

Explore Akron



**DOTTIE FREEMAN'S DOLL COLLECTION:
Monday, September 16th @ 10am**



Meet at 63 Main Street (building next to China King)
Space Limited - Dolls will be viewed in 2 groups with tea service in
between for group waiting.



**TOUR OF FORD GUM
Wednesday, September 25th @ 9am**



Meet at Ford Gum (18 Newton Avenue) @ 9am
Space Limited - No canes or walkers, sneakers are required.
Sign up required and ID required at time of the tour!



Presentations:



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

Friday, September 6th @ 12:45 - Balance is Key

Join us for a guide on all things fall prevention! We will talk about some key factors that increase your fall risks, how to minimize them, as well as the importance of exercising and fall-proofing your home! You can't be too careful, so come to Balance is Key and help yourself stay on your feet!

Tuesday, September 10th @ 5:30pm - Heat Pumps: What are They, and Are They Right For Me?

Have you wondered, "What are heat pumps? Should I get them? Where do they go? Why is the government encouraging them?" We have your answers. Come learn at this seminar hosted by HOME Heating, Cooling and Plumbing

Wednesday, September 11th @ 1:00pm - How to Keep Blood Pressure in Check using Food and Lifestyle Changes

Did you know that you can help manage your blood pressure by making healthy lifestyle changes? Even if you already take a medication to manage your blood pressure, there are simple changes you can make to help keep your heart healthy! This workshop will discuss what these lifestyle changes are and how you can easily incorporate them into your life.

Monday, September 30th @ 12:45 - Preventing Health Care Fraud

Join Aaron Snyder for a program centered on preventing health care fraud.



Hawaii Briefing

ALOHA!

Thursday, September 5th @ 1:00pm

If you signed up for the Hawaii trip please come to this final meeting in regards to the trip!

COMMUNITY FIRST AID CLASS

Saturday, September 21st @ 8AM



\$26.00



Payment due at time of sign up!

OPEN TO THE COMMUNITY!

Certification in CPR (adult and child), First Aid, and AED

Catholic Health Vascular Screenings

Wednesday, September 25th

5:00 - 8:00pm

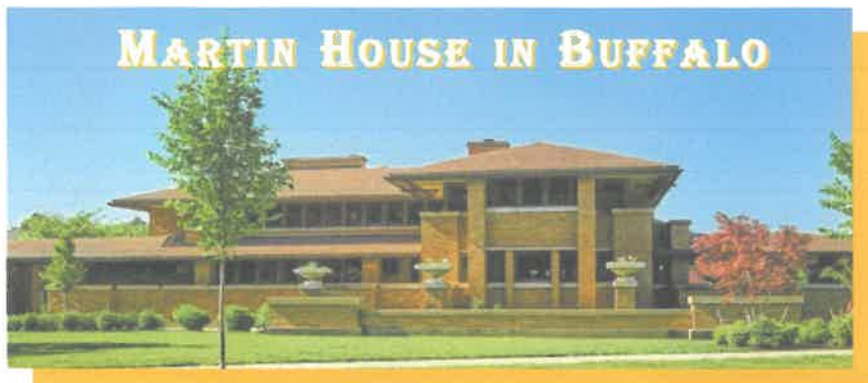
Sue Nappo and her team from Catholic Health will be here doing Vascular screenings.



What is a vascular screening?

A vascular screening checks for obstacles in your veins that are preventing them from doing their job. This includes plaque buildup, blockages or aneurysms. These issues can cause heart attacks and strokes. A vascular screening can catch these problems before they become serious. These tests are painless and easy.

Sign up required with time slots every 15 minutes!



Explore the City and
Summer Estates of
**FRANK LLOYD WRIGHT'S
MARTIN HOUSE & GRAYCLIFF**

**THURSDAY,
SEPTEMBER 12, 2024**

AKRON NEWSTEAD SENIORS

Resident Price \$99 per person

Non-Resident Price \$119 per person

**Please sign up & pay by
Monday, August 19 to
guarantee trip reservations.**



- 8:30 am Depart by chartered motorcoach from the Akron Newstead Senior Center, 5691 Cummings Road, Akron for the Buffalo/Derby area.
- 9:15 Arrive at the Frank Lloyd Wright Martin House, Greatbatch Pavilion (125 Jewett Parkway, Buffalo), where you will meet your docent. Enjoy a 75-minute **tour of the Martin House**, designed by the famous architect Frank Lloyd Wright and based on the open landscape of the American Midwest.
- Nestled in the city's historic Parkside neighborhood and a National Historic Landmark, the Martin House is one of Wright's finest residential projects - a place where architecture, the surrounding landscape, and an extensive collection of art, glass and furnishings come together to form a complete work of genius. **Seating is available for folks with limited mobility and there will be time for shopping in the Gift Store.**
- 11:15 Reboard your motorcoach and continue on to JP's Pub.
- 12:00 pm Arrive at **JP's Pub** (1986 Lakeview Road, Lake View) for a **buffet lunch** including chef salad, house-made Skippy bread sticks, buttered spuds, mozzarella baked pasta with meat sauce, roast beef thin sliced in au jus (with weck & plain rolls), and golden fried chicken.
- 2:15 Arrive at Frank Lloyd Wright's **Graycliff** (6472 Old Lake Shore Road, Derby) & enjoy a **guided one hour tour**. This impressive estate, which was built for Isabelle Martin, shows the birth of Wright's organic architecture and the grounds include sweeping views of the lake, large lush perennial gardens & productive gardens. Graycliff is one of the most ambitious summer estates Wright ever designed & has been aptly called "the Jewel on the Lake." There will also be time for shopping in the Gift Store.
- 4:00 Reboard your motorcoach and depart on your return trip home with an en route stop at Nick Charlaps/Sweets on the Hill (1203 Union Rd, West Seneca) for **ice cream/sweets. (Travelers will receive a \$5 cash dole.)**
- 5:30 Estimated return time to the Akron Newstead Senior Center.
Please note that the schedule is subject to change.

FOR FURTHER INFORMATION, PLEASE CONTACT:

Akron Newstead Senior Center • 5691 Cummings Road, Akron, NY 14001 • (716) 542-6645
Bus America Group Tours • 668 Phillips Road, Victor, NY 14564 • 1-800-724-8747

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"/>	September 3rd--So Long Summer Luau \$6 _____	_____	<input type="checkbox"/>
<input type="checkbox"/>	September 5th--Back to School Bash \$5 _____	_____	<input type="checkbox"/>
<input type="checkbox"/>	September 9th--Batavia Downs \$35 _____	_____	<input type="checkbox"/>
<input type="checkbox"/>	September 9th--Craft \$20 _____	_____	<input type="checkbox"/>
<input type="checkbox"/>	September 10th--East Aurora Outing \$7 _____	_____	<input type="checkbox"/>
<input type="checkbox"/>	September 12th--Diners Club \$30 _____ Choice of: (circle one) Pot Roast Sand. Open Faced Roast Beef Reuben	_____	<input type="checkbox"/>
<input type="checkbox"/>	September 12th--Music Trivia \$4 _____	_____	<input type="checkbox"/>
<input type="checkbox"/>	September 13th--Pancake Breakfast \$5 _____	_____	<input type="checkbox"/>
<input type="checkbox"/>	September 16th--Dollie Freeman Doll Tour _____	_____	<input type="checkbox"/>
<input type="checkbox"/>	September 18th--Hitch a Ride: Brushstrokes \$5 _____	_____	<input type="checkbox"/>
<input type="checkbox"/>	September 19th--DSP Jazz Trio \$5 _____	_____	<input type="checkbox"/>
<input type="checkbox"/>	September 20th--Welcome Fall Luncheon \$5 _____	_____	<input type="checkbox"/>
<input type="checkbox"/>	September 23rd--National Pot Pie Day \$7 _____	_____	<input type="checkbox"/>
<input type="checkbox"/>	September 24th--Board Dinner \$3 _____	_____	<input type="checkbox"/>
<input type="checkbox"/>	September 25th--Ford Gum Tour _____	_____	<input type="checkbox"/>
<input type="checkbox"/>	September 26th--Hitch a Ride: Mayer Bros/Olde Steeple \$5 _____	_____	<input type="checkbox"/>
<input type="checkbox"/>	September 26th--Dinner and a Movie \$5 _____	_____	<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:


<u>Date(s)</u>	<u>Name(s)</u>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Dinner:

<u>Date(s)</u>	<u>Name(s)</u>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____


Additional Comments _____ Staff Initial _____

ACTIVITIES SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Center Closed 	3 9:00 Silver/Sneakers Circuit 9-11 Highmark BCBS 9:30 Hand & Foot 12:30-1:30 Feedmore Food Truck 12:45 Movie Matinee 4:30 Texas Hold'em 5:00 Dinner/Hawaiian Bash	4 9:00 Exercise with Barb 9:00 Bike Group 9:30 Dominoes 10:00 Book Nook 1:00-3:00 Sr. Outreach Services 1:00 Mahjong 3:00 Watercolor 4:00 Dinner 5:00 Euchre 5:00 Hand & Foot	5 9:00 SilverSneakers Classic 9:00 Wii Bowling Begins 9:30 Board Meeting 12:00 Lunch/Back to School Bash 12:30 Ladies Lunch Outing 1:00 Hawaii Briefing 1:00 Pinochle 5:30 TOPS	6 9:00 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10:00 Crokinole 12:45 Balance is Key—Program 1:00 Bingo	7 4:30—Texas Hold'em Hand & Foot
9 9:00 Walking Group 9:00 Exercise with Barb 9:30 UNO 11:00 Batavia Downs 12:30 Club 99 1:00 Poker—Dealers Choice 1:15 Craft—Image that Studio	10 9:00 Silver/Sneakers Circuit 9:30 Hand & Foot 11:00 East Aurora Day Outing 12:45 Movie Matinee 4:30 Texas Hold'em 5:00 Dinner/Heating & Cooling Program	11 9:00 Exercise with Barb 9:00 Bike Group 9:30 Dominoes 1:00 Mahjong 1:00 Program—Blood Pressure—Keep healthy range 3:00 Watercolors 4:00 Dinner 5:00 Euchre / Hand & Foot	12 9:00 SilverSneakers Classic 9:00 Wii Bowling 1:00 Pinochle 4:30 Dinner/Music Trivia 5:00 AN Diners 5:30 TOPS	13 9:00 Gentle Floor Yoga 9:00 Pancake Breakfast 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10:00 Crokinole 1:00 Bingo	14
16 9:00 Walking Group 9:00 Exercise with Barb 9:00 Safe Driver Class 9:30 UNO 10:00 Dottie's Doll Collection 12:30 Club 99 12:30 Erie County Trivia 1:15 Poker—Dealers Choice	17 9:00 Silver/Sneakers Circuit 9:30 Hand & Foot 12:30-1:30 Feedmore Food Truck 12:45 Movie Matinee 4:30 Texas Hold'em 5:00 Terra House/Trivia	18 9:00 Exercise with Barb 9:00 Bike Group 9:30 Dominoes 9:30-11:30 Sr. Outreach Services 10:30 Exercise Orientation 12:00 Hitch a Ride—Brushstrokes 1:00 Mahjong 3:00 Watercolors 4:00 Dinner 5:00 Euchre / Hand & Foot	19 9:00 SilverSneakers Classic 9:00 Wii Bowling 12:00 Lunch/ DSP Jazz Trio Entertainment 1:00 Pinochle 5:30 TOPS	20 9:00 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10:00 Crokinole 11:00 Grief 12:00 Welcome Fall Lunch/Craig Wilkins 1:00 Bingo 2-3 IHA	21 8:00 Community CPR/First Aid/AED 4:30—Texas Hold'em Hand & Foot
23 9:00 Walking Group 9:00 Exercise with Barb 9:30 UNO 12:00 Lunch/Pot Pie Day 12:15 Fraud Program 12:30 Club 99 1:00 Poker—Dealers Choice	24 9:00 Silver/Sneakers Circuit 9:30 Hand & Foot 12:30 Movie Matinee 4:30 Texas Hold'em 4:30 Board Meeting/Dinner/Entertainment	25 9:00 Exercise with Barb 9:00 Bike Group 9:00 Tour Ford GUM 9:30 Dominoes 1:00 Mahjong 3:00 Watercolors 4:00 Dinner 5:00-8:00 Vascular Screening	26 9:00 SilverSneakers Classic 9:00 Wii Bowling 9:00 Hitch a Ride—Mayor Brothers Cedar Mill 1:00 Pinochle 4:30 Dinner/Movie 5:30 TOPS	27 Center Closed 8-11 12:00 Lunch 1:00 Bingo	28 8:00 Tops Event
30 9:00 Walking Group 9:00 Exercise with Barb 9:30 UNO 12:30 Club 99 12:45 Program—Preventing Healthcare Fraud 1:00 Poker—Dealers Choice					

Erie County Stay Fit Dining Program Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 No Meals Served 	3 Chicken Breast with Red Pepper Cream Sauce Mashed Potatoes Carrots Wheat Dinner Roll Fresh Orange (644) 5pm- Dinner/Entertainment	4 Cheese Ravioli with Tomato Meat Sauce & Mozzarella Peas Grape Juice Chef Salad with Dressing Italian Bread Lemon Ice 4pm- Garden Chicken Patty, Roll & Dessert	5 Back to School Bash & Lunch	6 Hamburger with Swiss Gravy on a Bun Scalloped Potatoes Mixed Vegetables Mandarin Oranges (811)
9 Beef Stroganoff over Pasta Broccoli Florets Carrots Sugar Cookies (655)	10 Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Seasoned Potatoes Au Gratin Spinach Fresh Orange Chocolate Milk (670) 5pm- Lasagna Roll, Meat Sauce, Green Beans, Roll, Chef Salad & Dessert / Presentation	11 Turkey a la King, Warm Biscuit Green Beans, Normandy Mixed Chocolate Brownie (605) 4pm- Grilled Chicken Sunflower Salad, Roll & Dessert	12 Breaded Boneless Pork Chop with Gravy Ranch Mashed Potatoes Peas with Pear Onions Dinner Roll Chocolate Pudding (696) 4:30pm Dinner/Music Trivia	13 Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole Carrots Fruit Punch Sherbet (730)
16 Chili con Carne with Shredded Cheddar Carrots Apple Juice Corn Muffin Oatmeal Round (892)	17 Breaded Chicken Patty with BBQ Sauce on a Bun Mashed Potatoes California Blend Vegetables Fresh Banana (865) 5pm- Terra House/Trivia	18 Soup & Salad Broccoli Cheddar Soup Chef Salad with Garbanzo Beans & Dressing Green Beans Dinner Roll Mandarin Oranges Chocolate Milk 4pm- Breaded Chicken Brumsticks, Mashed Potatoes, Mixed Veggies & Dessert	19 Sauerkraut & Mustard on a Bun German Potato Salad Au Gratin Spinach Pineapple Tidbits (800)	20 Welcome Fall! Breaded Bone-In Pork Chop with Gravy Butternut Squash Broccoli Florets Chef Salad with Dressing Wheat Dinner Roll Cherry Pie with Whipped Topping (904)
23 National Pot Pie Day! Special Lunch	24 Lasagna Roll with Tomato Meat Sauce & Mozzarella, Cauliflower Fruit Punch, Chef Salad with Dressing, Diner Roll Strawberry Gelatin (800) 4:30pm Board Meeting 5:00 Dinner / 5:30 Entertainment	25 Entrée Salad Garden Chicken Patty Salad with Cheddar Cheese & Ranch Dressing Dinner Roll Tropical Fruit (870) 4pm- Greek Chicken Salad, Italian Bread & Dessert	26 Beef Pepper Steak Casserole over Rice Peas & Carrots Green Beans Fresh Orange Chocolate Milk (626)	27 Cheese Omelet with Cheese Sauce Potatoes O'Brien Brussels Sprouts Wheat Bread Lorna Doones (752)
30 Sweet & Sour Meatballs over Pasta Cauliflower Green Beans Oatmeal Cookies (810)	1 Breaded Chicken with Buffalo-style Sauce on a Bun Tater Tots Broccoli Florets Fresh Banana Chocolate Milk (824) 5pm- Ham Steak, Pineapple Sauce, Sweet Potatoes, Brussels Sprouts, Bread & Dessert	2 50th Anniversary Luncheon Chicken Cordon Bleu with Creamy Herb Gravy Vegetable Rice Pilaf California Blend Vegetables Chef Salad with Dressing Dinner Roll Apple Pie with Whipped Topping 4pm- Beef Taco Salad, Tortilla Strips & Dessert	3 Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Butterscotch Pudding (788)	4 Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Seasoned Potatoes Au Gratin Spinach Chocolate Brownie (683)