



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



**Rebecca Conde, Senior Citizen Program Coordinator  
Telephone 297-9324**

**February 2010**

**CITY OF NIAGARA FALLS  
SENIOR CENTER DIVISION NEWS**  
Upcoming activities for February include:

**February 2nd - 12-2:00** Epic will have a representative to help with all your enrollment needs.

**February 4th and 18th -11:00** Tom DeLoughry and the "Being Your Best Workshop"

**February 11th- 11:00-1:00** Valentines Day dance. Live entertainment, snacks and lots of fun. \$2.50 donation for the lunch.

**February 16th-11:15** -Robert Sikorski from Niagara Frontier Radio Reading Service. Come learn about this exciting program!!

**February 24th-11:00** Al Hornung with the Fire Department Life Safety and Education Program and Det. Shawn Bosi with the Police Department Community Relations Program, will be here to talk about fire safety and community safety.

**February 27th- 8:30** Senator Thompson will hold another of his fabulous breakfasts with all the fixings!

**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

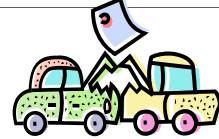
LaSalle Facility will have preparers on the following days:

February 19th-10:30-1:30

March 19th 10:30-1:30

April 2nd 10:30-1:30

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

**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 Duke Center and LaSalle Facility with both be closed on February 12th and the 15th in observance of Lincoln's and Washington's Birthday.

## **CRAFT CLASS**

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

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

February 9th and 23nd at the Duke Center 10:00am.

## **BLOOD PRESSURE SCREENING**

Free blood pressure will be provided on Monday, February 1st 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 February 2nd and the 16th at 1:00.

## **SOCIALITES**

The Socialites executive board will meet February 9th at 11:00. The Socialites will meet February 18th at 6:30.

## **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 February 17th 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 12:30 pm at the Duke Center.

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

## **FOOD STAMPS**

Niagara Community Action Program will have a representative at the center on Tuesday, February 23rd to give out information and accept applications for Food Stamps.

## **GAME MORNINGS**

Come play our new WII and/or a game of darts on Wednesday's at 10:00

## **GRANDPARENTS' SUPPORT GROUP**

The Grandparents & Parents as Providers Support Group will meet February 5th and February 22nd at 10:30 am.

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

The Ladies of the Mist will meet not meet in February,

## **MT. CARMEL SENIORS**

Mt. Carmel Senior Citizens will meet on February 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 February 11th at 10:00.

## **ECHOTA SENIORS**

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

## **AARP #283**

The Chapter will meet on February 18th 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.

## **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.

## **BEING YOUR BEST WORKSHOP**

Our "Being your Best" series continues in February 4th "Get Support: Strategies to Manage Stress" and February 18th "Find Peace of Mind: Choices You Can Make". Please join Dr. Tom DeLoughrey on these dates at the Duke Center.

## **TRIVIA QUESTION**

The answer to January's question, "What city was Martin Luther King Jr. born in, and on what date?", is January 15, 1929 in Atlanta Georgia.

The February question is "Who was the 16th president of the US?"

**February 2010 John A. Duke Senior Center 297-9324**

1. Driving Class 9:00 Blood Pressure 10:00 Bingo 10:30 Nutrition 11:45 Lebanon Seniors 1:00 Taxes 1-3:30	2. Exercise 10:00 Native American Elders Group 11:00 Nutrition 11:45 Young At Heart Seniors 1:00 Taxes 1-3:30	3. Taxes 9-12:00 RMSC Board 9:00 RMSC Meeting 9:30 Chair Exercise 10:00 Games 10:00 Nutrition 11:45 Bridge - 12:45 Euchre 1:00 Needlepainters 1:00	4. Exercise 10:00 Crafts 10:00 FGP-SCP 10:00 "Being Your Best " 11:00 Nutrition 11:45 New Horizons 12:30 Pinochle 12:30 Computer User's Group 7:00 Woodcarvers 7:00 PLWW Block Club 6:30	5. Mahjongg 9:00 Songsters 9:00 Taxes 10-2:00 Tai Chi 9:30 G.A.S.P. 10:30 Nutrition 11:45 Epic Enroll 12-2:00 Euchre 1:00
8. Driving Class 9:00 Bingo 10:30 Nutrition 11:45 Eastsiders 1:00 Taxes 1-3:30 Computer Class 3:00	9. Exercise 10:00 Crafts 10:00 Elders Group 11:00 Socialites Ex. 11:00 Nutrition 11:45 Taxes 1-3:30 Friendly Seniors 1:30	10. Taxes 9-12:00 Chair Exercise 10:00 Games 10:00 Euchre 1:00 Bridge 12:45 Retired Carpenters 1:00 Needle Painters 1:00	11. Exercise 10:00 Niagarian 10:00 Valentine's dance 11:00 Nutrition 11:45 Pinochle 12:30 Mt. Carmel Seniors 1:30 Woodcarvers 7:00 Travel & Social Club 7:00	12. Center Closed
15 Center Closed	16. Exercise 10:00 Elders Group 11:00 Niagara Frontier Radio Reading Service 11:15 Nutrition 11:45 Plumbers 12:30 Young at Heart Seniors 1:00 Taxes 1-3:30	17. Taxes 9-12:00 RMSC 9:30 HICAP 9:30 HDO 10:00 Games 10:00 Chair Exercise 10:00 Nutrition 11:45 Bridge - 12:45 Danish Needlepainters 1:00 Euchre 1:00	18. Retired Teachers 10:00 Exercise 10:00 Nutrition 11:45 Pinochle 12:30 AARP 1:30 AOA Workers 1:00 SWIP 1:30 Socialites 6:30 Woodcarvers 7:00	19. Songsters 9:00 Mahjongg 9:00 Tai Chi 9:30 Taxes 10-2:00 Nutrition 11:45 Euchre - 1:00
22. Bingo 10:30 G.A.S.P. 10:30 Nutrition 11:45 Eastsiders 1:00 Taxes 1-3:30 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 1-3:30 Friendly Seniors 1:30	24. Taxes 9-12:00 Chair Exercise 10:00 Games 10:00 Fire and Crime Safety 11:00 Nutrition 11:45 Bridge - 12:45 Danish Needlepainters 1:00 Euchre 1:00	25. Compeer 8:30 Exercise 10:00 Nutrition 11:45 Pinochle 12:30 Mt. Carmel Seniors 1:30 Niagara Golden Stars 6:00 Woodcarvers 7:00 Travel & Social Club 7:00	26. Mahjongg 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

## February 2010 LaSalle Facility

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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
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
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 Tax - 10:30-1:30
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 Lunch - 11:45	24. Bingo - 10:00 Lunch - 11:45	25. Bingo - 10:00 Lunch - 11:45
HAPPY BIRTHDAY IRMA MONTAGNE FEBRUARY 4	HAPPY BIRTHDAY FRED HARRIMAN FEBRUARY 4	HAPPY BIRTHDAY DOROTHY MORGAN FEBRUARY 17	HAPPY BIRTHDAY DOROTHY HANKS FEBRUARY 22	HAPPY BIRTHDAY MARTINE WINGART FEBRUARY 23

### **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.

## Eat Well...Stay Well Menu February 2010

Mon	Tue	Wed	Thu	Fri
1 Breaded Chicken Drumsticks Rice Scandinavian Vegetables Whole Wheat Bread Snickerdoodle Cookie	2 Center Cut Pork Chop Ranch Mashed Potatoes Sauerkraut Pumpernickel Bread Applesauce	3 Chile Con Carne With Crackers Chef Salad with Dressing Tomato Slice Warm Cornbread Fresh Orange	4 Beef Barley Soup/ Crackers Chicken Salad Sandwich on Whole Wheat Bread Leaf Lettuce Pickle Cream sickle Pudding	5 Beef Stroganoff over Linguine Cottage Cheese Lime Gelatin Salad on Lettuce Leaf Dinner Roll Banana
8 Swiss Steak with Peppers & Onions Mashed Potatoes Country Blend Vegeta- bles Deli Rye Bread Tapioca Pudding/Topping	9 Happy Valentine's Day Paprika Chicken Garlic Baked Potato Carrots a l'Orange Multi-Grain Bread Strawberry Shortcake/ Tppg	10 Barbecued Beef on Bun Creamy Potatoes with Dill Green Beans Hamburg Roll German Apple Cake/ Topping	11 Chicken Broccoli Casserole Buttered Beets Warm Biscuit Fresh Fruit	12 Duke Center And LaSalle Facility Closed
15 Duke Center And LaSalle Facility Closed	16 Lentil, Rice and Vegetable Soup with Crackers Breaded Chicken Patty on Roll Lettuce Tomato Mayo Lemon Cream Pie	17 Roast Pork au Jus Parsley Potatoes Brussels Sprouts Whole Wheat Dinner Roll Peach Crisp/topping	18 Beef Stew over Biscuit Applesauce Gelatin Mold Mixed Fruit Cup	19 Large Julienne Salad with Fajita Chicken Garbanzo Beans Sld. Dressing Cheddar Cheese tomato Onion/Cabbage/ Carrots Homemade Muffin Pineapple Chunks
22 Chicken Parmesan with Mozzarella Cheese Shell Pasta Yellow Beans Italian Bread Chilled Apricots	23 Baked Ham with Pineapple Orange Sauce Sweet Potatoes Cooked Cabbage Rye Bread Rice Pudding	24 Spinach/Chicken/ Cannelloni Bean Soup/ Crackers Chicken Salad Sandwich on Herbed Wrap Chopped Lettuce and Tomato Cherry Cake/Frosting	25 Potato Breaded Fish Tartar Sauce Au Gratin Potatoes Fresh Broccoli Salad Whole Wheat Dinner Roll Banana	26 Polish Sausage on Bun Pierogies Sauerkraut Hot Dog Roll Soft Sugar Cookie with Raisins

### NIAGARA COUNTY OFFICE FOR THE AGING LAWYER

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