

**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

JANUARY 2024

KING'S CHILI COOK OFF

In honor of the Martin Luther King Jr. holiday we are hosting a Chili Cook Off on Monday, January 15th. Anyone interested in entering must register with this office by Friday, January 5th. Tickets for this event are \$5 each which can be purchased at the office.

Everyone who purchases a \$5 pass can taste each chili and vote on a winner. This event will start at 11:30am and end at 1:30pm. The winner of the chili cook off will receive a special trophy.

WINTER CARD PARTY

Wednesday, January 31st at 1pm. Tickets are being sold for \$5 each. Please buy tickets in sets of 4 for your table. Each table winner will receive a \$5 cash prize. Everyone in attendance will enjoy soda, pizza, door prizes and a 50/50. Tickets go fast so be sure to buy yours soon!

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.

*On 1/15 Euchre will have a late start at 1:30pm due to the Chili Cook Off!

ARTS & CRAFTS

For the month of January we will be working on a Valentine craft. A sample of this craft is in the front hall for you to see. Please sign up at the office. Your fee for the craft will be collected when you sign up.

NY CONNECTS RECERTS & REFERRAL

Sally Perez will be at the center **Thursday, January 25th from 11:30 –12:30pm** to assist any senior with Food Stamp, Medicare or any Government forms. No appointment necessary.


NT SENIOR FITNESS

Judy DeVantier

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. Judy is looking for a volunteer to help her teach, anyone interested please see her after or before any class.

VALENTINES DINNER DANCE

 The General Membership will be hosting their Annual Valentines Dinner Dance on Wednesday, February 21st 2024. Tickets will go on sale starting Monday, January 8th- \$20 for paid members and \$25 for non members.

The food will be catered by Jim Fingerlow (Just Say Cheesecake). The menu will include— a cheese and cracker plate, homemade lasagna, meatballs, chef salad, rolls, butter, and cheesecake for dessert. Coffee and tea will also be available.

We will have live music from 7:30-9:30pm by The Hasting Duo. The doors will open at 5:15pm, dinner will be served at 6pm and door prizes and a 50/50 to follow. Tickets will not be sold after 2/14/24.

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. Roundtrip transportation is also available. Please call 716-695-8582 for making or canceling a reservation.

ANNUAL DUES

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 \$4.00 per year. Please mail your check to 110 Goundry Street N. Ton. Please make checks payable to the North Tonawanda Senior Center. You can also pay online at NTParksrec.com with a major credit card.

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

Looking forward to the New Year!!! ...



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, January 10th. 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

THE GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, January 24th at 1pm. We will be choosing an audit committee at this meeting. Our new officers will be officially sworn into office.

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

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

NT TRAVELS WITH Jean Marshall

Our Travel meeting is on Wednesday, January 10th 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 Marshall@yahoo.com. All checks are to be made payable to Jean Marshall.

TRIP SCHEDULE

**Spring Fling— Wednesday, March 27 2024—
\$72.00**

\$30 deposit with sign up, 9am– 6pm. Depart from 500 Wheatfield St. NT.

It's off to the country for an old fashioned family style pancake brunch at Sprague's Maple Farm. Stop by the gift shop to purchase all your maple products as well as gift items. At our next stop we will learn the art of candle making as we tour the factory and of course, stop for unique candles at The Northern Lights Candle Factory. On our way home, stock up on cheese at the Cuba Cheese Store.

**Sights & Sounds of Lancaster PA— 3 Days—2
Nights. April 22-24 2024—\$517 per person—
double occupancy**

Package includes— 2 nights lodging, 2 breakfasts, 2 dinners including a smorgasbord dinner, performance of Daniel at the Sight & Sound Theatre. Enjoy a Guided tour of the Amish countryside, including stops at an Amish craft farm & bake shop, Kitchen Kettle Village, Country Store & Miniature Horse Farm, souvenir gift shopping, luggage handling, taxes & meal gratuities and motor coach transportation. Cancellation insurance available & highly recommended.

RED HAT LADY BUGS- Joan Dirmyer

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

PINOCHLE CLUB— Diane Juliano

Any senior is welcome to play Pinochle on Tuesdays at 1:00 pm. Please bring \$1.05 for the game. Coffee and tea will be made available for 25 cents.

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. **Doug is scheduled to be here on Tuesday, January 9th.**

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.

MEMBER UPDATES:

New Members: Linda & Lyle Dewiel, Arlene Gerfin, Thomas Dumond, Elizabeth Orłowski, Dawn Chido, Florence Lindaman, John Robins, Kathy Road, Tracie Wurl, Sistine Ilgunas, Guy Nelder, Jo Jo Balzano, Sean & Kathryn Tucker, Rita Vitaris, Patricia Kupiec, Barbara McNees, Carolyn Kirsch, Ruth Strebe, Arlene Esan, Wendy Coyde, Ronald Thibeault, Laurie Jean Orszulak, Darlene Oliver, Paul & Christine Lupke

Assisted Living: Peter Kojum, LaVern Zastrow

In Memory: Audrey Zuch, Roger Karre, Britta Sparks & Janice Laforce

NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on Friday, January 26th at **9am. Everyone is welcome to help!!!**

Thank you to last month's volunteers:

Norma Kitzmiller, Pat Wentz, Marsha Kennedy, Mary Drescher, Marjorie Bracket, & Virginia Park

JANUARY 2024


MONDAY

TUESDAY

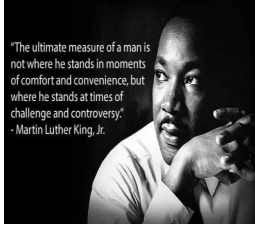
WEDNESDAY

THURSDAY

FRIDAY

<p>1. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament</p>	<p>2. 9:00 Cards & Games 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room</p>	<p>3. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament 1:00 Red Hat Society</p>	<p>4. 9:00 Cards & Games 11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>5. 9:00 Crafts Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos</p>
<p>8. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament</p>	<p>9. 9-3 Veterans Assist 9:00 Cards & Games 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room</p>	<p>10. Attorney (apt only) Pool Room Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club Mtg</p>	<p>11. 9:00 Cards & Games 11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>12. 9:00 Crafts Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos</p>
<p>15. 10:00 NT Senior Fitness 11:30-1:30pm– Chili Cook Off- *1:30 Euchre Tournament * Please note late start for Euchre</p>	<p>16. 9:00 Cards & Games 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room</p>	<p>17. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition</p>	<p>18. 9:00 Cards & Games 11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>19. Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos</p>
<p>22. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament</p>	<p>23. 9:00 Cards & Games 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room</p>	<p>24. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Membership Meeting</p>	<p>25. 11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>26. 9:00 Newsletters Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos</p>
<p>29. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament</p>	<p>30. 9:00 Cards & Games 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room</p>	<p>31. Grocery Shopping Tech Help Available 11:45 Nutrition 1:30 Card Party!</p> 		

JANUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1.</p> <p>HAPPY NEW YEAR! CENTER IS CLOSED</p>	<p>2.</p> <p>Beef stew Parslied cauliflower Biscuit Sliced peaches</p>	<p>3.</p> <p>Goulash Seasoned peas & Carrots Whole wheat bread Fresh orange</p>	<p>4.</p> <p>Roast pork with gravy Mashed potatoes Seasoned Brussels spouts Whole wheat dinner rolls, apple crisp with whipped topping</p>	<p>5.</p> <p>Egg and broccoli Frittata O'Brien potatoes Stewed tomatoes Cinnamon oat bran muffin Sliced pears</p>
<p>8.</p> <p>Greek seasoned chicken breast with feta Greek seasoned rice Seasoned spinach 1/2 whole wheat pita applesauce</p>	<p>9.</p> <p>Stuffed cabbage roll Casserole Seasoned broccoli Whole wheat bread Pumpkin Bavarian</p>	<p>10.</p> <p>Tuna salad sandwich with lettuce, tomato Onion Tomato Floren- tine soup with crackers Pickled beets 2 slices whole wheat bread & mandarin oranges</p>	<p>11.</p> <p>Spaghetti and meatball with tomato sauce, seasoned green beans Italian bread Heavenly hash</p>	<p>12.</p> <p>Chicken stew Spinach salad Biscuit Fruited gelatin with whipped topping</p>
<p>15.</p> <p>Martin Luther King Jr. Day– No Meals Served.</p> 	<p>16.</p> <p>Cheeseburger supreme with lettuce, tomato, onion, pickle Sweet potato wedges Mixed vegetables, whole wheat hamburger bun, brownie</p>	<p>17.</p> <p>2 cheese manicotti with tomato sauce Garden salad Garden salad Italian bread Deluxe fruit cup</p>	<p>18.</p> <p>Sliced turkey breast with gravy Garlic mashed pota- toes Seasoned peas Whole wheat dinner roll and sliced peaches</p>	<p>19.</p> <p>Breaded bone in pork chop, mashed squash Bavarian Sauerkraut Stuffing banana</p>
<p>22.</p> <p>BBQ Chicken drum- stick Baked sweet potato Coleslaw Whole wheat bread Tropical fruit cup</p>	<p>23.</p> <p>Beef stroganoff over egg noodles California vegetable blend Biscuit pineapple</p>	<p>24.</p> <p>Homemade Salisbury steak w/ gravy Cheesy mashed potatoes Tomatoes & zucchini Whole wheat dinner roll, fruited gelatin with whipped topping</p>	<p>25.</p> <p>Vegetable lasagna Seasoned spinach Italian bread Mandarin oranges</p>	<p>26.</p> <p>BBQ pork riblet Broccoli & cheddar soup with crackers Wax beans Whole wheat hoagie roll and cinnamon applesauce</p>
<p>29.</p> <p>Homemade mac and cheese Seasoned broccoli Rye bread Deluxe fruit cup</p>	<p>30.</p> <p>Turkey and cheese sub with lettuce, tomato, onion. Brown rice and lentil soup Caesar salad Whole wheat hoagie roll Fresh orange</p>	<p>31.</p> <p>Sweet and sour pork Seasoned brow rice Stir fry vegetable blend Whole wheat dinner roll and cookie</p>		