

**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

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Return Service Requested

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

OCTOBER 2018



Happy Halloween!

There Was an Old Witch

There was an old witch
Believe it if you can,
She tapped on the window
And she ran, ran, ran.
She ran helter skelter with her toes in the air,
Cornstalks flying from the old witches' hair.

Swish goes the broomstick, meow goes the cat,
Pop goes the hop-toad sitting on her hat.
“Whee,” chuckled I, “What fun, what fun!”
Halloween night when the witches run!

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 full day notice is required. Round trip transportation is also available. Please call 694-2105 for making or canceling a reservation. Monday-Friday 10am-12:30pm. The full menu is included in this publication.

WALMART/WEGMANS

Chrystal Manzare

Walmart / Wegmans shopping will take place on Wednesday, October 10th. The trips to Walmart cost \$2 and can be scheduled for 10:30 am and 11:45 am.

The trips to Wegmans cost \$4 and can be scheduled for 9:30am. Please call the office to register. This service is for North Tonawanda seniors only

MINI GROCERY
& MID-CITY SHOPPING

Susan Terry

Our shopping time for Budweys is 10am. The shopping times at Tops/Mid-City are 11:15am and 12:30pm with a 1:45pm time available if all of the earlier time slots are filled. Shopping days are Tuesday, October 2, 9, 16, 23 & 30. If you need the front seat, please request it when you register. Try to keep your groceries to no more than four bags.

Please be ready 15 minutes before your scheduled time and be patient if you have to wait a little past the pick up time. We live in a small city, but it still takes time to go from one side of NT to the other, and we don't all move as quickly as we would like anymore!

Also, if you need to cancel please do so the day before or by 9:30am the morning of your scheduled time. The office cannot reach me once we are on the road. This service costs \$2.00 and is for NT residents only.
Looking forward to driving you! ~ Susan

BOULEVARD MALL &
CHRISTMAS TREE STORE

Chrystal Manzare

The Niagara Falls Boulevard shopping trips will be taking place on Wednesday, October 24th. The trips to the Boulevard Mall are scheduled for the 9:30am and 10:30am time slots.

Trips to the Christmas Tree Store can be scheduled for the 11:45am time slot. The cost for this service is \$4.00.



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 the office to schedule an appointment.

Due to high volume of requests and time constraints please understand that more than one person is scheduled for each time slot. Please come prepared to wait for your turn with the attorney.

NIAGARA COUNTY INFORMATION & REFERRAL PROGRAM

Victoria Cascia the representative from the Niagara County Office for Aging will be available every Wednesday of the month at our center from 10am —1 pm. Victoria can help any senior with insurance, Medicare, HEAP, and other applications or referrals. Any questions please call 694-2105.

PINOCHLE CLUB

Gloria Wilczek & Diane Juliano

Any senior interested in playing Pinochle is welcome to play every Tuesday afternoon at 1pm. Coffee and tea will be available for 25 cents per cup.

GENERAL MEMBERSHIP

Bea Hapeman - President

The next General Membership meeting will be held on Wednesday, October 24th at 1pm all members are welcome. Our Anniversary Dinner Dance will be taking place on Wednesday, October 17th, please come and support your center.

Thank you to all you came our basket raffle it was a great success. A special thank you also to those who volunteered and donated too. Your generosity is greatly appreciated.

RED HATTERS- Joan Dirmyer



The next Red Hatter's meeting is Thursday, October 11th at 6pm. New members are welcome.

EUCHRE- Ray & Donna Reynolds

This group meets every Friday afternoon at 1pm. All seniors are welcome to join in on the fun. Coffee and tea will be available for 25 cents per cup.

FOOD STAMP PROGRAM

Michele Cox from NIACAP will be at our center on Friday, October 5th from 9am –12pm to assist in Food Stamp recertification and applications.

CLUB 99

Anita Zebulske & Mary Ann Linkowski

Club 99 is an exercise program offered by Niagara County Office for Aging. This program is free to any senior. The program uses stretch and a strengthening routine to improve overall muscle tone.

This program will take place every Monday and Wednesday. The Monday class will start at 9:00am and the Wednesday class will start at 10:00am. If you already have an exercise band or a small ball please bring it with you.

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.

BINGO- Sherrie Hart

Bingo is held every Thursday at 1:30pm. The cost for 2 boards is \$1 which also includes a refreshment, coffee & tea. You must be at least 55 years old to play. We also conduct a 50/50 at each session to help defray the cost of running the Bingo program. The 50/50 tickets are 3 for \$1.

Thank you to all of our volunteers!

Joanne Catipovic, Eileen Lewis, Jane McDermott, Sharon Lewis, Carol McMeekin, Gloria Nowakowski, Judy Stoutenburg, Rhonda Holka, Jenni Gauda & Beth Feenin

SCRABBLE & DOMINOS

The center is open on Friday afternoons for anyone who wishes to play Scrabble, Dominoes or work on puzzles. The tables are free to use after 1pm. Coffee and tea will be available for 25 cents per cup.



TRAVELING WITH MEL-Mel Quast

The next Travel Club meeting will be held on Wednesday, October 10th at 1:30 pm. Coffee and tea will be available for 25 cents per cup. Questions on any trips please contact Mel Quast at 695-2170. Any checks can be mailed to 1722 Linden Ave, N.T. NY 14120.

Please remember to be on time for any trip. Every trip leaves promptly, it is best to arrive about 15 minutes early. All trips depart from the Manhattan St. Parking Lot; unless otherwise specified. Informational flyers can be obtained at the center on the table next to the main office. If you are diabetic it is always wise to bring a snack while you travel.

November 7– Del Lago Resort Casino

10:30 depart North Tonawanda from Manhattan Street parking lot. Includes \$25 slot bonus and \$5 food voucher. Senior Day Bonus (bonus with Players Card only). Must have Government issued picture ID to receive Players Card. Return to North Tonawanda at 7:30pm. The cost of this trip is \$34.00 *add "Tribute to Shania Twain & Garth Brooks" for \$10.00.

European Ski & Vacation Trip

January 11, 2019-January 26, 2019. Round trip air Buffalo-Munich, Germany. Dix Motor Coach transfers-Munich Airport-Neuhaus Hotel and return. 14 nights lodging at Neuhaus Hotel-breakfast & dinner daily-all air taxes, hotel tax and bus gratuities. Trip price : \$3,350.00 per person/double occupancy. Deposit of \$500.00 due now and full payment by November 2018.

Christmas Over The Tavern

December 13 2018. A world premier musical from acclaimed playwright and Buffalo native, Tom Dudzick, that features an all-new holiday story about Buffalo's favorite family, Pazinskis. Christmas 1959 was not merry with dad going through mid-life depression and refusing to buy a tree. Sister Clarissa is threatening to expel 12 year old Rudy for performing a blasphemous one-man nativity scene and the family is worried that it may be their last Christmas together as a family.

3:30 pm depart North Tonawanda. Includes dinner at Orazio's restaurant in Clarence NY. Then enjoy 7:00pm show at Musical fare, Daemen College and return at 10:30pm. The cost per person is \$85.00. \$25 now to hold your seat and balance is due by November 14th.

SPEAKERS SERIES

Univera Health Insurance

Maria Schenk from Univera will be at our center on Tuesday, October 23rd at 9:30 am for informational seminar. Anyone from the public is welcome to attend.

Clarity Group

Patricia Halt from Clarity Group will be at our center on October 12th at 1pm. Clarity Group is a company that specializes in Medicare options for those approaching 65 years of age, people already on Medicare, and those who qualify for Medicare through disability. Our experienced team members can help you find a plan to fit your budget and needs. We welcome your questions.

Kalos Health Insurance

Maura Stack from Kalos Health Insurance will be at our center on Thursday, October 11th at 12:30pm for an informational seminar. Anyone from the public is welcome to attend.

Fedelis Health Insurance

A representative from Fidelis Insurance will be at our center on Tuesday, October 16th at 10:00 am for informational seminar. Anyone from the public is welcome to attend

Elderwood at Wheatfield

Elderwood At Wheatfield is a supportive continuum of care community that is dedicated to delivering quality care. They offer variety of living options to meet everyone's needs. Whether you are independent, require 24 hour around the clock nursing care, or anything in between Elderwood at Wheatfield is the right place for the right care.

Stacey Zahno from Elderwood will be at our center on Thursday, October 11th & 23rd at 1pm with informational pamphlets and will be available for any questions you may have.

Anchor Health Choice

Wendy Greenwood from Anchor Health Choice will be at our center on October 18th at 1pm with some informational pamphlets on their Consumer Directed Personal Assistance Program.

SPECIAL EVENTS

MOVIE MONDAY- Eileen Lewis

On Monday, October 15th please come and enjoy a movie with us! Soda and popcorn will be available. The movie begins at 1:30pm. The movie will be "Hacksaw Ridge" which is based on a true story. This movie is directed by Mel Gibson.

ANNIVERSARY DINNER DANCE



The center will be hosting their Annual Anniversary Dinner Dance on Wednesday, October 17th 2018. Tickets will go on sale Monday, September 10th for \$17 each. The menu will be beef pot roast, roasted chicken, mashed potatoes & gravy, green beans, carrots, salad rolls, and cheesecake for dessert. Coffee & tea will also be available.

Live music will entertain us from 7:30pm-9:30pm by Tom Bender.

Autumn Card Party

We will be having an Autumn Card Party on Wednesday, October 31st at 1:30pm. The tickets are on sale now for \$5 each and will be sold in sets of (4). Pizza and soda will be served. There will be a prize for the winner of each table and several door prizes. Tickets will not be sold after Friday, October 26th.



Medicare Seminar

The Niagara County Office for Aging will be at our center on Friday, November 2nd at 9:30am—11:30am hosting a Medicare Seminar. The public is welcome to attend.

In The Community...

First Methodist in North Tonawanda

\$2/donation- luncheon held on the 4th Saturday of every month at 11:30am. The First Methodist church is on the corner of Main and Tremont Street in North Tonawanda

MEMBERSHIP UPDATES

New Members: Dolores Syroczyński, Guy Fuqua, Regina Flynn, Judith Kovach, Elizabeth Phillips, Ruth Hawthorne, Howard Lewis, Catharine Anderson, Debbie Kwarcianny, Florence Orłinski, Linda Hankinson, Wilhelm Hofer, Gail Bille and Sandra Schmidt.

In Nursing or Rehabilitation Facilities: Peggy Hawkins, Elsie Nachreiner, Marian Szymkowiak, Janice Koch, Florence Gawrys, Dorothy Batt, Ann Putz, Don Mallow and Agnes Wilson.

In Hospital: Sherwood Kramer

Deceased: Jaqueline Kramer

Home from Hospital: Anne Kelly

VOLUNTEER CORNER

Just a reminder.... The folding and mailing of the November's newsletter will be taking place at 9:30 am on Friday, October 26th. Everyone is encouraged to help.

Newsletter volunteers

John Davisson Jr, Linda Elliott, Marsha Kennedy, Mary Drescher, Marjorie Brackett, Joe Pusateri, Dorothy Muniak, Mary Sattelberg, Karen Krentz and Shirley Romain.

Words of Wisdom...


"Charity is no substitute for
justice withheld"....

-Saint Augustine

"Justice is itself the great standing policy
Of civil society; and any eminent
departure from it, under any
circumstances, lies under the suspicion
of being no policy at all."

-Edmund Burke

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Cheese tortellini with meatballs and sauce Carrots, Italian bread Vanilla pudding with whipped topping	2. Ham and pasta primavera w/ rotini pasta Peas Rye bread Peach polka dot dessert	3. Baked chicken leg With gravy Mashed potatoes Broccoli Corn bread Fresh fruit	4. Cheeseburger supreme Hamburger roll Rice with broccoli & cauliflower, cucumber and pepper salad deluxe fruit salad	5. Sliced turkey with gravy Bread stuffing Green beans and mushrooms, dinner roll Chilled peaches
8. Columbus Day No meals served	9. Spaghetti and meatballs country blend vegetables Dinner roll Chocolate chip cookies	10. Breaded pork chop Potatoes O'Brien Carrot coins Dinner roll Apple crisp	11. Grilled chicken breast With lettuce and tomato on hamburger roll Italian pasta salad Zucchini and tomatoes Fresh fruit	12. Broccoli cheese strata Hash brown patty Cauliflower Wheat bread Cake delight
15 Mild Italian sausage link or patty (green peppers and onions) on a hot dog or hamburger roll. Parsley buttered rotini California blend vegetables, tapioca pudding with whipped topping	16. Chicken strips over salad (1 cup salad mix, romaine, carrots, red cabbage, tomatoes, green pepper, garbanzos, red onion, feta cheese) Greek potatoes, 1/2 whole wheat pita bread, chilled pears	17. Manicotti with tomato sauce Spinach Italian bread Lemon whip	18. Sweet and sour chicken Over seasoned rice with Chinese noodles Brussels sprouts Dinner roll Yellow cake with chocolate frosting	19. Mushroom Swiss burger on hamburger roll Macaroni salad French style green beans Fresh fruit-apple
22. Baked sliced ham Whipped sweet potatoes Peas Wheat bread Fresh fruit	23. Meatloaf with gravy Mashed potatoes Mixed vegetables Wheat bread Fruit cocktail	24. Julienne salad with 3oz diced turkey (1 cup salad mix, romaine, shredded carrots, red onion, tomatoes, garbanzos, shredded cheddar) potato salad, blueberry muffin, orange dream cake)	25. Macaroni and cheese Stewed tomatoes Dinner roll Sugar cookie	26. Veal parmesan with tomato sauce Rotini pasta 1/2 cup tossed salad Italian bread Heavenly hash
29. Grilled chicken salad (3oz seasoned chicken & 1 cup mesclun mix, tomatoes, shredded carrots & cheddar cheese) Tri color pasta salad Wheat bread S'more pudding parfait	30. Bbq pork riblet served on a hamburger roll Baked beans Cauliflower Fruited gelatin	31. Salisbury steak & gravy Au Gratin Potatoes California Blend Vegetables, dinner roll Chilled Pears Cider and doughnuts 		

October 2018

Mon	Tue	Wed	Thu	Fri
1. 9:00 Club 99 11:45 Nutrition	2. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	3. 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition	4. 11:45 Nutrition 1:30 Bingo	5. 9:00 Food Stamps 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
8. Columbus Day Center is closed	9. Grocery/Mid-City 11:45 Nutrition 1:00 Pinochle	10. Wal-Mart Shopping 10-12 Info & Referral 10:00 Club 99 11:45 Nutrition 1:30 Travel Club	11. 11:45 Nutrition 12:30 Kalos 1:00 Elderwood 1:30 Bingo 6:00 Red Hat Mtg.	12. 11:45 Nutrition 1:00 Clarity Group 1:00 Scrabble 1:00 Dominos 1:00 Euchre
15. 9:00 Club 99 11:45 Nutrition 1:30 Movie	16. Grocery/Mid-City 10:00 Fidelis Ins. 11:45 Nutrition 1:00 Pinochle	17. 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition 5:00 Anniversary Dinner Dance	18. 11:45 Nutrition 1:00 Anchor Group 1:30 Bingo	19. 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
22. 9:00 Club 99 11:45 Nutrition	23. Grocery/Mid-City 9:30 Univera 10:00 Club 99 11:45 Nutrition 1:00 Elderwood 1:00 Pinochle	24. Blvd Shopping 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition 1:00 General Mtg	25. 11:45 Nutrition 12:30 Kalos Health 1:30 Bingo	26. 9:30 Newsletters 11:45 Nutrition 1:00 Scrabble 1:00 Dominos 1:00 Euchre
29. 9:00 Club 99 11:45 Nutrition	30. Grocery/Mid-City 10:00 Club 99 11:45 Nutrition 1:00 Pinochle	31. 10 –12 Info & Referral 10:00 Club 99 11:45 Nutrition 1:30 Card Party		