

### Akron/Newstead Senior Center

5691 Cummings Road  
Akron, New York 14001

Phone: 716-542-6645

Fax: 716-220-8252

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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 Find us on Facebook: Akron Newstead-Seniors

# AKRON-NEWSTEAD SENIOR NEWS

## February 2025

*Senior Center  
Highlights*



- In **DECEMBER** we had a holiday tea and decorated cookies. We took groups to see White Christmas at the Palace Theatre and Lion King at Shea's. We hitched a ride to the Outlet Mall and the Christmas Shoppe.
- We welcomed entertainment by the Akron High School Orchestra and Quartet, DSP Jazz Trio, Judd Sunshine, Abby & Levi and DJ Biggs
- We enjoyed presentations by University Express.
- We donated 4 boxes of hats and scarves to Lockport C.A.R.E.S homeless shelter.
- We served **746** Erie County Congregate Meals and **125** meals catered or made by staff.

# DIRECTOR'S NOTE



Hello Friends,

Happy February! Love is in the air!

Even though mother nature gave us a break in the early portion of winter, perhaps you may be looking for things to do to help get you through the remaining long winter months? Then I suggest you stop by the Center and see what we have planned.

Come to our annual Senior to Senior dance with the Akron High School Seniors, as we enjoy a lovely meal, music by DJ Biggs, and a photo booth. If that doesn't fit in your calendar, then come check out our afternoon movie matinees, one of our many exercise classes, or a card game or two. The list just goes on and on!

And don't forget, you can always save yourself the hassle of cooking, and let us do it for you. We serve meals daily, with a suggested donation of \$3.50. Check out the enclosed menu, and don't forget to call ahead for reservations.

If you haven't renewed your membership for 2025, please do so. Not sure if you renewed? Just give us a call at 542-6645.

Be safe & warm. I hope to see you around the Center.  
Sarah

# SUNSHINE REPORT

\*\*\*\*\*

## Thinking of You

Harold Gardner

## Sympathy

Ann Zebrowski  
(death of husband)

Judy Geyer  
(death of sister)

## SENIOR BOARD NEWS - 2025 SENIOR BOARD EVENTS

SAVE THE DATE FOR THESE SPECIAL SENIOR BOARD EVENTS IN RUSSELL PARK!

Saturday, June 21st @ 6:00pm

Polka in the Park

Saturday, July 12th @ 6:00pm

Carnival Kids Steel Drum Orchestra

## SPECIAL EVENTS

Tuesday, February 11th  
@ 5:00pm

**Senior to Senior  
Valentines Party**

Join us for our 3rd Annual Valentines Party with the Akron High School Seniors!

**Meal:** Spaghetti and meatballs, salad, roll and dessert. **\$15.00**



Tuesday, February 18th  
@ 5:00pm

**Dinner and Saxman Slim**

Join us for dinner @ 5pm followed by entertainment at 5:15pm

**Meal:** Meatloaf, scalloped potatoes, veggies, salad and dessert **\$6.00**



Wednesday, February 19th  
@ 11:30am

**Board Luncheon**

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

**Meal:** Sloppy joe, mac salad, veggie and dessert. **\$3.00**



Friday, February 21st  
@ 12:00pm

**Funny Friday**

Join us for lunch followed by comedian Dan Viola!

**Meal:** Cabbage roll, mashed potatoes, carrots, salad, corn muffin and dessert. **\$8.00**

**\$8.00**



Monday, February 24th  
@ 12:00pm

**Homemade Monday**

Join us for a homemade meal followed by trivia!

**Meal:** Chicken and biscuits, applesauce and dessert **\$6.00**

**\$6.00**



Friday, February 28th  
@ 12:00pm

**Oscars Party**

Join us for lunch and an Oscars award themed game!

**Meal:** Breaded pork chop, mashed potatoes, gravy, veggie and dessert **\$6.00**

**\$6.00**



## Tuesday Night Line Up:

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

February 4th: Bingo

February 11: DJ Biggs

February 18th: Saxman Slim

February 25th: Shuffleboard

## Movie Matinees

**Tuesdays @ 12:45 pm**  
**GIRL POWER**

- February 4th - "On the Basis of Sex" (TV-MA)**  
 The true story of Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as U.S. Supreme Court Associate Justice.
- February 11th - "Judy" (PG-13)**  
 Legendary performer Judy Garland arrives in London in the winter of 1968 to perform a series of sold-out concerts.
- February 18th - "Shirley" (PG-13)**  
 Shirley Chisholm makes a trailblazing run for the 1972 Democratic presidential nomination after becoming the first Black woman elected to Congress.
- February 25th - "The Union" (PG-13)**  
 A Construction worker Mike is thrust into the world of espionage when his high school sweetheart, Roxanne, recruits him for a high-stakes intelligence mission.

## MOVIE NEWS



## Dinner and a Movie

**Thursday, February 27th**  
**@ 4:30pm**

**"The Six Triple Eight" - (PG-13)**

During World War II, 855 women joined the fight to fix the three-year backlog of undelivered mail. Faced with discrimination and a country devastated by war, they managed to sort more than 17 million pieces of mail ahead of time.

**\$6.00**

### Dinner:

Open-faced turkey sandwich with gravy, stuffing, veggie and dessert



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# BOOK NOOK

Wednesday, February 5th @ 10:00 am

We will discuss January's book (Migrations) and introduce February's book:

## The Lions of Fifth Avenue by Fiona Davis

Journey into the heart of one of New York's most venerable landmarks, the New York Public Library, in a story that follows two generations of strong-minded women, both connected to a mysterious series of rare book thefts.

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

# LADIES LUNCHEON



## Flavor

Thursday, February 6th @ 12:30pm

6432 Genesee St, Lancaster, NY

RSVP to Sharon Schumacher by 1/29  
716-359-1916 if you plan to attend.

# AKRON NEWSTEAD DINER'S CLUB



## Cipollina

Thursday, February 13th @ 5:30pm

6 Clinton Street, Akron

Meal choices:

- Chicken Parm
- Lasagna
- Vegetarian

**\$25.00**

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 is limited!



## February 10th @ 11:30am - Valentine's Treat Yourself

Lunch and wine tasting at Arrowhead Spring Vineyards followed by a stop at Half Baked (cookies and ice cream). Includes transportation, lunch and wine tasting, bring pocket money for Half Baked.

**\$26.00**

## February 12th @ 9:45am - For the Love of History

Rescheduled University Express Program - Discover the Buffalo History Museum

**\$5.00**



# 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

## August 17th - 27th, 2025 - National Parks Explorer (see insert)

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

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



# CASINO

## Batavia Downs Casino

Monday, February 10th @ 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, March 10th @ 9:00am



Save money on your car insurance and increase your driving skills. Registration required. Lunch is available for a suggested donation of \$3.50, or you may bring your own.

2025 dates: May 12th, July 14th, August 15th & November 10th

# 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



February  
10th

@ 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:

1. I can be cracked, I can be made. I can be told, I can be played. What am I?
2. What do snowmen call their offspring?
3. The more you take, the more you leave behind. What are they?

# Winter Word Scramble

1. TANBIERHE \_\_\_\_\_
2. NITWER \_\_\_\_\_
3. YHCILL \_\_\_\_\_
4. RECEFIPLA \_\_\_\_\_
5. CIICEL \_\_\_\_\_
6. EPINGUN \_\_\_\_\_
7. ORPAL RABE \_\_\_\_\_
8. NEKOFSWLA \_\_\_\_\_
9. IBLZDRAZ \_\_\_\_\_
10. RESHIV \_\_\_\_\_

# ARTS AND CRAFTS



**Craft** - Friday, February 7th @ 10:30am \$10.00

Guest Instructor Rose Brunea - Cards (set of 4)



**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: SILVER Sneakers, RENEW ACTIVE, SILVER AND FIT

## CLUB 99

FREE resistance band and movement exercise program offered by Erie County  
**Mondays @ 12:30 pm**

## Silver Sneakers

**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 Silver Sneakers 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, February 19th @ 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, February 21st @ 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, February 5th 1:00 - 3:00 pm**  
**Wednesday, February 19th 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:



**February 11th @ 12:00**  
**"Puppy Love"**

Sign up for lunch and get puppy snuggles from the Young's Legacy Labradors

**CENTER CLOSED**

**February 17th**



# CONVERSATION CORNER

## Brain Games Answers

### Word Scramble:


1. HIBERNATE
2. WINTER
3. CHILLY
4. FIREPLACE
5. ICICLE
6. PENGUIN
7. POLAR BEAR
8. SNOWFLAKE
9. BLIZZARD
10. SHIVER


### Riddles

1. A JOKE
2. CHILL-DREN
3. FOOTSTEPS

### PRESIDENTIAL FUN FACTS

 **GEORGE W. BUSH BECAME THE 1ST PRESIDENT TO COMPLETE A MARATHON**


 **WILLIAM MCKINLEY HAD A PET PARROT THAT HE TAUGHT TO WHISTLE "YANKEE DOODLE"**

 **DWIGHT D. EISENHOWER KEPT 3 LUCKY COINS IN HIS POCKET - A SILVER DOLLAR, A 5-GUINEA GOLD COIN AND A FRENCH FRANC**


 **AT 6 FT 4 IN JAMES MADISON WAS THE SHORTEST PRESIDENT**


 **WOODROW WILSON IS THE ONLY PRESIDENT TO HAVE A PHD**

 **BEFORE BECOMING PRESIDENT, RONALD REAGAN CO-STARRED IN A MOVIE WITH A CHIMP NAMED PEGGY**


 **JAMES BUCHANAN WAS NEARSIGHTED IN 1 EYE AND FARSIGHTED IN THE OTHER, WHICH MADE HIM PERMANENTLY TILT HIS HEAD TO THE LEFT**

 **MILLARD FILLMORE STOOD FOR PUBLIC OFFICE FROM 3 DIFFERENT PARTIES**

 **AS WELL AS HAVING HIS OWN PETS, CALVIN COOLIDGE WAS GIVEN A WALLABY, A PYGMY HIPPO, A BLACK BEAR, AND A PAIR OF LION CUBS BY FOREIGN DIGNITARIES**


 **THOMAS JEFFERSON INVENTED THE FIRST SWIVEL CHAIR**

 **FRANKLIN D ROOSEVELT WAS A STAMP COLLECTOR AND APPROVED THE DESIGN OF OVER 200 STAMPS**

 **BILL CLINTON'S HOBBY WAS CROSSWORD PUZZLES. HE EVEN COMPOSED ONE FOR THE NY TIMES**

 **IN 1927, HERBERT HOOVER APPEARED ON THE FIRST LONG DISTANCE TV BROADCAST IN THE US.**


 **GEORGE H.W. BUSH CELEBRATED HIS 90TH BIRTHDAY BY MAKING A PARACHUTE JUMP**

 **THE TEDDY BEAR WAS NAMED AFTER THEODORE ROOSEVELT**

 **JOHN QUINCY ADAMS KEPT AN ALLIGATOR AS A PET**

 **BARACK OBAMA COLLECTED SPIDERMAN & CONAN THE BARBARIAN COMICS**

 **RICHARD M NIXON FINANCED HIS 1ST CONGRESSIONAL CAMPAIGN FROM HIS WINNINGS AT POKER**

 **ABRAHAM LINCOLN WAS THE 1ST PRESIDENT TO HAVE A BEARD AND WAS THE TALLEST AT 6 FT 4 IN**



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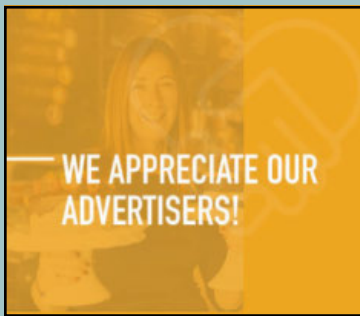
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