



## JUNE 2026

**Pamela A Hogan MS**  
Recreation & Senior Center Coordinator

**Sharon Lewis**  
Niagara County Nutrition

### Senior Center Staff

Geralyn Goerss, Kim Walaszek  
Marylee Karre, Donnette Plummer  
Chrystal Manzare

### NATIONAL HUG YOUR CAT DAY

Yes, “National Hug Your Cat Day” is celebrated annually on June 4th as a dedicated, lighthearted occasion to shower feline companions with extra affection, cuddles, and treats. It is an unofficial holiday intended to strengthen the bond between humans and their cats.

#### Key Details for June 4th:

- **Purpose:** To give your cat extra love, attention, and appreciation for their companionship
- **Action:** If your cat allows it, provide a warm hug, a gentle snuggle, or a soft stroke to show them they are loved.
- **Alternative Participation:** If you don't have a cat, you can visit a shelter or a neighbor with a cat to share some love.

While the exact origins of the day are unknown, it acts as a reminder that cats provide companionship and joy, with some studies even suggesting that owning a cat can improve cardiovascular health and reduce blood pressure.

source– Care in Kent



### GENERAL MEMBERSHIP

The next General Membership meeting will be held on Wednesday, June 24th at 1pm. Please come and support your senior center. You must be a paid member to attend our General Membership meetings.

#### General Membership Officers

<b>Mike Woolford</b>	<b>President</b>
<b>Kim Walaszek</b>	<b>Vice President</b>
<b>Marsha Kennedy</b>	<b>Treasurer</b>
<b>Marianne Guth</b>	<b>Secretary</b>
<b>Pam Beutel</b>	<b>Sgt. At Arms</b>

### NIAGARA COUNTY NUTRITION Sharon Lewis

Niagara County offers a part time lunch program at the center at 11:45am Monday, Tuesday, 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.



### **BIRTHDAY CLUB - Marianne Guth**

The General Membership has a active Birthday Club. Any member interested in celebrating their birthday with their fellow seniors at a monthly general membership meeting see Marianne to register your birthday and get all the details.

### **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 17th. 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

### **VETERAN SERVICES** **Doug Kolata**

Niagara County Veterans Service representative will be at our senior center on Wednesday, June 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.

### **PINOCHLE— John Enright**

Any senior is welcome to play Pinochle Tuesdays at 1:00 pm. Please bring \$2 for the game. Coffee and tea will be made available for 25 cents

### **EUCHRE 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.

### **EUCHRE** **Cheri N. Koepsell & Gen Simpson**

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. **No Euchre— June 5th!!**

### **RED HAT LADY BUGS** **Joan Dirmyer**

Get your Victorian accessories out of mothballs and join the Ladybugs for an afternoon of “Tea & Tee” with Eliza A. Wednesday, June 3 at 1:00pm. For \$5 you will sip tea, nibble treats and enjoy a Victorian golf putting contest and music of the Beatles with trivia questions and prizes. This is limited to the first 20 to register with Joan Dirmeyer by calling (716) 694-5132. Proceeds and donations to benefit Buddy’s Second Chance Dog Rescue.

### **NIAGARA COUNTY** **INFORMATION & REFFERAL**

A representative from the Niagara County Office for Aging will be at our center the first Monday of every month from 10am-1pm to help with any forms, information or any questions regarding county services or referrals needed. No appointment necessary. Monday, June 1st.

### **YOUR TIME WITH ELIZA** **Elizabeth Amabile**

All fitness levels of NT seniors are welcome to join us for light movement, stretching and strengthening. Use of Dynabands, light weights and chairs is optional. Free to all, but registration is encouraged and limited to 16 participants. Please sign up with Eliza or call the office at (716) 695-8582. You must sign a City liability waiver before participating in this or any of our fitness classes. June 19 will be the last class until September. Happy summer, and stay fit and well!

### **MINI GROCERY SHOPPING** **Chrystal Manzare**

The mini 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.

### **FOOD STAMP APPLICATION HELP**

Kristina Markey, NOEP Coordinator will not be here during the month of June. But if you need her services please call her at 716-430-7300

## MAHJONG—Mary Lee Karre

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

## TAI CHI—Manuela Ceglinski

Classes for Tai Chi are taking place every Tuesday and Thursday at 10am for \$15 a month. Please pay Manny directly. All participants must sign a city liability waiver prior to taking this class.

## NT SENIOR FITNESS

### **Judy DeVantier & Jeanne Bogdan**

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. Anyone participating in this class must sign a city waiver liability

## SENIOR CENTER ANNUAL DUES

The office is open Monday-Friday 8:30am - 4:30pm. Any senior 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 [www. NTParksrec.com](http://www.NTParksrec.com) with a major credit card

## 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

## CRAFT CORNER

The month of June we have a few different diamond art projects to work on. The dates will be Monday, June 1st and 15th at 1pm. Sign up at the office. There are 10 spots available for each project.

## SENIOR SOCIABLE BINGO

We play a “Sociable Bingo” every Thursday afternoon at 1:30pm. The cost for Bingo is \$1 for 2 boards. We serve coffee, tea and Pizza (usually— occasionally a baked good). We play 12 games & 2 round robins— per our seniors’ request. This is our set schedule. There are prizes for each game. Please sign in at the main table.

## SPECIAL EVENTS

### BELMONT HORSE RACE

**Saturday, June 6th at 6pm**



The membership will be gathering at 6pm to watch the Belmont Horse Race! Any senior is welcome. Tickets are on sale now \$3 for members and \$5 for non members.

You are welcome to bring a snack to pass and your own adult beverage. We also will be having a “horse race” of our own! With a couple of prizes for the winners. Come and enjoy the ponies with us!!!

### SUMMER PICNIC- Wednesday, July 22nd

Mr & Mrs Catering will be back with a full picnic menu with fresh grilling between 3pm-5pm and the Hastings will be playing live 4:30-6:30pm. The menu will include, hamburger, hot dogs, Italian sausage, with peppers & onions, macaroni salad, chef salad and soft drinks. The center will provide ice cream and toppings for dessert.



The general membership will provide wine and beer. Tickets are \$30 for members and \$35 for non members. A 50/50 and door prizes will also be enjoyed.

**Tickets will go on sale June 1st**

### SNAP-ED-Wednesday, June 24th at 9am

Come and learn about some healthy new recipes and new ideas to include in your healthy lifestyle. Welcome to bring senior friends too. Sign up by calling 716-695-8582

## FATHER'S DAY- JAZZ HOUR!

Enjoy the Bar Room Buzzards and refreshments & wine with your Senior General Membership friends on Friday, June 5th 2-3pm for \$5 for members \$7 for non-members. Tickets on sale now!! Any senior is welcome!! Enjoy a few door prizes too!! - The tables will be available after 3pm for cards and games until 4:30pm.



## HERBAL WORKSHOP Margaret Partridge



THURSDAY, JULY 16TH  
1:30PM- \$10 per senior.

You must register and pay in advance. This class is limited to 15 seniors. This class Marge will be concentrating on a relaxation tea and a pain tincture. If paying by check— please make check payable to Margaret Partridge.

## ALZHEIMER'S ASSOCIATION

July 8th at 1:00 pm a representative will for a seminar regarding Alzheimer's disease and signs, symptoms and services available.. Time for questions will be at the END of the seminar!! Please call to register for this seminar at 716-695-8582.

Travel: July 9th- Day Trip to Canandaigua Lake—**SOLD OUT!!!**

## NEW PROGRAMS

### CHESS CLUB –Salvador Incardona

For players or anyone who wants to learn how to play! Thursday afternoons at 1pm in the craft room.

### SOLITARE—LAS VEGAS STYLE Salvador Incardona

Come have some fun! 50 cents— all monies paid out. Play in the craft room every Thursday afternoon at 1:00pm .

CONTINUE....

## MOVIE MADNESS

Mike Woolford

Mike will be hosting two movie days on Wednesday, June 10th and Wednesday, June 17th at 2pm. The group will decide—majority rules. Any senior is welcome.

## SENIOR UPDATES

**New Members:** Ina Belcher, Thelma Plunkett, Joanne Mroz, Rosalie Budziszewski, Linda Popp Lisa Balistrieri, Kim Heigl, Mary Anne Franklin, Susan Virtuoso, Thomas Virtuoso, Sherrie Holrod, Joyce Gubala, Michelle Jaynes, Judith Janik, Janet Arnold, Joan Arki, Laura Arena, Sandra Witmer, Sonya DiNardo, Sal Incardona and Ed Shorey

## In the Community....

### Gateway 2026 Concert Series Line Up

June 17- 6pm– Patti Parks– 8pm -Funkensteins

June 24-- 6pm—Black Root– 8pm– Hair Nation

July 1– 6pm– Mo Porter 8pm– Chicago Authority

July 8 –6PM 45rpm- 8PM-Yacht Fathers

July 22— No concerts

July 29— 6pm-XOXO– 8pm—Nerds Gone Wild

August 5– 6pm Silent Legacy—8pm Ally Kat

August 12– 6pm Super Charger - 8pm That 80's Hair Band

August 19– 6pm– Boogie Monsters– 8pm Hit –n–Run

## UPCOMING EVENTS:

\* ARTS & EAT FESTIVAL – August 15th & 16th  
Gateway Park

• **MEAT & BASKET FUNDRAISER**  
Saturday, September 12th– Tickets on sale starting—July 1st!!!

\* **DARE TO REPAIR**– Tuesday, Sep-  
tember 15th 4:30-7:30pm



# NT

Parks  
&  
Recreation

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CONCERTS ALONG  
THE MIGHTY

*Niagara River!*



RAYMOND KLIMEK  
VETERANS PARK  
700 RIVER ROAD



THURSDAY EVENINGS  
7:00 – 8:30PM

BRING  
A CHAIR  
& ENJOY  
THE SHOW!

JUNE  
18

## Crash Cadillac

Mix of disco, classic rock,  
and oldies favorites

JUNE  
25

## Kathy Carr & Friends

Playing easy listening hits from the  
Great American Songbook featuring  
popular songs and jazz standards

JULY  
2

## Formula Band

Playing popular hits with  
some Italian flair!

JULY  
9

## Retrophonics

Popular hits from  
Elvis to the Beatles

JULY  
16

## Silver Lining Jazz Band

5-piece jazz band (beloved jazz  
standards, melodies and easy  
listening favorites)

JULY  
30

## Clock Out Friday

5-piece classic rock band  
(Beatles, Billy Joel, etc)

AUG.  
6

## Bob Meier and the Hitmen Horns

This 17-piece big band with the  
area's top musicians put a "big band"  
twist on your classic favorites

AUG.  
13

## Alex Rene Big Band

18-piece big band recreating the  
sounds of the Golden Age of Big Bands.  
Featuring the music of Glenn Miller,  
Benny Goodman, Harry James and others

AUG.  
20

## Vinyl6

playing music hits of the 70's & 80's  
along with one hit wonders!

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BEAUTIFUL SETTING.  
EVERY THURSDAY.

# JUNE 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1. 10am-1pm– Information &amp; referral 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament 1:00 craft class</p>	<p>2. 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers &amp; billiards</p>	<p>3. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs</p>	<p>4. 10:00 Tai Chi 11:45 Nutrition 1:00 Chess Club 1:00 Solitaire– Las Vegas Style 1:30 Sociable Bingo</p>	<p>5. 10:00 Time With Eliza 11:45 Nutrition <b>2-3 Father's Day JAZZ &amp; APPITZERS</b>  <b>BARROOM BUZZARDS</b> <b>\$5/\$7</b> 3-4:30– open cards &amp; games</p>
<p>8. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>9. 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers &amp; billiards</p>	<p>10. 9-3 Veterans Assistance Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 2:00 Movie Madness</p>	<p>11. 10:00 Tai Chi 11:45 Nutrition 1:00 Chess Club 1:00 Solitaire– Las Vegas Style 1:30 Sociable Bingo</p>	<p>12. 10:00 Time With Eliza 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>15. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament 1:00 craft class</p>	<p>16. 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers &amp; billiards</p>	<p>17. Attorney –by Appt –only Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 2:00 Movie Madness</p>	<p>18. 10:00 Tai Chi 11:45 Nutrition 1:00 Chess Club 1:00 Solitaire– Las Vegas Style 1:30 Sociable Bingo</p>	<p>19. 10:00 Time With Eliza 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>22. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>23. 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers &amp; billiards</p>	<p>24. 9:00 SNAP-ED Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Mtg</p>	<p>25. 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo 1:00 Chess Club 1:00 Solitaire– Las Vegas Style</p>	<p>26. 10:00 Time With Eliza 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>29. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>30. 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers &amp; billiards</p>			

# JUNE 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1. Homemade Salisbury steak with gravy Mashed potatoes Seasoned peas Cinnamon raisin bread Fresh cantaloupe	2. BBQ Pork Riblet Macaroni salad Seasoned green beans Wheat hoagie roll Deluxe fruit cup	3. Julienne Salad with ham bleu cheese crumbles and croutons Brown rice and lentil soup with crackers Biscuit Fresh orange	4. Hot dog with chili sauce Baked beans Broccoli salad Wheat hot dog bun Pumpkin Bavarian with whipped topping	5. Breaded chicken drumsticks Au Gratin Potatoes Seasoned carrots Wheat dinner roll Cinnamon applesauce
8. BBQ pulled pork sandwich with pickle spear Sweet potato wedges Coleslaw Wheat hamburger bun cookie	9. Beef stew Garden salad Wheat dinner roll banana	10. Breakfast casserole with cheddar & sausage O'Brien potatoes Seasoned broccoli Muffin fresh watermelon	11. Turkey and grape salad Tomato & cucumber slices 1/2 wheat pita Mandarin oranges	12. Ham and Swiss cheese sandwich with lettuce, tomato & onion Potato salad Marinated vegetable salad 2 slices rye bread Fresh grapes
15. Julienne salad with turkey Cheddar cheese & chick peas, pepper pot soup with crackers biscuit Tropical fruit cup	16. Homemade mac and cheese casserole Stewed tomatoes Wheat bread Heavenly hash	17. <b><u>Father's Day Meal</u></b> Hot Roast Beef Sandwich Baked potato with sour cream candied carrots Egg washed roll Tuxedo brownie	18. BBQ chicken thighs Scalloped potatoes California vegetable blend Wheat dinner roll Pineapple	19. Cheese tortellini with meatballs and marinara sauce Seasoned spinach and tomatoes Italian bread Fresh orange
22. Breaded chicken patty sandwich with lettuce tomato and onion Pea and pasta salad Seasoned cauliflower with red pepper Wheat hamburger bun sliced peaches	23. Greek Chicken pasta salad, broccoli salad Biscuit Fruited gelation with whipped topping	24. Roast pork with gravy Baked sweet potato Seasoned green beans Wheat dinner roll Applesauce	25. Egg salad sandwich with lettuce, tomato onion Two type potato salad Fresh spinach salad 2 slices wheat bread Fresh honeydew melon	26. Polish sausage Garlic mashed Potatoes Bavarian kraut Wheat hot dog bun Fresh cantaloupe
29. Mushroom Swiss Turkey burger with lettuce, tomato, onion Mashed squash, mixed vegetables, wheat hamburger bun banana	30. Chicken stew Seasoned broccoli and cauliflower Wheat dinner roll Fresh watermelon	Please sign up for the Independence Day meal by June 5th		