

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**
110 Goundry Street North Tonawanda, NY 14120
Telephone: 695-8582—Fax: 695-8530

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

Return Service Requested

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

SEPTEMBER 2021

HONORING 9/11 VICTIMS



In memory of the fallen, let's do our part to remember and honor on the 20th anniversary. First, if you know a person under 18, like your grandchildren make a point of telling him or her about September 11th, how we got to that point, who was responsible and how America responded and changed since that fateful day.

Second, become a more engaged citizen. Even simple acts repeated many times over by many people will greatly strengthen our democracy- the American way, so to speak- the very thing the terrorists attacked.

One of the simplest and most patriotic things to do on the Patriot Day is to register to vote. Take the time to remember those who perished on 9/11 as well as the many first responders who have subsequently died of diseases resulting from the toxins they encountered at Ground Zero.

Also show your appreciation to a police officer, EMT, firefighter or member of the military by thanking them for their service.

May God bless them and God Bless America.

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 .

VETERAN'S ASSISTANCE

Dave Wohleben

Niagara County Veterans Service Agency will be at our senior center the 2nd Tuesday of every month to assist any Veteran. Dave Wohleben, Veterans Service Officer will be available from 8:30am—4:00pm. Walk ins are welcome, but we do recommend prior appointments by calling 695-8582.

Dave is able to help with several benefits such a service connected disability compensation, widow dependent pension, education bill, remote access claim tracking & the submission process.

PINOCHLE- Diane Juliano

Any senior is welcome to play Pinochle on Tuesdays at 1:00 pm. Please bring \$1.00 for the game. Coffee and tea will be made available for 25 cents.

EUCHRE

Any senior is welcome to play Euchre on Fridays at 1:00 pm. Everyone needs to bring \$1.05 for the game. Coffee and tea will be made available for 25 cents.



**Attention!!!
Dominos players are needed for Friday afternoon at 1pm.**

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 Market in the Square.

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! The office is now open regular hour Monday-Friday 8:30am - 4:30pm. The public is welcome to walk in and pay their dues or you can mail them to the office. 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.

SIMPLE CRAFTS

Come enjoy a simple craft every Tuesday afternoon at 1:30pm with Sharon. Please call to register in advance. The class is limited to 10 seniors for each class. We will have a different summer oriented craft each week.



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

BILLIARDS

Our billiard room is available to any senior. Come play and bring a couple friends too. You are welcome to play anytime Monday—Friday 8:30am—4:30pm.

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, September 15th. Please call this office for an appointment 695-8582. You will not be able to see the attorney without an appointment..

GENERAL MEMBERSHIP

Our next General Membership meeting will be held on Wednesday, September 22nd at 1pm. Officers must attend and members are welcome.

BINGO

We play Bingo every Thursday afternoon at 1:30pm. 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.— thank you. * donation of gift prizes are always welcome!!

Thank you to our volunteers:

Volunteers: Joanne Catipovic, Karen Krentz, Beth Feenin, Terri McGlennon, Gloria Nowakowski, Rhonda Holka, Lorraine Sams and Carol McMeekin.

* We are in need of more callers!

RED HAT LADY BUGS

Joan Dirmyer

Welcome back Red Hatter's. The regular meeting will be taking place on Wednesday, September 1st at 1:00pm. Please be sure to sign in at the main table upon entering the senior center

WORD SEARCH WEDNESDAY

Come join us for lunch on Wednesdays and enjoy a fun competitive game of word search with your senior friends at 11:30am. The winner will receive a different prize each week.

NT SENIOR FITNESS

**Mary Ann Linkowski &
Anita Zebulske**



NT Senior Fitness is an exercise program offered by The North Tonawanda Senior Center. This program is free to any senior. The program uses stretch and a strengthening routine to improve overall muscle tone & balance.

This program will take place every Monday and Wednesday at 10 am. If you have an exercise band, a small ball, and one pound weight bring it with you to class. Please register for each class.

SPECIAL EVENTS

AUTUMN CARD PARTY



We will be having a Autumn Card Party on Wednesday, September 29th at 1:30pm. Tickets are \$5 each (and are sold in sets of 4.) Pizza and soda will be served. There will be a 50/50, a prize for each table and door prizes. You can purchase tickets until Friday, September 24th



FLU SHOT CLINIC— FRIDAY, SEPTEMBER 24TH

Wurlitzer Pharmacy will be at our Center on Friday, September 24th from 1pm—3pm giving Flu Shots. Please call 695-8582 to make an appointment. Please bring your insurance cards to the appointment. - Thank you.

ANNIVERSARY DINNER DANCE



Our Anniversary Dinner Dance will be taking place on Wednesday, October 20th. The doors will open at 5pm and dinner will be served at 6pm. The dinner will be served family style. Our menu will be roasted turkey with stuffing, roast beef with gravy, mashed potatoes, corn, salad, rolls and cheese cake for dessert. The band National Trust will play from 7pm-9:30pm. Tickets will be on sale from Wednesday, September 1st until Wednesday, October 13th. The cost of tickets are \$15 for paid members of the NT Senior Center and \$17 for any non-members.

NT TRAVELS WITH JEAN MARSHALL

Our Travel meeting is on Wednesday, September 8th at 1:30pm. Jean will be here to show and discuss upcoming trips for NT and Wheatfield Senior Centers.

Any questions for trips please contact Jean at 694-5567 or email her at jeanmarshall39@yahoo.com

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.

You will truly enjoy this 3 day vacation in the heart of Pennsylvania Dutch Country. Taxes, meal gratuities and motor coach transportation included. Call Jean for more information at 694-5567 or email her at jeanmarshall39@yahoo.com

Cash & Cline Together Again— Nov. 16th

Wheatfield Trip. NT seniors welcome— November 16th. Pick up Wheatfield Senior Center- \$83.00

Enjoy tribute to Johnny Cash and Patsy Cline at Seneca Allegany Casino and receive \$20 slot play, lunch buffet & matinee show. Arrive at casino at 1:15am show at 2-3 depart casino at 5:15pm

Christmas Memories— Dec. 1st.

Wednesday, December 1 2021. 8:30am—5:30pm \$78.00—total cost. Deposit of \$35 due on Sept. 15th. Final payment due on Oct. 15th 2021.

Let's get in the Christmas spirit with shopping at Pulakos Chocolates. Then start your holiday season off right with this heart-warming musical in which the true meaning of Christmas is always celebrated. Join the Holiday Harmony Singers in the All New 31st Annual holiday show... It's sure to get even "Scrooge" in the holiday spirit!.

Trips...Continued..

Included is a holiday themed family style meal. Please contact Jean @ 694-5567 if interested. Or you can email her at jhmarshall39@gmail.com Pickup and drop off is at the Wheatfield senior center 2790 Church Rd.



North Tonawanda Senior Citizen's Center

NEWSLETTER VOLUNTEERS

We will be folding and mailing our October newsletter on Thursday, September 23th at 9:30am.

Thank you to last month's volunteers:

Joanne Catipovic, Linda Ellicott, Marsha Kennedy, Joe Pusateri, Michael Bass, Shirley Klinefelter Sharon Lewis, Karen Krentz, Joan Dirmyer & Beth Fennin

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

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

MEMBER UPDATES:

In Nursing Home: Joan Bentley, Janice Koch, Ann Putz, & Elsie Nachreirer

New Members: Rose Young

A little something to keep you warm....

Mary Lee's Banana Bread

2 or 3 bananas
1/3 cup butter
1/2 teaspoon baking soda
1 pinch salt
3/4 cup sugar
1 egg
1 teaspoon vanilla
1 1/2 cup flour
Grease pan
Bake 350 degrees for 50 minutes



KITCHEN TIPS

OVEN: For a clean oven, combine vinegar and baking soda, then scrub.

STOVE TOP: A solution of vinegar and baking soda will easily remove cooking oil from your stove top.

POLICY-COVID-19

If you are vaccinated you do not need to wear a mask in our building. If you are not vaccinated you need to wear a mask, unless you are eating or drinking and seated 6 feet apart from others. This policy may change depending on the CDC protocol recommendations and city hall policy. You are always welcome to wear a mask if you are more comfortable even if you are vaccinated.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1. Grocery Shopping 10:00 NT Senior Fitness 11:30 Word Search 11:45 Nutrition 1:00 Red Hat Lady Bugs	2. 11:45 Nutrition Pool Room 1:30 Bingo	3. 11:45 Nutrition 1:00 Corn Hole 1:00 Euchre
6. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Tables open for games 1:00 Pool Room	7. 8:30-4 Veterans Assist. 11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts	8. Grocery Shopping 10:00 NT Senior Fitness 11:30 Word Search 11:45 Nutrition 1:30 Travel Club Mtg	9. 11:45 Nutrition Pool Room 1:30 Bingo	10. 11:45 Nutrition 1:00 Corn Hole 1:00 Euchre
13. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Tables open for games 1:00 Pool Room	14. 11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts	15. Grocery Shopping 10:00 NT Senior Fitness 11-12 County Attorney 11:30 Word Search 11:45 Nutrition	16. 11:45 Nutrition Pool Room 1:30 Bingo	17. 11:45 Nutrition 1:00 Corn Hole 1:00 Euchre
20. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Tables open for games 1:00 Pool Room	21. 11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts	22. Grocery Shopping 10:00 NT Senior Fitness 11:30 Word Search 11:45 Nutrition 1:00 General Membership Mtg.	23. 9:30 Newsletters 11:45 Nutrition Pool Room 1:30 Bingo	24. 11:45 Nutrition 1:00 Euchre 1-3 Flu Shot Clinic (In craft room)
27. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Tables open for games 1:00 Pool Room	28. 11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts	29. Grocery Shopping 10:00 NT Senior Fitness 11:30 Word Search 11:45 Nutrition 1:30 Card Party	30. 11:45 Nutrition Pool Room 1:30 Bingo	

SEPTEMBER 2021

Monday

Tuesday

Wednesday

Thursday

Friday

		1. Cheeseburger Supreme with lettuce, tomato, onion, pickle creamy diced potatoes, green beans Wheat hamburger bun Sliced peaches	2. Italian Sausage w/ Peppers & Onions Spaghetti salad Broccoli & Cauliflower Wheat hot dog bun Mandarin Orange Cookie	3. Broccoli & Cheese Strata O'Brien Potatoes Stewed Tomatoes Raisin Bread Apple
6. CLOSED FOR Labor Day 	7. Pork Riblet w/BBQ sauce Sweet potato wedges Marqui blend Vegetables Wheat hot dog bun Cinnamon pears	8. Julienne salad with ham Two-type– potato salad, wheat dinner roll pineapple	9. Salisbury steak with gravy Cheesy mashed potatoes Confetti corn Rye bread Fresh cantaloupe	10. Hot dog with chili sauce Two kind potato salad broccoli salad Wheat hot dog bun Tropical fruit cup
13. Roast beef sandwich with gravy Harvard beets Garden salad with carrots, cucumber, tomato, wheat hamburger bun and fruited gelatin	14. Breakfast Casserole w/ Cheddar and sausage O'Brien Potatoes San Fran Blend Vegetables Muffin Lemon pudding	15. Turkey and grape Salad sandwich Pea and pasta salad Marinated tomato and cucumber salad 1/2 wheat pita Heavenly hash	16. Homemade mac and cheese casserole California blend Vegetables Wheat bread Fresh watermelon	17. BBQ pulled pork sandwich with pickle chip Potato salad, coleslaw Egg wash roll orange
20. Ham and Swiss cheese Sandwich with lettuce, tomato and onion Greek pasta salad Wheat hamburger bun Tropical fruit cup	21. Italian Tortellini Salad on Romaine Lettuce Garden salad with carrot, red onion and purple cabbage Wheat bread Fruited gelatin with Whipped topping	22. Lemon Chicken Seasoned Brown Rice Brussels Sprouts Wheat Dinner Roll Mandarin Oranges	23. Julienne Salad with Turkey Tri-color pasta salad Rye bread grapes	24. Homemade meatloaf With gravy Baked sweet potato Italian blend vegetables Italian bread pineapple
27. Ranch Chicken Pasta Salad on Romaine Lettuce Marinated Vegetable Salad Muffin Chunky Applesauce	28. Polish sausage Lazy pierogi Carrots Wheat hot dog buns banana	29. Breaded chicken patty Sandwich with lettuce, tomato and Onion Garlic mashed Potatoes, wheat hamburger bun, green beans, fruited gelatin		