

**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

**MARCH 2023**

Who was Saint Patrick? St. Patrick was born in Britain around 400 A.D. to wealthy parents who were Christians. A group of Irish raiders attacked his father's estate and kidnapped Patrick when he was 16 years old. They took him to Ireland, which at that time was a land of paganism. Patrick spent six years as a slave, working as a shepherd, very much isolated from other people.



During this time he not only became fluent in Gaelic, the Irish language, but he turned to religion for solace and became a devout Christian!  
-History.com.2022

**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 Wednesday mornings. There is no charge for this service. You must bring your own device.



**STROKE Patients** needed for a UB study. Get paid for your time. Pam at the office has the information please call her directly if you are interested!! 716-695-8582 ext 5508

**CRAFT TIME**

Sign up for a St. Patty's, or Spring craft. We have craft time every Friday afternoon starting at 1pm. Please call to register in advance. The crafts cost between \$5—\$10. Come and bring your creativity

**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.

**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 716-695-8582 for making or canceling a reservation. Monday-Friday 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, March 14th.**

**PINOCHLE- 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.

**EUCHRE**

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

**SPRING POP CONCERT!**- Post Legion Band in concert on Sunday, March 26 at 7:30pm at Cardinal O'Hare High School. Presale tickets are \$13 at Walker Bros & Mid City Opticians tickets at the door are \$15.



## 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.

## SHOPPING WITH MIKE

Mike Sinon



Need some odds & ends or a pair of shoes? We are offering two Tuesdays a month to drive to different supply stores. On Tuesday, March 7th Mike will be driving to Wegmans, The Dollar Store and Kohl's all on the NF Blvd. These trips will cost \$2 round trip.

On Tuesday, March 28th Mike will be driving to The Target Plaza in Amherst. These trips will cost \$4 round trip. Any NT senior interested please call the Senior Center to make your appointment.

## 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.

## GENERAL MEMBERSHIP

Our next General Membership meeting will be held on Wednesday, March 22nd at 1pm All members are welcome. We will be planning our next few events

## 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.

## 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 his donations.

The next time the attorney will be at our center is Wednesday, March 15th. Please call this office for an appointment 716-695-8582. 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!!

### **Thank you to our volunteers:**

**Volunteers:** Joanne Catipovic, Karen Krentz, Beth Feenin, Rhonda Holka, Kim Piorkowski Mike Confer, Sheila Jones and Carol McMeekin.

## RED HAT LADY BUGS

Joan Dirmyer

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

## NT TRAVELS WITH –Jean Marshall

Our Travel meeting is on Wednesday, March 8th 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

**ONESONG VINTAGE COUNTRY**– Show and Luncheon on Wednesday, April 5, 2023. \$94.00. \$35 due with registration. Final payment due March 10th. Leave at 9:15am and return at 6:15pm. Depart from 500 Wheatfield St. NT.

This show created and performed by the fabulous duo of Ron and Nancy Onesong, will feature a tribute to the heart & soul of America's most loved music by artists & songs from the Golden Era. Lunch will be a choice of Chicken Parmesan with side of spaghetti & a vegetable or Scampi-style haddock with Italian seasoned bread crumbs, baked potato & Mediterranean Pasta with asparagus, diced tomatoes, Kalamata olive, spinach, feta cheese with olive oil served over hot pasta. After lunch enjoy a stop at Cuba Cheese Shoppe.

### HOLLAND TULIP FESTIVAL

**MAY 8-12TH**

5 DAYS AND 4 NIGHTS—\$750 PER PERSON—  
DOUBLE OCCUPANCY \$200 DEPOSIT DUE AT  
TIME OF RESERVATION, FINAL PAYMENT DUE  
ON MARCH 10TH.

Package includes— 4 nights lodging including overnights, 4 breakfasts, 2 dinners, Dutch village, Veldheer's Tulip Gardens, Dutch-costumed guided tour of Holland, Evening Revue Show, Windmill Gardens & DeZwaan Windmill, Souvenir Gift, Luggage Handling in Michigan. Taxes & Meal Gratuities and Motor coach transportation.

### ST. PATRICK'S DAY BLARNEY

**Tuesday, March 14, 2023—11am-4:30pm -\$99.  
Depart 500 Wheatfield Street N.Tonawanda**

We are all Irish during the St. Patrick's Day holiday time of year! Dress in green and be prepared to enjoy a delicious complete luncheon followed by an afternoon of entertainment of starring the BLARNEY BUNCH BAND. Whether you're Irish all year or just for a day, this musical celebration is sure to bring out your green! Lunch choice of Corned Beef with cabbage, roast pork loin or baked haddock.

### SPECIAL EVENTS

#### ST. PATRICK'S DAY DINNER DANCE



The center will be hosting their annual St. Patrick's Day Dinner Dance on Wednesday, March 15th. The doors will open at 5pm, dinner at 6pm and live music from The Hastings Duo will play from 7:30-9:30pm. The meal by Jim Fingerlow from Just Say Cheese cake will consist of a St. Patrick's Day traditional Corned Beef dinner with Coffee, tea and cheesecake will also be served. Tickets are \$18 for members and \$20 for non-members. Tickets will be sold until Wed. March 8th or until we are sold out.

### **BROADWAY MARKET**

Tuesday, April 4th. \$7.00 for School Bus transportation round trip. We leave the NT Senior Center at 10am sharp and return to the center at 1:30pm. You may bring a \$1 to tip driver if you wish. Tickets will be sold first come first served up to 41 seats. Come buy your Easter goodies at the Broadway Market!!!

### DYGUS DAY - "Pop Up Polish Platter"- Monday, April 10th. 3:30pm-5pm

\$7 for members \$10 for non-members. Polka music by Matt Piorowski. The menu will include, polish sausage, pierogis, sauerkraut, salad & dessert. Ice, coffee and tea will also be available. **You are welcome to bring your own spirits!**



### **ENJOY THE DYNGUS DAY PARADE!**

#### MEMBER UPDATES:

**New Members:** Charlene Gore, Charles & Susann Schultz, Connie Streck, Gayle Maginnisa, Michael Keating, Kevin & Pam Summerville

**Deceased:** Audrey McMillian, Thomas Pennock, Delores Baronich, Patricia Tinqué, Charles Rizzone, Eleanor Stahl, Walter Benzino, Florence Evans & Clara Anderson

#### NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on at 9:30am on 2/21/23

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

Marsha Kennedy, Shirley Klinefelter, Joan Dirmyer, Dorothy Muniak, Pat Wentz, Michael Bass, Marjorie Brackett & Karen Krentz

### 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 drawn right after the last spin for meat!

Tickets will be available this summer!!! And more details will be forthcoming!!

# MARCH 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1.</p> <p>Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition <b>1:00 <u>Red Hat Lady Bugs</u></b></p>	<p>2.</p> <p>11:45 Nutrition Pool Room 1:30 Bingo</p>	<p>3.</p> <p>Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Arts &amp; Crafts</p>
<p>6.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room</p>	<p>7.</p> <p>Shopping with Mike 11:45 Nutrition 1:00 Pinochle</p>	<p>8.</p> <p>Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition <b>1:30 <u>Travel Club Mtg</u></b></p>	<p>9.</p> <p>11:45 Nutrition Pool Room 1:30 Bingo</p>	<p>10.</p> <p>Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Arts &amp; Crafts</p>
<p>13.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room</p>	<p>14.</p> <p>9-3 <u>Veterans Assist.</u> 11:45 Nutrition 1:00 Pinochle</p>	<p>15.</p> <p>Grocery Shopping Tech Help Available County Attorney (Appts) 10:00 NT Senior Fitness 11:45 Nutrition 5:15 <b><u>St. Patrick's Day Dinner Dance</u></b></p> <p style="text-align: center;"></p>	<p>16.</p> <p>11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>17.</p> <p>Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Arts &amp; Crafts</p> <p style="text-align: center;"></p>
<p>20.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room</p>	<p>21.</p> <p>9:30 Newsletters 11:45 Nutrition 1:00 Pinochle</p>	<p>22.</p> <p>Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Meeting</p>	<p>23.</p> <p>11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>24.</p> <p>Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Arts &amp; Crafts</p>
<p>27.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room</p>	<p>28.</p> <p>Shopping with Mike 11:45 Nutrition 1:00 Pinochle</p>	<p>29.</p> <p>Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition <b>1:30 <u>Card Party</u></b></p>	<p>30.</p> <p>11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>31.</p> <p>Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Arts &amp; Crafts</p>

# MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1. beef stew parslied cauliflower biscuit cinnamon sliced pears	2. Chicken breast sand- wich with tomato & red onion seasoned brown rice mixed vegetables whole wheat hamburger bun	3. Egg & broccoli frittata mashed squash stewed tomatoes muffin fruit cocktail
6. Spaghetti and meatballs with tomato sauce, spinach Italian bread banana	7. Chicken stew green beans biscuit orange	8. Roast pork with gravy baked sweet potato spinach salad salad dressing whole wheat bread applesauce	9. stuffed cabbage casserole confetti corn whole wheat dinner roll mandarin oranges	10. Tuna salad sandwich with tomato and red onion lentil and brown rice soup Sicilian vegetable blend 2 slices of wheat bread fruited gelatin with whipped topping
13. Sliced turkey breast with gravy Harvard beets peas stuffing mandarin oranges	14. Cheeseburger supreme with tomato, pickle and red onion 3 bean salad Brussel sprouts whole wheat hamburger bun and a brownie	15. Breaded bone-in pork chop, scalloped potatoes Bavarian kraut whole wheat dinner roll & deluxe fruit cup	16. Chili Con Carne mixed vegetables corn muffin orange	17. Vegetable lasagna spinach salad salad dressing Italian bread St. Patrick's Day Dessert
20. Chicken drumsticks baked beans broccoli & cauliflower whole wheat bread sliced peaches	21. Pork riblet with bbq sauce, Au Gratin potatoes hearty vegetable soup whole wheat hoagie roll tropical fruit cup	22. Beef stroganoff over egg noodles tomatoes and zucchini whole wheat dinner roll and mandarin oranges	23. Lemon chicken baked sweet potato cauliflower whole wheat dinner roll cookie	24. Homemade mac and cheese casserole stir-fry vegetable blend whole wheat bread slice pears
27. Sweet and sour pork with fortune cookie seasoned brown rice wax beans muffin orange	28. Hot roast beef sandwich with gravy, scalloped potatoes, spinach salad whole wheat hamburger bun, fruited gelatin with whipped topping	29. Stuffed pepper with tomato sauce Glazed carrots Italian bread Marble pudding	30. Turkey and cheese sub with tomato and red onion , pepper pot soup, marinated vegetable salad, whole wheat hoagie roll & banana	31. Stuffed shells with to- mato sauce, green beans Italian bread Mandarin oranges Parmesan cheese

## HAPPY ST. PATRICK'S DAY

Don't forget to buy your tickets for the St. Patrick's Day Dinner Dance on Wednesday, March 15th. Tickets are \$18 for members & \$20 for non-members. Dinner is served at 6pm and live music will play from 7:30-9:30pm.



## DYGUS DAY—Pop Up Polish Platter

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