

**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

DECEMBER 2023



**Join us for a
Christmas
Dinner on Wed,
December 20th!**

We will have our General Membership meeting at 1pm with our election of officers. Three roasted turkeys will be ready immediately following the meeting. Everyone in attendance must bring a dish to pass. Please call 716-695-8582 to register. We assigning people to bring potatoes, vegetables or a desert of their choice. You are also welcome to bring an alcohol spirit if you wish for you or your table.

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.

CUTEST PET CONTEST



\$1 entry fee—fundraiser for Mario's Emergency Pet Food Ministry in NT

Bring in a picture of your pet and \$1.00. The winner will win a \$25 gift card and all proceeds will go to Mario's Emergency Pet Food Ministry in NT.

ARTS & CRAFTS

For the month of December we are finish up on our Christmas ornaments & wreaths. These crafts are either \$5 or \$10 to make depending on what you choose. We are having arts and crafts the first 3 Friday mornings of December .

NY CONNECTS RECERTS & REFERRAL

Sally Perez will be at the center **Thursday, December 21st from 11:30 –12:30pm** to assist any senior with Food Stamp, Medicare or any Government forms. No appointment necessary.

EURCHRE TOURNEMENT

Pam Beutel

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

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.

MARIO'S EMERGENCY PET FOOD DRIVE

The center will have a box in the main hallway for the Mario's Pet Food Ministry. Please feel free to place any unopened cat or dog food or toys inside. This will go directly to the NT based Pet Pantry.



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. Roundtrip transportation is also available. Please call 716-695-8582 for making or canceling a reservation.

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.

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

RED HAT LADY BUGS- Joan Dirmyer

The regular meeting will be taking place on Wednesday, December 6 at 1:00pm. New members are always welcome. We will be celebrating Christmas. Please bring a \$10 new gift to do an exchange and some cookies too! Our treasury will be purchasing pizza and wings for our holiday celebration.

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, December 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 9 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, Mike Confer, Rhonda Holka, Beth Feenin, & Carol McMeekin and Kim Piorkowski

BUFFALO BILLS VS KANSAS CITY CHIEFS

**Sunday, December 10th—
Game starts at 4:25pm.**



Come enjoy the game on the new big screen. Doors open at 1:00. You must register in advance and get a ticket. You will be asked to bring a dish to pass and bring your own desired beverages.

The senior center will be offering a hot ham sandwich to each person in attendance. Come to the office to register. There will be Euchre card games starting at 1:15pm

THE GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, December 20th at 1pm. The slate of Officers will be presented for vote in between old business and new business. After the meeting a Christmas Dinner is planned. You must pre-register for this event. Please call 716-695-8582.

NT TRAVELS WITH Jean Marshall

Our Travel meeting is on Wednesday, December 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.



Please bring a finger food or dessert to pass for our Christmas Party!!

TRIP SCHEDULE

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

Friday, December 15th 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.



WINTER WALK/SANTA'S WORK- SHOP/ VENDOR & CRAFT SALE & RED HAT LADY BUG BAKE SALE!

Saturday, December 2nd 10am-3pm

Donations of baked goods, cup cake & cookie donations needed and welcome!

The senior center again will be participating in the city wide Winter Walk. We will be hosting a kids sale for gifts and free gift wrapping, a vendor/craft sale and a bake sale. The public will also enjoy free hot chocolate and a refreshment while supplies last.

We anticipate a surprise visit from Santa around noon -2pm too! This year there also is a card and book sale to help clear out our center. Our vendors include Qi Thai, Cassie's Skin Care, Kettle Black Arts, Niki's jewelry & crafts, Buffalo Bills shirts, Humble Human homemade soaps, folded paper crafts, and senior crafts

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, December 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: Linda Dewiel, Lyle Dewiel, Arlene Gerfin, Thomas Dumond, Elizabeth Orłowski, Dawn Chido, Florence Lindaman, Michelle Nardell, John Robins, Kathy Road, Tracie Wurl, Sistine Ilgunas, Guy Nelder, Jo Jo Balzano, Sean & Kathryn Tucker

Assisted Living: Audrey Zuch, Mike Bass & Peter Kojum

NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on Thursday, December 21st at **9am. Everyone is welcome to help!!!**

Thank you to last month's volunteers:

Mary Drescher, Cheryl Mathews, Shirley Klinfelter, Marge Brackett, Bernie Hagadorn, Marsha Kennedy, Maryjane Ziomek, & Mary Drescher

DECEMBER 2023




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>Winter Walk</p> <p>Saturday, December 2nd 10am-3pm</p> 	<p>Buffalo Bills Game Day</p> <p>Sunday, December 10th</p>  <p>Call to reserve your spot 716-695-8582</p>		<p>1.</p> <p>9:00 Crafts Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos</p>
<p>3.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament</p>	<p>4.</p> <p>1:00 Pinochle 1:00 Mahjong 1:00 Pool Room</p>	<p>5.</p> <p>Pool Room Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Society Christmas Party</p>	<p>6.</p> <p>9:00 Cards & Games 11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>8.</p> <p>9:00 Crafts Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos</p>
<p>11.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament</p>	<p>12.</p> <p>9-3 Veterans Assist 1:00 Pinochle 1:00 Mahjong 1:00 Pool Room</p>	<p>13.</p> <p>Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club Mtg Christmas Party</p>	<p>14.</p> <p>9:00 Cards & Games 11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>15.</p> <p>Pool Room 11:45 Nutrition 1:00 Euchre 1:00 Dominos</p>
<p>18.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Pool Room 1:00 Euchre Tournament</p>	<p>19.</p> <p>1:00 Pinochle 1:00 Mahjong 1:00 Pool Room</p>	<p>20.</p> <p>Attorney (apt only) Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Membership Meeting & Christmas dinner</p>	<p>21.</p> <p><u>9:00 Newsletters</u></p> <p>11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>22.</p> <p>Pool Room 11:45 Nutrition</p> <p>CLOSED Immediately after lunch program</p>
<p>25</p> <p>Happy CHRISTMAS</p> 	<p>26</p> <p>1:00 Pinochle 1:00 Mahjong 1:00 Pool Room</p>	<p>27</p> <p>Grocery Shopping Tech Help Available 11:45 Nutrition</p>	<p>28</p> <p>9:00 Cards & Games 11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p>	<p>29</p> <p>Pool Room 11:45 Nutrition</p> <p>CLOSED Immediately after lunch program</p>

DECEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1. Beef Lasagna Seasoned spinach Italian bread Fruited gelatin with Whipped topping
4. Breaded bone in pork chop Mashed squash Seasoned green beans Whole wheat dinner roll Sliced peaches	5. No Lunch Served	6. Cheeseburger Supreme with lettuce, tomato, onion, pickle Au Gratin Potatoes Glazed Carrots Whole wheat hamburger bun applesauce	7. Egg & Broccoli Frittata Pickled beets Stewed tomatoes Bran muffin cookie	8. Hot roast beef Sandwich with gravy Mashed potatoes Seasoned peas and carrots, whole wheat hamburger bun Sliced peas
11. Pork riblet with bbq sauce, baked beans Coleslaw Whole wheat hoagie roll Peach crisp with whipped topping	12. No Lunch Served	13. Chicken stew Seasoned Brussels spouts Sliced pears	14. BBQ chicken thighs Chicken cannelloni soup with crackers Italian blend vegetables Whole wheat dinner roll and heavenly hash	15. Homemade Salisbury steak with gravy Garlic mashed potatoes, seasoned Broccoli, rye bread Lemon cream pudding
18. Homemade mac and cheese casserole Stewed tomatoes Blueberry bran muffin banana	19. No Lunch Served	20. <u>Christmas Meal</u> Chicken Breast stuffed with broccoli Twice baked potatoes Prince Edward vegetables, whole wheat dinner roll, cheesecake	21. Chili con carne Seasoned peas Cornbread Mandarin oranges	22. Turkey and cheese sub with lettuce, tomato, onion Potato salad Spinach salad Whole wheat hot dog bun pineapple
25. Merry Christmas Center is Closed	26, No Lunch Served	27. Baked homemade meatloaf with gravy Harvard beets Hearty vegetable soup with crackers Whole wheat dinner roll, tropical fruit cup	28. Cheese tortellini with meatballs and tomato sauce, mixed vegetables, Italian bread Cinnamon applesauce	29. Chicken drumstick with gravy Cheesy mashed potatoes, Caesar salad Biscuit Mandarin oranges