

**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

January 2019



**Have a Happy &
Healthy New Year!**

Roughly half of Americans admit to usually making some kind of New Year's resolution. Yet despite their good intentions for self improvement, only about 8 percent of people are successful in achieving their resolution. Most likely because people set a goal that is simply too lofty.

That got me thinking about some realistic ways that seniors can improve their lives and well being as we enter the new year. Here are three potential New Year's resolutions for seniors that are easily attainable with just a little effort.

1. Update your legal documents.

The very nature of many legal documents is that you don't need them until you need them, and this is especially true of wills, living wills, and power of attorney documents.

2. Declutter your home.

A simple rule is, if you haven't worn it, or touch it in a year either throw it out or donate it. When you receive mail, you touch it once. You pay it, file it for later or throw it out.

3. Get your annual check up.

An ounce of prevention is worth a pound of cure. That's why you should have an annual check-up with your primary care doctor. He or she will be able to spot any issues early, before they become major health crises.

-source- www.my life

**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, December 8, 15, 22 and 29. 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

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.

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.

WALMART/WEGMANS

Chrystal Manzare

Walmart / Wegmans shopping will take place on Wednesday, January 2. 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

**BOULEVARD MALL &
CHRISTMAS TREE STORE**

Chrystal Manzare

The Niagara Falls Boulevard shopping trips will be taking place on Wednesday, January 23. 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, January 4th from 9am –12pm to assist in Food Stamp recertification and applications.

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.

SCRABBLE & DOMINOS

The center is open on Friday afternoons for anyone who wishes to play Scrabble, Dominos or work on puzzles. The tables are free to use after 1pm. Coffee and tea will be available for 25 cents per cup.

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.

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.

TRAVELING WITH MEL-Mel Quast

The next Travel Club meeting will be held on Wednesday, December 12th 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.

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.

Donations of general greeting cards are needed & appreciated.

GENERAL MEMBERSHIP

Bea Hapeman - President

The next General Membership meeting will be held on Wednesday, January 23rd at 1pm all members are welcome.



RED HATTERS- Joan Dirmyer

The next Red Hatter's meeting is Thursday, January 9th at 6pm. New members are welcome.

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

SPECIAL EVENTS

MOVIE MONDAYS

Eileen Lewis



Come and enjoy a movie with us on Monday, January 7th and 14th at 1:30pm. Our movies this month will be "Mamma Mia!" on Monday, January 7th at 1:30pm. Soda and popcorn will be served.

On Monday, January 14th enjoy "Mamma Mia!" "Here We Go Again!" (part 2) Soda and popcorn will be served.

Valentine's Day Dinner Dance

Wednesday, February 13th



This year we will be having our Annual Valentine's Dinner Dance on Wednesday, February 13th. The doors will open at 5pm, dinner will be served at 6pm and music will play from 7:30-9:30pm. Tickets will go on sale starting Monday, January 8th for \$17.00 each. Details on the menu and music available at the Senior Center soon.

In The Community....

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: Elaine Lamb, Jackie Rexford, Carmen Acevedo, Paul Kenyon and Sally Ossman

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

Deceased: Rayola Kinney and Roger Behm

Home From Hospital: Joan Bentley

VOLUNTEER CORNER

Just a reminder.... The folding and mailing of the February's newsletter will be taking place at 9:30 am on Wednesday, January 24th. Everyone is encouraged to help.

Newsletter volunteers:

Marjorie Brackett, Linda Finike, Roberta Seekins
Marsha Kennedy, John Davisson Jr, Joe Pusateri
and Karen Krentz

Words of Wisdom for 2019

1. Try not to become a man of success but a man of value.



2. May you stand up for your own rights this New Year and also the rights of fellow human beings, may nothing stop you from championing a cause that you hold close to your heart.

3. Hope smiles from the threshold of the year come, whispering "it will be happier"

- Alfred Tennyson

4. I'm beginning to recognize that real happiness isn't something large and looming on the horizon ahead, but something small, numerous and already here. The smile of someone you love. A decent breakfast. The warm sunset. Your little everyday joys all lined up in a row.

—Beau Christopher Taplin

5. Be content with what you have rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you. Happy New Year!!

—Pam Hogan

January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. New Year's Holiday No meals served	2. Beef stew Spinach Biscuit Chilled peaches	3. Grilled chicken breast On wheat roll With lettuce and tomato Lentil brown rice soup Mixed vegetables Hawaiian delight cake	4. Ground beef and mushroom casserole with biscuit crust Rice Florentine California blend vegetable Deluxe fruit salad
7. Spaghetti & meatballs Chef salad (iceberg/ cabbage, carrots, tomato, cucumber) Italian bread Fruited gelation (whipped topping)	8. Macaroni and cheese Stewed tomatoes Wheat bread Fresh fruit	9. Seasoned chicken breast with feta cheese Seasoned Greek potatoes Tomato Florentine soup Whole wheat pita bread Hello Dolly Bar	10. Stuffed cabbage roll with meat sauce Mashed potatoes French style green beans Whole wheat dinner roll Chilled fruit cup	11. Roasted chicken leg with gravy Seasoned brown rice Beets Whole wheat bread Chilled pears
14. Chili con carne Crackers Seasoned rice Green beans Corn bread	15. Sliced turkey breast and gravy Bread stuffing Carrots Bran muffin Fresh fruit	16. Center cut pork chop Ranch mashed potatoes Peas Whole wheat bread applesauce	17. Manicotti with tomato sauce Broccoli Italian bread Chocolate chip cookies	18. Cheeseburger supreme Potato wedges Brussels sprouts S'more pudding parfait
21. Martin Luther King Jr. Day No Meals Served	22. Grilled Chicken Breast With lettuce & tomato Wheat sandwich roll Tri color pasta salad Hearty vegetable soup Chilled peached	23. Beef stroganoff Linguine Mixed vegetables Whole wheat dinner roll Heavenly hash	24. Breaded chicken drumsticks Baked beans Scandinavian vegetables Whole wheat roll Jell-O poke cake	25. Vegetable lasagna Spinach Italian bread Fresh fruit
28. Chicken fingers with ranch dressing Potatoes O'Brien Garden peas Whole wheat bread Rice pudding	29. Goulash Parmesan cheese Seasoned steamed Carrots Whole wheat dinner roll Fresh apple	30. Sliced baked ham Scalloped potatoes Country blend vegetables Whole wheat bread Fresh fruit	31. Hot roast beef & gravy On a wheat bun Salad mix (iceberg & mesclun, tomato/ cucumber/sweet onion) Mashed potatoes brownie	

JANUARY 2018

Mon	Tue	Wed	Thu	Fri
	1. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	2. Wal-Mart Shopping 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition	3. 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 1:30 Movie Day	8. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	9. 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition 1:30 Travel Club	10. 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 1:30 Movie Day	15. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	16. 10 –12 Info & Referral 10:00 Club 99 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	22. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	23. NF Blvd Shopping 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition 1:00 General Membership 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. 9:00 Club 99 11:45 Nutrition	29. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	30. 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition	31. 11:45 Nutrition 1:30 Bingo	