



**JOHN A. DUKE NIAGARA FALLS
SENIOR CITIZEN CENTER**
1201 Hyde Park Boulevard
P.O. Box 69
Niagara Falls, NY 14302-0069



Rebecca Brooks, Senior Citizen Program Coordinator
Telephone 297-9324

February 2011

February 4th

GO RED FOR WOMEN!!!

This event presented by the American Heart association in conjunction with Health and Wellness Coordinator Charles Walker of Niagara Falls Memorial Medical Center, Niagara County Office of the Aging and of course The Duke Center, this will include many specialties. Our meal program will be a special red meal, There will be educational talks and special gifts and mementos for those who participate. The festivities will begin at 11:00 and Don't forget to wear Red!!

The person with the most red and best dressed will receive a special prize!!

February 14th

CARD PARTY

Come and rub elbows with your sweetheart or meet a new one at the Valentine Card Party! All it will cost you is \$4.00 and that includes, pizza, pop and snacks on the table!!
SIGN UP AND PAY IN ADVANCE!!

March

ADVANCE NOTICE

SPRING FLING

Another of our fabulous affairs. So bring that Valentine sweetheart and enjoy an evening of dancing, snacking and laughter!

\$5.00 gets you the music of Joey Fanara and the Jades,
pizza and pop.

Sign up begins March 1st!!

All signups must be paid in advance.

Niagara Reminiscing

Always the fourth Monday of the month.

This months topic will be "The Frozen Falls". Come enjoy pictures and stories from guest presenters Toni Lucido and Rose Maselli!

TAXES

Tax prep will be Monday, Tuesday, Wednesday and Friday 10am to 2pm. Appointments will be taken at 297-9324. **Walk- ins are welcome but there is no guarantee your taxes will be completed without an appointment.** All senior Citizens, including walk-ins will be seen before those who are not seniors. LaSalle taxes will be done Feb 18th, March 11 and April 1st. Please call 283-4476.

February 14th

BINGO PARTY

AT LASALLE!!

Come join Theresa for some bingo fun! Try out your luck at the newly popular bingo parties. Sign up in advance by February 10th! The cost is \$4.00 and includes, pizza, pop, jackpot game and super amounts of fun!

CLOSINGS

The Duke Center and LaSalle will be closed February 11th and February 21st in honor of Washington and Lincoln's Birthdays.

**ALL OF OUR GROUPS LISTED
ARE OPEN FOR JOINING**

MONDAY'S (CHECK DATE!)

BINGO

Every Monday at 10:00am

ROSARY SENIORS

Will meet on February 14th and 28th at 1:00. Always accepting new members.

TUESDAY'S(CHECK DATE!)

ST STAN'S

Will meet here on February 8th and 22nd.

CRAFT CLASS

The Golden Age Clubs' Craft Class will be offered on the following days:

Duke Center February 8th and 22nd 10:00am

LaSalle Center February 1st and 15th 10:00am.

RETIRED PLUMBERS

Meeting here February 10th at 1:00.

YOUNG AT HEART

The Young at Heart Senior Citizen Group accepts new members. This group will meet on February 1st and 15th at 1:00.

FOOD STAMPS

February 22nd at 9:00 to give out information and accept applications for Food Stamps.

MT. CARMEL SENIORS

Mt. Carmel Senior Citizens will meet on February 10th and 24th at 1:30 pm.

YOUNG AT HEART

Meeting here February 8th and 22nd.

DEVEAUX SOCIAL CLUB

This exciting new club will begin meeting here on Tuesday February 1st at 1:00. Francis at 284-4831.

WEDNESDAY'S (CHECK DATE!)

RMSC

Retired Men's Service Club will meet here On February 9th at 9:00 am. This club is always accepting new members

EUCHRE

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

DUPLICATE BRIDGE

Duplicate Bridge is offered on Wednesdays at 12:45 pm at the Duke Center.

Contact Richard Demus on Bridge days for information. New players are always welcome.

LEBANON SENIORS

Will meet here on February 9th at 1:00.
For more information please contact Joe at 283-7428

REUNITED

Meet on February 2nd and 16th from 1:30 to 3:30.
Norm Conklin at 282-7199

THURSDAY'S (CHECK DATE!)

EXERCISE CLASS

The class will continue to be offered on Tuesday and Thursday mornings at 10:00 am

HIICAP

The Niagara County Office for the Aging's HIICAP Program will be at the Center on February 17th at 10:00am. This program utilizes trained volunteers to assist Seniors with Health Insurance questions or problems. Please register at Center.

AARP #283

The Chapter will meet on February 17th at 1:30pm. New members are welcome.

NEW HORIZONS

This group will meet on Thursday, January 7th at 12:30. New members are welcome.

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PINOCHLE CLUB

This Club plays on Thursdays at 12:30 pm.

THURSDAY NIGHT'S (CHECK DATE!)

RAINBOW COMPUTER CLUB

Meets here February 3rd at 7pm.

WOODCARVERS

Meets here Thursday nights at 7:00 pm!!

SOCIALITES

The Valentines party will be February 17th 6:30.
To join contact Barbara at 284-8102.

TRAVEL AND SOCIAL CLUB

Meets here February 10th at 7:00

FRIDAY'S (CHECK DATE!)

MAHJONGG?

9:00 am Fridays at the Duke Center.

SONGSTERS

Meet here on Fridays at 9:00am

TAI CHI CLASS

Friday 's at 9:30

GRANDPARENTS' SUPPORT GROUP

Meet February 4th and 18th at 10:30. Call Paula at 731-3235 for more info.

PINOCHLE CLUB

The Center's Pinochle Club accepts new players. This Club plays on Thursdays at 12:30 pm.

RED HAT SOCIETY/LADIES OF THE MIST

Meet February 18th at 1:00

ECHOTA SENIORS

The Echota Seniors will meet on February 25th at 1:30 PM.

EUCHRE

Euchre is played 1:00 pm, Wednesday & Fridays

AARP DEFENSIVE DRIVING CLASS

Feb 8th and 9th- 12:00 pm Duke
Feb 24th and 25th- 9:00am LaSalle
For Duke call 297-9324
For LaSalle call 283-4476

The classes will open for reservations on February 1st at 8:00am.

You will need to bring a check or money order, payable to the AARP to the first session of the class. The cost is \$12.00 for AARP members and \$14.00 for non-members.

Class size is limited.

NO WALK-INS!!!

THE NET CRACKER

Internet training courses with Kim. All classes are one and half hours 4 consecutive days the cost is \$60. Please see Becky to get on the list for February.

EPIC

Gabby from Epic will be here February 1, March 1 and April 1 from 11:30 to 1, for any information or help you may need.

PROGRAM IDEAS

Come on you dancers out there!! We need to get it together. If anyone is willing to lead a line dancing or any style dance class I'd love to talk with you!!

HAPPY BIRTHDAY SENIORS

The staff and participants of the John Duke wish a Happy Birthday to our February babies!! Birthday celebrations for the Duke Center will be held on Thursday, February 14th at 11:30 Your penny donation, for each birthday, is appreciated!. Your birthday celebration will include a card and sweet treat.

QUIPPY QUOTES OF THE MONTH

“Associate with men of good quality if you esteem your own reputation; for it is better to be alone than in bad company”
George Washington

“And in the end it's not the years that count. It's the life in your years”
Abraham Lincoln

Thoughts for February from Becky:

As we now have a full month of 2011 behind us, it is time for the year ahead to be off and running. Our new years resolutions have fallen to the back burner, the holiday decorations are put away, family from afar have all gone home and we settle back into our everyday lives. February can be a difficult time for all of us, and especially our senior community. Although here at The Duke Center and LaSalle our family is growing everyday and our atmosphere is full of laughter and energy, we are the lucky ones. All of us have taken the chance and walked into the center, (a little apprehensive and nervous, some with our kids dragging us in!!), to give a try to this senior center thing. As we can all agree, it was probably one of the best decisions that we have made. Not only do we always offer help with any and all of our business needs, but we provide friendship, companionship and company. So this February when our blinds at home are pulled tight, and our robes wrapped a little tighter to keep out the cold, we settle in knowing tomorrow I will have lunch, play cards or just laugh with my friends at my senior center. Take a minute to think about the neighbor or longtime friend you have who is not getting out and taking advantage of our programs. Think about all the benefits your life has gained from being a part of the Duke or LaSalle. Remember how happy you were to share a story about a friend you made at the center.

Glance at one of your children's' faces while you tell them the story of an activity at the center, you'll see how happy they are, that your happy. Take a moment to call one of your friends and invite them to lunch or a cup of coffee at the Duke or LaSalle. Think about the difference the people you have met here have made in your life. Remember the days that you may have sat bored and alone, and now have a whole new group of people that you are lucky enough to call friends. So take the time to share us, us with an old friend, a neighbor or with a family member. Share the benefits of the senior services program, share the friendship that makes those cold February days a little more bearable. Your challenge for February is for each and every one of my Senior friends is to introduce me personally, to one of your senior friends!!

Have a great month, if any of you need anything you know where I am!!

Becky!



February 2011 LaSalle Facility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Bingo - 10:00 Crafts - 10:00 Lunch - 11:45	4. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	5. Bingo -10:00 Lunch - 11:45	4. Bingo - 10:00 Lunch - 11:45
7. Bingo - 10:00 Lunch - 11:45	8. Bingo - 10:00 Lunch - 11:45	9. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	10. Bingo - 10:00 MVP 10:00 - 12:00 Lunch - 11:45	11. CENTER CLOSED TO CELEBRATE PRESIDENT LINCOLN'S
14. Bingo - 10:00 Meditation - 10:00 Lunch - 11:45	15. Bingo - 10:00 Crafts - 10:00 Lunch - 11:45	16. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00	16, Bingo - 10:00 Lunch - 11:45	18. Bingo - 10:00 Lunch - 11:45
21. CENTER CLOSED TO CELEBRATE PRESIDENT WASHINGTON'S	22. Bingo - 10:00 Lunch - 11:45	23. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	24. Bingo - 10:00 Lunch - 11:45	25. Bingo - 10:00 Lunch - 11:45
28. Bingo - 10:00 Meditation - 10:00 Univera - 11:00 Lunch - 11:45		HAPPY BIRTHDAY IRMA MONTAGNA FEBRUARY 4	HAPPY BIRTHDAY DOROTHY HANKS FEBRUARY 22	HAPPY BIRTHDAY MARTINE WINGERT FEBRUARY 23

DYNABAND EXERCISE CLASS

These exercises, using a rubber stretch band, move, exercise, and develop every major muscle group and provide a way to achieve excellent flexibility. Virginia Ceretto leads this fun and interactive exercise class. The class starts every Wednesday morning at 11:00 am. New participants are welcome. Classes are free of charge.

CONTACT INFORMATION

To reach LaSalle Facility staff or for information regarding the LaSalle Center, please call Theresa, Senior Services Aide, City of Niagara Falls, Department of Public Works, Senior Center Division at 283-4476. Niagara County Office of the Aging will have representatives for information and referral; Wenonia Myles and Keesha Fields will be available on the 2nd Tuesday of each month and the 2nd and 4th Friday of each month from 10:30 to 12:30. If you would like to make a reservation for the Eat Well - Stay Well Nutrition Program, please contact Michele, Nutrition Site Director, Niagara County Office for the Aging, at 283-6257. If you need a ride for the Eat Well - Stay Well Nutrition Program or need a ride for a medical appointment, please call Jennifer at the Niagara County Office for the Aging at 438-4038.

DRIVER SAFETY PROGRAM

The AARP Driver Safety Program will be at the LaSalle Facility. To register for classes at the LaSalle Facility call 283-4476. These classes fill up very quickly, please call the first day of the month prior to the class you want.

Eat Well...Stay Well Menu February 2011 Lunch is served @ 11:45

Mon	Tue	Wed	Thu	Fri
	1) Tomato-Beef Lasagna Chef Salad/with Romaine/ Dressing Italian Bread Chilled Pears	2) Hot Open Face Turkey Sandwich with Gravy Mashed Potatoes/Gravy Cranberry Sauce Baked Squash White Bread Fruit Cocktail	3) Polish Sausage Peppers & Onions Pierogies Sauerkraut Hot Dog Roll Soft Sugar Cookie	4.) Go Red For Women Savory Chicken Breast Mashed Sweet Potatoes Buttered Beets Whole Wheat Roll Fruited Red
7) Tomato Florentine Soup/Crackers Ham & Swiss Cheese Sandwich/ Deli Rye Bread Mayonnaise & Mustard Frosted Brownie	8) Valentine's Special Paprika Chicken Garlic Baked Potato Carrots a la Orange Dinner Roll/ Strawberry Shortcake/Topping	9) Homemade Meat-loaf/Mushroom Gravy Mashed Potatoes/ Gravy Club Spinach 12-Grain Bread Pineapple Bars	10) Sweet and Sour Pork over Rice Chinese Noodles Green & Yellow Beans 100% Whole Wheat Bread Chilled Peaches	11) Duke Center and LaSalle are closed. Please make other arrangements for meals at another site!!
14) <i>Happy Valentine's Day</i> Breaded Chicken Drumsticks Buttered Brown Rice Scandinavian Vegetables Whole Wheat Bread Cherry Poke Cake/	15) Center Cut Pork Chop Ranch Mashed Potatoes Sauerkraut Pumpnickel Bread Cinnamon Applesauce	16) Beef Stroganoff with Spiral Pasta Cottage Cheese Lime Gelatin Salad on Leaf Lettuce Banana	17) Beef Barley Soup/Crackers Chicken Salad Sandwich with Leaf Lettuce and Pickle Slices Tomato Basil Wrap Cranberry Whip	18) Chile Con Carne with Crackers Chef Salad with Tomato Slice and Salad Dressing Cornmeal Bread Fresh Orange
21) President's Day No Meals Today	22) Happy President's Day Swedish Meatballs/ Mushroom Gravy Mashed Potatoes Country Blend Vegetables Deli Rye Bread Cherry Crisp/	23) Lemon Chicken Rice Pilaf Crinkle Cut Carrots Potato Bread Ambrosia	24) Barbecued Pork Rib Creamy Potatoes Cabbage Casserole Hamburg Bun Gingerbread/Lemon Topping	25) Creamy Chicken Over Biscuit Fresh Broccoli Warm Biscuit Seedless Grapes
28) Salisbury Steak Jardinière Sauce Macaroni and Cheese Prince Edward Vegetables Rye Bread PB Choc Chip Bar				

NIAGARA COUNTY OFFICE FOR THE AGING LAWYER

Gary Billingsley, Office for the Aging Lawyer, will be at the John Duke Senior Center, Tuesday, February 22, 9:30 -11:00 am. Call 297-9324 for an appointment.

NIAGARA COUNTY SPONSORED PROGRAMS

The following programs are supported by the Niagara County Office for the Aging. Information & Referral - from Marie Conde. Daily Lunch Program (Niagara Nutrition for the Elderly Program) Legal Services - provided by Gary Billingsley. Your contribution for meals is \$3.00. No one will be denied services for inability to contribute. For nutrition van transportation call 438- 4038.