



City of Niagara Falls Senior Services
Department
JOHN DUKE CENTER
297-9324
Rebecca Brooks-Caso
Senior Services Program Coordinator
JUNE 2019



WELCOME TO SUMMER PICNIC

JUNE 21st 11:00-1:00

Let the fun begin!! Come and enjoy a fresh grilled Hot Dog AND a Hamburger, baked beans and summer salad and we definitely won't forget desert!! We will have the live music!

Don't fret we **WILL** have tents for shade as well! I already rented them so we are ready to **ROLL!!!** Plus we will be adding to our fleet a tent that Councilman Ken Tompkins has bought just for us!!

The picnic is
All for **ONLY \$2.00!!**

If it rains we will be coming in the back and main room!

This will sell out so get your tickets **starting Mon 6/3**

This event is sponsored by the Niagara Falls Senior Citizen Council!



US CENSUS 2020 6/4

11:00

A representative from the 2020 Census office will be here to speak on Jun 4. This census is VERY important for our city and for future government funding. Please be here so you are aware of the impending Census 2020!!

PARKING LOT SALE

August 23
10:00-2:00

We tried a sale in May and the weather did not cooperate and we still had a great turnout!! So let's see what we can do when we **HAVE** Mother Nature Cooperate with us!! Please sign up **NOW** for a table, remember no permit needed and it will not effect your city 2 limit permit rule for house sales!

We all know "one man's trash is another man treasure"! Look around your house and sign up for a table! Tables will cost \$5.00, we will do all the advertising and we will bring the customers! So instead of wasting gas driving from house to house, come here. Instead of spending money to advertise, come here! Spots will go quickly so get on board now!!



THE GOAL OF A LONG LIFE IS ACHIEVED BY PEER INTERACTION!!

Please stop staying home!! Please come in and hang around with us!!
Please come in and meet old friends and make new ones!! Please come in find out about
all our groups, free programs, assistance!! So PLEASE, PLEASE, PLEASE!!

OFFICE OF AGING 6/5 11:00am

Maggie from the OFA will be here to go over some of their programs. Make sure you
know what's out there that may help you!

SUMMER PLANS

Just a quick update to let you all know what's up with Department of senior Services
this summer!

We WILL have a welcome to summer and goodbye summer picnic. Keep an eye out for
the presale tickets! I WILL get the market Coupons, I don't have an exact date of
when they will be here but it should be near the END of JULY!! We also STILL have
the Bocce courts and the equipment right in the back yard. Anyone interested in
playing just let me know, they are being manicured in June! Want to use the pavilion in
the backyard for a Senior group picnic? It's free so get your group on the calendar , it
books up every year! This year we will have fishing days and walking days on Fridays,
the city of Niagara Falls is LUCKY to have this beautiful park, so we WILL use it!! All
dates for upcoming events will be in the calendars, keep an eye out!

FREE SENIOR CITIZEN ID ID production Wednesday and Thursdays 9-1

The John Duke Center will be giving
official center ID with the application of updated emergency form. The ID will
contain, name, DOB, emergency Notification and your picture. Don't miss out on any
more discounts, don't stand in line at the DMV! Simply fill out ID registration form
and the ID is free and will be given to you immediately!

ID's will be processed Wed and Thurs 9am-1pm

EAT WELL, STAY WELL LUNCH PROGRAM

Our site director Phyllis is welcoming and loves to do special things for all
her participants. The lunch is a FULL balanced, nutritionally sound and
diabetic meals are available on request all for a DONATION of only \$3.25.

There is no reason not to give this a try!! Come with a friend, come alone,
JUST COME!!!

THANK YOU

To Councilman Ken Tompkins!!

For the donation of an outdoor tent to enjoy at our picnic and
events!!

**ALL OF OUR GROUPS LISTED
ARE OPEN FOR JOINING
MONDAY'S**

BINGO

Every Monday at 10:30am. Come and join Norm, our bingo caller and lots of friends for \$\$ jackpots!

ROSARY SENIORS

Will meet on the second and fourth Monday at 1:00.
Always accepting new members.

CROCHET and KNITTING

Come and learn or just chat and crochet along.
Monday's 1:00. What a group! Come learn, laugh and make lifelong friends.

**TUESDAY'S(CHECK
DATE!)**

SILVER SNEAKERS 10:00

MARIE IS HERE and SHE'S
AMAZING!!! CMON AND GET HEALTHY! This class is LARGE and all we need is your insurance card, it is part of the MEDICARE benefit!

This exercise is ALL levels. Marie caters to all abilities!

IF YOU ARE NEW OR DISABLED, YOU ARE WELCOME TO BRING AN AID TO HELP, THEY WILL NOT BE CHARGED TO HELP YOU!

WEDNESDAY'S

LINE DANCING

Every 10:00am

Super fun! Come and try out! Only \$2.00 Show off your new skills at the next dance! This is another growing class. Even if you have two left feet these girls can help you Thank you to our new teacher Carolyn!

Product Bingo / Quarter Bingo

10:30 we play both FREE product and quarter a card for \$\$\$ jackpots! Thank you to Carolyn for being our Bingo Caller!!

**WEDNESDAY'S
EUCHRE**

Euchre is played 1:00 pm, Wednesday & Fridays at the Duke Center. New players are welcome.

LEBANON SENIORS

Will meet here on the second Wednesday at 1:00.
For more information please contact 297-6310 for more information.

REUNITED

Meet on First and Third from 1:30 to 3:30. What a fun nice group of people, come in and check them out!

THURSDAY'S

RAINBOW COMPUTER CLUB

Will be starting up again in April with an afternoon time!! Please stay tuned for an opportunity to sharpen your skills or LEARN new ones!!

OPEN BILLIARDS

Our pool tables are WELL put to use especially on THE FOURTH Thursday night.
If you are interested in shooting a game, c'mon down and join in. IT'S FREE!

SILVER SNEAKERS

Come and exercise at 10:00 am with our fabulous Marie!

PICKLEBALL

The group will play every Thursday from 1-3:30.

YOUNG AT HEART

The Young at Heart Senior Citizen Group
This group will meet on
First and Third Thursday at 1:00.

CAREGIVER SUPPORT GROUP

4th Thurs 11:00

Are you interested in talking and learning tricks of the trade? We had a group here and the focus was not what some are looking for. Becky will be running this group with a background in Human services and Counseling as well as a former caregiver there are plenty of things we can find to talk about and help you in your plight of taking care of a loved one. It's free coffee and an hour with Becky!

THURSDAY'S

PINOCHLE CLUB

This Club plays on Thursdays at 12:30 pm
New players are always welcome

Ladies of the CRISTOFORO COLUMBO

4th Thursday 6:30-8:30
Ladies of Christopher Columbo

FRIDAY'S

MAHJONG

9:00 am Fridays at the Duke Center There
is NO instruction MUST be experienced
WITH your own supplies!.

ZUMBA/ CHAIR YOGA

Aerobic exercise, which puts a smile
on your face and a bounce in your
step!

Come and try Zumba with Marie at 10am!!

GRANDPARENTS' SUPPORT GROUP

First and Third Friday of the month 10:30am.

LEARN CROCHET

Phyllis Vekich teaching basics &
advanced and pattern reading!!

EVERY
Friday 1:00

ECHOTA SENIORS

The Echota Seniors will meet on 4th Friday at
1:00 PM.

EUCHRE

Euchre is played 1:00pm, Wednesday &
Fridays We need more card players!!!

SPECIAL PROGRAMS

CONGRESS ON THE CORNER

If you have a concern or issue you would
like to talk with the Congressman's office
about, a REP is here each month to hear
your concerns.

Second Tuesday of the month

NIAGARA COUNTY OFFICE OF THE AGING ATTORNEY

Gary Billingsley will be here on the
FOURTH Tuesday at 9:30. You **MUST** be
placed on his appointment schedule. He
will see clients on a first come first serve
basis by signing in at the center on that
morning at 9:30!

FOOD STAMPS

NIACAP will be here the fourth
Tuesday of the month at 9:30 to assist you
in applying for food stamps. Take
advantage of this, if you apply and qualify
you automatically receive HEAP!

BIRTHDAYS!

Thank you to Phyllis for taking on the task.
Birthdays will be the LAST THURSDAY
or every month at 11:30.

AARP DRIVING

Mr. West the AARP Instructor will be
conducting classes at both locations.
Please call Duke or LaSalle for reservations
in this cost saving class.

Blood pressure

Muriel will not be able to be here for an
extended period of time. If you know
anyone who has a nursing background and
would like to take blood pressures please
let us know!

DUKE CENTER HOURS
MON, TUE, WED, THUR, FRI

8:30-3:30

FOURTH THUR 8:30-8:30

LaSalle

7:00am-3:00pm

KEEP YOUR NEIGHBOR HOOD BEAUTIFUL! KEEP YOUR GRASS CUT, WEEDS TRIMMED AND GARBAGE NEAT!!

1. IF You have a problem getting the grass cut, please come to the office, we have solutions!!

3. IF you have a neighbor that is not keeping up with beautifying their yard, please let me know!! All complaints and concerns are kept CONFIDENTIAL.

Garbage UPDATED rules!!

1. You may put out 3 additional items with each garbage cycle, this is in addition to your city issued Blue Tote and Green Recycler.
2. The 3 additional items can be LARGE items, furniture, black bags, etc.
3. If you need to put out more items, in addition to the tote and 3 large items. Bag tags are available at the Department of Public Works for \$5.00 per tag.
4. You may place 2 additional TAGGED items, along with the 3 allowed each week.
5. Purchase as many tags as you like, they will have NO expiration date, but only place 2 additional tagged items per week.
6. If you have A LOT of household waste then a Dump Permit would be best for you. \$25 per dump per permit and are available at Dept. of Public Works from 8:45am-2pm. REQUIRED; proof of residency, truck registration and covered load!
7. TV's can be dropped at Dept of Public Works, limited to 3 per year, per NF address and a \$5.00 charge per TV.
8. Appliances WILL be picked up from homes by Modern, call 1-800-330-7107 for a "white good" pick up. REMEMBER to take doors of fridge/freezer and Freon removed and tagged from AC.