

**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

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

Return Service Requested

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

NOVEMBER 2018



"AUTUMN"

When the trees their summer
splendor
Change to raiment red and gold,
When the summer moon turns mellow,
And the nights are getting cold
When the squirrels hide their acorns,
And the woodchucks disappear;
Then we know that it is autumn,
Loveliest season of the year

-Charlotte L Riser

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.

Roundtrip 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, November 7th. 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

**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, November 6, 13, 20 & 27. 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, November 21st. 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.

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.

PINOCHLE CLUB

Gloria Wilczek & Diane Juliano

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, November 8th at 6pm. New members are welcome. We will be celebrating Thanksgiving at our next gathering.

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.

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

FOOD STAMP PROGRAM

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

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!

Joanne Catipovic, Eileen Lewis, Jane McDermott, Sharon Lewis, Carol McMeekin, Gloria Nowakowski, Judy Stoutenburg, Rhonda Holka, Jenni Gauda & Beth Feenin

TRAVELING WITH MEL-Mel Quast

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

European Ski & Vacation Trip

January 11, 2019-January 26, 2019. Round trip air Buffalo-Munich, Germany. Dix Motor Coach transfers-Munich Airport-Neuhaus Hotel and return. 14 nights lodging at Neuhaus Hotel-breakfast & dinner daily-all air taxes, hotel tax and bus gratuities. Trip price : \$3,350.00 per person/double occupancy. Deposit of \$500.00 due now and full payment by November 2018.

Christmas Over The Tavern

December 13th, 2018. A world premier musical from acclaimed playwright and Buffalo native, Tom Dudzick, that features an all-new holiday story about Buffalo's favorite family, Pazinskis. Christmas 1959 was not merry with dad going through mid-life depression and refusing to buy a tree. Sister Clarissa is threatening to expel 12 year old Rudy for performing a blasphemous one-man nativity scene and the family is worried that it may be their last Christmas together as a family.

3:30 pm depart North Tonawanda. Includes dinner at Orazio's restaurant in Clarence NY. Then enjoy 7:00pm show at Musical fare, Daemen College and return at 10:30pm. The cost per person is \$85.00. \$25 now to hold your seat and balance is due by November 14th.

GENERAL MEMBERSHIP

Bea Hapeman - President

The next General Membership meeting will be held on Wednesday, November 28th at 1pm all members are welcome.

Thank you to all you came our basket raffle it was a great success. A special thank you also to those who volunteered and donated too. Your generosity is greatly appreciated.

We will be collecting new unwrapped small toys for the YWCA for Christmas! The toys should be dropped off to the center no later than Friday, December 7th.

SPEAKERS SERIES

Univera Health Insurance

Maria Schenk from Univera will be at our center on Tuesday, November 20th at 9:30 am for informational seminar. Anyone from the public is welcome to attend.

Fedelis Health Insurance

A representative from Fidelis Insurance will be at our center on Tuesday, November 6th at 10:00 am for informational seminar. Anyone from the public is welcome to attend

Medicare Seminar

The Niagara County Office for Aging will be at our center on Friday, November 2nd at 9:30am—11:30am hosting a Medicare Seminar. The public is welcome to attend.

Elderwood at Wheatfield

Elderwood at Wheatfield is a supportive continuum of care community that is dedicated to delivering quality care. They offer variety of living options to meet everyone's needs. Whether you are independent, require 24 hour around the clock nursing care, or anything in between. Elderwood at Wheatfield is the right place for the right care.

Stacey Zahno from Elerwood will be at our center on Wednesday, November 14th at 1pm with informational pamphlets and will be available for any questions you may have.

SPECIAL EVENTS

MOVIE MONDAY- Eileen Lewis

On Monday, November 19th please come and enjoy a movie with us! Soda and popcorn will be available. The movie begins at 1:30pm. The movie will be "Fifty First Dates" with Adam Sandler & Drew Barrymore.



VETERAN'S BREAKFAST

We will be hosted the Veteran's Breakfast on Monday, November 12th at 9am. Any Veteran is welcome to register for this free event by calling 695-8520.

Any guest of a Veteran will be charged \$5 at the door. No reservations will be taken at the Senior Center office. Reservations must be made before November 5th by calling 695-8520.

Saturday, December 1st

Santa's Workshop for Kids



We will again be apart of the NT Merchant's Winter Walk. We will be having our Santa's Workshop for Children from 11am—3pm. We will also be having a craft sale and a bake sale. This event is open to the public.

The public will enjoy free coffee, tea, hot chocolate and cookies. We expect a visit from Santa from Noon-2pm. So bring your cameras too! Donations of unwrapped gifts and baked goods will be graciously accepted.

In The Community....

At The Riviera Theatre...



The Post 264 Band will be playing on Sunday, November 11th at 7:30pm. Tickets can be purchased in advance at Walker Brothers & Monroe Jewelers or Mid City Opticians for \$16 each.

First Methodist in North Tonawanda

A \$2/donation-Luncheon is 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: Gary Bullen, Chris Bullen, June Lizauckas, Roger & Carol Wendt, Warren Dubuke Karen Serbonich, John Bartel, Marie Hewitt, Roger & Carol Wendt and Alice Knittle

In Nursing or Rehabilitation Facilities: Peggy Hawkins, Elsie Nachreiner, Marian Szymkowiak, Janice Koch, Florence Gawrys, Dorothy Batt, Ann Putz, Don Mallow and Agnes Wilson.

Deceased: Jaqueline Kramer, Ruth Mittelstaedt & Doris Hayes

Home From Hospital: Alex Rossi & Sherwood Kramer

VOLUNTEER CORNER

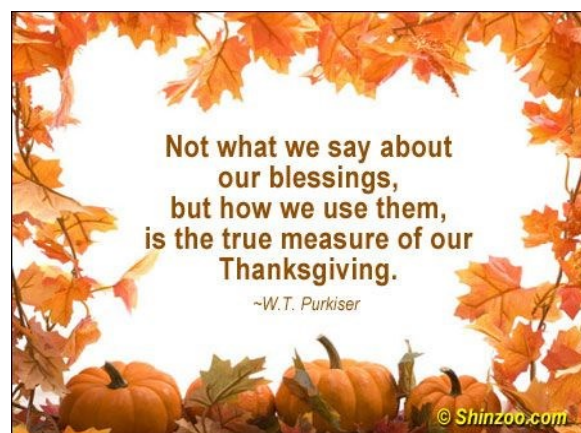
Just a reminder.... The folding and mailing of the Decembers newsletter will be taking place at 9:30 am on Wednesday, November 21st. Everyone is encouraged to help.

Newsletter volunteers




Joe Pusateri, Pauline Fetterman, Mary Drescher, Marsha Kennedy, Marjorie Brackett, Robert Zimmerman and Karen Krentz

Words of Wisdom...


**FAITH ...Is seeing light with you heart
when all your eyes see is darkness...**



NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Beef Stroganoff Linguine Mixed vegetables Wheat dinner roll Heavenly hash	2. Breaded chicken Drumsticks Baked beans Scandinavian vegetables Cornbread Fresh fruit
5. Goulash Mixed vegetables Wheat bread Fresh apple	6. Election Day No Meals	7. Chicken Fingers with Ranch dressing Potatoes O'Brien Country blend Vegetables Dinner roll brownie	8. Hot roast beef & gravy On a wheat bun Mashed potatoes Salad mix With dressing Peach polka dot dessert	9. Turkey and cheese sub with lettuce and tomato on a small hoagie roll Minestrone soup Potato salad Chocolate chip cookies
12. Veteran's Day  The Center is Closed	13. Cheese tortellini with Tomato sauce Capri blend vegetables Italian bread Sugar cookies	14. <u>Thanksgiving Special</u> Roast turkey breast & gravy Mashed potatoes Baked squash Dinner rolls Pumpkin pie With whipped topping	15. Baked chicken leg with gravy Confetti rice (peas & red pepper) Broccoli Cornbread Chilled pears	16. Sliced glazed ham Scalloped potatoes Peas Dinner roll Butterscotch pudding With whipped topping
19. Roast pork au jus Scalloped potatoes Carrot coins Dinner roll Apple crisp	20. Stuffed pepper Meat sauce Mashed potatoes Broccoli Wheat roll Mandarin orange delight	21. Beef stew Mashed potatoes Spinach Biscuit Chilled peaches	22. Thanksgiving Holiday 	23. Thanksgiving Holiday 
26. Meatloaf with gravy Mashed potatoes Green beans and carrots Wheat bread Carnival cookie	27. Grilled chicken breast With lettuce & tomato On a wheat sandwich roll Greek potatoes Hearty vegetable soup Hello Dolly Bar	28. Spaghetti & meatballs Chef salad With dressing Italian bread Fruited gelatin with Whipped topping	29. Macaroni and cheese Stewed tomatoes Wheat bread Fresh fruit	30. Stuffed cabbage roll with meat sauce Mashed potatoes French style green beans Dinner roll Chilled fruit cup

NOVEMBER 2018

Mon	Tue	Wed	Thu	Fri
			1. 11:45 Nutrition 1:30 Bingo	2. 9:30 Medicare Seminar 9:00 Food Stamps 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
5. 9:00 Club 99 11:45 Nutrition	6. Grocery/Mid-City 10:00 Fidelis Ins. 11:45 Nutrition 1:00 Pinochle	7. Wal-Mart Shopping 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition	8. 11:45 Nutrition 1:30 Bingo 6:00 Red Hat Mtg.	9. 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
12. Center is  Closed Veterans Day	13. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	14. 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition 1:00 Elderwood 1:30 Travel Club	15. 11:45 Nutrition 1:30 Bingo	16. 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
19. 9:00 Club 99 11:45 Nutrition 1:30 Movie Day	20. Grocery/Mid-City 9:30 Univera 11:45 Nutrition 1:00 Pinochle	21. 9:30 Newsletter Blvd Shopping 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition	22. Thanksgiving Center Closed 	23. Thanksgiving Holiday- Center is close 
26. 9:00 Club 99 11:45 Nutrition	27. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	28. 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition 1:00 General Mtg	29. 11:45 Nutrition 1:30 Bingo	30. 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre