

**NORTH TONAWANDA  
SENIOR CITIZEN CENTER**  
110 Goundry Street North Tonawanda, NY 14120  
Telephone: 716-695-8582

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

**APRIL 2024**

### **Mother's Day Tea!**



The center will be hosting their annual Mother's Day Tea on Saturday, May 4th. Doors will open at 2pm. We will be charging \$4 for adult members \$6 for adult non-members. & \$3 for children 12 and under. All adults must bring a dessert or finger food to pass too!

The entertainment will be a few games, 50/50 and prize give-a-ways! We are limiting this event to 125 seats. Tickets go on sale April 1st until they are sold out.

- **New Policy**— When purchasing tickets for any event please show membership card! - Thank you.

### **MINI GROCERY SHOPPING**

**Chrystal Manzare**

The grocery program takes place every Wednesday. You can be transported to Tops, Market in the Square or Walmart in NT. To make or cancel an appointment please call the office at 716-695-8582. There is a \$2 fee for this service. This service is available to NT residents only.

We have very limited space. You must call in advance. Please be patient for your ride there is a 15 minute window

### **SENIOR BREAKFAST**



We will be having another Senior Breakfast on Tuesday, April 9th at 9:15am. A continental breakfast buffet will be offered. You will enjoy scrambled eggs, sausage in white gravy over biscuits, fruit & Danish. Coffee, tea & juice will also be available. Tickets are only \$6 and are limited to 25.

### **NT SENIOR FITNESS**

**Judy DeVantier & Judy Ondak**

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 & Wednesday at 10 am. If you have an exercise band, a small ball & one pound weight bring it with you to class.

### **EURCHRE TOURNEMENT**

**Pam Beutel**

Every Monday afternoon at 1pm. The cost is \$10 per person. Come join have fun and bring a senior friend. Coffee and tea are available for 25 cents per cup.

### **GENERAL MEMBERSHIP MEETING**

The next General Membership meeting will be held on Wednesday, April 24th at 1pm. We will be making plans for our annual picnic and the upcoming fundraiser on November 2nd.

### **NEW! SENIOR COMPUTER LAB**

Thank you to Assemblyman William Conrad and a grant from the NYS Office for Aging we now have 3 new computers and a printer for our senior members to use at their leisure. There also is internet access.

The computers are located in the pool room on the back counter. If you need help just ask anyone in the office.

## **NIAGARA COUNTY NUTRITION**

Sharon Lewis, Nutrition Site Director

Niagara County offers a lunch program at the center at 11:45am **Monday, Wednesday,**



**Thursday & Friday** The suggested donation for a lunch is \$3.25. One WEEK notice is now required. Round-trip transportation is also available.

**Please call 716-438-4031 for making or canceling a reservation.**

## **MAHJONG- CHINESE TILE GAME**

Any senior is welcome to play on Tuesday afternoons at 1pm in the craft room.

## **EUCHRE CLUB-Cheri N. Koepsell**

Any senior is welcome to play Euchre on Fridays at 1:00 pm. Everyone needs to bring \$2 for the game. Coffee and tea will be made available for 25 cents

## **PINOCHLE CLUB— 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.

## **TECHNOLOGY HELP- -Kim Sinon**

If you need help with a device such as a phone or tablet please call the center at 716-695-8582 and make an appointment with Kim. She is available by appointment only. There is no charge for this service. This is for Android devices only. You must bring your own device



## **POOL ROOM**

Pool room is available whenever the center is open. We plan on having the table rotated and centered in the room soon. Please be patient!

## **ATTORNEY- Gary Billingsley**

The Office for the Aging has a legal assistance program for anyone 60 and over living in Niagara County. The next time the attorney will be at our center is Wednesday, April 17th Please call this office for an appointment 716-695-8582.

If you are interested in contributing toward the costs of legal services provided to you, or wish to comment about the services anonymously please request an envelope from the attorney. The suggested contribution rate is \$20 per consultation. No one will be denied service if they can not contribute.

## **SENIOR SOCIABLE 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 **SNACK**. We play 9 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, Mike Confer, Rhonda Holka, Beth Feenin, & Carol McMeekin and Kim Piorkowski

## **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



## **RED HAT LADY BUGS** Joan Dirmyer

The regular meeting will be taking place on Wednesday, April 3 at 1:00pm. New members are always welcome.



## **SPRING WISDOM**

Don't wait for someone  
to bring you flowers  
Plant your own garden  
And decorate your own soul!

-Mario Quintana

## **NT TRAVELS WITH Jean Marshall**

Our Travel meeting is on **Tuesday, April 2nd 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 716- 694-5567 or email her at Jean Marshall39@yahoo.com. All checks are to be made payable to Jean Marshall.

**\*\*Please note– April’s Travel Club meeting will take place on Tuesday, April 2nd from 11am-noon!**

### **TRIP SCHEDULE**

**April 22-24, 2024-Sights & Sounds of Lancaster PA– 3 Days—2 Nights.** Featuring the production of “Daniel” one of the Bible’s most hope –filled stories as it comes to life at the Millennium Theater. From the fiery furnace to the infamous den of lions, Daniel is a spectacular theatrical experience. Trip includes 2 breakfasts, 2 dinners, guided tour of the Amish countryside, including stops at an Amish craft farm and bake shop, Kitchen Kettle Village, Country Store and Miniature Horse Farm. All inclusive price is \$517.00 ppd.

**May 24, 2024- Signature Stars and Stripes - with the Buffalo Philharmonic Orchestra.** Begin the day with coffee and doughnuts before the concert, followed by lunch at Parkside Meadows- \$117.00.

**June 11, 2024– Erie at its Eerie**– Tour St. Patrick’s Church, built to look like a castle from Ireland, has life size Stations of the Cross. Then explore all the restored rooms of the 1900 built Watson Curtze Mansion along millionaires’ row. After lunch at the Concourse of Union Station, a 1927 train station (with its resident ghosts), relax with a cruise on the Victorian Princess. \$129.00

All trips depart from the Department of Motor Vehicles /NT Recreation Department parking lot on 500 Wheatfield Street. N. Tonawanda. For further information and reservations contact Jean Marshall at 716-694-5567 or jeanmarshall39@yahoo.com

## **VETERAN'S ASSISTANCE**

Niagara County Veterans Service Agency will be at our senior center the 2nd Tuesday of every month to assist any Veteran. A Veterans Service Officer will be available from 9am—3:00pm. Walk ins are welcome, but we do recommend prior appointments by calling 716 -695-8582.

Doug is able to help with several benefits such as service connected disability compensation, widow dependent pension, education bill, remote access claim tracking & the submission process. **The next date will be Tuesday, April 9th.**

### **MEMBER UPDATES:**

**New Members:** Theresa Kujawa, Elizabeth Kos, William & Erlaine Reese, Mitchell-Flack, Robert & Rose

**Assisted Living/ Rehabilitation:** Czeslawa (Jesse) Pilecki, Jill McGrath, Joan Pleban, Kevin & Pam Summerville, Tom & Pat Somerville, Sally Brunetto, Vickie Christopher, Bob Welch, Cathy Conner, Deb Dexheimer, Marjorie & Ernie Hoefner & Elyn Broeker.

### **NEWSLETTER VOLUNTEERS**

We will be folding and mailing our newsletter on Tuesday, April 23 at 9am **Everyone is welcome to help!!!**

**Thank you to last month’s volunteers:** Dorothy Muniak, Mike Bass, Pat Wentz, Norma Kitzmiller, Marjorie Brackett, Shirley Klinefelter, Marsha Kennedy Joanne Romain, Susan Caradonna & Carolyn Kirsh

### **ANNUAL DUES**

The office is open 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 are \$5.00 per year. Please mail your check to 110 Goundry Street N. Ton. Please make checks payable to the N T Senior Center. You can also pay online at NTParksrec.com with a major credit card.

# APRIL 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1.  10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament  <b>Tickets go on sale for Mothers Day Tea!</b>	2  11:00 <b><u>Travel Club mtg</u></b> 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room	3.  Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition <b><u>1:00 Red Hat Lady Bugs</u></b>	4.  Pool Room 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	5.  9:00 Crafts Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos
8.  10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament	9.  <b>9:15 Senior Breakfast (tickets-25 pre sale)</b> 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room	10.  Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition	11.  Pool Room 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	12.  9:00 Crafts Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos
15.  10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament	16.  <b><u>9-3 Veterans Assist</u></b> 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room	17.  Attorney (apt only) Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition <b><u>Dinner &amp; Theatre</u></b>	18.  Pool Room 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	19.  Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos
22.  10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament	23.  <b><u>9:00 Newsletters</u></b> 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room	24.  Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition <b><u>1:00 General Mem. Mtg</u></b>	25.  Pool Room 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	26.  Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos
29.  10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament	30.  1:00 Pinochle 1:00 Mahjong 1:00 Pool Room			

# APRIL 2024

Monday

Tuesday

Wednesday

Thursday

Friday

1 BBQ Pork Riblet Potato salad Seasoned carrots Whole wheat hoagie roll Heavenly hash	Call: 716-438-4031 to make reservations for a meal or to cancel a meal  Please to not call the Senior Center for these Services	3. Hot dog with chili sauce 3 bean salad Confetti corn Whole wheat hot dog bun Cinnamon applesauce	4. Chicken Drumsticks Baked beans Parslied cauliflower Muffin Homemade pear crisp with whipped topping	5. Homemade Salisbury with gravy Au Gratin potatoes Seasoned broccoli Biscuit Deluxe fruit cup
8. Breakfast casserole with cheddar and sausage, hash brown patty Garden salad Muffin banana	No lunches at North Tonawanda Senior Site Center	10. Turkey and grape Salad sandwich Tri-color pasta salad Tomato and cucumber slices 1/2 whole wheat pita Fruited gelatin with whipped topping	11. Homemade mac & cheese casserole Seasoned broccoli and cauliflower Whole wheat dinner roll, cinnamon sliced pears	12. BBQ pulled pork sandwich with pickled chips, pepper pot soup with crackers, cole-slaw, whole wheat hamburger bun Mandarin oranges
15. Ham and Swiss cheese sandwich with lettuce, tomato & onion Pea and pasta salad Hearty vegetable soup with crackers 2 slices wheat bread Deluxe fruit cup	No lunches at North Tonawanda Senior Site Center	17. Cheese tortellini with meatballs and tomato sauce, spinach salad Italian bread pineapple	18. Baked meatloaf with gravy , garlic mashed potatoes, seasoned peas, whole wheat dinner roll banana	19. Julienne salad With turkey Cheddar & chickpeas Potato salad Biscuit Fresh orange
22. Ranch chicken pasta salad Marinated vegetable salad, muffin Applesauce	No lunches at North Tonawanda Senior Site Center	24. Polish sausage Sweet potato wedges Bavarian kraut Whole wheat hot dog bun, heavenly hash	25. Chicken salad sandwich with lettuce Tomato, onion Pickled beets Caesar salad 2 slices whole wheat Bread, fruited gelatin With whipped topping	26. Roast pork with gravy mashed potatoes seasoned green beans Whole wheat dinner roll, sunshine bar
29. Mushroom Swiss burger with lettuce tomato, onion Harvard beets Seasoned peas & carrots Whole wheat hamburger bun, tropical fruit cup	No lunches at North Tonawanda Senior Site Center			



# BROWNCHIARI ATTORNEYS

## CHOOSING THE RIGHT NURSING HOME FOR YOUR LOVED ONE (& YOU & YOUR FAMILY)



Choosing a nursing home for a family member not only impacts the soon to be resident, but it can have an impact upon the family as well. The ability to have frequent and random visits is very important. Therefore, it is often best to choose a facility that is in the most convenient location for family.

Long before the decision is imminent, it is strongly recommended that families have in place a Power of Attorney that allows a friend or family member to act on behalf of another. This allows for financial and other decisions. In addition, a Health Care Proxy should be executed so that certain health related decisions can be made according to the family member's wishes.

A question always posed to us at Brown Chiari is which nursing home is best. One place to start is the New York State Department of Health website, which will provide facility ratings and profiles:

[https://profiles.health.ny.gov/nursing\\_home/#5.79/42.868/-76.809-414c-9535-12821ddfc554?ui=en-us&rs=en-us&ad=us](https://profiles.health.ny.gov/nursing_home/#5.79/42.868/-76.809-414c-9535-12821ddfc554?ui=en-us&rs=en-us&ad=us)



Once admitted to a nursing home, the nursing home *must* create a Care Plan for the resident. This is an individualized blueprint of the care that is required in order to prevent injuries and promote independence and dignity. Be familiar with the Care Plan and attend Care Plan Meetings so that you can stay informed and on top of everything that your family member may need.

BROWN CHIARI is always available to answer your questions regarding Power of Attorney, Health Care Proxy, and nursing home care.

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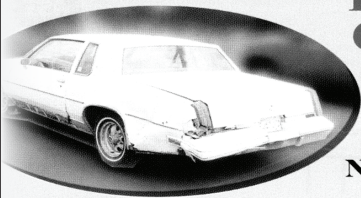


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