

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**

110 Goundry St. NT NY 14120
Telephone: 716-695-8582

FEBRUARY 2026

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

www.NTParksrec.com



How Can Rare Disease Day Make A Difference?

Rare Disease Day raises awareness for the 300 million people world wide living with a rare disease, along with their families and care providers.

The long-term goal of the Rare Disease Day campaign is to ensure equitable access to diagnosis, treatment, healthcare, social support and opportunities for those affected by rare diseases.

Significant progress continues through joint international advocacy efforts for universal health coverage (UHC), a key part of the United Nations' Sustainable Development Goals (SDGs). These efforts aim to create equitable health systems that address the needs of people with rare diseases, ensuring no one is left behind.

Rare Disease Day provides an opportunity to advocate for rare diseases as a human rights priority at local, national, and international levels, promoting a more inclusive society.

Since its launch in 2008, with event in just 18 countries, Rare Disease Day has grown into a global movement, now observed in over 100 countries.

What Are The Universal Challenges Faced By Those Living With A Rare Disease?

1. The lack of scientific knowledge and reliable information on rare diseases often leads to delays in diagnosis.
2. The need for high-quality, specialized health creates inequalities and barriers to accessing rare disease treatment and care
3. International collaboration in research is vital to connect researchers and clinicians, ensuring progress in diagnosis, treatment and care.

4. Due to the wide diversity of rare disorders and the presence of relatively common symptoms that can mask an underlying rare disease, misdiagnosis is common.

Moreover, symptoms not only vary between different diseases but can also differ among patients with the same condition.

There are approximately 300 million people with rare diseases world wide.—3.5%-5.9% of the population and of those 72% are genetic diseases.

Source— www.rarediseaseday.org

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 & Friday. 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.

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, February 18th. 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, February 11th 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.

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.

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.



RED HAT LADY BUGS **Joan Dirmyer**

The next Lady Bugs gathering is Wednesday, February 4th 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 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.— Please note there is no meeting in February!**

GENERAL MEMBERSHIP MEETING

The next General Membership meeting will be held on Wednesday, March 25th at 1pm. Please come and support your senior center. You must be a paid member to attend our General Membership meetings. Please note, there is no meeting in February.

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 & Charlie Marranca.

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, February 2nd 2026

MAHJONG—Mary Lee Karre

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

TAI CHI—Manuela Ceglinski

Manny will not be teaching during the month of January and February. Manny will resume teaching in March. The students however will be still coming on Tuesday & Thursday at 10am to practice.

If any senior would like to join them; there is no charge. 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.

CUTEST PET CONTEST **Marianne Guth**

The General Membership is having their Cutest Pet Contest again to help raise money for Mario's Emergency Pet Food Pantry in North Tonawanda.

Everyone and put donations in the pet they feel is the "cutest". The pet that raises the most money wins a gift card. All proceeds go to Mario's.

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.

NEW* INTRODUCTION PICKLEBALL FOR SENIORS



We have secured the North Tonawanda Intermediate School on 3 Thursday evenings for a Introduction to Pickleball program. This program will cost \$15 for NT residents and \$21 for non residents. You must pay for the entire session prior to starting.

You can register on line at www.NTParksrec.com or in person at NT Recreation office located at 500 Wheatfield Street or you may call NT Recreation Office at 716-695-8520 with a credit card.

The classes will be on Thursday, March 5th, 19th, & 26th—6pm-8:30pm. This class is limited.

Valentine Key Chain

Easy craft sign up at office, limited supplies. Monday, February 9th at 2pm. Call to reserve your spot.

VALENTINE GNOMES

Monday, February 2nd at 2pm you can make your own Valentine Gnome with Cheryl Baird. Just bring a pair of valentine socks and a bag of beans.

SENIOR UPDATES

New Members: Arline Salzman, John Rog , Wendy Bergor & Sandra Colosimo

On the Mend: Joanne Catopovic

In Memorial: David Luther

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 with a major credit card.

SPECIAL EVENTS

ST. VALENTINE'S DAY DINNER DANCE

The General Membership will be hosting their annual St. Valentine's Day Dinner Dance on Wednesday, February 18, 2026. The doors will open at 5pm, dinner will be served at 6pm and live music by the Hasting Duo will play from 7:30-9:30pm.



The food will be catered by Mr. & Mrs Catering. The menu will include: Minestrone soup, chef salad, stuffed pork chop, steak roll with dressing, candied carrots, twice baked potato, rolls, strawberry short cake for dessert. Wine, soda, coffee & tea will be available during dinner. Tickets on sale now until February 11th for \$30 for paid members and \$35 for non members. Thank you Mike Woolford for chairing this event.

ST PATRICK'S DAY DINNER DANCE

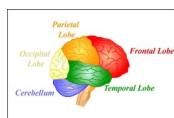
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The food will be catered by Mr. & Mrs Catering. The sit down meal will include traditional Irish Corned Beef, Baked chicken, cabbage, glazed carrots, red potatoes, chef salad, rolls, butter, & strawberry shortcake for dessert. Coffee, Tea will also be available. Thank you to Mrs & Mrs. Frank Barry for chairing this event.

ALTIMERZER'S ASSOCIATION SEMINAR

"Building Healthy Brain Habits"



Wednesday, February 11 th at 1pm.
This seminar will take a deep dive into the latest research on the habits that support brain health. Incorporates these recommendations into building a plan for healthy aging

IN SEARCH OF PLAYERS!... A couple of ladies are looking for a few more players to start a "Head & Foot" regular game day at our center! See Pam if you are interested

DAY TRIP

The Way to Go Flyer is at our Senior Center! Please use them for more information. All checks are to be made payable to "Way to Go Tours" mailed to 580 Ward Rd North Tonawanda NY 14120. Please just let our office know if your going, so we can keep a count of how many members are coming. We will have one of our staff members on each trip.

1. GOURMET BUFFALO- EASTER TIME!

WEDNESDAY, APRIL 1ST 2026- COST- \$165

We have some unbelievable experiences last year on the Gourmet Buffalo Day-trip! One, was Parker's British Classics- this was not just a storefront business but manufacturing/distribution site of British food items for the entire United States. They treated us royally and you just have to see this operation to believe it! Our 11th year and we always start out at Broadway Market the Wednesday before Easter.

**** 7:45am** Bus report time: - McDonald's, 315 Meadow Drive- North Tonawanda.

**** 8am-** Leave for Tops 5274 Main Street in Williamsville by Union Road

**** 8:30am-** Pickup at Tops, Williamsville

**** 9:00am-** Arrive at Buffalo's Broadway Market. By arriving fairly early we beat the crowds- it will be quite busy by the time we leave at 10:20am.

****10:45am-** Parker's British, distribution site for the whole United States operation. Known for their "British League. Our group also did a lot of taste testing of a lot of different items. It just was a great experience!

**** Noon-** Lunch at a MYSTERY location!! - I'm trying for something we haven't done before and have to check it out.—So-So- So- I'm making the rest of this day trip a MYSTERY DAY TRIP. It will be worth the whole day.

****5pm-** arrive back Tops—Williamsville

**** 5:30-** Arrive back McDonald's North Tonawanda

FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2. Turkey & Cheese Sub w/ Lettuce, tomato, onion, chicken cannelloni coup with crackers Fresh spinach salad Wheat hoagie roll Cinnamon Applesauce	3. Roast Pork with gravy Mashed potatoes Italian Vegetable blend Wheat dinner roll Fresh orange	4. Stuffed pepper casserole Seasoned green beans Italian bread pineapple	5. Sweet and sour pork with fortune cookie Seasoned brown rice Stir-fry vegetable blend wheat dinner roll and a cookie	6. Chicken salad with lettuce, tomato, onion on croissant Italian pasta salad, seasoned peas Mandarin oranges
9. Baked chicken thighs with gravy Garlic mashed potatoes Seasoned broccoli Biscuit Peach crisp with Whipped topping	10. Cheese tortellini with meatballs and marinara sauce Caesar salad Italian bread banana	11. <u>Valentines Meal</u> Breaded baked chicken breast, creamy pesto pasta, Sicillian vegetable blend, pumpnickel bread and red velvet cake with cream cheese frosting	12. Baked homemade meatloaf with gravy Mashed sweet potatoes Seasoned wax beans Wheat bread Fruit cocktail	13. Turkey Ala king over egg noodles California vegetable blend Wheat dinner roll Tropical fruit cup
16. No Meals Today Presidents Day	17. Polish Sausage Au Gratin Potatoes Bavarian Sauerkraut Wheat Hot Dog Bun Mandarin Oranges	18. Ash Wednesday Homemade Mac & Cheese Casserole Stewed Tomatoes Rye Bread Applesauce	19. Goulash Seasoned peas and carrots Italian bread Fresh orange	20. Egg and broccoli fritata Harvard beets Mixed vegetables Wheat bread Sliced peaches
23. Chicken stew Seasoned brussels sprouts Biscuit brownie	24. Tuna salad sandwich with lettuce, tomato, onion Broccoli and cheddar soup with crackers Glazed carrots 2 slices rye bread banana	25. Spaghetti and meatballs with marinara sauce Garden salad Italian bread Deluxe fruit cup	26. Greek seasoned chicken breast with feta Greek seasoned rice Seasoned broccoli and cauliflower 1/2 wheat pita Apple crisp with whipped topping	27. Vegetable lasagna Seasoned spinach and tomatoes wheat bread tangerines

FREE HAIR CUTS: BY RAZOR EDGE BARBAR SCHOOL

WEDNESDAY, FEBRUARY 25TH 1PM—3PM

YOU MUST CALL IN ADVANCE FOR AN APPOINTMENT

**WE MUST HAVE AT LEAST 25 PEOPLE IN ORDER
TO HAVE THIS PROGRAM!**

SO CALL TO RESERVE YOUR APPOINTMENT TODAY!! 716-695-8582



February 2026


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2. 10-1:00 Info & Referral 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre 2:00 Valentine Gnomes	3. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards	4. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs	5. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers & billiards	6. Computers & billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
9. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament 2:00 Valentine Key chains	10. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards	11. 9-3 Veteran Services Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Building Healthy Brain Habits"- Alzheimer's Association of WNY	12. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers & billiards	13. Computers & billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
16. President's Day Center closed	17. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards	18. Grocery Shopping 10:00 NT Senior Fitness 11-12 Attorney- appt only 11:45 Nutrition Valentines Dinner Dance 	19. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers & billiards	20. Computers & billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub
23. 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre	24. 10:00 Tai Chi 1:00 Pinochle 1:00 Mahjong computers & billiards	25. Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1-3 FREE HAIR CUTS PRIOR APT REQUIRED	26. 10:00 Tai Chi 11:45 Nutrition 1:30 Bingo Computers & billiards	27. Computers & billiards 11:45 Nutrition 1:00 Euchre 1:00 Rummikub

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