

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

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:

Dr. Saur
Get Well Cards:

Jim Gregory

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 OCTOBER 2019

Upcoming Events

October

1st— Apple Picking / Wine Tasting
2nd— Card Party
4th— Fun Friday
9th— Vehicle Technology Class
14th— Closed Columbus Day
16th— Travel Back in Time Trip
21st & 23rd— AARP Smart Driver
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

December

3rd— A Sinatra Christmas— My Way
4th— Five Crown
6th— Fun Friday
7th— Christmas Party
20th— BPO Holiday Pops
24th— Christmas Eve (1/2 Day)
25th— Christmas Day CLOSED
31st— New Year's Eve (1/2 Day)

All Events Subject to Change

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**

LANCASTER SENIOR CENTER – October 2019

Mon	Tue	Wed	Thu	Fri
	1 9am-11:30am Ceramics 9am-10am- Zumba 9am-Apples, Wine Tasting and Lunch Trip 9:00- 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	2 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 Cty Fitness Class 12:45pm-3pm- Card Party 1pm-3:45pm- Game Day	3 9am-11:30am- Ceramics 10am-12pm- Poker 10am-11am- Organ Club 11am-1pm- Ping Pong 12:15pm-12:30- Monthly Meeting 12:30-2:30pm- Bingo 5:30-8:30pm- Pinochle & Dominoes	4 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
7 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	8 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	9 8-9am-Richard Simmons-DVD 9am-10am Arthritis Exercise Class 9-10 am- Aerobic DVD / 10-11 Bocce 9:00-4pm- Piano Lessons / 1pm- 3:45- Game Day 10:30-11:15- Erie Cty Fitness Class 12:30-3pm- Living Healthy Workshop 12:30-4:30-Mobile Legal Unit 12pm-1:30pm- AARP Vehicle Tech Class	10 9am-11:30am Ceramics 10:00am-12pm- Poker 10am-11am-Organ Club /11am-1pm- PingPong 12:30pm-2:30pm Bingo 11am- Brothers of Mercy-Companion Care Info 12:15pm-12:30pm Birthday Party 5:30pm-8:30pm Pinochle & Dominoes	11 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
14 CLOSED Columbus Day	15 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	16 7am- Travel Back In Time Trip 8-9am-Richard Simmons DVD 9am-10am Arthritis Exercise Class 9-10am- Aerobic DVD/ 10-11-Bocce 9:00-4pm- Piano Lessons 10:30-11:15-Erie Cty Fitness Class 12:30- 3pm- Living Healthy Workshop 1pm-3:45pm Game Day 1pm- Clarity Group Bingo	 17 DONUT DAY 9am-11:30am Ceramics 9:15am Officers/Board Meeting 10am-11am- Organ Club/10-11am Poker 10am-12pm- Blood Pressure Checks 12:30pm-2:30pm Bingo 11am-1pm-- Ping Pong 5:30pm-8:30pm Pinochle & Dominoes 11am-12:30 pm- Rite Aid Flu Shot Clinic	18 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
21 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 10am-6pm- Seneca Allegany	22 9am-11:30am Ceramics 9am-10am Zumba 9:00am-4pm Piano Lessons 9:30am-2:30pm Quilting 10:30-12:30- Fidelis open enrollment 10:15am-11:15am Arthritis Exercise Video 12:30pm-3pm Line Dancing 12:45pm-3:30pm Pinochle	23 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 12:30-3pm- Living Healthy Workshop 1pm-3:45pm Game Day 12:30-3:30 AARP Safety Driver Course	24 9am-11:30am Ceramics 10am-11am- Organ Club 10am-12pm- Poker 11am-1pm- Ping Pong 12:30pm-2:30pm Bingo 5:30pm-8:30pm Pinochle & Dominoes	25 9am-10am- Aerobic DVD 9am-10am-Excercise Ball Class 11- 1pm- Ping Pong 10am-2pm- Crafts 10am-12pm- Poker 10-11am- Zumba 11am-1pm-Clarity Group Open Enrollment 1-3pm Majhonng 12:30-3:30pm-Euchre 2pm- 5pm Halloween Bash
28 9am-10am Aerobic DVD 9am-11am Pickleball Lessons 9:30am-12pm Mah Jonng/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	29 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	30 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 12:30-3pm- Living Healthy Workshop 1pm-3:45pm Game Day	31 9am-11:30am Ceramics 10am-11am- Organ Club 10am-12pm- Poker 11am-1pm- Ping Pong 12:30pm-2:30pm Bingo 5:30pm-8:30pm Pinochle & Dominoes	