

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

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

Return Service Requested

OCTOBER 2024

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

MEAT & BASKET RAFFLE

Saturday, November 2nd



We are looking forward to November 2nd! Our Meat Raffle & Basket Raffle! This is our only fundraiser!! All of the meat is purchased from Pellicano's Marketplace and is top quality. Tickets are \$10 in advance and \$12 at the door.

Tickets for the baskets are only available at the event for \$5 per sheet. You must be present to win the meats or the baskets. We have about 100 baskets! We also will be having a 50/50 and a few special \$1 raffles.

We are in need of volunteers. Anyone willing to sell tickets let the office know.

ANNIVERSARY DINNER DANCE

Our Anniversary Dinner dance will take place on Wednesday, October 16th. Dinner will be served family style by Jim Fingerlow at 6pm Menu- ham & roast beef, scalloped potatoes, carrots, chef salad, rolls, butter & cheesecake for dessert.

Music will entertain us between 7:30-9:30pm. Music is by a DJ "PAPA TRINI" Tickets will be \$25 for members and \$30 for non-members.



TAI CHI- Manuela Ceglinski

Tai Chi lessons have been a huge success. They are held every Tuesday & Thursday at 10am. It will cost each person \$15 a month to take this program. Please pay the instructor directly.

NT SENIOR FITNESS-Judy DeVantier

NT Senior Fitness is an exercise program offered by The NT 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! Please someone... step up!!

NIAGARA COUNTY NUTRITION

Sharon Lewis, Site Director

Niagara County offers a part time lunch program at the center at 11:45am **Monday, Wednesday, Thursday & Fridays** The suggested donation for a lunch is \$3.25. One week notice is now required. Roundtrip transportation is also available. Please the main office at 716-438-4031 for making or canceling a reservation.

BUFFALO BILLS VS HOUSTON TEXANS

SUNDAY, OCTOBER 6TH—1PM



WHAT ARE YOU THINKING??

DON'T MISS OUT!!! Sign up for the NT Senior Center's Buffalo Bills POT LUCK!

Doors open at noon. You must sign up in advance **NO LATER THAN OCT.3rd**. Everyone in attendance must bring a dish to pass and their own beverages. The center will supply the hot ham sandwiches.

Don't miss out watching the game on the big screen with your other senior friends. Bring your own spirits but please drink responsibly

MAHJONG

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

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 & tea will be made available for 25 cents

PINOCHLE CLUB— John Enright

Any senior is welcome to play Pinochle on Tuesdays at 1:00 pm. Please bring \$2.00 for the game. Coffee and tea will be made available for 25 cents.

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 North Tonawanda.

Please make checks payable to the N T Senior Center. You can also pay online at NTParksrec.com with a major credit card.

MEMBER UPDATES

New Members: Preston Samuel, Jim Mercer, Elizabeth Shank, Carol Welshans, June Drachenberg, Doreen Monette, Frances Bull, Ricky Belstadt, Patricia Janik-Franzek, Shirley Clark, David Luther, Richard Smith, Darcy Wilson, Carol Lower, Cathy Lattanzio, Betty Skoney, Wendy Planavsky, & JoAnne Bolyard. Welcome all new members.

Deceased Members: Mel Quast

In Hospital: Marianne Guth, Carol Wilczak & Jean Marshall

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 18 games. There are prizes for each game. Please sign in at the main table. Thank you.

Thank you to our volunteers:

Volunteers: Joanne Catipovic, Rhonda Holka, Beth Feenin, Carol McMeekin and Kim Piorkowski, Sharon Beeman

RED HAT LADY BUGS- Joan Dirmyer

The next Lady Bugs gathering is Wednesday, October 2nd at the NT Senior Center at 1pm. We are celebrating Halloween. Please wear a costume if you wish. If you have any questions please call Joan at 716-694-5132. We are always looking for new members and new ideas.

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

VETERAN SERVICES- Doug Kolata

Niagara County Veterans Service representative will be at our senior center on Tuesday, October 8th from 9am—3pm. to assist any Veteran. 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

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, October 23rd at 1pm. We will be finalizing plans for the upcoming fundraiser on November 2nd and making plans for the Holidays.

TRAVEL CLUB- JEAN MARSHALL

Travel Club has been postponed until further noticed.

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.

CRAFT CORNER

Crafts will be held every Friday morning at 9:30 while supplies last. We have fall crafts for wreaths, candles and other items available.

LATIN INSPIRED DANCING **Manuela Ceglinski**



Latin dancing takes place every Friday at 10 am during the month of October. This is free program thanks to a grant by Assemblyman Conrad

FREE!! JAZZ & APPETIZER EVENT

Friday, November 15th—1-3pm! Enjoy The Ballroom Buzards & appetizers! Feel free to bring your own spirits!! Tickets will be given when you register (up to 125 seniors).

Tickets will be given away by this office starting Wednesday, October 16th.

This event was made possible by a grant through Assemblyman William Conrad.



SENIOR COMPUTER LAB

The center has 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.

ATTORNEY- Gary Billingsley

The Office for the Aging has a legal assistance program for anyone 60 & over living in Niagara County. The next time the attorney will be at our center is Wednesday, October 16th. Please call 716-695-8582 for an appointment.

If you are interested in contributing toward the costs of legal services provided to you, the suggested contribution rate is \$20 per consultation. No one will be denied service if they can not contribute.

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.

NEWSLETTER VOLUNTEERS

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

Thank you to last month's volunteers:

Noma Kitzmiller, Eileen Carter, Marsha Kennedy, Pat Wentz, Marge Brackett, Virginia Park, Mary Drescher, Bernie Hagedorn, Shirley Klinefelter, Sharon Davignon, Lillian Kazmierczak

OCTOBER 2024


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>OCTOBER 6TH 1PM BILLS GAME POT LUCK– SIGN UP NO LATER THAN 10/2</p>	<p>1. Computers 9-3 Veterans Assist 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong</p>	<p>2. Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hatters Lady Bugs Halloween –dress up</p>	<p>3. Billiards Computers 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo</p>	<p>4. crafts Computers 10:00 Latin Dancing 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>7. Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>8. Billiards Computers 9-3 Veterans Assist 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong</p>	<p>9. Billiards Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition</p>	<p>10. Billiards Computers 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo</p>	<p>11. crafts Computers 10:00 Latin Dancing 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>14.. CLOSED FOR COLUMBUS DAY</p>	<p>15. Billiards Computers 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong</p>	<p>16. Billiards Computers Attorney (apt only) Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition Anniversary Dinner Dance</p>	<p>17. Billiards Computers 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo</p>	<p>18. crafts Computers 10:00 Latin Dancing 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>21. Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>22. Billiards Computers 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong</p>	<p>23. 9:00 Newsletters Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Mtg.</p>	<p>24. Billiards Computers 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo</p>	<p>25. crafts Computers 10:00 Latin Dancing 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>28. Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>29. Billiards Computers 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong</p>	<p>30. Billiards Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition</p>	<p>31. Billiards Computers 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo</p>	

OCTOBER 2024

Monday	Wednesday	Thursday	Friday
	<p>2.</p> <p>Sliced turkey breast with gravy Mashed potatoes Glazed carrots Stuffing Flavored pudding with whipped topping</p>	<p>3.</p> <p>2 cheese manicotti with tomato sauce Seasoned brussels sprouts Italian bread Fresh Banana Parmesan cheese</p>	<p>4.</p> <p>Breaded bone in pork chop Mashed squash Bavarian sauerkraut Whole wheat dinner rolls applesauce</p>
<p>7.</p> <p>BBQ chicken drumstick Baked beans California vegetable blend Biscuit Fresh orange</p>	<p>9.</p> <p>Turkey ala king over egg noodles Seasoned peas Biscuit Tropical fruit cup</p>	<p>10.</p> <p>Cheeseburger supreme with lettuce, tomato, onion, pickle Broccoli cheddar soup with crackers Spinach and bacon salad Whole wheat hamburger bun, cookie</p>	<p>11.</p> <p>Beef lasagna Italian vegetable Blend Italian bread Fresh cantaloupe</p>
<p>14.</p> <p>CLOSED FOR COLUMBUS DAY</p>	<p>16.</p> <p>Sweet and sour pork Seasoned brown rice Stir fry vegetable blend Whole wheat bread Mandarin orange delight</p>	<p>17.</p> <p>Hot roast beef sandwich with gravy Garlic mashed potatoes Seasoned broccoli Whole wheat hamburger bun Sliced peaches</p>	<p>18.</p> <p>Stuffed pepper with tomato sauce Wax beans Muffin Pear crisp with whipped topping</p>
<p>21.</p> <p>Chicken thighs with gravy Brown rice and lentil soup with crackers Mixed vegetables Cinnamon raisin bread Mandarin oranges</p>	<p>23.</p> <p>Cheese tortellini with meatballs and tomato sauce Meatballs and tomato sauce Seasoned green beans Italian bread Fresh banana</p>	<p>24.</p> <p>Sliced baked ham Baked sweet potato Seasoned cauliflower Whole wheat dinner roll pineapple</p>	<p>25.</p> <p>Baked homemade meatloaf with gravy Cheesy mashed Potatoes Seasoned spinach Biscuit Brownie</p>
<p>28.</p> <p>Roast Pork Au Jus Harvard Beets Seasoned Brussels Sprouts Rye Bread Fruited Gelatin With whipped topping</p>	<p>30</p> <p>Chicken breast sandwich with lettuce, tomato, onion Hearty vegetable soup with crackers Broccoli salad Whole wheat hamburger bun and heavenly hash</p>	<p>31</p> <p>Goulash Seasoned peas and carrots Italian bread Fresh orange</p>	