

**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

FEBRUARY 2021



**SENIOR SWEETHEART
BREAKFAST**

Sunday, February 14th

9am-10am- Pick up only

Senior Center Paid Members—\$2/ their
Guest- \$3.—Reserve by Wed. Feb. 11

Enjoy pancakes, sausage and fresh fruit.
Please call the office at 695-8582 to regis-
ter. Please come with exact amount of money
when you pick up your breakfast and wear a
mask.- Thank you.

Happy Valentine's Day!
-Pam



Words of Wisdom:

Like wildflowers;
You must allow yourself
To grow in all the places
People thought you never would.

-E.V.

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.



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Roundtrip transportation
is also available. Please call
694-2105 for making or
canceling 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
Connects). 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

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.

PUZZLES



We have puzzles available at the center for free. Please call to make an appointment to come pick one up. Donations are always welcome.



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.

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

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.

Winter Health Tips: Stay Hydrated!

You may not think dehydration is a problem during the cold, winter months, but it is just as important to stay hydrated now as it is in the summer!

Causes of dehydration:

1. Not drinking or eating enough
2. Fever
3. Sweating
4. Diarrhea
5. Vomiting
6. Certain medications
7. Too much caffeine.

Symptoms of dehydration:

1. Constipation
2. Dry mouth
3. Sunken eyes
4. Confusion

During the winter months you may not be drinking enough water as you usually do when its warm out, and foods with high water content like, fruits and vegetables are out of season.

None of use are strangers to being sick, especially at this time of year! If you are feeling under the weather, make a conscious effort to replenish your lost fluids with water, sports drinks and fruits and vegetables. A good rule of thumb is to drink 1 ounce of water for every 2 pounds you weigh. (1 cup = 8 ounces.)

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

ARTS & CRAFTS—Madysen (or drop off or pick up with appointment)

Happy Valentines! We have a few crafts on hand for the Valentines holiday. These crafts are free for any paid member. You are welcome to ask for a few incase you would like to share with your grandchildren.



If you would like to see a picture of them please check out our face book page. Please contact the office if you are interested. We currently have heart shape wreaths with flowers, valentine bugs, and heart shaped plastic canvas and colored yarn as choices.

If you have an email address; please call and give us it. We are starting a data base. To send



FACE BOOK /VIRTUAL PROGRAMS

**North Tonawanda Senior
Citizen's Center**

MOTIVATIONAL MONDAYS

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.

TAI CHI

Watch a new interactive video of Tai Chi on our Face book page geared towards seniors. The benefits of Tai Chi include improvement of general health, coordination, balance, strength, flexibility, and self awareness.



GENTLE YOGA

Watch a new interactive video of Yoga on our Facebook page geared towards seniors. Senior Gentle Yoga enhances physical health and mental acuity, promotes emotional balance and spiritual wellness..

**FAVORITE RECIEPES & DEMO
COOKING ON FACEBOOK**

Sue, Pam & Pete Hogan

Please keep those recipes coming in, either through Facebook, mail or you may call to make an appointment to drop them off to the center. It would be nice to have some main dishes too for the Senior recipe book too! Please join in on the fun!



SENIOR CARE CALLS

During this time of uncertainty, we here at the NT Senior Center remain concerned about our seniors. Each morning or 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

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

Senior Center Member Updates:

Deceased: Peggy Hawkins

Members in Nursing Homes: Joan Bentley, Irene Piwtorak, Elsie Nachreirer, Janice Koch, Ann Putz, Will Kandare

New Members: Frances Angeletti, and Jean Ohrum

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

<p>1. Facebook: Monday Motivation</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>2. Facebook: Yoga & Tai Chi</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>3. 11:45 Nutrition Grocery shopping</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>4. 11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>5. 11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>
<p>8. Facebook: Monday Motivation</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>9. Facebook: Yoga & Tai Chi</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>10. 11:45 Nutrition Grocery shopping Attorney (appointments)</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>11. 11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>12. 11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>
<p>15. Facebook: Monday Motivation</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>16. Facebook: Yoga & Tai Chi</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time “Care Calls”</p>	<p>17. 11:45 Nutrition Grocery shopping</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>18. 11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>19. 11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>
<p>22. Facebook: Monday Motivation</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>23. Facebook: Yoga & Tai Chi</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>24. 11:45 Nutrition Grocery shopping</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>25. 11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>26. 11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
1. Breaded Pork Chop Mashed sweet potatoes, Bavarian sauerkraut, wheat dinner roll & chunky applesauce	2. Cheeseburger supreme with lettuce, tomato, RO & pickle Potato wedges, carrots, wheat burger bun, mandarin oranges	3. 2 cheese manicotti with tomato sauce, California blend vegetables, Italian bread, fresh fruit-banana	4. Turkey breast with gravy, mashed potatoes Brussels sprouts, fresh baked biscuit, pumpkin Bavarian	5. Chili Con Carne Brown rice Garden salad With tomato, carrot & cucumber, 2pk crackers, pineapple and salad dressing
8. Grilled chicken breast on wheat hamburger bun with Lettuce and tomato Vegetable soup with 1 pkg crackers, potato salad, fresh fruit-tangerine	9. Beef stroganoff over Egg noodles, broccoli and cauliflower Fresh baked biscuit, fruit crisp with whipped topping	10. <u>Valentines Meal</u> Baked Chicken Breast, Creamy pesto pasta, Sicilian vegetable blend, wheat dinner roll Red velvet cake w/ cream cheese frosting	11. Stuffed pepper with meat sauce, Au Gratin potato corn, Rye bread peaches	12. Beef lasagna with tomato sauce Spinach with garlic Italian bread Tropical fruit cup
15. PRESIDENT'S DAY!! 	16. Cheese Tortellini with 3 meatballs & tomato sauce Garden salad with Carrot, tomato & cucumber, Italian bread, deluxe fruit & salad dressings	17. <u>Ash Wednesday</u> egg & broccoli breakfast casserole O'Brien potatoes Carrots, cinnamon oat bran muffin fruited gelatin w/ whip topping.	18. Sweet and sour pork With meat sauce Au Gratin Potato Corn, rye bread peaches	19. Tuna salad sandwich On wheat bread with lettuce and tomato Minestrone soup with 1pkg crackers, chocolate pudding, with whipped topping
22. Glazed ham Diced creamed potatoes, mixed Vegetables, rye bread pineapple	23. Baked chicken leg With gravy Mashed squash Green beans Corn bread Applesauce	24. Baked meatloaf with Gravy Garlic mashed potatoes Spinach Wheat bread cookies	25. Turkey and cheese sub With lettuce tomato & onion, small hoagie roll, chicken cannelloni soup, with one pack crackers, coleslaw and apricots	26. Macaroni & Cheese Casserole Broccoli Strawberry Oat bran muffin and fresh fruit-orange