

**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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Return Service Requested

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

JULY 2018

**6 Tips for keeping Seniors
Cool In Warm Weather**

1. Know your body. The trick is knowing your body's limitations. Seniors are more prone to falling victim to issues like a heat stroke. Make sure you understand how your medications may effect your body in relation to the sun and the heat from the sun.
2. Choose cool activities. Don't stay cooped up indoors, just be smart about what you do. Participate in cool activities this summer. Try a water aerobics activity at a pool. It is also a great idea to keep a bottle of water handy.
3. Stay well-hydrated. This is an important tip for anyone, but it will be crucial for senior nutrition to contain a healthy supply of water throughout the day. If you know you struggle to drink water, try flavoring a pitcher with some fresh seasonal fruits like raspberries or strawberries and mint to help keep you reaching for glass after glass.
4. Lean toward frozen snacks. Eat frozen snacks. Be mindful of your senior nutrition diet and freeze your favorite summer fruits as a healthy alternative to popsicles or other sugary treats.
5. Stay shaded. When you're outside, try to stick to the shade so you aren't as exposed to the sun's most intense rays.
6. Know the signs of distress. Educate yourself on the signs of the condition known as hyperthermia. This is when the body gets too hot and can result in life threatening conditions, including heat stroke. Warning signs may include moody behavior, dry skin with no sweat, nausea or vomiting, headaches, fainting and trouble breathing.

Source— Health, Wellness & Fitness 2018

**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, July 3, 10, 17, 24 & 31. 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**, July 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

Chrystal Manzare

Walmart / Wegmans shopping will take place on Wednesday, July 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 North Tonawanda 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.

FOOD STAMP PROGRAM

Michele Cox from NIACAP will be at our center on Friday, July 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 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.

GENERAL MEMBERSHIP

Bea Hapeman - President

The next General Membership meeting will be held on Wednesday, August 22nd at 1pm all members are welcome. Please note; there will be no meeting in July.

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, July 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.

Cruise to New England & Canada September 29—October 6

On board 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.

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 laptop computers. Appointments are available on Monday, July, 2nd, 9th, 16th and 30th. Please call 695-8582 to make your appointment

RED HATTERS- Joan Dirmyer



The next Red Hatter's meeting is Thursday, July 12th at 6pm. New members are welcome.

SPEAKERS SERIES

Univera

Maria Schenk from Univera will be at our center on July 10th 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 July 11th at 10am for an informational seminar. Anyone from the public is welcome to attend.

United Health

Patricia Halt from United Health Care will be at our center on Tuesday, July 3rd at 10am for an informational seminar. Anyone from the public is welcome to attend.

Kalos Health

Maura Stack will be at our center on July 20th 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 July 18th at 11am.

Suicide Prevention Coalition

Talk Saves Lives! An introduction to Suicide Prevention. This is a community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Attendees will learn the risk and warning signs of suicide, and how together, we can help prevent it. 45,000 die by suicide each year. It is a health issue and we can intervene to help prevent deaths. Please call 695-8582 to register for this seminar.

Words of Wisdom....

**"The will to persevere is often
The difference between failure and
success."**

-David Sarnoff

SPECIAL EVENTS

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



DATE: Tuesday, July 3
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, July 23rd 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 "Eragon". This is a fantasy film starring Jeremy Irons, Sienna Guillory and Ed Speelers.

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 Cata-povic for chairing this event.

Real Estate Seminar

Beginning to think about downsizing? Come learn from a Licensed Real Estate Professional. Dana D'Angelo will be providing information on where to start, how to get your home ready to sell, the process of selling your home and give information on the current real estate market.

She will be joined by a local real estate lawyer to discuss the legal aspects of selling your home. Presentation followed by a question and answer session. This seminar will take place on Monday, July 30th at 1pm. Please call 695-8582 to register.

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

MOBILE PANTRY



The Niagara Community Action Program, Inc. is having their Mobile Pantry at the NT Farmers Market on July 11, August 8, September 12 and October 10 at 10am. Please arrive at 9:30am with Identification and your own bags for the products.

EASY LISTENING CONCERTS AT VETERANS PARK

July 5th - 7pm— Twang Gang (Americana)
July 12th—7pm— Cheryl Ferris and Friends
July 26th — 7pm— Dick Sowinski & Friends
(Polish Night)

MEMBERSHIP UPDATES

New Members: Julia McNerney, Judy DeVantier & Mary Redman

In Nursing or Rehabilitation Facilities: Helen Sattelberg, Wayne Cooper, Peggy Hawkins, Elsie Nachreiner, Irene Piwtorak, Marian Szymkowiak, Janice Koch, Florence Gawrys, Dorothy Batt, Ann Putz, Don Mallow, Joanne Nugent, Agnes Wilson and Marion Carney

Deceased: Regina Pocheban, John Kinnin, Rose Lichorobiec, Marquita Gadley & Bertha Larbig

VOLUNTEER CORNER

Just a reminder.... The folding and mailing of the August's newsletter will be taking place at 9:30 am on Wednesday, July 25th. Everyone is encouraged to help.

Last month's volunteer's:

Karen Krentz, Michael Bass, Lois Kempf, Lawrence Searcy, Mary Drescher, Bea Hapeman, Sharon Lewis & Joe Pusateri

JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Turkey & Cheese with lettuce & tomato on small sub roll Potato salad, Garden ranch green beans Fresh grapes	3. Chicken fingers with BBQ sauce, potatoes O'Brien, 3 bean salad, dinner roll and rice pudding	4. Independence Day! Closed	5. Steak Salad (3oz beef strips, 1 cup romaine & salad mix with carrot shred, cucumbers, red onion, feta cheese) dinner roll, pea & pasta salad and brownie	6. Goulash Mixed vegetables Wheat bread Mandarin orange delight
9. Meatloaf with gravy Garlic mashed potatoes Mixed vegetables Wheat bread Chocolate chip cookies	10. Cheese tortellini with Meat sauce Italian bread Broccoli Fruited gelatin	11. Baked chicken leg Potato salad Peas Cornbread Banana pudding	12. Ham & pasta primavera with rotini pasta Corn Dinner roll Peach polka dot dessert	13. Taco salad (seasoned ground beef over 1 cup romaine/lettuce, tomatoes, shredded cheddar topped with tortilla chips) Rice, black bean salad, cantaloupe
16. Cheeseburger supreme (American cheese, tomato, lettuce, red onion pickle chips) hamburger roll, potato wedges, 3 bean salad, deluxe fruit salad	17. Broccoli cheese strata Hash browns Cauliflower Wheat bread Watermelon cubes	18. Breaded pork chop Potatoes O'Brien Carrots coins Dinner roll Apple crisp	19. Herbed turkey fricassee Bread stuffing Green beans and mushrooms, dinner roll Chocolate pudding with Whipped topping	20. Grilled chicken Breast with lettuce tomato on hamburger roll Italian pasta salad Zucchini and tomatoes Cake delight
23. Sweet & sour pork Over seasoned rice with Chinese noodles Brussels sprouts Dinner roll nectarine	24. Chicken strips over salad (1 cup salad mix, carrots, red cabbage, tomatoes, green pepper, garbanzos, red onion, feta cheese) Greek potatoes, 1/2 whole wheat pita bread, chilled pears	25. Cheese manicotti with tomato sauce Spinach Italian bread Fruited gelatin with whipped topping	26. Mild Italian sausage link with green peppers and onions on a hot dog roll Parsley buttered rotini California blend vegetables, yellow cake with chocolate frosting	27. Swiss mushroom burger on hamburger roll Macaroni salad Vegetable mix-sliced Carrots, corn, lima beans Tapioca pudding with whip topping
30. Breakfast casserole Seasoned confetti rice Broccoli Wheat roll Mandarin orange delight	31. Veal parmesan with Tomato sauce Rotini pasta 1/2 cup tossed salad Italian bread Heavenly hash			

JULY 2018

Mon	Tue	Wed	Thu	Fri
<p>2.</p> <p>9:00 Club 99 11:45 Nutrition 3-4 Technology Corner</p>	<p>3.</p> <p>Grocery/Mid-City 10:00 United Health 11:00 Cooking Demonstration 11:45 Nutrition 1:00 Pinochle</p>	<p>4.</p> <p>Closed for Holiday</p>	<p>5.</p> <p>11:45 Nutrition 1:30 Bingo</p>	<p>6.</p> <p>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 3-4 Technology Corner</p>	<p>10.</p> <p>Grocery/Mid-City 10:00 Univera 11:45 Nutrition 1:00 Pinochle</p>	<p>11.</p> <p>10-12 Info & Referral 10:00 Blue Cross & Blue Shield 10:00 Club 99 11:45 Nutrition 1:30 Travel Club</p>	<p>12.</p> <p>11:45 Nutrition 1:30 Bingo 6:00 Red Hat Mtg.</p>	<p>13.</p> <p>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</p>	<p>17.</p> <p>Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle</p>	<p>18.</p> <p>10-12 Info & Referral 10:00 Club 99 11:00 Medicare D 11:45 Nutrition 3:00 Summer Picnic</p>	<p>19.</p> <p>11:45 Nutrition 1:30 Bingo</p>	<p>20.</p> <p>11:30 Kalos 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre</p>
<p>23.</p> <p>9:00 Club 99 11:45 Nutrition 1:30 Movie Day</p>	<p>24.</p> <p>Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle</p>	<p>25.</p> <p>9:30 Newsletters 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition</p>	<p>26.</p> <p>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 1:00 Real Estate 3-4 Technology Corner</p>	<p>31.</p> <p>Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle</p>			