

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

MARCH 2025

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Recreation & Senior Coordinator

www.NTParksrec.com

OLD IRISH CURSE



May those that love us,
Love us and those
That don't love us, may
God turn their hearts, and if
He doesn't turn
Their hearts may
He turn their ankles
So we will know them by their
limping

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, March 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, March 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.

CLUBS

TRAVELING WITH JEAN MARSHALL

The next Travel Club meeting will be Wednesday, March 12th at 1:30pm. The center will provide coffee and tea. Any questions call Jean at 214-693-8050 or email jeanmarshall39@yahoo.com

April Trip: Gone to Tara

Tuesday, April 8, 2025- \$102.00. Departure 7am return at 7pm to 500 Wheatfield Street 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.

May Trip: Patriotic Pops

Begin the day with coffee & doughnuts in the Mary Seaton room of Kleinhan's Music Hall, followed by the concert in a tradition that pays tribute to the contributions and sacrifices of America's military personnel and spirited salute to the spirit of America. Lunch follows at the Hideaway Restaurant. \$120.00

CRAFT DAYS

Friday, March 7th, 14th, & 21st only! At 9am. **You must register in advance!** Only 8 people per class allowed! Come create a beautiful Easter Bunny 16 inch wooden door hanger.

Instructor is Ester Newman. Paint polka dots using foam pouncer, or paint Buffalo plaid using painters tape add a ribbon bow. You can also paint a solid color and decorate with ribbons and flowers. Examples can be found on our Facebook page and at the senior center.

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 **AMBI-ENT SOUND!** A relaxing, sound bath for healing and mediation! This is a free .

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 next Lady Bugs gathering is Wednesday, March 5th 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.

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, Kim Piorkowski, Sharon Beeman. And

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.

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.

GAMES CONTINUE.....

HAND & FOOT

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

MAHJONG—Mary Lee Karre

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

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

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.

Continue...

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.

SNAP-ED—NUTRITIONAL & COOKING

Wed. March 26th—9am-10am

Free nutrition & physical activity workshops. We will discuss how to Eat Smart & Live Strong. Add more fruits & vegetables into your day. Find ways to add physical activity to your day. Develop healthy lifestyle habits. Please call the office at 716-695-8582 to register.

PHYSICAL THERAPY & FUNCTIONAL FITNESS WITH DR. BETH MARABELLA PECK

Monday, April 7th— 9am-10am

Please join us! Dr, Elizabeth Marabella Peck, PT DPT will discuss the importance of maintaining your **Functional Fitness** for an independent and active life! This physical therapy-based program focuses on functional daily movements to improve your function and safety at home.

You'll gain a better understanding of the issues that can cause function to decline and what you can do to keep your independence and function intact. Please call to register— 716-695-8582

LEARN HOW TO MAKE PIZZELLES

Instructor—Terrie D'Andreamatte

Hands on class— Tuesday, March 18th —9am

Space is limited to 10 seniors. Please call to reserve your spot. This program is paid for by a grant. You will have fun learning and eating.



Recipes will also be available. You will learn how to make anise, chocolate and cream filled.

SPECIAL EVENTS

ST PATRICK'S DAY DINNER DANCE WED. MARCH 19

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!

CARD PARTY- WEDNESDAY, APRIL 16TH



\$6 a ticket buy you pizza and soda. A cash prize for the winner of your table. You will also enjoy several door prizes and a 50/50. Buy your tickets in a set of (4) as a table—\$24. Enjoy and afternoon of playing cards with your senior friends! And maybe win a door prize too!

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: Clyde Serbert, Jim & Marleen Nemeth, Albert Truesdale, Tim Hess & Mary Mathis

In Nursing Facility: Karen Krentz, Judy Niemec


WORDS OF WISDOM



Be careful what you tolerate
You are teaching people
How to treat you



MARCH 2025

Monday	Wednesday	Thursday	Friday
<p>3.</p> <p>Breaded bone in pork chop Baked sweet potato Bavarian sauerkraut Wheat bread Cinnamon applesauce</p>	<p>5.</p> <p>Ash Wednesday</p> <p>2 cheese manicotti with tomato sauce Garden salad Italian bread Deluxe fruit cup</p>	<p>6.</p> <p>Chili con carne with crackers Seasoned broccoli Corn muffin Sliced peaches</p>	<p>7.</p> <p>Vegetable lasagna Seasoned brussels sprouts Wheat bread brownie</p>
<p>10.</p> <p>BBQ pork riblet Mashed squash Cole slaw Wheat hoagie roll pineapple</p>	<p>12.</p> <p>Chicken drumstick with gravy Mashed potatoes Seasoned peas Muffin Sliced pears</p>	<p>13.</p> <p>Cheese tortellini with tomato sauce and meatballs Seasoned spinach and tomatoes Italian bread orange</p>	<p>14.</p> <p>.Broccoli and cheese strata Tomato Florentine soup with crackers Caesar salad Rye bread cookie</p>
<p>17.</p> <p>Sweet and sour pork with fortune cookie Seasoned brown rice Stir fry vegetable blend Wheat bread St. Patrick's dessert </p>	<p>19</p> <p>Turkey and cheese sub with lettuce, tomato, onion Broccoli and cheese soup with crackers Coleslaw Wheat hoagie roll Mandarin oranges</p>	<p>20.</p> <p>Stuffed pepper with tomato sauce Spinach salad Wheat dinner roll pineapple</p>	<p>21.</p> <p>Homemade macaroni and cheese casserole Stewed tomatoes Italian bread Fruited gelatin with whipped topping</p>
<p>24.</p> <p>Sliced baked ham Scalloped potatoes Seasoned brussels sprouts Cinnamon raisin bread Deluxe fruit cup</p>	<p>26</p> <p>Homemade baked meatloaf with gravy Garlic mashed potatoes Italian vegetable blend Whole wheat dinner roll banana</p>	<p>27.</p> <p>Turkey Ala King over egg noodles Seasoned peas Biscuit tangerines</p>	<p>28</p> <p>Tuna salad sandwiches with lettuce, tomato, onion Pepper pot soup with crackers 3 bean salad 2 slices wheat bread Mandarin orange delight</p>
<p>31.</p> <p>Chicken breast sandwich With lettuce, tomato, onion Baked beans California vegetable blend Wheat hamburger bun Tropical fruit cup</p>		<p>Deadline to place reservation for Easter Holiday meal is 3/21!</p>	

MARCH 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>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>9:00 Pizzelles Class (pre-registered-only)</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 St. Patrick’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>9:00 Craft 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>9:00 Snap Ed & Cooking Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition Computer available Billiards available 1:00 General Meeting 2:00 Ambient Sound 6-8:30– Game Day</p>	<p>27.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available</p>	<p>28.</p> <p>9:00 Craft 11:45 Nutrition 1:00 Euchre 1:00 Rummikub Computer available Billiards available</p>