



MARCH 2026

Pamela A Hogan MS
Recreation & Senior Center Coordinator

Sharon Lewis
Niagara County Nutrition

Senior Center Staff

Sharon Lewis, GERALYN GOERSS
MaryLee Karre, Donnette Plummer
Chrystal Manzare

GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, March 25th at 1pm. Please come and support your senior center. You must be a paid member to attend our General Membership meetings. We will be discussing our upcoming events.

General Membership Officers:

Mike Woolford	President
Kim Walaszek	Vice President
Marsha Kennedy	Treasurer
Marianne Guth	Secretary
Pam Beutel	Sgt. At Arms

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.



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.

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.

INTRODUCTION TO PICKLEBALL FOR SENIORS



March 5th, 19th & 26th 6pm-8:30pm at the NTI School in N. Tonawanda. You must be pre-registered and pre-paid either online at

www.NTParksrec.com or at the NT Recreation office 500 Wheatfield Street N.T. Space is limited. \$15 for NT residents & \$21 for Non-residents.

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, March 18th 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

VETERAN SERVICES

Doug Kolata

Niagara County Veterans Service representative will be at our senior center on Wednesday, March 11th 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.

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

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.

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, March 4th 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 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 & Thelma Plunkett

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, March 2nd.

YOUR TIME WITH ELIZA

Elizabeth Amabile

NEW!- Fitness & Activity Program! Free to any Senior— Friday mornings 10am-11am. Starting Friday, March 6th.

Come and enjoy a relaxing & fun activity for the first half hour. Then for the next half hour we will practice seated stretches, relax & retrieve techniques.

This is open to all levels of fitness.

There is no charge for this program, but donations to Buddy's Second Chance Rescue are accepted. Please call the office to register at 716-695-8582.



All participants must sign a city liability waiver prior to taking this class

MAHJONG—Mary Lee Karre

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

TAI CHI—Manuela Ceglinski

Manny is Back! Classes for Tai Chi will be up and running again every Tuesday and Thursday at 10am for \$15 a month.

Please pay Manny directly.

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

SNAP-ED NY



Free nutrition & physical activity workshop. We will discuss how to Eat Smart & Be Active. Wednesday, March 25 at 9am. Please call to register at 716-695-8582.

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**

Everyone and put donations in the pet they feel is the "cutest". The pet that raises the most money

*** We also keep a box at the center for Mario's Food Pantry year round for anyone who wishes to donate!!!**

CRAFT CORNER

St Patricks Day Crafts

We have two crafts available to work on Monday, March 2nd at 1pm. The first craft is diamond art St Patrick's key chain. Limited supplies.

The second is a St. Patrick's Day decoration. Supplies are limited please call to register. 716-695-8582

St. Patrick Day Gnomes

We will have a make your own gnome class on Monday, March 9th at 2pm. All you need to bring is a pair of St. Patty's socks and a bag of beans. Please call to register 716-695-8582

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 UPDATES

New Members: Arline Salzman, John Rog , Wendy Bergor & Sandra Colosimo, Paul Demers, Sharon Demers, Jeremy Schnurr, Kelli Suchan, Scott Suchan, Sandra Marshanke, Barbara Arnold, Nancy Barraclough, Diane McMahon, Mary Williams, Francis Williams, Sally Kosut, Michael Prinzbach Judy Nelson, Rick Mislin & Elizabeth Amabile.

In Memorial: David Luther, Joanne Catapovic, Mike Tedesco & Charles Hall

SPECIAL EVENTS

ST PATRICK'S DAY DINNER DANCE

The General Membership will be hosting their annual St. Patrick's Day Dinner Dance on Wednesday, March 18th, 2026. The doors will open at 5pm, dinner will be served at 6pm and live music by the Hasting Duo will play from 7:30pm-9:30pm.



The food will be catered by Mr. & Mrs Catering. The menu will include. Corned Beef, roasted chicken, sauerkraut, carrots, potatoes, chef salad, rolls, butter and strawberry shortcake for dessert. Thank you Frank and Martha Barry for chairing this event. Tickets are being sold for \$30 for members and \$35 for non-members.

DISCO- \$5 APRIL 22ND—3-5PM Wednesday, April 22nd 2026

Come and dance the afternoon away with your senior friends! Dress up in your favorite Disco attire! This event of course is for seniors only age 55 and up \$5 for members \$7 for non-members includes soda, chips and music only. A 50/50 will be done and a few door prizes.

In the Community....

The Tonawanda Sikora Post Band will be having their Spring Pop Concert at Ohara High School on Sunday, March 29th at 7:30pm. Tickets at the door are \$15. Tickets in advance are \$13 and can be purchased at Walker Bros and Monroe Jewelers or Mid City Opticians.

NEIGHBORHOOD WATCH MEETING

The North Tonawanda Neighborhood Watch regular monthly meeting will be taking place at our center on Thursday, April 9th at 7pm. All are welcome!!

SPRING YOGA FLOW- Erin Robinson

This program is offered by the NT Recreation Department. It is open to any adult 18 or older. You must register online at www.NTParksrec.com or at the Recreation office 500 Wheatfield St. This program is 6 classes for \$30 for NT residents or \$42 for non-residents. This program takes place at Ohio School at 6pm. April 13th– May 18th on Monday evenings.



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

MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2. Cheeseburger Supreme With lettuce, tomato, onion, pickle Sweet potato wedges Garden salad Wheat hamburger bun banana	3. Turkey Chili Con with Crackers Seasoned green beans Corn muffin Mandarin Oranges	4. Sliced turkey breast with gravy, mashed potatoes Seasoned corn Wheat dinner roll Pumpkin Bavarian	5. Bone-In pork chop Potato salad Bavarian sauerkraut Rye bread Homemade apple crisp with whipped topping	6. 2 cheese manicotti with marinara sauce Seasoned broccoli Italian bread Sliced peaches
9. Beef stroganoff over egg noodles California vegetable blend, biscuit pineapple	10. Breaded chicken drum- sticks, pepper pot soup with crackers Caesar salad Wheat dinner roll Tropical fruit cup	11. Homemade Salisbury steak with gravy Mashed sweet potatoes Seasoned peas Cinnamon raisin bread sliced pears	12. BBQ Pork riblet Baked beans Mixed vegetables Wheat hoagie roll Heavenly hash	13. Broccoli and cheese frittata, O'Brien pota- toes, stewed tomatoes Rye bread cookie
16. Stuffed pepper casserole Seasoned wax beans Italian bread Sliced peaches	17. Sweet and sour pork with fortune cookie Seasoned brown rice Stir-fry vegetable blend Wheat bread St. Patrick's Day Dessert <div style="text-align: center; margin-top: 10px;">  </div>	18. Swedish meatballs over Egg noodles Seasoned carrots Biscuit tangerines	19. Turkey and cheese sub with lettuce, to- mato, onion Tomato Florentine soup with crackers spinach salad Wheat hoagie roll Fresh orange	20. Homemade mac & cheese Seasoned broccoli Muffin Pudding with whipped topping
23. Cheese tortellini with meatballs and marinara sauce Italian vegetable blend Wheat bread banana	24. Baked homemade meat- loaf with gravy Garlic mashed potatoes Mixed vegetables Wheat dinner roll brownie	25. Turkey Ala King Au Gratin Potatoes Seasoned broccoli and Cauliflower Rye bread Deluxe fruit cup	26. Sliced baked ham Scalloped potatoes Seasoned peas Biscuit Mandarin oranges	27. Tuna salad sandwich with lettuce, tomato, onion Hearty vegetable soup with crackers Caesar salad 2 slices wheat bread Tropical fruit cup
30. Roast pork Au Jus Harvard beets Seasoned spinach and tomatoes Muffin Fresh orange	31. Chicken patty sandwich with lettuce, tomato, and onion Brown rice and lentil soup with crackers Seasoned green beans Wheat hamburger bun Heavenly hash			

MARCH 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2. 10:00 NT Senior Fitness 10-1:00 Info & Referral 11:45 Nutrition 1:00 Euchre 1:00 crafts—pre-registration—necessary Limited supplies</p>	<p>3. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards</p>	<p>4. Assistance Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs</p>	<p>5. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers & billiards 6pm Pickleball— NTI School— must be pre-registered and paid</p>	<p>6. Computers & billiards 10:00 Time With Eliza 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>9. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre 2:00 Gnome Making</p>	<p>10. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards</p>	<p>11. 9-3 Veterans Assistance Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition</p>	<p>12. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers & billiards</p>	<p>13. Computers & billiards 10:00 Time With Eliza 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>16. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>17. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards</p>	<p>18. Attorney –by Appt –only Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 5-9:30 St. Patrick Dinner Dance</p> 	<p>19. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers & billiards 6pm Pickleball— NTI School— must be pre-registered and paid</p>	<p>20. Computers & billiards 10:00 Time With Eliza 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>23 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>24 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards</p>	<p>25 Grocery Shopping 9:00 SNAP-ED 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Mtg Birthday Celebrations</p>	<p>26. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers & billiards 6pm Pickleball— NTI School— must be pre-registered and paid</p>	<p>27. Computers & billiards 10:00 Time With Eliza 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>30. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>31. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards</p>			