

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**

110 Goundry Street North Tonawanda, NY 14120
Telephone: 695-8582—Fax: 695-8530

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

OCTOBER 2022

**NT SENIOR CENTER 52ND
ANNIVERSARY DINNER DANCE**

Our 52nd Anniversary Dinner Dance will be held on Wednesday, October 19th. Doors will open at 5:15, dinner will be served at 6 and music will play from 7:30-9:30pm. Dinner by Just Say Cheese Cake will include a family style meal with turkey, stuffing, mashed potatoes, corn, salad and cheesecake for dessert. **(If there is still a National shortage on Turkeys— roast beef will be substituted)**



Live music will be provided by the Hastings Duo. You will also enjoy a few door prizes and a 50/50. Tickets are on sale now until October 12th. Tickets are \$18 for members and \$20 for non-members.

UNVIVERA

Michelle from Univera will be at our center on Monday, October 3rd at 1pm. Anyone interested in attending can call the office to register at 695-8582.

HUMANA HEALTH INSURANCE

A representative from Humana Health Insurance will be here on Thursday, October 20th from 1:00—2:30pm for anyone who has questions regarding Medicare.

MEDICARE INFORMATION

Marc Gleason a licensed Medicare agent will be here on October 17th 11am-1pm and October 21st from noon –2pm. To discuss Medicare Plans and answer any questions you may have. To reserve a spot call 716-471-2169

OFFICE FOR AGING MEDICARE SEMINAR

Friday, November 18th 9:30am—11am there will be an open Medicare Seminar sponsored by the Niagara County Office for Aging & EPIC. This is free and open to the public

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 WEEK notice is now required.

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

THE VEGGIE VAN

The Veggie Van is here every Tuesday until October 11th from 1pm-2pm with Niagara County's fresh vegetables. This is sponsored by Cornell Cooperative Extension.

**PROTECTING YOUR HOUSE, RETIREMENT &
LIFESTYLE FROM MEDICAID & NURSING HOME
EVENTS—Mon. Oct. 24— 2pm**

- Avoid losing your house to Medicaid
- Is your house set up for care correctly
- Avoid effecting your children and grandchildren financial future
- Mitigating the longevity risk on your house retirement & lifestyle
- Plan for the expected and unexpected in your life.

This class runs about 40 minutes and is taught by Chrystal Manzare Senior R.E. Specialist at Howard Hanna Real Estate Services and Les Robinson CLTC Author: Protecting your Money from Medicaid and Nursing Home Event

Please call to register— 716-695-8582



HALLOWEEN CRAFT- \$12-

Register by October 12th. We are looking to make Halloween door decorations, and wreaths on Friday, October 14 & 21 2pm-4:30. **You must be registered and prepaid for this event.**

KNITTING CORNER

Every Monday afternoon at 1pm on the carpeted area of the main room. Open to any senior to knit or crochet.

MINI GROCERY - Chrystal Manzare

The mini grocery program take place every Wednesday. Chrystal can transport seniors to Tops, Market in the Square or Walmart in NT.

If you are in need of a ride please call the office to schedule your appointment . If you need to cancel an appointment please call the office at 695-8582. There is a \$2 fee for this service. This service is available to NT residents only.

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 stamps are always appreciated

RED HAT LADY BUGS

Joan Dirmyer

The next Red Hat Lady Bugs gathering is Wednesday, October 5th at 1pm. It's a Halloween party; costumes are optional.

ANNUAL DUES

The office is now open regular hour Monday-Friday 8:30am - 4:30pm. The dues remain the same rate of \$4.00 per year. You can pay at the office or mail. You can also pay online at NTParksrec.com with a major credit card.

DRIVER'S SAFETY COURSE

"Laugh Your Points Off!" Defensive Driving Classes don't have to be boring!! Take the Safe Driver Academy Defensive Driving Class NYS 's only approved Humor-Based course and save 10% on your auto insurance for 3 years plus, reduce up to 4 points from your DMV record. **\$35 per person.** Attend both days from 1-4pm: Monday, Nov 21 & 28.

EUCHRE CLUB

Any senior is welcome to play Euchre on Fridays at 1:00 pm. Everyone needs to bring \$1.05 for the game. Coffee and tea will be made available for 25 cents. If anyone is in need of lessons please see Curt at the center. * Perfect Score Dick Prinzbach of 60 on 9/9/22

SNAP-ED NUTRITION CLASSES

Come, learn, laugh and eat with Susan Petty from Cornell Cooperative Extension. Susan will teach you to make a nutritious easy dish. Your group will be able to taste afterwards. Recipes and new health information is always available. The next class will take place in November.

ATTORNEY- Gary Billingsley

The Office for the Aging has a legal assistance program for anyone 60 and over living in Niagara County. The suggested donation for each consultation is \$20.00. Please pay the attorney directly. This office does not collect donations for the Office for Aging.

The next time the attorney will be at our center is Wednesday, October 19th. Please call this office for an appointment 695-8582. You will not be seen without an appointment.

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 dessert (usually donuts). We play 8 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, Karen Krentz, Beth Feenin, Gloria Nowakowski, Rhonda Holka, Kim Piorkowski, Mike Confer, Sheila Jones and Carol McMeekin.

SENIOR BREAKFAST CORNER

Our next breakfast is Friday, October 28th. Come and join us for a continental breakfast! This is open to members only! This program is limited to 25 seniors. Tickets are \$6 each. The menu may change but may include: scrabble eggs, pancakes, muffins, fruit & coffee. Food will be served at 9am and clean up will begin at 10am.

TECHNOLOGY HELP- Kim Sinon

If you need help with a **Android** device such as a phone or tablet please call the center at 695-8582 and make an appointment with Kim. She is available Wednesday mornings and Friday afternoons. There is no charge for this service. You must bring your own device. * No tech on The last 3 Fridays

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. Anyone interested in lessons please see Kim at the center.

NT TRAVELS WITH JEAN MARSHALL

The next Travel meeting is Wednesday, November 9th at 1:30pm. Jean will be here to show & discuss upcoming trips for NT and Wheatfield Senior Centers. Any questions please contact Jean at 694-5567 or email her at jeanmarshall@yahoo.com. ***Please note there is no meeting in OCTOBER!**

A CANTERBURY FEAST– SUN, NOV. 13

Deposit of \$30 due with sign up– final payment due Oct 14th.—Total of \$87.00. Start the day at Burch Farms Country Market & Winery to shop for festive fall specialties, bakery items & more. Next is the Station Diner Theater for the Medieval Musical Comedy– Canterbury Feast, where the Knaves and Wenches take us back to 1492. No utensils will be allowed at the King's Feast. – Depart from Wheatfield Senior Center.

BATAVIA DOWNS CASINO– Monday, November 28 –9am– 4pm– \$37.00

Money due October 31st. Try your luck at the slot machines. It's Forever Yong Monday! Each guest will receive \$15.00 free play. Once you earn 10 points, you will receive 20% off lunch & a free treat (ice cream soup or soda) on your player's club card. Veterans with valid ID will receive \$25.00 free play. All guest need a valid photo ID containing a picture, birthdate and expiration date. A stop at Kutter's Cheese on the way home. Depart from Manhattan Street Parking Lot.

BPO HOLIDAY POPS– Friday, Dec. 16

Deposit of \$35 due at sign up. Total is \$107.00. Bus departs from Wheatfield Senior Center. Begin the day with coffee & pastry at Kleinhan's Music Hall. Then enjoy the 10:30am Holiday Pops Concert with the Buffalo Philharmonic Orchestra. Relax & listen to the music splendor & sing along to your favorite holiday music. A delicious lunch is included following the show at Hamlin House restaurant. Choice of fish fry or stuffed chicken.

*INTRO TO AMERICAN SIGN LANGUAGE



Free! To any NT resident adult or senior. This series will introduce you to the ASL alphabet and approximately 30 signs. There will be time to share too. Please register for this class ahead of time. Space is limited. 716-695-8582. Pam Hogan is teaching.

Classes will be held on Monday, October 17th and Monday, October 24th at 5:15-6:15pm

GENERAL MEMBERSHIP

Our next General Membership meeting will be held on Wednesday, October 26th at 1:00pm at the senior center. All senior members are welcome to come and bring there ideas.

VETERAN'S ASSISTANCE

Dave Wohleben

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

Dave 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. Dave is scheduled to be here on Tuesday, October 11th.

IN THE COMMUNITY.. Basket Raffle & Craft Show -



Saturday, October 15 10am-4pm. Sikora Post 950 Payne Ave NT. Sponsored by The Vietnam Veterans of America. Please come out and support our Veterans!!

NT SENIOR FITNESS

Anita Zebulske & 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 and one pound weight bring it with you to class

MEMBER UPDATES:

New Members: Janet Hickman, Frank Barry, Martha Barry, Alan Wilczek Janet Roberts & Richard Wingrove Jr.

Nursing Home: Joan Bentley, Janice Koch & Eleanor Stahl

Deceased: Peggy Baron

NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on Tuesday, October 25th at 9:30am.

Thank you to last month's volunteers: Marsha Kennedy, Norma Kitzmiller, Shirley Klinefelter, Bernice Hagedorn, Marjorie Brackett, Mary Drescher, Judy DeVantier, & Karen Krentz.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Knitting circle 1:00 Univera	4. Pool Room open 11:45 Nutrition 1:00 Pinochle 1-2 Veggie Van	5. Grocery Shopping Tech help– call for apts 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hats Lady Bugs	6. Pool Room 11:45 Nutrition 1:30 Bingo	7. Pool Room 11:45 Nutrition 1:00 Euchre Tech Help– call for apts.
10. COLUMBUS DAY Center is Closed	11. Pool Room open 9-3 Veteran Services 11:45 Nutrition 1:00 Pinochle 1-2 Veggie Van	12. Grocery Shopping Tech help– call for apts 10:00 NT Senior Fitness 11:45 Nutrition	13. Pool Room 11:45 Nutrition 1:30 Bingo	14. Pool Room 11:45 Nutrition 1:00 Euchre 2:00 Craft– pre– registration
17. 10:00 NT Senior Fitness 11-1 Medicare info 11:45 Nutrition 1:00 Pool Room 1:00 Knitting circle 5:15 Sign Language	18. Pool Room open 11:45 Nutrition 1:00 Pinochle	19. Grocery Shopping Tech help– call for apts 10:00 NT Senior Fitness 11:45 Nutrition 5:15 Anniversary Dinner Dance	20. Pool Room 11:45 Nutrition 1:00 Humana 1:30 Bingo	21. Pool Room 11-1 Medicare Info 11:45 Nutrition 1:00 Euchre 2:00 Craft– pre– registration
24. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Knitting Circle 2:00 Protecting Your Home & Retirement 5:15 Sign Language	25. 9:30 Newsletters Pool Room open 11:45 Nutrition 1:00 Pinochle	26. Grocery Shopping Tech help– call for apts 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Mtg	27. Pool Room 11:45 Nutrition 1:30 Bingo	28. Senior Breakfast Pool Room 11:45 Nutrition 1:00 Euchre
31. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Knitting Circle				

*** NEW INTRODUCTION TO SIGN LANGUAGE– PLEASE CALL TO REGISTER! -This is a free program to any adult or senior!**

Monday, October 17 5:15-6:15 pm
Monday, October 24 5:15-6:15 pm



**ANNIVERSARY DINNER
DANCE**

Wednesday, October 19th

**Doors open at
5:15pm**

Dinner at 6pm

Music at 7:30pm

Tickets \$18 / \$20



In The Community!

Basket Raffle & Craft Show at The Sikora Post on Saturday, October 15th

10am-4pm



To Benefit the Vietnam Veterans of America.

OCTOBER 2022

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3. Greek Seasoned Chicken breast w/Feta Garlic spinach 1/2 whole wheat pita bread orange</p>	<p>4. Spaghetti & meatballs With tomato sauce Garden salad Italian bread Fresh cantaloupe</p>	<p>5. Tuna salad sandwich with lettuce, tomato and onion Cheddar and broccoli soup, Pickled beets 2 slices whole wheat bread and fruit cup</p>	<p>6. Stuffed cabbage with meat sauce Mashed potatoes Broccoli salad Whole wheat dinner roll Sliced peaches</p>	<p>7. Sliced turkey breast with gravy, sweet potato Peas, biscuit And banana</p>
<p>10. COLUMBUS DAY NO MEALS SERVED</p>	<p>11. 2 chees manicotti with tomato sauce Broccoli Italian bread Fruited gelatin with whipped topping</p>	<p>12. Bone in pork chop Mashed squash Bavarian kraut Stuffing Cinnamon applesauce</p>	<p>13. Chicken patty supreme with lettuce, tomato, onion, pickle Au Gratin potatoes, glazed carrots Whole wheat ham- burger bun, tropical fruit cup</p>	<p>14. Chili con carne Green beans Corn bread Fresh cantaloupe</p>
<p>17. Breaded Chicken Drumsticks Baked beans Sicilian blend vegeta- bles, muffin Heavenly hash</p>	<p>18. Homemade Salisbury steak with gravy Garlic mashed potatoes Brussels sprouts Wheat dinner roll Deluxe fruit cup</p>	<p>19. Pork riblet with sauce Hearty vegetable soup Wax beans Whole wheat hoagie roll, mandarin oranges</p>	<p>20. Vegetable lasagna Cauliflower with red pepper Italian bread Pumpkin Bavarian</p>	<p>21. Beef stroganoff over egg noodles, mixed vegetables Biscuit pineapple</p>
<p>24. Turkey and cheese sub with lettuce, tomato, onion and pepper pot soup Marinated vegetable salad, whole wheat hoagie roll banana</p>	<p>25. Sweet and Sour Pork with Crunchy Noodles Seasoned brown rice Broccoli Whole wheat bread orange</p>	<p>26. Roast beef sandwich with gravy Cheesy mashed pota- toes Garden salad Hard roll Tropical fruit cup</p>	<p>27. Stuffed pepper with tomato sauce Spinach Whole wheat dinner Roll cookie</p>	<p>28. Baked homemade meat- loaf with gravy Mashed potatoes California vegetable blend Whole wheat bread Sliced pears</p>
<p>31. Homemade mac and cheese Stewed tomatoes Whole wheat dinner roll, fruited gelatin with whipped topping -Happy Halloween!</p>		<p>Contact the Office for the Aging for help with your HEAP applica- tions today!! 716-438-3030</p>	<p>**Don't forget to get your flu shot!! Every local Doctor & pharmacy is giving them!!!!</p>	