

# Programs and Presentations

Please sign up in advance 716-542-6645

## **March 11th @ 5:00pm - Haunted Corners: The Many Legends of Murder Creek**

There is perhaps no greater mystery in Akron lore than the source of the name of the sluggish stream that winds its way through the town of Newstead. Researcher/Storyteller, Mark Saglian will explore several origin stories including an examination of the most widely accepted version – Uriah Cummings' account, published in 1906 entitled "The Haunted Corners"

## **March 12th @ 1:00pm - Baseball**

Join Marty Kohler as he shares a unique film that captures the essence of baseball from 1934 to 1957. This fascinating collection consists of 8mm and 16mm footage shot by players and fans, offering a glimpse into the game's history.

After the film, Marty will share his impressive collection of vintage baseball memorabilia.

## **March 13th @ 4:00pm - 14 Ways to Protect Your Assets**

Learn how to preserve your assets if nursing home or assisted living care is necessary and plan for incapacity with powers of attorney, health care proxies, living wills, wills, trusts, transferring your home to family members, long term care insurance, prepaid funeral accounts, IRAs, properly documented gifts, spousal allowances and transfers, caregiver agreements, and emergency Medicaid planning.

## **March 26th @ 1:00pm - My City Smells Like Cheerios: The History of Cereal**

On a warm, breezy summer day, that sweet aroma wafting over the city will tell you they're making Cheerios. But why here in Buffalo? And how did breakfast become a thing, what is the connection to health sanitariums? Hear the story of how Cheerios came to be made in Buffalo and how dry, ready to eat cereal right out of the box began in central New York, and even cereal's connection to Mar-a-Lago!

## **March 27th @ 1:30pm - Understanding Alzheimer's and Dementia**

This course covers basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments



**Friday, March 14th @ 11:00am**

## **Montabaur Heights Art Exhibit and Lunch -- \$15**

Meet at Montabaur Heights (4530 Ransom Rd, Clarence, NY) to view the Historic Erie Canal Drawings collection by Dana Hatchett followed by lunch. Meal options available at sign up.

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



# Tie Blankets with the Akron High School Interact Club



Saturday, March 22nd

10:00am - 2:00pm

Join in as the Akron High School Interact Club teams up with the Akron Newstead Seniors to make Tie Blankets for donation to Roswell.

Lunch will be served at noon: French bread pizza with side salad and dessert.

# Good for the Neighborhood

Sponsored by:  
Independent Health FOUNDATION



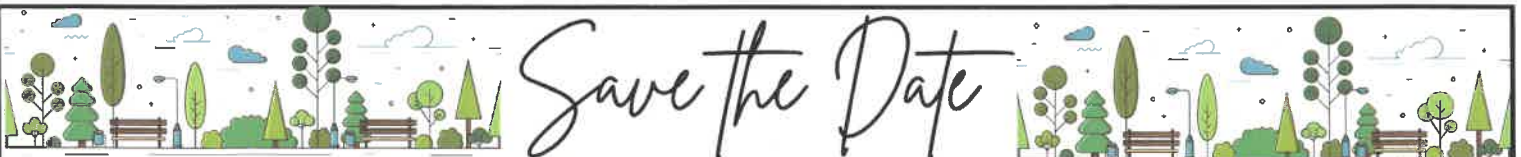
Thursday, March 27th  
5:00 - 6:30pm



FREE produce bag for first 150 people

FREE gift certificate for the first 150 people

FREE Health Screenings



Save the Date

## Fit Over 50 : A Walk in the Park

A Senior Health and Fitness Fair

Wednesday, May 21st 10am-1pm

Clarence Town Clubhouse

# 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"/>	March 5th--Music Trivia \$4 _____		<input type="checkbox"/>
<input type="checkbox"/>	March 6th--The Buffalo Chips \$6 _____		<input type="checkbox"/>
<input type="checkbox"/>	March 10th--Batavia Downs \$35 _____		<input type="checkbox"/>
<input type="checkbox"/>	March 12th--Hitch a Ride: Medina \$5 _____		<input type="checkbox"/>
<input type="checkbox"/>	March 13th--Diner's Club \$33 _____ Meal Choice: (circle one) Pork Chop    Chicken    Fish		<input type="checkbox"/>
<input type="checkbox"/>	March 14th--Montabaur \$15 _____	Need a ride? Yes - \$16	<input type="checkbox"/>
<input type="checkbox"/>	March 17th--St Patty's Day Lunch \$6 _____		<input type="checkbox"/>
<input type="checkbox"/>	March 18th--Board Dinner \$3 _____		<input type="checkbox"/>
<input type="checkbox"/>	March 19th--Hitch a Ride: Niagara Produce \$5 _____		<input type="checkbox"/>
<input type="checkbox"/>	March 20th--Dinner and a Movie \$6 _____		<input type="checkbox"/>
<input type="checkbox"/>	March 21st--Craft \$8 _____		<input type="checkbox"/>
<input type="checkbox"/>	March 22nd--Tie Blankets \$0 _____		<input type="checkbox"/>
<input type="checkbox"/>	March 24th--Homemade Monday \$6 _____		<input type="checkbox"/>
<input type="checkbox"/>	March 25th--Elton John Tribute \$6 _____		<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 \_\_\_\_\_

# Come aboard the Maple Syrup Train!

with the **AKRON-NEWSTEAD SENIORS**

*Sunday, March 23, 2025*

Ride the Attica Arcade Train to North Java,  
tour the Kibler Maple Sugar Shanty,  
learn about Western New York Maple Production,  
and enjoy a catered pancake brunch.

**Price: \$89 per person**

**Please sign up & pay by Friday, February 28**  
**to guarantee trip reservations.**

**Space is limited so sign up early !**



There are restrooms at the train stations in Arcade & North Java. Travelers should dress appropriately for the winter weather. The train cars are heated, but you will disembark several times. Appropriate footwear is very important, as there may be snow & you will be getting off the train & walking outside at the stops. We recommend that you wear some kind of boots or heavier footwear (not sneakers) that will be good in snow & cold weather.

The train is handicapped accessible but the Sugar Shanty has no lift for electric rolators/wheelchairs. There is a walk of about 50 yards to the Sugar Shanty, which is a stone path. If muddy, wood planks will be used. which can make for an uneven surface.

- 7:15 am Depart by school bus from the Akron Newstead Senior Center, 5691 Cummings Road, Akron.  
(Please park on the far side of the parking lot.)
- 8:30 Arrive at the Attica Arcade Railroad Station (278 Main Street, Arcade). Step back in time and enjoy your ride aboard the last operating steam train in New York State! As you enter the train station, you are surrounded by the history of railroading in America featuring exhibits and nostalgic original photographs.
- 8:45 Boarding begins for your Maple Syrup Train Excursion! (departure is at 9:00 am).  
Arrive at Curriers Station, where you can disembark, stretch your legs and use the restrooms.  
Reboard the train and continue on to the Kibler Sugar Shanty.  
Arrive at the Kibler Sugar Shanty, where you will disembark and have a tour and demonstration of the maple sugar production process. Established in 1907, this 4th generation maple operation offers pure maple syrup, maple sugar, molded maple, and maple cream.  
After the tour, reboard your train and return to Curriers Station.
- pm Arrive at Curriers Station and enjoy a Pancake Brunch, catered by Wayne Abbott of the Flipside.  
Reboard your train after brunch and return to the Arcade Station.
- 2:45 Disembark at the main station, reboard your school bus and depart for home.
- 4:15 Estimated arrival time at the Akron Newstead Senior Center.

**Please note that the schedule is subject to change.**

*For further information, please contact:*

**Akron-Newstead Senior Center, 5691 Cummings Road, Akron, NY 14001 • (716) 542-6645**  
**Bus America Group Tours, 668 Phillips Road, Victor, NY 14564 • (585) 697-3590 1-800-724-8747**

# ACTIVITIES MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3</p> <p>9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:30 Club 99 - Virtual 1:00 Poker—Dealers Choice</p>	<p>4</p> <p>9:00 SilverSneakers Circuit 9:30 Hand &amp; Foot 10:15 Gentle Chair Yoga 12:30-1:30 Feedmore FoodTruck 12:45 Movie Matinee 4:30 Texas Hold'em 5:00 Dinner</p>	<p>5</p> <p>9:00 Exercise with Barb 9:30 Dominoes 10:00 Book Nook 10:15 Stability Class 1-3 Sr. Outreach Services 1:00 Mahjong 3:00 Watercolor 4:00 Dinner 5:00 Euchre / Hand &amp; Foot</p>	<p>6</p> <p>9:00 SilverSneakers Classic 9:30 Board Meeting 9:30 Bowling 10-12 Highmark BC/BBS 12:30 Ladies Lunch Outing 1:00 Pinochle 5:30 Dinner/The Buffalo Chips 5:30 TOPS</p>	<p>7</p> <p>8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10:00 Crokinole 1:00 Bingo</p>	<p>1</p> <p>4:30—Texas Hold'em Hand &amp; Foot</p>
<p>10</p> <p>9:00 Walking Group 9:00 Safe Driver Class 9:00 Exercise with Barb 10:00 Rummikub 11:00 Batavia Downs 11:30 Hitch a Ride 12:30 Club 99—in person 12:30 Erie County Trivia 1:00 Poker—Dealers Choice</p>	<p>11</p> <p>9:00 Exercise with Barb 9:30 Hand &amp; Foot 10:15 Gentle Chair Yoga 12:45 Movie Matinee 4:30 Texas Hold'em 4:30 Dinner 5:00 History of Murder Creek</p>	<p>12</p> <p>9:00 Exercise with Barb 9:30 Dominoes 10:15 Stability Class 12:30-1:30 United Healthcare 1:00 Hitch a Ride 1:30-2:30 Aetha 1:00 Program—baseball 1:00 Mahjong 3:00 Watercolors 4:00 Dinner 5:00 Euchre / Hand &amp; Foot</p>	<p>13</p> <p>9:00 SilverSneakers Classic 9:30 Bowling—make ups 1:00 Pinochle 4:00 Program—14 ways to protect your assets 5:00 AN Diners 5:30 TOPS</p>	<p>14</p> <p>8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10:00 Crokinole 11:00 Montabaur Lunch &amp; Art Show 1:00 Bingo 3-4 IHA -</p>	<p>15</p> <p>4:30—Texas Hold'em Hand &amp; Foot</p>
<p>17</p> <p>9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 St. Patty Day Lunch/ Music 12:30 Club 99 - Virtual 1:00 Poker—Dealers Choice</p>	<p>18</p> <p>9:00 Exercise with Barb 9:30 Hand &amp; Foot 10:15 Gentle Chair Yoga 12:30-1:30 Feedmore FoodTruck 12:45 Movie Matinee 4:30 Texas Hold'em 5:00 Board Meeting 5:30 Dinner 6-7 Celtic Bagpipers</p>	<p>19</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 1:00 Hitch a Ride 1:00 Mahjong 3:00 Watercolors 4:00 Dinner 5:00 Euchre / Hand &amp; Foot</p>	<p>20</p> <p>9:00 SilverSneakers Classic 9:30 Bowling 1:00 Pinochle 4:30 Dinner &amp; Movie 5:30 TOPS</p>	<p>21</p> <p>8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Easter Craft 10:00 Crochet 10:00 Crokinole 11:00 Grief &amp; Loss 1:00 Bingo</p>	<p>22</p> <p>10:00—Tie Blankets w/ Akron Interact Club  Sunday March 23rd 7:15am—Day Trip</p>
<p>24</p> <p>9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Homemade Monday/ Trivia 12:30 Club 99 - in person 1:00 Poker—Dealers Choice</p>	<p>25</p> <p>9:00 SilverSneakers Circuit 9:30 Hand &amp; Foot 10:15 <b>NO</b> Gentle Chair Yoga 12:45 Movie Matinee 4:30 Texas Hold'em 5:00 Dinner 5:30 The Hastig's Elton John Event</p>	<p>26</p> <p>9:00 Exercise with Barb 9:30 Dominoes 1:00 Program—My City Smells like Cheerios 1:00 Mahjong 3:00 Watercolors 4:00 Dinner 5:00 Euchre / Hand &amp; Foot</p>	<p>27</p> <p>9:00 SilverSneakers Classic 9:30 Bowling 1:00 Pinochle 1:30 Program Alzheimer's &amp; Dementia 5-6:30 Good For the Neighborhood 5:30 TOPS</p>	<p>28</p> <p>8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10:00 Crokinole 1:00 Bingo</p>	<p>29</p>
<p>31</p> <p>9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:30 Club 99 - in person 1:00 Poker—Dealers Choice</p>					

# Erie County Stay Fit Dining Program Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> Beef Macaroni Casserole with Mozzarella Peas &amp; Carrots Zucchini &amp; Tomatoes Italian Bread Pineapple Tidbits (753)</p>	<p><b>4 Fat Tuesday</b> Chicken &amp; Sausage Paella, Rice with Black Beans Corn with Red Pepper Cauliflower, Chocolate Cream Pie</p> <p>5pm- Roast beef, gravy, Ranch Mashed Potatoes, Veggies, Roll, Chef Salad &amp; Dessert - BINGO</p>	<p><b>5 Ash Wednesday</b> Stuffed Shells with Tomato Sauce &amp; Mozzarella Cheese, Mixed Vegetables, Spinach, Chef Salad with Dressing Dinner Roll Fresh Orange <i>Chocolate Milk</i> (869)</p> <p>4pm- Grilled Chicken Mandarini Orange &amp; Sunflower Salad, Roll &amp; Dessert</p>	<p><b>6</b> Pork Loin with Warm Cinnamon Apples, Sweet Potatoes, Brussels Sprouts Dinner Roll/Oatmeal Cookies (790)</p> <p>5:30pm - Roast beef, gravy, Ranch Mashed Potatoes, Veggies, Roll, Chef Salad &amp; Dessert</p>	<p><b>7</b> Beer Battered Fish with Tartar Sauce Tater Tots Au Gratin Broccoli Wheat Dinner Roll Butterscotch Pudding (745)</p>
<p><b>10</b> BBQ Pork Ribette on a Bun Duchess Potatoes Mixed Vegetables Diced Pears (822)</p>	<p><b>11</b> Meatballs with Sweet &amp; Sour Sauce over White Rice, Broccoli &amp; Carrots Fruit Punch Oatmeal Round (749)</p> <p>4:30pm Grilled Chicken Breast w/ Teriyaki Pineapple Sauce, Stir-Fry Veggies, Pineapple Juice, Rice Pilaf, Chef Salad &amp; Dessert -- Program</p>	<p><b>12</b> Tortellini with Tomato Meat Sauce &amp; Mozzarella Cheese, Italian Bean Medley, Grape Juice, Chef Salad with Dressing, Italian Bread Chocolate Ice Cream (828)</p> <p>4pm- Garden Chicken Patty Salad, Roll &amp; Dessert</p>	<p><b>13</b> Turkey with Stuffing, Gravy &amp; Cranberry Sauce Mashed Potatoes Green Beans Cinnamon Applesauce <i>Chocolate Milk</i> (635)</p>	<p><b>14</b> Omelet with Cheese Sauce Potatoes O'Brien California Blend Vegetables Wheat Bread Strawberry Gelatin (670)</p>
<p><b>17 St. Patrick's Day Meal</b> Corned Beef with Cabbage Buttered Potatoes Carrots Deli Rye Bread Lime Sherbet (686)</p>	<p><b>18</b> Italian Sausage with Peppers, Onions &amp; Tomato Sauce on a Bun, Diced Potatoes, Spinach Lorna Doones (660)</p> <p>5:00pm- Board Meeting/Dinner/ Celtic Bag Piper Event -</p>	<p><b>19</b> Beef Stroganoff over Pasta, Green Peas, Cauliflower, Fresh Banana <i>Chocolate Milk</i> (670)</p> <p>4pm- Tuna Macaroni Salad, Roll &amp; Dessert</p>	<p><b>20 Welcome Spring!</b> Grilled Chicken, Mandarin Orange &amp; Sunflower Salad Wheat Dinner Roll Lemon Meringue Pie (825)</p>	<p><b>21</b> Lasagna Roll with Vegetable Cream Sauce Zucchini California Vegetable Blend Chef Salad with Dressing Fruit Cocktail (589)</p>
<p><b>24</b> Homemade Monday!</p>	<p><b>25</b> Chili con Carne with Cheddar Apple Juice, Carrots, Corn Muffin Chef Salad with Dressing, Fresh Banana(912)</p> <p>5pm- Airline Chicken, Broccoli, Vegetable Rice, Roll, Chef Salad &amp; Dessert - The Hasting's</p>	<p><b>26</b> Polish Sausage with Sauerkraut &amp; Mustard on a Bun, Scalloped Potatoes Peas with Red Pepper Fudge Round (909)</p> <p>4pm- Chicken Caesar Salad, Roll &amp; Dessert</p>	<p><b>27</b> Polynesian Chicken over Rice Wax Beans California Blend Vegetables Chocolate Chip Cookies (644)</p>	<p><b>28</b> Vegetable Quiche with Cheese Sauce Broccoli Florets Harvard Beets Wheat Bread Fruit Cocktail <i>Chocolate Milk</i> (651)</p>
<p><b>31</b> Grilled Chicken with BBQ Sauce Rice with Black Beans Au Gratin Spinach Grape Juice Rice Krispie Treat (667)</p>	<p><b>1</b> Lasagna Roll with Tomato Meat Sauce &amp; Mozzarella, Cauliflower Peas, Dinner Roll, Mandarin Oranges <i>Chocolate Milk</i> (727)</p> <p>5pm- Ham Steak, Maple Glaze, Scalloped Potatoes, Brussels Sprouts, Rye Bread, Chef Salad &amp; Dessert</p>	<p><b>2 Soup &amp; Salad</b> Broccoli Cheddar Soup Chef Salad with Garbanzo Beans &amp; Dressing, Carrots, Fruit Punch Wheat Dinner Roll, Lorna Doone(878)</p> <p>4pm- Beef Taco Salad, Tortilla Strips &amp; Dessert</p>	<p><b>3</b> Breaded Boneless Pork Chop with Gravy Mashed Potatoes with Chives Mixed Vegetables Rye Bread Chocolate Pudding (713)</p>	<p><b>4</b> Beer Battered Fish with Tartar Sauce Cheesy Diced Potatoes Brussels Sprouts Multigrain Bread Strawberry Gelatin (632)</p>