

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**
110 Goundry Street North Tonawanda, NY 14120
Telephone: 716-695-8582

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

MARCH 2024

ST PATRICK'S DAY DINNER DANCE



The North Tonawanda Senior Center will be hosting their Annual St Patrick's Day Dinner Dance on Wednesday, March 20th. The doors will open at 5:15pm dinner will be served at 6pm and The Hastings

Duo will entertain us from 7:30-9:30pm.

The family style meal by Jim Fingerlow will consist of an Traditional Irish corned beef & roasted chicken dinner with potatoes, cabbage and carrots, salad, rolls, butter and cheesecake for dessert.

Tickets are \$20 for current paid members and \$25 for non members. Tickets will be on sale until sold out or until 3/13/24. You are welcome to bring your own spirits.

NEW! DINNER & THEATRE

Tickets on sale now. Limited to 75! The NT Senior Center is hosting a "Dinner Theater night on Wednesday, April 17th. This will include a buffet dinner at 4:45pm followed by a live performance of "Alias Grace" by WNY Impov performers.



Tickets will go on sale starting Friday March 1st. There is a limit of 75. Tickets will be \$20 for members and \$25 for non-members. The live performance of Alias Grace Murder in Ontario. This is play based on a true murder in 1843. You are welcome to bring your own spirits. The buffet dinner will be provided by Jim Fingerlow and will consist of Roast Beef & gravy, oven baked chicken tossed salad with Italian dressing, mashed potatoes, candied carrots. Dessert is a ice cream sundae bar by Jamie's Ice Cream!

NT SENIOR FITNESS

Judy DeVantier & Judy Ondak

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.

EURCHRE TOURNEMENT

Pam Beutel

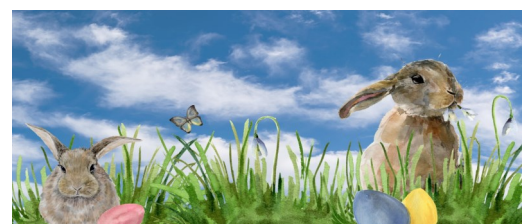
Every Monday afternoon at 1pm. The cost is \$10 per person. Come join have fun and bring a senior friend. Coffee and tea are available for 25 cents per cup.

BROADWAY MARKET TRIP

Get Your Easter Goodies at the Broadway Market!! Our Annual Broadway Market trip will take place on Tuesday, March 26th. Pickup from the Center will be at 10 am sharp. Please be at the center ready to go by 9:45am.



We Leave the Broadway Market for home at 1pm. The transportation is a school bus. \$5 for members of the senior center and \$7 for non-members. Please bring a \$1 the day of the trip for the driver's tip. If you are paying by check please make it payable to the NT Senior Center.



NIAGARA COUNTY NUTRITION

Sharon Lewis, Nutrition Site Director

Niagara County offers a lunch program at the center at 11:45am **Monday, Wednesday, Thursday & Friday**. The suggested donation for a lunch is \$3.25. One WEEK notice is now required. Roundtrip transportation is also available.

- **Please call 716-438-4031 for making or canceling a reservation.**

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 N T Senior Center. You can also pay online at NTParksrec.com with a major credit card.

MAHJONG- CHINESE TILE GAME

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

EUCHRE CLUB- 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 and tea will be made available for 25 cents

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

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.

RED HAT LADY BUGS- Joan Dirmyer



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

POOL TABLES

The pool tables are open and free to use anytime. Just please sign the book prior to using the tables.

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, March 20th. 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 9 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, Mike Confer, Rhonda Holka, Beth Feenin, Carol McMeekin and Kim Piorkowski

THE GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, March 27th at 1pm. All members are welcome to come share their ideas.

MINI GROCERY SHOPPING Crystal 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 there is a 15 minute window

ARTS & CRAFTS

For the month of March we will be finishing a St. Patrick's craft and working on a Easter craft. Please sign up at the office. Your fee for the craft will be collected when you sign up.. The craft room is open every Friday morning 8:30-noon.

CLARITY GROUP

Pat Evans from Clarity Group will be at our center on Friday, March 8th at 1pm -2pm to answer anyone's questions about Medicare or health insurance.

NT TRAVELS WITH Jean Marshall

Our Travel meeting is on Wednesday, March 13th 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 JeanMarhall@yahoo.com. All checks are to be made payable to Jean Marshall.

****Please note– April’s Travel Club meeting will take place on Tuesday, April 2nd from 11am-noon!**

TRIP SCHEDULE

Spring Fling– Wednesday, March 27 \$72.00

\$30 deposit with sign up, 9am– 6pm. Depart from 500 Wheatfield St. NT.

It’s off to the country for an old fashioned family style pancake brunch at Sprague’s Maple Farm. Stop by the gift shop to purchase all your maple products as well as gift items. At our next stop we will learn the art of candle making as we tour the factory and of course, shop for unique candles at The Northern Lights Candle Factory. On our way home, stock up on cheese at the Cuba Cheese Store.

Sights & Sounds of Lancaster PA– 3 Days—2 Nights. April 22-24 2024—\$517 per person—double occupancy

Package includes– 2 nights lodging, 2 breakfasts, 2 dinners including a smorgasbord dinner, performance of Daniel at the Sight & Sound Theatre. Enjoy a Guided tour of the Amish countryside, including stops at an Amish craft farm & bake shop, Kitchen Kettle Village, Country Store & Miniature Horse Farm, souvenir gift shopping, luggage handling, taxes & meal gratuities and motor coach transportation. Cancellation insurance available & highly recommended.

Signature Stars & Strips with BPO– Friday, May 24, 2024—Price– TBA

8:30am-3pm Depart from DMV Building–500 Wheatfield St. N. Tonawanda

Enjoy a Memorial Day tradition. Join Principal Pops Conductor John Morris Russell and your BPO in a tradition that pays a musical salute to the men and women of the armed forces who defend our freedom.

Begin the day with coffee & doughnuts in the Mary Seton Room followed by the concert then on to Parkside Meadows Restaurant for lunch. Choice of Chicken Parm or Fish Fry.

VETERAN'S ASSISTANCE

Niagara County Veterans Service Agency will be at our senior center the 2nd Tuesday of every month to assist any Veteran. A 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.

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. **Doug is scheduled to be here on Tues, March 12**

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: Holly Campbell, Lori Calamita-Paton, Wendy Valvo, Spike Mertes & Galina Dvortsis, Jane Orłowski, Grace Guss, Anna Muscato, Carolyn Batt, Katharine Batt, Cynthia Brooks, Susanna Garofaro, Gene Marciniak, Chris Long, Cletus Kraft, Richard Remmele, Sally Blain, Joseph Baranetsky, Carlton Skeide, Mary Pietromicca, & Elaine Winegar

Assisted Living/ Rehabilitation: Czesława (Jesse) Pilecki,

In Memory: Lavern Zastrow, Jean Marazita

NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on Monday March 25th at 9am **Everyone is welcome to help!!!**

Thank you to last month’s volunteers:

Michael Bass, Marsha Kennedy, Shirley Klinefelter, Norma Kitzmiller, Dorothy Muniak, Carolyn Kirsch, Marjorie Brackett, Virginia Park, Mary Dresher, Carolyn & Catherine Batt

In The Community...



Tonawanda Legion Band Spring Concert– Sunday, March 24th at 7:30pm at the Cardinal O’Hare High School. Tickets are \$15 at the door and \$13 pre-sale. You can obtain pre-sale tickets at Mid City Opticians or Walker & Bros. Jewelers .

MARCH 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1. 9:00 Crafts Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos
5. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament	6. 9:00 Cards & Games 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room	7. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition <u>1:30 Red Hat Lady Bugs</u>	8. Pool Room 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	9. 9:00 Crafts Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos
11. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament	12. <u>9-3 Veterans Assist</u> 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room	13. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition <u>1:30 Travel Club Mtg</u>	14. Pool Room 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	15. Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos
18. 10:00 NT Senior Fitness 11:45 Nutrition :00 Pool Room 1:00 Euchre Tournament	19. 9:00 Cards & Games 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room	20. Attorney (apt only) Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition <u>5-9:30 St. Patrick's Day Dinner Dance</u> 	21. Pool Room 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	22. Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos
25. <u>9:00 Newsletters</u> 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament	26. <u>9:45 Broadway Market Trip</u> 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room	27. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition <u>1:00 General Membership Meeting</u>	28. Pool Room 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	29. Closed Good Friday 

MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Call: 716-438-4031 to make reservations for a meal or to cancel a meal</p> <p>Please to not call the Senior Center for these Services.</p>			<p>Call: 716-438-4031 to make reservations for a meal or to cancel a meal</p> <p>Please to not call the Senior Center for these Services</p>	<p>1.</p> <p>Homemade Mac & cheese casserole Stewed tomatoes Whole wheat bread Fruited gelatin with whipped topping</p>
<p>4</p> <p>Turkey Ala King Garlic mashed potatoes Seasoned green beans Biscuit Sliced peaches</p>	<p>No lunches at North Tonawanda Senior Site Center</p>	<p>6</p> <p>BBQ Chicken Thighs Tomato Florentine soup with crackers Garden salad Corn muffin Deluxe fruit cup</p>	<p>7</p> <p>Sweet and sour pork with fortune cookie Seasoned brown rice Stir fry vegetable blend Whole wheat dinner roll, fresh orange</p>	<p>8</p> <p>Egg salad sandwich with lettuce, tomato, onion, Harvard beets, seasoned carrots, 2 slices whole wheat bread, tropical fruit cup</p>
<p>11</p> <p>Roast pork with gravy Baked sweet potato mixed vegetables Muffin applesauce</p>	<p>No lunches at North Tonawanda Senior Site Center</p>	<p>13.</p> <p>Beef stew Seasoned cauliflower Biscuit Fruit cocktail</p>	<p>14.</p> <p>Goulash Seasoned spinach Italian bread Tangerine Parmesan cheese</p>	<p>15.</p> <p>Vegetable lasagna Seasoned broccoli Whole wheat dinner roll and a cookie</p>
<p>18.</p> <p>Greek seasoned chicken Breast with feta Sweet potato wedges Seasoned brussels sprouts, rye bread St. Patrick's Day Dessert</p> 	<p>No lunches at North Tonawanda Senior Site Center</p>	<p>20.</p> <p>Spaghetti and meatballs with tomato sauce California vegetable blend Italian bread Homemade peach crisp with whipped topping</p>	<p>21.</p> <p>Hot roast beef sandwich with gravy Mashed potatoes Seasoned green beans Whole wheat hamburger bun, heavenly hash</p>	<p>22.</p> <p>Tuna salad sandwich with lettuce, tomato, onion, broccoli and cheddar soup with crackers, mixed vegetables, 2 slices whole wheat bread banana</p>
<p>25.</p> <p>Sliced turkey breast with gravy Au Gratin Potatoes Seasoned peas and carrots, stuffing and mandarin oranges</p>	<p>No lunches at North Tonawanda Senior Site Center</p>	<p>27.</p> <p style="text-align: center;"><u>EASTER MEAL</u></p> <p>Glazed ham  Whipped sweet potatoes Green bean casserole Wheat dinner roll Rainbow sprinkled Coconut cake</p>	<p>28.</p> <p>Chili Con Carne Spinach salad Corn muffin pineapple</p>	<p>29.</p> <p style="text-align: center;">Closed</p> <p style="text-align: center;">Good Friday</p> 