

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

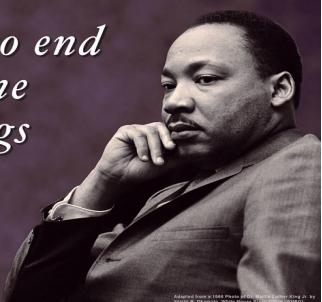
## JANUARY 2026

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

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

*Our lives begin to end  
the day we become  
silent about things  
that matter.*

*Martin Luther King, Jr.*



### TRAVEL WITH JEAN MARSHALL

A message from Jean: "The time has come for me to sign off as the travel manager for the North Tonawanda Seniors. It has been a real pleasure working with all of you and have had so much fun together which I have truly enjoyed and will greatly miss. The friendships we have made over the years will long be remembered.

So it is with sadness that I say so long and I wish you all a very merry Christmas and blessed New Year with happy travels.

- Thank you for letting me be your leader—Jean

### VALENTINE GNOMES

Monday, February 2nd at 2pm you can make your own Valentine Gnome with Cheryl Baird. Just bring a pair of valentine socks and a bag of beans.

**IN SEARCH OF PLAYERS!... A couple of ladies are looking for a few more players to start a "Head & Foot" regular game day at our center! See Pam if you are interested.**

### 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, January 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 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, January 21st. 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 & 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. Monday, January 5th 2026

## **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

## **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

## **EUCHRE 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.

## **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

## **RED HAT LADY BUGS-**

**Joan Dirmyer**

The next Lady Bugs gathering is Wednesday, January 7th 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, January 28th at 1pm. Please come and support your senior center. You must be a paid member to attend our General Membership meetings.

We will be installing our new Officers this meeting.

### **Our Slate of Officers:**

President- Mike Woolford  
Vice President- Kim Walaszek  
Treasurer- Marsha Kennedy  
Secretary- Marianne Guth  
Sargent of Arms- Pam Beutel

## **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:** Gerry Phelps, Beth Feenin, Carol McMeekin, Norma Kitzmiller, Kim Piorkowski, Sharon Beeman & Charlie Marranca.

## MAHJONG—Mary Lee Karre

Any senior is welcome to play on Tuesday afternoons at 1pm in the craft room. New seniors are welcome

## TAI CHI—Manuela Ceglinski

Manny will not be teaching during the month of January and February. Manny will resume teaching in March. The students however will be still coming on Tuesday & Thursday at 10am to practice.

If any senior would like to join them; there is no charge. 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

## 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



"There are far better things ahead than any we leave behind."

-C.S. Lewis

## CUTEST PET CONTEST

Marianne Guth



The General Membership is having their Cutest Pet Contest again to help raise money for Mario's Emergency Pet Food Pantry in North Tonawanda

To enter your pet it cost \$1.00. Please bring in a picture. Everyone and put donations in the pet they feel is the "cutest". The pet that raises the most money wins a gift card. All proceeds go to Mario's.

## SENIOR UPDATES

**New Members:** Arline Salzman, John Rog, Wendy Bergor & Sandra Colosimo

**On the Mend:** Joanne Catopovic

**In The Hospital:** David Luther

## SPECIAL EVENTS



The General Membership will be hosting their annual St. Valentine's Day Dinner Dance on Wednesday, February 18, 2026. The doors will open at 5pm, dinner will be served at 6pm and live music by the Hasting Duo will play from 7:30-9:30pm. The food will be catered by Mr. & Mrs Catering. The menu will include: Minestrone soup, chef salad, stuffed pork chop, steak roll with dressing, candied carrots, twice baked potato, rolls, strawberry short cake for dessert. Wine, soda, coffee & tea will be available during dinner.

Tickets are available at the office starting Monday, January 5th for \$30 for paid members and \$35 for non members. Tickets will not be sold after Wednesday, February 11th. You can not receive a refund under any circumstances once the count is given to caterer.

## CANDLE MAKING

We will be doing candle making on 2 Wednesday afternoons at 1:30pm. The first day is Wednesday, January 14th and the other is Wednesday, January 21st. Each class is limited to 8 seniors. Please call to register in advance for the class. You can only sign up for one class and you can only make one candle at each class.

## OFF SITE PROGRAMS



Looking to keep in shape this winter? We have several adult programs you may enjoy. To attend you can register on line at [www.NTParksrec.com](http://www.NTParksrec.com) or you may stop in the Recreation Office in person at 500 Wheatfield Street and the staff there will be happy to help you.

**1. Monday—Yoga**—6pm—Spruce School  
1/12-3/16- \$5/\$6 per class

**2. Tuesday—Zumba**—6pm—Before & After Center—1/6-5/12- \$5/\$6 per class

**3. Wednesday—Pilates**—7pm—Drake School—  
1/7—5/13 - \$5/\$6 per class

**4. Thursday—Boot Camp**—6pm—Before & After Center—1/8—5/14 - \$5/\$6 per class

**5. Monday, Tuesday & Friday—Pickleball**—  
6:30-8:30pm—NT Intermediate School  
January—end of March- \$5/\$6 per session

**6. Monday—Friday 4:30-8:30pm—Hall Walking**—NT Intermediate School—through mid May—\$10.

You must pre-register for all programs either online at Recreation Dept. 500 Wheatfield St. Any questions about these programs can be answered by Pam Hogan 716-695-8520 ext 5508 or 716-695-8582

### **3 WINTER SAFETY TIPS FOR SENIORS**

- 1. Dress in Layers & Stay Warm**
- 2. Prevent Slips & Falls. Keep all walkways clear and salted**
- 3. Stay Connected to Avoid Isolation.**

## DAY TRIP

The Way to Go Flyer is at our Senior Center! Please use them for more information. All checks are to be made payable to “Way to Go Tours” mailed to 580 Ward Rd North Tonawanda NY 14120. Please just let our office know if your going, so we can keep a count of how many members are coming. We will have one of our staff members on each trip.

### **1. GOURMET BUFFALO—EASTER TIME!**

#### **WEDNESDAY, APRIL 1ST 2026—COST- \$165**

We have some unbelievable experiences last year on the Gourmet Buffalo Day-trip! One, was Parker’s British Classics— this was not just a store-front business but manufacturing/distribution site of British food items for the entire United States. They treated us royally and you just have to see this operation to believe it! Our 11th year and we always start out at Broadway Market the Wednesday before Easter.

\*\* 7:45am Bus report time: - McDonald's, 315 Meadow Drive—North Tonawanda.

\*\* 8am—Leave for Tops 5274 Main Street in Williamsville by Union Road

\*\* 8:30am—Pickup at Tops, Williamsville

\*\* 9:00am—Arrive at Buffalo’s Broadway Market. By arriving fairly early we beat the crowds— it will be quite busy by the time we leave at 10:20am.

\*\*10:45am—Parker’s British, distribution site for the whole United States operation. Known for their “British League. Our group also did a lot of taste testing of a lot of different items. It just was a great experience!

\*\* Noon—Lunch at a MYSTERY location!! - I’m trying for something we haven’t done before and have to check it out.—So-So— So— I’m making the rest of this day trip a MYSTERY DAY TRIP. It will be worth the whole day.

\*\*5pm—arrive back Tops—Williamsville

\*\* 5:30—Arrive back McDonald’s North Tonawanda

# JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1. New Year Day Center is closed!	2. BBQ chicken thighs Harvard beets Italian vegetable blend Corn muffin Cinnamon applesauce
5 Chicken breast sandwich with lettuce, tomato, onion Sweet potato wedges Seasoned carrots Wheat hamburger bun Tropical fruit cup	6 Beef stew Parslied cauliflower Biscuit Sliced pears	7 Goulash Seasoned green beans Italian bread pineapple	8. Breakfast casserole With cheddar and sausage O'Brien potatoes Stewed tomatoes Rye bread Pudding with whipped topping	9. Roast pork au jus Mashed butternut squash Bavarian sauerkraut Wheat dinner roll Heavenly hash
12. Stuffed cabbage roll casserole Hash browns Caesar salad Muffin Fruited gelatin with whipped topping	13. Ham salad sandwich Brown rice and lentil soup with crackers Season broccoli 2 slices wheat bread Sliced peaches	14. Breaded bone in pork chop, baked sweet potato Seasoned peas Wheat bread Apple crisp with whipped topping	15. Spaghetti and meatballs with marinara sauce Seasoned spinach and tomatoes Italian bread Tangerines	16. Greek seasoned chicken breast with feta Greek seasoned rice Seasoned brussels sprouts, 1/2 wheat pita Pumpkin Bavarian with whipped topping
19. Martin Luther King Jr. Day– No Meals Today	20. Chicken stew Mixed vegetables Biscuit Applesauce	21. Beef lasagna Fresh spinach salad Italian bread Fruited gelatin with whipped topping	22. Chili con carne with crackers Seasoned green beans Corn muffin Fresh orange	23. 2 cheese manicotti with marinara sauce Garden salad Italian bread Deluxe fruit cup
26. BBQ Pork Riblet Baked beans Coleslaw Wheat Hoagie Roll Mandarin Oranges	27. Swedish Meatballs over egg noodles Mixed vegetables Biscuit Tropical fruit cup	28. Sloppy joe on a wheat Hamburger bun Minestrone soup with crackers Seasoned wax beans banana	29. Breaded chicken drumsticks Sweet potato wedges California vegetable blend Wheat dinner roll Sliced pears	30. Homemade Salisbury steak with gravy Au gratin potatoes Seasoned peas and carrots Cinnamon raisin Bread tangerines

# JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Valentine Gnome Class Monday, February 2nd			1. HAPPY NEW YEAR  CENTER IS CLOSED	2. 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
5.  10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre	6.  10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards	7.  9-3 Veterans Assistance Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs	8.  10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers & billiards	9.  Computers & billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
12.  10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	13.  10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards	14.  Attorney –by Appt –only Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Candle Making	15.  10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers & billiards	16.  Computers & billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
19  10:00 NT Senior Fitness 1:00 Euchre	20.  10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards	21.  Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Candle Making	22.  10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers & billiards	23.  Computers & billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
26.  10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre	27.  10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards	28.  Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Mtg Installation of Officers Birthday Celebrations	29.  10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers & billiards	30.  Computers & billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub