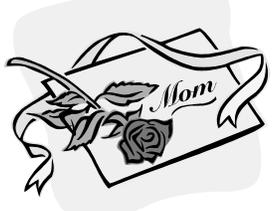
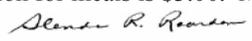


**Eat Well...Stay Well Dining
May Menu for Dining Sites**

	Eating @ 12:00pm	Eating @ 12:00pm	Eating @ 11:30am	
	Tuesday	Wednesday	Thursday	
		1) Pulled Pork with BBQ Sauce On Bun Buttered Sweet Corn Calico Coleslaw Whole Grain Hamburg Roll Chilled Pears	2) Chicken Salad Cold Plate Cottage Cheese Chicken Salad Leaf Lettuce Broccoli Salad Small Pita Pocket Bread Fresh Melon	
	7) <i>Mother's Day Special</i> Chicken Breast (bone-in) Fluffy White Rice Green Bean Casserole Rye Bread Frozen Fruit Dessert	8) Baked Italian Shells with Parmesan Cheese Spinach Salad/Red Onion with Creamy Italian Dressing Whole Wheat Dinner Roll Fresh Fruit Cup	9) Summer Cold Plate Deli Ham Swiss Cheese Italian Pasta Salad with Garbanzos Mayo Mustard Cracked Wheat Bread-2 Apple Crisp/topping	
<i>Call Gail at the center at 694-8504 to order a lunch at least one day in advance or see Stephanie while dining in.</i>	14) Hot Open-Faced Roast Beef Sandwich on Wheat Bread with Onion Gravy Ranch Mashed Potatoes Garden Peas and Carrots Chilled Pears/Prunes	15) Beef Stew over Biscuit Carrot Coins Pineapple Tidbits 	16) Large Julienne Salad with Chicken Fajita Strips Romaine Lettuce Tomato Slice Garbanzos Salad Dressing Bran Raisin Muffin Banana	<i>Call Gail at the center at 694-8504 to order a lunch at least one day in advance or see Stephanie while dining in.</i>
	21) Hot Open-Faced Turkey Sandwich with Gravy Cranberry sauce Mashed Potatoes Baked Squash White Bread Fruit Cocktail	22) Hamburger Supreme with American Cheese, Lettuce, Tomato, Pickle, Onion Condiments Homemade Baked Beans Applesauce Gelatin Mold Fresh Seedless Grapes	23) Homemade Meatloaf with Onion Gravy Ketchup Whipped Potatoes Spring Mix Vegetables Rye Bread Lemon Cheese Bar	
	28) Stuffed Pepper with Tomato Sauce Cheddar Mashed Potatoes Green beans Italian Bread Pineapple Tidbits	29) Turkey Cold Plate SI of Turkey SI of Am Cheese Mayonnaise Mustard Pickle Macaroni Salad/Tomato WWBread Fruited Gelatin on Leaf Lettuce Oatmeal Raisin Cookie	30) Glazed Ham with Pineapple Sauce Sweet Potatoes Creamy Coleslaw Dinner Roll Cinnamon Applesauce	

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

May FRIDAYS

<i>May 3rd</i>	<i>9:00am</i> <i>11:30am</i>	<i>Various Card Games & Board games</i> <i>BINGO</i>
<i>May 10th</i>	<i>9:00am</i>	<i>Various Card Games & Board games</i>
<i>May 17th</i>	<i>9:00am</i>	<i>Various Card Games & Board games</i>
<i>May 24th</i>	<i>9:00am</i>	<i>Various Card Games & Board games</i>
<i>May 31st</i>	<i>9:00am</i> <i>10:00am</i>	<i>Various Card Games & Board games</i> <i>Business Meeting, Split Club</i>

May 1st—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, May 10th

Lunch at 12:00pm
Roman Café on Payne Ave. NT

Theraband Exercise/Club 99

Tuesday and Thursday
10:30am–11:30am

Weekly Schedule

Monday	9:00am	Bowling @ Manor Lanes	
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 in winter, except the 2nd Thurs.	

Anniversaries

- 5-11 Robert & Eileen Wyland
- 5-17 Dominic & Lorrain DePaolo
- 5-18 Roger(Pete) & Judy Siegmann

We mourn our Loss



- Edna Proefrock
- Robert Brown
- Donna Behnrs

Birthdays

- 5-6 Arthur Gerbec
- 5-11 Steven Yuhasz
- 5-18 Clarice Poerschke
- 5-20 Helen Jagow
- 5-24 Judy Bugenhagen
- 5-25 Fran Neralic
- 5-27 Karolyn Martin



Don't forget the date

May 11th @ 8:00am

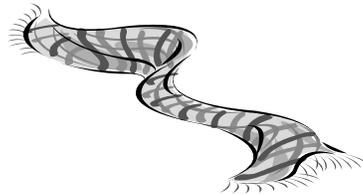
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May 27, 2013



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 14, 2013

Amish Tea Party. 7:00 am – 8:30 pm. \$79.00 due April 16th.

Have tea with Mrs. Miller, sample chocolates at the Buckeye Chocolate Factory, & Cheese at the Middlefield Cheese Factory. Enjoy an Amish Wedding Dinner, and stop by the Nauvoo Family Market to sample Amish baked goodies.

June 11, 2013

Buffalo History Past & Present, 8:45 am – 5:15 pm. \$79.00 due May 10th

Enjoy a narrated tour of Buffalo's beautiful downtown landmarks, its architecture and most important stories, including the Erie Canal (new harbor front), several presidents and the Mansions on Delaware Ave. Lunch will be a sit down meal at Templeton Landing, after will be a guided tour of Forest Lawn Cemetery and a stop at Parkside Candies.

July 9, 2013

Mystery trip. 7:30 am – 5:30 pm. \$72.00 due June 14th.

October 6 – 13, 2013

Coach & Cruise to New England & Nova Scotia.

Coach to Boston, then enjoy 7 nights aboard the Royal Cribbean's "Brilliance of the Sea" with ports of call at Halifax, Nova Scotia; Bay of Fundy/St. John, New Brunswick; Bar Harbor, Maine; and Portland, Maine. Valid passport required.

Tour price ppdbl: Inside \$1195.00, Ocean view \$1395.00 Includes trip cancellation insurance, all taxes, fees & port charges.

\$250.00 deposit due now. Final payment due July 1, 2013.

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

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