

**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) 8:30am-4:30pm

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N. Tonawanda, NY  
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Return Service Requested

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

**MARCH 2018**



Happy St. Patrick's Day!

For each petal on the shamrock  
This brings a wish your way-  
Good health, good luck and happiness  
For today and every day.

- Author Unknown

**FOOD STAMP PROGRAM**

Sara McMaster

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

**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.



**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, March 6th, 13th, 20th & 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, March 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.

## WALMART/WEGMANS

*Tony DiBernardo*

Walmart / Wegmans shopping will take place on Thursday, March 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 service is for N. T. seniors only.

### 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

### 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, March 8th at 6pm. The group is planning a dinner at the Deerwood Restaurant on April 26th. New members are welcome.

## GENERAL MEMBERSHIP MEETING

Bea Hapeman - President

According to the new Bylaws the next General Membership meeting will be held on Wednesday, March 21 at the St. Pat's Dinner Dance . The elections of Officers will also be taking place.

### 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!

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.

### 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.

**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, March 5, 12 & 19th. Please call 695-8582 to make your appointment.

**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.

**TRIPS**

**Cruise to New England & Canada  
September 29—October 6**

Onboard the Regal Princess, "Flag Ship" of Princess Cruises Fleet. Depart NYC on September 20 thru October 6 for a 7 day cruise and 6 ports of call. Trip includes, upgraded cabins, all taxes, fees, port expenses, crew gratuities, breakfast, lunch, dinner and more food, 24 hours aboard ship, entertainment and shows, movies, pools, and a casino. Interior Cabin—\$1,500.00 Dbl/Occy, Balcony Cabin-\$2,260.00 Dbl/Occy, 3rd Guest Interior- \$\$1,360.00 each, 3rd Guest Balcony- \$1,875.00-each.

**Sprague's Maple Farms & Seneca Allegany Casino  
March 13, 2018**

Trip includes full pancake breakfast & maple sap demo (if available). A \$25 bonus, \$5 food voucher for casino (must have players card to receive bonus and government issued ID). 8am departure from Manhattan St. parking lot, 10am arrival at Sprague's for breakfast and Maple Syrup education. Depart for Salamanca at 11:30am and at the casino at noon. Return to North Tonawanda at approximately 6pm. The cost of this trip is \$49.

**"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.

**SPEAKERS SERIES & DEMOS**

**Univera— Maria Schenk**

The representative from Univera will be at our center on March 1st at 10:00am for informational seminar. Anyone from the public is welcome to attend.

**Blue Cross & Blue Shield— March 14**

A representative from Blue Cross & Blue Shield will be at our center on March 14th at 10am for an informational seminar. Anyone from the public is welcome to attend.

**United Health— March 15th**

A representative from United Health Care will be at our center on March 14th at 10am for an informational seminar. Anyone from the public is welcome to attend.

**Chronic Disease Self Management Series**

March 12, 19, 26 & April 2, 9 & 16. This seminar takes place at the senior center in the craft room at 12:30pm. If you are living with or caring for someone with an ongoing condition or limiting health condition join us! You can deal with it or you can do something about it. Classes begin March 12th. Diabetes will be the focus of this series. To register please call the office at 695-8582. This program is sponsored by the Niagara County Department of Health Public Health Nursing.

### Kalos Health Insurance-March 22nd

A representative from Kalas Health Insurance will be at our center on March 22nd at 10am for an informational seminar. Anyone from the public is welcome to attend

### Introduction To Medicare

Susan Christian from the Office for Aging will be at our center on Tuesday, March 28th at 2pm for a informational seminar on Medicare. Any senior is welcome to attend. Please call the office at 695-8582 to register. The class is limited to 20.

**\*NEW! Come See What's Cookin'  
Fun Nutrition Workshop & Food Demo**



DATE: Tuesday, April 3rd  
TIME: 11:00 am

Sponsored by the Food Bank of Western NY. Enjoy FREE live food demos and workshop using fresh produce. Take home recipe ideas and a FREE gift. Please call the office to register at 695-8582.

### SPECIAL EVENTS

#### 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 5:00pm, 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. Thank you to Anne Kelly for chairing this event.

### BROADWAY MARKET

We will be taking our annual school bus ride to the Broadway Market on Tuesday, March 27th. The bus will leave the North Tonawanda Senior Center at 10am and will return to the center at 1:30pm. Tickets for this trip are \$5 and can be purchased at the center. Tickets must be paid in advance and there are no refunds. You may bring a \$1 to tip the bus driver .

### SPRING CARD PARTY

 On Wednesday, April 4th we will be having a Spring Card Party. Tickets will go on sale starting March 1st. The tickets are \$5 each and should be purchased in set (s) of 4. There will be pizza, soda, coffee and tea provided. Each table will have a prize given to the winner and door prizes will also be given.

### MEMBERSHIP UPDATES

**New Members:** Carolyn Reynders, Russell Garland, Carol Badger, Mary Limeri, Ann Mossey, Edward Forys & Catherine Racine.

**In Nursing or Rehabilitation Facilities:** Norma Fill, Peggy Hawkins, Elsie Nachreiner, Irene Piwtorak, Marian Szymkowiak, Elvira Beringer, Janice Koch, Florence Gawrys, Dorothy Batt, Ann Putz and Judith Miller

**Hospital:** Wayne Cooper

**Deceased Members:** Ann Risius, James Snyder, Vonnie Miranto, Mary Jane Klaes, Cecilia Walter

### VOLUNTEER CORNER

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

#### **Last month's volunteer's:**

John Davisson, Linda Elliott, Marjoie Brackett, Dorothy Muniak, Mary Sattelberg, Shirley Klinefelter, Marsha Kennedy, Karen Krentz Joe Pusateri and Mary Ann Linkowski

#### **In the Community....**

**Free Tax Preparation:** call 427-4893—For appointments on March 21st at the Redeemer Lutheran Church in N. Ton. This program is sponsored by the NT Community Resource Hub and Niagara University VITA Tax Program.

#### **Salem Church in Tonawanda— March 10th**

\$2/donation- luncheon held on the 2nd Saturday of every month at 11:30am. The Salem church is on the corner of Main and Morgan Street in Tonawanda.

#### **First Methodist in North Tonawanda-March 24th**

\$2/donation- luncheon held on the 4th Saturday of every month at 11:30am. The First Methodist church is on the corner of Main and Tremont Street in North Tonawanda

#### **At The Riviera Theatre: Spring Pop Concert**

**Spring Pop Concert-** Tonawanda Legion Band & the Riviera Theatre on Sunday, March 25th at 7:30pm. Tickets are \$16 each. Tickets may be purchased at Mid City Opticians or Walker Bros. & Monroe Jewelers

## March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Turkey & Cheese Sub with lettuce & tomato On a small hoagie roll <u>Minestrone Soup</u> Potato salad Fresh fruit	2. Macaroni & Cheese Stewed tomatoes Wheat bread Chilled fruit cocktail
5. Sliced glazed ham Scalloped potatoes Peas Dinner roll Peach polka dot dessert (gelatin with peaches and cherries)	6. Chicken Patty sub with lettuce & tomato on a hamburger roll <u>Chef's Special Soup</u> Corn Chilled mandarin oranges	7. Meatloaf with gravy Mashed potatoes Carrots Rye bread Chilled mixed fruit	8. Baked chicken leg with gravy Seasoned confetti rice Broccoli Cornbread Fruited gelatin	9. Meatless cheese tor- tellini w/ tomato sauce Capri blend vegeta- bles, Italian bread and butterscotch pudding
12. Stuffed pepper with meat sauce Mashed potatoes Broccoli Wheat roll Mandarin orange delight	13. Roast pork Au Jus Scalloped potatoes Carrot coins Seedless rye bread Hawaiian delight cake	14. Grilled chicken breast on a hamburger roll <u>Lentil brown rice soup</u> Mixed vegetables Fresh orange	15. Beef stew Spinach Biscuit Chilled peaches	16. <u>St. Patrick's Dessert</u> Breakfast casserole (no meat) Corn, Prince Edward Blend Vegetables Blueberry Square Decorated cookies
19. Baked chicken breast With feta crumbles Potato pepper soup wheat bread California blend vegetables Hello Dolly Bar	20. Spaghetti & Meatballs Chef salad Italian bread Chilled fruit cup Parmesan cheese	21. Stuffed cabbage roll With meat sauce Mashed potatoes French style green beans Dinner roll Chocolate peanut but- ter fluff	22. Sweet & sour pork with Chinese noodles Seasoned rice Mixed vegetables Rye bread Fruited gelatin	23. Meatless cheese mani- cotti (2) with tomato sauce, spinach Italian bread Snickerdoodle cookies Parmesan cheese
26. Center cut pork chop Ranch mashed potatoes Peas Wheat bread Applesauce	27. Sliced turkey w/ gravy Stuffing Carrots Biscuits Chilled fruit cocktail	28. <u>Easter Special Meal</u>  Sliced glazed ham Whipped sweet Potatoes, green bean casserole, whole wheat dinner roll, coconut cake with rainbow sprinkles	29. Cheeseburger supreme (American cheese, to- mato, lettuce, red onion & pickle chip) Hamburger roll Potato wedges Brussels sprouts S'more pudding parfait	30. Good Friday  No Meals Served

# MARCH 2018

Mon	Tue	Wed	Thu	Fri
			1.  10:00 Univera 11:45 Nutrition 1:30 Bingo	2.  Income Tax (by apt. only) 9:00 Food Stamps 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
5.  9:00 Club 99 11:45 Nutrition 3-4 Technology Corner (by appointment only)	6.  Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	7.  10-12 Info & Referral 10:30 Club 99 11:45 Nutrition	8.  Walmart/Wegman's 11:45 Nutrition 1:30 Bingo 6:00 Red Hatters	9.  Income Tax (by apt. only) 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
12.  9:00 Club 99 11:45 Nutrition 12:30 Chronic Illness 3-4 Technology Corner (by appointment only)	13.  Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	14.  10-12 Blue Cross/Blue Shield 10-12 Info & Referral 10:30 Club 99 11:45 Nutrition	15.  10-12 United Health 11:45 Nutrition 1:30 Bingo	16.  Income Tax (by apt. only) 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
19.  9:00 Club 99 11:45 Nutrition 12:30 Chronic Illness 3-4 Technology Corner (by appointment only)	20.  Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	21.  10-12 Info & Referral 10:30 Club 99 11:45 Nutrition <b>St. Patrick's Day Dinner Dance</b>	22.  10-12 Kalos Health Ins N.F. Blvd Shopping 11:45 Nutrition 1:30 Bingo	23.  Income Tax (by apt. only) 9:30 Newsletters 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
26.  9:00 Club 99 11:45 Nutrition 12:30 Chronic Illness	27.  Broadway Market Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	28.  10-12 Info & Referral 10:30 Club 99 11:45 Nutrition 2:00 Introduction Into Medicare	29  11:45 Nutrition 1:30 Bingo	30  Good Friday  Closed  