

Senior Leader: Arlene Mante, Ph: 731-4835

**Asst. Sr. Leader:
Lois Chudzinski, Ph: 695-2954**

President: Goldie Catino

Vice President: Eileen Wyland

Secretary: Jean Marshall

Treasurer: Judy Bugenhagen

**Wheatfield Community/Senior Center
2790 Church Road
N. Tonawanda, NY 14120**

Phone: 716-694-8504

Fax: 716-694-0012

Community Relations: Gail Connery

Email: gailc@wheatfield.ny.us

Office Hours

Tuesday-Friday 8:00-1:00pm

NOVEMBER



WHEATFIELD SENIOR NEWS



November FRIDAYS

November 1st	9:00am 11:30am	Various Card Games & Board games BINGO
November 8th	9:00am	Various Card Games & Board games
November 15th	9:00am	Various Card Games & Board games
November 22nd	9:00am 10:00am 11:30am	Various Card Games & Board games Business Meeting, Split Club "PIZZA"
November 29th	<i>CLOSED</i>	<i>HAPPY THANKSGIVING</i>



November 5th — Wednesday

Gary Billingsley— Lawyer

At 11:00am, Call Lois C. for reservation
ahead of time at 695-2954

First & last Wednesday and First Friday

Of the month at 2:15pm
Volunteer at Northgate
to help with Bingo

Friday, November 8th

Lunch at 12:00pm

Figgy's 7107 Porter Rd (across from Jet Port)

The old Town Restaurant

Theraband Exercise/Club 99

Tuesday and Thursday
10:30am—11:30am

Weekly Schedule

Monday	9:00am	Bowling @ Manor Lanes
Tuesday	9:30am	Qi Gong Class
Tuesday	10:00am	Volunteer at Crestwood for Bingo
Tuesday	12:45pm	Bridge
Tuesday	6:00pm	Bocce & Shuffleboard (May-Sept.)
Wednesday	9:00am	Ceramics
Wednesday	9:30am	Line Dancing (beginners)
Wednesday	10:00am	Line Dancing (advanced)
Wednesday	1:00pm	Arts & Crafts
Thursday	9:30am	Qi Gong Class
Thursday	12:00pm	Wii Bowling



New Members

Bill Savery



We Mourn our Loss

Florence Vogel

John Hanusin



Anniversaries

11-5 Eugene and Joyce Coddington

11-22 Allen and Audrey Werth



11-22 Robert and Leona Schroeder

11-30 Harold and Betty Krull

Birthdays

11-6 Linda Connell

11-14 Leatta Broeker

11-6 Marcia Smith

11-25 Bill Ross

11-7 Edward Mormel

11-27 Joyce Coddington

11-9 Emma Lowery

11-30 Linda Barrett



Janice from Niagara County Office for the Aging

will be here on Wednesday, November 20th

from approximately 10:00am—12:00pm to answer any questions about low income, HEAP, food stamps, insurance or housing.



Pot Luck will be on November 15th at 11:30am

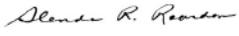


Crestwood will be furnishing the turkey, stuffing and gravy

Please bring a FULL dish to pass

Eat Well...Stay Well Dining November Menu for Dining Sites

	Tuesday @ 12:00pm	Wednesday @ 12:00pm	Thursday @ 11:30am
Please call Gail one day in advance at 694-8504 to order a lunch or see Stephanie in the dining room			
	5) Election Day No Meals Today	6) Homemade Lentil and Brown Rice Soup & Vegetable combo/Crackers Grilled Chicken Breast with Lettuce, tomato and Mayo Hamburger Roll Pineapple chunks	7) Roast Pork au Jus Parsley Potatoes Brussels Sprouts Whole Wheat Dinner roll Peach Crisp with Topping
	12) Baked Ham with Pineapple Sauce Sweet Potatoes Green Beans Rye Bread Lemon Cheese Bar	13) Hot Open-Faced Roast Beef Sandwich with Gravy Ranch Mashed Potatoes Garden Peas Wheat Bread Chilled Peaches	14) Cream of Broccoli Soup with Crackers Chicken Salad Sandwich on Cracked Wheat Bread with Leaf Lettuce & Tomato Slice Banana
	19) Hamburger Supreme American Cheese Onions Condiments Relish Baked Beans Corn Hamburger Roll Cinnamon Coffee Cake	20) Savory Chicken Breast (bone-in) Baked Potato/Sour Crm California Mixed Vegetables 100% Whole Grain Bread Seedless Grapes	21) Homemade Meatloaf with Onion Gravy Whipped Potatoes Club Spinach 12-Grain Bread Mixed Fruit/Mandarin Oranges
	26) <i>Happy Thanksgiving!</i> Roasted Turkey Breast/Gravy Savory Stuffing Cranberry Sce Mashed Potatoes Butternut Squash Whole Wheat Dinner Roll Pumpkin Pie/whipped topping	27) Tomato Florentine Soup/Crackers Ham & Swiss Cheese Sandwich with Leaf Lettuce & Mayonnaise Chilled Pineapple Chunks	28) Thanksgiving Holiday

All Meals are served with bread, skim milk or 2%, coffee or tea. Eat Well... Stay Well Lunch Sites are located throughout Niagara County. Call **438-4020** for more information. Suggested Contribution for meals is \$3.00. Menus are subject to change without notice. Serving the population age 60 and older. A Niagara County Office for the Aging Program. Approved by  Glenda Reardon, RD, CDN

The Community Center will be closed for



Thanksgiving, Thursday, Friday the 28th and 29th.

****ATTENTION****

We are starting a new program ..

On the TV we will be playing different games from the **Wii**. There are several games to choose from like *Lawn Darts, Horse Shoes, Shuffle Board, Croquet, Table Tennis, Billiards, Indianapolis 500*. Please join us starting November 12th at 5:00pm.

The Wheatfield Seniors Christmas party and Installation lunch will be on December 12th at Classic V. Tickets can only be purchased on Fridays before noon at the Community Center. Deadline to purchase a ticket is December 6th.

NO ADMISSION without a ticket



For those of you wanting to send Arlene good wishes..

Here is her address:

*Northgate 7264 Nash Road, NT,14120 room #103
Or give her a call at 694-7700 ext. 203*



TRAVEL NEWS

The seniors plan both day trips and overnight trips. Trips are generally publicized at least 4 months in advance, and people are urged to sign up, with a deposit, as soon as possible. The success of the trip rests with you, the traveler as theaters, restaurants, etc. require early deposits to hold the date which necessitates a "Go" or "NO GO" decision long before the departure date. When you purchase a trip early, you are contributing to the future success of the trip. Bus boarding is in the order in which payment in full has been received, with the exception of handicapped individuals, who board first. All trips originate from the Wheatfield Senior Center, and depart promptly on time.

Deposits may be made in person at the Seniors' meetings on Friday mornings (8:30 – 11:30 am) or mailed to the persons named below. (Call for address). Make checks payable to Wheatfield Senior Travel. For further information or registration, contact Jean at 694-5567 or Joan at 693-7355.

December 10, 2013

Christmas Holiday 10:00 am – 7:00 pm. \$65.00 due November 1st

Step back in time to a Victorian Christmas at the Wilcox Mansion. Following lunch and entertainment at the Mansion, you will have a breathtaking tour of Our Lady of Victory Basilica, experience the poinsettia show at the Erie County Botanical Gardens and shop at Woyshner's Christmas Shoppe.

For information contact Jean Marshall @ 694-5567 or Joan Piorkowski @ 693-7355

HydroClean

CARPET CLEANERS

716.622.0100

Water Restoration • Carpet Cleaning • Upholstery
Tile & Grout • Floor Care • Janitorial Service

WE DON'T CUT CORNERS, WE CLEAN THEM



10% Senior
Discount
Code: 7593



Commercial
&
Residential

ElderWood Crestwood Community

Niagara Falls Boulevard at Witmer Road, Wheatfield



ELDERWOOD
SENIOR CARE

Independent Living
215-8040

Assisted Living
731-2200

Skilled Nursing & Rehabilitation
215-8000

Physical Medicine and Rehabilitation

Samuel L. Marabella Jr., P.T.
Physical Therapist

Elizabeth A. Marabella-Peck, P.T., D.P.T.
Doctor of Physical Therapy

105 Main Street • North Tonawanda, NY 14120
Phone: 692-6388 • Fax: 692-1227

Hours by Appointment

Taking care of your loved one so you can take care of yourself.

- Assistance with personal care – including showers
- Activities for all levels of ability
- Beauty Salon
- Breakfast, hot lunch and snacks
- Socialization in a supervised, secure setting



3780 Commerce Court • North Tonawanda, NY
Call today for more info and a *free* trial visit...
(716) 243-7888

Pain Management Wellness Relaxation

JAIDEE A. FINN, LMT
Therapeutic Massage & Wellness

Wellness Park
624 River Road, Suite 2
North Tonawanda, NY 14120
716-417-1629

Email: jaideefinnlmt@gmail.com
Twitter: jaideefinnlmt
www.amtamembers.com/jaideefinnlmt



When "That will never happen to me" happens.

George P. Ihle III, Agent
7718 Buffalo Avenue
Niagara Falls, NY 14304
Bus: 716-283-9100
george.ihle.u0h9@statefarm.com

I'm ready to help.
There's never a good time for an accident to happen. But when it does, you can count on me to be there quickly so you can get your life back to normal.
GET TO A BETTER STATE®.
CALL ME TODAY.



1101204.1 State Farm, Home Office, Bloomington, IL

Quality care never grows old.

Comprehensive Care for Seniors

- Orthopedic Surgery
- Retinal Surgery
- Diabetes/Endocrinology Clinic
- Wound Care Center
- Coumadin Clinic
- Acute Care for the Elderly
- McLaughlin Center for Senior Services
- DeGraff Adult Day Program
- Caregiver & Stroke Support Groups
- The Geriatric Center of WNY

DeGraff Memorial Hospital
A Kaleida Health Facility
716-694-4500



For More Information Contact Us Today:

716. 553. 7449
716. 909. 7879

www.angelsatheartseniorcare.com

- *Available 24/7 including Holidays
- *In-Home care supervision of bathing, toileting & incontinence care, dressing, and grooming
- *Grocery shopping, meal preparation, food expiration checks & help preparing future meals
- *Full housekeeping & laundry services including making beds, changing linens, dust furniture, take out garbage, help with dry-cleaning, and organize closets
- *Transportation and assistance with scheduled appointments, shopping & errands, friend or family visits, doctor's visits, events, and religious services
- *Supervision and reminders of medication including order & pick-up of prescriptions & refills
- *Assistance with wake-up and tuck-in
- *Assistance during hospital stays and/or discharge
- *Outpatient services
- *Conversation, friendship & fun activities to combat loneliness
- *Encourage mild exercise program & stimulate mental awareness
- *Willing to travel with client for out of town family & friend gatherings

Lets Us Help You HEAR YOUR BEST!

CONNECT WITH FAMILY & FRIENDS

- Diagnostic Hearing Evaluations
- Hear Aid Sales and Service
- Competitive Pricing
- Hearing Aid Accessories
- Helping serve the greater Buffalo Community Since 1953

CALL US TODAY!!!

Ask about our **FREE 3 Year Warranty Program**

716-236-7887



6941 Elaine Drive, Suite 4
Niagara Falls, NY 14304



716.625.4129
716.625.4491 fax

6511 Campbell Blvd. (at the 5 corners)
Lockport, NY 14094

www.keepsimiling.us

Jill Gleason Mazur, Audiologist
549 - 4th St • Niagara Falls, NY 14301
(716) 282-4130

I'VE STARTED TAKING MY GRANDKIDS TO THE GAME AGAIN BECAUSE I CAN HEAR WHAT THEY'RE SAYING.



Hours: Tues-Thurs: 9:30 am- 4:00 pm
Friday: 9:30 am-12:00 pm

WIDEX DREAM
TRUE TO LIFE SOUND



www.thehearingaidcenterjillmazur.com

MORE SOUND
Full sound in - richer sound out

MORE WORDS
Improved speech understanding

MORE PERSONAL
MYWIDEX.COM - Your personal website



This is our **EARLY BIRD SPECIAL**

Choose the MVP Medicare plan that keeps you in the swing of things.

- Free gym memberships with SilverSneakers®
- \$100 HealthDollarsSM for healthy activities
- \$0 copays on popular prescriptions



4.5 Star Rated
Overall by Medicare
2013

Join us for an informational meeting near you!

Date	Place	Time
11/06	Amherst Senior Center	10:00 am
11/06	Hamburg Senior Center	2:00 pm

The annual election period for MVP Health Care Medicare Advantage health plans is Oct. 15- Dec. 7, 2013.

A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings call 1-888-280-6205.



Call **1-888-280-6205**
TTY: **1-800-662-1220**

Monday-Friday, 8 am-5 pm ET



Visit **joinMVPmedicare.com**

MVP's Medicare Customer Care Center: 1-800-665-7924. Call 7 days a week, 8 am-8 pm.



MVP Health Plan, Inc. is a not-for-profit HMO-POS/PPO organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract renewal. The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or copayments/coinsurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium. Medicare evaluates plans based on a 5-Star rating system. Star Ratings are calculated each year and may change from one year to the next. Paid actor portrayal. Y0051_2018 Accepted 09/13/2013