



**JOHN A. DUKE NIAGARA FALLS
SENIOR CITIZEN CENTER**
1201 Hyde Park Boulevard
P.O. Box 69
Niagara Falls, NY 14301-0069



Janice L. Lewis, Senior Citizen Program Administrator
Telephone 297-9324

January 2010

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

Upcoming activities for include:

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.

January 26th– NIACAP-9:00– Food stamp assistance and applications. Check this out you may qualify!

Tax Preparation Times-The tax preparation season officially begins February 1st. 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

Thursday-No taxes

Friday-10:00-2:00

LaSalle Facility will have preparers on the following days:

February 19th-11:00-2:00

March 19th 11:00-2:00

April 2nd 11:00-2:00

Remember the preparers are busy. They will take clients on a first come, first serve basis.

February 10th-Valentine special!

Thank You!

To all the groups and individuals who participated in our holiday celebrations! Everyone had fun! Thank you for all the donations to the Firefighter's Toy Drive and to Hyde Park School's Shop; they were appreciated. Thank you for making the Holiday special for others.

HIICAP

The Niagara County Office for the Aging's HIICAP Program will be at the Center on January 20th at 10:00am. This program utilizes trained volunteers to assist Seniors with Health Insurance questions or problems. Please register with Center staff.

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 have openings:

January 5th and 7th 9:00-Duke Center

February 1st and 8th 9:00-Duke Center

March 8th and 9th 12:00-Duke Center

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

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 has been increased to \$12.00 for AARP members and \$14.00 for non-members. Please note the instructors do not accept cash. You will receive a receipt that you have paid for the class. A certificate, which entitles you to a discount on your car insurance, will be mailed to you. 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. If you will need to take the class during the first quarter of 2010 have your name added to the waiting list.

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.

CLOSINGS

The John Duke and LaSalle facility will be closed January 1st in Observance of New Years Day. Both centers will also be closed on January 18th in observance of Martin Luther King Day.

BLOOD PRESSURE SCREENING

Free blood pressure will be provided on Monday, January 4th at 10:30 am. Thank you, Betty for providing this service.

CLASSES, MEETINGS AND PRESENTATIONS

CRAFT CLASS

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

10:00 am, January 12th & 26th - Duke Center.

10:00 am, January 5th & 19th - LaSalle Facility.

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.

YOUNG AT HEART

The Young at Heart Senior Citizen Group accepts new members. This group will meet on January 5th and the 19th at 1:00.

SOCIALITES

The Socialites executive board will meet January 12th at 10:30. The Socialites will meet January 21st at 6:30

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

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

NEW HORIZONS

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

AARP #283

The Chapter will meet on January 21st at 1:30pm. New members are welcome.

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.

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.

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.

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 meet January 8th and 22nd at 10:30 am.

Call Paula at 731-3235 for more info.

RED HAT SOCIETY/LADIES OF THE MIST

The Ladies of the Mist will meet on Friday, January 8th, 1:15 pm.

MT. CARMEL SENIORS

Mt. Carmel Senior Citizens will meet on January 14th and the 28th 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 January 8th at 10:00 am.

ECHOTA SENIORS

The Echota Seniors will meet on Friday, January 22nd at 1:30 PM. Welcome new members.

NIACAP

Niagara Community Action Program will have a representative at the center on Tuesday, January 26th to give out information and accept applications for Food Stamps. The monthly minimums have been updated you may qualify!

Gross Monthly Income Guidelines

1 family household \$1805. monthly

2 family household \$2428. monthly

Please inquire with staff to meet with the representative.

NEW MEMBERSHIP FORMS

These forms allow the John Duke Center staff to keep track of services provided, the attendance at programs, and identifies the types of persons served through the Center. The form needs to be completed, if you wish to be included in the Center's Birthday listing

January 2010 John A. Duke Senior Center 297-9324

Mon	Tue	Wed	Thu	Fri
				1 Center Closed Happy New Year
4 Blood Pressure 10:00 Bingo 10:30 Nutrition 11:45 Lebanon Senior Society 1:00	5 Driving Class 9:00 Exercise 10:00 Native American Elders Group 11:00 Nutrition 11:45 Young At Heart Seniors 1:00	6 Chair Exercise 10:00 Nutrition 11:45 Bridge - 12:45 Euchre 1:00 Danish Needlepainters 1:00	7 Driving Class 9:00 Exercise 10:00 Nutrition 11:45 New Horizons 12:30 Pinochle 12:30 Computer User's Group 7:00	8 Songsters 9:00 Mahjongg 9:00 Tai Chi 9:30 Niagarian Group Leaders 10:00 GASP 10:30 Nutrition 11:45 Red Hat Society 1:00 Euchre 1:00
11 Tax Class 9:00 Bingo 10:30 Nutrition 11:45 EastSIDERS 1:00	12 Tax Class 9:00 Driving Class 9:00 Crafts 10:00 Exercise 10:00 Elders Group 11:00 Socialites Ex. 10:30 Nutrition 11:45 Friendly Seniors 1:30	13 Tax Class 9:00 RMSC Board 9:00 RMSC Meeting 9:30 Chair Exercise 10:00 Nutrition 11:45 Bridge 12:45 Euchre 1:00 Danish Needlepainters Carpenters 1:00 1:00	14 Tax Class 9:00 Exercise 10:00 FGP-SCP 10:00 Nutrition 11:45 Pinochle 12:30 Mt. Carmel Seniors 1:30 Woodcarvers 7:00 Travel & Social Club 7:00	15 Tax Class 9:00 Songsters 9:00 Mahjongg 9:00 Tai Chi 9:30 Nutrition 11:45 Euchre - 1:00
18 Center Closed in observance of Martin Luther King Jr. Day	19 Exercise 10:00 Elders Group 11:00 Nutrition 11:45 Steamfitters 12:30 Young at Heart Seniors 1:00	20 HDO 9:00 Chair Exercise 10:00 HICAP 10:00 Nutrition 11:45 Bridge - 12:45 Danish Needlepainters 1:00 Euchre 1:00	21 Exercise 10:00 Nutrition 11:45 Pinochle 12:30 AARP 1:30 AOA Workers 1:00 Socialites 6:30 Woodcarvers 7:00	22 Songsters 9:00 Mahjongg 9:00 Tai Chi 9:30 GASP 10:30 Nutrition 11:45 Euchre 1:00 Echota Seniors 1:30
25 Bingo 10:30 Nutrition 11:45 EastSIDERS 1:00	26 Office for Aging Lawyer 9:30 Food Stamp Information 9:00 Exercise 10:00 Crafts Class 10:00 Elders Group 11:00 Nutrition 11:45 Friendly Seniors 1:30	27 Chair Exercise 10:00 Nutrition 11:45 Bridge - 12:45 Danish Needlepainters 1:00 Euchre 1:00	28 Exercise - 10:00 Nutrition 11:45 Pinochle 12:30 Mt. Carmel Seniors Woodcarver's 7:00	29 Songsters 9:00 Mahjongg 9:00 Tai Chi 9:30 Nutrition 11:45 Euchre 1:00

LaSalle Facility Senior Center January 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY BIRTHDAY TO ALL:	James Brezden - 8th Bill Shildauer - 11th	Walter Smith - 16th Elaine Brown - 17th	Frank Scherrer - 19th	1. CENTER CLOSED TO ENJOY HOLIDAY
4. Bingo - 10:00 Lunch - 11:45	5. Bingo - 10:00 Crafts - 10:00 Lunch - 11:45	6. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	7. Bingo - 10:00 Lunch - 11:45	8. Bingo - 10:00 Lunch - 11:45
11. Bingo - 10:00 Lunch - 11:45	12. Bingo - 10:00 Lunch - 11:45	13. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	14. Bingo - 10:00 Lunch - 11:45	15. Bingo - 10:00 Lunch - 11:45
18. Center Closed Martin Luther King Jr. Day	19. Bingo - 10:00 Crafts - 10:00 Lunch - 11:45	20. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	21. Bingo - 10:00 Lunch - 11:45	22. Bingo - 10:00 Lunch - 11:45
25. Bingo - 10:00 Lunch - 11:45	26. Bingo - 10:00 Lunch - 11:45	27. LaSalle Artists - 9:00 Bingo - 10:00 Dynabanda - 11:00 Lunch - 11:45	28. Bingo - 10:00 Lunch - 11:45	29. 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. 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.

NUTRITION TIP — FROM GLENDA REARDON

Should I be taking a Vitamin D supplement? The answer to this question is probably “yes”! Research is showing that people in the northern hemisphere are not getting enough vitamin D. There is a blood test that can be done to determine your level of vitamin D. If the test shows less than 25 nmol/Liter, then your physician may prescribe a high dose of vitamin D for you to take weekly. The current recommendation is 600 IU per day, but this may not be enough. 1000 IU per day may be needed.

Eat Well...Stay Well Menu January 2010

Mon	Tue	Wed	Thu	Fri
				1) Happy New Year! No Meals Today
4) Split Pea Soup/ Crackers Ham Salad Sandwich on Deli Rye Bread Leaf Lettuce Mandarin Oranges	5) Boneless Chicken Breast with Savory Sauce Stuffing Prince Edward Vegetables Whole Wheat Dinner Roll Ambrosia	6) Beef Stew over Biscuit Applesauce Gelatin Mold Warm Biscuit Fruit Cup	7) Large Julienne Salad with Romaine Lettuce and Chicken Fajita Strips Tomato Slice Garbanzo Beans Cheddar Cheese Assort. Salad Drsg Homemade Muffin	8) Fish Sandwich with Lettuce on Bun Ketchup Tartar Sauce Oven Fries Creamy Coleslaw Hamburg Roll Seedless Grapes
11) Hot Open Faced roast Beef Sandwich Onion Gravy Mashed Potatoes Garden Peas White Bread Chilled Peaches	12) Cream of Broccoli Soup with Crackers Chicken Salad Sandwich on Honey Cracked Wheat Bread Lettuce Tomato Orange Cake with Frosting	13) Happy New Year! Roast Pork au Jus Parsley Potatoes Brussels Sprouts Cornbread Cherry Crisp with Topping	14) Baked Ham with Pineapple Sauce Sweet Potatoes Green Beans Rye Bread Lemon Cheese Bar	15) Spaghetti and Meatballs with Sauce Parmesan Cheese Chef Salad/Cucumbers and Grated Carrots Sid Dressing Italian Bread Chilled Apricots
18) Martin Luther King Day No Meals Today	19) Hamburger on Bun/ Condiments Homemade Baked Beans Sunshine Gelatin Salad Hamburg Bun Banana	20) Hot Open-Faced Turkey Sandwich with Gravy Mashed Potatoes Baked Squash White Bread Cranberry Sauce Fruit Cocktail	21) Beef Tomato Lasagna Parmesan Cheese Chef Salad/Dressing Whole Wheat Dinner Roll Chilled Pears	22) Minestrone Soup with Crackers Italian Sausage on Bun Peppers & Onions Molasses Cookie
25) Chinese New Year! Sweet and Sour Chicken Over Rice Chinese Noodles Green Beans Wheat Bread Fresh Orange	26) Homemade Meatloaf with Onion Gravy Mashed Potatoes Club Spinach 12-Grain Bread Oatmeal/Cranberry Bar	27) Tomato Florentine Soup with Crackers Ham and Swiss Cheese Sandwich on Deli Rye Bread Lettuce Tomato Mayonnaise Mustard Pickle Frosted Chocolate Brownie	28) Stuffed Pepper/ Tomato Sauce Cheddar Mashed Potatoes Buttered Corn Italian Bread Fresh Local Apple	29) Chicken Fingers with BBQ Sauce Dip 2-Kind Potato Salad on Leaf Lettuce Chef Salad with Dressing Orange Gelatin with Mandarin Oranges/ Topping

NIAGARA COUNTY OFFICE FOR THE AGING LAWYER

Gary Billingsley, Office for the Aging Lawyer, will be at the John Duke Senior Center, Tuesday, January 26th, 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 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, Melinda Olick - Nutrition Site Director, Niagara County Eat Well - Stay Well Program. For nutrition van transportation call 438- 4038