



**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**

**April 2010**

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

**April 1st and 15th**– 11:00 Dr Tom DeLoughrey will be here for a continuation of his series.

**April 9th**–12:00-2:00 Epic enrollment or questions

**April 12th**– 11:00 NYS Office of the Comptroller. Will be here to help you find unclaimed funds! The comptroller office currently has \$9 billion of unclaimed funds! Find out if some of this is yours.

**April 21st-8:00-TRIAD**- Annual presentation. This years topic: Home Repair Scams.

**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 for seniors 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:

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

**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

**TRIAD**

Our annual TRIAD meeting will be here on April 21st at 9:30am. Come and listen to a bevy of speakers about home repair scams. Find out how to keep you and your home safe.

**BEING YOUR BEST  
SERIES: MAY TOPIC**

Our usual series with Dr. Tom DeLoughry is extending an invitation to you and your family members. Keeping our families involved with our general well being is important for a positive outlook on a long healthy life! We would like at least one of your family members, to join us for one or both of our informational seminars on, May 6th and May 20th from 11:00 to 11:45. Remember to make your loved one a lunch reservation if they plan on staying!

### **CRAFT CLASS**

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

April 6th and the 20th at the LaSalle Center 10:00am

April 13th and 27nd 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, April 12th 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 April 6th and 20th at 1:00.

### **SOCIALITES**

The Socialites executive board will meet April 6th at 11:00. The Socialites will meet April 15th at 6:00.

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

9:00 am Fridays at the Duke Center. Contact staff

### **HIICAP**

The Niagara County Office for the Aging's HIICAP Program will be at the Center on April 21st at 10:00am. This program utilizes trained volunteers to assist Seniors with Health Insurance questions or problems.

### **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 12:45 pm at the Duke Center.

### **GRANDPARENTS' SUPPORT GROUP**

The Grandparents & Parents as Providers Support Group will meet April 9th at 10:30 am.

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

The Ladies of the Mist will meet April 9th at 1:00, For info regarding the Red Hat

### **MT. CARMEL SENIORS**

Mt. Carmel Senior Citizens will meet on April 8th and 22nd 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 April 9th at 10:00.

### **ECHOTA SENIORS**

The Echota Seniors will meet on Friday, April 23rd at 1:30 PM.

### **AARP #283**

The Chapter will meet on April 15th at 1:30pm.

New members are welcome.

### **LEBANON SENIORS**

Will meet here on Wednesday April 14th at 1:00.

### **REUNITED**

Reunited will be meeting here on April 7th and 21st from 1:30 to 3:30.

### **TAI CHI CLASS**

The Tai Chi Class will be offered at the Duke Center every Friday at 9:30. There is a \$2.00 charge for this class. .

### **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.

### **LINE DANCING**

HAS ARRIVED!! Cathy Cutre is teaching the class on Mondays at 1:00. There is a dollar donation and leather soled shoes are preferred.

### **TRIVIA QUESTION**

The March question was "What famous singer "Left His Heart in San Francisco"? The answer is: Tony Bennet The April question is "What President served our nation for the longest term, of 12 years?"

### **FOOD STAMPS**

Niagara Community Action Program will have a representative at the center on Tuesday, April 27th at 9:00 to give out information and accept

applications for Food Stamps.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1.Exercise 10:00 Dr. DeLoughry 11:00 Nutrition 11:45 Pinochle 12:30 New Horizon 1:00 Woodcarvers 7:00 Computers 7:00	2. Mahjonn 9:00 Songsters 9:00 Tai Chi 9:30 Taxes 10-2:00 Nutrition 11:45 Euchre 1:00
5. Bingo 10:30 Nutrition 11:45 Taxes 1:00-3:30 Line Dancing 1:00	6.Exercise 10:00 Elders Group 11:00 Socialites Ex. 11:00 Nutrition 11:45 Young At Heart 1:00 Taxes 1:00-3:30	7.Taxes 9-12:00 Games 10:00 Nutrition 11:45 Bridge 12:45 Reunited 1:00 Euchre 1:00 Needle Painters 1:00	8.Exercise 10:00 Nutrition 11:45 Pinochle 12:30 Mt. Carmel Seniors 1:30 Woodcarvers 7:00 Travel & Social Club 7:00 Hyde Park Bocce Officers 7:00	9. Mahjonn 9:00 Songsters 9:00 Tai Chi 9:30 Nigarian 10:00 Taxes 10-2:00 G.A.S.P. 10:30 Nutrition 11:45 Epic Enroll 12-2:00 Red Hats 1:00 Euchre 1:00
12. Bingo 10:30 Blood Pressure 10:30 State Comptroller 11:00 Nutrition 11:45 Rosary Seniors 1:00 Line Dancing 1:00 Taxes 1:00-3:30 Computer Class 3:00	13. Exercise 10:00 Elders Group 11:00 Nutrition 11:45 Young at Heart 1:00 Taxes 1:00-3:30 Friendly Seniors 1:30	14. Taxes 9-12:00 RMSC 9:00 Games 10:00 Nutrition 11:45 Bridge - 12:45 Lebanon Seniors 1:00 Euchre 1:00 Needle Painters 1:00 Carpenter 1:00	15. Exercise 10:00 Retired Teachers 10:30 Dr. DeLoughry 11:00 Nutrition 11:45 Pinochle 12:30 AARP 1:30 OFA Workers 1:00 SWIP 2:30 Socialites 6:00 Woodcarvers 7:00 Bocce Club 7:00-8:45	16. Mahjonn 9:00 Songsters 9:00 Tai Chi 9:30 Nutrition 11:45 Euchre 1:00
19. Driving Class 9:00 Bingo 10:30 Nutrition 11:45 Line Dancing 1:00	20. Exercise 10:00 SOAR 10:00 Elders Group 11:00 Nutrition 11:45 Plumbers 12:30 Young at Heart 1:00	21. TRIAD 9:30 HICAP 9:30 HDO 10:00 Nutrition 11:45 Bridge - 12:45 Reunited 1:00 Euchre 1:00 Needle Painters 1:00 SWIP 2:30	22. Exercise 10:00 Nutrition 11:45 Pinochle 12:30 Mt. Carmel Seniors 1:30 Woodcarvers 7:00	23. Mahjonn 9:00 Songsters 9:00 Tai Chi 9:30 Nutrition 11:45 Euchre 1:00 Echota 1:30
26. Driving Class 9:00 Bingo 10:30 Nutrition 11:45 Rosary Seniors 1:00 Line Dancing 1:00 Computer Class 3:00	27. 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	28.Games 10:00 Nutrition 11:45 Bridge - 12:45 Euchre 1:00 Needle Painters 1:00	29. Exercise 10:00 Nutrition 11:45 Pinochle 12:30 Dance 5:30 Woodcarvers 7:00	30.Mahjonn 9:00 Songsters 9:00 Tai Chi 9:30 Nutrition 11:45 Euchre 1:00 Echota 1:30

## April 2010 LaSalle Facility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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			1. Bingo - 10:00 Lunch - 11:45	2. Bingo - 10:00 Lunch - 11:45	3. HAPPY BIRTHDAY JANETTE LEMLY
5. Bingo - 10:00 Lunch - 11:45	6. Bingo - 10:00 Crafts - 10:00 Lunch - 11:45	7. LaSalle Artists - 9:00 Bingo - 10:00	8. Bingo - 10:00 Lunch - 11:45	9. Bingo -10:00 Lunch - 11:45	10. HAPPY BIRTHDAY SAM COFFEE
12. Bingo - 10:00 Lunch - 11:45	13. Bingo - 10:00 Lunch - 11:45	14. LaSalle Artists - 9:00 Bingo - 10:00	15. Bingo - 10:00 Lunch - 11:45	16. Bingo -10:00 Lunch -11:45	17. HAPPY BIRTHDAY SHIRLEY SLATER
19. Bingo - 10:00 Lunch - 11:45	20. Bingo - 10:00 Crafts - 10:00 Lunch - 11:45	21. LaSalle Artists - 9:00 Bingo - 10:00	22. Bingo - 10:00 Lunch - 11:45	23. Bingo - 10:00 Lunch - 11:45	24. HAPPY BIRTHDAY HELEN SCHULTZ
26. Bingo - 10:00 Lunch - 11:45	27. Bingo - 10:00 Lunch - 11:45	28. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	29. Bingo - 10:00 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 or at the John A. Duke Senior Center, please call 297-9324.

## Eat Well...Stay Well Menu April 2010

Mon	Tue	Wed	Thu	Fri
			1) April Fool's Day! Beef Stew over Biscuit Chef Salad with Dressing Fresh Fruit Cup	2) Good Friday No Meals Today
5) Spaghetti and Meatballs With Tomato Sauce and Parmesan Cheese Applesauce Gelatin Mold/ Lettuce Leaf Italian Bread Chilled Apricots	6) Cream of Broccoli Soup with Crackers Chicken Salad Sandwich on Honey Cracked Wheat Bread Lettuce Leaf Tomato Orange Cake /Frosting	7) Roast Pork au Jus Parsley Potatoes Brussels Sprouts Whole Wheat Dinner Roll Cherry Crisp/Topping	8) Country Fried Fish Tartar Sauce Au Gratin Potatoes Creamy Coleslaw Dinner Roll Banana	9) Hot Open-Faced Roast Beef Sandwich Horseradish Mashed Potatoes Garden Peas White Bread Chilled Peaches
12) Hamburger on bun Onions/Tomato/ Condiments Homemade Baked Beans Copper Penney Salad Hamburger Roll Chilled Pears	13) Tomato Beef Lasagna Parmesan Cheese Chef Salad/ Cucumber slices/ Shredded Carrots with Dressing Whole Wheat Dinner Roll Seedless Grapes	14) Savory Chicken Breast Baked Potato/ Sour Cream California Mixed Vegetables 100% Whole Wheat Bread Pineapple Bars	15) Hot Open-Faced Turkey Sandwich with Gravy Cranberry Sauce Mashed Potatoes Baked Squash White Bread Fruit Cocktail	16) Minestrone Soup with Crackers Italian Sausage on Bun With Peppers and Onions Soft Sugar Cookie with Raisins.
19) Tomato Florentine Soup/Crackers Ham and Swiss Cheese Sandwich with Mayo Tomato Slice Lettuce Frosted Chocolate Brownie	20) Chicken Fingers with Blue Cheese Dressing Macaroni Salad/Lettuce Leaf Coleslaw Dinner Roll Fruited Gelatin/Topping	21) Homemade Meatloaf with Mushroom Gravy Mashed Potatoes Club Spinach 12-Grain Bread Oatmeal/Cranberry Bar	22) Chicken Cacciatore Shell Pasta Spinach Salad/Creamy Italian Dressing Italian Bread Vanilla Pudding/Topping	23) Stuffed Cabbage Roll with Tomato Sauce Cheddar Mashed Potatoes Yellow Wax Beans Italian Bread Fresh Local Apple
26) Breaded Chicken Drumsticks Rice Scandinavian Vegetables Whole Wheat Bread Snickerdoodle Cookie	27) Chile Con Carne Chef Salad, Red Cabbage shredded with Tomato Slice Variety of Dressing Blueberry Muffin Fresh Orange	28) Center Cut Pork Chop Ranch Mashed Potatoes Sauerkraut Pumpnickel Bread Apple Crisp/Topping	29) Beef Barley Soup with Crackers Chicken Salad Sandwich on Cracked Wheat Bread Lettuce Leaf Pickle Chips Creamsickle Pudding	30) Beef Stroganoff with Linguine Cottage Cheese Lime Gelatin Salad Whole Wheat Dinner Roll Banana

### NIAGARA COUNTY OFFICE FOR THE AGING LAWYER

Gary Billingsley, Office for the Aging Lawyer, will be at the John Duke Senior Center, Tuesday, April 27, 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