

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**

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

NOVEMBER 2025

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

www.NTParksrec.com



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.

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, November 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.

*** Just a reminder !! Only certified ADA/Veteran Service animals are allowed in the Senior Center. A VEST must be worn at all times while in the center!!!**



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, November 18th 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, November 3rd.

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.

CLUBS

TRAVELING WITH JEAN MARSHALL

The next Travel Club meeting will be Wednesday, November 12th 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, November 5th at 1pm. If you have any questions please call Joan at 716-694-5132. We are always looking for new members and new ideas.

SENIOR BIRTHDAY CLUB **Marianne Guth**

The General Membership has a active Birthday Club 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.**



GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, November 19th at 1pm. Please come and support your senior center. You must be a paid member to attend our General Membership meetings. We will be having Birthday celebrations following.

COLLECTING FOR MOBILE FOOD PANTRY

The general membership is collecting non-perishable food for the mobile food pantry. The donation box is in the electric room. Please see the office! Thank you Wendy Valvo for organizing this program

LESSONS

BAKING WITH TERRIE

This is a special hands on classic Italian cookies. This time Terrie is in our kitchen making homemade Italian Cookies . This class is completely funded by the city budget so there is no charge. Sign up starts Monday, November 3rd.

Due to the small kitchen and intense hands on class we can only allow 10 seniors to sign up! The actual class will be held on Friday, December 5th at 9am.

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 participates 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

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.

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

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 immediately 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

THANKSGIVING GNOME MAKING

Monday, November 17th at 2pm—Cheryl Baird



Cheryl is hosting another Gnome class. If any senior is interested please call to register at the office. This class will take place on Monday, November 17 at 2pm. There is no charge for this class, but you must bring one bag of beans and a pair of Autumn colored socks.

Herbal Workshop -(In craft room) Wednesday, November 12th at 1:30pm

Marge will be hosting another Herbal workshop in the craft room on Wednesday, November 12th at 1:30pm. This class is limited to 15 seniors. Marge is planning on cooking up a coughing syrup and a ointment for arthritis pain.

This class cost \$10 upon registration. You can either pay by cash or by check made out to the instructor. The class will be about 2 hours long.



SOCK HOP

The senior center general membership is holding a Sock Hop! On Wednesday, November 19th from 3-5pm! Doors open at 2:30pm. Tickets are \$5 each. The Hastings Duo will be playing. Tickets on sale now!



Take off of shoes and dance to the 50's and 60's with you senior friends. Soda, water, pretzels, chips and other snacks will be provided. You are welcome to bring your own adult spirits.

WINTER WALK

We will be participating in the City's Annual Winter Walk on Saturday, December 6th. The times have changed! This event is taking place 2pm-6pm.

Our Santa's Workshop is taking place 2pm-5pm. We are ending at 5pm so we can all attend the 6pm Christmas Tree lighting on Webster Street! (Just a short walk from here)!!! There will be other activities to enjoy there too! If you wish!



Please see the office if you want to volunteer or donate! We do plan on having our usual Santa's Workshop for children, craft sale, Red Hat Bake Sale and vendor fair. Hot chocolate and donations of cookies for the public would be graciously accepted! We also will accept new \$1 items to sell to the children!!!

DARE TO REPAIR CAFÉ!!!



Fix it. Don't ditch it! Monday, November 24th
4:30-7:30pm. The N.T. Senior Center 110 Goundry St. - register your appliance to be repaired at thetoollibrary.org/daretorepair

There is no charge for this service but you must register on line in advance.

If you need help registering on line, the staff at the senior center will be happy to help you.

IN THE COMMUNITY....

Tonawanda Legion Band will be playing their Veterans Day Concert on November 9th at 7:30 pm at Cardinal O'Hara High School.

Advance tickets can be purchased at Walker Bros. Jewelers and Mid City Opticians for \$13 or \$5 for Veterans. Tickets at the door are \$15 for general public and \$5 for Veterans.

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 with a major credit card

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

Yoga— Monday Night— Spruce School— 6pm-starting in January.

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

*Register on line at 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—

Informational flyers are available near the front doors of the center.

These programs are available to any adult ages 18

SENIOR UPDATES

New Members:

Cathy Monto, Sally Dobbs, Robert Kaska, Claudia Peruzzini, Deborah Richeal, Kathy Hemminger, Nancy White, Jacqueline Brodfuehrer, Betty Brown, Patricia Akins, Christine Carr, Diane Mariano Sue Siejka, Melody Lincoln, Tim & Teresa Sroczynski, Joseph Szalay, Dave Milike and Susan Zobrist.

NOVEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ chicken drumsticks, mashed potatoes Italian vegetable blend Biscuit banana	4. Homemade Salisbury steak with gravy Baked sweet potato Confetti corn Wheat dinner roll Pear crisp with whipped topping	5. BBQ pork riblet Baked beans Coleslaw Wheat hoagie roll Mandarin oranges	6. Beef lasagna Garden salad Italian bread Fruited gelatin with whipped topping	7. Beef stroganoff over egg noodles Mix vegetables Biscuit pineapple
10. Turkey and cheese sub with lettuce, tomato, onion Potato salad Tomato & cucumber salad Wheat hoagie roll Deluxe fruit cup	11. Veterans Day No Meals– Served	12. Roast pork Au Jus Cheesy mashed potatoes Bavarian sauerkraut Wheat dinner roll cinnamon applesauce	13 Stuffed pepper with meat sauce Seasoned carrots Italian bread Tropical fruit cup.	14. Homemade mac and cheese casserole Stewed tomatoes Rye bread Heavenly hash
17. Greek chicken with feta Greek seasoned rice Caesar salad 1/2 wheat pita Fresh cantaloupe Greek dressing	18. Chicken Ala king over egg noodles Glazed carrots Biscuit Fresh orange	19. <u>Thanksgiving meal</u> Roast Turkey Breast Mashed potatoes with gravy baked squash Stuffing, cranberry sauce Dinner roll, pumpkin pie with whipped topping	20 Sliced baked ham Scalloped potatoes Seasoned brussels sprouts Rye bread Sliced peaches	21. Cheese tortellini with meatballs and tomato sauce Sicilian vegetable blend Italian bread Pumpkin bavarian
24. Egg and broccoli frittata O'Brien potatoes Seasoned green beans Muffins Sliced pears	25. Beef Stew Fresh spinach salad Wheat dinner roll Fruited gelatin with whipped topping	26. Chicken breast sandwich with lettuce, tomato, onion, brown rice and lentil soup with crackers Seasoned broccoli and cauliflower Wheat hamburger bun cookie	27 No meals HAPPY THANKSGIVING 	28 No Meals HAPPY THANKSGIVING 

NOVEMBER 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3. 10:00 NT Senior Fitness 10-1 Information & Referral 11:45 Nutrition 1:00 Euchre Tournament Computers available	4. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards	5. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hats Lady Bugs computers & billiards	6. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo computers & billiards	7. Computers & billiards 11:45 Nutrition 1-3 Essential Solutions 1:00 Euchre 1:00 Rummikub 1-3pm-Medicare
10. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament Computers available	11. CLOSED FOR VETERAN'S DAY! Veteran's Breakfast – 9am- Must pre-register! By 11/4	12. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Travel Club 1:30– Herbal Workshop– In craft room	13. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers & billiards	14. Computers & billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
17. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament 2:00 Thanksgiving—Gnomes	18. 9-3 Veterans Assistance 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards	19. Attorney –by Appt –only Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1- General Member Mtg 3-5pm- SOCK HOP Pre-sale tickets- \$5	20. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers & billiards	21. Computers & billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
24. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre 4:30-7:30— Dare to Repair	25. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards	26. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition Computers & billiards	27. Thanksgiving— Closed 	28. Thanksgiving— Holiday 