

Akron/Newstead Senior Center

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Director: Sarah Young

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Assistant to the Director: Jackie Long

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Senior Center Attendants:

Barb Gaik, Wendy Heberling, Tony Abraham, & Felicia Izydorczak


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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AKRON-NEWSTEAD SENIOR NEWS

September 2024

Senior Center Highlights



- In **July** we hosted the Carnival Kids Steel Drum Orchestra in Russell Park for over 350 people, we hitched a ride to the Holland Land Office Museum and the Basilica/Botanical Gardens and went on a picnic at Skyline Park.
- We had a very successful Open House on **July 24th** and had 56 new members join the center!
- We served **815** meals served through the Erie County congregate meal program and **123** other meals in **July**.

DIRECTOR'S NOTE



Hello Friends,

How is it September already? We have so many amazing things planned with month. It's hard to believe that summer has come and gone, come celebrate with us at the So Long Summer Luau. Fall is my favorite time of year though and we will be welcoming it with Craig Wilkins at the Welcome Fall Luncheon!

The change in seasons is always so beautiful and as you may have noticed we also have change happening at the Center. Please welcome Felicia Izydorczak as our newest Senior Center employee.

With a growing and active Center, I encourage you to stop by and share with Jackie or myself any additional programs you feel the Center could benefit from. We are always open to great ideas to expand our ever growing schedule! I do want to make note - if you sign up and can't make it for any of the programs and have to cancel please call the Center so other members can participate.

On behalf of the Senior Board, I would like to extend our gratitude to all those who donated and/or volunteered to help with the basket raffle! It was a huge success and it could NOT have been accomplished with out all those who helped!

As summer comes to a close, I look forward to all of our fall activities and programs!

See you at the Center,
Sarah

SUNSHINE REPORT

Get Well Soon

Freida Brandl

Thinking of You

Linda James

Sympathy

Freda Weinreber
(death of nephew)

Arlene Kamman
(death of husband)

Lois Wicks
(death of son)



SPECIAL EVENTS

**Tuesday, September 3rd
@ 5:00pm**

So Long Summer Luau

Join us to say goodbye to summer with a luau! **The Junk Drawer Ukulele Band** will be here to entertain us with the oldies!



Meal:

Polish Sausage w/ saurkraut, lima bean bake, salad and dessert.

\$6.00

**Thursday, September 5th
@ 12:00pm**

Back to School Bash

It's time to go back to school! Join us for a fun school lunch followed by prepping for your SATs!



Meal:

Hoagie, chips, side salad and dessert

\$5.00

**Thursday, September 19th
@ 12:00pm**

DSP Jazz Trio

Join us for lunch and entertainment by **DSP Jazz Trio** Featuring our very own Skip Taylor.



Meal:

Bratwurst w/ sauerkraut, german potato salad, au gratin spinach and pineapple

\$5.00

**Friday, September 20th
@ 12:00pm**

Welcome Fall Luncheon

Celebrate the beginning of fall with lunch and entertainment by **Craig Wilkins!**

\$5.00



Meal:

Pork chop, squash, broccoli, salad, roll and cherry pie

**Monday, September 23rd
@ 12:00pm**

National Pot Pie Day

Join us for a slice of McDuffies Chicken Pot Pie to celebrate followed by a program by M and T Bank!

\$7.00



Meal:

A slice of chicken pot pie, salad and dessert

**Tuesday, September 24th
@ 4:30pm**

Board Dinner

Join us for the board meeting at 4:30, dinner @ 5 and entertainment by **David Knaut** @ 5:30!

\$3.00



Meal:

Chicken and biscuits, broccoli and cauliflower and dessert

Tuesday Night Line Up:

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

Sept. 3rd: The Junk Drawer Ukulele Band

Sept. 10th: Home Heating and Cooling Program

Sept. 17th: Trivia

Sept. 24th: Guitarist David Knaut

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

Movie Matinees

Tuesdays @ 12:45 pm
DRAMAS



- **September 3rd - "Mending the Line" (R)**
A Marine wounded in Afghanistan is sent to a V.A. facility in Montana where he meets a Vietnam Vet who teaches him how to fly fish as a way of dealing with his emotional and physical trauma.
- **September 10th - "Captain Phillips" (PG-13)**
The true story of Captain Richard Phillips and the 2009 hijacking by Somali pirates of the U.S.-flagged MV Maersk Alabama, the first American cargo ship to be hijacked in two hundred years.
- **September 17th - "The Secret: Dare to Dream" (PG)**
Miranda Wells is a hardworking young widow who's struggling to raise three children on her own. A powerful storm soon brings a devastating challenge and a mysterious man, Bray Johnson, into her life.
- **September 24th - "Critical Thinking" (NR)**
The true story of the Miami Jackson High School chess team which was the first inner city team to win the U.S. National Chess Championship.

MOVIE NEWS



Dinner and a Movie

Thursday, September 26th
@ 4:30pm

\$5.00

"Maestro" - (R)

This love story chronicles the lifelong relationship of conductor-composer Leonard Bernstein and actress Felicia Montealegre Cohn Bernstein.

Dinner: Breaded chicken with gravy, rice, veggie and dessert



East Aurora Movie Matinee - Tuesday, Sept. 10th @ 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 "Suddenly Last Summer" - (NR) at the Aurora Theatre! Lunch will be same as listed on our menu insert.



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BOOK NOOK **Wednesday, September 4th @ 10:00 am**

We will discuss August's book (A Hundred Summers) and introduce September's book:

Mother Daughter Murder Night by Nina Simon

A lighthearted whodunnit about a grandmother-mother-daughter trio of amateur sleuths.

Book subject to change based on library availability

LADIES LUNCHEON



Danny's

Thursday, September 5th
@ 12:30pm

3715 Genesee Street, Cheektowaga

RSVP to Karen DeYoung by 8/29
716-531-5894 if you plan to attend.

AKRON NEWSTEAD DINER'S CLUB



Skoobs Village Grille

Thursday, September 12th @ 5:30pm
50 Central Ave Lancaster, NY

Meal choices:

- Pot Roast Sandwich w/ fries
- Open Faced Roast Beef w/ smashed potatoes
- Reuben Sandwich w/ fries

\$30.00

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

HITCH A RIDE

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

Sept 18
@
12pm

Brushstrokes Studios

Transportation to Brushstrokes Studios to paint your choice of pottery (pieces vary in price at own expense)

\$5.00



Sept 26
@
9am

Mayor Brothers & Olde Steeple

Transportation to the Mayer Brothers Cider Mill followed by a stop at The Olde Steeple Antiques and Gifts. Bring pocket money for purchases at either stop.

\$5.00



TRIPS AND TRAVEL

Space Limited!
Payment due at time of sign up!

Thursday, September 12th, 2024 - Frank Lloyd Wright
Martin House & Graycliff --- (see insert)

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

Wednesday, October 16th, 2024 - flyer to come
Rochester Planetarium, lunch at Agatina's, "Young Frankenstein" at Geva

\$35.00

SAFE DRIVERS ACADEMY

Monday, September 16th @ 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 - November 18



CASINO

Batavia Downs Casino

Monday,
September 9th @
11:00am

\$35.00

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

Please make checks payable to Mar-Bon Social Club

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
Sept. 16th @
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

- I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?
- What English word has three consecutive double letters?
- What has a neck but no head?

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

Answers: a) A Map b) Bookkeeper c) A Bottle

ARTS AND CRAFTS



Craft - Monday September 9th @ 1:15pm Wooden Door Hanger \$20.00
Guest Instructor from Imagine That Studio



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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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

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, September 18th @ 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, September 20th @ 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, September 4th 1:00 - 3:00 pm
Wednesday, September 18th 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

IHA: Friday, September 20th 2:00 - 3:00pm

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



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:



Wii Bowling Starts
September 5th

Sign up for a time slot at the Center



Music Trivia w/ the Gleason's
September 12th @ 4:30pm



Pancake Breakfast
September 13th @ 9:00am

CENTER CLOSED 9/27 UNTIL 11am
Staff Development Day

CONVERSATION CORNER

Back to School Safety

School days bring congestion: School buses are picking up their passengers, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work. It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

Sharing the Road with School Buses

- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus
- Be alert; children often are unpredictable, and they tend to ignore hazards and take risks

Sharing the Road with Young Pedestrians

- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look for children in school zones, near playgrounds and parks, and in all residential areas
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way
- Never pass a vehicle stopped for pedestrians
- Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way



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