

### Akron/Newstead Senior Center

5691 Cummings Road  
Akron, New York 14001

Phone: 716-542-6645

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Email: seniorcenter@townofnewstead.com

Director: Sarah Young

Email: syoung@townofnewstead.com

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

## December 2024

### *Senior Center Highlights*



- In **OCTOBER** we toured Ford Gum, picnicked in Akron Falls Park, visited Akron Acres and hitched a ride to Millers Bulk Foods and Mayer Brothers.
- We welcomed entertainment by The Buffalo Touch Lite, the Hot Country Liners, DJ Biggs and the Corfu/Pembroke Band.
- We enjoyed presentations by University Express, Ford Gum and Bob Schieb and Bob Andrycha on the West Shore/Peanut Line
- We hosted a Health Insurance Forum and co-hosted a Housing Fair.
- We served **799** meals through the Erie County Congregate Dining Program and **98** meals prepared by staff.

# DIRECTOR'S NOTE



Hello Friends,

As we come to the close of 2024, I am so grateful for every person that has been apart of our family here at the Center this past year. We had such an eventful and fulfilling year. Barb, Felicia, Jackie, Tony, Wendy and I wish you a blessed holiday and hope that the joy and peace of Christmas remain with each of you throughout the New Year. The holiday season gives us an opportunity to reflect on our many blessings and to share our joys and feelings of good cheer with all.

It's time to renew your membership! All 2024 ANSC memberships will expire on December 31st, 2025 dues will remain at the 2024 rate of \$10.00 per person. Not only does your membership entitle you to participate in the numerous programs, activities, and events at the Center, it covers the cost of mailing the newsletter to your home each month. Please renew your membership before December 31st so that you do not miss a single issue. You can opt to renew your membership right on the event sign up sheet in the insert.

It's has been an honor and a privilege to serve as your director this past year. Thank you for making our center the best! May health, happiness and good times greet you each day of the New Year!

Cheers,  
Sarah

# SUNSHINE REPORT



## Thinking of You

Karen DeYoung

Debbie Gumkowski

Donna Roehling

Lori Nettnin

John Ernst

Elaine Stefanski

## SENIOR BOARD NEWS

In November, the Senior Board sponsored the Veteran's Day lunch for our veterans, as well as entertainment for our Friendsgiving Board Dinner!

Please note nominations for the 2025 Senior Board positions will be cast during the November Board Dinner on November 26th. If the positions need to go to a vote, voting will happen at the December Board Luncheon on December 18th.

# SPECIAL EVENTS

**Wednesday, December 10th**  
**@ 12:00pm**  
**Holiday Tea**

Join us to enjoy a selection of teas, lunch and a variety of desserts. Including flute music by Debbie Komosinski



**Meal:** **\$20.00**  
Turkey cranberry sliders, potato soup, and roasted broccoli

**Wednesday, December 11th**  
**@ 12:30pm**  
**Akron Orchestra Lunch**

Join us for lunch followed by entertainment by the Akron Orchestra!



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

**Wednesday, December 18th**  
**@ 11:30am**  
**Board Christmas Luncheon**

Join us for the board meeting followed by lunch and entertainment by the DSP Jazz Trio!



**Meal:** **\$3.00**  
Broccoli stuffed chicken, herb gravy, rice pilaf, peas, salad, roll and dessert.

**Friday, December 20th**  
**@ 12:00pm**  
**Welcome Winter Lunch**

Join us for lunch followed by entertainment by Judd Sunshine

**\$3.00**

ENTERTAINMENT SPONSORED BY:  
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**Meal:**  
Turkey with stuffing, gravy, mashed potatoes, mixed veggies and dessert.

**Monday, December 23rd**  
**@ 12:00pm**  
**Homemade Monday**

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

**\$6.00**



**Meal:**  
Tuna Noodle Casserole, veggie and garlic bread

**Tuesday, December 31st**  
**@ 5:00pm**  
**New Year's Eve Party**

Join us for dinner and ringing in the New Year with a ball drop @ 7:30pm!

**\$20.00**



**Meal catered by the Whistle Stop Inn!**

## Tuesday Night Line Up:

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

**December 3rd:** University Express

**December 10th:** Bingo

**December 17th:** Akron Quartet

**December 24th:** NO DINNER

**December 31st:** DJ Biggs

## Movie Matinees

**Tuesdays @ 12:45 pm**  
**CHRISTMAS MOVIES**

- December 3rd - "The Noel Diary" (TV-PG)**  
 The story of a man who returns home on Christmas to settle his estranged mother's estate. Once there, he discovers a diary that may hold secrets to his own past and of a beautiful young woman on a mysterious journey of her own.
- December 10th - "Operation Christmas Drop" (TV-PG)**  
 Congressional aide Erica forgoes family Christmas to travel at her boss's behest. At a beach side Air Force base, she clashes with Capt. Andrew Jantz, who knows her assignment is finding reasons to defund the facility.
- December 17th - "Holidate" (TV-MA)**  
 Friendships are put to the ultimate test over a boastful holiday newsletter.

NO MOVIE MATINEE 12/24 OR 12/31

## MOVIE NEWS



## Dinner and a Movie

**Thursday, December 26th**  
**@ 4:30pm**

### "Meet Me Next Christmas" - (TV-PG)

On a quest to meet the man of her dreams, a hopeless romantic races across New York City to find a ticket to a sold-out Pentatonix Christmas concert.

**\$5.00**

#### Dinner:

Ham, cheesy potatoes, veggie and dessert



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# BOOK NOOK Wednesday, December 4th @ 10:00 am

We will discuss November's book (A Gentleman in Moscow) and introduce December's book:

## Beartown by Fredrik Backman

By the lake in Beartown is an old ice rink, and in that ice rink Kevin, Amat, Benji, and the rest of the town's junior ice hockey team are about to compete in the national semi-finals--and they actually have a shot at winning. All the hopes and dreams of this place now rest on the shoulders of a handful of teenage boys. Under that heavy burden, the match becomes the catalyst for a violent act that will leave a young girl traumatized and a town in turmoil. Accusations are made and, like ripples on a pond, they travel through all of Beartown.

\*Book subject to change based on library availability\*

## LADIES LUNCHEON

Caryville Inn

Thursday, December 5th @ 12:30pm

25 Main St, Oakfield, NY 14125

RSVP to Karen DeYoung by 11/29  
716-542-4077 if you plan to attend.

To include a \$15 gift exchange!



## AKRON NEWSTEAD DINER'S CLUB



Wolcottsville Inn

Thursday, December 12th @ 5:30pm

6327 Wolcottsville Rd, Akron, NY

Meal choices:

- Fried Shrimp
- Fried Chicken
- Pork Chop

\$22.00

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

## HITCH A RIDE

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

Each trip includes transportation to and from the senior center.

\$5.00 each

December 4th @ 11:00am - Niagara Falls Outlets

December 5th @ 9:15am - Discover the Buffalo History Museum with University Express

December 12th @ 1:00pm - The Christmas Shoppe



## 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

Thursday, December 19th, 2024 - Lion King

Lunch @ Pearl on the Webb followed by a live performance of "Lion King" @ Shea's Performing Arts Center

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

Lancaster, PA - Accommodations at the Eden Resort



## CASINO

### Batavia Downs

### Casino

Monday,  
December 9th @  
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, January 6th @ 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: March 10th, May 12

# GAMES

SEE CALENDAR FOR SATURDAY DATES!



## UNO

Mondays @ 9:30am



## RUMMIKUB

Mondays @ 10:00am



## 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



December

9th

@ 12:30

(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 - SPOT 5 DIFFERENCES



# ARTS AND CRAFTS



**Craft** - Friday, December 6th @ 11:00am \$8  
Guest Instructor Rose Brunea - 3 Christmas Cards



**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

**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, December 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, December 4th 1:00 - 3:00 pm**

**Wednesday, December 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 and Village of Akron.

### Insurance Company Visits

**United:** December 4th 10:00am - 11:00am

**Aetna:** December 4th 11:00am - 12:00pm

### 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:



**December 19th @ 11:00AM**  
**Cocoa & Cookies - \$4.00**

Enjoy hot cocoa and decorate 12 cut out cookies



**December 27th @ 12:15pm**

Abigail and Levi will play a few minutes on their orchestra instruments!

# CONVERSATION CORNER

## Preventing Unsafe Exposure to Cold Outdoors

- Here are some tips for keeping warm when the temperature drops outside:
- Check the weather forecast for windy and cold days. A heavy wind can quickly lower your body temperature – try to stay inside or in a warm place.
- If you must go out on windy, cold, or damp days, don't stay outside for long.
- Let others know when you're planning to spend time outdoors and carry a fully charged mobile phone.
- Keep warm blankets and extra cold-weather clothing in your car.
- Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. Also consider using disposable or rechargeable hand- and foot-warming products.
- Wear warm and loose layers of clothing. The air between the layers helps to keep you warm.
- Wear a waterproof coat or jacket if it's snowy or rainy.
- Change out of damp or wet clothes as soon as you can.

<https://www.nia.nih.gov/health/safety/cold-weather-safety-older-adults>



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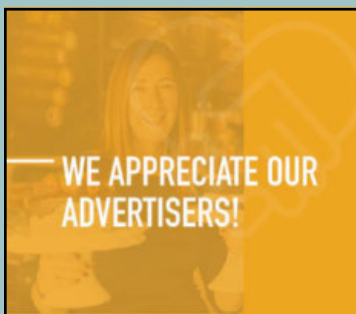


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