

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**
110 Goundry Street North Tonawanda, NY 14120
Telephone: 695-8582—Fax: 695-8530
www.NTParksrec.com 8:30am-4:30pm

PRSR STD
U.S. Postage
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N. Tonawanda, NY
PERMIT NO. 75

Return Service Requested

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

OCTOBER 2020

Autumn



"Come, little leaves," said the
wind one day. "Come down to the
meadow and we shall play." Put
your dresses of red and gold. on
For summer is past and the days grow cold.
Dancing and leaping, the leaves went along.
Until winter called them.
To end their sweet song.
Soon, fast asleep, in their earthy beds.
The snow lay a cover over their heads.

CHECK US OUT ON FACEBOOK!

NORTH TONAWANDA SENIOR
CITIZEN'S CENTER



ANNUAL DUES

ANNUAL DUES! At this time
the office remains "closed" to the public. Please mail
in your dues by check. 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.

NIAGARA COUNTY NUTRITION

Sharon Lewis, Nutrition Site Director



Niagara County offers a lunch
program at the center at 11:45am
Monday-Friday. The suggested do-
nation for a lunch is \$3.25. One
WEEK notice is now required.

Roundtrip transportation is also available.
**Please call 694-2105 for making or cancel-
ing a reservation. Monday-Friday 10am-
12:30pm .**

NIAGARA COUNTY INFORMATION & REFERRAL PROGRAM

The representative from the Niagara Coun-
ty Office for Aging will be available by ap-
pointment only. Please call 438-4030. A
staff member can help any senior with insur-
ance, Medicare, HEAP, and other applica-
tions or referrals.

UNIVERA

For information or an appointment with
Michelle Hrichan please call 572-8315 and
she will meet you at the center. Michelle will
also be at the center on November 12th from
1-4pm for one on one appointments.

Please call her to make an appointment to
meet with her on November 12th at the Cen-
ter. You must wear a mask during this ap-
pointment.

MINI GROCERY SHOPPING

Chrystal - Manzare

We have continued with the Grocery Shopping program throughout the Covid -19 on a very limited basis. Chrystal is our only driver, she takes people one at a time on Wednesdays only. If you are in need of a ride please call the office on any weekday morning for a ride on Wednesday. I will have Chrystal call you back with a time. Please call the office at 695-8582.

BOCCE BALL



A group of seniors is meeting every Wednesday at Veteran's Fisherman's Park in North Tonawanda at 6:30pm to play Bocce Ball. Anyone is welcome to come and join! I have an extra set of Bocce balls at the Senior Center if anyone needs a set to borrow, just call first 695-8582.

ATTORNEY- Gary Billingsley

The Office for the Aging has a legal assistance program for anyone 60 and over living in Niagara County. There are no fees but contributions are accepted. The lawyer is available once a month. **Please call 434-5783 to schedule an appointment**

Horse Shoes

The Senior Center has a set of horseshoes available for anyone to borrow. Please just call ahead of time to reserve. 695-8582.



Little Library & Food Pantry

Feel free to give and take what you need. but never leave empty. - Donations always welcome!



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. Greeting cards can be purchased at the center for 25 cents EACH to help defray the cost of postage. Donations of general greeting cards are needed & appreciated

MEMBER UPDATES

In Nursing or Rehabilitation Facilities: Joan Bentley, Irene Piwtorak, Peggie Hawkins, Elsie Nachreiner, Janice Koch, Ann Putz, Bill Kandare & Florence Bloomfield

VOLUNTEER CORNER

The folding and mailing of November's Newsletter will be taking place on Monday, October 26 at 1:00 pm. Please call if you can come and reserve your place. The space is limited.

*NEW POLICY-COVID-19

Please call and make an appointment if you can make it to help with the newsletters. I can only have 10 people maximum.

If you come you will need to wear a mask the whole time and your temperature will be taken when you arrive. You will also be asked a few questions and will need to sign a form. The form will be a Covid Liability release form.

- Unfortunately, it will be awhile before we can start cards, dances, clubs meetings or bingo because of the virus and the limitations. But I am working on some new programs that we can do in the mean time. I am just waiting on authorization.
- Indoor /outdoor corn hole, 6 foot apart movie day/ Club 99 and chair yoga-. I will keep you updated!

9/15/20 As of this date—no new programs can be opened. Please watch our webpage NTParksrec.com for details. - Pam.

OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Sweet and sour pork w/ crunchy Chinese noodles, brown rice broccoli, wheat dinner roll, fruited gelatin with topping	2. 2 cheese manicotti with tomato sauce, seasoned spinach, Italian bread. Parmesan cheese, and pears
5. Meatloaf with gravy Garlic mashed potatoes Mixed vegetables Wheat dinner roll cookies	6. Julienne salad with turkey, with carrots, red onion, tomato, garbanzo beans, feta cheese Potato salad, potato salad, blueberry muffin, mandarin oranges	7. Baked ham Mashed sweet potatoes Green beans Rye bread Fresh fruit– grapes	8. Veal parmesan with tomato sauce over rotini pasta California blend vegetables Italian bread marble pudding	9. Macaroni and cheese casserole Stewed tomatoes, wheat bread and heavenly hash
12. Columbus Day 	13. Pork riblet with BBQ sauce, corn , spinach Wheat hamburger roll and tropical fruit	14. Salisbury steak with gravy, mashed potatoes, broccoli, wheat dinner roll and cookies	15. Grilled chicken salad over mesclun mix greens with Tomato/onion & shredded cheddar tricolor pasta salad oat-bran muffin fresh fruit-banana	16. Cheese burger supreme with lettuce, tomato, onion, pickle Wheat hamburger bun Baked beans Carrots pineapple
19. Turkey sausage Breakfast casserole Hash brown potatoes Broccoli Muffin Fruited gelatin with topping	20. 2 chicken fingers with ranch dressing Macaroni and cheese Stewed tomatoes Wheat dinner roll Fresh fruit-apple	21. Beef & cheese sub With lettuce, tomato & onion, potato salad Carrots and celery sticks, small sub roll peaches	22. Goulash Mixed vegetables Wheat bread Deluxe fruit cup	23. Low salt ham strips over romaine & salad mix with carrots, cucumbers, red onion, cheddar cheese, pea and pasta salad, pita bread brownie
26. Baked chicken with gravy Sweet potatoes Green beans Wheat bread Banana pudding	27. Cheese tortellini with 3 meatballs and tomato sauce, broccoli Italian bread Cookies Parmesan cheese	28. Italian Beef and mushroom bake Cauliflower Spinach Fruit cocktail	29. Garden burger with salsa on a wheat burger bun Potato wedges Carrots apricots	30. <u>Happy Halloween</u> Chicken ala king Mashed potatoes Tossed salad w/ carrots & cucumbers Biscuit, grapes Cider & donuts 

Some helpful information for you!

Should you wash all food? Should you wash raw chicken? What about avocados? Washing is one of the primary ways to reduce risk of food poisoning. From hands to kitchen counters, it is important to



Wash properly to stop the Spread of harmful bacteria and viruses. However, when it comes to food, the rules of washing are not as clear. There are some foods that should always be washed

and others that should be kept far away from the sink.

Always Wash!

- **Fruits and Vegetable with Edible Peels:** wash all produce, no matter whether it is organic or conventionally grown, with cool tap water immediately before eating or using in a recipe. Skip the soap because the porous surfaces on fresh produce can absorb the ingredients in soap. Dry with a clean cloth or paper towel to further reduce the harmful bacteria that may be present on the surface of fresh produce. Misting produce at the grocery store does not clean it.
- **Fruits and Vegetable with Inedible Peels:** Bananas, avocados, grapefruit, lemons, limes and winter squash– what do all these fruits have in common? You guessed it, inedible peels. Wash all produce, even if the peel will not be eaten, because the dirt and bacteria can be transferred from the peel to the inside of the fruit as it is sliced or peeled.
- **Can and Jar Lids:** Wash lids before opening them so harmful particles don't fall into food. Be sure to wash all can before opening, including canned beverages and soups.

Never Wash!

- **Raw chicken (and other raw meat):** Despite what many think, washing raw chicken does not clean it. In fact, rinsing raw chicken may spread more harmful bacteria such as salmonella or Campylobacter around the kitchen, which can potentially make you sick. The only way to kill those pathogens is to cook chicken and other meats to their appropriate internal temperature.
- **Fish:** Avoid washing raw fish because it doesn't clean the fish. Instead, it increases the chance of cross contamination to other foods, utensils and surfaces.
- **Eggs:** Avoid washing eggs after purchase because it can remove the coating that protects eggs from bacteria that is applied during processing.

Important Numbers For Services:

HEAP: 438-4016

NIAGARA COUNTY MEDICAL RIDES:
438-4038

FOOD STAMPS: 278-6822

NIAGARA COUNTY OFFICE FOR
AGING: 438-4020– Main Number

NY CONNECTS:438-3030

NIAGARA COUNTY OFFICE FOR
AGING/ATTORNEY: 434-5783– To
make an appointment.

SOCIAL SECURITY
ADMINISTRATION: 800-772-1213