

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: Joan Piorkowski

**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**

**Hours of Operation
Tuesday-Friday 8:00-1:00pm**



WHEATFIELD SENIOR NEWS



March FRIDAYS

<i>March 2nd</i>	<i>9:00am</i> <i>11:30am</i>	<i>Various Card Games & Board games</i> <i>BINGO</i>
<i>March 9th</i>	<i>9:00am</i>	<i>Pinochle Tournament</i> <i>Various Card Games & Board games</i>
<i>March 16th</i>	<i>9:00am</i>	<i>Euchre Tournament</i> <i>Various Card Games & Board games</i>
<i>March 30th</i>	<i>9:00am</i>	<i>Various Card Games & Board games</i>
<i>March 23rd</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>



March 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, March 9th

Lunch at 12:30pm
At Leons Italian Bistro on Porter Rd. NF

Theraband Exercise/Club 99

Tuesday and Thursday
10:30am–11:30am

Weekly Schedule

<i>Monday</i>	<i>9:00am</i>	<i>Bowling @ Manor Lanes</i>
<i>Tuesday</i>	<i>10:00am</i>	<i>Volunteer at Crestwood for Bingo</i>
<i>Tuesday</i>	<i>12:45pm</i>	<i>Bridge</i>
<i>Tuesday</i>	<i>6:00pm</i>	<i>Bocce & Shuffleboard (Summer)</i>
<i>Wednesday</i>	<i>9:00am</i>	<i>Ceramics</i>
<i>Wednesday</i>	<i>9:30am</i>	<i>Line Dancing (beginners)</i>
<i>Wednesday</i>	<i>10:00am</i>	<i>Line Dancing (advanced)</i>
<i>Wednesday</i>	<i>1:00pm</i>	<i>Arts & Crafts</i>
<i>Thursday</i>	<i>12:00pm</i>	<i>Wii Bowling (Winter)</i>



Tuesday 12:00 PM	Wednesday 12:00 PM	Thursday 11:30 AM
March Menu	Healthy Heart Meals marked with a heart,  indicating lower fat, lower sodium, high in fiber.	1) Italian Spaghetti and Meatballs Parmesan Cheese Chef Salad with tomato and cucumbers Salad Dressing Italian Bread Chilled Apricots
6) Savory Chicken Breast Baked Potato/Sour Cream California Mixed Vegetables 100 % Whole Wheat Bread Poke Cake with Whipped Topping 	7) Minestrone Soup with Crackers Italian Sausage with Peppers & Onions Hot Dog Roll Lemon Crisp Cookie	8) Hot Open-Faced Turkey Breast with Gravy Cranberry Sauce Mashed Potatoes/Gravy  Butternut Squash White Bread Fruit Cocktail
13) Happy St. Patrick's Day Corned Beef with Swiss Cheese in Deli Rye Mayo Parsley Potatoes Mustard Buttered Cabbage/Carrots Pistachio Pudding Dessert/Whipped topping	14) Swiss Steak with Peppers & Onions Mashed Potatoes Country Blend Vegetables Cracked Wheat Bread Chilled Pineapple	15) Chicken Fingers/Ranch Dressing Hot German Potato Salad Mixed Vegetables Rye Bread Mandarin Orange Gelatin/Topping
20) Center Cut Pork Chop Ranch Mashed Potatoes Sauerkraut Pumpnickel Bread Cinnamon Applesauce	21) Chili Con Carne/Crackers Chef Salad/Chopped Celery, radishes, onion Cornmeal Bread  Seedless Grapes	22) Beef Barley soup/ Crackers Chicken Salad Sandwich On Whole Grain Bread Leaf Lettuce Pickle Chips  Creamsickle Pudding
27) Lemon chicken Rice Pilaf Crinkle Cuts Carrots Potato Bread Ambrosia 	28) Meatloaf with Onion Gravy Mashed Potatoes Club Spinach 12-Grain Bread  German Apple Cake	29) Creamy Chicken over Biscuit Harvard Beets Warm Biscuit  Fresh Apple

MARCH MENU

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



Call 694-8504 to make a reservation for lunch at the Wheatfield Community Center for Eat Well...Stay Well Dining Lunches. Or, see Stephanie Frew in the dining room and sign up at the Center. Reserve a meal 24 hours in advance. 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.

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Welcome New members
Roy Stoelting
Larry Stoelting

March Anniversaries
3-22 William & Louise Belford

We Mourn our Loss
Lois Everett
Maria Pino

March Birthdays
3-1 Joanne Newell 3-11 Grace Leaderstorf 3-21 Fred Skorik 3-26 Velda Seege
3-3 Pat Daunce 3-13 Eileen Wyland 3-23 Gordon Martin

Janice from the NCOFA will be here to answer any questions about HEAP, food stamps, low income, insurance and housing.
March 21st
From 10:00-12:00pm

Supervisor Bob Cliffe invites you to enjoy an afternoon out for the Annual...
St. Patricks Day Dance!
March 17, 2012 from 4:00-8:00pm
At the Wheatfield Community Center, 2790 Church Rd. NT
RSVP is a must to reserve a seat


Please join us for a
Pot Luck
And
Elephant sale
on Friday, March 16th
At 11:00am
Please bring a full dish to pass, Feel free to call with any questions!!!!

****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. 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 Senior's meetings on Friday mornings (8:30-11:30am) or mailed (call for address). Make checks payable to Wheatfield Senior Travel. For further information or registration, contact Jean at 694-5567 or contact Joan at 693-7355.

April 16-19, 2012 This overnight trip takes us to the Sight and Sound Millennium Theater in Lancaster, PA. to see the new premier show, "Jonah", the biblical story of extremes. The trip includes a Cruise in Pittsburg, Amtrak's Pennsylvanian train ride around the world famous Horseshoe Curve, Bird in Hand Farmers Market, Amish Sight, the Dutch Apple Dinner Theater and more. Tour includes 5 meals, all shows, sightseeing and admissions, baggage handling and gratuities for drivers, local guides and porters. \$599.00 per person based on double occupancy. A \$75.00 pp deposit is due to secure reservation, with the balance due by March 2, 2012. Travel insurance is available.



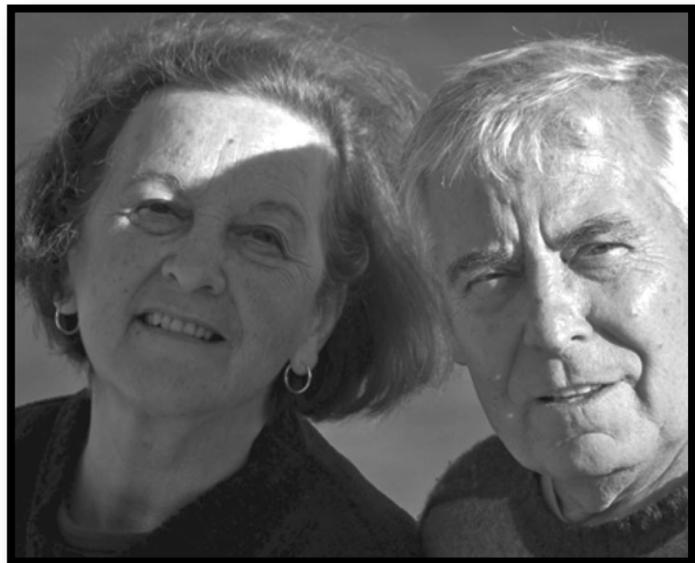
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