



**JOHN A. DUKE NIAGARA FALLS SENIOR CITIZEN CENTER**  
**1201 Hyde Park Boulevard**  
**P.O. Box 69**  
**Niagara Falls, NY 14301-0069**  
**Telephone 297-9324**  
**Janice L. Lewis, Senior Citizen Program Administrator**



## NOVEMBER 2009

### CITY OF NIAGARA FALLS SENIOR CENTER DIVISION NEWS

Upcoming activities for include:

**November 10th** - "Hearing Loss and What to Do About It" - 11:15 am - Duke Center -Pamela Fleming, Audiologist from Audiology on Demand.

**November 12th**—11:15- "Pre-Arrangement Seminar" - Presented by Mike Goodlander, Otto Redanz Funeral Parlor - What you need to know about planning for the future, learn how to save your family from not only financial burdens, but many others that come when someone dies, did you know you don't have to pre-pay when you pre-plan your Funeral?

Have your questions answered.

**November 17th-** Free Hearing Screening - 9:30 to 11:30 am (Duke Center) - Pamela Fleming, Audiologist. The above programs are sponsored by the Dale Association. Appointments for hearing screenings need to be made with John Duke Senior Center staff—287-9324.

**November 17th-** "Food Stamp Benefits" 11:15— Kim O'Grady, Nutrition/Food Stamp Educator from Niagara Community Action Program will be at the Duke Center to provide this informational Program. Kim will also be at the Center every fourth Tuesday to assist in completing the food stamp application..

**November 19th-** "Get ready for Winter Emergencies"-11:15—Steve Morgan, Niagara County Project Administrator, from the Border Community Service, will present this topic.

**November 9th and 23rd, December 7th and 21st-** 3:00– 4:00 - Computer Class - Cindy Anderson will be the instructor for this free class. The class will be held in the library. If possible please register with Center staff.

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

**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.

### 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.

**November 7th and 14th** - 9:30 - LaSalle Center

**December 1st and 8th** - 9:00 - Duke Center

**December 5th and 12th** - 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 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 first quarter of 2010.

### CLOSINGS

The John A. Duke Senior Center & the LaSalle Facility Center will be closed Wednesday, November 11th and Thursday, November 26th. The Eat Well...Stay Well Program (Lunch) will be closed at both sites on November 3rd & November 27th.

### TAI CHI CLASS

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

### CHAIR EXERCISE

Chair exercises, at the Duke Center, on Wednesdays at 10:00 am.

### DYNABAND/ Club 99

Virginia Ceretto, is the instructor for the free Dynaband exercise class, offered at the LaSalle Senior Center, Wednesdays at 11:00 am. Come out and join Virginia in this fun class. The Club 99 Class will be offered after the craft class on every other Tuesday.

## **CLASSES, MEETINGS AND PRESENTATIONS**

### **CRAFT CLASS**

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

10:00 am on November 10th and 24th at the LaSalle Facility

10:00 am on Thursday, November 5th and Tuesday, November 17th at the 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**

Free blood pressure will be provided on Monday, November 2nd at 10:30 am. Thank you, Betty for providing this service.

### **YOUNG AT HEART**

The Young at Heart Senior Citizen Group accepts new members. The group will meet on Tuesday, November 3rd and 17th at 1:00 pm.

### **SOCIALITES**

The Executive Committee will meet on October 13th at 11:00 am. The Membership Meeting will be held on November 19th at 6:30 pm.

### **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 November 19th at 10:00am. This program utilizes trained volunteers to assist Seniors with Health Insurance questions or problems. Please register with Center staff

### **NEW HORIZONS**

This group will meet on Thursday, November 5th at 12:30. New members are welcome.

### **RAINBOW WOODCARVERS**

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

## **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. 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 November 6th & 20th at 10:30 am.

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

The Ladies of the Mist will meet on Friday, November 13th, 1:15 pm, A 5 Year Anniversary Celebration will be held.

### **MT. CARMEL SENIORS**

Mt. Carmel Senior Citizens will meet on November 12th. The second meeting is canceled.

### **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 October 9th at 10:00 am.

### **ECHOTA SENIORS**

The Echota Seniors will meet 1:30 pm Friday, November 20th, New members are welcome..

### **AARP #283**

The Chapter will meet on Thursday, November 19th at 1:30pm. New members are welcome.

### **WANT TO BE YOUR BEST?**

"Being Your Best" can help you and your loved ones to stay well, avoid hospitalizations and manage stress. This two part program will be offered at the John Duke Center on Thursday November 5<sup>th</sup> and Thursday, November 19<sup>th</sup>. Both sessions will be from 10 to 11:30 AM.

This free program, sponsored by the Niagara County

# November 2009 John A. Duke Senior Center 297-9324

Mon	Tue	Wed	Thu	Fri
2 Bingo 10:30 Nutrition 11:45 Our Lady Of Lebanon Seniors 1:00	3 Exercise—canceled Native American Elders Group 11:00 Nutrition—canceled Young At Heart Seniors 1:00	4. RMSC Board 9:00 RMSC Meeting 9:30 Chair Exercise 10:00 "Being Your Best" Workshop 10:00 Nutrition 11:45 Bridge - 12:45 Euchre 1:00 Danish Needlepainters 1:00	5 Exercise 10:00 Crafts 10:00 Nutrition 11:45 New Horizons 12:30 Pinochle 12:30 Computer User's Group 7:00 Woodcarvers 7:00 PLWW Block Club 6:30	6 Mahjongg 9:00 Songsters 9:00 Tai Chi 9:30 G.A.S.P. 10:30 Nutrition 11:45 Euchre 1:00
9 Bingo 10:30 Nutrition 11:45 Eastsiders 1:00 Computer Class 3:00	10 Exercise 10:00 HDO EX. Committee 10:00 Elders Group 11:00 Socialites Ex. 11:00 "Hearing Loss and What to do About It" Presentation—11:15 Nutrition 11:45 Defensive Driving Class 12:00	11. Center Closed for Veteran's Day Holiday	12 SCP/FGP Inservice 9:30 Exercise 10:00 "Pre-Arrangement Seminar" 11:00 Nutrition 11:45 Pinochle 12:30 Mt. Carmel Seniors 1:30 Woodcarvers 7:00 Travel & Social Club 7:00	13 Songsters 9:00 Mahjongg 9:00 Tai Chi 9:30 Niagarian Group Leaders 10:00 Nutrition 11:45 Red Hat Society 1:00 Euchre 1:00
16 Bingo 10:30 Nutrition 11:45 Senior Council 12:30	17. Free Hearing Screening - 9:30 –11:30 Crafts 10:00 Exercise 10:00 Elders Group 11:00 "Food Stamp Benefits" Presentation 11:15 Nutrition 11:45 Defensive Driving Class 12:00 Steamfitters 12:30 Young at Heart Seniors 1:00	18 RMSC 9:30 Chair Exercise 10:00 "Being Your Best" Part 2 10:00 Nutrition 11:45 Bridge - 12:45 Danish Needlepainters 1:00 Euchre 1:00	19 Retired Teachers 10:00 Exercise 10:00 "Preparing for Winter Emergencies" Presentation 11:15 Nutrition 11:45 Pinochle 12:30 AARP 1:30 AOA Workers 1:00 SWIP 2:30 Socialites 6:30 Woodcarvers 7:00	20 Songsters 9:00 Mahjongg 9:00 Tai Chi 9:30 G.A.S.P. 10:30 Nutrition 11:45 Euchre - 1:00 Echota Seniors 1:30
23 Bingo 10:30 Nutrition 11:45 Eastsiders 1:00 Computer Class 3:00	24. Food Stamp Assistance 9:00-11:00 Office for the Aging Lawyer 9:30 Exercise 10:00 Elders Group 11:00 Nutrition 11:45 Friendly Seniors 1:30	25 Chair Exercise 10:00 Nutrition 11:45 Bridge - 12:45 Danish Needlepainters 1:00 Euchre 1:00	26. Center closed for Thanksgiving Holiday	27 Tai Chi - canceled Nutrition - canceled Euchre - canceled
30 Bingo 10:30 Nutrition 11:45				

## LaSalle Facility Senior Center November 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2. Bingo - 10:00 Lunch - 11:45	3. Bingo - 10:00 Lunch - canceled ELECTION DAY	4. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00	5. Bingo - 10:00 Lunch - 11:45	6. Bingo - 10:00 Lunch - 11:45	7. Defensive Driving Class 9:30
9. Bingo - 10:00 Lunch - 11:45	10. Bingo - 10:00 Crafts - 10:00 Club 99 - 11:00 Lunch - 11:45	11 CENTER CLOSED FOR VETERAN'S DAY	12. Bingo - 10:00 Lunch - 11:45	13. Bingo - 10:00 Lunch - 11:45	14. Defensive Driving Class 9:30
16. Bingo - 10:00 Lunch - 11:45	17. Bingo - 10:00 Presentation by Mental Health Assoc. 11:15 Lunch - 11:45	18. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	19. Bingo - 10:00 Lunch - 11:45	20. Bingo - 10:00 Lunch - 11:45	21
23. Bingo - 10:00 Lunch - 11:45	24. Bingo - 10:00 Crafts - 10:00 Club 99 - 11:00 Lunch - 11:45	25. LaSalle Artists - 9:00 Bingo - 10:00 Dynaband - 11:00 Lunch - 11:45	26. CENTER CLOSED HAPPY THANKSGIVING	27. Bingo - 10:00 Lunch - canceled	28.
30. Bingo - 10:00 Lunch - 11:45					

### **DYNABAND EXERCISE CLASS AND CLUB 99**

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.

### **MENTAL HEALTH ASSOCIATION PROGRAMS**

Pam Szalay, Community Education and Referral Coordinator for the Mental Health Association will explain the Agency's programs and services on Tuesday, November 17th, at 11:15 am. Pamela will also distribute the HELP Booklet to participants.

## Eat Well...Stay Well Menu November 2009

Mon	Tue	Wed	Thu	Fri
2 Tomato Florentine Soup with Crackers Ham and Swiss Cheese Sandwich on Deli Rye Bread Lettuce & tomato Frosted Chocolate Brownie	3 Election Day No Meals today	4 Homemade Meatloaf with Onion Gravy Mashed Potatoes Club Spinach 12-Grain Bread Oatmeal Cranberry Bar	5 Chicken Fingers with Ranch Dressing Macaroni Salad with Lettuce Leaf Chef Salad/Dressing Dinner Roll Fruited Gelatin with topping	6 Stuffed Cabbage Roll Mashed Potatoes Sweet Corn Italian Bread Fresh Local Apple
9 Breaded Chicken Drumsticks Seasoned Rice Scandinavian Vegetables Whole Wheat Bread Snickerdoodle Cookie	10 Center Cut Pork Chop Ranch Mashed Potatoes Sauerkraut Pumpernickel Bread Applesauce	11 Veteran's Day No Meals Today	12 Chile Con Carne with Crackers Chef Salad with Tomato Slice and Salad Dressing Cornmeal Bread Fresh Orange	13 Beef Stroganoff over Linguine Cottage cheese lime gelatin on lettuce leaf Whole Wheat Dinner Roll Banana
16 Swedish Meatballs Mashed Potatoes Country Blend Vegetables Deli Rye Bread Tapioca Pudding/ topping	17 Chicken Noodle Soup with Crackers Tuna Salad Sandwich in small whole Pita Pocket / Leaf Lettuce Chilled Pears	18 Lemon Chicken with Peppers & Onions Rice Pilaf Carrots Potato Bread <i>Ambrosia</i>	19 Barbecued Beef on Bun Creamed Potatoes Green Beans/Pimientos Hamburg Roll Gingerbread/Lemon Sauce	20 Creamy Chicken over Biscuit Harvard Beets Warm Biscuit <i>Fresh Grapes</i>
23 Salisbury Steak with Jardinière Sauce Homemade macaroni & Cheese Prince Edward Vegetables Rye Bread <i>Peanut Butter Cookie</i>	24 Thanksgiving Dinner Roasted Turkey Breast Mashed Potatoes Stuffing Winter Squash Cranberry Sauce Whole Wheat Dinner Roll Pumpkin Pie /Topping	25 Homemade Lentil Soup with Crackers Chicken Patty on Bun with Lettuce/Tomato Fruit Cup – mandarin oranges, melon, peaches, pears	26 Thanksgiving Day 	27 No Meals Today
30 Spaghetti and Meatballs with Parmesan Cheese Chef Salad with Cucumbers and Tomato and Dressing Italian Bread <i>Chilled Apricots</i>			<b>November is Diabetes Awareness Month:</b> If you have any of the following symptoms, please contact your physician: Extreme thirst, frequent urination, unexplained weight loss, blurred vision. Diabetes can be controlled with diet, exercise and medications. If you are diabetic, check your blood glucose levels 2-3 times a day to ensure that you have the disease under good control to avoid complications	

### NIAGARA COUNTY OFFICE FOR THE AGING LAWYER

Gary Billingsley, Office for the Aging Lawyer, will be at the John Duke Senior Center, Tuesday, November 24th, 9:30 -11:00 am. Call 297-9324 for an appointment. Gary will not be at the LaSalle Facility during November.

### 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, Becky Conde - Nutrition Site Director, Niagara County Eat Well - Stay Well Program. For nutrition van transportation call 438- 4038