

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

FEBRUARY 2025

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Recreation & Senior Coordinator

www.NTParksrec.com

History of Valentines....



Valentine greetings were popular as far back as the Middle Ages, though written Valentines didn't begin to appear until after 1400. The oldest known valentine still existence today was a poem written in 1415 by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt.

-source- History.com

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.

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. Winner will be chosen on 3/19 and receive a \$25 gift card.

SENIOR SERVICES

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, February 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

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, February 12th. 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.

CLUBS

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.

TRAVELING WITH JEAN MARSHALL

The next Travel Club meeting will be Wednesday, February 12th at 1:30pm. The center will provide coffee and tea. 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.

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,

GAMES

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.

MAHJONG—Mary Lee Karre

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

GAME NIGHT-Mary Lee Karre

The center will be open from 6-8:30pm every Wednesday night. 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.

HAND & FOOT

We have two groups that play Hand & Foot on Tuesday afternoons at 1:00 pm.

EUCHRE-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.

WORDS OF WISDOM

**Do not go where the path
may lead, go instead where
there is no path and leave a trail.**



GAMES CONTINUE.....

PINOCHLE— 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.

SENIOR NUTRITION & FITNESS

COUNTY NUTRITION– Sharon Lewis

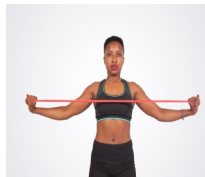
Niagara County offers a part time lunch program at the center at 11:45am Monday, Wednesday, Thursday & Fridays. The suggested donation for a lunch is \$3.25. One week notice is now required. Roundtrip transportation is also available. Please call the main office at 716-438-4031 for making or canceling a reservation.

TAI CHI– Manuela Ceglinski

Tai Chi classes 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.

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.

TECHNOLOGY

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.

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.

SENIOR UPDATES

New Members: Victoria Pol, Adeline Gabalski, Marlene Crank, Linda Eichler, Doug Stange, Gail Taggart, Jane Andres, Ann Hayes, Cindy Belton, Carol Collins

In Nursing Facility: Karen Krentz

GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, March 26th at 1pm. Please come and support your senior center.

Following the meeting at 2pm you will enjoy AMBIENT SOUND! A relaxing, sound bath for healing and mediation! This is a free event. Thanks to a grant from Assemblyman Conrad!



SPECIAL EVENTS

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 Duo from 7:30-9:30pm.

Tickets are on sale now 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 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!

ST PATRICK'S DAY DINNER DANCE

Frank & Martha Barry– Chairman

Thank you to Frank and Martha Barry for chairing this event. This year the dinner will be catered by Mr. & Mrs. Catering from NT on Wednesday, March 19th. Dinner will be served at 6pm. The sit down meal will include traditional Irish Corned Beef, Baked chicken, cabbage, glazed carrots, red potatoes, chef salad, rolls, butter, & strawberry shortcake for dessert. Coffee & Tea will also be available.



The Hasting Duo will play live from 7:30-9:30pm. You will also enjoy door prizes and a 50/50. Tickets for current members are \$35 and \$40 for non-members. **Tickets are on sale now.** Don't wait too long they sell out fast!!

AMBIENT SOUND

Wednesday, March 26th 2pm.—After General Membership meeting! Experience the soothing power of sound with an Ambient Sound Healing sound bath, designed to gently guide you into a deep state of relaxation and tranquility. Using a harmonious blend of instruments, including crystal singing bowls, Tibetan Bowls, chimes, rain sticks, and ocean drums, this immersive journey surrounds you with calming vibrations and peaceful tones.

Each sound is carefully played to help quiet the mind, ease tension in the body and create a serene atmosphere where relaxation flows naturally. Perfect for reducing stress and promoting inner balance, this sound bath offers a rejuvenating experience that nurtures both body and spirit. Call to reserve your spot!

SENIOR EDUCATION CORNER

Energy & Natural Resources Program for Seniors

Friday, February 14th– 9am

Join Cornell Cooperative Extension Natural Resources Educator Josh Randal to learn more ways to make your home more efficient and receive a free energy savings kit for your own home! Participants will learn how best to save energy, new habits that can be easily implemented, and label and bill reading techniques.

Everyone must call to register for this seminar to receive the free energy savings gift! Call the center at 716-695-8582 to register.

The contents of the Energy Savings Kit:

- advanced Power Strip with surge protection
- 2 LED light bulbs (A19)
- Window shrink & seal insulation kit
- Silicone/rubber weatherstripping
- Foam tape for windows and doors
- Door sweep
- 5 foam outlet gaskets and 5 foam switch gaskets

SENIOR HOLIDAY RECIPE!

CARAMEL/CHOCOLATE PRETZELS

By-Eva Hooper

Spray cookie sheet lined with foil
Cover foil with mini pretzels (set aside)
Melt 2 sticks butter add 2 cups brown sugar.
Heat to boiling, stir for 3 minutes (no longer)
Pour over pretzel and smooth with spatula.
Place in 325 degree oven for 8-10 minutes.
Remove. Lightly sprinkle 12 oz chocolate chips over top and smooth with spatula. Return to oven for 2-3 minutes. Remove and smooth out again. Let cool about 10-15 minutes. Put in refrigerator to harden for 1/2 hour. Remove foil cut into squares. Place into tins. Keep in fridge . They also freeze well

FEBURARY 2025

Monday	Wednesday	Thursday	Friday
3. Turkey & cheese sub with lettuce, tomato, onion Minestrone soup with crackers Garden salad Whole wheat hoagie roll Heavenly hash	5. Stuffed pepper w/ tomato Sauce Seasoned carrots Italian bread Cinnamon pears	6. Homemade Macaroni and cheese casserole Seasoned broccoli Whole wheat bread Banana	7. Hot roast beef sandwich with gravy Garlic mashed potatoes Seasoned peas Wheat hamburger bun Pineapple
10. Turkey Ala King Over Egg Noodles Mixed Vegetables Biscuit Fresh Orange	12. <u>Valentines Meal</u> Breaded Baked Chicken Breast Creamy pesto pasta Sicilian vegetable blend Red velvet cake with cream cheese frosting	13. Homemade baked meat-loaf with gravy Cheesy mashed potatoes California vegetable blend, whole wheat dinner roll Tropical fruit cup	14 BBQ chicken thighs Baked beans Coleslaw Biscuit Mandarin oranges.
17. <ul style="list-style-type: none"> • PRESIDENT'S DAY NO MEALS 	19 Beef stew Seasoned broccoli Biscuit bannana	20. Roast pork Au Jus Baked sweet potato Was beans Whole wheat dinner roll applesauce	21. Goulash Seasoned carrots Italian bread Tangerines
24. Greek seasoned chicken Breast with feta cheese Seasoned brown rice Spinach salad 1/2 whole wheat pita Tropical fruit cup	26 Stuffed cabbage roll Casserole Mixed vegetables Whole wheat dinner roll Heavenly hash	27. Tuna salad sandwich with lettuce, tomato, onion Brown rice and lentil soup with crackers Caesar salad 2 slices whole wheat Bread, mandarin oranges	28 Spaghetti and meatballs with tomato sauce Seasoned spinach and tomatoes, Italian bread Fruited gelatin with whipped topping

FEBRUARY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available Billiards available</p>	<p>4.</p> <p>10:00 Tai Chi 12:45 Hand & Foot 1:00 Pinochle 1:00 Mahjong Computer available Billiards available</p>	<p>5.</p> <p>Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs Computer available Billiards available 6-8:30– Game Day</p>	<p>6.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available</p>	<p>7.</p> <p>9:00 craft 11:45 Nutrition 1:00 Euchre 1:00 Rummikub Computer available Billiards available</p>
<p>10.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available Billiards available</p>	<p>11.</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>12.</p> <p>Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club Computer available Billiards available 6-8:30– Game Day</p>	<p>13.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available</p>	<p>14.</p> <p>9:00 craft 11:45 Nutrition 1:00 Euchre 1:00 Rummikub Computer available Billiards available</p>
<p>17.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available Billiards available</p>	<p>18.</p> <p>10:00 Tai Chi 12:45 Hand & Foot 1:00 Pinochle 1:00 Mahjong Computer available Billiards available</p>	<p>19.</p> <p>Grocery Shopping Attorney– by appt only 10:00 NT Senior Fitness Tech Help Available 11:45 Nutrition Computer available Billiards available</p> <p>5:15-9:30 Valentine’s Day Dinner Dance</p> <p>*no game day– due to dance</p>	<p>20.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available</p>	<p>21.</p> <p>11:45 Nutrition 1:00 Euchre 1:00 Rummikub Computer available Billiards available</p>
<p>24.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available Billiards available</p>	<p>25.</p> <p>10:00 Tai Chi 12:45 Hand & Foot 1:00 Pinochle 1:00 Mahjong Computer available Billiards available</p>	<p>26.</p> <p>Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition Computer available Billiards available 6-8:30– Game Day * No gen. meeting</p>	<p>27.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available</p>	<p>28.</p> <p>11:45 Nutrition 1:00 Euchre 1:00 Rummikub Computer available Billiards available</p>