

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**

110 Goundry Street North Tonawanda, NY 14120
Telephone: 695-8582—Fax: 695-8530
Facebook: North Tonawanda Senior
Citizen's Center

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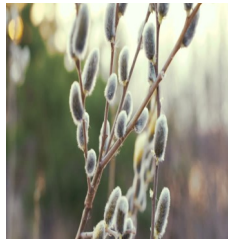
Return Service Requested

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

MARCH 2021

DYNGUS DAY DINNER

Monday, April 5th- pick up only



4:30pm- 6pm. \$5 NT Senior Center Members—\$6 guests. Meal will include polish sausage, potato/cheese perogies, sauerkraut rye bread & dessert. Space is limited. Please call to reserve 695-8582.

WORD SEARCH WEDNESDAY

Come join us for lunch on Wednesdays and enjoy a fun competitive game of word search with your senior friends. The winner will receive a different prize each week.

Words To Remember.....

"May love & laughter light your days and warm your heart & home. May good & faithful friends be yours wherever you roam."



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 .



INFORMATION

& REFERRAL PROGRAM

If you need assistance with any medical insurance questions, applications or any type of referrals please call 438-3030 (NY Connects). They will be able to assist you.

REMEMBRANCE PLAQUE

If you are interested in purchasing a plaque in memory of a passed member please contact the office for payment information and procedure.

All proceeds will go to the Senior Center General Membership. Our Remembrance Plaque is in the main entrance of the Senior Center

MINI GROCERY

Chrystal Manzare

We have continued with the mini grocery shopping program throughout the Covid-19 pandemic on a very limited basis. Chrystal is our only driver. Chrystal will take seniors one at a time on Wednesdays only to Tops or Budweys.



If you are in need of a ride please call the office on any weekday morning and I will contact Chrystal and have her return your call with a time slot for you. This service is available to North Tonawanda residents only. This service cost \$2.00 round trip

ANNUAL DUES

ANNUAL DUES! At this time the office remains “closed” to the public. Please mail in your dues by check. The dues remain the same rate of \$4.00 per year.

Please mail your check to 110 Goundry Street North Tonawanda. Please make checks payable to the North Tonawanda Senior Center. You can also pay online at NTParksrec.com with a major credit



“BROWSE OUR SHELVES”

If you would like to come borrow or drop off books to our inside library please call the senior center at 695-8582 and make an appointment. You can come in by yourself for a short time keeping your mask on at all times.

You will be asked to sign a Covid-19 form and your temperature will be taken at the door upon enter.

ATTORNEY

Gary Billingsley

The Office for the Aging has a legal assistance program for anyone 60 and over living in Niagara County. The suggested donation for each consultation is \$20.00. Please pay the attorney directly. This office does not collect his donations.

The next time the attorney will be at our center is Wednesday, December 16th. If you would like an appointment please call 434-5783 to schedule one.

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 are available free at the center during the pandemic. I am placing them in the Little Library and in the Little Food Pantry outside.

LITTLE LIBRARY

For the love of reading!

Take a few... in the flower circle out front is a “Little Library” which is available everyone 24/7. I am always filling it with different books, puzzles, crosswords and small crafts.

Please feel free to take or leave items people young and older may enjoy. During this difficult time, its nice to help each other pass the time in a positive manner.



*Donations of puzzles are always welcome and

POLICY-COVID-19

If you come you will need to wear a mask the whole time and your temperature will be taken when you arrive. You will also be asked a few questions and will need to sign a form. The form will be a Covid-19 liability release form.

ARTS & CRAFTS

(or drop off or pick up with appointment)



We have a few crafts on hand for the Luck of the Irish! These crafts are free for any paid member. You are welcome to ask for a few incense you would like to share with your grandchildren. If you would like to see a picture of them please check out our face book page.

Please contact the office if you are interested.

50 YEARS NT SENIOR CENTER FAVORITE RECIPE COOKBOOK. (1970-2020)

We missed our 50th Anniversary for the Senior Center due to the pandemic... so I would like to put together a "cookbook" of the seniors favorite recipes.



Please start mailing them in. When this pandemic is over; the cookbook will be distributed to all of our paid members.

We will be randomly placing a few on our Facebook page and in our newsletter for those who would like to try them out. Let us know what you think!!

LITTLE FOOD PANTRY

All are welcome to use the little food pantry located outside in front of our senior center. Please take only what you need and leave what you can.

Sample Recipe:

Crispy Slow Cooker Corned Beef:



Yield: 8 servings

Course: Main Dish

Prep Time: 5 minutes

Cook Time: 9 hours

Cuisine: Irish

Total time: 9hr 5mins

Ingredients

3 lbs. corned beef with packet

1 cup water or maybe less depending on size of slow cooker

3 cloves garlic, minced

1 bay leaf

2 tablespoons sugar

2 tablespoons cider vinegar

•note click on times in the instructions to start a kitchen timer while cooking.

1. add corned beef, fat side up to the slow cooker
2. add the minced garlic, spice packet, sugar and pepper to the top of the meat and rub on
3. Add the vinegar and bay leaf to the side of the corned beef and add just enough water to come up 25% of the way to the top of the meat.
4. Cook on low for 8-9 hours.
5. If for some reason the corned beef is not browned on top or enough to your liking, put under a broiler (6-7 inches away) for 1-2 minutes.
6. Leave the oven door open a bit so you can look in, this isn't something you can leave unattended.

FACE BOOK /VIRTUAL PROGRAMS



North Tonawanda Senior Citizen's Center

MOTIVATIONAL MONDAYS

Every Monday morning please tune in to our Facebook page and interact with Sue for her Motivational Mondays! This will brighten your day and get your week starting off in the right direction.



TAI CHI-VIDEOS

Watch a new interactive video of Tai Chi on our Face book page geared towards seniors. The benefits of Tai Chi include improvement of general health, coordination, balance, strength, flexibility, and self awareness.

YOGA-VIDEOS

Watch a new interactive video of Yoga on our Facebook page geared towards seniors. Senior Gentle Yoga enhances physical health and mental acuity, promotes emotional balance and spiritual wellness..



FAVORITE RECIEPES & COOKINGDEMONSTRATIONS



Please keep those recipes coming in, either through Facebook, mail or you may call to make an appointment to drop them off to the center. It would be nice to have some main dishes too for the Senior recipe book too! Please join in on the fun!

CARE CALLS



During this time of uncertainty, we here at the NT Senior Center remain concerned about our seniors. Each morning or afternoon we will be calling a few seniors to just check in and see how you are doing and see what your needs are, and maybe we can help.

So to help us along, if anyone know of someone who is in need of a phone call or in need of something or some type of service you feel we may be able to provide feel free to reach out to us. We are here to help. 695 -8582.- God's Speed- Pam

Important Numbers For Services:

HEAP: 438-4016

NIAGARA COUNTY MEDICAL RIDES: 438-4038

FOOD STAMPS: 278-8400

NIAGARA COUNTY OFFICE FOR AGING: 438-4020- Main Number

EMAIL ADDRESSES:

If you have an email address please send it into the office. We are trying to get a data base together to help with communication with our seniors.

If a senior would like to email me my email address is phogan@northtonawanda.org

Thank you
-Pam

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1. Facebook: Monday Motivation</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>2. Facebook: Yoga & Tai Chi</p> <p>11:45 Nutrition</p> <p><u>all for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>3. 11:45 Nutrition Grocery shopping</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>4. 11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>5. 11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>
<p>8. Facebook: Monday Motivation</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>9. Facebook: Yoga & Tai Chi</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>10. 11:45 Nutrition Grocery shopping Attorney (appointments)</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>11. 11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>12. 11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>
<p>15. Facebook: Monday Motivation</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>16. Facebook: Yoga & Tai Chi</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time “Care Calls”</p>	<p>17. 11:45 Nutrition Grocery shopping</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>18. 11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>19. 11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>
<p>22. Facebook: Monday Motivation</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>23. Facebook: Yoga & Tai Chi</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>24. 11:45 Nutrition Grocery shopping</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>25. 11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>26. 11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>



MARCH 2021



Monday

Tuesday

Wednesday

Thursday

Friday

<p>1. Salisbury steak Whipped sweet Potatoes, peas Wheat roll pineapple</p>	<p>2. Green beans Biscuit Mandarin orange delight</p>	<p>3. Chicken breast Sandwich with let- tuce, tomato & onion Lentil brown rice soup with 1 pack of crackers, mixed veg- etables, wheat ham- burger bun, deluxe fruit cup</p>	<p>4. Roast pork au jus Garlic mashed potatoes Carrots Wheat dinner roll apple</p>	<p>5. Cheese tortellini with tomato sauce Broccoli Apricots Italian bread Carnival cookies</p>
<p>8. Pork riblet with BBQ sauce Seasoned brown rice, Mixed vegetables Whole wheat hot dog roll & a tange- rine</p>	<p>9. Stuffed cabbage toll with meat sauce Ranch mashed pota- toes, French style green beans, wheat bread, fruited gelatin with whipped topping</p>	<p>10. Seasoned Greek chicken, pepper pot soup with 1 pack of crackers, garden salad, 1/2 whole wheat pita, lemon cream pudding (feta crumbles, dressing)</p>	<p>11. Spaghetti & meatballs With tomato sauce Garden salad Italian bread Banana Parmesan cheese & salad dressing</p>	<p>12. Mac & Cheese Stewed tomatoes Wheat bread Tropical fruit cup</p>
<p>15. Cheeseburger su- preme with lettuce, tomato, and onion Potato wedges Carrots, wheat ham- burger roll pears</p>	<p>16. Baked center cut pork chop Sweet potatoes Bavarian sauerkraut Wheat bread applesauce</p>	<p>17. <u>St. Patrick's Day</u>  Chili con carne Seasoned rice Green beans 2 packs of crackers Leprechaun touched Heavenly hash</p>	<p>18. Sliced turkey w/ gravy Mashed potatoes Brussels sprouts Stuffing peaches</p>	<p>19. 2 cheese manicotti with tomato sauce Spinach, Italian bread Mandarin orange Parmesan cheese</p>
<p>22. Breaded chicken Drumsticks Baked beans Scandinavian vege- tables, rye bread Apple crisp with whipped topping</p>	<p>23. Chicken breast sand- wich with lettuce, tomato and onion potato salad Hearty vegetable soup with 1 pack of crack- ers, banana, wheat hamburger roll</p>	<p>24. Beef stroganoff Egg noodles California blend vegetables Wheat dinner roll Fruited gelatin with whipped topping</p>	<p>25. Stuffed pepper with tomato sauce, diced creamed potatoes, con- fetti corn, Italian bread and pineapple</p>	<p>26. Creamy vegetable lasagna, broccoli with red pepper, wheat bread, chilled peaches</p>
<p>29. Turkey and cheese sub with lettuce, tomato and onion Tri-colored pasta salad, minestrone soup with 1 pack crackers, small wheat hoagie, apple</p>	<p>30. Swedish meatballs Egg noodles Harvard beets Biscuit Tropical fruit cup</p>	<p>31. Sweet and sour pork With crunchy nood- les, brown rice Broccoli, wheat bread, and a fresh orange</p>	<p>April 1 <u>Easter Special</u> Glazed ham Whipped sweet pota- toes, green bean casse- role, whole wheat din- ner roll and springtime Coconut cake</p>	