

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**

110 Goundry Street North Tonawanda, NY 14120
Telephone: 695-8582—Fax: 695-8530
www.NTParksrec.com 8:30am-4:30pm

PRSRT STD
U.S. Postage
PAID
N. Tonawanda, NY
PERMIT NO. 75

Return Service Requested

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

JANUARY 2018

**How to Make and Keep a
New Year's Resolution**

According to the time management firm Franklin Covey, one third of resolutions don't make it passed the end of January. A lot of these resolutions fail because they're not the right resolution. Any resolution may be wrong for one of three main reasons:

1. It's a resolution created based on what someone else (or society) is telling you to change.
2. It's too vague.
3. You don't have a realistic plan for achieving your resolution.

Resolutions need to be smart. Smart: That's an acronym (specific, measurable, achievable, relevant and time bound)

1. Specific- Your resolution should be absolutely clear. You should not just say you would like to lose weight. You should be specific, how much weight and at what time interval?
2. Measurable-Logging progress into a journal or making notes on your phone is important to track your progress and reinforce your behaviors.
3. Achievable.- If you have a large goal, break the goal into small steps to make the goal achievable. If the goal is too large you will become frustrated and quite too early.
4. Time bound- have a reasonable time line. Focus on the small wins so you can make gradual progress to your ultimate goal.

- NY Times 2017

**MINI GROCERY
& MID-CITY SHOPPING**

Susan Terry

Our shopping time for Budweys is 10am. The shopping times at Tops/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, January 2nd, 9th, 16th, 23rd & 30th. 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, January 25th. 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, January 11th. 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 service is for N. T. 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. The full menu is included in this publication.

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. There will be no class held on Monday, January 15th.

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!

Helen Sattelberg, Joanne Catipovic, Eileen Lewis, Jane McDermott, Sharon Lewis, Carol McMeekin, Gloria Nowakowski, Judy Stoutenburg, Rhonda Holka, Jenni Gauda, 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.

RED HATTERS-Joan Dirmyer

The Red Hatter next meeting will be held on Thursday, January 11th at 6pm. New members are welcome.



TRAVELING WITH MEL-Mel Quast

The next Travel Club meeting will be held on Wednesday, March 14th. 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.

“Jesus” Lancaster, PA. May 14-16, 2018

Trip includes: departure from North Tonawanda at 7am, lunch on own en route at Country Cupboard, two nights accommodations at the Comfort Inn and two deluxe continental breakfasts. This trip will also include one box lunch, two Amish dinners, a matinee performance of “Jesus” at the Millennium Theater, a tour of local factory, time for shopping and visit the Amish countryside.

The cost of the trip is \$435.00 per person/double. \$50 non refundable deposit is due now to reserve your spot. \$125.00 is due February 10th and the balance is due on April 13th.

GENERAL MEMBERSHIP MEETING

Bea Hapeman - President

The next General Membership meeting will be held on Wednesday, January 24th at 1:00 pm. All members are welcome to attend.

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 between 3-4pm.

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. Appointments are available on Monday, January 8th, 15th, 22nd & 29th. Please call 695-8582 to make your appointment.



SCRABBLE & DOMINOS

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

Univera– Maria Schenck

The representative from Univera will be at our center on January 4th, February 1st and March 1st at 10:00am for informational seminars. Anyone from the public is welcome to attend.

ST. VALENTINES DAY DINNER DANCE



Our annual Valentines Day Dinner Dance will be held on Wednesday, February 21st 2018. The doors will open at 5:30pm and the dinner will be served at 6pm. Music will play from 7:30-9:30pm.

The menu will include chicken Cacciatore, chef salad, spaghetti, rolls, and cheesecake for dessert. Coffee and tea will also be served. Tickets will be sold for \$17 each. Tickets go on sale Tuesday, January 2nd. Thank you Anne Kelly for chairing this event.

ST PATRICK'S DAY DINNER DANCE

Our St. Patrick's Day Dinner Dance will be held on Wednesday, March 21st 2018. The doors will open at 5:30pm and the dinner will be served at 6pm. Music will play from 7:30-9:30pm.



The menu will include a traditional Irish corned beef dinner with cabbage, potatoes, carrots and chicken as the second meat. Tickets will be \$17 each and will go on sale starting February 1st.

HEAP 2018

INCOME GUIDELINE

<u>Household size</u>	<u>maximum gross monthly income</u>
1	\$2,318
2	\$3,031
3	\$3,744
4	\$4,457
5	\$5,170
6	\$5,883
7	\$6,017

If you are interested in applying for HEAP benefits please call 438-4016

MEMBERSHIP UPDATES

New Members: Linda Stone, Paul Corsaro, Robert Reich, Lois Kempf, Jean Hammond, Orrin Esslinger and Phyllis Rooney

In Nursing or Rehabilitation Facilities: 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, and Ann Putz

Hospital: Judith Miller

Deceased Members: Ruth Arnts, Thomas Trowbridge, Cynthia Hickok, Judith Wattam, Elwood Wynn and Austin Nobles

VOLUNTEER CORNER

Just a reminder.... The folding and mailing of the February's newsletter will be taking place at 9:30 am on Friday, January 26th at 9:30am. Everyone is welcome to help. Volunteers are needed.

Thank you to last month's volunteers

Marsha Kennedy, Joe Pusateri, Marge Brackett, Linda Elliott and Karen Krentz

A quote for the New Year.....

“What lies behind you and
What lies in front of you
Pales in comparison to
What lies inside of you.”

January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. New Year's Day! No meals served	2. Chili con carne Crackers Rice green beans Corn bread Chilled fruit cocktail	3. Sliced turkey w/ gravy Stuffing, carrots Biscuits Orange dream cake	4. Center cut pork chop Ranch mashed potatoes Peas, wheat bread applesauce	5. Cheeseburger supreme Hamburger roll (pickle chip, Swiss cheese, lettuce and tomato) Potato wedges Brussels sprouts S'more pudding parfait
8. Vegetable lasagna Spinach Italian bread Chilled peaches	9. Breaded chicken Drumsticks Baked beans Scandinavian Vegetables Fresh fruit	10. Salisbury steak with gravy, au gratin potatoes, California blend vegetables, dinner roll carnival cookies	11. Grill chicken breast on a wheat bun Hearty vegetable soup Tri-color pasta salad Chilled pears	12. Beef stroganoff Mixed vegetables Wheat dinner roll Heavenly hash
15. Martin Luther King Jr. Holiday No meals served	16. Goulash Baby carrots Wheat bread Chocolate chip cookies	17. Chicken fingers Potatoes O'Brien Brussels sprouts Dinner roll Rice pudding	18. Hot roast beef sandwich wheat bun with gravy Salad mix Mashed potatoes brownie	19. Turkey and cheese with lettuce and tomato on small hoagie roll Minestrone soup Potato salad Fresh fruit salad
22. Meatloaf with gravy Mashed potatoes Carrots Wheat bread Chilled mixed fruit	23. Sliced glazed ham Scalloped potatoes Peas Dinner roll Peach polka dot dessert	24 Hot steak and cheese Sub with lettuce and tomato on a small hoagie roll Chef's special soup Corn Chilled mandarin oranges	25. Swedish meatballs Mashed potatoes Capri blend vegetables Italian bread Butterscotch pudding	26. Bbq chicken leg Seasoned confetti rice Broccoli Cornbread Fruited gelatin
29. Chicken breast on a hamburger bun Lentil soup Mixed vegetables Deluxe fruit salad	30. Ground beef and mushroom casserole Rice Florentine California blend vegetables Hawaiian delight cake	31. Roast pork au jus Scalloped potatoes Carrot coins Dinner roll applesauce		

January 2018

Mon	Tue	Wed	Thu	Fri
<p>1. New Year's Day The Center is Closed</p> 	<p>2. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle</p>	<p>3. 10-12 Info & Referral 10:30 Club 99 11:45 Nutrition</p>	<p>4. 10:00 Univera 11:45 Nutrition 1:30 Bingo</p>	<p>5. 9:00 Food Stamps 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre</p>
<p>8. 9:00 Club 99 11:45 Nutrition 3-4 Technology Corner (by appointment only)</p>	<p>9. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle</p>	<p>10. 10-12 Info & Referral 10:30 Club 99 11:45 Nutrition</p>	<p>11. Walmart/Wegman's 11:45 Nutrition 1:30 Bingo 6:00 Red Hatters</p>	<p>12. 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre</p>
<p>15. No Lunches– County Closed for MLK Day No Club 99 3-4 Technology Corner (by appointment only)</p>	<p>16. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle</p>	<p>17. 10–12 Info & Referral 10:30 Club 99 11:45 Nutrition</p>	<p>18. 11:45 Nutrition 1:30 Bingo</p>	<p>19. 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre</p>
<p>22. 9:00 Club 99 11:45 Nutrition 3-4 Technology Corner (by appointment only)</p>	<p>23. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle</p>	<p>24. 10–12 Info & Referral 10:30 Club 99 11:45 Nutrition 1:30 General Meeting</p>	<p>25. N.F. Blvd Shopping 11:45 Nutrition 1:30 Bingo</p>	<p>26. 9:30 Newsletters 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre</p>
<p>29. 9:00 Club 99 11:45 Nutrition 3-4 Technology Corner (by appointment only)</p>	<p>30. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle</p>	<p>31. 10–12 Info & Referral 10:30 Club 99 11:45 Nutrition</p>		