

**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

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

Return Service Requested

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

MAY 2019

The 6 Personality Traits of Successful Grandparents

As grandparents, many seniors over the age of 60 are embracing a new role in life. Seeing our children grow up to have children of their own is one of life's great joys and privileges, and it reminds us of how life is a circle, with so many stages and cycles. Today, seniors are looking for new ways to fulfill the role of grandparents by providing the right blend of support and independence and helping our grandkids grow up with a positive, influential family presence around them. What does it take to be a successful grandparent in today's world? Here are a few ideas.

1. Patience: The best grandparents tend to be full of patience—for their grandchildren as well as for their grandchildren's mom and dad. Even if your grandchildren are boisterous or sometimes misbehave, the best grandparents know that it's all part of growing up.

2. Generosity: The most successful grandparents tend to be generous— not necessarily in terms of buying toys, gifts and offering financial generosity, but generous with their time, generous with their hospitality and generous with advice (when asked).

3. Unconditional Love: The best grandparents are rock-solid foundation of love in a child's life. Children need to know that now matter what might be going on in their lives, no matter what disappointments they might encounter at school or on the street or out in the world, they are always safe and loved at grandma's house.

4. Empathy: Successful grandparents learn once again how to see the world through a child's eyes. This is a surprising and wonderful privilege of being a grandparent—we get to interact with our grandchildren and live life, for a little while, with their sense of time and their capacity for wonder.

5. Presence: Being a grandparent is always about buying gifts or hosting dinners or taking your grandchildren on special vacations or anything like that. Aside from all of the fun things to do together with your grandchildren (which are wonderful) some of the best gifts you can offer your grandchildren are the gifts of your time and your presence. Children learn a great deal just from being in the same room with you, watching how you prepare a meal, listening to you sing your favorite song. Seeing multiple generations of their family is an important way for children to learn who they are and how to live. This transmission of identity and family connection can be one of the greatest and simplest gifts of all .

“Sixty & Me” 2018



WALMART/WEGMANS- Chrystal Manzare

Walmart / Wegmans shopping will take place on Wednesday, May 8th. 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, May 22nd. 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.

MINI GROCERY & MID-CITY SHOPPING- Susan Terry



Our shopping time for Budweys is 10am. The shopping times at Tops/Mid-City/Saves A-Lot 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, May 7, 14, 21 & 28. 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

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.

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.

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

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.

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.

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.

GENERAL MEMBERSHIP

Bea Hapeman - President

The next General Membership meeting will be held on Wednesday, May 22nd at 1pm at the North Tonawanda Senior Center. All members are welcome.

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, May 9th at 6pm.

FOOD STAMP PROGRAM

Robin Matos, NICAP

Robin from NIACAP will be at our center on Friday, May 3rd 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, May 6th at 1:30pm. Our movie this month will be San Andreas with Dwayne Johnson. Soda and popcorn will be served.

FOOD FUN WORKSHOP

Thursday, May 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.



A cooking demonstration will also take place. This program will take place on Thursday, May 2nd at 11am. Please call the office to pre-register at 695-8582.

Words of Wisdom

It's better to walk away
Then to tolerate nonsense



CLARITY GROUP

Pat Halt from the Clarity group will be at our center on May 16th 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 Tuesday, May 7th 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 Thursday, May 23rd at 12:30pm—2pm for an informational gathering. Anyone from the public is welcome.

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.

SUMMER CARD PARTY



Wednesday, May 29th 1:30pm 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, door 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.



Mobile Pantry Program By NIA-CAP

The Mobile Food Bank will be at the North Tonawanda Farmers Market on Wednesday, May 8th and Wednesday, June 12th at 10am.

MEMBERSHIP UPDATES

New Members: Norma Kitzmiller, Deborah Grabowski

In Nursing or Rehabilitation Facilities: June Kerr, Irene Piwtorak, Peggy Hawkins, Elsie Nachreiner, Janice Koch, Florence Gawryls, Dorothy Batt, Joan Bently, Ann Putz, Agnes Wilson and Florence Bloomfield.

Deceased: John Lukasik, Lori Church Bette Mott, Albert Prell & Denise Pasiak

In Hospital:

VOLUNTEER CORNER

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

Newsletter volunteers:

Linda Finiki, Bobbie Seekins, Pauline Fettermen, Pat Wentz, Marsha Kennedy, Marjorie Brackett, Karen Krentz, Colleen Mullen, John Davidsson and Dorothy Strothmann.

MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Mixed salad with warm chicken strips (romaine, carrots, red cabbage, tomatoes, green pepper, garbanzos, red onion, feta cheese) Greek potatoes, dinner roll & chilled pears	2. Ham and pasta primavera with Parmesan cheese Corn Wheat dinner roll Peach polka dot dessert	3. Cheese tortellini with 3 meatballs and tomato sauce Parmesan cheese Broccoli Italian Bread Snickerdoodle Cookies
6. Cheese manicotti With tomato sauce Parmesan cheese Spinach Italian bread Chilled peaches	7. <u>Mother's Day Special</u> Chicken Tetrizzini Buttered parsley rotini pasta, garden salad Wheat dinner roll Cheesecake w/ cherries	8. Mild Italian sausage link or patty with green peppers & onions on a hot dog or hamburger roll, scalloped potatoes California blend vegetables, tapioca pudding	9. Sweet and sour pork served over seasoned rice, brussels sprouts, dinner roll Fresh fruit-apple	10. Mushroom Swiss Burger on Wheat Hamburger Roll Macaroni Salad Carrots Fruited Gelatin Whipped topping
13. Meatloaf with gravy Garlic mashed potatoes Mixed vegetables Wheat roll Sugar cookies	14. Julienne Salad (romaine/ salad mix, carrot shreds, red onion, tomatoes, garbanzos, shredded cheese) with diced turkey Salad dressings Potato salad Blueberry muffin mandarin oranges	15. Veal parmesan with tomato sauce Rotini pasta Tossed side salad Wheat bread Fresh peach (salad dressings)	16. Macaroni and cheese Stewed tomatoes Dinner roll Chilled fruit cocktail	17. Baked ham Whipped sweet potatoes Peas Rye bread Heavenly hash dessert
20. Vegetable Lasagna Yellow and green beans Whole wheat bread Fresh fruit in season	21. BBQ pork rib w/ sauce Wheat hamburger roll Baked beans Cauliflower Homemade baked Apple crisp	22. Cheeseburger supreme Potato wedges Chilled cucumber, pepper & tomato salad Watermelon cubes	23. Grilled chicken salad (mesclun mix, tomatoes, onion, shredded cheddar cheese) Tri color pasta salad Wheat bread S'mores Pudding Parfait	24. Salisbury Steak With Gravy Au Gratin Potatoes California Blend Vegetables Dinner roll Chilled pears
27. Memorial Day Holiday	28. Chicken fingers With ranch dressing Potatoes O'Brien 3 bean salad Wheat dinner roll Oatmeal raisin cookies	29. Goulash Mixed vegetables Wheat bread Fresh grapes	30. Turkey and cheese sub (with lettuce & tomato on a small hoagy roll) Potato salad Chilled vegetable salad Rice pudding Whipped topping	31. Steak salad with beef strips, romaine & salad mix, carrot shreds, cucumbers, red onion, Feta cheese) & salad dressing Pea & pasta salad Cornbread brownie

MAY 2019

Mon	Tue	Wed	Thu	Fri
		1. 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition	2. 11:00 Cooking Demo 11:45 Nutrition 1:30 Bingo	3. 9:00 Food Stamps 11:45 Nutrition 1:00 Dominos 1:00 Euchre
6. 9:00 Club 99 11:45 Nutrition 1:30 Movie Day	7. Grocery/Mid-City 10:00 Univera 11:45 Nutrition 1:00 Pinochle	8. Wal-Mart Shopping 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition	9. 11:45 Nutrition 1:30 Bingo 6:00 Red Hat Mtg.	10. 11:45 Nutrition 1:00 Dominos 1:00 Euchre
13. 9:00 Club 99 11:45 Nutrition	14. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	15. 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition	16. 11:45 Nutrition 1:30 Bingo 12:30 Clarity Group	17. 11:45 Nutrition 1:00 Dominos 1:00 Euchre
20. 9:00 Club 99 11:45 Nutrition	21. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	22. NF Blvd Shopping 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition 1:00 Gen. Mtg	23. 11:45 Nutrition 1:30 Bingo 12:30 Kalos	24. 9:30 Newsletters 11:45 Nutrition 1:00 Dominos 1:00 Euchre
27. 9:00 Club 99 11:45 Nutrition	28. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	29. 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition 1:30 Summer Card Party	30. 11:45 Nutrition 1:30 Bingo	31. 11:45 Nutrition 1:00 Dominos 1:00 Euchre