

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**

110 Goundry Street North Tonawanda, NY 14120
Telephone: 695-8582—Fax: 695-8530

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N. Tonawanda, NY
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Return Service Requested

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

OCTOBER 2021



A scarecrow stood in a lonely
field waiting for the Fall.

Then one chilly October
morn

He heard the crows call

Pumpkins burst up from the

ground as the wind began to wheeze

It grew colder night by night

And colors splashed the trees.

A full moon rose over the field

There's only one thing it could mean

A smile grew upon his face

Because it's almost **Halloween!**

THE CLARITY GROUP— Pat Halt

Pat Halt from the Clarity Group will be at our center to help anyone with questions about health insurance or Medicare on Friday, October 15 at 12:15pm or Thursday, October 28th at 1pm. Pat is able to answer questions regarding all of the major insurances including Blue Cross Blue Shield, Univera, Aetna, Fidelis and United.

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.

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 as a service connected disability compensation, widow dependent pension, education bill, remote access claim tracking & the submission process. **Dave is schedule to be here on Tuesday, October 12th.**

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.

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 to schedule your appointment with Chrystal. The office staff will schedule your appointment and notify Chrystal. If you need to cancel an appointment please call the office at 695-8582.

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 craft each week. This month we have autumn, Halloween and flower crafts to make.



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, October 27th 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, October 6th at 1:00pm. Please be sure to sign in at the main table upon entering the senior center. This month the ladies will enjoy live entertainment by "**Jacob & Friends**"! **Guests are welcome to attend!**

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.

SPECIAL EVENTS

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 sold until Wednesday, October 13th. The cost of tickets are \$15 for paid members of the NT Senior Center and \$17 for any non-members.

ENJOY THE BUFFALO BILLS VS JACKSONVILLE JAGUARS

The North Tonawanda Senior Center along with the City of Tonawanda Senior Center will be hosting a Bills event for our seniors on Sunday, November 7th. The doors will open at 12pm; game starts at 1pm. Grilled hotdogs, snacks and soda will be served. Tickets will be available starting Friday, October 1st for \$5 each. You will be asked to choose a dish to pass at that time. Tickets will be available at the North Tonawanda Senior Center and the City of Tonawanda Senior Center. The game will be watched on a rented big screen. Please come and enjoy this new event!!!



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.

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

PANCAKES & QUEEN ANNE

March 2, 2022- \$70.00—8am-4:30pm-
Manhattan St. Parking Lot—deposit due Feb. 9-
\$35.00

We're off to the southern tier to celebrate spring and the maple syrup season. Enjoy breakfast and time to browse in the gift shop at Sprague's Maple Farms. Then its off to Fannie Bartlett Center for a wonderful tour back in time in the Queen Anne style house with a Tiffany hall window. Shop at Cuba Cheese before our relaxing ride home.

Choice of breakfast:

- A. Pancakes with bacon, ham or sausage.
- B. Pancakes, eggs & bacon, ham or sausage
- C. French toast with bacon, ham or sausage

New! SINGLES SOCIAL

The center will be trying out a new group for singles. This will be held every Monday at 1:00pm following the Nutrition program.



We are looking for ideas for the group from the individuals who show up to the first meeting. The first meeting will be held on Monday, October 4th at 1pm. All singles are welcome, bring your thinking caps and your creativity! We want to have some fun and laughs!!

NEW! KNITTING /CROCHET CIRCLE!

During the pandemic time, many have picked up their knitting needles, crochet needles, or cross stitching and found sometime to become creative again. If you like to knit or crocket, but would like some company & maybe a cup of tea, please feel free to join our "knitting circle".

We will be hosting 2 of these a week on the carpeted area near the fireplace. The knitting circles will take place on Mondays & Fridays at 1pm.

UNIVERA

Representative Nancy Nimmo will be here at our center on Thursday, October 21st from 1-3pm to answer any questions about Univera health insurance policies and Medicare .

In the community.... The NT Recreation Dept. is offering Adult classes:

1. **Pilates:** Wednesdays at Drake School– 7-8pm
2. **Zumba:** Mondays at Drake School– 6:30– 7:30pm
3. **Total Body Workout:** at Drake School– 6:00-7:00pm
4. **Pickleball:** Tuesdays & Fridays—Intermediate School– 6-9pm
5. **Women's Volleyball:** Mondays & Wednesdays– Spruce School– 6:00-9:00pm.
6. **Hall Walking:** Monday—Friday– NT High School—4pm-8pm.

Anyone interested can register online at NTParksrec.com Or at the Recreation Office at 500 Wheatfield St.

Any questions regarding these programs you may call the coordinator Pam Hogan at 695-8582.

MEMBER UPDATES:

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

New Members: Maria Boivin



North Tonawanda Senior Citizen's Center

NEWSLETTER VOLUNTEERS

We will be folding and mailing our October newsletter on Thursday, October 21st 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 Fenin

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

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

Words of Wisdom

Wisdom is knowing
When to speak your mind
And when to mind or speech
- Evangel

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1. Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Knitter/Crochet Circle
4. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 New! Singles Social Group 1:00 Knitters//Crochet Circle 1:00 Pool Room	5. 8:30-4 Veterans Assist. 11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts	6. Grocery Shopping 10:00 NT Senior Fitness 11:30 Word Search 11:45 Nutrition 1:00 Red Hat Lady Bugs	7. 11:45 Nutrition Pool Room 1:30 Bingo	8. Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Knitter/Crochet Circle
11. Closed 	12. 11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts	13. Grocery Shopping 10:00 NT Senior Fitness 11-12 County Attorney 11:30 Word Search 11:45 Nutrition 1:30 Travel Club Mtg	14. 11:45 Nutrition Pool Room 1:30 Bingo	15. Pool Room 11:45 Nutrition 12:15 Clarity Group 1:00 Euchre 1:00 Knitter/Crochet Circle
18. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 New! Singles Social Group 1:00 Knitters /Crochet Circle 1:00 Pool Room *Travel Club Trip	19. 11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts *Travel Club Trip	20. Grocery Shopping 10:00 NT Senior Fitness 11:30 Word Search 11:45 Nutrition 5-9:30 Anniversary Dinner Dance *Travel Club Trip	21. 9:30 Newsletters 11:45 Nutrition Pool Room 1:00 Univera 1:30 Bingo	22. Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Knitter/Crochet Circle
25. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 New! Singles Social Group 1:00 Knitters /Crochet Circle	26. 11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts	27. Grocery Shopping 10:00 NT Senior Fitness 11:30 Word Search 11:45 Nutrition 1:00 General Membership Mtg.	28. 11:45 Nutrition Pool Room 1:00 Clarity Group 1:30 Bingo	29. Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Knitter/Crochet Circle

OCTOBER 2021

Monday

Tuesday

Wednesday

Thursday

Friday

				1. Greek chicken breast with feta Whole style Greek Potatoes Spinach 1/2 wheat pita orange
4. Sliced turkey breast with gravy Sweet potato Peas Biscuit cookie	5. Breaded bone in pork chop Mashed squash Bavarian kraut Stuffing Chunky applesauce	6. 2 cheese manicotti with tomato sauce Broccoli Italian bread Sliced peaches Parmesan Cheese	7. Meatloaf with gravy Garlic mashed potatoes Carrots Wheat bread Tropical fruit	8. Chili con carne with crackers Seasoned brown rice French green beans Corn bread Deluxe fruit cup
11. 	12. BBQ Chicken Drumsticks Baked beans Sicilian blend vegetables Muffin Mandarin orange delight	13. Beef stroganoff over egg noodles Mixed vegetables Wheat dinner roll pineapple	14. Vegetable lasagna Spinach Italian bread Tangerine Parmesan cheese	15. Pork riblet with BBQ sauce, minestrone soup With crackers Cole slaw Wheat hoagie roll Cinnamon pears
18. Sweet and sour pork with crunchy noodles Seasoned brown rice Broccoli Wheat bread Sliced peaches	19. Mac and cheese casserole Stewed tomatoes Rye bread Tropical fruit cup	20. Turkey and cheese sub with lettuce, tomato, onion Hearty vegetable soup with crackers Healthy Jell-O Wheat hoagie roll Apricots	21. Roast beef sandwich w/ gravy, Garlic mashed potatoes, Garden salad w/ tomato, cucumber & carrot, Wheat hamburger bun, Mandarin oranges, Horseradish, ketchup, dressing.	22. Stuffed pepper with meat sauce Parsley potatoes Corn Wheat dinner roll brownie
25. Turkey ala king Mashed potatoes Peas and carrots Biscuit orange	26. Sliced baked ham Whipped sweet potatoes Brussels sprouts Rye bread banana	27. Lemon chicken Seasoned brown rice Broccoli salad Muffin Fruited gelatin with Whipped topping	28. Cheeseburger supreme with lettuce, tomato, onion, pickle Lentil and brown rice soup with crackers Mixed vegetables Wheat hamburger bun Heavenly hash	29. Cheese tortellini with tomato sauce and meatballs, broccoli Italian bread Apple Parmesan cheese 