

Programs and Presentations

 Please sign up in advance 716-542-6645 

April 9th @ 1:00pm - Exercise Within Reach

Join us for the SNAP Ed program health benefits of physical activity and how to make physical activity a part of your daily routine.

April 17th @ 1:00pm - Substance Use Awareness and Advocacy for Older Adults

The Center for Elder Law and Justice presents an understanding of how substances are impacting older adults locally, how substance use impacts everyone and the unique impacts it has on older adults.

April 23rd @ 1:00pm - Hearing Presentation and Exam

Marie Ryan, Audiologist from Buffalo Hearing and Speech Center, will be holding a short informative presentation called "Hearing Loss and Hearing Aids?" What's Best for Me. This presentation will give you information about the process of pursuing hearing aids, what devices are on the market and what questions you may need to ask. Following this presentation will be FREE HEARING SCREENINGS. A hearing screening is a quick check of your hearing which will let you know if you need a complete audiological evaluation

April 24th @ 4:00pm - Independent Health Assure Plan

Independent Health offers a plan that is for people with a chronic heart failure related condition that a doctor has diagnosed you with called the Assure Advantage. You must reside in Erie County. Learn more with a redshirt at this presentation.



Erie County Department of Senior Services Presents: **AMP - Aging Mastery Program**

This 10 class program will assist you in developing sustainable behaviors across many dimensions that will lead to improved health, stronger financial security, enhanced well-being, and increased connectedness to communities. **Sign up required - space limited!**

Tuesdays starting April 22nd 1:00 - 2:00pm

Topic Schedule:

April 22nd: "Navigating Longer Lives"

April 29th: "Community Engagement"

May 6th: "Fall Prevention"

May 13th: "Exercise"

May 20th: "Medication Management"

May 27th: "Nutrition"

June 3rd: "Healthy Relationships"

June 10th: "Sleep"

June 17th: "Financial Fitness"

June 24th: "Memory Matters"

Program Graduation July 1st 1:00 - 2:00pm



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"/> April 7th--Coffee and Donuts \$2 _____		<input type="checkbox"/>
<input type="checkbox"/> April 9th--Hitch a Ride: Broadway Market \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> April 10th--Pig Out Lunch \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> April 10th--Diner's Club \$40 _____ Meal Choice: (circle one) Shrimp Chicken Pasta		<input type="checkbox"/>
<input type="checkbox"/> April 11th--Craft \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> April 14th--Batavia Downs \$35 _____		<input type="checkbox"/>
<input type="checkbox"/> April 15th--Titanic Lunch \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> April 16th--Board Luncheon \$3 _____		<input type="checkbox"/>
<input type="checkbox"/> April 21st--Golf Breakfast \$0 _____		<input type="checkbox"/>
<input type="checkbox"/> April 23rd--Bike Breakfast \$0 _____		<input type="checkbox"/>
<input type="checkbox"/> April 25th--Dinner and a Movie \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> April 28th--Homemade Monday \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> April 29th--Dinner and Trombone \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> April 30th--Hitch a Ride: Millard Fillmore Site \$15 _____		<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 _____

Erie County Stay Fit Dining Program Menu



Monday	Tuesday	Wednesday	Thursday	Friday
31 Grilled Chicken with BBQ Sauce Rice with Black Beans Au Gratin Spinach Grape Juice Rice Krispie Treat (667)	1 Lasagna Roll with Tomato Meat Sauce & Mozzarella, Cauliflower Peas, Dinner Roll, Mandarin Oranges, <i>Chocolate Milk</i> (727) 5pm- Ham Steak, Maple Glaze, Scalloped Potatoes, Brussels Sprouts, Rye Bread, Salad & Dessert / Cornhole	2 <i>Soup & Salad</i> Broccoli Cheddar Soup Chef Salad with Garbanzo Beans & Dressing, Carrots, Fruit Punch Wheat Dinner Roll, Lorna Doones 4pm- Beef Taco Salad, Tortilla Strips & Dessert	3 Breaded Boneless Pork Chop with Gravy Mashed Potatoes with Chives Mixed Vegetables Rye Bread Chocolate Pudding (713)	4 Beer Battered Fish with Tartar Sauce Cheesy Diced Potatoes Brussels Sprouts Multigrain Bread Strawberry Gelatin (632)
7 Hearty Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Vanilla Pudding (703)	8 Breaded Chicken with Buffalo-style Sauce on a Bun, Tater Tots Au Gratin Broccoli, Fresh Banana <i>Chocolate Milk</i> (858) 5pm- Cheese Ravioli with Tomato sauce, Cauliflower, Grape Juice, Roll, Salad & Dessert / Deal or No Deal	9 Polish Sausage with Sauerkraut & Mustard on a Bun, Ranch Mashed Potatoes, Carrots, Fudge Round Cookie (847) 4pm- Creek Chicken Salad w/ Chicken Breast, Roll & Dessert	10 Pig out Lunch	11 Omelet with Cheese Sauce Potatoes O'Brien Green Beans Wheat Bread Tropical Fruit (659)
14 Lasagna Roll with Tomato Meat Sauce & Mozzarella Spinach Grape Juice Italian Bread Sugar Cookies (796)	15 Titanic Lunch & Movie 5pm- Grilled Chicken Breast, Mashed Potatoes, Pears, Roll Salad & Dessert / Therapy Dog Kunik	16 <i>Easter Meal</i> Chicken Cordón Bleu with Creamy Herb Gravy, Scalloped Potatoes Normandy Vegetables Salad, Roll, Coconut Cream Pie (1162) 4pm- Tuna Macaroni Salad, Roll & Dessert	17 Hearty Pork Stew Mashed Potatoes Carrots Dinner Roll Strawberry Gelatin (603)	18 No Meals Served
21 <i>Dyngus Day</i> Cabbage Roll with Savory Meat Sauce Mashed Potatoes Corn Dinner Roll Boston Cream Pie (882)	22 Beef Pepper Steak Casserole over White Rice, Broccoli Florets Carrots, Diced Pears (587) 5pm- Breaded Chicken Drumsticks, Cheesy Potatoes, Broccoli Florets, Roll, Salad & Dessert / Bingo	23 Roasted Pork Loin with Warm Cinnamon Apples, Sweet Potatoes Green Beans, Wheat Bread Butterscotch Pudding (644) 4pm - Breaded Chicken Drumsticks, Cheesy Potatoes, Broccoli Florets, Roll, Salad & Dessert	24 <i>Entrée Salad</i> Garden Chicken Patty Salad with Cheddar & Ranch Dressing Multigrain Bread Fresh Banana <i>Chocolate Milk</i> (966)	25 Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole Country Cottage Vegetables Wheat Dinner Roll Tropical Fruit (654)
28 Homemade Monday!	29 Omelet with Cheese Sauce with Peppers, Onions & Tomatoes Tater Tots, Raisin Bread Pineapple Tidbits (762) 5pm- Salisbury Steak, Gravy, Dutchess Potatoes, Carrots, Roll, Salad & Dessert / Trombone	30 Baked Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella, Vegetables Fruit Punch, Salad Roll Fresh Banana (825) 4pm- Chicken Caesar Salad, Roll & Dessert	1 Breaded Chicken Breast with Gravy on a Bun Cheesy Mashed Potatoes Spinach Strawberry Ice Cream (813)	2 Roast Beef with Gravy & Horseradish Scalloped Potatoes Brussels Sprouts Rye Bread Mandarin Oranges <i>Chocolate Milk</i> (710)

*If you have a food allergy, please notify us.

ACTIVITIES APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 12:30-1:30 Feedmore Food Truck 12:45 Movie Matinee 4:30 Texas Hold'em 5:00 Dinner / Cornhole</p>	<p>2</p> <p>9:00 Exercise with Barb 9:30 Dominoes 10:00 Book Nook 1-3 Sr. Outreach Services 1:00 Mahjong 3:00 Watercolor 4:00 Dinner 5:00 Euchre / Hand & Foot</p>	<p>3</p> <p>9:00 SilverSneakers Classic 9:30 Board Meeting 9:30 Bowling 12:30 Ladies Lunch Outing 1:00 Pinochle 5:30 TOPS</p>	<p>4</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>5</p> <p>4:30—Texas Hold'em Hand & Foot</p>
<p>7</p> <p>9:00 Walking Group 9:00 Exercise with Barb 9:30 Coffee & Donuts 10:00 Rummikub 12:30 Club 99 - Virtual 1:00 Poker—Dealers Choice</p>	<p>8</p> <p>9:00 Exercise with Barb 9:30 Hand & Foot 10:15 Gentle Chair Yoga 12:45 Movie Matinee 4:30 Texas Hold'em 5:00 Dinner / Deal or No Deal</p>	<p>9</p> <p>9:00 Exercise with Barb 9:00 Hitch a Ride—Broadway Market 9:30 Dominoes 1:00 Snap Ed—Exercise within Reach 1:00 Mahjong 3:00 Watercolors 4:00 Dinner 5:00 Euchre / Hand & Foot</p>	<p>10</p> <p>9:00 SilverSneakers Classic 9:30 Bowling 12:00 Pig Out Luncheon 1:00 Pinochle 5:00 AN Diners 5:30 TOPS</p>	<p>11</p> <p>8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Craft—Eggs 10:00 Crochet 10:00 Crokinole 1:00 Bingo 3-4 IHA</p>	<p>12</p>
<p>14</p> <p>9:00 Walking Group 9:00 Exercise with Barb 11:00 Batavia Downs 12:30 Club 99 - in person 1:00 Poker—Dealers Choice</p>	<p>15</p> <p>9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 12:00 Titanic Lunch 12:30-1:30 Feedmore Food Truck 12:45 Movie Matinee 4:30 Texas Hold'em 5:00 Dinner / Therapy Dog Kunik</p>	<p>16</p> <p>9:00 Exercise with Barb 9:30 Dominoes 9:30-11:30 Sr. Outreach Services 10-11 United Health care 11-12 Aethia 11:30 Beard Luncheon 1:00 Mahjong 3:00 Watercolors 4:00 Dinner 5:00 Euchre / Hand & Foot</p>	<p>17</p> <p>9:00 SilverSneakers Classic 9:30 Bowling 1:00 Pinochle 1:00 Elder Law Program 5:30 TOPS</p>	<p>18</p> <p>CENTER CLOSED</p>	<p>19</p> <p>NO ACTIVITIES</p>
<p>21</p> <p>9:00 Walking Group 9:00 Exercise with Barb 9:30 Golf Breakfast 10:00 Rummikub 12:30 Club 99 - Virtual 1:00 Poker—Dealers Choice</p>	<p>22</p> <p>9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 12:45 Movie Matinee 1:00-2 AMP Program begins 4:30 Texas Hold'em 5:00 Dinner/ Bingo</p>	<p>23</p> <p>9:00 Exercise with Barb 9:30 Bike Breakfast 9:30 Dominoes 1:00 Hearing Presentation & screenings 1:00 Mahjong 3:00 Watercolors 4:00 Dinner 5:00 Euchre / Hand & Foot</p>	<p>24</p> <p>9:00 SilverSneakers Classic 9:30 Bowling 1:00 Pinochle 4:00 IHA—Assure Plan Presentation 5:30 TOPS</p>	<p>25</p> <p>8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10:00 Crokinole 11:00 Grief & Loss 1:00 Bingo 4:30 Dinner & Movie</p>	<p>26</p>
<p>28</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>29</p> <p>9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 12:45 Movie Matinee 1:00-2 AMP Program 4:30 Texas Hold'em 5:00 Dinner 5:15 Trombone Music</p>	<p>30</p> <p>9:00 Exercise with Barb 9:30 Dominoes 10:00 Hitch a Ride—Millard Fillmore 1:00 Mahjong 3:00 Watercolors 4:00 Dinner 5:00 Euchre / Hand & Foot</p>			



**HISTORICAL
CENTRAL NEW YORK
LIVINGSTON COUNTY**
Wednesday, May 21, 2025
AKRON NEWSTEAD SENIORS



Resident Price: \$110 per person
Non-Resident Price: \$130 per person

**Please sign up & pay by Monday, April 21st
to guarantee trip reservations.**

*Journey into the Nineteenth Century
as you explore the history of
Livingston County, located in the
Finger Lakes region, south of Rochester !*

- 9:00 am Depart by chartered motorcoach from the Akron Newstead Senior Center, 5691 Cummings Road, Akron for New York State's Livingston County. Please park on the far side of the parking lot.
Rest/coffee stop en route.
- 10:30-12:00 Arrive for a guided tour of the **National Warplane Museum** (3489 Big Tree Lane, Geneseo). The Museum is dedicated to the preservation and display of significant historical and military aircraft and artifacts for the benefit and education of the public. *We honor United States Veterans for their service and sacrifice.*
- 12:30-2:00 Enjoy lunch at the **Yard of Ale** (3226 Genesee St., Rt. 63, Piffard), an authentic 19th century tavern. When you sign up, please indicate your entree choice: **Prime Rib of Beef, Chicken Parmesan, Chicken Marsala or Garlic Shrimp Pasta with a side of smashed potatoes, sauteed vegetables, garden salad and rolls, coffee or soda.**
- 2:30-3:30 Enjoy a guided tour of the **Wadsworth Homestead** (4 South St., Geneseo), a National Historic Landmark. As the only country manor estate in NYS that has been continually owned by the original family since 1804, the enchanting Wadsworth Homestead overlooks the scenic Genesee River Valley and holds priceless treasures from seven generations of a renowned American family.
- 4:00-5:00 Enjoy a wine/cheese and chocolate tasting at **Deer Run Winery** (3772 West Lake Road, Geneseo) on beautiful Conesus Lake.
- 6:00 Estimated return time to 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, 1-800-724-8747



**“BEAUTIFUL: THE CAROLE KING MUSICAL”
AT GEVA THEATRE IN ROCHESTER
& LUNCH AT RED FEDELE’S BROOK HOUSE**

Wednesday, June 18, 2025

Akron Newstead Seniors

Resident Price: \$99 per person

Non-Resident Price: \$119 per person

*Please sign up & pay
by Friday, May 16th
to guarantee trip reservations.*

Before she was hit-maker Carole King, she was Carole Klein, an up-and-coming songwriter from Brooklyn. *Beautiful: The Carole King Musical* is the inspiring story of how she made her mark on the music industry -- and found her own voice in the process. This

Tony Award-winning musical with a book by the late Oscar- and Tony-nominated Douglas McGrath features the unforgettable songs from King’s iconic songbook:

“You’ve Lost That Lovin’ Feeling, Will You Love Me Tomorrow, I Feel the Earth Move, and Natural Woman”.

- 10:15 am Depart by chartered motorcoach from the Akron Newstead Senior Center, 5691 Cummings Road, Akron for Rochester. Please park on the far side of the parking lot.
- 11:30 Enjoy a buffet luncheon at Red Fedele’s Brook House (920 Elmridge Center Drive, Rochester), which has a rich history & tradition and offers “delicious home-style Italian-American food amid a comfortable casual setting.” Your buffet will include a relish & fresh fruit tray, two meats, hot vegetable, fresh roasted potatoes, mixed greens with dressing (served family style), pasta with red sauce, fresh Italian bread, and cookies.
- 1:00 pm Depart from lunch and transfer to Geva Theatre - Rochester’s premier professional theatre !
- 1:30 Arrive at Geva Theatre (75 Woodbury Boulevard) and be seated (orchestra seats).
- 2:00 Enjoy **“BEAUTIFUL: THE CAROLE KING MUSICAL.”**
- 4:30 At the end of the show (estimated time), depart on your return trip home.
- 5:45 Estimated return time to the Akron Newstead Senior Center.



Please note the schedule is subject to change.

For further information, please contact:

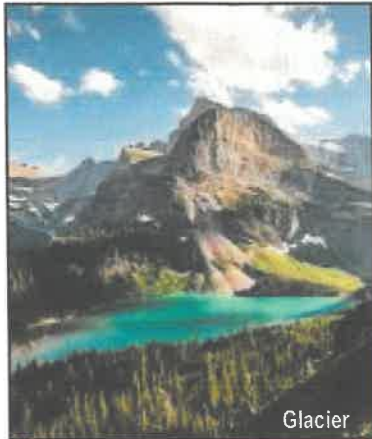
**Akron Newstead Senior Center, 5691 Cummings Road, Akron, NY 14001, (716) 542-6645
Bus America Group Tours, 668 Phillips Road, Victor, NY 14564, 1-800-724-8747**

NATIONAL PARKS EXPLORER

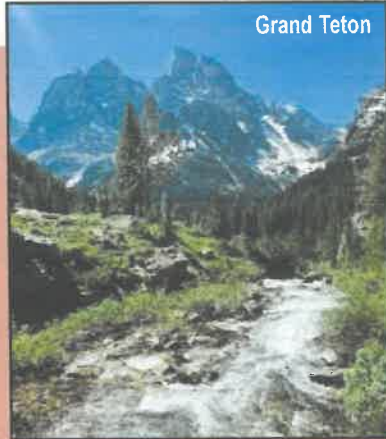
featuring Glacier, Grand Teton, Yellowstone & Mount Rushmore National Parks

August 17-27, 2025 (Sunday-Wednesday)

Bus America Group Tours with Akron Newstead Seniors*



Glacier



Grand Teton

Relax and take in our beautiful Country as you adventure through some of America's most beautiful parklands including Montana, Wyoming & South Dakota!

Price Per Person (call for Single):

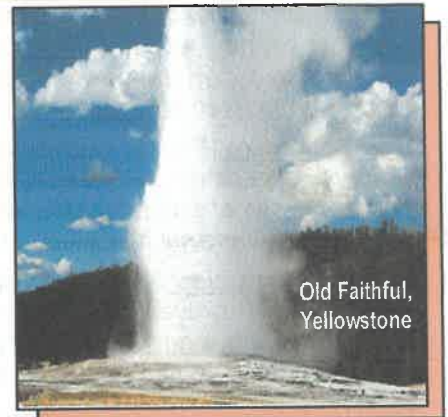
\$4,699 Double \$4,599 Triple

Space is limited, reserve early!

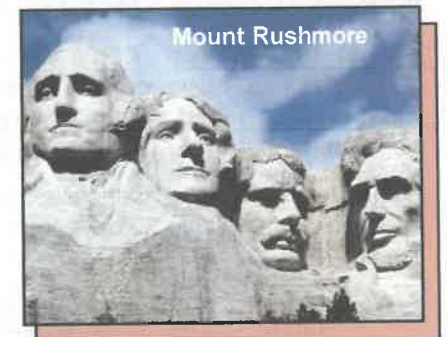
Includes: Round-trip flight from Buffalo or Rochester, deluxe chartered motorcoach, accommodations for 10 nights, breakfast daily & 8 dinners including a Special Chuckwagon Dinner Show, sightseeing highlights as listed below, full-time tour manager, and all taxes & tips.

**Akron Seniors +\$120 PP for bus to / from BUF Airport*

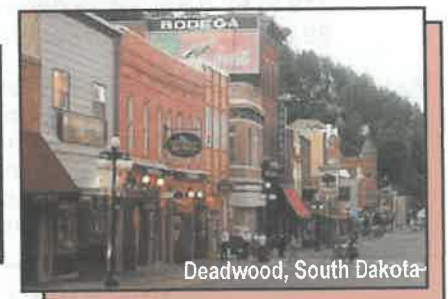
- **Glacier National Park** a showcase of melting glaciers, alpine meadows, carved valleys, and spectacular lakes & the famous **Going-to-the-Sun Road!**
- **Grand Teton National Park** with soaring mountain peaks, braided rivers, pristine lakes, lush valley floors, and extraordinary wildlife.
- **Gates of the Mountains Boat Cruise** in the foothills of the Rocky Mountains glide through the inexhaustible scenery - wooded slopes, rugged rock formations, and the placid beauty of the timeless Missouri.
- **Yellowstone National Park** full day tour including Old Faithful, Geyser Basin, Mammoth Hot Springs & the Grand Canyon of the Yellowstone.
- **Devil's Tower National Monument** an astounding geologic feature that protrudes out of the prairie surrounding the Black Hills & considered sacred by Northern Plains Indians and indigenous people.
- **Black Hills of South Dakota** including visits to Spearfish Canyon with its spectacular waterfalls & towering limestone palisades.
- **Mount Rushmore National Park** an internationally recognized symbol of freedom and democracy with majestic figures of George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln.
- **Crazy Horse Memorial** the world's largest sculpture, still in process to becoming the '8th wonder of the world'.
- **Cody, WY** including a visit to the Buffalo Bill Museum and a visit to the Little Bighorn Battlefield & Bighorn Monument.
- **Deadwood, SD** tour of this historic town with a shootout at the OK Corral!



Old Faithful,
Yellowstone



Mount Rushmore



Deadwood, South Dakota

To Register: Submit a \$300 per person deposit & Registration Form to Bus America Group Tours (at the address listed below)

Balance: Due in 5 installments, February-June, 2025

Insurance: Visit www.travelguard.com or www.travelinsurance.com

See Reverse for Important Terms & Conditions

For further information, please contact:

Bus America Group Tours, 668 Phillips Road, Victor, NY 14564 Tel (585) 697-3590 info@grouptoursinc.com



ScenicEXCURSIONS.NET

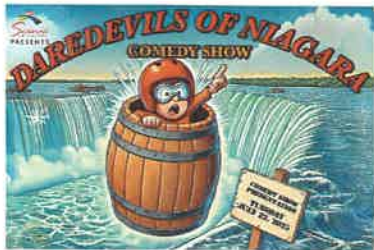
BUFFALO NIAGARA:
5175 Southwestern Blvd., Hamburg, NY 14075
716.649.9694 • Info@scenicexcursions.net

AKRON NEWSTEAD SENIORS

“DAREDEVILS OF NIAGARA”

**COMEDY SHOW PRESENTATION
SENECA NIAGARA BEAR’S DEN**

TUES., JULY 22, 2025



\$46.00 PER PERSON

STARRING JOEL DOMBROWSKI AS COMEDY HOST

- MOTOR COACH • \$25 CASINO FREE PLAY
- \$5 FOOD • SHOW IN BEAR’S DEN

We’re off to **SENECA NIAGARA CASINO** for the matinee comedic show presentation filled with history & humor. This great day out includes motor coach transportation, **MATINEE PERFORMANCE** at the **BEAR’S DEN SHOW ROOM**, **\$25 SLOT PLAY** and **\$5.00 SENECA DINING DOLLARS!**



DAREDEVILS OF NIAGARA COMEDIC SHOW PRESENTATION has you experience the comic, courageous and sometimes crazy stories of people who’ve challenged Niagara. **YOUR STAND-UP COMIC HOST, JOEL DOMBROWSKI** guides you to the 'the funny side' of the Falls revealing 300 years of history, humor and compelling stories of daredevils and tightrope walkers. What did they find when they turned off the Falls in 1969? And did an 'ark' of animals really go over the Falls? Find out the answers during this laugh filled presentation. It’s a fun day you don’t want to miss! Joel Dombrowski, author of Moon Niagara Falls, owner of Buffalo History Tours, Buffalo’s Double Decker Bus Tours is surely entertaining with his comedic with truly funny spirit. If you know – you know. If you don’t ... **DON’T MISS IT.** Limited availability – be sure to book early!!! Before and after the special event, spend time at your leisure at your leisure at **SENECA NIAGARA CASINO** offering exhilarating gaming with the hottest slots and action-packed games. Must arrive and depart via motor coach. Must be 21 years of age. Valid, Government issued photo ID is required to receive casino incentive. Show is General Admission.



DEPART: 8:30 AM Akron Newstead Senior Center, 5691 Cummings Rd., Akron
CASINO: 9:30 AM – 3:30 PM
RETURN: 4:30 PM

**For booking or more info., contact:
AKRON NEWSTEAD SENIOR CENTER**

**SARAH YOUNG
716-542-6645**



Trip is non-refundable after final payment. Guests must have valid, government issued photo ID to receive casino incentive. Guests must arrive and depart via motor coach.