

**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

**APRIL 2023**

All The World's Alive Again

**The rabbit hops its gentle step  
The lark sings lyric songs  
All the world's alive again  
Spring rights the winter wrongs**



**Mother hen protects her chicks  
White blossoms are in bloom  
All the world's alive again  
No snowy clouds to loom.**

**A kitten chips her tiny meow  
The child blinks his eyes  
All the world's alive again  
A new world crystalized**

**-Jennifer Gunner**

**TECHNOLOGY HELP -Kim Sinon**

If you need help with a device such as a phone or tablet please call the center at 716-695-8582 and make an appointment with Kim. She is available by appointment only. There is no charge for this service. This is for Android devices only. You must bring your own device.

**CRAFT TIME**

Sign up for a Spring craft. We have craft time every Friday afternoon starting at 1pm. Please call to register in advance. The crafts costs between \$0—\$5 Come and bring your creativity.

**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.

**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 716-695-8582.

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, April 11th.**

**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.



**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



## GROCERY SHOPPING

Chrystal Manzare

The 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 please call the office at 716-695-8582. There is a \$2 fee for this service. This service is available to NT residents only. We have very limited space. You must call in advance. Please be patient for your ride it there is a 15 minute window.

## SHOPPING WITH MIKE

Mike Sinon



Need some odds & ends or a pair of shoes? We are offering two Tuesdays a month to drive to different supply stores. On Tuesday, April 4 Mike will be driving to Wegmans, The Dollar Store or Kohl's. These trips will cost \$2 round trip.

On Tuesday, April 25th Mike will be driving to The Target Plaza in Amherst. These trips will cost \$4 round trip. Any NT senior interested please call the Senior Center to make your appointment.

## ANNUAL DUES

ANNUAL DUES! The office is open Monday-Friday 8:30am - 4:30pm. The public is welcome to walk in and pay their dues or you can mail them to the office. The dues are \$4.00 per year. Please mail your check to 110 Goundry Street N. Ton. Please make checks payable to the North Tonawanda Senior Center. You can also pay online at NTParksrec.com with a major credit card.

## GENERAL MEMBERSHIP

Our next General Membership meeting will be held on Wednesday, April 26th at 1pm All members are welcome. We will be planning our next few events

## 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, & one pound weight bring it with you to class.



## ATTORNEY- Gary Billingsley

The Office for the Aging has a legal assistance program for anyone 60 and over living in Niagara County. The next time the attorney will be at our center is Wednesday, April 19th. Please call this office for an appointment 716-695-8582. You will not be able to see the attorney without an appointment.

Please note: If you are interested in contributing toward the costs of legal services provided to you, or wish to comment about the services anonymously, please request an envelope from the attorney. The suggested contribution rate is \$20.00 per consultation. This is only a suggested contribution amount. No one will be denied service if they can not contribute.

## SENIOR 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 SNACK.

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, Rhonda Holka, Kim Piorowski, Mike Confer, Sheila Jones and Carol McMeekin.

## RED HAT LADY BUGS

Joan Dirmyer

The regular meeting will be taking place on Wednesday, April 5th at 1:00pm. New members are always welcome.

## **FOOD STAMP PROGRAM**

Sally or Jasmine will be at the center Thursday, April 27th from 10am—noon to assist anyone with food stamp application or recertification. 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 cards or stamps are always appreciated.

## NT TRAVELS WITH –Jean Marshall

Our Travel meeting is on Wednesday, April 12 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 716- 694-5567 or email her at Jean Marshall@yahoo.com. All checks are to be made payable to Jean Marshall

### TRIP SCHEDULE

#### HOLLAND TULIP FESTIVAL

**MAY 8-12TH**

5 DAYS AND 4 NIGHTS—\$750 PER PERSON—  
DOUBLE OCCUPANCY \$200 DEPOSIT DUE AT  
TIME OF RESERVATION



Package includes— 4 nights lodging including overnights, 4 breakfasts, 2 dinners, Dutch Village, Veldheer's Tulip Gardens, Dutch-costumed guided tour of Holland, Evening Revue Show, Windmill Gardens & DeZwaan Windmill, Souvenir Gift, Luggage Handling in Michigan. Taxes & Meal Gratuities and Motor coach transportation.

### SPECIAL EVENTS BROADWAY MARKET

Tuesday, April 4th. \$7.00 for School Bus transportation round trip. We leave the NT Senior Center at 10am sharp and return to the center at 1:30pm. You may bring a \$1 to tip driver if you wish. Tickets will be sold first come first served up to 41 seats. Come buy your Easter goodies at the Broadway Market!!!

#### DYGUS DAY -“Pop Up Polish Platter”

Monday, April 10th. 3:30pm-5pm

\$7 for members \$10 for non-members. Polka music by Matt Piorkowski. The menu will include, polish sausage, pierogis, sauerkraut, salad & dessert. Ice, coffee and tea will also be available.



You are welcome to bring your own spirits!

## AMBIANT SOUND



We welcome back Rachael on Wednesday, April 19th at 1:30pm. Come, relax, heal, meditate & enjoy this soothing unique and magical sounds! \$3.00 per person.

### MOTHER'S DAY TEA- Saturday, May 6

We will be having our Mother's Day Tea on Saturday, May 6th. The doors open at 12:30pm and the program begins at 1pm. Live music by Alaina & Dennis from Yellow Jack will play 1:30-3. You will also enjoy small tea sandwiches, desserts, coffee, and teas. Your ticket will cost you \$6 and a dish of either dessert or small sandwiches to pass.



You are welcome to purchase tickets for your daughters and granddaughters. Everyone must have a ticket except if they are under 2.

### SENIOR CENTER FUNDRAISER

Our fundraiser is changing ! BRING YOUR SINGLES!!! We will be having a Meat & Basket Raffle on Saturday, September 23rd.



Doors will open at 2pm. The first spin will happen at 3pm. 50/50 split & the basket raffle will be drawn right after the last spin for meat! Tickets will be available this summer!!! And more details will be forth com

### MEMBER UPDATES:

New Members: Joanne White, Walter Suter, Joyce Kobel, Marianne Guth, Kelly Bowman, Joy Rowlinson, Karen Roberts, James & Karen O'Connell

### NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on at 9:30am on Monday, April 24th @ 9:30am

Thank you to last month's volunteers:  
Marsha Kennedy, Mary Drescher, Virginia Park, Linda Elliott, Marjorie Brackett, Karen Krentz, Denise Johson & Shirley Klinfelter.

# APRIL 2023

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

<p>3.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room</p>	<p>4.</p> <p><b><u>Broadway Mkt Trip</u></b> Shopping with Mike 11:45 Nutrition 1:00 Pinochle</p>	<p>5.</p> <p>Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition <b><u>1:00 Red Hat Lady Bugs</u></b></p>	<p>6.</p> <p>11:45 Nutrition Pool Room 1:30 Bingo</p>	<p>7.</p> <p>GOOD FRIDAY  CLOSED</p>
<p>10.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room <b><u>3:30 Dygus Day</u></b> <b><u>Pop Up Polish Platter</u></b></p>	<p>11.</p> <p><b><u>9-3 Veterans Assist.</u></b> 11:45 Nutrition 1:00 Pinochle</p>	<p>12.</p> <p>Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition <b><u>1:30 Travel Club Mtg</u></b></p>	<p>13.</p> <p>11:45 Nutrition Pool Room 1:30 Bingo</p>	<p>14.</p> <p>Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Arts &amp; Crafts</p>
<p>17.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room</p>	<p>18.</p> <p>11:45 Nutrition 1:00 Pinochle</p>	<p>19.</p> <p>Grocery Shopping Tech Help Available County Attorney (Appts) 10:00 NT Senior Fitness 11:45 Nutrition <b><u>1:30 AMIANT SOUND</u></b></p>	<p>20.</p> <p>11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>21.</p> <p>Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Arts &amp; Crafts</p>
<p>24.</p> <p><b>9:30 Newsletters</b> 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room</p>	<p>25.</p> <p>Shopping with Mike 11:45 Nutrition 1:00 Pinochle</p>	<p>26.</p> <p>Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition <b><u>1:00 General Meeting</u></b></p>	<p>27.</p> <p><b>10-12 Food Stamps</b> 11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>28.</p> <p>Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Arts &amp; Crafts</p>

# APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3. Breaded Chicken Patty Sandwich with lettuce, tomato, onion Mac and cheese Brussels sprouts Whole wheat hamburger bun, sunshine bar	4. Baked homemade meatloaf with gravy, mashed potatoes, Italian vegetable blend, whole wheat bread, sliced peaches	5. <b>Easter Meal</b>  Glazed Ham Mashed sweet potatoes, green bean casserole, whole wheat dinner roll, Spring Time Coconut cake	6. Cheese Tortellini in Marinara Sauce & Meatballs Cauliflower with red pepper Italian bread Tropical fruit cup	7.  GOOD FRIDAY  NO MEALS SERVED
10. Polish sausage Mashed potatoes Seasoned carrots Whole wheat hot dog bun, fresh orange	11. Julienne salad with ham, bleu cheese crumbles & croutons, potato salad Muffin, pineapple	12. Mushroom Swiss burger w/ lettuce, tomato, onion, sweet potato wedges, garden salad, whole wheat hamburger bun, apple crisp w/ whipped topping	13. Roast pork with gravy Scalloped potatoes, wax beans, whole wheat dinner roll and deluxe fruit cup	14. Chicken Salad Pepper pot soup with Crackers, broccoli salad, two slices whole wheat bread Fruited gelatin with whipped topping
17. Spaghetti & meatballs in marinara sauce Garlic spinach Italian bread Cinnamon applesauce	18. Italian sausage with peppers and onions tricolor pasta salad Roasted zucchini and summer squash Whole wheat hoagie roll and cookie	19. Greek chicken breast with feta cheese Greek seasoned brown rice, glazed carrots whole wheat dinner roll, deluxe fruit cup	20. Tuna salad sandwich with lettuce, tomato, onion, broccoli and cheddar soup with crackers, tomato & cucumber salad, 2 slices whole wheat bread banana	21. Chicken stew Stir-fry, vegetable blend, whole wheat dinner roll Sliced pears
24. Breakfast Casserole Hash browns Spinach & bacon salad Biscuit Mandarin orange delight	25. Ranch chicken pasta salad, marinated vegetable salad, muffin, sunshine bar	26. Cheeseburger supreme with lettuce, tomato, onion, pickle, Au Gratin potatoes, hearty vegetable soup with crackers, whole wheat hamburger bun, tropical fruit cup	27. Breaded bon in pork chop, seasoned squash Garden salad, whole wheat bread, and pineapple	28. Turkey cobb salad, macaroni salad, whole wheat dinner roll and mandarin oranges.

## AMBIANT SOUND

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## **DYGUS DAY Pop Up Polish Platter**

Monday, April 10th. 3:30pm-5pm

\$7 for members \$10 for non-members. Polka music by Matt Piorkowski. The menu will include, polish sausage, pierogis, sauerkraut, salad & dessert. Ice, coffee and tea **you are welcome to bring your own spirits!**