

**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

JUNE 2019

COOKING WITH WEBSTER'S KITCHEN

Gabrielle Thomas- Professional Chef

"Cooking For One"



On Wednesday, August 21st, come join Gabrielle from Webster's Kitchen for a "Professional Cooking Class" at 1pm. This class will cost \$15 and will include a recipe packet. We will be preparing Single Serve Lasagna and Mug Chocolate Chip Cookie Cake. You must register and pre-pay for this class.

**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

WALMART/WEGMANS-

Chrystal Manzare

Walmart / Wegmans shopping will take place on Wednesday, June 5th. 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.

Words of Wisdom

"Whenever you find yourself doubting how far you can go, just remember how far you have come."

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

FOOD FUN WORKSHOP

Thursday, June 6th

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, June 6th at 11am. Please call the office to pre-register at 695-8582.

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

THEME BASKET FUNDRAISER



Just a reminder our Annual Theme Basket Raffle has been changed. We will be hosting it during -

The N.T. Fall Festival:

DATE: Saturday, October 5th

TIME: 11am—3pm

PLACE: NT Intermediate School
1500 Vanderbilt Ave. NT

Donations of new or like new items are now being accepted at the Senior Center.

**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, June 19th. 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, June 4, 11, 18 & 25. 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

GENERAL MEMBERSHIP
Bea Hapeman - President

The next General Membership meeting will be held on Wednesday, June 26th at 1pm at the North Tonawanda Senior Center. All members are welcome. We will be discussing the Basket Raffle Fundraiser.

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.

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, Carol McMeekin, Gloria Nowakowski, Judy Stoutenburg, Rhonda Holka, Jenni Gauda & Beth Feenin.

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.



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

**NIAGARA COUNTY MOBILE OUTREACH
TEAM PRESENTATION**

On Wednesday, June 19th at 11am Victoria Casicia and Maggie from the Office for Aging will be presenting on the services the County offers for seniors who live in Niagara County. This is a free presentation and all are encouraged to attend.

TRAVEL

Jean Marshall– Wheatfield

Until I hear an official answer regarding the status on our Travel Group, I will be advertising the trips offered by the Wheatfield Senior Center.

If you have any questions regarding these trips or you would like to register for one of these trips please call Jean Marshall at 694-5567. Wheatfield residents will have first priority.

1. A Mystery Trip– Wednesday, July 17th 2019.

8:45am—5:15pm. The trip cost \$60.00 and is due by June 14th. Government issued ID is required. The tour requires walking, so wear comfortable shoes.

2. Silo City & The River Queen– Tuesday, August 13th

9:45am—6pm. The trip cost \$80.00 by July 12th. Learn all about Buffalo's rich grain history while cruising the Buffalo River on the River Queen to Silo City. One of the largest grain elevator collections has evolved into a unique tour showcasing the Queen City's industrial heritage. You'll walk the base of 2 grain elevators, a four mill, and a malt house. Lunch is at the Pearl Street Grill. Our next stop we will learn of Buffalo's history at the Buffalo History Museum.

3. Amish Harvest Tour– October 15th- Middlefield, Ohio

This trip cost \$82.00. A \$35 deposit is due August 2nd and final payment is due September 20th. Enjoy Mary Miller's for pumpkin cookies and coffee. Visit the museum and see how the cheese industry has changed over the years. Take a tour of an apple orchard learn how different varieties of apples are harvested. Then it's off to an Amish home for a home made dinner of meatloaf, mashed potatoes, gravy, vegetables salad and date nut pudding and pie. Enjoy a hay ride before heading home.

4. Musical Tribute to "The Rat Pack"- November 5th

This trip cost \$64.00 total by September 13th. Relive the days of Frank Sinatra, Dean Martin and Sammy Davis Jr. in this popular and entertaining Las Vegas tribute show backed by a Vegas style band. It's Vintage Vegas at its best. Each passenger will receive \$20 free play, a full buffet and a show ticket.

5. "Miracle of Christmas" at the Millennium Theater Lancaster, Pennsylvania—December 2-4 2019 3 - day all inclusive trip \$424.00 ppd.

SUMMER PICNIC



Our Annual Summer Picnic will take place on Wednesday, July 31st. Doors open at 3pm and the buffet will be ready at 4pm. Live music by National Trust will play from 5pm-7pm. The buffet from Just Say Cheese Cake will consist of roasted chicken, BBQ ribs, potato salad, baked beans, chef salad, rolls, and cheese cake for dessert. Also enjoy beer, wine, soda, games, prizes & a 50/50. Tickets are on sale for \$15 each

FOOD STAMP PROGRAM

Robin Matos, NICAP

Robin from NIACAP will be at our center on Friday, June 7th from 9am –12pm to assist in Food Stamp recertification and applications.

MOVIE MONDAY- Eileen Lewis

Come and enjoy a movie with us on Monday, June 24th at 1:30pm. Our movie this month will be Meet the Fockers with Robert DeNiro. Soda and popcorn will be served.

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, June 13th at 6pm. Ruth Camann's granddaughter will be playing the piano and Paparazzi Jewelry will be for sale during the evening. New members are welcome.

UNIVERA

Maria Schenk from Univera will be at our center on Tuesday, June 4th at 10am—noon for an informational seminar. Anyone from the public is welcome to attend.

CLARITY GROUP

Pat Halt from the Clarity group will be at our center on June 21st at 12:45pm. For an informational gathering. Pat will have information on several health insurance companies.

REMEMBRANCE PLAQUE

If you are interested in purchasing a plaque in memory of a passed member please contact the office at 695-8582. All proceeds will go to the Senior Center General Membership. Our Remembrance Plaque is in the main entrance of the Senior Center.

In The Community....

FREE EASY LISTENING CONCERTS

These concerts will take place at Raymond Klimek Veteran’s Park; located at 700 River Road, North Tonawanda. The concerts are from 7-8:30pm every Thursday Night. Bring a chair or blanket and enjoy the soothing sounds of popular old time hits.



June 6- Polka Plus- Polkas, Waltzes & more

June 13- Tom Bender- classics songs 1940's to the present.

June 20- The Formula Band- American's Premier Italian Band

June 27- 23 Skidoo—Old Time Swing Band

July 11- Kathy Carr & Friends- Early 20th century- Great American Songbook

July 25-The Roadrunners- Favorite oldies hits

August 1- The Custode-Parisi Jazz Trio-"Pre-bop swing" style of jazz hits

August 8- Kokomo Time Band- oldies hits with some island flavor

August 15—Taylor Made- mix of jazz and R & B to satisfy the soul.

August 22—Bees Knees- jazz twist on classic favorites

Mobile Pantry Program By NIACAP

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

LITTLE PANTRY



Very soon the NT Senior Center will be receiving a “Little Pantry” which will be placed outside for the community to use. Please feel free to take an item or donate an item once it has arrived.

Having issues with debt? Sued by a creditor? FREE legal advice & help from an attorney on collections, garnishments, frozen bank accounts. Court cases or judgements related to credit card debts, medical debts, students loans utilities collections, lines of credit, charge accounts and foreclosures.



Please bring ALL papers related to the issue you are having. If there is a default judgement against you, please bring a complete copy of your court file. For further instructions, please visit the website at www.clarobuffalo.org or call 828-8432.

FREE credit reports! We can help you understand the too!

SESSIONS are held:

Every Third Tuesday of the Month
10am—Noon at NT. City Hall
216 Payne Ave. 2nd floor– conference room
Staffed by WNY Law Center

MEMBER UPDATES

New Members: Lynda Soos,William & Kathleen Garrison, Teddi Kromer, Kathy Kulick & Bill Palumbo

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

Deceased: Daisy Dobo and Mary Jane Johnson,

VOLUNTEER CORNER

Just a reminder.... The folding and mailing of the July’s newsletter will be taking place on Wednesday, June 26th at 9:30 am. Everyone is encouraged to help.

Newsletter volunteers:

Pat Wentz, Joe Pusateri, Marsha Kennedy, Shirley Klinefelter, Marjorie Brackett, Mary Drescher, Barbara Neri, John Davisson, Karen Krentz and Virginia Park.



Enjoy your summer!!

JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Baked chicken leg With gravy Potato salad Peas Cornbread Fresh fruit– apple	4. veggie burger with lettuce and tomato Wheat hamburger bun Potato Anna Green beans Cantaloupe	5. Cheese tortellini with 3 meatballs & tomato sauce Broccoli Italian bread Vanilla pudding	6. Ham & pasta Primavera Corn Dinner roll Peach polka dot dessert	7. Sliced turkey with gravy Served over bread Stuffing Peas, carrots & mush- rooms, biscuit Chocolate pudding with whipped topping Cranberry sauce
10. Broccoli cheese strata Potato wedges Cauliflower Wheat bread Chocolate chip cookies	11. Center cut breaded Pork chop Mashed potatoes BBQ lima beans Dinner roll Apple crisp	12. <u>Father's Day Special</u> Sliced roast beef with gravy, baked potato with sour cream Candied baby carrots Hard roll Tuxedo bar dessert	13. Grilled chicken breast with lettuce and tomatoes on a hamburger bun Italian pasta salad Zucchini and toma- toes, watermelon cubes	14. Cheeseburger su- preme, (American cheese, tomato, let- tuce, red onion, pickle chips) wheat ham- burger roll, seasoned rice, with broccoli, chilled cucumber, pepper & tomato sal- ad, deluxe fruit salad
17. Swiss mushroom burger on hamburger roll Macaroni salad French style green beans Tapioca pudding	18. Cheese manicotti with tomato sauce Spinach Italian bread Fruited gelatin	19. Sweet and sour pork Served over seasoned rice Brussels sprouts Dinner roll Fresh fruit– nectarine	20. Chicken strip salad (romaine, carrots, tomatoes, red cab- bage, green pepper, feta cheese & garban- zos beans) Greek potatoes Wheat bread Chilled pears	21. Mild Italian sausage link With green peppers & onions on a hot dog Scalloped potatoes California blend vegeta- bles Yellow poke cake with topping
24. Baked ham Whipped sweet potatoes Peas Rye bread Fresh peach	25. Meatloaf with gravy Garlic mashed potatoes Mixed vegetables Wheat roll Carnival cookies	26. Julienne salad with diced turkey Potato salad Blueberry muffin Chilled mandarin oranges	27. Macaroni and cheese Stewed tomatoes Dinner roll Chilled fruit cocktail	28. Veal parmesan with tomato sauce Rotini pasta Tossed side salad Wheat bread Heavenly hash dessert

JUNE 2019

Mon	Tue	Wed	Thu	Fri
3. 9:00 Club 99 11:45 Nutrition	4. Grocery/Mid-City 10:00 Univera 11:45 Nutrition 1:00 Pinochle	5. Wal-Mart Shopping 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition	6. 11:00 Cooking Demo 11:45 Nutrition 1:30 Bingo	7. 9:00 Food Stamps 11:45 Nutrition 1:00 Dominos 1:00 Euchre
10. 9:00 Club 99 11:45 Nutrition	11. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	12. 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition	13. 11:45 Nutrition 1:30 Bingo 6:00 Red Hat Mtg.	14. 11:45 Nutrition 1:00 Dominos 1:00 Euchre
17. 9:00 Club 99 11:45 Nutrition	18. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	19. NF Blvd Shopping 10 –12 Info & Referral 10:00 Club 99 11:00 Outreach Presentation 11:45 Nutrition	20. 11:45 Nutrition 1:30 Bingo	21. 11:45 Nutrition 12:45 Clarity Group 1:00 Dominos 1:00 Euchre
24. 9:00 Club 99 11:45 Nutrition 1:30 Movie Day	25. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	26. 9:30 Newsletters 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition 1:00 Gen. Mtg	27. 11:45 Nutrition 1:30 Bingo	28. 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	30. 11:45 Nutrition 1:30 Bingo	31. 11:45 Nutrition 1:00 Dominos 1:00 Euchre