

**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

**JULY 2022**

**THE VEGGIE VAN COMING TO THE  
NT SENIOR CENTER  
EVERY TUESDAY  
1-2PM.**



This is sponsored by Cornell Cooperative Extension. They will accept cash, EBT, Farmers Market check and Fresh Connect checks. They also participate in the Double-Up Food Bucks Program. All are welcome to participate. The van will be here every Tuesday through the end of October (except August 1st)

**SUMMER CELEBRATION**

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. Come and celebrate summer with your senior friends.



**UNVIVERA**

Michelle from Univera will be at our center on Wednesday, July 13 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.

**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.

\* **Dick Prinzbach had a perfect 80 points on a Euchre game on June 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.

**GENERAL MEMBERSHIP**

Our next General Membership meeting will be held on Wednesday, August 24th at 1:00pm at the senior center. All senior members are welcome to come and bring their ideas.

**NEWSLETTER VOLUNTEERS**

We will be folding and mailing our newsletter on Monday, July 25th at 9:30am.

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

Linda Elliott, Virginia Park, Carol Krueger, Dorothy Muniak, Shirley Klinefelter, Joanne Catapovic, Norma Kitzmiller, Debbie Kwarcrony and Marge Brackett.

**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 is Thursday, July 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 stamps are always appreciated

**RED HAT LADY BUGS**  
Joan Dirmyer

The regular meeting will be taking place on Wednesday, July 6 at 1:00pm. Please be sure to sign in at the main table upon entering the senior center. New members are always welcome.

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

**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.

**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 donations for the Office for Aging.

The next time the attorney will be at our center is Wednesday, July 20th. Please call this office for an appointment 695-8582. You will not be able to see the attorney without an appointment.

**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!**

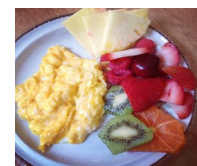
**Thank you to our volunteers:**

**Volunteers:** Joanne Catipovic, Karen Krentz, Beth Feenin, Gloria Nowakowski, Rhonda Holka, 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.

**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.

### NT TRAVELS WITH JEAN MARSHALL

Our Travel meeting is on Wednesday, July 13th 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 all checks to Jean: 7237 Nash Rd NT NY 14120

### MEET THE MAKERS— SEPTEMBER 21, 2022

Meet firsthand how some specialty products are made in the Erie area. Tour Pulakos Chocolates, Burch Farms and Arrowhead Winery. Lunch buffet is at Concourse of Union Station. \$96- \$35 deposit at sign up. 8am-6:30pm.

### OCTOBERFEST— TUESDAY, OCTOBER 25 TH 2022 .

Join the time honored, and treasured German tradition, Oktoberfest as we celebrate Oktoberfest at the Hofbrauhaus Buffalo home. Join the fun and yummy German food, dance as the band plays a favorite German tunes. A sit down luncheon is included with afternoon of entertainment and prizes. \$90 with \$35 down payment at sign up.

### THEME BASKET FUNDRAISER



Our Theme Basket Fundraiser will be held on Saturday, September 17th. Doors will open at 1pm. We start calling winners at 2:30pm. We sale our blocks of tickets for \$5.00. We also have special \$1 raffles and a 50/50.

We are in need of volunteers for the day and baked goods. We are still accepting gift cards or new items only.



**Words of Wisdom:**

**THE TRUTH  
WILL SET YOU FREE!**

### 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, July 12.

### 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

### 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!

### SENIOR CENTER MEMBER UPDATES:

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

**New Members:** Leah Bachman, Terry Slocum, Sharon Sikora, Pam Zorn, Judith Tyler, Douglas Kutzbach, Tom McConnaughey, Chris Eberwein, Marsha Kraus and Annette Fisher

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1. 9:00 Breakfast 11:45 Nutrition 1:00 Euchre Tech Help– apts only
4. 10 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	5. Pool Room 11:45 Nutrition 1:00 Pinochle <b>1-2 VEGGIE VAN</b>	6. Grocery Shopping Tech Help– apts only 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hats Lady- bugs	7. Pool Room 11:45 Nutrition 1:30 Bingo	8. Pool Room 11:45 Nutrition 1:00 Euchre Tech Help– apts only
11. 10 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:30 Card Party	12. Pool Room 9-3 Veterans Assist 11:45 Nutrition 1:00 Pinochle <b>1-2 VEGGIE VAN</b>	13. Grocery Shopping Tech Help -Apts. only County Attorney—apts 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Univera 1:30 Travel Club	14. City Mkt Shopping 11:45 Nutrition 1:30 Bingo	15. Pool Room 11:45 Nutrition 1:00 Euchre Tech Help– apts. only
18. 10 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	19. Pool Room 11:45 Nutrition 1:00 Pinochle <b>1-2 VEGGIE VAN</b>	20. Grocery Shopping Tech Help– apts only 10:00 NT Senior Fitness 11:45 Nutrition	21. 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	22. Pool Room 11:45 Nutrition 1:00 Euchre Tech Help– apts only
25. 9:30 Newsletters 10 NT Senior Fitness 11:45 Nutrition	26. Pool Room 11:45 Nutrition 1:00 Pinochle <b>1-2 VEGGIE VAN</b>	27. Grocery Shopping Tech Help– apts only 10:00 NT Senior Fitness 11:45 Nutrition <b>4-7:30 SUMMER CELEBRATION</b>	28. Pool Room 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	29. Pool Room 11:45 Nutrition 1:00 Euchre Tech Help– apts only

# JULY 2022


Monday

Tuesday

Wednesday

Thursday

Friday

				1. Baked Meatloaf w/gravy Mashed potatoes Pease & carrots Wheat dinner roll Fresh dinner roll fresh water melon
4. No meals  Happy 4th of July  	5. Polish Sausage Bake Sweet Potato Green Beans Wheat Hot Dog Bun Pineapple	6. Hot dog Bake Beans Corn Nibbler Wheat Got Dog Bun Strawberry Shortcake	7. Roast Pork with Gravy Mashed Potatoes California Vegetable Blend Wheat Dinner Roll Applesauce	8. Chicken Salad Sandwich with lettuce and tomato Pickled beets Marinated vegetable salad 2 slices wheat bread Deluxe fruit cup
11. BBQ chicken drum- sticks Au Gratin Potatoes Coleslaw Corn muffin Fruited gelatin with whipped topping	12. Greek seasoned chicken breast with feta Greek seasoned rice Garden salad with to- matoes and chickpeas Wheat dinner roll Fresh cantaloupe	13. Mushroom Swiss burger Pea and pasta salad Brussels sprouts Wheat hamburger bun apricots	14. Ham salad sandwich with lettuce & tomato Three bean salad Hearty vegetable soup 2 slices wheat bread banana	15. Chicken vegetable stew Broccoli Biscuit brownie
18. Meatball sub with Mozzarella Potato salad Italian vegetable blend Wheat hoagie roll Mandarin oranges	19. Homemade Salisbury steak with gravy Garlic mashed potatoes Carrots Wheat bread Banana pudding	20. Pork riblet with BBQ sauce Sweep potato wedges Garden salad with carrot Cucumber and tomato wheat hoagie roll Tropical fruit cup	21. Hot dog with chili sauce Mac and cheese Spinach Wheat hot dog roll Heavenly hash	22. Julienne Salad with Ham Bleu cheese crumbles and croutons, tri-color pasta salad, muffin and orange
25. Breakfast casserole with cheddar and sau- sage, hash browns Marinated cucumber and tomato salad Muffin Tropical fruit cup	26. Turkey and grape salad Sandwich with lettuce and tomato (*contains Nuts) Pepper pot soup Broccoli salad 2 slices wheat bread Cinnamon pears	27. Homemade mac and cheese casserole Cauliflower with red pepper Wheat dinner roll Peach crisp with Whipped topping	28. Spaghetti & meatballs With tomato sauce Mesclun salad with tomatoes and chick- peas Italian bread Fresh cantaloupe	29. Pulled pork with BBQ sauce And pickles German potato salad Corn, hard roll Mandarin oranges