

**NORTH TONAWANDA  
SENIOR CITIZEN CENTER**

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

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

Return Service Requested

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

**AUGUST 2022**

**VEGGIE VAN COMING  
TO THE NT SENIOR  
CENTER EVERY  
TUESDAY - 1-2PM.**



This is sponsored by Cornell Cooperative Extension. They accept cash, EBT, Farmers Market check and Fresh Connect checks. They also participate in the Double-Up Food Bucks Program. All are welcome to participate. **\*The van will not be here on Tuesday, August 2nd due to the Niagara County Fair.**

**UNVIVERA**

Michelle from Univera will be at our center on Wednesday, August 10th at 1pm. Anyone interested in attending can call the office to register at 695-8582.

**THEME BASKET FUNDRAISER**



Our Theme Basket Fundraiser will be held on **Saturday, September 17th.**

Doors will open at 1pm.

We start calling winners at 2:30pm. We sell our blocks of tickets (20) for \$5.00. We also have special \$1 raffles and a 50/50.

We are in need of volunteers for the day and baked goods. We are still accepting gift cards or new items only.

**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.

**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.

**\* Dick Prinzbach had a perfect 80 points on a Euchre game on June 10th !!!**

**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.

**CAPTION CALL- LIFE IS CALLING**



Do you have trouble hearing on the phone? Join us!

Join our event to learn about true no-cost telephone captioning. Caption Call does not charge for the captioning service, phone or mobile app, delivery or any form of customer support. See you there!!

We are an FCC authorized service provider and we make it possible for people with qualified hearing loss to participate in this federal program.

**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. City Market shopping is Thursday, August 11th.

**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 Red Hat group will be having their annual picnic on Wednesday, August 3rd at The West Canal Marina. The picnic is free but please bring your own drink. The picnic starts at noon and food arrives at 1pm. The park is located at 4070 Tonawanda Creek Road. 716-694-4630.

**ANNUAL DUES**

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.

Please mail your check to 110 Goundry Street North Tonawanda. Please make checks payable to the NT Senior Center. 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. You must pay at time of registration!**

Attend both days from 1-4pm:  
Monday, August 15 & Aug 22nd  
Monday, Nov 21 & 28.

**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, July 20th. Please call this office for an appointment 695-8582. You will not be able to see the attorney 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!! **Please bring change with you when possible!**

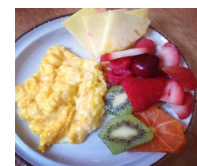
**Thank you to our volunteers:**

**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, August 26th**

Come and join us for a continental breakfast! This is open to members only! Since this is new, we are keeping it small at no more than 25 people, so buy your ticket soon! Tickets are \$6 each.



The menu may change but may include: scramble 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.

## **NT TRAVELS WITH JEAN MARSHALL**

Our Travel meeting is on Wednesday, August 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 694-5567 or email her at jeanmarshall@yahoo.com. To mail all checks to Jean: 7237 Nash Rd NT NY 14120

## **MEET THE MAKERS— SEPTEMBER 21, 2022**

Meet firsthand how some specialty products are made in the Erie area. Tour Pulakos Chocolates, Burch Farms and Arrowhead Winery. Lunch buffet is at Concourse of Union Station. \$96- \$35 deposit at sign up. 8am-6:30pm.

## **OKTOBERFEST— TUESDAY, OCTOBER 25th**

Join the time honored, and treasured German tradition, Oktoberfest as we celebrate Oktoberfest at the Hofbrauhaus Buffalo home. Join the fun and yummy German food, dance as the band plays a favorite German tunes. A sit down luncheon is included with afternoon of entertainment and prizes. \$90 with \$35 down payment at sign up.

## **GENERAL MEMBERSHIP**

Our next General Membership meeting will be held on Wednesday, August 24th at 1:00pm at the senior center. All senior members are welcome to come and bring there ideas.

## **Words of Wisdom:**

“Success is not final,  
Failure is not fatal  
It is the COURAGE TO CONTINUE  
That counts.”

-Winston Churchill

## **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, August 9th.

## **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:** William Gosch, Rita Heranson,

## **NEWSLETTER VOLUNTEERS**

We will be folding and mailing our newsletter on Monday, Monday, August 22nd at 9:30am.

## **Thank you to last month's volunteers:**

Linda Elliott, Virginia Park, Carol Krueger, Karen Krentz, Dorothy Muniak, Shirley Klinefelter, Joanne Catapovic, Norma Kitzmiller Debbie Kwarcrony and Marge Brackett.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1. 10 NT Senior Fitness 11:45 Nutrition <b>1:00 Caption Call Phone Service Seminar</b>	2. Pool Room 11:45 Nutrition 1:00 Pinochle	3. Grocery Shopping Tech Help– apts only 10:00 NT Senior Fitness 11:45 Nutrition 12:00 Red Hat Ladybugs Picnic at West Marina Park	4. Pool Room 11:45 Nutrition 1:30 Bingo	5. 11:45 Nutrition 1:00 Euchre Tech Help– apts only
8. 10 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	9. Pool Room 9-3 Veterans Assist 11:45 Nutrition 1:00 Pinochle <b>1-2 VEGGIE VAN</b>	10. Grocery Shopping Tech Help– apts only 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Univera 1:30 Travel Club	11. City Mkt Shopping Pool Room 11:45 Nutrition 1:30 Bingo	12. Pool Room 11:45 Nutrition 1:00 Euchre Tech Help– apts only
15. 10 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1-4 Drivers Course	16. Pool Room 11:45 Nutrition 1:00 Pinochle <b>1-2 VEGGIE VAN</b>	17. Grocery Shopping Tech Help -Apts. only County Attorney—opts 10:00 NT Senior Fitness 11:45 Nutrition	18. 11:45 Nutrition 1:30 Bingo	19. Pool Room 11:45 Nutrition 1:00 Euchre Tech Help– apts. only
22. 9:30 Newsletters 10 NT Senior Fitness 11:45 Nutrition 1-4 Drovers Course	23. Pool Room 11:45 Nutrition 1:00 Pinochle <b>1-2 VEGGIE VAN</b>	24. Grocery Shopping Tech Help– apts only 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Gen. Membership mtg.	25. 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	26. <b>9:00 Breakfast</b> Pool Room 11:45 Nutrition 1:00 Euchre Tech Help– apts only
29. 10 NT Senior Fitness 11:45 Nutrition	30. Pool Room 11:45 Nutrition 1:00 Pinochle <b>1-2 VEGGIE VAN</b>	31. Grocery Shopping Tech Help– apts only 10:00 NT Senior Fitness 11:45 Nutrition		

# AUGUST 2022

Monday

Tuesday

Wednesday

Thursday

Friday

1. Lemon Chicken Baked Sweet Potato Zucchini & Tomatoes Wheat Dinner Roll Tangerine	2. Ham & Swiss Cheese Sandwich with Lettuce Tomato & Onion Italian Pasta Salad Broccoli Salad 2 slices wheat bread Cookie	3. Cheese tortellini with meatballs and tomato sauce, garden salad with Carrot, cucumber & tomato, Italian bread Banana	4. Baked meat loaf with gravy, cheesy mashed potatoes, Brussels sprouts, wheat bread, apricots	5. Julienne salad with turkey and cheddar cheese, two – type potato salad, muffin pineapple,
8. Polish sausage Mashed potatoes Pease and carrots Wheat hot dog bun Fruit cocktail	9. Egg salad sandwich with lettuce, tomato, onion Pickled beets Marinated vegetable salad, 2 slices wheat bread & deluxe fruit cup	10. Roast pork with gravy Mashed sweet potatoes Bavarian kraut Wheat dinner roll Cinnamon applesauce	11. Ranch chicken pasta salad Coleslaw Wheat bread Tropical fruit cup	12. Breaded chicken patty with lettuce, tomato, on- ion Mac and cheese Broccoli and cauliflower Wheat hamburger bub Marble pudding
15. Mushroom Swiss burger Scalloped potatoes Green beans Wheat hamburger bun Fruited gelatin with whipped topping	16. Chicken stew Garden salad with to- matoes and chickpeas Biscuit Mandarin oranges	17. Tuna salad sandwich with lettuce, tomato Potato salad Broccoli and cheddar soup 2 slices wheat bread and fresh canta- loupe	18. Meatball sub with mozzarella cheese and tomato sauce Three bean salad Garlic spinach Wheat hoagie bun banana	19. Greek chicken breast with Feta cheese Greek seasoned rice Mixed vegetable wheat dinner roll and applesauce
22. Broccoli and cheese strata. O'Brien pota- toes, stewed tomatoes, Muffin, tropical fruit cup	23. Italian sausage with peppers and onions Garlic mashed potatoes Italian vegetable blend Wheat hot dog bun grapes	24. End of Summer Picnic  Hot Dog or Hamburger on a Bun, baked beans, macaroni salad, water- melon, frosted brownie	25. Breaded bone in pork chop, baked sweet potato corn Wheat dinner roll Apple crisp with whipped topping	26. Pork riblet with BBQ sauce chicken cannelloni soup, broccoli salad, wheat hoagie roll and slice peaches
29. Salisbury steak with gravy, Au Gratin Po- tatoes, Peas, wheat hamburger bun, deluxe fruit cup	30. Julienne salad with ham, blue cheese crum- bles and croutons Tri-color pasta salad Wheat dinner roll pineapple	31. BBQ Chicken Drum- sticks, Potato salad Glazed carrots Wheat hotdog bun banana		