

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**
110 Goundry Street North Tonawanda, NY 14120
Telephone: 695-8582—Fax: 695-8530
Facebook: North Tonawanda Senior
Citizen's Center

PRSR STD
U.S. Postage
PAID
N. Tonawanda, NY
PERMIT NO. 75

Return Service Requested

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

NOVEMBER 2020

Thanksgiving Feasting

When the Halloween pumpkins are gone
And the leaves have all fallen
When the air has turned windy and cold,
Then Thanksgiving will soon be around,

Thoughts of loved ones all feasting together,
Pleasant pictures from past times appear
To dwell in each heart and each mind
Then Thanksgiving is finally here!



The kitchen has
scrumptious aromas,

The dining room looks
oh, so fine

Decorations with pil-
grims & turkeys
And now we are ready to dine!

First the napkins are placed on our laps
Now the prayer for the meal to be blessed
Then we stuff good food in our tummies
And hope it all digests!

-Joanne Fuchs

**"Acknowledging the good that you
Already have in your life is the foundation
for all abundance"**

-Eckhart Tolle



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 availa-
ble. Please call 694-2105 for making or
canceling a reservation. Monday-Friday
10am-12:30pm .

INFORMATION

& REFERRAL PROGRAM

A representative from the Niagara
County Office for Aging will be available
by appointment only. Please call 438-
3030 to set up an appointment with a rep-
resentative who can meet you at our center.
This representative can help you with
HEAP applications, medical applications
and other referrals.

REMEMBRANCE PLAQUE

If you are interested in purchasing a
plaque in memory of a passed member
please contact the office for payment in-
formation and procedure.

All proceeds will go to the Senior
Center General Membership. Our Re-
membrance Plaque is in the main entrance
of the Senior Center

MINI GROCERY

Chrystal Manzare

We have continued with the mini grocery shopping program throughout the Covid-19 pandemic on a very limited basis. Chrystal is our only driver. Chrystal will take seniors one at a time on Wednesdays only to Tops or Budweys.

If you are in need of a ride please call the office on any weekday morning and I will contact Chrystal and have her return your call with a time slot for you. This service is available to North Tonawanda residents only. This service cost \$2.00 round trip

ANNUAL DUES

ANNUAL DUES! At this time the office remains "closed" to the public. Please mail in your dues by check. The dues remain the same rate of \$4.00 per year.

Please mail your check to 110 Goundry Street North Tonawanda. Please make checks payable to the North Tonawanda Senior Center. You can also pay online at NTParksrec.com with a major credit

UNIVERA

Michelle Hrichan

For information or an appointment with Michelle Hrichan please call 572-8315 and she will meet you at the center. Michelle will also be at the center on November 12th from 1-4pm for one on one appointments.

Please call her to make an appointment to meet with her on November 12th at the Center. You must wear a mask during this appointment.

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 434-5783 to schedule an appointment.

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

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!

Words of Wisdom

**"If it cost you your peace
It's too expensive"**

- unknown

NEWSLETTER VOLUNTEERS



Just a reminder.... The folding and mailing of December's newsletter will be taking place on Monday, November 23rd at 1:00 pm.

Thank you to last month's volunteers:

Ginger Parks, Curt Long, Karen Krentz, Joe Pustereri, Joanne Catapovic, Marsha Kennedy,

*NEW POLICY-COVID-19

Please call and make an appointment if you can make it to help with the newsletters. I can only have 8 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!

10/5/20 As of this date—no new programs can be opened. Please watch our Facebook page or our webpage

NTParksrec.com for details. - Pam.

VETERAN'S BREAKFAST



Due to the Pandemic our Veteran's Breakfast will need to change. The breakfast will be delivered to each North Tonawanda Veteran who pre-registers for free. The program this year is limited to NT Veterans Only!

If you are a Veteran, and would like a free breakfast on Veterans Day, please call the NT Senior Center to register by Wednesday, November 4th 2020. If you have a spouse and they would also like a breakfast, please add them at no cost, just let us know when you register.

To register please call 695-8582. We are hoping to drop off a little something extra for each Veteran too!

-Pam

The Best on Earth:
A Veteran's Day Tribute

If someone has done military service,
They earn the title "veteran," and more;
They earn our deep respect and admiration;
That they are special no one can ignore.



They sacrificed the comforts we enjoy;

The list is long of all the things they gave.
Our veterans are extraordinary people;
They're loyal, dedicated, true and brave.

When terror and invasion were real threats,
They showed us they could handle any storm.
We owe our freedoms and our very lives
To our veterans, who served in uniform.

Our veterans should be celebrities;
They're exceptional; no other group compares.
We're grateful for the many things they've done;
They're always in our hearts and in our prayers.

We owe our veterans support and friendship;
Let no one ever question what they're worth.
These men and women served us and our country,
Our veterans--the very best on earth.

By Joanna Fuchs

MEMBER UPDATES

In Nursing or Rehabilitation Facilities:

Joan Bentley, Irene Piwtorak, Peggie Hawkins,
Elsie Nachreiner, Janice Koch, Ann Putz &
Florence Bloomfield

Deceased: Ron Lewis

NATIONAL "FORGET ME NOT DAY"



NOVEMBER 10TH.

On November 10th of every year is recognized as "National Forget Me Not Day".

This is a day to remember family, friends and love ones. People use this day to get in touch with family, friends and love ones, especially those who we haven't seen in a while.

You don't want them to forget you, do you? This day is intended to remember the living. But some people have used it to memorialize a loved one who is no longer with us.

Here are some great ways to celebrate National Forget Me Not Day.

- Send your friends a card or note expressing your friendship and love
- Give a neighbor or friend a packet of Forget me not flower seeds.
- Phone a friend, family member or love one who you haven't spoke to in awhile.
- Remember to not wait too long before communicating in the future.

Important Numbers For Services:

HEAP: 438-4016

NIAGARA COUNTY MEDICAL RIDES:

438-4038

FOOD STAMPS: 278-6822

NIAGARA COUNTY OFFICE FOR AGING:

438-4020- Main Number

NY CONNECTS: 438-3030

**NIAGARA COUNTY OFFICE FOR AGING
ATTORNEY:** 434-5783

SOCIAL SECURITY ADMINISTRATION:
800-772-1213

Niagara County HEAP 2019-2020

Guideline: For application please call

438-4016

Household Size Max Gross Monthly Income

1	\$2,494
2	\$3,262
3	\$4,030
4	\$ 4,797
5	\$5,555

**TIPS ON HOW TO STORE ALL OF
THOSE LEFT OVERS....**



1. How long can you leave Thanksgiving dinner out on the table?

A good rule of thumb for food safety is to keep hot foods hot and cold

foods cold. But chances are your dining room isn't set up with restaurant style warming trays and buffet servers. Take your time around the dinner table, but start packing up and refrigerating the leftovers within two hours.

2. The best way to store leftovers.

Leftovers should be cooled down as quickly as possible. Pack them into several shallow containers rather than one large one, and make sure you don't stack them, so they cool properly.

3. How long can leftovers be kept in the refrigerator?

You can store your leftovers in the refrigerator for up to four days. Try to reheat only what you'll be serving at one time rather than reheating the entire portion. It's safe to heat it all and the re-store what you don't use, but the food will continue to lose flavor and moisture the more it's reheated.

4. Use a thermometer to make sure your leftovers are reheated to 165 degrees.


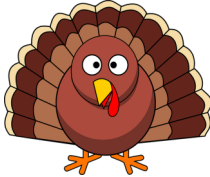

Sauces, soups, and gravies should come to a full boil. If you're using the microwave, cover the food and rotate it frequently to make sure it heats evenly.

5. Don't forget to label & date your leftovers. Everything will look the same once it's wrapped.

ENJOY!



NOVEMBER 2020

2. Spaghetti and Meatballs with tomato sauce, chef salad, with Romaine, carrots & tomato, Italian bread, asst salad dressings & pineapple	3. Macaroni and cheese casserole Green beans with mushrooms Wheat bread Fresh fruit– orange	4. Seasoned chicken breast, pepper pot soup with crackers, carrots, wheat pita bread and fresh fruit-banana	5. Stuffed cabbage with meat sauce, mashed potatoes, mixed vegetables, wheat dinner roll and pear slices	6. Sliced turkey breast with gravy Sweet potatoes French green beans Rye bread cookies
9. Chili Con Carne Brown rice Carrots Corn bread Fruit cocktail	10. Roast chicken leg With gravy Mashed potatoes Green beans Biscuit apricots	11.  The Center Closed	12. Center cut pork chop Mashed potatoes Bavarian sauerkraut Wheat dinner roll Pumpkin Bavarian	13. Cheese burger supreme with lettuce, tomato, onion, pickle Wheat hamburger bun, potato wedges, broccoli, fruited gelatin
16. Breaded chicken drums, scalloped potatoes, California mixed vegetable biscuit, marble pudding	17. Stuffed green pepper with meat sauce Mashed potatoes, peas & carrots, wheat dinner roll and peaches	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. Grilled chicken breast sandwich with lettuce on wheat bun Hearty vegetable soup with crackers, coleslaw, deluxe fruit cup	20. Beef stroganoff over egg noodles, mixed vegetables, wheat dinner roll, fresh fruit-orange
23. Sweet and sour pork with crunchy Chinese noodles, white rice, peas, wheat dinner roll and mandarin orange delight	24. 2 chicken fingers with barbeque sauce Au Gratin potatoes, spinach, wheat bread, tropical fruit	25. Hot roast beef sandwich on wheat bun with gravy, minestrone soup with crackers, salad mix with carrot & cucumber, peach crisp	26. Happy Thanksgiving. 	27. Happy Thanksgiving 
30. Macaroni & cheese, broccoli Wheat bread Fresh fruit-apple				