

Akron/Newstead Senior Center

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Akron, New York 14001

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Director: Sarah Young

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Assistant to the Director: Jackie Long

Email: jlong@townofnewstead.com

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

November 2024

Senior Center Highlights



- In **SEPTEMBER** we enjoyed performances by The Junk Drawer Ukulele band, DSP Jazz Trio, Craig Wilkins and David Knautd. We toured Dottie Freeman's doll collection, Ford Gum and the art gallery at Montabaur Heights. We learned about Constitution Week from the DAR and also hitched a ride to Mayer Brothers.
- Catholic Health completed **40** vascular screenings on site.
- We served **757** congregate meals through Erie County and **218** additional meals by our staff or catering.

DIRECTOR'S NOTE

Hello Friends,

I'd say "Welcome!" to November, but what happened to October?! I guess time flies when you're having fun. Are you looking for something to keep you busy? We offer so many activities and programs that will keep you entertained and informed. It's a great way to meet new friends or reconnect with old friends.

As we prepare for the holidays and all the celebrating, we also need to prepare ourselves for another Western New York winter. Hopefully it's not as bad as last year. If you find yourself wondering if the Center is open or closed due to inclement weather, check for "weather closing" announcements on WGRZ-TV, WKBW-TV, WIVB-TV. Most importantly, if Akron Central Schools are closed, the Center will be too.

Lastly, the Senior Board is selling apparel. You can buy a T-shirt, sweatshirt or a zip up fleece with our logo on it. Please see the enclosed insert for prices and colors.

Happy Thanksgiving!
Sarah



SUNSHINE REPORT

Thinking of You

Virginia Maloney
Irene Schulenburg
Sandy Kintzel

Sympathy

Diane Hurne
(death of her brother in law)

Family of Judy Meyer

SENIOR BOARD NEWS *SENIOR BOARD NOMINATIONS WILL TAKE PLACE AT NOVEMBER'S BOARD DINNER 11/26

The Senior Board has recently sponsored a number of new items, including a new microwave as well as kitchen gadgets to assist with meal prep. Additionally, new fitness equipment was purchased to enhance our exercise classes.

The Senior Board has also decided to sponsor the **G.O.L.D.E.N** Program. The **Gifts Of Love Delivered to Encourage Neighbors** program will put together and deliver care packages to members who haven't been able to make it to the Center in awhile. Four baskets were delivered in October!

SPECIAL EVENTS

Friday, November 1st
@ 12:00pm
National Calzone Day

Join us to celebrate with a calzone from Rob's Topico Pizza.



Meal: **\$8.00**
1/2 of a cheese and pepperoni calzone, salad and dessert

Thursday, November 7th
@ 12:00pm
Veteran's Day Lunch

Join us for lunch followed by the Quilted Canoe patriotic band. Veterans eat free!



Meal: **\$5.00**
Roast beef w/ gravy, scalloped potatoes, broccoli, salad, roll and dessert

Friday, November 8th
@ 9:00am
Pancake Breakfast

Join us for breakfast at the Center!



Meal: **\$5.00**
Pancakes, scrambled eggs, sausage and fresh fruit.

Thursday, November 14th
@ 4:00pm
Dinner and Trombone

Join us for dinner followed by trombone music by Christine Devalder!

\$6.00



Meal:
Breaded pork loin, mashed potatoes, gravy, applesauce, veggie and dessert

Monday, November 25th
@ 12:00pm
Homemade Monday

Join us for lunch followed by **trivia** with Jackie & Tony!

\$6.00



Meal:
Soup, salad and dessert

Tuesday, November 26th
@ 4:30pm
Friendsgiving Board Dinner

Join us for the board meeting followed by dinner and entertainment by **The Hastings Duo!**

\$3.00



Meal:
Turkey, stuffing, gravy, sweet potatoes, green bean casserole, roll and pumpkin pie

Tuesday Night Line Up: November 5th: NO DINNER

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

November 12th: Bingo

November 19th: University Express Program

November 26th: The Hastings Duo

Movie Matinees

MOVIE NEWS

Dinner and a Movie

Tuesdays @ 12:45 pm
BASED ON TRUE STORIES



- **November 5th - "Megan Leavey" (PG-13)**
 Based on the true life story of a young Marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq.
- **November 12th - "23 Blast" (PG-13)**
 When a high-school football star is suddenly stricken with irreversible, total blindness, he must decide whether to accept his new reality or attempt a return to the game he still loves.
- **November 19th - "2 Hearts" (PG-13)**
 For two couples the future unfolds in different decades and different places, but a hidden connection will bring them together in a way no one could have predicted.
- **November 26th - "Dark Waters" (PG-13)**
 A corporate defense attorney takes on an environmental lawsuit against a chemical company that exposes a lengthy history of pollution.



Thursday, November 21st
@ 4:30pm

"Ordinary Angels" - (PG)

Based on a remarkable true story, ORDINARY ANGELS centers on Sharon Steves, a fierce but struggling hairdresser in small-town Kentucky who discovers a renewed sense of purpose when she meets Ed Schmitt, a widower working hard to make ends meet for his two daughters. With his youngest daughter waiting for a liver transplant, Sharon sets her mind to helping the family and will move mountains to do it. What unfolds is the inspiring tale of faith, everyday miracles, and ordinary angels.

\$5.00

Dinner:

Angel hair pasta with sauce and meatballs, side salad, garlic bread and dessert



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BOOK NOOK Wednesday, November 6th @ 10:00 am

We will discuss October's book (Other Birds) and introduce November's book:

A Gentleman in Moscow by Amor Towles

In 1922, Count Alexander Rostov is deemed an unrepentant aristocrat by a Bolshevik tribunal, and is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Rostov, an indomitable man of erudition and wit, has never worked a day in his life, and must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside the hotel's doors.

Book subject to change based on library availability

LADIES LUNCHEON

Log Cabin

Thursday, November 7th @ 12:30pm
1227 Gilmore Rd, Corfu, NY

RSVP to Joanne Ellis by 10/29
716-553-5355 if you plan to attend.

Caryville Inn

Thursday, December 5th @ 12:30pm
To include a \$15 gift exchange!



AKRON NEWSTEAD DINER'S CLUB



The Hollow Bistro

Thursday, November 14th @ 5:30pm
10641 Main St, Clarence

\$36.00

Meal choices:

- Herb Seared Salmon
- Marinated Flank Steak
- Chicken Milanese

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

HITCH A RIDE

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

Nov. 12
@
10am

Niagara Falls Outlets

Get a jump start on your Christmas shopping at the Outlets!

\$5.00



Nov. 27
@
1pm

The Christmas Shoppe

Hitch a ride to Lackawanna to the Christmas Shoppe followed by a stop at Antoinette's Sweets.

\$5.00



TRIPS AND TRAVEL

Space Limited!
Payment due at time of sign up!

Saturday, December 7th, 2024 - White Christmas

Lunch @ Lock 34 followed by a live performance of "White Christmas" @ The Palace Theatre (see insert)

Thursday, December 19th, 2024 - The Lion King

Lunch at Pearl on the Webb and "The Lion King" @ Shea's Performing Arts (see insert)

March 25th - 27th, 2025 - Sight & Sound "Noah"

Lancaster, PA - Accommodations at the Eden Resort



CASINO

Batavia Downs

Casino

Monday,
November 4th @
11:00am

\$35.00

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

Please make checks payable to Mar-Bon Social Club

\$35.00

SAFE DRIVERS ACADEMY

Monday, November 18th @ 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.

2025 dates: January 6, March 10th, May 12,

GAMES

SEE CALENDAR FOR SATURDAY DATES!



UNO

Mondays @ 9:30am



RUMMIKUB

Mondays @ 10:00am

NEW!



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



November

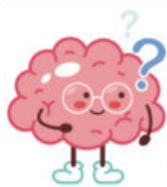
18th

@ 12:30

(usually 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:

Thanksgiving Word Search

Thanksgiving
Pilgrim
Mayflower
Gratitude
Yams
Family
Gobble
Sister
Acorns
Wishbone

November
Thankful
Grandma
Mother
Traditions
Pumpkin
Autumn
Aunt
Cranberries
Stuffing
Massachusetts
Grandpa
Father
Fall
Turkey
Pie
Squash
Feast

Rolls
Plymouth
Uncle
Brother
Leftovers
Dressing
Cornucopia
Cornbread
Drumstick
Carve

Riddles

1) Why is it that the turkey didn't finish its dessert?

2) Where do turkeys go if they want to dance?

1) Because he was already stuffed
2) The Butter Ball

XHPJJTMGOBBLEDMFUUZXCPCXHCUVYP
GDAXMWYHRNWNOTHXBAXODPOGZDBCYB
QKIPKXFWTGRPPFFLEFTOVERSRSMSYGR
JBCNEPAKGRHRCYSBIHCCMJXINJXQRT
UTR GUATJRHYAQTFOPLYMOUTHIBTOGE
CSBOMTHPAWWSNWRWUDVXCNEZGYRJMC
AOKWTRINQDQTDOLAARSISTERQDEOI
FRRZPHRLDTTUZHPHDYSUUETIMKHTAQ
KXLNXPXEGMRBVJHAAPINHMTKVEBJHZD
AUNTUHYRAPBINVMNGDTFQSUSAXORWY
BDQKDCDIQZTPPUFHKKLIMJTUJSERKM
VRGUYOOMUEYKKBKAZNSPIOMAIUBROQU
EEWENFOPXLSNSQLHKBGMBNBKBCSILRD
XSDOHEIAIMZRTXLTVHTIDLMSYKRLJY
TSMDRHLUHAQJUCARVEMHVAZCFWCSIH
MIWAXUETFJXDFDXPFMAMAITTURKEYC
ENFJSBMULLQMFZFOJYPTPNMMDXWYKR
FGXZXSEM CZQYIURKUIFXJFKGOBHRVA
LATUOVANGGIFNTAHFELJKGYFXTXOON
YZMSZAUCPGJSGHJQEAOXTDQBUTHCJB
EZPIVLEFHXRFLLEGAJWHLRWSHLLLEGE
OEXTLIBDNUOAQCTTSEECRRSUKFKVRR
ACVRRYEKISSKTJAETCRXHPUMPKINOR
BRLPXFIAUKMEDIVYAMSDANCZLOEUNI
ELDACZXRGKVOTATKQCSEBMYLJRPNOE
VCECZJIVKNLBMTCUWISHBONEEQTCWS
OMASNOVEMBERAISODBCWDUCHRZQLCB
PCFXOIWXCXZJJOHHRCHQLBDBKYO EZW
ZFGYSKNTIJWTEWCVINYCSIGRONQODN
GRBICEEXTEJYNSDCMUISKQSGZPOYTNA

ARTS AND CRAFTS



Craft - Thursday, November 21st @ 10:00am \$20

Guest Instructor Linda Chaffee - Lighted Snowman Wine Bottle



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: SILVERSNEAKERS, 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

BACK BY POPULAR DEMAND!! 9-week Stability Class: Wednesdays @ 10:15am October 23rd - December 18th
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, December 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, November 15th @ 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, November 6th 1:00 - 3:00 pm
Wednesday, November 20th 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 and Village of Akron.

Insurance Company Visits

Aetna: November 7th 10:00am - 12:00pm

United: November 7th 12:00 - 2:00pm

Health Insurance Forum:

November 19th 1:00-3:00pm

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



Christmas Raffle

Enter to WIN 1 of 2 prizes of \$100 in lottery tickets!

7 tickets for \$5

1 ticket for \$1

Winners will be drawn on December 18th at the Christmas Lunch!

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:



Sunday, November 3rd @ 12:30pm

Bills Watch Pizza Party

\$7.00



Thursday, November 21st

Wii Bowling Breakfast



CENTER CLOSED 11/11
CENTER CLOSED 11/28 - 11/29

CONVERSATION CORNER



November is Diabetes Awareness Month



DIABETES

SYMPTOMS



PREVENTION



Diabetes is a chronic disease that affects how your body turns food into energy.

- About **38 million** people have diabetes.
- That's about **1 in every 10** people.
- **1 in 5** people don't know they have it.

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FeedMore WNY Farm Market 1ST AND 3RD TUESDAY - 12:30 - 1:30PM
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