

Cheektowaga Senior Services February 2020



686-3930

**3349 Broadway Street
Cheektowaga NY 14227**

DIRECTOR'S CORNER

Dear Friends,

I'm sorry to have to use my column space this way but I think it's important enough to do so...

ON THURSDAY, JANUARY 9th in our BACK PARKING LOT someone hit one of our van driver's cars and DID NOT LEAVE THEIR NAME OR COME IN TO OUR OFFICE TO REPORT THE DAMAGE.

Clearly enough damage was done that the driver who hit him should have realized they hit a car. If that driver did not realize they hit a car, perhaps they shouldn't be driving!

Unfortunately for this van driver, this is the SECOND TIME IN LESS THAN THREE MONTHS THAT HIS CAR WAS HIT (two different vehicles—what are the chances) and he has incurred a lot of personal expense due to the CARELESSNESS AND DISHONESTY OF SOMEONE PARKING AT OUR CENTER. Please, if you have witnessed either of these HIT & RUNS, please come to our office and tell us what you saw. IF YOU HAVE HIT A CAR IN OUR LOT (or happen to do so in the future), please be sure to leave your contact information so you and your insurance can be held responsible for the damage you caused.

PLEASE BE EXTRA CAUTIOUS IN OUR LOTS and if you see something, say something.

Sincerely,

Kerry Peck

ON OUR COVER: MOTHER & DAUGHTER WORK OUT! *Mary Ann Scharf pedals away on our recumbent elliptical machine and her daughter Luann Schuler keeps a good pace on our treadmill as they spend time together AND get in shape. February is National Heart Health Month so this is a very fitting photo. Don't let the winter weather keep you from exercising...COME INSIDE AT THE CENTER and join in one of our many fitness/wellness programs. Your heart will thank you for it!*

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), 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 February 7, 2020 and pay your \$35 fee, your membership will expire February 7, 2021. 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 BACK IN FEBRUARY 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
February 11 & 25

CHAIR MASSAGE

Fridays, 10 am-12:55 pm
February 14, 21 & 28

*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, February 5, 9:30-11:30 am

Thursday February 20, 9:30-11:30 am

With Marcy our Volunteer Nurse



NEW MEMBER ORIENTATION

Thursday, February 27, 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.

MEXICAN TRAIN DOMINOES

Wednesdays, February 5 & 19

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

Tuesday, February 11th at 3:00 pm

Wednesday, February 26th at 11:00 am

Times can be reserved in one-hour increments.



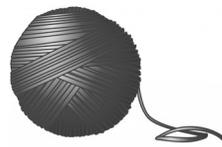
LOTTERY LUNCH BUNCH

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, February 19th join Linda Stiegler as she heads to the Pine Lounge on Clinton Street in Cowlesville. CASH ONLY HERE, PLEASE.** 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.

SHINGLES VACCINE—2nd DOSE

Sponsored by Tops Pharmacy

If you received the first dose of the Shingles vaccine back on December 10th at our center, your 2nd dose is ready. You should be getting a call from Tops Pharmacy to schedule your appointment on **THURSDAY, FEBRUARY 13th from 9:30-11:30 am.** Please check in our office if you haven't been called. There MAY be initial doses available if you haven't received any vaccine and would like to—call us to check!



YARN DONATIONS NEEDED

Our "Needles, Pins & Hookers" needle-craft group is always in need of yarn to create items for local charity groups, hospitals, hospice & other organizations. They are more than happy to accept your donations. Any kind, color, condition or amount of yarn is greatly appreciated. The group meets Wednesday mornings from 9:00 am until noon in the ceramic room at our senior center.

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



FEBRUARY 2020

Sunday

Monday

Tuesday

Wednesday

FREE TAX ASSISTANCE

Certified volunteers with the IRS/AARP Tax-Aide Program will be available to prepare 2019 tax returns that are within the program's scope.

TAX VOLUNTEERS WILL BE HERE AT OUR SENIOR CENTER

Only On Tuesdays & Wednesdays, FEBRUARY 4—APRIL 8

10:00 am—1:30 pm (last person in by 1:00 pm)

Preparation is done on a first come, first served basis.

PLEASE PICK UP A DETAILED FLYER IN OUR LOBBY WITH ALL THE DETAILS.

Beginning February 20th our lunch program will be temporarily on TRAY STYLE LUNCHESES while "Chris the Cook" is off for her knee surgery. Please keep Chris in your prayers and give our amazing volunteers who will be running the program while Chris is healing your full cooperation. Thank you!

WE
If the weather is...
to CANCEL PR...
have the announ...
voicemail to a r...
matter what our...
HOME. Please c...

2



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.

DECEMBER WINNERS

Birthdays—Helen Obstarczyk

Anniversaries—Robin & Joseph Palczak

DON'T BE SCAMMED...

If someone calls (especially from a number you don't recognize) and starts the conversation with "Can you hear me now?", DO NOT ANSWER YES! Ask "who wants to know" or "who is this?" or just hang up! By answering YES, scammers can record your answer and cut & paste it to make it seem like you agreed to something you didn't. The best rule of thumb is to not answer calls from numbers you don't recognize and if you do, stop and think before you respond.

3

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—(Cheese Omelet w/ Peppers, Onions, Tomatoes & Cheese Sauce *777)
12:30-3:30 Ceramics & Creative Clay
1:00 Cheek. Seniors Club Mtg. (banq. hall)
1:00 Greeting Card Making (craft rm.)
2:00 Beginner Watercolor #2—pre-registration required (craft rm.)
6:00-7:00 ZUMBA Class \$3.00 (banq. hall)

10

9:00 Quirky Quilters Club (craft rm.)
9:30 Euchre (mtg. rm. B)
9:00-12:00 Ceramics
12:00 SENIOR LUNCH—(Breaded Chicken Breast w/ Herbed Gravy *642)
12:00-3:00 Cheek. Seniors Club Special Bingo—\$7 due by 1/31
12:30-3:30 Ceramics & Creative Clay
2:00 Beginner Watercolor #3—pre-registration required (craft rm.)
6:00-7:00 ZUMBA Class \$3.00 (banq. hall)

17



HOLIDAY—CENTER CLOSED

7:15 CREB Mtg. (banq. hall)

24

9:00 Quirky Quilters Club (craft rm.)
9:00-12:00 Ceramics
9:30 Euchre (mtg. rm. B)
12:00 SENIOR LUNCH—(Ham Steak w/ Pineapple Topping *692)
12:30-3:30 Ceramics & Creative Clay
2:00 Beginner Watercolor #4—pre-registration required (craft rm.)
6:00-7:00 ZUMBA Class \$3.00 (banq. hall)

4

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.)
10-1:30 Free Tax Assistance (conf. rm.)
12:00 SENIOR LUNCH—Entrée Salad (Grilled Chicken Caesar Salad w/ Dressing *895)
1:00 Card Players Club—fun, friendly, free (craft rm.)

11

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.)
10-1:20 Table Massage by appt. (clinic)
10-1:30 Free Tax Assistance (conf. rm.)
12:00 SENIOR LUNCH—(Roast Beef w/ Gravy & Horseradish on a Bun *792)
1:00 Card Players Club—fun, friendly, free (craft rm.)
3:00 Wii Open Bowling (atrium)

18

9:00 Fitness Class
9:00 Cheek. Seniors Club Officers Count Receipts (board rm.)
9:00-11:30 Elderwood Info. Table (lobby)
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.)
10-1:30 Free Tax Assistance (conf. rm.)
12:00 SENIOR LUNCH—(Roasted Turkey w/ Gravy *689)
1:00 Card Players Club—fun, friendly, free (craft rm.)
5:00-8:00 "Game Shows Come Alive" Center's Special Event, \$13 Resident/\$16 Non-Resident Guest, get your tickets by 2/10

25

9:00 Fitness Class
9-4 Senior Men's Club (ceramic & pool rm.)
9:30 Cribbage (mtg. rm. B)
9:30 Bus leaves for Seneca Niagara Casino
10:00-10:45 Chair Exercise (banq. hall)
10:00 Watercolor Open Studio \$1.50 (craft rm.)
10-1:20 Table Massage by appt. (clinic)
10-1:30 Free Tax Assistance (conf. rm.)
12:00 SENIOR LUNCH—Mardi Gras (Breaded Chicken Drumsticks *897)
1:00 Card Players Club—fun, friendly, free (craft rm.)

9:15 Contract Bridge (n...
9:15-12 Needles, Pins & H...
9:15-10:15 Tai Chi #1 Pr...
**9:30-11:30 Free Blood P...
10-1:30 Free Tax Assis...
10:30 Early Bird Pinochle...
**12:00 SENIOR LUNCH—(I...
Italian Sausage & Tom...
12:30 Cheek. Retirees M...
1:00 Pinochle Tournam...
1:00 Mexican Train Dor...****

9:15 Contract Bridge...
9:15-12 Needles, Pins...
9:15-10:15 Tai Chi (at...
10:00 Craft—T-shirt B...
**10-1:30 Free Tax Assi...
10:30 Early Bird Pinochle...
**12:00 SENIOR LUNCH...
Sauce *865)**
1:00 Free Movie Mat...
1:00 Pinochle Tournam...**

9-11 Clarity Group Info...
9:15 Contract Bridge...
9:15-12 Needles, Pins...
9:15-10:15 Tai Chi (at...
**10-1:30 Free Tax Assis...
10:30 Early Bird Pinochle...
**12:00 SENIOR LUNCH...
Pork Chop w/ Cranb...
*1062)**
1:00 Pinochle Tournam...
1:00 Mexican Train Do...
6:30-10:00 Police Mtg...**

Ash W...
9:15 Contract Bridge (mt...
9:15-12 Needles, Pins & H...
9:15-10:15 Tai Chi (atrium...
10:00 Craft—Ring Holder...
**10-1:30 Free Tax Assistan...
10:30 Early Bird Pinochle...
11:00 Wii Open Bowling...
**12:00 SENIOR LUNCH—(V...
1:00 Free Movie Matinee...
1:00 Pinochle Tournamer...
1:30 Sending Rays of Sun...****



SENIOR CENTER STAYING FIT DINING

Call 686-7417 AT LEAST **THREE DAYS IN ADVANCE** to make your reservations or use our "Meal Reservation Form". 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

WEATHER CANCELLATIONS

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



NATIONAL WEAR RED DAY FOR WOMEN'S HEALTH
Friday, February 7th.

1

5:30 Bus departs for Dinner at Chef's and BPO's "Respect" Tribute to Aretha Franklin

It's not what you look at, it's what you see. - Henry David Thoreau

Start each day with a grateful heart. - Psalm 107:1

5

Mtg. (m. B)
& Hookers (ceramic rm.)
-register in office (atrium)
Pressure Screening (clinic)
Dance (conf. rm.)
e (banq. hall)
(Baked Rigatoni w/ Tomato Sauce *743)
Mtg. (ceramic rm.)
ent \$3 (banq. hall)
minoes (atrium)

6

9:00 Fitness Class
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 Chop w/ Gravy *678)
12:30 Thursday Social Card Club (conf. rm.)
1:00 Marvelous Mah Jongg (ceramic rm.)
1:00 Bingo—2 boards for \$1 (craft rm.)
6:30 Cheek. Historical Assoc. (board mtg.)
6:30-10:00 Police Mtg. (banq. hall)

7

*****Show your support for women's health—WEAR RED TODAY*****
9:00-10:00 Yoga \$3 per class (atrium)
9:00-12:00 Woodcarvers (ceramic rm.)
9:15 Contract Bridge (mtg. m. B)
10:15-11:15 Chair Yoga \$3 per class
10:15-4:30 Wii Bowling League (atrium)
12:00 SENIOR LUNCH—(Teriyaki Beef Strips over Rice *662)
1:00 Scrabble Club (ceramic rm.)
2:00 Acrylic Painting \$10 (craft rm.)

8

8:30—3:00 Zonta Club's Birthing Kit Assembly (banq. hall)

Do more of what makes you happy. - Carmel McConnell

12

(mtg. m. B)
& Hookers (ceramic rm.)
(atrium)
ag (craft rm.)
istance (conf. rm.)
hle (banq.hall)
—(Pork Ribette w/ BBQ

13

9:00 Fitness Class
9:00-12:00 Ceramics
9:30-11:30 Shingles Shot Clinic—DOSE 2 Sponsored by Tops Pharmacy (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—(Meatloaf w/ Gravy *820)
12:30 Thursday Social Card Club (conf. rm.)
1:00 Marvelous Mah Jongg (ceramic rm.)
1:00 Bingo—2 boards for \$1 (craft rm.)
6:30-10:00 Police Mtg. (banq. hall)

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Valentine's Day



9:00-10:00 Yoga \$3 per class (atrium)
9:00-12:00 Woodcarvers (ceramic rm.)
9:15 Contract Bridge (mtg. m. B)
10-12:55 Chair Massage by appt. (clinic)
10:15-11:15 Chair Yoga \$3 per class
10:15-4:30 Wii Bowling League (atrium)
12:00 SENIOR LUNCH—Valentine's Day (Stuffed Shells w/Mozzarella Cheese & Tomato Sauce *1052)
1:00 Scrabble Club (ceramic rm.)
1:00 Food Adventurers—Philippines \$6(craft rm.)

15

Happiness blooms from within. - Author Unknown

You are never too old to set another goal or dream a new dream. - C.S. Lewis

19

o. Table (lobby)
(mtg. m. B)
& Hookers (ceramic rm.)
(um)
ance (conf. rm.)
hle (banq.hall)
ottery Lunch Bunch
CH—(Breaded Boneless Turkey Chutney & Stuffing
ent \$3 (banq. hall)
minoes (atrium)
(banq. hall)

20

9:00 Fitness Class
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—(Beef Stew *675) *TRAY MEAL SERVICE BEGINS
12:00 Pizza Party \$5 (craft rm.)
Thursday Social Card Club Meeting OUT today
1:00 Marvelous Mah Jongg (ceramic rm.)
1:00 Pokeno (craft rm.)
7:00 Historical Association's Meeting & Program
Speaker: John Slater "Lumber City" Tonawanda (banq. hall)
EVERYONE WELCOME

21

9:00-10:00 Yoga \$3 per class (atrium)
9:00-12:00 Woodcarvers (ceramic rm.)
9:15 Contract Bridge (mtg. m. B)
9:30 Senior Group Leader Mtg. (conf. rm.)
10-12:55 Chair Massage by appt. (clinic)
10:15-11:15 Chair Yoga \$3 per class
10:15-4:30 Wii Bowling League (atrium)
12:00 SENIOR LUNCH—(Stuffed Pepper w/ Tomato Meat Sauce *672)
1:00 Scrabble Club (ceramic rm.)
2:00 Crafty Painting—St. Patty's Hat \$10 (craft rm.)

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WE WANT TO HELP!

Please remember our Outreach Dept. is available to help you. HEAP is ongoing now and Emergency HEAP opened the 1st week of January. Please contact Jamie or Pat with any questions you may have or to set up an appointment.

26

Wednesday
(m. B)
& Hookers (ceramic rm.)
)
\$5 (craft rm.)
ce (conf. rm.)
(banq.hall)
(atrium)
vegetable Quiche *883
(craft rm.)
nt \$3 (banq. hall)
shine

27

9:00 Fitness Class
9:00-12:00 Ceramics
9:30 New Member Orientation (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—Soup & Sandwich (Broccoli Cheese Soup & Sloppy Joe on a Wheat Bun)
12:30 Thursday Social Card Club (conf. rm.)
1:00 Marvelous Mah Jongg (ceramic rm.)
1:00 Bingo—2 boards for \$1 (craft rm.)
2:00-3:00 Univera Info. Session (board rm.)
6:30-10:00 Police Mtg. (banq. hall)

28

9:00-10:00 Yoga \$3 per class (atrium)
9:00-12:00 Woodcarvers (ceramic rm.)
9:15 Contract Bridge (mtg. m. B)
10-12:55 Chair Massage by appt. (clinic)
10:15-11:15 Chair Yoga \$3 per class
10:15-4:15 Wii Bowling League (atrium)
12:00 SENIOR LUNCH—Lenten Meal (Beer Battered Fish w/ Tartar Sauce *837)
1:00 Scrabble Club (ceramic rm.)

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Cheektowaga Seniors Club
SATURDAY SOCIAL

Dinner at 5:00 pm
Catered by Nowak's
Music from 6-9 pm by
Tom Hastings & Diana Sampson
\$22 pp get your tickets by 2/21
Hosted by Darlene Ott & Allan Weidrich



SUNDAY AFTERNOON FREE WINTER CONCERT

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 this fabulous concert. *Thanks to the very gracious sponsorship by our Town Police Captain & Lieutenant's Union and the Cheektowaga PBA.*

Sunday, March 8th from 2:00-4:00 pm
in our banquet hall

"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
BRING YOUR FRIENDS & FAMILY**

CHEEKTOWAGA SENIOR CITIZEN'S FOUNDATION NEWS

JANUARY/FEBRUARY MONTHLY RAFFLE

Just in time for Valentine's Day or a nice date night anytime, our raffle prize this time around is a \$75 gift certificate to Bobby J's Restaurant and a \$25 gift card to Regal Cinemas. The drawing will be held **THURSDAY, FEBRUARY 13th at noon**. Tickets are on sale NOW \$1 each or 3 for \$2. **This prize was graciously donated by the Cheektowaga Seniors Travel & Social Club.*

FEBRUARY/MARCH MONTHLY RAFFLE

Be as Lucky as a Leprechaun and win \$100 in **ASSORTED LOTTERY SCRATCH-OFFS**. Tickets will be sold February 18-March 17 are \$1 each or 3 for \$2. The drawing will be held **Tuesday, March 17th at noon**. **This prize was graciously donated by the Cheektowaga Seniors Travel & Social Club.*

Congratulations to MIKE FULL, the winner of the December Prize—a "Peek Homemade Cookie Tray". Tickets sales from that prize raised \$573 for our Foundation. Thanks to ALL who bought tickets.



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.)

STYROFOAM IS NOT RECYCLABLE. Please do NOT throw any Styrofoam items in your Town Recycling Bin. It should go in with your trash.

CENTER SPECIAL EVENTS

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.*

Deadline To Buy Tickets: Monday, February 10th

A LITTLE IRISH

Wednesday, March 18, 5:00-8:30 pm

\$23 per person

(Cheektowaga Senior Residents)

\$25 per person

(Senior Non-Resident Guests)



We'll start off our evening with dinner catered by The Fairdale, served BUFFET style at 5:00 pm. Your menu includes: chef salad w/ Italian dressing, seedless rye bread & butter, corned beef with cabbage, potatoes and carrots and chicken bruschetta as your second meat. Dessert will be served with coffee & tea. Biggs Johnson will be playing all your favorite music with a sprinkle of Irish tunes. He will take a short intermission so that the Rince na Tiarna Irish Dancers can take the stage! *For Cheektowaga Senior Residents, this is a center-sponsored event and your Dinner Club Card will be punched.*

Tickets Go On Sale: Monday, January 27th

Deadline To Buy Tickets: Tuesday, March 10th

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.**

SOS PROJECT FOR FEBRUARY CEREAL & PEANUT BUTTER & JELLY COLLECTION



for the St. Vincent DePaul Food Pantry at Infant of Prague Church. Please drop your donations in the box in our office.



This food pantry serves residents from all over the community and they have asked us to help them restock their shelves. Breakfast cereal and peanut butter & jelly are the items they need most. If you can add one or more of these items to your grocery list this month it would be most appreciated. **Thank you for helping us help our neighbors.**