

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**

JULY



WHEATFIELD SENIOR NEWS



July FRIDAYS

July 5th	9:00am 11:30am	Various Card Games & Board games BINGO
July 12th	9:00am	Various Card Games & Board games
July 19th	9:00am	Various Card Games & Board games
July 26th	9:00am 10:00am 11:30am	Various Card Games & Board games Business Meeting, Split Club "PIZZA"



July 3rd—Wednesday

Gary Billingsley— Lawyer
At 11:00am

Call Arlene for reservation ahead of time

First & last Wednesday and First Friday

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

Friday, July 12th

Lunch at 12:00pm
Applebees, Military Rd., NF

Theraband Exercise/Club 99

Tuesday and Thursday
10:30am–11:30am

Weekly Schedule

Monday	9:00am	Bowling @ Manor Lanes
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	12:00pm	Wii Bowling





Anniversaries

7-6 Robert & Grace Leaderstorf

7-21 Richard & Jean Siegmann



Birthdays



7/2 Helen Gosciminski

7/17 Lois Nelson

7/2 Richard Siegmann

7/18 Helen Brown

7/3 Jerry Dickerson

7/21 Joe Connell

7/3 Anita Usher

7/24 Ann Conard

7/4 Mary Jane Skorik

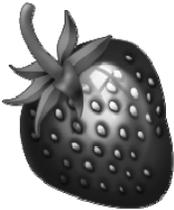
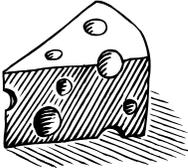
7/26 Ruthann Kellinski

7/5 Jennis Pankow

7/27 Lois Retzlaff

7/12 John Bonesky

7/31 Janice Kirchner



Farmers Market is now open

Thru October 9th

Located in front of Town Hall

3:30pm-7:00pm

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

	Tuesday 12:00pm	Wednesday 12:00pm	Thursday 11:30am
	2) Hot Open –Faced Turkey Sandwich with Gravy Cranberry Sauce Mashed Potatoes Butternut Squash White Bread Bavarian Pudding	3) Beef-Tomato Lasagna/ Parmesan Cheese Chef Salad /Cucumbers and Carrots with Dressing Salad Dressing Whole Wheat Dinner Roll Chilled Apricots	4) Independence Day – No Meals Today 
	9) Hot Roast Beef Sandwich on Kaiser Roll with au Jus Horseradish Potato Wedges/Ketchup Carrots Ambrosia	10) Turkey Cold Plate with Low Salt Turkey Breast Potato Salad/Leaf Lettuce Pickle Olives Fruited Gelatin Salad Honey Cracked Wheat Bread Oatmeal/Raisin PB Cookie	11) Old-Fashioned Chicken & Biscuit Garden Peas Cranberry Gelatin Mold/Leaf Lettuce Chilled Cantaloupe
	16) Julienne Salad with Low Sodium Ham and Cheddar Cheese; Garbanzo Beans; Dark Greens; Onions; Tomato and Salad Dressing Banana Muffin PB Cookie	17) Spanish Rice with Black beans and brown rice Chef Salad with Tomatoes and Salad Dressing Cracked Wheat Bread Watermelon	18) Ice Cream Socials Center Cut Pork chop Ranch Mashed Potatoes Sauerkraut Deli Rye Bread Cinnamon Applesauce
	23) Lemon Chicken Rice Pilaf Green/Yellow Beans Whole Grain Bread Cherry Crisp/Topping	24) Tomato Florentine Soup/Crackers Tuna Salad on Croissant with Lettuce Pickle Chips Banana	25) Meatball Submarine Sandwich on Whole Wheat Hot dog Roll Italian Tomato Sauce Parmesan cheese Chef Salad with Spinach & Ranch Drsg Cherry Whip Dessert
	30) Homemade Beans and Greens Soup/Crackers Ham Salad Sandwich on Rye Bread with Leaf Lettuce Dill Pickle Slices Seedless Grapes	31) Bring a Friend Day! Stuffed Cabbage Roll with tomato sauce Cheddar Mashed Potato Tender Sweet Corn Italian Bread Lemon Trifle/Tppg	

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 or Call **Gail at 694-8504** to order a meal one day in advance by noon. 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 R. Reardon Glenda Reardon, RD, CDN

Town of Wheatfields Annual Town Picnic



Sunday, August 25th



Wheatfield Seniors Annual Picnic will be on

August 16th at 11:30am

Tickets will be on sale every Friday starting

July 5th thru August 9th between

9:00 am–11:00am

Member: \$5.00 Guest: \$7.00



RSVP BY AUGUST 9TH



MUST HAVE TICKET TO ATTEND !

Meal will be catered

Qi Gong Exercise Program

Qi Gong, similar to Tai Chi and yoga, is a form of meditation which allows the system to align with its energy, and is practiced with moving exercises.

JOIN US and Learn the benefits of Qi Gong

Strength, coordination, balance, relaxation

Starting July 2nd at the community center every Tuesday and Thursday

9:30am-10:15am



Please call Gail to register at 694-8504



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.

July 9, 2013

Mystery trip. 7:30 am – 5:30 pm. \$72.00 due June 14th.

October 6 – 13, 2013

Coach & Cruise to New England & Nova Scotia.

Coach to Boston, then enjoy 7 nights aboard the Royal Caribbean's "Brilliance of the Sea" with ports of call at Halifax, Nova Scotia; Bay of Fundy/St. John, New Brunswick; Bar Harbor, Maine; and Portland, Maine. Valid passport required.

Tour price ppdbl: Inside \$1195.00, Ocean view \$1395.00 Includes trip cancellation insurance, all taxes, fees & port charges.

\$250.00 deposit due now. Final payment due July 1, 2013.

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

10:30-12:00 **NYS Epic Outreach** 10:30-12:00

Need Help Paying for Medicare Pt.D?

EPIC is NYS program that provides additional drug coverage and premium assistance for seniors with Medicare Part D. You can join EPIC if you are 65 or older, a NYS resident, and have an annual income up to \$35,000 (single), and \$50,000 (married). The NYS EPIC representative will be at the Community Center on July 11, 2013 to answer questions and enroll seniors into EPIC.

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- DeGraff Adult Day Program
- Caregiver & Stroke Support Groups
- The Geriatric Center of WNY

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School House Commons 1005 Grant St. 447-1334	St. Ann's Apts. 371 Watson St. 893-0716	St. Clare Apartments 2787 Main St. 446-1667	St. John Bosco Apartments 158 Chenango St. 884-8059	St. Patrick Village So. Division & Emslie Streets 893-0716	Timon Towers Apartments 1015 Delaware Ave. 882-2123
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