

**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

PRSRT STD
U.S. Postage
PAID
N. Tonawanda, NY
PERMIT NO. 75

Return Service Requested

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

APRIL 2021



**LITTLE FOOD PANTRY
FOOD DRIVE**

Monday, April 19 -
Friday, April 23

FOOD DRIVE

9:00am—2:00pm

Drop off at the N. T. Senior Center 110 Goundry St. NT (if you need an alternative time to drop off please contact the center at 695-8582 to make arrangements)

*Sponsored by: **Council President Bob Pecoraro
& Alderman Austin Tylec**

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.

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

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 .



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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.



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, April 21st. 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 appreciated.

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 **(pick up)**



We have some Easter crafts on hand for any paid member. These crafts are free for any paid member.

You are welcome to ask for a few incase 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.

SENIOR RECEIPE CORNER



Apple Bread—Eva Hooper

Ingredients

- 1 cup sugar
- 2 eggs
- 4 1/2 teaspoons evaporated milk
- 1/2 cup vegetable oil
- 2 cups all purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup chopped apple

Combine: sugar, eggs, milk & oil. Beat until well combined. Add: flour, soda & salt, mix well and stir in chopped apple. Pour into 9x5 Greased loaf pan. Sprinkle 1 tablespoon of cinnamon/sugar on top (optional). Bake at 350 degrees for 1 hour. Enjoy!

Do you need assistance getting a Covid Vaccine?

Here are a few suggestions:

1. Call us at 695-8582- we can register you will NYS and put you on a wait list with a local pharmacy.
2. Call the Niagara County Office for Aging (NY Connects) 438-3030 to be put on their wait list.
3. Call Catholic Health System- 923-0671 to be placed on their wait list.

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 & COOKING DEMONSTRATIONS



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: 278-6822

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>

APRIL 2021


Monday

Tuesday

Wednesday

Thursday

Friday

			<p>1. Easter Meal</p> <p>glazed ham whipped sweet potatoes, green bean casserole, wheat dinner roll rainbow sprinkled coconut cake</p>	<p>2.</p> <p>Good Friday</p> <p>Closed– no meals today</p>
<p>5. hot roast beef sandwich with gravy garlic mashed potatoes Romaine Lettuce salad with tomatoes, carrots and cucumbers, wheat hamburger roll and brownie.</p>	<p>6. lemon chicken brown rice carrots corn bread orange</p>	<p>7. cheese tortellini with meat sauce Sicilian vegetable blend, Italian bread, sliced cinnamon pears and parmesan cheese</p>	<p>8. mac and cheese broccoli wheat bread slice peaches</p>	<p>9. meatloaf with gravy mashed potatoes mixed vegetables rye bread mandarin oranges</p>
<p>12. cheese manicotti with tomato sauce garlic spinach, Italian bread, heavenly hash for dessert</p>	<p>13. beef stew green beans biscuit banana</p>	<p>14. chicken breast sandwich with lettuce and tomato Pepper pot soup with one pack of crackers, mixed vegetables, whole wheat hamburger bun, deluxe fruit cup</p>	<p>15. Salisbury steak with gravy, baked sweet potato, corn, wheat bread, and cookies for dessert</p>	<p>16. roast pork au jus diced creamed potatoes, mashed squash, rye bread and chunky applesauce</p>
<p>19. stuffed cabbage roll with meat sauce mashed potatoes French green beans dinner roll deluxe fruit cup</p>	<p>20. pork riblet Au gratin potatoes mixed vegetables whole wheat hot dog bun, fruited gelatin with whipped topping</p>	<p>21. mac and cheese stewed tomatoes wheat dinner roll tropical fruit cup</p>	<p>22. spaghetti & meatballs wax beans broccoli wheat dinner roll apricots</p>	<p>23. seasoned Greek chicken breast with feta cheese, Greek potatoes, garden salad with tomatoes, carrots and cucumbers, 1/2 whole wheat pita, sliced peaches</p>
<p>26. center cut pork chop mashed sweet potatoes Bavarian sauerkraut wheat bread applesauce</p>	<p>27. cheeseburger supreme with lettuce, tomato, red onion, pickle, baked beans, broccoli and cauliflower, wheat hamburger bun, grapes</p>	<p>28. 2 chicken drumsticks ranch mashed potatoes Scandinavian vegetable blend, rye bread, sliced peaches</p>	<p>29. chili con carne with 1 pack of crackers seasoned brown rice mixed vegetables, corn bread and pineapple</p>	<p>30. beef stroganoff with egg noodles, garden salad with tomatoes, carrots and cucumbers, corn, wheat dinner roll and cookies</p>