

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**
110 Goundry Street North Tonawanda, NY 14120
Telephone: 695-8582—Fax: 695-8530

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Return Service Requested

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

JUNE 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!

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.

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.

***New KEY ESTATE PLANNING TOOLS**

Monday, June 27th at 12:30pm

New Power of Attorney Laws, Health Care Proxy & HIPAA, Wills, Trusts and other Elder Matters will be presented.

Presentation led by Ron Sutton, J.D., LL.M Key Bank Senior Fiduciary Strategist & Marc Gleason Sr. Private Client Banker.



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.

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 by "Buffalo Boomers" 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!

***New! AMBIENT SOUND HEALING**

Monday, June 13th @ 1pm

Open to any adult- \$3 per each! During this one hour long sound journey, instruments such as crystal singing bowls, nostalgically attuned chimes, ocean drums, and more will be used.



This will create a unique AMBIENT journey that can help reduce stress, silence the busy mind, deepen sleep and increase mental clarity. Participants are asked to bring a yoga mat, blanket, or may sit in a chair for their comfort.

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.

CITY MARKET SHOPPING



We will be offering rides to the NT City Market once a month during June, July & August. The days for the NT City Market are June 16th, July 14th and August 11th. The pick up times are either 9am or 10am. The cost of this service is \$2.00 and is available to NT residents only.

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, June 1st at 1:00pm. Please be sure to sign in at the main table upon entering the senior center. During the June meeting we will be having a pound auction. Members are to bring an item weighing one pound. Please wrap the item too. New members are always welcome.



OPEN PLAY

Bocce ball, corn hole and crochet are available for use outdoors at the senior center anytime.

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, June 15th. 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, June 22nd at 1:00pm at the senior center. All senior members are welcome to come and bring there ideas.

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!**

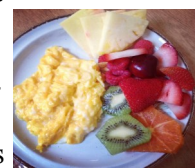
Thank you to our volunteers:

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

SENIOR BREAKFAST CORNER

Our next breakfast is Friday, July 1st.

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: scramble eggs, pancakes, muffins, fruit & coffee. Food will be served at 9am and clean up will begin at 10am.

NT TRAVELS WITH JEAN MARSHALL

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

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

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. Total June 8th (\$95)

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 Edge-wood 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.



**Keep your face to the sun
And you will never see shadows
-Helen Keller**

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, June 14th

UNVIVERA

Michelle from Univera will be at our center on Monday, June 6 at 1pm. Anyone interested in attending can call the office to register at 695-8582.

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

HUMANA

Aram Parnagian will be here on June 9th at 12:30pm with information on products from Humana. Humana carries a variety of products including Medicare health plans, life insurances and long term insurance.

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.

SPECIAL EVENTS

SUMMER CELEBRATION

THINGS ARE CHANGING UP A LITTLE!!

Our Summer Celebration will be held on Wednesday, July 27th, the doors will open at 4pm., a dinner buffet will be ready at 4:30pm and a new band the Vinyl 6 will play from 5pm—7:30pm. Vinyl 6 plays 50's , 60's & 70's music.

The buffet (from Panes Restaurant) will consist of A Vegetable tray, chef salad, country baked chicken, Italian sausage with peppers & onions, hot penne with tomato sauce, Italian bread & butter and chocolate cookies for dessert. Soda, Ice tea, beer and wine will also be available.



SUMMER CARD PARTY

Monday, July 11 at 1:30.

We are having a summer card party on Monday, July 11th at 1:30pm. Tickets on sale now for \$5 each. You are responsible for a table of 4.

Your table plays whatever you choose to. We provide soda and pizza. There will be a prize for the winner of each table and door prizes.! We must have at least 6 full tables sold to have event!

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.

SENIOR CENTER MEMBER UPDATES:

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

New Members: Kathleen Thompson, Monica Shields, and Debra Bateman

NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on Thursday, June 23rd at 9:30am.

Thank you to last month's volunteers:

Marsha Kennedy, Dorothy Muniak, Karen Krentz, Marjorie Brackett, Mary Drescher, Debbie Kwarcieny, Virginia Park, Michael Bass, Patricia Wentz Norma Kitzmiller & Michael Bass

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.

FREE EASY LISTENING CONCERTS

Thursday Nights 7-8:30pm at Raymond Klimek Veteran's Park (700 River Road)



June 23: Alex Rene Big Band

June 30: Crash Cadillac

TRANSPORTATION INFORMATION

UBER- 800-522-1516 OR www.uber.com

Lyft- 631-202-5932 or www.lyft.com

Go-Go Grandparent- 8555-GOGO-USA or www.gogograndparent.com


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1. Grocery Shopping Tech Help– apts only 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Ladies	2. Pool Room 11:45 Nutrition 1:30 Bingo	3. 9am Breakfast 11:45 Nutrition 1:00 Euchre Tech Help– apts only
6. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Univera 1:00 Pool Room	7. Pool Room 11:45 Nutrition 1:00 Pinochle	8. Grocery Shopping Tech Help– apts only 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club Mtg	9. Pool Room 11:45 Nutrition 12:30 Humana 1:30 Bingo	10. Pool Room 11:45 Nutrition 1:00 Euchre Tech Help– apts only
13. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Ambient Sound Healing	14. City Mkt Shopping Pool Room 9-3 Veterans Assist 11:45 Nutrition 1:00 Pinochle	15. Grocery Shopping Tech Help -Apts. only County Attorney—apts 10:00 NT Senior Fitness 11:45 Nutrition	16. Pool Room 11:45 Nutrition 1:30 Bingo	17. Pool Room 11:45 Nutrition 1:00 Euchre Tech Help– apts. only
20. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	21. Pool Room 11:45 Nutrition 1:00 Pinochle	22. Grocery Shopping Tech Help– apts only 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Mtg.	23. 9:30 Newsletters 11:45 Nutrition 1:00 Pool Room 1:30 Bingo <u>7-8:30 Free Concert</u> Raymond Klimek Veteran’s Park. 700 River Rd.	24.. Pool Room 11:45 Nutrition 1:00 Euchre Tech Help– apts only
27. 10:00 NT Senior Fitness 11:45 Nutrition 12:30 Key Estate Planning	28. Pool Room 11:45 Nutrition 1:00 Pinochle	29. Grocery Shopping Tech Help– apts only 10:00 NT Senior Fitness 11:45 Nutrition	30. Pool Room 11:45 Nutrition 1:00 Pool Room 1:30 Bingo <u>7-8:30 Free Concert</u> Raymond Klimek Veteran’s Park. 700 River Rd.	CLASSIC CAR & BOAT CRUISE— Saturday, June 18th Noon-3pm. Live Music / Buffalo Boomers & Food Trucks @ Gateway Park 

JUNE 2022

Monday

Tuesday

Wednesday

Thursday

Friday

		<p>1. Greek seasoned chicken breast w/ feta Greek seasoned rice chef salad with carrots, red cabbage and chick-peas wheat dinner roll mandarin oranges Greek dressing</p>	<p>2. Tuna salad sandwich w/ lettuce and tomato potato salad marinated vegetable salad 2 slices rye bread applesauce</p>	<p>3. mushroom Swiss burger Sweet potato wedges Brussels sprouts wheat hamburger bun cookie ketchup, mustard</p>
<p>6. broccoli & cheese strata, O'Brien Potatoes, green beans muffin and pineapple</p>	<p>7. turkey cobb salad macaroni salad wheat bread tropical fruit cup</p>	<p>8. Italian sausage w/ peppers and onions two-kind potato salad mixed vegetables wheat hot dog bun banana</p>	<p>9. Cheeseburger supreme with lettuce, tomato, onion, pickle Au Gratin potatoes meslun salad with tomatoes and chickpeas wheat hamburger bun orange</p>	<p>10. breaded bone in pork chop, garlic mashed potatoes, spinach wheat dinner roll cinnamon applesauce</p>
<p>13. Homemade Salisbury steak with gravy seasoned rice wax beans rye bread mandarin oranges</p>	<p>14. Pork riblet with BBQ sauce, mashed potatoes Carrots Wheat hoagie roll banana</p>	<p>15. <u>Father's Day Meal</u> roast beef with gravy on a hard roll Baked potato with sour cream, candied baby carrots, tuxedo brownie</p>	<p>16. julienne salad w/ ham bleu cheese crumbles & croutons, pea and pasta salad wheat dinner roll deluxe fruit cup</p>	<p>17. hot dog with chili sauce mac and cheese broccoli salad wheat hot dog roll fruited gelatin with whipped topping</p>
<p>20. Pulled pork with BBQ sauce and pickles Baked sweet potato coleslaw egg washed roll sliced peaches</p>	<p>21. Julienne salad w/ turkey chickpeas & cheddar cheese potato salad wheat dinner roll orange</p>	<p>22. Homemade mac & cheese casserole mixed vegetables rye bread tropical fruit cup</p>	<p>23. chicken vegetable stew garden salad with red onion, carrots tomato, biscuits Heavenly hash</p>	<p>24. breakfast casserole with cheddar and sausage O'Brien Potatoes broccoli and cauliflower muffin grapes</p>
<p>27. Ham and Swiss cheese w/ lettuce, tomato and onion, three bean Salad, celery sticks Wheat hamburger bun Deluxe fruit cup</p>	<p>28. Lemon chicken over egg noodles Brussels sprouts Wheat dinner roll Fruited gelatin W/ whipped topping</p>	<p>29. Turkey and grape salad sandwich minestrone soup Broccoli salad 2 slices wheat bread apple crisp with whipped topping</p>	<p>30. Cheese tortellini with tomato sauce & meatballs, spinach Italian Bread fresh cantaloupe</p>	