

# Programs and Presentations

## January 15th @ 11:00am - 3:00pm HEAP Outreach

Home Energy Assistance Program - Applicants should bring identification for all household members, proof of all household resources, proof of all income received within the last 30 days and current shut off notice (if applicable)

## January 16th @ 1:00pm - Winter Preparedness

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.

## January 23rd @ 1:00pm - The Treasures from Our Trees: Wild Harvested Black Walnuts

Since 1997, we've been harvesting black walnuts for an Orchard Park company who manufactures green-hull black walnut tinctures and tablets. With over 30 trees in the yard, finding enough green, hand-picked nuts was never a problem. Join us to learn more about how we put them to good use!

## January 24th @ 1:00pm - Radium Girls

In 1898, Marie Curie discovered radium, which is used in the battle to fight cancer. During World War I, radium was painted on the dials of airplanes so that pilots could see the gauges as they "glowed in the dark." Women were happy to be employed, at a good wage, to paint the dials on gauges, clocks and wristwatches. Why then, were so many of these women mysteriously dying?

## January 29th @ 1:00pm - A WWII Combat Pilot's Story

Hear from Col. Jake Cooper about how he flew 98 missions in the P-47 from eight bases in England, France, Belgium and Germany from May 1944 to May 1945.

## Game Day with the Akron High School Interact Club



**Tuesday, January 28th 3:00 - 5:00pm**

Come play cornhole, chair volleyball, shuffleboard, horseshoes and a variety of board games with the high schoolers in the Interact Club!

## INTRODUCING - THE FREQUENT RIDERS CLUB



Starting January 1st we will be offering a punch card for our van transportation.

For **EVERY FOUR** rides on the Senior Center van **GET ONE FREE!**

Qualifying rides include transportation to and/or from the center and hitch a rides.

# 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) \_\_\_\_\_

January 8th--Coffee and Donuts \$2 \_\_\_\_\_

January 9th--Polar Plunge \$6 \_\_\_\_\_

January 9th--Diner's Club \$23 \_\_\_\_\_

Meal Choice (circle one) Meatloaf Chicken Parm Shrimp

January 13th--Batavia Downs \$35 \_\_\_\_\_

January 15th--Board Luncheon \$3 \_\_\_\_\_

January 16th--Hitch a Ride: Inaugural Site \$14 \_\_\_\_\_

January 17th--Betty White Day \$6 \_\_\_\_\_

January 22nd--Music Trivia \$4 \_\_\_\_\_

January 23rd--Hitch a Ride: Central Library \$7 \_\_\_\_\_

January 27th--Homemade Monday \$6 \_\_\_\_\_

January 28th--Poker Tourney--\$25 \_\_\_\_\_

January 30th--Craft \$20 \_\_\_\_\_

January 30th--Dinner and a Movie \$5 \_\_\_\_\_

2025 MEMBERSHIP RENEWAL \$10 \_\_\_\_\_

Info same as 2024? Y or N

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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:

Date(s) \_\_\_\_\_ Name(s) \_\_\_\_\_

Dinner:

Date(s) \_\_\_\_\_ Name(s) \_\_\_\_\_

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Additional Comments \_\_\_\_\_



Staff Initial \_\_\_\_\_

# Erie County Stay Fit Dining Program Menu




**JANUARY 2025**



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>30</b> Beef Pepper Steak Casserole over Rice Zucchini Medley Broccoli Florets Fudge Round Cookie (981)</p>	<p><b>31</b> No Lunch Served</p> <p>5pm- New Years Eve Event</p>	<p><b>1</b> No Meals Served</p> 	<p><b>2</b> Lasagna Roll with Tomato Meat Sauce &amp; Mozzarella Cauliflower Fruit Punch Dinner Roll Sugar Cookies (907)</p>	<p><b>3</b> <b>Entrée Salad</b> Garden Chicken Patty Salad with Cheddar Cheese &amp; Ranch Dressing Wheat Dinner Roll Fresh Orange <i>Chocolate Milk</i> (908)</p>
<p><b>6</b> Pasta with Meatballs, Tomato Sauce &amp; Mozzarella Cauliflower Grape Juice Sugar Cookies (755)</p>	<p><b>7</b> Breaded Chicken Patty with Buffalo Sauce on a Bun, Tater Tots Au Gratin Broccoli, Fresh Banana <i>Chocolate Milk</i> (858)</p> <p>5pm- Breaded Boneless Pork Chop w/ Gravy, Harvard Beets, Broccoli, Stuffing &amp; Dessert</p>	<p><b>8</b> Beef Stew, Mashed Potatoes Brussels Sprouts, Warm Biscuit Chef Salad with Dressing Vanilla Pudding (851)</p> <p>4pm- Grilled Chicken Mandarin Orange, Sunflower Salad, Roll &amp; Dessert</p>	<p><b>9</b> Polar Plunge Lunch</p>	<p><b>10</b> Ancho Chicken with Peppers, Onions, Salsa &amp; Cheddar Spanish Rice Corn Fruit Punch Mandarin Oranges (675)</p>
<p><b>13</b> Turkey with Stuffing, Gravy &amp; Cranberry Sauce Sweet Potatoes Green Bean Casserole Pineapple Tidbits (663)</p>	<p><b>14</b> Swedish Meatballs over Pasta Harvard Beets, Peas, Fresh Orange <i>Chocolate Milk</i> (688)</p> <p>5pm- Beer Battered Fish, Apple Juice, Zucchini &amp; Tomatoes, Mac&amp;Cheese &amp; Dessert</p>	<p><b>15</b> Board Luncheon</p> <p>4pm- Garden Chicken Patty Salad, Dinner Roll &amp; Dessert</p>	<p><b>16</b> Hearty Pork Stew Mashed Potatoes Carrots Dinner Roll Chef Salad with Dressing Diced Peaches (696)</p>	<p><b>17</b> Betty White Day Movie &amp; Lunch</p>
<p><b>20</b> <b>No Meals Served</b></p> 	<p><b>21</b> Beef Pepper Steak Casserole over Rice Broccoli Florets Carrots Diced Peas (644)</p> <p>5pm- Stuffed Shells w/ Meat Sauce, Cauliflower, Grape Juice, Roll Chef Salad &amp; Dessert</p>	<p><b>22</b> <b>Entrée Salad</b> Grilled Chicken Salad with Greek Dressing, Multigrain Bread Strawberry Galatin (666)</p> <p>4pm- Beef Taco Salad, Tortilla Strips, Corn &amp; Black Bean Salsa &amp; Dessert</p>	<p><b>23</b> Steakhouse Burger with Gravy on a Bun Mashed Potatoes Green Peas Fruit Cocktail <i>Chocolate Milk</i> (814)</p>	<p><b>24</b> Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole Country Cottage Vegetables Wheat Dinner Roll Vanilla Pudding (691)</p>
<p><b>27</b> Homemade Monday &amp; Trivia</p>	<p><b>28</b> Rigatoni with Italian Sausage, Tomato Sauce &amp; Mozzarella California Blend Vegetables Green Beans Dinner Roll Oatmeal Round</p> <p>5pm- Roasted Turkey, Sweet Potatoes, Green Beans Casserole, Stuffing, Chef Salad &amp; Dessert</p>	<p><b>29</b> Turkey a la King Mashed Potatoes, Carrots Warm Biscuit, Chocolate Pudding (665)</p> <p>4pm- Chicken Caesar Salad, Dinner Roll &amp; Dessert</p>	<p><b>30</b> Breaded Chicken Breast with Gravy Cheesy Mashed Potatoes Spinach Multigrain Bread Strawberry Ice Cream (789)</p>	<p><b>31</b> Roast Beef with Horseradish &amp; Gravy Scalloped Potatoes Brussels Sprouts Rye Bread Chef Salad with Dressing Fresh Orange <i>Chocolate Milk</i> (808)</p>

# ACTIVITIES JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>6</b></p> <p>9:00 Walking Group 9:00 Exercise with Barb 9:00 Safe Driver Class 9:30 UNO 10:00 Rummikub 12:30 Club 99 1:00 Poker—Dealers Choice</p>	<p><b>7</b></p> <p>9:00 SilverSneakers Circuit 9:30 Hand &amp; Foot 12:30-1:30 Feedmore FoodTruck 12:45 Movie: Matinee 4:30 Texas Hold'em 5:00 Dinner / Bingo</p>	<p><b>8</b></p> <p>9:00 Exercise with Barb 9:30 Dominoes 9:30 Coffee &amp; Donuts 10:00 Book Nook 1:00 Mahjong 3:00 Watercolor 4:00 Dinner 5:00 Euchre / Hand &amp; Foot</p>	<p><b>9</b></p> <p>9:00 SilverSneakers Classic 9:30 Wii Bowling 12:00 Polar Plunge Event 1:00 Phoochie 5:00 AN Drees 5:30 TOPS</p>	<p><b>10</b></p> <p>9:00 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10:00 Crokinole 1:00 Bingo</p>	<p><b>11</b></p> <p>4:30—Texas Hold'em Hand &amp; Foot</p>
<p><b>13</b></p> <p>9:00 Walking Group 9:00 Exercise with Barb 9:30 UNO 10:00 Rummikub 11:00 Bavaria Downs 12:30 Club 99 12:30 Erie County Trivia 1:00 Poker—Dealers Choice</p>	<p><b>14</b></p> <p>9:00 SilverSneakers Circuit 9:30 Hand &amp; Foot 12:45 Movie: Matinee 4:30 Texas Hold'em 5:00 Dinner—Near End Video</p>	<p><b>15</b></p> <p>9:00 Exercise with Barb 9:30 Dominoes 10:15 Stability Class w/ Felicia 10:30 Exercise Orientation 11-3 Heap Outreach 11:30 Board Luncheon 1:00 Mahjong 3:00 Watercolors 4:00 Dinner 5:00 Euchre / Hand &amp; Foot</p>	<p><b>16</b></p> <p>9:00 SilverSneakers Classic 9:30 Hitch a Ride—Theodore Roosevelt 9:30 Wii Bowling 1:00 Phoochie 1:00 Writer Preparedness Program 5:30 TOPS</p>	<p><b>17</b></p> <p>9:00 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Betty White Movie &amp; Lunch 10:00 Crochet 10:00 Crokinole 11:00 Grief 1:00 Bingo</p>	<p><b>18</b></p> <p>4:30—Texas Hold'em Hand &amp; Foot</p>
<p><b>20</b></p> <p><b>Center Closed</b></p> 	<p><b>21</b></p> <p>9:00 SilverSneakers Circuit 9:30 Hand &amp; Foot 12:30-1:30 Feedmore FoodTruck 12:45 Movie: Matinee 4:30 Texas Hold'em 5:00 Dinner / Cornhole</p>	<p><b>22</b></p> <p>9:00 Exercise with Barb 9:30 Dominoes 9:30-11:30 St. Outreach Services 12:00 Lunch / Music Trivia 10:15 Stability Class 1:00 Mahjong 3:00 Watercolors 4:00 Dinner 5:00 Euchre / Hand &amp; Foot</p>	<p><b>23</b></p> <p>9:00 SilverSneakers Classic 9:30 Wii Bowling 10:00 Hitch a Ride—Central Library 1:00 Phoochie 1:00 Program—Walnuts 5:30 TOPS</p>	<p><b>24</b></p> <p>9:00 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10:00 Crokinole 1:00 Program—Radium Girls 1:00 Bingo</p>	<p><b>25</b></p>
<p><b>27</b></p> <p>9:00 Walking Group 9:00 Exercise with Barb 9:30 UNO 10:00 Rummikub 12:00 Homemade Monday &amp; Trivia 12:30 Club 99 1:00 Poker—Dealers Choice</p>	<p><b>28</b></p> <p>9:00 SilverSneakers Circuit 9:30 Hand &amp; Foot 12:45 Movie: Matinee 3:00 Texas Hold'em / Tourney 3-5 Akron liveract game day 5:00 Dinner</p>	<p><b>29</b></p> <p>9:00 Exercise with Barb 9:30 Dominoes 10:15 Stability Class 1:00 Mahjong 1:00 Program—A combat Pilot Story 3:00 Watercolors 4:00 Dinner 5:00 Euchre / Hand &amp; Foot</p>	<p><b>30</b></p> <p>9:00 SilverSneakers Classic 9:30 Wii Bowling 10:00 Craft w/ Linda 1:00 Phoochie 4:30 Dinner &amp; Movie 5:30 TOPS</p>	<p><b>31</b></p> <p>9:00 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10:00 Crokinole 1:00 Bingo</p>	