

**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

**OCTOBER 2023**

## HAPPY HALLOWEEN

**It's late and we are sleepy,  
The air is cold & still.  
Our jack-o-lantern grins at  
us  
Upon the window sill.  
We're stuffed with cake &  
candy  
And we've had a lot of fun,  
But now it's time to go to bed.  
And dream of all we've done.  
We'll dream of ghosts & goblins.  
And of witches that we've seen and  
we'll dream of trick-or treating on  
the happy Halloween.**



## MEDICARE HEALTH INSURANCE COMMUNITY MEETING

**Friday, Nov. 17th 9:30-11:30am**

Understanding Medicare Plan Choices for 2024  
Get update and learn about the changes to Medicare,  
the Medicare Health Plans, Medicare Part D, NYS  
EPIC and "Extra Help" Low income subsidy program.  
Be prepared for the Medicare Annual open enrollment  
period, Coffee & tea will be available.

## SENIOR BREAKFAST

Friday, October 27th at 9am for \$6.00. Enjoy  
scrabbled 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 October we are offering a Halloween craft for  
\$8.00. We are having arts and crafts the first 3 Friday morn-  
ings of October Please call the office to make your appoint-  
ment. Supplies are limited.

## NIAGARA COUNTY OFFICE FOR AGING CASE MANAGER

Krystle will be at our center on **Thursday, October 12th 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 a head of time before seeing her please call her directly  
at 716438-4030

## NY CONNECTS RECERTS & REFERRAL

Sally Prez will be at the center **Thursday, October 26th from  
12:30 –1:30pm** to assist any senior with Food Stamp, Medi-  
care or any Government forms. No appointment necessary.  
Sally will be here the last Thursday of each month from  
12:30—1:30pm.

## VETERAN'S BREAKFAST



We will be hosting our Free Veteran's Breakfast on Saturday,  
November 11th. The program begins at 9:15am and breakfast  
is served at approximately 10am. The breakfast is free to all  
Veterans and \$5 for their guests. **You must call and reserve  
your breakfast no later than TUESDAY, NOVEMBER  
7TH.** To reserve a seat please call 716-695-8582

## EURCHRE TOURNAMENT

**Pam Beutel**

Every Monday afternoon at 1pm. The cost is \$10 per person.  
Come join have fun and bring a senior friend. Cof-  
fee and tea are available for 25 cents per cup.



## **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- Cheri N. Koepsell**

Any senior is welcome to play Euchre on Fridays at 1:00 pm. Everyone needs to bring \$2 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, October 18th. 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, October 4 at 1:00pm. New members are always welcome.

## **GENERAL MEMBERSHIP**

Our next General Membership meeting will be held on Wednesday, October 25th at 1pm All members are welcome. We will be planning our next few events.

## **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, October 11th 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

#### AUTUMN SPLENDOR

Wednesday, October 11, 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 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.

#### SOUNDS OF THE SEASON- PO HOLIDAY POPS FRIDAY, DECEMBER 15, 2023

Friday, December 15 2023/ 8:30am-3:00pm. \$111.00  
Deposit at registration is \$35.00. Full payment is due 11/17/23

Begin the day with coffee and pastry at Kleinhans Music Hall. Then enjoy the 10:30am Holiday Pop Concert with the Buffalo Philharmonic Orchestra. Relax and listen to the musical splendor and sing along to your favorite holiday music as you get in the spirit of the season. A delicious lunch is included following the show at Parkside Meadows restaurant. Choice of Fish Fry or Chicken Parmesan. Any questions call Jean at 716-694-5567.

## 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, October 10th.**

### 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, Thomas & Diane Woods, Deborah Lorenz, Darlyne O'Callaghan, Beth Gerwitz Kathleen Coleman, Michael & Lori McCullough, Ronald Hughes, Janet Fancher Lola Coldallah, Pamela Connor Pam Beutel & Rick Giardino

### NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on Tuesday, October 24th 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.

# OCTOBER 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|   |   |  |   |  |
|---|---|--|---|--|
| <p>2.</p> <p>10:00 NT Senior Fitness<br/>11:45 Nutrition<br/>1:00 Pool Room</p>                             | <p>3.</p> <p>1:00 Pinochle<br/>1:00 Mahjong<br/>1:00 Pool Room</p>                          | <p>4.</p> <p>Pool Room<br/>Grocery Shopping<br/>Tech Help Available<br/>10:00 NT Senior Fitness<br/>11:45 Nutrition<br/><b>1:00 Red Hat Lady Bugs Gathering</b></p>                | <p>5.</p> <p>9:00 Cards &amp; Games<br/>11:45 Nutrition<br/>1:00 Pool Room<br/>1:30 Bingo</p>                                   | <p>6.</p> <p>9:00 Crafts<br/>Pool Room<br/>11:45 Nutrition<br/>1:00 Euchre<br/>1:00 Dominos</p>                |
| <p>9.</p> <p style="text-align: center;">COLUMBUS DAY<br/><br/>CENTER IS CLOSED</p>                         | <p>10.</p> <p>9-3 Veterans Assist<br/>1:00 Pinochle<br/>1:00 Mahjong<br/>1:00 Pool Room</p> | <p>11.</p> <p>Pool Room<br/>Grocery Shopping<br/>Tech Help Available<br/>10:00 NT Senior Fitness<br/>11:45 Nutrition<br/><b>1:30 Travel Club Mtg</b></p>                           | <p>12.</p> <p>9:00 Cards &amp; Games<br/>11:45 Nutrition<br/><b>12:15- OFA Caseworker</b><br/>1:00 Pool Room<br/>1:30 Bingo</p> | <p>13.</p> <p>9:00 Crafts<br/>Pool Room<br/>11:45 Nutrition<br/>1:00 Euchre<br/>1:00 Dominos</p>               |
| <p>16.</p> <p>10:00 NT Senior Fitness<br/>11:45 Nutrition<br/>1:00 Pool Room<br/>1:00 Euchre Tournament</p> | <p>17.</p> <p>1:00 Pinochle<br/>1:00 Mahjong<br/>1:00 Pool Room</p>                         | <p>18.</p> <p>Attorney (apt only)<br/>Grocery Shopping<br/>Tech Help Available<br/>10:00 NT Senior Fitness<br/>11:45 Nutrition<br/><b>Anniversary Dinner Dance 5:15-9:30PM</b></p> | <p>19.</p> <p>9:00 Cards &amp; Games<br/>11:45 Nutrition<br/>1:00 Pool Room<br/>1:30 Bingo</p>                                  | <p>20.</p> <p>9:00 Crafts<br/>Pool Room<br/>11:45 Nutrition<br/>1:00 Euchre<br/>1:00 Dominos</p>               |
| <p>23.</p> <p>10:00 NT Senior Fitness<br/>11:45 Nutrition<br/>1:00 Pool Room<br/>1:00 Euchre Tournament</p> | <p>24.</p> <p>9:00 Newsletters<br/>1:00 Pinochle<br/>1:00 Mahjong<br/>1:00 Pool Room</p>    | <p>25.</p> <p>Grocery Shopping<br/>Tech Help Available<br/>10:00 NT Senior Fitness<br/>11:45 Nutrition<br/><b>1:00 General Membership Meeting</b></p>                              | <p>26.</p> <p>9:00 Cards &amp; Games<br/>11:45 Nutrition<br/><b>12:30 NY Connects</b><br/>1:00 Pool Room<br/>1:30 Bingo</p>     | <p>27.</p> <p><b>9 Senior Breakfast</b><br/>Pool Room<br/>11:45 Nutrition<br/>1:00 Euchre<br/>1:00 Dominos</p> |
| <p>30.</p> <p>10:00 NT Senior Fitness<br/>11:45 Nutrition<br/>1:00 Pool Room<br/>1:00 Euchre Tournament</p> | <p>31.</p> <p>1:00 Pinochle<br/>1:00 Mahjong<br/>1:00 Pool Room</p>                         |    |   |  |

# OCTOBER 2023

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| <p>2.<br/>Stuffed pepper with marinara sauce<br/>Scalloped potatoes<br/>Brussels sprouts<br/>Whole wheat bread<br/>cookie</p>                         | <p>No Lunch Served in<br/>NT Senior Center<br/><br/>By Niagara County<br/><br/>Office for Aging</p> | <p>4.<br/>Hot roast beef sandwich with gravy<br/>Mashed potatoes<br/>Garden salad<br/>Whole wheat hamburger bun and banana</p>  | <p>5.<br/>Turkey &amp; cheese sub with lettuce, tomato, onion<br/>Broccoli &amp; cheddar soup. Tomato &amp; cucumber salad<br/>Whole wheat hoagie roll &amp; applesauce</p> | <p>6.<br/>Homemade Mac &amp; cheese casserole<br/>Stewed tomatoes<br/>Rye bread<br/>Deluxe fruit cup</p>   |
| <p>9.<br/><br/>Columbus Day<br/><br/>Holiday– Center is Closed</p>  | <p>No Lunch Served in<br/>NT Senior Center<br/><br/>By Niagara County<br/><br/>Office for Aging</p> | <p>11.<br/>Turkey Ala King<br/>Garlic mashed potatoes, seasoned green Beans, biscuit<br/>Tropical fruit cup</p>   | <p>12.<br/>Sliced baked ham<br/>Harvard beets<br/>Spinach &amp; bacon salad<br/>Whole wheat dinner roll<br/>Fruited gelatin with whipped topping</p>                        | <p>13.<br/>BBQ chicken thighs<br/>Baked sweet potato<br/>Peas, muffin<br/>pineapple</p>  |
| <p>16.<br/>Cheese tortellini with Marinara and meatballs<br/>Broccoli<br/>Italian bread<br/>Mandarin<br/>Oranges<br/>Parmesan cheese</p>              | <p>No Lunch Served in<br/>NT Senior Center<br/><br/>By Niagara County<br/><br/>Office for Aging</p> | <p>18.<br/>Chicken breast sandwich with lettuce, tomato, onion<br/>Seasoned brown rice<br/>Hearty vegetable soup<br/>Whole wheat hamburger bun<br/>Deluxe fruit cup</p> | <p>19.<br/>Beef stew<br/>Brussels sprouts<br/>Biscuit<br/>Pumpkin Bavarian with whipped topping</p>   | <p>20.<br/>Goulash<br/>Caesar salad<br/>Whole wheat bread<br/>Fresh cantaloupe<br/>Parmesan</p>  |
| <p>23.<br/>Greek season chicken breast with feta cheese<br/>Greek seasoned rice<br/>Spinach &amp; bacon salad<br/>1/2 wheat pita<br/>Fresh orange</p> | <p>No Lunch Served in<br/>NT Senior Center<br/><br/>By Niagara County<br/><br/>Office for Aging</p> | <p>25.<br/>Chicken stew<br/>Cauliflower<br/>Biscuit<br/>Sliced peaches</p>  | <p>26.<br/>Cabbage roll casserole<br/>Seasoned corn<br/>Whole wheat dinner roll<br/>Homemade apple crisp<br/>With whipped topping</p>                                       | <p>27.<br/>Tuna salad sandwich with lettuce, tomato, onion. Tomato Florentine soup<br/>3 bean salad<br/>2 slices whole wheat bread and Heavenly Hash for dessert</p> |
| <p>30.<br/>Chile Con Carne with crackers<br/>Broccoli<br/>Corn bread<br/>Fruited gelatin with Whipped topping</p>                                     | <p>No Lunch Served in<br/>NT Senior Center<br/><br/>By Niagara County<br/><br/>Office for Aging</p> |   | <p>Contact the Office for Aging if you need help with your HEAP application– 716-438-3030</p>   |  |