



## **APRIL 2026**

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

**Sharon Lewis**  
Niagara County Nutrition

### **Senior Center Staff**

Sharon Lewis, GERALYN GOERSS  
Marylee Karre, Donnette Plummer  
Chrystal Manzare

### **GENERAL MEMBERSHIP MEETING**

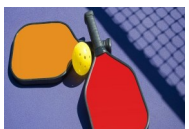
The next General Membership meeting will be held on Wednesday, April 22nd at 1pm. Please come and support your senior center. You must be a paid member to attend our General Membership meetings. After the meeting we will have a turkey dinner to celebrate Easter. You must register ahead of time and bring a dish to pass. Space is limited.

#### **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>

#### **SENIOR PICKLEBALL Martha Russell & Chrystal Manzare**

Come join other seniors age 55 and older in an instructional program learning the basics of Pickleball. This program will take place at the NTI School on Vanderbilt Street in NT.



This program will take place on Tuesday, April 14, 21 & 28 th from 6:30-8:30pm. NT residents will be charged \$15 and non-residents will be charged \$21. You can register on line at [www.NTParks](http://www.NTParks) or you can stop in at the Recreation office located at 500 Wheatfield Street Monday—Friday 8:30am-4:30pm Monday—Friday and register in person. There will be 24 slots available.

### **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.

### **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.

**" You're never too  
old for an Easter egg  
hunt."**



**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, April 15th 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, April 8th 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 TOURNAMENT**  
**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

**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

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

The next Lady Bugs gathering is Wednesday, April 1st at 1pm. If you have any questions please call Joan at 716-694-5132. We are always looking for new members and new ideas.

**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 **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.

**Thank you to our volunteers:**

**Volunteers:** Gerry Phelps, Beth Feenin, Carol McMeekin, Norma Kitzmiller, Kim Piorkowski, Sharon Beeman, Beth Gerwitz & Thelma Plunkett

**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, April 6th.

**YOUR TIME WITH ELIZA**  
Elizabeth Amabile

NEW!- Fitness & Activity Program! Free to any Senior— Friday mornings 10am-11am.

Come and enjoy a relaxing & fun activity for the first half hour. Then for the next half hour we will practice seated stretches, relax & retrieve techniques.

This is open to all levels of fitness. There is no charge for this program, but donations to Buddy's Second Chance Rescue are accepted. Please call the office to register at 716-695-8582.



All participants must sign a city liability waiver prior to taking this class

## 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

Manny is Back! Classes for Tai Chi will be up and running again 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

## 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



## SNAP-ED NY

Free nutrition & physical activity workshop. We will discuss how to Eat Smart & Be Active. Wednesday, April 22nd at 9am. Please call to register at 716-695-8582.

## CRAFT CORNER

Color your own wooden Easter eggs! Or make a spring /Easter wreath! Pick out a pretty ribbons and flowers . Call to reserve your spot.

Space and supplies are limited. This class will take place in the craft room on Thursday, April 2nd at 9am – noon.

## SENIOR UPDATES

**New Members:** . Lisa Harnden, Richard Miller, Susan Stratiff, Doris Carlson, Paul Stratiff, Mark Lachacz, Richard Marks, Vonnie Marks, John Herbst, Tracey Warning, Lydia Moore, William Wiser, Patricia Chiodo, Gail Angelino, Nancy Webb, Pamela Reber, Denise Allison, Pauline Ailing, Karen Hirnle, Gail Timke and Sue Dolan

**In Memorial:** Linda Wingrove

## SPECIAL EVENTS

### OPEN HOUSE

**Thursday, April 9th 6-7pm– just before the Neighbor Watch meeting! Any senior age 55 years or older is welcome to learn what the NT Senior Center has to offer..** Coffee, tea and a light refreshment will be available.

### NEIGHBORHOOD WATCH MEETING

The North Tonawanda Neighborhood Watch regular monthly meeting will be taking place at our center on Thursday, April 9th at 7pm. All are welcome!!

### **DISCO- \$5 APRIL 22ND—3-5PM**

Come and dance the afternoon away with your senior friends! Dress up in your favorite Disco attire! This event of course is for seniors only age 55 and up \$5 for members \$7 for non-members includes soda, chips and music only. A 50/50 will be done and a few door prizes.

### **FREE HAIR CUTS BY RAZOR EDGE BARBER SCHOOL**

The Razor Edge Barber School will be here giving out free hair cuts on Wednesday, May 27th. The office will be assigning appointments from 1:30pm-4pm for anyone who needs this service. Please call the office to book your appointment. The school needs at least 20 people in order to keep this service available to the senior center

## **\*NEW! 152nd KENTUCKY DERBY**

**Saturday, May 2nd. Doors open at 6pm! Race is at 6:57pm**



**Come celebrate Mother's Day in a different Way!**

**Wear your special dress and your biggest hat on Kentucky Derby Day!! Everyone in attendance is to bring a dish to pass and their own adult beverage! There will be coffee, tea, choice of herbal teas and ice tea. When you register to come you will need to register your dish or dessert to pass and pay \$3.**

**The general membership will be purchasing red and white wine and soda. The race is schedule to run at 6:57pm! There will be a "Best Hat" contest and a 50/50 & a few door prizes too!! Come and try out something new!**

### **SUMMER DAY TRIP**

#### **ROCHESTER BY AMTRAK**

This trip is sponsored by Way to Go Tours. Thursday, July 9, 2026– Cost per person- \$173.00– please send check payable to- "Way to go Tours"- mail to– Way to go tours– 580 Ward Rd. North Tonawanda, NY 14120! **Please notify \* senior center if you send in your payment, so we can send a staff for the group.**



Dear Way To Go Traveler,

As my Grandfather use to say, "Never look a Gift Horse in the Mouth." with Rochester Amtrak selling out each time that we offer it, it would be a tragedy to not offer this tour a 6th year in a row!

**YES!** The owners of one of our most popular restaurants, ever, The Park Avenue Grill, retired but everyone has to keep movin' on.

### **Our itinerary:**

**5:45am– Bus Report time**

**6am– sharp—depart from McDonald, Meadow Dr. in N. Tonawanda**

**6:20am– pickup at Tops Supermarket, Main St. & union rd., Williamsville**

**6:50am– Arrive at Exchange Street Station, Buffalo—(restrooms available)**

**7:10 am– sharp! - train leaves the station.**

**8:26am– Arrive downtown Rochester "Louise Slaughter" Train Station.**

**By 9am– Rochester's Farmers Market – Number 1 Farmers Market a few years back in the USA. We just love the Bakery located there! Mid –morning activity– TBA– we will rely on our local tour escort the past five years, Bill Gorman, to recommend the "best of the best" for a visit to a Rochester attraction.**

**11:15-11:30am– arrive at Agatino's Restaurant.**

**1:30pm– Depart Rochester for the Canandaigua Lady.**

**2:30pm- One and one-half hour narrated cruise of Canandaigua Lake. Last year, 2025, we learned that the going rate on Lake Canandaigua is \$8,100 a foot for property with a shore line. (Most expensive lake property in the USA) About 75 yards walking distance from bus to boat! Very relaxing!**

**4pm– Arrive back at departing dock and leave for Buffalo**

**5:30pm– Arrive at Tops in Williamsville**

**6pm–Arrive at McDonalds's in N. Tonawanda.**

**Jerry Note: Our motor coach will pick us up at the train statin in Rochester at 8:26am for touring the rest of the day.**



**\*used enclosed form**

# APRIL 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1.</p> <p style="text-align: center;"><b><u>Easter Meal</u></b></p> <p>Glazed Ham Mashed sweet potatoes Green beans casserole Whole wheat dinner roll Spring time coconut cake</p>	<p>2.</p> <p>Goulash Seasoned peas and carrots Wheat bread Banana Parmesan cheese</p>	<p>3.</p> <p><b>Good Friday</b></p> <p>No meals Served</p> <p>Center Closed</p>
<p>6.</p> <p>Meatball sub with marinara sauce and mozzarella cheese Au Gratin potatoes Seasoned broccoli Wheat hotdog bun Sliced peaches</p>	<p>7.</p> <p>Greek chicken breast with feta Greek seasoned rice Seasoned spinach &amp; tomatoes 1/2 wheat pita Cinnamon applesauce</p>	<p>8.</p> <p>Mushroom Swiss turkey burger with lettuce, tomato, onion Macaroni salad Seasoned green beans Wheat hamburger bun Tropical fruit cup</p>	<p>9.</p> <p>Sliced turkey with gravy Garlic mashed potatoes Seasoned carrots Wheat dinner roll Mandarin oranges</p>	<p>10.</p> <p>Ham salad sandwich Broccoli cheddar soup with crackers Marinated vegetables salad 2 slices rye bread Homemade pear crisp With whipped topping</p>
<p>13.</p> <p>Broccoli &amp; cheese Frittata Seasoned mashed squash Confetti corn Wheat bread banana</p>	<p>14</p> <p>Turkey cobb salad Chicken cannelloni soup with crackers Biscuit Fresh orange.</p>	<p>15.</p> <p>Bone in pork chop Mashed sweet potatoes Bavarian sauerkraut Wheat dinner roll applesauce</p>	<p>16.</p> <p>Italian sausage with peppers and onions Italian pasta salad Broccoli salad Wheat hot dog roll pineapple</p>	<p>17.</p> <p>Turkey burger with cheese, lettuce, tomato Onion, pickle Scalloped potatoes Seasoned cauliflower Wheat hamburger bun Deluxe fruit cup</p>
<p>20.</p> <p>BBQ chicken drumsticks Mashed potatoes Glazed carrots Muffin cookie</p>	<p>21.</p> <p>Homemade Salisbury steak with gravy Mashed sweet potatoes Seasoned peas Wheat dinner roll Sliced pears</p>	<p>22.</p> <p>BBQ Pork Riblet Baked beans Coleslaw Wheat hoagie roll Mandarin oranges</p>	<p>23.</p> <p>Julienne salad with ham, bleu cheese crumbles and croutons, two-type potato Salad, cinnamon raisin bread and heavenly hash for dessert</p>	<p>24.</p> <p>Hot dog with chili sauce, pasta salad with peas, mixed vegetables Wheat hot dog bun Tropical fruit cup</p>
<p>27.</p> <p>Homemade mac and cheese California vegetable blend Rye bread pineapple</p>	<p>28.</p> <p>BBQ pulled pork sandwich with pickle chips Potato salad, Caesar salad Wheat hamburger bun Fresh orange</p>	<p>29.</p> <p>Turkey chili with crackers Seasoned broccoli Corn muffin Homemade peach crisp with whipped topping</p>	<p>30.</p> <p>Breakfast casserole with cheddar and sausage O'Brien potatoes Seasoned wax beans Wheat dinner roll apricots</p>	

# APRIL 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p><b>1.</b> <b>Day Trip</b> Assistance Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs</p>	<p>2. 9am– craft corner 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo Computers &amp; billiards</p>	<p>3. <b>Good Friday Closed</b></p>
<p>6. 10am-1pm– Information &amp; referral 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>7. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers &amp; billiards</p>	<p>8. <b>9-3 Veterans Assistance</b> Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition</p>	<p>9. 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo Computers &amp; billiards</p>	<p>10. <b>10:00 Time With Eliza</b> 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
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<p>20. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>21. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers &amp; billiards</p>	<p>22. Grocery Shopping <b>9:00 SNAP-ED</b> 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Mtg Birthday Celebrations <b>3-5pm Disco</b></p>	<p>23. 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo Computers &amp; billiards</p>	<p>24, <b>10:00 Time With Eliza</b> 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>27. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>28. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers &amp; billiards</p>	<p>29. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition</p>	<p>30. 10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo Computers &amp; billiards</p>	

# ROCHESTER BY AMTRAK

## NOW IN ITS 6TH SUMMER!

Thursday, July 9, 2026 Cost Per Person: \$173

### Dear Way To Go Traveler,

As my Grandfather use to say, "Never look a Gift Horse in the Mouth." With Rochester Amtrak selling out each time that we offer it, it would be a tragedy to not offer this tour a 6th year in a row! YES, the owners of one of our most popular restaurants, ever, The Park Avenue Grill, retired but everyone has to keep movin' on.

### Our itinerary:

5:45am – Bus Report time (CORRECT TIME)

6am – Sharp – Depart from McDonalds, Meadow Dr., in N. Tonawanda (THAT IS THE CORRECT TIME!)

6:20am – Pickup at Tops Supermarket, Main St., & Union Rd., Williamsville

6:50am – Arrive at Exchange Street Station, Buffalo (Restrooms Available)

7:10am – Sharp! Train leaves the station.

8:26am – Arrive downtown Rochester "Louise Slaughter" Train Station

By 9am – Rochester's Farmers Market – No. 1 Farmers Market a few years back in the USA. We just love a Bakery located there! AND, we are going at a time of year when there are plenty of fresh fruits and vegetables.

Mid-morning Activity: TBA – we will rely on our local tour escort the past five years, Bill Gorman, to recommend the "best of the best" for a visit to a Rochester attraction.

11:15-11:30am – Arrive at Agatino's Restaurant.

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4pm – Arrive back at the departing dock and leave for Buffalo.

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6pm – Arrive at McDonalds in North Tonawanda

Jerry Note: Our motor coach will pick us up at the Train Station in Rochester at 8:26am for touring the rest of the day.

Send check to: Way To Go Tours, 580 Ward Rd., North Tonawanda, NY 14120.

Questions: Call Jerry or Kathy at 716-693-0793.  
www.thewaytogotours.com ~ THANK YOU!



Rochester Amtrak

### Agatino's Restaurant Lunch Menu

Please Return This Form With Your Check.

Name(s) \_\_\_\_\_

E-mail \_\_\_\_\_

Phone No. \_\_\_\_\_

Cell No \_\_\_\_\_

#### Pick Up Location:

\_\_\_\_ McDonalds, 315 Meadow Dr., N. Tonawanda

\_\_\_\_ Tops Parking Lot, Main St. & Union Road

#### Lunch:

(Use initials)

\_\_\_\_ Baked Ziti

\_\_\_\_ Eggplant Parm

\_\_\_\_ Chicken Parm

\_\_\_\_ Broiled Haddock

Office: Rochester Amtrak: July, 2026