

**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

MARCH 2020

Enjoying St. Patrick's Day Spirit!



Irish fortune wishes you the best. Treasurers and leprechauns define the rest. The spirit of the day engulfs you. And lets everyone

enjoy in the party too...

Today is St. Patrick's Day. Every reason to celebrate in every beautiful way!

ANNUAL BROADWAY MARKET TRIP

We will be taking our annual trip to the Broadway Market on Monday, April 6th. This is your opportunity to purchase your Easter goodies with your senior friends. Take time for a quick lunch at your own expense. A School Bus will pick us up at the senior center at 10am and we will return at 1:30pm.

Seats are limited; so purchase your tickets early. The round trip cost \$5. You may bring a \$1 tip the day of the trip to tip the driver if you wish. There are no refunds on tickets purchased.



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

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, March. 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 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, March 6 from 9am –11:30am to assist in Food Stamp recertification and applications. Robin stationed at 265 Falconer Street in North Tonawanda from 12:30-2:30pm.

*Please note in April the date for our Food Stamp program will be Friday, April 17th from 9:30-11:30am.

**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, March 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**

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, March 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.

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.

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, Nancy Lak, 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.

HOSPICE SERVICES

A representative from Hospice will be at our center on March 12th at 11:30am to discuss the services Hospice has to offer the community. The public is welcome

MOVIE MONDAY - Eileen Lewis

Come and enjoy a movie with us on Monday, March at 1:30pm. Our movie this month will be Caddy shack This comedy starring Adam Sandler. 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, March 12th at 6pm. 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, March 24th at 10am. The public is welcome.

UNITED HEALTH CARE

A representative from United Health Care will be at our Senior Center with information on Medicare and other services on Wednesday, March 11th from 1—2pm The public is welcome.

FALLON HEALTH

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

GENERAL MEMBERSHIP

Bea Hapeman - President

The next General Membership meeting will be held on Wednesday, March 18th 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.

N.T. TRAVELING WITH JEAN

Our next Travel Meeting is schedule for Wednesday, March 11th 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

LUCY & LAUGHTER

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

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.



PATRIOTIC STARS & STRIPS

Kleinhan's Music Hall-- Wheatfield Senior Center-- NT Seniors Welcome! \$82.00 due now

Friday, May 22nd--8:30am-3pm

Begin with coffee and donuts at Kleinhan's then experience WNY's premier Memorial Day tradition of inspiring music and pageantry, with the brilliant showmanship of John Morris Russel, conductor. The internationally renowned USO Show Troupe makes its BPO debut in this re, white, and blue spectacular. Then enjoy lunch at the Hamlin House. Choice of breaded pork chop, breaded chicken or beer battered haddock.



HISTORIC PALMYRA AND THE HILL CUMORAH PAGEANT

July 14-15 2020--\$251.00 ppd or \$326.00 single

Experience of the world's great outdoor theatrical productions presented on beautiful Cumorah hillside. A beautiful 10 level stage, twelve tower lighting system. Continue...

Continue....

Hollywood special effects, and extensive costumed cast provide a truly spectacular show which depicts Joseph Smith's encounter with the Golden Plates (translated into English as the Book of Mormon) as well as a dramatization of the events recorded there in. Witness the trials of Lehi's family and his descendants, the climactic visit of Jesus Christ to the Americas, and Joseph Smith receiving the plates. The pageant features 700 cast members and 1,300 costumes and is an experience you will never forget. This 2 day event will include visits to the Smith farm, Phelps General Store Museum, Hoffman Clock Museum and several other events detailing Palmyra's history in NY. * Wear walking shoes and be prepared for inclement weather.

CASH & CLINE (Casino trip)

This is a Seneca Allegany Casino trip with a matinee show tribute to Johnny Cash and Patsy Cline. This trip takes place September 14th for \$76.00. Including with the show is a \$20 slot play, and lunch buffet. Departure from Manhattan Street Parking lot is at 9:30am and return is at 6:45pm. Money for this trip is due August 12th.

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, March 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, March 5 at 11am. Please call the office to pre-register at 695-8582.

Words of Wisdom:

Wisdom is knowing
When to speak your mind
And when to mind your speech!!

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 be sold until Friday, March 13th. The menu will include a traditional Irish Corned Beef dinner with chicken as a second meat.

SPRING POT LUCK



Wednesday, March 25th at 2pm.
Please register at the office. You must bring a serving dish to pass. You must register in advance at the office. Let's celebrate the coming of Spring together!!

SPRING CARD PARTY



We will be hosting a Spring Card Party on Monday, March 30th at 1:30pm. Tickets are on sale for \$5 each and sold in sets of (4). Pizza, soda, coffee and tea will be available. We will also have a 50/50, door prizes and a prize for each table winner. Tickets will not be sold after Thursday, March 26th.

MEMBER UPDATES

New Members: Lorainne Sams, Deborah Labarber, Virginia MacKay and Yvonne Schosek

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

VOLUNTEER CORNER

Just a reminder.... The folding and mailing of April's Newsletter will be taking place on Monday, March 23rd at 1:30 pm. Everyone is encouraged to help.

Newsletter volunteers:

John Davisson, Shirley Klinefelter, Marsha Kennedy, Joe Pusateri, Mary Drescher, Marjorie Brackett, Michael Bass, Curt Long and Karen Krentz

MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Cheeseburger supreme (American cheese, tomato, lettuce, red onion, pickle chips) wheat hamburger roll, potato wedges, carrots S'more pudding parfait with topping	3. Center cut breaded pork chop Mashed potatoes New Bavarian sauerkraut Wheat dinner roll Chunky cinnamon applesauce	4. Chili con carne with crackers Seasoned brown rice French style green beans Cornbread Chilled fruit cocktail	5. Sliced turkey breast with gravy Bread dressing Brussel sprouts Biscuit Fresh fruit-orange	6. Cheese manicotti with tomato sauce Parmesan cheese Seasoned spinach Italian bread LARGE cookie
9. Grilled chicken breast on a wheat bun Tri color pasta salad Tomato Florentine soup with crackers Peach crisp with topping	10. Beef stroganoff over linguine Mix vegetables Wheat dinner roll cookies	11. Breaded chicken Drumsticks Sweet potatoes Peas Wheat dinner roll Fresh fruit-banana	12. Stuffed pepper with tomato meat sauce Au gratin potatoes Spinach Wheat dinner roll Fruited gelatin	13. Vegetable lasagna with cream sauce Parmesan cheese Chef salad mix with tomato, onion, & shredded carrot with salad dressing Italian bread Lemon Bavarian
16. Hot Roast Beef with gravy on wheat hamburger bun Garlic mashed potato Harvard beets Fresh fruit-apple	17. Turkey & Cheese sub with lettuce, tomato & onion on a small hoagie roll, potato soup with Crackers Coleslaw and pistachio delight for dessert. 	18. Spaghetti & Meatball With tomato sauce Chef salad w/ tomato Cucumber & shredded carrot Italian Bread Fruited Gelatin with topping, Salad Dressing and Parmesan Cheese	19. Breaded chicken fingers with barbeque sauce O'Brien potatoes Carrots, wheat dinner roll, fresh fruit-grapes	20. Egg and broccoli frittata Stewed tomatoes Wheat bread cookies
23. Tortellini & meatballs Parmesan cheese With tomato sauce Capri blend vegetables Italian bread Vanilla pudding	24. Homemade meatloaf With gravy Mashed potatoes Corn Wheat bread Fresh fruit-banana	25. Glazed ham with fruit sauce, scalloped potatoes, carrots Wheat dinner roll Home baked brownies	26. Baked chicken leg with gravy Seasoned brown rice, cream of broccoli & cheese soup with crackers Cinnamon pears	27. Macaroni & cheese Casserole Peas Wheat bread Deluxe fruit cup
30. Roast pork au jus Mashed sweet potatoes Parslied cauliflower Dinner roll Peach polka dot dessert	31. Grilled chicken breast sandwich on wheat bun Macaroni salad Mixed vegetables Chilled pineapple tidbits		1. Beef stew Seasoned spinach Warm biscuit Pumpkin Bavarian	2. Homemade Salisbury steak with gravy Mashed potatoes Carrots, wheat dinner roll, mandarin orange delight with topping

MARCH 2020

Mon	Tue	Wed	Thu	Fri
2. 9:00 Club 99 11:45 Nutrition	3. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	4. Wal-Mart Shopping 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition	5. 11:00 WNY Food Bank Demonstration 11:45 Nutrition 1:30 Bingo	6. 9:00 Food Stamps 11:45 Nutrition 1:00 Dominos/Mahjong 1:00 Euchre
9. 9:00 Club 99 11:45 Nutrition 1:30 Movie Day	10. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	11. 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition 1:00 United Health Care 1:30 Travel Club with	12. 11:45 Nutrition 11:30 Hospice 1:30 Bingo 6:00 Red Hat Lady Bug Meeting	13. 11:45 Nutrition 1:00 Dominos/Mahjong 1:00 Euchre 1:00 Fallon Health
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 St. Patrick's Day Dinner Dance	19. 11:45 Nutrition 1:30 Bingo	20. 11:45 Nutrition 1:00 Dominos/Mahjong 1:00 Euchre
23. 9:00 Club 99 11:45 Nutrition 1:30 Newsletters	24. Grocery/Mid-City 10:00 Univera 11:45 Nutrition 1:00 Pinochle	25. 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition 2:00 Pot Luck	26. 11:45 Nutrition 1:30 Bingo	27. 11:45 Nutrition 1:00 Dominos/Mahjong 1:00 Euchre
30. 9:00 Club 99 11:45 Nutrition 1:30 Card Party	31. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle			