

**NORTH TONAWANDA  
SENIOR CITIZEN CENTER**

110 Goundry Street North Tonawanda, NY 14120  
Telephone: 716-695-8582

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N. Tonawanda, NY  
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**NOVEMBER 2022**



**VETERAN'S  
BREAKFAST**

We will be hosting our Annual Veteran's Breakfast on Friday, November 11th at 9am.

Any Veteran is free and their guest are \$5 at the door. All must register in advance by Friday, November 4th. You can register by calling our office at 716-695-8582.

**MEDICARE INFORMATION**

Marc Gleason a licensed Medicare agent will be here during the Veteran's Breakfast on 11/11 and on 11/22 from noon- 2pm for anyone who needs information on Medicare Plans.

**CLARITY GROUP**

The Clarity Group will be at the center on November 4th from 12-2am with Medicare information for anyone in need. The public is welcome

**HEAP HELP**

Help with your HEAP application will be available on November 23rd at our center at 10am -noon. No appointment necessary.

**SANTA'S WORKSHOP & VENDOR FAIR**



Saturday, December 3rd 11-3pm. As a part of the NT Winter Walk. The Senior Center will be hosting a Santa's \$1 Workshop for kids, a vendor sale and bake sale. We also will be providing free cookies, hot chocolate, tea & coffee. Santa will make a special appearance for pictures from Noon-2pm. Any senior wanting volunteer please call the center.

**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 716-695-8582 for making or canceling a reservation. Monday-Friday 10am-12:30pm.

**THANKSGIVING & CHRISTMAS CRAFT**

Register by November 8th. We are looking to make Thanksgiving decorations and Christmas decorations. You must be registered for this event. The cost for each craft will be approximately \$8-\$12 depending on the item. We will be working on crafts Friday afternoons in November at 1pm.

**BUFFALO BILLS WITH THE CITY  
OF TONAWANDA**

**Sunday, November 20th 1pm -game start!**

Tickets are \$5 each. BYOB & your own drinks. We will provide pizza. Please bring finger food to pass. 50/50 and door prizes included! We will be watching the game at the City of Tonawanda Senior Center on their Big Screen! Come route on the BILLS with our Tonawanda Senior Friends!!!



**SNAP-ED NUTRITION CLASSES**

Come, learn, laugh and eat with Susan Petty from Cornell Cooperative Extension. Susan will teach you to make a nutritious easy dish. Your group will be able to taste afterwards. Recipes and new health information is always available. The next class will take place on November. 29th at noon.



### **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.

### **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 next Red Hat Lady Bugs gathering is Wednesday, November 2nd at 1pm. The Red Hatters will be participating in a Toy Drive for St. Luke's Missionary of Mercy until Dec 7th. Please bring any new unwrapped toy to center. At the meeting the ladies will be playing Turkey trivia.

### **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.** Attend both days from 1-4pm: Monday, Nov 21 & 28.

### **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. \* Perfect Score of 60 Mary Lee Karre & Bill Gosh a Perfect Score of 60!!

### **ATTENTION SNOW BIRDS!!**

If you go to Florida for the winter; please notify this office. Every time a newsletter is returned we have to pay 53 cents. We would appreciate a phone call before you move or go away for the winter time! - Thank you!!

### **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.

Please call this office for an appointment at 716-695-8582. We have a limit of 3 slots at 11am and 3 slots at 11:15am. This is how we have been instructed. Please come prepared to wait. You will not be seen 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

### **Thank you to our volunteers:**

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

### **TECHNOLOGY HELP- Kim Sinon**

If you need help with an **Android** device such as a phone or tablet please call the center at 695-8582 and make an appointment with Kim. She is available on Wednesday mornings only. There is no charge for this service. You must bring your own device.

### **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.

### **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. You can pay at the office or mail. You can also pay online at NTParksrec.com with a major credit card.

### **NT TRAVELS WITH JEAN MARSHALL**

The next Travel meeting is Wednesday, November 9th at 1:30pm. Jean will be here to show & discuss upcoming trips for NT and Wheatfield Senior Centers. Any questions please contact Jean at 694-5567 or email her at jeanmarshall@yahoo.com

### **A CANTERBURY FEAST– SUN, NOV. 13**

Deposit of \$30 due with sign up– final payment due Oct 14th.—Total of \$87.00. Start the day at Burch Farms Country Market & Winery to shop for festive fall specialties, bakery items & more. Next is the Station Dinner Theater for the Medieval Musical Comedy– Canterbury Feast, where the Knaves and Wenches take us back to 1492. No utensils will be allowed at the King’s Feast.– Depart from Wheatfield Senior Center.

### **BATAVIA DOWNS CASINO– Monday, November 28 –9am– 4pm– \$37.00**

Money due October 31st. Try your luck at the slot machines. It’s Forever Yong Monday! Each guest will receive \$15.00 free play. Once you earn 10 points, you will receive 20% off lunch & a free treat (ice cream soup or soda) on your player’s club card. Veterans with valid ID will receive \$25.00 free play. All guest need a valid photo ID containing a picture, birthdate and expiration date. A stop at Kutter’s Cheese on the way home. Depart from Manhattan Street Parking Lot.

### **BPO HOLIDAY POPS– Friday, Dec. 16**

Deposit of \$35 due at sign up. Total is \$107.00. Bus departs from Wheatfield Senior Center. Begin the day with coffee & pastry at Kleinhan’s Music Hall. Then enjoy the 10:30am Holiday Pops Concert with the Buffalo Philharmonic Orchestra. Relax & listen to the music splendor & sing along to your favorite holiday music. A delicious lunch is included following the show at Hamlin House restaurant. Choice of fish fry or stuffed chicken.

### **In The Community....**

Tonawanda American Legion Band will be playing at Cardinal O’Hara High School on Sunday, November 6 at 7:30pm. This will be their “Veteran’s Day Concert” for the year 2022. Tickets can be purchased in advance at Mid City Opticians for \$12 or at the door for \$14.



### **GENERAL MEMBERSHIP**

Our next General Membership meeting will be held on Wednesday, November 23 at 1:00pm at the senior center. All senior members are welcome to come and bring their ideas.

### **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, November 8th

### **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

### **MEMBER UPDATES:**




**New Members:** Darcy Wilson, Linda Smith, Sue Lance., Judith Puleo, Alan & Kelly Barker, Paula Cothard, Anthony & Carol Ann LoRusso and Diane Wilke.

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

### **NEWSLETTER VOLUNTEERS**

We will be folding and mailing our newsletter on Tuesday, November 22 at 9:30am.

**Thank you to last month’s volunteers:** Marge Bracket, Pat Wentz, Sharon Lewis, Pete Hogan & Denise Johnson

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Pool Room open 11:45 Nutrition 1:00 Pinochle	2. Grocery shopping Tech help– call for apts 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hats Lady Bugs	3. Pool Room 11:45 Nutrition 1:30 Bingo	4. Pool Room 11:45 Nutrition 1:00 Euchre 1:00 pre-registered– crafts
7. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Knitting circle	8. Pool Room open 9-3 Veteran Services 11:45 Nutrition 1:00 Pinochle	9. Grocery shopping Tech help– call for apts 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club	10. Pool Room 11:45 Nutrition 1:30 Bingo	11.  Closed for Veteran's Day  Veteran's Breakfast Must be pre-registered *Table for Medicare information
14. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Knitting Circle 1:00 Crafts-pre-registered	15. Pool Room open 11:45 Nutrition 1:00 Pinochle	16. Grocery shopping Tech help– call for apts 10:00 NT Senior Fitness 11:45 Nutrition 1:00– Crafts– pre-registered	17. Pool Room 11:45 Nutrition 1:30 Bingo	18. 9:30-11:30– Medicare Seminar Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Craft– pre– registration
21. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Knitting Circle 1:00 Crafts-pre-registered	22. 9:30 Newsletters Pool Room open 11:45 Nutrition 12-2 Medicare Info. 1:00 Pinochle	23. Grocery shopping 10-noon-HEAP Help Tech help– call for apts 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Mtg	24. Closed for Holiday 	25. Closed for Holiday 
28. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Knitting Circle	29. Pool Room open 11:45 Nutrition 12:00 Nutrition Class 1:00 Pinochle	30. Grocery shopping Tech help– call for apts 10:00 NT Senior Fitness 11:45 Nutrition		

 **BILLS– SUNDAY!**

**AT THE CITY OF TON.  
SENIOR CENTER!  
SUNDAY, NOVEMBER 20TH!  
AT 1PM–KICK-OFF!! TICKETS ARE \$5.**

**BYOB- & BRING FINGER FOOD TO PASS  
PLEASE! PIZZA WILL BE PROVIDED!  
DOOR PRIZES AND A 50/50 WILL ALSO  
BE ENJOYED!!**

**VETERAN'S BREAKFAST**

**FRIDAY, NOVEMBER 11TH  
9AM- MUST BE PRE-REGISTERED  
BY MONDAY, NOVEMBER 7TH  
716-695-8582**

  
**THANK YOU,  
VETERANS**

# NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Turkey Ala King Harvard Beets Carrots Biscuits Deluxe Fruit Cup	2. Sliced Baked Ham Scalloped Potatoes Brussels Sprouts Whole Wheat Dinner Roll Mandarin Oranges	3. Lemon Chicken Cheesy Mashed Potatoes Peas Whole Wheat Bread Tropical Fruit Cup	4. Cheese Tortellini with Meatballs and Tomato Sauce Broccoli Italian Bread Bananna
7. Egg and Broccoli Fritata Mashed Sweet Potatoes Mixed Vegetables Muffin Pineapple	8. Beef Stew Parslied Cauliflower Biscuit Sliced Peaches	9. Chicken Breast Sandwich with Lettuce, Tomato, Onion Lentil and Brown Rice Soup, Sicilian Vegetable Blend Wheat Hamburger Bun Heavenly Hash	10. Homemade Lasagna Spinach Italian Bread Fruited Gelatin with whipped topping	11.  VETERAN'S DAY  COUNTY MEAL  CLOSED
14. Chicken stew Garden Salad Biscuit Tropical Fruit Cup	15. Teriyaki Chicken with Fortune Cookie Seasoned Brown Rice Stir-Fry Vegetables Whole Wheat Bread Mandarin Oranges	16. <u>Thanksgiving Meal</u> Roast Turkey Breast Mashed Potatoes with gravy, baked squash, stuffing, cranberry sauce, dinner roll, pumpkin pie with whipped topping	17. Egg salad sandwich with lettuce, tomato, onion Minestrone soup, spinach cheese salad 2 slices whole wheat bread, cinnamon applesauce	18. Stuffed cabbage roll with meat sauce Mashed potatoes Corn Whole wheat dinner roll Pumpkin Bavarian
21. 2 cheese manicotti with tomato sauce California vegetable blend, Italian bread Deluxe fruit cup	22. Chili con carne Wax beans Corn muffin banana	23. Cheeseburger supreme with lettuce, tomato, onion, pickle, Cheddar & broccoli soup, glazed carrots Whole wheat hamburger bun and pineapple	24. THANKSGIVING  CLOSED	25. THANKSGIVING  CLOSED
28. Pork riblet with BBQ sauce Chicken cannelloni soup Green beans Whole wheat hoagie roll, mandarin oranges	29. Goulash Garden salad Italian bread orange	30. Beef stroganoff Garlic mashed potatoes Mixed vegetables Biscuit Baked peach crisp with whipped topping	HEAP OPENS IN NOVEMBER	Make sure to reheat your holiday leftovers to at least 165 degrees! 