

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

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AUGUST 2024

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

SHARP EDGEZ -FREE HAIR CUTS



**WEDNESDAY, AUGUST 21ST
1-4PM**

Sharper Edgez Barber School will be offering free haircuts to the community. Services are specific to barber services.

Please call for an appointment 716-695-8582.

ENERGY SELF DEFENSE CLASS

Instructor– Manuela Ceglinski

Energy self defense class is for seniors 60 and older, it teaches seniors to prevent from getting hurt. You will learn basic techniques like using, the other person's energy to defend yourself and use of pressure points. This class is also for people who use wheelchairs, walkers and/or canes.

The class will be held on Tuesday, August 13th 11am-1pm.

This is a free class sponsored by a grant by Assemblyman Bill Conrad. seniors. Please call to reserve your spot

DARE TO REPAIR CAFÉ

Saturday, August 24 th 11am-2pm



Free repairs for seniors! Is best to register ahead at thetoollibray.org/daretorepair. The electrician, mechanics and other professionals will be on hand to fix your broken appliances, textiles, bikes & clothing. No gas power motors.

If you need help registering come to the senior center and we can assist with registration

**MEAT & BASKET RAFFLE–
SATURDAY, NOVEMBER 2ND.**



We are looking forward to November 2nd! Our Meat Raffle & Basket Raffle! This is our only fundraiser!! All of the meat is purchased from Pellicano's Marketplace and is top quality. Tickets are \$10 in advance and \$12 at the door.

Tickets for the baskets are only available at the event for \$5 per sheet. You must be present to win the meats or a basket.

We are in need of volunteers. Please talk to Pam if interested. Anyone willing to sell tickets let the office know.

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. Judy is looking for a volunteer to help! Please someone... step up!!

NIAGARA COUNTY NUTRITION

Sharon Lewis, Site Director

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 the main office at 716-438-4031 for making or canceling a reservation.

TAI CHI—PRACTICE GROUP

A Tai Chi group is practicing outside every Tuesday and Thursday at 10 am. An official class of lessons will be starting in September. There will be a charge for these lessons. Please watch newsletter for details. The instructor will be Manuela Ceglinski.

MAHJONG- CHINESE TILE GAME

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

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 & tea will be made available for 25 cents

PINOCHLE CLUB— 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.

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 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.

MEMBER UPDATES

New Members: Joyce Wienke, Sandra Kuligowski, Diane Nagy, Pam Ashmall, Gary Goodwin, Merrie Manganello, Mannie & Mark Ceglinski

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.

THURSDAY NIGHT CONCERTS— 7pm River Road Band Shell—Fisherman's



8/1— Kokomo Time Band

8/8— Special Delivery

8/15— River City Strings

8/22— Bob Meier & the Hitman Horns

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, Rhonda Holka, Beth Feenin, Carol McMeekin and Kim Piorowski

RED HAT LADY BUGS- Joan Dirmyer

The next Red Hats meeting will be August 7th at 1pm. It will be a picnic at Barb Barrett's daughter's house. It will be catered. There is a pool so bring your suits. The address is 74 Cramer St. off of Zimmerman. New members are welcome.

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, July 10th 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

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.

NT TRAVELS WITH Jean Marshall

Our Travel meeting is on Wednesday, August 14th at 1:30pm. Jean will be here to show & discuss upcoming trips for NT & Wheatfield Senior Centers

September 18- A Visit to Ontario County- Begin the day at Powers Farm Market for fresh produce, baked goods or crafts. Enjoy an Italian buffet lunch at Otto Tomato's then spend the afternoon at the Gannon State Historic Site-the only NY State historic site dedicated to native American theme. Learn how the Seneca people influenced our modern understanding of equality, democratic gov. women's rights, ecology & natural foods.—**\$104.00 9am- departs- return- 5pm- 500 Wheatfield St. NT.**

October 16 – Backroads Amish Adventure– 8:45am-5:45pm - Meet the Amish people of Conewago Valley. Visit various homes for beautiful handmade quilts, fresh garden produce, fresh baked goods, a cheese shop, & a blacksmith shop where we learn how to shoe a horse & other information about the Amish, their horses & their way of life. Lunch included—\$105.00

December 1-7 - \$1,242.00 per person/double Occupancy– Christmas Time in Branson, Missouri

balance due 9/24/24 Package includes: Overnight lodging, 4 nights, 6 breakfasts, 4 dinners, 7 spectacular Christmas shows. Guided tour of Branson, Grand Village shops, souvenir gift motorcoach transportation, taxes & meal gratuities. For further information and reservations contact Jean Marshall at 716-694-5567 or jeanmarshall39@yahoo.com All checks are to be made payable to Jean Marshall

SUMMER MUST GO

-by Lenore Hetrick

Summer has lingered a little too long.
The grass and the trees wear a rusty look,
The calendar cries the last day of August,
And so say the leaves that float down the brook.



The mists hang low in the morning hours
And the smell of harvest grows more strong
The calendar cries the last day of August
And summer has lingered a little too long.

GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, August 28th at 1pm. We will be making plans for our annual picnic and the upcoming fundraiser on November 2nd. We need seniors to sell our meat raffle tickets

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 pool room on the back counter. If you need help just ask anyone in the office.

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, August 21st. 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

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.

NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on Friday, August 23 at 9am **Everyone is welcome to help!!!**

Thank you to last month's volunteers Pat Wentz, Mary Drescher, Marsha Kennedy, MaryAnn Linkowski, Bernie Hagedorn, Shirley Klinefelter, & Lillian Kazmiezak

Follow Us:

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Www.NTParks.com

phogan@northtonawanda.org

AUGUST 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1. Billiards Computers 10:00 Tai Chi – Practice 11:45 Nutrition 1:30 Bingo	2. Billiards Computers 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
5. Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	6. Billiards Computers 9-3 Veterans Assist 10:00 Tai Chi –Practice 1:00 Pinochle 1:00 Mahjong	7. Billiards Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Red Hatters– Picnic-Off Site	8. Billiards Computers 10:00 Tai Chi – Practice 11:45 Nutrition 1:30 Bingo	9. Billiards Computers 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
12. Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	13. Billiards Computers 10:00 Tai Chi –Practice 11-1 Energy Self Defense Class 1:00 Pinochle 1:00 Mahjong	14. Billiards Computers Attorney (apt only) Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club	15. Billiards Computers 10:00 Tai Chi – Practice 11:45 Nutrition 1:30 Bingo	16. Billiards Computers 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
19. Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	20. Billiards Computers 9:00 Newsletters 10:00 Tai Chi –Practice 1:00 Pinochle 1:00 Mahjong	21. Billiards Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1-4 Sharp Edgez Free Hair Cuts	22. Billiards Computers 10:00 Tai Chi – Practice 11:45 Nutrition 1:30 Bingo	23. Billiards Computers 9:00 Newsletters 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
26. Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	27. Billiards Computers 10:00 Tai Chi –Practice 1:00 Pinochle 1:00 Mahjong	28. Billiards Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Membership Meeting	29. Billiards Computers 10:00 Tai Chi – Practice 11:45 Nutrition 1:30 Bingo	30. Billiards Computers 11:45 Nutrition 1:00 Euchre 1:00 Rummikub

AUGUST

Monday

Wednesday

Thursday

Friday

		1. Cheese Tortellini with meatballs & tomato sauce Spinach and bacon salad Italian bread Cinnamon sliced pears	2. Baked homemade meatloaf with gravy Cheddar mashed potatoes, seasoned green beans, biscuit Sunshine bar
5. Roast pork with gravy Harvard beets Seasoned carrots Whole wheat dinner roll applesauce	7. Egg salad sandwich with lettuce, tomato, onion, chicken cannelloni soup, tomato and cucumber salad, 2 slices whole wheat bread Fresh cantaloupe	8. Polish sausage Mashed potatoes Seasoned broccoli Whole wheat hot dog bun Apple crisp with whipped topping	9. Roasted chicken thighs with gravy, parslid potatoes, seasoned brussels sprouts, muffin, apricots
12. Chicken stew Caesar salad Biscuit Tropical fruit cup	14. Mushroom Swiss burger With lettuce, tomato, onion Sweet potato wedges Mixed vegetables Wheat hamburger bun pineapple	15. Ham salad sandwich Broccoli and cheddar soup with crackers 3 bean salad 2 slices whole wheat bread Fresh watermelon	16. Meatball sub with mozzarella and tomato sauce, spaghetti salad Seasoned peas Whole wheat hoagie roll and fresh orange
19. Italian sausage with peppers and onions Au gratin potatoes Italian vegetable blend Whole wheat hot dog bun Deluxe fruit cup	21. Broccoli and cheese strata Hash brown patty Parslid cauliflower Muffin Sliced peaches	22. Tuna noodle casserole California blend vegetables Rye bread Honeydew melon	23. Turkey cobb salad Two-type potato salad Biscuit Heavenly hash
26. Breaded chicken drumstick Baked beans Coleslaw biscuit Mandarin oranges	28. End of Summer Picnic Hot dog or hamburger on a bun, baked beans Macaroni salad Watermelon Frosted brownie	29. Julienne salad with ham, bleu cheese crumbles croutons Italian pasta salad Biscuit Fresh orange	30. BBQ pork riblet Pickled beets Mixed vegetables Whole wheat hoagie roll Fresh cantaloup