

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**

February



WHEATFIELD SENIOR NEWS



February FRIDAYS

February 7th 9:00am *Various Card Games & Board games*
 11:30am *BINGO*

February 14th 9:00am *Various Card Games & Board games*

February 21st 9:00am *Various Card Games & Board games*

February 28th 9:00am *Various Card Games & Board games*
 10:00am *Business Meeting, Split Club*
 11:30am *"PIZZA"*



February 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, February 14th 2014



Pane's

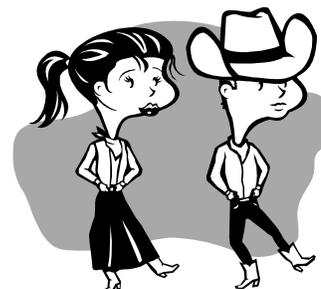
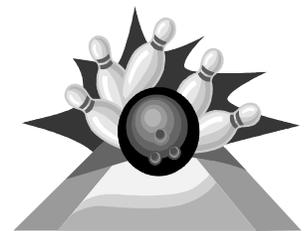
984 Payne Av. NT.

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	9:30am	Ceramics (1st & last only)
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





We Mourn Our Loss
Ed Duguay



Anniversaries

2-7 John & Fran Herstek	2-16 John & Nancy Bonesky
2-9 Gene & Agnes Wilke	2-24 Peter & Janice Kirchner
2-14 Robert (Gus) & Helen Gosciminski	2-24 Fred & Mary Jane Skorik

Birthdays

2-2 Pat Maringine	2-8 Frances Ludwig
2-7 Robert Leaderstorf	2-9 Vincent Pino
2-7 John Herstek	2-14 Joan Piorkowski



Ceramics DAYS AND TIME CHANGE!!

Ceramics will now be meeting at the community center on only the 1st and last Wednesday of each month from 9:30-11:30.

AARP will be having Free Tax Prep on 2-26 & 3-19-2014
please call Gail at 694-8504 to make an appointment.

AARP will also be hosting a Driver Safety Course on March 11th

Members price is \$20.00

Non-Members \$25.00

Please call Gail at 694-8504 for information and to register.

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

	Tuesday @ 12:00pm	Wednesday @ 12:00pm	Thursday @ 11:30am
	4) Pork Chops with Sauerkraut Ranch Mashed Potatoes Pumpernickel Bread Applesauce	5) Chili Chef Salad Corn Bread Banana	6) Chicken Primavera Rice Broccoli Whole Wheat Dinner Roll Fresh Fruit
	11) Tuna Salad with Leaf Lettuce Split Pea Soup 100% Wheat Bread Chilled Pears	12) Lemon Chicken Rice Pilaf Sliced Carrots Potato Bread Cherry Chocolate Bars Valentine's Day Special 	13) Hot Roast Beef with Au Jus Corn Casserole Green Beans/Pimentos Hamburg Roll Fresh Orange
PRESIDENT'S DAY	18) Herbed Chicken Rotini Pasta Chef Salad 12-Grain Bread Pineapple Chunks	19) Roast Pork with Gravy Parsley Potatoes Brussel Sprouts Whole Wheat Dinner Roll Apple Crisp	20) Beef Stew over Biscuit Fruit Cup Applesauce Jello
	25) Baked Ham w/ Pineapple Sauce Sweet Potatoes Cooked Cabbage Rye Bread Banana	26) Chicken Salad with Leaf Lettuce and Tomato Cream of Broccoli Soup Honey Cracked Wheat Bread Lemon Cheese Bar	27) Country Fried Fish Au Gratin Potatoes Cole Slaw Whole Wheat Dinner Roll Peaches
Please call Gail at 694-8504 to order a lunch one day in advance or see Stephanie in the dining room.			

All Meals are served with bread, skim or 2% milk, coffee, or tea. Eat Well... Stay Well 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.

Put LIFE Back In YOUR Life

If you have a chronic condition such as arthritis, heart disease, osteoporosis or diabetes, please join us!

Chronic Disease Self Management Program

FREE six-week workshop series

Are you living with or caring for someone with a chronic condition or limiting health condition?

Join Us!

Beginning **Thursday, February 6, 2014 9:00a.m. to 11:30a.m.**

Wheatfield Community Center

2790 Church Road

NT, NY 14120

To register:



Call NY Connects at 438-3030 Or call 2-1-1

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.

March 16, 2014 1:00 – 7:00 pm

Porgy & Bess at Sheas with dinner at Crazy Jakes (NT) \$86.00
Few seats still available.

June 25-27, 2014

"Moses" at the Millennium Theater in Lancaster, Pa. Trip includes tours of QVC Studios, Longwood Gardens, and much more. \$366.00 ppd.

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

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

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

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: 716-263-9100
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

Marian C. Pilecki, DDS
family-friendly dentistry

716.625.4129
716.625.4491 fax
6511 Campbell Blvd. (at the 5 corners)
Lockport, NY 14094
www.keepsimiling.us



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

HydroClean

CARPET CLEANERS

716.622.0100

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

WE DON'T CUT CORNERS, WE CLEAN THEM

10% Senior Discount
Code: 7593

Commercial & Residential

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



FRETTHOLD

FUNERAL HOME INC.

Home of the Living Memorial

Carl Evan Fretthold
President

1241 Oliver Street, N. Tonawanda, NY 14120 • 692-2610



ELDER LAW

LONG TERM CARE PLANNING
WILLS
POWERS OF ATTORNEY
**PEACE OF MIND IN
CRUCIAL TIMES!™**

Dawn M. Myszka, Esq.
17 Beresford Ct, Williamsville, NY 14221
Office: (716) 565-2000
www.elderlawwny.com



**CALL MARTY HALL'S
PLUMBING &
HEATING, INC.
For Service**

308 Niagara Street
N. Tonawanda 14120
Phone: 692-5323 - Cell: 432-8385



WELLNESS PARK PHARMACY, Inc.

ROBERT KENDZIA, II
OWNER

PH: 716-260-1918 • FAX: 716-260-1917
624 RIVER ROAD, STE. 5A
N. TONAWANDA, NY 14120
WWW.WELLNESSPARKPHARM.COM

**Free Delivery • Compounding
Customized Pain Creams • Flu/Shingles Vaccines**

www.ottoredanz.com

Michael R. Goodlander
Owner

"Blessed are they who mourn, for they will be comforted."
Matthew 5:4

Otto Redanz

Funeral Home

2215 Military Road (716) 297-9007
Niagara Falls, NY 14304 Fax (716) 297-8498
ottoredanz@aol.com



TOM FEZER COLLISION, INC.

625 Walek Road
North Tonawanda, NY

693-6013

10% SENIOR DISCOUNT



HUNT Real Estate ERA
3571 Niagara Falls Blvd. #4
Wheatfield NY 14120

Always There For You! ERA

Jennifer Schreckengost

Licensed Real Estate Salesperson

ofc: (716) 694-0400
fax: (716) 694-8020
cell: (716) 597-5073

jschreckengost@huntrealestate.com
HUNTREALESTATE.COM



*The greatest
compliment I can
receive is a
referral from you.*

Eric's **1**ST OP Auto

ERIC ZELLNER
716.692.0682

107 RIVER RD. N.TONAWANDA NY

"Your One Stop Shop For All Your Automotive Needs"
Brakes • Tires • Struts • Shocks • Alignments • Check Engine Lights • NYSI

Physical Therapy

Elizabeth A. Marabella-Peck, P.T., D.P.T.

Doctor of Physical Therapy

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

105 Main Street • North Tonawanda, NY 14120

Phone: 692-6388 • Fax: 692-1227

Hours by Appointment



Kathleen M. Casacci, DDS, MAGD

3349 Niagara Falls Boulevard

North Tonawanda, NY 14120

694-1777

www.drkathy.com

Call to reserve your seat at our
free implant seminar!

STOP!

 If you live alone,
you **NEED LIFEWatch!**

Simply press your waterproof pendant or
wristband, and speak "hands-free" with our
exclusive EMT-certified care center, 24/7.

LIMITED TIME OFFER!

\$19.95 a month

FOR FIRST 3 MONTHS*

*After introductory offer expires, \$24.95/month will be billed quarterly.



LIFEWatchUSA
PERSONAL CARING SERVICE SINCE 1980

www.lifewatch-usa.com

You're never alone with Lifewatch!

800.924.2396



A Family to Family Commitment

DIRECTORS

Gary D. Strassburg
Rosemary E. Messer
Hugh C. Messer
Merrell A. Lane
Robert T. Lane Jr.
Maurice D. Cooper

8622 Buffalo Avenue
Niagara Falls, NY 14304
(716) 283 9660
FAX (716) 283-9655
www.LaneFuneralHome.com

ElderWood Crestwood Community

Niagara Falls Boulevard at Witmer Road, Wheatfield

Independent Living
215-8040

Assisted Living
731-2200


ELDERWOOD
SENIOR CARE

Skilled Nursing & Rehabilitation
215-8000

Make sure the heat stays on this winter.
Customers who reside in households
where all residents are 62 or older, 18 or
younger, blind or disabled can get special
protections. If you fit this description, please
contact us at 1-800-365-3234.



National Fuel
www.nationalfuelgas.com