

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



JULY 2026

Pamela A Hogan MS
Recreation & Senior Center Coordinator

Sharon Lewis

Senior Center Staff

Geralyn Goerss, Kim Walaszek
Marylee Karre, Donnette Plummer



So, Let's Celebrate!

In 2026, National Ice Cream Day will be Sunday, July 19th. In the proclamation, President Reagan called for all people of the United States to observe these events with "appropriate ceremonies and activities."

So this year our seniors will be having an Ice Cream Bar at the Summer Picnic on July 22nd!! Please come and join us!! Tickets are on sale now!!!!

- Pam & staff

SUMMER PICNIC- Wednesday, July 22nd

Mr & Mrs Catering will be back with a full picnic menu with fresh grilling between 3pm-5pm and the Hastings with be playing live 4:30-6:30pm. The menu will include, hamburger, hot dogs, Italian sausage, with peppers & onions, macaroni salad, chef salad and soft drinks. The center will provide ice cream and toppings for dessert.



The general membership will provide wine and beer. Tickets are \$30 for members and \$35 for non members. A 50/50 and door prizes will also be enjoyed.

MOVIE MADNESS- Mike Woolford

Mike will be hosting movies every Friday morning at 10:00 am. Come and beat the heat! Pick a movie— group will decide—majority rules.

GENERAL MEMBERSHIP

The next General Membership meeting will be held on Wednesday, August 26th at 1pm. Please come and support your senior center. You must be a paid member to attend our General Membership meetings.

General Membership Officers

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

NIAGARA COUNTY NUTRITION

Sharon Lewis

Niagara County offers a lunch program at the center at 11:45am Monday, Tuesday, Wednesday, Thursday & Fridays The suggested donation for a lunch is \$4.00

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.



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.

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, July 15. 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, July 8th 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

EUCHRE 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 Red Hat Lady Bugs are gathering on Wednesday, July 1st at 1pm at the NT senior center. They will be enjoying a snack and a wonderful group activity. Any lady senior is welcome to join in.

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, July 6th.

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.

FOOD STAMP APPLICATION ASSISTANCE

Kristina Markey, SNAP Coordinator will be here on Monday, July 20th from 11:00am-noon to assist seniors with Food Stamp applications or recertifications. Kristina can also help with referrals for Medicare, Medicaid or home delivered meals through Feed More. You can walk in or make an appointment by calling her at 716-430-7300 .

CHESS CLUB –Salvador Incardona

For players or anyone who wants to learn how to play! Tuesday morning at 10am in the craft room all are welcome.

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

Classes for Tai Chi are taking place every Tuesday and Thursday at 10am. 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

SENIOR 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

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



CRAFT CORNER

“Windy Garden Mobile”- Kim Walaszek. - Monday, July 13th at 1pm. Register in advance, space is limited. Create your own wind mobile, with artificial flowers and a hoop to brighten up your porch or yard. Supplies will be provided. For a \$2 fee you can have fairy lights added to your project.

On 7/29/26 you can bring in your own rock and enjoy “Rock Painting at 1pm or work on Diamond Art with our left over inventory!! Supplies are limited!!

FREE HAIR CUTS

Free Hair Cuts will be available by Razor Edge Barber School on Wednesday, July 15th 1-4pm. Please call the office to make an appointment as soon as possible 716-695-8582. Tips are greatly appreciated.

SENIOR SOCIABLE BINGO

We play a “Sociable 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.

HERBAL WORKSHOP - Margaret Partridge

Thursday, July 16 - 1:30PM- \$10 per senior. You must register and pay in advance. This class is limited to 15 seniors. This class Marge will be concentrating on a relaxation tea and a pain tincture. If paying by check– please make check payable to Margaret Partridge.

ALZHEIMER’S ASSOCIATION

The Alzheimer’s Association will be here on July 8th at 1:00 pm for a seminar regarding Alzheimer’s disease and signs, symptoms and services available.

Time for questions will be at the END of the seminar!! Please call to register for this seminar at 716-695-8582. Any member is welcome to attend.

New Members: Cindy Kosmala, Jan Harrison, Judy Rath, Frederick Schweiger, Scott McIlhagga, Eileen McIlhagga, Colleen Koehn Cal Gillette, Mary Tabor, Karen Horrigan , Deb Ostwald and Donna Swiniuch

In Memorial: Paul Cook

**TICKETS ARE ON SALE NOW!! \$10 EACH !!
DON'T WAIT!!**

**IT'S THE BEST MEAT & BASKET RAFFLE
IN TOWN!!**

**TICKETS:
ADVANCE- \$10**

**NT SENIOR CENTER
MEAT & BASKET RAFFLE
SATURDAY, SEPTEMBER 12th**

**TICKETS :
DOOR: \$12**

DOORS OPEN AT 2PM—1st SPIN AT 3PM



Pizza & soda available



**50/50
Split**

**Basket raffle
\$5 per sheet
for 25 tickets**



**NT Senior Center
110 Goundry St.
N. Ton. 716-695-8582**



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Purchased
At
PELLICANO'S**

NT

Parks
&
Recreation

Easy Listening CONCERT SERIES

music everyone can appreciate

FREE OUTDOOR
CONCERTS ALONG
THE MIGHTY

Niagara River!



**JUNE
18**

Crash Cadillac

Mix of disco, classic rock,
and oldies favorites

**JUNE
25**

Kathy Carr & Friends

Playing easy listening hits from the
Great American Songbook featuring
popular songs and jazz standards

**JULY
2**

Formula Band

Playing popular hits with
some Italian flair!

**JULY
9**

Retrophonics

Popular hits from
Elvis to the Beatles

**JULY
16**

Silver Lining Jazz Band

5-piece jazz band (beloved jazz
standards, melodies and easy
listening favorites)

**JULY
30**

Clock Out Friday

5-piece classic rock band
(Beatles, Billy Joel, etc)

**AUG.
6**

Bob Meier and the Hitmen Horns

This 17-piece big band with the
area's top musicians put a "big band"
twist on your classic favorites

**AUG.
13**

Alex Rene Big Band

18-piece big band recreating the
sounds of the Golden Age of Big Bands.
Featuring the music of Glenn Miller,
Benny Goodman, Harry James and others

**AUG.
20**

Vinyl6

playing music hits of the 70's & 80's
along with one hit wonders!



**RAYMOND KLIMEK
VETERANS PARK
700 RIVER ROAD**



**THURSDAY EVENINGS
7:00 – 8:30PM**

**BRING
A CHAIR
& ENJOY
THE SHOW!**

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LEGISLATOR RAMOY BRADY
LEGISLATOR JESSE GOOCH



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ALL CONCERTS ARE FREE



www.ntparksrec.com



BEAUTIFUL MUSIC.
BEAUTIFUL SETTING.
EVERY THURSDAY.

JULY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs	2. 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo	3. HAPPY 4TH OF JULY 
6. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	7. 10:00 Chess 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards	8. 9-3 Veterans Assistance Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Alzheimer's Association Seminar	9. Day Trip 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo	10. 10:00 Movie Madness 11:45 Nutrition 1:00 Euchre 1:00 Rummikub computers & billiards
13. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament 1:00 Craft- Windy Garden Mobile	14. 10:00 Chess 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards	15. Attorney -by Appt -only Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1-4- Free Hair Cuts Razor Edge Barber School	16. 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo 1:30 Herbal Class Must be pre-paid— limit -15 -\$10	17. 10:00 Movie Madness 11:45 Nutrition 1:00 Euchre 1:00 Rummikub computers & billiards
20. 10:00 NT Senior Fitness 11:00 Food Stamp Help 11:45 Nutrition 1:00 Euchre Tournament	21. 10:00 Chess 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards	22. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 3-6:30pm- Summer Picnic- Celebration-	23. 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo	24. 10:00 Movie Madness 11:45 Nutrition 1:00 Euchre 1:00 Rummikub computers & billiards
27. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	28. 10:00 Chess 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards	29 Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00- Craft- Rock Painting - Bring your own Rock- this time!! Also any left over diamond art can be worked on!	30. 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo	31. 10:00 Movie Madness 11:45 Nutrition 1:00 Euchre 1:00 Rummikub computers & billiards

JULY 2026


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	Reservation deadline For August's End of Summer Picnic is July 24th!!	1. <u>4th of July Meal</u> Hot Dog Baked beans Confetti corn Whole wheat hot dog bun Strawberry short- cake	2. Ham salad sand- wich Macaroni salad Marinated tomato & cucumber salad 2 slices rye bread Mandarin oranges	3. HAPPY 4TH OF JULY 
6. Bone in pork chop Cheesy mashed Potatoes Glazed carrots Rye bread Cinnamon applesauce	7. Turkey burger su- preme with lettuce Tomato, onion, pickle Baked sweet potato, seasoned peas Wheat hamburger bun brownie	8. Italian sausage with Peppers & onions Potato salad Caesar salad Wheat hot dog bun banana	9. Broccoli & cheese strata O'Brien Potatoes Stewed tomatoes Wheat dinner roll Sliced Peaches	10. Turkey cobb salad Pea & pasta salad Biscuit Fresh honeydew melon
13. BBQ pork riblet 3 bean salad Italian vegetable blend Wheat hoagie roll Fresh cantaloupe	14. Julienne salad with ham and bleu cheese crumbles Two types potato sal- ad , muffin pineapple	15. Breaded chicken drumsticks Scalloped potatoes Broccoli salad Wheat dinner roll Fruited gelatin with whipped topping	16. Homemade Salis- bury steak w/ gravy Mashed potatoes Seasoned green beans, wheat bread Deluxe fruit cup	17. Hot dog w/chili sauce, Harvard beets California vegetable blend, wheat hot dog bun, fresh watermelon
20. Homemade Mac & Cheese Casserole Seasoned Broccoli Wheat bread Homemade apple crisp with whipped topping	21. Breakfast casserole w/ cheddar & sausage Pickled beets Garden salad Cinnamon raisin bread Fresh orange	22. Turkey & grape salad sandwich Chicken cannelloni soup w/ crackers Tomato & cucumber slices, 1/2 wheat pita Tropical fruit cup	23. BBQ pulled pork sandwich w/ pickle Chips, au gratin po- tatoes, coleslaw Wheat hamburger bun & apricots	24. Stuffed pepper with marinara sauce glazed carrots Italian Bread pineapple
27. Ham and Swiss cheese Sandwich with lettuce, tomato & onion Tri-color pasta salad Spinach salad 2 slices wheat bread banana	28. Chicken thighs with gravy, garlic mashed potatoes, seasoned Brussels sprouts Wheat dinner roll Sliced pears	29. Cheese tortellini w/ meatballs & marinara sauce, parslied Cauliflower Italian bread Sliced peaches	30. Baked homemade meatloaf w/ gravy Mashed sweet Potatoes, mixed vegetables, rye bread, fresh watermelon	31. Julienne salad with turkey & cheddar cheese, hearty vege- table soup w/ crack- ers, muffin Fresh cantaloupe