

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**
110 Goundry St. NT NY 14120
Telephone: 716-695-8582

APRIL 2025

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Recreation & Senior Coordinator

www.NTParksrec.com

April is designated as Alcohol Awareness Month,

A time to raise awareness about alcohol use disorder (AUD) and the adverse impact of alcohol misuse on health and society.

Purpose: Alcohol Awareness Month aims to increase public understanding of alcohol use and alcohol use disorder, educate about treatment and recovery pathways and address the stigma associated with AUD.

History: The National Council on Alcoholism and Drug Dependence (NCDD) established Alcohol Awareness Month in 1987. The awareness month provides an opportunity to highlight the positive impact of underage drinking prevention strategies and messaging, while advancing proven strategies and exploring innovations.

Importance: Alcohol misuse is a significant public health issue, with over 178,000 alcohol-related deaths in the United States each year.

Call to Action: Individuals and communities are encouraged to take action to prevent alcohol misuse and support those affected by use disorder.

Resources: Many organizations, including the National Institute on Alcohol Abuse and Alcoholism, Substance Abuse and Mental Health Services Administration and AA.

SENIOR SERVICES

MINI 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 there is a 15 minute window.

VETERAN SERVICES- Doug Kolata

Niagara County Veterans Service representative will be at our senior center on Tuesday, April 8th from 9am—3pm. to assist any Veteran. 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.

ATTORNEY- Gary Billingsley

The Office for the Aging has a legal assistance program for anyone 60 & over living in Niagara County. The next time the attorney will be at our center is Wednesday, April 16th. Please call 716-695-8582 for an appointment.

If you are interested in contributing toward the costs of legal services provided to you, the suggested contribution rate is \$20 per consultation. No one will be denied service if they can not contribute.

MEMBERSHIP CLUBS

TRAVELING WITH JEAN MARSHALL

The next Travel Club meeting will be Wednesday, April 12th at 1:30pm. The center will provide coffee and tea. Any questions call Jean at 214-693-8050 or email jeanmarshall39@yahoo.com

May Trip: Patriotic Pops

Begin the day with coffee & doughnuts in the Mary Seaton room of Kleinhan's Music Hall, followed by the concert in a tradition that pays tribute to the contributions and sacrifices of America's military personnel and spirited salute to the spirit of America. Lunch follows at the Hideaway Restaurant. \$120.00—\$43 at registration—final payment due, April 23rd. Pick up at 500 Wheatfield Street— NT Recreation Office Building

June Trip: A Frank Sinatra Tribute

Enjoy musician, Jack Civiletto for an afternoon of musical favorites made famous by an entertainment giant. Frank Sinatra. Jack has captured the true style and sound that was uniquely Sinatra. More importantly. Jack's growing popularity is a result of his distinctive trademark presentation that connects him with his audience at every show. Jack performs all the Sinatra favorites as well as music made famous by Bobby Darin, Tony Bennett, Dean Martin, Harry Connick along with other artists in that style. A stop at Millers bulk foods, bakery and greenhouse as well as lunch at Village House Restaurant are included. - -\$105.00 -\$45 due at registration— final by May 23rd. Pick up at 500 Wheatfield St. NT Recreation Office.

August Trip: Murder Mystery on the Canandaigua Lady.

Who did it? Enjoy a murder mystery luncheon cruise on the Canandaigua Lady following a visit to the Gonandaga State Historical Site. Witness the reenactment of the 1669 arrival of French explorer LaSalle at the town of Ganondagan, thanks to living historians from across the U.S. and Canada. Visit with Iroquois and Colonial people and French, Jesuit priests, Seneca & Dutch traders, dressed in authentic 17th century clothing and experience a lesson in wampum making. Then join the Rochester Mystery Company for some Mystery, Mayhem & Murder. Throw in some jealousy, jilted lovers, deadly secrets

And plenty of intrigue for a devious game of cat and mouse as you search for a killer on board the boat while cruising on beautiful Canandaigua Lake. Enjoy a BBQ chicken or vegetarian entrée. We head home with a stop at a farm market to pick up your favorite goodies. \$153.50—\$50 due at registration—final payment due on July 31st. Pick up at 500 Wheatfield St. NT

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

RED HAT LADY BUGS- Joan Dirmyer

The next Lady Bugs gathering is Wednesday, April 2nd at the Center at 1pm. If you have any questions please call Joan at 716-694-5132. We are always looking for new members and new ideas.

GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, April 23rd at 1pm. Please come and support your senior center.

GAMES

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 18 games. There are prizes for each game. Please sign in at the main table. Thank you.

Thank you to our volunteers:

Volunteers: Joanne Catipovic, Gerry Phelps, Beth Feenin, Carol McMeekin, Norma Kitzmiller, Kim Piorkowski, Sharon Beeman. Charlie Marranca & Rhonda Holka

GAMES CONTINUE.....

MAHJONG—Mary Lee Karre

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

EUCHRE-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 & tea will be made available for 25 cents.

PINOCHLE— John Enright

Any senior is welcome to play Pinochle on Tuesdays at 1:00 pm. Please bring \$2.00 for the game. Coffee and tea will be made available for 25 cents.

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.

SENIOR NUTRITION & FITNESS

COUNTY NUTRITION– Sharon Lewis

Niagara County offers a part time lunch program at the center at 11:45am Monday, Wednesday, Thursday & Fridays The suggested donation for a lunch is \$3.25. One week notice is now required. Roundtrip transportation is also available. Please call the main office at 716-438-4031 for making or canceling a reservation

GAME NIGHT-Mary Lee Karre

The center will be open from 6-8:30pm every Wednesday night. Any Senior member is welcome to come and play any card game or board game! Coffee and tea will be available for 25 cents. Please be sure to sign in when you enter.



Continue...

TAI CHI– Manuela Ceglinski

Tai Chi classes are held every Tuesday & Thursday at 10am. It will cost each person \$15 a month to take this program. Please pay the instructor directly. All participants must sign a city liability waiver prior to taking this class.

SNAP-ED—NUTRITIONAL & COOKING

Wed. April 30th —9am-10am

Free nutrition & physical activity workshops. We will discuss how to Eat Smart & Live Strong. Add more fruits & vegetables into your day. Find ways to add physical activity to your day. Develop healthy lifestyle habits. Please call the office at 716-695-8582 to register.

PHYSICAL THERAPY & FUNCTIONAL FITNESS WITH DR. BETH MARABELLA PECK

Monday, April 7th– 9am-10am

Please join us! Dr, Elizabeth Marabella Peck, PT DPT will discuss the importance of maintaining your **Functional Fitness** for an independent and active life! This physical therapy-based program focuses on functional daily movements to improve your function and safety at home.

You'll gain a better understanding of the issues that can cause function to decline and what you can do to keep your independence and function intact. Please call to register– 716-695-8582

NT SENIOR FITNESS

Judy DeVantier

NT Senior Fitness is an exercise program offered by The NT 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. Anyone participating in this class must sign a city waiver/liability

UPCOMING SPECIAL EVENTS

SPRING CARD PARTY WEDNESDAY, APRIL 16TH AT 1:30 PM

\$6 a ticket buy you pizza and soda. A cash prize for the winner of your table. You will also enjoy several door prizes and a 50/50. Buy your tickets in a set of (4) as a table—\$24. Enjoy and afternoon of playing cards with your senior friends! And maybe win a door prize too!

MOTHER'S DAY TEA! SATURDAY, MAY 3RD AT 1:00pm



This year, like last year we are limited this program to 75 seniors. The cost of each ticket is \$4 dollars, plus you must bring a sandwiches or a dessert to pass. The money is to cover help the cost of prizes, flowers and other expenses. Children under 5 are free!

The doors will open at 1pm. We are not reserving tables. You will enjoy tea sandwiches, desserts, a variety of herbal teas, regular tea, coffee and flavored water.

Door prizes, a few games and a 50/50 will also be enjoyed.

IN TH THE COMMUNITY.... DYNGUS DAY PARADE APRIL 21, 2025 AT 5PM



This year the senior center along with the NT Recreation department & Youth Center are participating in the Dyngus Day Parade! If any senior is interested in walking in the parade with us please contact the office. The parade begins at 5pm. We will be meeting with the parade's director at the March general membership meeting on Wednesday, March 26th at 1pm if you have an questions.

TECHNOLOGY

SENIOR COMPUTER LAB

The center has 3 new computers and a printer for our senior members to use at their leisure. There also is internet access.

The computers are located in the billard room on the back counter. If you need help just ask anyone in the office.

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

SENIOR UPDATES

New Members: Paul Schmitt, Terry Durkin, Rick & Nancy Rios, Matthew Hamp, Victoria Liberto, Lyndon Barnett, Jo Hewitt, Terry Durkin, Paul Schmitt, Maureen Trimmer, Gregory Smith, & Deborah Smith

In Nursing Facility: Karen Krentz, Judy Niemec


CENTER 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 \$5.00 per year. Please mail your check to 110 Goundry Street North Tonawanda. Please make checks payable to the N T Senior Center. You can also pay online at [www. NTParksrec.com](http://www.NTParksrec.com) with a major credit card

Wise words for April: As April arrives, remember that even amidst the "April showers," there's always the promise of "May flowers" and the potential for growth and renewal. Embrace the change and find joy in the journey.



APRIL 2025

Monday	Wednesday	Thursday	Friday
	2. Roast Pork with Gravy Baked sweet potato Seasoned green beans Wheat dinner roll Sliced pears	3. Ranch chicken Pasta Salad Garden Salad Muffin Fruited Gelatin with whipped topping dressing	4. Two cheese manicotti with tomato sauce Tomato and cucumber salad Italian bread Heavenly hash
7. Chicken Stew Seasoned broccoli Biscuit Fresh grapes	9. Greek chicken breast Greek seasoned rice Seasoned brussels sprouts Wheat bread Sliced peaches Greek dressing	10. Mushroom Swiss burger with lettuce, tomato, Onion, sweet potato wedges, seasoned green beans, wheat hamburger bun, topical fruit cup	11. Tuna salad sandwich with lettuce, tomato, onion Hearty vegetable soup with crackers Broccoli salad 2 slices wheat bread Fresh orange
14. Italian sausage w/ peppers and onions German potato salad Mixed vegetables Wheat hot dog bun Fruited gelatin w/ whipped topping	16. <u>Easter Meal</u> Glazed Ham Mashed sweet potatoes Green bean casserole Whole wheat dinner roll Spring time coconut cake	17. Bone-in pork chop Mashed potatoes Seasoned peas Whole wheat bread banana	18. GOOD FRIDAY  No Meals Served!!!
21. BBQ Pork Riblet 3 bean salad Seasoned brussels sprouts Wheat Hoagie roll Tropical fruit cup	23. Julienne salad with ham Bleu cheese crumbles and croutons Italian pasta salad Biscuit Applesauce dressing	24. Hot dog with chili sauce Two type potato salad Seasoned cauliflower Wheat hot dog bun Sliced peaches	25. Chicken drumstick Baked beans Coleslaw Ry bread Mandarin Oranges
28. Homemade Mac & Cheese Casserole California blend vegeta- bles Cinnamon raisin bread pineapple	30. BBQ pulled pork with BBQ Sauce and pickle chips Potato salad Coleslaw Wheat hamburger bun Fruited gelatin w/ whipped topping		

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computer available Billiards available	2. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs Computer available Billiards available 6-8:30– Game Night	3. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available	4. 11:45 Nutrition 1:00 Euchre 1:00 Rummikub Computer available Billiards available
7. 9:00 Functional Fitness 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available Billiards available	8. 9-3 Veterans Assist. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computer available Billiards available	9. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club Computer available Billiards available 6-8:30– Game Night	10. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available	11. 11:45 Nutrition 1:00 Euchre 1:00 Rummikub Computer available Billiards available
14. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available Billiards available	15. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computer available Billiards available	16. Grocery Shopping Attorney– by appt only 10:00 NT Senior Fitness Tech Help Available 11:45 Nutrition 1:30 Spring Card Party 6-8:30– Game Night	17. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available	18. 11:45 Nutrition 1:00 Euchre 1:00 Rummikub Computer available Billiards available
21. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available Billiards available	22. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computer available Billiards available	23. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition Computer available Billiards available 1:00 General Meeting 6-8:30– Game Night	24. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available	25. 11:45 Nutrition 1:00 Euchre 1:00 Rummikub Computer available Billiards available
28. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available Billiards available	29. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computer available Billiards available	30. 9:00 Snap Ed & Cooking Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition Computer available Billiards available 6-8:30– Game Night		