

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

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Return Service Requested

SEPTEMBER 2024

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

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. Anyone willing to sell tickets let the office know.

ANNIVERSARY DINNER DANCE

Our Anniversary Dinner dance will take place on Wednesday, October 16th. Dinner will be served family style at 6pm and music will entertain us between 7:30-9:30pm. The doors will open at 5:00pm. No tables will be reserved. Tickets will go on sale starting Monday, September 9th.

Details on menu and music forth coming. Please watch for flyers at the center and on face book. Tickets will be \$25 for members and \$30 for non-members.

TAI CHI- Manuela Ceglinski

Tai Chi lessons will be starting on Tuesday, September 3rd at 10am. The classes will take place every Tuesday and Thursday. It will cost each person \$15 a month to take this program. Please pay the instructor directly.

NT SENIOR FITNESS-Judy DeVantier

NT Senior Fitness is an exercise program offered by The NT 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!!

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** 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.

THE ART OF MAKING SCONES

Terrie D'Andreamatto

We will be holding a class for up to 10 seniors on Tuesday, October 8th at 10am. Sign up starts Monday, September 9th. You must be a NT Senior Center member to sign up for this class. This class is free thanks to a grant from Assemblyman Conrad.

CRAFTS

Crafts will be held every Friday morning at 9:30 while supplies last. We have fall crafts for wreaths, candles and other items available.

MAHJONG- CHINESE TILE GAME

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

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— John Enright

Any senior is welcome to play Pinochle on Tuesdays at 1:00 pm. Please bring \$2.00 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 North Tonawanda.

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: Donna Kroll, Fay Panza, Beth Donnor, David Allen, Paul & Mary Orange, Angela Nosbisch, Mary Morse, Charles Dritschel, Pat & John Ludwig, Fern Lew, Michele Berg, Dennis Melendezm Yvette Sugret, Melissa Moskaluk, Carole Michel, Dee Jackman, Augustus Patrick, Gizella Heri, Diane Cimmerer, Katherine Lacey

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.

LATIN INSPIRED DANCING **Manuela Ceglinski**

Sign up Latin dancing every Friday at 10 am in the month of October starting on Monday, September 9th. You must be a member to sign up. This is free thanks to a grant by Assemblyman Conrad. This class is limited to 30 people.

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 18 games. There are prizes for each game. Please sign in at the main table. Thank you.

Thank you to our volunteers:

Volunteers: Joanne Catipovic, Rhonda Holka, Beth Feenin, Carol McMeekin and Kim Piorowski, Sharon Beeman

RED HAT LADY BUGS- Joan Dirmyer

For the month of September the Red Hat Lady Bugs are meeting at the NT History Museum at 1pm. The museum is located at 712 Oliver Street.

If you have any questions please call Joan at 716-694-5132

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

VETERAN SERVICES- Doug Kolata

Niagara County Veterans Service representative will be at our senior center on Tuesday, September 10th 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

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 TRAVELS WITH Jean Marshall

Our Travel meeting is on Wednesday, September 11th at 1:30pm. Jean will be here to show & discuss upcoming trips for NT & Wheatfield Senior Centers

September 18- A Visit to Ontario County- Begin the day at Powers Farm Market for fresh produce, baked goods or crafts. Enjoy an Italian buffet lunch at Otto Tomato's then spend the afternoon at the Ganondagan State Historic Site-the only NY State historic site dedicated to native American theme. Learn how the Seneca people influenced our modern understanding of equality, democratic gov. women's rights, ecology & natural foods.—**\$104.00 9am- departs- return- 5pm- 500 Wheatfield St. NT.**

October 16 – Backroads Amish Adventure– 8:45am- 5:45pm - Meet the Amish people of Conewago Valley. Visit various homes for beautiful handmade quilts, fresh garden produce, fresh baked goods, a cheese shop, & a blacksmith shop where we learn how to shoe a horse & other information about the Amish, their horses & their way of life. Lunch included—\$105.00

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

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 & meal gratuities. 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

In the community....

NYS DISASTER PREPAREDNESS TRAINING

This will be held at the Wheatfield Senior Center on October 11th at 10am. Please call Jean Marshall if you are interested in attending 716-694-5567



GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, September 25th at 1pm. We will be finalizing plans for the upcoming fundraiser on November 2nd and making plans for any Bills events.

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.

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, September 18th. 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.

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.

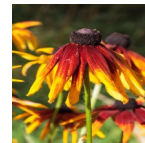
NEWSLETTER VOLUNTEERS

We will be folding and mailing our newsletter on Monday, September 23rd at 9am **Everyone is welcome to help!!!**

Thank you to last month's volunteers
Norma Kitzmiller, Pat Wentz, Caryl McNaughton,
Carolyn Kirsch, Marjorie Brackett, Virginia Park

September

Then the flowers became very wild
Because it was early September
And they had nothing to lose



They tossed their colors every
Which way over the garden wall
Splattering the lawn showing their
Wild orange red rain-disheveled faces.

(source-google 2024)

SEPTEMBER 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2. Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>3. Billiards Computers 9-3 Veterans Assist 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong</p>	<p>4. Billiards Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hatters Lady Bugs At NT History Museum</p>	<p>5. Billiards Computers 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo</p>	<p>6. Billiards Computers 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>9. Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>10. Billiards Computers 9-3 Veterans Assist 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong</p>	<p>7. Billiards Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club</p>	<p>8. Billiards Computers 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo</p>	<p>9. Billiards Computers 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>16. Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>17. Billiards Computers 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong</p>	<p>18. Billiards Computers Attorney (apt only) Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 4- volunteer dinner- (invitation only) - office is closed.</p>	<p>19. Billiards Computers 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo</p>	<p>20. Billiards Computers 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>23. Billiards Computers 9:00 Newsletters 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>24. Billiards Computers 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong</p>	<p>25. Billiards Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Mtg.</p>	<p>26. Billiards Computers 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo</p>	<p>27. Billiards Computers 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>30. Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>				

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Monday	Wednesday	Thursday	Friday
2. LABOR DAY	4. BBQ pulled pork Pickle chips Mac & cheese Cole slaw Egg washed roll Mandarin oranges	5. Turkey & grape salad sandwich Hearty vegetable soup with crackers Caesar salad 1/2 pita banana	6 Hot roast beef sandwich with gravy Mashed potatoes Seasoned peas Whole wheat hamburger bun cookie
9. Cheese tortellini w/ meatballs and tomato sauce Spinach & bacon salad Italian bread Fresh grapes	11. Ham & Swiss cheese Sandwich with lettuce, tomato onion Harvard beets Mixed vegetables 2 slices whole wheat bread Fresh orange	12. Baked homemade meat-loaf with gravy Cheesy mashed potatoes Seasoned green beans Whole wheat dinner roll Sliced peaches	13. Julienne salad with turkey, cheddar cheese and chickpeas, tri-color pasta salad Biscuit Fruited gelatin with Whipped topping
16. Breaded chicken patty sandwich with lettuce tomato onion Tomato Florentine soup with crackers Seasoned broccoli & cauliflower Whole wheat hamburger bun Fresh watermelon	18. Ranch chicken pasta salad Garden salad Muffin Fresh cantaloupe and honeydew melon	19. Roast pork with gravy Scalloped potatoes Broccoli salad Rye bread Cinnamon applesauce	20. Chicken salad sandwich with lettuce, tomato, onion Confetti macaroni salad, California vegetable blend, 2 slices whole wheat bread Fresh oranges
23. Chicken stew Mixed vegetables Biscuit Mandarin oranges	25. Tuna noodle casserole Seasoned green beans Whole wheat dinner roll Fruited gelatin with whipped topping	26. Egg salad sandwich with lettuce, tomato, onion Pepper pot soup with crackers, marinated vegetable salad, 2 slices whole wheat bread & tangerines	27. Mushroom Swiss burger with lettuce, tomato, onion , sweet potato wedges, stewed Tomatoes, whole wheat hamburger bun apricots
30. Turkey cobb salad Pea and pasta salad Muffin Heavenly hash			