

NORTH TONAWANDA

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



NOVEMBER

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

ART OF BEING GRATEFUL



Being grateful is a practice of recognizing the goodness in life and appreciating both the big & small moments, which can transform your mindset and overall well-being.

Gratitude is more than saying “thank you”, it is a state of mind & a moral disposition that involves acknowledging the goodness in your life and recognizing that this goodness often comes from sources beyond yourself, such as other people, nature, or a higher power. Psychologically, gratitude enhances well-being by fostering positive emotions, reducing stress, & promoting resilience. It can be both a trait (a long term disposition) and a state (a momentary feeling of thankfulness).

Benefits of Practicing Gratitude:

Regularly practicing gratitude can improve mental health and life satisfaction by shifting focus from what is lacking to what is abundant
Strengthen relationships through appreciation and acknowledgment of others.

Increase emotional resilience, helping you cope with difficult situations.

Encourage a more positive outlook, even during challenging times.

Source—PositivePsychology.com

Niagara County Office for Aging Presents- Fall Open Enrollment Event-

Fri, November 20th—9:30-11:30am
NT Senior Center 110 Goundry St. Representative from EPIC, Blue Cross Blue Shield, Independent Health, United Health Care, Aetna & Excellus. **Please come and shop for your new 2027 Medicare Health plans.**

General Membership Officers

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

GENERAL MEMBERSHIP

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

Enjoy Your Turkey Safely

To safely handle, thaw, cook and store a turkey, follow the official guidelines from the US Dept. of Agriculture and the Center for Disease Control.



Safe Thawing: Refrigerator method: keep the turkey in its original wrapper & place it on a tray on the bottom shelf. Allow about 24 hours for 4 to 5 pounds of turkey.

Cold water method: submerge the wrapped turkey in cold tap water, changing the water every 30 minutes. Cook immediately after it thaws.

Do not thaw on the counter: never leave a turkey at room temperature, as bacteria grow rapidly in the “danger zone.”

Do not wash the turkey: rinsing raw poultry can splash bacteria up to 3 feet across your sink, counters and other food.

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, November 25th. 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, December 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 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, November 2nd.**

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

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, November 4th at 1pm. All Red Hat Lady Bug members are welcome and new ones too!

MOVIE MADNESS- Mike Woolford

Mike will be hosting a movie on Wednesday, November 18th at 2pm. Come and enjoy the show! **You are welcome to bring your own drink & snacks!**

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.

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, December 4, 11, 18 & January 8th. North Tonawanda residents will pay \$20 and Non-Residents will pay \$28. You must register online at www.NTParksrec.com or in person at the NT Recreation office located at 500 Wheatfield St

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 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 online 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!

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 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 St. NT

Please make checks payable to the N T Senior Center. You can also pay online at www.NTParksrec.com with a major credit card

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.

FALL DRIVING

Road Conditions & Hazards

- Watch for slick foliage: Wet, fallen leaves act like ice on the road; slow down when driving through leafy areas
- Beware of black ice: look out for invisible black ice in shaded spots, bridges and overpasses, especially during morning commutes when temperatures drop near freezing
- Increase following distance: Extend your following distance to 6 to 8 seconds on wet or slick surfaces to allow extra stopping time.
- Avoid cruise control: Turn off cruise control on wet, icy or leaf-covered roads so you maintain complete control of your throttle

Wildlife & Traffic

- Watch for Deer: Fall is deer mating season; animal activity peaks around dawn and dusk.
- Give Snow Plows room: slow down & stay well back if you encounter snow plows on the road.
- * Plan for Holiday Traffic: Build extra buffer time into your schedule as pre-holiday travel volume increases.



In the Community...

The American Legion Post 264 Band will be playing on Sunday, October 8th at 7:30pm at Cardinal O'Hara. You can purchase your tickets in advance at the Mid City Opticians or the Walker Bros. Jewelers for \$13 or at the door for \$15. Veterans will only be charged \$5.

WINTER WALK at NT SENIOR CENTER Saturday, December 5th

We will be apart of the Down town annual Winter Walk this year. We will be having our usual Santa's Work Shop for kids, free gift wrapping, Red Hat Lady Bug bake good sale, visit from Santa, free hot chocolate, cookies, (while supplies last), and a vendor sale.

In addition, we will also offer a free kids craft table and outside will be a S'Mores Station– supplied and staffed by WANT (Women Aligned for NT). The time is TBA (but most likely around 1-5pm or 2-5pm)

WNY IMPROV THEATRE & POTLUCK

The NT Senior Center is hosting a Potluck & a Live Theater Night, on Tuesday, December 15th. At 4:30pm. Tickets are \$10 and you must bring a dish to pass. You must register your dish to pass when you buy your ticket.

The Pot Luck will start at 4:30pm before the play. The play will start at 6:30. The play is being performed by WNY Improv. The play is the one the general membership choose at their last meeting called "Murder at Dinner Theater" This is an live play with audience interaction, victim mob connected club owner, suspects director, egotistical actor, his very talented wife, man she is having an affair with, naïve new actor set in the 1960's. Tickets are on sale now until Friday, December 11th.

New Members: Tabitha McNab-Gilbert, Linda Reszetucha, Lenda Weaver, Lynn Shaffer, Vicki Bogdan, Donna Stallone, Janice Lasky, Carol Doyle, Andrew Majerich, Teri Titman, Sharon Guariglia, Kathy Snedden, George Snedden, Deanna Boehn, Ralph Boehm, Mike Belz, Elaine Dicky

IN MEMORIAL: Vince Dell'Isola and Deb Oswald,

VETERAN'S DAY BREAKFAST

NOVEMBER 11, 2026 9AM

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

Last day to register is Wednesday, November 4th. 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 & will finish about 9:45am. Breakfast will follow. Breakfast will include: scrabbled eggs, sausage, fresh fruit, coffee cake, Danish , coffee, tea & juice.

RECIPE CORNER: Cranberry Stuffing

Ingredients:

1 pound boule cut into cubes
6 tablespoons of butter divided
plus more for baking dish
2 apples, cored and chopped
2 celery stalks, thinly sliced
2 medium onions, chopped
Kosher salt, pepper to taste
1/2 tbsp freshly chopped sage
1/2 tbsp freshly chopped parsley
1 cup dried cranberries
2 1/2 cups low-sodium vegetable broth

Directions:

1. Spread bread onto a baking sheet and leave uncovered overnight to dry out. (Alternately, bake at 200 degrees for 20 minutes.)
2. Preheat oven to 350 degrees. Butter a large baking dish.
- 3.. In a large skillet over medium heat, melt 3 tablespoons butter. Add apple, celery, & onion & cook until soft & fragrant, 8 minutes. Stir in rosemary, sage & thyme & cook until fragrant, Season with salt & pepper. Stir in remixing 3 tablespoons butter & parsley
4. Place bread & cranberries in a large bowl & add onion mixture & vegetable broth
5. Transfer mixture to prepared baking dish & cover with fol. Bake until cooked through , 45 minutes, then remove foil and cook until golden , about 15 minutes more.

NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2. 10:00 NT Senior Fitness 10-1 Information & Referral 11:45 Nutrition 1:00 Euchre Tournament	3. 10:00 Chess 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards	4. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs	5. 10:00 Tai Chi 11:45 Nutrition 11:30 Sociable Bingo	6. 10:30 Zumba 11:45 Nutrition 1:00 Euchre 1:00 Rummikub computers & billiards
9. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	10. 10:00 Chess 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards	11. Veterans Day Breakfast Pre– registration only by 11/4/26 	12. 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo	13. 10:30 Zumba 11:45 Nutrition 1:00 Euchre 1:00 Rummikub computers & billiards
16. 10:00 NT Senior Fitness 11am-2pm Food Stamp Application Assistance 11:45 Nutrition 1:00 Euchre Tournament	17. 10:00 Chess 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards	18. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00– Craft Candle making in craft room 2:00 movie in main room	19. 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo	20. 9:30-11:30 Medicare Open Enrollment Event 11:45 Nutrition 1:00 Euchre 1:00 Rummikub computers & billiards
23. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	24. 10:00 Chess 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards	25. Grocery Shopping 10:00 NT Senior Fitness 11-12 Lawyer— (by appoint-only) 11:45 Nutrition 1:00 General Membership	26. Happy Thanksgiving 	27. Center Closed For Thanksgiving Holiday 
30. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament				

NOVEMBER

MONDAY

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FRIDAY

2. Spaghetti & meatballs with tomato sauce California vegetable blend, wheat bread pineapple	3. Ham salad sandwich Two-type potato salad Garden salad 2 slices multigrain bread Fresh orange	4. Greek seasoned chicken breast with feta cheese Whole Greek potatoes Seasoned green beans 1/2 wheat pita Deluxe fruit cup	5/ Mexican black bean taco with mango salsa, cilantro lime rice, wheat tortilla Mini bananas Sour cream	6. Chicken stew with goldfish crackers Glazed carrots Wheat dinner roll applesauce
9. Polish sausage Bavarian sauerkraut Seasoned peas Wheat hot dog bun Sliced peaches 4oz orange juice	10. Turkey chili con carne with goldfish crackers Seasoned broccoli Wheat dinner roll apricots	11. No Lunch Served Veteran's Day Honoring All Who Served 	12. Beef Stew Cauliflower with bell pepper Whole grain butter-milk biscuit Cinnamon pears	13. Homemade Salisbury steak with gravy Sweet potato wedges Seasoned green beans Whole grain croissant Fruit cocktail
16. Homemade mac & cheese casserole Stewed tomatoes Seasoned broccoli Nature valley cinnamon crisps and cinnamon applesauce	17. Breaded chicken Drumstick Garlic mashed Potatoes Sicilian vegetable blend, whole grain banana muffin Mini banana 4oz apple juice	18. <u>Thanksgiving Meal</u> Roast Turkey Breast Mashed potatoes with gravy, baked squash Stuffing, cranberry sauce, dinner roll Pumpkin pie with whipped topping	19. Center cut pork chop Baked sweet potato Mixed vegetables Whole grain blueberry biscuit Sliced peaches	20. Turkey Burger Supreme with lettuce, tomato, onion Italian pasta salad Hearty vegetable soup, wheat hamburger bun Tropical fruit cup
23. Seasoned brown rice Stir-fry vegetable blend Whole grain apple cinnamon muffin Sliced pears 4oz grape juice	24. Stuffed pepper casserole Seasoned carrots Nature valley cinnamon crisps Fresh orange	25. Beef lasagna with Tomato sauce Seasoned spinach and tomatoes Multigrain bread Heavenly hash	26. HAPPY THANKSGIVING 	27. CENTER CLOSED NO MEALS SERVED TODAY
30. Turkey & Cheese sub with pickles Broccoli & cheddar soup, Caesar salad Wheat hoagie roll Mandarin oranges				