

**NORTH TONAWANDA  
SENIOR CITIZEN CENTER**  
110 Goundry Street North Tonawanda, NY 14120  
Telephone: 695-8582—Fax: 695-8530  
[www.NTParksrec.com](http://www.NTParksrec.com)

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Return Service Requested

Pamela A. Hogan M.S.  
Recreation & Senior Coordinator

**JUNE 2017**

### **Senior Summer Safety Tip**

The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here's a great tip that the elderly, as well as their caregivers, can use to make sure they have fun, safe summer.



**Stay Hydrated.** Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.

### **NIAGARA COUNTY NUTRITION**

Sharon Lewis, Nutrition Site Director

Niagara County offers a lunch program at the center at 11:45am Monday-Friday. The suggested donation for a lunch is \$3.25. One full day notice is required. Round trip transportation is also available. Please call 694-2105 for making or canceling a reservation. Monday-Friday 10am-12:45pm.

### **WALMART/WEGMANS**

Tony DiBernardo

Walmart/Wegmans shopping will take place on Thursday, June 8th. The trips to Walmart cost \$2 and can be scheduled for 10:30 am and 11:45 am. The trips to Wegmans cost \$4 and can be scheduled for 9:30am. Please call the office to register. This program is for North Tonawanda seniors only.

### **MINI GROCERY & MID-CITY SHOPPING**

Susan Terry

Our shopping time for Budweys is 10am. The shopping times at Top/Mid-City are 11:15am and 12:30pm with a 1:45pm time available if all of the earlier time slots are filled. June shopping days are Tuesday the 6th, 13th, 20th and 27th.

If you need the front seat, please request it when you register. Try to keep your groceries to no more than four bags. Please be ready 15 minutes before your scheduled time and be patient if you have to wait a little past the pick up time. We live in a small city, but it still takes time to go from one side of NT to the other, and we don't all move as quickly as we would like anymore!

Also, if you need to cancel, please do so the day before, or by 9:30am the morning of your scheduled time. The office cannot reach me once we are on the road. This service costs \$2.00 and is for NT residents only.

Looking forward to driving you! ~ Susan

### **BOULEVARD MALL & CHRISTMAS TREE STORE**

Tony DiBernardo

The Niagara Falls Boulevard shopping trips will be taking place on Thursday, June 22nd. The trips to the Boulevard Mall are scheduled for the 9:30am and 10:30am time slots.

Trips to the Christmas Tree Store can be scheduled for the 11:45am time slot. The cost for this service is \$4.00.

### **FOOD STAMP PROGRAM**

Jessica Kyle

A representative from NIACAP will be at our center on Friday, June 2nd from 9am –12pm to assist in Food Stamp recertification and applications.

### **ATTORNEY-** Gary Billingsley

The Office for the Aging has a legal assistance program for anyone 60 and over living in Niagara County. There are no fees but contributions are accepted. The lawyer is available once a month. Please call the office to schedule an appointment.

Note: Due to high volume of requests and time constraints please understand that more than one person is scheduled for each time slot. Please come prepared to wait for your turn with the attorney.

### **NIAGARA COUNTY INFORMATION & REFERRAL PROGRAM**

Victoria Cascia

Victoria Cascia the representative from the Niagara County Office for Aging will be available every Wednesday of the month at our center from 10 am —1 pm. Victoria can help any senior with insurance, HEAP, and other applications or referrals. Any questions please call 694-2105.

### **SCRABBLE & DOMINOS**

The center is open on Friday afternoons for anyone who wishes to play Scrabble, Dominoes or work on puzzles. The tables are free to use after 1pm. Coffee and tea will be available for 25 cents per cup.

### **RED HATTERS-**Joan Dirmyer

The Red Hatters finished their animal sanctuary donations. Our Red Hat Picnic is being held on July 26th at Barb Barrett's house at noon. New members this month are Beth Feenin and Carol McMeekin. At the May meeting we enjoyed a speaker on Fall Prevention. The Senior Walk in the Park is June 1st at Calvin Richards Senior Center at 10am.

Senator Rob Ort invited you to a Health and Wellness Expo on Thursday, May 25th at the Dale Association from 10am—2pm. The next regular meeting will be taking place at the North Tonawanda Senior Center on Thursday, June 8th at 6pm. New members are always welcome.

### **EUCHRE**

Ray & Donna Reynolds

This group meets every Friday afternoon at 1pm. All seniors are welcome to join in on the fun. Coffee and tea will be available for 25 cents per cup.

### **CLUB 99**

Anita Zebulske/Mary Ann Linkowski

Club 99 is an exercise program offered by Niagara County Office for Aging. This program is free to any senior. The program uses stretch and a strengthening routine to improve overall muscle tone.

This program will take place every Monday and Wednesday. The Monday class will start at 9am and the **Wednesday class will start at 10:00am**. If you already have an exercise band or a small ball please bring it with you.

### **SUNSHINE CLUB-** Sharon

Lewis



Hear of someone ill or injured? Please let the office or Sharon know so she can send out a card promptly. Donations of cards or stamps are always appreciated. Greeting cards can be purchased at the center for 25 cents EACH to help defray the cost of postage. Donations of general greeting cards are needed & appreciated.

### **BINGO-** Sherrie Hart

Bingo is held every Thursday at 1:30pm. The cost for 2 boards is \$1 which also includes a refreshment, coffee & tea. You must be at least 55 years old to play. We also conduct a 50/50 at each session to help defray the cost of running the Bingo program. The 50/50 tickets are 3 for \$1.

### **Thank you to all of our volunteers!**

Karen Krentz, Helen Sattelberg, Joanne Caticovic, Eileen Lewis, Jane McDermott, Sharon Lewis, Barb Bauerlein, Carol McMeekin, Mary Barone, Gloria Nowakowski, Judy Stoutenburg, June Kerr, Beth Feenin and Terrie McGlennon.

### **PINOCHLE CLUB**

Russ Arcara & Gloria Wilczek

Any senior interested in playing Pinochle is welcome to play every Tuesday afternoon at 1pm. Coffee and tea will be available for 25 cents per cup.

### **TRAVELING WITH MEL**-Mel Quast

The next Travel Club meeting will be held on Wednesday, **June 7th at 1:30 pm.** Coffee and tea will be available for 25 cents per cup. Questions on any trips please contact Mel Quast at 695-2170. Any checks can be mailed to 1722 Linden Ave, N.T. NY 14120.

Please remember to be on time for any trip. Every trip leaves promptly, it is best to arrive about 15 minutes early. All trips depart from the Manhattan St. Parking Lot; unless otherwise specified. Informational flyers can be obtained at the center on the table next to the main office. If you are diabetic it is always wise to bring a snack while you travel.

### **Ark Encounter**

**Ohio & Kentucky- June 27 -29, 2017**

See the beautiful craftsmanship of the full-size, 510 ft. long, Noah's Ark. It is large enough to fit thousands of visitors and will exhibit answers to your questions of Noah's Family and the animals on board during the historical "World-wide Flood." This trip includes motor coach departure at 6:30 am, lunch with tour of Warther's Carvings, Dover, Ohio and a one night accommodation in Ohio with breakfast and Amish dinner. Enjoy the Ark Encounter & Creation Museum in Kentucky and a second night accommodation with breakfast. Then enjoy dinner at the Hofbrauhaus with entertainment. Return home on June 29th. This trip cost \$485. per person/double.

### **Mystery Trip in NY- July 13 2017**

So much to see! Too short a time to see it in! Trip includes 9:30 am motor coach transportation from Manhattan Street Parking lot, touring, lunch and return by 6:30pm. The cost is \$83.00 per person. A deposit of \$25 holds your seat and the balance is due by June 12th.

### **Marvelous Michigan**

**August 29- September 1 2017**

Trip includes roundtrip deluxe motor coach. One night Best Western Greenfield Inn Allen Park, Michigan and two nights at Bavarian Inn Lodge, Frankenmuth, Michigan. Also enjoy three hot breakfasts, one lunch, 3 full dinners, a tour of the Henry Ford Museum, Ford Rouge Factory, Bronners Christmas Store and time for shopping at Frankenmuth. This trip costs \$599.00 pp dbl. \$50.00 non-refundable deposit due now to reserve space and 2nd payment of \$150 due June 15th. The balance is due by July 28th; cancellation insurance available and highly recommended.

### **Hoe Down! -August 1st**

Settle in for pickin' and grinnin' and home country music as the Riverside Inn Dinner Theatre Presents Hoe Down! 9 am departure from N. Tonawanda also includes lunch and the show with a stop for some wine tasting. The return will be at approximately 7pm. The cost of this trip is \$82. \$25 will hold your seat with the balance due by June 27th.

### **GENERAL MEMBERSHIP**

Bea Hapeman - President

The next General Membership meeting will be held on **Wednesday, June 28th at 1:30 pm.** The Advisory Committee will be meeting at 12:45pm. Please come and support your membership.

### **2017 EASY LISTENING CONCERTS AT RAYMOND KLIMEK VETERAN'S PARK**

#### **Thursday Evenings 7-9pm**

- June 15- The Kokomo Band
- June 22- Janice Mitchell with John Curry and Jim Beishline (American Song Book)
- June 29- Authentic Vibes (Jazz Vibraphone with Ray Bennett)
- July 6- Deann Demeo (Classic Blues Band)
- July 13- Custodi and Parisi (mixture)
- July 27- Dixie Swing
- August 3- Bobby Milittello (Jazz)
- August 10- Buffalo Jazz and Swing (Big Band Music)

## SPECIAL EVENTS

### MEDICARE SEMINAR

Susan Christian from the Niagara County Office for Aging will be at our center on Monday, June 19th for a Medicare seminar at 2pm. The public is welcome.

### SUMMER CARD PARTY

We have scheduled a Summer Card Party on Monday, June 19th at 1pm. Tickets are \$5 each and are sold in sets of 4. Pizza, soda, coffee and tea will be available. Door prizes, table prizes and a 50/50 will also take place.

### SUMMER PICNIC

**Wednesday, August 16th - 4-7pm**

Tickets on sale for \$17 each. You will enjoy grilled ribs, BBQ chicken, roasted potatoes, macaroni and chef salad, baked beans, cheesecake, soda, coffee, tea, beer & wine. Doors open at 3:30pm. Buffet ready at 4pm and music will play from 5pm—7pm.



We will also have horseshoes, billiards and ladder golf games available. Take a chance at 50/50 and a few door prizes too! Thank you Bea Hapeman for chairing this event.

### FOOD EXPRESS

Sponsored by the Niagara Community Action Program, Inc.. Don't miss your chance to receive extra food and perishable items courtesy of the FOOD BANK of WNY. The FOOD EXPRESS will arrive at: The North Tonawanda City Market (Payne avenue and East Robinson St) the 2nd Wednesday at 10am of the month starting in April and ending in October 2017.



Weather permitting and while supplies last. Please bring your picture ID with your address and bags or boxes to carry your food in. For more information please call 694-9727

## VOLUNTEER CORNER

Just a reminder.... The folding and mailing of the July's newsletter will be taking place at 9:30 am on Friday, June 23rd. Everyone is welcome to help. **Volunteers are needed.**

### Thank you to last month's volunteers

Joe Pusateri, Marjorie Brackett, Doris Flury, Linda Elliott, Mike Bass, Mary Ann Linkowski, Marsha Kennedy. Home deliveries by Karen Krentz.

### MEMBERSHIP UPDATES

**New Members:** Deborah Fadel and Jason Karacella

**Home From The Hospital:** Margo Emminger

### **In Nursing or Rehabilitation Facilities::**

Theresa Muratore, Margaret Hawkins, Dorothy Curtis, Norma Fill, Ann Risius, Ken Tubbs, Marian Szymkowiak, Irene Piwtorak, Janice Koch, Elvira (Babe) Beringer, Mary Jane Klaes, Elsie Nachreiner and Florence Gawrys

**Deceased Members::** Phillip "Russ" Rizzo, Ken Noker, Violet Czaja, Joseph Harack, Peggie Sorrell and Patricia Rutherford

### THE WALK IN THE PARK



The Senior Walk in the Park is June 1st at Calvin Richards Senior Center at 10am and activities will take place until 1pm. This event is free and will take place rain or shine. There will be 4 walks to choose from, lunch, entertainment, a resource fair and a 50/50 split club. Registration starts at 10am. Transportation is on your own.

# JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Cheese manicotti with tomato sauce Spinach Italian bread Fruited gelatin Parmesan cheese	2. Sweet & Sour Pork served over seasoned rice and topped with Chinese noodles Cauliflower Whole wheat dinner roll Fresh nectarine
5. Veal parmesan with tomato sauce, Rotini pasta, Tossed salad with cucumbers, carrots and croutons. Italian bread Orange dream cake Parmesan & Italian dressings	6 Julienne salad with diced turkey (romaine & salad mix with carrot shreds, red onion, tomatoes, garbanzos & cheddar cheese) Zesty rice Blueberry muffin Heavenly hash Ranch salad dressing	7. <u>Tuscarora Celebration Meal</u>  Meatloaf with gravy Mashed potatoes Sliced carrots Whole wheat dinner roll, butterscotch pudding with whipped topping	8. Baked ham Whipped sweet potatoes Peas Wheat bread Fresh peach	9. Macaroni and Cheese Broccoli Dinner roll Fruit cocktail
12. Salisbury Steak with gravy Au Gratin potatoes California blend vegetables Chilled pears	13. Cheeseburger Supreme (cheese, tomato, lettuce, red onion & pickle chips) wheat hamburger roll, baked beans Prince Edward vegetables, fruited gelatin with Whip topping	14. Vegetable lasagna Spinach Italian bread Raisin oatmeal cookies (2)	15. <u>Father's Day Meal</u>  Roast beef with gravy on wheat hard roll with horseradish, baked potato with sour cream Candied baby carrots Tuxedo bar	16. Grilled chicken salad Served over Mesclun mix, tomatoes, onion, shredded cheddar cheese Tri color pasta salad Wheat bread S'more pudding parfait French salad dressing
19. Chicken fingers (2) Potatoes O'Brien Mixed vegetables Dinner rolls Fresh grapes BBQ sauce & ranch dressing	20. <u>Lewiston &amp; Lockport Celebration</u>  Breaded pork chops with 1/4 cup sauerkraut Baked potato with sour cream, chef salad with salad dressing, whole wheat bread and chocolate chip cookies	21. First Day of Summer  Goulash Corn Wheat bread Fresh cantaloupe	22. Steak salad served with romaine & salad mix, carrot shreds, cucumber, red onion & feta cheese, pea and pasta salad Dinner roll Banana pudding Blue cheese salad dressing	23. Breakfast casserole with turkey sausage Steamed rice Broccoli Blueberry muffin Mandarin orange delight
26. Ham & pasta primavera With rotini pasta Peas Dinner roll Peach polka dot dessert	27 Cheese tortellini with meat sauce Summer squash Italian bread Vanilla pudding Parmesan cheese	28. Turkey burger with cheese Wheat hamburger roll Mashed sweet potatoes Green beans fresh pear	29. BBQ chicken Potato salad Carrots Cornbread brownie	30) Independence Day Special  Hot dog on bun Baked beans Corn nibbler Apple crisp with whipped topping

# JUNE 2017

Mon	Tue	Wed	Thu	Fri
			1.  11:45 Nutrition 1:30 Bingo  Walk in the Park At Town of Niagara 10am—1pm	2.  9:00 Food Stamps 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
5.  9:00 Club 99 11:45 Nutrition	6.  Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	7.  10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition 1:30 Travel Club	8.  Walmart Shopping 11:45 Nutrition 1:30 Bingo 6:00 Red Hats	9  11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
12.  9:00 Club 99 11:45 Nutrition	13.  Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	14.  10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition	15.  11:45 Nutrition 1:30 Bingo 1:00 United Health Care	16.  11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
19.  9:00 Club 99 11:45 Nutrition 1:00 Card Party 2:00 Medicare Seminar	20.  Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	21.  10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition.	22.  NF BLVD Shopping 11:45 Nutrition 1:30 Bingo	23.  9:30– Newsletters 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
26.  9:00 Club 99 11:45 Nutrition	27.  Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	28.  10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition 12:45 <u>Advisory Mtg.</u> 1:30 <u>General Mtg.</u>	29.  11:45 Nutrition 1:30 Bingo	30.  11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre