

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**
110 Goundry Street North Tonawanda, NY 14120
Telephone: 716-695-8582

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JANUARY 2023



**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 and 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.

FOOD STAMP PROGRAM

Sally Perez will be at the center Thursday, January 26th 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.

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.

HEAP HELP

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

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, January 4th at 1pm. Any new members are welcome!

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, January 25th at 1:00pm at the senior center. All senior members are welcome to come and bring their ideas

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.

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.

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 Piorkowski, 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.

MINI GROCERY SHOPPING

Chrystal Manzare & Mike Sinon

The mini grocery program take place every Wednesday. You can be transported to Tops, Market in the Square or Walmart in NT.

To make or cancel an appointment call the office at 716-695-8582 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, January 11th 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

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, January 10th.

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



**I would like to express a my appreciation to Joe Lavey and Auto Collision & Glass for the beautiful donation of can goods, grocery items, and personal items for our Little Food Pantry . Thank you so much for your kindness!

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.

ST. PATRICK'S DAY DINNER DANCE

Wednesday, March 15th 2023. The doors will be open at 5:15pm, live music will play from 7:30-9:30pm and a traditional corned beef Irish meal will be served at 6pm. Further details will be included in our February news letter. Tickets will go on sale starting February 15th—\$18 for members and \$20 for non members.



MEMBER UPDATES:

New Members: Paul Gorney

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

NEWSLETTER VOLUNTEERS

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

Thank you to last month's volunteers: Marge Brackett, Karen Krentz, Mike Bass, Dorothy Muniak, Joanne Catopovic, Virginia Park, Marsha Kennedy, Norma Kitzmiller

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2.</p> <p>New Year's Holiday Center is Closed</p>	<p>3.</p> <p>Pool Room open 11:45 Nutrition 1:00 Pinochle</p>	<p>4.</p> <p>Grocery shopping Tech help– apts only 10:00 NT Senior Fitness 11:45 Nutrition 1 :00 Red Hat Lady Bugs Mtg.</p>	<p>5.</p> <p>Pool Room 11:45 Nutrition 1:30 Bingo</p>	<p>6.</p> <p>Pool Room 10-12 HEAP 11:45 Nutrition 1:00 Euchre</p>
<p>9</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Knitting circle</p>	<p>10.</p> <p>Pool Room open 9-3 Veteran's Asst. 11:45 Nutrition 1:00 Pinochle</p>	<p>11.</p> <p>Grocery shopping Tech help– apt. only 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club</p>	<p>12.</p> <p>Pool Room 11:45 Nutrition 1:30 Bingo</p>	<p>13.</p> <p>Pool Room 11:45 Nutrition 1:00 Euchre</p>
<p>16.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Knitting Circle</p>	<p>17.</p> <p>Pool Room open 11:45 Nutrition 1:00 Pinochle</p>	<p>18.</p> <p>Grocery shopping Tech help– apts– only 10:00 NT Senior Fitness 11:45 Nutrition</p>	<p>19.</p> <p>Pool Room 11:45 Nutrition 1:30 Bingo</p>	<p>20.</p> <p>Pool Room 10-12 HEAP 11:45 Nutrition 1:00 Euchre</p>
<p>23.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Knitting Circle</p>	<p>24.</p> <p>Pool Room open 9:30 Newsletters 11:45 Nutrition 1:00 Pinochle</p>	<p>25.</p> <p>Grocery shopping Tech help– apts– only 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Mtg</p>	<p>26.</p> <p>Pool Room 11:45 Nutrition 1:30 Bingo</p>	<p>27.</p> <p>Pool Room 11:45 Nutrition 1:00 Euchre</p>
<p>30.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Knitting Circle</p>	<p>31.</p> <p>Pool Room open 11:45 Nutrition 1:00 Pinochle</p>			

JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2.</p> <p>HAPPY NEW YEAR</p> <p>CENTER CLOSED</p>	<p>3.</p> <p>Vegetable Lasagna Garden Salad Italian Bread Orange Salad dressing</p>	<p>4.</p> <p>Beef stroganoff over egg noodles Mixed vegetables Wheat dinner roll Fruited gelatin with whipped topping</p>	<p>5.</p> <p>Chicken drumsticks Baked beans Pea and carrots muffin Tropical fruit cup</p>	<p>6.</p> <p>Homemade Salisbury steak with gravy Au Gratin Potatoes Green Beans Wheat Bread Heavenly Hash</p>
<p>9.</p> <p>Turkey and cheese sub with lettuce, tomato onion Minestrone soup Garden salad Whole wheat hoagie roll Mandarin oranges</p>	<p>10.</p> <p>Homemade mac and cheese Stir fry vegetable blend Corn muffin Sliced peaches</p>	<p>11.</p> <p>Stuffed pepper with tomato sauce Sicilian vegetable blend Italian bread banana</p>	<p>12.</p> <p>Sweet and sour pork with fortune cookies Seasoned brown rice Broccoli Whole wheat bread pineapple</p>	<p>13.</p> <p>Hot roast beef sandwich with gravy Garlic mashed potatoes Brussels sprouts Wheat hamburger bun Pear crisp</p>
<p>16.</p> <p>No meals</p> <p>Martin Luther King Day</p> <p>Niagara County Closed</p>	<p>17.</p> <p>Cheese tortellini with meatballs and tomato sauce Spinach Italian bread Applesauce Parmesan cheese</p>	<p>18.</p> <p>Baked homemade meatloaf with gravy Cheesy mashed potatoes Green beans Whole wheat dinner roll Sliced peaches</p>	<p>19.</p> <p>Turkey Ala King whole boiled potatoes Mixed vegetables Biscuit Fruited gelatin with whipped topping</p>	<p>20.</p> <p>Sliced baked ham Scalloped potatoes Parslied cauliflower Muffin Deluxe fruit cup</p>
<p>23.</p> <p>Roast pork with gravy Harvard beets carrots whole wheat bread Cinnamon applesauce</p>	<p>24.</p> <p>Beef stew California vegetable blend Biscuit pineapple</p>	<p>25.</p> <p>Goulash Garden salad Italian bread Mandarin oranges Salad dressing</p>	<p>26.</p> <p>Egg and broccoli frittata Baked sweet potato Wax beans Muffin banana pudding</p>	<p>27.</p> <p>Chicken breast sandwich with lettuce, tomato and onion Baked beans Hearty vegetable soup Whole wheat hamburger bun orange</p>
<p>30.</p> <p>BBQ chicken thighs Mashed potatoes Spinach Corn bread Pumpkin Bavarian</p>	<p>31.</p> <p>Tuna salad sandwich with lettuce tomato, onion Chicken cannelloni soup, Garden salad 2 slices whole wheat bread, tropical fruit cup Salad dressing</p>		<p>Facing electricity or heating shut-off?</p> <p>Emergency HEAP opens January 3rd. Call the Dept. of Social Services at 716-278-8400</p>	