

**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

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

Return Service Requested

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

**MAY 2018**



There is no perfect way to  
be a good mother  
Each situation is a unique  
Each Mother has different  
challenges, different skills and abilities  
and certainly different children  
What matters is that a Mother loves her  
children deeply.

-Elder M. Russell Ballard

**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.

**WALMART/WEGMANS**

Chrystal Manzare

Walmart / Wegmans shopping will take place on **Wednesday**, May 16th. 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

**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, May 1st, 8th, 15th & 22nd If you need the front seat, please request it when you register. Try to keep your groceries to no more than four bags. Please note, there is no shopping on May 29th.

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**

Chrystal Manzare

The Niagara Falls Boulevard shopping trips will be taking place on **Wednesday**, May 30th. 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.

### **FOOD STAMP PROGRAM**

A representative from NIACAP will be at our center on Friday, May 4th 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 next Red Hatter's meeting is Thursday, May 10th at 6pm. We will be going to a play in Lockport on Saturday, May 12th too. At the Red Hatters meeting in June we will be enjoying special entertainment by Matt's music.



### **GENERAL MEMBERSHIP**

Bea Hapeman - President

The next General Membership meeting will be held on Wednesday, May 23rd 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 cell phones, tablets, and laptop computers. Appointments are available on Monday, May 7th, 14th & 21st. Please call 695-8582 to make your appointment.

**TRAVELING WITH MEL-**Mel Quast

The next Travel Club meeting will be held on Wednesday, May 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.

**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. The balance is due by June 8th, 2018.

**"Jesus" Lancaster, PA.**  
**May 14-16, 2018**

Trip includes: departure from NT at 7am, lunch on own en route at Country Cupboard, two nights accommodations at the Comfort Inn & 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.

**SPEAKERS SERIES**

**Univera— Maria Schenk**

The representative from Univera will be at our center on Thursday, May 3rd at 10:00am for informational seminar. Anyone from the public is welcome to attend.

**Blue Cross & Blue Shield**

Michelle Farina from Blue Cross & Blue Shield will be at our center on Wednesday, May 9th 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 Thursday, May 10th at 10am for an informational seminar. Anyone from the public is welcome to attend.

**Prostate & Breast Cancer Awareness**

Cassandra Jackson from Niagara Falls Memorial Hospital will be at our center on Wednesday, May 16th at 11am for a informational seminar on Breast and Prostate cancer awareness. The public is welcome.

**Kalos Health**

Maura Stack will be at our center on May 8th from 11am—1pm and May 31st from 11:30am—1:30pm for an informational seminar. Anyone from the public is welcome to attend.

**Elite Choice**

On May 22nd Elite Choice will have an information table available to anyone interested in the services they provide. A representative will be here to answer any questions from 10am—noon

## SPECIAL EVENTS

### Come See What's Cookin' Fun Nutrition Workshop & Food Demo

DATE: Tuesday, May 1st  
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.

### MOTHER'S DAY TEA



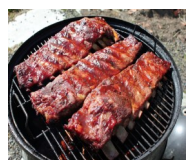
The center will be hosting a Mother's Day Tea on Saturday, May 5th. The doors will open at 1pm, entertainment is at 2pm and an open photo booth will be available until 3pm.

An assortment 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, May 7th please come and enjoy a movie with us! Soda and popcorn will be available. The movie begins at 1:30pm. We will be watching the movie "Beaches" with Barbara Hershey and Bette Midler.

### SUMMER PICNIC- Wednesday, July 18th



Our summer picnic will take place on Wednesday, July 18th. Come and enjoy ribs, bbq chicken, potato salad, chef salad, baked beans, corn and cheese cake for dessert. Beer, wine, and soda will also be available.

The doors will open at 3pm to enjoy games, drinks and conversation. The buffet will be ready at 4:00pm. The band "National Trust" will play from 5-7pm. Games, prizes and a 50/50 raffle will also be available. Tickets are \$17 each. Thank you to Joanne Catapovic for chairing this event.

## MEMBERSHIP UPDATES

**New Members:** James Krause, Elaine Tober, Joann Stepien, Tracy Seneca and William Kandare

### **In Nursing or Rehabilitation Facilities:**

Norma Fill, Peggy Hawkins, Elsie Nachreiner, Irene Piwtorak, Marian Szymkowiak, Janice Koch, Florence Gawrys, Dorothy Batt, Ann Putz and Don Mallow

**Home From The Hospital:** Margo Eminger and Audrey Zuch

## VOLUNTEER CORNER

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

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

Karen Krentz, Joe Pusateri, John Davisson Jr., Bea Hapeman, Mary Drescher, Marge Brackett & Thom Pennock

### **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



# May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Mild Italian sausage patty with green peppers and onions on a hamburger roll, mustard and ketchup parsley buttered rotini zucchini yellow cake with chocolate frosting	2. Swiss mushroom burger on hamburger roll, mustard, ketchup macaroni salad French style green beans and tapioca pudding	3. cheese manicotti with tomato sauce spinach Italian bread fruited gelatin with whipped topping	4. chicken strips over salad (1 cup romaine, carrots, red cabbage, tomatoes, green pepper, garbanzos, red onion, feta cheese) Greek potatoes 1/2 whole wheat pita bread and chilled pears salad dressings
7. macaroni and cheese broccoli dinner roll chilled fruit cocktail	8. baked ham whipped sweet potatoes peas wheat bread orange dream cake	9. <u>Mother's Day Meal</u>  Chicken Tetrizzini buttered parsley rotini pasta, garden salad whole wheat dinner roll, cheesecake with cherries, assorted salad dressings	10. Julienne salad with 3ozs of diced turkey zesty rice blueberry muffin fresh peach assorted salad dressings	11. veal parmesan with tomato sauce Rotini pasta 1/2 cup tossed salad Italian bread heavenly hash Parmesan salad dressing
14. BBQ pork riblet baked beans cauliflower small hoagie roll chilled pears	15. grilled chicken salad 3oz seasoned chicken & 1 cup mesclun mix, tomatoes, shredded carrots and cheddar cheese, assorted salad dressings, tri color pasta salad, wheat bread S'more pudding parfait	16. vegetable lasagna parmesan spinach Italian bread fresh pear	17. Salisbury steak w/ gravy Au Gratin Potatoes California Blend vegetables, dinner roll oatmeal raisin cookies	18. cheeseburger supreme (American cheese, tomato, lettuce, red onion, ketchup, mustard pickle chip) potato wedges 3 bean salad watermelon cubes
21. chicken fingers Bbq sauce, ranch dressing potatoes O'Brien mixed vegetables dinner roll fresh grapes	22. center cut pork chop mashed potatoes carrot coins white bread apple crisp	23. Steak salad with 3 oz beef strips (1 cup romaine & salad mix, carrot shreds, cucumber, red onions, feta cheese) assorted salad dressings, pea and pasta salad, dinner roll brownie	24. breakfast casserole (turkey sausage in casserole) steamed rice broccoli blueberry muffin mandarin orange delight	25. Turkey and cheese sub with lettuce & tomato, mayo, mustard potato salad garden ranch green beans small hoagie roll rice pudding
28. Memorial Day  Holiday  No Meals Served  	29. meatloaf with gravy mashed potatoes carrots wheat bread chocolate chip cookies	30. ham & pasta primavera with rotini pasta, corn dinner roll peach polka dot dessert parmesan cheese	31. baked chicken leg potato salad peas cornbread banana pudding whipped topping	June 1  Cheese Tortellini with meat sauce Parmesan cheese Broccoli Italian Bread fresh fruit

# MAY 2018

Mon	Tue	Wed	Thu	Fri
	1. Grocery/Mid-City 11:00 See What's Cookin' Demo 11:45 Nutrition 1:00 Pinochle	2. 10-12 Info & Referral 10:30 Club 99 11:45 Nutrition	3. 10:00 Univera 11:45 Nutrition 1:30 Bingo	4. 9:00 Food Stamps 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
7. 9:00 Club 99 11:45 Nutrition 3-4 Technology Corner (by appointment only)	8. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	9. 10:00 Blue Cross & Blue Shield 10-12 Info & Referral 10:30 Club 99 11:45 Nutrition 1:30 Travel Club	10. 10:00 United Health 11:45 Nutrition 1:30 Bingo 6:00 Red Hat Mtg.	11. 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
14. 9:00 Club 99 11:45 Nutrition 3-4 Technology Corner (by appointment only)	15. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	16. Walmart Shopping 10-12 Info & Referral 10:30 Club 99 11:00 Cancer Awareness Seminar 11:45 Nutrition	17. 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 3-4 Technology Corner (by appointment only)	22. Grocery/Mid-City 10-Noon -Info. Table- Elite Choice 11:45 Nutrition 1:00 Pinochle	23. 10-12 Info & Referral 10:30 Club 99 11:45 Nutrition 1:00 General Meeting	24. 9:30 Newsletters 11:45 Nutrition 1:30 Bingo	25. 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
28.  Memorial Day Center Closed	29. 11:45 Nutrition 1:00 Pinochle	30. NF BLVD Shopping 10-12 Info & Referral 10:30 Club 99 11:45 Nutrition	31. 11:45 Nutrition 1:30 Bingo	