



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



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Telephone 297-9324

September 2010

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

**SEPTEMBER 17
JOHN DUKE FALL FEST 2010
12:00-5:00**

THIS EVENT IS FREE TO ENTER!!

Ok, you all wanted a big event here it is!!

3 Bands Featuring:

Jack Civelletto, The Krew Brother, and Ronald Lyke.
20+ Vendors selling jewelry, baked goods, bead
work, Mary Kay, woodworking, and much, much
more!!

**LUNCH TICKETS ARE SOLD ONLY IN
ADVANCE AT THE DUKE CENTER.**

A catered meal by Papa Joe's- Hot Dog or Sausage,
pasta salad, watermelon and a bottle of
water.

**FIRST 500 LUNCH TICKETS WILL BE
ONLY \$1.00. SO HURRY AND GET
ONE!!**

Regular price \$4.00

Niagara Falls Fire Department and Police will also
be stationed. This time we will have a 40x60 tent to
keep off the sun, so **bring lawn chairs**, seating will
not be provided.

So come one, come all, lets show Niagara Falls that
the seniors here are ready for HUGE amounts of
fun!! The first 500 lunch tickets will be only \$1.00,
our senior council has generously agreed to sponsor
the rest of the lunch cost!!

OH YA!!

DUNK AN ELECTED CITY OFFICAL!

We will have a dunk tank and for a small donation
you can dunk your favorite city official including,
Becky, city council members and many others!! All
proceeds will be given to Niagara Hospice. Don't
miss this!!

AARP DEFENSIVE DRIVING CLASS

The Senior Center Division has scheduled new
AARP Defensive Driving Classes. All classes are
filled by appointment only! The course is geared
for persons age 50 and older. The following

classes **may** have openings:

October 14&15 9:00am LaSalle

October 28&29 9:00am LaSalle

October 18&19 9:00am Duke

For Duke reservations call 297-9324

For LaSalle reservations call 283-4476

**The classes will open for reservations on
September 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.

And is only available be
reservation. NO WALK-INS!

UNYTS

SEPTEMBER 21st 10:00-2:00

We will be hosting another blood drive here at The
Center. Please come out and show your support
for our community and donate blood!!

**ADVANCE NOTICE!!
OCTOBER**

Annual basket Raffle!! The baskets will be
available for bid at 9:00 and the winners will be
called at 12:00. We need donations so start
Bringing in items or full baskets!!

**SING- ALONG
SEPTEMBER 7th**

We will be starting a monthly sing along with Bill
Price. The sing-along will start at 11:15 and
should be a lot of fun. Bill has over 100 songs and
lyric sheets will be provided to the participants!!
Come on in and join the fun!

CRAFT CLASS

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

September 7th and 21st at the Duke Center 10:00am
September 14th and 28th at the LaSalle Center 10:00am.

BLOOD PRESSURE SCREENING

Free blood pressure will be provided on Monday, September 6th at 10:30 am. Thank you Niagara Falls Memorial Medical Center, health and wellness under the direction of Charles Walker, for providing this service.

YOUNG AT HEART

The Young at Heart Senior Citizen Group accepts new members. This group will meet on September 7th and 21st at 1:00.

SOCIALITES

The Socialites executive board will meet September 7th at 11:00. The Socialites will meet September 16th at 6:00, for their Pretty Pin Exchange.

DO YOU PLAY MAHJONGG?

9:00 am Fridays at the Duke Center.

HIICAP

The Niagara County Office for the Aging's HIICAP Program will be at the Center on September 15th at 10:00am.

NEW HORIZONS

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

GRANDPARENTS' SUPPORT GROUP

The Grandparents & Parents as Providers Support Group will meet September 3rd and 17th at 10:30.

RED HAT SOCIETY/LADIES OF THE MIST

The Ladies will meet September 10th at 1:00.

MT. CARMEL SENIORS

Mt. Carmel Senior Citizens will meet on September 9th and 23rd at 1:30 pm.

NIAGARIAN GROUP LEADERS

This group's goal is to build a closer relationship between group leaders.
September 10th at 10:00.

ECHOTA SENIORS

The Echota Seniors will meet on September 24th at 1:30 PM.

AARP #283

The Chapter will meet on September 16th at 1:30pm. New members are welcome.

PLWW BLOCK CLUB

The club will meet here the first Thursday of the month. September 2nd at 6:30.

PINOCHLE CLUB

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

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.

LEBANON SENIORS

Will meet here on September 8th at 1:00.

REUNITED

Reunited will be meeting here on September 1st and 15th from 1:30 to 3:30.

DEVEAUX SOCIAL CLUB

This exciting new club will begin meeting here on Tuesday September 7 at 1:00. We are so excited to have this club join The Duke Center.

FOOD STAMPS

Niagara Community Action Program will have a representative at the center on Tuesday, September 28th at 9:00 to give out information and accept applications for Food Stamps.

BALLROOM DANCING

Marge Dorato will be teaching Ballroom Dancing every Wednesday at 10:00. The class cost is \$1.00

TAI CHI CLASS

The Tai Chi Class will be offered at DUCK ISLAND every Friday in September at 9:30.

EXERCISE CLASS

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

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.

TRIVIA QUESTION

- The August question was "Jimmy Durante said what at the end of every show?" The answer is-"Good night, Mrs. Calabash, wherever you are." The September question is-The NF grade school Henry J Kalfas was originally called what?

PROGRAM IDEAS

Any new program idea? Let us know and we will do our best to make it happen!

VOLUNTEER CENTER

Hanci's volunteer center will be here for monthly at 9:30 for FGP and SCP. Please check the schedule to find out when your meeting is.

September 2010 John A. Duke Senior Center 297-9324

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| | | 1.Nutrition 11:45 Bridge 12:45 Lebanon 1:00 Euchre 1:00 Needle Painters 1:00 | 2.Exercise 10:00 Nutrition 11:45 Pinochle 12:30 New Horizon 1:00 PLWW 6:30 Woodcarvers 7:00 Computers 7:00 | 3. Mahjongg 9:00 Tai Chi Duck Island 9:30 GASP 10:30 Nutrition 11:45 Euchre 1:00 |
| 6. Bingo 10:30 Nutrition 11:45 | 7.Volunteer Center 9:30 Exercise 10:00 Elders Group 11:00 Socialites Ex. 11:00 Nutrition 11:45 Young At Heart 1:30 | 8. RMSC 9:00 Nutrition 11:45 Bridge 12:45 Reunited 1:00 Euchre 1:00 Needle Painters 1:00 | 9.Exercise 10:00 People Inc. 11:15 Nutrition 11:45 Pinochle 12:30 Mt. Carmel Seniors 1:30 Woodcarvers 7:00 Travel & Social Club 7:00 | 10. Mahjongg 9:00 Songsters 9:00 Tai Chi Duck Island 9:30 Nigarian 10:00 Nutrition 11:45 Red Hats 1:00 Euchre 1:00 |
| 13. Volunteer Center 9:30 Bingo 10:30 Blood Pressure 10:30 Nutrition 11:45 Rosary Seniors 1:00 | 14. Exercise 10:00 Crafts 10:00 Elders Group 11:00 Nutrition 11:45 Friendly Seniors 1:30 | 15.Nutrition 11:45 Bridge - 12:45 Lebanon 1:00 Euchre 1:00 Needle Painters 1:00 Carpenter 1:00 | 16. Exercise 10:00 Retired Teachers 10:30 Nutrition 11:45 Pinochle 12:30 OFA Workers 1:00 AARP 1:30 Socialites 6:00 Woodcarvers 7:00 | 17. Mahjongg 9:00 Songsters 9:00 Tai Chi Duck Island 9:30 GASP 10:30 Nutrition 11:45 FALL FEST 12:00 |
| 20. Driving Class 9:00 Bingo 10:30 Nutrition 11:45 | 21. Driving Class 9:00 Elders Group 11:00 Nutrition 11:45 Plumbers 12:30 Young at Heart 1:30 | 22. HICAP 9:30 HDO 10:00 Nutrition 11:45 Bridge - 12:45 Reunited Picnic 12:00-3:00 Euchre 1:00 Needle Painters 1:00 | 23. Exercise 10:00 Nutrition 11:45 Pinochle 12:30 Mt. Carmel Seniors 1:30 Woodcarvers 7:00 | 24. Mahjongg 9:00 Songsters 9:00 Tai Chi Duck Island 9:30 Nutrition 11:45 Euchre 1:00 |
| 27. Bingo 10:30 Nutrition 11:45 Rosary Seniors 1:00 | 28. Food Stamp Assistance 9:00 Office for the Aging Lawyer 9:30 Crafts 10:00 Exercise 10:00 Elders Group 11:00 Nutrition 11:45 Friendly Seniors 1:30 | 29. Ballroom Dancing 10:00 Nutrition 11:45 Bridge - 12:45 Euchre 1:00 Needle Painters 1:00 | 30. Exercise 10:00 Nutrition 11:45 Pinochle 12:30 Woodcarvers 7:00 | |

September 2010 LaSalle Facility

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------|-----------|----------|--------|----------|
|--------|---------|-----------|----------|--------|----------|

| | | | | | |
|------------------------------------|--|--|--|------------------------------------|---|
| | | 1. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45 | 2. Bingo - 10:00 Lunch - 11:45. | 3. Bingo - 10:00 Lunch - 11:45 | 4. HAPPY BIRTHDAY VIRGINIA CERETTO |
| 6. Bingo - 10:00 Lunch - 11:45 | 7. Bingo - 10:00 Lunch - 11:45 | 8. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45 | 9. Bingo - 10:00 Lunch - 11:45 | 10. Bingo - 10:00 Lunch - 11:45 | 11. HAPPY BIRTHDAY ROBERTA BREEDEN |
| 13. Bingo - 10:00 Lunch - 11:45 | 14. Bingo - 10:00 Crafts - 10:00 Lunch - 11:45 | 15. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45 | 16. Bingo - 10:00 Lunch - 11:45 Univera - 1:00 | 17. Bingo - 10:00 Lunch - 11:45 | 18. |
| 20. Bingo - 10:00 Lunch - 11:45 | 21. Bingo - 10:00 Lunch - 11:45 | 22. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45 | 23. Bingo - 10:00 Lunch - 11:45 | 24. Bingo - 10:00 Lunch - 11:45 | 25 |
| 27. Bingo - 10:00 Lunch - 11:45 | 28. Bingo - 10:00 Crafts - 10:00 Lunch - 11:45 | 29. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45 | 30. Bingo - 10:00 Lunch - 11:45 | | |

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 September 2010 Lunch is served @ 11:45

| Mon | Tue | Wed | Thu | Fri |
|---|--|--|--|--|
| | | 1) Hot open-Faced Turkey Sandwich with Gravy Mashed Potatoes Baked Squash Cranberry Sauce White Bread Fresh Fruit/Mixed | 2) Savory Chicken Breast Herbed Stuffing California Mixed Vegetables 100 % Whole Wheat Rice Pudding | 3) Hamburger Supreme on Bun Tomato Condiments American Cheese Onions Baked Beans Pickle Slices Applesauce Gelatin |
| 6) Labor Day Holiday No Meals Today | 7) Stuffed Cabbage Rolls Mashed potatoes Tender Sweet Corn Italian Bread Butterscotch Pudding with Topping | 8) Glazed Ham Mashed Sweet Potatoes Cooked Cabbage (vinegar available) Whole Wheat Dinner roll Fresh Local Apple | 9) Broccoli Cheese Soup with Crackers Grilled Chicken Filet on Bun Lettuce Tomato Slice Mayo Hamburg Bun Pineapple Tidbits | 10) Homemade Meat-loaf with Onion Gravy Ketchup Whipped Potatoes Spring Mix Vegetables Pumpnickel Bread Oatmeal Raisin Bar |
| 13) Polish Sausage on Roll Peppers & Onions Pierogies Brussels Sprouts Hot Dog Roll Mixed Fruit with Mandarin | 14) Egg Frittata with Vegetables Steak Fries Chef Salad with Dressing Raisin Bread Fresh Red Seedless | 15) Center Cut Pork Chop Ranch Mashed Potatoes Sauerkraut Rye Bread Cinnamon Applesauce | 16) Large Julienne Salad with Diced Ham and Grated Cheddar Cheese Garbanzo Beans Tomato Slice Assorted Sld Dressings Assorted Muffins | 17) Swiss Steak with peppers & Onions Baked Potato with Sour Cream Prince Edward Vegetables Whole Wheat Dinner roll Peach Cobbler |
| 20) Meatball Submarine Meatballs and Sauce Parmesan Cheese Spinach Salad/Ranch Drsg. Small Hoagie Roll Cranberry Whip | 21) <u>Chicken Salad Cold Plate</u> Cottage Cheese Leaf Lettuce Cherry Tomatoes Fresh Broccoli Salad Sundried Tomato | 22) Cold Roast Beef Sandwich On Deli Rye Bread Tomato Leaf Lettuce Dill Pickle Horseradish Sweet and Sour Cabbage Poke Cake | 23) Split Pea Soup with Crackers Tuna Salad Sandwich with Leaf Lettuce Cracked Wheat Bread Chilled Pears | 24) Lemon Chicken Rice Carrot Coins Potato Bread Ambrosia |
| 27) Chicken Cannelloni Bean Soup and Crackers Fish Sandwich with Tartar Sauce Leaf Lettuce Tomato Hamburg Roll Fresh Local Pear | 28) Chicken Fingers with Ranch Dressing Whipped Potatoes Sweet Peas Whole Wheat Dinner Roll Rainbow Gelatin/ Tppg | 29) Baked Italian Ziti with Meat Sauce Parmesan cheese Spinach Salad with Creamy Italian dressing/Red onions Italian Bread Fresh Orange | 30) Chicken a la King over Rice Fresh Broccoli Flowerettes 12- Grain Bread Chilled Peaches | |

NIAGARA COUNTY OFFICE FOR THE AGING LAWYER

Gary Billingsley, Office for the Aging Lawyer, will be at the John Duke Senior Center, Tuesday, September 28, 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.

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