

**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

MAY 2021



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.

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 .

BILLARDS

Our billiard room is now open. Any senior is welcome to use the room when the center is open. We are allowing up to 4 people in the room at a time. Everyone must keep a mask on while playing. You must sign in at the main table when you come in the shoot pool. When you are finished playing you must clean the stick you used and wipe the pool balls and the edge of the pool table.

All cleaning supplies, paper towel and hand sanitizer are in the pool room on the counter for your convenience. Please use social distancing as much as possible.

CORN HOLE



Come out and play! Every Friday afternoon at 1:00pm. When it is sunny we will be outside and when it rains we will be inside. So there is no excuse not to come out and have some fun with your senior friends!! Just bring your masks and get ready to have a few laughs!!

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 card.

LIBRARY



If you would like to come borrow or drop off books to our inside library please come during the times indicated on our calendar. You will be asked to sign in, have your temperature taken and wear your mask at all times.

PUZZLES

Please feel free to take or leave items people young and older may enjoy. Donations of puzzles are always welcome and appreciated.

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, May 19th. 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.

GENERAL MEMBERSHIP

Our next General Membership meeting will be held on Wednesday, May 26th at 1pm. Officers must attend and members are welcome. Please call to reserve your spot 25 members will be welcome. Please wear a mask.

BINGO

The dates for Bingo May 6 and May 20.

The cost for Bingo is \$1 for 2 boards. We serve coffee, tea and a dessert (usually donuts). We play 8 full games. There are prizes for each game. Please sign in at the main table and wear a mask at all times except when you are eating and drinking. The chairs are placed at safe distance so please do not move them.

After Bingo leave your cards on the table so the staff can sanitized them.– thank you.

Thank you to our volunteers:

Volunteers: Joanne Catipovic, Karen Krentz, Beth Feenin, Terri McGlennon, Gloria Nowakowski, Rhonda Holka, Judy Stoutenburg and Carol McMeekin

BOCCE BALL

Come and enjoy a friendly recreational game of lawn Bocce Ball every Tuesday morning at 10:00 am.



This is an open play program which will run Tuesday mornings. Curt Long will be available for those who do not know how to

play the game.

Come and have some fun and bring a friend too! Enjoy the sunshine!!

RED HAT LADY BUGS

Joan Dirmyer

Welcome back Red Hatter's. The next meeting will take place on Wednesday, May 12th at 1:30pm at the Senior Center. Please be sure to sign in at the main table upon entering the senior center. You must wear a mask at all times unless you are eating. Please practice social distancing whenever possible.

NT SENIOR FITNESS

Mary Ann Linkowski &
Anita Zebulske

NT Senior Fitness is free for any senior. This program uses stretch and a strengthening routine to improve overall muscle tone, mobility & balance. This program will take place every Monday and Wednesday at 10:00am. If you have an exercise band, a small ball, and one pound weight bring it with you to class.

You will have to sign in at the main table upon entering the center. The chairs will be spaced out 6 feet for your safety; please do not move them. Please call to register for each class you want to attend 695-8582. Each class will be limited to 15 seniors.



TRAVEL WITH WHEATFIELD

**Our next travel meeting will be Wednesday, June 9th at 1:30pm at the North Tonawanda Senior Center. Doors open at 1pm. (Limit is 30) * Please register ahead by calling 69508582. Masks must be worn at all times.

A Day At The Lake (Chautauqua) 8/10/21



Our day begins at the Grape Discovery Center where we learn why WNY is a perfect place for growing grapes, sample some of the local wines, and see Chef Tim prepare a dish of his choice. We learn how Chautauqua Lake helped to develop an infant industrial age and bring it to the 20th century with leaders of the time such as HJ Heinz, Lewis Miller, Thomas Edison, Alexander Graham Bell and many others. Aboard the Chautauqua Belle we will hear the history and tales of the lake and the area while on our steamboat adventure. Included onboard is a BBQ chicken dinner with side salads, dessert and a non-alcoholic beverage.

While in Mayville we will visit a candy factory where guests can get a behind the scenes look at how some of the specialty candy is made. Samples are provided. We finish the day at the local craft brewery. Depart from the Wheatfield Senior Center at 7:30am and return at 6pm. This trip is \$100.00. Please call Jean at 694-5567 or email her at jeanmarshall39@yahoo.com

An All Wright Day- (6/16/21)

This tour centers on one of Buffalo's most famous architectural contributors, Frank Lloyd Wright, and his impact on the area. This includes the opportunity to see two works of his which have been in a state of restoration. One of which is nearly completed and is fast becoming the number one architectural site in all of New York State. The **Darwin Martin House** is rated Wright's finest example of Prairie style architecture. The **Fontana Boat House**, designed by Frank Lloyd Wright for the University of Wisconsin rowing team but never built until now on the shore of Black Rock Canal and Niagara River, is used by many area competitive rowing teams.

Graycliff, the Darwin Martin family summer home, located on the shores of Lake Erie, features Wright's natural architecture. Lunch is at the Parkside Meadow. Choice of Pork Cutlet, Chicken Parmesan, or Breaded Haddock. Depart from the Wheatfield Senior Center at 8:30 am return at 4:30pm. The cost of this trip is 100.00

**PENNSYLVANIA AMISHLANDS
OCTOBER 18-20**

Featuring Sight & Sound's "Queen Esther"
\$439.00 per person— Double Occupancy

Package includes: 2 nights lodging, 2 breakfast, 2 dinners, performance of "Queen Esther". Also enjoy "Chalk Talk", the Kitchen Kettle Village, Landis Valley Museum and Souvenir Gift Shoppe. Taxes, meal gratuities and motor coach transportation included.

CASH & CLINE-TOGETHER AGAIN

November 16— 9:30am—6:45pm
Depart from Wheatfield Senior Center

Enjoy a tribute to Johnny Cash and Patsy Cline at Seneca Allegany Casino. Receive a \$20.00 slot play, lunch buffet and a matinee show. Arrive at casino at 11:15am. The show is 2-3pm. A deposit of \$35.00 is due on May 7th. The full cost of \$83.00 is due by September 19th.



North Tonawanda
Senior Citizen's Center

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. Get an updated video every Monday.

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. Get an updated video every Tuesday.

LITTLE LIBRARY

Take a few minutes to check out our little library near the circle of flowers out front. I am always filling it with different books, puzzles, crosswords and small crafts. Please help yourself.

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.

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 pahogan@northtonawanda.org

MEMBER UPDATES

New Members: Ann Hohl, Sarah McGowan, Dolly Uribe, Denise Johnson, Kenneth & Harriet Pletcher, Frank & Ann McCurrough

Deceased: Don Zimmerman, Mary Baron, Doris Wienke and Bob Krieger

In Nursing Home: Joan Bentley, Iren Piwtorak, Janice Koch, Ann Putz, Will Kandare & Elsie Nachreirer

NEWSLETTER VOLUNTEERS

Welcome back volunteers! We will be folding and mailing our June newsletter on Thursday, May 20th at 9:30am. I can have 10 volunteers with my staff. Please call and register. Thank you.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3.</p> <p>Facebook Tai Chi video 10:00 Club 99 11:45 Nutrition 1:00 Billiard Room 1:00 Library-open</p>	<p>4.</p> <p>Facebook: Yoga video 10:00 Bocce Ball 11:45 Nutrition 1:00 Billiard Room 1:00 Library-open</p>	<p>5.</p> <p>Grocery shopping 10:00 Club 99 11:45 Nutrition 11:45 Word Search 1:00 Billiard Room 1:00 Library -open</p>	<p>6.</p> <p>11:45 Nutrition 1:00 Billiard Room 1:00 Library-open 1:30 Bingo (30 members max)</p>	<p>7.</p> <p>11:45 Nutrition 1:00 Cornhole 1:00 Billiard Room 1:00 Library -open</p>
<p>10.</p> <p>Facebook Tai Chi video 10:00 Club 99 11:45 Nutrition 1:00 Billiard Room 1:00 Library-open</p>	<p>11.</p> <p>Facebook: Yoga video 10:00 Bocce Ball 11:45 Nutrition 1:00 Billiard Room 1:00 Library-open</p>	<p>12.</p> <p>Grocery shopping 10:00 Club 99 11:45 Nutrition 11:45 Word Search 1:00 Billiard Room 1:00 Library-open 1:30 Red Hats</p>	<p>13.</p> <p>11:45 Nutrition 1:00 Billiard Room 1:00 Library - open 1:00 corn hole & Bocce Ball- availa- ble</p>	<p>14.</p> <p>11:45 Nutrition 1:00 Cornhole 1:00 Billiard Room 1:00 Library-Open</p>
<p>17.</p> <p>Facebook Tai Chi video 10:00 Club 99 11:45 Nutrition 1:00 Billiard Room 1:00 Library-open</p>	<p>18.</p> <p>Facebook: Yoga video 10:00 Bocce Ball 11:45 Nutrition 1:00 Billiard Room 1:00 Library- open</p>	<p>19.</p> <p>Grocery shopping 10:00 Club 99 11:45 Nutrition 11:45 Word Search 1:00 Billiard Room 1:00 Library open</p>	<p>20.</p> <p>9:30 Newsletters 11:45 Nutrition 1:00 Billiard Room 1:00 Library - open 1:30 Bingo (30 members max)</p>	<p>21.</p> <p>11:45 Nutrition 1:00 Cornhole 1:00 Billiard Room 1:00 Library-open</p>
<p>24.</p> <p>Facebook Tai Chi video 10:00 Club 99 11:45 Nutrition 1:00 Billiard Room 1:00 Library-open</p>	<p>25.</p> <p>Facebook: Yoga video 10:00 Bocce Ball 11:45 Nutrition 1:00 Billiard Room 1:00 Library-open</p>	<p>26.</p> <p>10:00 Club 99 Grocery Shopping 11:45 Nutrition 1:00 General mtg 1:00 Billiard Room 1:00 Library -open</p>	<p>27.</p> <p>11:45 Nutrition 1:00 Billiard Room 1:00 Library - open 1:00 corn hole & Bocce Ball available</p>	<p>28.</p> <p>11:45 Nutrition 1:00 Cornhole 1:00 Billiard Room 1:00 Library-open</p>

MAY 2021

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3. Chicken salad sandwich with lettuce and Tomato Minestrone soup with 1 pack of crackers, wheat hamburger Bun and sliced pears</p>	<p>4. Sliced turkey with Gravy, mashed potatoes, peas Biscuit Tropical fruit</p>	<p>5. Creamy vegetable Lasagna Garden salad with Cucumber, carrot & Tomato Italian bread Banana Salad dressing</p>	<p>6. <u>Mother's Day Meal</u> Lemon Chicken Rice Pilaf Garden salad with romaine and spring mix Tomatoes, cucumbers & croutons, whole Wheat dinner roll Cheese cake with cherry topping</p>	<p>7. Stuffed pepper from Scratch with tomato Sauce Ranch mashed potatoes, spinach Wheat dinner roll Marble pudding</p>
<p>10. Egg and broccoli Breakfast Casserole O'Brien Potatoes Key West Blend Vegetables Muffin Pineapple</p>	<p>11. Hot Roast Beef Sandwich with gravy Garlic mashed Potatoes Brussels sprouts Wheat hamburger roll Heavenly hash</p>	<p>12. Spaghetti and meatballs, parmesan cheese, California Vegetable blend Italian bread Fruit cocktail</p>	<p>13. Sweet and Sour pork With crunchy noodles Seasoned brown rice Broccoli, wheat bread Deluxe fruit cup</p>	<p>14. Turkey and cheese sub With lettuce, tomato and onion Macaroni salad, carrots, wheat sub roll And a fresh orange</p>
<p>17. Sliced glazed ham Sweet potato Corn, wheat dinner Roll and apple for Dessert</p>	<p>18. Cheese tortellini with Tomato sauce and Meatballs, parmesan Cheese Garden salad with Tomato, cucumber & Carrot, salad dressing Italian bread Sliced peaches</p>	<p>19. Meat loaf with gravy Ranch mashed potatoes, green beans Wheat dinner roll Pear crisp</p>	<p>20. Swedish meatballs Over egg noodles Broccoli Wheat bread Apricots</p>	<p>21. Mac and cheese Stewed tomatoes Wheat bread Orange</p>
<p>24. Cheese manicotti With tomato sauce, parmesan cheese, Broccoli, Italian Bread deluxe fruit Cup</p>	<p>25. Roast pork au jus Diced creamed potatoes, Bavarian sauerkraut, wheat dinner Roll, wheat dinner Roll Pumpkin Bavarian with whipped topping</p>	<p>26. Chicken breast sandwich with lettuce and tomato Broccoli and cheese Soup with 1 pack of Crackers, wheat Hamburger bun Tropical fruit cup</p>	<p>27. Beef stew Brussels sprouts Biscuit Mandarin orange Delight</p>	<p>28. Salisbury steak with Gravy Whipped sweet Potatoes Harvard beets Rye bread Banana</p>
<p>31. Memorial Day No Meals Served!</p> 				