

# 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

#### 2020 DATES

February 24 & 26

March 23 & 25

April 27 & 29

May 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:  
Dick Handley, Terry Zimmerman,  
Stella Kethum, and Art Herdzik

#### 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 FEBRUARY 2020

### 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  
John Morgus  
John Sroda  
Patricia Bastedo  
Richard Conklin  
Dan Speyer Sr.

#### 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 - Carole Cochrane  
Vice President - Kathy Bova  
Treasurer - Elaine Keppler  
Secretary - Patt Tomczak

#### Board Members

Lucille Kancar, Rose Marie Janik  
Phyllis Darnley, Roseann Thielman & Barb Pieczonka

#### 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

### February

5th- Card Party  
7th- Fun Friday  
6th- Univera—Insurance Info  
6th- AARP Tax Preparation  
**12th- Valentine's Dinner Dance**  
13th- AARP Tax Preparation  
14th- BPO Music Of Marvin Hamlisch  
17th- CLOSED President's Day  
20th-AARP Tax Prep  
25th- Seneca Niagara  
27th- AARP Tax Prep

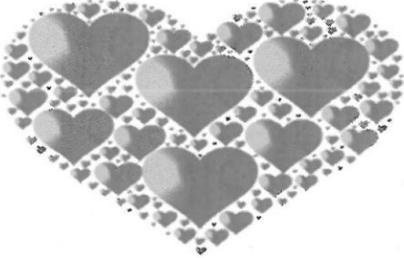
### MARCH

4th- Smart Driver Tech Course  
4th- Dominoes Party  
5th- AARP Tax Preparation  
5th- Univera Health Care  
11th- Living Healthy Workshop  
12th-AARP Tax Preparation  
19th- AARP Tax Preparation  
26th- AARP Tax Preparation  
23rd- Seneca Alleghany  
27th- BPO The Doo Wop Project

### APRIL

1st- 5 Crown Party  
3rd- Fun Friday  
**5th- Nunsensations- Lancaster Opera House**  
10th- CLOSED Good Friday  
20th- Seneca Niagara Casino

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

Mon	Tue	Wed	Thu	Fri
<h1>February 2020</h1>	<p><b>When Lancaster schools are closed due to inclement weather the Senior Center is CLOSED.</b></p>	<p>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.</p>		
<p><b>3.</b></p>	<p><b>4.</b></p>	<p><b>5.</b></p>	<p><b>6.</b></p>	<p><b>7.</b></p>
<p>9am-10am- Aerobic DVD 9:30-12pm-Mah Jongg/ 10am-12pm Poker 10am-2pm-Crafts/ 11am-1pm Ping Pong 10am-12pm-Red Hats/10am-11am <b>Yoga DVD</b> 10:15-11am MONDAY Bingo 12:30 Book Club / 1pm-2pm-Tai Chi Class 1pm-3:30 Hand&amp; Foot Card Game</p>	<p>9am-11:30am Ceramics 9am-10am Zumba 9:00am-4pm Piano Lessons 9:30am-2:30pm Quilting <b>10:15am-11:15am- Ball Class</b> 10:15am-11:15am Arthritis Exercise Video 12:30pm-3pm Line Dancing 12:45pm-3:30pm Pinochle</p>	<p>8am-9am Richard Simmons - Dancing to the Oldies 9am-9:30- Arthritis Exercise Video 9am-10am Aerobic DVD 9am-4pm Piano Lessons 10:30am-11:15am Erie Cty Fitness Class 1pm-3:45pm Canasta 1pm-3:30pm Game Day <b>12:45pm- Card Party</b></p>	<p>9am-11:30am Ceramics <b>10am-12pm- Univera</b> 10:30am-11:30am Organ Club/10am-12pm Poker 12:30pm-2:30pm Bingo <b>12:15pm-12:30 - Monthly Meeting</b> 11:30pm-1:30pm Ping Pong <b>12pm-4pm Tax Prep AARP</b> 5:30pm-8:30pm Pinochle &amp; Dominoes</p>	<p>9am-10am Aerobic DVD 9am-10am- Exercise Ball Class 10am-2pm Crafts &amp; Coloring 10am-12pm Poker 10am-11am-Zumba 11am-1pm- Ping Pong 12:30-3:30pm- Euchre</p>
<p><b>10.</b></p>	<p><b>11.</b></p>	<p><b>12.</b></p>	<p><b>13.</b></p>	<p><b>14.</b></p>
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<p><b>17.</b></p>	<p><b>18.</b></p>	<p><b>19.</b></p>	<p><b>20.</b></p>	<p><b>21.</b></p>
<p><b>CLOSED PRESIDENT'S DAY</b></p>	<p>9am-11:30am Ceramics 9am-10am-Zumba 9:00am-4pm Piano Lessons 9:30am-2:30pm Quilting <b>10:15am-11:15am- Ball Class</b> 10:15am-11:15am Arthritis Exercise Video 12:30pm-3pm Line Dancing 12:45pm-3:30pm Pinochle</p>	<p>8am-9am Richard Simmons - Dancing to the Oldies 9am-9:30am- Arthritis Exercise Video 9am-10am Aerobic DVD 9am-4pm Piano Lessons 10:30am-11:15am Erie Cty Fitness Class 1pm-3:45pm Canasta 1pm-3:30pm Game Day</p>	<p>8am-11:00 Donut Day 9am-11:30am Ceramics <b>9:15am Officers/Board Meeting</b> 10am-12pm Poker 10:30am-11:30am Organ Club <b>12pm-4pm Tax Prep AARP</b> 11:30pm-1:30pm Ping Pong 12:30pm-2:30pm Bingo 5:30pm-8:30pm Pinochle &amp; Dominoes</p>	<p>9am-10am Aerobic DVD 9am-10am Exercise Ball Class 10am-2pm Crafts &amp; Coloring 10am-12pm Poker 10am-11am- Zumba 12:30pm-3:30pm Euchre 11am-1pm Ping Pong</p>
<p><b>24.</b></p>	<p><b>25.</b></p>	<p><b>26.</b></p>	<p><b>27.</b></p>	<p><b>28.</b></p>
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