

**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**

**APRIL 2014**



**WHEATFIELD  
SENIOR  
NEWS**



## April FRIDAYS

<i>April 4th</i>	<i>9:00am</i>	<i>Various Card Games &amp; Board games</i>
	<i>11:30am</i>	<i>BINGO</i>
<i>April 11th</i>	<i>9:00am</i>	<i>Various Card Games &amp; Board games</i>
<i>April 18th</i>	<i>9:00am</i>	<i>Various Card Games &amp; Board games</i>
<i>April 25th</i>	<i>9:00am</i>	<i>Various Card Games &amp; Board games</i>
	<i>10:00am</i>	<i>Business Meeting, Split Club</i>
	<i>11:30am</i>	<i>"PIZZA"</i>



### **April 2nd — Wednesday**

Gary Billingsley— Lawyer

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, April 11th 2014**

Olympia  
3312 Nia. Falls Blvd.

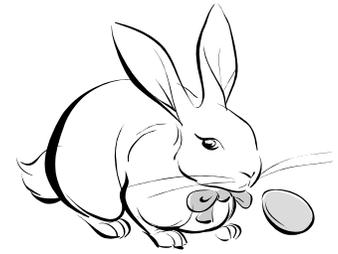
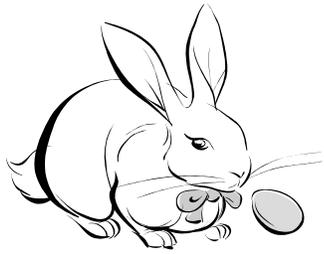
### **Theraband Exercise/Club 99**

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	9:30am	Ceramics (1st & last only)
Wednesday	9:30am	Line Dancing (beginners)
Wednesday	10:00am	Line Dancing (advanced)
Wednesday	1:00pm	Arts & Crafts
Thursday	9:30am	Qi Gong Class
Thursday	12:00pm	Wii Bowling





## **Birthdays**

4-1 Diana Smith

4-14 Robert Wyland

4-23 Lois Chudzinski

4-2 Jean Siegmann

4-17 Goldie Catino

4-26 Shirley Best

4-3 William Belford

4-18 Pat Dickerson

4-28 Barbara MacDonald

4-14 Carolyn Chapin

4-18 Jean Marshall

Cornell Cooperative Extension is providing FREE educational workshops for homeowners and renters who are interested in saving \$\$\$\$.

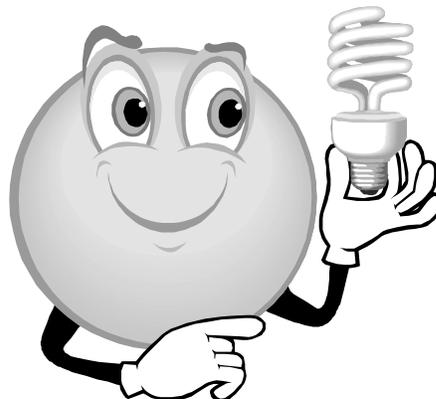
### **Save Energy, Save Dollars**

Tuesday, April 8th @ 10:30am

The best way to reduce our energy bills is to reduce the amount of energy we use. In this workshop participants will explore many ways to reduce their energy bills through no cost/low-cost conservation methods. What ideas will work for you? Find out how much you can save! Each participant receives 3 free CFL light bulbs at the end of the class and is eligible for a door prize.

### **Join us for lunch!**

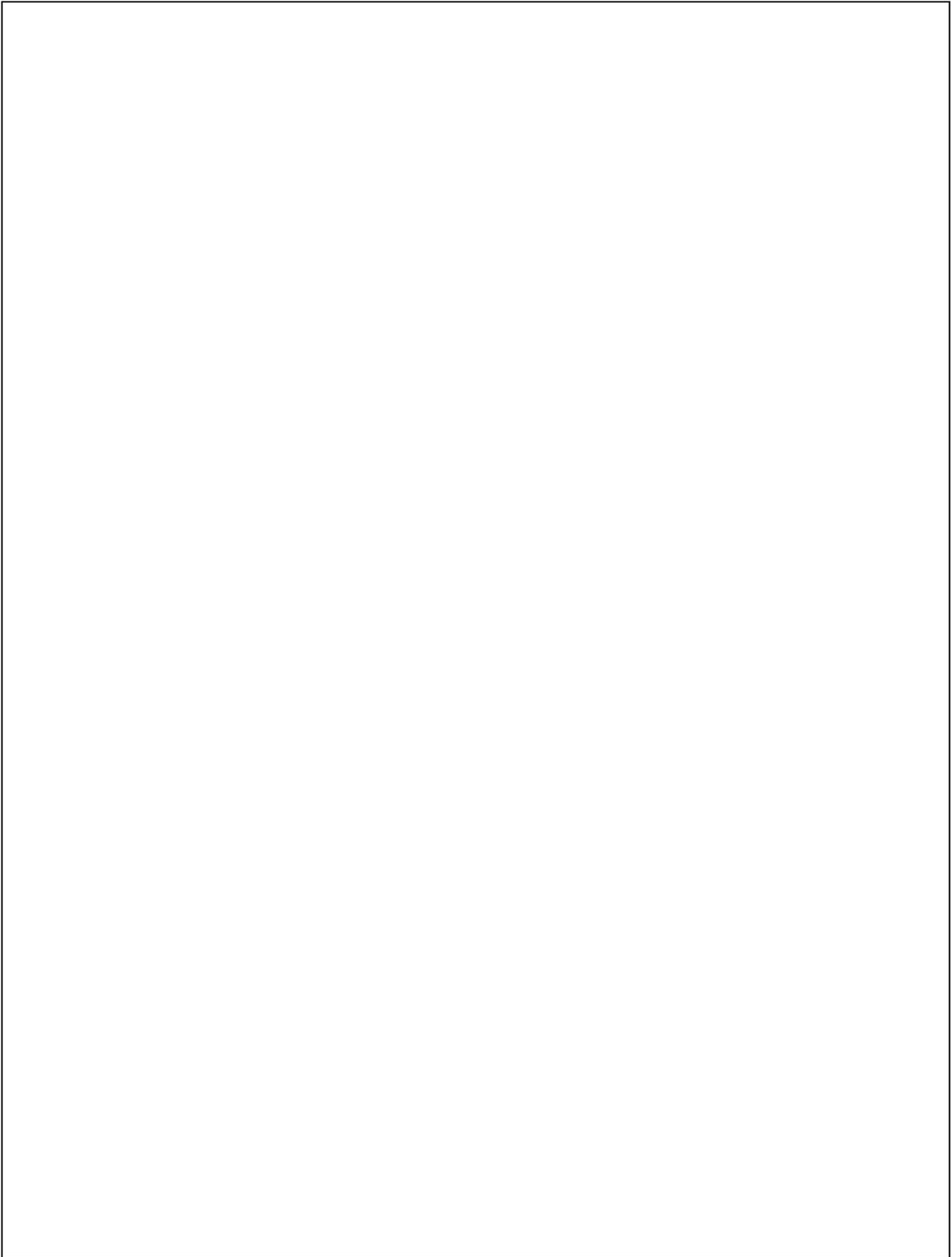
***Pre-registration is required to reserve a spot @ 694-8504.***



## Eat Well...Stay Well Dining April Menu for Dining Sites

	<b>Tuesday @ 12:00pm</b>	<b>Wednesday @ 12:00pm</b>	<b>Thursday @ 11:30am</b>
Please call Gail @ 694-8504 to reserve a lunch or see Stephanie in the dining room!	1) <b>Herbed Chicken</b> Chef Salad with Tomatoes, Onion, and Salad Dressing Rotini Pasta 12 Grain Bread Pineapple Chunks	2) <b>Roast Pork with Au Jus</b> Parsley Potatoes Brussel Sprouts Whole Wheat Dinner Roll Peach Crisp with Topping	3) <b>Beef Stew over Biscuit</b> Applesauce Gelatin Salad Fruit Cup
	8) <b>Hot Open Faced Turkey Sandwich with Gravy</b> Cranberry Sauce Mashed Potatoes Baked Squash White Bread Lime Gelatin and Pears	9) <b>Chicken Salad</b> Cream of Broccoli Soup and Crackers 2 Slices Honey Cracked Wheat Bread Banana	10) <b>Roast Beef with Onion Gravy</b> Mashed Potatoes Peas 1 slice white bread Peaches
	15) <b>Italian Sausage with Onions and Peppers</b> Minestrone Soup with Crackers Whole Wheat Hot Dog Roll Lemon Crisp Cookie	16) <b>Savory Chicken Breast</b> Baked Potato with Sour Cream California Mixed Vegetables 100% Whole Wheat Bread Coffee Cake	17) <b>Glazed Baked Ham</b> Sweet Potatoes Peas and Mushrooms Mixed Green Salad with Salad Dressing Dinner Roll Coconut Cream Pie and Jelly Beans <b>EASTER SPECIAL!</b>
	22) <b>Sweet and Sour Chicken</b> Chinese Noodles Brown Rice Green Beans 100% Whole Wheat Bread Fruit Cocktail	23) <b>Homemade Meatloaf with Onion Gravy</b> Mashed Potatoes Club Spinach 12 Grain Bread Oatmeal Cranberry Bar	24) <b>Glazed Chicken Leg</b> Hot German Potato Salad Price Edward Vegetables Whole Wheat Bread Fruited Jello with Topping
	29) <b>Center Cut Pork Chop</b> Ranch Mashed Potatoes Sauerkraut Pumpnickel Bread Applesauce	30) <b>Chili Con Carne with Crackers</b> Chef Salad with Tomatoes and Ranch Dressing Cornbread Fresh Fruit	

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.



## 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.

May 12, 2014            9:00 am – 4:00 pm

**Lunch With Sherlock** at Yorkshire Hall. "The Case of the Telltale Teapot" is a mystery-comedy. Homes is back, Dr. Watson has opened a tea shop and a mysterious little girl and troublesome teapots mean there's a new case to be solved. Trip includes a stop at the Jell-O-Museum & Kutter's Cheese. \$60.00 due April 18<sup>th</sup>.

June 10, 2014            9:00 am – 5:00 pm

**Crime & Scandal** Discover why Buffalo was one of the centers of Prohibition evasion during a tour that starts in a former Red Light district and revisits famed haunts including a former Ku Klux Klan headquarters, the site of a triple hanging and the office of a philandering president. After lunch at the Pan American Grill in the Lafayette Hotel, we will be greeted by the residents of Forest Lawn Cemetery.            \$70.00 due May 16<sup>th</sup>.2014.

June 25-27, 2014

**"Moses"** at the Millennium Theater in Lancaster, Pa. Trip includes tours of QVC Studios, Longwood Gardens, and much more. \$366.00 ppd. (\$50.00 deposit with final payment 5-1-14)

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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- The Geriatric Center of WNY

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Friday: 9:30 am-12:00 pm

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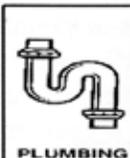


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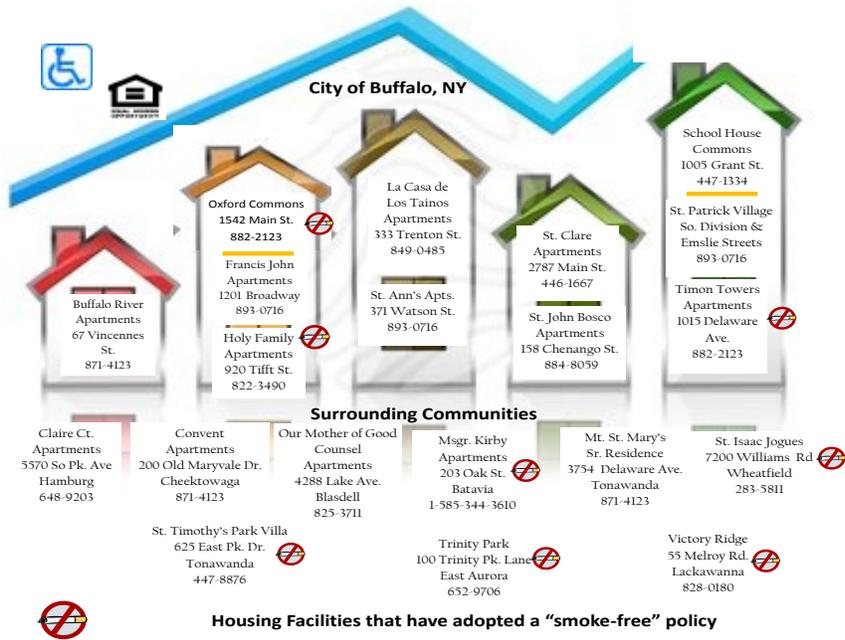
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- Oxford Commons, 1542 Main St., 882-2123
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- La Casa de Los Tainos Apartments, 333 Trenton St., 849-0485
- St. Ann's Apts., 371 Watson St., 893-0716
- St. Clare Apartments, 2787 Main St., 446-1667
- St. John Bosco Apartments, 158 Chenango St., 884-8059
- School House Commons, 1005 Grant St., 447-1334
- St. Patrick Village So. Division & Emslie Streets, 893-0716
- Timon Towers Apartments, 1015 Delaware Ave., 882-2123
- Claire Ct. Apartments, 5570 So Pk. Ave Hamburg, 648-9203
- Convent Apartments, 200 Old Maryvale Dr. Cheektowaga, 871-4123
- Our Mother of Good Counsel Apartments, 4288 Lake Ave. Blasdell, 825-3711
- Msgr. Kirby Apartments, 203 Oak St. Batavia, 1-585-344-3610
- Mt. St. Mary's Sr. Residence, 3754 Delaware Ave. Tonawanda, 871-4123
- St. Isaac Jogues, 7200 Williams Rd. Wheatfield, 283-5811
- St. Timothy's Park Villa, 625 East Pk. Dr. Tonawanda, 447-8876
- Trinity Park, 100 Trinity Pk. Lane East Aurora, 652-9706
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