

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**

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

DECEMBER 2025

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

www.NTParksrec.com

**GIVING ACTS OF KINDNESS
FOR CHRISTMAS**



An act of kindness for Christmas can involve donating to a food bank, paying for a stranger's coffee, or bringing baked goods to a local fire station. Other ideas include volunteering at a shelter, leaving a generous tip for a server, or making homemade cards for nursing home residents. Even small gestures like holding the door open, leaving positive notes, or simply being friendly to someone a burst of holiday cheer.

Giving to Those in Need

***Donate to a food bank:** Give non-perishable food items or money to a local food bank.

***Support a giving tree:** Donate gifts or funds to organizations like Toys for Tots or local "angel trees" that provide for children in need.

***Help the homeless:** Donate new pajamas, blankets or toiletries to a shelter. You can also give gift cards to the homeless individuals.

***Support animal shelters:** Donate blankets, or toiletries to a shelter. You can also give gift cards to homeless individuals.

Spreading Cheer to Strangers

***Pay it forward:** Pay for the coffee or meal of the person behind you in line.

***Leave a generous tip:** Leave a large tip for a server who has provided great service.

***Bring treats to essential workers:** Bake and deliver cookies or coffee to firefighters, postal workers or hospital staff.

***Leave Surprises:** Place money on a vending machine or leave encouraging notes in library books!

-Source Act of Kindness 2024

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 WEDNESDAY, DECEMBER 10TH 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 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, December 17th. 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

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, December 1st. 2025.



CHRISTMAS WREATHS

We will be making Christmas wreaths on Monday, December 1st at 1:30pm. We have supplies for about 10 seniors. Please call to reserve your place 716-695-8582.

CHRISTMAS GNOMES

Cheryl Baird

We will be having a Christmas Gnome making class on Monday, December 8th at 2pm. There is plenty of room in the class so feel free to sign up and bring a senior friend too!

Please bring a bag of beans and a pair of Christmas colored socks with you. Please register by calling the office at 716-695-8582

HEAP

A representative from Niagara County HEAP will be here at the center from 10-1pm. This is the only time HEAP is scheduled for our center.



TRAVELING WITH JEAN MARSHALL

The next Travel Club meeting will be Wednesday, December 10th at 1pm. The center will provide coffee and tea. Any questions call Jean at 214-693-8050 or email jeanmarshall39@yahoo.com.



At the December meeting— Please bring a dish of finger foods to pass for your Christmas Party!!

**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.

RED HAT LADY BUGS- **Joan Dirmyer**



The next Lady Bugs gathering is Wednesday, December 3rd 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.**

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



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 & Gen Simpson

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

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

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

BAKING WITH TERRIE

This is a special hands on classic Italian cookies class. It is limited to 10 seniors and will be held on Friday, December 5th at 9am.
This class is already full!

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 Piorowski, Sharon Beeman, Charlie Marranca, Ginny Keleher, & Leslie Trunzo

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.

PINOCHLE— John Enright

Any senior is welcome to play Pinochle Tuesdays at 1:00 pm. Please bring \$2 for the game. Coffee and tea will be made available for 25 cents

GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, December 17th 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 our General Elections then following our Birthday celebrations. Then our Holiday Potluck at 1:45pm.

Message from Our President Mike Woolford

Thank you to everyone for allowing me to be your President for the last 2 years. We have grown by leaps and bounds and I look forward to another 2 years. I proud to be apart of this organization and I look forward to continuing to work with all of our seniors and the center's coordinator Pam Hogan.

I would greatly appreciate your support at our meeting on Wednesday, December 17th at 1pm.

HOLIDAY POT LUCK

The General Membership will be having a Christmas Pot Lot on Wednesday, December 17th about 1:45pm (after the General Membership meeting)



We have two turkeys we are roasting and we are asking everyone in attendance to bring a dish to pass that would compliment the turkey dinner.

You must register in advance for this event. Please sign up at the office and register your dish to pass. If you wish you can bring your own adult drink too!

SENIOR UPDATES

New Members:

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

A Little History to Share from Sikora Post!

US Army– June 14th– 250 years

US Coast Guard– August 4th—235 years

US Air Force—September 18th - 78 years

US Navy- October 25th –250 years

US Marines—November 10 - 250 years

US Space Force– December 20—7 years

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 /vendor sale, Red Hat Bake Sale, gift wrapping station, 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!!!

We have some new vendors and some return ones so we are excited to see what they have to sell! Santa will be on hand to visit with the children from 3-5pm, so bring your grandchildren and your camera



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



* CHRISTMAS
COOKIES NEEDED FOR WINTER WALK ON
SATURDAY, DECEMBER 6TH!

PLEASE DROP OFF AT THE
OFFICE– THANK YOU

DECEMBER 2025

Monday

Tuesday

Wednesday

Thursday

Friday

1. Roast pork with gravy Garlic mashed potatoes Seasoned peas & carrots Wheat bread applesauce	2. Stuffed cabbage roll Casserole Confetti corn Wheat dinner roll Deluxe fruit cup	3. Chicken stew Seasoned green beans Biscuit Fresh orange	4. Tuna salad sandwich with lettuce, tomato, onion Pepper pot soup with crackers Garden salad 2 slices rye bread Heavenly hash	5. Spaghetti and meat- balls with tomato sauce Seasoned spinach and tomatoes Italian bread pineapple
8. Sliced turkey breast with gravy, mashed butternut squash Seasoned brussels sprouts Biscuit cookie	9. Bone in pork chop Baked sweet potato Bavarian sauerkraut stuffing banana	10. Cheeseburger with let- tuce, tomato, onion, pick- le, tomato Florentine soup with crackers Mixed vegetables Wheat hamburger bun Tropical fruit cup	11. 2 cheese manicotti with tomato sauce Seasoned was and green beans Italian bread Fresh orange	12. Chili con carne with crackers Caesar salad Corn muffin Sliced pears
15. Homemade Salisbury steak with gravy Sweet potato wedges California vegetable blend Cinnamon raisin bread Fruit cocktail	16. BBQ pork riblet Baked beans Coleslaw Wheat hoagie roll Mandarin oranges	17. <u>Christmas meal</u> Chicken breast stuffed with broccoli Twice baked potatoes Price Edward vegetables Whole wheat dinner roll cheesecake	18. Beef stroganoff over egg noodles Glazed carrots Wheat bread pineapple	19. Vegetable lasagna Seasoned broccoli Italian bread Fruited gelatin with whipped topping
22 Sweet and sour pork with fortune cookie Seasoned brown rice Stir fry vegetable blend Wheat bread Slice peaches.	23. Breaded chicken drum- sticks Mashed potatoes Sicilian vegetable blend Wheat dinner roll tangerines	24. Homemade Mac & Cheese Casserole Seasoned Broccoli and Cauliflower Rye bread brownie	25. Merry Christmas Closed– No Meals served	26. Turkey & cheese sub With lettuce, tomato, onion Hearty vegetable soup with crackers Fresh spinach salad Wheat hoagie roll banana
29. Turkey Ala King over egg noodles Mixed vegetables Biscuit Deluxe fruit cup	30. Sliced baked ham Scalloped potatoes Seasoned brussels sprouts Rye bread cookie	31.. Baked homemade meat- loaf with gravy Mashed sweet potatoes Seasoned peas Cinnamon raisin Bread Mandarin oranges		

DECEMBER 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1. 10-1 HEAP 10:00 NT Senior Fitness 10-1 Information & Referral 11:45 Nutrition 1:00 Euchre 1:30 Christmas Wreaths	2. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards	3. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hats Lady Bugs computers & billiards	4. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo computers & billiards	5. 9:00 Italian Cookies 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
8. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre 2:00 Christmas Gnomes	9. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards	10. 9-3 Veterans Assistance Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Travel Club Christmas Party	11. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers & billiards	12. Computers & billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
15. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	16. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards	17. Attorney –by Appt –only Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1- General Member Mtg monthly senior membership birthday celebration Christmas Pot Luck– Registration in advance– paid members only	18. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers & billiards	19. Computers & billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
22. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre	23. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards	24. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition Center closed at 12:30	25. Merry Christmas Center is Closed 	26. Computers & billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
29. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre	30. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards	31. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition Center closed at 12:30pm		