

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**
110 Goundry St. NT NY 14120
Telephone: 716-695-8582

DECEMBER 2024

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

www.NTParksrec.com



Winter Walk &

Santa's Work Shop!

The center will be participating in Winter Walk this year. We will be having our Santa's Workshop for Children on Saturday, December 7th from 10am-3pm.

Our Santa's Workshop is having their \$1 sale for CHILDREN. The Red Hatter's are having a bake sale again and

there will be a few vendors and free Christmas wrapping for all. The general membership is also offering free hot chocolate, coffee, tea and cookies. Santa will stop by for a visit from noon—2pm. Any senior interested in volunteering, or donating cookies for the event please stop by the office.

In The Community...

Tonawanda's Post Legion Band Christmas Concert will be held on Sunday, December 8th at 7:30pm. This concert will be held at Cardinal O'Hara High School. Tickets are \$13 in advance and \$15 at the door. Advance tickets can be purchased at Walker Bros. Jewelers and Mid City Opticians.

GAME NIGHT-Mary Lee Karre

The center will be open the 1st and 2nd Wednesday of the month from 6pm-8:30pm for GAME NIGHT! Any Senior member is welcome to come and play any card game or board game! Coffee and tea will be available for 25 cents. Please be sure to sign in when you enter. December 4th & 11th!

CUTEST PET CONTEST

The general membership is hosting a cutest pet contest once again to raise money for Mario's Pet Sanctuary in North Tonawanda. Enter a picture of your current pet for \$1.00. The public can place any amount of money for the "cutest pet" the winner's owner will receive a gift card; and the money raised will be donated to Mario's Pet Sanctuary.

NT SENIOR FITNESS

Judy DeVantier

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

NIAGARA COUNTY NUTRITION

Sharon Lewis, Site Director

Niagara County offers a part time lunch program at the center at 11:45am **Monday, Wednesday, Thursday & Fridays**. The suggested donation for a lunch is \$3.25. One week notice is now required. Roundtrip transportation is also available. Please call the main office at 716-438-4031 for making or canceling a reservation.

MINI GROCERY SHOPPING

Chrystal Manzare

The grocery program takes place every Wednesday. You can be transported to Tops, Market in the Square or Walmart in NT. To make or cancel an appointment please call the office at 716-695-8582.

There is a \$2 fee for this service. This service is available to NT residents only. We have very limited space. You must call in advance. Please be patient for your ride there is a 15 minute window

MAHJONG

Any senior is welcome to play on Tuesday afternoons at 1pm in the craft room. New seniors are welcome.

EUCHRE CLUB-Cheri N. Koepsell

Any senior is welcome to play Euchre on Fridays at 1:00 pm. Everyone needs to bring \$2 for the game. Coffee & tea will be made available for 25 cents .

PINOCHLE CLUB—John Enright

Any senior is welcome to play Pinochle on Tuesdays at 1:00 pm. Please bring \$2.00 for the game. Coffee and tea will be made available for 25 cents.

EURCHRE TOURNEMENT- Pam Beutel

Every Monday afternoon at 1pm. The cost is \$10 per person. Come join have fun and bring a senior friend. Coffee and tea are available for 25 cents per cup.

ANNUAL DUES

The office is open 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 are \$5.00 per year. Please mail your check to 110 Goundry Street North Tonawanda.

Please make checks payable to the N T Senior Center. You can also pay online at NTParksrec.com with a major credit card.

MEMBER UPDATES

New Members: Maria Behrns, Mary Stapley, Sandra Dawson, Jan Scozzafava, Ian & Pat Stapley, Marsha Garrity, Betty Merlo, Carol Burr, Debbie Pillozzi, Catherine Kelarchenbach, Levoy Jones, Tabatha McNab-Gilbert, Patricia McNamee, Gloria Stanz, Chris Stanz, Debbie Cooper, Herbert Dietz Jr., Scott Hoover, Patricia Bork & Linda Bakowski

In Hospital or Rehabilitation: Diane Juliano, Karen Krentz, Margaret Mitchell.

SENIOR SOCIABLE BINGO

We play Bingo every Thursday afternoon at 1:30pm. The cost for Bingo is \$1 for 2 boards. We serve coffee, tea and a **SNACK**. We play 18 games. There are prizes for each game. Please sign in at the main table. Thank you.

Thank you to our volunteers:

Volunteers: Joanne Catipovic, Rhonda Holka, Beth Feenin, Carol McMeekin, Norma Kitzmiller and Kim Piorkowski, Sharon Beeman

RED HAT LADY BUGS- Joan Dirmyer

The next Lady Bugs gathering is Wednesday, December 4th at the NT Senior Center at 1pm. If you have any questions please call Joan at 716-694-5132. We are always looking for new members and new ideas.

VETERAN SERVICES- Doug Kolata

Niagara County Veterans Service representative will be at our senior center on Tuesday, November 12th from 9am—3pm. to assist any Veteran. Walk ins are welcome, but we do recommend prior appointments by calling 716-695-8582. Doug 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

TRAVELING WITH JEAN MARSHALL

Jean is Back!!! Wednesday, December 11th at 1:30pm there will be a travel club meeting! Please come and give Jean a warm welcome. Please bring a finger food or dessert to pass to celebrate the holidays! The center will provide coffee and tea.

New Spring Trip: Spring in the Southern Tier—

March 6th - \$117.00 Deposit -\$40.00 with registration. Final payment due 2/6/25. Depart from DMV parking lot 9am-6pm.

Following an outstanding maple infused brunch at Sprague's Maple Farms, travel to the Seneca Iroquois National Museum and learn about the native culture through an extensive collection of Onohsagwe:de' historical and traditionally designed decorative every-day-us items.—
The last stop TBA

May's trip is TBA

GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, December 18th at 1pm. We will be having a Holiday Pot Luck following. Please call the office to sign up for the Pot Luck and register the dish you will be bringing to pass. Mike Woolford be bring in some fried chicken for the main course.

TAI CHI- Manuela Ceglinski

Tai Chi lessons have been a huge success. They are held every Tuesday & Thursday at 10am. It will cost each person \$15 a month to take this program. Please pay the instructor directly

SENIOR COMPUTER LAB

The center has 3 new computers and a printer for our senior members to use at their leisure. There also is internet access.

The computers are located in the pool room on the back counter. If you need help just ask anyone in the office.

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

HEAP HELP

A HEAP representative will be at our center for one day only on Monday, December 2nd 9am-2pm. This is a walk in program only. This is the only day the County is bringing HEAP to our Center.

TECHNOLOGY HELP- Kim Sinon

If you need help with a device such as a phone or tablet please call the center at 716-695-8582 and make an appointment with Kim. She is available by appointment only. There is no charge for this service. This is for Android devices only

WORDS OF WISDOM:

Knowledge speaks
but wisdom listens!



- iamfearlessoul.com

ATTORNEY- Gary Billingsley

The Office for the Aging has a legal assistance program for anyone 60 & over living in Niagara County. The next time the attorney will be at our center is Wednesday, November 20th. Please call 716-695-8582 for an appointment.

If you are interested in contributing toward the costs of legal services provided to you, the suggested contribution rate is \$20 per consultation. No one will be denied service if they can not contribute.

HOLIDAY SCENTED CANDLE MAKING

The center is hosting two Friday morning for "Holiday Scented Candle Making". This is a free program sponsored by Assemblyman Conrad. We have scheduled two Fridays in December, December 6th & December 13th both are at 9am.

If you wish to make a Holiday scented candle please call the office to save your spot at 716-695-8582. Space is limited so call soon! After the class enjoy a cup of coffee or tea with your senior friends.



KEEPING WARM INDOORS

About 20% of injuries related to exposure to cold occur in the home. Here are some tips to help keep warm.

1. Set your heat to at least 68 degrees. Even mildly cool homes with temperatures from 60 to 65 degrees can lead to hypothermia in older adults.
2. Place a rolled towel in front of doors to keep out drafts.
3. Keep your blinds and curtains closed, and if you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
4. Dress warmly on cold days, even if you are staying inside. Wear socks and slippers and make use of throw blankets.
5. When you go to sleep, use extra covers. Wear long underwear under your pajamas and consider wearing a head covering.
6. Make sure you eat enough food to maintain your weight- some body fat is necessary for staying warm.
7. Avoid or limit alcohol intake. Alcoholic drinks can make you lose body heat.
8. Ask someone to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend

Source: cold weather safety-older adults

DECEMBER 2024

MONDAY

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

<p>2.</p> <p>HEAP 9am-2pm- Walk in only!</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>3.</p> <p>10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong</p>	<p>4.</p> <p>Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs 6-8:30- Game Day</p>	<p>5.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo</p>	<p>6.</p> <p>9:00 am- Holiday Candle Making- reser- vations required</p> <p>11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>9.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>10.</p> <p>9-3 Veterans Assis- tance 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong</p>	<p>11.</p> <p>Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:30- Travel Club & X-Mas Party 6-:8:30- Game Day</p>	<p>12.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo</p>	<p>13.</p> <p>9:00 am Holiday Candle Making- reser- vations required</p> <p>11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>16.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>17..</p> <p>10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong</p>	<p>18.</p> <p>County Attny- by appt only Grocery Shopping 10:00 NT Senior Fitness Tech Help Available 11:45 Nutrition 1:00 General Mtg. Holiday Pot Luck! -Pre registration required</p>	<p>19.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo</p>	<p>20.</p> <p>9- craft 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>23.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>24.</p> <p>10:00 Tai Chi</p> <p>Center is Closed at NOON!</p> 	<p>25.</p> <p>Merry Christmas</p> 	<p>26.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Bingo</p>	<p>27.</p> <p>11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>30</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>31.</p> <p>10:00 Tai Chi</p> <p>Center is Closed at NOON!</p> 		<ul style="list-style-type: none"> • Don' forget about out Santa's Workshop, vendor • Sale & bake sale on Dec 7 • 10am-3pm 	

DECEMBER 2024

Monday	Wednesday	Thursday	Friday
<p>2.</p> <p>Breaded Chicken Patty Sandwich with lettuce, tomato, onion Chicken cannelloni soup with crackers Seasoned carrots Whole wheat hamburger bun, applesauce</p>	<p>4.</p> <p>Goulash Peas and carrots Italian bread Tropical fruit cup</p>	<p>5.</p> <p>Egg and broccoli frittata O'Brien Potatoes Stewed tomatoes Muffin Flavored pudding with whipped topping</p>	<p>6.</p> <p>Roast pork with gravy Mashed potatoes Spinach salad Rye bread banana</p>
<p>9.</p> <p>Stuffed cabbage roll Casserole Confetti corn Whole wheat bread apricots</p>	<p>11.</p> <p>Greek seasoned chicken breast Seasoned brown rice Garden salad 1/2 wheat pita Fruited gelatin with whipped topping Greek salad dressing</p>	<p>12.</p> <p>Tuna salad sandwich with lettuce, tomato, onion Pepper pot soup with crackers, cold vegetable salad, 2 slices whole wheat bread pineapple</p>	<p>13.</p> <p>Chicken stew Seasoned broccoli Whole wheat dinner roll Heavenly hash</p>
<p>16.</p> <p>Breaded bone in pork chop Baked sweet potato Bavarian sauerkraut Biscuit Peach crisp with whipped topping</p>	<p>18.</p> <p style="text-align: center;"><u>Christmas Meal</u></p> <p>Chicken breast stuffed with broccoli, twice baked potatoes, prince Edward vegetables, whole wheat dinner roll and cheesecake</p> <p>*please reserve by 11/27</p>	<p>19.</p> <p>2 cheese manicotti with tomato sauce Mixed vegetables Italian bread banana</p>	<p>20</p> <p>Sliced turkey breast with gravy Mashed squash California vegetable blend Stuffing sliced pears.</p>
<p>23.</p> <p>Pork riblet with BBQ Sauce Baked beans Seasoned brussels sprouts Whole wheat hoagie roll Mandarin oranges</p>	<p>25</p> <p style="text-align: center;">MERRY CHRISTMAS</p> <div style="text-align: center;">  </div>	<p>26.</p> <p>Homemade Salisbury steak with gravy Mashed potatoes Seasoned spinach Biscuit Sliced peaches</p>	<p>27.</p> <p>Beef stroganoff over egg noodles Caesar salad Whole wheat dinner roll Fruited gelatin with whipped topping</p>
<p>30.</p> <p>Homemade Macaroni & cheese casserole Seasoned broccoli Rye bread pineapple</p>		<p style="text-align: center;">HAPPY NEW YEAR</p> <div style="text-align: center;"> <p>2025</p>  </div>	