

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

NOVEMBER 2024

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Recreation & Senior Coordinator

www.NTParksrec.com

MEAT & BASKET RAFFLE

Saturday, November 2nd

We are looking forward to November 2nd! Our Meat Raffle & Basket Raffle! This is our only fundraiser!! All of the meat is purchased from Pellicano's Marketplace and is top quality. Tickets are \$10 in advance and \$12 at the door. Doors open at 2pm and the first spin is at 3pm!!

Tickets for the baskets are only available at the event for \$5 per sheet. You must be present to win the meats or the baskets. We have over 110 baskets! We also will be having a 50/50 and a few special \$1 raffles.

VETERANS' BREAKFAST

The NT Senior Center will be hosting their annual Veteran's Breakfast on Veteran's Day. The program will begin at 9am sharp with the Presentation of Flag by Sikora Post. Following Sikora Post breakfast will be served. This year you will enjoy a breakfast bake, fresh fruit and Danish, coffee, tea & juice.

If any Veteran from the Tonawandas is interested in attending this FREE breakfast please register by Wednesday, November 6th by calling 716-695-8582. Any guest of a vet may attend by registering too, but must pay \$5 at the door. Any seniors wanting to help serve the veterans breakfast and help with clean up, please call the office at 716-695-8582.

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. November 6th & 13th!

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.

JAZZ & APPETIZER EVENT

Friday, November 15th—1-3pm! Enjoy



The Ballroom Buzzards & appetizers! Feel free to bring your own spirits!! Tickets will be given when you register (up to 125 seniors). You must be a paid member.

This event was made possible by a grant through Assemblyman William Conrad.

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 *Euchre is canceled 11/15 due to Jazz concert.

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: Michelle Zaharkin, Susan Brochey, Susan Horn, Louis Kozlowski, Cathy Sepulveda, Judy Rath, Fay Clawson, Norm Shear, Charles Tirone, Patricia Young, Patricia Root, Mildred Cook, Tom & Janet Riggs, Patrick Wieclaw, Esther Newman, Patricia Fox, Dennis Gurnett

Deceased Members: Charles Downey Jr., Jennie Pietak, Ray Kissel

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.

***On November 7th we will be having two special guest callers— Mayor Austin Tylec and Tonawanda Council President Jenna Koch!**

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, November 6th 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.

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

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.

GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, November 20th 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 will have a few turkeys to cook.

CRAFT CORNER

Crafts will be held every Friday morning at 9:30 while supplies last. We have fall & winter decorations for wreaths & candle kits available. If interested in any of these items call to register for a Friday morning.

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

THE ART OF QUICK BREADS

Terrie D'Andreamatteo

Terrie will be returning to teach another baking class on Tuesday, November 12th at 10am. This class again is free to the first 10 senior members who call and register. The cost of this \$30 class is covered by a grant through Assemblyman Conrad's office.

Registration starts on Friday, November 1st when the office opens at 8:30am. You can register in person or by calling the office at 716-695-8582, We will sign up 10 seniors. If you need to cancel, please be sure to call the office so another senior can fill your spot!!

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

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.

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.

In The Community...

Tonawanda's Post Legion Band Veteran's Day Concert will be held on Sunday, November 3rd at 7:30pm. This concert will be held at Cardinal O'Hara High School. Tickets are \$5 in advance and \$10 at the door. Advance tickets can be purchased at Walker Bros. Jewelers and Mid City Opticians.

Getting ready for the holidays!

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. Will plan on having our \$1 sale for CHILDREN, Red Hatter's Bake Sale, Vender Sale, and free Christmas wrapping.

As usually, we will offer the community free hot chocolate, coffee, tea and cookies. Any donations are greatly appreciated. Anyone interested in volunteering please contact the office at 716-695-8582.

VOLUNTEERS NEEDED!!

1. VETERANS BREAKFAST -11-11-24
2. WINTER WALK 12-7-24

NOVEMBER 2024

MONDAY

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

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| | | | | 1. crafts Computers 11:45 Nutrition 1:00 Euchre 1:00 Rummikub |
| 4. Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament | 5. Billiards Computers 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong | 6. Billiards Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs 6:8:30– Game Day | 7. Billiards Computers 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo | 8. crafts Computers 11:45 Nutrition 1:00 Euchre 1:00 Rummikub |
| 11. VETERANS' DAY  THE HEROES WHO REMAIN THE BORN OF THE FREE ONLY AS LONG AS IT IS THE BORN OF THE BATTLE | 12. Billiards Computers 9-3 Veterans Assistance 10:00 Quick Breads (pre registration required) 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong | 13. Billiards Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 6-8:30—Game Day | 14. Billiards Computers 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo | 15. Crafts Computers 11:45 Nutrition 1-3pm JAZZ & APPITIZERS—  Tickets Required! |
| 18 Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament | 19. Billiards Computers 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong | 20. Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness Attorney (apt only) 11:45 Nutrition 1:00 General Mtg. Holiday Pot Luck! -Pre registration required- | 21. Billiards Computers 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo | 22. crafts Computers 11:45 Nutrition 1:00 Euchre 1:00 Rummikub |
| 24. Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament | 26. Billiards Computers 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong | 27. Billiards Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition | 28. Happy Thanksgiving | 29. Center is Closed |

NOVEMBER 2024

| Monday | Wednesday | Thursday | Friday |
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| | | | 1. Beef Stew Broccoli Salad Biscuit Cinnamon Pears |
| 4. Tuna Noodle Casserole Seasoned Brussels Sprouts Whole Wheat Bread Apricots | 6. Ham Salad sandwich with lettuce, tomato, onion, tomato Florentine soup with crackers, cold vegetable salad 2 slices whole wheat bread Tropical fruit cup | 7. Homemade Mac & Cheese Casserole Stewed tomatoes Whole wheat dinner roll Deluxe fruit cup | 8. Spaghetti & Meatballs with tomato sauce Caesar salad Italian bread Mandarin oranges |
| 11. Veteran's Day No Lunches Served | 13. 2 cheese manicotti with tomato sauce Seasoned peas Italian bread Fruited gelatin with whipped topping | 14. Chili Con Carne with crackers Seasoned green beans Corn muffins Sliced peaches | 15. Cheeseburger supreme with lettuce, tomato, onion pickle pickled beets, seasoned carrots Whole wheat hamburger bun Deluxe fruit cup |
| 18. Homemade Salisbury steak with gravy Mashed potatoes Seasoned broccoli and cauliflower Biscuit Homemade apple crisp with whipped topping | 20. <u>Thanksgiving meal</u> Roast turkey breast Mashed potatoes with gravy baked squash, stuffing Cranberry sauce, dinner roll pumpkin pie with whipped topping | 21. Vegetable lasagna Spinach salad Italian bread applesauce | 22. Oven roasted chicken Drumsticks Au Gratin potatoes Seasoned peas Muffin Heavenly hash |
| 25. Sweet and sour pork with fortune cookie Seasoned brown rice Stir fry vegetable blend Cinnamon raisin bread cookie | 27. Chicken stew California vegetable blend Biscuit tangerines | 28. HAPPY THANKSGIVING  | 29 HAPPY THANKSGIVING  |