

City of Niagara Falls Senior Services Department



JOHN DUKE CENTER

297-9324

LASALLE FACILITY

283-4476

MAY 2012



Rebecca Brooks, Senior Citizen Program Coordinator

**ANNUAL SPRING WALK!
THE NIAGARA ELDERS
EXERCISE LOOP
THE N.E.E.L. WALK**

JUNE 15, 2012

8:30-12:00

THE N.E.E.L.
(NIAGARA ELDERS EXERCISE LOOP),
CONSISTS OF FOUR PERMANENT
EXERCISE STATIONS, WITH THREE
DIFFERENT EXERCISES PER
STATION.

THE N.E.E.L. STARTS AT THE DUKE,
TRAVELS THROUGH HYDE PARK, AND ENDS
AT THE DUKE CENTER.
STATIONS ARE 1/4 MILE APART, MAKING A
ONE MILE LOOP. THE LOOP IS CLEARLY
MARKED WITH DIRECTIONS TO THE NEXT
STATION.

THIS IS THE ONLY SENIOR CITIZEN
FRIENDLY AND HANDICAP ACCESSIBLE UNIT
IN NIAGARA COUNTY.

**WE WILL GRAND OPEN THE
N.E.E.L. WITH OUR ANNUAL
SPRING WALK.**

IT WILL INCLUDE A HEALTH FAIR
AND FREE LUNCH, JUST LIKE IN THE
PAST.

N.E.E.L. WALK DAY

SCHEDULE

8:30AM CHECK IN

JOHN DUKE CENTER

9:00 WARM UP

9:15 WALK

11:00 LUNCH

9:30-11:30 HEALTH FAIR

BE SURE TO BE HERE FOR CHECK IN AT
8:30, THE 400 LUNCH TICKETS ARE FIRST
COME FIRST SERVE.

THIS YEAR THE FAIR WILL NOT START
TILL AFTER THE WALK TO BE SURE WE
DON'T HAVE TO CARRY AROUND A
BAGFUL OF FREE GOODIES!
WE WILL HAVE MUSIC, RAFFLES, 50/50
AND HOT DOGS FOR SALE, HOT OFF THE
GRILL! DON'T MISS OUT ON YET ANOTHER
FABULOUS NIAGARA FALLS SENIOR
SERVICES EVENT!!

**THANK YOU TO OUR
GOLD LEVEL SPONSORS**

**MT ST MARYS
NF MEMORIAL MEDICAL CENTER
GOODMAN'S
BLUE CROSS BLUE SHIELD
INDEPENDENT HEALTH
LEGISLATURE DENNIS VIRTUOSO**

CARD PARTY

May 31st 1:00-3:30

\$4.00 cards, table prize, pizza and pop!
Must have reservation by May 29.

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

MONDAY'S (CHECK DATE!)

BINGO

Every Monday at 10:00am

ROSARY SENIORS

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

CROCHET

Come and learn or just chat and crochet along.
Monday's 1:00

TUESDAY'S(CHECK DATE!)

EXERCISE CLASS

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

ST STAN'S

Will meet here on Second and Fourth Tuesday.
Meet here at 1:00.

FOOD STAMPS

Fourth Tuesday at 9:00 to give out information and
accept applications for Food Stamps.

DEVEAUX SOCIAL CLUB

This exciting new club will begin meeting here on
First Tuesday of every month 12:30.

WEDNESDAY'S (CHECK DATE!)

RMSC

Retired Men's Service Club will meet here on the
second Wednesday 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.

NIAGARA HOSPICE

Newly bereaved Workshop, sign up in advance and
must attend both days. Offered 2nd and 3rd
Wednesday 1-2:30 in Mar, May, July, Sept, Nov
Call 280-0777

WEDNESDAY'S CONT'

LEBANON SENIORS

Will meet here on the second Wednesday at 1:00.
For more information please contact Joe at
283-7428

REUNITED

Meet on First and Third from 1:30 to 3:30. Norm
Conklin at 282-7199

HIICAP

The Niagara County Office for the Aging's
HIICAP Program will be at the Center on the third
Wednesday 10:00am.

THURSDAY'S (CHECK DATE!)

MT. CARMEL SENIORS

Mt. Carmel Senior Citizens will meet on
2nd and 4th Thursday of the month

YOUNG AT HEART

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

EXERCISE CLASS

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

AARP #283

The Chapter will meet on the Third Thursday at
1:30pm. New members are welcome.

PINOCHLE CLUB

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

THURSDAY NIGHT'S (CHECK DATE!)

NIAGARA HOSPICE

Newly bereaved Workshop, must attend both days.
Offered 2nd and 3rd Thurs 6-7:30 in Feb, Apr, Jun,
Aug, Oct, Dec call 280-0777

RAINBOW COMPUTER CLUB

Meets here the First Thursday at 6:30pm.
Beginners to experts needed for WNY's oldest
computer club. Come learn or share knowledge.

THURSDAY NIGHT CONT'

WOODCARVERS

Meets here Thursday nights at 7:00 pm!!

SOCIALITES

The Third Thursday at 6:30.

To join contact Barbara at 284-8103.

TRAVEL AND SOCIAL CLUB

Meets here the Second Thursday at 7:00

NIAGARA HOSPICE

Growing Through Grief

Fourth Thursday of each month 6:00-7:00

Call 280-0777

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 . This class costs \$20.00, for a ten week session. You must pay for a complete 10 week session to attend this awesome class.

GRANDPARENTS' SUPPORT GROUP

First and Third Friday of the month.

Call Paula at 731-3235 for more info.

RED HAT SOCIETY/LADIES OF THE MIST

The Second Friday at 1:00

ECHOTA SENIORS

The EchoStar Seniors will meet on 4th Friday at 1:30 PM.

EUCHRE

Euchre is played 1:00 pm, Wednesday & Fridays

NIAGARA HOSPICE

Bereavement Coffee Hour 3rd Fri every month.

10:30-11:30. 280-0777 register

SPECIAL PROGRAMS

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 9:00!

FOOD STAMPS

Kim from NIACAP will be here the fourth Tuesday of the month to assist you in applying for food stamps. Stop in and see if you qualify!

BIRTHDAYS!

Melinda is handling the birthdays now! Thank you to Melinda for taking on the task. You will need to donate cookies to help us celebrate you! Birthdays will be the LAST THURSDAY or every month.

THE NET CRACKER

These classes are invaluable for those of you that want to learn computers. We are LUCKY to offer Kim and her wealth of knowledge.

Please call Kim to register 531-0494

AARP DRIVING

Classes will be offered only at our LaSalle location only. The cost is \$17 for members of AARP and \$19 for non members. Each class registration opens the 1st day of the month. Before, there is no waiting list. This class is not run by the City of Niagara Falls Senior Services Department, we only take reservations and allow the AARP to use our facility.

Please call 283-4476 for more info

GREEN THUMBS

Time for our garden again!! Plant donations are being taken through May. We'll be planting Tue May 29th. Don't be afraid to help! Remember you can't pick if you don't donate! As long as you donate you can reasonably pick from the whole garden.

As we all have heard and read, our fine city has fallen onto hard economic times. As this comes to no surprise, as our entire Nation has been in tough economic times, for more than a handful of years.

So as we trudge through and prove that we are tough and believe in our city, I think that there is an important lesson to learn. It's so easy to point fingers, and to wish and want for much more than any one agency or governmental arm can give; we need to focus on what we have, not what we want. Stomping our feet and wondering what went where and whom owes what, is not the solution. The answer is to band together, find the joy we used to have in family, friends and community. Let's face it folks you are the depression era children, you know how to do this. We have to learn to appreciate with grace and style the things we have or the little things that our public may still be able to offer. And instead of sitting home and complaining, join into the events in our community, attend clean up days, music events, parks.

Grab a broom and clean up your neighborhood. Take part in the activities, come out and show support for the things we are still able to offer. When areas fall upon tough times it's time to lean on each other and keep our heads up. Join in and be part of the solution, not putting in effort, makes us part of the problem. Step out and meet your neighbors, invite your friends over, have a picnic and be thankful for what we have not what we wished we had. So with all that said there is no reason that I won't see each every reader of this at our:

N.E.E.L. Walk Day June 15th.

Check the front page for details. But guess what folks? This is a city event and guess what it's awesome and it's FREE! So like this event, there are many others that the city will offer, bringing our community together. So let's lean on each other during these times. As we all have know, "United we stand, divided we fall"



MAY 2012
CLASSIFIEDS

**IT'S TRUE WE HAVE
FREE CELL PHONES**

Usually if it sounds to good to be true it is, but in this case, it is true! Yes, if you qualify for HEAP you qualify for a free cell phone. It is easy to sign up and costs you nothing at all. Come and see Becky it takes just seconds and costs you nothing at all!

CAR FOR SALE

1996 Toyota Camry LE
70,000mi 4Door
Tan—Good Condition
Call 284-8100

PLACE YOUR AD HERE

Want to sell something, have a house sale, looking for a recipe, or a pattern? \$2.00 for one month, will put your add here. Our publication reaches approx 1500 people every month. See Becky or call Becky at: 297-9324

MAY 18th

**Parking LOT will be closed for
the American Cancer Society
Relay for Life.**

COUPONS!!!

Please don't throw out your weekend circulars, bring them in! We have a coupon bucket in the main room, share what you don't need with others!

To all my Friends,

Thank you so much for all the cards, well wishes and prayers. I am on the mend and back, walking a bit slower, but back!!
;) Becky

EAT WELL STAY WELL DINING-EXTRA MENUS ARE AVAILABLE IN THE LOBBY OR KITCHEN

There are 22 Eat Well Stay Well Dining Sites where lunch is served to seniors age 60 and older throughout Niagara County. For a complete list of sites, go to: www.niagaracounty.com and look under Departments-Office for the Aging. The site locations are listed under nutrition program. The menu is posted also and the newsletter. This menu has been approved by Niagara County Registered Dietician, Glenda Reardon

**LUNCH IS SERVED DAILY AT 11:45. MENUS ARE AVAILABLE IN THE LOBBY OR THE KITCHEN.
Call Melinda for reservations**

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- Eat Well Stay Well Nutrition Site Director Melinda Olick. 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

ACCESS Pain Relief and
PHYSICAL THERAPY Wellness for Life

Call for a FREE screening!

WE TREAT

- Neck Pain
- Arthritis Pain
- Chronic Pain
- Back Pain
- Disc Pain

We accept ALL
Insurances including
MEDICAID

Niagara Falls: 284-4474
Newfane: 778-0999
www.niagaradrx.com



Services offered include:

- Meal Program
- Transportation Program
- Health Care Programs
- Exercise Programs
- Picnic
- Socialization Opportunities
- BINGO
- Home Safety Programs
- Cooking Programs
- Community Organization
- Presentations
- Field Trips
- Volunteer Opportunities

**FOR MORE INFORMATION
CONTACT THE
SENIOR SERVICES DEPT
AT
(716) 285-7812.**



**NIAGARA FALLS
HOUSING AUTHORITY
744 TENTH ST.
NIAGARA FALLS, NY - 14301
P: (716) 285-6961 - F: (716) 285-3407
TDD: 1-800-545-1833 X 405**

MAY 2012 LASALLE FACILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1. Bingo - 10:00 Lunch - 11:45	2. Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	3. Bingo - 10:00 Lunch - 11:45	4. Bingo - 10:00 Lunch - 11:45	HAPPY BIRTHDAY CHARLES KEITH
7. Bingo - 10:00 Lunch - 11:45	8. Driver Safety Program 9:00 - 12:00 Bingo -10:00 Meditation - 10:30	9. Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	10. Driver Safety Program 9:00 - 12:00 Bingo - 10:00 Lunch - 11:45	11. Bingo - 10:00 Lunch - 11:45	HAPPY BIRTHDAY DOMINIC CERETTO MAY 11
14. Bingo - 10:00 Lunch - 11:45	15. Bingo - 10:00 Lunch - 11:45	16. Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	17. Bingo - 10:00 Lunch - 11:45	18. Bingo - 10:00 Lunch - 11:45	HAPPY BIRTHDAY EVELYN YOUNG MAY 18
21. Bingo - 10:00 Lunch - 11:45	22. Bingo -10:00 Meditation - 10:30 Lunch - 11:45	23. Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	24. Bingo - 10:00 Lunch - 11:45	25. Bingo - 10:00 Lunch - 11:45	HAPPY BIRTHDAY JOHN PAONESSA MAY 26
28. Bingo - 10:00 Lunch - 11:45	29. Bingo - 10:00 Lunch - 11:45	30. Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	31. Bingo - 10:00 Lunch - 11:45		

DRIVER SAFETY PROGRAM

The AARP-sponsored Driver Safety Program will be held at the LaSalle Senior Center in the month of May on Tuesday, May 8, and Thursday, May 10, at 9:00 am to 12:00 pm. May classes are full. Please call to register for the summer schedule. Please contact Theresa at 283-4476.

MEDITATION

Susan Harris, Meditation Leader, will lead the art of meditation on the second and fourth Tuesday of each month at 10:30 am to 11:30 am. The class is free of charge and is held in Building "A". The dates for May are Tuesday, May 8, and Tuesday, May 22..

Would you like to focus your thoughts? Is there something you would like to reflect or ponder on? Is there an idea or image in your thoughts you would like to project?

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.



10% Senior Discount

Marli's
Florist & Gift Shop

Marli Palermo
owner
4700 Military Rd
Niagara Falls, N.Y.
14305
(716)297-2433
marlisflorist@gmail.com

marlisflorist.com

SERVING THE NIAGARA FRONTIER SINCE 1949

ZAJAC FUNERAL HOME INC.

319 24TH Street, Corner of Welch Ave.
Niagara Falls, New York 14303

Phone 716-284-6478

Third Generation
Matthew T. Zajac
Frank L. Zajac



RAPIDS BOWLING CENTER

BOWLING CENTER

9524 Niagara Falls Blvd.
Niagara Falls, NY 14304

Phone: (716) 297-2500
Fax: (716) 297-0563
Cell: (716) 998-6113

Len Pimm
Owner

www.ottoredanz.com Michael R. Goodlander
Owner

"Blessed are they who mourn, for they will be comforted."
Matthew 5:4

Otto Redanz
Funeral Home

2215 Military Road (716) 297-9007
Niagara Falls, NY 14304 Fax (716) 297-8498
ottoredanz@aol.com



Niagara Apothecary Inc.
FULL SERVICE COMPOUNDING PHARMACY

8745 Niagara Falls Blvd.
Niagara Falls, NY 14304

Jamie M. Latko, RPH, C.F. Compounding Pharmacist
Ph. (716) 297-3530 Fax (716) 297-3950

Hours: 9-7 Mon & Thurs • 9-6 Tue, Wed, Fri • 9-3 Sat
Closed Sunday

Independent Health

Call our RedShirtsSM today at
(716) 635-4900 or **1-800-958-4405**
(TDD: 1-888-357-9167)
8 a.m. – 8 p.m.
Oct. 15 – Feb. 14: Mon. – Sun.
Feb. 15 – Oct. 14: Mon. – Fri.



Lipsitz & Ponterio, LLC
Attorneys at Law



Newsweek
LEADERS IN SHOWCASE
ASBESTOS LAW

John N. Lipsitz • Michael A. Ponterio • John P. Comerford

- Recognized by *Newsweek Magazine* as a leader in Mesothelioma & Asbestos Litigation.
- Representing **MESOTHELIOMA** victims and other workers suffering from cancer due to on-the-job exposure to **ASBESTOS** and other toxic substances.
- Seasoned and experienced trial team with 12 lawyers admitted to practice in New York.
- Detailed familiarity with conditions at **Ashland Oil, Durez Plastics, Bethlehem Steel, Carborundum, Carbide Graphite, Hooker Chemical, Union Carbide** and at other sites throughout Western New York.
- Ready to meet with you on short notice, in Buffalo or across the country.

716-849-0701 Consultations Are Free & Confidential

135 Delaware Avenue • 5th Floor
Buffalo, New York 14202
www.lipsitzponterio.com

STOP! If you live alone,
you **NEED** LIFEWatch!

Simply press your waterproof pendant or wristband, and speak "hands-free" with our exclusive EMT-certified care center, 24/7.

LIMITED TIME OFFER!

\$19.95 a month



FOR FIRST 3 MONTHS*

*After introductory offer expires, \$24.95/month will be billed quarterly.



LIFEWatchUSA
PERSONAL CARING SERVICE SINCE 1980

www.lifewatch-usa.com

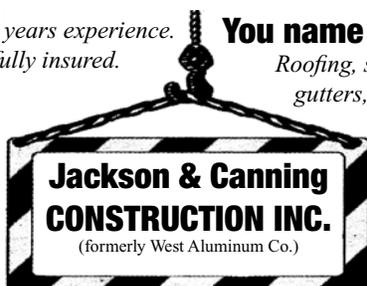
You're never alone with Lifewatch!

800.924.2396

More than 50 years experience.
We are fully insured.

You name it, we do it.

Roofing, siding, trim,
gutters, carpentry



Jackson & Canning
CONSTRUCTION INC.
(formerly West Aluminum Co.)

Call 531-2440 • Call 807-6278

Carousel Park
Apartments



Newly Renovated

For tours, information
and application call:

(716) 693-5536

Mon-Fri 9am-5pm

1 Bedroom
and
Studio Apartments

Under New Management



100 Oliver St.
N. Tonawanda, NY

H.A. TREICHLER & SONS

Greenhouses and Farms

Bedding Plants • Geraniums

10% SENIOR DISCOUNTS

ON WEDNESDAYS

2687 Saunders Settlement Rd. (Rt 31)

Sanborn, NY 14132

Farm & Greenhouses-731-9390

Gary-Merv-Terry

Delta Development of WNY

Quality, Affordable Family & Senior Apartments

CALL TODAY: (716) 847-1635

www.deltadevelopmentwny.com

City of Buffalo **Surrounding Areas**

Buffalo River Apts.

67 Vincennes St.
855-0674

Claire Ct. Apts.

5570 So Pk. Ave. Hamburg
648-9203

Francis John Apts.

1201 Broadway St.
893-0716

Convent Apts.

200 Old Maryvale Dr.
Cheektowaga
871-4123

Casa de Los Tainos Apts.

333 Trenton St.
849-0485

Msgr. Kirby Apts.

203 Oak Street Batavia
1-585-344-3610

St. Ann's Apts.

371 Watson St.
893-0716

**Mt. St. Mary's
Senior Residence**

3754 Delaware Ave.
Tonawanda
871-4123

St. Clare Apts.

2787 Main St.
446-1667

**Our Mother of
Good Counsel**

4288 Lake Ave. Blasdell
825-3711

St. John Bosco Apts.

158 Chenango St.
884-8059

St. Patrick Village

So. Division & Emslie Sts.
893-0716

St. Isaac Jogues

7200 Williams Rd Wheatfield
283-5811

Santa Maria Towers

255 Connecticut St.
882-2661

St. Timothy's Park Villa

625 East Park Dr.
Tonawanda
447-8876

School House Commons

1005 Grant St.
447-1334

Trinity Park

100 Trinity Park Lane
East Aurora
652-0706

Timon Towers Apts.

1015 Delaware Ave.
882-2123

Victory Ridge

55 Melroy Rd. Lackawanna
828-0180

NOW LEASING!

HOLY FAMILY APARTMENTS

920 TIFFT STREET

BUFFALO NY 14220—822-3490

35 Affordable units for

Individuals 55 years of age and older

