NORTH TONAWANDA

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

Find us on Facebook

DECEMBER 2026

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Sharon Lewis
Niagara County Nutrition

Senior Center Staff

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Chrystal Manzare

The Gingerbread Man



Gingerbread dates from the 15th century and figurative biscuit-making was practiced in the 16th century. The first documented instance of figure-shaped gingerbread biscuits was at the court of Elizabeth I of England.

She had the gingerbread figures made and presented in the likeness of some of her important guests, who enjoyed the human shape of the gingerbread cookies.

Gingerbread was long associated with fairs and festivals, and by the 19th century was connected to Christmas. In the British Victorian royal household, gingerbread was given to children and the dog. A type of gingerbread called Pepper Cake was popular at Christmas in West Riding, Yorkshire.

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, December 7th.**

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**

GENERAL MEMBERSHIP

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

WINTER WALK - Saturday, December 5th



We will be apart of the Downtown 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 for everything is 1-4pm. The Recreation Department is also offering a shuttle service to and from the center and Webster Street for the public. We are in need of cup cakes, cake or cookie donations!! For the families who come! Please just drop off Friday afternoon on December 4th.

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, December 16th. 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.

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 January 18th 11am– 2pm.

RED HAT LADY BUGS- Joan Dirmyer

The Red Hat Lady Bugs will be gathering on Wednesday, December 2nd at 1pm. All Red Hat Lady Bug members are welcome and new ones too!

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 on line at www.NTParksrec.com or in person at the NT Recreation office located at 500Wheatfield Street

CRAFT CORNER

The December craft will be Christmas wreaths. We have two types of wreaths; grapevine or traditional pine. You will be able to decorate it with different types of ribbon, picks, flowers, and other holiday items. Supplies are limited, call the office at 716-695-8582 to reserve or spot.- $5 each.

The craft corner days are Monday, December 7th at 1pm or Wednesday, December 9th at 1pm. One wreath per person.



TAI CHI- Manuela Ceglinski

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

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

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.

MAHJONG—Mary Lee Karre

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

NEW YEAR'S EVE & HAPPY NEW COMMUNITY BUILDING PARTY!

The North Tonawanda General Membership will be bringing in the New Year with a party and celebration! Please call the office or sign up in person at the office! This event will take place on WEDNESDAY, DECEMBER 30TH AT 1PM!



Please bring a appetizer or finger food to pass and your own adult beverage. Lets celebrate the New Year & new building with our friends and love ones!

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

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.

New Members: Marie Hewett, Connie Good, John Good, Debbie Suarez, Margo Wass, Gilda Wrazin, Rosalie Oliverio, Charlene Burkhardt, Linda Volmrich, Linda Grzebielucha, Robert Welch, Nancy Klepp, Kurt Klepp, Joann Baumgarder, Angela Esposito, Peggy Gentzke, Lorraine Campbell

IN MEMORIAL: Connie Streck, Michael Scholl, Judith Zastrow

END OF 2026 QUOTE

"Define success on your own terms,
achieve it by your own rules,
and build a life
You're proud to live"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Don't forget the Winter Walk & Santa's Workshop on Saturday, December 5th 1-4pm!! Donations of Cookies Needed!!!	1. 10:00 Chess 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong	2. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition **1:00 Red Hat Lady Bugs**	3. 10:00 Tai Chi 11:45 Nutrition 11:30 Sociable Bingo	4. 10:30 Yoga 11:45 Nutrition 1:00 Euchre 1:00 Rummikub *set up Winter Walk Volunteers welcome
7. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament 1:00 craft corner	8. 10:00 Chess 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong	9. Grocery Shopping 9:00 Veteran Services 10:00 NT Senior Fitness 11:45 Nutrition 1:00 craft corner	10. 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo	11. 10:30 Yoga 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
14. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	15. 10:00 Chess 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong	16. Grocery Shopping 10:00 NT Senior Fitness 11-12 Lawyer— (by appoint-only) 11:45 Nutrition	17. 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo	18. 10:30 Yoga 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
21. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	22. 10:00 Chess 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong	23. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Membership	24. 10:00 Tai Chi 11:45 Nutrition CENTER CLOSES IMMEDICATELY FOLLOWING LUNCH! 	25. CLOSED FOR CHRISTMAS! 
28. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament	29. 10:00 Chess 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong	30. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 New Year's Eve & New Building Party!! 	31. 10:00 Tai Chi 11:45 Nutrition CENTER CLOSES IMMEDICATELY FOLLOWING LUNCH! 	

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Chicken Thighs with gravy Baked sweet potato Seasoned green beans Stuffing Cinnamon sliced pears	2. Penne and meatballs with tomato sauce California vegetable blend Wheat dinner roll Mini banana 4 oz orange juice	3. Baked homemade meatloaf with gravy Mashed potatoes Seasoned peas Whole grain banana Muffin Sliced peaches	4. Turkey ala king over brown rice Pickled beets Seasoned carrots Whole grain buttermilk biscuit Deluxe fruit cup
7. Beef stew with goldfish Crackers Seasoned Italian vegetable blend Multigrain bread pineapple	8. Goulash Garden salad Wheat dinner roll Fruit cocktail 4 oz apple juic	9. Egg & broccoli frittata Stewed tomatoes Whole grain English muffin Tropical fruit cup 4 oz v8 juice	10. Roast pork Au jus Scalloped potatoes Garlic spinach with tomatoes Whole grain blueberry biscuit applesauce	11. Chicken patty with lettuce, tomato, onion, chicken cannelloni soup cauliflower with bell pepper, wheat hamburger bun, fresh orange
14. Greek seasoned chicken breast with feta Greek seasoned brown rice Fresh spinach salad Wheat bread Mini bananas	15. Beef fritter with lettuce, tomato, onion Pepper pot soup Seasoned broccoli Pretzel bun Deluxe frit cup	16. **Christmas Meal** Chicken breast stuffed with broccoli Twice baked potatoes Prince Edward vegetables, whole wheat dinner roll & cheesecake	17. Tuna salad sandwich with lettuce, tomato, onion Au Gration potatoes mixed vegetables 2 Slices multigrain bread & mandarin oranges	18. Spaghetti with meatballs and tomato sauce, Caesar salad Wheat dinner roll Pineapple 4oz grape juice
21 Mexican black bean bowl with mango salsa Cilantro lime rice Wheat tortilla Tropical fruit cup	22 Bone in pork chop Mashed sweet potatoes Bavarian sauerkraut Whole grain blueberry biscuit Cinnamon applesauce	23 Turkey burger supreme with lettuce, tomato, onion, baked beans Seasoned carrots, wheat hamburger bun Fresh orange	24 Sliced turkey breast with gravy Garlic mashed potatoes Seasoned peas Stuffing Sliced peaches	25 Merry Christmas No meals served
28 Turkey chili con carne with goldfish crackers Parslied cauliflower Buttermilk biscuit Apricots 4oz orange juice	29 Homemade Salisbury Steak with gravy Fresh spinach salad Seasoned green beans Whole grain blueberry muffin, mini bananas	30 Smashed chickpea salad Sandwich Tomato Florentine soup Garden salad 2 slices multigrain bread, heavenly hash 4oz apple juice	31 Beef lasagna with tomato sauce Seasoned brussels spouts , wheat bread mandarin oranges	