

**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

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

**JUNE 2023**



## JUNE

**“It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside.”**

**- Maud Hart Lovelace**

### SUMMER JAZZ HOUR

For CURRENT PAID members only!! Enjoy an hour of Traditional Jazz by the “Ballroom Buzzards” with wine & cheese. Tickets are \$6.00 each! This event will take place on Monday, July 10th from 1pm-2pm.

Tickets will go on sale starting Monday, May 1st. Until they are sold out. You must be a paid member. This is sponsored by the NT Senior General Membership and the “Ballroom Buzzards”!

### SUMMER CELEBRATION

Summer Celebration will be taking place on Wednesday, July 26th. This event will include wine and beer. We recommend you make plans to have a designated driver and always drink responsibly. Tickets are \$20 for members and \$25 for non members. Food will include barbeque chicken, chef salad, home made mac & cheese, baked beans and assorted cookies for dessert.

The music for this event is someone new “Mario Marcal” Entertainment. We also will be having a special outdoor visit from our friend Alex and Jack Jack! A buffet will be ready about 4:30pm Live music will be playing 5-7pm. The doors will open at 4pm. You will also enjoy a few door prizes and a 50/50.

### MAHJONG- CHINESE TILE GAME

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

### NIAGARA COUNTY NUTRITION

Sharon Lewis, Nutrition Site Director

Niagara County offers a lunch program at the center at 11:45am **Monday, Wednesday, Thursday & Friday Only** 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. **Mon, Wed, Thurs or Fri.** 10am-12:30pm.

### 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 716-695-8582.

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, June 14th.**

### SENIOR BREAKFAST

Friday, June 30th 9am \$6.00. Enjoy scrambled eggs, sausage with gravy, biscuits, fruit, Danish coffee & tea. 25 tickets will be available. **Come out and enjoy breakfast with your senior friends!!**



### MARGE'S BALLROOM DANCING Marge Dorato-Instructor

Every Tuesday 10-11am \$2.00 per person. Any adult welcome. No experience necessary! Learn & have fun too! All are welcome.

## 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 it there is a 15 minute window.

## 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.

## 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, & one pound weight bring it with you to class.

## EUCHRE CLUB

Any senior is welcome to play Euchre on Fridays at 1:00 pm. Everyone needs to bring \$1.25 for the game. Coffee and tea will be made available for 25 cents

## 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.

## 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, June 21st. 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 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, Mike Confer, Kim Piorkowski, Rhoda Holka, Beth Feenin, Sheila Jones & Carol McMeekin

## RED HAT LADY BUGS- Joan Dirmyer

The regular meeting will be taking place on Wednesday, June 7th at 1:00pm. New members are always welcome.

## VEGGIE VAN

The Veggie Van will be at the center outside every Friday 12:30-1:30pm. They will be selling locally grown veggies and fruits. They accept food stamps and market coupons too! All are welcome

## GENERAL MEMBERSHIP

Our next General Membership meeting will be held on Wednesday, June 28th at 1pm All members are welcome. We will be planning our next few events

## THURSDAY CARDS & GAMES-NEW



9-11:30AM The Center is open for anyone who wants to play any card games, board games, scrabble or Dominos.

\*If anyone is interested in backgammon let the office know!

## NY CONNECTS RECERT & REFERRAL

Jasmine Siraj will be at the center **Thursday, June 29th from 12:30 –1:30pm** to assist any senior with Food Stamp, Medicare or any Government forms. No appointment necessary. Jasmine will be here the last Thursday of each month from 12:30—1:30pm.

## NT TRAVELS WITH Jean Marshall

Our Travel meeting is on Wednesday, June 14th 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

U.S. ARMY FIELD BAND & CHORUS At Chautauqua Institution- \$80.00 Sunday, June 25th 9:30am-6:30pm Depart DMV—500 Wheatfield St. NT.

The United States Army field band is the premier representative for the United States Army. The internationally acclaimed U.S. Army Field Band travels thousands of miles each year presenting a variety of music to enthusiastic audiences throughout the nation abroad. Lunch is included at Olive's Restaurant choice of Chicken Marsala, potato, vegetable or spaghetti with meatballs.

## FINGER LAKES EXCURSION– 7/19/23

Deposit is \$35 with registration/total is \$93.00. Final payment is due 7/1/23. 7:30am-6:30pm. The day take us to the beautiful regions of the Finger Lakes to enjoy farming and history. Lively Goat Run Dairy is one of the longest operating commercial goat dairies in the country. Enjoy a tour, shopping Women's Rights National Historical Park and a lunch at Parkers Grille. Choice of pulled pork sandwich, classic Rueben or Caesar Salad with chicken.

## MAILBOAT CRUISE– 8/23/23

Deposit \$50 with registration/total is \$128.00. Final payment is due 8/11/23. Take part in the tradition of daily mail delivery along 32 mile shore of Skaneateles Lake as we enjoy the 3 hour cruise on the mail boat Barbara Wiles and be informed of the tradition and the area. Enjoy lunch, choice of either chicken Franchoise or Pecan salmon. After lunch engage in a tour of the Strawberry Fields Hydroponic Farm.

## SENIOR CENTER FUNDRAISER

Our fundraiser is changing ! BRING YOUR SINGLES!!! We will be having a Meat & Basket Raffle on Saturday, September 23rd.



Doors will open at 2pm. The first spin will happen at 3pm. 50/50 split & the basket raffle will be dawn right after the last spin for meat! Tickets will be available in July.

## 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.



## CLARITY GROUP

Pat Halt from the Clarity Group will be at our center on Thursday, July 13th 11-noon.to assist anyone will Medicare questions or health insurance issues.

## 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: Phyllis Simone, Mildred Ols-camp Bonnie George, Matt George Carolyn Sabia, Carol Brosius and Janet Eisenhuth

## NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on Thursday, June 22 @ 9:30am

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

Michael Bass, Marjorie Brackett, Cheryl Matthews, Norma Kitzmiller & Peter Hogan

## June 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1. 9:00 Cards & Games 11:45 Nutrition Pool Room 1:30 Bingo	2. 9:00 Crafts Pool Room 11:45 Nutrition 12:30 Veggie Van 1:00 Euchre
5. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	6. 10:00 Dancing 1:00 Pinochle 1:00 Pool Room	7. Pool Room Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs	8. 9:00 Cards & Games 11:45 Nutrition Pool Room 1:30 Bingo	9. 9:00 Crafts Pool Room 11:45 Nutrition 12:30 Veggie Van 1:00 Euchre
12. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	13. 9-3 Veterans Assist 10:00 Dancing 1:00 Pinochle 1:00 Pool Room	14. Pool Room Grocery Shopping Tech Help Available County Attorney 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club Mtg	15. 9:00 Cards & Games 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	16. 9:00 Crafts Pool Room 11:45 Nutrition 12:30 Veggie Van 1:00 Euchre
19. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	20. 10:00 Dancing 1:00 Pinochle 1:00 Pool Room	21. Pool Room Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition	22. 9:00 Cards & Games 9:30 Newsletters 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	23. 9:00 Crafts Pool Room 11:45 Nutrition 12:30 Veggie Van 1:00 Euchre
26. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	27. 10:00 Dancing 1:00 Pinochle 1:00 Pool Room	28. Pool Room Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Meeting	29. 9:00 Cards & Games 11:45 Nutrition 12:30-1:30- Food Stamp recert/ referral 1:00 Pool Room 1:30 Bingo	30. 9:00 Breakfast Pool Room 11:45 Nutrition 12:30 Veggie Van 1:00 Euchre

# June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
			1. Turkey & grape salad Broccoli & cheddar marinated vegetable salad 1/2 whole wheat Pita, and banana	2. Homemade Salisbury steak with gravy Garlic mashed pota- toes Seasoned carrots Whole wheat bread Sliced peaches
5. Cheese tortellini with meatballs and marinara sauce Seasoned broccoli & cauliflower Italian bread Fruit cocktail	6. NO LUNCHESES SERVED AT NT Senior Center	7. Broccoli & cheese strata Mashed squash Brussels spouts Muffin Deluxe fruit cup	8. Hot dog with chili sauce Italian pasta salad Spinach and cheese salad, whole wheat Hot dog bun Fresh orange	9. Breaded bone in pork chop, baked sweet potato Confetti corn Biscuit Cinnamon applesauce
12. Chef's choice chicken drumsticks Au Gratin Potatoes California Vegetable Blend Muffin Pineapple	13. NO LUNCHESES SERVED AT NT Senior Center	14. <b><u>Father's Day Meal</u></b>  Hot roast beef sand- wich with gravy Baked potato with sour cream, candied carrots, whole wheat hamburger bun, frost- ed brownie	15. Turkey cobb salad Pea and pasta salad Whole wheat dinner roll Tropical fruit cup	16. Chicken salad sand- wich with lettuce, tomato, onion Macaroni salad, broc- coli salad, 2 slices whole wheat bread Fresh watermelon
19. Polish sausage Sweet potato wedges Bavarian sauerkraut Whole wheat hot dog bun, fruited gelatin with whipped topping	20. NO LUNCHESES SERVED AT NT Senior Center	21. Greek chicken pasta salad, garden salad Biscuit Deluxe fruit cup	22. Cheeseburger deluxe with lettuce, tomato, onion, pickle Potato salad Mixed vegetables Whole wheat hamburg- er bun Sunshine bar	23.. Homemade mac and cheese casserole Stewed tomatoes Whole wheat dinner roll Mandarin oranges
26. Baked homemade meatloaf with gravy Cheesy mashed pota- toes, garden salad homemade peach crisp with whipped topping	27. NO LUNCHESES SERVED AT NT Senior Center	28. Julienne salad with turkey, cheddar cheese & croutons, confetti mac salad, whole wheat bread and fresh orange	29. Pulled pork with BBQ sauce and pickle chips Baked beans, coleslaw Kaiser roll, fruited gel- atin with whipped top- ping	30. Chef's choice chicken thighs, baked sweet potato, seasoned broc- coli, whole wheat dinner roll and lemon pudding.