

**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

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

APRIL 2018

A Brief History of Jelly Beans:

The origin of the jelly bean is a bit of a mystery. Those in the know believe that jelly beans are a combination of the soft, chewy Middle Eastern sweet called Turkish Delight that has been around for thousands of years and the hard candy shell of Jordan Almonds, a product of the 17th century. The earliest reference to jelly beans is associated with Boston candy maker William Schrafft who urged people to send his jelly beans to Union soldiers fighting in the Civil War. Jelly beans became a wide spread American treat in the early 20th century sold with other penny candies, and in the 1930's the popular association of jelly beans and Easter was firmly entrenched in our culture, most likely due to the ovate shape or egg shape. Today we indulge in over 16 billion jelly beans annually.

Source: candyfavorites.com: Jon Prince

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, April 3, 10, 17 & 24. 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, April 19th. 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, April 5th. 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.

FOOD STAMP PROGRAM- Sara McMaster

A representative from NIACAP will be at our center on Friday, April 6th 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.

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 will be having a lunch on April 26th at 1pm at the Fairways Restaurant. There will not be a regular meeting during the month of April. On May 12th at 3pm we will be attending a play at the Niagara Regional Theatre. Tickets are \$14.00 each.

GENERAL MEMBERSHIP MEETING

Bea Hapeman - President

According to the new Bylaws the next General Membership meeting will be held on Wednesday, April 25th at 1pm all members are welcome.

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, April 2, 16, 23 & 30. Please call 695-8582 to make your appointment.

TRAVELING WITH MEL-Mel Quast

The next Travel Club meeting will be held on Wednesday, April 11th 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.

Mystery Trip— Somewhere, New York State July 10, 2018

So much to see! Too short a time to see it in! Trip includes 9:30am motor coach departure from Manhattan Street parking lot, touring, lunch and return by 7pm. The trip costs \$92 per person. \$25 holds your seat and the balance is due by June 8th 2018.

"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 balance is due on April 13th.

SPEAKERS SERIES & DEMOS

***New FREEDOM CARE!**

A representative from this new program will be at our center on April 24th at 10am for a free seminar. The public is welcome.

Univera— Maria Schenk

The representative from Univera will be at our center on April 5th at 10:00am for informational seminar. Anyone from the public is welcome to attend.

Blue Cross & Blue Shield

A representative from Blue Cross & Blue Shield will be at our center on April 11th at 10am for an informational seminar. Anyone from the public is welcome to attend.

United Health

A representative from United Health Care will be at our center on April 12th at 10am for an informational seminar. Anyone from the public is welcome to attend.

Kalos Health Insurance

A representative from Kalos Health Insurance will be at our center on April 26th at 10am for an informational seminar. Anyone from the public is welcome to attend

***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

SPRING CARD PARTY

A



On Wednesday, April 4th at 1:30pm 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.

MOTHER'S DAY TEA

The center will be hosting a Mother's Day Tea on Saturday, May 5th. The doors will open at 1pm, entertainment is at 2pm and an open photo booth will be available until 3pm.



An arrangement of tea, coffee and finger foods will also be available. Tickets are \$6.00 each. Senior members are welcome to bring guests. This event is limited to 100 people. Donations of finger foods are welcome, please call the office to sign up 695-8582.

MOVIE MONDAY Eileen Lewis



On Monday, April 9th please come and enjoy a movie with us! Soda and popcorn will be available. The movie begins at 1:30pm. The movie will be "Olympus Has Fallen" starring Angela Bassett, Morgan Freeman and Ashely Judd.

MEMBERSHIP UPDATES

New Members: Howard Carlson, Ann Webster, Mary Weigel, Judy Kirkwood, Lenora Crelot, Patricia Bacon, Jennie Pietak, Marie Soos and Wendy Hanks

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

Deceased Members: Vivian Bartolomei, Mary Mark, Helen Allen and Elvira Beringer.

VOLUNTEER CORNER

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

Last month's volunteer's:

John Davisson, Marjorie Brackett, Marsha Kennedy, Mary Drescher and Karen Krentz,

In the Community....

Salem Church in Tonawanda

\$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

\$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

April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Salisbury steak with gravy, Au Gratin potatoes, California blend vegetables, dinner roll, oatmeal cookie (1) and white chocolate Macadamia nut cookie (1)	3. grilled chicken breast on a wheat roll, mayo hearty vegetable soup tri-color seasoned pasta Chilled pears	4. beef stroganoff served over linguine mixed vegetables wheat dinner roll heavenly hash dessert	5. vegetable lasagna spinach Italian bread chilled peaches	6. breaded chicken drumsticks, baked beans Scandinavian vegetables cornbread fruited gelatin with whipped topping
9. turkey and cheese sub with lettuce and tomato on a small hoagie roll, minestrone soup, potato salad, chilled peaches.	10. center cut pork chop ranch mashed potatoes peas wheat bread applesauce	11. macaroni and cheese stewed tomatoes wheat bread chilled fruit cocktail	12. Goulash with parmesan cheese, mixed vegetables, dinner roll chocolate chip cookie (1) & white chocolate macadamia nut cookie (1)	13. hot sliced roast beef sandwich with gravy served on a wheat roll salad mix (1/2 cup) with assorted dressings mashed potatoes brownie
16. baked chicken leg seasoned confetti rice broccoli cornbread fruited gelatin with whipped topping	17. cheese tortellini with meat sauce and parmesan cheese Capri blend vegetables Italian bread butterscotch pudding	18. sliced glazed ham scalloped potatoes peas, white bread peach polka dot dessert (gelatin with peaches and cherries)	19. Italian sausage patty with green peppers and onions on a hamburger roll, chicken noodle soup corn, chilled mandarin oranges	20. <u>Volunteer recognition day</u> meatloaf with gravy mashed potatoes carrots, wheat bread chilled mixed fruit special cookie platter and punch!
23. ground beef and mushroom casserole biscuit (part of the casserole), rice Florentine, California blend vegetables, deluxe fruit salad	24. stuffed pepper with meat sauce mashed potatoes broccoli, wheat roll mandarin orange delight	25. grilled chicken breast on a hamburger roll broccoli cheese soup mixed vegetables Hawaiian delight cake	26. beef stew spinach biscuit chilled peaches	27. roast pork au jus scalloped potatoes carrot coins wheat bread baked apple
30. spaghetti & meatballs parmesan cheese chef salad Italian dressing Italian bread chilled fruit cup				

APRIL 2018

Mon	Tue	Wed	Thu	Fri
<p>2.</p> <p>9:00 Club 99 11:45 Nutrition 3-4 Technology Corner (by appointment only)</p>	<p>3.</p> <p>Grocery/Mid-City 11:00 See What's Cookin' (Cooking Demonstration *New) 11:45 Nutrition 1:00 Pinochle</p>	<p>4.</p> <p>10-12 Info & Referral 10:30 Club 99 11:45 Nutrition 1:30 Spring Card Party</p>	<p>5.</p> <p>Walmart/Wegman's 10:00 Univera 11:45 Nutrition 1:30 Bingo</p>	<p>6.</p> <p>Income Tax (by apt. only) 9:00 Food Stamps 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre</p>
<p>9.</p> <p>9:00 Club 99 11:45 Nutrition 1:30 Movie Monday</p>	<p>10.</p> <p>Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle</p>	<p>11.</p> <p>10:00 Blue Cross & Blue Shield 10-12 Info & Referral 10:30 Club 99 11:45 Nutrition 1:30 Travel Club</p>	<p>12.</p> <p>10:00 United Health 11:45 Nutrition 1:30 Bingo</p>	<p>13.</p> <p>Income Tax (by apt. only) 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre</p>
<p>16.</p> <p>9:00 Club 99 11:45 Nutrition 3-4 Technology Corner (by appointment only)</p>	<p>17.</p> <p>Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle</p>	<p>18.</p> <p>10-12 Info & Referral 10:30 Club 99 11:45 Nutrition</p>	<p>19.</p> <p>N.F. Blvd Shopping 11:45 Nutrition 1:30 Bingo</p>	<p>20.</p> <p>11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre</p>
<p>23.</p> <p>9:00 Club 99 11:45 Nutrition 3-4 Technology Corner (by appointment only)</p>	<p>24.</p> <p>10:00 Freedom Care Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle</p>	<p>25.</p> <p>10-12 Info & Referral 10:30 Club 99 11:45 Nutrition 1:00 General Meeting</p>	<p>26.</p> <p>9:30 Newsletters 10:00 Kalos Health Ins 11:45 Nutrition 1:30 Bingo</p>	<p>27.</p> <p>11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre</p>
<p>30.</p> <p>9:00 Club 99 11:45 Nutrition 3-4 Technology Corner (by appointment only)</p>				