

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

JUNE



WHEATFIELD SENIOR NEWS



June FRIDAYS



<i>June 7th</i>	<i>9:00am</i> <i>11:30am</i>	<i>Various Card Games & Board games</i> <i>BINGO</i>
<i>June 14th</i>	<i>9:00am</i>	<i>Various Card Games & Board games</i>
<i>June 21st</i>	<i>9:00am</i>	<i>Various Card Games & Board games</i>
<i>June 28th</i>	<i>9:00am</i> <i>10:00am</i> <i>11:30am</i>	<i>Various Card Games & Board games</i> <i>Business Meeting, Split Club</i> <i>"PIZZA"</i>

June 5th—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, June 14th

Lunch at 12:00pm
Olympia- Nia Falls Blvd. NT

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 in winter, except the 2nd Thurs.



Anniversaries

6-15 John and Gloria Nowak

New Members

Ronald & Kay Kaiser



We mourn our Loss

Linda Walker



Birthdays

6-5 Tina Ponzi

6-22 Mary Jane Ziomek

6-7 Debbie Conicelli

6-24 Susan Harris

6-8 Betty Eakins

6-27 Winston Moeller

6-19 Dottie Wisniewski



***Remember
Flag day
on June 14th***



Tuesday *12:00 PM	Wednesday *12:00PM	Thursday *11:30 AM
4) Sloppy Joe with Meat Sauce Steak Fries/Ketchup Chef Salad with Cherry Tomatoes/Onions and Salad Dressing Hamburg Roll Fresh Chilled Watermelon	5) Center Cut Pork Chop Ranch Mashed Potatoes Sauerkraut Pumpnickel Bread Chilled Cinnamon Applesauce	6) Swiss Steak with Peppers & Onions Baked Potato/Sour cream Green Beans Dinner Roll Rainbow Gelatin/Topping
11) <i>Father's Day Special</i> Roast Beef with Onion Gravy Horseradish Ranch Mashed Potatoes Prince Edward Vegetables Whole Wheat Dinner Roll Peanut Butter Delight Dessert	12) Chicken Salad Cold Plate Cottage Cheese Leaf Lettuce Fresh Broccoli Salad Soft Pita Pocket Ambrosia	13) Barbecued Pork Rib with BBQ Sauce Succotash Creamy Coleslaw Deli Rye Bread Banana
18) Creamy Broccoli Cheese Soup/Crackers Ham Salad Sandwich on Honey Cracked Wheat Bread with Leaf Lettuce Fresh Orange	19) Chicken a la King over Rice Broccoli Whole Wheat Dinner roll Chilled Peaches	20) Summer Cold Plate with Ham and Swiss Cheese Italian Pasta Salad with olives and Cannellini Beans Leaf Lettuce 2 Slices Whole Wheat Bread Peanut Butter Crunch Cake
25) Julienne Salad with Chicken Fajita Strips/ Garbanzo Beans Tomato Slice Cheddar cheese, carrots, cabbage, onions Variety of Salad Dressing Bran Raisin Muffin Yogurt	26) Beef Stew over Biscuit Carrot Coins Warm Biscuit Kayla's Mystery Cake	27) Barbecued Chicken Leg German Potato Salad Broccoli Lime Cottage Cheese Gelatin Pumpnickel Bread Chilled Pineapple Chunks
<p><u>Not sure what to eat?</u> Individual nutrition counseling is available to you free of charge if you are age 60 or older by our local Niagara County Office for the Aging Dietitian – Glenda Reardon, RD, CDN. Whether just have a question about your health or nutrition or you need counseling on a specific physician-ordered diet, give me a call at 438-4030 and I can probably help to steer you the right direction.</p>		

Niagara County Office for the Aging, Eat Well Stay Well Dining Nutritious Lunch for Seniors

Reserve a meal 24 hours in advance, call **Gail at 694-8504** to make a reservation for lunch at the Wheatfield Community Center or sign up with Stephanie in the dining room. Suggested contribution is \$3.00 for age 60 or over. Individuals under age 60 pay \$4.00. Choice of Skim, 2% or Chocolate Milk. Coffee or Tea served with the meal. For more information call 438-4030

Janice from Niagara County Office for the Aging will be here on Wednesday, June 19th from 10:00am-12:00pm to answer any questions about low income, HEAP, food stamps, insurance or housing .

Supervisor Bob Cliffe and the Town Board

invite you to join them for the

Senior Dance scheduled in

June on the 15th from 4:00-8:00pm

at the Wheatfield Community Center

RSVP by June 7th to reserve a seat

please sign up with Gail or call **694-8504**



HAPPY FATHERS DAY!!

Come and enjoy our areas local vendors on Wednesdays at the Farmers Market.

Coming soon, details to follow.



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.

June 11, 2013

Buffalo History Past & Present, 8:45 am – 5:15 pm. \$79.00.

Enjoy a narrated tour of Buffalo's beautiful downtown landmarks, its architecture and most important stories, including the Erie Canal (new harbor front), several presidents and the Mansions on Delaware Ave. Lunch will be a sit down meal at Templeton Landing, after will be a guided tour of Forest Lawn Cemetery and a stop at Parkside Candies.

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 Cribbean'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



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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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