



3959 Forest Pkwy • Wheatfield, NY 14120 • (716) 693-8439

Community Information

Connect55+ Wheatfield West
Community Manager Mary Beth
Connect55+ Coordinator Karen
Maintenance Technician Michael
Community After Hour 716-693-8439
Wheatfieldwestmanager@connect55.com

Office Hours

Monday 8:00 am–4:30 pm
Tuesday 8:00 am–4:30 pm
Wednesday 8:00 am–4:30 pm
Thursday 8:00 am–4:30 pm
Friday 8:00 am–4:30 pm

Upcoming Events

Rent is Due 8/1
Annual Car Show 8/10
National Dog Day 8/26

'Paws' For National Dog Day

National Dog Day is Aug. 26, and we'd like to give a shout-out—or woof-out—to our community dogs! Take a moment to “paws” and stop by the office to pick out a nice surprise for your best friend!

This Month's Contest Is Too Hot to Miss!

To celebrate the summer heat, we are looking for the best summertime door decorations! What will make your door stand out from all the rest and take the prize? Will it be Jalapenos and hot peppers, sunflowers and lemons, or rays of sunshine streaming off your door? Judging will be on Friday, August 23rd at coffee hour. Good luck to all!

August 2024

Greetings From Karen, Mary Beth, And Michael!

Welcome to the dog days of summer! We have plenty of “cool” activities planned this month, so make plans to dive right in and join us for some fun times. We look forward to sharing a cold glass of lemonade or a refreshing ice cream treat with you!



Upcoming Community Events

Big News! It's Time for Our Annual Car Show!

This year on August 10th, we will be hosting the Falcons Car Club for a huge event! In addition to all the cars, we will have food and vendors here to add to the fun. The cars will be both along the roadway and also in the large parking lot next to us. Rain date is August 17th.

If you or a family member has a car to add to the show, please let the office know by August 5th so we can include them in the parking plans.

If you or a family member would like to set up a vendor table, please let the office know by August 5th.









Get Ready for the Games!

The 2024 Summer Olympics are set to conclude this month in Paris. Featuring more than 30 different sports, the global competition will take place July 26 through Aug. 11. Come join us for a watch party and cheer on our U.S. athletes!



August 2024

- Community Room
- Library
- Game Room
- Billiards
- Theater
- Back Patio, Weather Permitting
- Meet in Lobby
- Calamar Foundation Event
- ✓ Registration Required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Events Are Subject to Change</p>				<p>Mary Beth Vacation 1</p> <p>9:30 ■ Ladies' Coffee</p> <p>10:00 ■ Kindness Krew/Connect55+ Forum</p> <p>10:30 ■ Light Stretch</p> <p>11:00 ■ 20 Minute Cardio Exercise</p> <p>12:30 ■ Quiddler - Card Game</p> <p>1:00 ■ Matty's Food Delivery! ✓</p> <p>1:00 ■ Olympics Watch Party!</p> <p>2:00 ■ BINGO w/ Karen</p> <p>3:30 ■ Mocktails Social Hour</p>	<p>Mary Beth Vacation 2</p> <p>10:00 ■ Coffee Hour</p> <p>11:00 ■ Corn Hole!!!</p> <p>1:00 ■ PBS Documentary - History/Nature/Culture/</p> <p>2:00 ■ Cardio Drumming</p> <p>2:30 ■ Olympics Watch Party!</p> <p>3:00 ■ We Got Game!! Five Crown</p>	<p>12:30 Five Crown- Mondays</p> <p>3:00 Bible Study MONDAYS</p> <p>6:00 Cribbage/65 Pay Me MONDAYS</p> <p>6:30 Resident Run Bingo TUESDAYS</p>
	<p>RENT DUE REMINDER! 5</p> <p>9:00 ■ Karen in Training</p> <p>11:00 ■ Wii Bowling League</p> <p>1:00 ■ 20 Minute Cardio Exercise</p> <p>1:30 ■ Tai Chi</p> <p>2:00 ■ Mindful Meditation</p> <p>3:00 ■ Bible Study / Resident John Paul</p> <p>3:00 ■ Olympics Watch Party!</p>	<p>9:30 ■ Men's Coffee</p> <p>10:30 ■ Garden Club</p> <p>11:00 ■ Office of the Aging Presentation - Genealogy ✓</p> <p>1:00 ■ Mindful Meditation</p> <p>2:00 ■ Matinee Movie ✓</p> <p>2:30 ■ Light Weights Exercise</p> <p>3:00 ■ Chair Yoga</p>	<p>9:30 ■ Bring a cup of coffee and chat!</p> <p>11:00 ■ Light Stretch</p> <p>11:30 ■ Armchair Travels</p> <p>12:30 ■ Communion / Helen</p> <p>1:00 ■ Country Cottage Delivery ✓</p> <p>1:00 ■ Sister Judy - Self Defense for Seniors ✓</p> <p>1:30 ■ Brain Boost - Easy Word Games!</p> <p>3:00 ■ Cue Me In! Billiards</p> <p>5:00 ■ Greg Kinal Historical Presentation</p>	<p>9:30 ■ Ladies' Coffee</p> <p>10:30 ■ Ron's Mini Farmers Market</p> <p>11:00 ■ Guest Speaker - Mary Shaw Volunteer Opportunities</p> <p>12:30 ■ Quiddler - Card Game</p> <p>1:00 ■ Matty's Food Delivery! ✓</p> <p>1:00 ■ Olympics Watch Party!</p> <p>2:00 ■ BINGO w/ Karen</p> <p>3:30 ■ Wine and Cheese Social</p>	<p>9:30 ■ Updates with Mary Beth</p> <p>10:00 ■ Coffee Hour</p> <p>11:00 ■ Corn Hole!!!</p> <p>1:00 ■ PBS Documentary - History/Nature/Culture/</p> <p>2:00 ■ Cardio Drumming</p> <p>3:00 ■ We Got Game!! Five Crown</p>	<p>Falcons Car Club Car Show!!!! 10</p> <p>Our 4th Annual Car Show will feature cars from the Falcons Car Club. Enjoy seeing the cars, visiting the vendor tables, and grabbing lunch. Watch for details to post! Friends and family welcome!</p> <p>PETE'S HOAGIE ROLLERS FOOD TRUCK 11:30AM - 2:00PM</p>
	<p>9:30 ■ Stretch w/ Karen</p> <p>10:00 ■ Patio Pals and Teatime!</p> <p>11:00 ■ Wii Bowling League</p> <p>1:00 ■ 20 Minute Cardio Exercise</p> <p>1:30 ■ Tai Chi</p> <p>2:00 ■ Mindful Meditation</p> <p>3:00 ■ Bible Study / Resident John Paul</p>	<p>9:30 ■ Men's Coffee</p> <p>10:30 ■ Garden Club</p> <p>11:00 ■ August Fun Days - Old Fashion Egg Toss ✓</p> <p>1:00 ■ Mindful Meditation</p> <p>2:00 ■ Matinee Movie ✓</p> <p>2:30 ■ Light Weights Exercise</p> <p>3:00 ■ Chair Yoga</p>	<p>9:30 ■ Bring a cup of coffee and chat!</p> <p>11:00 ■ Light Stretch</p> <p>11:30 ■ Armchair Travels</p> <p>12:30 ■ Communion / Helen</p> <p>1:00 ■ Country Cottage Delivery ✓</p> <p>1:30 ■ Brain Boost - Easy Word Games!</p> <p>3:00 ■ Cue Me In! Billiards</p> <p>5:00 ■ Cocktails and Comedy ✓</p>	<p>9:30 ■ Ladies' Coffee</p> <p>10:30 ■ Light Stretch</p> <p>11:00 ■ 20 Minute Cardio Exercise</p> <p>12:30 ■ Quiddler - Card Game</p> <p>1:00 ■ Craft Corner w/ Mary Beth ✓</p> <p>1:00 ■ Matty's Food Delivery! ✓</p> <p>2:00 ■ BINGO w/ Karen</p> <p>3:30 ■ Milkshake Madness! ✓</p>	<p>9:30 ■ Updates with Mary Beth</p> <p>10:00 ■ Coffee Hour</p> <p>11:00 ■ Corn Hole!!!</p> <p>1:00 ■ PBS Documentary - History/Nature/Culture/</p> <p>2:00 ■ Cardio Drumming</p> <p>3:00 ■ We Got Game!! Five Crown</p>	<p>6:00 Euchre - Wednesday</p> <p>6:00 Rummikub Pinochle THURSDAYS</p> <p>6:00 Rummikub/Dominoes FRIDAYS</p>
	<p>9:00 ■ Karen in Training</p> <p>11:00 ■ Wii Bowling League</p> <p>1:00 ■ 20 Minute Cardio Exercise</p> <p>1:30 ■ Tai Chi</p> <p>2:00 ■ Mindful Meditation</p> <p>3:00 ■ Bible Study / Resident John Paul</p>	<p>9:30 ■ Men's Coffee</p> <p>10:30 ■ Garden Club</p> <p>11:00 ■ August Fun Days - Water Balloon Toss ✓</p> <p>1:00 ■ Mindful Meditation</p> <p>2:00 ■ Matinee Movie ✓</p> <p>2:30 ■ Light Weights Exercise</p> <p>3:00 ■ Chair Yoga</p>	<p>9:30 ■ Bring a cup of coffee and chat!</p> <p>11:00 ■ Light Stretch</p> <p>11:30 ■ Armchair Travels</p> <p>12:30 ■ Communion / Helen</p> <p>1:00 ■ Country Cottage Delivery ✓</p> <p>1:00 ■ Sister Judy Presentation - Positive Attitude: Living Better or Bitter ✓</p> <p>1:30 ■ Brain Boost - Easy Word Games!</p> <p>3:00 ■ Cue Me In! Billiards</p> <p>5:00 ■ Community Hot Dog Roast!! ✓</p>	<p>9:30 ■ Ladies' Coffee</p> <p>10:30 ■ Ron's Mini Farmers' Market</p> <p>11:00 ■ 20 Minute Cardio Exercise</p> <p>12:30 ■ Quiddler - Card Game</p> <p>1:00 ■ Card Making w/ Mary Beth ✓</p> <p>1:00 ■ Matty's Food Delivery! ✓</p> <p>2:00 ■ BINGO w/ Karen</p> <p>3:30 ■ Monthly Birthday Party!</p>	<p>Monthly Contest Winner Announced!</p> <p>9:30 ■ Updates with Mary Beth</p> <p>10:00 ■ Coffee Hour</p> <p>11:00 ■ Corn Hole!!!</p> <p>1:00 ■ PBS Documentary - History/Nature/Culture/</p> <p>2:00 ■ Cardio Drumming</p> <p>3:00 ■ We Got Game!! Five Crown</p>	<p>It's A Luau! 24</p> <p>Penny will be hosting an end of summer Luau at 4 pm today! Details will post during the month, but be sure to save the date!</p>
	<p>National Dog Day! Stop in the Office! 26</p> <p>10:00 ■ Veteran's Breakfast</p> <p>11:00 ■ Wii Bowling League</p> <p>1:00 ■ 20 Minute Cardio Exercise</p> <p>1:30 ■ Tai Chi</p> <p>2:00 ■ Mindful Meditation</p> <p>3:00 ■ Bible Study / Resident John Paul</p> <p>4:30 ■ Just Pizza Delivery! ✓</p>	<p>9:30 ■ Men's Coffee</p> <p>10:30 ■ Garden Club</p> <p>11:00 ■ August Fun Days - Pass the Gift Card ✓</p> <p>1:00 ■ Mindful Meditation</p> <p>2:00 ■ Matinee Movie ✓</p> <p>2:30 ■ Light Weights Exercise</p> <p>3:00 ■ Chair Yoga</p>	<p>9:30 ■ Bring a cup of coffee and chat!</p> <p>11:00 ■ Light Stretch</p> <p>11:30 ■ Armchair Travels</p> <p>12:30 ■ Communion / Helen - CANCELLED</p> <p>1:00 ■ Country Cottage Delivery ✓</p> <p>1:30 ■ Brain Boost - Easy Word Games!</p> <p>3:00 ■ Cue Me In! Billiards</p> <p>5:00 ■ Dinner Out!!!</p>	<p>9:30 ■ Ladies' Coffee</p> <p>10:30 ■ Light Stretch</p> <p>11:00 ■ 20 Minute Cardio Exercise</p> <p>12:30 ■ Quiddler - Card Game</p> <p>1:00 ■ Matty's Food Delivery! ✓</p> <p>2:00 ■ BINGO w/ Karen</p> <p>3:30 ■ Root Beer Floats!! ✓</p>	<p>9:30 ■ Updates with Mary Beth</p> <p>10:00 ■ Coffee Hour</p> <p>11:00 ■ Corn Hole!!!</p> <p>1:00 ■ PBS Documentary - History/Nature/Culture/</p> <p>2:00 ■ Cardio Drumming</p> <p>3:00 ■ We Got Game!! Five Crown</p>	



What a Summer! Thank you! The weather for the 4th of July couldn't have been any nicer! I hope you have had the opportunity to go for walks or even just sit on your patio and enjoy the warmth of the sun and gentle breezes - without humidity, of course!

While summer beckons us to go outside, especially after being cooped up all winter, please be cautious and take protective measures to ensure your safety. Some tips include the importance of staying hydrated, being sure to drink plenty of water, and planning your daily walks or outdoor activities near the early morning or late in the day, if possible, so you're not in the most intense heat of the day. Be sure to use some SPF sunscreen anytime you are outdoors, and finally, if it's sweltering, stay inside & enjoy the cool air conditioning!

Enjoy these short summer months, but stay safe!

Enjoy every day, *Gay*

MY Monthly PLAN

To Do:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Goals:

Don't Forget!
