

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**

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


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

Return Service Requested

Pamela A. Hogan M.S.
Recreation & Senior Coordinator
phogan@northtonawanda.org

DECEMBER 2022

**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 Red Hatter's 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. New this year is our vender sale which will feature items such as Paparazzi Jewelry, Inspirational Origami Stars & crafts for Coiled In Knots.

MEDICARE INFORMATION

Marc Gleason a licensed Medicare agent will be here during the from 11am— 3pm on Saturday December 3rd for anyone who needs information on Medicare Plans.

HEAP HELP

Help with your HEAP application will be available on December 9, 23 and January 6 & 20 at our center at 10am –noon. No appointment necessary.

FOOD STAMP PROGRAM


Sally Perez will be at the center Thursday, December 29th from 10am—noon to assist anyone with food stamp application or recertification. No appointment necessary.

**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.


CHRISTMAS CRAFT

We are looking to make Christmas decorations for our craft in December. You must be registered for this event by 8th. The cost for each craft will be approximately \$3- \$5 depending on the item. We will be working on crafts every Friday afternoons in December at 1pm. 

IN THE COMMUNITY.....

**Meat Raffle & Basket Raffle
for Kay Talarico...**

January 14th at 6pm at Gratwick Fire Hall.

Tickets are \$12 each or \$80 for a table of 8 presale. At the door the tickets are \$15 each. To obtain presale tickets call Kim at 716-423-9513. Tickets include pop, beer and pizza. 

If you bring a pair of socks to donate to the "Friends of the Night People" you will receive a free sheet of tickets for the basket raffle. Your appreciated support will assist Kay's family financial burden due to Leukemia diagnosis.

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, December 7 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 next meeting please bring a gift for the gift exchange around \$10.00. The treasury will be supplying pizza and wings for the group.

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.

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!!

GENERAL MEMBERSHIP

Our next General Membership meeting will be held on Wednesday, December 28th at 1:00pm at the senior center. All senior members are welcome to come and bring their ideas

CHRISTMAS SHOPPING- Mike Sinon

The Senior Center is offering two days for Christmas shopping in the month of December. Thursday, December 1st the driver can take seniors to the Christmas Tree Store or Target at 9am, 11am or 1pm. \$4. for this trip.

On Thursday, December 8th the driver will be driving seniors to shop at Walmart or Kohl's at 9am, 11am & 1pm. These time frames will allow for extra time for shopping and browsing. \$2 for this trip.

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.

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.

NT TRAVELS WITH JEAN MARSHALL

The next Travel meeting is Wednesday, December 14 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 Please bring a finger food to pass for our Christmas celebration to the next meeting.

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.

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, December 13th

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

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.

MEMBER UPDATES:

New Members: George & Marsha Reifsnnyder, Heather Thibeault, Jill Tylec, Maryann Werth, Lynda Grizebielucha, Jackie Albert, Anna Stanton, Max Drennan, Gary & Debbie Proefrock.

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

NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on Tuesday, December 27 at 9:30am.

Thank you to last month's volunteers: Norma Kitzmiller, Pat Wentz, Marsha Kennedy, Karen Krentz Mary Dresher, Virginia Park, Dorothy Muniak, Mary Jane Ziomek, and Marge Brackett

UP COMING SPECIAL EVENTS:

ST. VALENTINES DAY

DINNER DANCE

Wednesday, February 15th 2023. Doors will open at 5:15pm, a family style meal will be served at 6pm and live music by the HASTING DUO will play from 7:30-9:30pm.



The family style meal will be prepared at served by Jim Fingerlow which will include Chicken cordon bleu, scalloped potatoes, chef salad, rolls and strawberry cheesecake for dessert. Coffee, tea and soda will also be available. Tickets will go on sale starting Tuesday, January 3rd. \$18 for members \$20 for non members.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>Santa's Workshop & Vendor Sale</p> <p>Saturday, December 3d</p> <p>11am—3pm</p>		<p>1</p> <p>Christmas Shopping Pool Room 11:45 Nutrition 1:30 Bingo</p>	<p>2.</p> <p>Pool Room 11:45 Nutrition 1:00 Euchre 1:00 pre-registered– crafts</p>
<p>5.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Knitting circle</p>	<p>6.</p> <p>Pool Room open 11:45 Nutrition 1:00 Pinochle</p>	<p>7.</p> <p>Grocery shopping Tech help– apts only 10:00 NT Senior Fitness 11:45 Nutrition 1 :00 Red Hat Lady Bugs</p>	<p>8.</p> <p>Christmas Shopping Pool Room 11:45 Nutrition 1:30 Bingo</p>	<p>9</p> <p>10-12 HEAP Pool Room 11:45 Nutrition 1:00 Euchre 1:00 pre-registered– crafts</p>
<p>12.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Knitting Circle</p>	<p>13.</p> <p>Pool Room open 9-3 Veteran Services 11:45 Nutrition 1:00 Pinochle</p>	<p>14.</p> <p>Grocery shopping Tech help– apt. only 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club</p>	<p>15.</p> <p>Pool Room 11:45 Nutrition 1:30 Bingo</p>	<p>16.</p> <p>Pool Room 11:45 Nutrition 1:00 Euchre 1:00 pre-registered-crafts</p>
<p>19.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Knitting Circle</p>	<p>20.</p> <p>Pool Room open 11:45 Nutrition 1:00 Pinochle</p>	<p>21.</p> <p>Grocery shopping Tech help– apts– only 10:00 NT Senior Fitness 11:45 Nutrition</p>	<p>22.</p> <p>Pool Room 11:45 Nutrition 1:30 Bingo</p>	<p>23.</p> <p>10-12 HEAP Pool Room 11:45 Nutrition</p> <p><u>Closed after lunch</u></p>
<p>26.</p> <p><u>Closed for the holiday</u></p>	<p>27.</p> <p>9:30 Newsletters Pool Room open 11:45 Nutrition 1:00 Pinochle</p>	<p>28.</p> <p>Grocery shopping Tech help– call for apts 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Meeting</p>	<p>29.</p> <p>10-12 Food Stamps Pool Room 11:45 Nutrition 1:30 Bingo</p>	<p>30.</p> <p>Pool Room 11:45 Nutrition</p> <p><u>Closed after lunch</u></p>

IN THE COMMUNITY....

Tonawanda American Legion Band will be having their Christmas concert on December 11th at Cardinal O’Hare High School at 7:30pm. Tickets can be purchased at the door for \$15 that evening. Advanced tickets can be purchased for \$13 each at Mid City Opticians or Walker and Bros Jewelers



DECEMBER 2022

Monday

Tuesday

Wednesday

Thursday

Friday

			1. Open faced roast beef Sandwich with gravy Scalloped potatoes Brussels sprouts Italian bread Italian bread Tropical fruit cup	2. Mac and cheese casserole Broccoli Whole wheat bread Sliced pears
5. Sliced baked ham Au gratin potatoes Green beans Whole wheat bread Deluxe fruit cup	6. Lemon chicken Baked sweet potato Mixed vegetables Muffin Marble pudding	7. Cheese tortellini with meatballs and tomato sauce Spinach Italian bread banana	8. Baked homemade meatloaf with gravy Harvard beets Glazed carrots Whole wheat dinner roll Heavenly hash	9. Turkey Ala King Mashed potatoes Garden salad Biscuit Sliced peaches
12. Chicken breast sand- wich with lettuce, tomato, onion Baked beans, hearty vegetable soup Whole wheat ham- burger bun tangerine	13. Roast pork with gravy Cheesy mashed pota- toes, Bavarian kraut Whole wheat dinner roll Fruited gelatin with whipped topping	14 Egg and broccoli Frittata Mashed squash Stewed tomatoes Muffin brownie	15 BBQ chicken thighs Mach and cheese Sicilian vegetable blend Corn bread Apple sauce	16. Beef stew Garden salad Biscuit banana
19. Greek seasoned chick- en breast Greek seasoned rice Peas and carrots Whole wheat bread Tropical fruit cup	20. Stuffed cabbage casse- role Spinach and cheese salad Whole wheat dinner roll orange	21. <u>Christmas Meal</u> Chicken Breast stuffed with Broccoli Twice baked potatoes Prince Edward vegeta- bles, whole wheat din- ner roll and cheesecake	22. Spaghetti and meat- balls with tomato sauce Broccoli and cauliflow- er, Italian bread, deluxe fruit cup	23. Tuna salad sandwich with lettuce, tomato, onion pepper pot soup, garden salad, 2 slices whole wheat bread, fruited gela- tin with whipped topping
26. No meals served 	27. Sliced turkey breast with gravy Mashed potatoes Green beans Stuffing Pumpkin Bavarian	28. 2 cheese manicotti with tomato sauce Peas Italian bread banana	29. Breaded bone in pork Chop Mashed squash Mixed vegetable whole wheat dinner roll Apple crisp with whipped topping	