

**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

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

Return Service Requested

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

**MARCH 2019**



**An Old Irish Blessing**

May the road rise up to meet you  
May the wind always be at your back,  
May the sun shine warm upon your face,  
And rains fall soft upon your fields.  
And until we meet again,  
May God hold you in the palm of his hands.

**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.

**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.

**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, March 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

**FOOD STAMP PROGRAM**

Michelle Cox, NICAP

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

**WALMART/WEGMANS**

Chrystal Manzare

Walmart / Wegmans shopping will take place on Wednesday, March 6th. The trips to Walmart cost \$2 and can be scheduled for 10:30 am & 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, March 20th. 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.

**PINOCHLE CLUB**

Joan Coronado & 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.

**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.

**NIAGARA COUNTY INFORMATION  
& REFERRAL PROGRAM**

Victoria Casicia

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

**RED HAT LADY BUGS**

Joan Dirmyer

The next Red Hat Lady Bug's meeting is Thursday, March 14th at 6pm. The ladies will be enjoying the Red Hat Society's Birthday Celebration on Sunday April 28th with a "Lampshade Luncheon." This event will take place at the Grapevine Banquet Hall on Dick Road in Depew.

For the month of May a trip to Gordie Harper's is being planned. New 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.

## GENERAL MEMBERSHIP

Bea Hapeman - President

The next General Membership meeting will be held on Wednesday, April 24th at 1pm at the North Tonawanda Senior Center. All 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. Donations of general greeting cards are needed & appreciated.



**The oldest fiddles  
Play the sweetest tunes!**

## SPECIAL EVENTS /SERVICES

### MOVIE MONDAY- Eileen Lewis

Come and enjoy a movie with us on Monday, March 18th at 1:30pm. Our movie this month will be "Flight" starring Denzel Washington. Soda and popcorn will be served.

### FOOD FUN WORKSHOP

Tuesday, March 5th



Join The Food Bank of WNY Nutritionist Marla as she presents a fun workshop on healthy eating with fruits and vegetables! She will discuss tips for stretching your food dollars and eating healthy on a budget. Come taste her Fiesta Potato Salad and bring home low-cost recipe ideas!

This program will take place on Tuesday, March 5th at 11am. Please call the office to pre-register at 695-8582. The next class will be taking place on Tuesday, April 2nd at 11am.

## ANNUAL BROADWAY MARKET DAY TRIP

Get ready for Easter with your senior friends!

Tuesday, April 16th. Pick up at the North Tonawanda Senior Center at 10:00am and return to the Senior Center at 1:30pm.



The transportation will be provided by a school bus. This cost of the transportation is \$5 which must be paid in advance when you register. If you would like to tip the driver on the day of the trip you are welcome to bring \$1.

## St. Patrick's Day Dinner Dance

Our Annual St. Patrick's Day Dinner Dance will be taking place on Wednesday, March 13th at our center.



The doors will open at 5pm, dinner will be served at 6pm and music will entertain from 7:30-9:30pm. The menu will include corned beef, baked chicken, carrots, cabbage, potatoes, salad, rolls, butter and cheesecake for dessert.

A short General membership meeting will take place at 5:30pm. Tickets will be sold for \$17 each. Tickets will be sold until Wednesday, March 6th.

## CLARITY GROUP

Pat Halt from the Clarity group will be at our center on March 15th at 12:30pm for an informational gathering. Pat will be information on several insurance companies and will be able to answer questions from the public.

## UNIVERA

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

## BLUE CROSS & BLUE SHIELD

Michelle Fariana from Blue Cross & Blue Shield will be at our center on March 11th at 10am—noon for an informational seminar. Anyone from the public is welcome to attend.

## KALOS HEALTH

Maura Stack from Kalos Health will be at our center on March 14th at 12:30pm for an informational gathering. Anyone from the public is welcome to attend.

## SPRING CARD PARTY

Monday, April 29th we have scheduled a card party. Tickets are \$5 each and will be sold in sets of four (4). Pizza and soda will be served. Also enjoy table prizes, doors prizes and a 50/50.



## 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: Lorna Jankowski, Mary Seal Gloria Kropp, Kim Piorkowski, Sally Moir, Nancy Ott

### In Nursing or Rehabilitation Facilities:

June Kerr, Irene Piwtorak, Peggy Hawkins, Elsie Nachreiner, Janice Koch, Florence Gawrys, Dorothy Batt, Ann Putz, Agnes Wilson and Florence Bloomfield.

Deceased: Don Mallow

In Hospital: Gloria Nowakowski

### VOLUNTEER CORNER

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

### Newsletter volunteers:

Mary Drescher, Marjorie Brackett, Virginia Park, Marsha Kennedy, and Karen Krentz

### Words of Wisdom....

Don't resent growing old  
Many are denied the privilege.

-Irish proverb

## March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Chili Con Carne 1 package of crackers Seasoned rice Green & yellow beans Cornbread Fresh fruit
4. Salisbury Steak with Gravy Au Gratin Potatoes California Blend Vegetables, Whole Wheat Dinner Roll Oatmeal Raisin Cookies	5. Grilled Chicken Breast with lettuce & Tomato on Whole Wheat Bun Tri Color Pasta Salad Minestrone Soup (with crackers) Fresh Fruit	6. <b>Ash Wednesday</b> Vegetable Lasagna Spinach Whole Wheat Bread Chilled Peaches	7. Breaded Chicken Drumsticks Baked Beans Scandinavian Vegetables, Wheat Bread, Jell-O Poke Cake	8. Meatless Breakfast Casserole Corn Prince Edward Blend Vegetables Blueberry Square Heavenly Hash Dessert
11. Goulash Seasoned Stemmed Carrots, whole wheat dinner roll Fresh apple	12. Hot roast beef and gravy on a wheat bun Tossed salad Mashed potatoes Brownie	13. Chicken fingers with BBQ sauce Potatoes O'Brien Country Blend Vegetables, whole wheat dinner roll, chilled fruit cocktail	14. Turkey & cheese with lettuce & tomato on a small sub roll Potato salad Chicken cannelloni soup With 1 package of crackers, fresh fruit	15. <u>St. Patrick's Day Special Dessert</u> Macaroni & Cheese Stewed tomatoes Wheat bread Chilled mandarin Oranges, Decorated cookies for St. Patrick's Day dessert
18. Baked chicken leg with gravy, seasoned brown rice Beets Whole wheat bread Chilled pears	19. Sliced turkey with gravy Bread stuffing Green beans Muffin Fresh fruit	20. Stuffed pepper with meat sauce Mashed potatoes Broccoli Whole wheat bread Mandarin orange delight	21. Mild Italian sausage link or patty with green peppers & onions on a hot dog or hamburger roll, parsley buttered rotini, California blend vegetables, tapioca pudding with whip topping	22. Meatless cheese tortellini with tomato sauce Capri blend vegetables Italian bread Fresh fruit Parmesan cheese
25. Beef stew Spinach Biscuit Chilled peaches	26. Baked chicken breast With gravy Mashed potatoes Corn Whole wheat bread Fresh fruit	27. Roast pork au jus Scalloped potatoes Carrot coins Dinner roll Apple crisp	28. Ground beef and mushroom casserole with biscuit crust Rice Florentine Brussels sprouts Deluxe fruit salad	29. Tuna salad Cucumber pepper salad Lentil brown rice soup 1 package of crackers Whole wheat sandwich roll and fresh fruit

# MARCH 2019

Mon	Tue	Wed	Thu	Fri
				1. AARP Taxes 9:00 Food Stamps 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
4.  9:00 Club 99 11:45 Nutrition	5.  Grocery/Mid-City 10:00 Univera 11:45 Nutrition 1:00 Pinochle	6.  Wal-Mart Shopping 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition	7.  11:45 Nutrition 1:30 Bingo	8. AARP Taxes 11:45 Nutrition 12:30 Clarity Group 1:00 Scrabble 1:00 Dominos 1:00 Euchre
11.  9:00 Club 99 10-12 Blue Cross & Blue Shield 11:45 Nutrition 1:30 Movie Day	12.  Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	13.  10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition 5:30 General Membership Meeting St. Patrick’s Day Dinner Dance	14.  11:45 Nutrition 1:30 Bingo 6:00 Red Hat Mtg.	15. AARP Taxes 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
18.  9:00 Club 99 11:45 Nutrition 1:30 Movie Day “Flight”	19.  Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	20.  NF Blvd Shopping 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition	21.  11:45 Nutrition 1:30 Bingo	22. AARP Taxes 9:30 Newsletters 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
25.  9:00 Club 99 11:45 Nutrition	26.  Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	27.  10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition	28.  11:45 Nutrition 1:30 Bingo	29. AARP Taxes 9:30 Newsletters 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre