

**NORTH TONAWANDA  
SENIOR CITIZEN CENTER**

110 Goundry Street North Tonawanda, NY 14120  
Telephone: 695-8582—Fax: 695-8530  
[www.NTParksrec.com](http://www.NTParksrec.com) 8:30am-4:30pm

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Return Service Requested

Pamela A. Hogan M.S.  
Recreation & Senior Coordinator

**SEPTEMBER 2020**



To everyone: I hope this finds you well! Since the pandemic started this is the first time I've been able to put anything in print. In October I will have a regular newsletter in print and mailed out to all of our members. Right now all of our office staff is laid off except for myself and one Driver remains. My office staff is coming back November 2nd which I hope is when more of our programs can open up too! We will have to change our programs to fit the "new norm".

During the summer I added a Little Library out in the main circle which I hope some of you have taken advantage of along with our Little Food Pantry. I also have started a Facebook Page which many of you have also found. I also continue to keep some of our information on the Recreation Department's webpage [NTParksrec.com](http://NTParksrec.com). But I am looking forward to having our monthly newsletter up and running in October.

Right now you may only enter the building if you have an appointment. If you need an appointment please call me at 695-8582.—

**NIAGARA COUNTY NUTRITION**

Sharon Lewis, Nutrition Site Director



Niagara County offers a lunch program at the center at 11:45am Monday-Friday. The suggested donation for a lunch is \$3.25. One WEEK notice is now required.

Roundtrip transportation is also available. **Please call 694-2105 for making or canceling a reservation. Monday-Friday 10am-12:30pm.**

**NIAGARA COUNTY INFORMATION  
& REFERRAL PROGRAM**

Victoria Casicia

The representative from the Niagara County Office for Aging will be available by appointment only. Please call Victoria at 438-4014. Victoria can help any senior with insurance, Medicare, HEAP, and other applications or referrals.

**UNIVERA**

For information or an appointment with Michelle Hrichan please call 572-8315 and she will meet you at the center.

**Words of Wisdom**

***Tough times never last  
But tough people do***



*-Dr. Robert Schuller*

## MINI GROCERY SHOPPING

Chrystal - Manzare

We have continued with the Grocery Shopping program through out the Covid -19 on a very limited basis. Chrystal is our only driver, she take people one at a time on Tuesdays only. If you are in need of a ride please call the office on Monday morning for a ride on Tuesday. I will have Chrystal call you back with a time. Please call the office at 695-8582.

## BOCCE BALL



A group of seniors is meeting every Wednesday at Veteran's Fisherman's Park in North Tonawanda at 6:30pm to play Bocce Ball. Anyone is welcome to come and join! I have an extra set of Bocce balls at the Senior Center if anyone needs a set to borrow, just call first 695-8582.

## ATTORNEY- Gary Billingsley

The Office for the Aging has a legal assistance program for anyone 60 and over living in Niagara County. There are no fees but contributions are accepted. The lawyer is available once a month. **Please call the Niagara County Office for Aging to schedule an appointment 438-4030.**

## Horse Shoes



The Senior Center has a set of horseshoes available for anyone to borrow. Please just call ahead of time to reserve. 695-8582.



## Little Library & Food Pantry

Feel free to give and take what you need. but never leave empty. - Donations always welcome!

## 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. Greeting cards can be purchased at the center for 25 cents EACH to help defray the cost of postage. Donations of general greeting cards are needed & appreciated

## MEMBER UPDATES

**New Members:** Gwendolyn Niemiec, Carmen Riollano

**In Nursing or Rehabilitation Facilities:** Joan Bentley, Irene Piwtorak, Peggie Hawkins, Elsie Nachreiner, Janice Koch, Ann Putz, Bill Kandare & Florence Bloomfield

**Deceased:** Mary Gonka

## VOLUNTEER CORNER

The folding and mailing of October's Newsletter will be taking place on Wednesday, September 23rd at 1:30pm.

## \*NEW POLICY-COVID-19

Please call and make an appointment if you can make it to help with the newsletters. I can only have 10 people maximum.

If you come you will need to wear a mask the whole time and your temperature will be taken when you arrive. You will also be asked a few questions and will need to sign a form. The form will be a Covid Liability release form.

- Unfortunately, it will be awhile before we can start cards, dances, clubs meetings or bingo because of the virus and the limitations. But I am working on some new programs that we can do in the mean time. I am just waiting on authorization.
- Indoor /outdoor corn hole, 6 foot apart movie day/ Club 99 and chair yoga-. I will keep you updated!

# SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. chicken salad over leaf lettuce pickled beets tricolor pasta salad rye bread cantaloupe	2. cheeseburger supreme potato wedges cucumber & tomato salad, wheat hamburger bun, and grapes	3. vegetable lasagna with cream sauce carrots, Italian bread & pineapple chunks	4. baroque pork riblet baked beans cauliflower Wheat hamburger roll S'more pudding parfait
7.  LABOR DAY  	8. goulash mixed vegetables wheat bread tropical fruit cup	9. 2 chicken fingers barbeque sauce macaroni & cheese coleslaw corn muffin melon cup	10. turkey strips over salad greens and vegetables pea and pasta salad wheat dinner roll brownie	11. roast beef & cheese submarine w/ lettuce, tomato & onion broccoli & bacon salad, a small sub roll fruited gelatin with whip topping
14. turkey Ala King mashed potatoes carrots biscuit peaches	15. grilled chicken Breast with barbeque baked beans macaroni salad blueberry muffin watermelon	16. cheese tortellini with 3 meatballs & tomato sauce, broccoli Italian bread marble pudding	17. Italian beef & mushroom bake cauliflower tomato & cucumber salad apricots	18. garden burger w/ salsa wheat hamburger bun seasoned diced potato mixed vegetable cookies
21. Grilled chicken breast On a wheat bun with lettuce Italian pasta salad, cauliflower, butter-scotch pudding with whipped topping	22. Broccoli & cheese strata, potato wedges, zucchini and tomato wheat bread and pears	23. Breaded pork chop Seasoned baked squash Bavarian sauerkraut Whole wheat dinner roll and cinnamon apple sauce	24. Sliced turkey with gravy bread stuffing Mixed vegetables Biscuit Deluxe fruit salad	25. Cheese burger supreme 2 types of potato salad marinated cucumber, tomato & peppers, wheat hamburger bun, fresh fruit– watermelon
28. Mild Italian sausage link with peppers and onions Scalloped potatoes California blend veggies Hot dog bun Fresh fruit-apple	29. Mushroom Swiss Burger, German potato carrots, wheat hamburger bun, fruited tapiooca pudding	30. Marinated chicken strips over Romaine with carrot, red cabbage, tomato, green pepper, red onion & feta, macaroni salad, pita and pineapple		