



Wheatfield Senior's Newsletter

December 2014

Senior Leader: Arlene Mante, Ph: 731-4835

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

President: Eileen Wyland

Vice President: Don Dee

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**



Last day to purchase tickets is Friday, December 5th.

Annual Christmas Luncheon

Thursday, December 11th at Noon

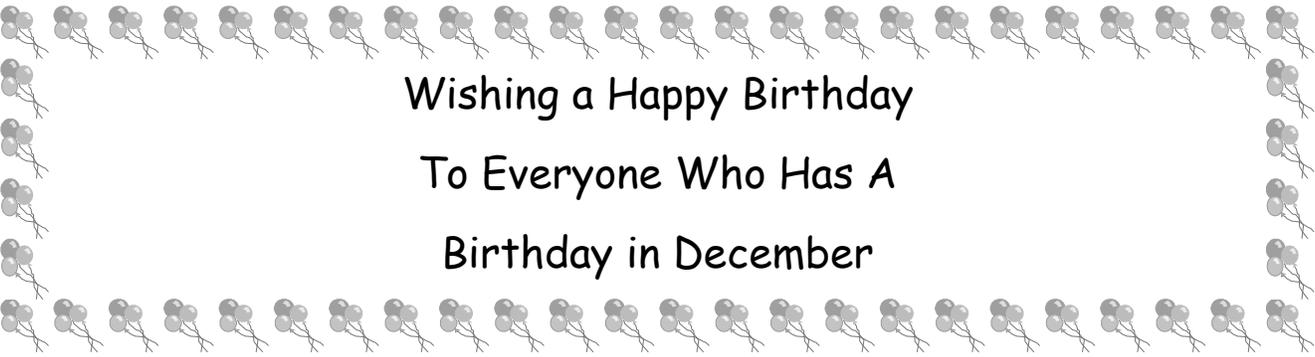
Classics V Restaurant, 2425 Niagara Falls Blvd., Amherst NY

Prime Rib — Roast Pork — Tilapia

Members \$8.00 Non-Members \$13.00

Tickets available at the Community Center every Friday from 10 to 11 AM

Tickets will NOT be available at the restaurant



Wishing a Happy Birthday

To Everyone Who Has A

Birthday in December

***THERE'S ALWAYS FUN AND FRIENDSHIP
EVERY FRIDAY AT THE SENIOR'S***

Dec. 5th	9:00 a.m.	Various card and board games, bingo and a birthday cake to celebrate December Birthdays
Dec. 12th	9:00 a.m.	Various card and board games.
	11:30 a.m.	Bring your favorite Christmas cookies to share. Lunch at the Como at the Airport for all those wishing to go.
Dec. 19th	9:00 a.m.	Various card and board games
	10:00 a.m.	Member's Business Meeting
	11:30 a.m.	Pizza
	12:00 p.m.	Bingo
Dec. 26th		CLOSED for Christmas
Jan. 2nd		CLOSED for New Years

Old Fashioned Wedding Cabbage Recipe (Schmorkohl)

2 lbs. cabbage, coarsely chopped
 1/2 cup brown apple cider vinegar
 4 1/2 cups water
 1/2 stick cinnamon
 1 1/2 tsp. salt
 1/3 tsp. white pepper
 4 tbsp. bacon drippings
 3/4 cup brown sugar
 1/2 cup raisins (optional)

Cook cabbage, vinegar, water and cinnamon stick for about 15 minutes.
 Add other ingredients and simmer several hours or until done, not mush.
 Adjust flavoring to your liking.
 Keep an eye on pot so it doesn't run dry. Serve hot.



Dog and Cat Photos With Mr. & Mrs. Santa

Sunday, Dec 21st, 2 to 4 pm

291 Oliver St. (Corner of Schenck), North Tonawanda

\$6.00 each, proceeds benefit Precious Paws Rescue

Lawyer at the Center

Call Arlene at 731-4835 to schedule an appointment on the day he visits.

HELP WITH BINGO AT NORTHGATE

2:15 p.m. on

First & Last Wednesday
and First Friday of the month

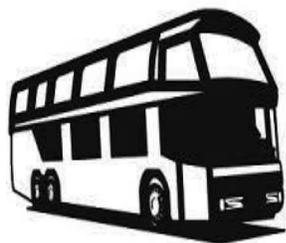
CANCELLATION: Tuesday Classes for Qigong and Stretch Band (Club 99) will be discontinued effective January 1, 2015. There will be no change in the Thursday classes. They will still remain the same: 9:30 a.m. Qigong and Stretch Band at 10:30 a.m.

Monday Thru Thursday's Weekly Schedule

Monday	9:00 a.m.	Bowling at Manor Lanes Community Center Closed
Tuesday	10:00 a.m. 12:45 p.m.	Volunteer at Crestwood for Bingo Bridge
Wednesday	9:30 a.m. 9:30 a.m. 10:00 a.m. 1:00 p.m.	Ceramics Line Dancing (beginners) Line Dancing (advanced) Arts & Crafts
Thursday	9:30 a.m. 10:30 a.m.	Qi Gong Exercise Theraband Exercise

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.

January 31, 2015 11:30 am – 5:30 pm

The Little Sisters of Hoboken are back in the production of "NUNSET BOULEVARD" at the Lancaster Opera House.

\$56.00 includes show, luncheon at Ripa's Restaurant, & driver gratuity.

Deposit of \$25.00 by Nov. 14, 2014. Final payment Dec. 19, 2014.

(SHOW TICKETS CANNOT BE SECURED UNTIL FULL PAYMENT IS MADE)

Thank you to all those who participated in making this a successful year of travel.

The Travel Committee



The Town of Wheatfield Presents

The Annual Christmas Tree Lighting & Holiday Party

Wheatfield Community Center 2790 Church Road.

Sat., December 6, 2014 from 6 to 8 pm.

Greet Santa in front of the Community Center @ 5:45pm

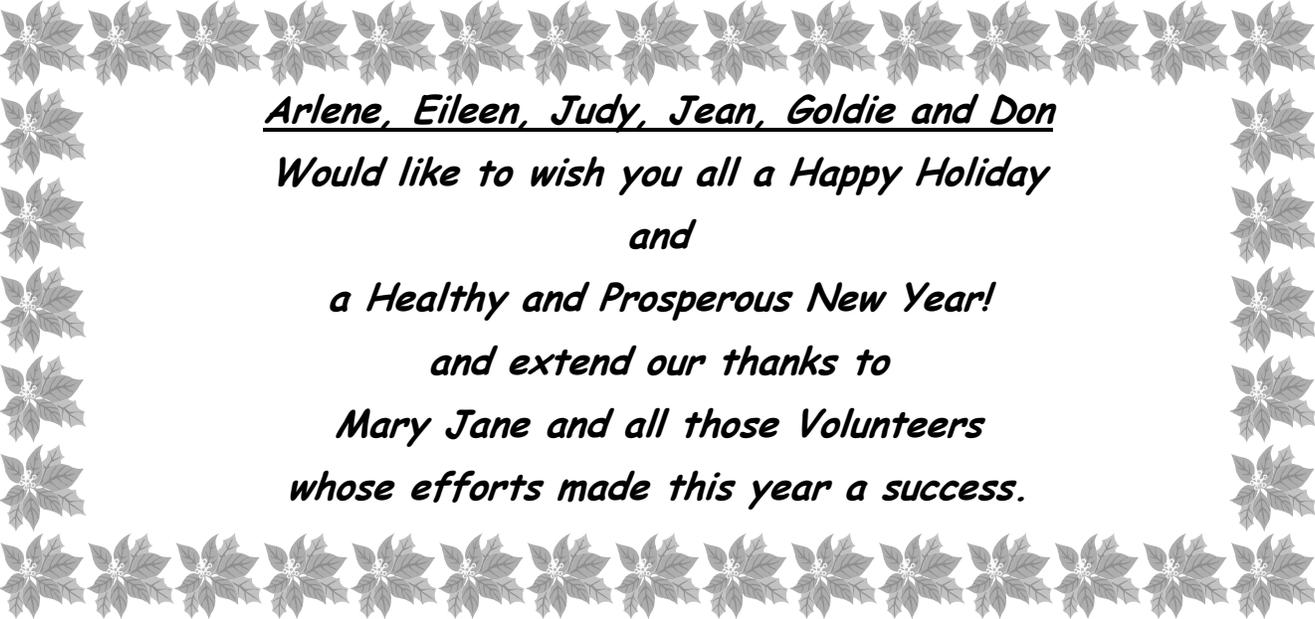
- * Visit with Santa
- * Make some Holiday Crafts
- * Refreshments & cookies
- * Bring your camera for a picture
- * Nickel City Reptiles



In Memoriam

Mary Nowak

Lana Oravec



Arlene, Eileen, Judy, Jean, Goldie and Don
Would like to wish you all a Happy Holiday
and
a Healthy and Prosperous New Year!
and extend our thanks to
Mary Jane and all those Volunteers
whose efforts made this year a success.

“NEWS” YOU CAN USE

AFGHAN RAFFLE FUND RAISER: Support your seniors by taking a chance to win a beautiful 43 by 84 inch hand made afghan. Chances are one for \$1.00 or three for \$2.00. Raffle will take place at the Senior Christmas Luncheon and tickets will be available up to the raffle. YOU NEED NOT BE PRESENT TO WIN.

NO SENIOR ACTIVITIES: after Friday, December 19th until they resume on Tuesday, Jan. 6th. The Senior Center will be closed on both December 26th and January 2nd.

RADA CUTLERLY SALES: are now closed and the items ordered are scheduled to arrive the second week in December. Thanks to all those who purchased cutlery and helped support the seniors.

Attention STAR Program Recipients

A representative from the Wheatfield Assessors Office will be on hand on Friday, December 19th to answer any questions and help you get the exemption.

DUMP Cake Recipe

- 1 (20 oz.) can crushed pineapple with juice, un-drained
- 1 can Cherry Pie Filling
- 1 package Yellow Cake Mix
- 1 cup chopped pecans or walnuts
- $\frac{1}{2}$ cup (1 stick) butter or margarine

1. Preheat oven to 350°F. Grease a 13"x 9" pan.
2. Dump pineapple with juice into pan. Spread evenly. Dump in pie filling. Sprinkle cake mix evenly over cherry layer. Sprinkle pecans over cake mix. Dot with butter.
3. Bake 50 minutes or until top is lightly browned. Serve warm or at room temperature.

Eat Well - Stay Well

December 2014 Menu for Niagara Nutrition Program

Please call Gail at 694-8504 by 12:00 p.m. the day before if you would like to order lunch or see Debbie in the lunch room.

Season's Greetings

Tuesday 12:00 Noon	Wednesday 12:00 Noon	Thursday 11:30 a.m.
2) Baked Ham w/ orange-pineapple sauce Sweet Potatoes Cooked Cabbage Rye Bread (1 slice) Rice Pudding	3) Chicken Patty on a Bun w/ Lettuce Leaf and Tomato Slice Mayo Cream of Broccoli Soup Wheat Bun (1 ea) Coffee Cake	4) Chicken Salad on Whole wheat w/lettuce and tomato Stuffed Pepper Soup Whole wheat bread (2 slices) Banana
9) Savory Boneless Chicken Breast Buttered & Parsley Rotini Pasta California Blend Vegetables Whole Wheat Bread (1 slice) Poke Cake w/whipped Topping	10) Hot open faced Turkey w/ Gravy Cranberry sauce Mashed Potatoes Baked Squash White Bread (1 slice) Fruit Cocktail	11) Polish Sausage Sauerkraut Minestrone Soup Wheat Hot Dog roll (1 ea) Chocolate Chip Cookie
16) Homemade Meatloaf w/onion Gravy Mashed Potatoes Club Spinach 12 grain bread (1 slice) Peaches	17) Christmas Special Chicken Cordon Bleu Red Parsley Potatoes Baby Carrots L'Orange Wheat Dinner roll (1 ea) Cherry Cheese Cake	18) Ham & Swiss on Rye w/ Lettuce and Tomato Mayo Tomato Florentine Soup Deli Rye (2 each) Fresh Fruit
23) Breaded Chicken Drumsticks (2 ea) Rice Scandinavian Blend Vegetables Whole Wheat Bread (1 slice) Pumpkin Cake	24) Center Cut Pork Chops Ranch Mashed Potatoes Sauerkraut Pumpnickel Bread (1 slice) Applesauce	25) CLOSED 
30) Swedish Meatballs over Egg Noodles Country Blend Vegetables Deli Rye (1 slice) Pineapple Tidbits	31) Creamy Chicken over a Biscuit Harvard Beets Biscuit Fresh Fruit	

All meals served with bread, skim or 2% milk. Lunch Sites are located throughout Niagara County. Call **438-4031** for more information. **Suggested contribution for meals is \$3.25.** Menus are subject to change without notice. Serving the population age 60 and older. A Niagara County Office for the Aging Program. Menus approved by: Mary E. Degnan, MS RD CDN CDE

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Fax 716-438-4029

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Nothing herein is intended nor should it be construed as an endorsement by NY State (or the Niagara County Office for the Aging) of any specific insurance product or of any insurer.



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