

NORTH TONAWANDA

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



OCTOBER

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

AUTUMN

The crisp, spicy, jewel-toned breath
Between the dancing heat rays of summer
And the frigid Iceland of winter.
Enjoy each crackling leaf,
Each crunchy apple,
Each display of nature's canvas
Painted in rich hues of goldenrod,
Umber and persimmon

Happy Autumn!



MOVIE MADNESS- Mike Woolford

Mike will be hosting a movie after the Red Hats on the first Wednesday of the month around 2pm.

GENERAL MEMBERSHIP

The next General Membership meeting will be held on Wednesday, October 28th 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

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 9th. 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

SENIOR ZUMBA* New Annie Taylor

Join us for a New Senior Zumba Class!!! The classes will be held at 10am-11am at the NT Senior Center. You must register on line at www.NTParksrec.com or in person at the NT Recreation office located at 500 Wheatfield St. The class will be on Friday mornings October 23rd— November 13th—\$20 for NT residents and \$28 for non-residents. Please bring good sneakers, water & a towel with you!

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, October 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

VETERAN SERVICES

Doug Kolata

Niagara County Veterans Service representative will be at our senior center on Wednesday, October 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.

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 TOURNAMENT

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.

CHESS CLUB -Salvatore Incardona

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

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 November 16th from 11am– 2pm.

RED HAT LADY BUGS

Joan Dirmyer

The Red Hat Lady Bugs will be gathering on Wednesday, October 7th at 1pm. A movie will play afterwards; if time permits. All Red Hat Lady Bug members are welcome and new ones too!

Life's Lesson

What's done is done, what's gone is gone,
One of the best life's lessons is learning how to let go and move on.

It's okay to look back at you memories, but never let the past stop you from moving forward.



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

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.

The menu will include Italian sausage, roasted chicken, roasted red potatoes, pasta salad, rolls & butter, coffee, tea and wine served with dinner. After dinner there will be an ice cream bar too! Thank you Mike Woolford for chairing this event

BUFFALO BILLS GAME & TAILGATE PARTY

We will be watching the Buffalo Bills on Sunday, October 18th. – Game at 4pm & Tail Gate Party starts at 1pm. Sign up at the office. Bring your own drinks and bring a dish to pass.! Register at the senior center of-
fice!!



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



MAHJONG—Mary Lee Karre

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

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: Robert Tencordo, Michael Argentieri, Arthur Walker, Eloise Vester, Tina Jordan, Jay Karacella, Diana Chojnowski, Teresa Cochran, Lori Rivers, Jean Rachlin, Paul Castle, Timothy Schmigiel, James Brown, Donna Stallone & Tabatha McNab-Gibert

IN MEMORIAL:

Upcoming events:

Veterans Breakfast -11/11/26
Medicare— 11/20/26
Winter Walk—12/5/26
Dinner & Theatre— 12/15/26



VETERAN'S DAY BREAKFAST

NOVEMBER 11, 2026 9AM

Doors open at 8:30am
Program starts at 9am
Breakfast Follows.

Registration starts on October 1st. You can register by calling the senior center at 716-695-8582. Veterans are FREE and guest of a veteran is \$5 payable at the door. We are collecting items for goody bags for the veterans so please feel free to donate. We are accepted new items only, socks, shampoo, bags of chips, cookies, gum, playing cards, gift cards, Kleenex etc. The program will begin at 9am and will finish about 9:45am. Breakfast will follow. Breakfast will include: scrambled eggs, sausage, fresh fruit, coffee cake, Danish, coffee, tea & juice. The last day to call to reserve a breakfast will be Friday, November 6th.

RECIPE CORNER

BUTTERNUT SQUASH CASSEROLE



Yields: 8-10 servings Prep Time: 25 mins Total time: 1 hr 20 mins

1. Preheat the oven to 400 degrees. In a 13 by 9 inch baking dish, toss together the butternut squash, parsnips, olive oil, sage, 2 teaspoons salt, 1 teaspoon pepper, and thyme. Bake until the squash and parsnips are tender, 1 hour to 1 hour and 20 mins, stirring every 20 minutes.
2. Meanwhile, cook the bacon in a large skillet over medium heat, turning occasionally, until crisp, 10 to 12 minutes. Transfer the bacon to a paper towel-lined plate. Let stand until cool enough to handle, then crumble into large pieces.
3. Add the onion to the bacon drippings and cook over medium, stirring until softened. Add 2 cups of chopped kale or spinach and stir until wilted and remove from heat.
4. Add the kale/spinach mixture and bacon to the butternut squash mixture in the baking dish. Gently mix together and spread into an even layer. Sprinkle with the cheese.
5. Bake until the cheese is melted, about 5 minutes. Sprinkle with almonds and garnish with sage and thyme leaves.

Ingredients

2 1/2 lb—peeled & chopped butternut squash
3 medium parsnips peeled and chopped
3 tbsp. olive oil
1 tbsp. chopped fresh sage leaves

2 1/2 tsp salt & pepper 1/4 cup almond
6 slices of bacon
2 onions sliced
1 cup shredded gruyere or Swiss

OCTOBER

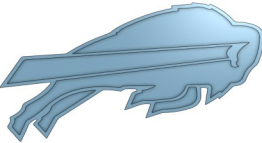
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY, OCT. 18 	Buffalo Bills Game & tail gate party! Game at 4pm tail gate party at 1pm—bring your own spirits and dish to pass! Sign up at the office.		1. 10:00 Tai Chi 11:45 Nutrition 11:30 Sociable Bingo	2. 10:30 Yoga 11:45 Nutrition 1:00 Euchre 1:00 Rummikub computers & billiards
5. 10:00 NT Senior Fitness 10-1 Information & Referral 11:45 Nutrition 1:00 Euchre Tournament	6. 10:00 Chess 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards	7. 1:00 Red Hat Lady Bugs 2:00 Movie Madness Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition	8. 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo	9. 10:30 Yoga 11:45 Nutrition 1:00 Euchre 1:00 Rummikub computers & billiards
12. Columbus Day Center is closed	13. 10:00 Chess 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong	14. 9-3 Veterans Help Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00– Craft– Fall—Diamond Art projects -	15. 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo	16. 10:30 Yoga 11:45 Nutrition 1:00 Euchre 1:00 Rummikub computers & billiards
19. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	20. 10:00 Chess 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards	21. Grocery Shopping 10:00 NT Senior Fitness 11-12 Lawyer— (by appoint-only) 11:45 Nutrition 5-9:30– Anniversary Dinner Dance	22. 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo	23. 10:00 Zumba 11:45 Nutrition 1:00 Euchre 1:00 Rummikub computers & billiards
26. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	27. 10:00 Chess 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards	28, Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Membership Meeting	29 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo	30. 10:00 Zumba 11:45 Nutrition 1:00 Euchre 1:00 Rummikub computers & billiards

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			1. Turkey chili con carne with goldfish crackers Seasoned peas Corned muffin Fresh watermelon	2. Penne & meatballs With tomato sauce Seasoned carrots Wheat bread Mini bananas Parmesan cheese
5. Beef stroganoff over rotini noodles California vegetable blend Multigrain bread Fresh grapes	6. Meat lasagna Italian vegetable blend Apple cinnamon muffin Sliced pears 4oz grape juice Parmesan cheese	7. Breaded chicken drumstick Potato salad Seasoned cauliflower Buttermilk biscuit Fresh cantaloupe	8. Homemade Salisbury steak w/ gravy Scalloped potatoes Seasoned green beans Wheat dinner roll pineapple	9. Center cut pork chop Baked sweet potato Bavarian kraut Corn muffin Cinnamon applesauce
12. Columbus Day No Meals Served Center Closed	13. Homemade Mac & Cheese casserole Stewed tomatoes Stewed tomatoes Seasoned peas Nature valley cinnamon crisps Sliced peaches	14. Stuffed pepper casserole Fresh spinach salad Wheat dinner roll Fresh grapes 4oz apple juice	15. Sweet & sour pork Seasoned brown rice Stir fry vegetable blend Wheat bread Mini bananas	16. Breakfast casserole with cheddar and Sausage O'Brien Potatoes Seasoned green beans English muffin Fresh orange juice
19. BBQ chicken thigh Garlic mashed potatoes Spinach and tomatoes Buttermilk biscuit Cinnamon sliced pears	20 Spaghetti & meatballs with tomato sauce Garden salad Multigrain bread Mandarin oranges Parmesan cheese	21. Sliced baked ham Scalloped potatoes Seasoned brussels sprouts Blueberry muffins Sliced peaches	22. Baked homemade meatloaf with gravy Baked sweet potato Confetti corn Wheat dinner roll Fresh honeydew melon cinnamon graham	23. Turkey ala king over brown rice Mixed vegetables Wheat bread Deluxe fruit cup 4 oz orange juice
26. Chicken breast sandwich with lettuce, tomato & onion Minestrone soup Seasoned broccoli Wheat hamburger bun apricots	27. Chicken stew with goldfish crackers Season peas & carrots Wheat dinner roll Fresh watermelon	28. Goulash Italian vegetable blend Nature valley cinnamon crisps and tropical Fruit cup	29. Egg and broccoli frittata Pickled beets tomatoes & zucchini English muffin Fresh cantaloupe	30. Roast pork w/ Au Jus Au Gratin potatoes Caesar salad Whole grain banana muffin Mandarin oranges