

**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

**JUNE 2018**

**PTSD**



**JUNE IS PTSD  
AWARENESS MONTH**

Living with Post Traumatic Stress Disorder can be a lonely street for many. It's time to stop the debate on its cause & curability.

It's time to understand its cause & effect on millions of people. The conditioning of one's mind through trauma is almost impossible to cure. What we can do is understand the condition & embrace those who live with PTSD.

- Kartanya Martinez 2018

**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, June 6th. 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, June 5, 12, 19 & 26. 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**

Chrystal Manzare

The Niagara Falls Boulevard shopping trips will be taking place on **Wednesday**, June 13th. 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**

Michele Cox from NIACAP will be at our center on Friday, June 1st 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 the representative from the Niagara County Office for Aging will be available every Wednesday of the month at our center from 10am —1 pm. Victoria can help any senior with insurance, Medicare, 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, June 14th at 6pm. The Red Hatter's are taking a collection up for the United Way for "personal care" items. We also will enjoy special entertainment by Matt's music.



### **GENERAL MEMBERSHIP**

Bea Hapeman - President

The next General Membership meeting will be held on Wednesday, June 27th 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 9:00am and the Wednesday class will start at 10:00am. 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.

## **TRAVELING WITH MEL**-Mel Quast

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

### **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 Db/Occy, Balcony Cabin-\$2,260.00 Db/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.

### **Corning Glass Experience with The National Soaring Museum— August 13, 2018**

This trip includes 7am motor coach departure from Manhattan St. parking lot in N. Tonawanda and a hands on glass project at the Corning Glass Museum. After the glass project enjoy a lunch and tour of the museum. We will also enjoy a visit to the National Soaring Museum. We will return to North Tonawanda at approximately 7pm. This trip costs \$90.00 per person. A \$25.00 deposit is due by 7/11/18.

## **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 lap-top computers. Appointments are available on Monday, June 11th & 18th. Please call 695-8582 to make your appointment.

## **SPEAKERS SERIES**

### **Univera**

The Maria Schenk from Univera will be at our center on June 5th 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 June 13th at 10am for an informational seminar. Anyone from the public is welcome to attend.

### **United Health**

A Patricia Halt from United Health Care will be at our center on Thursday, June 7th at 10am for an informational seminar. Anyone from the public is welcome to attend.

### **Kalos Health**

Maura Stack will be at our center on June 15th from 11:30am– 1:30pm for an informational seminar. Anyone from the public is welcome to attend.

### **Need Help Paying for Medicare & Medicare Part D?**

Come to this important event! Get the basics on programs that help to pay the out of pocket costs of Medicare and Medicare Part D, such as the Extra Help Program, Medicare Savings Program, and NYS EPIC. Representatives from the Niagara County Office for the Aging will be available to help enroll seniors at our center on June 20th and July 18th at 11am.

## SPECIAL EVENTS

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

DATE: Tuesday, June 5  
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.

### MOVIE MONDAY- Eileen Lewis

On Monday, June 4th please come and enjoy a movie with us! Soda and popcorn will be available. The movie begins at 1:30pm. This month the movie will be "Dreamer" Inspired by a True Story. This movie stars Kurt Russell, Dakota Fanning and Oded Fehr.

### 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 come and 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.

### In the Community....



The Mobile Pantry sponsored by the Niagara Community Action Program Inc. will be at the North Tonawanda Farmer's Market on June 13th. The number will be given out to the participants at 9:30am and the food truck will arrive at 10am. Please bring your identification and your own bags with you.

### 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

### MEMBERSHIP UPDATES

**New Members:** Lynda Witkowski, Doris Pearce, Phyllis Deweese, Cheryl Matthews, Mary Titus, Ethel Gauda, Joseph & Joyce Sander, Margaret Ellman, Shirley Thompson and Paul Eisenberg

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

Wayne Cooper, Margaret Hawkins, Elsie Nachreiner, Irene Piwtorak, Marian Szymkowiak, Janice Koch, Florence Gawrys, Dorothy Batt, Ann Putz, Don Mallow, JoAnne Nugent and Agnes Wilson

**Home From The Hospital:** Jean Marazita, Charles Hall and Dawn Waligora

**Deceased:** Norma Fill and Jim Williams

### VOLUNTEER CORNER

Just a reminder.... The folding and mailing of the July's newsletter will be taking place at 9:30 am on Friday, June 22nd. Everyone is encouraged to help.

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

Karen Krentz, Michael Bass, Lawrence Searcy, Joe Pusateri, Marsha Kennedy, Marjorie Brackett and Thom Pennock

**\*Just a reminder our air conditioning is on; if you tend to get chilly, please bring a sweater.**

# JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Cheese Tortellini with meat sauce with parmesan cheese broccoli Italian bread fresh fruit
4. Goulash mixed vegetable warm dinner roll chocolate chip cookies	5. Cheeseburger supreme (American cheese, tomato, lettuce, red onion, pickle chips, mustard & ketchup) hamburger roll baked beans cucumber pepper salad deluxe fruit salad	6. Sweet and sour pork with Chinese noodles rice Brussels sprouts biscuits chocolate pudding with whipped topping	7. Grilled chicken breast with lettuce and tomato on hamburger bun Italian pasta salad zucchini and tomatoes cake delight	8. broccoli cheese strata hash brown potatoes cauliflower wheat bread fresh fruit-watermelon cubes-if available
11. Swiss mushroom burger on hamburger roll macaroni salad vegetable mix-sliced carrots, corn, lima beans & tapioca pudding	12. Cheese manicotti with tomato sauce with Parmesan cheese spinach Italian bread fruited gelatin with whipped topping	13. Mild Italian sausage link with green peppers & onions on a hot dog roll parsley buttered rotini California blend vegetables, yellow cake with chocolate frosting	14. <b><u>Father's Day Special</u></b>  Sliced roast beef on a hard roll with gravy baked potato with sour cream, candied baby carrots, wheat dinner roll and dessert—tuxedo bar	15. Chicken strips over salad (1 cup salad mix, carrots, red cabbage, tomatoes, green pepper, garbanzos, red onion, feta cheese) assorted salad dressings Greek potatoes 1/2 whole wheat pita bread & chilled pears
18. Baked ham whipped sweet potatoes peas wheat bread fresh fruit—peach—if available	19. Julienne salad with 3oz diced turkey (1 cup salad mix, shredded carrots, red onion, tomatoes, garbanzos, shredded cheddar) and assorted salad dressings zesty rice, blueberry muffin and a piece of orange dream cake	20. Macaroni and Cheese stewed tomatoes dinner roll chilled fruit cocktail	21. Veal parmesan with tomato sauce and Parmesan cheese Rotini pasta 1/2 cup tossed salad with assorted salad dressing Italian bread Heavenly hash	22. Meatloaf with gravy garlic mashed potatoes mixed vegetables wheat bread chocolate chip cookies
25. Vegetable lasagna Parmesan spinach Italian bread fresh fruit—pear—if available	26. BBQ Pork Riblet served on a roll rice with broccoli cauliflower chilled peaches	27. Grilled chicken Tri color salad wheat bread S'more pudding parfait	28. Cheeseburger supreme (American cheese, tomato, lettuce, red onion, pickle chips) hamburger roll, potato wedges, 3 bean salad and watermelon cubes	29. <b><u>4th of July Special</u></b>  Hot Dog on a bun with mustard, ketchup, relish and onions, baked beans, corn nibblers and apple crisp with whipped topping

# JUNE 2018

Mon	Tue	Wed	Thu	Fri
				1.  9:00 Food Stamps 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
4.  9:00 Club 99 11:45 Nutrition 1:30 Movie Day	5.  Grocery/Mid-City 10:00 Univera 11:00 Cooking Demonstration 11:45 Nutrition 1:00 Pinochle	6.  10-12 Info & Referral 10:00 Club 99 11:45 Nutrition	7. 10:00 United Health 11:45 Nutrition 1:30 Bingo	8.  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.  10:00 Blue Cross & Blue Shield 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 Hat Mtg.	15.  11:30 Kalos 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.  Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	20.  10-12 Info & Referral 10:00 Club 99 11:00 Medicare Part D 11:45 Nutrition	21.  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	26.  11:45 Nutrition 1:00 Pinochle	27.  10-12 Info & Referral 10:00 Club 99 11:45 Nutrition 1:00 General Meeting	28.  11:45 Nutrition 1:30 Bingo	29.  11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre