



MAY 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
CHRISTAL MANZARE



Mental Health Awareness

May is Mental Health Awareness Month, and it is a powerful time to help fellow seniors understand that emotional well-being is not just for the young. As a senior, you can encourage peers by normalizing conversations about mental health reducing stigma, and sharing tools to combat loneliness

Here are ways to encourage other seniors:

Regular check-ins: Make it a habit of calling or visiting friends and neighbors, especially those living alone. A handwritten note or a quick phone call can make a senior feel seen, heard and valued.

Encourage Social Engagement: Invite peers to local community groups, senior center events, religious places of faith, or walking groups

Use Technology: Help others learn to use tools like video calls, (Zoom, FaceTime) to connect with family & friends.

Creating Safe Conversations

Listen without judgement: Be patient, empathetic ear for friends who may be experiencing anxiety, depression or loneliness.

Normalize the Conversation: Start open, honest conversations about feelings. Acknowledge that mental health is as important as physical health, and that sadness or apathy is not just a “normal part of aging.”

Break the Stigma: Share that it is okay to seek professional help and that counseling can improve quality of life and prolong independence. —source— key themes 2026

GENERAL MEMBERSHIP

The next General Membership meeting will be held on Wednesday, May 27 at 1pm. Please come and support your senior center. You must be a paid member to attend our General Membership meetings.

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

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, May 20th. 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, May 13th 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

RED HAT LADY BUGS

Joan Dirmyer

The next Lady Bugs gathering is Wednesday, May 6th at 1pm. If you have any questions please call Joan at 716-694-5132. We are always looking for new members and new ideas.

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, May 4th.

YOUR TIME WITH ELIZA **Elizabeth Amabile**

Fitness & Activity Program! Free to any Senior— Friday mornings 10am-11am. Come and enjoy a stretching & strengthening routine at your own pace. Encouraging some seated stretches, relax & retrieve techniques.

This is open to all levels of fitness. For the last Friday of the month please register in advance by calling 716-695-8582. The limit is 16 seniors on the last Friday. This day will include a special fitness question & answer time at the end. There is no charge for this program, but donations to Buddy's Second Chance Rescue are accepted. All participants must sign a city liability waiver prior to taking this class

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 be hereon Friday, May 29 from 11:30-1pm to help any senior with a food stamp application or recertification.

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 May we will concentrate on beautifying our gardens. We have 2 projects available (while supplies are available) herb planters, and stone painting. You must call to register. Please choose one. Each project has separate limits due to supply limits.

The dates are as follow: Herb Planters– Tuesday, May 12th– 9am. And garden rock painting-Tuesday, May 19th—9am.

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

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

SNAP-ED NY

Free nutrition & physical activity workshop. We will discuss how to Eat Smart & Be Active. Wednesday, May 27th at 9am. Please call to register at 716-695-8582.



“Spring” by Cristina Rossetti

There is no time like Spring, when life’s alive in everything,
Before new nestlings sing,
Before the daisy has discovered dew,
There’s a constant joy in the renewal of things.

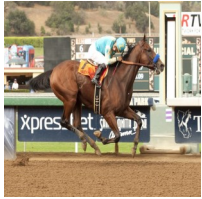


152nd KENTUCKY DERBY CELEBRATION

**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!

FATHER'S DAY- JAZZ HOUR!

Enjoy the Bar Room Buzzards and refreshments on Friday, June 5th 2-3pm for \$5 for members \$7 for non-members. Tickets on sale starting May 1st. Have a great time with friends and family!!!!



UPCOMING EVENTS:

NT SENIOR CENTER SUMMER PICNIC—
Wednesday, July 22nd

Down Town Merchants— ARTS & EAT FESTIVAL – August 15th & 16th

**NT SENIOR CENTER— MEAT & BASKET
FUNDRAISER—**

Saturday, September 12th

VOLUNTEER DINNER—
Wednesday, September 30

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.** Attached is official Itinerary.

SENIOR UPDATES

New Members: Arlene Williams, Edward Freeman, Camille Freeman, Rosemarie Woelfel, Mary Ellen Henry, Mary Ann Dojnik, Barb Battaglia, Joan Palombaro, Margo Emminger, Lori Kornaker, Michelle Hastings, Charles Miller, Robert Perrino, Sherrie Holrod

In Memorial:

In the Community....

Gateway 2026 Concert Series Line Up

June 17th- 6pm— Patti Parks— 8pm -Funkensteins
June 24th-- 6pm—Black Root— 8pm— Hair Nation
July 1st— 6pm— Mo Porter 8pm— Chicago Authority
July 8th —6PM 45rpm- 8PM-Yacht Fathers
July 22nd— No concerts
July 29th— 6pm-XOXO— 8pm—Nerds Gone Wild
August 5th— 6pm Silent Legacy—8pm Ally Kat
August 12th— 6pm Super Charger - 8pm That 80's Hair Band
August 19th— 6pm— Boogie Monsters— 8pm Hit —n — Run

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.
 - 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 \$8100 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 the departing dock and leave for Buffalo.
 - 5:30pm – Arrive at Tops in Williamsville
 - 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

MAY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>May 2nd</p> <p>6pm Kentucky Derby Event!</p>		<p>1.</p> <p>10:00 Time With Eliza 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>4.</p> <p>10am-1pm– Information & referral 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>5.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards</p>	<p>6.</p> <p>Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition 1:00 Red Hat Lady Bugs</p>	<p>7.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo Computers & billiards</p>	<p>8.</p> <p>10:00 Time With Eliza 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>11.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>12.</p> <p>9:00—Craft 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards</p>	<p>13.</p> <p>9-3 Veterans Assistance Grocery Shopping 10:00 NT Senior Fitness 11:45 Nutrition computers & billiards</p>	<p>14.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo Computers & billiards</p>	<p>15.</p> <p>10:00 Time With Eliza 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>18.</p> <p>10:00 NT Senior Fitness 11:45 Nutrition 1:00 Euchre Tournament</p>	<p>19.</p> <p>9:00– Craft 10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards</p>	<p>20.</p> <p>Grocery Shopping 10:00 NT Senior Fitness Attorney –by Appt –only 11:45 Nutrition computers & billiards</p>	<p>21.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo Computers & billiards</p>	<p>22.</p> <p>10:00 Time With Eliza 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>
<p>25.</p> <p>MEMORIAL DAY! CENTER IS CLOSED</p>	<p>26.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:00 Pinochle 1:00 Mahjong computers & billiards</p>	<p>27.</p> <p>Grocery Shopping 9:00 SNAP-ED 10:00 NT Senior Fitness 11:45 Nutrition 1:00 General Mtg Birthday Celebrations 1:30-4 FREE HAIRCUTS Appointments necessary</p>	<p>28.</p> <p>10:00 Tai Chi 11:45 Nutrition 1:30 Sociable Bingo Computers & billiards</p>	<p>29.</p> <p>10:00 Time With Eliza 11:45 Nutrition 1:00 Euchre 1:00 Rummikub</p>

MAY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1. Turkey & grape salad Hearty vegetable soup with crackers Seasoned brussels sprouts 1/2 wheat pita and cinnamon Sliced pears
4. Baked Homemade meatloaf with gravy Garlic mashed potatoes Seasoned green beans Rye bread Sliced peaches	5. Spaghetti and meatballs with marinara sauce Seasoned spinach and tomatoes Italian bread Deluxe fruit cup	6. Mother's Day Meal Creamy lemon chicken Rice pilaf Garden salad Whole wheat dinner roll Cheesecake with cherry topping	7. Ham and Swiss cheese sandwich with lettuce, tomato, & onion Minestrone soup with crackers coleslaw 2 slices wheat bread banana	8. Chicken thighs with gravy Hash browns Seasoned broccoli Wheat dinner roll Homemade apple crisp with whipped topping
11. Roast Pork Au Jus Baked sweet potato Season cauliflower Biscuit Fresh grapes	12. Chicken salad with lettuce, tomato, onion Pickled beets Fresh spinach salad 2 slices rye bread Mandarin oranges	13. Polish sausage Mashed squash Bavarian kraut Wheat hotdog bun Sliced peaches	14. Breaded chicken patty with lettuce, tomato, onion Mac & cheese Mixed vegetables Wheat hamburger bun, tropical fruit cup	15. Ranch chicken pasta salad Marinated vegetable salad Muffin Applesauce
18. Greek seasoned chicken breast with feta, Greek seasoned brown rice Caesar salad, 1/2 wheat pita Fresh cantaloupe	19. Mushroom Swiss turkey Burger with lettuce, tomato, onion Two type potato salad Seasoned peas Wheat hamburger bun banana	20. Tuna salad sandwich with lettuce, tomato, onion Tomato Florentine soup with crackers Broccoli salad 2 slices wheat bread Deluxe fruit cup	21. Chicken stew Parslied cauliflower Biscuit Fresh orange	22. Meatball sub with marinara sauce and mozzarella cheese Harvard beets Seasoned carrots wheat hot dog bun Heavenly hash
25. Memorial Day No Meals Served Today	26. Bone –in Pork chop Cheesy mashed potatoes Confetti corn Wheat dinner roll apricots	27. Turkey burger supreme with cheese and lettuce, tomato, onion Pea and pasta salad California vegetable blend, wheat hamburger bun, pineapple	28. Italian sausage with peppers and onions Baked beans Italian vegetable blend Wheat hot dog bun Mandarin oranges	29. Turkey cobb salad Italian pasta salad Cinnamon raisin bread Fresh honey dew