30 Early Bird Pinochle...
12:00 SENIOR LUNCH
Cutlet w/ Gravy)
1:00 Pinochle Tourn. \$...
1:00 Photo Adventure...
1:00 Mexican Train D...
2:30 Bus leaves for "H...
Casino

9:15 Contract Bridge
9:15-12 Needles, Pins & H...
9:30-10:30 Tai Chi (must p...
10:30 Early Bird Pinochle...
12:00 SENIOR LUNCH—
Sauce)
1:00 Pinochle Tourn. \$3 (b...
1:00 Hillbilly Horseshoes (a...
1:00 Free Movie Matinee...
Room Bulletin for movie t...
2:30 Sending Rays of Sun...

2016

SENIOR CENTER STAYING FIT DINING

Call 686-7417 AT LEAST A WEEK IN ADVANCE (by 10 am Wednesday of the week before) to make your reservations or use our "Meal Reservation Form". You MAY be able to order a meal up to 48 hours in advance but no less than that. The suggested donation per meal is **\$3.00**. **OUR MEAL IS SERVED PROMPTLY AT NOON, MONDAY THROUGH FRIDAY!** *The complete menu is posted at the Senior Center & is subject to change.*

Wednesday

Thursday

Friday

Saturday

ane Benczkowski
Peek went to the
a celebration in
100th Birthday.
group at Cayuga
laundry and she's
rds or any kind of
s a great example
Birthday!!!!!!!!!!!!

1
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—(Ham Steak w/ Pineapple Sauce)
12:30 Couples Club (conf. rm.)
1:00 Mah Jongg (ceramic rm.)
1:00 Bingo—2 boards for \$1 (craft rm.)
1:00 Intro. To Line Dance (atrium) *pre-register only
6:00 Historical Society Board mtg. (conf. rm.)

2
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)
12:00 SENIOR LUNCH—Labor Day Special (Hamburger w/ Onion Gravy)
1:00 Scrabble Club (ceramic rm.)
2:00 Acrylic Painting \$10 (craft rm.)



VOLUNTEERS STILL HELPING AT THE FOOD PANTRY...

Each 2nd Tuesday of the month SIX of our S.O.S. volunteers are needed to assist at the Resurrection Life Food Pantry. This is Cheektowaga's largest food pantry and they really appreciate our helping hands. If you are interested in being part of our team of pantry volunteers, stop in our office and we will let you know when we have an open slot. Each month we leave from our Center lobby at 9:10 am and return to the Center by 1:00 pm. We will provide van transportation if you don't want to drive on your own. The pantry is at Resurrection Life Church, 2145 Old Union Road. This pantry serves residents from the 14225 & 14227 zip codes so we are truly helping our neighbors!

7
ation Mtg. (craft rm.)
creening
okers (ceramic rm.)
ng \$1.50 (craft rm.)
banq. hall)
ced Turkey w/ Gravy)
(ceramic rm.)
\$3 (banq. hall)
oes (atrium)

8
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—(Breaded Pork Loin w/ Gravy)
12:30 Couples Club (conf. rm.)
1:00 Mah Jongg (ceramic rm.)
NO BINGO IN CRAFT ROOM TODAY
1:00 Intro. To Line Dance (atrium) *pre-register only
5-6:30 German Buffet Dinner by Sharf's—presale tickets only by 8/31, \$16 per person (banq. hall)
6:30 Zonta Board Mtg. (conf. rm.)
7-8:30 FREE & Open to the Public Concert by Buffalo's Big German Band (banq. hall)

9
9:00 Yoga—\$3 (atrium)
9:15 Contract Bridge (mtg. rm. B)
9:30-1:30 Van leaves for Joint Men's Club
Event at Heathwood Assisted Living (lobby)
10-12:40 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—(Spanish Rice Casserole)
1:00 Scrabble Club (ceramic rm.)
1:00 Food Adventures (see craft rm. bulletin for details)

14
line at Seneca Allegany
Class (conf. rm.)
s (ceramic rm.)
gister)
a. hall)
ie Salad (Boneless Chickenables)
board rm.)
hall)
n)
ft rm.) see Craft Room Bulletin
Meeting (banq. hall)

15
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—(Sliced Turkey & Gravy)
12:30 Couples Club (conf. rm.)
1:00 Mah Jongg (ceramic rm.)
1:00 Bingo—2 boards for \$1 (craft rm.)
1:00 Intro. To Line Dance (atrium) *pre-register only
7:00 Cheek. Historical Society Mtg. (banq. hall)

16
9:00 Yoga—\$3 (atrium)
9:15 Contract Bridge (mtg. rm. B)
10-12 Univera Info. Session (board rm.)
10-12:40 NO Chair Massage Today
10:15-11:15 Chair Yoga—\$3 (banq. hall)
10:15-4:30 Wii Bowling League (atrium)
11:30 Van leaves for Lottery Lunch Bunch
12:00 SENIOR LUNCH—(Homemade Stuffed Pepper in Savory Sauce)
1:00 Scrabble Club (ceramic rm.)

21
aining (board rm.)
& Hookers (ceramic rm.)
st pre-register
2 Conf. (conf. rm.)
le (banq. hall)
H—(Breaded Chicken
3 (banq. hall)
s \$3 (craft rm.)
ominoes (atrium)
's Magic" at Fallsview

22
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—First Day of Fall (Sliced Roast Beef w/ Gravy)
12:00 Pizza Party—\$4 (craft rm.)
12:30 Couples Club (conf. rm.)
1:00 Mah Jongg (ceramic rm.)
1:00 Pokeno—2 boards for \$1 (craft rm.)
1:00 Intro. To Line Dance (atrium) *pre-register only
7:30 Civil War Roundtable Presentation—Cheek. Historical Assoc. (banq. hall)

23
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)
NO Wii Bowling League Today
12:00 SENIOR LUNCH—(Vegetable Quiche w/ White Cheese Sauce)
1:00 Scrabble Club (ceramic rm.)

24
Overnight tour to Branson departs

Cheektowaga Seniors Club SATURDAY SOCIAL
5:00-9:00 pm
Meal catered by Nowak's
Music by Tony Krew & Co.
\$20 per person due by 9/16
*Co-chairs: Ruth Mulcahy & Darlene Ott

28
okers (ceramic rm.)
re-register
(banq. hall)
(Ham Steak w/ Mustard
banq. hall)
atrium)
ee (craft rm.) see Craft
itle
shine (board rm.)

29
9:00 Fitness Class (banq. hall)
NO NEW MEMBER COFFEE HOUR THIS MONTH
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—(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.)

30
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—(Meatloaf w/ Gravy)
1:00 Scrabble Club (ceramic rm.)
1:00 Horse Races (craft rm.)
Men's Golf League Banquet (banq. hall)

OCT. 1



Deadline to register is Sept. 19th
See separate brochure for all the details.

S.O.S. PERSONAL CARE ITEM COLLECTION FOR ST. LUKE'S

For our September service project we will be collecting personal care items for ST. LUKE'S MISSION. There will be a box in the office for your donations. Please bring in NEW items like soap, deodorant, shampoo, toothbrushes, toothpaste, combs, disposable razors, shaving cream, body lotion, body powder and sanitary pads. Everyone is welcome to participate. If we each donate something, we can make a BIG DIFFERENCE in the lives of those less fortunate than us.

LIVING HEALTHY

A SIX-WEEK program for older adults who have a chronic condition or care for someone who does.

**WEDNESDAYS, September 28—November 2
1:00-3:30 pm in the Conference Room**

Learn from trained Peer Leaders who are self-managing their own chronic conditions. Enhance your ability to better manage your health. Learn new skills which enable you to confront challenges living with a chronic disease. This awesome program has proven results for a healthier, more empowered life—don't delay, register today!

**To register for this FREE six-week program, call our Center office at 686-3930 or register online at www.ceacw.org.
You must be registered to attend.**

Brought to you by the Erie County Department of Senior Services and hosted by the Cheektowaga Senior Center

CONSIDER COUPLES CLUB...

Looking for something fun to do? Please consider joining our friendly senior COUPLES CLUB. They meet THURSDAYS from 12:30-3:30 at the Senior Center. Pizza or subs are served at their business meetings. They play cards every week and you can choose Rummy or Pinochle. They keep their games very friendly! They also have parties for every holiday, including a catered summer picnic and more. They can think of a million reasons for having a party—and party they do!

Membership is opened to married or single couples. For more information, please contact Ginny Fasser (President) at 825-0521 or Gerry Krajewski (Vice President) at 668-8311.

LEARN TAXES...HELP OTHERS

The Cheektowaga/Lancaster AARP Foundation Tax-Aide Program is seeking volunteer tax preparers for the upcoming 2017 tax season. This year, tax aides working at the Cheektowaga and Lancaster Senior Centers assisted over 500 tax payers. Some computer familiarity and experience in doing your own federal tax return is preferred. Extensive training is provided before the tax season. Volunteers work in a supportive, collegial environment from February through mid-April. No accounting background is necessary and you need not be retired or an AARP member to be a volunteer. If interested, sign-up at www.aarp.org by September 30th. If further information is required, call 892-1718.

CENTER SPECIAL EVENTS



GERMAN NIGHT!

(This is a two-part event)

Thursday, September 8

GERMAN BUFFET BY SHARF'S

5:00-6:30 pm, \$16 per person

Sharf's will kick off PART ONE of our night with an authentic German meal. We will have a buffet dinner with schnitzel (flattened pork chop), Rouladen (rolled steak), mixed vegetables, sweet & sour cabbage, German potato salad, spaetzli (noodles) and German chocolate cake for dessert. *Your Dinner Club Card will be punched.*

Deadline To Buy Tickets: Wednesday, August 31

PART TWO will be a FREE CONCERT by BUFFALO'S BIG GERMAN BAND

from 7:00-8:30 pm. This part is free and open to the public. Come and listen to the great German sound of Buffalo's Big German Band.

34th ANNIVERSARY PARTY

Tuesday, October 4th, 5:00-9:00 pm

\$29 per person

Come and celebrate with us as our senior center turns 34! Dinner will be family-style and catered by Zasada's. We will start with shrimp cocktail, chef salad, rolls & butter, rolled steak, pork chops, scalloped potatoes, green beans and glazed carrots. Dessert will be cheesecake with a chocolate drizzle on top and coffee & tea will be served. Following dinner you can dance the night away to the party music of Crash Cadillac. *Your Dinner Club Card will be punched.*

Deadline To Buy Tickets: Thursday, September 22



GIVING THANKS

Wednesday, November 16th, 4:00-8:00 pm

\$19 per person

Join us as we give thanks and celebrate Thanksgiving with all of our friends from the Center. Our family-style meal will be catered by Peter G and will include a chef salad, roasted turkey, roast beef, mashed potatoes with gravy, stuffing, corn and cranberry sauce. For dessert we will have coffee and tea with pumpkin pie. After dinner, enjoy the fun sound of the Kokomo Time Band—great music to dance off your dinner. *Your Dinner Club Card will be punched.*

Tickets Go On Sale: Monday, September 12

Deadline To Buy Tickets: Tuesday, November 8

SAVE THE DATES:

Holiday Brunch—Monday, December 12

New Year's Eve Party—Saturday, December 31

KINSHIP FAMILY SUPPORT GROUP

Sponsored by Gateway Longview

There are a growing number of families in Erie County that have stepped forward to care for their kin. If you are caring for a grandchild, sibling or other family member, this support group may be for you. Meetings are a safe place for caregivers to get support, resources & education. Meetings are held on **Tuesday nights, from 5:30-7:00 pm in the Gateway Longview Conference Room, 10 Symphony Circle.** Call Heather at 783-3100 ext. 3181 to RSVP. Childcare IS available but you must call two weeks ahead to secure it.