

# 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

November 18 & 20  
January 27 & 29  
February 24 & 26  
April 27 & 29

## 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:  
Joseph Kiesznoski, Jr    Diane Kazmierczak

### Get Well Cards:

## 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    DECEMBER 2019

## Upcoming Events

### December

- 3rd- A Sinatra Christmas— My Way
- 4th- Five Crown
- 5th- Blood Pressure Checks (Elderwood)
- 5th- Heap Outreach
- 6th- Fun Friday
- 7th- Christmas Party
- 11th- Vehicle Technology Class
- 13th- Lunch & Learn— Concierge Dental
- 20th- BPO Holiday Pops
- 24th- Christmas Eve (1/2 Day)
- 25th- Christmas Day CLOSED
- 31st- New Year's Eve (1/2 Day)

### January

- 1st- Closed— New Year's Day
- 3rd- Fun Friday
- 8th- LCR Party
- 10th- White Elephant Gift Exchange
- 16th- Univera— Insurance Info
- 20th- Closed Martin Luther King Day
- 22nd- Seneca Niagara

### February

- 5th- Card Party
- 6th- Univera— Insurance Info
- 6th- AARP Tax Preparation
- 13th- AARP Tax Preparation
- 17th- CLOSED President's Day
- 20th- AARP Tax Prep
- 25th- Seneca Niagara
- 27th- AARP Tax Prep

\*\*All Events Subject to Change\*\*



**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**

### 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

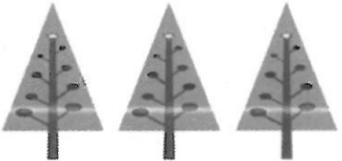
#### Yoga

Melanie Olivieri

#### Tai chi

Arthritis Exercise  
Marge Jankiewicz

**LANCASTER SENIOR CENTER – December 2019**

Mon	Tue	Wed	Thu	Fri
<b>2</b> 9am-10am Aerobic DVD 9:30am-12pm Mah Jonng 10am-2pm Crafts/ <b>Yoga 10-11</b> 10-12- Poker/ 10:15am-11am MONDAY Bingo 11am-1pm- Ping Pong/ <b>12:30 Book Club</b> 1pm-3:30pm Hand & Foot Card 1pm- 2pm- Tai Chi	<b>3</b> 9am-11:30am Ceramics 9am-10am- Zumba 9:00am- 4pm- Piano Lessons 9:30am-2:30pm Quilting 10:15am-11:15am Arthritis Exercise Video <b>11am- A Sinatra Christmas at Salvatore's</b> 12:30pm-3pm Line Dancing 12:45pm-3:30pm Pinochle	<b>4</b> 8-9 am-Richard Simmons-DVD 9am-10am Arthritis Exercise Class 9am-10am- Aerobic DVD 9:00-4pm- Piano Lessons 10:30-11:15- Erie City Fitness Class <b>12:45pm-3pm- 5 Crown Party</b> 1pm-3:45- Game Day	<b>5</b> 9am-11:30am- Ceramics/ 10am-12pm-Poker <b>9am-4pm- HEAP Outreach</b> 10:30-11:30am- Organ Club <b>10am- Blood Pressure Screenings/ Elderwood</b> 11:30am-1:30pm- Ping Pong <b>12:15pm-12:30- Monthly Meeting</b> 12:30-2:30pm- Bingo 5:30-8:45pm- Pinochle & Dominoes	<b>6</b> 9am-10am Aerobic DVD 9am-10am Exercise Ball Class 10am-2pm Crafts/ 10am-12pm- Poker 10-11am- Zumba/ 11am-1pm- Ping Pong 12:30-3:30- Euchre 1-3pm- Mah Jonng <b>6pm-9pm- Fun Friday</b> <b>Saturday Dec.7- Christmas Party</b>
<b>9</b> 9am-10am Aerobic DVD 9:30am-12pm Mah Jonng 10am-2pm Crafts/Yoga 10-11 10-12- Poker 10:15am-11am- MONDAY Bingo 11am-1pm- Ping Pong 1pm-3:30pm Hand & Foot Card 1pm-2pm Tai Chi	<b>10</b> 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	<b>11</b> 8-9am-Richard Simmons-DVD 9am-10am Arthritis Exercise Class 9am-10 am- Aerobic DVD 9:00-4pm- Piano Lessons 10:30-11:15- Erie City Fitness Class <b>12pm-1:30 pm- Vehicle Technology Class</b> 1pm-3:45- Game Day	<b>12</b> 9am-11:30am Ceramics 10:00am-12pm- Poker 10:30-11:30am- Organ Club 12:30pm-2:30pm- Bingo 11:30am-1:30pm- Ping Pong <b>12:15pm-12:30pm Birthday Party</b> 5:30pm-8:45pm-Pinochle & Dominoes	<b>13</b> 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 <b>1:30pm- Concierge Dental Presentation &amp; Lunch</b>
<b>16</b> 9am-10am Aerobic DVD 9:30am-12pm Mah Jonng 10am-12pm- Poker 10am-2pm Crafts 10am-11am- Yoga 10:15am-11am MONDAY Bingo 1pm-3:30pm Hand & Foot Card Game 1pm-2pm Tai Chi /11-1pm-Ping Pong	<b>17</b> 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	<b>18</b> 8-9am-Richard Simmons DVD 9am-10am Arthritis Exercise Class 9-10am- Aerobic DVD 9:00-4pm- Piano Lessons 10:30-11:15-Erie City Fitness Class 1pm-3:45pm Game Day	 <b>19</b> <b>DONUT DAY</b> 9am-11:30am Ceramics 9:15 am Officers/Board Meeting 10am-12pm- Poker 10:30am-11:30am- Organ Club 11:30am-1:30pm- Ping Pong 12:30pm-2:30pm- Bingo 5:30pm-8:30pm- Pinochle & Dominoes	<b>20</b> <b>8:30am- BPO- Holiday Pops</b> 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
<b>23</b> 9am-10am-Aerobic DVD 9:30-12pm-Mah Jonng 10am-12pm- Poker 10am-2-Crafts/ 10am-11am-Yoga 11am-1pm- Ping Pong 10:15am-11am-MONDAY Bingo 1pm-3:30pm- Hand & Foot card game 1pm-2pm- Tai Chi	<b>24</b>  <b>Closing at 11:30 am</b>	<b>25</b>   <b>CLOSED</b>	<b>26</b> 9am-11:30am Ceramics 10am-12pm- Poker 10:30am-11:30am- Organ Club 11:30am-1:30pm- Ping Pong 12:30pm-2:30pm Bingo 5:30pm-8:30pm Pinochle & Dominoes	<b>27</b> 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
<b>30</b> 9am-10am Aerobic DVD 10am-12pm- Poker 9:30am-12pm Mah Jonng 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	<b>31</b>  <b>Closing at 11:30 am</b>	<b>When Lancaster schools are closed due to inclement weather the Senior Center is CLOSED.</b>	<b>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.</b>	