

**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

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

Return Service Requested

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

**DECEMBER 2020**



**HAPPY HOLIDAYS!**

**We should live every-  
day like it is a holiday.**

**Being thankful and caring,  
spending time with people we  
love and who love and respect  
us.**

**Being grateful for every kind  
moment we are given and  
share. It's not about what you  
get, it's all about giving. So  
everyday, should be like a holi-  
day—Pam**

**HEAP HELP!**

**Do you need help filling  
out your HEAP application?  
Please call our office 695-  
8582. We will have a  
HEAP representative to  
help you on Thursday, De-  
cember 3rd, 10th & 17th.  
But you must call and receive an ap-  
pointment time first.**



**When you arrive for your appointment  
you must wear a mask upon entering the  
building and your temperature will be  
taken. Please call a.s.a.p. for your ap-  
pointment. These appointments are lim-  
ited and will go quickly!**

**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 can-  
celing a reservation. Monday  
-Friday 10am-12:30pm .

**INFORMATION**

**& REFERRAL PROGRAM**

If you need assistance with any medical  
insurance questions, applications or any type  
of referrals please call 438-3030 (NY Con-  
nects). They will be able to assist you.

**REMEMBRANCE PLAQUE**

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

All proceeds will go to the Senior Cen-  
ter General Membership. Our Remem-  
brance 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](http://NTParksrec.com) with a major credit

## \*NEW! "BROWSE OUR SHELVES"

If you would like to come borrow or drop off books to our inside library please call the senior center at 695-8582 and make an appointment. You can come in by yourself for a short time keeping your mask on at all times.



You will be asked to sign a Covid-19 form and your temperature will be taken at the door upon enter.

## ATTORNEY

### **Gary Billingsley**

The Office for the Aging has a legal assistance program for anyone 60 and over living in Niagara County. The suggested donation for each consultation is \$20.00. Please pay the attorney directly. This office does not collect his donations.

The next time the attorney will be at our center is Wednesday, December 16th. If you would like an appointment please call 434-5783 to schedule one.

## 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 are available free at the center during the pandemic. I am placing them in the Little Library and in the Little Food Pantry outside.

## LITTLE LIBRARY

### For the love of reading!

Take a few... in the flower circle out front is a "Little Library" which is available everyone 24/7. I am always filling it with different books, puzzles, crosswords and small crafts.

Please feel free to take or leave items people young and older may enjoy. During this difficult time, its nice to help each other pass the time in a positive manner.



\*Donations of puzzles are always welcome and appreciated.

## NEWSLETTER VOLUNTEERS



Just a reminder.... The folding and mailing of January's newsletter will be taking place on Monday, December 21st at 1 pm.

Thank you to last month's volunteers: Virginia Park, Mary Drescher, Marsha Kennedy, Joanne Catipovic.

## \*NEW POLICY-COVID-19

Please call and make an appointment if you can make it to help with the newsletters

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-19 liability release form.

## LITTLE FOOD PANTRY

All are welcome to use the little food pantry located outside in front of our senior center. Please take only what you need and leave what you can.

## NEW! ARTS & CRAFTS DROP OFF

We have started a new arts & crafts drop off program. This is a free program for any senior living in North Tonawanda or any paid member. Please contact the office if you are interested.

We have several little Christmas crafts to choose from and we will bring them to your home free of charge. If you would like to see a sample of the crafts please see our Facebook page: North Tonawanda Senior Citizen's Center.



These are cute little crafts that can be done, by yourself or with your grandchildren. Please take advantage of this free program and enjoy!!

## "ADOPT A STOCKING"

If any senior would like to donate a item which can fit into a stock for a little boy or girl please call our office and we will pick it up, or if you have an appointment you may just drop it off.



We will be donating filled stockings again to a children's charity for Christmas.

## \*NEW! 50 YEARS NT SENIOR CENTER FAVORITE RECIPE COOKBOOK. (1970-2020)

We missed our 50th Anniversary for the Senior Center due to the pandemic... so I would like to put together a "cookbook" of the seniors favorite recipes.

Please start mailing them in. When this pandemic is over; the cookbook will be distributed to all of our paid members.

We will be randomly placing a few on our Facebook page and in our newsletter for those who would like to try them out. Let us know what you think!!



## HOW TO KEEP IN TOUCH!

North Tonawanda Senior  
Citizen's Center

## **NEW! MOTIVATIONAL MONDAYS**

### **SUE WELLS– Facebook– interactive**

Sue is back! And we are so happy to have her.... She has created “Motivational Mondays on our Facebook page

Every Monday morning please tune in to our Facebook page and interact with Sue for her Motivational Mondays! This will brighten your day and get your week starting off in the right direction.

### **\* NEW! CARE CALLS Madysen Manzare & Pam**

**Welcome back Madysen!** During this time of uncertainty, we here at the NT Senior Center remain concerned about our seniors. Each afternoon we will be calling a few seniors to just check in and see how you are doing and see what your needs are, and maybe we can help.



So to help us along, if anyone know of someone who is in need of a phone call or in need of something or some type of service you feel we may be able to provide feel free to reach out to us.

We are here to help. 695-8582.– God’s Speed– Pam

### **\*NEW! FAVORITE RECIEPES & DEMO COOKING ON FACEBOOK**

I see many of you have found us on Facebook!

Last month Pete Hogan shared his famous chili recipe. It really is the best and I hope you enjoyed watching him make it. I certainly had a few laughs filming it, I must admit!



We hope to be adding a few recipes a month to the Facebook page and maybe some new videos too.

So keep those recipes coming in. It would be nice to have some Christmas cookie ones, seeing the holidays are right around the corner. Please join in on the fun!

## **Important Numbers For Services:**

**HEAP:** 438-4016

**NIAGARA COUNTY MEDICAL RIDES:** 438-4038

**FOOD STAMPS:** 278-8400

**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


## **THE VETERAN’S BREAKFAST!**

**So many people have asked me for the recipe for the Veterans Day Breakfast Casserole.. Here it is. This serves 10.**

### **Ingredients**

- □1 bag Frozen Hash Brown Potatoes
- □1 lb bacon
- □ 1 cup onion
- □8 oz sharp cheddar shredded
- □1/2 red bell pepper
- □1/2 green bell pepper
- □12 Eggs
- □1 cup Milk
- Salt and pepper to taste.

Cook in crockpot for 6hrs low & slow or 2 hrs. high.

	<p>1.</p> <p>11:45 Nutrition</p> <p><b><u>all for reservations:</u></b></p> <p>arts &amp; craft drop off Browse our library shelves one at a time Adopt a stocking Care Calls</p>	<p>2.</p> <p>11:45 Nutrition Grocery shopping</p> <p><b><u>call for reservations:</u></b></p> <p>arts &amp; craft drop off Browse our library shelves one at a time Adopt a stocking Care Calls</p>	<p>3.</p> <p>9– noon HEAP (appointments only)</p> <p>11:45 Nutrition</p> <p><b><u>call for reservations:</u></b></p> <p>arts &amp; craft drop off Browse our library shelves one at a time Adopt a stocking Care Calls</p>	<p>4.</p> <p>11:45 Nutrition</p> <p><b><u>call for reservations:</u></b></p> <p>arts &amp; craft drop off Browse our library shelves one at a time Adopt a stocking Care Calls</p>
<p>7.</p> <p>Motivation Mondays—Facebook</p> <p>11:45 Nutrition</p> <p><b><u>call for reservations:</u></b></p> <p>arts &amp; craft drop off Browse our library shelves one at a time Adopt a stocking Care Calls</p>	<p>8.</p> <p>11:45 Nutrition</p> <p><b><u>call for reservations:</u></b></p> <p>arts &amp; craft drop off Browse our library shelves one at a time Adopt a stocking Care Calls</p>	<p>9.</p> <p>11:45 Nutrition Grocery shopping</p> <p><b><u>call for reservations:</u></b></p> <p>arts &amp; craft drop off Browse our library shelves one at a time Adopt a stocking Care Calls</p>	<p>10.</p> <p>9– noon HEAP (appointments only)</p> <p>11:45 Nutrition</p> <p><b><u>call for reservations:</u></b></p> <p>arts &amp; craft drop off Browse our library shelves one at a time Adopt a stocking Care Calls</p>	<p>11.</p> <p>11:45 Nutrition</p> <p><b><u>call for reservations:</u></b></p> <p>arts &amp; craft drop off Browse our library shelves one at a time Adopt a stocking Care Calls</p>
<p>14.</p> <p>Motivation Mondays—Facebook</p> <p>11:45 Nutrition</p> <p><b><u>call for reservations:</u></b></p> <p>arts &amp; craft drop off Browse our library shelves one at a time Adopt a stocking Care Calls</p>	<p>15.</p> <p>11:45 Nutrition</p> <p><b><u>call for reservations:</u></b></p> <p>arts &amp; craft drop off Browse our library shelves one at a time Adopt a stocking “Care Calls”</p>	<p>16.</p> <p>11:45 Nutrition Grocery shopping Attorney (appointments)</p> <p><b><u>call for reservations:</u></b></p> <p>arts &amp; craft drop off Browse our library shelves one at a time Adopt a stocking Care Calls</p>	<p>17.</p> <p>9– noon HEAP (appointments only)</p> <p>11:45 Nutrition</p> <p><b><u>call for reservations:</u></b></p> <p>arts &amp; craft drop off Browse our library shelves one at a time Adopt a stocking Care Calls</p>	<p>18.</p> <p>11:45 Nutrition</p> <p><b><u>call for reservations:</u></b></p> <p>arts &amp; craft drop off Browse our library shelves one at a time Adopt a stocking Care Calls</p>
<p>21./28.</p> <p>Motivation Mondays—Facebook</p> <p>11:45 Nutrition 1:00 Newsletters</p> <p><b><u>call for reservations:</u></b></p> <p>arts &amp; craft drop off Browse our library shelves one at a time Care Calls</p>	<p>22./29</p> <p>11:45 Nutrition</p> <p><b><u>call for reservations:</u></b></p> <p>arts &amp; craft drop off Browse our library shelves one at a time Care Calls</p>	<p>23./30.</p> <p>11:45 Nutrition Grocery shopping</p> <p><b><u>call for reservations:</u></b></p> <p>arts &amp; craft drop off Browse our library shelves one at a time Care Calls</p>	<p>24./31.</p> <p>11:45 Nutrition</p> <p><b><u>call for reservations:</u></b></p> <p>arts &amp; craft drop off Browse our library shelves one at a time Care Calls</p>	<p>25.</p> <p>Closed For Christmas</p> 

# DECEMBER 2020

	1. Meatloaf with gravy Mashed sweet potatoes, peas White bread brownie	2. Baked ham Scalloped potatoes Mixed vegetables Rye bread Chunky applesauce	3. BBQ chicken leg Mashed potatoes Spinach Corn bread Fresh fruit– grapes	4. Cheese tortellini with 3 meatballs & tomato sauce Capri vegetable blend Italian bread Lemon Bavarian
7. Italian beef & mushroom biscuit bake Wax beans Carrots Tropical fruit	8. Roast Pork Au Jus Mashed potatoes Harvard beets Wheat dinner roll Pear crisp	9 Grilled chicken breast on a wheat bun with lettuce Cream of broccoli & cheese soup Crackers, California mixed vegetable and fresh fruit-orange	10. Beef stew Chef salad with shredded carrot, tomato & cucumber Biscuit, fruited Gelatin with whip topping	11. Salisbury steak with gravy, cheesy mashed potatoes, green beans, wheat bread and cookies
14. Chicken breast with feta, whole Greek style potatoes, pepper pot soup with crackers wheat pita bread Marble pudding	15. Stuffed cabbage with meat sauce Mashed potatoes Mixed vegetables Dinner roll peaches	16. Macaroni & cheese casserole Stewed tomatoes Wheat bread Deluxe fruit cup	17. <u>Christmas Meal</u>  Chicken breast stuffed with broccoli twice baked potatoes Prince Edward vegetables, wheat dinner roll, cheese cake with cherry topping	18. Pork riblet with barbecue sauce, baked beans Broccoli Wheat hamburger bun Fresh fruit-grapes
21. Sliced turkey breast with gravy mashed sweet potatoes, peas, biscuits, fruited gelatin	22. Center cut pork chop with gravy, mashed potatoes, Bavarian sauerkraut, corn muffin, chunky applesauce	23. Cheese burger supreme with lettuce, tomato, onion, pickle Wheat hamburger bun, hearty vegetable soup with crackers, potato wedges, pineapple	24. 2 manicotti with tomato sauce, peas and carrots Italian bread Christmas cookies	25.  <b><u>Merry Christmas</u></b>  
28. Stuffed pepper With meat sauce Mashed potatoes Corn, rye bread apricots	29. Grilled chicken breast sandwich with lettuce & tomato on wheat hamburger bun, minestrone soup with crackers potato salad and butterscotch pudding	30. Beef stroganoff over egg noodles Broccoli Wheat dinner roll Fresh fruit-tangerine	31. 2 breaded chicken drumsticks Scalloped potatoes Mixed vegetables Whole wheat bread Pumpkin Bavarian	