

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**

110 Goundry Street North Tonawanda, NY 14120
Telephone: 695-8582—Fax: 695-8530

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

SEPTEMBER 2022

THEME BASKET FUNDRAISER

Our Theme Basket Fundraiser will be held on **Saturday, September 17th.**

Doors will open at 1pm.

We start calling winners at 2:30pm. We sale our blocks of tickets (20) for \$5.00. We also have special \$1 & \$2 raffles and a 50/50.



We are in need of volunteers for the day and baked goods. Please call if you can help! 716-695-8582.

**MOBILE LEGAL UNIT &
ASSEMBLY MEMBER BILL CONRAD**

Thursday, September 22nd –9:30-11:30am. Join us for a brief presentation from the Center for Elder Law & Justice. Afterwards, an attorney will be available for free one on one legal consultations to assist seniors with most legal matters and offer free legal & financial health check-ups. Representative from Assembly member William Conrad’s office will be available for questions. Contact the senior center at 716-695-8582 to reserve your spot!



UNVIVERA

Michelle from Univera will be at our center on Wednesday, September 14th at 1pm. Anyone interested in attending can call the office to register at 695-8582

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 694-2105 for making or canceling a reservation. Monday-Friday 10am-12:30pm.

THE VEGGIE VAN

The Veggie Van is here every Tuesday at 1pm-2pm with Niagara County’s fresh vegetables. This is sponsored by Cornell Cooperative Extension. They accept cash, EBT, Farmers Market check and Fresh Connect checks. They also participate in the Double-Up Food Bucks Program. All are welcome to participate.

CLEAR CAPTION PHONES

Trouble hearing on the phone? A representative from Clear Caption Phones will be on site at the center on Thursday, September 22nd 12:30-2:30pm. If anyone is interested in learning about Clear Caption Phones please feel free to stop in and speak with Doug. No appointment needed.



September is Healthy Aging Month! Celebrate with Elderwood by taking a “RIGHT MOVES Exercise class! - Free!

Friday, September 23rd at 10:30am. This is a free one time class being led by an American Council on Exercise certified senior fitness specialist. Elderwood’s Right Moves program enhances an individual’s muscular strength, cardiovascular endurance, flexibility and balance. By focusing on maintaining better health and wellness, seniors can reduce risk of falls and injuries. To register for this class please call 716-695-8582

MINI GROCERY

Chrystal Manzare

The mini grocery program take place every Wednesday. Chrystal can transport seniors to Tops, Market in the Square or Walmart in NT.

If you are in need of a ride please call the office to schedule your appointment . If you need to cancel an appointment please call the office at 695-8582. There is a \$2 fee for this service. This service is available to NT residents only.

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 stamps are always appreciated

RED HAT LADY BUGS

Joan Dirmyer

The next Red Hat Lady Bugs gathering is Wednesday, September 7th at 1pm. New members are always welcome.

ANNUAL DUES

The office is now open regular hour Monday-Friday 8:30am - 4:30pm. The dues remain the same rate of \$4.00 per year.

Please mail your check to 110 Goundry Street North Tonawanda. Please make checks payable to the NT Senior Center. You can also pay online at NTParksrec.com with a major credit card.

DRIVER'S SAFETY COURSE

"Laugh Your Points Off!" Defensive Driving Classes don't have to be boring!! Take the Safe Driver Academy Defensive Driving Class NYS 's only approved Humor-Based course and save 10% on your auto insurance for 3 years plus, reduce up to 4 points from your DMV record. **\$35 per person.** Attend both days from 1-4pm: Monday, Nov 21 & 28.

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. If anyone is in need of lessons please see Curt at the center.

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 donations for the Office for Aging.

The next time the attorney will be at our center is Wednesday, September 21st. Please call this office for an appointment 695-8582.

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, Gloria Nowakowski, Rhonda Holka, Kim Piorowski, Mike Confer, Sheila Jones and Carol McMeekin.

SENIOR BREAKFAST CORNER

Our next breakfast is Friday, September 30th

Come and join us for a continental breakfast! This is open to members only! This program is limited to 25 seniors. Tickets are \$6 each. The menu may change but may include: scrabble eggs, pancakes, muffins, fruit & coffee. Food will be served at 9am and clean up will begin at 10am.

TECHNOLOGY HELP- Kim Sinon

If you need help with a **Android** device such as a phone or tablet please call the center at 695-8582 and make an appointment with Kim. She is available Wednesday mornings and Friday afternoons. There is no charge for this service. You must bring your own device.

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. Anyone interested in lessons please see Kim at the center.

***Diane had a perfect score on 7/22/22!**

NT TRAVELS WITH JEAN MARSHALL

Our travel meeting is on Wed, September 14th at 1:30pm. Jean will be here to show & discuss upcoming trips for NT and Wheatfield Senior Centers. Any questions please contact Jean at 694-5567 or email her at jeanmarshall@yahoo.com.

OCTOBERFEST– TUES., OCTOBER 25

Join the time honored, & treasured German tradition. Oktoberfest as we celebrate Oktoberfest at the Hofbrauhaus Buffalo home. Join the fun & yummy German food, dance as the band plays favorite German tunes. A sit down luncheon is included with a afternoon of entertainment and prizes. \$90 with \$35 down payment at sign up. Depart from Wheatfield Senior Center.

A CANTERBURY FEAST– SUN, NOV. 13

Deposit of \$30 due with sign up– final payment due Oct 14th.—Total of \$87.00. Start the day at Burch Farms Country Market & Winery to shop for festive fall specialties, bakery items & more. Next is the Station Dinner Theater for the Medieval Musical Comedy– Canterbury Feast, where the Knaves and Wenches take us back to 1492. No utensils will be allowed at the King's Feast. – Depart from Wheatfield Senior Center.

BATAVIA DOWNS CASINO– Monday, November 28 –9am– 4pm- \$37.00

Money due October 31st. Try your luck at the slot machines. It's Forever Yong Monday! Each guest will receive \$15.00 free play. Once you earn 10 points, you will receive 20% off lunch & a free treat (ice cream soup or soda) on your player's club card. Veterans with valid ID will receive \$25.00 free play. All guest need a valid photo ID containing a picture, birthdate and expiration date. A stop at Kutter's Cheese on the way home. Depart from Manhattan Street Parking Lot.

BPO HOLIDAY POPS– Friday, Dec. 16

Deposit of \$35 due at sign up. Total is \$107.00. Bus departs from Wheatfield Senior Center. Begin the day with coffee & pastry at Kleinhan's Music Hall. Then enjoy the 10:30am Holiday Pops Concert with the Buffalo Philharmonic Orchestra. Relax & listen to the music splendor & sing along to your favorite holiday music. A delicious lunch is included following the show at Hamlin House restaurant. Choice of fish fry or stuffed chicken.

GENERAL MEMBERSHIP

Our next General Membership meeting will be held on Wednesday, September 28th at 1:00pm at the senior center. All senior members are welcome to come and bring there ideas.

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 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, September 13th.

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 and one pound weight bring it with you to class

MEMBER UPDATES:

New Members: Leona Jaszcute, Jean Kugler, Barb Smith, William Froehley, Barbara Olivieri, Mary Olivieri, Susan Retko, Karen Catalano & Sandra Moyer

Nursing Home: Joan Bentley, Janice Koch & Eleanor Stahl

NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on Wednesday, September 21st at 9:30am.

Thank you to last month's volunteers: Marsha Kennedy, Jeanette Dezaiffe, Marjorei Brackett, Mary Drescher, Goria Wilczek, Dorothy Muniak, Kim Wodaszek, Judy DeVantier, James Earline & Karen Krentz.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1. Pool Room 11:45 Nutrition 1:30 Bingo	2. Pool Room 11:45 Nutrition 1:00 Euchre Tech Help– call for apts.
5. LABOR DAY Center is Closed	6. Pool Room open 11:45 Nutrition 1:00 Pinochle 1-2 Veggie Van	7. Grocery Shopping Tech help– call for apts 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hats Lady Bugs	8. Pool Room 11:45 Nutrition 1:30 Bingo	9. Pool Room 11:45 Nutrition 1:00 Euchre Tech Help– call for apts.
12. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	13. Pool Room open 11:45 Nutrition 1:00 Pinochle 1-2 Veggie Van	14. Grocery Shopping Tech help– call for apts 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club	15. Pool Room 11:45 Nutrition 1:30 Bingo	16. Pool Room 11:45 Nutrition 1:00 Euchre Tech Help– call for apts
19. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	20. Pool Room open 11:45 Nutrition 1:00 Pinochle 1-2 Veggie Van	21. Newsletters Grocery Shopping Tech help– call for apts 10:00 NT Senior Fitness 11:45 Nutrition	22. 9:30– Elderlaw with As- semblyman Conrad 11:45 Nutrition 12:30 Clear Caption 1:30 Bingo	23. Pool Room Tech Help– call for apts 10:30 Special Fitness with Elderwood & Healthy Snack 11:45 Nutrition 1:00 Euchre
26. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	27. Pool Room open 11:45 Nutrition 1:00 Pinochle 1-2 Veggie Van	28. Grocery Shopping Tech help– call for apts 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Member. Mtg	29. Pool Room 11:45 Nutrition 1:30 Bingo	30. Senior Breakfast Pool Room 11:45 Nutrition 1:00 Euchre Tech Help– call for apts

DON'T FORGET!!

Saturday, September 17

Basket Raffle- 1pm

Drawings- 2:30pm!!

20 TICKETS- \$5



ANNIVERSARY DINNER DANCE

Wednesday, October 19th

Doors open at 5pm

Dinner at 6pm

Music at 7:30pm

**Tickets \$18 paid members
- \$20 for non-members**



SEPTEMBER 2022

Monday

Tuesday

Wednesday

Thursday

Friday

			1. Chicken salad Sandwich with lettuce, tomato, onion, Italian pasta salad, broccoli salad, 2 slices wheat bread and cinnamon sliced pears	2. Roast pork with gravy Baked sweet potato peas Wheat dinner rolls Mandarin orange delight
5. Labor Day No Meals Served	6. Cheese tortellini with meatball and tomato sauce. Spinach, Italian bread banana	7. Lemon chicken over egg noodles Broccoli & cauliflower Wheat dinner roll apricots	8. Baked meatloaf with gravy, mashed sweet potatoes Green beans Wheat bread Brownie	9. Julienne salad with turkey Pea and pasta salad Wheat dinner roll Tropical fruit cup dressing
12. Breakfast casserole with cheddar & Sausage	13. Ranch chicken pasta salad, garden salad Muffin Fruited gelatin with whipped topping	14. Mushroom Swiss Burger Sweet potato wedges Corn, wheat hamburger bun, grapes	15. Ham and Swiss cheese sandwich with lettuce Tomato & onion Brown rice and lentil soup 3 bean salad, 2 slices wheat bread, orange	16. Polish sausage Two-type potato salad Green beans Wheat hot dog bun Deluxe fruit cup
19. Chicken stew Broccoli Biscuit orange	20. Ham salad sandwich with lettuce, tomato, onion, potato salad Marinated vegetable salad, 2 slices wheat bread and pineapple	21. Greek seasoned chicken breast with feta Greek seasoned rice California vegetable blend, wheat dinner roll banana	22. Meatball sub with mozzarella and tomato sauce, tri-color pasta salad, carrots Wheat hoagie roll Fresh watermelon	23. Turkey and grape salad Sandwich Pickled beets Coleslaw 2 slices wheat bread Fruited gelatin with whipped topping
26. Italian sausage with peppers and onions Baked beans Parslied cauliflower Wheat hot dong roll Fresh cantaloupe	27. Broccoli and cheese strata, O'Brien potatoes Stewed tomatoes Wheat dinner roll Sliced peaches	28. Turkey cobb salad Potato salad Wheat bread Tropical fruit cup	29. Bone in pork chop Garlic mashed potatoes Bavarian kraut Wheat dinner roll Mandarin oranges	30. Roast beef sandwich with gravy, minestrone soup, broccoli salad, hard roll and cookie