

**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

**JANUARY 2022**

**A Good thought for the New Year!**

**BELIEVE**

Let us not hold a grudge,  
It is too heavy to carry.  
Let us not live in fear,  
It is too frightening.  
Let us pray for strength and courage,  
It is the food of life  
Learn to forgive

It will open your heart  
Let go of hatred and

Love yourself  
When someone speaks, look into  
Their eyes, you will see love.  
If you carry a burden,  
Get down on your knees.  
He will open his arms and  
Comfort thee

**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**

**The NYS Governor has issued a mask mandate for all indoor public spaces.** We are abiding by that mandate until further notice.

**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, January 11th.**

**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.

### 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.

### 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, 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, January 19th 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**

The regular meeting will be taking place on Wednesday, January 5th at 1:00pm. Please be sure to sign in at the main table upon entering the senior center.

**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

**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.

**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, January 12th 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

**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 Nunsense sequel. Enjoy dinner at the Grapevine too! Baked Haddock with mashed potatoes, seasonal vegetables, spaghetti & meatballs.

**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

## 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.

## MARTIN LUTHERN LUNCHEON

The staff will be cooking a luncheon for the seniors on Martin Luther Day, since the county is closed. We will be having homemade lasagna, salad, Italian bread, and a dessert. Tickets are on sale now for \$4.00 each. Tickets will be sold until Friday, January 14th.

## SPECIAL EVENTS

### ST VALENTINE'S DAY DINNER DANCE

Our annual Valentine's Day Dinner Dance will be taking place on Wednesday, February 16th.

Jim Fingerlow will be catering this event. The menu will include, baked rigatoni with homemade sauce, meatballs, Italian sausage, salad, Italian dressing, rolls, vegetables, and cheesecake for dessert. Coffee and tea will also be served. Tickets for paid members are \$15 each and non members are \$17. Tickets will be sold until Wednesday, February 9th.



## 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](mailto:phogan@northtonawanda.org)

## MEMBER UPDATES:

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

**New Members:** Walter Okoniewski

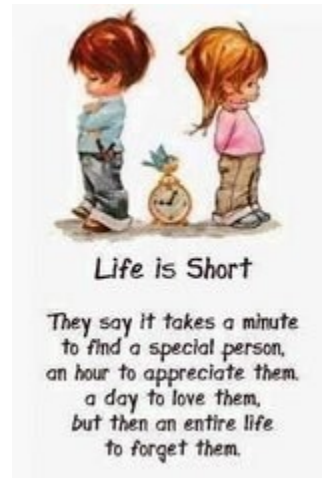
**Deceased:** Willis Batt, Bonnie Cunningham, Nelson Dietrich & Larry Bartlett

## NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on at 9:30am on Monday, January 24th.

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

### Words to live by:



## UPCOMING EVENTS

Wednesday, March 16th  
St. Patrick's Day Dinner Dance

Saturday, April 30th-  
Mother's Day Tea

Wednesday, July 27th-  
Senior Summer Picnic

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Knitters Circle 1:00 Pool Room</p>	<p>4.</p> <p>11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts</p>	<p>5.</p> <p>Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 <u>Red Hat Lady Bugs</u></p>	<p>6.</p> <p>11:45 Nutrition Pool Room 1:30 Bingo</p>	<p>7.</p> <p>Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Knitters Circle</p>
<p>10.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Knitters Circle 1:00 Pool Room</p>	<p>11.</p> <p>9-3 <u>Veterans Assist.</u> 11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts</p>	<p>12.</p> <p>Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:30 <u>Travel Club Mtg</u></p>	<p>13.</p> <p>11:45 Nutrition Pool Room 1:30 Bingo</p>	<p>14.</p> <p>Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Knitters Circle</p>
<p>17.</p> <p>10:00 NT Senior Fitness 11:45 <b>Martin Luthern Luncheon</b> 1:00 Knitters Circle 1:00 Pool Room</p>	<p>18.</p> <p>11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts</p>	<p>19.</p> <p>Grocery Shopping County Attorney (Appts) 10:00 NT Senior Fitness 11:45 Nutrition</p>	<p>20.</p> <p>11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>21.</p> <p>Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Knitters Circle</p>
<p>24.</p> <p>9:30 Newsletters 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Knitters Circle 1:00 Pool Room</p>	<p>25.</p> <p>11:45 Nutrition 1:00 Pinochle 1:30 Simple Crafts</p>	<p>26.</p> <p>Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition <b>1:00 Gen. Membership Meeting.</b></p>	<p>27.</p> <p>11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>28.</p> <p>Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Knitters Circle</p>
<p>31.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition</p> <p>CLOSED FOLLOWING NUTRITION PROGRAM</p>				

# JANUARY 2022

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3. Vegetable lasagna Italian blend vegetables Italian bread Mandarin oranges</p>	<p>4. Beef stroganoff over egg noodles Mixed vegetables Wheat dinner roll pineapple</p>	<p>5. BBQ chicken Drumsticks Coleslaw Corn muffin Tropical fruit cup</p>	<p>6. Homemade Salisbury steak with gravy Mashed potatoes Green beans Wheat bread Peach crisp</p>	<p>7. Pork riblet with BBQ sauce Hearty vegetable soup Healthy Jell-O Wheat hoagie roll banana</p>
<p>10. Homemade mac and Cheese casserole Broccoli Rye bread Apple sauce gelatin</p>	<p>11. Turkey and cheese sub With lettuce, tomato And onion. Pepper pot soup Broccoli salad Wheat hoagie roll Heavenly hash</p>	<p>12. Sweet and sour pork with crunchy noodles Seasoned brown rice Cauliflower with red pepper Wheat dinner roll apricots</p>	<p>13. Hot roast beef sandwich with gravy Garlic mashed potatoes Mesclum salad with tomato, carrot And cucumber Wheat hamburger bun mandarin oranges</p>	<p>14. Stuffed pepper with tomato sauce Scalloped potatoes Corn Italian bread Cinnamon applesauce</p>
<p>17. Martin Luther King Jr Day.  No Lunches Served!</p>	<p>18. Beef stew Cauliflower Biscuit pineapple</p>	<p>19. Spaghetti &amp; meatballs With tomato sauce Garden salad with tomato, carrot and cucumber Italian bread banana</p>	<p>20. Turkey ala king over a biscuit Harvard beets Green beans Fruited gelatin with whipped topping</p>	<p>21. Chicken stew Mixed greens salad with tomato, cucumber and carrot Rye bread Heavenly hash</p>
<p>24. Goulash California vegetable blend Wheat bread Sliced peaches</p>	<p>25. Roast pork with gravy Baked sweet potato Wax beans Rye bread Pumpkin Bavarian</p>	<p>26. Baked homemade meatloaf with gravy Mashed potatoes Carrots Wheat dinner roll Slice pears</p>	<p>27. Chicken breast sand- wich with lettuce, toma- to and onion Minestrone soup Garden salad with toma- to and chickpeas Wheat hamburger bun banana</p>	<p>28. Egg and broccoli frittata O'Brien Potatoes Stewed Tomatoes Muffin Lemon cream pudding</p>
<p>31. Sliced baked ham Cheesy mashed pota- toes, green beans Rye bread Deluxe fruit cocktail</p>				