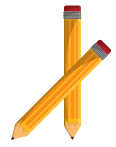




University Express:



Call 716-542-6645 or stop into the center to sign up.

Monday, July 8th @ 1:15 p.m. - Effective Communication

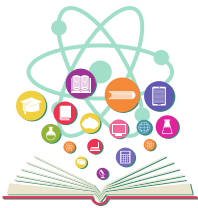
60 minute option available. Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and get tips to better communicate with people living with the disease.

Tuesday, July 9th @ 5:30 p.m. - Drum 4 Health

Introducing you to the magic, fun, and healing power of recreational music making with hand held drums. No prior experience needed—just bring your enthusiasm, and we'll provide the rest

Thursday, July 11th @ 1:15 p.m. - The Sullivan Family of Waterloo, Iowa

While three American families lost five or more children in battle, the Sullivan family is the only one to lose them all on the same day. The name of our Fletcher class destroyer honors the family, but come learn about the more human side to the story.



Other Programs:

Call 716-542-6645 or stop in to register

Tuesday, July 2nd @ 5:30pm: A Chronological and Inefficient Quest American Presidential Homes #1 to #10 - Visits to presidential homes, not for the political details, but for human interest stories and surprising observations. This will include an extensive book and media list.

Monday, July 15th @ 1:15pm: Hospice and Palliative Care - You need to ensure that you are taking care of yourself if you plan to take care of others. (Flight attendant—secure your own oxygen mask before assisting others.) Join us to learn tips to help you manage caring for a loved one faced with serious illness.

Friday, July 19th @ 1pm: Unusual Toys - Join Lin Bartlett-Taylor for a program exploring unusual toys like balancing a bird on your finger.

Friday, July 19th @ 2:30 pm: Independent Health - Independent Health offers a wide variety of plans including a Special needs plan designed for people who live in Erie County and are going through Congestive Heart failure or other related heart conditions. This plan offers \$0 co-pays to see the cardiologist and nephrologist, lowers co-pays for certain name brand medications related to CHF, and much more. In order to join the Medicare Assure Advantage HMO C-SNP plan you must first have a confirmed qualifying diagnosis. If you aren't sure if you would qualify and you would like for us to check with your cardiologist, come on down and speak with a redshirt C-SNP specialist!

Monday, July 22nd @ 12:30pm: Scams and How to Avoid Them - Assistant U.S. Attorney Craig Gestring, will discuss the latest scams, what to look out for, how to avoid them, and what to do if you unfortunately become a victim.

Monday, July 29th @ 12:45pm: In the Hospital: The Rights of Patient's and Their Families - This presentation covers patients' rights - what to expect at the hospital, admission policies, observation status and how to find information about quality of care.



Good for the Neighborhood.

Thursday, July 18th 5:00 - 6:30 pm



The Erie County Sheriff's Dept. will be attending to do car seat safety checks and doing IDs for the Operation Safe Child Program

FREE produce bag for first 150 people

FREE gift certificate for the first 100 people

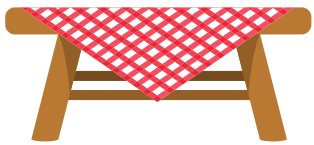
FREE backpack giveaway for first 150 kids (must be present)

FREE Health Screenings

Mr. No the Balloon Guy will be here

Buffalo-Erie county public library bookmobile will be here!

ERIE COUNTY PICNIC



Thursday, July 25th 11:00am - 3:00pm

\$3

Bowen Road Grove, Como Park in Lancaster
Rain or Shine. Space Limited. Transportation available.

"Blast from the Past" - Dress in attire from your favorite decade.

Free raffle prizes, entertainment and games.

ERIE COUNTY BISON'S GAME

WEDNESDAY, AUGUST 7TH

Bus leaves the Center @ 11:30am

Game starts @ 1:00pm



Sign up required by July 24th

\$10 INCLUDES TICKET, FOOD VOUCHER, AND
TRANSPORTATION VIA SCHOOL BUS

Akron/Newstead Seniors 14th Annual Theme Basket Raffle & Chicken BBQ Saturday, August 10th 11:00am - 1:00pm

Visit the Basket Raffle all week beginning August 6th

Donate a canned good or money for the Food Pantry,
receive an entry for special raffle.

Bring this ad and with purchase of 5 sheets of tickets
receive one free sheet.

Call (716)542-6645 for more info.



Chicken BBQ - Pre-sale tickets \$14.00 Walk-in \$15.00

Dinner includes chicken, salt potatoes, coleslaw, roll and butter.

Pre-sale orders due by Monday, August 5th!

**Don't miss out - order your dinners today! A limited number
will be available at the door. We will sell out quickly!**



Detach form and return with payment.

Pre-Sale Order Form

Name: _____ Phone: _____

of Chicken Dinners _____ @ \$14.00 = \$ _____

Total Amount Enclosed: \$ _____

Please make checks payable to: Akron/Newstead Senior Citizens, Inc.

Mail order form and payment to:

Akron/Newstead Senior Center 5691 Cummings Rd. Akron, NY 14001

Event Sign-up

Please use this sign up sheet to select the events you wish to attend. Limited space is available, in the event an activity is full we will call you to notify you.

Name(s): _____

Phone Number: _____

Please pay for the below events a week in advance.

Please provide separate checks for Trips and Travel, Casino Trips and Diners Club.

Event:	Name(s) Attending	Staff Use (PD)
<input type="checkbox"/> July 3rd--4th of July Lunch \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> July 9th--Seneca Casino \$30 _____		<input type="checkbox"/>
<input type="checkbox"/> July 9th--East Aurora Outing \$7 _____		<input type="checkbox"/>
<input type="checkbox"/> July 10th--Hitch a Ride: HLOM & Dave's Ice Cream \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> July 11th--Music Trivia \$4 _____		<input type="checkbox"/>
<input type="checkbox"/> July 11th--Diner's Club \$30 _____ Meal Choice: (Circle One) Pole Plate Chicken Parm Steak Fish		<input type="checkbox"/>
<input type="checkbox"/> July 15th--Batavia Downs \$35 _____		<input type="checkbox"/>
<input type="checkbox"/> July 17th--Board Luncheon \$3 _____		<input type="checkbox"/>
<input type="checkbox"/> July 18th--Hitch a Ride: Basilica & Botanical Gardens \$22 _____		<input type="checkbox"/>
<input type="checkbox"/> July 25th--Christmas in July \$3 _____		<input type="checkbox"/>
<input type="checkbox"/> July 25th--Erie County Picnic \$3 _____ Need Transportation Y or N		<input type="checkbox"/>
<input type="checkbox"/> July 25th--Dinner and a Movie \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> July 26th--Skyline Picnic \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> July 30th--Summer Tea \$15 _____		<input type="checkbox"/>
<input type="checkbox"/> July 31st--Craft \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> August 7th--Erie County Bison's Game \$10 _____		<input type="checkbox"/>

Please sign up for Erie County Meals below and **pay at time of meal.**

Please indicate Date(s) and Name(s) of those attending below.

Lunch:	
Date(s)	Name(s)
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Dinner:	
Date(s)	Name(s)
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Additional Comments _____ Staff Initial _____