

Lancaster Senior Center

MEMBERSHIP ELIGIBILITY

Our Center facilities have been designed for independent seniors. The following are guidelines that individuals must meet before qualifying as a member. A member must be:

1. 55 years of age or older.
2. Able to independently negotiate Center facilities/field trip locations safely
3. Arrange for transportation to and from the Center and if using Lancaster Senior Transportation Services, to independently get on and off a vehicle in a safe manner.
4. Able to understand and carry out directions from staff.
5. Able to recognize and respond appropriately to emergency situations.
6. Able to participate appropriately in a social setting using respectful manners and language.
7. Able to eat independently.
8. Able to use the restroom unassisted.
9. Poses no risk to self or others.

An individual who requires assistance with activities of daily living may be able to join in Center activities if he/she has a companion or family member with them at all times and approval from Center Director. All program applicants must meet eligibility requirements, participation guidelines and adhere to the Code of Conduct for the Senior Center. The Lancaster Senior Center Director reserves the right to deny access to the Senior Center or to discharge a participant when program eligibility requirements are no longer met.

NUTRITION

The Senior Center serves hot meals at 11:45 a.m. Monday-Friday. The suggested donation is \$3.00 per meal. Please order one week in advance—685-3498.

AARP DRIVER SAFETY PROGRAM

The AARP 6-Hour *Smart Driver Course* is offered throughout the year. Registration is required. Cost: \$20 for AARP members (you must show your card) and \$25 for non-members. Please bring your check payable to AARP to the first class. Cash is **NOT** accepted. Classes are from 12:30-3:30

2019 DATES

September 23 & 25
October 21 & 23
November 18 & 20

VAN SERVICE

The van is available Monday-Friday for senior citizens that reside in Lancaster. Medical appointments take preference in scheduling. However, we do transport to area stores, such as Tops, Wal-Mart, Eastern Hills Mall, etc. We also transport to the Senior Center several days a week. For information concerning the van and/or to schedule an appointment contact Mary Beth at 685-3498.

The suggested donation is \$6.00 round trip and \$16.00 round trip for the wheel chair van.

CLOSING POLICY: When Lancaster Central Schools are closed due to inclement weather the Senior Center will also be closed.

Sympathy Cards

Eleanor Nowak sent cards to the families of:
Geraldine Varble Michael Oddo

Get Well Cards:

Rosemarie White

Senior Photo ID Cards

Senior Citizen Photo ID cards are required for all activities. Senior Resident cards are \$5.00 and valid for life. Non-resident cards are \$10.00 and valid for five years. ID cards are issued at the Senior Center.

Lancaster Senior Center
100 Oxford Avenue, Lancaster, New York 14086
Phone: 685-3498 Fax: 685-3594
Visit us on the web @ lancasterny.gov

SENIOR INK SEPTEMBER 2019

Staff

Recreation/Outreach

Kathleen Burns
Judith Szczesniak
Samantha Greco

Nutrition Staff

Kimberly Herdzik
*-Rose Marie Janik

Meals On Wheels

Susan Eick
683-3771

Van Drivers

Gordon Ederer
Joseph Hastreiter
Alan Herdzik
John Morgus
John Sroda
Patricia Bastedo
Richard Conklin

Crafts

Phyllis Darnley

Piano

Joan Chatham

Zumba

Julia Kiesznoski

Yoga

Melanie Olivieri

Tai chi Arthritis Exercise

Marge Jankiewicz



MaryBeth Gianni Recreation Supervisor

Lancaster Senior Center Officers

President - Norm Bastian
Vice President - Kathy Bova
Treasurer - Elaine Keppler
Secretary - Patt Tomczak

Board Members

Linda Hirtzel, Rose Marie Janik
Phyllis Darnley, Roseann Thielman & Lucille Kancar

Bingo Chairman

Steve Kemna

HOURS

8 a.m. to 4 p.m. every weekday
except Thursdays & special events.
(i.e. Fun Friday, Dance, Potluck)
Thursdays 8:00a.m. to 9:00p.m.
Special Event hours will be noted
on calendar.

**Building is
Handicap Accessible**

Upcoming Events

September

2nd— Closed— Labor Day
4th— LCR Party
6th— Fun Friday
11th— Fur, Feathers & Friends
14th— Spaghetti Dinner
18th— Clarity Group Bingo
20th— Flu Shot Clinic
20th— End of Summer Line Dance
23rd— Del Lago Casino
27th— BPO— Cirque Fiesta

October

1st— Apple Picking / wine
Tasting tour
2nd— Card Party
4th— Fun Friday
9th— Vehicle Technology
Program
14th— Closed Columbus Day
16th— Travel Back in Time
Trip
21st— Seneca Alleghany
25th— Halloween Party

November

1st— Fun Friday
5th— CLOSED Election Day
6th— Dominoes Party
8th— BPO Pops goes to the movies
13th— Marilla Country Store
11th— CLOSED Veterans Day
16th— Winter Picnic
18th— Seneca Niagara
24th— Christmas Connection Trip
28th— CLOSED Thanksgiving
29th— CLOSED Thanksgiving

LANCASTER SENIOR CENTER – September 2019

Mon	Tue	Wed	Thu	Fri
2 Closed Labor Day	3 9am-11:30am Ceramics 9am-10am- Zumba 9:30- 4pm- Piano Lessons 9:30am-2:30pm Quilting 10:15am-11:15am Arthritis Exercise Video 12:30pm-3pm Line Dancing 12:45pm-3:30pm Pinochle	4 8-9 am-Richard Simmons-DVD 9am-10am Arthritis Exercise Class 9am-10am- Aerobic DVD/ 10-11- Bocce 9:00-4pm- Piano Lessons 10:30-11:15- Erie City Fitness Class 12:45pm-3pm- LCR Party 1-3:45- Game Day	5 9am-11:30am- Ceramics 10am-12pm- Poker 11am-1pm- Ping Pong 12:15pm-12:30- Monthly Meeting 12:30-2:30pm- Bingo 5:30-8:45pm- Pinochle & Dominoes	6 9am-10am Aerobic DVD 9am-10am Exercise Ball Class 10am-2pm Crafts/ 10-12 Poker 11am-1pm- Ping Pong 10-11am- Zumba 12:30-3:30- Euchre 1-3pm- Mah Jonng 6pm-9pm- Fun Friday
9 9am-10am Aerobic DVD 9am-11am- Pickleball Lessons 9:30am-12pm Mah Jonng 10am-2pm Crafts/Yoga 10-11 10-12- Poker/ 10:15am-11am MONDAY Bingo 11am-1pm- Ping Pong/ 12:30 Book Club 1pm-3:30pm Hand & Foot Card 1pm-2pm Tai Chi	10 9am-11:30am Ceramics 9am-10am Zumba 9:00am-4pm Piano Lessons 9:30am-2:30pm Quilting 10:15am-11:15am Arthritis Exercise Video 12:30pm-3pm Line Dancing 12:45pm-3:30pm Pinochle	11 8-9am-Richard Simmons-DVD 9am-10am Arthritis Exercise Class-Demo 9-10 am- Aerobic DVD/ 10-11 Bocce 9:00-4pm- Piano Lessons 10:30-11:15- Erie City Fitness Class 11:45am- 1:30- Fur, Feathers and Friends 1pm-3:45- Game Day	12 9am-11:30am Ceramics 10:00am-12pm- Poker 12:30pm-2:30pm Bingo 12:30-2:30- Ping Pong 12:15pm-12:30pm Birthday Party 5:30pm-8:30pm Pinochle & Dominoes	13 9am-10am Aerobic DVD 9am-10am Exercise Ball Class 10am-2pm Crafts 10am-12pm- Poker 10-11am-Zumba/11am-1pm-Ping Pong 12:30pm-3:30pm Euchre 1pm-3pm- Mah Jonng Saturday- Sept.14- Spaghetti Dinner 4pm
16 9am-10am Aerobic DVD 9am-11am Pickleball Lessons 9:30am-12pm Mah Jonng/ 10-12- Poker 10am-2pm Crafts/Yoga 10-11- DVD 10:15am-11am MONDAY Bingo 1pm-3:30pm Hand & Foot Card Game 1pm-2pm Tai Chi /11-1pm-Ping Pong	17 9am-11:30am Ceramics 9am-10am Zumba 9:00am-4pm Piano Lessons 9:30am-2:30pm Quilting 10:15am-11:15am Arthritis Exercise Video 12:30pm-3pm Line Dancing 12:45pm-3:30pm Pinochle	18 8-9am-Richard Simmons DVD 9am-10am Arthritis Exercise Class-Demo 9-10am- Aerobic DVD/ 10-11-Bocce 9:00-4pm- Piano Lessons 10:30-11:15-Erie City Fitness Class 1pm-3:45pm Game Day 1:30pm Clarity Group Bingo	 19 DONUT DAY 9am-11:30am Ceramics 9:45am Officers/Board Meeting 10-12- Poker 12:30pm-2:30pm Bingo 12:30-2:30- Ping Pong 5:30pm-8:30pm Pinochle & Dominoes	20 9am-10am Aerobic DVD 9am-10am Exercise Ball Class 10am-2pm Crafts/10am-12pm-Poker 10-11am-Zumba 11am-1pm- Ping Pong 12:30pm-3:30pm Euchre 1pm-3pm Mahjonng 10am-12pm Flu Shots 5pm-9pm End of Summer Party
23 9am-10am-Aerobic DVD 9am-11am Pickleball Lessons 9:30-12pm-Mah Jonng/10-12pm poker 10am-2-Crafts/ 10am-11am-Yoga 11am-1pm- Ping Pong/1pm-2pm- Tai Chi 10:15am-11am-MONDAY Bingo 1pm-3:30pm- Hand & Foot card game 12:30-3:30 AARP Safety Driver Course 8:15am del Lago Casino	24 9am-11:30am Ceramics 9am-10am Zumba 9:00am-4pm Piano Lessons 9:30am-2:30pm Quilting 10:15am-11:15am Arthritis Exercise Video 12:30pm-3pm Line Dancing 12:45pm-3:30pm Pinochle	25 8am-9am-Richard Simmons DVD 9am-10am Arthritis Exercise Class 9am-10am Aerobic DVD/ 10-11-Bocce 9:00-4pm- Piano Lessons 10:30am-11:15am Erie Cty Fitness Class 1pm-3:45pm Game Day 12:30-3:30 AARP Safety Driver Course	26 9am-11:30am Ceramics 10am-12pm- Poker 12:30-2:30- Ping Pong 12:30pm-2:30pm Bingo 5:30pm-8:30pm Pinochle & Dominoes	27 9am-10am- Aerobic DVD 9am-10am-Excercise Ball Class 11- 1pm- Ping Pong 10am-2pm- Crafts 10am-12pm- Poker 10-11am- Zumba 1-3pm Majhonng 12:30-3:30pm-Euchre 8:30am BPO – Cirque Fiesta!
30 9am-10am Aerobic DVD 9am-11am Pickleball Lessons 9:30am-12pm Mah Jonn/10-noon-Poker 10am-2pm Crafts 10:15am-11am MONDAY Bingo 10am-11am- Yoga 1pm-2pm Tai Chi /11am-1pm-Ping pong 1pm-3:30pm- Hand & Foot Card Game	Saturday, September 14, 2019 Spaghetti Dinner and Basket Raffle \$9.00 per person Includes spaghetti w/ sauce, two Meatballs, salad, bread & butter and a drink. Doors open at 4pm Dinner served at 5pm	Wednesday, September 11, 2019 Fur, Feathers & Scales Tickets \$6.00 Lunch served at 11:45 followed by a presentation from Hawk Creek Wildlife at 12:30. Lunch provided by Erie County Stay Fit Dining	Senior Citizen Photo ID cards are required for all activities including Fun Friday. Senior Resident cards are \$5.00 and valid for life. Non-resident cards are \$10.00 and valid for five years. ID cards are issued at the Senior Center.	Friday, May 17, 2019 End of Summer Party (Line Dance) Music by DJ Bob Tickets \$5.00 / \$7.00 at the door Doors open at 5pm Pizza Served at 6pm Please bring a dessert to share