

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

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Return Service Requested

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

JUNE 2024

AGING GRACEFULLY

1. Do something you enjoy every day.
2. Work at friendships. Friendships are fuel, providing energy, love and feeding your emotions. You never too old for new friendships
3. Congratulate yourself. Everyone has accomplishments; celebrate them and use them as inspiration for new ones.
4. Embrace change. Life is change. Resisting it wastes precious time and energy.
5. Know yourself. You know best what you like and don't like, and you have the power to emphasize the good.

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. We will not be reserving any tables. A 50/50 will also take place. Volunteers are needed for this event.

SUMMER PICNIC

Wednesday, July 24th. Doors open at 5pm Buffet dinner at 5:30-6:30 and live music from the Hastings Duo from 6:30-8:30. We also will enjoy an egg toss, corn hole, 50/50 and just a good old time! Bring your dancing shoes and the General Membership will provide the beer and wine! The buffet menu will consist of roasted chicken, summer salads, baked beans, vegetable trays & watermelon for dessert!

Tickets are \$25 for paid members and \$30 for non members! Tickets go fast so don't wait too long!!

We are no longer reserving any tables.

NT SENIOR FITNESS **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. Judy is looking for a volunteer to help! Please someone... step up!!

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, June 26th at 1pm. We will be making plans for our annual picnic and the upcoming fundraiser on November 2nd. We need seniors to sell our meat raffle tickets.

NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on Tuesday, June 25th at 9am **Everyone is welcome to help!!!**

Thank you to last month's volunteers

Karen Krentz, Lillian Kazmierczak, Dorothy Muniak, Norma Kitzmiller, Marsha Kennedy, Carolyn Kirsch, Shirley Klinefelter, Lynn Thomas, Marjorie Barrett & Carolyn Kirsch

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 & 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.

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.

MEMBER UPDATES

New Members: Charlene Gore, Rose Allgrim, Linda Quinn, Catherine Carroll-Matteliano, Marie Hewett, Sally Brunetto, Stan Coupal, Judith Shuell, Jerene Neff, Nancy Buxton, Linda Johnson, Jeanne Wilkins, Sally Aquino, Linda Hoffman, & Shirley Glica



In Memoriam:

Linda Smith

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.

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

RED HAT LADY BUGS

Joan Dirmyer

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

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

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.

VETERAN SERVICES- Doug Kolata

Niagara County Veterans Service representative will be at our senior center on Tuesday, June 11th from 9am—3pm. to assist any Veteran. 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

NT TRAVELS WITH Jean Marshall

Our Travel meeting is on Wednesday, June 12th at 1:30pm. Jean will be here to show and discuss upcoming trips for NT & Wheatfield Senior Centers

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 back-water village to world renown 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

August 3, 2024– Attica Rodeo- \$73.00

Catch the action of the 66th annual rodeo in Attica, NY Cheer on the cowboy as he attempts to ride a wild bucking bronco weigh 1300 pounds, watch as a cowboy rides full speed on a horse & leaps through the air to wrestle a steer to the ground, see how fast a can b roped, or how long a cowboy stays on a bucking bull using only braided rope around the girth of a bull.

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.

THE ART OF MAKING BISCUITS

Terrie D' Andreamatteo will be here to host a baking class on "The Art of making biscuits". We can sign up 10 seniors for free. This class is sponsored by a NYS grant. This sign up takes place starting Monday, June 3rd.

You must be a member in good standings. The class is limited to 10 seniors. I have two other classes scheduled for other baking items in the future! So stay tuned for details.

LINE DANCING

We will be having series of free line dancing classes on Fridays in June from 10-11am.

Please call to register for your spot. We have a limit of 25 seniors per each Friday. This program is free thank you to a NYS grant. Spots are limited. Classes will be held on Friday June 7, 14, 21 & 28th. The teacher is Richard Gafrey. This program is filling fast!!- only a few spots left!!

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.

Upcoming :

The art of making scones– Oct 8th
Making quick breads– Nov 12th
Tai-Chi—Sept

ATTORNEY- Gary Billingsley

The Office for the Aging has a legal assistance program for anyone 60 & over living in Niagara County. The next time the attorney will be at our center is Wednesday, June 19th. Please call 716-695-8582. for an appointment.

If you are interested in contributing toward the costs of legal services provided to you, the suggested contribution rate is \$20 per consultation. No one will be denied service if they can not contribute

JUNE 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3.</p> <p>Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>4.</p> <p>Billiards Computers 1:00 Pinochle 1:00 Mahjong</p>	<p>5.</p> <p>Billiards Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs</p>	<p>6.</p> <p>Billiards Computers 11:45 Nutrition 1:30 Bingo</p>	<p>7.</p> <p>Billiards Computers 10-11 Line Dancing 1:00 Euchre 1:00 Dominos</p>
<p>10.</p> <p>Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>11.</p> <p>Billiards Computers 9-3 Veterans Assist 1:00 Pinochle 1:00 Mahjong</p>	<p>12.</p> <p>Billiards Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club</p>	<p>13.</p> <p>Billiards Computers 11:45 Nutrition 1:30 Bingo</p>	<p>14.</p> <p>Billiards Computers 10-11 Line Dancing 1:00 Euchre 1:00 Dominos 4pm-Father's Day Dinner</p>
<p>17.</p> <p>Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>18.</p> <p>Billiards Computers 1:00 Pinochle 1:00 Mahjong</p>	<p>19.</p> <p>Billiards Computers Attorney (apt only) Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition</p>	<p>20.</p> <p>Billiards Computers 11:45 Nutrition 1:30 Bingo</p>	<p>21.</p> <p>Billiards Computers 10-11 Line Dancing 1:00 Euchre 1:00 Dominos</p>
<p>24</p> <p>Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>25</p> <p>Billiards Computers 9:00 Newsletters 1:00 Pinochle 1:00 Mahjong</p>	<p>26</p> <p>Billiards Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Mem. Mtg</p>	<p>27</p> <p>Billiards Computers 11:45 Nutrition 1:30 Bingo</p>	<p>28</p> <p>Billiards Computers 10 –11 Line Dancing 1:00 Euchre 1:00 Dominos</p>



MEAT & BASKET RAFFLE– SATURDAY, NOVEMBER 2ND.

We are looking forward to November 2nd! Our Meat Raffle & Basket Raffle! This is our only fundraiser!! All of the meat is purchased from Pellicano's Marketplace and is top quality. Tickets are \$10 in advance and \$12 at the door.

Tickets for the baskets are only available at the event for \$5 per sheet. You must be present to win the meats or a basket. We are in need of volunteers. Please talk to Pam if interested!

Monday**Wednesday****Thursday****Friday**

<p>3. Breaded Bone In Pork Chop Garlic mashed potatoes Seasoned green beans Whole wheat dinner roll Homemade apple crisp with whipped topping</p>	<p>5. Italian sausage with peppers and onions Macaroni salad California vegetable blend Whole wheat hot dog roll Sunshine bar</p>	<p>6. Broccoli & cheese strata O'Brien potatoes Caesar salad Muffin Sliced pears</p>	<p>7. NO LUNCH OFFERED AT NORTH TON. SENIOR CENTER</p>
<p>10. BBQ pork riblet Baked beans Seasoned brussels sprouts Whole wheat hoagie roll apricots</p>	<p>12. <u>Father's Day Meal</u> Hot roast beef sandwich with gravy Baked potato with sour cream Candied carrots Whole wheat hamburger bun, Frosted brownie</p>	<p>13. Hot dog with chili sauce Scalloped potatoes Seasoned broccoli Whole wheat hot dog nun Fresh cantaloupe</p>	<p>14. NO LUNCH OFFERED AT NORTH TON. SENIOR CENTER</p>
<p>17. Homemade Mac & Cheese Casserole Stewed tomatoes Muffin Tropic fruit cup</p>	<p>19. Turkey and grape salad sandwich brown rice and lentil soup with crackers Spinach and bacon salad 2 slices whole wheat bread banana</p>	<p>20. BBQ pulled pork with BBQ sauce & Pickle chip Pickled beets Seasoned peas Whole wheat hamburger bun Mandarin oranges</p>	<p>21. Breakfast Casserole with cheddar & Sausage hash brown patty Broccoli salad Italian bread Fresh honeydew melon</p>
<p>24. Ham and Swiss cheese sandwich with lettuce, tomato & onion Italian pasta salad Garden salad 2 slice whole wheat bread Deluxe fruit cup</p>	<p>26, Cheese tortellini with meatballs and tomato sauce Seasoned cauliflower Italian bread Sliced peaches</p>	<p>27 Baked homemade meat-loaf with gravy Garlic mashed potatoes Seasoned carrots Rye bread cookie</p>	<p>28. Turkey cobb salad Two type potato salad Whole wheat bread Fresh watermelon</p>

NIAGARA COUNTY
NUTRITION

Sharon Lewis, Site Director

Niagara County offers a part time lunch program at the center at 11:45am **Monday, Wednesday & Thursday & Fridays (starting June 21)** The suggested donation for a lunch is \$3.25. One week notice is now required. Roundtrip transportation is also available. Please the main office at 716-438-4031 for making or canceling a reservation. ***Please sign up for Independence Day Meal by June 14th!**