

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**

AUGUST



WHEATFIELD SENIOR NEWS



August FRIDAYS

<i>August 2nd</i>	9:00am 11:30am	<i>Various Card Games & Board games BINGO</i>
<i>August 9th</i>	9:00am	<i>Various Card Games & Board games</i>
<i>August 16th</i>	9:00am	<i>Various Card Games & Board games</i>
<i>August 23rd</i>	9:00am	<i>Various Card Games & Board games</i>
<i>August 30th</i>	9:00am 10:00am 11:30am	<i>Various Card Games & Board games Business Meeting, Split Club "PIZZA"</i>

August 7th—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, August 9th

Lunch at 12:00pm
Roman Café, 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	9:00am	Ceramics
Wednesday	9:30am	Line Dancing (beginners)
Wednesday	10:00am	Line Dancing (advanced)
Wednesday	1:00pm	Arts & Crafts
Thursday	12:00pm	Wii Bowling



New Members



Marge Hahn,
Shirley Joy
& Christine Gullo

Anniversaries

8-19 Jerry & Pat Dickerson



Birthdays

8-1 Sandy Marshall

8-13 Beverly Brovata

8-2 Angie Kulikowski

8-13 Joyce Heuer

8-8 Marlene Bogart

8-19 Chester Stachura

8-8 Shirley Richards

8-25 Esther Herman

8-8 Robert Schroeder

8-27 Betty Ernst

8-8 Sylvia Trinkwalder

"Happiness Quotes"

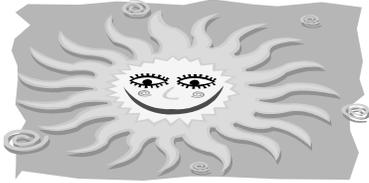
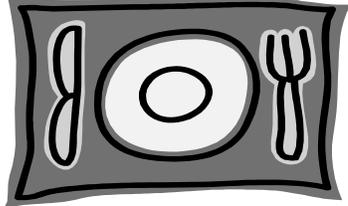
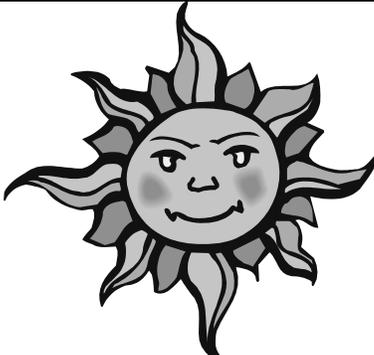
* One of the happiest moments ever, is when you find the courage to let go of what you can't change.

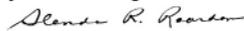
* Somedays, you just have to create your sunshine.

* Always believe something wonderful is about to happen.



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

	Tuesday 12:00pm	Wednesday 12:00pm	Thursday 11:30am
<p>Please see or call Gail at 694-8504 to order a lunch one day in advance or see Stephanie in the dining room.</p>			<p>1) Chicken a la King over Rice Broccoli Assorted Muffins Chilled Peaches</p>
	<p>6) Homemade Beef Stew Carrot Coins Warm Biscuit Pineapple Chunks</p>	<p>7) Large Julienne Salad with grilled Chicken Strips/ Romaine and Spinach Red Onion, Cabbage, Carrots Garbanzo Beans Grated Cheddar Cheese Salad Dressings Dinner Roll Banana</p>	<p>8) Hot Open-Faced Roast Beef Sandwich with Onion Gravy Horseradish Mashed Potatoes Garden Peas White Bread Chilled Pears/Prunes</p>
	<p>13) <i>Picnic Menu</i> Hamburger or Hot Dog on Roll Condiments Onions Fresh Tomato Baked Beans Macaroni Salad/Leaf Lettuce Watermelon Frosted Chocolate Brownie</p>	<p>14) Hot Open-Faced Turkey Sandwich/Gravy Cranberry Sauce Whipped Potatoes/Gravy Butternut Squash White Bread Fresh Orange</p>	<p>15) Chicken Broccoli Casserole Prince Edward Vegetables 12-Grain bread Mandarin Orange Gelatin/Topping</p>
	<p>20) Hot Roast Beef Sandwich on Roll Horseradish Potato Wedges/Ketchup Green & Yellow Beans, Mixed Whole Grain Hamburger Roll Ambrosia</p>	<p>21) Stuffed Pepper with Tomato Sauce Cheddar Mashed Potatoes Corn on the Cob Italian Bread Chilled Peaches</p>	<p>22) <i>Summer Cold Plate</i> Ham Salad with Leaf Lettuce Swiss Cheese Italian Pasta Salad/Garbanzos Pumpnickel Bread- 2 slices Fresh Seedless Grapes</p>
	<p>27) Large Julienne Salad with Diced Ham and grated cheddar cheese Garbanzos Dark Green Lettuce Tomato Slice Onion Assorted Salad Dressings Potato Bread PB Cookie</p>	<p>28) Center Cut Pork Chop Ranch Mashed Potatoes Sauerkraut Rye Bread Cinnamon Applesauce</p>	<p>29) <i>Bring a Friend Day!</i> Swiss Steak with Peppers & Onions Baked Potato/Sour Cream Prince Edward Vegetables Whole Wheat Dinner Roll Rainbow Gelatin/Topping</p>

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. 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 Reardon, RD, CDN

Wheatfield Seniors Annual Picnic will be on

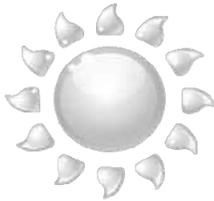
August 16th at 11:30am

Tickets will be on sale every Friday

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****



Farmers Market is now open

Thru October 9th

Located in front of Town Hall

3:30pm-7:00pm

Town of Wheatfields Annual Town Picnic

is Sunday, August 25th



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 – 13, 2013

Coach & Cruise to New England & Nova Scotia.

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

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