



# March 2015 Wheatfield Senior's Newsletter



**Senior Leader: Arlene Mante**  
**Phone: 731-4835**

**Senior Board of Directors**  
**President: Eileen Wyland**  
**Vice President: Joann McGrew**  
**Secretary: Jean Marshall**  
**Treasurer: Judy Bugenhagen**

**Wheatfield Community/Senior Center**  
**2790 Church Road**  
**North Tonawanda, NY 14120**

**Phone: 716-694-8504**  
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**Community Relations: Gail Connery**  
**E-Mail: [gailc@wheatfield.ny.us](mailto:gailc@wheatfield.ny.us)**

**Office Hours**  
**Tuesday - Friday 8:00 am. - 1:00 pm.**

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

- Mar. 6<sup>th</sup>**            9:00 a.m.   Various card and board games and a birthday cake to celebrate this month's Birthdays  
                         11:00 a.m.   Bingo \*\*\*\*
- Mar. 13<sup>th</sup>**           9:00 a.m.   Various card and board games.  
                         11:30 a.m.   Lunch at the Olympia for those interested
- Mar. 20<sup>th</sup>**           9:00 a.m.   Various card and board games  
                         11:00 a.m.   Bingo \*\*\*\*
- Mar. 27<sup>th</sup>**           9:00 a.m.   Various card and board games  
                         10:00 a.m.   Member's Business Meeting  
                         11:30 a.m.   Pizza

**\*\*\*\* BINGO will always be held on the 1st and 3rd Friday each month. Bingo will not be re-scheduled if it can't be held on those Friday's.**

**NEW DAYS for the Lawyer at the center!** Starting in March he will be at the center once a month, alternating between the 1st Wednesday of the month and the 1st Thursday of a month. His first two dates are Thursday, March 5th and Wednesday, April 1st. Call Arlene at 731-4835 to schedule an appointment.

**BY-LAWS BEING REVISED** - The Board of Directors has been diligently working on bringing the Senior's By Laws up to date and it has been a long process. They were last revised in 1998, over 16 years ago. They needed to be revised and updated to make them more informative and conform to our current organization's activities and structure. At the March meeting, copies of the proposed revisions will be available for all member's wishing to take them home and review them. At the April meeting members will be able to comment and suggest any further revisions they feel should be made. Once any issues have been resolved a vote by the members to approve the new By Laws will be taken at the May business meeting.

Wishing a Happy Birthday  
to everyone who has a  
Birthday in March

## 2015 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.

**April 13-18, 2015: Nashville, Tn.** Featuring the Grand Old Opry. \$706.00 ppd

\$100.00 deposit, final payment due Mar; 13<sup>th</sup>. 5 nights lodging, 5 breakfasts, 3 dinners including the Nashville Nightlife Dinner Theater. Spectacular performances at the Grand Ole Opry and Kenny & The Krooners. Guided tour of Nashville, including the Parthenon, Country Music Hall of Fame, Tour of Belle Meade Plantation – the “Queen of Tennessee Plantation”, Johnny Cash Museum & Gratuities.

**May 12, 2015:** 8:30 am – 5:30 pm. **A Day in Amish Country** \$69.00 due April 10, 2015

Celebrate spring in Old Order Amish Country – Rustic Creations (an Adirondack style gift shop), Hostettler's Quilt Shop, Miller's Amish Baked Good Stand, Cherry Creek Inn for an Amish style lunch, & a Cheese Factory.

**June 9, 2015:** 7:30 am – 7:30 pm. **Why Erie?** \$85.00 due May 15, 2015

Visit Erie Land Lighthouse – the first built by the US on the Great Lakes and on the National Register of Historic Places, St Patrick's Church with its life-size stations of the Cross, Buffet lunch at the Concourse of Union Station, a cruise on the Victorian Princess, and a stop at Burch Farms.

**July 21, 2015:** 9:00 am – 7:00 pm. **Late Night Catechism**, an uproariously funny play that takes the audience back to their Catholic school youth. Call it Loretta Young meets Carol Burnett. The irrepressible Sister teaches class to a roomful of “students” and reminds them of Latin Mass, meatless Fridays and makes good use of the ruler. Lunch at Spring Side Inn in Auburn, NY. \$89.50 – deposit due Feb. 27<sup>th</sup>; full payment due March 27<sup>th</sup>.

**Mystery trip** coming in August.

**NOTE: SHOW TICKETS CANNOT BE SECURED UNTIL FULL PAYMENT IS MADE**

## **UP-COMING EVENTS**

### **MARK YOUR CALENDAR**

**MARCH 20th-** we will be having our annual St. Patrick's Day Potluck dinner. Everyone is requested to bring a dish to pass. We have hearty appetites, so make your donation good size so we can all try it. No desserts please, they will be provided by our kitchen staff.

**APRIL 3rd - CENTER CLOSED**

**APRIL 17th-** we will celebrate Easter enjoying a catered ham dinner which includes scallop potatoes, glazed carrots, applesauce, dinner rolls and dessert.

**APRIL 18th -** Next Senior Dance sponsored by the Town.

**FOLLOWING SENIOR DANCES -** will be held on **July 25th and October 17th**. There is always good food, lively music to enjoy, and you can spend time talking with friends. You also have a chance to win a prize with the drawing they hold for the attendees. The dances all start at 4:00 pm and close around 8:00 pm. It's always a great time to get out and socialize!

**MAY 22nd -** in honor of Memorial Day you will be treated to an entertaining show about the American Flag by a couple with tremendous talent and knowledge. Their program includes timely attire and display of each different flag, progressing from the first flag thru the years until the flag as we know it today. You will be amazed at all the information you didn't know, that you didn't know!

**JUNE -** we are also working on other events to bring you, including a bread making demonstration, where you get to take some with you and an interesting story of the "egg." Watch for more information in future newsletters.

**Help us entertain you** and make our meetings more interesting and fun! If you know of any special entertainment the group might enjoy, give the details to one of the Board members so we can follow-up.

### **"DON'T FALL VICTIM TO THESE SCAMS!"**

**NEVER** open an attachment in an email unless you are sure the email is from someone you know! Even if it's from someone you know—be sure it's from their email address. Their name may have been put on a fake email account and your computer may be infected with a virus if you open the attachment.

**Never, Never, Never** give remote access to someone who phones you and says your computer is infected and they can help you no matter how much they seem to know about your computer.

## Here's Your Chance to be *FAMOUS!*



Niagara County Eat Well, Stay Well Dining Program would like you to submit your favorite recipe for possible printing in their monthly Nutrigrum Newsletter. Recipe must be legibly printed or attached to a **Recipe Submission Form** available from Gail at the Community Center. Include the name of the recipe, how many it serves, your full name, why it's your favorite and the Eat Well site you visit most. All recipes must be submitted to Mary Degan at the Office for the Aging by the 28th of each month. Each month a one recipe will be selected to be printed in the Nutrigrum newsletter and may be compiled into a Office of the Aging Recipe Book.

**2015 UPCOMING SENIOR DANCES** - Be sure and mark your calendars and save the dates for the upcoming senior dances. April 18th., July 25th. and October 17th.

### COUNCIL OF THE AGING (COA)

#### UP COMING EVENTS

**MARCH 1<sup>ST</sup>**- photo contest being held (submit your favorite picture).

**APRIL 19<sup>TH</sup>**- Prom for Seniors. You need to register if you wish to attend. The COA will arrange for a high school student to accompany you for the dance.

**APRIL 27<sup>TH</sup>**- the Spring meeting will be held.

P.S. If you would like additional information regarding the above events, please contact Joan McGrew.

#### **\*\* FRIENDLY REMINDER \*\***

Voluntary donations for our weekly kitchen treats can be made, if you wish, in the **smiley cup**.

#### Monday Thru Thursday's Weekly Schedule

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

### 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.

### March 2015

Tuesday 11:30 a.m.	Wednesday 11:30 a.m.	Thursday 11:30 a.m.
3) Savory Chicken Breast Baked potato w/sour cream Spinach (Hot) 100% Whole Wheat Bread (1 ea) Sour Cream Sugar Cookie	4) Hamburger Supreme (cheese slice, onion, Tomato, lettuce, ketchup, Pickle chips, Mustard, Relish) Baked Beans Sunshine Salad Hamburger Bun (1 ea) Fresh Fruit in Season	5) Polish Sausage Hash brown potatoes Sauerkraut Whole Wheat Hot Dog Roll (1 ea) Coffee Cake
10) Meatloaf w/onion Gravy Mashed Potatoes Club Spinach 12 grain bread (1 slice) Chilled Peaches	11) Glazed chicken leg Stuffing Chef Salad w/dressing 100% Whole Wheat Bread Cranberry Oatmeal Bars	12) Philly Cheese Steak w/Mozzarella cheese, peppers & Onions Tomato Florentine Soup w/crackers Hot Dog Roll (1 ea) Apple
17) Breaded Chicken Drums Rice Chef Salad w/dressing Whole Wheat Bread (1 slice) Lucky Leprechaun Pudding w/ Whipped Topping	18) Center Cut Pork Chop Ranch Mashed Potatoes Sauerkraut Pumpnickel Bread (1 slice) Applesauce	19) Beef Stroganoff Linguine Carrots Whole Wheat Dinner Roll (1 ea) Chocolate Chip Cookie Bar
24) Swiss Steak w/ peppers & onions Mashed Potatoes Country Blend Vegetables Deli Rye Bread (1 slice) Molasses Cookie	25) Creamy Chicken over a Biscuit (1 ea) Harvard Beets Chocolate Pudding	26) BBQ Beef Creamed Potatoes Green Beans & Pimentos Whole Grain Hamburger Roll (1 ea) Chilled Pears
31) Salisbury Steak w/Jardinière Sauce Cheddar Mashed Potatoes Prince Edward Vegetables Rye Bread (1 slice) Vanilla Pudding	<b>NOTE: Lunch will be served at 11:30 on all three days from now on.</b>	

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