

**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

**DECEMBER 2021**



**GREATEST GIFT**

I don't care about presents  
Laying under the tree.  
Silver and gold  
Mean nothing to me.

It's not about money. What joy can it bring  
It's being wanted and loved. Not material things

Possessions can't hold you. Or give you a kiss  
Christmas with loved ones. Are the things that I miss

Christmas presents are temporary.  
The joy is short lived. Only love lasts forever  
It's the greatest of gifts.

-John Read 2018

**UNIVERA**

Representative Nancy Nimmo will be here at our center on Friday, January 7 10 am—noon. to answer any questions about Univera health insurance policies and Medicare .

**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 9am—3:00pm. 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 Tuesday, December 14th.**

**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 any-time 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, December 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, December 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, 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, December 1st at 1:00pm. Please be sure to sign in at the main table upon entering 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](mailto:hogan@northtonawanda.org)

**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.

**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 crochet, 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 December date will be Friday, December 17th (due to the Christmas & New Year Holiday)

**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

**NT TRAVELS WITH**  
**JEAN MARSHALL**

Our Travel meeting is on Wednesday, December 8th 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

### SANTA'S WORKSHOP



As a part of the NT Winter Walk will be participating again this year hosting "Santa's workshop for kids! We also will be having a craft/vendor sale and a Red Hat Lady Bug Bake Sale. A surprise visit for Santa too!

We are planning on being open on Saturday, December 4th from 10am-3pm. Everyone in attendance will also enjoy free cookies, hot chocolate, coffee & tea! Please come out and join the fun! Donations of new items and bake goods are welcome!

### TOY DRIVE

We will be collecting toys for NT less fortunate. This year we are partnering with NT Imagination Station. The Imagination Station distributes Christmas toys each year to NT families in need.



If you would like to donation a new unwrapped toy please feel free to drop it off to our center any time before Friday, December 17th. Thank you for your generosity in advance.

### In The Community...

#### Tonawanda American Legion Band in Concert.

Enjoy a Christmas Concert on Sunday, December 12th 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. Jewelers or Mid City Opticians for \$12 each.

## New Event!!!

### T-NT POT LUCK HOLIDAY DINNER

T-NT Senior Center Potluck Holiday Social Tuesday, December 7th, 6-8pm.

At the City of Tonawanda Senior Center 35 Main Street Tonawanda. Sign up at either center (NT or Ton.) by Monday, December 5th. And register the dish you will be bringing along.



There is no charge for this fun evening, we just ask that everyone bring a dish, appetizer, dessert, or beverage to share. Roast beef and Ham will be served along with the goodies everyone brings to share. We invite you to come and eat, dance, shoot pool and just enjoy an evening filled with food and each other.

### MEMBER UPDATES:

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

New Members: Walter Okoniewski

Deceased: Willis Batt, Bonnie Cunningham, Nelson Dietrich & Larry Bartlett

### NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on Monday, December 20th at 9:30am.

#### **Thank you to last month's volunteers:**

Michael Bass, Linda Elliott, Norma Kitzmiller, Joanne Catapovic, Virginia Park & Marjorie Brackett

### Words to live by:

Be the person that makes others feel special  
Be known for your kindness & grace.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 <u>Red Hat Lady Bugs</u>	2. 11:45 Nutrition Pool Room 1:30 Bingo	3. Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Knitters Circle
6. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Knitters Circle 1:00 Pool Room	7. 11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts  6-8pm– Holiday Pot-luck at Tonawanda Senior Center 	8. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:30 <u>Travel Club Mtg</u>	9. 11:45 Nutrition Pool Room 1:30 Bingo	10. Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Knitters Circle
13. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Knitters Circle 1:00 Pool Room	14. 9-3 <u>Veterans Assist.</u> 11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts	15. Grocery Shopping County Attorney 10:00 NT Senior Fitness 11:45 Nutrition	16. 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	17. Pool Room 11:00 Food Stamps 11:45 Nutrition 1:00 Euchre 1:00 Knitters Circle
20. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Knitters Circle 1:00 Pool Room	21. 11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts	22. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition <b>1:00 Gen. Membership Meeting.</b>	23. 11:45 Nutrition  Closed immediately following the nutrition program	24. Closed for Christmas  
27. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Knitters Circle	28. 11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts	29 Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition	30. 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	31. 11:45 Nutrition  *Closed immediately Following the nutrition program  <b>*Happy 2022!!</b>

# DECEMBER 2021

Monday

Tuesday

Wednesday

Thursday

Friday

		1. Chicken stew Mixed greens with tomato and garbanzo beans, rye bread Tropical fruit cup Salad dressings	2. Stuffed pepper with tomato sauce Mashed potatoes Winter vegetable blend Wheat dinner roll Deluxe fruit cup	3. Roast pork Au Jus Garlic mashed potatoes Broccoli w/ red pepper Rye bread Sliced peaches
6. Baked ham Scalloped potatoes Brussels sprouts Rye bread Fruit cocktail	7. Lemon chicken Seasoned brown rice Carrots Corn muffin Heavenly hash	8. Cheese tortellini With meatballs and tomato sauce Garlic spinach Italian bread Fruited gelatin with whipped topping Parmesan cheese	9. Homemade baked meat-loaf with gravy Mashed potatoes California blend vegetables Rye bread Banana pudding	10. Turkey Ala King over a biscuit Sweet potato Green beans Tropical fruit cup
13. Chicken breast sandwich with lettuce, tomato, onion Broccoli and cheddar Soup, mixed vegetables, wheat hamburger bun, fruited gelatin with whipped topping	14. Beef stew Corn Biscuits Mandarin Oranges	15. Goulash Peas and carrots Wheat bread Banana Marble pudding Parmesan cheese	16. <b><u>Christmas Meal</u></b> chicken breast stuffed with broccoli, twice baked potatoes, Prince Edward vegetables wheat dinner roll and cheesecake.	17. Turkey and Cheese sub with lettuce, tomato, onion Pepper Pot soup Coleslaw Wheat sub roll Apricots Mayo (available)
20. Seasoned Greek chicken breast with feta, whole style Greek potatoes, spinach 1/2 wheat pita bread orange	21. Stuffed cabbage roll with meat sauce Mashed potatoes Green beans Wheat dinner roll apricots	22. Sliced turkey breast with gravy Baked sweet potato Peas Biscuit Cinnamon pears	23. Ham salad sandwich With lettuce, tomato Minestrone soup Broccoli salad 2 slices wheat bread banana	24. Merry Christmas  No Meals Served  
27. Bone-in pork chop Mashed squash Bavarian sauerkraut bread stuffing Chunky applesauce	28. Cheeseburger supreme with lettuce, tomato, onion, pickle, baked beans, coleslaw Wheat hamburger bun apple	29. Chili con carne Garden salad with carrot, tomato, cucumber, corn bread Deluxe fruit cup Asst. dressings	30. 2 cheese manicotti with tomato sauce Broccoli & cauliflower Italian bread Sliced peaches Parmesan cheese	31. Happy New Year!  No Meals Served!  