

**NORTH TONAWANDA  
SENIOR CITIZEN CENTER**

110 Goundry Street North Tonawanda, NY 14120  
Telephone: 695-8582—Fax: 695-8530

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

Return Service Requested

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

**JULY 2021**



**EURCHRE**



Any vaccinated senior is welcome to play Euchre on Friday at 1:00 pm. Please do not come before 12:45pm for Euchre. Due to Covid-19 restrictions only vaccinated seniors can play. Please bring \$1.00 for the game. At this time refreshments will not be served. You are welcome to bring your own drink. \*will need volunteers to either chair this club or help organize each session.

**PINOCHLE**

Any vaccinated senior is welcome to play Pinochle on Tuesday at 1:00 pm. Please do not come before 12:45pm for Pinochle. Due to Covid-19 restrictions only vaccinated seniors can play. Please bring \$1.00 for the game. At this time refreshments will not be served. You are welcome to bring your own drink. \*will need volunteers to either chair this club or help organize each session.

**NIAGARA COUNTY NUTRITION**

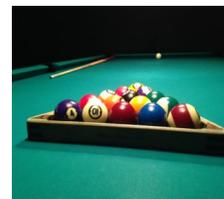
Sharon Lewis, Nutrition Site Director

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 .

**BILLARDS**

Our billiard room is now open. Everyone must keep a mask on while playing. You must sign in at the main table when you come in the shoot pool. When you are finished playing you must clean the stick you used and wipe the pool balls and the edge of the pool table.



All cleaning supplies, paper towel and hand sanitizer are in the pool room on the counter for your convenience.

**VETERAN'S ASSISTANCE**

Dave Wohleben

Niagara County Veterans Service Agency will be at our senior center the 2nd Tuesday of the month to assist any Veteran. Dave Wohleben, Veterans Service Officer will be available from 8:30am—4:30pm. Walk ins are welcome, but we do recommend prior appointments by calling 695-8582.

Dave 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.

## 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 Market in the Square.



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! The office is now open regular hour Monday-Friday 8:30am - 4:30pm. The public is welcome to walk in and pay their dues or you can mail them to the office. 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 card.

## PUZZLES

Please feel free to take or leave items people young and older may enjoy. Donations of puzzles are always welcome and appreciated.

## TUESDAY SIMPLE CRAFTS

Come enjoy a Summer Craft every Tuesday afternoon at 1:30pm with Sharon. Please call to register in advance. The class is limited to 10 seniors for each class. We will have a different summer oriented craft each week.

## 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

## 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, July 14th. If you would like an appointment please call Gary at 434-5783 to schedule one.

## GENERAL MEMBERSHIP

Our next General Membership meeting will be held on Wednesday, August 25th at 1pm. Officers must attend and members are welcome.

## BINGO

The cost for Bingo is \$1 for 2 boards. We serve coffee, tea and a dessert (usually donuts). We play 8 full games. There are prizes for each game. Please sign in at the main table and wear a mask at all times except when you are eating and drinking. The chairs are placed at safe distances, so please do not move them. After Bingo leave your cards on the table so the staff can sanitized them.– thank you.

### **Thank you to our volunteers:**

**Volunteers:** Joanne Catipovic, Karen Krentz, Beth Feenin, Terri McGlennon, Gloria Nowakowski, Rhonda Holka, Judy Stoutenburg, Lorraine Sams and Carol McMeekin. \* We are in need of more callers!

## POLICY-COVID-19

**If you are vaccinated you do not need to wear a mask in our building. If you are not vaccinated you need to wear a mask, unless you are eating or drinking and seated 6 feet apart from others.**

## BOCCE BALL

Come and enjoy a friendly recreational game of lawn Bocce Ball every Tuesday morning at 10:00 am. This is an open play program which will run Tuesday mornings. Curt Long will be available for those who do not know how to play the game.



Come and have some fun and bring a friend too! Enjoy the sunshine!! **\* We need more players!!**

## RED HAT LADY BUGS

Joan Dirmyer

Welcome back Red Hatter's. The regular meeting will be taking place on Wednesday, July 7th at 1:30pm. Please be sure to sign in at the main table upon entering the senior center. Please practice social distancing whenever possible.

## NT SENIOR FITNESS

Mary Ann Linkowski &  
Anita Zebulske



NT Senior Fitness is an exercise program offered by The North Tonawanda 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 and Wednesday at 10 am. If you have an exercise band, a small ball, and one pound weight bring it with you to class.

You will have to sign in at the main table upon entering the center. The chairs will be spaced out 6 feet for your safety; please do not move them. Please call to register for each class you want to attend 695-8582. **Each class will be limit to 20 seniors.**

## NT TRAVELS WITH JEAN MARSHALL

**WELCOME BACK:** We will have our Travel meeting on Wednesday, July 14th at 1:30pm. Jean will be here to show and discuss upcoming trips for NT and Wheatfield Senior Centers.

### **A Day At The Lake (Chautauqua) 8/10/21**

Our day begins at the Grape Discovery Center where we learn why WNY is a perfect place for growing grapes, sample some of the local wines, and see Chef Tim prepare a dish of his choice. Included onboard is a BBQ chicken dinner with side salads, dessert and a non-alcoholic beverage.



We finish the day at the local craft brewery. Depart from the Wheatfield Senior Center at 7:30am and return at 6pm. This trip is \$100.00. Please call Jean at 694-5567 or email her at [jeanmarshall39@yahoo.com](mailto:jeanmarshall39@yahoo.com)

### **Glenn Miller Orchestra-Friday, September 17th**

Total- \$107.00 due on July 14th. Trip is from 8:30am-3pm. Pick up is on Manhattan St. parking lot. Any questions call Jean at 694-5567.

Start your day with coffee and doughnuts as we mingle in the Mary Seaton Room of Kleinhans Music Hall. Then enjoy the world famous Glenn Miller Orchestra, paired with your swinging BPO, for a High-energy concert of hot big band jazz. Then we're off to lunch at the Hamlin House. Lunch: choice of Haddock, pork chop or chicken.

### **Cash & Cline Together Again- Wheatfield Trip** **NT seniors welcome- November 16th. Pick up** **Wheatfield Senior Center- \$83.00**

Enjoy tribute to Johnny Cash and Patsy Cline at Seneca Allegany Casino and receive \$20 slot play, lunch buffet & matinee show. Arrive at casino at 1:15am show at 2-3 depart casino at 5:15pm

**PENNSYLVANIA AMISHLANDS**  
**OCTOBER 18-20**

**Featuring Sight & Sound's "Queen Esther"**  
**\$439.00 per person– Double Occupancy**

Package includes: 2 nights lodging, 2 breakfast, 2 dinners, performance of "Queen Esther". Also enjoy "Chalk Talk", the Kitchen Kettle Village, Landis Valley Museum and Souvenir Gift Shoppe.

You will truly enjoy this 3 day vacation in the heart of Pennsylvania Dutch Country. Taxes, meal gratuities and motor coach transportation included. Call Jean for more information at 694-5567 or email her at jeanmarshall39@yahoo.com

**WORD SEARCH WEDNESDAY**

Come join us for lunch on Wednesdays and enjoy a fun competitive game of word search with your senior friends at 11:30am. The winner will receive a different prize each week.



**North Tonawanda Senior Citizen's Center**

**NEWSLETTER VOLUNTEERS**

We will be folding and mailing our August newsletter on Thursday, July 22 at 9:30am Thank you.

**Thank you to last month's volunteers:**

Joanne Catipovic, Linda Ellicott, Marsha Kennedy, Joe Pusateri, Michael Bass, Shirley Klinefelter Sharon Lewis, Karen Krentz, Joan Dirmyer & Beth Fennin

**SUMMER PICNIC:**



**Tickets still available \$15 for members and \$17 for guests.** Picnic will be held on Wednesday, July 28th 3:30-7pm. Enjoy BBQ chicken, hot dogs, pasta salad, baked beans, watermelon, cheesecake, soda, beer & wine.

Nation Trust is our band for the event. You will also enjoy an egg toss and 50/50.

**LITTLE LIBRARY**

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.

**LITTLE FOOD PANTRY**

All are welcome to use the little food pantry located outside in front of our senior center.

**EMAIL ADDRESSES:**

If you have an email address please send it into the office. We are trying to get a data base together to help with communication with our seniors. If a senior would like to email me my email address is phogan@northtonawanda.org

**MEMBER UPDATES:**

**In Nursing Home:** Joan Bentley, Iren Piwtorak, Janice Koch, Ann Putz, & Elsie Nachreiner

**REMEMBRANCE PLAQUE**

If you are interested in purchasing a plaque in memory of a passed member please contact the office for payment information and procedure. All proceeds will go to the Senior Center General Membership. Our Remembrance Plaque is in the main entrance of the Senior Center



**Save the Date...**

**Up coming event– September 1st**

**"Celebrating the Bills Opener with  
Tonawanda Seniors" more details to come..**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1. 9:00 Library-open 11:45 Nutrition 1:00 Billiard Room 1:30 Bingo	2. 9:00 Library 11:45 Nutrition 1:00 Corn hole 1:00 Billiard Room 1:30 Euchre
5. Closed for Independence Day 	6. 10:00 Bocce Ball 11:45 Nutrition 1:00 Billiard Room 1:30 Pinochle 1:30 summer crafts	7. Grocery shopping 10:00 NT Senior Fitness 11:45 Nutrition 11:30 Word Search 1:00 Billiard Room 1:00 Library-open 1:30 Red Hat Lady Bugs	8. 9:00 Library 11:45 Nutrition 1:00 Billiard Room 1:30 Bingo	9. 9:00 Library 11:45 Nutrition 1:00 Corn hole 1:00 Billiard Room 1:30 Euchre
12. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Billiard Room 1:00 Library-open	13. 8:30 Veteran Services Available thru 4:30pm 10:00 Bocce Ball 11:45 Nutrition 1:00 Billiard Room 1:30 Pinochle 1:30 summer crafts	14. Grocery shopping 10:00 Club 99 11:45 Nutrition 11:30 Word Search 1:00 Billiard Room 1:00 Library open 1:30 Travel Club	15. 11:45 Nutrition 1:00 Billiard Room 1:00 Library - open 1:30 Bingo	16. 9:00 Library 11:45 Nutrition 1:00 Corn hole 1:00 Billiard Room 1:30 Euchre
19. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Billiard Room 1:00 Library-open	20. 10:00 Bocce Ball 11:45 Nutrition 1:00 Billiard Room 1:30 Pinochle 1:30 summer crafts	21. 10:00 Club 99 Grocery Shopping 11:30 Word Search 11:45 Nutrition 1:00 Billiard Room 1:00 Library -open	22. <b>9:30 Newsletters</b> 11:45 Nutrition 1:00 Billiard Room 1:00 Library - open 1:30 Bingo	23. 11:45 Nutrition 1:00 Corn hole 1:00 Billiard Room 1:30 Euchre
26. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Billiard Room 1:00 Library-open	27. 10:00 Bocce Ball 11:45 Nutrition 1:00 Billiard Room 1:30 Pinochle 1:30 summer crafts	28. Grocery shopping 10:00 Club 99 11:45 Nutrition 11:30 Word Search 1:00 Billiard Room 1:00 Library open <b>3:30-7 Summer Picnic</b>	29. 11:45 Nutrition 1:00 Billiard Room 1:00 Library - open 1:30 Bingo	30. 11:45 Nutrition 1:00 Corn hole 1:00 Billiard Room 1:30 Euchre

# JULY 2021

Monday

Tuesday

Wednesday

Thursday

Friday

			1. Hot dog Baked beans Corn nibbler Hot dog bun Strawberry shortcake	2. Cheese tortellini Meatballs with Tomato sauce Spinach Italian bread Tropical fruit cup Parmesan cheese
5. No meals– Independence Day 	6. Polish sausage Mashed potatoes Peas & carrots Wheat hot dog bun orange	7. Ranch chicken pasta Salad on lettuce Carrot sticks Cinnamon oat bran muffin Fruited gelatin with Whipped topping	8. Roast port Au Jus Baked sweet potato San Francisco blend vegetables Wheat dinner roll Sliced peaches	9. Breaded chicken patty Sandwich with lettuce, tomato and onion Mac and cheese Broccoli & cauliflower Wheat hamburger bun marble pudding
12. Meatball sub with mozzarella Potato wedges Carrots Whole wheat sub roll Tropical fruit cup	13. Greek seasoned chick- en breast with feta cheese, whole Greek style potatoes, garden salad with romaine, carrots, onion, red cab- bage, and garbanzo beans, 1/2 whole wheat pita, chunky apple sauce	14. Mushroom Swiss burger Sweet potato wedges Green beans Wheat hamburger bun Chilled sliced pears	15. Chicken vegetable stew Garden salad w/ tomato Carrot and garbanzo beans biscuit, poke cake with whipped top- ping	16. Tuna salad sandwich on lettuce, potato salad Marinated tomato and cucumber salad, rye bread and cantaloupe
19. Breaded center cut bone in pork chop with Bavarian kraut garlic mashed pota- toes, San Francisco blend vegetable, wheat dinner roll, ap- ple crisp	20. Turkey cobb salad Italian pasta salad Biscuit Mandarin oranges	21. Broccoli and cheese strata O'Brien potatoes Stewed tomatoes Rain bread Fresh watermelon	22. Italian sausage link with Peppers and onions Diced creamed potatoes Broccoli salad Wheat hot dog roll apricots	23. Cheeseburger supreme With lettuce, tomato and onion Pea and pasta salad Brussels sprouts Wheat hamburger roll apple
26. 2 breaded chicken drumsticks Baked sweet potato Cauliflower with pars- ley, wheat dinner roll pineapple	27. Homemade Salisbury steak with gravy Mashed potatoes Carrots Rye bread Lemon bar	28. Pork riblet with BBQ Sauce, potato wedges Mixed vegetables Wheat hot dog bun Heavenly hash	29. Julienne salad with ham Romaine, tomato, cu- cumber, garbanzo beans, bleu cheese crumbles and croutons, two-types potato salad Wheat dinner roll banana	30. Hot dog with chili sauce German potato salad Corn, wheat hot dog bun, fresh honeydew and cantaloupe cup