

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

**JULY 2025**

Pamela A. Hogan M.S.  
Recreation & Senior Coordinator  
www.NTParksrec.com



**NIAGARA COUNTY NUTRITION**  
**Sharon Lewis**

Niagara County offers a part time lunch program at the center at 11:45am Monday, Tuesday, 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.

**SNAP-ED—NUTRITIONAL  
& COOKING**

Wednesday, July 23rd—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.

**NIAGARA COUNTY INFORMATION  
& REFERRAL**

A representative from the Niagara County Office for Aging will be at our center the first Monday of every month from 10am-1pm to help with any forms, information or any questions regarding county services or referrals needed. No appointment necessary.

**MINI GROCERY SHOPPING**  
**Chrystal Manzare**

The mini 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, July 8th 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, July 16th. 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.

## **TRAVELING WITH JEAN MARSHALL**

The next Travel Club meeting will be Wednesday, July 8 at 1:00pm. The center will provide coffee and tea. Any questions call Jean at 214-693-8050 or email [jeanmarshall39@yahoo.com](mailto:jeanmarshall39@yahoo.com). Please note the time change of the meeting!!

### **July trip– July 22nd– Daredevils of Niagara– 10:15 am-3:45pm-**

We're off to Seneca Niagara Casino for a comedic filled with history and humor. This presentation has you experience the comic, courageous, and sometimes crazy stories of people who've challenged the Niagara. Your stand-up host, Joel Dombrowski guides you to the "funny side" of the Falls revealing 300 years of history, humor and compelling stories of daredevils and tightrope walkers. What did they find when they turned off the Falls in 1969? And did an "ark" of animals really go over the Falls? Find out the answers during this laugh filled presentation.

Joel Dombrowski, author of Moon Niagara Falls, owner of Buffalo History Tours and Double Decker Bus Tours is surly entertaining with his truly funny spirit. Before the event, spend time at your leisure gaming at SENECA NIAGARA CASINO—\$74.00

### **August Trip: August 28th Murder Mystery on the Canandaigua Lady. 7:30am-5:30pm**

Following a visit to the Gonandagan State Historical Site where we will witness the reenactment of the 1669 arrival of French explorer LaSalle at the town of Gonandagan. Visit the Iroquois and Colonial people dressed in authentic 17th century clothing and experience a lesson in wampum making. Then join the Rochester Mystery Co. for some mystery, mayhem & murder.

Throw in some jealousy, jilted lovers, deadly secrets and plenty of intrigue for a cat and mouse as you search for a killer onboard the boat while cruising on the beautiful Canandaigua Lake. Enjoy a BBQ chicken or vegetarian entrée. \$154.50

## **September trip– September 23rd– Ohio Sweetest Corner– 8:30am-8pm**

Travel to Ashtabula, Ohio to the lift bridge at Harbor and enjoy coffee and a muffin. Then proceed to the Solem Gulf Covered Bridge before wine tasting and lunch at Ferrente Winery and Ristorante. Then it's off to Better in Bulk for some shopping, and Robinson Apple Barn for a seasonal treat—\$147

## **GENERAL MEMBERSHIP MEETING**

The next General Membership meeting will be held on Wednesday, August 27th at 1pm. Please come and support your senior center.

## **SUMMER CELEBRATION 7/23/25**

Come on down and break out those dancing shoes! Your \$30 ticket will fill your belly with grill hot dogs, hamburgers, Italian sausage, peppers & onions, Macaroni salad, chef salad and ice cream for dessert. The food will be grilled and catered by Mr. & Mrs Catering from 3-5pm.

The general membership is also provided a limited amount of canned beer, wine and soda. A 50/50 and door prizes will also be available. Live music by the Hastings Duo. 5-7pm. Tickets- \$30 members- \$35 non members.



## **FREE HAIR CUTS**

Wednesday, August 20th 1-3pm  
by Sharp Edgez Barber School!  
Please call the office to make  
your appointment at 716-695-8582



## **CLEAR CAPTIONS**

Rick Farrington

Rick from Clear Captions telephone will be at the Senior Center on Wednesday, July 2nd during the Nutrition Program for anyone who has questions regarding the Clear Captions Program. Rick will be available from 11:45- 12:30

### **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, Ginny Keleher, Leslie Trunzo & 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, Poker 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.

### **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.

### **TAI CHI—Manuela Ceglinski**

Tai Chi will be practicing only for the months of June, July and August. These practices will take place every Tuesday & Thursday at 10am. All participants must sign a city liability waiver prior to taking this class. .

### **NT SENIOR FITNESS**

**Judy DeVantier & Jeanne Bogdan**

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

### **RED HAT LADY BUGS- Joan Dirmyer**

The next Lady Bugs gathering is Wednesday, July 2nd If you have any questions please call Joan at 716-694-5132. We are always looking for new members and new ideas.



#### **ATTENTION SENIORS:**

#### **SUMMER EURCHE EXTRAVAGNZA**

**SPONSORED BY THE GENERAL  
MEMBERSHIP- NEIGHBORHOOD  
WATCH & OLD MAN RIVER**

**SATURDAY, JULY 12TH 1PM  
TICKETS- \$25**

**PLEASE CONTACT- MIKE  
W0OLFORD—716-310-7132 FOR  
TICKETS AND INFORMATION**

### **SENIOR COMPUTER LAB**

The center has 3 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.

### **SENIOR UPDATES**

New Members: Sara Skovenski, William Niefer, Felicia Nelson, Anita Perez, Linda McNich, Joan Guido, Ralph Abate and Charles Hall

Deceased: Dennis Lasky

### **SUNSHINE CLUB -Sharon Lewis**

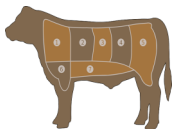
Hear of someone ill or injured? Please let the office or Sharon know so she can send out a card promptly. Donations of cards or stamps are always appreciated

### **MEAT & BASKET RAFFLE**

**SATURDAY, SEPTEMBER 6TH**

Tickets are sale now for \$10 and will be \$12 at the door. There is a limited amount due to space so don't wait too long!!

All meats will be purchased from Pelicano's Marketplace. We will have at least 75 baskets to take a chance on. Tickets for the baskets can be purchased for \$5 for a sheet of 25— during the meat raffle!



Doors open at 2pm first spin at 3pm—you must be present to win! You are welcome to bring your own snacks and spirits. Enjoy a 50/50 too!

### **EASY LISTENING CONCERTS**

Presented by Pioneer Printers

Thursday Evenings— 7-8:30pm  
Raymond Klimek Veterans Park Bandshell  
700 River Road N. Tonawanda  
Bring a chair or blanket

7/3 **Vinyl 6**— Playing music hits of the 70's & 80's along with one hit wonders!

7/10 **The Formula Band-** Performing Italian-American hits.

7/17 No Concert -(Canal Fest)

7/24 **23 Skidoo**— Five piece old-time swing band featuring music from the roaring 20's

7/31 **Buffalo Silver Band**— Performing “The Beatles and Beyond” - Classics from the Beatles and Rolling Stones, Moody Blues, Petula Clark... and the Muppets!

8/7 Bob Meier and the Hitmen Horn-17 piece big band with the area's top musicians put a “big band” twist on your classic favorites.

8/14 **Buffalo Jazz & Swing**—13 piece jazz and swing band performing a wide variety of popular hits from the 30's to current day favorites. Music of Sinatra, Bubl , and more!

8/21 **Special Delivery**— Performing a mix of polkas, oldies and swing hits

### **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](http://www.NTParksrec.com) with a major credit card

# JULY 2025

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	1. Cheeseburger supreme with lettuce, tomato, onion, pickle Scalloped potatoes Seasoned green beans Wheat hamburgers bun Cantaloupe, honeydew and grapes	2. 4th of July Meal Hot dog Baked beans Confetti corn Whole wheat hot dog bun Strawberry shortcake	3. Broccoli and cheese strata O'Brien potatoes Stewed tomatoes Corn muffin Sliced peaches	4. No Meals  Closed for Independence Day
7.  Julienne salad with ham, bleu cheese crumbles and croutons Pe and pasta salad Biscuit Deluxe fruit cup	8.  Italian sausage with peppers and onions Au Gratin potatoes Broccoli salad Wheat hot dog roll Fresh watermelon	9.  Breaded chicken drumsticks, baked beans California vegetables Wheat dinner roll Mandarin orange delight	10.  Homemade Salisbury steak with gravy Garlic mashed potatoes Fresh spinach salad Wheat bread Marble pudding with whipped topping	11.  BBQ pork riblet Sweet potato wedges Seasoned cauliflower Wheat hoagie roll Fresh grapes
14.  Breakfast casserole with cheddar and sausage O'Brien potatoes Garden salad Muffin Fresh orange	15.  Homemade Mac and cheese casserole Tomato and cucumber salad Wheat dinner roll Fruited gelatin Whipped topping	16.  Turkey and grape salad Sandwich Minestrone soup with crackers Coleslaw 2 slices wheat bread apricots	17.  BBQ pulled pork sandwich with pickle chips, 3 bean salad Seasoned peas Wheat hamburger bun	18.  Cheese Tortellini with tomato sauce and meatballs Seasoned carrots Italian bread Tropical fruit cup
21.  BBQ Chicken thighs Mashed potatoes Seasoned brussels sprouts Wheat bread Fresh cantaloupe	22.  Roast beef sandwich with Gravy, potato salad Mixed vegetables Egg washed roll Fresh banana	23.  turkey cobb salad Italian pasta salad Muffin Fresh tangerines	24.  Ham and Swiss cheese sandwich With lettuce, tomato onion Brown rice and lentil soup with crackers Caesar salad 2 slice wheat bread Deluxe fruit cup	25.  Baked homemade meatloaf with gravy Baked sweet potato Seasoned green beans Wheat dinner roll cookie
28.  Breaded chicken patty Sandwich with lettuce, tomato & onion Mac and cheese Seasoned broccoli and cauliflower Wheat hamburger bun pineapple	29.  Roast pork Au Jus Cheesy mashed potatoes Glazed carrots Wheat dinner roll Fresh grapes	30.  Polish sausage Pickled beets Bavarian sauerkraut Wheat hot dog bun Cantaloupe Honeydew & watermelon	31.  Chicken salad sandwich with lettuce, tomato, onion Two type potato salad, broccoli salad Wheat hamburger bun and sliced peaches	

# JULY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computers available Billiards available	2. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition <b>1:00 Red Hatters</b> Computers available Billiards <b>6-8:30– Game Night</b>	3. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Billiards	4. Computers available Billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
7. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	8. <b>9-3 Veterans Assistance</b> 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computer s available Billiards	9. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition <b>1:00 Travel Club</b> Computers available Billiards <b>6-8:30– Game Night</b>	10. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers available Billiards	11. Computers available Billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
14. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available	15. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computer available Billiards available	16. Attorney– by appt only Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition <b>6-8:30– Game Night</b>	17. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer Billiards	18. Computer available Billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
21. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computers available	22. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computers available Billiards	23. <b>9:00 SNAP-ED—Nutrition &amp; cooking class</b> Grocery Shopping Attorney– by appt only 10:00 NT Senior Fitness 11:45 Nutrition <b>3-7pm Summer Picnic</b>	24. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer Billiards	25. 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
28. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available	29. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computers available Billiards	30 .Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition <b>6-8:30 Game Night</b>	31. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer Billiards	