

**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

FEBRUARY 2024

VALENTINES DINNER DANCE

 The General Membership will be hosting their Annual Valentines Dinner Dance on Wednesday, February 21st 2024. Tickets are \$20 for paid members and \$25 for non members.

The food will be catered by Jim Fingerlow (Just Say Cheesecake). The menu will include – a cheese and cracker plate, homemade lasagna, meatballs, chef salad, rolls, butter, and cheesecake for dessert. Coffee and tea will also be available.


We will have live music from 7:30-9:30pm by The Hasting Duo. The doors will open at 5:15pm, dinner will be served at 6pm and door prizes and a 50/50 to follow. Tickets will not be sold after 2/14/24.

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.

ST PATRICK'S DAY DINNER DANCE

 The North Tonawanda Senior Center will be hosting their Annual St Patrick's Day Dinner Dance of Wednesday, March 20th. The doors will open at 5:15pm, dinner will be served at 6pm and live music will entertain us from 7:30-9:30pm.

Tickets are \$20 for current paid members and \$25 for non members. **Tickets will be sold until March 13th or until sold out. The office can not hold or reserve any tickets.**

ARTS & CRAFTS

For the month of February we will be working on a St. Patrick's Day craft. A sample of this craft is in the front hall for you to see. Please sign up at the office. Your fee for the craft will be collected when you sign up.

NT SENIOR FITNESS

Judy DeVantier & Judy Ondak

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.

* NEW!! DINNER & THREATRE

The NT Senior Center is hosting a "Dinner Theater night on Wednesday, April 17th. This will include a buffet dinner at 4:30pm followed by a live performance by WNY improv.



Tickets will go on sale starting Friday March 1st. There is a limit of 75. Tickets will be \$20 for members and \$30 for non-members. The live performance of Alias Grace Murder in Ontario. This is play based on a true murder in 1843.

- You are welcome to bring your own spirits!

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. Round-trip 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.

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

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

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.

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, 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 9 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 and Kim Piorkowski

THE GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, March 27th at 1pm.

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

NT TRAVELS WITH Jean Marshall

Our Travel meeting is on Wednesday, February 14th 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

Spring Fling— Wednesday, March 27 \$72.00

\$30 deposit with sign up, 9am– 6pm. Depart from 500 Wheatfield St. NT.

It's off to the country for an old fashioned family style pancake brunch at Sprague's Maple Farm. Stop by the gift shop to purchase all your maple products as well as gift items. At our next stop we will learn the art of candle making as we tour the factory and of course, shop for unique candles at The Northern Lights Candle Factory. On our way home, stock up on cheese at the Cuba Cheese Store.

Sights & Sounds of Lancaster PA— 3 Days—2 Nights. April 22-24 2024—\$517 per person—double occupancy

Package includes— 2 nights lodging, 2 breakfasts, 2 dinners including a smorgasbord dinner, performance of Daniel at the Sight & Sound Theatre. Enjoy a Guided tour of the Amish countryside, including stops at an Amish craft farm & bake shop, Kitchen Kettle Village, Country Store & Miniature Horse Farm, souvenir gift shopping, luggage handling, taxes & meal gratuities and motor coach transportation. Cancellation insurance available & highly recommended.

RED HAT LADY BUGS- Joan Dirmyer

The regular meeting will be taking place on Wednesday, February 7th at 1:00pm. New members are always welcome.

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, February 13th**

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: Barbara Green, Franz Ludwig, Charles Downey Jr., James & Angela Schiefer Silvio Martelli, Michael Prinzbach, Karen Fleckenstein

Assisted Living/ Rehabilitation: Czeslawa (Jesse) Pilecki, Diane Juliano, Lavern Zastrow

In Memory: Anita Zebulske

NEWSLETTER VOLUNTEERS

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

Thank you to last month's volunteers:

Marsha Kennedy, Mike Bass, Norma Kitzmiller, Marge Brackett, Shirley Klienfelder & MaryAnn Linkowski

February 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1. Pool Room 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	2. 9:00 Crafts Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos
5. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament	6. 9-3 Veterans Assist 9:00 Cards & Games 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room	7. Pool Room Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Red Hat Lady Bugs	8. Pool Room 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	9. 9:00 Crafts Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos 1:00 Essential Solutions– Medicare Insurance Information
12. 10:00 NT Senior Fitness 1:00 Euchre Tournament	13. 9:00 Cards & Games 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room	14. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club Mtg	15. Pool Room 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	16. Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos
19. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament	20. 9:00 Cards & Games 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room	21. Attorney (apt only) Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 5-9:30 Valentine's Dinner  Dance	22. Pool Room 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	23. 9:00 Newsletters Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos
26. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament	27. 9:00 Cards & Games 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room	28. Grocery Shopping Tech Help Available 11:45 Nutrition	29. Pool Room 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1. Baked homemade meatloaf with gravy Roasted fingerling Potatoes Seasoned green beans Whole wheat bread Fruited gelatin with Whipped topping	2. Turkey ala king Mashed potatoes Glazed carrots Biscuit Heavenly hash
5. Chicken stew Mixed vegetables Biscuit Cinnamon applesauce	6. No Lunch	7. <u>Valentines Meal</u> breaded baked chicken breast Creamy pesto pasta Sicilian vegetable blend, marble rye bread, red velvet cake with cream cheese frosting	8. Beef stew Harvard beets Biscuit Mandarin oranges	9. Goulash Seasoned broccoli and cauliflower Italian bread Deluxe fruit cup
12. Spaghetti and meatballs With tomato sauce Seasoned Brussels sprouts Italian bread Peach crisp with whipped topping	13. No Lunch	14. Ash Wednesday Tuna Salad sandwich with lettuce, tomato onion Pickled beets Hearty vegetable soup with crackers 2 slices whole wheat bread, fruited gelatin with whipped topping	15. Stuffed cabbage roll Seasoned peas and Carrots Blueberry muffin banana	16. Egg and broccoli Frittata Hash browns Garden salad Cinnamon bran muffin Sliced pears
19. No meals served today President's Day	20. No Lunch	21. Bone in pork chop Mashed potatoes Bavarian sauerkraut Rye bread Homemade apple crisp with whipped topping	22. Cheeseburger supreme with lettuce, tomato, onion, pickle Chicken cannelloni soup with crackers Seasoned carrots Whole wheat hamburger bun & tropical fruit cup	23. 2 cheese manicotti with tomato sauce Spinach salad Italian bread Sliced pears
26. Breaded chicken Drumsticks Baked beans Italian vegetable blend Cinnamon bran muffin Mandarin oranges	27. No Lunch	28. BBQ Pork riblet Sweet potato wedges Seasoned wax beans Whole wheat hoagie roll banana	29. Beef stroganoff over egg noodles Mixed vegetables Whole wheat dinner roll Fresh orange	