



The Elmwood Commons

NEWSLETTER
February 2023

Coming soon! Hallway makeover!!



With the new year comes some great opportunities for us at The Elmwood Commons, and we would love our tenants' opinions! We have decided that the hallways could use a refresh and what better way than to add some art! Could it be murals of our wonderful town? large scale pictures of our community? Pictures from your businesses? Or maybe it is custom paintings near each door to show off what amazing businesses they are walking towards? We would love to hear your opinions on what we should do in the halls to add a personal touch to The Elmwood Commons! No idea is too big or small and we are very excited to begin this beautiful transformation!

For idea submissions, please email Elmwoodcommons@gmail.com or give the main office a call at **716-870-4104!**

In addition, to these improvements, we invite you to check our NEW website at www.ElmwoodCommons.com! If your business has an upcoming event, class or other activity at the building, let us know so we can add it to the calendar! Interested in bringing your event or business to The Elmwood Commons? Give us a call today!!



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1st open to the public show with Jason Salmon!



Rob's Comedy Playhouse will be having their first open to the public event on Friday, March 3rd and Saturday, March 4th at 8pm with Comedy Central Veteran and 30 Rock actor Jason Salmon with special guest Rob Lederman! Jason Salmon is a standup comedian, actor and writer whose stand up album "Force of Nurture" was #1 on iTunes and was a finalist for the New York funniest comedian in 2021. Jason has acted in fan favorites Orange is The New Black, 30 Rock, Wu Tang and of course performed on Comedy Central! His show is \$12 a ticket and it is 18+ event with NO REFUNDS on tickets (all sales are final). The kitchen will be closed but beer, wine, hard seltzer, pop, and water are available for purchase. To purchase tickets, visit Rob's Comedy Playhouse website or call 716-982-3206 to make reservation. The Friday show is already sold out, so call today before you miss out on an amazing night!

Rob's COMEDY PLAYHOUSE

Open house with Devi Bollywood !



Devi Bollywood Performing Arts will be having their grand opening/open house event on Saturday, February 25th from 10am-7pm. There will be free classes for kids and adults, a celebration in the evening (with food AND a DJ!), special class rates for all of those interested in becoming a student and so much more! We are so very excited for Devi Bollywood to be joining us here at The Elmwood Commons and we hope to see you at this open house!

In addition, Studio J's Megan Rakepile will be joining Devi Bollywood for a master dance class on Saturday, February 18th from 5pm-7:30pm. Megan who has studied dance for more than 24 years will be showcasing a style called Afro-Fusion which is made up of 3 different dancing styles and techniques (classical, traditional and modern dance). Tickets for this class are \$50 at the door (\$40 for an early bird special) and are available via Devi Bollywood Performing Arts website.





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Lay Rescue CPR and AED classes!



Due to severe injury of The Buffalo Bills Safety Damar Hamlin, many people in the WNY area have been inquiring about CPR classes to prepare themselves in the event of needing to save someone's life. At Action CPR LLC, they are now offering Lay Rescue CPR and AED classes for only \$10! This class will teach you all of the basics of CPR to prepare you in case of emergencies. Upon completion of the course, you will receive a certificate of completion; This however is not a full certification in CPR and will require an additional class. The classes on Saturday, February 11th at 10am and Wednesday, February 22nd at 5pm have spots available for those interested! Call Action CPR at 716-545-7820 to book your course today!

Goodbye Tea & Stitches, Hello Inner Grace Studio!



Michelle, The Owner of Tea & Stitches has decided to go back to their roots as a healing art and a holistic wellness center or better known as Inner Grace Studio in room 201-B! Michelle will still be offering handmade lap quilts, pillows and shawls and of course tea! In the means of spirituality and holistic healing, Inner Grace Studio will be focusing on art therapy and sound baths to calm stress, anxiety and promote positive well-being. Items such as crystals, sage and other aromatherapy items will be available for purchase. Many of the classes will be by appointment only to ensure people are accommodated and comfortable. Michelle, a former yoga and palates instructor and black belt carrier in Tae Kwon Do, understands how much the world needs calmness and healing and can't wait for you to join her in this journey! Stay tuned for information on classes!

February 30-Day Challenge!



Body of Wealth will begin their February 30-day challenge on January 30th with official weigh-ins on Saturday, January 28th and Sunday, January 29th from 9am to 12pm. For only \$99 you get access to unlimited training from a variety of workout programs such as: cardio boxing, weight and hit training and even meal plans! The students at Body of Wealth LOVE their instructors and we think you will too! For information on how to transform into a better version of you, call Body of Wealth today at 716-254-7756 today!



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Classes and Competition Season!



Buffalo Turners Gymnastics is currently in the middle of competition season, and we are wishing all of the participating students the best of luck! In addition, the gym will be OPEN with classes as scheduled the week of February 20th - including President's Day! For information on how to enroll your child, contact Buffalo Turners Gymnastics today at 716-877-2700.

Sweets for your Valentine!



Happy Valentine's Day Kenmore! What better way to celebrate than by getting some chocolate! Caramici's bakery offers a variety of yummy baked goods ranging from cookies, brownies and cakes to give to your special Valentine this year. Want something other than chocolate? Caramici's Bakery offers a wide variety of flavors that we know you will enjoy with just one bite! Call Caramici's Bakery today at 716-874-2253 to place an order for you and your Valentine!

Looking to network? Join BNI today!



BNI (Business Networking International) is a referral organization that builds professional relationships of trust and confidence through networking. Their Motto : "Givers gain - If I help you, you in turn will help me" At BNI, once you become a member, you will have the advantage over your competitors who apply to the chapter at BNI, because you would already hold that professions 'seat.' There are many different seats available based on your profession and they are always looking to expand their network! Currently there are two chapters that meet at The Elmwood Commons and if you are interested in attending a meeting, which are held at 7am on Tuesday's, please contact one of the two chapter presidents to obtain more information and to secure a day in which you can attend! BNI Executive Marketing Team (Chris Cavallari) Chris@topfunding.com and BNI Premium (Gary Lutz) glutz@lutzbookkeepingsolutions.com

In addition, BNI invites you to join them on Thursday, February 9th from 4-7pm at Froth Brewing Company for a happy hour networking event! We hope to see you there!

Neighbors Helping Neighbors

February 2023



State of the Town address!

On Thursday, February 16th, Town of Tonawanda supervisor Joe Emminger will be at The Elmwood Commons for a special breakfast meeting to go over the state of the town address. Registration begins at 7:30am with the event scheduled to begin at 8am. Registration for this event is required by February 10th and can be completed by visiting the Ken-Ton Chamber of Commerce's website; Admission is \$45 (including breakfast). This special event is sponsored in part by: The Ken-Ton Chamber of Commerce, Crown Benefits Group, Inc., Casella Waste Management, Kenmore Mercy Hospital, Ken-Ton Meals on Wheels and The Town of Tonawanda Youth Parks and Recreation Department.

Upcoming Blood Drive!

Connect life will be joining us here again on March 11th from 9am-2pm for a blood drive. This will be their first one with us for the year and we are excited to have them back and encourage all of you to stop on by to save someone's life. Walk-ins are welcome, but appointments are recommended. To sign up for a time slot, please visit Connect Life's website or call them at 716-529-4300.



Awareness for The Purple Heart



Veterans Dr. John Long and Russell Ward.

Do you know what the purple heart is? It is an award given to military individuals who have been killed or severely wounded in combat. This award has been given out during all of the wars America has been involved in and is viewed as a badge of merits and honor. Approximately 2 million people have been given this award and thanks to the WNY Military Order of the Purple Heart, plaques have been distributed in WNY to multiple schools and other buildings to help remind us of the heroic soldiers who gave us our freedom and to help raise patriotism in our country. They want us to be reminded not only on holidays of the heroic sacrifices people made for this country and to also show support for veterans and extend a helping hand. Thanks to this organization of 8-10 people including Vietnam veteran and purple heart recipient Russell Ward, 40+ plaques have been brought to places like Lafayette High School, Akron High School, and us here at The Commons. Thanks to our veteran friends Dr. John Long and Russell Ward, we now proudly display this reminder of all of those heroic individuals throughout history. If you are interested in bringing a plaque to your school/business or are even looking to support veterans or are one yourself, contact Russell Ward at Russbuis@aol.com or 716-587-1120.