

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

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

SEPTEMBER 2023

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! Entrance Tickets are available now for \$10 each. Tickets at the door are \$12 each.



FLU SHOT CLINIC

Wurlitzer Pharmacy will be here on Friday September 29th from 1pm– 3pm. Please call to make an appointment 716-695-8582. Please bring your health insurance cards with you at the time of your appointment.

****DON'T BECOME A VICTIM OF ELDER FINANCIAL FRAUD**

September 20, 2023 at 1:00pm here at the NT Senior Center. During this joint presentation from area law enforcement agencies, M & T Bank Financial Crimes Unit, and AARP. You will learn about the current scams used by criminal organizations to target victims, how to avoid becoming a victim and what to do once you have been scammed.



Please call 716-695-8582 to reserve your seat. Hosted by Christopher C. Chapman from US Department of Homeland Security.

SENIOR BREAKFAST

Friday, September 29th at 9am for \$6.00. Enjoy scrambled eggs, sausage with gravy, biscuits, fruit, Danish coffee & tea. 25 tickets will be available. **Come out and enjoy breakfast with your senior friends!!**

ARTS & CRAFTS

For the month of September we are offering a Autumn wreath for \$8.00. We are having arts and crafts the first 3 Friday mornings of September. Please call the office to make your appointment. Supplies are limited.

New! NIAGARA COUNTY OFFICE FOR AGING CASE MANAGER— Krystle Steen

Krystle will be at our center on **Thursday, September 14th from 12:15—1:30pm** to assist any senior who has fallen victim to elder abuse whether it be financial, physical, emotional, sexual or neglect. Krystle can act as a liaison between the adult and community based resources linking them with resources as providing one-on-one assistance with daily living activities, (but not personal care or cleaning)

If you need to speak with Krystle ahead of time before seeing her please call her directly at 716-438-4030

NY CONNECTS RECERT & REFERRAL

Jasmine Siraj will be at the center **Thursday, September 29th from 12:30 –1:30pm** to assist any senior with Food Stamp, Medicare or any Government forms. No appointment necessary. Jasmine will be here the last Thursday of each month from 12:30—1:30pm.

. NIAGARA COUNTY HEALTH INSURANCE RESOURCE FAIR

The OFA will be hosting their annual Health Insurance and EPIC resource fair for Medicare on Friday Nov. 17th 9:30-11:30 am.

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 there is a 15 minute window

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.

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.

MAHJONG- CHINESE TILE GAME

Any senior is welcome to play on Tuesday afternoons at 1pm in the craft room.

PINOCHLE CLUB— Diane Juliano

Any senior is welcome to play Pinochle on Tuesdays at 1:00 pm. Please bring \$1.05 for the game. Coffee and tea will be made available for 25 cents.

EUCHRE CLUB

Any senior is welcome to play Euchre on Fridays at 1:00 pm. Everyone needs to bring \$1.25 for the game. Coffee and tea will be made available for 25 cents * No Euchre on 9/22 due to Meat Raffle set up!

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, September 20th. Please call this office for an appointment 716-695-8582. 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 per consultation. No one will be denied service if they can not contribute.

SENIOR SOCIABLE 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, Mike Confer, Kim Piorkowski, Rhonda Holka, Beth Feenin, Sheila Jones & Carol McMeekin

RED HAT LADY BUGS- Joan Dirmyer

The regular meeting will be taking place on Wednesday, September 6th at 1:00pm. New members are always welcome.

GENERAL MEMBERSHIP

Our next General Membership meeting will be held on Wednesday, September 27th at 1pm All members are welcome. We will be planning our next few events. We need volunteers to help with our meat raffle. Please come to our meeting.

NIAGARA COUNTY NUTRITION

Sharon Lewis, Nutrition Site Director

Niagara County offers a lunch program at the center at 11:45am **Monday, Wednesday, Thursday & Friday** The suggested donation for a lunch is \$3.25. One WEEK notice is now required. Round-trip transportation is also available. Please call 716-695-8582 for making or canceling a reservation.

NT TRAVELS WITH Jean Marshall

Our Travel meeting is on Wednesday, September 13th 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

HISTORIC LYONS & PALMYRA

Wed. Sept. 20th - \$72.00 (\$35 due at registration)
Depart from the 500 Wheatfield Street. The DMV parking lot. The day begins Lyons, NY at the Peppermint Museum, home of original artifacts from the once international prized medal peppermint oil company. Tour 10 rooms that were once used in the process of making the world famous Hotchkiss Peppermint Oil. Unique artifacts on display are a blown glass show globe used at the 1876 World's Fair in Philadelphia. Learn stories of inmates of the former Wayne County Jail. Enjoy lunch at Allying Coverlet Museum, and enjoy a tour of the 1901 newspaper printing office. Then visit the Phelps Store & Home. Departure is 7:45am and return is 5:45pm.

AUTUMN SPLENDOR

Wednesday, October 18, 2023—\$93.00 8am-6pm
\$35 deposit with registration final payment on September 15th.

Start planning for your holiday baking with supplies from Lantz Bulk Foods. Then sit back and enjoy the spectacular fall colors and scenery during your tour of Letchworth State Park. After a scrumptious lunch at the Glen Iris Inn, learn about Llama types, uses, training and more at a Llama farm. Meal choice Pryor pork-roast loin of pork served with bread, stuffing, and sauce Robert or Roast turkey with bread stuffing, home style gravy & cranberry sauce.

YOUR LUCK DAY AT SENECA ALLEGANY CASINO— Wed. Nov. 15th 2023

\$77.—(\$30 due with registration) final payment due 10/31/23. Pick up at 500 Wheatfield St. (DMV Building) Departure is at 8:30am and return back home at 5:30pm. This will include lunch at Sprague's Maple Farm. Choice of Turkey dinner or Pork rib dinner This also includes a \$25 free slot play.

VETERAN'S ASSISTANCE

Niagara County Veterans Service Agency will be at our senior center the 2nd Tuesday of every month to assist any Veteran. A 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.

Doug 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.

Doug is scheduled to be here on Tuesday, September 12th

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.

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.

MEMBER UPDATES:

New Members: Terrie Haist, Roger Hutter, Cindy Miller, Viola Starr, Margaret Witkowski, Terry Hines, Angela Milazzo, Janice Smith, Judith, Ondak, Pamela Conner, Mary Ann Kedron, Coleen Erick, Jane Clark & Pamela Connor

NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on Tuesday, September 26th at **9am. Everyone is welcome to help!!!**

Thank you to last month's volunteers:
Norma Kitzmiller, Marsha Kennedy, John Davisson, Shirley Klinefelter, Bernie Hagedorn & Marjorie Brackett.

September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	If you received HEAP last year! Watch the mail for your application! It will be mailed to you eventually!!!	Don't forget!! MEAT & BASKET RAFFLE ON SAT. SEPTEMBER 23RD TICKETS: \$10/\$12 DOORS OPEN AT 2PM		1. 9:00 Crafts Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos
4. LABOR DAY CENTER IS CLOSED	5. 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room	6. Pool Room Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs Gathering	7. 9:00 Cards & Games 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	8. 9:00 Crafts Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos
11. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	12. 9-3 Veterans Assist 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room	13. Pool Room Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club Mtg	14. 9:00 Cards & Games 11:45 Nutrition 12:15 Caseworker 1:00 Pool Room 1:30 Bingo	15. 9:00 Crafts Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos
18. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	19. 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room	20. Attorney (apt only) Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 FRAUD PREVENTION	21. 9:00 Cards & Games 11:45 Nutrition 1:00 Pool Room 1:30 Bingo	22. 9:00 crafts Pool Room 11:45 Nutrition *No Programs Setting up for Meat/ Basket Raffle
25. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room	26. 9:00 Newsletters 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room	27. Pool Room Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition	28. 9:00 Cards & Games 11:45 Nutrition 12:30-1:30- Food Stamp recert or re- ferral 1:00 Pool Room 1:30 Bingo	29. 9:00 Breakfast Pool Room 11:45 Nutrition 1-3 FLU SHOTS 1:00 Euchre 1:00 Dominos

SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1. Breakfast casserole with cheddar and sausage, potatoes O'Brien, garden salad, blueberry muffin, fresh orange
4. Labor Day No Meals Served	5. No Lunch Served At NT Site	6. Greek chicken pasta salad, marinated vegetable salad, whole wheat dinner roll applesauce	7. Breaded chicken patty Sandwich with lettuce, tomato, onion Tri-color pasta salad Seasoned cauliflower whole wheat hamburger bun, pineapple	8. Polish sausage Mac & cheese Mixed vegetables Whole wheat hot dog bun, heavenly hash
11. Meatball sub with Marinara and mozzarella, sweet potato wedges Caesar salad Whole wheat hoagie roll Fresh orange	12. No Lunch Served At NT Site	13. Chicken stew Seasoned peas Biscuit Deluxe fruit cup	14. Mushroom Swiss burger with lettuce, tomato onion, garlic mashed potatoes, glazed carrots, whole wheat hamburger bun, brownie	15. Ham salad sandwich with lettuce, tomato, onion, minestrone soup with crackers broccoli salad, 2 slices whole wheat bread and banana
18. Center cut bone in pork chop Au Gratin Potatoes Confetti Corn Rye Bread Fresh Cantaloupe	19. No Lunch Served At NT Site	20. Italian Sausage with Peppers and onion Two-type potato salad Italian vegetable blend Whole wheat hot dog bun, fresh watermelon	21. Broccoli and cheese strata, O'Brien potatoes, stewed tomatoes, whole wheat bread, marbled pudding with whipped topping	22. Cheeseburger supreme with lettuce, tomato, onion, pickle and pickled beets. Spinach and Bacon salad, whole wheat hamburger bun, sliced peaches
25. Homemade Salisbury steak with gravy Cheesy mashed potatoes, Glazed carrots Raisin bread Cinnamon applesauce	26. No Lunch Served At NT Site	27. Julienne Salad with ham, cheddar cheese and croutons, lentil and brown rice soup, whole wheat, dinner roll and fresh orange	28. BBQ pork riblet Harvard Beets Green beans Whole wheat hoagie roll, fruited gelatin with Whipped topping	29. Chef's choice chicken drumsticks Baked beans Garden salad Corn muffin Mandarin oranges