

**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](mailto:gailc@wheatfield.ny.us)**

**Office Hours**

**Tuesday-Friday 8:00-1:00pm**

**JUNE 2014**



**WHEATFIELD  
SENIOR  
NEWS**



## June FRIDAYS

June 6th	9:00am 11:30am	Various Card Games & Board games BINGO
June 13th	9:00am	Various Card Games & Board games
June 20th	9:00am 10:00am 11:30am	Various Card Games & Board games Business Meeting, Split Club "PIZZA"
June 27th	9:00am	Various Card Games



***NOTE: meeting date changed***

**Lawyer -Gary Billingsley**

*Thursday, June 5th @ 11:00am*  
Call Arlene for reservation  
Ahead of time at 731-4835

**First & last Wednesday and First Friday**

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

**Friday, June 13th 2014**

The Club House  
3386 NF Blvd. Wheatfield

**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	9:30am	Ceramics (1st & last only)
Wednesday	9:30am	Line Dancing (beginners)
Wednesday	10:00am	Line Dancing (advanced)
Wednesday	1:00pm	Arts & Crafts



**We Mourn our Loss**

Betty Krull



**New Address**

Lois Nelson  
3979 Forest Parkway  
No. Tonawanda, NY 14120  
Apt # 221



**New Members**

**Nancy Woock  
Rosalie Good  
Arnold Moll  
Steven & Kathleen Keller**



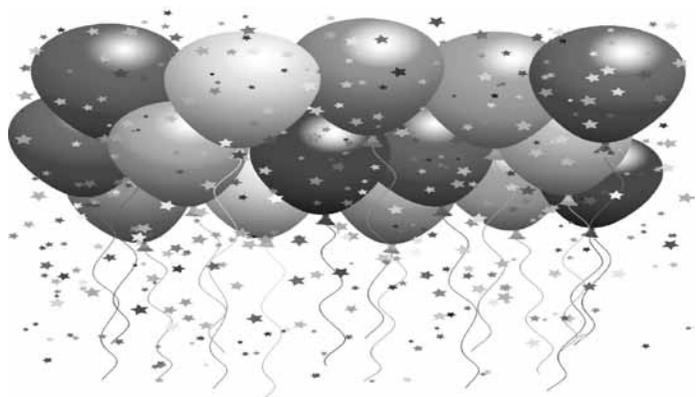
**Anniversaries**

6-15 Jack & Gloria Nowak

**Birthdays**

6-5 Tina Ponzi  
6-7 Debbie Conicelli  
6-8 Betty Eakins  
6-13 Edna Christian  
6-13 Pete Siegmann

6-16 Eileen Monroe  
6-22 Mary Jane Ziomek  
6-27 Winston Moeller



## **Qi Gong Classes**

*Resume June 3rd*

Looking for slow moving, easy exercise routine to begin your day? Why not give our **Qi Gong class** a try?

They are every Tuesday and Thursday at 9:30 am until 10:15 am at the senior center. Experts agree that 30 minutes of this type of exercise improves the health of your heart. All moves are slow, gentle and repetitive. It also helps lower blood pressure.

We use a “Chi Bong” (11-12’ foam tube) and a chair. Some of the movements are done sitting down and some standing, whichever works best for you.

The moves are similar to Tai Chi. The important thing is to keep your body moving slowly. There is no jumping or running involved. These routines can be done anywhere when you have spare time. Coming to class will insure you do them at least twice a week.

Being with a group makes this workout go faster and a lot more fun with everyone working together. Socialization goes on at the same time, with even a few laughs in the mix. Either or both days of the week will help improve your health and mobility. Looking forward to seeing this class up and active again.

If you give us your phone number, we will be able to call if one of the classes are cancelled.

**WHY NOT GIVE US A TRY??**

438-4031

## Eat Well...Stay Well Dining June 2014 Menu for Dining Sites

	Tuesday	Wednesday	Thursday
	<b>3) Barbequed Chicken Leg</b> Hot German Potato Salad Healthy Jello Salad Whole Wheat Dinner Roll No Bake Oatmeal Cookie	<b>4) Beef Stew over Biscuit</b> Carrot Coins Pineapple Tidbits	<b>5) Julienne Salad with Romaine and Spinach Chicken Fajita Pieces</b> Garbanzo Beans, Cheddar Cheese, Tomato, Onion, Salad Dressing Bran Raisin Muffin Banana
Call Gail @ 694-8504 to order a lunch one day in advance or see Stephanie in the dining room.	<b>10) Hot Open-Faced Turkey Sandwich with Gravy</b> Cranberry Sauce Mashed Potatoes Baked Squash 1 Slice White Bread Bavarian Pudding with Topping	<b>11) Swedish Meatballs with Gravy</b> Whipped Potatoes Spring Mix Vegetables Rye Bread Lemon Cheese Bar	<b>12) Hamburger Supreme</b> with American Cheese, Lettuce, Tomatoes, Red Onion, Ketchup, Relish, Mustard Baked Beans Hamburger Bun Applesauce Jello Banana
	<b>17) Hot Roast Beef on Roll</b> Horseradish Potato Wedges with Ketchup Mixed Green and Yellow Beans Hamburger Roll Ambrosia	<b>18) Summer Cold Plate-Sliced Turkey and Cheese</b> with Mayo and Mustard Macaroni Salad with Leaf Lettuce and Pickle (2) Honey Cracked Wheat Bread Fruited Jello Oatmeal Raisin Cookie	<b>19) Stuffed Cabbage Rolls with Sauce</b> Parmesan Cheese Mashed Potatoes Sweet Corn Italian Bread Butterscotch Pudding
	<b>24) Sloppy Joe with Meat Sauce</b> Steak Fries with Ketchup Chef Salad with Salad Dressing Hamburger Roll Banana	<b>25) Center Cut Pork Chop with BBQ Sauce</b> Ranch Mashed Potatoes Sauerkraut Rye Bread Cinnamon Applesauce	<b>26) Julienne Salad</b> with Diced Ham, Cheddar Cheese, Garbanzo Beans, Tomato, Sliced Onion and Salad Dressing Muffin Homemade Peanut Butter Cookie

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 **438-4031** 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.



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## 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.

October 6-10, 2014

**Rocking Horse Ranch** A dude ranch and full scale resort in the Catskill mountains with something for everyone. Join in the day's scheduled activities, enjoy the fitness center, spa or pool, partake of a class in dancing, enjoy a trail ride, a nature walk or just plain relax. The choice is yours.

*Deposit of \$100.00 due by June 20, 2014. Balance due August 29, 2014.*

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## Look What The Cat Dragged In.....

### Yard Sale

For "PRECIOUS PAWS RESCUE"

Friday, June 13<sup>th</sup> and Saturday, June 14<sup>th</sup> 9:00am – 4:00 pm

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- \*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
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