

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

SEPTEMBER 2019



**September is HUNGER
ACTION MONTH !**

September is Hunger Action Month and we're asking everyone to fight hunger in their community all month long.

More than 42 million Americans are food insecure, including 1 in 6 children, so it is more important than ever that we team up to win this fight. Every action makes a difference, and we all have a part to play.

So the next time you come to the Senior Center feel free to drop off a few can goods for our "Little Food Pantry." The office is ready and willing to accept donations. If you are in need of a few can goods, please help yourself to our "Little Food Pantry"!!

-Thank you

**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, September 4th. 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.

NIAGARA COUNTY NUTRITION

Sharon Lewis, Nutrition Site Director

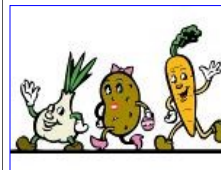
Niagara County offers a lunch program at the center at 11:45am Monday-Friday. The suggested donation for a lunch is \$3.25. One WEEK notice is now required.

Roundtrip transportation is also available. Please call 694-2105 for making or canceling a reservation. Monday-Friday 10am-12:30pm

FOOD FUN WORKSHOP

Thursday, September 5

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.

This program will take place on Thursday, September 5th at 11am. Please call the office to pre-register at 695-8582.

MAH-JONG PLAYERS

If anyone is interested in playing Mah-jong; the center has purchased a set that can be used for up to 4 players. "The Chinese Game of Four Winds." Please just call the office to reserve.

Words of Wisdom:



"If they respect you, respect them. If they disrespect you, still respect them. Do not allow the actions of others to decrease your good manners, because you represent yourself, not others."

**BOULEVARD MALL/ALDI'S &
CHRISTMAS TREE STORE**

Chrystal Manzare

The Niagara Falls Boulevard and ALDI'S shopping trip will be taking place on Wednesday, September 18th. The trips to the Boulevard Mall and ALDI'S are scheduled for the 9:30am and 10:30am. The trip to the Christmas Tree Store is scheduled for 11:45am. The cost for the any of these trips will be \$4.00.

**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, September 3rd, 10th, 17th & 24th. 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, September 25th at 1pm at the North Tonawanda Senior Center. All members are welcome. We will be discussing the basket raffle and Anniversary Dinner Dance.

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- 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

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

TRAVEL

Jean Marshall– Wheatfield

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. 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.

2. 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.

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

CLARITY GROUP

Pat Halt from the Clarity Group will be at our center on Wednesday, September 4th at 12:45pm.– 2pm for an informational seminar on "Medicare 101". Anyone from the public is welcome to attend

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

FOOD STAMP PROGRAM

Robin Matos, NICAP

Robin from NIACAP will be at our center on Friday, September 13th from 9am –12pm to assist in Food Stamp recertification and applications.

MOVIE MONDAY

Eileen Lewis



Come and enjoy a movie with us on Monday, September 30th at 1:30pm. Our movie this month will be "Nights in Rodanthe" with Richard Gere and Diane Lane. 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 Red Hat Lady Bugs enjoyed their Annual Picnic last month. The next meeting will be taking place on Thursday, September 12th at 6pm. New members are welcome.

UNIVERA

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

SPECIAL EVENTS

RESPIRATORY WELLNESS PROGRAM

Are you worried about your cough and respiratory infections? Join Wurlitzer Family Pharmacy's, Lorieann (Respiratory Therapist/Certified COPD Educator) on Monday, September 9th at 1pm as she presents and helps you understand all of the signs, symptoms, causes and treatment options for COPD, flu and respiratory infections. Please call the office to register for this program. 695-8582.

ANNUAL THEME BASKET FUNDRAISER

DATE: Saturday, October 5th
TIME: 11am-3pm
PLACE: NT Intermediate School
1500 Vanderbilt Ave.
N. Tonawanda



*YOU DO NOT NEED TO BE PRESENT TO WIN

FLU SHOT CLINIC

Friday, October 4th 9am-Noon
Sponsored by Wurlitzer Pharmacy

Please call the Senior Center at 695-8582 to make an appointment. Please bring your health insurance card with you to your appointment.

UNDERSTANDING MEDICARE FOR 2020

Sponsored by The Niagara County
Office for Aging- Friday, October 25th
9:30-11:30am

Get updates and learn about the changes to the Medicare, the Medicare Health Plans, Medicare Part D, NYS EPIC, and "Extra Help" Low Income Subsidy Program. Be prepared for the Medicare Annual Enrollment Period.

October 15th-December 7th 2019.

49TH ANNIVERSARY DINNER DANCE



Our Anniversary Dinner Dance will be taking place on **Wednesday, October 23rd**. The doors will open at 5pm. The meal will be served at 6pm and the live music will entertain us from 7:30pm-9:30pm.

Tickets will be on sale for \$17.00 each. Tickets will be sold until Wednesday, October 16th.

MEMBER UPDATES

New Members: Debra Limardi, Camille Bridenbaker Pamela Conner, Todd Overturf and Jean Dyckman

In Nursing or Rehabilitation Facilities: Joan Bentley, Irene Piwtorak, Peggie Hawkins, Elsie Nacheiner, Janice Koch, Florence Gawrys, Dorothy Batt, Ann Putz & Florence Bloomfield

Deceased: William Storey

VOLUNTEER CORNER

Just a reminder... The folding and mailing of October's newsletter will be taking place on Wednesday, September 25th at 9:30 am. Everyone is encouraged to help.

Newsletter volunteers:

Joe Pusateri, Colleen Mullin, John Davisson Jr., Marjorie Brackett, Mary Drescher & Barb Neri

"Autumn shows us
How beautiful it is
To let things go..."



SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2.</p> <p style="text-align: center;">LABOR DAY HOLIDAY</p> <p>NO MEALS SERVED</p>	<p>3.</p> <p>Grilled Chicken Breast With lettuce and tomato on a hamburger roll Italian pasta salad Zucchini and tomatoes Yellow poke cake with pudding and topping</p>	<p>4.</p> <p>Cheeseburger supreme (American Cheese, tomato, lettuce, red onion, pickle chips) mashed potatoes, cucumber, pepper & tomato salad Fresh fruit</p>	<p>5.</p> <p>Center cut breaded pork chop Baked beans, carrot coins, dinner roll and apple crisp</p>	<p>6.</p> <p>Sliced turkey with gravy served over bread stuffing, mashed potatoes, peas and cauliflower Chilled mandarin oranges</p>
<p>9.</p> <p>Sweet and sour pork Served over seasoned rice, Brussels sprouts, dinner roll, fresh fruit–Nectarine</p>	<p>10.</p> <p>Mild Italian sausage link with green peppers & onions on a hot dog roll, scalloped potatoes California blend vegetables and tapioca pudding</p>	<p>11.</p> <p>Chicken strip salad (romaine, carrots, tomatoes, red cabbage, green pepper, feta cheese & garbanzos) Greek potatoes Wheat bread Chilled pears</p>	<p>12.</p> <p>Swiss mushroom burger on hamburger roll Macaroni salad French style green beans, watermelon</p>	<p>13.</p> <p>Cheese manicotti with tomato sauce Spinach Italian bread Fruited gelatin Whipped topping</p>
<p>16.</p> <p>Julienne Salad with sliced turkey (romaine/salad mix, carrot shreds, red onion, tomatoes, garbanzos, shredded cheese)</p>	<p>17.</p> <p>Macaroni and cheese Stewed tomatoes Dinner roll Chilled fruit cocktail</p>	<p>18.</p> <p>Veal parmesan with tomato sauce Rotini pasta Tossed side salad Wheat bread Heavenly hash dessert</p>	<p>19.</p> <p>Baked ham Whipped sweet potatoes Peas Rye bread Fresh peach</p>	<p>20.</p> <p>Meatloaf with gravy Garlic mashed potatoes Mixed vegetables Wheat roll cookies</p>
<p>23.</p> <p>Beef stroganoff Served over linguine Mixed vegetables Lima beans applesauce</p>	<p>24.</p> <p>Cold grilled chicken Over salad (mesclun mix, onion, tomatoes, shredded cheddar cheese) tri color pasta Wheat bread, s'more pudding parfait</p>	<p>25.</p> <p>BBQ pork riblet Whole wheat hamburger roll, baked beans Cauliflower with Parsley and chilled peaches</p>	<p>26.</p> <p>Salisbury steak with Gravy, au gratin potatoes California blend vegetables, dinner roll and chocolate chip cookies</p>	<p>27.</p> <p>Vegetable lasagna Yellow and green beans Whole wheat bread Fresh fruit in season–pear.</p>
<p>30.</p> <p>Chicken fingers with BBQ sauce Dinner roll Potatoes O'Brien 3 bean salad Rice pudding with whipped topping</p>				

SEPTEMBER 2019

Mon	Tue	Wed	Thu	Fri
2. 9:00 Club 99 11:45 Nutrition	3. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	4. Wegmen's/Walmart Shopping 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition 12:45 Clarity Group	5. 11:00 Cooking Demo 11:45 Nutrition 1:30 Bingo	6. 11:45 Nutrition 1:00 Dominos 1:00 Euchre
9. 9:00 Club 99 11:45 Nutrition 1:00 Respiratory Wellness Program	10. Grocery/Mid-City 10:00 Univera 11:45 Nutrition 1:00 Pinochle	11. 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition	12. 11:45 Nutrition 1:30 Bingo 6:00 Red Hat Lady Bug Meeting	13. 9:00 Food Stamps 11:45 Nutrition 1:00 Dominos 1:00 Euchre
16. 9:00 Club 99 11:45 Nutrition	17. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	18. NF Blvd Shopping 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition	19. 11:45 Nutrition 1:30 Bingo	20. 11:45 Nutrition 1:00 Dominos 1:00 Euchre
23. 9:00 Club 99 11:45 Nutrition	24. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	25. 9:30 Newsletters 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition 1:00 General Membership Meeting	26. 11:45 Nutrition 1:30 Bingo	27. 11:45 Nutrition 1:00 Dominos 1:00 Euchre
30. 9:00 Club 99 11:45 Nutrition 1:30 Movie Day "Nights in Rodanthe"				