

Akron/Newstead Senior Center

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Assistant to the Director: Jackie Long

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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

March 2025

Senior Center Highlights



- In **JANUARY** we had a morning of coffee and donuts, a Polar Plunge dip party and Betty White Day.
- We hitched a ride to the Theodore Roosevelt Inaugural Site and The Central Library.
- We welcomed the Akron Interact Club for a Game Day.
- We enjoyed presentations by Marlene Stone, Theresa Waiter and Jake Cooper.
- We served **659** Erie County Congregate Meals and **142** meals catered or made by staff.

DIRECTOR'S NOTE



Hello Friends,

Oh March, how I missed you! You have come in like a lion, and I really hope you are out like a lamb! The warmer spring weather is looking better and better each day. And with that said, winter hasn't been too bad (well maybe there were a couple blizzard like days, and, oh yes, several single digits days...) but that's all in the rear view mirror now that spring is around the corner.

Like every month, there is a lot we have planned here at the Center and I hope you will make time in your busy schedules to join us for these activities. Please tell your friends and neighbors about the wonderful things that happen here. No matter how much we advertise, we hope you will continue to spread the good word about our active Center. Its definitely not a secret that this is an awesome place to be!

Just a friendly reminder, if you haven't renewed your membership for 2025, this will be your last newsletter. All memberships expired on December 31st, 2024. Please renew now!

Thank you to those that donated soup to our Soup-er Bowl collection for the Akron Newstead Food Pantry.

See you at the Center,
Sarah

SUNSHINE REPORT

Thinking of You

Joanne Lizauckas

Sympathy

Mary Jagodzinski
(death of husband)

David & Pat Popielski
(death of brother)

SENIOR BOARD NEWS

March's Board Dinner and Celtic Spirit Bagpiper event will once again be sponsored by the Senior Board keeping the cost low at \$3!

The Senior Board sponsored 4 baskets for our **G.O.L.D.E.N** (Gift Of Love Delivered to Encourage Neighbors) Program in February.

SPECIAL EVENTS

Wednesday, March 5th
@ 12:00pm
Music Trivia

Join us for lunch and music trivia with trivia whiz Rich Hooper!



Meal: **\$4.00**
Stuffed shells w/ sauce, mixed vegetables, spinach, roll, chef salad and dessert

Thursday, March 6th
@ 5:30pm
The Buffalo Chips

Join us for dinner followed by UB's lower voice acapella group



Meal: **\$6.00**
Roast beef, ranch mashed potatoes, veggie, roll, salad and dessert

Monday, March 17th
@ 12:00pm
St Patty's Day Lunch

Join us for lunch followed by Irish Music by Don Dwyer!



Meal: **\$6.00**
Corned beef w/ cabbage, potatoes, carrots, rye bread and dessert

Tuesday, March 18th
@ 5:00pm
Board Dinner and Bagpipers

\$3.00 Join us for a board meeting @ 5pm followed by dinner and the Celtic Spirit Bagpipers!



Meal:
Pulled pork, mac and cheese, veggie and dessert

Monday, March 24th
@ 12:00pm
Homemade Monday

\$6.00 Join us for a homemade meal followed by trivia!



Meal:
Chicken salad wrap w/ lettuce and tomato, chips, fresh fruit and dessert

Tuesday, March 25th
@ 5:00pm
Elton John Tribute

\$6.00 Join us to celebrate Elton John's birthday with the Hasting's Duo!



Meal:
Airline chicken with tomato cream sauce, broccoli, rice, roll, salad and dessert

Tuesday Night Line Up:

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

March 4th: Bingo

March 11th: *DINNER @ 4:30pm*
5:00 Program - History of Murder Creek (see insert)

March 18: Celtic Spirit Bagpipers (see above)

March 25th: The Hastings Duo (see above)

Movie Matinees

Tuesdays @ 12:45 pm
Action Comedies

- **March 4th - "True Memoirs of an International Assassin" (TV-14)**

After a publisher changes a writer's debut novel about a deadly assassin from fiction to non-fiction, the author finds himself thrust into the world of his lead character, and must take on the role of his character for his own survival.

- **March 11th - "The Man From Toronto" (PG-13)**

The world's deadliest assassin and New York's biggest screw-up are mistaken for each other at an Airbnb rental.

- **March 18th - "Rush Hour" (PG-13)**

A loyal and dedicated Hong Kong Inspector teams up with a reckless and loudmouthed L.A.P.D. detective to rescue the Chinese Consul's kidnapped daughter, while trying to arrest a dangerous crime lord along the way.

- **March 25th - "Rush Hour 2" (PG-13)**

Carter and Lee head to Hong Kong for a vacation, but become embroiled in a counterfeit money scam.

MOVIE NEWS



Dinner and a Movie

Thursday, March 20th
@ 4:30pm

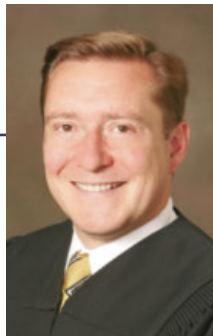
"Back in Action" - (PG-13)

Fifteen years after vanishing from the CIA to start a family, elite spies Matt and Emily jump back into the world of espionage when their cover is blown.

Dinner:

Shepherd's pie, rye bread, glazed carrots and dessert

\$6.00



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BOOK NOOK

Wednesday, March 5th @ 10:00 am

We will discuss February's book (The Lions of Fifth Avenue) and introduce March's book:

The Searcher by Tana French

Retired detective Cal Hooper moves to a remote village in rural Ireland. His plans are to fix up the dilapidated cottage he's bought, to walk the mountains, to put his old police instincts to bed forever. Then a local boy appeals to him for help. His brother is missing, and no one in the village, least of all the police, seems to care. And once again, Cal feels that restless itch. Something is wrong in this community, and he must find out what, even if it brings trouble to his door.

Book subject to change based on library availability

LADIES LUNCHEON



Elma Grill

Thursday, March 6th @
12:30pm

6650 Clinton St, Elma, NY

RSVP to **Freda Weinreber** by 2/28
716-695-4199 if you plan to attend.

AKRON NEWSTEAD DINER'S CLUB



Ripa's Italian Restaurant

Thursday, March 13th @ 5:30pm

4218 Walden Ave, Lancaster, NY

Meal choices:

- Charbroiled Pork Chop
- Chicken Francaise
- Charbroiled Fish

\$33.00

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!



March 12th @ 1:00pm - Merchants of Main St. Medina

Shop Main St in Medina. Antiques, bookstore, chocolates, bakery and more.

\$5.00

March 19th @ 1:00pm - Watson's Chocolates and Niagara Produce

Hitch a ride for a little shopping! Bring pocket money for purchases at either stop.

\$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

NEW TRIP!

March 23rd, 2025 - Maple Syrup Train

Train Ride, Tour of Kibler Maple Sugar Shanty and Pancake Brunch

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

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

FULL!

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

Toyota Plant tour & Ancaster Old Mill Trip



CASINO

Batavia Downs Casino

Monday, March
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

FULL!



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



March
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:

Sudoku

The objective is to fill a 9 × 9 grid with digits so that each column, each row, and each of the nine 3 × 3 subgrids that compose the grid contain all of the digits from 1 to 9.

Riddles

a) I have keys but no locks. I have a space but no room. You can enter, but can't go outside.

What am I?

b) People make me, save me, change me, raise me.

What am I?

			5					1		
	7			5			1	3	2	
	6							7		
				9	4	3				
8				2						9
9	2	4			7				1	
							4			5
5	4			1		9				
			6				2		4	1

Answers: a) A Keyboard b) The letter O

ARTS AND CRAFTS



Craft - Friday, March 21st @ 10:00am \$8.00

Easter Egg Wreath



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

TIME CHANGE Fridays
Floor 8:45 - 9:30am
Chair 9:45 - 10:45am
NEW! Tuesdays
Chair 10:15 - 11:15am

7-week Stability Class w/ Felicia: Wednesdays @ 10:15am January 15th - March 19th

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, March 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, March 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, March 5th 1:00 - 3:00 pm
Wednesday, March 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

Highmark: Thursday, March 6th 10:00am - 12:00pm
United: Wednesday, March 12th 12:30 - 1:30pm
Aetna: Wednesday, March 12th 1:30 - 2:30pm
IHA: Friday, March 14th 3:00 - 4:00pm

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 March Madness



Enter to WIN 1 of 4 lottery ticket basketball packages.

1st draw \$100
2nd draw \$50
3rd draw \$25
4th draw \$25

1 ticket for \$1
7 tickets for \$5

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!

SAVE THE DATE:

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

CONVERSATION CORNER

HAVE YOU TRIED IT?

Herb-Lovers Lemony Orzo Salad

This Herb-Lovers Lemony Orzo Salad is full of fresh and zesty ingredients that everyone will love! Perfect for serving as a main dish or side, and easy to customize with your favorite add-ins.



SHOPPING LIST:

- 12 ounces uncooked orzo pasta
- 2 large handfuls fresh baby spinach, chopped
- 1 (15-ounce) can chickpeas, rinsed and drained
- 1 English cucumber, diced
- half a small red onion, diced
- 1 cup roughly-chopped fresh basil leaves
- 1 cup roughly-chopped fresh mint leaves
- 1-2 lemons, zested and juiced
- 1/4 cup olive oil
- sea salt and freshly-cracked black pepper, to taste
- optional: 1/2 cup crumbled feta or goat cheese

INSTRUCTIONS:

1. Cook the pasta in a large stockpot of generously-salted water until al dente, according to package instructions. Drain pasta then rinse thoroughly in a strainer with cold water until the pasta is chilled. Transfer pasta to a large mixing bowl.
2. Add the remaining ingredients to the mixing bowl (using cheese if desired). Toss until evenly combined. Taste, and season with a few generous pinches of salt and pepper, to taste.
3. Serve immediately. Or cover and refrigerate for up to 3 days.

Submit your favorite recipe to the office staff and maybe your recipe will appear in the "Conversation Corner"



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