

**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

NOVEMBER 2021



BEST THANKSGIVING

Thanksgiving is here, so our minds have turned to what time has taught us, to what we've learned.

We often focus all our thought, on shiny things we've shopped and bought. We take our pleasure in material things, forgetting the pleasure that friendship brings.

If a lot of our stuff just vanished today, We'd see the foundation of each happy day is special relationships, constant and true, and that's when our thoughts go directly to you. We wish you a Thanksgiving you'll never forget, Full of love and joy— your best one yet!

By: Joanna Fuchs

UNIVERA

Representative Nancy Nimmo will be here at our center on Tuesday, November 2nd 10 am—noon. to answer any questions about Univera health insurance policies and Medicare . Thank you to Univera for donating the bags to fill for our Veterans.

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 a service connected disability compensation, widow dependent pension, education bill, remote access claim tracking & the submission process. **Dave is scheduled to be here on Tues, Nov. 9th.**

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 limited basis. Chrystal will take seniors a few 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. 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 5 seniors for each class. We will have a different 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, November 17th 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, November 24th 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, Kim Piorkowski 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, November 3rd 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 "Ukulele Ladies"
Guests are welcome to attend!

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.

SINGLES SOCIAL

The center will be trying out a new group for singles. The next time this group will meet is on Monday, November 8th at 1pm. We will be enjoying a movie and snacks. Each person coming is asked to bring a dish to pass. Pam will bring 3 movies to choose from. By the end of the afternoon, we will decide what the activity is for next month, so bring your ideas.

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 crochets, 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. Donations of yarn or any supplies are welcome

FOOD STAMP ASSISTANCE

Thank you to the Niagara County Community Action Program, we will have a representative (Joyce) here the last Friday of each month at 11 am to help seniors with a food stamp application or recertification. Please call the center for an appointment 695-8582.



*The November date will be Friday, November 19th (due to the Thanksgiving Holiday)

NT TRAVELS WITH
JEAN MARSHALL

Our Travel meeting is on Wednesday, November 10th at 1:30pm. Jean will be here to show and discuss upcoming trips for NT and Wheatfield Senior Centers.

Any questions please contact Jean at 694-5567 or email her at jeanmarshall@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

THE NUNSENSE VEGAS REVUE

Sunday, February 6, 2022. 1:15-7pm
\$89.00. Deposit of \$35 due by Nov. 19th. Final payment due Dec. 10th. Proof of Covid vaccine and picture ID required.

When a parishioner volunteers to donate \$10,00 to the little sister of Hoboken's school if they will perform in a club in Las Vegas. Mother Superior is hesitant to accept. After being convinced by the other sister that "what happens in Vegas, stays in Vegas," she agrees. Naughty nun hijinks ensue in this Vegas-themed Nun-sense sequel. Enjoy dinner at the Grapevine too! Baked Haddock with mashed potatoes, seasonal vegetables, spaghetti & meatballs.



SPECIAL EVENTS

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 big screen. Please come and enjoy this new event!!!

MEDICARE 101

Pat Halt from the Clarity Group will be here on Monday, November 1st at 1pm for an educational seminar on Medicare. She will have time after for questions on any Health Insurance policies.

VETERANS BREAKFAST



Our annual Veterans Breakfast program will take place on Veterans Day November 11th at 9am. Prior reservations must be made no later than Thursday, November 4th by calling 695-8582. You may register a guest for a nominal fee. All veterans eat for free. Space is limited.

In The Community...

Tonawanda American Legion Band In Concert

Enjoy Patriotic Veteran Music: Sunday, November 7th at 7:30pm at Cardinal O'Hare High School. 39 O'Hare Drive in the Town of Tonawanda. Tickets can be purchased at the door for \$14 or in advance at Walker Bros. or Mid City Opticians.



MEMBER UPDATES:

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

New Members: Maria Boivin

Deceased: Mary McKenna and Willis Batt



North Tonawanda Senior Citizen's Center

NEWSLETTER VOLUNTEERS

We will be folding and mailing our October newsletter on Monday, November 22nd at 9:30am.

Thank you to last month's volunteers:

Joanne Catipovic, Linda Ellicott, Marsha Kennedy, Joe Pusateri, Michael Bass, Sharon Lewis, Karen Krentz, Marjorie Brackett, Mary Drescher & Dorothy Muniak.

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 hogan@northtonawanda.org

Words of Wisdom

Gratitude makes sense of our past,
Brings peace for today
And creates a vision for tomorrow.

-Melody Beattie


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Knitters//Crochet Circle 1:00 Medicare 101 with Clarity Group</p>	<p>2. 10-12 Univera 11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts</p>	<p>3. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs 1:00 Domino Group</p>	<p>4. 11:45 Nutrition Pool Room 1:30 Bingo</p>	<p>5. Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Knitter/Crochet Circle</p>
<p>8. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Singles Social Group 1:00 Knitters//Crochet Circle 1:00 Pool Room</p>	<p>9. 8:30-4 Veterans Assist. 11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts</p>	<p>10. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Domino Group 1:30 Travel Club Mtg</p>	<p>11.  Veterans Day! Building Closed *Except for Veterans Breakfast— Pre-registration only</p>	<p>12. Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Knitter/Crochet Circle</p>
<p>15. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Knitters//Crochet Circle 1:00 Pool Room</p>	<p>16. 11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts</p>	<p>17. Grocery Shopping 10:00 NT Senior Fitness 11-12 County Attorney 11:45 Nutrition 1:00 Domino Group</p>	<p>18. 11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>19. Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Knitter/Crochet Circle</p>
<p>22. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Knitters /Crochet Circle 1:00 Pool Room</p>	<p>23. 11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts</p>	<p>24. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Gen. Membership Meeting. 1:00 Domino Group</p>	<p>25. Thanksgiving Holiday </p>	<p>26. Thanksgiving Holiday </p>
<p>29. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Knitters /Crochet Circle</p>	<p>30. 11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts</p>		<p>Sunday, November 7 Buffalo Bills— NOON! </p>	

NOVEMBER 2021




Monday

Tuesday

Wednesday

Thursday

Friday

<p>1. Roast pork Au Jus Baked Sweet Potato Green Beans Rye Bread Chunky Apple Sauce</p>	<p>2. Grilled Chicken Breast Sandwich with lettuce, tomato, onion Broccoli & cheddar soup with 1 pack crackers, mixed vegetables, wheat hamburger bun and choc- olate pudding for dessert</p>	<p>3. Beef stew Parsley cauliflower Biscuit Deluxe fruit cup</p>	<p>4. Goulash Garden salad with toma- to, cucumber, carrot Italian bread Orange Salad dressing</p>	<p>5. Egg and broccoli Frit- tata, O'Brien Potatoes Stewed tomatoes Muffin, fruited gelatin with whipped topping</p>
<p>8. Stuffed cabbage roll with meat sauce Mashed potatoes Peas and carrots Wheat bread Cinnamon sliced pears</p>	<p>9. Chicken casserole Mixed greens salad with Tomato and garbanzo beans, a biscuit Banana for dessert</p>	<p>10. Tuna salad sandwich with lettuce, tomato, onion Chicken cannelloni soup with 1 pack of crackers Healthy Jell-O & grapes</p>	<p>11. No meals served today Veterans Day!! </p>	<p>12. Spaghetti and Meatballs with tomato sauce Spinach Italian bread Pineapple</p>
<p>15. Cheeseburger supreme with lettuce, tomato Onion, pickle Sweet potato wedges San Francisco Blend Vegetables, Wheat Hamburger Roll tropi- cal fruit cup</p>	<p>16. Homemade Salisbury steak with gravy Au Gratin Potatoes Winter vegetable blend Rye bread Pineapple</p>	<p>17. <u>Thanksgiving Meal</u> Roast Turkey Breast Mashed potatoes with gravy, baked squash, stuffing, cranberry sauce, dinner roll, pumpkin pie w/ whipped topping</p>	<p>18. Breaded bone-in pork chop, baked sweet Potato, Bavarian kraut Rye bread applesauce</p>	<p>19. Hot roast beef sandwich with gravy Garlic mashed potatoes Mesclun salad with tomato, cucumber, car- rot, wheat hamburger bun, and heavenly hash</p>
<p>22. Pork riblet with BBQ sauce, hearty vegeta- ble soup with one pack crackers, cole- slaw, whole wheat hoagie roll Baked pear crisp with whipped topping</p>	<p>23. Beef stroganoff over egg noodles Mixed vegetables Wheat dinner roll Tropical fruit cup</p>	<p>24. Meat lasagna Brussels sprouts Italian bread Mandarin oranges</p>	<p>25. Happy Thanksgiving No meals served </p>	<p>26. No meals served </p>
<p>29 2 cheese manicotti with tomato sauce Broccoli Italian bread Sliced peaches</p>	<p>30. Chili con carne with one pack crackers Seasoned brown rice Green beans Corn bread Apple Pumpkin bavarian</p>			