

**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

MAY 2024

Mother's Day Tea!



The center will be hosting their annual Mother's Day Tea on Saturday, May 4th. Doors will open at 2pm. We will be charging \$4 for adult members \$6 for adult non-members & \$3 for children 12 and under. All adults must bring a dessert or finger food to pass too!

The entertainment will be a few games, 50/50 and prize give-a-ways! We are limiting this event to 125 seats. Tickets go on sale April 1st until they are sold out. **Let us know if you would like to decorate your own table!!!! Volunteers will be needed to help clean up for this event!!**

MINI 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

SENIOR BREAKFAST

We will be having another Senior Breakfast on Tuesday, May 21st at 9:15am. A continental breakfast buffet will be offered. You will enjoy scrambled eggs, sausage in white gravy over biscuits, fruit & Danish. Coffee, tea & juice will also be available. Tickets are only \$6 and are limited to 30. We must sell at least 15 tickets to have the program.

NT SENIOR FITNESS

Judy DeVantier & Judy Ondak

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.

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.

GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, May 22nd at 1pm. We will be making plans for our annual picnic and the upcoming fundraiser on November 2nd.

SENIOR COMPUTER LAB

The center has 3 new computers and a printer for our senior members to use at their leisure. There also is internet access.

The computers are located in the pool room on the back counter. If you need help just ask anyone in the office.

New Policy— When purchasing tickets for any event please show membership card! - Thank you.

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 716-438-4031 for making or canceling a reservation. The office can not make reservations for lunch or take cancellations for lunch anymore.

MAHJONG- CHINESE TILE GAME

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

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

PINOCHLE CLUB— 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.

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

BILLARD ROOM

The billiard room is available whenever the center is open. Please cover the pool table when you are finished.

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, May 15th. 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

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

RED HAT LADY BUGS

Joan Dirmyer

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

FATHER'S DAY DINNER

Friday, June 14th 4pm tickets \$6 for members \$8 for non members. Meal will include spaghetti with meat sauce, salad with Italian dressing, roll, butter and dessert. Coffee and tea will be available, you may bring your own spirits if you wish. Tickets will go on sale starting May 6th until sold out. We will not be reserving any tables. A 50/50 will also take place. Volunteers are needed for this event.

NT TRAVELS WITH Jean Marshall

Our Travel meeting is on Wednesday, May 8th at 1:30pm. Jean will be here to show and discuss upcoming trips for NT & Wheatfield Senior Centers

TRIP SCHEDULE

May 24, 2024- Signature Stars and Stripes -with the Buffalo Philharmonic Orchestra. Begin the day with coffee and doughnuts before the concert, followed by lunch at Parkside Meadows- \$117.00.

June 11, 2024- Erie at its Eeriest- Tour St. Patrick's Church, built to look like a castle from Ireland, has life size stations of the cross. Then explore all the restored rooms of the 1900 built Watson Curtze Mansion along Millionaires' row. After lunch at the Concourse of Union Station, a 1927 train station (with its resident ghosts), relax on a cruise on the Victorian Princess. \$129.00

July 17, 2024- "Buffalo Experience on the Double Decker Bus"- Choose to sit on the upper or enjoy the comfortable lower level as we travel through Buffalo's water front, bringing to life the history of Buffalo's rise from backwater village to world renowned port. Learn about the red light district, AKA "the most evil square mile in America", the live and losses of Buffalo's Irish grain scoopers, Canalside, Outer Harbor, Erie Canal, Erie Basin Marina & Niagara Square. Before returning home, enjoy a ride on the fully restored solar-powered Buffalo Heritage Carousel. Lunch will be at Riverworks. \$98.00

December 1-7, 2024- \$1,242.00 per person/double Occupancy- Christmas Time in Branson, Missouri

\$100 deposit due by July 26th balance due 9/24/24
Package includes: Overnight lodging, 4 nights, 6 breakfasts, 4 dinners, 7 spectacular Christmas shows. Guided tour of Branson, Grand Village shops, souvenir gift motorcoach transportation, taxes and meal gratuities. All trips depart from the Department of Motor Vehicles parking lot on 500 Wheatfield St. N. Ton. For further information and reservations contact Jean Marshall at 716-694-5567 or jeanmarshall39@yahoo.com All checks are to be made payable to Jean Marshall.

CRAFTS

The craft for May is learning how to make soy and regular candles. These candles are \$5 each. There is a limited supply, so register soon. The days of crafts are Friday, May 3rd, 10th, & 17th from 9-11am.

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. **The next date will be Tuesday, May 8th.**

MEMBER UPDATES:

New Members: Margaret Bowe, Peggy Schill, Randy Stoops, Sheryl Deneke, Cheryl Boone, Thomas & Patricia Somerville, Lori Zaremski, Toni Eberhardt, Joe Rich, Joseph & Rosina Haniszewski

In Memoriam: Jesse Pilecki Czeslawa

NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on Friday, May 24th at 9am **Everyone is welcome to help!!!**

Thank you to last month's volunteers:

Norma Kitzmiller, Marge Bracket, Marsha Kennedy & Mary Drescher

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 \$5.00 per year. Please mail your check to 110 Goundry Street N. Ton. Please make checks payable to the N T Senior Center. You can also pay online at NTParksrec.com with a major credit card.

UP COMING EVENTS

7/24/24- Summer Picnic
10/23/24 -Anniversary Dance
11/2/24—Meat Raffle & Basket Raffle

MAY 2024


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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| <p>Saturday, May 4th</p> <p>2pm—Mother’s Day Tea!</p> <p>Tickets must be purchased in advance!</p> <p>Everyone in attendance must bring a dessert or tea sandwiches.</p> | | <p>1.</p> <p>Billiards & Computers available Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs</p> | <p>2.</p> <p>Billiards & Computers available 11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p> | <p>3.</p> <p>9-11 crafts Billiards & Computers available 11:45 Nutrition 1:00 Euchre 1:00 Dominos</p> |
| <p>6.</p> <p>Billiards & Computers available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p> | <p>7.</p> <p>Billiards & Computers available 1:00 Pinochle 1:00 Mahjong</p> | <p>8.</p> <p>Billiards & Computers available Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club</p> | <p>9.</p> <p>Billiards & Computers available 11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p> | <p>10.</p> <p>9-11 crafts Billiards & Computers available 11:45 Nutrition 1:00 Euchre 1:00 Dominos</p> |
| <p>13.</p> <p>Billiards & Computers available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p> | <p>14.</p> <p>Billiards & Computers available 9-3 Veterans Assist 1:00 Pinochle 1:00 Mahjong</p> | <p>15.</p> <p>Billiards & Computers available Attorney (apt only) Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition</p> | <p>16.</p> <p>Billiards & Computers available 11:45 Nutrition 1:00 Pool Room 1:30 Bingo</p> | <p>17.</p> <p>9-11 crafts Billiards & Computers available 11:45 Nutrition 1:00 Euchre 1:00 Dominos</p> |
| <p>20.</p> <p>Billiards & Computers available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p> | <p>21.</p> <p>9:15 Senior Breakfast Billiards & Computers Available 9:15 Breakfast 1:00 Pinochle 1:00 Mahjong</p> | <p>22.</p> <p>Billiards & Computers available Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Mem. Mtg</p> | <p>23.</p> <p>Billiards & Computers available 11:45 Nutrition 1:30 Bingo</p> | <p>24.</p> <p>Billiards & Computers Available 9:00 Newsletters 11:45 Nutrition 1:00 Euchre 1:00 Dominos</p> |
| <p>27.</p> <p>Memorial Day</p> <p>Center Closed</p>  | <p>28.</p> <p>Billiards & Computers available 1:00 Pinochle 1:00 Mahjong</p> | <p>29.</p> <p>Billiards & Computers available Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition</p> | <p>30.</p> <p>Billiards & Computers available 11:45 Nutrition 1:30 Bingo</p> | <p>31.</p> <p>Billiards & Computers available 11:45 Nutrition 1:00 Euchre 1:00 Dominos</p> |

MAY 2024

Monday

Tuesday

Wednesday

Thursday

Friday

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|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <p>Call: 716-438-4031 to make reservations for a meal or to cancel a meal</p> <p>Please to not call the Senior Center for these Services</p> | <p>1. Turkey cobb salad Macaroni salad Whole wheat dinner roll Deluxe fruit cup Salad dressing</p> | <p>2. Italian sausage with peppers and onions Potato salad Seasoned brussels sprouts Whole wheat hot dog bun, sliced pears</p> | <p>3. Broccoli & cheese strata, O'Brien potatoes, stewed tomatoes Whole wheat bread Brownie</p> |
| <p>6. Hot dog with chili sauce, Italian pasta salad, seasoned spinach, whole wheat hot dog bun, fresh grapes</p> | <p>No lunches at North Tonawanda Senior Site Center</p> | <p>8. <u>Mother's Day Meal</u> Creamy lemon chicken, rice pilaf Garden salad Whole wheat dinner roll, cheesecake with cherry topping</p> | <p>9. BBQ pork riblet Baked beans Coleslaw Whole wheat hoagie roll and mandarin oranges</p> | <p>10. Cheeseburger supreme with lettuce, tomato, onion, pickle Sweet potato wedges Mixed vegetables, whole wheat hamburger bun, fruited gelatin with whipped topping.</p> |
| <p>13. Spaghetti with meatballs and tomato sauce Seasoned spinach, Italian bread, fresh orange</p> | <p>No lunches at North Tonawanda Senior Site Center</p> | <p>15. Julienne salad with ham, bleu cheese and croutons Two type potato salad Whole wheat dinner roll and tropical fruit cup</p> | <p>16. BBQ chicken thighs Scalloped potatoes California vegetable blend Biscuit pineapple</p> | <p>17. Chicken stew Seasoned peas Biscuit Deluxe fruit cup</p> |
| <p>20. Breaded chicken patty with lettuce, tomato, onion Mac and cheese Seasoned brussels sprouts Whole wheat hamburger bun Sunshine bar</p> | <p>No lunches at North Tonawanda Senior Site Center</p> | <p>22. Roast pork with gravy Garlic mashed potatoes Peas and carrots Rye bread Cinnamon applesauce</p> | <p>23. Ranch chicken pasta salad Marinated vegetable salad, muffin Mandarin oranges</p> | <p>24. Egg salad sandwich with lettuce, tomato, onion, tomato Florentine soup with crackers, 2 slices whole wheat bread Fresh cantaloupe</p> |
| <p>27. Memorial Day No Meals Served.</p> | <p>No lunches at North Tonawanda Senior Site Center</p> | <p>29. Mushroom & Swiss Burger with lettuce, tomato & onion Baked sweet potato Seasoned broccoli Whole wheat hamburger bun & sliced peaches</p> | <p>30. Ham salad sandwich with lettuce, tomato, onion Tri-color pasta salad Cole slaw 2 slices whole wheat bread banana</p> | <p>31. Meatball sub with tomato sauce and Mozzarella cheese Potato salad Spinach & bacon salad, whole wheat hoagie roll cookie</p> |