

**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

FEBRUARY 2020



Philanthropic Ways to
Celebrate Valentine's Day

Instead of spending money on chocolates or candy hearts that taste like sidewalk chalk; how about doing something a little different this year and giving back to humanity. Listed below are just a few ways of sharing your heart with others

1. Volunteer: There's no shortage of ways for you to become involved.
2. Give a little- donate a dollar a day- to a cause that you care about.
3. Reach out to those in need. Donate a can good to our "Little Food Pantry" located in front of our Senior Center.



Remember a little bit of kindness goes a long way!!

FREE MATERIAL

Everything from silk & satin to fleece & fur!
Please call Judy Stoutenburg at 948-1262.

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 .

WALMART/WEGMANS- Chrystal Manzare

Walmart / Wegmans shopping will take place on Wednesday, February 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.

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.

FOOD STAMP PROGRAM

Robin Matos, NIACAP

Robin from NIACAP will be at our center on Friday, February 7th from 9am –11:30am to assist in Food Stamp recertification and applications.

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

Chrystal Manzare

The Niagara Falls Boulevard and ALDI'S shopping trip will be taking place on Wednesday, February 19th. 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-** Madysen Manzare

Our shopping time for Budweys is 10am. The shopping times at Tops/Mid-City/Saves A-Lot are 11:15am and 12:30pm. Shopping days are Tuesday, February 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. This service costs \$2.00 & is for NT residents only.

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

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

PINOCHLE CLUB-

Diane Juliano & Gloria Wilczek

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.

MOVIE MONDAY - Eileen Lewis

Come and enjoy a movie with us on Monday, February 10th at 1:30pm. Our movie this month will be "As Good As It Gets". This comedy starring Jack Nicholson & Helen Hunt. Soda and popcorn will be served.

RED HAT LADY BUGS

Joan Dirmyer



The Red Hat Lady Bug's next meeting will be taking place on Thursday, February 13th at 6pm. We will be having our Valentines celebration. New members are welcome.

DOMINOS/MAHJONG

The center is open on Friday afternoons for anyone who wishes to play Dominos or Mahjong. The tables are free to use after 1pm. Coffee and tea will be available for 25 cents per cup

UNIVERA

A representative from Univera will be at our Senior Center for a Medicare Seminar on Tuesday, February 11th at 10am. The public is 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.



*Norm earned a perfect score!!!

UNITED HEALTH CARE

A representative from United Health Care will be at our Senior Center with information on Medicare and other services on Wednesday, February 26th from 12:30 -1:30pm The public is welcome.

GENERAL MEMBERSHIP

Bea Hapeman - President

The next General Membership meeting will be held on Wednesday, March 18 at 5:30pm at the North Tonawanda Senior Center, during the St Patrick's Day Dinner Dance. At this meeting we will elect and install our Officers for the years 2020-2022.

FALLON HEALTH

A representative from Fallon Health will be at our Senior Center with information on Medicare and other services on Thursday, February 13th 1-3pm. The public is welcome.

N.T. TRAVELING WITH JEAN

Our next Travel Meeting is schedule for Wednesday, February 12th at 1:30pm. Please feel free to bring any cookies or snacks. Jean will be presenting upcoming trips and taking any ideas.



Please call Jean with any questions at 694-5567 . Mail any checks to Jean Marshall 7237 Nash Rd. NT NY 14120

Sweet Signs Of Spring

Wednesday, March 4- 8am depart from Manhattan Street Parking lot. Begin the day at Sprague's Maple Farms Pancake House with your choice of pancakes served with eggs, and bacon, ham or maple sausage patties, and fresh maple syrup, includes a stop at Cuba Cheese. This trip cost: \$68.00 and is due by February 12th.

The Parade of Nations & Virginia International Tattoo- April 29 -May 4 2020.

Package includes- 5 nights lodging, 5 breakfast, 3 dinners performance of Virginia International Tattoo Show, reserved seats for 67th Annual Parade of Nations. NATO Fest Activities and much more. \$764.00 Per Person double occupancy.

THE NUNSENSE VEGAS REVUE

Sunday, March 22 at the Lancaster Opera House
1:15 –7pm.– Wheatfield Seniors- \$86.00—
Dinner at Grapevine Restaurant.

LUCY & LAUGHTER

Tuesday, April 21- \$82-- Wheatfield Seniors.–
Jamestown NY– Show and dinner included.

PENNSYLVANIA AMISHLANDS

3 days–2 nights– October 19 –21. \$429—double occupancy. Package includes: 2 nights lodging, 2 breakfasts, 2 dinners, performance of “Queen Esther” and “Chalk Talk”. Shopping and a stop a Landis Valley Museum.

SPECIAL EVENTS

Food Fun Workshop

Thursday, February 6

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

St. Valentines Day Dinner Dance



We are having our Annual Valentines Day Dinner Dance on Wednesday, February 19th. The doors open at 5:30pm, dinner is served at 6pm and music will entertain us from 7:30-9:30pm.

The menu will include lasagna, chicken parmesan, meatballs, green beans, salad and rolls. We will enjoy strawberry cheesecake for dessert.

The Second Time Around will be the band for the evening. Tickets are \$15 each and are on sale until February 14th. Thank you Ann Kelly for chairing this event.

ST. PATRICK'S DAY DINNER DANCE



We will be having our Annual St. Patrick's Day Dinner Dance of Wednesday, March 18th. The doors will open at 5:15pm. We will be having our General Membership meeting at 5:30pm and our election of Officers too!

The meal will be served family style at 6pm and music will entertain us from 7:30– 9:30pm. Tickets are \$15 each and will go on sale starting Monday February 3rd. Tickets will be sold until Friday, March 13th. The menu will include a traditional Irish Corned Beef dinner with chicken as a second meat.

MEMBER UPDATES

New Members: Janice Weich, Kathleen Valenti, Barry Truesdell

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

Deceased: Florence Gawrys and Alex Rossi

VOLUNTEER CORNER

Just a reminder.... The folding and mailing of March's Newsletter will be taking place on Monday, February 24th at 1:30 pm. Everyone is encouraged to help.

Newsletter volunteers:

Michael Bass, John Davisson, Marjorie Brackett, Karen Krentz and Mary Drescher.

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...

NT Park Permit Day:

Saturday, February 1st, at 9am
500 Wheatfield St. This is the first day to rent any NT Park Pavilion. The fees have remained the same \$50/\$60.

FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. spaghetti & meatballs with tomato sauce spinach Italian bread bread pudding with whipped topping	4. turkey & cheese submarine with lettuce, tomato and onion potato salad, mine- strone soup w/ crackers fresh fruit -orange	5. Goulash mixed vegetables wheat bread chocolate chip cookies Parmesan cheese	6. breaded chicken fingers with ranch dressing, Potato O'Brien, 3 bean salad, dinner roll rice pudding	7. hot roast beef sandwich with gravy on a wheat hamburger bun salad mix with tomato cucumber and onion garlic mashed potatoes brownie
10. glazed ham peas dinner roll peach polka dot dessert with topping	11. barbeque chicken leg brown rice broccoli cornbread cinnamon pears	12. meatloaf with gray mashed potatoes carrots wheat bread fresh fruit—grapes	13. tortellini with meat sauce capri blend vegetables Italian bread marble pudding parmesan cheese	14.  baked chicken breast creamy pesto pasta vegetable blend dinner roll red velvet cake with cream cheese frosting
17. PRESIDENT'S DAY !! No meals Served Center is Closed	18. Salisbury steak with gravy, sweet potatoes cauliflower with pars- ley, wheat dinner roll mandarin orange de- light with whipped topping	19. grilled chicken breast sandwich on ham- burger bun, lentil soup w/ crackers mixed vegetables, Hawaiian dump cake	20. roast pork au ju scalloped potatoes carrot coins dinner roll apple crisp	21. beef stew seasoned spinach warm biscuit chilled peaches
24. roast chicken leg with gravy seasoned brown rice mixed vegetables whole wheat dinner roll pumpkin Bavarian	25. stuffed cabbage roll with meat sauce mashed potatoes french style green beans dinner roll fruited gelatin with whipped topping	26. macaroni and cheese casserole broccoli wheat bread fresh fruit –banana	27. Greek seasoned chicken breast with feta cheese baked potato & butter tomato Florentine soup with crackers 1/2 wheat pita Hello dolly bar	28. Manicotti with tomato sauce chef salad with carrot, tomato, cucumbers and chick peas Italian bread chilled fruit cup

FEBRUARY 2020

Mon	Tue	Wed	Thu	Fri
3. 9:00 Club 99 11:45 Nutrition	4. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	5. Wal-Mart Shopping 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition	6. 11:00 WNY Food Bank Demonstration 11:45 Nutrition 1:30 Bingo	7. 9:00 Food Stamps 11:45 Nutrition 1:00 Dominos/Mahjong 1:00 Euchre
10. 9:00 Club 99 11:45 Nutrition 1:30 Movie Day	11. Grocery/Mid-City 10:00 Univera 11:45 Nutrition 1:00 Pinochle	12. 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition 1:00 Travel Club with	13. 11:45 Nutrition 1:00 Fallon Health 1:30 Bingo 6:00 Red Hat Lady Bug Meeting	14. 11:45 Nutrition 1:00 Dominos/Mahjong 1:00 Euchre
17. President's Day Center is Closed	18. Grocery/Mid-City 10-12 Univera 11:45 Nutrition 1:00 Pinochle	19. NF Blvd Shopping 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition Valentines Day Dinner Dance	20. 10:30 Silver Sneaker/ WellCare Health 11:45 Nutrition 1:30 Bingo	21. 11:45 Nutrition 1:00 Dominos/Mahjong 1:00 Euchre
24 9:00 Club 99 11:45 Nutrition 1:30 Newsletters	25. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	26. 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition 12:30 United Health Care	27. 11:45 Nutrition 1:30 Bingo	28. 11:45 Nutrition 1:00 Dominos/Mahjong 1:00 Euchre