



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



**Rebecca Conde, Senior Citizen Program Coordinator**  
**Telephone 297-9324 Monday– Friday 8:00-4:00 Thursday evening 5:30-9:00**  
**May 2010**

**CITY OF NIAGARA FALLS  
SENIOR CENTER DIVISION NEWS**

**May 5th 11:15-** The Dale Association will be here for informational talk on the agency and what they offer.

**May 7th 12:00–** EPIC will be here for enrollment help or questions.

**May 11th 11:15–** Phillips Lifeline Medical Alert System will be here to explain new exciting services.

**Sign Up by May 14th**

**ADVANCE TICKETS ONLY**

**May 20th 5:30-8:30–** Anniversary Dinner Dance!!  
A catered dinner by The Markerside and an evening of dance with Second Time Around. \$5.00 per person. Includes : Dinner, coffee, dessert, dancing .

**WEBER PRODUCTIONS**

Ed Weber presents “It’s in the Cards”. This skit will be performed on May 4th at 11:30. Don’t miss out!

**SENIOR COUNCIL**

The center staff would like to thank the members of the Senior Council for all their hard work. The senior council is a group of center members whom, reside in the city and work on behalf of all seniors in the city. Their purpose is to be working to make sure the needs of the seniors are met here at the center. The Council was first put in place in 1979 , the members are appointed by the City Council, every three years. Thank you to all our members! Lucy Hermera, Anne Hesson, Elsie Golanka, Carmen Maestro, George Kralick, Myral Gilmore, Cecelia Alati, Bob Ramos, Robert Snyder, Harold Fox, Llewellyn Sasyn, Bea Dinunzio, Anne Wehmyer and Ed Weber.

**SAFETY SEMINAR**

A safety seminar will be held at Lasalle senior center on May 17 from 10:30 to 11:30. This seminar will include refreshments, and informational speakers. It will be presented by the Golden Age Club.



**AARP DEFENSIVE DRIVING CLASS**

The Senior Center Division has scheduled new AARP Defensive Driving Classes. The course is geared for persons age 50 and older. The following classes may have openings:

**June 11th and 18th 9:00– LaSalle**

**June 21st and 22nd 9:00-Duke**

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. Completion of this class entitles you to a discount on your car insurance. This certificate is good for three years, after which you will need to take the class again. This class will also allow you to receive point reductions.

Class size is limited

**CENTER CLOSINGS**

The center will be closed on May 27 for evening hours only. Both centers will be closed on May 31st for Memorial day.

**CARNIVAL**

Senator Thompsons carnival will begin set up in our parking lot on May 25th. The carnival will run through May 31st. Please park in the back lot or on Hyde Park Blvd.

**CRAFT CLASS**

The Golden Age Clubs’ Craft Class will be offered on the following days:  
May 4th and 18th at the LaSalle Center 10:00am  
May 11th and 25th at the Duke Center 10:00am  
Ask staff for more information or call the Council for Older Adults at 285-8224, ext. 215.  
The class is provided free of charge and is funded by the City of Niagara Falls.

### **BLOOD PRESSURE SCREENING**

Free blood pressure will be provided on Monday, May 10th at 10:30 am. Thank you, Betty for providing this service.

### **YOUNG AT HEART**

The Young at Heart Senior Citizen Group accepts new members. This group will meet on May 4th and 18th at 1:00.

### **SOCIALITES**

The Socialites executive board will meet May 11th at 11:00. The Socialites will meet May 20th at 6:00.

### **DO YOU PLAY MAHJONGG?—DO YOU WANT TO LEARN? ”**

9:00 am Fridays at the Duke Center. Contact staff or Sara Robins 282-2215 for more info.

### **HIICAP**

The Niagara County Office for the Aging's HIICAP Program will be at the Center on May 19th at 10:00am. This program utilizes trained volunteers to assist Seniors with Health Insurance questions or problems. Please register with Center staff.

### **NEW HORIZONS**

This group will meet on Thursday, May 6th at 12:30. New members are welcome.

### **PINOCHLE CLUB**

The Center's Pinochle Club accepts new players. This Club plays on Thursdays at 12:30 pm. If you play pinochle come out and try this club!!!

### **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 12:30 pm at the Duke Center.

### **GRANDPARENTS' SUPPORT GROUP**

The Grandparents & Parents as Providers Support Group will meet May 7th and 21st at 10:30 am.

### **RED HAT SOCIETY/LADIES OF THE MIST**

The Ladies of the Mist will meet May 14th at 1:00,

### **MT. CARMEL SENIORS**

Mt. Carmel Senior Citizens will meet on May 13th and 27th at 1:30 pm.

### **NIAGARIAN GROUP LEADERS**

This group's goal is to build a closer relationship between group leaders. Members are Niagara County senior club group/tour leaders. The group will meet on May 14th at 10:00.

### **ECHOTA SENIORS**

The Echota Seniors will meet on Friday, May 28th at 1:30 PM.

### **AARP #283**

The Chapter will meet on May 20th at 1:30pm.

New members are welcome.

### **RAINBOW COMPUTER**

This group meets the first Thursday of the month at 6:30. They have knowledgeable members who can assist you with computer problems. Join this group and learn about using your computer or fixing it!

### **LEBANON SENIORS**

Will meet here on Wednesday May 12th at 1:00.

### **REUNITED**

Reunited will be meeting here on May 5th and 19th from 1:30 to 3:30

### **FOOD STAMPS**

Niagara Community Action Program will have a representative at the center on Tuesday, May 25th at 9:00 to give out information and accept applications for Food Stamps.

### **GAME MORNINGS**

Come play our new WII sports, checkers, and/or a game of darts on Wednesday's at 10:00

### **TAI CHI CLASS**

Tai Chi Class will be offered at the Duke Center. Collection for the cost of this class will take place on May 21st and 28th, at 9:00. Please see center staff for more information.

### **EXERCISE CLASS**

The class is offered on Tuesday and Thursday mornings at 10:00 am. This class is free of charge.

### **DYNABAND**

Virginia Ceretto, is the instructor for the free Dynaband exercise class, offered at the LaSalle Senior Center, Wednesday mornings at 11:00 am. Come out and join Virginia in this fun class. Thank you Virginia for leading the class.

Wednesday's at 10:00

### **LINE DANCING**

Cathy Cutre is teaching line dancing every Monday at 1:00. There is a one dollar donation for this class.

### **TRIVIA QUESTION**

The April question was "What President served our nation for the longest term of 12 years?" and the answer is: Franklin Delanor Roosevelt . The May question is "What holiday was made official on May 9th 1914?" Submit your answers to Melinda

## May 2010 John A. Duke Senior Center 297-9324

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Bingo 10:30 Nutrition 11:45 Line Dancing 1:00	4. Exercise 10:00 Elders Group 11:00 Nutrition 11:45 Young At Heart 1:00	5. Games 10:00 Dale Association 11:15 Nutrition 11:45 Bridge - 12:45 Reunited 1:00 Euchre 1:00 Needle painters 1:00	6. Exercise 10:00 FGP-SCP 10:00 Nutrition 11:45 New Horizons 12:30 Pinochle 12:30 Computer User's Group 7:00 Woodcarvers 7:00	7. Mahjongg 9:00 Songsters 9:00 Tai Chi 9:30 G.A.S.P. 10:30 Nutrition 11:45 Epic Enroll 12-2:00 Euchre 1:00
10. Bingo 10:30 Blood Pressure 10:30 Nutrition 11:45 Driving Class 12:00 Rosary 1:00 Line Dancing 1:00 Computer Class 3:00	11. Exercise 10:00 Crafts 10:00 Elders Group 11:00 Socialites Ex. 11:00 Lifeline 11:15 Nutrition 11:45 Driving Class 12:00 Friendly Seniors 1:30	12. RMSC 9:00 Games 10:00 Nutrition 11:45 Bridge 12:45 Lebanon Seniors 1:00 Euchre 1:00 Carpenters 1:00 Needle Painters 1:00	13. Exercise 10:00 Niagarian 10:00 Nutrition 11:45 Pinochle 12:30 Mt. Carmel Seniors 1:30 Woodcarvers 7:00 Travel & Social Club 7:00	14. Mahjongg 9:00 Songsters 9:00 Tai Chi 9:30 Nutrition 11:45 Euchre 1:00
17. Bingo 10:30 Nutrition 11:45 Line Dancing 1:00	18. Exercise 10:00 Elders Group 11:00 Nutrition 11:45 Plumbers 12:30 Young at Heart 1:00	19. HICAP 9:30 Games 10:00 HDO 10:00 Chair Exercise 10:00 Nutrition 11:45 Bridge - 12:45 Reunited 1:00 Euchre 1:00 Needle Painters 1:00	20. Exercise 10:00 Nutrition 11:45 Pinochle 12:30 AARP 1:30 OFA Workers 1:00 SWIP 2:30 Socialites 6:00 Woodcarvers 7:00	21. Songsters 9:00 Mahjongg 9:00 Tai Chi 9:30 GASP 10:30 Nutrition 11:45 Euchre - 1:00
24. Bingo 10:30 Nutrition 11:45 Rosary 1:00 Line Dancing 1:00 Computer Class 3:00	25. Carnival set up Food Stamp Assistance 9:00-11:00 Office for the Aging Lawyer 9:30 Crafts 10:00 Exercise 10:00 Elders Group 11:00 Nutrition 11:45 Friendly Seniors 1:30	26. Carnival set up Games 10:00 Nutrition 11:45 Bridge - 12:45 Euchre 1:00 Needle Painters 1:00	27. Carnival starts Exercise 10:00 Nutrition 11:45 Pinochle 12:30 Mt. Carmel Seniors 1:30 <b>Center closed at 4:00</b>	28. Carnival Mahjongg 9:00 Songsters 9:00 Tai Chi 9:30 Nutrition 11:45 Euchre 1:00 Echota 1:30
31. Closed Happy Memorial day!!				

## May 2010 LaSalle Facility

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3. Bingo - 10:00 Lunch - 11:45	4. Bingo - 10:00 Crafts - 10:00 Lunch - 11:45	5. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	6. Bingo - 10:00 Lunch - 11:45	7. Bingo - 10:00 Lunch - 11:00	8. HAPPY BIRTHDAY DOMINIC CERETTO MAY 4
10. Bingo - 10:00 Lunch - 11:45	11. Bingo - 10:00 Lunch - 11:45	12. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	13. Bingo - 10:00 Lunch - 11:45	14. Bingo - 10:00 Lunch - 11:45	15
17. Bingo - 10:00 Safety Talk - 10:30 Lunch - 11:45	18. Bingo - 10:00 Crafts 10:00 Lunch - 11:45	19. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	20. Bingo - 10:00 Lunch - 11:45	21. Bingo - 10:00 Lunch - 11:45	22
24. Bingo - 10:00 Lunch - 11:45	25. Bingo - 10:00 Lunch - 11:45	26. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00	27. Bingo - 10:00 Lunch - 11:45	28. Bingo - 10:00 Lunch - 11:45	29
31. Center Closed Happy Memorial Day!					

### 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 or at the John A. Duke Senior Center, please call 297-9324.

## Eat Well...Stay Well Menu May 2010

Mon	Tue	Wed	Thu	Fri
3) Stuffed Pepper Seasoned Shell Pasta Tender Sweet Corn Italian Bread Fresh Apple	4) <i>Mother's Day Special</i> Baked Chicken Breast Rice Pilaf Green Bean Casserole Whole Wheat Dinner Roll Peanut Butter Delight	5) Homemade Meatloaf With Onion Gravy Whipped Potatoes Spring Mix Vegetables Cracked Wheat Bread Homemade Cookie	6) Glazed Ham Au Gratin Potatoes Cooked Cabbage/Carrots Deli Rye Bread Butterscotch Pudding/ topping	7) Cream of Broccoli Soup Chicken Filet Sandwich on Hamburg Roll Mayonnaise Lettuce Tomato Pineapple Tidbits
10) Polish Sausage on Bun Peppers & Onions Ranch Pasta Salad with California Vegetables Mixed Fruit/Mandarin Oranges	11) Egg & Cheese Omelet with Link Sausage Steak Fries/Ketchup Chef Salad with Dressing Raisin Bread Banana	12) <u>Summer Cold Plate</u> Low Salt Turkey Breast American Cheese Slice Mayonnaise Mustard Pickle Macaroni Salad on Leaf Lettuce Fruited Gelatin	13) Swiss Steak/ Peppers & Onions Baked Potato/Sour Cream Prince Edward Vegetables Whole Wheat Bread Peach Cobbler	14) Julienne Salad with Diced Ham Garbanzo Beans Cheddar Cheese Dressings Slice Tomato Assorted Muffins Chilled Peaches
17) Meatball Submarine on Roll with Tomato Sauce and Parmesan Cheese Garden Salad Ranch Dressing Hot Dog Roll Lemon Whip Dessert	18) Chicken Salad Cold Plate Leaf Lettuce Cottage Cheese Tomato Slice Fresh Broccoli Salad Sun-dried Tomato Wrap Cantaloupe	19) Center Cut Pork Chop Ranch Mashed Potatoes Sauerkraut Rye Bread Cinnamon Applesauce	20) Barbecued Beef on Bun Corn Casserole Calico Coleslaw Sandwich Roll Oatmeal Cake	21) Lemon Chicken Rice Carrots Potato Bread Ambrosia
24) Corn Chowder with Crackers Fish Sandwich with Leaf Lettuce and Tomato Tartar Sauce Fresh Orange	25) Open-Faced Roast Beef Sandwich with Gravy Mashed Potatoes/ Gravy Buttered Beets Horseradish White Bread Chilled Pears with Prunes	26) Vegetable Lasagna Spinach Salad with Creamy Italian Dressing Italian Bread Bavarian Fruit Pudding	27) Creamy Chicken & Biscuit Broccoli Warm Biscuit Chilled Peaches	28) <u>Summer Cold Plate</u> Deli Ham Swiss Cheese Italian Pasta Salad/black olives Mayo Mustard Leaf Lettuce Peach Garnish Pineapple Upside Down Cake
31) Memorial Day No Meals Today				

### NIAGARA COUNTY OFFICE FOR THE AGING LAWYER

Gary Billingsley, Office for the Aging Lawyer, will be at the John Duke Senior Center, Tuesday, May 25, 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 or Becky Conde. Daily Lunch Program (Niagara Nutrition for the Elderly Program) You have the opportunity to contribute for these services. Your contribution for meals is \$2.50. You can contribute as much as you feel you can for any of the above services. No one will be denied services for inability to contribute. Legal Services - provided by Gary Billingsley

### JOHN DUKE SENIOR CENTER CONTACT INFORMATION

To reach the following staff or for Center information please call the John A. Duke Senior Center at 297-9324. Becky Conde, Senior Citizen Program Coordinator & Rita Powell, Senior Facility Attendant, City of Niagara Falls, Marie Conde - Niagara County Office for the Aging Outreach Worker, Melinda Olick - Nutrition Site Director, Niagara County Eat Well - Stay Well Program. For nutrition van transportation call 438- 4038