

**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

**APRIL 2019**

## HOPE SPRINGS ETERNAL

Hope is a powerful life force which enables us to face and overcome challenges. “Hope springs eternal” is of course the belief one holds during difficult circumstances that things will get better. It is unique to our species because it requires words and thoughts to contemplate possible future events.



Hope is by its very nature optimistic and encourages us to work towards goals of overcoming. The presence of hope is secular and universal and serves as a personal beacon, much like a lighthouse beckoning us during periods of darkness and stormy seas.

“Hope Springs eternal means— no matter how impossible something may seem, one always has hope, especially amidst adversity.”

-S. Levine M.D. 2016

### Words to Live By

“A random act of kindness,  
no matter how small  
can make a tremendous  
impact on someone else’s life.”



- Roy T Bennett

## 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, April 2, 9, 16, 23 & 30. 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, & 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

### In The Community: N.T. History Museum

The North Tonawanda History Museum is up and running at its new location. The new location is 712 Oliver Street. The hours of operation are Tuesdays: 11am-3pm, Thursdays: 2pm-7pm and Saturdays: noon-4pm. Come and see our history for yourself!!!



**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, April 3rd. 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/SAVES A LOT &  
CHRISTMAS TREE STORE**

Chrystal Manzare

The Niagara Falls Boulevard and Save A Lot shopping trip will be taking place on Wednesday, April 17th. The trips to the Boulevard Mall is scheduled for the 9:30am. The Save A Lot store in N. Tonawanda is scheduled for 10:30am. The trip to the Christmas Tree Store is scheduled for 11:45am.

The cost for the Mall and Christmas Tree Store will remain at \$4 and the Save A Lot Store will be \$2.

**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.

**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.

**DOMINOS**

The center is open on Friday afternoons for anyone who wishes to play 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

**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.



## 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. Will be discussing plans for Mother's Day Tea on Saturday, May 4th.

## 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.

## RED HAT LADY BUGS

Joan Dirmyer



The next Red Hat Lady Bug's meeting is Thursday, April 11 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.

## FOOD STAMP PROGRAM

Michelle Cox, NICAP

Michele Cox from NIACAP will be at our center on Friday, April 5 from 9am –12pm to assist in Food Stamp recertification and applications.

## 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

## SPECIAL EVENTS

### MOVIE MONDAY- Eileen Lewis

Come and enjoy a movie with us on Monday, April 15th at 1:30pm. Our movie this month will be Fifty First Dates with Adam Sandler. Soda and popcorn will be served.

## FOOD FUN WORKSHOP

Tuesday, April 2

Join The Food Bank of WNY Nutritionist Marla as she presents a fun workshop on healthy eating with fruits and vegetables! Marla will discuss food safety tips and healthy meals and snacks for you and your family. Come taste her Carrot Cookies and bring home low-cost receipt ideas!



This program will take place on Tuesday, April 2nd at 11am. Please call the office to pre-register at 695-8582. The next class will be taking place on Tuesday, May 7 at 11am.

## **CLARITY GROUP**

Pat Halt from the Clarity group will be at our center on April 12th at 12:30pm for an informational gathering. Pat will have 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 April 2nd at 10am—noon for an informational seminar. Anyone from the public is welcome to attend.

## **KALOS**

Maura Stack from Kalos Insurance will be at our center on April 11th at 12:30pm—2pm for an informational gathering. Anyone from the public is welcome.

## **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.



## **MOTHER'S DAY TEA**

**Saturday, May 4th-1pm**

Our Annual Mother's Day Tea will be taking place on Saturday, May 4th. The doors will open at 1pm, we will enjoy live entertainment at 2pm by 23 Skid Doo. Our "Tea for Two" photo booth will also be open during this event. We will be providing a professional photographer for your convenience.

You will enjoy small finger foods, desserts, coffee, tea door prizes and a 50/50. Come and socialize and bring your daughter and grand daughters too!

Tickets are on sale now for \$6 each. Donations of finger foods and desserts are graciously accepted. Please call the center at 695-8582 if you are able to donate.

## **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:** Thomas Siejka, Jerome Schley Sr., April Zimmerman, Bernice Demler, Rosalie Hogan

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

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

**Deceased:** Don Mallow, Gordon Schroeder, Bette Mott

**In Hospital:** Charles Hall

### **VOLUNTEER CORNER**

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

### **Newsletter volunteers:**

John Davisson Jr., Joe Pusateri, Marjorie Brackett, Virginia Park, Marsha Kennedy, and Karen Krentz

### **Words of Wisdom....**


3 things you cannot recover in life:

1. The word after it's said
2. The moment after it's missed
3. And the time after it's gone!

# APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Macaroni & cheese Stewed tomatoes Wheat bread Fresh fruit	2. Stuffed cabbage roll With meat sauce Mashed potatoes French style green beans Whole wheat dinner roll chilled fruit cup	3. Roasted chicken leg with gravy, seasoned brown rice, beets Whole wheat bread Fruited gelatin	4. Seasoned chicken breast, with lettuce & tomato on whole wheat bun, tri color pasta salad, tomato Floren- tine soup with crackers Fresh fruit	5. Meatless egg frittata Corn Prince Edward Vegeta- bles Blueberry square Chocolate peanut butter fluff
8. Sliced turkey gray Bread stuffing Carrots, biscuit Fresh orange	9. Breaded center cut pork cut, ranch mashed pota- toes, peas Whole wheat bread applesauce	10. Chili con carne Crackers, seasoned rice Green beans Cornbread Fruit cocktail	11. Cheeseburger supreme (American cheese, to- mato, lettuce, red on- ion, pickle chips) on wheat bun, potato wedges, Brussels sprouts, s'more pud- ding parfait	12. Cheese manicotti (2) With tomato sauce Spinach dinner roll Chilled pears Parmesan cheese
15. Breaded chicken drum- sticks, baked beans Scandinavian vegetables Whole wheat roll Chocolate chip cookies	16. Beef stroganoff Linguine Mixed vegetables Whole wheat dinner roll Heavenly hash	17. <u>Special Easter meal</u>  Glazed Ham Whipped sweet pota- toes, green bean casse- role, whole wheat din- ner roll, coconut cake with rainbow sprinkles	18. Grilled BBQ chicken (lettuce & tomato) served on a whole wheat sandwich bun Tri-color pasta salad Vegetable barley soup with crackers Fresh banana	19. Good Friday  No meals served  
22. Stuffed pepper with meat sauce Mashed potatoes Broccoli Whole wheat bread Mandarin Orange delight	23. Macaroni & Cheese Stewed tomatoes Wheat bread Fresh fruit	24. Turkey & Cheese Sandwich (lettuce & tomato) Hearty vegetable soup	25. Homemade Goulash Seasoned steamed car- rots, whole wheat din- ner roll, and a fresh apple	26. Hot roast beef & Gravy on a wheat bun Salad mix (romaine & mesclun, tomato/ cucumber/sweet onion) Mashed potatoes Brownies
29. Baked chicken leg with gravy, seasoned brown rice, beets, whole wheat bread, chilled mixed fruit cup	30. Spaghetti & meatballs Salad (romaine & ice- berg with cucumber/ tomato/croutons) dinner roll, Chilled mandarin oranges (salad dressing & parmesan cheese)			

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Mon	Tue	Wed	Thu	Fri
1. 9:00 Club 99 11:45 Nutrition	2. Grocery/Mid-City 10:00 Univera 11:00 Cooking Demo 11:45 Nutrition 1:00 Pinochle	3. Wal-Mart Shopping 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition	4. 11:45 Nutrition 1:30 Bingo	5. AARP Taxes 9:00 Food Stamps 11:45 Nutrition 1:00 Dominos 1:00 Euchre
8. 9:00 Club 99 11:45 Nutrition	9. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	10. 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition	11. 11:00 Kalos 11:45 Nutrition 1:30 Bingo 6:00 Red Hat Mtg.	12. AARP Taxes 11:45 Nutrition 12:30 Clarity Group 1:00 Dominos 1:00 Euchre
15. 9:00 Club 99 11:45 Nutrition 1:30 Movie Day	16. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	17. NF Blvd Shopping 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition	18. 11:45 Nutrition 1:30 Bingo	19. Closed –Good Friday  
22. 9:00 Club 99 11:45 Nutrition	23. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	24. 9:30 Newsletters 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition 1:00 Gen. Mtg	25. 11:45 Nutrition 1:30 Bingo	26. 11:45 Nutrition 1:00 Dominos 1:00 Euchre
29. 9:00 Club 99 11:45 Nutrition 1:30 Spring Card Party	30. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle			Saturday, May 4  1:00 Mother's Day Tea!  