



**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**

**March 2010**

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

**March 2nd- 1:00-3:30-Card Party.** Come enjoy an afternoon of cards with your friends. Pizza and prizes! \$4.00 per person.

**March 5th -12:00-2:00 EPIC Enrollment.** Come and get help filling out your enrollment for EPIC.

**March 11th-11:00-12:30-Medical Community Meeting.** Don't miss this, the deadline March 31st, for any changes to your insurance.

**March 17th- 11:45- Happy St. Patrick's Day!!** Root Beer Floats. Served during lunch!

**March 18th -11:00- Roswell Park Cancer Institute,** informational talk and research.

**March 24th 11:15- Independent living informational talk.**

**March 25th-5:30- Retired Men's Service Club** annual spaghetti dinner. Lots of fun and food!! \$8.00 tickets in advance.

**Advance Notice !!**

**April 29th 5:30-8:30- Come join us for an evening dance.** The Krew Brothers will be the entertainment and we will serve pizza and punch. Space is limited all tickets are sold in advance. The cost is \$5.00. Hope to see you there!!

**Tax Preparation Times-Tax preparation is underway!** The following are the times the preparers will be available at the Duke Center:

Monday- 1:00-3:30

Tuesday-1:00-3:30

Wednesday-9:00-12:00

Friday-10:00-2:00

Appointments are taken at 297-9324  
LaSalle Facility will have preparers on the following days:

February 19th-10:30-1:30

March 19th 10:30-1:30

April 2nd 10:30-1:30

Seniors 60 and over are given priority.



**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:

**March 5th and 12th 9:00-Lasalle Center**

**April 19th and 26th 9:00- Duke Center**

**May 11 and 18th 9:00-Duke Center**

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

**MEDICAL COMMUNITY MEETING**

March 31st is the deadline to lock in your health insurance plan. We will have representatives from Univera, Independent Health, EPIC, Community Blue and The office for the Aging, here on March 11 from 11:00-12:30. They will give an overview of the plans, answer your questions and facilitate enrollment.

**ROSWELL PARK**

Cancer effects us all. Roswell is hoping to educate Niagara residents on what Roswell does. They are also in need of healthy research participants. Please come and join us for this topic!

### **CRAFT CLASS**

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

March 2nd and the 16th at the LaSalle Center 10:00am

March 9th and 23rd 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, March 8th 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 March 2nd and 16th at 1:00.

### **SOCIALITES**

The Socialites executive board will meet March 9th at 11:00. The Socialites will meet March 18th at 6:00.

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

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 March 17th at 10:00am. This program utilizes trained

volunteers to assist Seniors with Health Insurance questions or problems. Please register with Center

### **NEW HORIZONS**

This group will meet on Thursday, January 7th 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.

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

### **GRANDPARENTS' SUPPORT GROUP**

The Grandparents & Parents as Providers Support Group will meet March 5th and March 19th at 10:30

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

The Ladies of the Mist will meet March 12th at 1:00,

### **MT. CARMEL SENIORS**

Mt. Carmel Senior Citizens will meet on March 11th and 25th 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 March 12th at 10:00.

### **ECHOTA SENIORS**

The Echota Seniors will meet on Friday, March 26th at 1:30 PM.

### **AARP #283**

The Chapter will meet on March 18th at 1:30pm.

New members are welcome.

### **LEBANON SENIORS**

Will meet here on Wednesday March 10th at 1:00.

### **REUNITED**

Reunited will be meeting here on March 3rd and March 17th from 1:30 to 3:30.

### **FOOD STAMPS**

Niagara Community Action Program will have a representative at the center on Tuesday, March 23rd 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**

The Tai Chi Class will be offered at the Duke Center. There is a \$2.00 charge for this class. Please see center staff for more information.

### **EXERCISE CLASS**

The class will continue to be offered on Tuesday and Thursday mornings at 10:00 am. This class uses the Center's DVD player. Robin will be teaching the class on Tuesday.

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**

We have had interest in a line dancing class. If anyone knows of a volunteer instructor, please have them see Becky in the office. We are anxious to get this started!

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

1. Bingo 10:30 Nutrition 11:45 Taxes 1:00-3:30	2. Exercise 10:00 Elders Group 11:00 Nutrition 11:45 Young At Heart 1:00 Taxes 1:00-3:30	3. Taxes 9-12:00 Chair Exercise 10:00 Games 10:00 Nutrition 11:45 Bridge - 12:45 Reunited 1:00 Euchre 1:00 Needle painters 1:00	4. 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	5. Mahjonn 9:00 Songsters 9:00 Tai Chi 9:30 Taxes 10-2:00 G.A.S.P. 10:30 Nutrition 11:45 Epic Enroll 12-2:00 Euchre 1:00
8. Bingo 10:30 Blood Pressure 10:30 Nutrition 11:45 Driving Class 12:00 Eastsiders 1:00 Taxes 1:00-3:30 Computer Class 3:00	9. Exercise 10:00 Crafts 10:00 Elders Group 11:00 Socialites Ex. 11:00 Nutrition 11:45 Driving Class 12:00 Taxes 1:00-3:30 Friendly Seniors 1:30	10. Taxes 9-12:00 RMSC 9:00 HDO 10:00 Games 10:00 Nutrition 11:45 Bridge 12:45 Lebanon Seniors 1:00 Euchre 1:00 Carpenters 1:00 Needle Painters 1:00	11. Exercise 10:00 Niagarian 10:00 Insurance Seminar 11:00 Nutrition 11:45 Pinochle 12:30 Mt. Carmel Seniors 1:30 Woodcarvers 7:00 Travel & Social Club 7:00	12. Mahjonn 9:00 Songsters 9:00 Tai Chi 9:30 Taxes 10-2:00 G.A.S.P. 10:30 Nutrition 11:45 Euchre 1:00
15 Bingo 10:30 Nutrition 11:45 Eastsiders 1:00 Taxes 1:00-3:30	16. Exercise 10:00 Elders Group 11:00 Nutrition 11:45 Plumbers 12:30 Young at Heart 1:00 Taxes 1:00-3:30	17. Taxes 9-12:00 HICAP 9:30 Games 10:00 Chair Exercise 10:00 Nutrition 11:45 Bridge - 12:45 Reunited 1:00 Euchre 1:00 Needle Painters 1:00	18. Exercise 10:00 Retired Teachers 10:30 Roswell Park 11:00 Nutrition 11:45 Pinochle 12:30 AARP 1:30 AOA Workers 1:00 SWIP 2:30 Socialites 6:00 Woodcarvers 7:00	19. Songsters 9:00 Mahjonn 9:00 Tai Chi 9:30 Taxes 10-2:00 GASP 10:30 Nutrition 11:45 Euchre - 1:00
22. Bingo 10:30 Nutrition 11:45 Eastsiders 1:00 Taxes 1:00-3:30 Computer Class 3:00	23. 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 Taxes 1:00-3:30 Friendly Seniors 1:30	24. Taxes 9-12:00 Chair Exercise 10:00 Games 10:00 Nutrition 11:45 Bridge - 12:45 Euchre 1:00 Needle Painters 1:00	25. Exercise 10:00 Nutrition 11:45 Pinochle 12:30 Mt. Carmel Seniors 1:30 Compeer 6:00 Golden Stars 6:00 Woodcarvers 7:00	26. Mahjonn 9:00 Songsters 9:00 Tai Chi 9:30 Taxes 10-2:00 G.A.S.P. 10:30 Nutrition 11:45 Euchre 1:00 Echota 1:30
29. Bingo 10:30 Nutrition 11:45 Taxes 1:00-3:30	30. Exercise 10:00 Elders Group 11:00 Nutrition 11:45 Taxes 1:00-3:30	31. Taxes 9-12:00 Chair Exercise 10:00 Games 10:00 Nutrition 11:45 Bridge - 12:45 Euchre 1:00 Needle Painters 1:00		

## March 2010 LaSalle Facility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. Bingo - 10:00 Lunch - 11:45	2. Bingo - 10:00 Crafts - 10:00 Lunch - 11:45	3. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	4. Bingo - 10:00 Lunch - 11:45	5. Bingo - 10:00 Lunch - 11:45	6. HAPPY BIRTHDAY HELEN SLISH MARCH 5
8. Bingo - 10:00 Lunch - 11:45	9. Bingo - 10:00 Lunch - 11:45	10. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	11. Bingo - 10:00 Lunch - 11:45	12. Bingo - 10:00 Lunch - 11:45	13. HAPPY BIRTHDAY JEAN WILTON MARCH 13
15. Bingo - 10:00 Lunch - 11:45	16. Bingo - 10:00 Crafts - 10:00 Lunch - 11:45	17. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	18. Bingo - 10:00 Lunch - 11:45	19. Bingo - 10:00 Lunch - 11:45	20. HAPPY BIRTHDAY MARQUERITE ZUKE MARCH 21
22. Bingo - 10:00 Lunch - 11:45	23. Bingo - 10:00 Lunch - 11:45	24. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	25. Bingo - 10:00 Lunch - 11:45	26. Bingo - 10:00 Lunch - 11:45	27. HAPPY BIRTHDAY MYRA MILLEVILLE MARCH 26
29. Bingo - 10:00 Lunch - 11:45	30. Bingo - 10:00 Lunch - 11:45	31. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45		WE HEARD YOUR BIRTHDAY WAS IN MARCH, BUT WHEN, MARGARET QUARANTILLO? HAPPY B-DAY	HAPPY BIRTHDAY RUTH KUMM MARCH 31

### 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 March 2010

Mon	Tue	Wed	Thu	Fri
1) Hamburger on Bun Slice of Onion Tomato Slice Condiments Hamburger Roll Homemade Baked Beans Sunshine Gelatin Salad Seedless Grapes	2) Savory Chicken Breast Baked Potato/ Sour Cream California Mixed Vegetables 100% Whole Wheat Bread Poke Cake with Topping	3) Polish Sausage with Peppers & Onions Pierogies and Sauerkraut Hot Dog Roll Lemon Cookie	4) Hot Open-Faced Turkey Sandwich Mashed Potatoes Baked Butternut Squash Cranberry Sauce White Bread Fruit Cocktail	5) Vegetable Lasagna Chef Salad with Dressing Tomato Slice Whole Wheat Dinner Roll Chilled Pears
8) Tomato Florentine Soup with Crackers Philly Cheese Steak Sandwich Peppers & Onions Hoagie Roll Frosted Chocolate	9) Sweet & Sour Pork over Rice Green Beans Chow Mein Noodles 100% Whole Wheat Bread Chilled Peaches	10) Homemade Meatloaf with Mushroom Gravy Mashed Potatoes Club Spinach 12-Grain Bread Oatmeal Cranberry Bar	11) Glazed Chicken Leg Cheddar Mashed Potatoes Peas & Carrots Whole Wheat Dinner Roll Fruited Gelatin Dessert	12) Stuffed Shells with Sauce Parmesan Cheese Chef Salad with Italian Dressing Italian Bread Mixed Fruit Cup
15) Breaded Chicken Drumsticks Rice Scandinavian Vegetables Whole Wheat Bread Pumpkin Snack Cake	16) Center Cut Pork Chop Ranch Mashed Potatoes Sauerkraut Pumpnickel Bread Applesauce/Cinnamon	17) <i>St. Patrick's Day</i> Corned Beef Dinner Boiled Potatoes Cabbage & Carrots Whole Wheat Dinner Roll Pistachio Bar	18) Beef Barley Soup with Crackers Chicken Salad Sandwich on Cracked Wheat Bread With Leaf Lettuce Cranberry Whip Dessert	19) Potato Breaded Fish Tartar Sauce Steak Fries/Ketchup Coleslaw Dinner Roll Banana
22) Chile Con Carne with Crackers Chef Salad /Dressing Sliced red onion & cucumber Warm Cornbread Fresh Apple	23) Lemon Chicken Rice Pilaf Buttered Beets Potato Bread Ambrosia	24) Swedish Meatballs Mashed Potatoes Country Blend Vegetables Deli Rye Bread Bread Pudding/Topping	25) Barbecued Pork Rib Corn Casserole Brussels Sprouts Dinner Roll German Apple Cake	26) Homemade Macaroni & Cheese Zucchini & Tomato Casserole With Lima Beans Blueberry Muffin Fresh Orange
29) Lentil Rice and Vegetables Soup with Crackers Chicken Patty on Roll Lettuce Tomato Mayo Hamburg Roll Pineapple Chunks	30) <i>Easter Special</i> Baked Ham with Pineapple Sauce Au Gratin Potatoes Sugar Snap Peas with Peas and Carrots Deli Rye Bread Coconut Cream Pie	31) Salisbury Steak with Jardinière Sauce Sweet Potatoes Prince Edward Vegetables Rye Bread Homemade Peanut Butter Cookie		

### NIAGARA COUNTY OFFICE FOR THE AGING LAWYER

Gary Billingsley, Office for the Aging Lawyer, will be at the John Duke Senior Center, Tuesday, March 23, 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. 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.

### 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