

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

**SEPTEMBER 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 currently 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!!

### **GENERAL MEMBERSHIP**

Bea Hapeman - President

The next General Membership meeting will be held on Wednesday, September 27th 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. After the meeting enjoy the "Bread Guy" \*



**\*Pot Luck! Following  
general meeting too! Bring a dish  
to pass!**

### **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.

### **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 September 5th, 12th, & 26th. There will not be any shopping on the 19th.

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, September 21st. 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, September 7th. 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-12:30pm.

**FOOD STAMP PROGRAM**

Sara McMaster

A representative from NIACAP will be at our center on Friday, September 8th 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 10:30am. 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.

### RED HATTERS-Joan Dirmyer

The Red Hatter next meeting will be held on Thursday, September 14th at 6pm. New members are always welcome.

### TRAVELING WITH MEL-Mel Quast

The next Travel Club meeting will be held on Wednesday, September 13th 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

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

### Canterbury Feast- September 16

A mystical and magical evening where the knaves and wenches, who take you back to the year 1492, not only perform, but also serve your meal! All, "a la" no utensils!!! This trip includes round trip transportation dinner and show with a stop for wine tasting. The cost of the trip is \$82.00 per person.

### Del Lago Resort Casino- November 15

This casino is located in Waterloo NY. This trip includes a \$25 bonus, \$5 food credit, and a senior day bonus. Seniors must have a players card to receive the bonus. In order to obtain a players card; you will need a Government issued identification. This trip leaves Manhattan Street Parking Lot at 10:30am; arrival at casino is planned at approximately 12:30pm. We will leave the casino at approximately 5:30pm with a return to North Tonawanda at 7:30pm. This trip costs approximately \$32 per person.

### Christmas POPS Buffalo Philharmonic Orchestra

December 15th. Trip includes reserved seating for Christmas concert, coffee, sweet roll, lunch at Salvatore's Italian Gardens with choice of prime rib of beef, chicken Francise or salmon. This trip cost \$104.00. A \$25 deposit will hold your seat. The full amount is due by November 8th.

### 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 September are Monday, September 11th, 18th & 24th from 3-4:pm. Please call the office to schedule an appointment.

## Univera

Maria Schenck from Univera will be at our center on Tuesday, September 19th at 10am for an informational seminar.

### AARP Driving Course –Dot Rosner

There will be a AARP Driving Safety Course offered on Monday, October 30th and Tuesday, October 31st from 9am—noon at the senior center. You must attend both sessions to receive credit.

Full payment in advance must be made to secure your registration. The cost of the program is \$20 for members of AARP and \$25 for non-members. Payment must be made with a check or a money order made payable to AARP. There will also be a class offered in November.

## SPECIAL EVENTS

### 5th Annual Niagara County Healthy Connections Information and Resource Fair

Join us for a FREE information event for seniors, caregivers and people with disabilities. Enjoy a resource fair featuring local service providers and health organizations, health screenings and flu shots. Also enjoy door prizes, giveaways and refreshments. The fair is taking place on Thursday, September 21st from 1pm—4pm in Lockport. Limited transportation will be provided free of charge. To register for transportation please call the center at 695-8582

### Anniversary Dinner Dance

We will be having our 47th Anniversary Dinner Dance on Wednesday, October 18th. The tickets will go on sale starting Friday, September 1st for \$17 each. The menu will include pork chops, roast beef, scalloped potatoes, stuffing, chef salad, mixed vegetables, bread, butter and cheesecake for dessert. Music will entertain the our seniors from 7:30pm—9:30pm.

### 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 register for the class you must pay \$3 in advance. The class will be limited to 30 people.

## Medicare Seminar & Flu Shot Clinic October 13th—9:30am

The Office for Aging will be at our center on Friday, October 13th for their annual Medicare seminar. Flu shots will also be available at this event. The doors open at 9:15 and event will begin at approximately 9:30/9:45am. This event is open to the public

### VOLUNTEER CORNER

Just a reminder.... The folding and mailing of the October's newsletter will be taking place at 9:30 am on Friday, September 22nd at 9:30am. Everyone is welcome to help. Volunteers are needed.

### Thank you to last month's volunteers

Joe Pusateri, Marjorie Brackett, Karen Krentz, Marsha Kennedy, John Davisson and Doris Flury.

### MEMBERSHIP UPDATES

New Members: Eugene Moderacki, Thom Pennock, Diane Wilke, Edward Hickman, Helen Hunter, Jim Rosten, Karen Armenia, Fran Phillians, Bonnie Bugbee, Mary Beth Lawton and Philip Gralnik.

In Nursing or Rehabilitation Facilities: Theresa Muratore, Margaret Hawkins, Norma Fill, Ann Risius, Marian Szymkowiak, Irene Piwtorak, Janice Koch, Elvira (Babe) Beringer, Mary Jane Klaes, Elsie Nachreiner, Florence Gawrys, James Snyder, Wayne Cooper, Olive Pike and Ann Putz

Deceased Members: Dorothy Curtis, Jack Wood and Ken Tubbs

# SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Saturday, September 9th</p> <p>THEME BASKET FUNDRAISER</p>				<p>1. macaroni &amp; cheese Seasoned stewed tomatoes, broccoli Italian bread Chilled fruit cocktail</p>
<p>4. Labor Day  Closed</p>	<p>5. BBQ pork riblet Baked beans Cauliflower small hoagie roll Chilled peaches</p>	<p>6. Grilled chicken salad Tri color pasta salad Wheat bread S'mores pudding parfait Italian Salad dressing</p>	<p>7. Salisbury steak with gravy Au gratin potatoes California blend vegetables Dinner roll Fruited gelatin with whipped topping</p>	<p>8. Cheeseburger supreme Potato wedges Chill 3-bean salad Wheat hamburger roll Watermelon cubes</p>
<p>11. Chicken fingers (2 ) Bbq sauce/ranch dressing Potatoes O'Brien Prince Edward Vegetables, dinner roll Chocolate chip cookies</p>	<p>12. Goulash Mixed vegetables Dinner roll Rice pudding Parmesan cheese</p>	<p>13. Breakfast casserole with turkey sausage Steamed seasoned rice, broccoli Blueberry muffin Mandarin orange delight</p>	<p>14. Turkey and cheese sub with lettuce and tomato Potato salad Garden ranch, green beans, small hoagie roll, fresh grapes</p>	<p>15. Steak salad served with romaine and salad mix, carrot shreds, cucumber, red onion and feta cheese, pea and pasta salad, dinner roll brownie</p>
<p>18. Ham and pasta primavera Peas Dinner roll Chilled pears</p>	<p>19. Breaded pork chop &amp; sauerkraut Whipped sweet potatoes Broccoli Whole wheat bread Heavenly hash dessert</p>	<p>20. Spaghetti and meatballs with tomato sauce, parmesan cheese Chef salad with Italian dressing, Italian bread, cantaloupe</p>	<p>21. Beef taco salad (Iceberg and romaine lettuce, tomatoes, tortilla chip, shredded cheddar cheese,) Hot zesty rice Cold 3 bean salad Chocolate chip cookie</p>	<p>22. BBQ chicken Potato salad Carrots Corn bread Peach polka dot dessert</p>
<p>25. Herbed turkey fricassee Bread stuffing Biscuit Green beans &amp; mushrooms Chocolate pudding with whipped topping</p>	<p>26. Broccoli cheese Strata Hash Brown Patty Cauliflower with parsley Wheat bread Fresh fruit– grapes</p>	<p>27. Cheeseburger supreme Hot seasoned rice with broccoli &amp; cauliflower Deluxe fruit salad Ketchup/mustard</p>	<p>28. Chicken drumsticks (2) Macaroni and cheese Mixed vegetables Cornbread Fresh fruit – watermelon cubes</p>	<p>29. meatloaf with gravy Garlic mashed potatoes Broccoli Wheat dinner roll Snickerdoodle cookie</p>

# SEPTEMBER 2017

Mon	Tue	Wed	Thu	Fri
				1.  11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
4.  Closed for Labor Day	5.  11:45 Nutrition 1:00 Pinochle	6.  10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition	7. Wal-Mart 11:45 Nutrition 1:30 Bingo	8.  9:00 Food Stamps 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
11.  9:00 Club 99 11:45 Nutrition 3-4 Technology Corner (by appointment only)	12.  Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	13.  10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition 1:30 Travel Club	14.  11:45 Nutrition 1:30 Bingo 6:00 Red Hatters	15.  11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
18.  9:00 Club 99 11:45 Nutrition 3-4 Technology Corner (by appointment only)	19.  10:00 Univera 11:45 Nutrition 1:00 Pinochle	20.  10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition.	21.  NF BLVD Shopping 11:45 Nutrition 1:30 Bingo	22.  9:30 Newsletters 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
25.  9:00 Club 99 11:45 Nutrition 3-4 Technology Corner (by appointment only)	26.  Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	27.  10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition 12:45 Advisory mtg. 1:30 General mtg.	28.  11:45 Nutrition 1:30 Bingo	29.  11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre