

**NORTH TONAWANDA  
SENIOR CITIZEN CENTER**  
110 Goundry Street North Tonawanda, NY 14120  
Telephone: 716-695-8582

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

Return Service Requested

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

**JULY 2024**

**SENIORS! FOR YOUR INFORMATION...**

There are two Bills that have not reached the floor which would benefit seniors. These Bills would freeze your property tax rate at age 65.

NYS Senate Bill #S.5108 and the NYS Assembly Bill—# A.6393 . These two Bills cap the amount of taxes a senior has to pay on his/her real property at the amount such individual paid in the in which he/she turned 65. If you need further information call your representative. Sean Ryan— Senator—716-854-8705 or Senator Gallivan: 716-656-8544 or Assemblyman Conrad— 716-873-2540.

**SUMMER PICNIC**

Wednesday, July 24th. Doors open at 5pm Buffet dinner at 5:30-6:30 and live music from the Hastings Duo from 6:30-8:30. We also will enjoy an egg toss, corn hole, 50/50 and just a good old time! Bring your dancing shoes and the General Membership will provide the beer and wine! The buffet menu will consist of roasted chicken, pork chops, potatoes, vegetables, salad & dessert. \$25 for members and \$30 for non-members! We are no longer reserving any tables.



**ENERGY SELF DEFENSE CLASS**

Instructor— Manuela Ceglinski

**Energy self defense class** is for seniors 60 and older, it teaches seniors to prevent from getting hurt. You will learn basic techniques like using, the other person's energy to defend yourself and use of pressure points. This class is also for people who use wheelchairs, walkers and/or canes. The class will be held on Tuesday, July 16th 11am-1pm.

This is a free class sponsored by a grant by Assemblyman Bill Conrad. seniors. Please call to reserve your spot.

**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. Judy is looking for a volunteer to help! Please someone... step up!!

**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.

**NEWSLETTER VOLUNTEERS**

We will be folding and mailing our newsletter on Tuesday, July 23 at 9am **Everyone is welcome to help!!!**

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

Lillian Kazmierczak, Dorothy Muniak, Norma Kitzmiller, Marsha Kennedy, Carolyn Kirsch, Shirley Klinefelter, Pat Wentz, & Bernie Hagedorn

**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 the main office at 716-438-4031 for making or canceling a reservation.

**TAI CHI—PRACTICE GROUP**

A Tai Chi group is practicing outside every Tuesday and Thursday at 10 am. An official class of lessons will be starting in September. There will be a charge for these lessons. Please watch newsletter for details. The instructor will be Manuela Ceglinski.

### MAHJONG- CHINESE TILE GAME

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

### 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— Diane Juliano

Any senior is welcome to play Pinochle on Tuesdays at 1:00 pm. Please bring \$1.00 for the game. Coffee and tea will be made available for 25 cents.

### 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 N. Ton. 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:** Paul Cook, Dennis Cuggiano, Belinda Healy, Camille Holynski, Angela Vallett, Betty Bristol, Nancy Gullo, Cathy Brachmann, Eileen Carter, Bonnie Budnik, Judy Tyler, Douglas Kutzbach, Felix Widanka, Diane Mueller, David Bolyard, Barb Hoffman Cheryl Freer, Kristine Caughell, Carol Marx, Kathy Gilmore, Marcia Fernbacher, Paula Kopf, Dennis Vallett, Luba Levin, Louis Petrotto, Barbara Noonan, Joann Brooks, Michael Siemucha, &Martha Schultz

### 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.

### THURSDAY NIGHT CONCERTS- 7pm River Road Band Shell—Fisherman's

7/11 - Kathy Carr & Friends

7/25—Retrophonics

8/1—Kokomo Time Band



### 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 9 full games. There are prizes for each game. Please sign in at the main table. Thank you.

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

**Volunteers:** Joanne Catipovic, Mike Confer, Rhonda Holka, Beth Feenin, Carol McMeekin and Kim Piorkowski

### RED HAT LADY BUGS

Joan Dirmyer

The regular meeting will be taking place on Wednesday, July 3 at 1:00pm. We will be celebrating "Christmas in July". Everyone should bring a wrapped "white elephant" gift. New members are welcome.

### 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, July 10th 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

### 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. Tickets for the baskets are only available at the event for \$5 per sheet. You must be present to win the meats or a basket. We are in need of volunteers. Please talk to Pam if interested!

## NT TRAVELS WITH Jean Marshall

Our Travel meeting is on Wed, July 10th at 1:30pm. Jean will be here to show & discuss upcoming trips for NT & Wheatfield Senior Centers

### July 17- "Buffalo Experience on the Double Decker

Bus"- Choose to sit on the upper or enjoy the comfortable lower level as we travel through Buffalo's water front, bringing to life the history of Buffalo's rise from backwater village to world renown port. Learn about the red light district, AKA "the most evil square mile in America", the live & losses of Buffalo's Irish grain scoopers, Canalside, Outer Harbor, Erie Canal, Erie Basin Marina & Niagara Square. Before returning home, enjoy a ride on the fully restored solar-powered Buffalo Heritage Carousel. Lunch will be at Riverworks. \$98.00. **This trip will depart from Big Lots parking lot on Young St. in Tonawanda.**

**August 3 - Attica Rodeo- \$73.00-** Catch the action of the 66th annual rodeo in Attica, NY Cheer on the cowboy as he attempts to ride a wild bucking bronco weigh 1300 pounds, watch as a cowboy rides full speed on a horse & leaps through the air to wrestle a steer to the ground, see how fast a can b roped, or how long a cowboy stays on a bucking bull using only braided rope around the girth of a bull. **Departure from DMV building is at 10am & return is at 5pm.**

**September 18- A Visit to Ontario County-** Begin the day at Powers Farm Market for fresh produce, baked goods or crafts. Enjoy an Italian buffet lunch at Otto Tomato's then spend the afternoon at the Ganondagan State Historic Site- the only NY State historic site dedicated to native American theme. Learn how the Seneca people influenced our modern understanding of equality, democratic gov. women's rights, ecology & natural foods.—**\$104.00 9am- departs- return- 5pm- 500 Wheatfield St. NT.**

**October 16 - Backroads Amish Adventure- 8:45am- 5:45pm -** Meet the Amish people of Conewago Valley. Visit various homes for beautiful handmade quilts, fresh garden produce, fresh baked goods, a cheese shop, & a blacksmith shop where we learn how to shoe a horse & other information about the Amish, their horses & their way of life. Lunch included—\$105.00

### **December 1-7 - \$1,242.00 per person/double Occupancy - Christmas Time in Branson, Missouri**

\$100 deposit due by July 26th balance due 9/24/24

Package includes: Overnight lodging, 4 nights, 6 breakfasts, 4 dinners, 7 spectacular Christmas shows. Guided tour of Branson, Grand Village shops, souvenir gift motor-coach transportation, taxes & meal gratuities.

For further information and reservations contact Jean Marshall at 716-694-5567 or jeanmarshall39@yahoo.com All checks are to be made payable to Jean Marshall.

## THE ART OF MAKING BISCUITS

Terrie D' Andreamatteo will be here to host a baking class on "The Art of making biscuits". We can sign up 10 seniors for free. This class is sponsored by a NYS grant. This class takes place on Tuesday, July 9th at 10am. You must be a member in good standing. The class is limited to 10 seniors. I have two other classes scheduled for other baking items in the future! So stay tuned for details.

### GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, June 26th at 1pm. We will be making plans for our annual picnic and the upcoming fundraiser on November 2nd. We need seniors to sell our meat raffle tickets

### 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.

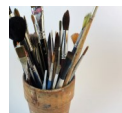
The computers are located in the pool room on the back counter. If you need help just ask anyone in the office.

### 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, June 19th. 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

### CRASH CANVAS!!



Our 15 Painting Class winners will be at Canvas Crash in Tonawanda on Friday, July 12th at 1pm—3pm !! Enjoying a water painting class! Pictures will be on our Facebook page.

### 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.

# JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1.</p> <p>Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>2.</p> <p>Billiards Computers 10:00 Tai Chi –Practice 1:00 Pinochle 1:00 Mahjong</p>	<p>3.</p> <p>Billiards Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs</p>	<p>4.</p> <p>HAPPY 4TH OF JULY</p>	<p>5.</p> <p>Billiards Computers 11:45 Nutrition 1:00 Euchre 1:00 Dominos</p>
<p>8.</p> <p>Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>9.</p> <p>Billiards Computers 9-3 Veterans Assist 10:00 Tai Chi –Practice <b>10:00 Biscuits &amp; Strawberries</b> 1:00 Pinochle 1:00 Mahjong</p>	<p>10.</p> <p>Billiards Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 1:30 Travel Club</p>	<p>11.</p> <p>Billiards Computers 11:45 Nutrition 1:30 Bingo</p>	<p>12.</p> <p>Billiards Computers 11:45 Nutrition <u>1:00 Canvas Crashers</u> <u>Painting Class winners</u> 1:00 Euchre 1:00 Dominos</p>
<p>15.</p> <p>Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>16.</p> <p>Billiards Computers 10:00 Tai Chi –Practice <b>11-1 Energy Self Defense Class</b> 1:00 Pinochle 1:00 Mahjong</p>	<p>17.</p> <p>Billiards Computers Attorney (apt only) Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition</p>	<p>18.</p> <p>Billiards Computers 11:45 Nutrition 1:30 Bingo</p>	<p>19.</p> <p>Billiards Computers 11:45 Nutrition 1:00 Euchre 1:00 Dominos</p>
<p>22.</p> <p>Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>23.</p> <p>Billiards Computers 9:00 Newsletters 10:00 Tai Chi –Practice 1:00 Pinochle 1:00 Mahjong</p>	<p>24.</p> <p>Billiards Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition 5:00 Summer Picnic</p>	<p>25.</p> <p>Billiards Computers 11:45 Nutrition 1:30 Bingo</p>	<p>26.</p> <p>Billiards Computers 11:45 Nutrition 1:00 Euchre 1:00 Dominos</p>
<p>29.</p> <p>Billiards Computers 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>30.</p> <p>Billiards Computers 10:00 Tai Chi –Practice 1:00 Pinochle 1:00 Mahjong</p>	<p>31.</p> <p>Billiards Computers Grocery Shopping Tech Help Available 10:00 NT Senior Fitness 11:45 Nutrition</p>		


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## Monday

## Wednesday

## Thursday

## Friday

1. Polish sausage Sweet potato wedges Bavarian kraut Whole wheat hot dog bun brownie	3. <b><u>Happy 4th of July Meal</u></b> Hot Dog Baked beans Confetti corn Whole wheat hot dog bun strawberry shortcake	4. No meals today. Closed in observance of Independence Day! 	5. Chicken stew Caesar salad Biscuit Fresh cantaloupe
8. Mushroom Swiss burger with lettuce, tomato, onion Au Gratin potatoes, sea- soned green beans, whole wheat hamburger bun, deluxe fruit cup	10. Meatball sub with mozza- rella and tomato sauce Spaghetti salad Seasoned spinach Whole wheat hoagie roll Fresh orange	11. Greek seasoned chicken breast Greek seasoned rice Broccoli salad Muffin apricots	12. Italian sausage with peppers and onions Italian pasta salad Garden salad whole wheat hot dog bun Tropical fruit cup
15, Broccoli and cheese strata O'Brien potatoes Stewed tomatoes Whole wheat bread Sunshine bar	17. Breaded bone in pork chop Garlic mashed potatoes Glazed carrots Whole wheat dinner roll Slice pears	18. Cheeseburger supreme with lettuce, tomato, on- ion, pickle Macaroni salad Seasoned brussels sprouts Whole wheat hamburger bun, fresh cantaloupe & honeydew melon	19. Chicken salad with lettuce, tomato, onion Pickled beets Broccoli salad 1/2 whole wheat pita Peach crisp with whipped topping
22. Homemade Salisbury steak with gravy Mashed potatoes Seasoned peas Whole wheat dinner roll Fruit cocktail	24. Julienne Salad with ham, bleu cheese crumbles and croutons Potato salad Whole wheat bread Fresh watermelon	25. Chicken drumstick with gravy Au Gratin Potatoes Italian vegetable blend Rye bread Fruited gelatin with whipped topping	26. BBQ Pork Riblet Baked beans Seasoned broccoli Whole wheat hoagie roll & apricots
29 Turkey and grape salad sandwich Minestrone soup with crack- ers, tomato and cucumber salad, 2 slices whole wheat bread & tangerines	31. Mac & Cheese casserole Seasoned broccoli & Cauliflower Whole wheat dinner roll Sliced peaches		