

Akron/Newstead Senior Center

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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

January 2025

Senior Center Highlights



- In **NOVEMBER** we toured Ford Gum, honored our Veterans, visited Montabaur Heights, had tea at Asa Ransom House and hitched a ride to the Outlet Mall and the Christmas Shoppe.
- We welcomed entertainment by The Quilted Canoe, Christine Devalder, and The Hastings Duo.
- We enjoyed presentations by University Express and M & T Bank.
- We hosted a Health Insurance Forum and tech help with the Akron High School Interact Club.
- We served **1,089** meals through the Erie County Congregate Dining Program and **144** meals prepared by staff or catered.

DIRECTOR'S NOTE



Hello Friends,

Happy New Year! We had an amazing 2024 with so many adventures, parties, outings, good times and good memories.

As we look forward to this New Year, I would like to remind everyone that if you haven't renewed your membership for 2025, now is the time. All memberships expired on December 31st, 2024 and must be renewed to remain active. To keep your membership active and to continue receiving the newsletter, please renew as soon possible.

I also need to inform everyone that the Erie County Congregate Dining program is raising their prices. Starting January 1st, it will now be a suggested donation of \$3.50 for anyone joining us for meals.

Finally, I would like to welcome back Fran LaClair as our Senior Center Board President for 2025.

Cheers to 2025! May it be your best year yet! We look forward to new adventures for you and with you at our Center.

Sincerely,
Sarah

SUNSHINE REPORT



Thinking of You

Linda Finger

Sympathy

Gail Bistrick
(death of husband)

Diane Kingswell
(death of husband)

SENIOR BOARD NEWS - 2025 SENIOR BOARD

President - Francis LaClair

Vice President - Pat Pearce

Secretary - Joanne Lizauckas

Treasurer - Kay Green

Board of Directors - Betty Bohn, Barb Gaik, Mike Makarewicz, Roxanne Warren and Paul Vohwinkel

In December, the Senior Board sponsored entertainment for the Board Luncheon, as well as 4 baskets for our G.O.L.D.E.N program to encourage members we haven't seen in awhile!

SPECIAL EVENTS

Wednesday, January 8th
@ 9:00am
Coffee and Donuts

Join us for a donut and fresh brewed coffee!



\$2.00

Thursday, January 9th
@ 12:00pm
Polar Plunge

Join us to take the plunge by enjoying a selections of dips and dippers!



\$6.00

Wednesday, January 15th
@ 11:30pm
Board Luncheon

Join us for the board meeting @ 11:30 followed by lunch!



Meal: Tortellini soup, salad, garlic bread and dessert

\$3.00

Friday, January 17th
@ 10:00am
Betty White Day

\$6.00

Join us for a Betty White movie "Annie's Point" followed by lunch!



Meal: Betty White's favorite foods - hot dog, french fries and in honor of Golden Girls - cheesecake

Wednesday, January 22nd
@ 12:00pm
Lunch and Music Trivia

\$4.00

Join us for lunch followed by Music Trivia with Rich Hooper!



Meal: Greek chicken salad, multigrain bread and dessert

Monday, January 27th
@ 12:00pm
Homemade Monday

\$6.00

Join us for a homemade meal and trivia with Tony and Jackie.



Meal: Chicken patty sandwich (w/ mayo and lettuce), mac and cheese and veggie

Tuesday Night Line Up: January 7th: Bingo

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

January 14th: 2024 Slideshow

January 21st: Cornhole

January 28th: Akron Interact Club

Game Night 3:00 - 5:00pm

FOLLOWED BY DINNER @ 5pm

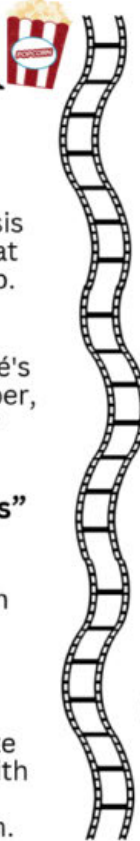
(see insert)

Movie Matinees

MOVIE NEWS

Dinner and a Movie

Tuesdays @ 12:45 pm



Thursday, January 30th
@ 4:30pm

"A Family Affair" - (PG-13)

A surprising romance kicks off comic consequences for a young woman (Joey King), her mother (Nicole Kidman) and her movie star boss (Zac Efron) as they face the complications of love, sex, and identity.

\$5.00

Dinner:

Meatloaf, mashed potatoes, veggie and dessert

- **January 7th - "Fall Into Winter" (TV-G)**
Follow Kelly, as she has to work next to her nemesis "Brooks", her brother's high school best friend that now owns half of Kelly's family-owned candy shop.
- **January 14th - "Love Again" (PG-13)**
A young woman tries to ease the pain of her fiancé's death by sending texts to his old cell phone number, and forms a connection with the man the number has been reassigned to
- **January 21st - "Happiness for Beginners" (TV-14)**
Helen signs up for a wilderness survival course, a year after getting divorced. She discovers through this experience that sometimes, you have to get really lost in order to find yourself.
- **January 28th - "Aloha" (PG-13)**
A celebrated military contractor returns to the site of his greatest career triumphs and reconnects with a long-ago love while unexpectedly falling for the hard-charging Air Force watchdog assigned to him.



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BOOK NOOK

Wednesday, January 8th @ 10:00 am

We will discuss December's book (Beartown) and introduce January's book:

Migrations by Charlotte McConaghy

Franny Stone has always been the kind of woman who is able to love but unable to stay. Leaving behind everything but her research gear, she arrives in Greenland with a singular purpose: to follow the last Arctic terns in the world on what might be their final migration to Antarctica. Franny talks her way onto a fishing boat, and she and the crew set sail, traveling ever further from shore and safety. But as Franny's history begins to unspool—a passionate love affair, an absent family, a devastating crime—it becomes clear that she is chasing more than just the birds. When Franny's dark secrets catch up with her, how much is she willing to risk for one more chance at redemption?

Book subject to change based on library availability

LADIES LUNCHEON



Rob's Topico Pizza

Thursday, January 2nd @ 12:30pm

10250 Main St, Clarence 14031

RSVP to Freda Weinreber by 12/29
716-695-4199 if you plan to attend.

AKRON NEWSTEAD DINER'S CLUB



American Legion

Thursday, January 9th @ 5:30pm

9 Eckerson Ave, Akron

Meal choices:

- Meatloaf
- Chicken Parm
- Shrimp Scampi

\$23.00

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!



January 16th @ 9:30am - Theodore Roosevelt Inaugural Site

Includes transportation and admission into the historical site for an hour guided tour. Bring pocket money for lunch on the way back at Anderson's.

\$14.00

January 23rd @ 10:00am - Central Library Tour

Includes transportation and donation to library. Bring pocket money for pizza on the way home.

\$7.00



TRIPS AND TRAVEL

Space Limited!
Payment due at time of sign up!

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

Lancaster, PA - Accommodations at the Eden Resort

Save the Dates - More info to come!

April 24th, 2025 - Let's Make a Car

Toyota Plant tour & Ancaster Old Mill Trip

May 21st, 2025 - History Lovers Day Tour

The National Warplane Museum & Wadsworth Homestead - lunch at Yard of Ale

June 19th, 2025 - Beautiful

The Carole King Musical at Geva Theatre in Rochester

August 17th - 27th, 2025 - National Parks Explorer

Glacier National Park, Grand Teton National Park, Yellowstone, Mt. Rushmore, Devil's Tower Monument & Crazy Horse



CASINO

Batavia Downs Casino

Monday, January 13th @ 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 12th

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



January

13th

@ 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

Word Riddles:

The first two letters signify a male, the first three letters signify a female, the first four letters signify a great, while the entire word signifies a great woman. What is the word?

What English word has three consecutive double letters?

New Year's Word Scramble

1. TULSNEOROI _____
2. CFIOETNT _____
3. SSPRROEUPO _____
4. ORRWKSIFE _____
5. TOSTA _____
6. RBLATEEOICN _____
7. TMGIDHIN _____
8. UTDWOONNC _____
9. OIDYHAL _____
10. ATRTDINOI _____

ARTS AND CRAFTS



Craft - Thursday, January 30th @ 10:00am \$20.00

Guest Instructor Linda Chaffee - Valentine's Fabric Painting (canvas bag or bring your own)



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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Akron Newstead Senior Center - Akron, NY

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BE SURE TO SIGN IN AND/OR SCAN YOUR SILVERSNEAKERS CARD BEFORE CLASS OR WHEN USING THE GYM FACILITY!



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

7-week Stability Class w/ Felicia: Wednesdays @ 10:15am January 15th - February 26th

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, January 15th @ 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, January 17th @ 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

Thursday, January 2nd 1:00 - 3:00 pm

Wednesday, January 15th 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

Univera: February 19th 10:00am - 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



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:

January 28th @ 3:00pm
Poker Tournament - \$25



CENTER CLOSED 1/1 and 1/20

CONVERSATION CORNER JANUARY IS *Glaucoma Awareness Month*



Glaucoma is a leading cause of irreversible blindness in the United States and the world.



More than three million Americans are living with glaucoma, 2.7 million of whom—aged 40 and older—are affected by its most common form, open-angle glaucoma.



Blindness or low vision affects 3.3 million Americans age 40 and over.



There are 80 million people worldwide with glaucoma, and this number is expected to increase to over 111 million by 2040.

There is no way to prevent glaucoma, but early detection and treatment can help prevent or delay vision loss. Here are some ways to reduce the risk of vision loss due to glaucoma:

Get regular eye exams, manage risk factors, take medications, exercise, protect your eyes, learn your family history and avoid high trans and saturated fat foods

Brain Games Answers

Word Scramble:

1. RESOLUTION
2. CONFETTI
3. PROSPEROUS
4. FIREWORKS
5. TOAST
6. CELEBRATION
7. MIDNIGHT
8. COUNTDOWN
9. HOLIDAY
10. TRADITION

Riddles

1. HEROINE
2. BOOKEEPER



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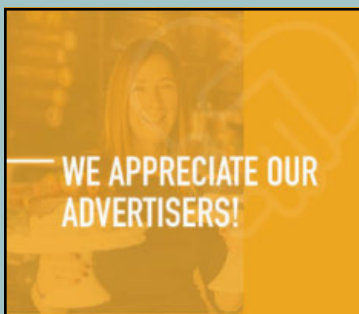



Barb Hodddick

Licensed Real Estate Salesperson

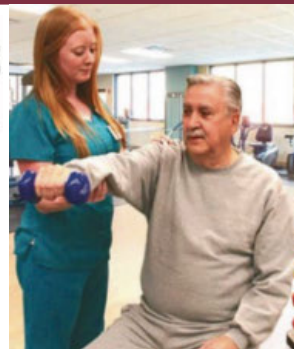


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