

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



SEPTEMBER

Pamela A Hogan MS
Recreation & Senior Center Coordinator

Sharon Lewis
Niagara County Nutrition

Senior Center Staff

Geralyn Goerss, Kim Walaszek
Marylee Karre, Donnette Plummer
Chrystal Manzare

Welcome September

New month, new chapter, new page and new wishes. May the month give you courage, strength, confidence, patience, self-love & inner peace. May everyday in September fill your days with Hope, love, sunshine and energy. Let there be Joy, Fun & laughter.



www.beautifulquotes.com

MOVIE MADNESS- Mike Woolford

Mike will be hosting a movie after the Red Hats on the first Wednesday of the month and the second Wednesday of the month, if nothing else is scheduled. Please check the calendar everyday for our events.

GENERAL MEMBERSHIP

The next General Membership meeting will be held on Wednesday, September 23rd at 1pm. Please come and support your senior center. You must be a paid member to attend our General Membership meetings.

NIAGARA COUNTY NUTRITION Sharon Lewis

Niagara County offers a lunch program at the center at 11:45am Monday through Friday. 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.

General Membership Officers

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

NEW!! INTRODUCTION TO SPAINSH **Mannie Ceglinski**

Every Tuesday September 8th through December 29th. (4 months) 11am-11:30am– You must commit to all of the classes! She will be teaching conversational Spanish. Learn basic Spanish, no difficult grammar. The class is free, but students must make a commitment to attend the whole four months. There has to be at least 10 students in order to have the class. Please sign up at the office.



NEW!! SENIOR YOGA **Erin Robinson**

Join us for a relaxing series of mindful movements through, stretch, yoga & breath each Friday morning. We will focus on bringing together balance & breath, all while having fun. Bring a yoga mat with you!

Friday mornings at 10:30-11:30am. Friday, September 18– Friday, October 16th. (no class on 9/25) North Tonawanda residents will pay \$20 and Non-Residents will pay \$28. You must register on line at www.NTParksrec.com or in person at the NT Recreation office located at 500 Wheatfield St. (DMV Building) suit #2) This class is limited to 12 due to space.

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, September 23rd. 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, September 9th 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 & 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 & bring a senior friend. Coffee & 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.

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. The next time the county will be here is Monday, October 5th.

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. * **Due to time constraints we no longer go to Aldi's**

FOOD STAMP APPLICATION ASSISTANCE

Kristina Markey, SNAP Coordinator can assist people with Food Stamp applications or recertifications. She can also help with referrals for Medicare, Medicaid or home delivered meals through Feed More. Kristina will be at our center on Monday, September 21st from 11am– 2pm and November 16th from 11am– 2pm.

CHESS CLUB -Salvatore Incardona

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

RED HAT LADY BUGS

Joan Dirmyer

The Red Hat Lady Bugs will be gathering on Wednesday, September 2nd at 1pm. All Red Hat Lady Bug members are welcome.

WISE WORDS FOR THE MONTH!

If it doesn't Open
It's not your Door!



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. This program is \$15 a month payable to the instructor directly.

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

DARE TO REPAIR 2026



The Dare To Repair volunteers will be at our center on Tuesday, September 15th from 4:30-7:30pm for an evening of repairing your household items for free.

You can register yourself and broken item at thetoollibrary.org/daretorepair

ANNIVERSARY DINNER DANCE

Wednesday, October 21st. Music by the Hastings Duo from 7:30-9:30pm. A full dinner buffet catered by Kevin's Catering. Tickets are \$30 for members and \$35 for non members. Please watch the Facebook page, and flyers at the senior center for more details.

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 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



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.

New Members: Kathleen Cowell, Sharon Sikora, Nestor Vaillancourt, Doug Heim, Deborah Ferguson, Don Montero, Bohdan Kowal, Susan Wilke, Michael Argertieri, John Carella, Lina Todd and Michelle Pilipick

IN MEMORIAL: Linda Pascucci

VOLUNTEER DINNER

The volunteer dinner is by invitation only, and will be held on Wednesday, September 30th. Doors will open at 4pm and dinner served at 4:30pm. Please reserve your spot by September 23rd.

**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

DOORS OPEN AT 2PM—1st SPIN AT 3PM

TICKETS :

DOOR: \$12

50/50

Split



Pizza & soda available



Basket raffle

\$5 per sheet

for 25 tickets



NT Senior Center

110 Goundry St.

N. Ton. 716-695-8582



All Meat

Purchased

At

PELLICANO'S

FALL ADULT RECREATION ACTIVITIES

If you are interested you can register on line at www.NTParksrec.com or in person at the NT Recreation Office located at 500 Wheatfield Street. The office is open Monday– Friday 8:30am-4:30pm

GENTLE FLOW YOGA: **Erin Robinson** will be our instructor again at Ohio School on Monday nights at 6pm.-7pm This fall session will run starting Monday, September 14th—Monday December 21st. A total of 14 classes \$70 for NT residents and \$95 for non-residents. Please bring a yoga mat, block and water.

ZUMBA: **Holly Hue** will be our instructor at Before and After Gym (525 Wheatfield St) at 6pm-7pm. Classes will be held on Tuesday nights starting on Tuesday, September 8th-Tuesday, December 15th. A total of 15 classes for \$75 NT residents- \$105 for non-residents. Please wear comfortable sneakers and bring water bottle.

PILATES: **Terrie D’Andreamatteo** will be our instructor for Pilates on Wednesday evenings at Ohio School at 7-8pm. This fall session will run starting Wednesday, September 9th—Tuesday, December 23rd. (no class on 11/11, 11/25, & 12/9) The total number of classes is 13 for this session. NT residents will pay \$65 & Non-residents will pay \$91.00, Please bring water, hand weights and a mat to class.

BOOTCAMP: **Holly Hue** will be our instructor for Boot Camp. Boot Camp will take place on Thursday evenings at 6pm –7pm at the Before & After Gym (located at 525 Wheatfield St). The classes will begin on Thursday, September 10th and run through Thursday, December 17th. There is a total of 14 classes for this session. NT residents will pay \$70 and Non Residents will pay & \$98

HALL WALKING: Too cold to walk outside? Walk indoors at the NT Intermediate School! Mid September—Mid May for only \$10. NT residents or non residents. The walking program starts Monday, September 14th and runs through to Friday, May 14th. The program is closed whenever the school is closed. See flyer and website for the list of nights.

RECIPE CORNER

APPLE OATMEAL MUFFINS



Ingredients:

Non-stick cooking spray	1/4 cup sugar
1/2 cup milk, non-fat recommended	1 teaspoon cinnamon
1/3 cup unsweetened applesauce or 1 egg	1 apple, core removed and chopped.
1/2 cup all purpose flour or whole wheat flour	1/2 tablespoon baking powder
1/2 cup quick-cooking oats	

Directions:

Preheat the oven to 400 degrees
Spray muffin tin with non-stick cooking spray
In a large bowl, stir milk and applesauce or egg together
Add flour, oats, sugar, baking powder and cinnamon. Mix to combine
Gently stir in the chopped apples
Spoon batter evenly into the muffin wells
Bake for 15-20 minutes or when toothpick inserted in the center of the muffin comes out clean.

SEPTEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1. 10:00 Chess 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards	2. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00— Red Hatter Lady Bugs Movie—following	3. 10:00 Tai Chi 11:45 Nutrition 11:30 Sociable Bingo	4. 11:45 Nutrition 1:00 Euchre 1:00 Rummikub computers & billiards
7. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	8 10:00 Chess 10:00 Tai Chi 11:00 Spanish 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards	9 9-3 Veterans Help Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition	10 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo	11 11:45 Nutrition 1:00 Euchre 1:00 Rummikub computers & billiards
14 10:00 NT Senior Fitness 11:00 Food Stamp Help 11:45 Nutrition 1:00 Euchre Tournament	15 10:00 Chess 10:00 Tai Chi 11:00 Spanish 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong Dare to Repair 4:30-7:30pm	16 Grocery Shopping 10:00 NT Senior Fitness 11-12 Lawyer—(by appoint -only) 11:45 Nutrition 2:00 Movie Madness -	17 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo	18 10:30 Senior Yoga 11:45 Nutrition 1:00 Euchre 1:00 Rummikub computers & billiards
21. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	22. 10:00 Chess 10:00 Tai Chi 11:00 Spanish 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards	23. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Membership Meeting	24. 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo	25. 10:30 Senior Yoga 11:45 Nutrition 1:00 Euchre 1:00 Rummikub computers & billiards
28. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	29. 10:00 Chess 10:00 Tai Chi 11:00 Spanish 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards	30. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition Volunteer appreciation Dinner 4pm. Invitation Only	MEAT & BASKET RAFFLE— SAT. SEPTEMBER 12TH! DOORS OPEN AT 2PM FIRST SPIN AT 3PM TICKETS : \$10 \$12 AT THE DOOR	

SEPTEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1.. Turkey & Cheese with pickles in 1/2 wheat pita hearty vegetable soup tomatoes & zucchini, min bananas	2.. Breakfast casserole with cheddar & sausage O'Brien potatoes, pickled beets, whole grain English muffin & fresh watermelon	3.. Homemade mac and cheese casserole, stewed tomatoes, wheat bread, mandarin oranges	4.. BBQ pulled pork sandwich with pickle spear, baked beans, California vegetable blend, wheat hamburger bun, deluxe fruit cup
7.. Labor Day No meals- The center is closed	8.. Turkey Ala King over Brown rice Seasoned spinach with Tomatoes, whole grain cinnamon, graham fresh grapes 4oz orange juice	9.. Baked homemade meatloaf with gravy Mashed potatoes Cauliflower with red pepper Buttermilk biscuit apricots	10.. Chicken leg with gravy, sweet potato wedges, confetti corn, whole grain banana muffin, fresh honeydew melon	11.. Ham and Swiss cheese sandwich Seasoned peas and carrots, 2 slices wheat bread, fresh orange
14.. BBQ chicken thigh Au Gratin Potatoes Seasoned brussels sprouts Whole grain corn muffin Slice peaches	15.. Breaded chicken patty sandwich, glazed carrots, wheat hamburger bun, tropical fruit cup	16.. Polish sausage with peppers and onions Bavarian sauerkraut Wheat hot dog bun Fresh cantaloupe	17.. Beef fritter sandwich with gravy Tomato Florentine soup, seasoned wax beans, 2 slices multigrain bread, mini bananas	18.. Roast pork with Gravy, baked sweet potato seasoned green beans Buttermilk biscuit applesauce
21.. Stuffed cabbage roll casserole Garlic mashed potatoes Seasoned broccoli Wheat bread Fresh watermelon	22.. Meatball sub with tomato sauce and mozzarella, sweet potato wedges, confetti corn Wheat hoagie roll pineapple	23.. Greek seasoned chicken breast with feta Greek seasoned rice Seasoned peas Wheat dinner roll Deluxe fruit cup	24.. Mushroom Swiss turkey burger Italian vegetable blend Wheat hamburger bun, mandarin oranges, 4oz apple juice	25.. Chicken stew Parslied cauliflower Whole grain corn muffin Fresh grapes
28.. Sliced turkey breast with gravy Mashed squash Seasoned green beans Buttermilk biscuit Fresh honeydew melon	29.. Broccoli and cheese Strata Harvard beets Mixed vegetables Multigrain bread Fresh orange	30.. Turkey burger with cheese and pickle chips Potato wedges Seasoned brussels sprouts Wheat hamburger bun Tropical fruit cup		