

Cheektowaga Senior Services



January 2020



686-3930

**3349 Broadway Street
Cheektowaga NY 14227**

www.tocny.org/department/seniorservices.aspx

DIRECTOR'S CORNER

Dear Friends,

As we move right into a brand new year, it really does seem truer than ever that TIME DOES FLY BY. We spend all kinds of time preparing for the holidays and then they are here and gone in the blink of an eye. I say, let's keep that holiday spirit alive ALL YEAR. Let's celebrate with our families and friends often, not just on special occasions. Life is precious and we should make every moment count. Instead of spreading "holiday cheer", why not just spread cheer wherever you go, all the time? Just imagine what a joy-filled world we would have if we would always speak words of kindness and if we reached out and helped others more often than not and if we appreciated the good in the world, instead of dwelling on the bad. A positive outlook is good for your health and it's contagious so please spread it around.

For many, this time of year is as cold, gray and dreary as the weather. Perhaps you can bring a sense of warmth and comfort to someone who has the winter blues. You can share your positive outlook with them and bring a smile to their face. It doesn't take a lot of effort—a kind word or compliment might be just what someone needs to give them a little boost. Look for ways to share your positive attitude with others.

And speaking of beating the winter blues, absolutely feel free to invite everyone one you know to our TWO FREE INDOOR CONCERTS—January 26th & March 8th. The details are included in this newsletter and we hope you will join us!

On behalf of all the staff here at our center, you are wished a healthy, happy, joy-filled New Year. Make it a great one!

Sincerely,

Kerry Peek

ON OUR COVER: The officers from our Cheektowaga Seniors Club were installed at their party last month. Front (L-R) Darlene Ott—Chaplain, Bibianne Jozwiak—Social Secretary, Laurie Russo—President, Jerri Powers—2nd Vice President. Back (L-R) Pat Schultz—Sergeant at Arms, Sue Owens—Treasurer, Allan Weidrich—1st Vice President, Jan Sauer—Recording Secretary and Karen Oliver—Assistant Treasurer. The Board works hard to provide great travel & social opportunities for all the club members. The club's meetings are the 1st Monday of each month at 1pm. All are welcome to attend!

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)

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 (Brienne)

**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

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 (no bare feet or open-toed shoes please), 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 (\$35 for the year *note fee increase), 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 \$55. 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 December 7, 2019 and pay your \$35 fee, your membership will expire December 7, 2020. There is not a half-year rate.

ZUMBA CLASSES

MONDAY NIGHTS, 6:00-7:00 pm

\$3.00 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.



CHAIR & TABLE MASSAGE

Karen Farrell will be offering Tuesday Table Massage and Friday Chair Massage. The cost for a 15-minute Chair Massage is \$12 and \$22 for a 25-minute Table Massage. Appointments can be made in the office by phone (686-3930) or in person. Make your appointment today—your body will thank you!

TABLE MASSAGE

Tuesdays, 10 am-1:20 pm

CHAIR MASSAGE

Fridays, 10 am-12:55 pm

*Payment is made directly to Karen Farrell.
Cash (exact change is appreciated) or checks only.
If you are getting a table massage, please bring your own
bed sheets for the table.*

FREE BLOOD PRESSURE CHECK

Wednesday, January 8, 9:30-11:30 am

Thursday January 23, 9:30-11:30 am

With Marcy our Volunteer Nurse

*****Tuesday January 14, 9:30-11:00 am**

With Wegmans Pharmacy Staff

*****Stop in for a pressure screening & be entered to
WIN A WEGMANS GIFT CARD**



NEW MEMBER ORIENTATION

Thursday, January 30, 2020 at 9:30 am.

Join us to hear about all the programs and activities going on at our senior center. This is also a chance to ask questions, give input and even get a tour of our building. We are a busy center and this orientation will help you get started enjoying what we offer. Please sign-up in our office to attend. *Welcome to all the members who joined us at our last orientation: Patricia A. Wietchy, Thomas Cooper, Patricia & David Bechtel and Willie & Ann A. Brown.*

MEXICAN TRAIN DOMINOES

Wednesdays, January 15 & 29

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!

Wii OPEN BOWLING

Friday, January 31 at 1:00 pm

Times can be reserved in one-hour increments.



Wii Spring Bowling League will tentatively start February 7th. If interested, please plan on attending our meeting on Friday, January 17th. It will be held in our ATRIUM, right after our Fall League's Banquet.

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 Wednesday, January 29, join Dawn** as she heads to the Sawyer Creek Hotel in North Tonawanda. Please meet in our lobby at **11:15 am** if we call to say you were selected. **If you are a couple or two friends wishing to go together, please put both your names on the same entry slip.** Be sure to include your phone number.

TAI CHI

Wednesdays, 9:30am – 10:30am

January 8—February 26

\$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!

**FOR WINTER CLOSINGS be sure to watch Channels 2, 4 or 7.
We DO NOT automatically close when town schools do.**



JANUARY 2020



Sunday

Monday

Tuesday

Wednesday

DID YOU MAKE A NEW YEAR'S RESOLUTION???

Did you make a resolution to MOVE MORE IN 2020? We offer you lots of ways to add some movement to your day—why not try:

- Zumba (Mon PM)
- Fitness Class (Tues/Thurs AM)
- Chair Exercise (Tues AM)
- Tai Chi (Wed AM)
- Line Dance (Thurs AM)
- Yoga (Fri AM)
- Chair Yoga (Fri AM)
- Wii Bowling League (Fri)
- Fitness Room (M-F, all day)



WEATHER CANCELLATIONS

If the weather is bad and after conferring with emergency personnel we decide to CANCEL PROGRAMS OR CLOSE THE CENTER, Channels 2, 4 & 7 will have the announcements posted. In addition, we will change our office phone voicemail to a message including the cancellations as soon as possible. No matter what our decision, if you feel unsafe to drive in the weather, STAY HOME. Please don't risk your life or limb to get here...use your best judgment



HOLIDAY—C

6

9:00 Quirky Quilters Club (craft rm.)
 9:30 Euchre (mtg. rm. B)
 9:00-12:00 Ceramics
 10-12 Cheek. Seniors Club Trip Sign-Ups (conf. rm.)
12:00 SENIOR LUNCH—(Boneless Chicken Breast w/ Marsala Sauce *582)
 1:00 Cheek. Seniors Club Mtg. (banq. hall)
 1:00 Greeting Card Making (craft rm.)
 6:00-7:00 ZUMBA Class \$3.00 (banq. hall)

7

9:00 Fitness Class
 9-4 Tax Volunteer Training (conf. rm.)
 9-4 Senior Men's Club (ceramic & pool rm.)
 9:30 Cribbage (mtg. rm. B)
 10:00-10:45 Chair Exercise (banq. hall)
 10:00 Watercolor Open Studio \$1.50 (craft rm.)
12:00 SENIOR LUNCH—Entrée Salad (Cranberry Chicken Salad on a Bed of Lettuce*661)
 1:00 Card Players Club—fun, friendly, free (craft rm.)

9-4 Tax Volunteer Training
 9:15 Contract Bridge (mtg. rm. B)
 9:15-12 Needles, Pins & Patches
 9:15-10:15 Tai Chi #1 Practice
9:30-11:30 Free Blood Pressure Screening by Wegmans Pharmacy *Stop in for a screening & enter to win a Wegmans gift card (clinic)
 10:00-10:45 Chair Exercise (banq. hall)
 10:00 Watercolor Open Studio \$1.50 (craft rm.)
12:00 SENIOR LUNCH—(Beef Pepper Steak Casserole over Rice *645)
 1:00 Card Players Club—fun, friendly, free (craft rm.)

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.

NOVEMBER WINNERS

Birthday—Sue Owens
Anniversary—Frank & Fran Nowicki

13

9:00-3:45 Windsong Mammography Bus (front parking lot)
 9:00 Quirky Quilters Club (craft rm.)
 9:30 Euchre (mtg. rm. B)
 9:00-12:00 Ceramics
 10-12 Clarity Group Info. Table (lobby)
12:00 SENIOR LUNCH—(Sliced Turkey w/ Gravy *765)
 12:00-3:00 Cheek. Seniors Club Special Bingo—\$7 due by 1/3
 6:00-7:00 ZUMBA Class \$3.00 (banq. hall)

14

9:00 Fitness Class
 9-12 AARP Safe Driving Class (conf. rm.)
 9-4 Senior Men's Club (ceramic & pool rm.)
 9:30 Cribbage (mtg. rm. B)
9:30-11:00 Free Blood Pressure Screening by Wegmans Pharmacy *Stop in for a screening & enter to win a Wegmans gift card (clinic)
 10:00-10:45 Chair Exercise (banq. hall)
 10:00 Watercolor Open Studio \$1.50 (craft rm.)
12:00 SENIOR LUNCH—(Beef Pepper Steak Casserole over Rice *645)
 1:00 Card Players Club—fun, friendly, free (craft rm.)

9-12 AARP Safe Driving Class
 9:15 Contract Bridge (mtg. rm. B)
 9:15-12 Needles, Pins & Patches
 9:15-10:15 Tai Chi (atrium)
 10:30 Early Bird Pinocle
12:00 SENIOR LUNCH—(Tomato Sauce & Mozzarella Gravy Sandwich *897)
 1:00 Pinocle Tournament
 1:00 Mexican Train Dominoes
 6:30-10:00 Police Mtg. (table)

20



HOLIDAY—CENTER CLOSED

21

9:00 Fitness Class
 9:00 Cheek. Seniors Club Officers Count Receipts (board rm.)
 9-4 Senior Men's Club (ceramic & pool rm.)
 9:30 Cribbage (mtg. rm. B)
 10:00-10:45 Chair Exercise (banq. hall)
 10:00 Watercolor Open Studio \$1.50 (craft rm.)
12:00 SENIOR LUNCH—(Panko Breaded Chicken Thigh *792)
 1:00 Card Players Club—fun, friendly, free (craft rm.)
5:00-9:00 Center Special Event—BARNSTORM & BBQ
 \$20 senior resident/\$23 senior non-resident guest. deadline for tickets is 1/13

9:15 Contract Bridge
 9:15-12 Needles, Pins & Patches
 9:15-10:15 Tai Chi (atrium)
 10:00 Craft—Valentine's
 10:30 Early Bird Pinocle
12:00 SENIOR LUNCH—(Cream of Potato Soup & Gravy Sandwich *897)
 1:00 Pinocle Tournament
 1:00 Free Movie Matinee

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FREE WINTER CONCERT

Featuring "SMASH"

(Eclectic Pop Music)

2:00-4:00 pm

Doors open at 12:45

Sponsored by Cheektowaga's Police Captain's & Lieutenant's Union and the PBA

27

8:30 Bus leaves for Seneca Niagara Casino
 9:00 Quirky Quilters Club (craft rm.)
 9:00-12:00 Ceramics
 9:30 Euchre (mtg. rm. B)
 10:30-12:30 Guy Talk at Elderwood
12:00 SENIOR LUNCH—(Cabbage Roll w/ Savory Meat Sauce *768)
 12:30-3:30 Ceramics & Creative Clay
 2:00 Beginner Watercolor #1—pre-registration required (craft rm.)
 6:00-7:00 ZUMBA Class \$3.00 (banq. hall)

28

9:00 Fitness Class
 9-4 Senior Men's Club (ceramic & pool rm.)
 9:30 Cribbage (mtg. rm. B)
 10:00-10:45 Chair Exercise (banq. hall)
 10:00 Watercolor Open Studio \$1.50 (craft rm.)
12:00 SENIOR LUNCH—(Hot Dog w/ Ketchup on A Bun *681)
 1:00 Card Players Club—fun, friendly, free (craft rm.)

9:15 Contract Bridge
 9:15-12 Needles, Pins & Patches
 9:15-10:15 Tai Chi (atrium)
 10:00 Craft—Heart W
 10:30 Early Bird Pinocle
12:00 SENIOR LUNCH—(Cream of Potato Soup & Gravy Sandwich *897)
 1:00 Pinocle Tournament
 1:00 Mexican Train Dominoes

**Windsong Radiology Group's
3-D MAMMOGRAPHY BUS
IS COMING BACK TO OUR CENTER**

Monday, January 13th from 9:00am-3:45 pm

It will be parked in our front lot

Are you eligible? *Most major insurance is accepted.*

Need a Doctor's Order? *Windsong can help you with this.*

You must be age 40 or older, have no breast problems and have had your last mammogram over a year ago.

Their bus is wheelchair accessible. They offer a translation service if needed and they can provide transportation to the bus if you call at least three days in advance and you can't get here on your own. This service is **OPEN TO THE PUBLIC**—please tell your friends & family.

**CALL 716-929-9494 or go to
windsongradiology.com/mobile to request an appointment.**

**SUNDAY AFTERNOON
FREE WINTER CONCERTS**

Join us and beat the winter blues. Get out of the house and come hear some great music. It may be cold outside, but we will warm it up inside with two fabulous concerts. *Thanks to the very gracious sponsorship by our Town Police Captain & Lieutenant's Union and the Cheektowaga PBA*, we have TWO CONCERTS planned and we hope you will join us and bring your family & friends along.

Sundays, from 2:00-4:00 pm in our banquet hall

JANUARY 26—"SMASH" (*eclectic Pop music*)

MARCH 8—"JUST JOHNNA & MIKE LACKI" (*Oldies*)

Doors will open at 12:45 pm and our concession stand will begin selling grilled hot dogs & other goodies at 1:00 pm.

FREE AND OPEN TO THE COMMUNITY

BEGINNER WATERCOLOR

Explore the fascinating world of watercolor painting with local artist Missy Reynolds. In this six-week session you will learn the basics, all while completing your own masterpiece. No experience is required—just a willingness to learn.

MONDAYS IN THE CRAFT ROOM, 2:00-3:30 pm

Jan. 27, Feb. 3, 10, 24, Mar 2 & 9

Cost \$30 for the six weeks

Pre-registration is required. Please register down in the craft room with Camille. Deadline to register is January 17.

This class is limited to 10 students.



2020 US Census Volunteers Needed

April 1st is National Census Day. BE COUNTED!

Senior Centers in Erie County are working together to ensure everyone is counted and will provide assistance for those who want it. **So, we're looking for volunteers here at our center to help seniors fill out the 2020 Census.**

A welcoming event will be held in February for all volunteers, followed by brief training in early March.

If you are interested in helping with this cause, call Kitty Kane Turano/Erie County Retired or Senior Volunteer Coordinator at 716 858-7548 or email her at RSVP@Erie.gov. (You do not have to be an RSVP member for this opportunity.)

CENTER SPECIAL EVENTS



BBQ WITH BARNSTORM

Tuesday, January 21, 5:00-9:00 pm

\$20 per person (Cheektowaga Senior Residents)

\$23 per person (Senior Non-Resident Guests)

We will start off this toe-tapping evening with a BUFFET dinner catered by BW Smokin' Barrel Barbecue. Dinner includes chef salad with Italian dressing, 1/4 BBQ chicken, 1/4 rack of ribs, BBQ baked beans, baby buttered spuds and a pastry hear for dessert. Following dinner, Barnstorm Country Band will keep the dance floor full. They pride themselves on presenting current & classic Country music with both male & female lead vocals with complex vocal harmonies. They provide a solid, danceable driving rhythm section and versatile guitar and keyboard accompaniments. *For Cheektowaga Senior Residents, this is a center-sponsored event and your Dinner Club Card will be punched.*

Deadline To Buy Tickets: Monday, January 13

GAME SHOWS COME ALIVE!

Tuesday, February 18, 5:00-8:00 pm

\$13 per person (Cheektowaga Senior Residents)

\$16 per person (Senior Non-Resident Guests)

Our evening will begin with a BUFFET dinner catered by Bob's Poplar Parties. Dinner includes chef salad with Italian dressing, delicious fried chicken, scalloped potatoes, macaroni & cheese and dessert. Following dinner we will play a round each of Jeopardy, Family Feud and Wheel of Fortune. We will use willing volunteers to play as our contestants! Prizes will be awarded! *For Cheektowaga Senior Residents, this is a center-sponsored event and your Dinner Club Card will be punched.*

Tickets Go On Sale: Thursday, December 26th

Deadline To Buy Tickets: Monday, February 10th



SAVE THE DATE

Everyone Is A Little Irish—Wednesday, March 18

50th WEDDING ANNIVERSARY CELEBRANTS

Cheektowaga couples celebrating their 50th Wedding Anniversary anytime in 2020 are cordially invited to attend our special celebration in conjunction with our Center's Anniversary, tentatively scheduled for Wednesday, October 14 (*please note date change*). Please sign-up at the table in our lobby or see a staff member if you were married in 1970 and are celebrating your golden wedding anniversary. **DEADLINE TO SIGN-UP IS AUGUST 1st.**

ROSWELL PARK CARD PROJECT

Friday, January 31st, 2:00-3:30 pm

VOLUNTEERS NEEDED! This will be our SOS (Seniors Offering Service) for this month. Everyone is welcome to help. Camille & Kerry will be in the craft room for this community project. We will have handmade greeting cards ready to be assembled. All the cards we make will be donated to Roswell for patients to use to thank friends, family, care buddies, etc. All the supplies will be provided, we just need willing hands to help us put the cards together. **Please sign-up in the office if you plan to join us so we know how many to expect.**