

**NORTH TONAWANDA  
SENIOR CITIZEN CENTER**

110 Goundry St. NT NY 14120  
Telephone: 716-695-8582

## OCTOBER 2025

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Recreation & Senior Coordinator

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

### OCTOBER



October's the month  
When the smallest breeze  
Gives us a shower  
Of autumn leaves.

Bonfires and pumpkins.  
Leaves sailing down  
October is red  
And golden and brown.

October leaves are lovely  
They rustle when I run  
Sometimes I make a heap  
And jump in them for fun.

Autumn leaves float quietly down  
And form a carpet on the ground  
But when those leaves are stepped upon  
Listen for the crackling sound

Author Unknown

### SERVICES

#### 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, October 14th 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.

### 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, October 6th

### **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, October 8th. 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, October 8th at 1pm. The center will provide coffee and tea. Any questions call Jean at 214-693-8050 or email jeanmarshall39@yahoo.com.

**December trip-Salvatore's Italian Gardens—**  
**Tuesday, December 2nd 2025**—\$125.00 Depart  
—10:15am return 3:45pm.

Festive, dazzling and unforgettable holiday event. Get ready for an unforgettable holiday celebration filled with music, magic and festive cheer! You begin with an elegant dining affair at the beautifully decorated Salvatore's Italian Gardens, where twinkling lights and holiday splendor set the perfect scene. Then you will be dazzled by the Hastings Duo in their All new holiday show— an Elton John Christmas spectacular.

Choose one entrée when making your reservation – chicken Francaise, Fresh Salmon or Vegetarian Napoleon. \$50 deposit and meal choice due with registration . Final payment due by November 7th.

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

The next Lady Bugs gathering is Wednesday, October 1st. 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, October 22nd at 1pm. Please come and support your senior center. You must be a paid member to attend our General Membership meetings.

#### **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

#### **SENIOR BIRTHDAY CLUB** **Marianne Guth**

The General Membership has started a Birthday Club at their last meeting. Any member 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**

### **LESSONS**

#### **TAI CHI– Manuela Ceglinski**

The Tuesday & Thursday classes will cost \$15 a month. Please pay Manny directly. Classes start at 10 am every Tuesday and Thursday morning. 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

## GAMES & CARDS

### 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 **PIZZA (usually—Occasionally a baked good)**. We play 12 games & 2 Round Robins—per our seniors request. **This is our set schedule.** 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

### 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.

### GAME NIGHT—Mary Lee Karre

The center will be open from 6:00pm-8:30pm every Wednesday night. Any senior age 55 and older is welcome to come and play any card games, Poker, Dominos, or any other board game! Coffee and tea will be 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.

## SPECIAL EVENTS

### ANNIVERSARY DINNER DANCE

Our Annual Anniversary Dinner Dance will be held on Wednesday, October 15th. Doors will open at 5pm, a sit down, plated dinner will be served at 6pm, by Mr & Mrs Catering. Live music by the Hastings Duo will play from 7:30-9:30pm.



The plated meal will consist of Italian breaded chicken, roll stuffed beef, mashed potatoes, chef salad, garden vegetables with butter sauce, rolls & butter and strawberry shortcake for dessert. Coffee, tea, soda & wine will be available during dinner.

**\*\*After dinner you are welcome to bring out your own spirits! Tickets are \$30 for members and \$35 for non-members. You must be at least 55 years or older to attend.**

## **BUFFALO BILLS VS CAROLINA PANTHERS**



We will be watching the Buffalo Bills stomp the Panthers on Sunday, October 26th. **Any senior age 55 and older is welcome to join in the fun.** The doors will open at noon and the game starts at 1pm. Everyone in attendance must bring their own choice of drinks and a dish to pass.

To register for the event please call the NT Senior Center at 716-695-8582. You will be asked what dish you intend to bring. Finger foods are encouraged. You are welcome to bring your own spirits. Please drink responsibly.

### **VETERANS BREAKFAST**

The Department of Youth, Recreation, Parks & Seniors will be hosting a Veterans Breakfast on 11/11/25. This program is open to any Veteran and their guest. The cost of the breakfast is free for the Veteran and \$5 for the guest. The doors will open at 8:30am, the program will start at 9am with Sikora Post, our Mayor will speak at 9:30am and breakfast will follow.

Breakfast will consist of scrabble eggs, sausage, fresh fruit, Danish, coffee, tea & juice. Each Veteran will also receive a goody bag. You must register ahead of time! Please call the center to register at 716-695-8582. The office will take reservations up until November 4th.

### **SNAP –ED**

The Snap –Ed program will take place on Wednesday, October 22nd at 9am. Come and learn about healthy foods and pick up some nice recipes. This is a free class .

### **CRAFT CORNER**

To celebrate autumn's arrival we are setting aside two Friday mornings for crafts. Friday, October 17th & 24th at 9am. Both days we will be making autumn wreaths. You can make them geared just toward autumn or Halloween. We are using the items we already have in stock, so there is no charge. We have enough supplies for about 12 wreaths. Please call to register.

### **THANKSGIVING GNOME CLASS**

Cheryle Baird will be instructing a "thanksgiving gnome" class. Anyone interested must call to register at 716-695-8682. This class is limited to 20 seniors. There is no charge for this class but you must bring two Autumn colored socks and a bag of rice or beans for your gnome. The class will take place on Monday, November 17th at 2pm.

### **ESSENIAL SOLUTIONS**

Essential Solutions will be at our Center with a Medicare advisor on Friday, October 3rd and October 17th from 1-3pm to help any senior with Medicare questions or in need of Medicare information. No appointment necessary..

\*A table for Essential Solutions will also be at our Buffalo Bills event, Veterans Breakfast, and Volunteer Appreciation Dinner.

### **CENTER ANNUAL DUES**

The office is open Monday-Friday 8:30am - 4:30pm. Any senior 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

### **SENIOR UPDATES**

**New Members:** Cathy Monto, Sally Dobbs, Robert Kaska, Claudia Peruzzini, Deborah Richeal, Kathy Hemminger, Sue Siejka, Mary Lou Clark, Nancy White and Susan Zobrist.

**In Memorable :** Dennis Caggiano

### **NT ADULT RECREATION PROGRAMS**

**Boot Camp**— Monday Night—Ohio School 6pm

**Zumba**— Tuesday Night— Ohio School —6pm

**Pilates**— Wednesday Night— Drake School-7pm

**Hall Walking**— Monday—Friday—at NTI School — 4-8pm

**Pickleball**— Monday, Tuesday & Friday Nights 6:30-8:30pm at NTI School

\*Register on line at [NTParksrec.com](http://NTParksrec.com) or in person at the NT Recreation office located at 500 Wheatfield Street Any questions speak to the Recreation & Senior Supervisor Pam Hogan

• Also **Yoga**—coming up—this winter

**These programs are available to any adult ages 18**

# OCTOBER 2025

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

		1  Sweet & Sour Pork With fortune cookie Seasoned brown rice Stir fry vegetable blend Wheat bread Sliced peaches	2  Homemade mac & cheese casserole Seasoned broccoli Rye bread Fresh Grapes	3  Turkey and cheese sub With lettuce, tomato, onion Italian pasta salad Fresh spinach salad Wheat hoagie roll Fresh orange
6.  BBQ chicken thighs Baked sweet potato Seasoned green beans Corn muffin Fresh watermelon	7  Cheese tortellini with Meatballs and tomato sauce Garden salad Italian bread Deluxe fruit cup	8  Baked homemade meat-loaf with gravy Scalloped potatoes Mixed vegetables Wheat dinner roll Tropical fruit cup	9  Turkey Ala King over egg noodles Seasoned cauliflower Wheat bread Homemade pear crip w/ whipped topping	10  Sliced baked ham Mac & cheese Broccoli salad Rye bread Rye bread Fresh honeydew melon
13  Columbus Day   No Meals Served	14.  Egg and broccoli frittata Minestrone soup with Crackers Stewed tomatoes Muffin banana	15.  Goulash Caesar salad Italian bread Fresh cantaloup	16.  Roast pork w/ gravy Cheesy mashed Potatoes California vegetable blend Wheat dinner roll Cinnamon applesauce .	17.  Breaded chicken sandwich w/ lettuce, tomato Onion German potato salad Seasoned wax beans Wheat hamburger bun Fruited gelatin with whipped topping
20  Spaghetti and meatballs With tomato sauce Garden salad Italian bread Mandarin oranges	21  Greek seasoned chicken breast with feta Greek seasoned rice Marinated vegetable Salad, 1/2 wheat pita Tropical fruit cup	22  Stuffed cabbage roll Casserole Seasoned spinach and tomatoes Wheat bread banana	23  Chicken stew Mixed vegetables Biscuit Heavenly hash	24  Ham salad sandwich With lettuce, tomato, onion Broccoli & cheddar soup with crackers Tomato & cucumber salad, 2 slices wheat bread Fresh grapes
27  2 cheese manicotti with tomato sauce Broccoli salad Italian bread apricots	28  Chili con carne with crackers Seasoned green beans Corn bread Fresh cantaloupe	29  Sliced turkey breast with gravy Butternut squash Seasoned peas Cinnamon raisin bread Sliced pears	30  Bone in pork chop Au gratin potatoes Bavarian sauerkraut Rye bread Deluxe fruit cup	31  Cheeseburger supreme with lettuce, tomato onion, pickle Sweet potato wedges Parslied cauliflower Wheat hamburger bun Sliced peaches

# OCTOBER 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>10/26—Sunday</p> <p>Buffalo Bills</p> <p>Vs</p> <p>Carolina Panthers</p> <p>Noon</p>		<p>1.</p> <p>Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hats Lady Bugs computers &amp; billiards <b>6-8:30— Game Night</b></p>	<p>2.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo computers &amp; billiards</p>	<p>3.</p> <p>Computers &amp; billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub 1:00 Essential Solutions</p>
<p>6.</p> <p>10-1 Info &amp; Ref 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computers &amp; Billiards</p>	<p>7.</p> <p>10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers &amp; billiards</p>	<p>8.</p> <p>Attorney –by Appt –only Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Travel Club <b>Computers &amp; billiards</b> <b>6-8:30— Game Night</b></p>	<p>9.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers &amp; billiards</p>	<p>10.</p> <p>Computers &amp; billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>13.</p> <p>Closed</p> <p>Columbus Day</p>	<p>14.</p> <p><b>9-3 Veterans Assistance</b> 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computers &amp; billiards</p>	<p>15.</p> <p>Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition Computers &amp; billiards <b>Anniversary Dinner Dance</b></p>	<p>16.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers &amp; billiards</p>	<p>17.</p> <p>9:00 Crafts Computers &amp; billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>20.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computers &amp; Billiards</p>	<p>21.</p> <p>10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computers &amp; billiards</p>	<p>22.</p> <p>9:00 Snap-Ed Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Membership Meeting Computers &amp; billiards <b>6-8:30— Game Night</b></p>	<p>23.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers &amp; billiards</p>	<p>24.</p> <p>9:00 Crafts Computers &amp; billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>27.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament computers &amp; billiards</p>	<p>28.</p> <p>10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong Computers &amp; billiards</p>	<p>29.</p> <p>Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition Computers &amp; billiards <b>Volunteer Appreciation (invitation only)</b></p>	<p>30.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers &amp; billiards</p>	<p>31.</p> <p>Computers &amp; billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>