

CITY OF TONAWANDA
SENIOR CITIZEN CENTER
35 Main Street, Tonawanda NY 14150-2105

Non-Profit

Time Value
January 2012

Address Service Requested

Holiday Bazaar

We would like to thank all the Members who made and donated baked goods and volunteered for the Bazaar. Here are the names of the raffle winners:

Wine Basket- Vicky Durkee
Watch- Era Pinelli



Center Hours

The center is open Monday through Friday from 9:30am to 4:00pm. Call us anytime at 692-7029.

We have a health maintenance room with several pieces of exercise equipment for use by seniors 55 years of age and older. This room is open daily until 3:30pm.

The downstairs game room, featuring three beautiful billiard tables, is open daily until 3:45pm.

We also have a TV room downstairs where the computer is kept for your use.

New Year's Holiday

The Center will be closed Monday, January 2nd for New Year's.

New Year- 2012

We would like to take this opportunity to wish you a Very Happy and Healthy New Year and we look forward to seeing you in the new year!



Special Activities at the Center

Dinner Meeting

Our first Dinner Meeting for the New Year will be ~~held on Monday, January 30th.~~ Bingo is at 4pm and a Meatloaf Dinner will be served at 5pm. President Michele Houser will conduct the business meeting at 6:15pm. Afterwards, Attorney Mark will speak about wills, trusts, and other matters. Tickets for the dinner are \$6.00 and can be purchased by Friday, January 27th. Reservations are required for dinner and all members are welcome to attend the meeting and program.



City of Tonawanda Emergency Information

In case of an emergency or for public service announcements in our community, tune in to radio station 1670 AM for any necessary information.



Food Pantry Donations



The Food Pantry is in need of paper bags and non-perishable food items. If you are able to donate, please stop by the office today.

United Way

JoAnn Mierzwa from the United Way will be at the Center on **Wednesday, January 18th** from 10am-11am to help anyone with applications for Food Stamps and HEAP. She will also inform you of other services available for the aging.

Income Tax Preparers Needed

Classes for the tax preparers are scheduled for Tuesday and Wednesday, January 10th and 11th. We will start taking appointments on Monday, January 23rd and volunteers will start processing taxes on Wednesday, February 1st and every Wednesday up to and including Wednesday, April 11th. This is an AARP free service for the Elderly.



Lions Club



If anyone has glasses or hearing aides you no longer have use for you may drop them off at the Center and a Member of the Club will pick them up.

Services at the Center

Univera

A representative will be at the Center on **Tuesday, January 17th** from 1-3pm.

Blue Cross & Blue Shield

Please call the Center for date and time a representative will be here.

Independent Health

Please call the Center for date and time a representative will be here.

MVP Medicare Advantage Plan

Please call the Center for date and time a MVP representative will be at the Center.

Health Insurance Information, Counseling and Assistance Program (HICAP)

This program is sponsored by the Erie County Department of Senior Services. Call the Center to make an appointment with the representative. If you are going to be 65 soon, you should ask questions about three months before your birthday. Anyone may make an appointment if you have questions regarding current coverage or comparing other coverage available. Please call the office for an appointment.

EPIC -New York's Senior Prescription Plan

Beginning January 1, 2012, there will be additional changes to the EPIC program benefit. EPIC will be FREE, having no fees or deductibles and will expand Part D premiums for members with incomes up to \$23,000 if single and \$29,000 if married. All seniors must first be enrolled in a Medicare Part D plan to obtain EPIC benefits and maintain coverage. EPIC members will be responsible for their Part D deductible (if they have one) and Part D co-payments until they reach the Medicare coverage gap (donut hole). EPIC will provide supplemental coverage to lower out-of-pocket expenses for drugs that are first covered by Medicare Part D only when a member reaches the coverage gap. EPIC will also cover drugs in Medicare Part D excluded classes purchased during the coverage gap. EPIC will continue to help members apply for Medicare's Low Income Subsidy (LIS) and Medicare Savings Programs to help them save more on drugs. A representative from EPIC will be at the Center on Wednesday, February 29th from 12:30- 2pm and Wednesday, March 28th from 12:30- 2pm. Their website is:

http://www.nyhealth.gov/health_care/epic/

Hidden ONES Word Game

All of the answers have "one" in them.

1. Opposite of here
2. Food bees make
3. Some person
4. Solitary
5. Another word for currency
6. Newlyweds go on this
7. What ice cream can be served in
8. Significant event
9. Nickname for Texas
10. Another word for an early settler
11. What forms the skeleton of the body
12. Nice paper used to write a letter
13. Device used to talk across distances



1. Gone
2. Honey
3. Someone
4. Lonely or Alone
5. Money
6. Honeymoon
7. Cone
8. Milestone
9. Lone Star State
10. Pioneer
11. Bones
12. Stationery
13. Telephone

Answers to Hidden Ones Word Game

Calories Burned by Everyday Activities

Source Unknown

Activity	Calories Per Hour
Making mountains out of molehills	500
Running around in circles	350
Wading through paperwork	300
Pushing your luck	250
Flying off the handle	225
Chewing your nails	200
Jumping on the bandwagon	200
Spinning your wheels	175
Sticking your neck out	175
Adding fuel to the fire	150
Beating your head against the wall	150
Climbing the walls	150
Jogging your memory	125
Beating around the bush	75
Turning the other cheek	75
Hitting the nail on the head	50
Swallowing your pride	50
Passing the buck	25
Tooting your own horn	25
Wrapping it up at day's end	12

January Word Pictures Rob Clagett

YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1. LOOK 2. 3.

4. 5. 6.

7. 8. 9.

10. 11. 12.

AGE BEAUTY FIREWOOD SESAME

bPrLeAaNstT JOB LIE

- RECOVERY

O LOST IN 100R

N 1 GO GO TIME

E

- Answers to Trivia Plus:
1. Look on the bright side.
 2. Point of contention
 3. Brains over brawn
 4. Age before beauty
 5. Split firewood
 6. Open sesame
 7. Breast implant
 8. Jobless recovery
 9. Little white lie
 10. One down, one to go
 11. Lost in overtime
 12. Tenor

City Of Tonawanda Library

Come in out of the cold for The Friends of the Library Annual Book Sale. Dates and times are as follows:
Thursday, Jan 26th 1pm-6pm
Friday, Jan 27th 10am-2pm with Bake Sale!
Saturday Jan 28th 10am-1:30pm



WINTER FEST 2012

The Tonawanda Central PTSA, in conjunction with the Tonawanda Recreation and DPW Departments, will be holding the 2nd annual Winter Fest on **Saturday, January 28th from 12pm- 6pm**. This event is free and open to the public and will be held on the Tonawanda Senior High School grounds. A Chinese auction will be running, as well as food and drinks available at cost. We are currently seeking contestants for several events, including: team snow fort building, team snow sculpture building, chili cook-off, and snow volleyball. In addition to these competitions, the auditorium will present movies throughout the day and the pool will be open with activities running all day. Any questions can be referred to Elizabeth Olka at 694-5058 or Karen at 505-1172.



Park Permits

Park Reservations will begin being accepted on **Monday, February 6th** in the Parks Office (DPW building), at 150 Fillmore Ave. Many dates fill up quickly so come and get yours soon. Large shelters at Veterans Park are \$50 for residents, and \$100 for non-residents. Small shelters are \$25 for residents and \$40 for non-residents. We also have Eastern Park available for rental. The cost is \$75 for residents or \$150 for non-residents. For more information please call 505-1172.



Snow Sculpture Contest

The City of Tonawanda Recreation Department is having a snow sculpture contest this year. It began with the first snowfall and runs through March 31st. Call the Recreation Department at 695-8658, leave your name, address and

general location of your sculpture and we will come out to take a photo and enter you in our contest. You can also e-mail us a picture to : kohlerpool@ci.tonawanda.ny.us as long as you include all the info above as well. We accept individual and group projects. Winners will receive an award shortly after the deadline date of March 31, 2012. Be creative and have fun!



Instructional Classes & Recreation

Ladies Pinochle

On Tuesday's at 1pm any lady may come and play pinochle with us.

Canasta

To play please call the Center or join in on any Wednesday at 1pm.

Floor Yoga

Classes are on every Thursday of the month at 12pm. Yoga is a combination of breathing exercises, physical posture and meditation. There is a \$12.00 fee for the class and is due the first Thursday of the month.



Bowling

There is bowling every Tuesday afternoon at 1:00pm at Manor Lanes. This is open bowling and not a league. If you enjoy bowling and would like to socialize, stop in on a Tuesday and join the fun. You pay for only the games you bowl.



Wii Bowling League & Wii Programs

Come and join the fun on Friday mornings at 10:30. If you are unable to attend Friday mornings feel free to come to the Center any time to play. The system is available to use any time and is easy to start-up.



Ball Room Dancing

Come join us on Friday's, at 1:00pm. The fee is only \$2.00 per person per class. We all love watching it on television, now why not come and try it for yourself!

Line Dancing

Line Dancing will now be every Monday from 9:45-11:15am. Members may join in at any-time.



Ceramic Class

All materials are supplied at no charge. Why not join us on Wednesday mornings at 10:00am and make a ceramic piece?

Craft Class

Join us every Thursday in January at 10:00am. Come and make some new crafts. The more people, the more fun! Materials are supplied for you.

Travel Club

The Travel Club will not meet for the month of January. For more info call: Ann Gray at 693-3757.



Regular Programs

Bargemen- Tuesdays at 9:35am

Happy Notes - Tuesdays at 10:35am

9 Ball Singles Billiards - Thursdays at 1:00pm

Ladies Billiards - Fridays at 1:00pm

Men's Billiards - Wednesdays at 1:00pm

8 Ball Singles Billiards - Mondays at 1:00pm

Progressive Pinochle -

Monday, Wednesday, and Friday, at 1:00pm

Progressive Euchre - Thursdays at 1:00pm

Canasta - Wednesdays at 1:00pm



Member Updates

President- Michele Houser
Vice President- Ron Kornacki
Secretary- Barbara Hueitt
Treasurer- Cap Hoffmann

Board Members:

Richard Lingenfelter
Carol Dammann
Joan Prohn
Joe Toth

Our Sincere Sympathy to the Family and Friends of:

Walter Simon
Victoria Strehlow
Ruth Zelonis



The New Year

David Siegel, Coleman Adult Day Services,
Ravenna, OH

Let's all hear it for the new year
where we can all stand up and cheer.
The new year brings resolutions
that they try to adhere to,
because this is the right thing to do!
May the new year bring everyone
peace, joy and happiness, too,
plus good health the whole year through.
The new year, a better year ahead,
and after we watch the ball come
down at Times Square in New York,
we can all go to bed.
The new year is filled with
everything that is good
which is the way a new year should.
So end this poem about the new year,
except to say, let's all hang onto
those who are dear and near.



January

692-7029

692-7029

Monday	Tuesday	Wednesday	Thursday	Friday
2) CLOSED	3) 9:35 Bargemen 10:35 Happy Notes 1:00 Bowling 1:00 Ladies Pinochle	4) 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Men's Billiards	5) 9:30 Ton Homemakers 10:00 Brothers Keeper 10:00 Crafts 11:00 Blood Pressure 1:00 Euchre, 9 Ball	6) 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
9) 9:45 Line Dance 1:00 Pinochle 1:00 8 Ball Tourney	10) 9:35 Bargemen 10:35 Happy Notes 1:00 Bowling 1:00 Ladies Pinochle 1:00 Pharmacist	11) 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Men's Billiards	12) 9:30 Ton Homemakers 10:00 Brothers Keeper 10:00 Crafts 12:00 Yoga 1:00 Euchre, 9 Ball 10:30 Attorney	13) 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
16) 9:45 Line Dance 1:00 Pinochle 1:00 8 Ball Tourney	17) 9:35 Bargemen 10:35 Happy Notes 1:00 Bowling 1:00 Ladies Pinochle 1:00 Pharmacist 1:00pm Univera	18) 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Men's Billiards	19) 9:30 Ton Homemakers 10:00 Brothers Keeper 10:00 Crafts 12:00 Yoga 1:00 Euchre, 9 Ball	20) 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
23) 9:45 Line Dance 1:00 Pinochle 1:00 8 Ball Tourney	24) 9:35 Bargemen 10:35 Happy Notes 1:00 Bowling 1:00 Ladies Pinochle	25) 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Men's Billiards	26) 9:30 Ton Homemakers 10:00 Brothers Keeper 10:00 Crafts 12:00 Yoga 1:00 Euchre, 9 Ball	27) 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
30) 9:45 Line Dance 1:00 Pinochle 1:00 8 Ball Tourney Bingo/Dinner/Meeting 4pm,5pm,6:15pm	31) 9:35 Bargemen 10:35 Happy Notes 1:00 Bowling 1:00 Ladies Pinochle			



January 2012 Dates To Celebrate

- January 6 - Bean Day
- January 13 - Frisbee's Birthday(1957)
- January 16- Martin Luther King Jr. Day
 - January 18- Maintenance Day
- January 21 - Squirrel Appreciation Day



*Wishing All Our Members and their Families a
A Very Happy and Healthy New Year!!*

HEAP

Home Energy Assistance Program

2011-12 Income Eligibility Guidelines

<u>Household size</u>	<u>Gross monthly income</u>
1	\$2,146
2	\$2,806
3	\$3,466
4	\$4,127
5	\$4,787
6	\$5,447

If you have received your application in the mail, send them in as soon as possible as there is a chance this program will run out of money. Seniors who have not received an application or who are first time applicants may call the HEAP application request line at 858-1969 at any time. Any other questions, please call the HEAP hotline at 858-7644 or visit:

www.erie.gov/depts/seniorservices for detailed information about the program.

From the City Assessor's Office.....

You must **Renew** your **Senior & Enhanced Star Exemption** every year. **March 1, 2012** is the **deadline** for filing your application.

The Assessor's Office will continue accepting applications through **March 1, 2012**, Monday through Friday, between 8:30am and 4:30pm.

You may also apply by mail to: Assessor's Office, 200 Niagara Street, Tonawanda, NY 14150 with copies of required documents.

If you have questions or concerns, please call the Assessor's Office at 695-8639 or e-mail to: assessor@ci.tonawanda.ny.us



Pharmacist



Walgreens pharmacist Andy Montante will be at the center on **Tuesday, January 10th** at 1pm.

Blood Pressure Screening

Fire Department personnel provide this free service. This month, stop by on **Thursday, January 5th** from 11:00 to 11:30am.



Attorney

Mark Saltarelli will be at the center on **Thursday, January 12th** at 10:30am. This is a free service with no appointment necessary.



Reading & Puzzles

We have a small library of books and jigsaw puzzles available for your use. These items may be taken out at anytime without a time limit for return.

Donations are always welcome.

Internet

We have a new computer, with a bigger monitor and a functioning internet installed. Now you really can use it! The computer can be used by any senior, anytime that the center is open. Guidelines for use are posted. If you have never used the internet before, let Doreen or Mandy know and we will make arrangements to teach you how to "surf the net."

Vial of Life

People find themselves in emergencies that make it difficult to think straight. At these times, all emergency personnel who are trying to help you need to know many things about you. The Vial of life is designed to speak for you when you can't speak for yourself. The vial contains important medical information that can assist emergency personnel in administering the proper medical treatment. It is FREE, so all it will cost you is a little time. Information and forms for this program are available at the Center.

Community Information

St. Francis of Assisi Epiphany Concert

St. Francis hosts its 6th annual prism concert on Sunday, January 8th at 6:00pm. This years concert features choirs and instrumental ensembles from local churches and schools including First Presbyterian and Grove St. Christian, St. Francis, Epiphany Horn Quartet and Lockport City Schools.

