

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

MAY 2025

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

www.NTParksrec.com



MINDFULNESS

FOR MAY

Mindfulness Defined:

The practice of being fully present and aware of your current experience— without overreacting or getting lost in thoughts.

Core Concept: It's an innate human ability that you can access and cultivate through practices like seated, walking, standing or moving meditation

Benefits: Enhances focus and performance, reduces stress, deepens self-insight, and fosters compassion toward oneself and others.

What is Mindfulness? Mindfulness. It's pretty straightforward word. It suggests that the mind is fully attending to what's happening, to what you're doing, to the space you're moving through. That might seem trivial, except for the annoying fact that we so often veer from the matter at hand. Our mind takes flight, we lose touch with our body, and pretty soon we're engrossed in obsessive thoughts about something that just happened or fretting about the future. And that makes us anxious.

The Benefits of Mindfulness Practice:

When we meditate it doesn't help to fixate on the benefits, but rather to just do the practice, and yet there are benefits or no one would do it.

When we're mindful, we reduce stress, enhance performance, gain insight and awareness through observing our own mind, and increase our attention to others well-being.

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, May 13th 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, May 21st. 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.

MEMBERSHIP CLUBS

TRAVELING WITH JEAN MARSHALL

The next Travel Club meeting will be Wednesday, May 14th at 1:30pm. The center will provide coffee and tea. Any questions call Jean at 214-693-8050 or email jeanmarshall39@yahoo.com

May Trip: Patriotic Pops— May 23rd

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—\$43 at registration—final payment due, April 23rd. Pick up at 500 Wheatfield Street— NT Recreation Office Building

June Trip: A Frank Sinatra Tribute— June 26th

Enjoy musician, Jack Civiletto for an afternoon of musical favorites made famous by an entertainment giant. Frank Sinatra. Jack has captured the true style and sound that was uniquely Sinatra. More importantly. Jack's growing popularity is a result of his distinctive trademark presentation that connects him with his audience at every show. Jack performs all the Sinatra favorites as well as music made famous by Bobby Darin, Tony Bennett, Dean Martin, Harry Connick along with other artists in that style. A stop at Millers bulk foods, bakery and greenhouse as well as lunch at Village House Restaurant are included. - -\$105.00 -\$45 due at registration— final by May 23rd. Pick up at 500 Wheatfield St. NT Recreation Office.

August Trip: Murder Mystery on the Canandaigua Lady. - August 28th

Who did it? Enjoy a murder mystery luncheon cruise on the Canandaigua Lady following a visit to the Gonandaga State Historical Site. Witness the reenactment of the 1669 arrival of French explorer LaSalle at the town of Ganondagan, thanks to living historians from across the U.S. and Canada. Visit with Iroquois and Colonial people and French, Jesuit priests, Seneca & Dutch traders, dressed in authentic 17th century clothing and experience a lesson in wampum making. Then join the Rochester Mystery Company for some Mystery, Mayhem & Murder. Throw in some jealousy, jilted lovers, deadly secrets

and plenty of intrigue for a devious game of cat and mouse as you search for a killer on board the boat while cruising on beautiful Canandaigua Lake. Enjoy a BBQ chicken or vegetarian entrée. We head home with a stop at a farm market to pick up your favorite goodies. \$153.50—\$50 due at registration—final payment due on July 31st. Pick up at 500 Wheatfield St. NT

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, May 7th at Lebros restaurant. You must be pre registered with Joan for this luncheon. If you have any questions please call Joan at 716-694-5132. We are always looking for new members and new ideas.

GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, May 28th at 1pm. Please come and support your senior center.

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. Charlie Marranca & Rhonda Holka

* WE NEED MORE CALLERS!!

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.



MAHJONG—Mary Lee Karre

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

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.



100th BIRTHDAY

We will be celebrating Eva Hooper's 100th Birthday on Friday, May 2nd at 12:45! Just before she plays Euchre with her friends. Please bring a dish to pass!

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 TOURNAMENT— 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

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. During the summer months Manny will be on vacation, so a sub will be filling in for practice sessions.

SNAP-ED—NUTRITIONAL & COOKING

Wednesday, May 28th —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.

NT SENIOR FITNESS

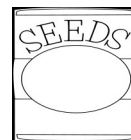
Judy DeVantier

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

CRAFT CORNER—Kim Sinon

IN THE GARDEN CLASS



We will be having 2 more planting seed and classes on Friday, May 2nd and Friday, May 9th at 9am. We have enough supplies for about 5 seniors per class! Sign up asap at the office.

UPCOMING SPECIAL EVENTS

FREE HAIRCUTS!

SHARP EDGEZ BARBER SCHOOL!



Wednesday, May 21st 1-3pm! Free hair cuts Call and make your appointment today! 716-695-8582

*** Thank you to Mike Woolford for organizing this event!**

MOTHER'S DAY TEA! **SATURDAY, MAY 3RD AT 1:00pm**



This year, like last year we are limited this program to 75 seniors. The cost of each ticket is \$4 dollars, plus you must bring a sandwiches or a dessert to pass. The money is to cover help the cost of prizes, flowers and other expenses. Children under 5 are free!

The doors will open at 1pm. We are not reserving tables. You will enjoy tea sandwiches, desserts, a variety of herbal teas, regular tea, coffee and flavored water.

Door prizes, a few games and a 50/50 will also be enjoyed.

FATHER'S DAY- JAZZ & CHICKEN BBQ

On Friday, June 6th we will be celebrating Father's Day. You will enjoy the Bar Room Buzzards at 2pm then enjoy a BBQ chicken dinner following. You can buy your tickets for \$10 which includes BBQ chicken, mac salad beans and a piece of cake, coffee or tea & wine. You are welcome to bring your own spirits to enjoy. Limited to 60 people. Tickets will not sold after June 1st.



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 billiard 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: Jean Hein, Julie Fink, Annie Rorrison, Peter Romel, Shirely Romel, Darya Vallancourt, Allen Vallancourt & Deborah Lorenz

In Nursing Facility: Karen Krentz, Judy Niemec


CENTER 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

Wise words: Lend helpful hand
Encouragement
Always listen
Do the right thing always
Energize
Respect Others
Serve



MAY 2025

Monday	Wednesday	Thursday	Friday
		1. Homemade meatloaf with gravy Cheesy mashed potatoes Mixed vegetables Wheat dinner roll Sliced pears	2. Julienne salad with ham, bleu cheese crumbles and croutons Minestrone soup with crackers Rye bread Deluxe fruit cup
5 Roast pork with gravy Au gratin potatoes Seasoned carrots Wheat bread Cinnamon applesauce	7 Mother's Day Meal Creamy lemon chicken Rice pilaf Garden salad Whole wheat dinner roll Cheesecake with cherry topping	8. Polish sausage Scalloped potatoes Bavarian sauerkraut Wheat hot dog bun Fruited gelatin with whipped topping	9. Breaded chicken patty sandwich with lettuce, tomato & onion Mac & cheese Seasoned broccoli and cauliflower Wheat hamburger bun Fresh cantaloupe
12. Meatball sub with tomato sauce and mozzarella Sweet potato wedges Garden salad Wheat hot dog bun pineapple	14. Mushroom Swiss burger with lettuce, tomato, onion Tri-color pasta salad Seasoned green beans Wheat hamburger bun banana	15. Ham salad sandwich with lettuce, tomato, onion Broccoli cheddar soup with crackers Marinated vegetable salad 2 slices wheat bread tangerines	16. Chicken stew Seasoned peas Biscuit Fresh orange
19. Chili Con Carne Broccoli salad Corn muffin Sliced peaches	21. Greek seasoned chicken breast Greek seasoned rice Seasoned brussels sprouts 1/2 wheat pita bread Tropical fruit cup Greek dressing	22. Chicken Caesar salad with croutons Brown rice and lentil soup with crackers Cinnamon raisin bread Fresh cantaloupe	23. Italian sausage with peppers and onions German potato salad Italian vegetable blend Wheat hot dog bun pineapple
Memorial Day No meals served 	28. Homemade Salisbury steak with gravy Mashed potatoes California vegetable blend Wheat dinner roll brownie	29. Cheeseburger supreme with lettuce, tomato, onion, pickle Two type potato salad Caesar salad Wheat hamburger bun Fresh orange	30. Hot dog with chili sauce Potato salad Confetti corn Wheat hot dog bun Fruited gelatin with whipped topping

MAY 2025


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p style="text-align: center;">MOTHER'S DAY TEA</p> <p style="text-align: center;">SATURDAY, MAY 3RD 1PM</p> <p style="text-align: center;">LIMITED TO 75</p>			<p>1.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available</p>	<p>2.</p> <p>11:45 Nutrition 12:45 Eva's 100th Birthday 1:30 Euchre 1:00 Rummikub</p> <p>*set up for Mothers Day Tea—following Euchre—</p>
<p>5.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available Billiards available</p>	<p>6.</p> <p>10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computer available Billiards available</p>	<p>7.</p> <p>Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hatters Computer available Billiards available 6-8:30– Game Night</p>	<p>8.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available</p>	<p>9.</p> <p>11:45 Nutrition 1:00 Euchre 1:00 Rummikub Computer available Billiards available</p>
<p>12.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available Billiards available</p>	<p>13.</p> <p>9-3 Veterans Assist 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computer available Billiards available</p>	<p>14.</p> <p>Grocery Shopping Attorney– by appt only 10:00 NT Senior Fitness Tech Help Available 11:45 Nutrition 1:30 Travel Club 6-8:30– Game Night</p>	<p>15.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available</p>	<p>16.</p> <p>11:45 Nutrition 1:00 Euchre 1:00 Rummikub Computer available Billiards available</p>
<p>19.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available Billiards available</p>	<p>20.</p> <p>10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computer available Billiards available</p>	<p>21.</p> <p>Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00-3 Free Haircuts Computer available Billiards available 6-8:30– Game Night</p>	<p>22..</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available</p>	<p>23.</p> <p>11:45 Nutrition 1:00 Euchre 1:00 Rummikub Computer available Billiards available</p>
<p>26.</p> <p style="text-align: center;">Memorial Day</p> <p style="text-align: center;">Center is Closed</p> 	<p>27.</p> <p>10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computer available Billiards available</p>	<p>28.</p> <p>9:00 Snap Ed & Cooking Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Meeting Computer available Billiards available 6-8:30– Game Night</p>	<p>29.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer available Billiards available</p>	<p>30.</p> <p>11:45 Nutrition 1:00 Euchre 1:00 Rummikub Computer available Billiards available</p>