

**NORTH TONAWANDA  
SENIOR CITIZEN CENTER**

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

PRSRT STD  
U.S. Postage  
PAID  
N. Tonawanda, NY  
PERMIT NO. 75

Return Service Requested

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

**MAY 2022**

**THEME BASKET FUNDRAISER**

Our Theme Basket Fundraiser will be held on Saturday, September 17th. We are still accepting and in need of baskets. Empty large baskets, new items for baskets or baskets already filled!

We will also need baked goods and volunteers the day of the event. Please call the office if you can help! - thank you!

**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.

**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

**UNVIVERA**

Michelle from Univera will be at our center on Monday, May 2nd 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 .

**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, May 10th.

**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.

**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.

**ANNUAL DUES**

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 North Tonawanda Senior Center. You can also pay online at NTParksrec.com with a major credit card.

**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

**BILLIARDS**

Our billiard room is available to any senior. Come play and bring a couple friends too. You are welcome to play anytime Monday—Friday 8:30am—4:30pm.

**RED HAT LADY BUGS**

Joan Dirmyer



The regular meeting will be taking place on Wednesday, May 4th at 1:00pm. Please be sure to sign in at the main table upon entering the senior center. New members are always welcome.

**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 his donations.

The next time the attorney will be at our center is Wednesday, May 18th. Please call this office for an appointment 695-8582. You will not be able to see the attorney without an appointment.

**GENERAL MEMBERSHIP**

Our next General Membership meeting will be held on Wednesday, May 25th at 1:00pm at the senior center.

**BINGO**

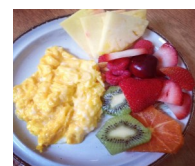
We play Bingo every Thursday afternoon at 1:30pm. The cost for Bingo is \$1 for 2 boards. We serve coffee, tea and a dessert (usually donuts). We play 8 full games. There are prizes for each game. Please sign in at the main table.– thank you. \* donation of gift prizes are always welcome!! **Please bring change with you when possible!**

**Thank you to our volunteers:**

**Volunteers:** Joanne Catipovic, Karen Krentz, Beth Feenin, Terri McGlennon, Gloria Nowakowski, Rhonda Holka, Lorraine Sams, Kim Piorkowski, Mike Confer, Sheila Jones and Carol McMeekin.

**\*New SENIOR BREAKFAST CORNER**

**Friday, June 3rd** come and join us for a continental breakfast! This is open to members only! Since this is new, we are keeping it small at no more than 25 people, so buy your ticket soon! 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.

**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. \*Thank you Judy for volunteering on Mondays for us!

**NT TRAVELS WITH JEAN MARSHALL**

Our Travel meeting is on Wednesday, May 11th 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 694-5567 or email her at jeanmarshall@yahoo.com. To mail a check to Jean: 7237 Nash Rd NT NY 14120

**LUCY & LAUGHTER– June 7, 2022**

\$90.00 8:30am—6:30pm pick up is at the **Wheatfield Senior Center.** Final payment due May 13th.

We begin our day with a tour of Lucy's hometown of Jamestown, NY taking you to places of significance to Lucille Ball. You will see the house where she was born, the house where she grew up, the cemetery where she and her family reside, and much more. Following our tour, we will enjoy lunch in the Tropicana room (the recreated nightclub the Ricky Ricardo owned) in the Luci Desi Center while watching an episode of "I Love Lucy".

Then its off to the National Comedy Center, the first state-of-the-art museum dedicated to telling the vital story comedy in America. The museum celebrates comedy's great minds and unique voices, from Charlie Chaplin to Dave Chappelle.

More than 50 immersive exhibits take visitors on an interactive journey through comedy history.

Menu includes Pot roast, mashed potatoes, peas and carrots. Proof of Covid vaccine is required

**CASTLES OF NEW YORK**  
**4 DAYS—3 NIGHTS—AUGUST 22-25**

\$250 deposit due with each reservation, balance due June 24, 2022. Package includes:

\*3 nights lodging, including 2 nights at the Edgewood Resort on the St. Lawrence River

- 3 Breakfasts
- 1 boxed lunch & 3 dinners
- Boldt Castle & Singer Castle
- St. Lawrence River Cruise
- Guided Tour of the New York State Capitol Building & Wing's Castle
- Millbrook Vineyards and Winery Tour
- Souvenir Gift
- Baggage Handling
- Taxes & Standard Gratuities
- Motor coach Transportation.
- Cancellation insurance available on request
- Depart from Wheatfield Senior Center.

**SNAKE-EYE SAM'S SALOON**  
**SHOWDOWN—JULY 20TH 2022**

Deposit \$40– April 22– Total June 8th (\$95)

We're off to the Station Dinner theater in Erie PA for a Wild West showdown. A musical comedy that will take you back to 1875.

You will see cowboys and dancing can-can girls. You enjoy a chuck-wagon-chow-down of a meal on site. Also a visit to Mason Farms and Cider Mill and more. Departs from Manhattan Street Parking St. parking lot. ID and proof of Covid vaccine required.

## SPECIAL EVENTS

### NUTRITION EDUCATION & TASTINGS



Susan Petty from the **Cornell Co-op** will be here on May 3rd, 17th & 31st from 10:30-11:30am for Nutrition Education & tastings. These are free and wonderful classes come learn and enjoy!

### 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. You must pay at time of registration

Attend both days from 1-4pm:  
Monday, August 15 & Aug 22nd  
Monday, Nov 21 & 28.

### SUMMER PICNIC

We will be having our Annual Summer Picnic on Wednesday, July 27. Please watch the newsletter for details. Due to the increased cost of food and music there will be an increase in the cost of tickets for both members and non-members.



### NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on Tuesday, May 24th at 9:30am on

#### **Thank you to last month's volunteers:**

Linda Elliott, Marsha Kennedy, Shirley Klinfelter, Dorothy Muniak, Karen Krentz, Marjorie Brackett, Mary Drescher & Gerri Phelps.



### Words of Wisdom

**Don't under estimate yourself  
You care capable of more  
than you can imagine!**

## Something New!!

### Father's Day Weekend:

### "NT CAR CRUISE" At Gateway Park



Saturday, June 18th  
Noon -3pm

Come down and enjoy classic cars, food trucks, and live music! This is a free event all at our beautiful waterfront at Gateway Park. It will be a wonderful way to spend your Father's Day weekend! - Sponsored by the NT Recreation Dept

### NORTH TONAWANDA HISTORY MUSEUM

**presents 2 live speaker sessions!**

**Don MacSwan:** Vietnam Combat Medic To Discuss his book “DOC” on Tuesday, May 10th. 7-9pm.

**Richard Keil & William Gosch:** WWII Veterans– Discuss their WWII experiences on Tuesday, May 24th. 7-9pm.

The Museum is located on 712 Oliver St. N.T. 716213-0554. The admission is free for both these event.

### SENIOR CENTER MEMBER UPDATES:

**In Nursing Home:** Joan Bentley, Janice Koch, Ann Putz & Eleanor Stahl

**New Members:** Cynthia Allen, Judith Leithner, Thomas Leithner, Allen Garlock, Rheta Grimm Klumpp, Luanne Stevens, Sheila Jones, Leah Bachman, William Cox, Susan Horn & Denise Bener

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Univera <b>1-4 Driver's Course</b>	3. Pool Room 10:30 Nutrition Class 11:45 Nutrition 1:00 Pinochle	4. Grocery Shopping Tech Help– appts only 10:00 NT Senior Fitness 11:45 Nutrition <b>1:00 Red Hat Ladies</b>	5. Pool Room 11:45 Nutrition Pool Room 1:30 Bingo	6. Pool Room 11:45 Nutrition <b>1:00 Euchre</b> Tech Help– appts only
9. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	10. Pool Room <b>9-3 Veterans Assist</b> 11:45 Nutrition 1:00 Pinochle	11. Grocery Shopping Tech Help– appts only 10:00 NT Senior Fitness 11:45 Nutrition <b>1:30 Travel Club Mtg</b>	12. Pool Room 11:45 Nutrition Pool Room 1:30 Bingo	13. Pool Room 11:45 Nutrition 1:00 Euchre Tech Help– appts only
16. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	17. Pool Room <b>10:30 Nutrition Class</b> 11:45 Nutrition 1:00 Pinochle	18. Grocery Shopping Tech Help -Appts. only County Attorney—appts 10:00 NT Senior Fitness 11:45 Nutrition	19. Pool Room 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	20. Pool Room 11:45 Nutrition 1:00 Euchre Tech Help– appts. only
23. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	24. <b>9:30 Newsletters</b> Pool Room 11:45 Nutrition 1:00 Pinochle	25. Grocery Shopping Tech Help– appts only 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Mtg	26. Pool Room 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	27. Pool Room 11:45 Nutrition 1:00 Euchre Tech Help– appts only
30. MEMORIAL DAY CENTER CLOSED	31. Pool Room <b>10:30 Nutrition Class</b> 11:45 Nutrition 1:00 Pinochle			

# MAY 2022

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2. Hot dog w/ chili sauce Corn Wheat hot dog bun Cantaloupe &amp; Honeydew Melon cup</p>	<p>3. Julienne salad with ham &amp; bleu cheese crumbles &amp; croutons Potato salad Wheat dinner roll Pineapple Salad dressings</p>	<p>4. <u>Mother's Day Meal</u> Lemon Chicken Rice pilaf, garden salad with romaine and spring mix, tomatoes, cucumbers and croutons, wheat dinner roll Cheese cake w/cherry topping.</p>	<p>5. Homemade Salisbury steak with gravy mashed potatoes carrots wheat bread banana</p>	<p>6. Breakfast casserole With cheddar and sausage O'Brien potatoes California Vegetable blend Muffin apple</p>
<p>9. Pork riblet w/ BBQ sauce German potato sauce Coleslaw Wheat hoagie roll apricots</p>	<p>10. BBQ Chicken Drumsticks Au Gratin Potatoes Brussels Sprouts Italian Bread Lemon Bar</p>	<p>11. Turkey and Cheese Sub with lettuce tomato, onion Pickled beets Hearty vegetable soup Wheat hoagie roll Cinnamon applesauce</p>	<p>12. Pulled pork sandwich with BBQ sauce Baked sweet potato Garden salad with chickpeas and tomato egg washed roll Heavenly hash</p>	<p>13. Chicken stew Peas Biscuit orange</p>
<p>16. Homemade mac and cheese casserole Broccoli Wheat dinner Roll cookie</p>	<p>17. Cheeseburger supreme With lettuce, tomato, onion, Pickle Garlic mashed potatoes Garden salad with carrot and cucumber Wheat hamburger bun apple</p>	<p>18. Baked homemade meatloaf with gravy Harvard beets Green beans Wheat bread Fresh cantaloupe</p>	<p>19. Julienne salad w/ turkey Macaroni salad Muffin Tropical fruit cup</p>	<p>20. Ham and swiss sandwich with lettuce, tomato, onion Broccoli and cheddar soup Marinated vegetable salad 2lices wheat bread Sliced pears</p>
<p>23. Polish sausage Mashed potatoes Peas and carrots Wheat hot dog bun Deluxe fruit cup</p>	<p>24. Breaded chicken Sandwich with lettuce Tomato, onion Mac and cheese Mixed vegetables Wheat hamburger bun banana</p>	<p>25. Ranch chicken pasta Salad Garden salad with red Cabbage and carrot Wheat dinner roll Mandarin oranges Salad dressing</p>	<p>26. Egg salad sandwich with lettuce, tomato, onion tri-color pasta salad celery sticks 2 slices wheat bread Fruited gelatin with whipped topping</p>	<p>27. Roast pork with gravy Scalloped potatoes Cauliflower red pepper biscuit Apple crisp</p>
<p>30. Memorial Day  Center is Closed</p>	<p>31. Meatball sub with mozzarella Italian pasta salad Spinach Wheat hoagie roll tangerine</p>			