

## NORTH TONAWANDA

www.NTParksrec.com

### SENIOR CITIZEN CENTER

110 Goundry St. NT NY 14120

Telephone: 716-695-8582



# AUGUST 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

## **WELCOME AUGUST**

A new month filled with sunshine,  
Fresh starts, and endless possibilities.  
Let this be a time to slow down,  
soak in the moments  
And chase what truly matters.  
Here's to making every day  
count  
And creating beautiful memories.



### **MOVIE MADNESS-** Mike Woolford

Mike will be hosting movies every Friday morning at 10:00 am.. Movies will also take place after the Red Hat Lady's gathering. Come and beat the heat! Pick a movie— group will decide—majority rules.

### **GENERAL MEMBERSHIP**

The next General Membership meeting will be held on Wednesday, August 26th at 1pm. Please come and support your senior center. You must be a paid member to attend our General Membership meetings.

### **NIAGARA COUNTY NUTRITION**

**Sharon Lewis**

Niagara County offers a lunch program at the center at 11:45am Monday through Friday. The suggested donation for a lunch is \$4.00. 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.

### **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>   |

### **8 pieces of wisdom that can change your life**

1. Words are powerful use them wisely,
2. People come and go, but the right ones stay
3. You are doing enough
4. Failure is when you don't try
5. Random acts of kindness make everyone feel better
6. Live for today, not for tomorrow
7. Never look back, there is nothing there for you
8. Overthinking kills happiness

### **NEW!! INTRODUCTION TO SPANISH**

– **Mannie Ceglinski**

Every Tuesday September 8th through December 29th. (4 months) 11am-11:30am– You must commit to all of the classes! She will be teaching conversational Spanish. Learn basic Spanish, no difficult grammar. The class is free, but students must make a commitment to attend the whole four months.

There has to be at least 10 students in order to have the class. Please sign up with Pam.

### **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, August 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

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

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

### **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.

### **NIAGARA COUNTY** **INFORMATION & REFERRAL**

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, August 3rd

### **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 ASSISTANCE**

Kristina Markey, SNAP Coordinator can assist people with Food Stamp applications or recertifications. She can also help with referrals for Medicare, Medicaid or home delivered meals through Feed More. You can call her for an appointment at 716-430-7300 and she will meet you at our center.

### **CHESS CLUB -Salvatore Incardona**

For players or anyone who wants to learn how to play! Tuesday morning at 10am in the craft room.

**Senior Writer—**Sal is looking for seniors who would like their life story to be a part of our newsletter for a new column. If anyone is interested come see him on Tuesday mornings. This is an option.

....going to write a story about profiles of a senior...something amazing... and open of a hidden door and secrets. All of us have experienced during our time... So...if you have enough gas in your car, come to the senior center and enjoy— Salvatore Incardona

### **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. 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

### **RED HAT LADY BUGS**

#### **Joan Dirmyer**

The Red Hat Lady Bugs will be having a picnic at their next gathering on Wednesday, August 5th at 1pm. The entertainment for this day will be a pound auction. All Red Hat Lady Bug members are welcome.

### **DARE TO REPAIR 2026**

 The Dare To Repair volunteers will be at our center on Tuesday, September 15th from 4:30-7:30pm for an evening of repairing your household items for free.

Please watch our facebook page or stop by the senior center so our staff can assist you with registering for this event. This is a free service.

### **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**

We have purchased 10 kits of advanced diamond art (frameable pictures). These kits will cost- \$5 dollars each. We can work on them every Monday afternoon in August. You must pay for the project when you register. **Class time will be 3 Monday afternoon in August at 1pm. (check the calendar and Friday mornings)**

### **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.

### **MEET WITH THE PHARMACIST**

On Monday, August 24th at 1pm a pharmacist will be at our center with a representative from Independent Health Insurance to discuss safety and your prescription medication. There will be time for questions and answers and the end. We can take up to 20 people. You must call to register for this event 716-695-8582

**New Members:** Kathleen Cowell, Sharon Sikora, Nestor Vaillancourt, Doug Heim, Deborah Ferguson, Don Montero, Bohdan Kowal, Susan Wilke, Michael Argertieri

**IN MEMORIAL:** Linda Pascucci

**TICKETS ARE ON SALE NOW!! \$10 EACH !!  
DON'T WAIT!!**

**IT'S THE BEST MEAT & BASKET RAFFLE  
IN TOWN!!**

**TICKETS:**

**ADVANCE- \$10**

**NT SENIOR CENTER**

**MEAT & BASKET RAFFLE**

**SATURDAY, SEPTEMBER 12th**

**DOORS OPEN AT 2PM—1st SPIN AT 3PM**

**TICKETS :**

**DOOR: \$12**

**50/50**

**Split**



Pizza & soda available



**Basket raffle**

**\$5 per sheet**

**for 25 tickets**



**NT Senior Center**

**110 Goundry St.**

**N. Ton. 716-695-8582**



**All Meat**

**Purchased**

**At**

**PELLICANO'S**



## SCHEDULE OF EVENTS

### SATURDAY, AUGUST 15



#### LIVE MUSIC LINEUP

- 11:00 AM Tim Britt
- 12:30 PM Gerald Michael
- 2:00 PM Christina Custode
- 3:30 PM Derrick Fontenau



#### THE ART OF FITNESS

BROUGHT TO YOU BY  
THE NT SENIOR CENTER

- 11:00 AM Zumba
- 12:00 PM Boot Camp
- 1:00 PM Yoga



#### KIDS ZONE

BROUGHT TO YOU BY  
NT PARKS & RECREATION

11:00 AM – 5:00 PM

### SUNDAY, AUGUST 16



#### LIVE MUSIC LINEUP

- 12:00 PM Miss Olivia's  
Songbirds Showcase  
(Noon – 2:00 PM)
- 3:00 PM Jim & Dave  
(from Somewhere Between)



#### THE ART OF FITNESS

BROUGHT TO YOU BY  
THE NT SENIOR CENTER

- 11:00 AM Tai Chi
- 12:00 PM NT Senior Fitness
- 1:00 PM Kids Boot Camp



#### KIDS ZONE

BROUGHT TO YOU BY  
NT PARKS & RECREATION

11:00 AM – 5:00 PM

STAY TUNED FOR ADDITIONAL EVENTS,  
INCLUDING THE **DANCE COMPANY LINE UP!**



FOOD



ART



MUSIC



SHOPPING



FAMILY FUN  
& MORE!

SHOP, DINE, ENJOY, AND SUPPORT LOCAL. TOGETHER, WE KEEP DOWNTOWN *thriving!*

# August 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|                                                                                                                                   |                                                                                                                   |                                                                                                                                         |                                                                    |                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| 3.<br><br>10:00 NT Senior Fitness<br>11:45 Nutrition<br>1:00 Euchre Tournament<br>1:00 diamond art (10)                           | 4.<br><br>10:00 Chess<br>10:00 Tai Chi<br>11:45 Nutrition<br>1:00 Pinochle<br>1:00 Mahjong computers & billiards  | 5.<br><br>Grocery Shopping<br>10:00 NT Senior Fitness<br>11:45 Nutrition<br>1:00— Red Hatter Lady Bugs Movie—following                  | 6.<br><br>10:00 Tai Chi<br>11:45 Nutrition<br>11:30 Sociable Bingo | 7.<br><br>9:00 work on diamond art projects<br>10:00 Movie Madness<br>11:45 Nutrition<br>1:00 Euchre<br>1:00 Rummikub computers & billiards  |
| 10.<br><br>10:00 NT Senior Fitness<br>11:45 Nutrition<br>1:00 Euchre Tournament<br>1:00 diamond art (10)                          | 11.<br><br>10:00 Chess<br>10:00 Tai Chi<br>11:45 Nutrition<br>1:00 Pinochle<br>1:00 Mahjong computers & billiards | 12.<br><br><b>9-3 Veterans Help</b><br>Attorney —by Appt —only<br>Grocery Shopping<br>10:00 NT Senior Fitness<br>11:45 Nutrition        | 13.<br><br>10:00 Tai Chi<br>11:45 Nutrition<br>1:30 Sociable Bingo | 14.<br><br>9:00 work on diamond art projects<br>10:00 Movie Madness<br>11:45 Nutrition<br>1:00 Euchre<br>1:00 Rummikub computers & billiards |
| 17.<br><br>10:00 NT Senior Fitness<br>11:00 Food Stamp Help<br>11:45 Nutrition<br>1:00 Euchre Tournament<br>1:00 diamond art (10) | 18.<br><br>10:00 Chess<br>10:00 Tai Chi<br>11:45 Nutrition<br>1:00 Pinochle<br>1:00 Mahjong computers & billiards | 19.<br><br>Grocery Shopping<br>10:00 NT Senior Fitness<br>11-12 Lawyer—(by appoint -only)<br>11:45 Nutrition<br>2:00 Movie Madness<br>- | 20.<br><br>10:00 Tai Chi<br>11:45 Nutrition<br>1:30 Sociable Bingo | 21.<br><br>9:00 work on diamond art projects<br>10:00 Movie Madness<br>11:45 Nutrition<br>1:00 Euchre<br>1:00 Rummikub computers & billiards |
| 24.<br><br>10:00 NT Senior Fitness<br>11:45 Nutrition<br>1:00 Euchre Tournament<br>1:00 Meet w/ the Pharmacist                    | 25.<br><br>10:00 Chess<br>10:00 Tai Chi<br>11:45 Nutrition<br>1:00 Pinochle<br>1:00 Mahjong computers & billiards | 26.<br><br>Grocery Shopping<br>10:00 NT Senior Fitness<br>11:45 Nutrition<br>1:00 General Membership Meeting                            | 27.<br><br>10:00 Tai Chi<br>11:45 Nutrition<br>1:30 Sociable Bingo | 28.<br><br>9:00 work on diamond art projects<br>10:00 Movie Madness<br>11:45 Nutrition<br>1:00 Euchre<br>1:00 Rummikub computers & billiards |
| 31.<br><br>10:00 NT Senior Fitness<br>11:45 Nutrition<br>1:00 Euchre Tournament<br>1:00 diamond art (10)                          |                                                                                                                   |                                                                                                                                         |                                                                    |                                                                                                                                              |

## August 2026

| MONDAY                                                                                                                                                                        | TUESDAY                                                                                                                                                                  | WEDNESDAY                                                                                                                                                             | THURSDAY                                                                                                                                         | FRIDAY                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>3.</p> <p>Breaded chicken patty<br/>Sandwich with lettuce, tomato, onion<br/>Mac and cheese<br/>Seasoned broccoli and cauliflower<br/>Wheat hamburger bun<br/>apricots</p> | <p>4.</p> <p>Polish sausage with peppers and onion<br/>Brown rice and lentil with goldfish<br/>Seasoned green beans<br/>Wheat hot dog bun<br/>Banana<br/>Grape juice</p> | <p>5.</p> <p>Egg salad sandwich with lettuce, tomato, onion<br/>Pickled beets<br/>Garden salad<br/>2 slices rye bread<br/>Mandarin oranges</p>                        | <p>6.</p> <p>Roast pork with gravy, baked sweet potato, seasoned peas, blueberry biscuit and applesauce</p>                                      | <p>7.</p> <p>Greek chicken pasta salad<br/>Broccoli salad<br/>Whole wheat bread<br/>Cinnamon sliced pears and v8 juice</p>                                    |
| <p>10.</p> <p>Chicken stew<br/>3 bean salad<br/>Buttermilk biscuit<br/>Fresh orange</p>                                                                                       | <p>11.</p> <p>Tuna salad sandwich with lettuce, tomato, onion<br/>Potato salad<br/>Marinated vegetable salad, 2 slices wheat bread, deluxe fruit cup</p>                 | <p>12.</p> <p>Meatball sun with mozzarella and tomato sauce, Au Gratin potatoes<br/>Garlic spinach and tomatoes, wheat hoagie roll, honeydew melon</p>                | <p>13.</p> <p>Greek seasoned chicken breast with feta cheese, whole Greek potatoes, Caesar salad, 1/2 wheat pita, fresh grapes, orange juice</p> | <p>14.</p> <p>Mushroom Swiss turkey burger with lettuce, tomato, onion, sweet potato wedges, seasoned green beans<br/>Wheat hamburger bun, sliced peaches</p> |
| <p>17.</p> <p>Broccoli and cheese strata, Pean and Pasta Salad, stewed tomatoes<br/>Whole grain English muffin<br/>Tropical fruit cup</p>                                     | <p>18.</p> <p>Rotini with meatballs and tomato sauce<br/>Fresh spinach salad<br/>Whole grain cinnamon graham cracker<br/>Fresh banana</p>                                | <p>19.</p> <p>Turkey burger supreme with cheese, lettuce, tomato, onion, pickle, scalloped potatoes, mixed vegetable<br/>Wheat hamburger bun<br/>Fresh watermelon</p> | <p>20.</p> <p>Turkey cobb salad<br/>Italian pasta salad<br/>Whole grain corn muffin<br/>pineapple</p>                                            | <p>21.</p> <p>Bone in pork chop<br/>Minestrone soup with goldfish<br/>California blend vegetables, wheat dinner roll and applesauce</p>                       |
| <p>24.</p> <p>Julienne salad with ham and bleu cheese crumbles, two-type potato salad<br/>Whole grain blueberry muffin<br/>Fresh cantaloupe</p>                               | <p>25.</p> <p>Homemade Salisbury steak with gravy<br/>Garlic mashed potatoes<br/>Broccoli salad<br/>Buttermilk biscuit<br/>Sliced peaches</p>                            | <p>26.</p> <p><b><u>End of Summer Picnic</u></b><br/><br/>Hot dog or turkey burger on a bun, baked beans, macaroni salad<br/>Watermelon, frosted brownie</p>          | <p>27.</p> <p>Breaded chicken drumsticks<br/>Mashed sweet potatoes, coleslaw<br/>Wheat dinner roll<br/>Fresh orange</p>                          | <p>28.</p> <p>Stuffed cabbage roll<br/>Casserole<br/>Garden salad<br/>Rye bread<br/>Heavenly hash</p>                                                         |
| <p>31.</p> <p>Sweet and Sour Pork<br/>Seasoned brown rice<br/>Stir fry vegetable bl<br/>Wheat bread slice pears</p>                                                           |                                                                                                                                                                          |                                                                                                                                                                       |                                                                                                                                                  |                                                                                                                                                               |