

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

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

AUGUST 2017

THEME BASKET FUNDRAISER



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Our Annual Theme Basket Fundraiser is Saturday, September 9th.

The doors open at 1pm and drawings for the baskets begin at 2:15pm. There is a \$5 entrance fee which includes 25 basket tickets, 1 door prize ticket, 1 drink ticket and 1 refreshment ticket. Extra basket tickets can be purchased in sheets of 25 for \$5 each.

We are current accepting donations of baskets, filled and unfilled, new items and gift cards. We will also need donations of baked goods the day of the event and volunteers. Please call the office if you would like to get involved and help us out!!

N.T. FARMER'S MARKET

Tony DiBernardo

The center will be offering transportation to the Farmer's market on Thursday, August 17th. The appointment times are 10am & 11am. Please call the office to register. The charge for this program is \$2. This program is for North Tonawanda residents 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. shopping days are Tuesday the August 1st, 15th, 22nd & 29th. There is no shopping on August 8th.

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, August 24th. 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.

WALMART/WEGMANS

Tony DiBernardo

Walmart /Wegmans shopping will take place on Thursday, August 3rd. 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.

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.

FOOD STAMP PROGRAM

Sara McMaster

A representative from NIACAP will be at our center on Friday, August 11th 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.

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 Catipovic, Eileen Lewis, Jane McDermott, Sharon Lewis, Barb Bauerlein, Carol McMeekin, Mary Barone, Gloria Nowakowski, Judy Stoutenburg, June Kerr, Beth Feenin and Terrie McGlennon.

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.

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, August 9th 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.

Allegheny Allure– October 3, 2017

Join us for a visit to Kinzua State Park. The Kinzua Viaduct was the highest and longest bridge in 1882. It stood for 121 years before it partially collapsed under the powerful winds of a tornado. Today, the viaduct has been reinvented as the Kinzua Sky Walk. It allows a magnificent view of the gorge through a glass floor.

This trip includes motor coach transportation, guided tour of the park, lunch at Kane Manor, choice of Swiss steak or chicken breast, a stop at Flickerwoods Winery, Thomas Memorial Chapel, Bells Meat & Poultry. (Homemade sausage, bring a cooler to bring some home) and return by 6pm. The cost is \$71.00

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. Cancellation insurance is available and highly recommended.

GENERAL MEMBERSHIP

Bea Hapeman - President

The next General Membership meeting will be held on **Wednesday, August 23rd at 1:30 pm**. The Advisory Committee will be meeting at 12:45pm. We will be discussing the structure of our future meetings. Please come and support your membership.

At the September 27th meeting we will be having the "Bread Guy" as our entertainment.

RED HATTERS-Joan Dirmyer

The Red Hatters enjoyed their picnic at Barb's home last month. There will not be a regular meeting in August. The Red Hatters will be having a lunch August 10th at 1pm at Lumber City Pizza. The next regular Red Hat meeting will be taking place on Thursday, September 14th at 6pm.

New! Technology Corner



Noel Nickerson

Are you having trouble using your portable technology and looking for someone to help? Here's an opportunity for you! From something as simple as turning a device on, to something more complicated like how to view a family member's Facebook page, we're here to help. Appointments for free one on one help are available. One-half hour appointments are available on Monday afternoons, twice monthly. Please call 695-8582 to make your appointment today. Make sure to bring the device that you need assistance with. Devices can include but are not limited to: cell phones, tablets, and laptop computers.

The days available for the month of August are Monday, August 7 and Monday, August 21 from 1-4pm. Please call the office to schedule an appointment.

SPECIAL EVENTS

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.. This event is for paid members only and a guest of a member.

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 for the month of August, September and October.

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

The Safer Self– Bob White



This Self Defense program was designed for women and seniors, and relies on leverage and technique instead of strength, speed and a high level of athletic coordination, so that anyone can feel safer and healthier. No previous experience is necessary. Completion of this safe, fun, cooperative program will provide the confidence in seniors that reduces their risk of ever becoming the target of violent assaults in the first place.

This class is being held on October 23rd at 1:30. To registered for the class you must pay \$3 in advance. The class will be limited to 30 people.

VOLUNTEER CORNER

Just a reminder.... The folding and mailing of the September's newsletter will be taking place at 9:30 am on August 25th. Everyone is welcome to help. **Volunteers are needed.**

Thank you to last month's volunteers

Joe Pusateri, Michael Bass, Linda Elliott, Marjorie Brackett, Karen Krentz, Joan Dirmyer, Dorothy Muniak, Mary Satleberg, Shirley Klinefletter and Cande Cuedek

MEMBERSHIP UPDATES

New Members: Joan Coranado, Joseph Midura, Cathy Conner, Bess Lepine-Bundy, Bruce & Marie Herman and Betty Duane

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, Florence Gawrys, James Snyder and Ann Putz

Deceased Members: Vitalia Delao, John Day and Myeran Pusch

Upcoming events:

1. Theme Basket Raffle: September 9th– 1pm
2. Medicare Seminar & Flu Shot Clinic—
October 13—9:30am
3. “The Safer Self”: October 23rd- \$3.00
4. Anniversary Dinner Dance: October 25th -\$17

AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Breakfast Casserole with turkey sausage Steamed seasoned rice Broccoli Blueberry muffin Mandarin orange delight	2. Chicken drumsticks (2) Macaroni and cheese Prince Edward vegetables Cornbread Watermelon cubes	3. Steak salad served with romaine and salad mix, carrot shreds, cucumbers red onion & feta cheese, pea and pasta salad, dinner roll brownie	4. Turkey and cheese sub Potato salad Garden ranch green beans, small hoagie roll Rice pudding Mayonnaise/mustard
7. BBQ chicken Potato salad Carrots Cornbread Bread pudding	8. Turkey burger with cheese Wheat hamburger roll Potatoes Anna Green beans Cantaloupe Ketchup/mustard/relish	9. Ham and pasta primavera Rotini pasta Parmesan cheese Peas Dinner roll Peach polka dot dessert	10. Breaded pork chop with 1/4 cup sauerkraut Whipped sweet potatoes, broccoli and whole wheat bread Heavenly hash dessert	11. Spaghetti and meatballs with tomato sauce, parmesan cheese Chef salad with dressing, California blend vegetables, dinner roll fruit cocktail
14. Cheeseburger supreme Hot seasoned rice with broccoli and cauliflower, cold cucumber pepper salad, hamburger roll, deluxe fruit salad	15. Beef taco salad (served with iceberg and romaine lettuce, tomatoes, tortilla chips and shredded cheddar cheese, sour cream) Seasoned rice Cold three bean salad Chocolate chip cookies	16. Herbed turkey fricassee (pulled white meat turkey with gravy served over biscuit) mashed potatoes, carrots Biscuit Chocolate pudding with whipped topping	17. Grilled boneless chicken breast served on a hamburger bun Italian pasta salad Zucchini and tomatoes Hawaiian delight	18. Broccoli cheese strata Hash brown patty Cauliflower parsley Wheat bread grapes
21. Sweet and sour pork Served over seasoned rice, country blend vegetables Chinese noodles Dinner roll nectarine	22. Mild Italian sausage patty with peppers and onions, parsley buttered rotini pasta, corn hamburger roll, chilled pears	23. Cheese manicotti with tomato sauce and parmesan cheese, spinach Italian bread, fruited gelatin with whipped topping	24. Mushroom Swiss burger, macaroni salad, broccoli, hamburger roll, tapioca pudding with whipped topping	25. Greek chicken salad, (tossed salad with romaine, carrots, red cabbage, tomatoes, green peppers, garbanzos, red onion, feta crumbles) Greek potatoes, 1/2 whole wheat pita, yellow cake with chocolate frosting
28. Veal parmesan (mozzarella cheese and tomato sauce) parsley Parmesan cheese, buttered rotini pasta Tossed salad, salad dressing, Italian bread Heavenly hash dessert	29. Julienne salad with diced turkey (romaine and salad mix, shredded carrots, tomatoes, garbanzos, shredded cheese) Zesty rice, blueberry muffin, orange dream cake and French salad dressing	30 <u>End of summer picnic</u> Hot dog or hamburger Macaroni or potato salad, baked beans, hamburger or hot dog roll, watermelon and frosted brownie lemonade	31. Baked ham Whipped sweet potatoes Peas Cornbread peach	

AUGUST 2017

Mon	Tue	Wed	Thu	Fri
	1. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	2. 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition	3. Walmart Shopping 11:45 Nutrition 1:30 Bingo	4. 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
7. 9:00 Club 99 11:45 Nutrition 1-4 Technology Corner (by appointment only)	8. 11:45 Nutrition 1:00 Pinochle	9. 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition 1:30 Travel Club	10. 11:45 Nutrition 1:30 Bingo (Red Hatters Lunch At Lumber City)	11. 9:00 Food Stamps 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
14. 9:00 Club 99 11:45 Nutrition	15. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	16. 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition Summer Picnic	17. NT Farmer’s Market 11:45 Nutrition 1:30 Bingo	18. 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
21. 9:00 Club 99 11:45 Nutrition 1-4 Technology Corner (by appointment only)	22. Grocery/Mid-City 10:00 Univera 11:45 Nutrition 1:00 Pinochle	23. 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition. 12:45 Advisory mtg. 1:30 General mtg.	24. NF BLVD Shopping 11:45 Nutrition 1:30 Bingo	25. 9:30 Newsletters 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
28. 9:00 Club 99 11:45 Nutrition	29. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	30. 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition	31. 11:45 Nutrition 1:30 Bingo	