



JOHN A. DUKE NIAGARA FALLS SENIOR CITIZEN CENTER
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Janice L. Lewis, Senior Citizen Program Administrator



DECEMBER 2009

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

Upcoming activities for include:

December 1st— Marie Shaw Director of Infection Control, from Memorial Medical Center. 11:15 Information about illness, colds, and H1N1. Marie will be at our LaSalle Facility on December 10th at 11:15.

December 2nd-Hyde Park kids are coming in to decorate the tree!! 10:30

December 4th - Card Party 12:30-\$4.00 Donation, includes table prize, pizza and pop. Make your reservations now!

December 9th - Retired Men's Choral Group-10:00 Annual Holiday Concert. Light refreshments provided by Retired Men's Service Club.

December 11th - Senior Center Holiday Party—1:00 –3:00—Music by Ron Parnella, refreshments, punch, etc. Donation \$1.00.

December 15th-Pam Szalay, Community Education and Referral Coordinator for the Mental Health Association 11:15, Pam will be explaining the agency's programs and services and will also distribute the HELP Booklet to participants

December 16th-Hyde park students 10:00 Holiday party including magician

December 29th— New Year's Party - 11:00 –1:00, Music by 2nd Time Around, noisemakers, hats, sparkling grape juice, etc. Make your lunch reservations and be a part of this fun party.

January 11-15th— AARP Tax Counselor Classes, 9:00-4:00. Please leave your name with center staff if interested in becoming volunteer tax counselor. Tax preparation will begin February 1st, times and dates to follow.

HEAP

HEAP applications (Heating Energy Assistance Program), applications are now being accepted
Income Requirements are:

- 1 person household - \$2030.00 per month
 - 2 person household -\$2657.00per month
- Contact office staff for more information



AARP DEFENSIVE DRIVING CLASS

The Senior Center Division has scheduled the following AARP Defensive Driving Classes. The course is geared for persons age 50 and older. Call the Senior Center to register for an open class.

January 5th and 7th -9am to 1pm

February 1st and 8th -9am to 1pm

March 8 and 9th -1pm to 3pm

March 5th and 12th- 9am to 1pm

You will need to bring a check or money order, payable to the AARP to the first session of the class. The cost of the class is \$12.00 for AARP members and \$14.00 for non-members. The instructors do not accept cash. You will receive a receipt that you have paid for the class. The certificate will be mailed to you. This certificate is good for three years, after which you will need to take the class again. This class entitles you to an insurance premium reduction for point reductions. Class size is limited. A waiting list will be taken for the classes to be during the second quarter of 2010.

WE WANT TO KNOW!!!

Do you have any ideas for programs you would like to be offered at the Duke Center or LaSalle Senior Center? If you do, please let the staff at either building know and we will try to find a way to offer it.

RAINBOW WOODCARVERS

The Carvers meet on Thursdays, at 7:00 pm. The Group welcomes new members. .

CLOSINGS

The John A. Duke Senior Center & the LaSalle Facility Center will be closed December 25th in observance of the holiday. Also January 1st in observance of New Years Day and January 18th for the Martin Luther King Jr. Holiday.

CRAFT CLASS

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

10:00 am, December 8th LaSalle Facility

10:00 am, December 1st & 15th Duke Center.

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

Blood pressure screening will be held on Monday, December 7th, 10:30

YOUNG AT HEART

The Young at Heart Senior Citizen Group accepts new members. The group will meet on Tuesday, December 1st and 15th at 1:00 pm.

SOCIALITES

The Socialites meet the third Thursday of each month.

The Socialites will not meet in the month of December. The Christmas Party is scheduled for December 10th, 5:30pm at the Days Inn.

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

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

NEW HORIZONS

This group will meet on Thursday, December 3rd at 12:30. New members are welcome.

HIICAP

The Niagara County Office for the Aging's HIICAP Program will be at the Center on December 16th at 10:00am. This program utilizes trained volunteers to assist Seniors with Health Insurance questions or problems. Register with Center staff.

TAI CHI CLASS

The Tai Chi Class will be offered at the Duke Center on Fridays at 9:30 am.

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 is teaching the Tuesday Class. This class is free of charge.

PINOCHLE CLUB

The Center's Pinochle Club accepts new players. This Club plays on Thursday 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. New players are always welcome.

GRANDPARENTS' SUPPORT GROUP

The Grandparents & Parents as Providers Support Group will not meet in December. The holiday party is scheduled for December 11th, 11:30 at the Jetport. Call Paula at 731-3235 for more info.

RED HAT SOCIETY/LADIES OF THE MIST

The Ladies of the Mist will not meet in December. The holiday party is December 11th, 12:30 at Suzanne's.

MT. CARMEL SENIORS

Mt. Carmel Senior Citizens will hold their holiday party on December 10, at the Duke Center.

The second meeting is canceled.

Mt. Carmel Trips

For information regarding upcoming trips

Contact Lillian Travis.

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 not meet in December.

ECHOTA SENIORS

The Echota Seniors will not be meeting in the month of December. New members are welcome.

CHAIR EXERCISE

Chair exercises, at the Duke Center, on Wednesdays at 10:00 am. This activity is free of charge and utilizes a DVD by Jodi Stolove.

AARP #283

The Chapter will meet on Thursday, December 17th at 1:30pm. New members are welcome.

December 2009 John A. Duke Senior Center 297-9324

Mon	Tue	Wed	Thu	Fri
	1 Exercise—10:00 Native American Crafts 10:00 Elders Group 11:00 Nutrition—11:45 Young At Heart Seniors 1:00	2 Chair Exercise 10:00 HDO Exec 10:00 Hyde Park Kids Tree Trim 10:00 Nutrition 11:45 Bridge - 12:45 Euchre 1:00 Danish Needle painters	3 Exercise 10:00 Nutrition 11:45 New Horizons 12:30 Pinochle 12:30 Computer User's Group 7:00 Woodcarvers 7:00	4 Mahjongg 9:00 Songsters 9:00 Tai Chi 9:30 Nutrition 11:45 Euchre 1:00
7 Bingo 10:30 Nutrition 11:45 Lebanon Seniors 1:00	8 Exercise 10:00 Elders Group 11:00 Socialites Ex. 11:00 Nutrition 11:45 Friendly Seniors Holiday Party @ Gadawski's 2:00	9 Chair Exercise 10:00 Nutrition 11:45 Bridge - 12:45 Euchre 1:00 Danish Needle painters 1:00	10 Exercise 10:00 Nutrition 11:45 Pinochle 12:30 Mt. Carmel Seniors 1:30 Woodcarvers 7:00	11 Songsters 9:00 Mahjongg 9:00 Tai Chi 9:30 Nigarian Group Leaders 10:00 G.A.S.P. Holiday Party @ Jetport 11:30 Nutrition 11:45 Red Hat Society 1:00 Euchre 1:00
14 Bingo 10:30 Nutrition 11:45 Eastsiders 1:00 Computer Class 3:00	15 Crafts 10:00 Exercise 10:00 Elders Group 11:00 Nutrition 11:45 Steamfitters 12:30 Young at Heart Seniors 1:00	16 Chair Exercise 10:00 Hyde Park Kids Holiday Party 10:30 Nutrition 11:45 Bridge - 12:45 Euchre 1:00 Danish Needle painters 1:00	17 Retired Teachers 10:00 Exercise 10:00 Nutrition 11:45 Pinochle 12:30 AARP 1:30 AOA Workers 1:00 SWIP 2:30 Socialites Holiday Party Days Inn 5:30 Woodcarvers 7:00	18 Songsters 9:00 Mahjongg 9:00 Tai Chi 9:30 Nutrition 11:45 Euchre - 1:00 Senior Companion Holiday Party 12-3:00 Echota Seniors 1:30
21 Bingo 10:30 Nutrition 11:45 Senior Council 12:30	22 Food Stamp Assistance 9:00-12:00 Exercise 10:00 Elders Group 11:00 Nutrition 11:45 Friendly Seniors 1:30	23 Chair Exercise 10:00 Nutrition 11:45 Bridge - 12:45 Euchre 1:00 Danish Needle painters 1:00	24 Exercise 10:00 Nutrition 11:45 Center closing at 12:30. Happy Holiday!	25 Center Closed Happy Holiday!!
28 Bingo 10:30 Nutrition 11:45 Eastsiders 1:00 Computer Class 3:00	29 Exercise—canceled Center's New Years Party 10:30 Native American Elders Group 11:00 Nutrition—11:45	30 Chair Exercise 10:00 Nutrition 11:45 Bridge - 12:45 Euchre 1:00 Danish Needle painters 1:00	31 Exercise 10:00 Crafts 10:00 Nutrition 11:45 Center closing at 12:30. Happy Holiday!	

LaSalle Facility Senior Center December 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Happy Birthday Lottie Dlugos 12/1 Angela Rizzo 12/2	1. Bingo - 10:00 Lunch - 11:45	2. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	3. Bingo - 10:00 Lunch - 11:45	4. Bingo - 10:00 Lunch - 11:45	5. AARP DRIVER SAFETY PROGRAM 9:30 - 1:30
7. Bingo - 10:00 Office for the Aging Lawyer 10:00-11:00 Lunch - 11:45	8. Bingo - 10:00 Crafts - 10:00 Lunch - 11:45	9. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	10. Bingo - 10:00 Infection Control 11:15 Lunch - 11:45	11. Bingo - 10:00 Lunch - 11:45	12. AARP DRIVER SAFETY PROGRAM 9:30 - 1:30
14. Bingo - 10:00 Lunch - 11:45	15. Bingo - 10:00 Lunch - 11:45	16. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00	17. Bingo - 10:00 Lunch - 11:45	18. Bingo - 10:00 Lunch - 11:45	19
21. Bingo - 10:00 Lunch - 11:45	22. Bingo - 10:00 Lunch - 11:45	23. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00	24. Bingo - 10:00 Lunch - 11:45	MERRY CHRISTMAS CENTER CLOSED	26
28. Bingo - 10:00 Lunch - 11:45	29. Bingo - 10:00 Lunch - 11:45	30. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00	31. Bingo - 10:00 Lunch - 11:45	Happy Birthday Nick Quarantello 12/7 Ida Pearce 12/16	Happy Birthday Barb Roffle 12/20 Shirley London 12/22

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.

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 offered on Saturdays at the LaSalle Facility. To register for classes at the LaSalle Facility or at the John A. Duke Senior Center, please call 297-9324

OFFICE OF THE AGING LAWYER

Niagara County Office of the Aging Lawyer, Gary Billingsley, will be at LaSalle Facility on December 7th from 10:00 to 11:00. Please Contact the Center at 283-6257, to make an appointment

Eat Well...Stay Well Menu December 2009

Mon	Tue	Wed	Thu	Fri
	1 Hamburger on Bun Slice of Onion Condiments Baked Beans Sunshine Gelatin Salad Hamburger roll Seedless Grapes	2 Chicken/Canelloni Bean Soup/Crackers Chicken Salad Sandwich on Honey Cracked Wheat Bread Cherry Cake/Frosting	3 Hot Open-Faced Roast Beef Sandwich/ Gravy Horseradish Mashed Potatoes/Gravy Sweet Garden Peas White Bread Chilled Peaches	4 Country Fried Fish Tartar Sauce Oven Baked Fries Fresh Broccoli Salad Dinner Roll <i>Banana</i>
7 Baked Ham with Pine- apple Sauce Scalloped Potatoes Green Beans/ Pimientos Whole Wheat Dinner Roll Red/Green Jello/Topping	8 Savory Chicken Breast Baked Potato/Sour Cream California Brussels Sprouts 100% Whole Wheat Bread Fresh Orange	9 Vegetable Lasagna Chef Salad with Dressing Whole Wheat Dinner Roll Chilled Pears	10 Hot Open-Faced Turkey Sandwich with Gravy Cranberry Sauce Mashed Potatoes Baked Winter Squash White Bread Fruit Cocktail	11 Creamy Chicken over Biscuit Harvard Beets Warm Biscuit Fresh Fruit
14 Tomato Florentine Soup/Crackers Philly Cheese Steak Peppers & Onions Hoagie Roll Frosted Chocolate Brownie	15 Polish Sausage Pierogies Sauerkraut Hot Dog Roll Lemon Cookie	16 Christmas Special Chicken Cordon Bleu Rice Pilaf Prince Edward Vegetables Whole Wheat Dinner Roll Cherry Cheesecake	17 Homemade Meatloaf Mashed Potatoes Club Spinach 12-Grain Bread Oatmeal Cranberry Bar	18 Glazed Chicken Leg Sweet Potatoes Chef Salad with Dressing Whole Wheat Bread Fruited Gelatin/Topping
21 Breaded Chicken Drumsticks Rice Scandinavian Vegetables Whole Wheat Bread Pumpkin Snack Cake	22 Chile Con Carne with Crackers Chef Salad with Dressing Cornbread Seedless Grapes	23 Center Cut Pork Chop Ranch Mashed Potatoes Sauerkraut Pumpnickel Bread Applesauce	24 Beef Barley Soup/ Crackers Chicken Salad Sandwich on Herb Flavored Wrap Lettuce Leaf Pickle Chocolate Pudding/Tppg	25 Merry Christmas! Happy Holidays!
28 Swedish Meatballs Mashed Potatoes Country Blend Vegetables Deli Rye Bread Bread Pudding/Tppg	29 Salisbury Steak with Jardinière Sauce Mashed Potatoes/Gravy Crinkle Cut Carrots Rye Bread Christmas Poke Cake/Tppg	30 Barbecued Pork Rib Corn Casserole Broccoli Italian Bread Ambrosia	31 Chicken Noodle Soup with Crackers Tuna Salad Sandwich in Small pita pocket bread Lettuce Leaf Chilled Pears	Happy New Year! No meals on January 1st

NIAGARA COUNTY OFFICE FOR THE AGING LAWYER

Gary Billingsley, Office for the Aging Lawyer, will be at the John Duke Senior Center, Tuesday, December 22nd, 9:30 -11:00 am.
Call 297-9324 for an appointment. Gary will not be at the LaSalle Facility during November.

NIAGARA COUNTY N SPONSORED PROGRAMS

The following programs are supported by the Niagara County Office for the Aging. Information & Referral - from Janice Lewis or 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. Janice Lewis, Senior Citizen Program Administrator & Rita Powell, Senior Facility Attendant, City of Niagara Falls, Marie Conde - Niagara County Office for the Aging Outreach Worker, Becky Conde - Nutrition Site Director, Niagara County Eat Well - Stay Well Program. For nutrition van transportation call 438- 4038