

## Akron/Newstead Senior Center

5691 Cummings Road  
Akron, New York 14001

**Phone:** 716-542-6645

**Fax:** 716-220-8252

**Email:** seniorcenter@townofnewstead.com

**Director:** Sarah Young

**Email:** syoung@townofnewstead.com

**Assistant to the Director:** Jackie Long

**Email:** jlong@townofnewstead.com

### Senior Center Attendants:

Barb Gaik, Wendy Heberling & Tony Abraham

### Hours:

- Monday: 8am-4pm
  - Tuesday & Wednesday: 8am-7:30pm
  - Thursday: 8am-7pm
  - Friday: 8am-4pm
  - Saturdays: by schedule only (see calendar)
- \*Emergency closures will be announced on the major TV and Radio stations\*

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 Find us on Facebook: Akron Newstead-Seniors

# AKRON-NEWSTEAD SENIOR NEWS

## July 2024

### *Senior Center Highlights*



- In **May** we hosted the UB Chips acapella group, the Corfu - Pembroke Band and the Akron Elementary Choir.
- Our **May** Good for the Neighborhood event brought in over 180 members of the community.
- Our Senior Center van transported groups to the East Aurora Movie Matinee, the Heath & Fitness Fair and the Bison's game in addition to transporting to and from the Center!
- We served **958** Erie County Congregate meals and **140** other meals.

# DIRECTOR'S NOTE



Hello Friends,

Summer is in full swing around here! While I hope you soak up all the sunshine, we also want to encourage you to make time for the exciting events that we have planned here at the Senior Center, and of course all the exciting things happening around town.

Our 2nd annual Open House will be Wednesday, July 24th, from 8am til 7pm. This will feature the Cheezy Chic food truck from 11am-1pm. (after they hit \$500 in sales they will donate 10% back to the Center!) We will also have the Pink Cow Ice Cream truck from 4-6pm. And don't forget to stop by in the evening for our first (annual) car show 5-7pm! Do you have a fancy car that you want to show off? Then come put in on display! Call or see Tony to get registered (no cost). And please pass on to your family and friends that during the open house we will be featuring a 50% sale on Senior Center memberships! That's right - NEW members can join for 1/2 the normal rate.

On a final note, I would like to say "Good Luck and Godspeed" to Kathy Myers. On June 21st, Kathy retired (again) after working for the Center for the last 5 years. Kathy's plans for retirement include spending more time with her husband Rich and their grandson AJ. Thank you Kathy, for everything.

See you at the Center,  
Sarah

## Update from Jackie

Just wanted to update you all on some BASKET RAFFLE info. In light of feedback from last year, we will only be accepting **NEW** and **UNUSED** items. We will be partnering with Limerick Hall and passing on to them any used/pre-owned items for their annual Rummage Sale.

**NEW ITEMS, NEW BASKETS, GIFT CARDS, and MONETARY DONATIONS GREATLY APPRECIATED! ALL DONATIONS MUST BE IN BY AUGUST 1st!!**

♥ Jackie

# SUNSHINE REPORT

## Get Well Soon

Andrea Gleason  
Frank Chayan  
Jim Barrett  
Faye Szulist

## Thinking of You

Joyce Fogel  
Millie Meinzer  
Dolores Garguiolo

## Sympathy

Family of Barb Ford

Freida Brandl  
(death of brother)

Gordon Honhensee  
(death of wife)

.....

# SPECIAL EVENTS

**Wednesday, July 3rd @  
12:00pm  
Fourth of July Lunch &  
Ice Cream Social**

Come and celebrate  
Independence Day with us!



**\$5.00**

**Meal:**

Hot dog, baked  
beans, mac & cheese,  
salad, and ice cream

**Wednesday, July 17th @  
11:30am  
Board Luncheon**

Join us for the board meeting  
followed by lunch and a  
presentation by Bank on  
Buffalo about fraud!



**Meal:**

Hot dog, mac salad,  
chips and dessert

**\$3.00**

**Saturday, July 20th @  
6:00pm**

**Carnival Kids Steel Drum  
Orchestra IN RUSSELL PARK**

**FREE**

SPONSORED BY: Independent  
Health.



Hot dogs, cookies,  
brownies, soda, water,  
and coffee for sale by  
the Senior Board!

**Thursday, July 25th @  
12:00pm  
Christmas in July  
Beach Bash**

Join us for a special  
lunch followed by chair  
"beach" volleyball.

**\$3.00**

**Meal:**

Roast beef w/ gravy,  
scalloped potatoes,  
brussell sprouts, salad,  
bread and cheesecake.



**Friday, July 26th  
@ 12:00pm**

**Picnic @ Skyline Park**

**\$6.00**

Skyline Park is located  
**ACROSS** from the  
entrance to Akron Falls  
Park when driving down  
SKYLINE DRIVE!

**Meal:**

Ham or turkey sub, chips,  
watermelon and dessert



**Tuesday, July 30th @  
11:00am**

**Summer Tea**

Join us for a tea party  
with a light lunch, plenty  
of desserts and a  
selection of seasonal teas!

**\$15.00**

**Meal:**

Chicken salad wrap,  
strawberry arugula salad  
w/ goat cheese, cucumber  
dill salad, and watermelon.



**Tuesday Night Line Up:** July 2nd: Presidential Homes Presentation July 16th: Pass the Pigs (Learn & Play)

\*Activities following our  
Tuesday night dinner\*  
(see insert for meals)

July 23rd: Trivia

July 9th: University Express

July 30th: Bingo

★ Please see insert for Erie County Meals and Event Sign Up! ★

## Movie Matinees

**Tuesdays @ 12:45 pm**  
SPORTS MOVIES



- **July 2nd - "Four Falls of Buffalo" (TV-14)**  
A behind-the-scenes look at the Buffalo Bills' four trips to the Super Bowl during the early 1990's.
- **July 9th - "Moneyball" (PG-13)**  
Oakland A's general manager Billy Beane's successful attempt to assemble a baseball team on a lean budget by employing computer-generated analysis to acquire new players.
- **July 16th - "My All American" (PG)**  
Freddie Steinmark, an underdog on the gridiron, faces the toughest challenge of his life after leading his team to a championship season. Based on a true story.
- **July 23rd - "Tyson's Run" (PG)**  
An unathletic boy with autism strives to become an unlikely marathon champion giving his unfulfilled father purpose and a second chance at putting his family first.
- **July 30th - "The Home Team" (PG)**  
New Orleans Saints head coach Sean Payton coaches his son's 6th-grade football team while he is being suspended for the entire 2012 season as a result of his role in the Saints' Bountygate scandal.

## MOVIE NEWS



## Dinner and a Movie

**Thursday, July 25th @ 4:30pm**

**"The Beautiful Game" (PG-13) \$5.00**

Inspired by a true story. Advocates to end homelessness, organize an annual tournament for Homeless men to compete in a series of soccer matches known as The Homeless World Cup.

Dinner: French bread pizza, french fries, salad and dessert

## Limited Series

**"Basketball or Nothing" - (TV-PG)**

This docuseries follows the Chinle High basketball team in Arizona's Navajo Nation on a quest to win a state championship and bring pride to the isolated community.

**Monday, July 22nd & 29th @ 2:30pm**  
Three 30-minute episodes each Monday



**East Aurora Movie Matinee - Tuesday, July 9th @ 11:00am \$7.00** SPACE LIMITED - MOVIE SUBJECT TO CHANGE!

Depart the Center aboard the Senior Center van and head to the East Aurora Senior Center for lunch followed by a viewing of "Jailhouse Rock" - (NR) at the Aurora Theatre! Lunch will be same as listed on our menu insert.



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06-5409



# BOOK NOOK Wednesday, July 3rd @ 10:00 am

We will discuss June's book (The Good Girl) and introduce July's book:

## The Summer of Songbirds by Kristy Woodson Harvey

Four women come together to save the summer camp that changed their lives and rediscover themselves.

\*Book subject to change based on library availability\*

## LADIES LUNCHEON



### Gianni Mazia's on Main

Thursday, July 11th @ 12:30pm  
10325 Main St, Clarence, NY

**RSVP to Cheryl Sundown by 6/29**  
716-864-1220 if you plan to attend.

## AKRON NEWSTEAD DINER'S CLUB



### Morluski's Polish & Italian Cuisine

Thursday, July 11th @ 5:30pm  
10678 Main St, Clarence, NY

Meal choices:

- Pole Plate
- Chicken Parm
- Fish Milanese
- Strip Steak

**\$30.00**

**Includes:** Coffee, tea, soda, salad, bread, dessert, tax and gratuity!

## HITCH A RIDE

Hitch a ride with the Senior Center van for the following outings. Space Limited!

**July 10 Holland Land Office Musuem**

@ 9:30 am Includes transportation and a tour of the Holland Land Office! Bring pocket money for a stop at Dave's Ice Cream.

**\$6.00**



**July 18 Basilica & Botanical Gardens**

@ Noon Includes transportation and a tour of the Our Lady of Victory National Shrine and Basilica. Following the tour we will visit the Botanical Gardens.

**\$22.00**



## TRIPS AND TRAVEL

Space Limited!  
Payment due at time of sign up!

**Monday, July 22nd, 2024 - Enjoy Canandaigua Lake**  
Lunch at Hotel Canandaigua and 90 minute Cruise

**Thursday, August 22nd, 2024 - My Fair Lady**  
Lunch at Betty's Restaurant and My Fair Lady at Shaw Festival Theatre

**Friday, August 30th, 2024 - Wave Wagon Cruise**  
(details to come)

**September 18th - 29th, 2024 - Aloha Hawaii:**  
7 Day Island Hopping Cruise & 3 Day Land Tour



## CASINO

### Batavia Downs Casino

Monday, July 15th  
@ 11:00am

Includes \$25 free play and a \$10 food voucher!

**\$35.00**

Please make checks payable to Mar-Bon Social Club

### Seneca Niagara Casino

Tuesday, July 9th  
@ 8:30am

\$25 in Free Play and a \$5 food credit!

**\$30.00**

**\$35.00**

## SAFE DRIVERS ACADEMY

Monday, August 5th @ 9:00am



Save money on your car insurance and increase your driving skills. Registration required. Lunch is available for a suggested donation of \$3.00, or you may bring your own.

2024 Dates - September 16 & November 18

# GAMES

SEE CALENDAR FOR SATURDAY DATES!



## UNO

Mondays @ 9:30am



## DEALER'S CHOICE

Mondays @ 1:00pm



## HAND & FOOT

Tuesdays @ 9:30am  
Wednesdays @ 5:00pm



## TEXAS HOLD 'EM

Tuesdays @ 4:30pm



## DOMINOES

Wednesdays @ 9:30am  
Fridays @ 9:30am



## MAH-JONGG

Wednesdays @ 1:00pm



## EUCHRE

Wednesdays @ 5:00pm



## PO-KE-NO

Thursdays @ 11:00am



## PINOCHLE

Thursdays @ 1:00pm



## CROKINOLE

Fridays @ 10:00am



## BINGO

Fridays @ 1:00pm

# ERIE COUNTY TRIVIA



**Monday  
July 8th @  
12:30pm**

(and the 2nd Monday of every month)

Join us as we tap into trivia with Erie County Senior Services and other Erie County Senior Centers!

We welcome you to sign up for lunch before trivia!



## BRAIN GAMES:

### Sudoku

The objective is to fill a 9 × 9 grid with digits so that each column, each row, and each of the nine 3 × 3 subgrids that compose the grid contain all of the digits from 1 to 9.

### Riddles

- What kind of shoes do frogs wear in summer?
- What do you call a snowman in summer?
- What did the grape say when it got stepped on during the summer?

								2
	2							5
		7			3	4		
2			1			3	4	
6	4			8			5	9
	9	5			2			1
		3	4			8		
		9					1	
1								

Answers: a) Open toad shoes b) A puddle c) Nothing, it just let out a little whine

# ARTS AND CRAFTS



**Card Making with Diane** - Wednesday, July 3rd @ 12:30pm \$10.00



**Craft** - Wednesday, July 31st @ 10:30am Wood Photo Transfer \$5.00



\*\*Please bring photo of choice in by 7/24!\*\*



**Watercolors** - Every Wednesday 3:00 - 4:30pm \$12.00



**Crochet Club** - Every Friday @ 10:00am

Bring a project to work on or supplies to learn



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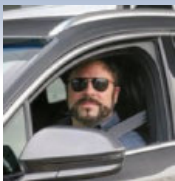
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BE SURE TO SIGN IN AND/OR SCAN YOUR SILVERSNREAKERS CARD BEFORE CLASS OR WHEN USING THE GYM FACILITY!



# FITNESS NEWS



WE ACCEPT THE FOLLOWING INSURANCE PROGRAMS: SILVERSNREAKERS, RENEW ACTIVE, SILVER AND FIT

## CLUB 99

FREE resistance band and movement exercise program offered by Erie County  
**Mondays @ 12:30 pm**

## SilverSneakers

**Circuit**  
Tuesdays @ 9:00 am  
**Classic**  
Thursdays @ 9:00 am

## Class w/ Barb

Muscle strength, range of motion, and balance  
**Mondays and Wednesdays @ 9:00 am**

## Yoga w/ Cathy

Gentle Yoga  
**Fridays**  
Floor 9:00-9:30am  
Chair 9:45 - 10:45am

**10-week Stability Program:** Wednesdays @ 10:15 am May 22nd - July 31st

All classes (except Club 99) are \$2 without insurance - class times subject to change (see activities calendar)

## Fitness Facility

Our exercise facility is available for use by Senior Center members and/or SilverSneakers card holders. Prior to use, an exercise orientation class must be completed, a waiver must be signed and a note from your physician must be received.

## Exercise Orientation

The next exercise orientation class is  
**Wednesday, July 17th @ 10:30am - please sign up ahead of time.**

**TOPS - Taking Off Pounds Sensibly** meets every Thursday night @ 5:30 pm



## Grief & Loss Support Group - Friday, July 19th @ 11am (and the 3rd Friday of Every Month)

Join a group of fellow members who have also experienced loss.

This is **not** a counselling session with licensed professionals, just friends supporting friends.



## RESOURCES

### Senior Outreach Services

Case Manager available @ the Center  
**Wednesday, July 3rd 1:00 - 3:00 pm**  
**Wednesday, July 17th 9:30 - 11:30 am**

No appointment necessary-First Come First Served

- Assisting persons 60 years of age and older to maintain independence by providing case management, information and linkage to community services
- Free of charge and available to all residents of the Town of Newstead.

### Insurance Company Visits

**Highmark BCBS:** Tuesday, July 2nd 9:00 - 11:00am  
**United:** Wednesday, July 10th 12:30 - 1:30pm  
**Aetna:** Wednesday, July 10th 1:30 - 2:30pm

### Travel Assistance

- **Senior Center Van:** Monday-Friday (Transporting to and from the Center only) Call - 716-542-6645
- **"Going Places" Van:** Tuesdays, Fridays & Saturdays Call - 716-858-7433
- **Rural Transit:** Call - 716-565-3323
- **Hearts and Hands:** Call - 716-406-8311 ext 104

## FUNDRAISING



### American Pride Raffle

In honor of the first Independence Day on July 4th, 1776!

Enter to win \$76 worth of lottery tickets, \$25 in cash, an all American teddy bear and a US flag set.

**7 tickets for \$5    1 ticket for \$1**

### Dash's Tape-Saver

Help fundraise by shopping at Dash's Markets!  
Save your Dash's receipts, drop them into our collection box in the entryway.  
For every \$100 in receipts Dash's donates \$2.50 to the Center!

## ALSO THIS MONTH:



**Chain Gang** bike group meets every Wednesday. For more info please contact John or Clare Noce @ 716-908-4362 or email john.noce@yahoo.com



**Thursday, July 11th Music Trivia w/ the Gleason's @ 4:30pm**  
(see insert for meal)

Center **CLOSED** July 4th (all day)  
Center **CLOSED** July 26th (@ 11:00 for picnic.)

# CONVERSATION CORNER Staying Hydrated

Summer provides a wonderful opportunity for families to spend time together. At the same time, the summer heat can cause dehydration and heat stroke, particularly in the elderly, whose bodies cannot regulate temperature changes or store enough water as efficiently as they once did.

### SIGNS OF DEHYDRATION ADULTS & SENIORS



### Preventing DEHYDRATION IN SENIORS



**Keep Water Available Always**



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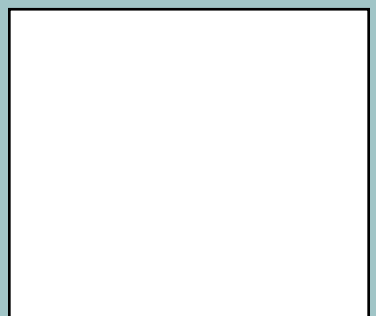


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