

**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

**MAY 2023**

### MOTHER'S DAY TEA

We will be having our Mother's Day Tea on Saturday, May 6th. The doors open at 12:30pm and the program begins at 1pm. Live music by Alaina & Dennis from Yellow Jack will play 1:30-3. You will also enjoy small tea sandwiches, desserts, coffee, and teas. Your ticket will cost you \$6 and a dish of either dessert or small sandwiches to pass.

### 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

Our Summer Celebration will be taking place on Wednesday, July 26th. This is sponsored by the NT Senior Center's General Membership. 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" Artist & 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.

### 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, May 9th.**

### SENIOR BREAKFAST

Friday, May 26th– 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!!**

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**A special Happy Birthday to  
EMMA SARKOVICS on May 30th!**



## **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.

## **SHOP WITH MIKE-Mike Sinon**

Need some odds & ends or a pair of shoes? How about some fresh veggies from the City Market? We are offering two Tuesdays a month to drive to different supply stores. On Tuesday, May 2nd Mike will be driving to Wegmans, The Dollar Store or Kohl's or City Farmer's Market. These trips will cost \$2 round trip.

On Tuesday, May 30th . 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.

## **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 next time the attorney will be at our center is Wednesday, May 17th. Please call this office for an appointment 716-695-8582. You will not be able to see the attorney without an appointment.

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. This is only a suggested contribution amount. No one will be denied service if they can not contribute.

## **SENIOR 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, 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, May 3rd 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, May 24th at 1pm All members are welcome. We will be planning our next few events

## NY CONNECTS-REFERAL HELP

Jasmine Siraj from NY Connects will be at the center **Thursday, May 25th 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.

### **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.

### **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

### **NT TRAVELS WITH Jean Marshall**

Our Travel meeting is on Wednesday, May 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 716- 694-5567 or email her at Jean Marshall@yahoo.com. All checks are to be made payable to Jean Marshall

### **TRIP SCHEDULE**

**Patriotic Pops— Friday, May 26th—8:30am-3pm - \$107.00— depart from DMV— 500 Wheatfield St. NT**

Enjoy a Memorial Day tradition. Join Principal Pops Conductor John Morris Russell and your BPO red, white, and blue musical salute to our nation and the men and women whose sacrifices paved the way to 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 parmesan or fish fry

**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.

## 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, May 18th from 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:** Lynda Sorensen, Carol Russo, Lu D'Amico, Theresa O'Hara, Sara Serio, Bill Weisbeck, Marilyn Woome, Frances Mamon, Walter Mamon, George Hartsock & Allan BamberMary Hartsock

### **NEWSLETTER VOLUNTEERS**

We will be folding and mailing our newsletter on at 9:30am on May 23rd @ 9:30am

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

Marsha Kennedy, Mary Drescher, Virginia Park, Pat Wentz, Michael Bass, Marjorie Brackett, Karen Krentz, & Shirley Klinfelter.

# MAY 2023


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	2. Shopping with Mike 1:00 Pinochle	3. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs	4. 11:45 Nutrition Pool Room 1:30 Bingo	5. Pool Room 11:45 Nutrition 12:30 Veggie Van 1:00 Euchre 1:00 Crafts
8. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	9. 9-3 Veterans Assist. 1:00 Pinochle	10. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club Mtg	11. 11:45 Nutrition Pool Room 1:30 Bingo	12. Pool Room 11:45 Nutrition 12:30 Veggie Van 1:00 Euchre 1:00 Arts & Crafts (last of crafts—till next holiday)
15. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	16. 1:00 Pinochle	17. Grocery Shopping Tech Help Available County Attorney 10:00 NT Senior Fitness 11:45 Nutrition	18. 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	19. Pool Room 11:45 Nutrition 12:30 Veggie Van 1:00 Euchre
22. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	23. 9:30 Newsletters 1:00 Pinochle	24. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Meeting	25. <b>10-12 NY Connects</b> 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	26. 9:00 Breakfast Pool Room 11:45 Nutrition 12:30 Veggie Van 1:00 Euchre
29. Memorial Day Holiday Center is Closed  	30. Shopping with Mike 1:00 Pinochle	31. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition		

# May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1. Hot Dog with chili sauce Italian Pasta Salad Corn Whole wheat hot dog bun Fruited gelatin with whipped topping	2. Niagara County Lunch Canceled until further notice. Any questions please call the Office for Aging. 716-438-4020	3. Homemade Salisbury steak with gravy Mashed potatoes Glazed carrots Whole wheat dinner roll and cookie	4. Julienne salad with ham, blue chees crumbles and croutons Potato salad, muffin, fresh cantaloupe Salad dressings	5. Roast pork Au Jus Baked sweet potato Seasoned green beans Whole wheat bread Deluxe fruit cup
8. Mac and cheese casse- role Seasoned peas Whole wheat dinner roll Tropical fruit cup	9. Niagara County Lunch Canceled until further notice.	10. <b><u>Mother's Day Meal</u></b>  Chicken Parmesan Over spaghetti with tomato sauce, garden salad, whole wheat dinner roll, cherry topped cheesecake	11. Ham salad sandwich with lettuce, tomato and onion, Pickled beets, Broccoli salad 2 slices whole wheat bread, fruited gelatin with whipped topping	12. Turkey and grape salad, minestrone soup, Caesar salad, 1/2 whole wheat pita, mandarin oranges and Caesar dressing
15. Hot roast beef sandwich with gravy Cheesy mashed Potatoes, Seasoned green beans, Whole wheat, hamburger roll Sliced peaches	16. Niagara County Lunch Canceled until further notice.	17. Pulled pork sandwich with bbq sauce and dill pickle spear Scalloped potatoes Coleslaw Egg washed roll Sunshine bar	18. Cheese tortellini with meatballs and tomato sauce Seasoned broccoli Italian bread Banana Parmesan cheese	19. Mushroom Swiss burger with lettuce, tomato, onion, sweet potato wedges, cold vegetable salad, wheat hamburger roll, mandarin orange delight
22. Chicken salad sandwich with lettuce, tomato, onion, brown rice and lentil soup Broccoli salad 2 slices whole wheat bread deluxe fruit cup	23. Niagara County Lunch Canceled until further notice.	24. Meatball sub with marinara sauce & mozzarella, Pea & pasta salad Spinach & bacon salad, whole wheat hoagie roll & apple crisp with whipped topping	25. Chicken thighs Au Gratin potatoes Brussels sprouts Corn muffin Tropical fruit cup	26. Julienne Salad with turkey, cheddar cheese & Croutons Two-type potato salad biscuit, pineapple and salad dressing.
29. MEMORIAL   DAY– Holiday– no meal served!!	30. Niagara County Lunch Canceled until further notice.	31. Ham & Swiss Cheese sandwich with lettuce , tomato & onion Harvard beets mixed vegetables, 2 slices wheat bread		

## HART - Home Assistance Referral Team

HART is a free referral service that connects seniors and others with qualified care, allowing them to remain independent in their own homes. They are currently looking for volunteers, nursing aides, nursing students, interns and others. If interested in joining this organization please call 716-754-8313

