

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

## AUGUST 2025

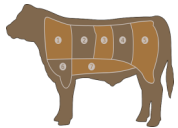
Pamela A. Hogan M.S.  
Recreation & Senior Coordinator

[www.NTParksrec.com](http://www.NTParksrec.com)

### **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!

### **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.

### **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, August 12th 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.



## **TRAVELING WITH JEAN MARSHALL**

The next Travel Club meeting will be Wednesday, August 13th at 1:00pm. The center will provide coffee and tea. Any questions call Jean at 214-693-8050 or email jeanmarshall39@yahoo.com.

### **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. 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 Solemn Gulf Covered Bridge before wine tasting and lunch at Ferrante Winery and Ristorante. Then it's off to Better in Bulk for some shopping, and Robinson Apple Barn for a seasonal treat—\$147

### **December trip- "An Elton John Christmas Spectacular"**

Tuesday, December 2nd- \$125.per person. Departs 10:15am and returns 3:45pm. Enjoy and elegant dining affair at Salvatore's Italian gardens with entertainment by Tom Hastings playing the legendary "Elton John" blending his classics along with holiday specials. For dinner you may choose one entrée: chicken Francaise or Fresh Salmon or Vegetarian Napolion. When you make your reservations. A \$50 deposit and meal choice is due with registration. Final payment is due by November 7th.

## **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. Tips are greatly appreciated! All ages welcome

### **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, August 20th. 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

### **SNAP-ED-NUTRITIONAL & COOKING**

Wednesday, August 27th—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 & REFFERAL**

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. Monday, August 4th.

### **HERBAL WORKSHOP** **Marge Partridge**

10 seniors is the limit for this hands on herbal class. In this class you will make your own organic herbal pain relieving salve. This is a 2,5 to 3 hour class. **You must pay \$10 in cash or check payable to the instructor upon registration.** This will be non-refundable. **The class will be held on Wednesday, September 17th at 1:30pm.**

### **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 12 games. ( 2 of them are round Robins) There are prizes for each game. Please sign in at the main table.

#### **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

### **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 games, Poker, Dominos, Left, right, center or any other board game! Coffee and tea will be available for 25 cents.

### **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.

### **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, August 6th at 1pm. If you have any questions please call Joan at 716-694-5132. We are always looking for new members and new ideas.

### **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.

### **BIRTHDAY CLUB—Marianne Guth**

The General Membership has started a Birthday Club at their last meeting. Anyone interested in celebrating their birthday with their fellow seniors at a monthly general membership meeting see **Marianne to register your birthday and get all the details.**

### **SENIOR UPDATES**

**New Members:** Beverly Waker, Julie Tussing, Jerry Dryburgh and Paula Kenney

**In Sympathy:** Terry Gawyrs

### **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

### **GENERAL MEMBERSHIP MEETING**

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

**SIGN IN BOOK:** When you enter the building from either the front door or Carousel door—everyone must sign in! You must either sign in legibly or PRINT your name! You must indicate what services you are here for by checking the appropriate column!

A mandated monthly report of attendance is submitted to the Mayor and Common Council by our Recreation & Senior Coordinator. **Attendance is extremely important!**

### **EASY LISTENING CONCERTS**

Presented by Pioneer Printers

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

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, Bublé, and more!

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

In the community...

### **National Night Out—Tuesday, August 5th**

This year our senior center will have a table at the National Night Out which is August 5th 6-9pm behind the police station on Payne Ave, This is a free event open to the public. Please bring a food item for the little pantries.

### **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

# AUGUST 2025

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

				1.  Stuffed cabbage roll casserole Garden salad Muffin Deluxe fruit cup
4.  Greek seasoned chicken breast with feta cheese Potato salad Seasoned spinach and tomatoes Wheat bread Tropical fruit cup	5.  Mushroom Swiss burger with lettuce, tomato, and onion. Sweet potato wedges, seasoned wax beans, wheat hamburger bun and fresh orange	6.  Chicken stew Marinated vegetable salad Biscuit and Banana	7.  Ham salad sandwich with lettuce, tomato, onion. Chicken can- nelloni soup with crackers. Tomato and cucumber salad 2 slices wheat bread Fresh cantaloupe, Honeydew & grapes	8.  Meatball sub with to- mato sauce and mozza- rella cheese Macaroni salad Italian vegetable blend Wheat hoagie roll Heavenly hash
11.  Turkey cobb salad Two-type potato salad Biscuit Fresh tangerines	12  Broccoli &cheese strata O'Brien potatoes Seasoned green beans Muffin Fruited gelatin with whipped topping	13.  Cheeseburger supreme with lettuce, tomato, on- ion, pickle Tomato Florentine soup with crackers Seasoned cauliflower Wheat hamburger bun Fresh grapes	14.  Italian sausage with peppers and onions Au Gratin potatoes Mixed vegetables Wheat hot dog bun Deluxe fruit cup	15.  Bone in pork chop with gravy Garlic mashed potatoes Fresh spinach salad Wheat dinner roll cookie
18.  Homemade Salisbury steak with gravy Mashed potatoes California vegetable blend Rye bread Lemon bar	19.  Julienne salad with tur- key Cheddar cheese & crou- tons, pepper pot soup with crackers Wheat bread banana	20.  BBQ pork riblet baked beans Seasoned broccoli Wheat hoagie roll Fresh cantaloupe	21.  Hot dog w/ chili sauce Pea and pasta salad Tomato & cucumber salad, wheat hot dog bun, and mandarin Oranges	22.  Breaded chicken drum- sticks Scalloped potatoes Seasoned brussels sprouts Wheat dinner roll Sliced peaches
25.  Homemade macaroni and cheese casserole Stewed tomatoes Muffin applesauce	26.  BBQ pulled pork sand- wich with pickle spear Baked sweet potato Coleslaw Wheat hamburger bun Cinnamon pears	27.  <b><u>End of Summer Picnic</u></b>  Hot dog or hamburger on bun, baked beans Macaroni salad Watermelon Frosted browni	28.  Turkey and grape salad sandwich with lettuce, tomato, on- ion, hearty vegetable soup with crackers Caesar salad 2 slices wheat bread Cantaloupe, honey- dew and grapes	29  Roast beef sandwich with gravy Cheesy mashed pota- toes Seasoned green beans Wheat hamburger bun Mandarin oranges.

# AUGUST 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1.  Computers available Billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
4.  10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	5.  10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computer s available Billiards	6.  <b>11-Noon Farmers Market Coupons Niagara County</b> Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hats Lady Bugs Computers available Billiards <b>6-8:30– Game Night</b>	7.  10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers available Billiards	8.  Computers available Billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
11.  10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available	12.  <b>9-3 Veterans Assistance</b> 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computer available Billiards available	13.  Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition <b>1:00 Travel Club</b> <b>6-8:30– Game Night</b>	14.  10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer Billiards	15.  Computer available Billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
18.  10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computers available	19.  10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computers available Billiards	20.  Attorney– by appt only Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition <b>1-3 FREE HAIRCUTS</b>	21.  10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer Billiards	22.  11:45 Nutrition 1:00 Euchre 1:00 Rummikub
25.  10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computer available	26.  10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computers available Billiards	27.  <b>9:00 SNAP-ED—Nutrition &amp; cooking class</b> Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Mtg. <b>6-8:30 Game Night</b>	28.  10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computer Billiards	29.  11:45 Nutrition 1:00 Euchre 1:00 Rummikub