

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**

110 Goundry St. NT NY 14120
Telephone: 716-695-8582

SEPTEMBER 2025

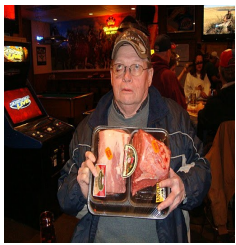
Pamela A. Hogan M.S.
Recreation & Senior Coordinator

www.NTParksrec.com

MEAT & BASKET RAFFLE

SATURDAY, SEPTEMBER 6TH

Tickets on sale now for \$10 and will be \$12 at the door. All meats will be purchased from Pelicano's Marketplace. We will have at least 100 baskets to take a chance on.



Tickets for the baskets can be purchased for \$5 for a sheet of 25- during the meat raffle!

Doors open at 2pm first spin at 3pm—you must be present to win! You are welcome to bring your own snacks and spirits. Enjoy a 50/50 too!

NIAGARA COUNTY NUTRITION

Sharon Lewis

Niagara County offers a part time lunch program at the center at 11:45am Monday, Tuesday, Wednesday, Thursday & Fridays. The suggested donation for a lunch is \$3.25.

One week notice is now required. Roundtrip transportation is also available. Please call the main office at 716-438-4031 for making or canceling a reservation.

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

MINI GROCERY SHOPPING

Chrystal Manzare

The mini 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, September 9th 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.



**SNAP-ED—NUTRITIONAL
& COOKING**

Wednesday, September 24th—9am-10am

Free nutrition & physical activity workshops. We will discuss how to Eat Smart & Live Strong. Add more fruits & vegetables into your day. Find ways to add physical activity to your day. Develop healthy lifestyle habits. Please call the office at 716-695-8582 to register

TRAVELING WITH JEAN MARSHALL

The next Travel Club meeting will be Wednesday, September 10th at 1pm. The center will provide coffee and tea. Any questions call Jean at 214-693-8050 or email jeanmarshall39@yahoo.com.

Sept. 23rd– Ohio Sweetest Corner– 8:30am-8pm

Travel to Ashtabula, Ohio to the lift bridge at Harbor and enjoy coffee and a muffin. Then proceed to the Solem Gulf Covered Bridge before wine tasting and lunch at Ferrente Winery and Ristorante. Then it's off to Better in Bulk for some shopping, and Robinson Apple Barn for a seasonal treat—\$147

Tuesday, October 7th– Backroads Amish Adventure!
\$93.00 - 8:45am-5:45pm– Deposit \$45.00 due at registration. Depart from DMV 500 Wheatfield St.

Enjoy an orientation to the Amish Community of New York's Conewango Valley. See the beautiful handmade quilts at Noah & Mattie Hostetler's home, and visit Sam & Ada Troyer's Farm for fresh garden produce. After lunch at Zollinger's South Dayton Hotel, we arrive at Uri & Barbara Miller's baked good shop. Next we visit an Amish Cemetery and School where our guide will discuss Amish life.

We will visit Levi Raber's Blacksmith Shop where we learn how a horse is shod and other questions of Amish and their horses, and finally, end the day at Valley View Cheese Shop. For lunch– choice of hot roast beef with gravy & mashed potato or chicken parmesan or fish fry. Minimum of 30 seniors needed.

December trip-Salvatore's Italian Gardens—Tuesday, December 2nd 2025—\$125.00 Depart –10:15am return 3:45pm.

Festive, dazzling and unforgettable holiday event. Get ready for an unforgettable holiday celebration filled with music, magic and festive cheer! You begin with an elegant dining affair at the beautifully decorated Salvatore's Italian Gardens, where twinkling lights and holiday splendor set the perfect scene. Then you will be dazzled by the Hastings Duo in their All new holiday show– an Elton John Christmas spectacular.

Choose one entrée when making your reservation– chicken Francaise, Fresh Salmon or Vegetarian Napoleon. \$50 deposit and meal choice due with registration. Final payment due by November 7th.

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, September 17th. 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

NIAGARA COUNTY INFORMATION & REFFERAL

A representative from the Niagara County Office for Aging will be at our center the first Monday of every month from 10am-1pm to help with any forms, information or any questions regarding county services or referrals needed. No appointment necessary. Monday, September 1st

RED HAT LADY BUGS- Joan Dirmyer



The next Lady Bugs gathering is Wednesday, September 10th.

If you have any questions please call Joan at 716-694-5132. We are always looking for new members and new ideas.

GAME NIGHT-Mary Lee Karre

The center will be open from 6:00pm-8:30pm every Wednesday night. Any Senior member is welcome to come and play any card games, Poker, Dominos, or any other board game! Coffee and tea will be available for 25 cents



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 **PIZZA (usually– Occasionally a baked good)**. We play 12 games & 2 Round Robins—per our seniors request. **This is our set schedule**. There are prizes for each game. Please sign in at the main table.

Thank you to our volunteers:

Volunteers: Joanne Catipovic, Gerry Phelps, Beth Feenin, Carol McMeekin, Norma Kitzmiller, Kim Piorkowski, Sharon Beeman, Charlie Marranca, Ginny Keleher, Leslie Trunzo & Rhonda Holka

MAHJONG—Mary Lee Karre

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

EUCHRE-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.

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.

HERBAL WORKSHOP Marge Partridge

10 seniors is the limit for this hands on herbal class. In this class you will make your own organic herbal pain relieving salve. This is a 2.5 hour class. You must pay \$10 in cash or check payable to the instructor upon registration.

This will be non-refundable. The class will be held on Wednesday, September 17th at 1:30pm



TAI CHI– Manuela Ceglinski

Welcome back Manny! Regular instruction will resume. The Tuesday & Thursday classes will cost \$15 a month. Please pay Manny directly. Classes start at 10 am every Tuesday and Thursday morning. All participants must sign a city liability waiver prior to taking this class.

NT SENIOR FITNESS

Judy DeVantier & Jeanne Bogdan

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. Anyone participating in this class must sign a city waiver/liability

PINOCHLE— 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.

COOKING WITH TERRIE

This is a special hands on classic Italian pasta making class. This time Terrie is in our kitchen making homemade cheese filled ravioli. This class is completely funded by the city budget so there is no charge.



Due to the small kitchen and intense hands on class we can only allow 10 seniors to sign up! The actual class will be held on Friday, October 10th at 9am.

**SIGN UP IS FOR MEMBERS ONLY
STARTING ON SEPTEMBER 2ND !**

BIRTHDAY CLUB– Marianne Guth

The General Membership has started a Birthday Club at their last meeting. Anyone interested in celebrating their birthday with their **fellow seniors** at a monthly general membership meeting see Marianne to register your birthday **and get all the details.**

ANNIVERSARY DINNER DANCE

Our Annual Anniversary Dinner Dance will be held on Wednesday, October 15th. Doors will open at 5pm, a sit down, plated dinner will be served at 6pm, by Mr & Mrs Catering. Live music by the Hastings Duo will play from 7:30-9:30pm.



The plated meal will consist of Italian breaded chicken, roll stuffed beef, mashed potatoes, chef salad, garden vegetables with butter sauce, rolls & butter and strawberry shortcake for dessert. Coffee, tea, soda & wine will be available during dinner.

****After dinner you are welcome to bring out your own spirits! Tickets are \$30 for members and \$35 for non-members.**

SENIOR UPDATES

New Members: Cathy Monto, Sue Hempel, Robert Kaska, Judith Szukala, Sally Dobbs



ESSENIAL SOLUTIONS

Ed Slowinski

Essential Solutions will be at our Center with a Medicare advisor on Friday, October 3rd and October 17th from 1-3pm to help any senior with Medicare questions or in need of Medicare information. No appointment necessary.

CENTER ANNUAL DUES

The office is open Monday-Friday 8:30am - 4:30pm. Any senior 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 www.NTParksrec.com with a major credit card

GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, September 24th at 1pm. Please come and support your senior center.

SIGN IN BOOK: When you enter the building from either the front door or Carousel door—everyone must sign in! You must either sign in legibly or PRINT your name! You must indicate what services you are here for by checking the appropriate column!



In The Community... From the North Tonawanda High School! The USAF Band will be performing a free concert on October 18th at 3pm at the North Tonawanda High School Auditorium. For more information go on line at <https://www.ticketleap.events/tickets/usafband/north-tonawanda-ny>

SEPTEMBER 2025

Monday

Tuesday

Wednesday

Thursday

Friday

1. LABOR DAY NO MEALS SERVED	2. Chicken thighs w/ gravy Mashed potatoes Glazed carrots Wheat dinner roll cookie	3. Cheese tortellini with meatballs and tomato sauce Seasoned spinach and tomatoes Italian bread Fresh orange	4. Homemade baked meatloaf with gravy Mac & cheese Broccoli salad Wheat bread Fresh watermelon	5. Julienne salad w/ turkey, cheddar cheese and croutons Potato salad biscuits Tropical fruit cup
8. Polish sausage Brown rice and lentil soup with crackers Bavarian sauerkraut Wheat hot dog bun Mandarin oranges	9. Ranch chicken pasta salad Fresh spinach salad Muffin Fresh cantaloupe	10. Breaded chicken patty sandwich with lettuce, tomato, onion Tri-color pasta salad Tomato and cucumber salad Wheat hamburger bun Fruited gelatin	11. Roast pork w/ gravy Baked sweet potato Seasoned peas Wheat dinner roll Cinnamon applesauce	12. Chicken salad sandwich with lettuce, tomato, onion Pickled beets Marinated vegetable salad 2 slices wheat bread Deluxe fruit cup
15. Chicken stew Seasoned broccoli and cauliflower biscuit Fresh grapes	16. Meatball sub with tomato sauce and mozzarella Two type potato salad Caesar salad Wheat hoagie roll Fresh orange	17. Tuna Salad Sandwich with lettuce, tomato, onion, hearty vegetable soup with crackers, broccoli salad, 2 slices rye bread and fresh honeydew melon	18. Greek seasoned chicken breast with feta Greek seasoned rice Mixed vegetable 1/2 wheat pita Heavenly hash Greek dressing.	19. Mushroom Swiss burger with lettuce, tomato, onion Butternut squash Seasoned green beans Wheat hamburger bun Brownie
22. Bone in Pork chop Garlic mashed potatoes California vegetable blend Muffin tangerines	23. Italian Sausage with peppers and onions Macaroni salad Garden salad Wheat hot dog bun Tropical fruit cup .	24. Cheeseburger Supreme with lettuce, tomato, onion, pickle Au Gratin Potatoes Seasoned Brussels Sprouts Wheat Hamburger Bun Homemade Apple Crisp with whipped topping	25. Turkey Cobb Salad Potato salad Biscuit Fresh cantaloupe and grapes	26. Broccoli and Cheese Strata, O'Brien Potatoes
29. BBQ Pork Riblet Butternut Squash Coleslaw Wheat hoagie roll Homemade peach crisp with whipped topping	30. Vegetable lasagna Seasoned spinach and tomatoes Italian bread Fruited gelatin			

SEPTEMBER 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1. 10:00 NT Senior Fitness 10-1 info & referral 11:45 Nutrition 1:00 Euchre Tournament	2. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computer s available Billiards	3. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hats Lady Bugs Computers available Billiards 6-8:30– Game Night	4. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers available Billiards	5. Computers available Billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
8. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	9. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computer s available Billiards	10. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition Computers available Billiards 6-8:30– Game Night	11. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers available Billiards	12. Computers available Billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
15. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available	16. 9-3 Veterans Assistance 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computer available Billiards available	17. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Herbal Workshop 6-8:30– Game Night	18. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer Billiards	19. Computer available Billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
22. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computers available	23. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computers available Billiards	24. Attorney– by appt only Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 6-8:30– Game Night	25. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer Billiards	26.. 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
29. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available	30. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computers available Billiards			