

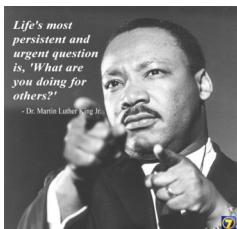
**NORTH TONAWANDA
SENIOR CITIZEN CENTER**
110 Goundry St. NT NY 14120
Telephone: 716-695-8582

JANUARY 2025

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

www.NTParksrec.com

MARTIN LUTHER KING JR.



Martin Luther King, Jr. was a leader of the American Civil Rights Movement and a prominent figure in the fight for racial equality. Some of his most notable achievements include:

- **The Montgomery Bus Boycott:** King led the first nonviolent bus boycott in 1955-1956, which integrated public transit in Alabama. The boycott lasted 382 days and led the Supreme Court to declare segregation on busing unconstitutional.
- **The March on Washington:** King delivered his famous "I have a Dream" speech at the March on Washington for Jobs and Freedom in 1963. The march drew over a quarter-million people to the national mall.
- * **The Voting Rights Act of 1968:** King's efforts led to the Voting Rights Act of 1965. The act made it illegal for officials to use unfair practices to target Black voters.
- * **Nobel Peace Prize:** In 1964, King became the youngest person to win the Nobel Peace Prize.

GAME NIGHT-Mary Lee Karre

The center will be open from 6-8:30pm every Wednesday night in the month of January for GAME NIGHT!

Thank you Mary Lee for working this program. Any Senior member is welcome to come and play any card game or board game! Coffee and tea will be available for 25 cents. Please be sure to sign in when you enter.

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. Anyone participating in this class must sign a city waiver/liability.

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 call the main office at 716-438-4031 for making or canceling a reservation.

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

MAHJONG—Mary Lee Karre

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.

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.

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 www.NTParksrec.com with a major credit card.

MEMBER UPDATES

New Members: Shirley Samanka, Kevin Gauda, Charlene Gauda, Joseph Hanusin, John Waddell, Melissa Scime, Linda Walczyk, Bonnie Wolanske, Mark Hy, Jane Potenco, Adeline Gabalski, Vivian Bradley & Kathleen Ballester

In Memoriam: Marie Tice, Cathy Anderson

In Nursing Facility: Karen Krentz

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, Gerry Phelps, Beth Feenin, Carol McMeekin, Norma Kitzmiller and Kim Piorkowski, Sharon Beeman

RED HAT LADY BUGS- Joan Dirmyer

The next Lady Bugs gathering is Wednesday, February 4th at the Center at 1pm. If you have any questions please call Joan at 716-694-5132. We are always looking for new members and new ideas. There is no meeting in January.

TRAVELING WITH JEAN MARSHALL

The next Travel Club meeting will be Wednesday, February 12th at 1:30pm. The center will provide coffee and tea. There is no meeting in January. Any questions call Jean at 214-693-8050 or email jeanmarshall39@yahoo.com

March Trip: Spring in the Southern Tier

Wednesday, March 6th - \$117.00 Deposit -\$40.00 with registration. Final payment due 2/6/25. Depart from DMV parking lot 9am-6pm.

Following an outstanding maple infused brunch at Sprague's Maple Farms, travel to the Seneca Iroquois National Museum and learn about the native culture through an extensive collection of Onohsagwe:de' historical and traditionally designed decorative every-day-us items.— The last stop TBA

April Trip: Gone to Tara

Tuesday, April 8, 2025- \$102.00. Departure 7am return at 7pm to DMV parking lot.

Take in the Easter spirit at Kraynak's while exploring Easter Bunny Lane. Enjoy beautiful Easter trees decorated with silk flower blossoms and miniature lights. A family style lunch will be at Tara-A-Country Inn , a charming Antebellum mansion which is themed after the movie "Gone with the Wind."

Following a tour, head to Daffin's Candies , the world's largest candy store and home of the candy animal kingdom. Finish the day at the Cheese House, featuring foods, from the Amish and unique gifts.

GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, January 22nd at 1pm. We will go over the calendar of events.

TAI CHI– Manuela Ceglinski

Tai Chi lessons have been a huge success. They are held every Tuesday & Thursday at 10am. It will cost each person \$15 a month to take this program. Please pay the instructor directly. All participants must sign a city liability waiver prior to taking this class.

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.

COMPUTER CLASS

Alex Domaradzki



Alex will be hosting a series of computer classes at our center. The first one will be Wednesday, January 22nd at 9am. This class is limited to six seniors.

Please call to register asap. This first class will focus on an introduction to email and browsing the internet safely. To register please call the office at 716-695-8582.

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

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, January 15th. 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.

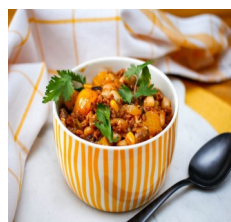
VETERAN SERVICES- Doug Kolata

Niagara County Veterans Service representative will be at our senior center on Tuesday, January 14th 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

BEST CHILI CONTEST

We will be having a “Best Chili” Contest on Wednesday, January 29th at 2pm. We need at **least 5 people** to enter their home made



pots of chili (or crockpots) to make this program work!

Everyone else who wants to come taste the chili will pay \$5 for an advance ticket. All proceeds will benefit the General Membership. The Chili which is pick the best from the panel of judges will win the special trophy! A second prize will also be given.

Please come out and support out 2nd “Best Chili” contest!

HAND & FOOT-Mary Orrange

Welcome a new group starting at 12:45pm every Tuesday afternoon. This group will usually be playing Hand & Foot which is a card game, but sometimes they also play poker. Any senior is welcome to join.

RAZORS EDGE-BARBER SCHOOL

FREE HAIR CUTS

WEDNESDAY, JANUARY 15TH- 1PM- 3PM

We welcome back Razors Edge Barber School on Wednesday, January 15th from 1-3pm. Please call the center for an appointment at 716-695-8582, Please feel free to tip your hair cutter.. This service is available to people of all ages.

ST VALENTINES DINNER DANCE



Millie Palombaro- Chairman

We are excited for our annual St. Valentine's Dinner Dance on Wednesday, February 19th. The doors open at 5:15pm. The food will be served family style at 6pm. The live music will be played by the Hastings Dual from 7:30-9:30pm.

Tickets will go on sale starting Monday, January 6th at the senior center. The tickets are for current members are **\$35** and non members are **\$40**. Tickets are limited due to space; so don't wait too long to buy your tickets.

As always you are welcome to bring your own alcohol but use caution while drinking and / or driving. Its best to use a designated driver.

We have a have a new caterer "Everyday Gourmet" our family style menu will be pork tenderloin, breaded chicken, roasted potatoes, smoked gouda mac & cheese, glazed carrots, mixed greens salad & mini cannoli Door prizes and a 50/50 too!



WORDS OF WISDOM

"As you start to walk on
The way appears."

- Rumi

SNAP ED NEW YORK

Join SNAP ED NY for a free nutrition & physical activity workshop on how to eat smart & live strong.



Add more fruits & vegetables into your day. Find ways to add physical activity to your day and develop healthy lifestyle habits.

This workshop will take place on Wednesday, January 29th at 9am-10am

SENIOR HOLIDAY RECEIPE!

FROZEN PUDDING SHOTS

Judy DeVantier

1 3.4 or 3.9 oz box Instant Pudding of choice (butterscotch, cheesecake, chocolate, vanilla etc.)

1 cup cold milk- (skim, 1%, 2%, whole, almond, coconut etc.)

1 cup liquor of choice (Amaretto, Bailey's, Rum Chatta, Kahlua, etc.)

1—8oz Cool Whip.

Approximately 26— 2oz shots with lids containers (Walmart)

1 can whipped cream

In a medium bowl mix pudding and cold milk together, then add liquor. Fold in Cool Whip, mixing well. Spoon mixture into 2 oz. shot cups, secure with lids and freeze.

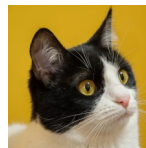
Recipe makes approximately 26 or more shot cups. Just before serving, top with a shot of canned whipped cream on top of pudding

ENJOY!!


CUTEST PET CONTEST

Marianne Guth- Chairman

The general membership is hosting a cutest pet contest once again to raise money for Mario's Pet Sanctuary in North Tonawanda. Enter a picture of your current pet for \$1.00. The public can place any amount of money for the "cutest pet" the winner's owner will receive a gift card; and the money raised will be donated to Mario's Pet Sanctuary .



JANUARY 2025

Monday	Wednesday	Thursday	Friday
	1. HAPPY NEW YEAR 	2. Chicken thighs w/ gravy Baked beans Seasoned carrots Muffin Fresh orange	3. Cheese tortellini w/ meatballs and tomato sauce Mixed vegetables Italian bread banana
6. Beef stew Seasoned green beans Biscuit Tropical fruit cup	8. Roast pork au jus Baked sweet potato California vegetable blend Rye bread applesauce	9. Goulash Peas and carrots Wheat bread pineapple	10. Chicken sandwich w/ lettuce, tomato, onion Tomato Florentine soup with crackers Parslied cauliflower Wheat hamburger bun Apple crisp with whipped topping
13. Spaghetti and meatballs with tomato sauce Seasoned spinach Italian bread tangerines	15. Chicken stew Seasoned brussels sprouts Biscuit brownie	16. Stuffed cabbage roll Casserole Italian vegetable blend Wheat dinner roll Cinnamon applesauce	17. Greek seasoned chicken breast Seasoned brown rice Season pease 1/2 wheat pita Deluxe fruit cup
20. No meals Martin Luther King Jr.	22. Chili Con Carne French Green Beans Corn Muffin Fruited Gelatin with whipped topping	23. Sliced Turkey Breast with Gravy Mashed potatoes Seasoned broccoli Wheat dinner roll Pumpkin Bavarian	24. Cheeseburger supreme with lettuce, tomato, onion, pickle sweet potato wedges Scandinavian vegetable Blend wheat hamburger bun Sliced peaches
27. Chicken drumsticks Au Gratin Potatoes Seasoned cauliflower Wheat bread Mandarin Oranges	29. Homemade Salisbury steak with gravy Harvard beets Italian vegetable blend Wheat dinner roll banana	30. BBQ pork riblet Broccoli and cheddar soup with crackers Coleslaw Wheat hoagie roll pineapple	31 Beef stroganoff over egg noodles Seasoned brussels sprouts Cinnamon raisin bread Fruited gelatin with whipped topping

JANUARY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1.</p> <p style="text-align: center;">HAPPY NEW YEAR</p> 	<p>2.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available</p>	<p>3.</p> <p>11:45 Nutrition 1:00 Euchre 1:00 Rummikub Computer available Billiards available</p>
<p>6.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available Billiards available</p>	<p>7.</p> <p>10:00 Tai Chi 12:45 Hand & Foot 1:00 Pinochle 1:00 Mahjong Computer available Billiards available</p>	<p>8.</p> <p>Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition Computer available Billiards available 6-8:30– Game Day</p>	<p>9.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available</p>	<p>10.</p> <p>11:45 Nutrition 1:00 Euchre 1:00 Rummikub Computer available Billiards available</p>
<p>13.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available Billiards available</p>	<p>14.</p> <p>9-3 Veterans Assist. 10:00 Tai Chi 12:45 Hand & Foot 1:00 Pinochle 1:00 Mahjong Computer available Billiards available</p>	<p>15.</p> <p>Grocery Shopping Attorney– by appt only 10:00 NT Senior Fitness Tech Help Available 11:45 Nutrition 1:00 FREE HAIRCUTS Computer available Billiards available 6-8:30– Game Day</p>	<p>16.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available</p>	<p>17.</p> <p>11:45 Nutrition 1:00 Euchre 1:00 Rummikub Computer available Billiards available</p>
<p>20.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available Billiards available</p>	<p>21.</p> <p>10:00 Tai Chi 12:45 Hand & Foot 1:00 Pinochle 1:00 Mahjong Computer available Billiards available</p>	<p>22.</p> <p>Grocery Shopping 9:00 Computer Class Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Gen. Member mtg. Computer available Billiards available 6-8:30– Game Day</p>	<p>23.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available</p>	<p>24.</p> <p>9:00 Craft 11:45 Nutrition 1:00 Euchre 1:00 Rummikub Computer available Billiards available</p>
<p>27.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available Billiards available</p>	<p>28.</p> <p>10:00 Tai Chi 12:45 Hand & Foot 1:00 Pinochle 1:00 Mahjong Computer available Billiards available</p>	<p>29.</p> <p>Grocery Shopping 9:00 ED Snap Program Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 2:00 CHILI CONTEST Computer available Billiards available 6-8:30– Game Day</p>	<p>30.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available</p>	<p>31.</p> <p>9:00 Craft 11:45 Nutrition 1:00 Euchre 1:00 Rummikub Computer available Billiards available</p>