



**City of Niagara Falls Senior Services  
Department  
JOHN DUKE CENTER  
297-9324  
Rebecca Brooks-Caso  
Senior Services Program Coordinator  
AUGUST 2019**



**PARKING LOT SALE**

**August 23**

**10:00-2:00**

We tried a sale in May and the weather did not cooperate and we still had a great turnout!! So let's see what we can do when we HAVE Mother Nature

Cooperate with us!! Please sign up NOW for a table, remember no permit needed and it will not effect your city 2 limit permit rule for house sales!

We all know "one man's trash is another man treasure"! Look around your house and sign up for a table! Tables will cost \$5.00, we will do all the advertising and we will bring the customers! So instead of wasting gas driving from house to house, come here. Instead of spending money to advertise, come here! Spots will go quickly so get on board now!!

**TABLES ARE \$5 AND MUST BE PAID IN ADVANCE BY 8/16!!**

If your not getting a table make sure you command check out the sale!!  
Pick up some early holiday gifts!



**VEGGIE VAN IS BACK  
EVERY THURSDAY**

**11:30-12:30**

Come and support the local farmers and but locally!!

The veggie van is a mobile unit that we are honored to host every Thursday. They accept cash, market coupons!! They have the freshest fruit and veggies and they come to us!! So don't delay eat healthy !



**INDEPENDENT HEALTH  
AUG 22 11:00**

Diabetes and you how to recognize, tips for successful maintenance!

**BASKET AUCTION  
NOVEMBER 20, 2019**

Once again it's time to take donations for our INFAMOUS thanksgiving basket auction. Bring baskets, full complete sets or odds and ends. We can put different ideas, so even if you think we won't use it, bring it in because WE WILL!!!

# THE GOAL OF A LONG LIFE IS ACHIEVED BY PEER INTERACTION!!

Please stop staying home!! Please come in and hang around with us!!  
Please come in and meet old friends and make new ones!! Please come in find out about  
all our groups, free programs, assistance!! So PLEASE, PLEASE, PLEASE!!

## STARTING DAILY BINGO!!

We have had interest in DAILY BINGO. We are looking for people interested in calling, or playing Monday through Friday here at The duke. Bingo is an excellent way to keep you mind sharp and your nimble! If your interested in playing a few times a week or being a chairman of this NEW GROUP, please see the office staff for more info!!

## PARKING LOT SALE AUGUST 23RD~10:00-2:00

We are going to be HOSTING a community Sale! We are looking for people to set up a table in our lot and let the seniors and community gave at it! We all know "one man's trash is another man treasure"! So ask your kids, look around your house and sign up for a table! The first 20 signed up will be able to use one of our 8 foot tables! Tables will cost \$5.00, we will do all the advertising and we will bring the customers! So instead of wasting gas driving from house to house, come here. Instead of spending money to advertise, come here! Spots will go quickly so get on board now!!

## FREE SENIOR CITIZEN ID

The John Duke Center will be giving official center ID with the application of updated emergency form. The ID will contain, name, DOB, emergency Notification and your picture. Don't miss out on any more discounts, don't stand in line at the DMV! Simply fill out ID registration form and the ID is free and will be given to you immediately!

## CASE COUNSELING WITH BECKY

If you need to go over your benefits, social security, HEAP, SNAP, grief counseling, advice, apartment hunting, Medicare savings plan etc. Whatever you think you may need or may qualify for. Becky is here at the building most days, but has set aside

**WED AND THURS  
9:00am-1:30pm!**

This time is dedicated to INDIVIDUAL case counseling, all clients information is CONFIDENTIAL!!

## EAT WELL, STAY WELL LUNCH PROGRAM

Our site director Phyllis is welcoming and loves to do special things for all her participants. The lunch is a FULL balanced, nutritionally sound and diabetic meals are available on request all for a DONATION of only \$3.25. There is no reason not to give this a try!! Come with a friend, JUST COME!!!

# THE JOHN DUKE CENTER

*"PAVING THE WAY TO A  
LONG HEALTHY LIFE  
WITH PEER  
INTERACTION!!*

**DUKE CENTER HOURS**  
**MON, TUE, WED, THUR, FRI**  
**8:30-3:30**  
**FOURTH THUR 8:30-8:30**

**ALL OF OUR GROUPS LISTED  
ARE OPEN FOR JOINING**

## **MONDAY'S**

### **BINGO**

Every Monday at 10:30am. Come and join Norm, our bingo caller and lots of friends for \$\$ jackpots!

### **ROSARY SENIORS**

Will meet on the second and fourth Monday at 1:00. Always accepting new members.

### **CROCHET and KNITTING**

Come and learn or just chat and crochet along. Monday's 1:00. What a group! Come learn, laugh and make lifelong friends.

## **TUESDAY'S (CHECK DATE!)**

### **SILVER SNEAKERS 10:00**

MARIE IS HERE and SHE'S AMAZING!!! CMON AND GET HEALTHY! This class is LARGE and all we need is your insurance card, it is part of the MEDICARE benefit! This exercise is ALL levels. Marie caters to all abilities!

**IF YOU ARE NEW OR DISABLED, YOU ARE  
WELCOME TO BRING AN AID TO HELP,  
THEY WILL NOT BE CHARGED TO HELP**

## **WEDNESDAY'S**

### **Product Bingo / Quarter Bingo**

10:30 we play both FREE product and quarter a card for \$\$\$ jackpots! Thank you to Carolyn for being our Bingo Caller!!

### **EUCHRE**

Euchre is played 1:00 pm, Wednesday & Fridays at the Duke Center. New players are welcome.

### **LEBANON SENIORS**

Will meet here on the second Wednesday at 1:00. For more information please contact 297-6310 for more information.

### **LINE DANCING**

Every 10:00am

Super fun! Come and try out! Only \$2.00 Show off your new skills at the next dance! This is another growing class. Even if you have two left feet these girls can help you Thank you to our new teacher Carolyn!

### **REUNITED**

Meet on First and Third from 1:30 to 3:30. What a fun nice group of people, come in and check them out!

## **THURSDAY'S**

### **OPEN BILLIARDS**

Our pool tables are WELL put to use especially on THE FOURTH Thursday night. If you are interested in shooting a game, c'mon down and join in. IT'S FREE!

### **SILVER SNEAKERS**

Come and exercise at 10:00 am with our fabulous Marie!

### **PICKLEBALL**

The group will play every Thursday from 1-3:30. OUTSIDE at the courts on the right of the ice pavilion!

### **YOUNG AT HEART**

The Young at Heart Senior Citizen Group  
This group will meet on First and Third Thursday at 1:00.

## THURSDAY'S

### PINOCHLE CLUB

This Club plays on Thursdays at 12:30 pm  
New players are always welcome

### Ladies of the CRISTOFORO COLUMBO

4th Thursday 6:30-8:30

Ladies of Christopher Columbo  
THIS GROUP IS VERY ACTIVE, SO COME  
AND SEE IF YOU MAY BE A GOOD FIT!!

### FRIDAY'S MAHJONG

9:00 am Fridays at the Duke Center There  
is NO instruction MUST be experienced  
WITH your own supplies!.

### ZUMBA/ CHAIR YOGA

Aerobic exercise, which puts a smile  
on your face and a bounce in your  
step!

Come and try Zumba with Marie at 10am!!

### GRANDPARENTS' SUPPORT GROUP

First and Third Friday of the month 10:30am.

### LEARN CROCHET

Phyllis Vekich teaching basics &  
advanced and pattern reading!!  
EVERY  
Friday 1:00

### ECHOTA SENIORS

The Echota Seniors will meet on 4th Friday at  
1:00 PM.

### EUCHRE

Euchre is played 1:00pm, Wednesday &  
Fridays We need more card players!!!

## SPECIAL PROGRAMS CASE COUNSELING WITH- BECKY

### No office hours 8/8

If you need to go over your benefits, Social Security, HEAP, SNAP, grief counseling, advice, apartment hunting, Medicare savings plan etc. Whatever you think you may need or may qualify for. Becky is here at the building most days, but has set aside

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### CONGRESS ON THE CORNER

If you have a concern or issue you would like to talk with the Congressman's office about, a REP is here each month to hear your concerns.

Second Tuesday of the month

### NIAGARA COUNTY OFFICE OF THE AGING ATTORNEY

Gary Billingsley will be here on the FOURTH Tuesday at 9:30. You MUST be placed on his appointment schedule. He will see clients on a first come first serve basis by signing in at the center on that morning at 9:30!

### FOOD STAMPS

NIACAP will be here the fourth Tuesday of the month at 9:30 to assist you in applying for food stamps. Take advantage of this, if you apply and qualify you automatically receive HEAP!

### BIRTHDAYS!

Thank you to Phyllis for taking on the task. Birthdays will be the LAST THURSDAY or every month at 11:30.

### AARP DRIVING

Mr. West the AARP Instructor will be conducting classes at both locations. Please call Duke or LaSalle for reservations in this cost saving class.