

**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

NOVEMBER 2023



VETERAN'S BREAKFAST

We will be hosting our Veteran's Breakfast on Saturday, November 11th. The program begins at 9:00 am. The breakfast is free to all Veterans and \$5 for their guests. **You must call and reserve your breakfast no later than Wednesday, November 8th.** To reserve a seat please call 716-695-8582.

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.

**MEDICARE HEALTH INSURANCE
COMMUNITY MEETING**

Friday, Nov. 17th 9:30-11:30am

Understanding Medicare Plan Choices for 2024 Get update and learn about the changes to Medicare, the Medicare Health Plans, Medicare Part D, NYS EPIC and "Extra Help" Low income subsidy program. Be prepared for the Medicare Annual open enrollment period, Coffee & tea will be available.

In the community...



Tonawanda Legion Band is hosting a Veterans Concert on Sunday, November 5th at 7pm. This concert will take place at Cardinal O'Hara High School. Tickets are \$15 at the door and \$13 in advance. Advance tickets can be purchased at Walkers Bros. Jewelers or Mid City Opticians.

ARTS & CRAFTS

For the month of November we are starting on our Christmas ornaments & wreaths. These crafts are either \$5 or \$10 to make depending on what you choose. We are having arts and crafts the first 3 Friday mornings of November. Please call the office to make your appointment. Supplies are limited.

NY CONNECTS RECERTS & REFERRAL

Sally Perez will be at the center **Thursday, January 25th from 12:30 –1:30pm** to assist any senior with Food Stamp, Medicare or any Government forms. No appointment necessary. Sally will be here the last Thursday of each month from 12:30—1:30pm.



EURCHRE TOURNAMENT
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 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.

GENERAL MEMBERSHIP

Our next General Membership meeting will be held on Wednesday, November 22nd at 1pm. All members are welcome. We will be planning our next few events.

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 716-695-8582 for making or canceling a reservation.

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.

MAHJONG- CHINESE TILE GAME

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

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.

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

RED HAT LADY BUGS- Joan Dirmyer

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



Words to Live By:

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

- John F. Kennedy

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, November 15th. 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 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, Mike Confer, Rhonda Holka, Beth Feenin, & Carol McMeekin

BUFFALO BILLS VS KANSAS CITY CHIEFS

**Sunday, December 10th—
Game starts at 4:25pm.**



Come enjoy the game on the new big screen. Doors open at 3:30. You must register in advance and get a ticket. You will be asked to bring a dish to pass and bring your own desired beverages.

The senior center will be offering a hot ham sandwich to each person in attendance. Come to the office to register.



NT TRAVELS WITH Jean Marshall

Our Travel meeting is on Wednesday, November 8th 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

SOUNDS OF THE SEASON- PO HOLIDAY POPS FRIDAY, DECEMBER 15, 2023

Friday, December 15th 2023 8:30am-3:00pm.
\$111.00 Deposit at registration is \$35.00. Full payment is due 11/17/23

Begin the day with coffee and pastry at Kleinhans Music Hall. Then enjoy the 10:30am Holiday Pop Concert with the Buffalo Philharmonic Orchestra. Relax and listen to the musical splendor and sing along to your favorite holiday music as you get in the spirit of the season. A delicious lunch is included following the show at Parkside Meadows restaurant. Choice of Fish Fry or Chicken Parmesan. Any questions call Jean at 716-694-5567.



WINTER WALK/SANTA'S WORK- SHOP/ VENDOR & CRAFT SALE & RED HAT LADY BUG BAKE SALE!

Saturday, December 2nd 10am-3pm

Vendors and craft people needed! \$5 a table. Volunteers and baked goods also needed!

The senior center again will be participating in the city wide Winter Walk. We will be hosting a kids sale for gifts and free gift wrapping, a vendor/craft sale and a bake sale. The public will also enjoy free hot chocolate and a refreshment while supplies last.

We anticipate a surprise visit from Santa around noon -2pm too! This year there also is a card and book sale to help clear out our center. Please help spread the word and put out a few flyers for us. Just ask for copies at the office.— Thank you-

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 Tuesday, November 14th.**

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.

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: David Phillips, Terry Short, Sharon Short, Darlene Perna

Assisted Living: Audrey Zuch

NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on Tuesday, November 21st at **9am. Everyone is welcome to help!!!**

Thank you to last month's volunteers:

Bernie Hagendorn, Marsha Kennedy, Mary Drescher, Dorothy Muniak, Joan Dirmyer, Marge Brakett, Virginia Parks, Pat Wentz & Shirley Klinefelter.

NOVEMBER 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1. Pool Room Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs Gathering</p>	<p>2. 9:00 Cards & Games 11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>3. 9:00 Crafts Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos</p>
<p>6. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament</p>	<p>7. 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room</p>	<p>8. Pool Room Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club Mtg</p>	<p>9. 9:00 Cards & Games 11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>10. CENTER IS CLOSED TODAY FOR VETERANS DAY </p>
<p>13. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament</p>	<p>14. 9-3 Veterans Assist 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room</p>	<p>15. Attorney (apt only) Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition</p>	<p>16. 9:00 Cards & Games 11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>17. 9:00 Medicare Seminar Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos</p>
<p>20. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament</p>	<p>21. 9:00 Newsletters 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room</p>	<p>22. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Membership Meeting</p>	<p>23. Happy Thanksgiving </p>	<p>24. Center Closed </p>
<p>27. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament</p>	<p>28. 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room</p>	<p>29. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 3:00 volunteer appreciation by invitation only</p>	<p>30. 9:00 Cards & Games 11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	

NOVEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1. Homemade Salisbury Steak with Gravy Au Gratin potatoes Seasoned broccoli Rye bread Banana pudding	2. BBQ Pork Riblet Minestrone soup with crackers, coleslaw Whole wheat hoagie roll and pineapple	3. Beef stroganoff over egg noodles Mixed vegetables Whole wheat bread Deluxe fruit cup
6. Sweet and Sour Pork Seasoned brown rice Stir fry vegetable blend Whole wheat dinner roll and brownie	7. No Lunch Served in NT Senior Center By Niagara County Office for Aging	8. Hot roast beef sand- wich with gravy Cheesy mashed pota- toes, Caesar salad Whole wheat ham- burger bun Slice peaches	9. Turkey and cheese sub with lettuce, tomato, and onion Pepper pot soup with crackers Pickled beets Whole wheat hot dog bun, fruited gelatin with whipped topping	10 No Meals Served Today!  Center Closed For Veterans Day
13. Vegetable Lasagna Seasoned Carrots Biscuit Fresh Orange	14. No Lunch Served in NT Senior Center By Niagara County Office for Aging	15 <u>Thanksgiving Meal</u> Roast turkey breast Mashed potatoes with gravy, baked squash, stuffing, cranberry sauce, dinner roll, pumpkin pie with whipped topping	16. Cheese Tortellini with meatballs and tomato sauce, seasoned spin- ach, Italian bread Heavenly hash	17. Baked homemade meatloaf with gravy Mashed potatoes Green beans Whole wheat bread Tropical fruit cup
20. Roast pork with gravy Sweet potato wedges Garden salad Rye bread Cinnamon applesauce	21. No Lunch Served in NT Senior Center By Niagara County Office for Aging	22. Beef Stew Peas Biscuit Deluxe fruit cup	23. Happy Thanksgiving 	24. No Meals Center is Closed 
27. Greek Seasoned Chicken Brest with Feta, Greek seasoned rice, Normandy vegeta- ble blend, whole wheat bread, fruited gelatin with whipped topping	No Lunch Served in NT Senior Center By Niagara County Office for Aging	29. Goulash Peas and carrots Italian bread Fresh orange	30. Ham salad sandwich with lettuce, tomato, onion, broccoli and cheddar soup with crackers, 3 bean salad 2 slices whole wheat bread, banana	