

Akron/Newstead Senior Center

5691 Cummings Road
Akron, New York 14001

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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

April 2025

Senior Center Highlights



- In **February** we hitched a ride to Arrowhead Springs Winery and the Buffalo History Museum.
- We welcomed the Young's Legacy Labradors, DJ Biggs and the Akron High School Seniors, Saxman Slim and Comedian Dan Viola.
- We had programs on Managing Money with Kailea from the Alzheimer's Association and on Getting Comfortable with Death with Amber Sastry.
- We served **651** meals through Erie County Congregate Dining & **184** made by staff!

DIRECTOR'S NOTE



Hello Friends,

According to the calendar spring is here! With the spring weather it is time to emerge from hibernation and check out what is "springing" up at the Center. Some positive signs of spring: the Senior Bike group is eager for their first ride, the Golf group is ready to hit the green and the Walking group will be out and about enjoying the fresh air.

If you haven't been to the Center in a while, we would like to invite you to stop by; join us for lunch or dinner. Sign up for some of our programs. We have dominoes, bowling, fitness classes, special presentations, social activities, cards and much, much more. And if you have any suggestions, I would love to discuss them with you.

Keep in mind our other big upcoming events: Senior Health and Fitness Resource Fair (May 21st), annual Open House (July 16th) and our week long Basket Raffle scheduled to start Monday, August 4th.

One more note- April is National Volunteer Month and I want to Thank all our Volunteers for all you do to make our Senior Center one of the Best!

See you at the Center,
Sarah

SUNSHINE REPORT

Get Well

Freida Brandel

Thinking of You

Debb Sabbatis

Sympathy

Roger Grove
(death of wife)

Terry Mazzone
(death of husband)

SENIOR BOARD NEWS

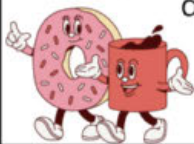
The Senior Board has voted to sponsor a book to gift to each of the Akron Elementary students who are participating in the Bookmark Buddies Program at the Newstead Public Library. This program pairs children with a senior citizen to promote a love of reading.

SPECIAL EVENTS

If meals are provided by the Erie County Congregate Meal Program it is a suggestion donation of \$3.50. Please note if a meal is paired with entertainment the meal portion is still a suggested donation of \$3.50!

Monday, April 7th
@ 9:30am
Coffee and Donuts

Join us for a fresh cup of coffee and a donut!



\$2.00

Thursday, April 10th
@ 12:00pm
Pig Out!!

Join us for lunch followed by a piggy meet and greet!



Meal:

Pulled pork, pasta salad, veggie and dessert

\$6.00

Tuesday, April 15th
@ 12:00pm
113th Titanic Anniversary

Join us for lunch followed by the Titanic movie!



Meal:

Fish sandwich, wavy potato chips, iceberg salad and dessert

\$6.00

Wednesday, April 16th
@ 11:30am
Board Easter Luncheon

\$3.00

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



Meal:

Chicken cordon bleu w/ herb gravy, scalloped potatoes, veggie, salad, roll and dessert

Monday, April 28th
@ 12:00pm
Homemade Monday

\$6.00

Join us for a homemade meal followed by trivia!



Meal:

"Sunday" chicken (baked chicken and rice dish), broccoli, garlic bread and dessert

Tuesday, April 29th
@ 5:00pm
Dinner and Trombone

\$6.00

Join us for dinner and trombone by Christine DeValder!



Meal:

Salisbury steak with onion gravy, duchess potatoes, carrots, salad and dessert

Tuesday Night Line Up:

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



April 1st: Cornhole

April 8th: Deal or No Deal

April 15th: Kunik - The Therapy Dog

April 22nd: Bingo

April 29th: Trombone (see above)

Movie Matinees

Tuesdays @ 12:45 pm
Dramas



- **April 1st - "You Gotta Believe" (PG)**
A Little League baseball team of misfits dedicates their season to a player's dying father. In doing so, they accomplish the impossible by reaching the World Series finals in a game that became an ESPN instant classic.
- **April 8th - "The Shack" (PG-13)**
A grieving man receives a mysterious, personal invitation to meet with God at a place called "The Shack."
- **April 15th - "Titanic" (PG-13)**
A seventeen-year-old aristocrat falls in love with a kind but poor artist aboard the luxurious, ill-fated R.M.S. Titanic
- **April 22nd - "The Forge" (PG)**
After graduating from high school without any plans for the future, Isaiah receives a push to start making better life decisions.
- **April 29th - "Lion" (PG-13)**
A five-year-old Indian boy is adopted by an Australian couple after getting lost hundreds of kilometers from home. 25 years later, he sets out to find his lost family.

MOVIE NEWS

Dinner and a Movie

FRIDAY, April 25th
@ 4:30pm

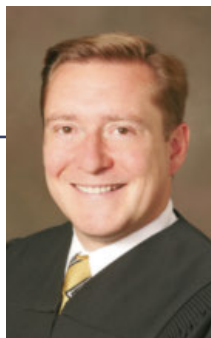
"Here" - (PG-13)

A generational story about families and the special place they inhabit, sharing in love, loss, laughter, and life. Starring Tom Hanks and Robin Penn, from the director of Forrest Gump.

\$6.00

Dinner:

Pot roast with potatoes and carrots, side salad, roll and dessert



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BOOK NOOK

Wednesday, April 2nd @ 10:00 am

We will discuss March's book (The Searcher) and introduce April's book: **This Time Tomorrow by Emma Straub**

On the eve of her 40th birthday, Alice's life isn't terrible. She likes her job, even if it isn't exactly the one she expected. She's happy with her apartment, her romantic status, her independence, and she adores her lifelong best friend. But her father is ailing, and it feels to her as if something is missing. When she wakes up the next morning she finds herself back in 1996, reliving her 16th birthday. But it isn't just her adolescent body that shocks her, or seeing her high school crush, it's her dad: the vital, charming, 40-something version of her father with whom she is reunited. Now armed with a new perspective on her own life and his, some past events take on new meaning. Is there anything that she would change if she could?

Book subject to change based on library availability

LADIES LUNCHEON



Black Water Tap & Tavern

Thursday, April 3rd

@ 12:30pm

12443 Broadway, Alden

RSVP to Ann Vohwinkel by 3/28
716-238-1521 if you plan to attend.

AKRON NEWSTEAD DINER'S CLUB



Orazio's

Thursday, April 10th @ 5:30pm

9415 Main Street, Clarence

Meal choices:

- Chicken Piccata
- Pasta Bolognese
- Shrimp Vincenza

Sign up required by April 2nd!

\$40.00

Includes: Coffee, tea, soda, salad, dessert and gratuity!

HITCH A RIDE

Hitch a ride with the Senior Center van for the following outings. Space is limited!



April 9th @ 9:00am - Broadway Market

Includes a ride to the Broadway Market (No meal stop - please plan accordingly)

\$5.00

April 30th @ 10:00am - Millard Fillmore Presidential Site

Includes a 90 minute tour of the site followed by lunch at the Aurora Senior Center.

\$15.00



TRIPS AND TRAVEL

Space Limited!
Payment due at time of sign up!

Thursday, April 24th 2025 - Let's Make a Car **FULL!**

Lunch @ Ancaster Mill Restaurant and tram tour of Toyota Plant

NEW! Wednesday, May 21st, 2025 - Historical Central New York

National Warplane Museum, Lunch @ Yard of Ale, Wadsworth Homestead, Deer Run Winery (see insert)

NEW! June 18th, 2025 - Beautiful: The Carole King Musical

Buffet lunch @ Red Fedele's Brook House followed by the show at Geva Theatre in Rochester (see insert)

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

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



CASINO

Batavia Downs Casino

Monday, April 14th @ 11:00am

Includes \$25 free play and a \$10 food voucher! **\$35.00**

Please make checks payable to Mar-Bon Social Club

Daredevils of Niagara

Seneca Niagara Casino
Tuesday, July 22nd @ 8:30am

Includes \$25 free play and a \$5 food voucher and Daredevils Comedy Show. (see insert) **\$46.00**

\$35.00

SAFE DRIVERS ACADEMY

Monday, May 12th @ 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: 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



April 14th

@ 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

Bring in your completed puzzle to be entered to win a prize!

ACROSS

- Computer on a cafe table, probably
- "Sherlock" network
- "Forget it!"
- City home to the Copacabana
- Tough pitch to hit
- Kindle display
- Dance for duos
- Allergen from a pet
- Actor Craig of "Casino Royale"
- Objects of worship
- Greatly impresses
- Pixie that responds to clapping
- Golfer's peg
- Demolition site debris
- Away from home
- Kidded around

Crossword Puzzle

DOWN

- Speech mannerism
- Cambodia's continent
- Hunger twinge
- Little kid
- Twelve minus eleven
- Wormhole in a sci-fi movie, e.g.
- General Electric or General Mills
- Ship's lower area
- Printer type
- Disallow
- Kalahari or Gobi
- "Same here!"
- Farewell, to François
- Song for nine voices
- Sort or kind
- "Take a Chance on Me" singers
- Halloween decorations
- Model Macpherson
- Downhill racer
- Feel remorse

1	2	3	4	5	6		7	8	9
10							11		
12							13		
14					15				
				16					
17	18	19	20						
21						22	23	24	25
26					27				
28					29				
30					31				

ARTS AND CRAFTS



Craft - Friday, April 11th @ 10:00am \$5.00

Whipped Cream and/or Rice Easter Egg Dye - 6 eggs



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

Tuesdays
Chair 10:15 - 11:15am
Fridays
Floor 8:45 - 9:30am
Chair 9:45 - 10:45am

Stability Class with Cindy: 8 week class - Coming May 7th - June 25th

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. A waiver must be signed and a note from your physician must be received prior to use. **Please see a staff member before your first visit to the fitness facility to receive brief instructions!**

TOPS - Taking Off Pounds Sensibly meets every Thursday night @ 5:30 pm



Grief & Loss Support Group - Friday, April 25th @ 11am (usually 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, April 2nd 1:00 - 3:00 pm
Wednesday, April 16th 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

IHA: Friday, April 11th 3:00pm - 4:00pm
United: Wednesday, April 16th 10:00 - 11:00pm
Aetna: Wednesday, April 16th 11:00am - 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

NEW! FUNDRAISING Easter Basket



Enter to WIN 1 of 4 \$50 lottery ticket Easter baskets.

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!

ALSO THIS MONTH:

CENTER CLOSED FOR GOOD FRIDAY - APRIL 18TH



Golf Breakfast
April 21st @ 9:30



Bike Breakfast
April 23rd @ 9:30





Spring Activities for Older Adults

- ✿ **Feeding birds, ducks, or geese by a pond.** Alternately, you can both fill bird feeders and watch the wildlife they attract.
- ✿ **Planting a garden.** Even just some border flowers or potted herbs and plants.
- ✿ **Doing spring cleaning.** Tasks for older adults may include sorting through items to donate or discard.
- ✿ **Walking outside.** Preferably around the neighborhood or an attractive park.
- ✿ **Trying new spring recipes made with fresh fruits, vegetables, and herbs** – maybe even some from the garden!
- ✿ **Relaxing outside on a porch, deck, or patio.**
- ✿ **Doing crafts related to spring.** Such as painting birdhouses or making spring decorations.
- ✿ **Exercising outdoors.** For aging adults, this may consist of simple stretches or other exercises that are easy on the joints.
- ✿ **Going fishing.** If this is something you enjoyed when you were younger, there's no reason to give it up.
- ✿ **People-watching.** Don't underestimate this timeless activity! Simply observing people at a park, outdoor café, or another public place is especially good for older adults whose health limits them.
- ✿ **Attending an open-air concert, movie, or event.** Many municipalities offer these shows during the warmer months – sometimes free of charge!
- ✿ **Visiting a farmer's market.** This is a wonderful opportunity to people-watch, shop, and enjoy the fresh flavors and scents of spring.
- ✿ **Picking flowers.** There is nothing more quintessential to springtime than flowers. Whether they're picked from your garden or bought at a farmer's market, displaying various blossoms around the house is sure to bring smiles for days!



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