

Cheektowaga Senior Services

SEPTEMBER 2020



686-3930

**3349 Broadway Street
Cheektowaga NY 14227**



DIRECTOR'S CORNER

Hello Friends!

As I write this, we are into our 9th day of being open under all our new guidelines and I know it has been a big adjustment for all of us. I am so happy to see all of you who have returned to the Center and I am staying optimistic that everyone will help us continue to keep our doors open. We know that our phone lines are extra busy because everyone is calling to sign up for activities. Mondays are the busiest days because everyone can start registering for the following week's classes—but this is the best day to call to ensure you get in the classes you wish to attend. Our entire staff thanks you all for your patience and cooperation.

September is NATIONAL SENIOR CENTER MONTH. This year's theme through the National Council on Aging is—SENIOR CENTERS: DELIVERING VITAL CONNECTIONS. I find this particularly fitting, considering that all the social distancing we've been doing has left many of us feeling a bit disconnected and perhaps realizing just how important the Senior Center is in each of our lives. This year's theme includes vital connections of our mind, body, spirit and community and I have witnessed, first hand, how senior center's can have a positive impact on all these. So, while we won't be celebrating this month with large special events, I hope you will celebrate a little each time you are here for an activity. Take a minute to think about how our Center keeps you connected and how it has helped you live your best life as you age.

With Dawn's help sending them out to close to 3,000 of you, I will continue to write an email every so often and keep you connected that way too. And, don't forget to keep an eye on our Facebook page—Camille is still posting great things for everyone to see. Feel free to share the posts with all your Facebook friends!

Warm Regards,

Kerry Peek

"Never lose hope. Storms make people stronger and never last forever."

-Roy T. Bennett

"Seek respect, not attention. It lasts longer." *-Ziad Abdelnour*

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—be sure to tell dispatch if you are bringing a helper.**

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, all passengers must wear a face covering at all times while on the van and use the hand sanitizer the driver will provide.**

Please also note, 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**. The suggested contribution for each meal is **\$3.00**. PLEASE CALL AHEAD IF YOU ARE A NEW PARTICIPANT. Currently, the following locations are **OPEN FOR LUNCH**:

CHEEKTOWAGA SENIOR CENTER

3349 Broadway (near Union Road) *lunch at 12:30 pm
686-7417 (Chris)

MARYVALE EAST COMPLEX

100 Moorman Drive *lunch at 12:00 pm
583-1190 (Alice) (Call between 10am-1pm)

VIOLET SENIOR APARTMENTS

11 Haley Lane (off French Road) *lunch at 12:00 pm
534-6486 (Shirley) (Call between 10am-1pm)

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 (Debbie)

LORD OF LIFE

656-7186 (Nancy)

MARYVALE PRESBYTERIAN CHURCH

892-1711 (Joanne)

ON OUR COVER: "Better Late Than Never!" Town resident Anna Nikisch celebrated her 100th birthday on July 20th. We couldn't be with her right then, so we visited her about a month later. We presented her with a beautiful bouquet of roses and a proclamation from our Town Board in honor of her milestone birthday. Shown on the cover is our Senior Services Director, Kerry Peek, the birthday girl Anna & Jamie Acoff, our Outreach Coordinator. It was an absolute joy spending some time getting to know Anna. She is an inspiration for all of us!

THE BOARD OF ELECTIONS IS HIRING ELECTION INSPECTORS.

If you or someone you know is interested in learning more about this opportunity, call 858-8891.

LET'S GET MOVING

FOR ALL THESE CLASSES, YOU MUST CALL & PRE-REGISTER EACH WEEK, STARTING ON MONDAY FOR THE FOLLOWING WEEK. FACE COVERINGS MUST BE WORN UNTIL YOU ARE IN YOUR SOCIALLY DISTANCED "SPACE ON THE FLOOR", THEN YOU CAN REMOVE THEM WHILE YOU EXERCISE.



ZUMBA CLASS

MONDAY NIGHTS, 6:00-7:00 pm *Enter at Door 4

\$3.00 per class—exact change is appreciated

Wear comfortable, COOL clothing & bring your own water bottle. 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.

FITNESS CLASS

TUESDAYS---9:30-10:15 am *Enter at Door 4

Come join our fitness instructor, Kim Kawa, for aerobic exercise. There are standing exercises and floor exercises. This class provides 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 your own water bottle, 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.

CHAIR FITNESS CLASS

TUESDAYS---10:45-11:30 am *Enter at Door 4

Come join our fitness instructor, Kim Kawa, for aerobic exercise THAT YOU CAN DO FROM A CHAIR. This class provides 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 your own water bottle. ALL senior residents, age 60 plus, are welcome to join this FREE program.

LINE DANCE CLASSES

THURSDAYS---\$2.50 per class—*Enter at Door 11

9:30-10:15 am Intermediate/Advanced

10:45-11:30 am Beginner

Come join our instructor, Bob Gaffney, for some fun dancing. He mixes things up with some old favorites and some new ones. Bring your own water bottle.

YOGA

FRIDAYS---9:30-10:15 am, \$3.00 per class—*Enter at Door 11

Come join our instructor, Kim Kawa, for a challenging and relaxing work out. Wear comfortable clothing and bring your own mat and water bottle.

CHAIR YOGA

FRIDAYS---10:45-11:30 am, \$3.00 per class—*Enter at Door 11

This is for those of you who have a hard time getting down on the ground for class. Come join our instructor, Kim Kawa, for a great work out that you can do from a chair. Wear comfortable clothing and bring your own water bottle.

FITNESS ROOM

*Ring the bell and enter at Door 4

You will need your current fitness room membership card

Our fitness room is open for your use each weekday, four hours each day (M-F, 9:30-11:30 am & 1:30-3:30 pm). 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 September 6, 2020 and pay your \$35 fee, your membership will expire September 6, 2021. There is not a half-year rate. ***All memberships that were paid before March 13, 2020 will be extended for six months to make up for the time we were closed.



PINOCHLE TOURNAMENTS

Wednesdays, September 2 & 16

2:00-4:00 pm in the BANQUET HALL

\$4 to play (all money is given out to winners)

Doors will open at 1:45 pm—enter through Door #4

We are very grateful to Linda Lemke, our volunteer who runs the tournaments for us. Players MUST wear a face covering the entire time. Hand sanitizer is available. You can bring your own beverage if you wish—no refreshments will be provided. SIGN-UP IN ADVANCE IS REQUIRED TO PLAY BY CALLING OUR OFFICE AT 686-3930—you can sign-up ONE WEEK IN ADVANCE. Limit of 40 players.

MEXICAN TRAIN DOMINOES

Wednesdays, September 9 & 23

2:00-4:00 pm in the ATRIUM

(will not be moved into the banquet hall)

Bring \$1.55 (13 dimes and 1 quarter)

Doors open at 1:45 pm—enter through Door #11

All levels of play welcome—if you are a beginner, don't be nervous, we'll show you how to play! Players MUST wear a face covering the entire time. Hand sanitizer is available. You can bring your own beverage if you wish—no refreshments will be provided. SIGN-UP IN ADVANCE IS REQUIRED TO PLAY BY CALLING OUR OFFICE AT 686-3930—you can sign-up ONE WEEK IN ADVANCE. Limit of 40 players. Tables hold 8 players. For this program, one person can sign-up a group wishing to play together—if it's not a full table we will fill in with other players as they call in to register.



GET ON OUR EMAIL LIST

Send us an email at seniors@tocny.org and let us know if you want to be added to our email list. We will continue to send out emails with any updates/important information mixed with a little bit of humor and positivity.

YOU NEED TO REGISTER EACH WEEK FOR ACTIVITIES FOR THE FOLLOWING WEEK.

SEPTEMBER

Sunday

Monday

Tuesday

Wednesday

TWO ACTIVITY PER DAY POLICY

As part of our efforts to limit the amount of time people spend in our building, we are limiting all our members to TWO ACTIVITIES PER DAY. We realize this limits what you can participate in each day but we ask for your patience and cooperation. This does not include our "Pop-Up Programs in the Park" but for now, it DOES include lunch. Please plan your daily calendar accordingly. **Please remember that you must CALL EACH WEEK, STARTING ON MONDAY, TO REGISTER FOR ACTIVITIES FOR THE FOLLOWING WEEK.** Just because you've called once, does NOT mean you're on that class list each week.

1
9:30-10:15 Fitness Class (FREE) *Door 4
10:00 Watercolor Studio (craft rm.) *Door 15
10:00-12:00 Men's Club (ceramics & pool rm.) *Door 3
10:45-11:30 Chair Fitness (FREE) *Door 4
12:30 SENIOR LUNCH—(Buffalo Style Breaded Chicken Breast *747) *Door 4
1:30-3:30 Free Card/Game Playing Time (mtg. rm. B) *Door 7

9:30-10:30 Tai Chi (pre-registered before we closed in March) *Door 4
9:30-11:30 Contract Bridge (n...)
9:30-11:30 Needles, Pins & H...
10:00 Craft—Dish Towels \$5
12:30 SENIOR LUNCH—(Beef...)
1:30-3:30 Free Card/Game Pl...
2:00-4:00 Pinochle Tourn. \$4
2:00 Craft—Dish Towels \$5 (c...

EXPIRATION DATES ON ANY SENIOR CENTER GIFT CERTIFICATES that were set to expire in 2020 will be extended to December 31, 2021.

6

POOL ROOM OPEN DAILY

9:45-11:45 am

(not on Tuesdays—Men's Club uses the room)

and

1:30-3:30 pm

*Door 14

(You must sign-up in advance)

7



HOLIDAY—CENTER CLOSED

8

9:30-10:15 Fitness Class (FREE) *Door 4
9:30-11:30 Cribbage (mtg. rm. B) *Door 7
10:00 Watercolor Studio \$1.50 (craft rm.) *Door 15
10:00-12:00 Men's Club (ceramics & pool rm.) *Door 3
10:45-11:30 Chair Fitness (FREE) *Door 4
12:30 SENIOR LUNCH—(Ham Steak w/ Honey Mustard Sauce *649) *Door 4
1:30-3:30 Free Card/Game Playing Time (mtg. rm. B) *Door 7

9:30-10:30 Tai Chi (pre-registered before we closed in March) *Door 4
9:30-11:30 Contract Bridge (n...)
9:30-11:30 Needles, Pins & H...
*Door 3
12:30 SENIOR LUNCH—(Ba...)
Salsa *859) *Door 4
1:00 FREE Movie Matinee
1:30-3:30 Free Card/Game Pl...
*Door 7
2:00-4:00 Mexican Train D...

13

OUR SHELVES ARE FULL

At this time we are NOT ACCEPTING BOOK OR PUZZLE DONATIONS. Please do not leave them outside our front door. Please find another worthy cause to donate yours to for now. Thank you!

14

9:30-11:30 Ceramics (\$2.00) *Door 3
9:30-11:30 Quirky Quilters (craft rm.) *Door 15
9:30-11:30 Euchre (mtg. rm. B) *Door 7
12:30 SENIOR LUNCH—(Italian Sausage w/ Peppers & Onions & Tomato Sauce *597) *Door 4
1:00-3:00 Ceramics (\$2.00) *Door 3
1:30-3:30 Free Card/Game Playing Time (mtg. rm. B) *Door 7
6:00-7:00 Zumba (\$3.00) *Door 4

15

9:30-10:15 Fitness Class (FREE) *Door 4
9:30-11:30 Cribbage (mtg. rm. B) *Door 7
10:00-12:00 Watercolor Studio \$1.50 (craft rm.) *Door 15
10:00-12:00 Men's Club (ceramics & pool rm.) *Door 3
10:45-11:30 Chair Fitness (FREE) *Door 4
12:30 SENIOR LUNCH—(Creamy Vegetable Lasagna *828) *Door 4
1:30 Card Players Club (craft rm.) *Door 15
1:30-3:30 Free Card/Game Playing Time (mtg. rm. B) *Door 7

9:30-10:30 Tai Chi (pre-registered before we closed in March) *Door 4
10:00 Craft—Sign \$8 (craft...)
12:30 SENIOR LUNCH—(E...)
Salad *681) *Door 4
1:30-3:30 pm Free Card/G...
rm. B) *Door 7
2:00-4:00 Pinochle Tourn...
2:00 Craft—Sign \$8 (craft...

20

FITNESS ROOM OPEN DAILY

9:45-11:45 am

and

1:30-3:30 pm

*Door 4—Ring the Bell

(No sign up in advance but pay attention to room capacity)

Annual membership fee must be paid

21

9:30-11:30 Ceramics (\$2.00) *Door 3
9:30-11:30 Quirky Quilters (craft rm.) *Door 15
9:30-11:30 Euchre (mtg. rm. B) *Door 7
12:30 SENIOR LUNCH—(Pork Ribette w/ BBQ Sauce *950) *Door 4
1:00-3:00 Ceramics (\$2.00) *Door 3
1:30-3:30 Free Card/Game Playing Time (mtg. rm. B) *Door 7
6:00-7:00 Zumba (\$3.00) *Door 4

22

9:30-10:15 Fitness Class (FREE) *Door 4
9:30-11:30 Cribbage (mtg. rm. B) *Door 7
10:00-12:00 Watercolor Studio \$1.50 (craft rm.) *Door 15
10:00-12:00 Mens' Club (ceramic rm. & pool rm.) *Door 3
10:45-11:30 Chair Fitness (FREE) *Door 4
12:00 POP-UP PROGRAM—BRING YOUR OWN LUNCH BUNCH@ Cheektowaga Town Park @ the Lion's Pavilion (you must pre-register)
12:30 SENIOR LUNCH—WELCOME FALL (Chicken, Mandarin Orange & Sunflower Salad *673) *Door 4
1:30 Card Players Club (craft rm.) *Door 15
1:30-3:30 Free Card/Game Playing Time (mtg. rm. B) *Door 7

9:30-10:30 Tai Chi (pre-registered before we closed in March) *Door 4
9:30-11:30 Contract Bridge (n...)
10:00 Greeting Card Makers \$...
12:30 SENIOR LUNCH—(Beef...)
*Door 4
1:00 FREE Movie Matinee (cra...)
1:30-3:30 Free Card/Game Pl...
2:00-4:00 Mexican Train Dom...

DOORS WILL BE UNLOCKED 15 MINUTES BEFORE ACTIVITIES BEGIN

27

COMPUTER ROOM/LIBRARY OPEN DAILY

10:00 am-3:00 pm

*Door 4—Ring the Bell

(No sign up in advance but pay attention to room capacity)

*No More Book Donations Taken at this time!

28

9:30-11:30 Ceramics (\$2.00) *Door 3
9:30-11:30 Quirky Quilters (craft rm.) *Door 15
9:30-11:30 Euchre (mtg. rm. B) *Door 7
12:30 SENIOR LUNCH—(Cheese Ravioli w/ Tomato Meat Sauce *813) *Door 4
1:00-3:00 Ceramics (\$2.00) *Door 3
1:30-3:30 Free Card/Game Playing Time (mtg. rm. B) *Door 7
6:00-7:00 Zumba (\$3.00) *Door 4

29

9:30-10:15 Fitness Class (FREE) *Door 4
9:30-11:30 Cribbage (mtg. rm. B) *Door 7
10:00-12:00 Watercolor Studio \$1.50 (craft rm.) *Door 15
10:00-12:00 Mens' Club (ceramic rm. & pool rm.) *Door 3
10:45-11:30 Chair Fitness (FREE) *Door 4
12:30 SENIOR LUNCH—(Roast Beef w/ Gravy *811) *Door 4
1:30 Card Players Club (craft rm.) *Door 15
1:30-3:30 Free Card/Game Playing Time (mtg. rm. B) *Door 7
2:00 POP-UP PROGRAM—POKEENO@ Cheektowaga Town Park @ the Lion's Pavilion \$3 bring exact change (pre-register)

9:30-10:30 Tai Chi (pre-registered before we closed in March) *Door 4
9:30-11:30 Contract Bridge (n...)
12:30 SENIOR LUNCH—(C...)
*828) *Door 4
1:30-3:30 Free Card/Game Pl...
*Door 7

ER 2020

Wednesday Thursday Friday Saturday

MAKE IT A HABIT...
Bring your FACE COVERING & YOUR OWN PEN to the senior center each time you visit. Remember what door to use.

<p>2</p> <p>Registration was already taken (Door 11) (mtg. rm. B) *Door 7 Hookers (ceramics rm.) *Door 3 (craft rm.) *Door 15 Stew *727 *Door 4 Playing Time (mtg. rm. B) *Door 7 (banq. hall) *Door 4 (craft rm.) *Door 15</p> <p>CERTIFICATES September 2021.</p>	<p>3</p> <p>9:30-10:15 Intermediate/Advanced Line Dance \$2.50 *Door 11 9:30-11:30 Ceramics (\$2.00) *Door 3 10:45-11:30 Beginner Line Dance \$2.50 *Door 11 12:30 SENIOR LUNCH—LABOR DAY MEAL (Breaded Chicken Drumsticks *930) *Door 4 1:00-3:00 Ceramics (\$2.00) *Door 3 1:00-3:00 Mah Jongg (mtg. rm. B) *Door 7 1:30 Bingo—2 boards for \$1 (craft rm.) *Door 15 1:30-3:30 Free Card/Game Playing Time (mtg. rm. B) *Door 7 4:00-7:30 EC HEALTH DEPT. COVID ANTIBODY TESTING (banq. hall) CALL 858-2929 FOR AN APPOINTMENT. FREE AND OPEN TO THE PUBLIC.</p>	<p>4</p> <p>9:00-11:30 WEGMANS Flu & Pneumonia Shot Clinic By Appointment (gazebo) 9:30-10:15 Yoga \$3.00 *Door 11 9:30-11:30 Woodcarvers (ceramic rm.) *Door 3 9:30-11:30 Contract Bridge (mtg. rm. B) *Door 7 10:00 Acrylic Painting \$10 (craft rm.) *Door 15 10:45-11:30 Chair Yoga \$3.00 *Door 11 12:30 SENIOR LUNCH—(Roast Pork w/ Warm Cinnamon Apples *700) *Door 4 1:30-3:30 Scrabble (ceramic rm.) *Door 3 2:00 Acrylic Painting \$10 (craft rm.) *Door 15</p>	<p>5</p> <p>SENIOR LUNCHES SHOULD BE BACK TO OUR 'BULK STYLE' AND NOT TRAYS BEGINNING SEPTEMBER 8th—HURRAY!!! Remember, lunch is served at 12:30 pm—doors open at 12:15.</p>
<p>9</p> <p>Registration was already taken (Door 11) (mtg. rm. B) *Door 7 Hookers (ceramics rm.) Baked Salmon w/ Pineapple (craft rm.) *Door 15 Free Card/Game Playing Time (mtg. rm. B) Dominoes (atrium) *Door 11</p>	<p>10</p> <p>9:30-10:15 Intermediate/Advanced Line Dance \$2.50 *Door 11 9:30-11:30 Ceramics (\$2.00) *Door 3 10:45-11:30 Beginner Line Dance \$2.50 *Door 11 12:30 SENIOR LUNCH—(Boneless Breaded Chicken Breast w/ Tomato Sauce & Mozzarella *615) *Door 4 1:00-3:00 Ceramics (\$2.00) *Door 3 1:00-3:00 Mah Jongg (mtg. rm. B) *Door 7 1:30 Bingo—2 boards for \$1 (craft rm.) *Door 15 1:30-3:30 Free Card/Game Playing Time (mtg. rm. B) *Door 7 2:00 POP-UP PROGRAM—THURSDAY TRIVIA @ Cheektowaga Town Park @ the Lion's Pavilion (you must pre-register)</p>	<p>11</p> <p>9:30-10:15 Yoga \$3.00 *Door 11 9:30-11:30 Woodcarvers (ceramic rm.) *Door 3 9:30-11:30 Contract Bridge (mtg. rm. B) *Door 7 9:30 Senior Group Leader Mtg. (gazebo) 9:30-4:15 Wii Bowling League (atrium) *Door 12 10:45-11:30 Chair Yoga \$3.00 *Door 11 12:30 SENIOR LUNCH—(Steakhouse Burger w/ Gravy *997) *Door 4 1:30-3:30 Scrabble (ceramic rm.) *Door 3</p>	<p>12</p> <p>To register for all CRAFT ROOM ACTIVITIES, please call 686-3930 and ask for Camille Russell.</p>
<p>16</p> <p>Registration was already taken (March) *Door 11 (craft rm.) *Door 15 Entrée Salad—Julienne Free Card/Game Playing Time (mtg. rm. B) \$4 (banq. hall) *Door 4 (craft rm.) *Door 15</p>	<p>17</p> <p>9:30-10:15 Intermediate/Advanced Line Dance \$2.50 *Door 11 9:30-11:30 Ceramics (\$2.00) *Door 3 10:45-11:30 Beginner Line Dance \$2.50 *Door 11 12:30 SENIOR LUNCH—(Meatloaf w/ Gravy *822) *Door 4 1:00-3:00 Ceramics (\$2.00) *Door 3 1:30 Bingo—2 boards for \$1 (craft rm.) *Door 15 1:30-3:30 Free Card/Game Playing Time (mtg. rm. B) *Door 7 2:00-4:00 Thursday Card Club—Conf. Rm. *Door 7</p>	<p>18</p> <p>9:30-10:15 Yoga \$3.00 *Door 11 9:30-11:30 Woodcarvers (ceramic rm.) *Door 3 9:30-11:30 Contract Bridge (mtg. rm. B) *Door 7 NO Wii Bowling League Today 10:00 Craft—Scarecrow \$8 (craft rm.) *Door 15 10:45-11:30 Chair Yoga \$3.00 *Door 11 12:30 SENIOR LUNCH—(Chili Con Carne *853) *Door 4 2:00 Craft—Scarecrow \$8 (craft rm.) *Door 15</p>	<p>TRAVEL ON PAUSE...</p> <p> As many of you know our Travel Club Board of Officers has been working through this pandemic—rescheduling tours and refunding money. At their last board meeting the decision was made to postpone all of their Club activities through the end of 2020 (including their Saturday/Sunday Socials and monthly lunch/bingo events). All 2020 overnight tours have been moved to 2021. Any deposits made will be held over until the new year. We will continue to monitor the situation.</p>
<p>23</p> <p>Registration was already taken (Door 11) (mtg. rm. B) *Door 7 \$1.50 (craft rm.) *Door 15 Macaroni Casserole *844 (craft rm.) *Door 15 Free Card/Game Playing Time (mtg. rm. B) *Door 7 Dominoes (atrium) *Door 11</p>	<p>24</p> <p>9:30-10:15 Intermediate/Advanced Line Dance \$2.50 *Door 11 9:30-11:30 Ceramics (\$2.00) *Door 3 10:45-11:30 Beginner Line Dance \$2.50 *Door 11 12:30 SENIOR LUNCH—(Roast Turkey w/ Stuffing & Gravy *885) *Door 4 1:00-3:00 Ceramics (\$2.00) *Door 3 1:00-3:00 Mah Jongg (mtg. rm. B) *Door 7 1:30 Pokeeno (craft rm.) *Door 15 1:30-3:30 Free Card/Game Playing Time (mtg. rm. B) *Door 7 2:00-4:00 Thursday Card Club—Conf. Rm. *Door 7</p>	<p>25</p> <p>9:30-10:15 Yoga \$3.00 *Door 11 9:30-11:30 Woodcarvers (ceramic rm.) *Door 3 9:30-11:30 Contract Bridge (mtg. rm. B) *Door 7 9:30-4:15 Wii Bowling League (atrium) *Door 12 10:45-11:30 Chair Yoga \$3.00 *Door 11 SENIOR LUNCH—(Breaded Fish w/ Tartar Sauce *924) *Door 4 1:30-3:30 Scrabble (ceramic rm.) *Door 3</p>	<p>There will be a short newsletter with some travel club update coming out in the next week or so. We know many of you are anxious to get back to traveling but at this time, the Cheektowaga Seniors Club will not be sponsoring any activities. We look forward to the new year, in hopes that we can “get back on the road”.</p>
<p>30</p> <p>Registration was already taken (March) *Door 11 (mtg. rm. B) *Door 7 Quarter Chicken w/ Gravy Free Card/Game Playing Time (mtg. rm. B)</p>	<p>FREE CARD-PLAYING TIME BY RESERVATION</p> <p>We have TWO tables in Meeting Room B that we are making available for groups of card/game players to use from 1:30-3:30 pm, Monday through Thursday. You can sign your group up one week in advance by calling our office at 686-3930. Bring your own cards/games, pens, scoresheets, etc.</p>		<p>“ACTIVITY BY APPOINTMENT”</p> <p>To visit our Senior Center for most of our activities and programs, you must call our office at 686-3930 EACH WEEK, STARTING ON MONDAY, TO REGISTER FOR ACTIVITIES FOR THE FOLLOWING WEEK. We realize this is a challenge but at least for now, we have to control the number of people in each room and how long they stay.</p>

"NEEDLES, PINS & HOOKERS"

Wednesdays, 9:30-11:30 am

In the ceramic room

Doors open at 9:15 am—enter through Door #3

Calling all needle craft enthusiasts! Whether you are a beginner or experienced in knitting or crocheting, you are WELCOME to join this informal group. Bring your own beverage and whatever you're working on. We chat while we craft. . SIGN-UP IN ADVANCE IS REQUIRED BY CALLING OUR OFFICE AT 686-3930—you can sign-up ONE WEEK IN ADVANCE. Limit of 15 crafters each week.



COMPUTERS, LIBRARY BOOKS & PUZZLES

You are welcome to come to our Center to use our computers or borrow some books or puzzles. YOU DON'T NEED A RESERVATION but RING THE BELL AT Door 4. Please be considerate of other members and limit your time in the "library" so others have the chance to come in too. Remember to wear your face covering and be sure to sign in and out in the log book in that room. Please Note: WE ARE NOT TAKING ANY MORE Donations of books & puzzles at this time.



POOL PLAYERS WELCOME... BY APPOINTMENT

Our pool room is open 9:45-11:45 am (except on Tuesdays) & 1:30-3:30 pm daily for play but you must call in advance to make a reservation. Please enter at Door #14. Room capacity is 8 at one time. Remember to wear your face covering and be sure to sign in and out in the log book in that room.

FLU & PNEUMONIA SHOT CLINIC

Sponsored by WEGMANS

FRIDAY, SEPT. 4, 9:30 am-12:15 pm

**The Clinic will be held in our Gazebo & Atrium, please park in the back parking lot and come to the gazebo. PLEASE BRING YOUR OWN PEN TO FILL OUT YOUR PAPERWORK. CALL OUR OFFICE AT 686-3930 TO MAKE AN APPOINTMENT. Most major insurances accepted. Wegmans will bill your insurance while on-site, please bring your insurance card and photo ID with you. For questions about specific vaccines, call Jonathan Paepel from Wegmans at 254-1083.*



In case you missed our September flu shot clinic...

FLU SHOT CLINIC

Sponsored by TOPS

MONDAY, OCTOBER 5, 9:30 -11:30 am

**The Clinic will be held in our Gazebo & Atrium, please park in the back parking lot and come to the gazebo. PLEASE BRING YOUR OWN PEN TO FILL OUT YOUR PAPERWORK. CALL OUR OFFICE AT 686-3930 TO MAKE AN APPOINTMENT. Most major insurances accepted. Please bring your insurance card and photo ID with you. IF YOU WOULD ALSO LIKE A PNEUMONIA OR A SHINGLES VACCINE, YOU MUST CALL THE TOPS PHARMACY AT 601-0183 TO RESERVE YOUR DOSE & CHECK YOUR CO-PAY.*



RESERVATIONS ARE NEEDED FOR ALL THESE PROGRAMS TOO:

Euchre on Mondays

Cribbage on Tuesdays

Contract Bridge on Wednesdays

Mah Jongg on Thursdays

Scrabble & Woodcarvers on Fridays

****Space is limited—sign-up ONE WEEK IN ADVANCE***

POP-UP PROGRAMMING IN THE PARK

For members who are comfortable venturing out, join us for some "safe fun" in the park. All these activities are open to Cheektowaga Seniors. **ADVANCED SIGN-UP IS REQUIRED FOR ALL THESE ACTIVITIES** due to space limitations. Please call our office at 686-3930 to register. Each activity will last about 1– 1 1/2 hours.

THURSDAY TRIVIA

Thursday, September 10 @ 2:00 pm

At Lion's Picnic Pavilion in Cheektowaga Town Park
(this is the "mega shelter" to the right of the Pulaski band shell)

Kerry will be the Quizmaster for some fun trivia. \$5 Tim Hortons gift cards will be awarded to our TOP 3 trivia gurus. You will NOT be shouting out answers—you will write them down so don't be bashful, come join us. Participants need to bring: a notebook of some sort, a pen and a beverage of choice if you wish. Please be sure to wear a face covering for when we can't be 6 feet apart. Social distancing rules will be in effect. This event is free. Space is limited to 30.

BRING YOUR OWN LUNCH BUNCH

Tuesday, September 22 @ 12Noon (FREE)

At the Lion's Picnic Pavilion in Cheektowaga Town Park
(this is the "mega shelter" to the right of the Pulaski band shell)

Stop and pick up your lunch from a restaurant or pack your own and meet Dawn for this month's version of "Lunch Bunch". We will enjoy lunch and each other's company. Please bring a face covering for when we can't be at least 6 feet apart. Social distancing rules will be in effect. You must pre-register by calling 686-3930. Space is limited to 30.

POKEENO

Tuesday, September 29 @ 2:00 pm

\$3 per person—payable the day of—BRING EXACT CHANGE

At the Lion's Picnic Pavilion in Cheektowaga Town Park
(this is the "mega shelter" to the right of the Pulaski band shell)

Join Dawn & Camille for some Pokeeno at the park. If you've never played, not to worry, it's like Bingo but with playing cards instead of Bingo boards. Please be sure to bring a face covering for when we can't be at least 6 feet apart. Social distancing rules will be in effect. Bring your own beverage if you wish. Prizes will be all the cash we collect from those playing. You must pre-register by calling 686-3930. Space is limited to 48.

**You must call to register in advance for
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Our practice believes in the medicinal value of the marijuana plant. Medical Marijuana recommendation should be available to those who would benefit by its medicinal use and choose to do so under the care of a licensed and authorized provider as authorized by the State of New York and interpreted by current medical practice.

Dr. Nerfis Elminowski, DNP-BC, is a veteran and native Buffalo, New Yorker. She is a pioneer in integrative and alternative medicine delivery. Dr. Elminowski is a Board Certified Nurse Practitioner with a Doctorate of Nursing Practice degree. She is an authorized medical marijuana provider for patients in New York State. Dr. Elminowski received her Masters and Doctorate from Daemen College in Amherst, New York. She has over 21 years' experience in her field.

As a child, Dr. Elminowski already knew that she wanted to be a medical provider. Her passion for healing evolved from growing up with a family member who required around the clock care. She learned from a young age that helping others requires extensive preventative care and a holistic approach to body, soul, and environment. While classically trained in all the clinical and technological advances of modern medicine, Dr. Elminowski also has a deep appreciation of cultural anthropology and the natural sciences, all of which she integrates into this medical philosophy. She has also worked, studied, and traveled abroad extensively. Dr. Elminowski is a veteran and served our country as a flight medical provider. She obtained her flight degree through the US Airforce Academy. She was a member of elite Special Operations Aviation Medicine Team, and was promoted to Lieutenant Commander in 2008. Dr. Elminowski earned numerous awards and commendations during her service, including the Hazardous Duty Service Award, which she received six times in one year, the Crisis Response Service Award with Bronze Star and Foreign Duty Service Award.

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MS (Multiple Sclerosis)

Muscle Spasms

Terminal Diagnosis or equivalent symptoms

Huntington's Disease

Crohn's Disease

Neurological Disorders

Neuropathy

Pain (chronic and severe)

Parkinson's Disease PTSD (Post Traumatic

Stress Disorder)

Seizures

Opioid Replacement

Spasticity

Vomiting Syndrome

Palliative Care

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Severe Nausea

Muscle Spasms

Anorexia

Vomiting Syndrome



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