



Wheatfield Senior's Newsletter

January 2015

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
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Community Relations: Gail Connery
E-Mail: gailc@wheatfield.ny.us

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

JOIN US FOR FRIDAYS AT THE SENIORS

A group of us get together every Friday between 8:30 a.m. and 9:00 a.m. to socialize, play various games and enjoy a variety of free snacks provided by the seniors. In addition, there is usually loads of free baked goods that are raffled off or given away to anyone who wants them. We usually finish up between noon and 12:30.

Each month we also try and add something a little different to keep things interesting. This month it's an ice cream social and music on Friday the 12th. Below is the schedule for this month's Fridays.

JAN 5th: Some of us play various card and board games, including Pokeno. Others prefer to just visit. It's the first Friday of the month (we were closed on the 2nd) so birthday cake is served to celebrate all those who have a birthday this month. Around 11:30 we play bingo with cash prizes awarded to the lucky winners.

JAN 16th: The second Friday of the month, we try to have something different in addition to the cards and board games. It's usually some special refreshments and entertainment. Then at around noon a group of seniors go out to lunch together to one of a list of restaurants that welcome seniors.

JAN 23rd: This is pretty much a repeat of the first Friday of the month, without the birthday cake. But with the addition of playing bingo. But you never know, we may surprise you.

JAN 30th: The last Friday of the month. Starting around 9:00 a.m. we play games, etc. until 10:00 a.m. That's when we hold our monthly business meeting. Split club tickets can be purchased by anyone who feels lucky. At 11:30, free pizza is served, followed by bingo.

Don't sit home alone. There's fun, entertainment and friendship to be had every Friday at the Wheatfield Community Center Seniors!

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

Jan. 9 th	9:00 a.m.	Various card and board games, bingo and a birthday cake to celebrate this month's Birthdays
Jan. 16 th	9:00 a.m.	Various card and board games.
	11:30 a.m.	Out to lunch?
Jan. 23 rd	9:00 a.m.	Various card and board games, bingo
	11:00 a.m.	Bingo
Jan. 30 th	9:00 a.m.	Various card and board games
	10:00 a.m.	Member's Business Meeting
	11:30 a.m.	Pizza
	12:00 p.m.	Bingo

SENIOR ACTIVITIES

Get up, get out, get moving - gently of course!

Stretch Band (Club 99): Looking for some activity to motivate you during the week? We have one at the Senior Center every Thursday morning from 10:30 am to 11:30 am. We always have a lot of fun sharing our thoughts. We'll be looking for you- a "smile" is worth a thousand words!

Qi Gong Class: Looking for "slow" moving, easy exercise routine to begin your day? All moves are gentle and repetitive. Everyone is encouraged to join! If you want to keep active, one of the secrets is to keep your body "moving". Hope you will give us a try! This class is held every Thursday morning from 9:30 am until 10:15 am.

Ceramic Classes: If you looking for a relaxing way to spend your mornings socializing and like working with your hands, you might consider trying your hand at painting. We meet every Wednesday morning from 9:30 am to 11:30 am. We provide all the supplies you will need. Nothing passes the time of day like this class.

Line Dancing: There are two groups, one for beginners and one for the more advanced. They get together every Wednesday morning. Beginners at 9:30 am. til 10:00 am. and advanced at 10:00 am. until 11:00. There is a nominal fee for these classes. It's a lot of fun, and everyone enjoys themselves. Why not try out your dancing shoes? Cowboy boots not required!

Bridge Club: They get together every Tuesday afternoon around 1:00 pm. If you have a group of people who like to play, why not get together and form another set of bridge players. It's a place to socialize and enjoy the group!

Bowling: The league meets every Monday morning at 9:00 am at Manor Lanes, just off Niagara Falls Boulevard. Always looking for new bowlers, no matter your skill level. We bowl for fun.

Arts & Crafts: The group gets together every Wednesday afternoon at the center at 1:00 pm to make a variety of different items. Everyone is welcome. We are always looking for new ideas - bring some bring and join us!

Bingo: We play bingo on the 1st and 3rd Friday of the month. Starting in January the size of the individual prizes have been increased.

Monday Thru Thursday's Weekly Schedule		
Monday	9:00 a.m.	Bowling at Manor Lanes Community Center Closed
Tuesday	10:00 a.m.	Volunteer at Crestwood for Bingo
	12:45 p.m.	Bridge
Wednesday	9:30 a.m.	Ceramics
	9:30 a.m.	Line Dancing (beginners)
	10:00 a.m.	Line Dancing (advanced)
	1:00 p.m.	Arts & Crafts
Thursday	9:30 a.m.	Qi Gong Exercise
	10:30 a.m.	Theraband Exercise

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.

Upcoming Trips for 2015—For details see Jean or Joan at the Community Center or go to www.wheatfield.ny.us/seniors.html for brochures

Lee Greenwood and Crystal Gayle at the Seneca Allegany Casino, February 28th, 8:30 to 5:30 pm., Tickets : \$46.00, \$25.00 due at sign up. Final payment due Jan. 9th.

St. Patrick's Day Show at Sean Patrick's Restaurant, Lunch and show on Thursday, March 12th from 11:00 to 4:00 pm., Tickets: \$45.00, \$25.00 Deposit due Jan. 18th, Final payment due Feb. 13th.

Trip to Nashville Tennessee, The Country Music Capital of the World, April 13th to 18th, \$709.00 per person, double occupancy.

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

Lawyer at the Center

Call Arlene at 731-4835 to schedule an appointment on the day he visits.

HELP WITH BINGO AT NORTHGATE

2:15 p.m. on
First & Last Wednesday
and First Friday of the month

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

Congratulations to the 2015 Board of Directors

President—Eileen Wyland

Vice President—Joann McGrew

Secretary—Jean Marshall

Treasurer—Judy Bugenhagen

“STUFF” YOU SHOULD KNOW ABOUT

NEXT COMMUNITY CENTER DANCE - Mark your calendars. The next dance at the Community Center is scheduled for January 24, 2015.

AARP INCOME TAXES - AARP will be providing help with filing income tax returns again this year. Watch for further information and dates.

NEED LEGAL ADVICE? - The Niagara County Office of the Aging has a legal assistance program available to anyone 60 and over living in Niagara County. There are no set fees, but contributions are accepted. Gary Billingsley is their attorney and he comes to the Community Center once a month. The date he comes to the Community Center varies so please call Arlene Mante at 731-4835 to schedule an appointment. Be prepared to wait your turn if a lot of seniors sign-up that day.

SUNSHINE VOLUNTEER - Eileen Wyland is our Sunshine Volunteer. She sends cards to members who are injured, ill, hospitalized, just home from the hospital, or to a family member, if a senior has passed away. Please call Eileen at 639-5541 if you know of a senior who could use a little "sunshine" in the form of a get well card or a family member who is in need of some sympathy after the death of a loved one.

NIAGARA INFORMATION & REFERRAL PROGRAM - Have a question you can't answer or a problem you can't solve? The Office of the Aging at 694-2105 may be able to help. If you have any questions you can't answer, you can call them assistance. They will do their best to help you.

HAVE THOUGHTS OR IDEAS ON NEW ACTIVITIES? Please feel free to share it with any member of the Board of Directors if you have an idea or activity you would like to see our Senior Group investigate or consider. The board members are Eileen Wyland, Joan McGrew, Jean Marshall, Judy Bugenhagen and Goldie Catino.

BY-LAWS BEING REVISED - The current Board of Directors has been diligently working on bringing the Senior 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. They should be available for member's review and comments at the February business meeting. Approval of the revisions by the members at the March meeting is required before they become official.

MEMBER ROSTER BEING UPDATED - We are currently working on a updated membership list to make sure we have current information on all our members. If you have not recently completed a revised form, please do so at your earliest convenience. The revised forms are available at the Community Center for those who regularly attend functions there. If you received this newsletter in the mail, a copy of the revised membership form has been included with this newsletter along with a return envelope and an explanation of the new membership policy.

Eat Well - Stay Well

December 2014 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.

Tuesday 12:00 Noon	Wednesday 12:00 Noon	Thursday 11:30 a.m.
		<p>1) CLOSED – New Year's Day</p> 
<p>6) Roast Pork Au Jus Parsley Potatoes Brussels Sprouts Wheat Dinner Roll (1 ea) Apple Fruit Crisp</p>	<p>7) Beef Stew Biscuit (1 ea) Applesauce Gelatin Pudding w/whipped topping</p>	<p>8) Grilled Chicken on a Bun with Lettuce, Tomato and Mayo Lentil Vegetable Soup w/ crackers Hamburger Bun (1 ea) Fruit Cup</p>
<p>13) Italian Sausage with Peppers & onions Minestrone Soup w/crackers Hot dog roll (1 ea) Frosted Cake</p>	<p>14) Chicken Salad on Whole Wheat Roll w/Lettuce/tomato Chicken Cannelloni Bean Soup w/ crackers Whole Wheat Roll (1 ea) Fresh Fruit</p>	<p>15) Hot Open Roast Beef w/ onion Gravy Horseradish Mashed Potatoes Peas White Bread (1 slice) Peaches</p>
<p>20) Hamburger Supreme w/ cheese, onion, lettuce, tomato, pickle, ketchup, mustard, relish Rice & vegetables Zucchini Squash Hamburger Roll (1 ea) Chocolate Chip Cookie</p>	<p>21) Vegetable Lasagna Salad with Spinach, red onion and croutons & Salad dressing Wheat Dinner Roll (1 ea) Pears</p>	<p>22) Savory Chicken Breast Boneless/skinless Butter parsley Potatoes California Vegetables Wheat Bread (1 slice) Poke Cake w/whipped topping</p>
<p>27) Philly Cheese Steak w/ mozzarella w/Peppers & Onions Tomato Florentine Soup w/ crackers Hot Dog roll (1 ea) Peaches</p>	<p>28) Sweet & Sour Chicken w/Chinese Noodles Buttered Rice Green Beans Whole Wheat Bread (1 slice) Pumpkin Snack Cake</p>	<p>29) Stuffed Cabbage Rolls (2 ea) Cheddar Mashed Potatoes Wax Beans Italian Bread (1 slice) Fruited Gelatin</p>

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