

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

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

FEBRUARY 2023

**10 VALENTINE'S DAY
FUN FACTS:**



1. In the 1300's Valentines Day Officially became a holiday associated with love!
2. Cupid has it's roots in Greek mythology
3. The 1st valentine was sent in the 15th century.
4. Not until the 1840's did we receive the first mass produced valentines
5. The tradition of giving Valentine's Day flowers dates back to the 17th century.
6. Today Americans send 145 million Valentine cards each year.
7. Americans spend an average of 20 billion dollars on Valentines Day gifts each year.
8. The Valentine's Day gift that people spend the most on is jewelry.
9. The first heart shape box of chocolate was introduced in 1861.
10. More than 8 billion conversation hearts are manufactured each year.

TECHNOLOGY HELP
Kim Sinon

If you need help with a 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. There is no charge for this service. You must bring your own device.

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 .

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, February 14th.

PINOCHLE- 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.

MINI GROCERY

Chrystal Manzare & Mike Sinon

The mini grocery program takes 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 (available to NT residents only).

KNITTERS CIRCLE

If you like to knit or crochet, but would like some company & maybe a cup of tea, please feel free to join our "knitting circle". We also have knitting looms you can borrow and a variety of yarn.

The knitting circles will take place on Mondays at 1pm on the carpeted area near the fireplace



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 cards or 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.



GENERAL MEMBERSHIP

There is no General Membership meeting scheduled for February (as part of the by laws). Our next General Membership meeting will be held on Wednesday, March 22nd at 1pm. A representative from each club (Pinochle, Euchre, Red Hats, etc) are encouraged to attend and report on their programs!

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 our office (716) 695-8582 to reserve a time slot. We have a limit of 3 slots at 11am and 3 slots at 11:15am. This is how e 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.

RED HAT LADY BUGS

Joan Dirmyer

The regular meeting will be taking place on Wednesday, February 1st at 1:00pm. New members are always welcome!

EUCHRE

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. Anyone wishing to learn the game, see Curt at the center.

NT SENIOR FITNESS

**Judy DeVantier &
Anita Zebulske**

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 and Wednesday at 10 am. If you have an exercise band, a small ball, and one pound weight bring it with you to class.

HEAP HELP

Help with your HEAP application will be available on February 3 & 17 at our center from 10am -12pm. No appointment necessary.

REMEMBRANCE PLAQUE

If you are interested in purchasing a plaque in memory of a passed member please contact the office for payment information and procedure. All proceeds will go to the Senior Center General Membership. Our Remembrance Plaque is in the main entrance of the Senior Center

NT TRAVELS WITH –Jean Marshall

Our Travel meeting is on Wednesday, February 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. Mail all checks to Jean at 7237 Nash Road N.T. NY 14120

ST. PATRICKS DAY BLARNEY

Tuesday March 14, 2023
Registration closed

Be prepared to enjoy a delicious complete luncheon, followed by an afternoon of entertainment starring The Blarney Bunch Band! For nearly 30 years the Blarney Bunch has been entertaining throughout WNY.

ONESONG VINTAGE COUNTRY

Wednesday April 5, 2023
\$35 due with registration; final payment due March 10th.

Depart from DMV lot 500 Wheatfield Street. This show created and performed by the fabulous duo of Ron and Nancy Oneson, will feature a tribute to the heart and soul of Americas most loved music, by artists and songs from the golden era. After enjoying lunch at the popular "Moonwinks" restaurant in Cuba NY, we will stop at Cuba Cheese Shoppe. Choice of Chicken Parm with side of spaghetti and veggies, scampi style haddock with Italian seasoned breadcrumbs, baked potato and veggies or Mediterranean pasta with asparagus diced tomatoes, Kalamata olives, spinach, feta and cheese with olive oil served over hot penne pasta.

HOLLAND TULIP FESTIVAL

May 8-12, 2023 (5 days; 4 nights)
\$750 per person, double occupancy
\$200 deposit due at reservation; final payment due March 10th.

Package includes four nights lodging, including overnights, 4 breakfasts, 2 dinners, Dutch village. Veldheer's Tulip Gardens, DeKlomp Wooden Shoe & Delft factory, Dutch-costumed guided tour of Holland, Evening Revue Show, Windmill Gardens & DeZwaan Windmill, souvenir gift, luggage handling in Michigan, taxes and meal gratuities, & motorcoach transportation. Cancellation insurance available.

SIMPLE CRAFTS

Come enjoy a simple craft every Friday afternoon with Kim. Call and register to make an appointment. Special valentines crafts are on tap!!

ANNUAL DUES

The office is open Monday-Friday 8:30am-4:30pm. Dues remain \$4 per year. You can pay at the office or by mail. Online payment option also available via credit card at www.ntparksrec.com (under the "register" and then "memberships" tab).

SPECIAL EVENTS

ST VALENTINE'S DAY DINNER DANCE

Our annual Valentine's Day Dinner Dance will be taking place on Wednesday, February 15, 2023

Doors 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 blue, scalloped potatoes, chef salad, rolls and strawberry cheesecake for dessert. Coffee, tea and soda will also be available. Tickets are on sale for \$18 members and \$20 for non-members. Purchase tickets at the

Center until Feb. 8th or when sold out (Monday-Friday 8:30am-4:30pm).



ST PATRICK'S DAY DINNER DANCE

The center will be hosting their annual St. Patrick's Day Dinner Dance on Wednesday, March 15, 2023. The doors will open at 5:15pm, live music from the HASTINGS DUO will play from 7:30-9:30pm and a traditional Irish meal catered by Jim Fingerlow will be served at 6pm (includes corned beef, potatoes, carrots, salad, roll, coffee & cheesecake; note no second meat included). Tickets go on sale starting February 15th—\$18 for members and \$20 for non-members.



MEMBER UPDATES:

In Nursing Home: Joan Bentley, Janice Koch, Ann Putz, Elanor Stahl, Joane Catapovic

New Members: Carol Brown, Peter Brady, Sally Miller, Jim Heldwein, William Sullivan, Dotty Laduca, Bonnie Justice.

Deceased: Audrey McMillian

NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on at 9:30am on Friday, February 24.

Thank you to last month's volunteers: Marsha Kennedy, Shirley Klinefelter, Joan Dirmyer, Dorothy Muniak, Pat Wentz, Michael Bass, Marjorie Brackett & Karen Krentz

EMAIL ADDRESSES:

If you have an email address please send it into the office. We are trying to get a data base together to help with communication with our seniors. If a senior would like to email me my email address is phogan@northtonawanda.org

Words to Live By:

"Success is not final; failure is not fatal: It is the courage to continue that counts." — Winston S. Churchill

FEBRUARY 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 <u>Red Hat Lady Bugs</u>	2. 11:45 Nutrition 1:30 Bingo	3. 11:45 Nutrition 10:00 HEAP 1:00 Euchre Simple Crafts
6. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Knitters Circle	7. 11:45 Nutrition 1:00 Pinochle	8. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:30 <u>Travel Club Mtg</u>	9. 11:45 Nutrition 1:30 Bingo	10. 11:45 Nutrition 1:00 Euchre Simple Crafts
13. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Knitters Circle	14. 9-3 <u>Veterans Assist.</u> 11:45 Nutrition 1:00 Pinochle	15. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 5:15 <u>St. Valentines Day Dinner Dance</u>	16. 11:45 Nutrition 1:30 Bingo	17. 10:00 HEAP 11:45 Nutrition 1:00 Euchre Simple Crafts
20. Presidents Day Center is Closed	21. 11:45 Nutrition 1:00 Pinochle	22. Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition	23. 11:45 Nutrition 1:30 Bingo	24. 9:30 Newsletters 11:45 Nutrition 1:00 Euchre Simple Crafts
27. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Knitters Circle	28. 11:45 Nutrition 1:00 Pinochle			

FEBRUARY 2023

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Niagara County Office for Aging 716-438-4031 for more information.</p>		<p>1. Cabbage Roll Casserole Peas Whole Wheat Roll Cinnamon Sliced Pears</p>	<p>2. Lemon Chicken Three-Bean Salad Glazed Carrots Whole Wheat Bread Orange</p>	<p>3. Chili Con Carne Tomatoes & Zucchini Corn Bread Deluxe Fruit Cup</p>
<p>6. Cheesburger Supreme w. Tomato & Onion Broccoli & Cheddar Soup Mixed Veggies Whole Wheat Bun Banana PC Ketchup, Mustard</p>	<p>7. Homemade Meat Lasagna Spinach Salad Italian Bread Banana PC Parm</p>	<p>8. Breaded Baked Chicken Breast Creamy Pesto Pasta Sicilian Veggie Blend Pumpernickel Bread Red Velvet Cake w. Cream Cheese Frosting</p>	<p>9. Chicken Stew Brussels Sprouts Biscuit Mandarin Orange Delight</p>	<p>10. Breaded Bone In Pork Chop Baked Sweet Potato Bavarian Kraut Whole Wheat Roll Cinnamon Applesauce</p>
<p>13. Pork Riblet w. BBQ Sauce Cheesy mashed Potatoes Corn Whole Wheat Bread Mandarin Oranges</p>	<p>14. Beef Stroganoff Over Egg Noodles Mixed Veggies Whole Wheat Roll Tropical Fruit Cup</p>	<p>15. Greek Chicken Breast Greek Seasoned Rice Broccoli 1/2 Whole Wheat Pita Fruited Gelatin w. whipped topping</p>	<p>16. Chef's Choice Chicken Drumsticks Au Gratin Potatoes Stir-Fry Veggie Blend Muffin Cookie</p>	<p>17.. Turkey & Cheese Sub W. Tomato & Onion Minestrone Soup Sicilian Veggie Blend Whole Wheat Hoagie Pineapple PC Mayo</p>
<p>20. Presidents Day Center is Closed</p>	<p>21. Sweet & Sour Pork w. Fortune Cookie Seasoned Brown Rice Cauliflower Whole Wheat Bread Peaches</p>	<p>22. Homemade Mac & Cheese Casserole Stewed Tomatoes Whole Wheat Roll Tropical Fruit Cup</p>	<p>23. Homemade Salisbury Steak w. Gravy Garlic Mashed Potatoes Green Beans Biscuit Deluxe Fruit Cup PC Ketchup</p>	<p>24. 2 Cheese Manicotti w. Tomato Sauce Spinach Italian Bread Heavenly Hash PC Parm</p>
<p>27. Sliced Baked Ham Mac & Cheese Brussels Sprouts Whole Wheat Bread Apple Crisp</p>	<p>28. Chicken Ala King Over Bowtie Pasta Peas & Carrots Biscuit Mandarin Oranges</p>		<p>All meals served with bread, butter and 1% milk, coffee or tea. Suggested contribution of \$3.25. Menus subject to change without notice.</p>	