

Week of November 3, 2025

A weekly newsletter with news and information for SUNY Niagara Students.

It can also be found on the web <https://www.niagaracc.suny.edu/studentlife/weeklywolf/>



Need information about Voting in Niagara County? Visit: <https://elections.niagara.ny.us/>

Non-Matriculated Student Registration: (not in a degree or certificate program)

- Non-Matriculated student registration for Winter/Spring 2026 begins Monday, November 17. Register online through [Banner Web](#).

Detailed non-mat registration information is located on the [Non-Matriculated Student Registration](#) webpage. Records Office

Celebrate Native American Heritage Month this November:

The Native American Club is sponsoring events all of November to celebrate and honor Native American Heritage Month! Check out the full event schedule and stop by to get involved, learn, and celebrate with the campus community!

CELEBRATE NATIVE AMERICAN HERITAGE MONTH	
EVENT SCHEDULE	
Monday, November 3rd	Native American Film #1 12:00 PM- 1:00 PM E140
Monday, November 10th	Native American Film #2 12:00 PM- 1:00 PM E140
Tuesday, November 11th	Field trip to Canandaigua to witness the exchange of the 1794 Treaty of Canandaigua 10:00AM-7:00PM (van provided- must email JClouse@niagaracc.suny.edu to reserve a seat)
Thursday, November 13th	Native American Sensitivity Training with Pete Hill 10:30 AM- 12:00 PM Theatre
Friday, November 14th	Native American Social Food, Singing, Dancing and Bake sale 12:00 PM- 1:30 PM Learning Commons
Monday, November 17th	Native American Film #3 12:00 PM- 1:00 PM E140

We look forward to seeing you there!

SUNY NIAGARA WELLNESS CENTER
STRESS LESS EVENT

WHAT DO YOU NOTICE?

MONDAY, NOVEMBER 3RD
STUDENT HOUSING, 1ST FLOOR GAME ROOM
4PM-6PM
FREE SNACKS!

TAKE A MINDFUL WALK AROUND THE GAME ROOM AND STOP AT VARIOUS STATIONS AND SEE WHAT YOU NOTICE!

THE GOAL IS TO HEED YOUR AWARENESS TO THE PRESENT MOMENT AND CHECK IN WITH HOW YOU FEEL!

Stress Less Event!
MENTAL HEALTH IS HEALTH!

mental health advocates of WNY
BE HEARD. BE HELPED.

FREE T-SHIRT!
FREE FOOD!
RAFFLE for an Amazon gift card!

PAINT BOOTH
From W.A.H.S. Studios. Take out your stress on paper with water colored paints!

PANEL OF PEER ADVOCATES
SHARING THEIR EXPERIENCES WITH MENTAL HEALTH CONCERNS, ADDICTION/SUBSTANCE USE & RECOVERY!

Date: Thursday, November 6th
Time: 4:00pm- 6:00pm
Where: Student Housing, 1st Floor, Game Room

FREE Raffle!
Amazon gift card
Glowways
FREE FOOD
Paint Booth

Sponsored by:
SUNY Niagara Health & Wellness Center & SUNY Wellness Grant

DEADLINE IS WEDNESDAY TO SUBMIT YOUR PHOTOS for Veterans Day Photo Tribute:

A tribute to our veterans! We will be celebrating the veterans on our campus with our **annual photo show** on the monitors around campus for Veterans Day. If you are a veteran or you have family who have served or are serving in the **military please send your photos with names and their relation to you to Seth Lamar (tlamar@niagaracc.suny.edu)** or bring them to Veteran Services in B-103.

Commemorative Flag Tribute:

SUNY Niagara's Veteran Association will be offering American Flags that may be dedicated in honor or in memory of a family member or friend who has served or is currently serving in the Armed Forces. The flags will be displayed for Veterans Day and throughout the month of November. Join us in creating a poignant tribute to our veterans. Flags are available in the Enrollment Center, Veteran Services, and the Student Success Center. Donations start at \$1.00.

Digital donations may also be made on the Veteran Services web page: <https://www.niagaracc.suny.edu/veterans>

Seth Lamar Veteran Services



If you or your family is affected by the changes in SNAP benefits, there is help within the college at SUNY Niagara's food pantry (G-126). If you are looking for additional options, there are local food pantries you can use.

[Pantry Locator - FeedMore WNY](#) allows you to search for food pantries based on where you live.

If you have questions, stop by the Health & Wellness Center in C-122 or call at 716-614- 6275 and we can give more information on local pantries, eligibility requirements, and paperwork you may need to bring with you.

Katie McDonough-Stoelting, LCSW, SUNY Niagara Health and Wellness Center B-102

CAREER AND TRANSFER SERVICES for this week:

November 3:

ARMY National Guard- 10:00am -2:00pm in the Learning Commons

Niagara University - 10:30am -1:00pm in the Learning Commons

ARMY National Guard - 11:30pm-3:30pm at Niagara Falls Culinary Institute

November 4:

ECMC - 10:00am -2:00pm in C-Building near Nursing Wing

Department of Corrections and Community Service - 10:00am -2:00pm in C-Building near Nursing Wing

Trocaire College - 10:00am -2:00pm in C-Building near Nursing Wing

Daemen University- 10:00am -2:00pm in the Learning Commons

University at Buffalo - 10:00am-2:00pm in the Student Success Center

Niagara University - 11:00am - 1:00pm at Niagara Falls Culinary Institute

November 5:

Canisius University- 10:00am - 2:00pm in the Learning Commons

Intandem- 10:00am - 2:00pm in the Learning Commons

McGuire Group - 11:30am - 3:30pm at Niagara Falls Culinary Institute

November 6:

AIR National Guard- 10:00am -2:00pm in the Learning Commons

Better Together Pet Resource Center- 10:00am -2:00pm in the Learning Commons

Daemen University- 10:00am -2:00pm in the Learning Commons

November 7:

Buffalo State University- 10:00am -2:00pm in the Learning Commons

Kate Murphy, Career & Transfer Services Program Administrator, Student Success Center, kmurphy@niagaracc.suny.edu



T-WOLVES TAILGATE HOCKEY GAME



TEDDY TOSS FUNDRAISER
SATURDAY, NOVEMBER 8TH
7:30PM | HYDE PARK ICE PAVILLION

Bring a stuffed animal to donate or buy one at the rink!

After SUNY Niagara scores their first goal,

TOSS YOUR TEDDY ON THE ICE!

All donations will go to the

Lighthouse Women & Children Center of Niagara Falls

FREE LONG SLEEVE
WITH STUDENT ID



FREE LONG SLEEVE
WITH STUDENT ID

THANKSGIVING

STUDENT & EMPLOYEE
APPRECIATION
LUNCHEON
MON. **NOV. 17**
3:00 - 4:00 p.m.
To-go meals available from Savor Restaurant
FREE for Students
\$7 for Employees
Cash or credit cards accepted

 *Please join us!*

THANKSGIVING

STUDENT & EMPLOYEE
APPRECIATION
LUNCHEON
TUES. **NOV. 18**
11:30 a.m. - 1:30 p.m.
Located in the Dining Commons
FREE for Students
\$7 for Employees
Cash or credit cards accepted

 *Please join us!*

**WEDNESDAY
NOVEMBER 19**

Healing From Scratch

\$50
Barnes &
Noble
gift card
raffles!



Dayna Altman

The creator of a baking-based mental health organization, Dayna chronicles her battles with depression, OCD, and eating disorders while facilitating a live bread-baking demonstration for her audience.

**FREE T-SHIRT! FREE COOKBOOKS! LIGHT REFRESHMENTS!
BARNES & NOBLE GIFT CARD RAFFLES!**

Free
cookbook
and bread
baking demo!



**NFCI
Theater**

Sponsored by the
SUNY Niagara Health & Wellness Center
and SUNY Mental Health Grant

**active
minds**

4:30-5:30pm, then stay for dinner and a movie!

Dinner and a Movie

**Wednesday, November 19th
6pm in NFCI Theatre**

(Following the Healing from Scratch bread making demonstration)

**Enjoy a free dinner prepared
by Chef Emily and watch *Wicked***

WICKED



Scan to sign up

Brought to you by Student Life and our Student Activities Team

<div>  Commons Dining DAILY SPECIALS  </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY ENTREE • Chicken Alfredo	DAILY ENTREE • NCCC Bowl	DAILY ENTREE • Swedish Meatballs	DAILY ENTREE • Tempura Chicken	DAILY ENTREE • Gyro in Pita
DAILY SIDE DISH • Penne	DAILY SIDE DISH • Mashed	DAILY SIDE DISH • Egg Noodles	DAILY SIDE DISH • Fried Rice	DAILY SIDE DISH • Mediterranean Potatoes
DAILY VEGETABLE • Broccoli	DAILY VEGETABLE • Corn	DAILY VEGETABLE • Carrots	DAILY VEGETABLE • Vegetable Egg Roll	DAILY VEGETABLE • Mixed Vegetable
SOUP OF THE DAY • Steak & Ale	SOUP OF THE DAY • Jalapeno Popper	SOUP OF THE DAY • Broccoli & Cheese	SOUP OF THE DAY • Wild Rice	SOUP OF THE DAY • Clam Chowder
SPECIALTY PIZZA • Meat Lovers	SPECIALTY PIZZA • Chicken Bacon Ranch	SPECIALTY PIZZA • Big Mac	SPECIALTY PIZZA • Hot Chicken Finger	SPECIALTY PIZZA • Veggie

COMMONSDINING @ SUNY NIAGARA | DAILY SPECIALS FALL 2023