



University Express Fall Programs:



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

Friday, November 1st @ 1:15pm: What is AI (Artificial Intelligence) and What Does it Mean to Me - AI has been the subject of movies and science fiction for one hundred years. It's here today- is that good news or bad? What does that mean to you? We will see a demonstration of AI in action and discuss what the technology can do right now. We will also ponder what this means for our future.

Wednesday, November 6th @ 1:00pm: The 5-Star Admirals That Helped in WWII - In US Naval history, there have only been four Five-Star Admirals, also known as Fleet Admirals. These four men: Leahy, King, Halsey, and Nimitz guided the forces throughout the Pacific during WWII, ultimately bringing the surrender of Japan in Sept. 1945. Each man had the right knowledge and experience to do the job assigned to them, gathered by years of experience before America joined the Allied forces in 1941.

Friday, November 8th @ 1:15pm: Does Your Will Conflict with Your Financial Plan - Explores how legal planning and financial planning must be considered together to attain the desired outcome.

Wednesday, November 13th @ 1:00pm: Veteran's Benefits, What am I Entitled to?

Tuesday, November 19th @ 5:30pm: Drum 4 Health/Bringing Rhythm to Life - We will introduce you to the magic, fun, & healing power of recreational music-making with handheld drums. No prior experience needed- just bring your enthusiasm! Allow 2 hours for class. Class size is limited to 25.

Wednesday, November 20th @ 1:00pm: Weathering the Storm - Western New Yorkers pride themselves as being "winter tough." While winter weather is growing more severe, this class will help us get ready for the coming cold weather season. Join us to learn key winter weather terms, when and how to prepare for snow emergencies and potential life saving tips.

Thursday, November 21st @ 2:00pm: What is the Core - An entry level basic introduction to the importance of the Core muscles and function.

Monday, December 2nd @ 12:45pm: The Golden Age of Disney (1937 - 1942) - Learn the beginnings of one of the most iconic American movie companies, Walt Disney Studios, as it rose to challenge the idea of what animation could be with classics like Snow White, Pinocchio and Fantasia.

Tuesday, December 3rd @ 5:30pm: Waterway of Change - 200 Years on the Erie Canal - May 2025 marks the bicentennial of the Erie Canal. Plans are underway to celebrate Buffalo's role as the western end of the Canal. Join Erie County historian Doug Kohler on a look at how the canal came to be and what some of the exciting plans are for the bicentennial commemoration!

Wednesday, December 4th @ 1:30pm: Reach Out to 911 - Everyone knows how to dial the number, but not everyone knows WHEN! Let us teach you all about the Who, What, Where, When, Why, and Hows of calling 911 for help. We answer questions such as: When should you call 911? What information do you need to know? How can you find out the address if you don't know where you are? Can you text 911? Can you video chat 911? What sort of instructions can dispatchers give you to help until responders arrive? After the presentation we even have a 911 simulator that we can practice calling 911! Learn the difference between 911, 211, 311, 988 and other numbers that offer assistance!!

Monday, December 9th @ 2:00pm: Merry Christmas from Buffalo - Despite modern-day commercialism, Christmas here in Buffalo and throughout this nation was first a religious celebration whose roots date back to the Romans and to ancient pagan rites. While it eventually evolved into a general celebration of the birth of Jesus Christ, Christmas was deeply rooted in the specific ethnic origins and traditions of the families celebrating it. Buffalo, with its diverse ethnic population, had an abundance of Christmas traditions that influenced the various ways this holiday was celebrated. Join us to learn how these early Buffalonians brought their unique ethnic and religious traditions to help define a Buffalo Christmas!

Thursday, December 12th @ 2:30pm: Historic Places in Buffalo - Information about historic locations, buildings, homes and places in our community, as identified by historic markers and other sites of interest.

Friday, December 13th @ 2:00pm: Winter Sowing & Native Plants - Winter sowing is an effective way to grow native plants, annuals and vegetable seeds using recycled milk jugs. Winter sowing traditionally starts on the Winter Solstice and is a great way to extend the growing season and grow your own food.



Good for the Neighborhood[®]



THURSDAY, NOVEMBER 7TH 2024

5:00 - 6:30PM

Akron-Newstead Senior Center

5691 Cummings Road Akron, NY 14001 Phone #: 716-542-6645



FREE produce bag for first 150 people



FREE gift certificate for the first 100 people



FREE winter car kits for first 150 people



FREE kids winter car kits to first 36 kids



FREE Health Screenings



Buffalo-Erie County Public Library Bookmobile will be here



Health Insurance Forum



NOVEMBER 19TH 1:00 - 3:00PM

This year, the Annual Enrollment Period (AEP) starts October 1st and ends on December 7th for a January 1st 2025 effective date. It is that time of year again. Plan on attending the Akron/Newstead Senior Center Health Insurance forum and learn about available options and find a plan that fits your needs.

During this annual enrollment period (AEP) you can make changes to various aspects of your coverage.



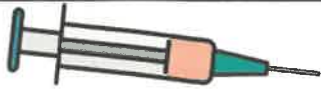
Senior Center Apparel Sale

T-shirts - \$13 Fleece Zip Up - \$36 Sweatshirt - \$25

Color choices: black, dark gray, navy or red

12 total of each much be purchased to complete the order. **Payment due at time of order.**

Orders due by December 6th! Sample tshirt sizes available in the office!



Flu Shot Dates

Tuesday, November 5th 9:00 - 11:00

Thursday, November 7th 11:00 - 1:00

Tuesday, November 19th 1:00 - 3:00

First come, first served. Please bring ID and insurance card.



Explore Clarence



Friday, November 15th @ 11:00am

Montabaur Heights Art Exhibit and Lunch -- \$15

Meet at Montabaur Heights (4530 Ransom Rd, Clarence, NY) to view the Gerald Mead Art Collection followed by lunch. Meal options available at sign up.

Transportation available and would leave the center at 10:30am - \$16

Visit will include a tour of an apartment



Wednesday, November 20th @ 12:00pm

Asa Ransom House Traditional Afternoon Tea - \$39

Meet at Asa Ransom House (10529 Main St, Clarence)

Afternoon Tea includes tea or coffee, finger sandwiches, warm scones with Devonshire cream/curd or butter/jam, and a selection of sweet desserts.

***Sign up required by November 8th!**

M&T Bank M & T Bank Identity Theft Program

Friday, November 22nd @ 12:30pm

Be prepared for the holiday shopping by attending a program about fraud especially around Black Friday and the busy shopping season! Feel free to also sign up for lunch beforehand!



KNIT/CROCHET SCARF AND HAT DRIVE

Now until December 13th we will be collecting handmade knit or crochet hats and scarves to donate to Lockport C.A.R.E.S Homeless Shelter

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"/> November 1st--Calzone Day \$8 _____ | | <input type="checkbox"/> |
| <input type="checkbox"/> November 3rd--Bills Watch Party \$7 _____ | | <input type="checkbox"/> |
| <input type="checkbox"/> November 4th-- Batavia Downs \$35 _____ | | <input type="checkbox"/> |
| <input type="checkbox"/> November 7th--Veterans Day Lunch \$5 _____ | Veteran? Y or N | <input type="checkbox"/> |
| <input type="checkbox"/> November 8th--Pancake Breakfast \$5 _____ | | <input type="checkbox"/> |
| <input type="checkbox"/> November 12th--Hitch a Ride: Outlets \$5 _____ | | <input type="checkbox"/> |
| <input type="checkbox"/> November 14th--Dinner and Trombone \$6 _____ | | <input type="checkbox"/> |
| <input type="checkbox"/> November 14th--Diner's Club \$36 _____ | Meal Choices (choose one): Salmon Steak Chicken | <input type="checkbox"/> |
| <input type="checkbox"/> November 15th--Montabaur \$15 _____ | Need a Ride? Yes - \$16 | <input type="checkbox"/> |
| <input type="checkbox"/> November 20th--Asa Ransom Tea \$39 _____ | | <input type="checkbox"/> |
| <input type="checkbox"/> November 21st--Craft \$20 _____ | | <input type="checkbox"/> |
| <input type="checkbox"/> November 21st--Dinner and a Movie \$5 _____ | | <input type="checkbox"/> |
| <input type="checkbox"/> November 25th--Homemade Monday \$6 _____ | | <input type="checkbox"/> |
| <input type="checkbox"/> November 26th--Friendsgiving \$3 _____ | | <input type="checkbox"/> |
| <input type="checkbox"/> November 27th--Hitch a Ride: Christmas Shoppe \$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: | | Dinner: | |
|---------|---------|---------|---------|
| Date(s) | Name(s) | Date(s) | Name(s) |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |



Additional Comments _____ Staff Initial _____

Erie County Stay Fit Dining Program Menu

November 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| 28 Cheese Omelet with Peppers, Onions & Tomatoes Tater Tots Au Gratin Spinach Raisin Bread Pineapple Tidbits (689) | 29 Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella California Blend Vegetables Grape Juice Dinner Roll Peaches <i>Chocolate Milk</i> (755) | 30 Turkey a la King with White Rice Green Beans Orange Pineapple Juice Strawberry Gelatin (612) | 31 Happy Halloween Breaded Chicken Drumsticks Duchess Mashed Potatoes Peas Chef Salad with Dressing Dinner Roll Banana Cream Pie (1140) | 1 Calzone Day! Special Lunch Event |
| 4 Chicken Breast with Marsala Sauce Vegetable Rice Pilaf Country Cottage Vegetable Blend Fruit Punch Sugar Cookies (651) | 5 Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Carrots Tropical Fruit (839) NO DINNERS | 6 Beef Macaroni Casserole with Cheddar Cheese Peas Corn Dinner Roll Fresh Orange <i>Chocolate Milk</i> (887) 4pm - Breaded Chicken Drumsticks, Veggies, Fruit Punch, Broccoli Cheese Rice, Salad & Cheesecake | 7 Veterans Day Meal Roast Beef with Gravy Scalloped Potatoes Broccoli Florets Chef Salad with Dressing Whole Wheat Roll Lemon Meringue Pie (935) | 8 Cheese Tortellini with Chicken & Red Pepper Cream Sauce Cauliflower Green Beans Dinner Roll Fudge Round (672) |
| 11 No Meals Served  VETERANS DAY | 12 Hamburger with Onion Gravy on a Bun, Mashed Potatoes Mixed Vegetables Butterscotch Pudding 5pm - Cheese Ravioli, Tomato Meat sauce, Cauliflower, Grape Juice, Salad & Eclairs | 13 Soup & Sandwich Minestrone Soup Chicken Salad Sandwich on a Wheat Roll Brussels Sprouts Lorna Doones 4pm- Chicken Caesar Salad, Roll & Eclairs | 14 Breaded Chicken Cutlet with Buffalo-style Sauce on a Bun Cheesy Mashed Potatoes Peas Fresh Apple <i>Chocolate Milk</i> (890) | 15 Western Quiche with Cheese Sauce Harvard Beets Broccoli Florets Wheat Dinner Roll Strawberry Ice Cream (693) |
| 18 Sloppy Joe on a Bun Tater Tots Peas & Carrots Tropical Fruit (713) | 19 Hearty Pork Stew, Mashed Potatoes Broccoli Florets, Warm Biscuit Oatmeal Cookies (868) 5pm- Dinner/Terra House | 20 Lasagna Roll with Tomato Meat Sauce & Mozzarella California Blend Vegetables Grape Juice Chef Salad with Dressing Dinner Roll Chocolate Pudding (851) 4pm- Garden Chicken Patty Salad, Roll & Oatmeal Cookies | 21 Entrée Salad Grilled Chicken, Mandarin Orange & Sunflower Salad on a Bed of Fresh Salad Greens Wheat Dinner Roll Lorna Doones (715) | 22 Taco Day! Ground Beef Taco with Shredded Cheddar on a Flour Tortilla Spanish Rice Seasoned Corn & Black Beans Fresh Banana <i>Chocolate Milk</i> (808) |
| 25 Homemade Monday's & Trivia | 26 Italian Sausage, Peppers, Onions & Tomato Sauce, Mixed Vegetables, Apple Juice, Chef Salad, Penne Pasta & Butterscotch Pudding (692) 5pm- Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Sweet Potatoes Green Bean Casserole, Roll Pumpkin Pie | 27 Pork Ribette with BBQ Sauce on a Bun Garlic Mashed Potatoes Broccoli Florets Pineapple Tidbits <i>Chocolate Milk</i> (786) 4pm- Grilled Chicken w/ Greek Dressing, Roll & Butterscotch Pudding | 28 No Meals Served  Happy Thanksgiving | 29 Center Closed |

ACTIVITIES NOVEMBER 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|---|---|
| <p>4</p> <p>9:00 Walking Group 9:00 Exercise with Barb 9:30 UNO 10:00 Rummikub 11:00 Batavia Downs 12:30 Club 99 1:00 Poker—Dealers Choice</p> | <p>5 Election Day</p> <p>9:00 NO SilverSneakers Circuit 9:11 Flu Shots 9:30 Hand & Foot 12:30-1:30 Feedmore Food Truck 12:45 Movie Matinee 4:30 Texas Hold'em</p> <p>Election Day Bake Sale</p> | <p>6</p> <p>9:00 Exercise with Barb 9:30 Dominoes 10:00 Book Nook 10:15 Stability Class 1:00-3:00 Sr. Outreach Services 1:00 Mahjong 1:00 University Express Class 3:00 Watercolor 4:00 Dinner 5:00 Euchre 5:00 Hand & Foot</p> | <p>7</p> <p>9:00 SilverSneakers Classic 9:00 Wii Bowling 9:30 Board Meeting 10-12 Aestha 11-1 Flu Shots 12:30 Lunch & Entertainment 12:2 United Healthcare 12:30 Ladies Lunch Outing 1:00 Pinochle 5-6:30 Good For the Neighborhood 5:30 TOPS</p> | <p>8</p> <p>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 1:15 University Express Class</p> | <p>9</p> <p>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 1:15 University Express Class</p> |
| <p>11</p> <p>Center Closed</p>  <p>Veterans DAY</p> | <p>12</p> <p>9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:00 Hitch a Ride 12:45 Movie Matinee 4:30 Texas Hold'em 5:00 Dinner/Bingo</p> | <p>13</p> <p>9:00 Ford Gum Tour 9:30 Dominoes 10:15 Stability Class 12:30 Exercise with Barb 1:00 Mahjong 1:00 University Express Class 3:00 Watercolors 4:00 Dinner 5:00 Euchre / Hand & Foot</p> | <p>14</p> <p>9:00 SilverSneakers Classic 9:00 Wii Bowling—make ups 1:00 Pinochle 3-4:30 Akron Student—Technology Help 4:30 Dinner & Entertainment 5:00 AN Diners 5:30 TOPS</p> | <p>15</p> <p>9:00 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10:00 Crokinole 10:30 Montabaur Outing 11:00 Grief 1:00 Bingo</p> | <p>16</p> <p>4:30—Texas Hold'em Hand & Foot</p> |
| <p>18</p> <p>9:00 Walking Group 9:00 Safe Driver Class 9:00 Exercise with Barb 9:30 UNO 10:00 Rummikub 12:30 Club 99 12:30 Erie County Trivia 1:15 Poker—Dealers Choice</p> | <p>19</p> <p>9:00 SilverSneakers Circuit 9:30 Hand & Foot 12:30-1:30 Feedmore Food Truck 1-3 Health Insurance Forum 1-3 Flu Shots 12:45 Movie Matinee 4:30 Texas Hold'em 5:00 Dinner 5:30 University Express Program</p> | <p>20</p> <p>9:00 Exercise with Barb 9:30 Dominoes 9:30-11:30 Sr. Outreach Services 10:15 Stability Class 10:30 Exercise Orientation - CAN-CELLED 12-2:30 Asa Ransom Tea 1:00 Mahjong 1:00 University Express Class 3:00 Watercolors 4:00 Dinner 5:00 Euchre / Hand & Foot</p> | <p>21</p> <p>9:00 SilverSneakers Classic 9:00 Wii Bowling breakfast 10:00 Craft 1:00 Pinochle 2:00 University Express Class 4:30 Dinner & Movie 5:30 TOPS</p> | <p>22</p> <p>9:00 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10:00 Crokinole 12:30 Program—M&T Identity Theft 1:00 Bingo</p> | <p>23</p> |
| <p>25</p> <p>9:00 Walking Group 9:00 Exercise with Barb 9:30 UNO 10:00 Rummikub 12:00 Homemade Monday & Trivia 12:30 Club 99 1:15 University Express Class 1:00 Poker—Dealers Choice</p> | <p>26</p> <p>9:00 SilverSneakers Circuit 9:30 Hand & Foot 12:45 Movie Matinee 4:30 Texas Hold'em 4:30 Board Meeting 5:00 Dinner 5:30-6:30 Friendsgiving Thanksgiving Entertainment</p> | <p>27</p> <p>9:00 Exercise with Barb 9:30 Dominoes 10:15 Stability Class 1:00 Hitch a Ride 1:00 Mahjong 3:00 Watercolors 4:00 Dinner 5:00 Euchre / Hand & Foot</p> | <p>28</p> <p>Center Closed</p>  <p>Happy Day</p> | <p>29</p> <p>Center Closed</p> | <p>30</p> |



11:00am: Meet at the Senior Center (5691 Cummings Road Akron, NY) and board a **SCHOOL BUS** bound for Lockport.

11:30am: Arrive @ **Lock 34** for lunch. Please choose one from the following meal options:

- Lock burger & choice of side
- Pot Roast Sandwich & choice of side
- Tugboat (Beef On Weck) & choice of side
- Lock Sampler (onion rings, pizza logs, mozzarella sticks, boneless wings)
- Chicken Finger Basket with fries

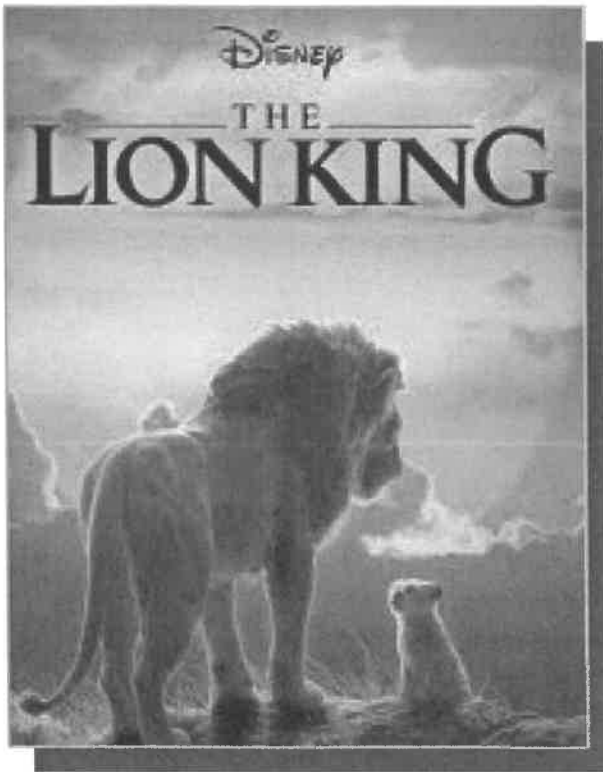
Following Lunch approximately 1:00 - 1:30pm: Depart Lock 34 for a 3 minute **walk** to The Palace Theatre (weather permitting)

2:00pm: Matinee performance of White Christmas

4:00pm: Re-board the SCHOOL BUS and depart for arrival back at the Senior Center around 4:45pm

Space Limited. Sign up by November 14th @ 4:00pm. Payment due at time of sign up. Checks made payable to Akron Newstead Senior Center.

Times are flexible and dependent on a number of factors.



at Shea's Performing Arts Center in Buffalo, NY

THURSDAY, DECEMBER 19, 2024

Akron-Newstead Senior

Resident Price: \$135 per person

Non-Resident Price: \$155 per person

Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. This is Disney's "The Lion King," making its triumphant return to Shea's Performing Arts Center. There is simply nothing else like THE LION KING.



Please sign up & pay by Monday, November 11th to guarantee trip reservations.

- 9:45 am Depart by chartered motorcoach from the Akron Newstead Senior Center (5691 Cummings Road, Akron) for downtown Buffalo. Please park on the far side of the parking lot.
10:30 Arrive at Pearl on the Webb (92 Pearl St., Buffalo), use the restrooms and be seated for lunch. When you sign up, please indicate your entree choice: Pot Roast & Whipped Potatoes, Beer Battered Fish & Chips, or Chargrilled Chicken Breast on mixed greens with bacon, jack cheese & tomato. Coffee/tea/soda and dessert are also included.
12:15 pm At the end of lunch, transfer to Shea's Performing Arts Center (646 Main St. Buffalo) and be seated (rear orchestra seats).
1:00 Enjoy a performance of "The Lion King" ! Winner of six Tony Awards®, including Best Musical, THE LION KING brings together one of the most imaginative creative teams on Broadway. Tony Award-winning director Julie Taymor brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. THE LION KING also features the extraordinary work of Tony Award-winning choreographer Garth Fagan and some of Broadway's most recognizable music, crafted by Tony Award-winning artists Elton John and Tim Rice.
3:45 At the end of the performance (estimated time), board the motorcoach for your return trip home.
5:15 Estimated return time to the Akron-Newstead Senior Center.



Please note that the schedule is subject to change

For more information, please contact:

Akron Newstead Senior Center, 5691 Cummings Road, Akron, NY 14001 Tel: (716) 542-6645

Bus America Group Tours, 668 Phillips Road, Victor, NY 14564 Tel (585) 697-3590