

# may University Express

Please sign up in advance 716-542-6645

## **Thursday, May 1st @ 1:00pm - Healthy Living Works for Us**

60-minute and 30-minute options available. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Incorporate these recommendations into building a plan for healthy aging.

## **Friday, May 2nd @ 2:00pm - Strategies for Successful Aging and Retirement**

Understanding the issues and impact on your Money, Income, and Home of Medicaid & Nursing Home Risks. Some examples include understanding the effects of market downturn and inflation on retirement and care, evaluating the impact extra fees will have on retirement and your care plans, learn about tax saving on retirement and plan of care.

## **Monday, May 5th @ 1:00pm - Cancer Ed Services**

Join Us for education about breast, cervical and colorectal health - including screening services to eligible insured and uninsured men and women. Instructors will be giving - out FREE at home colorectal screening kits to those ages 45 - 75 that qualify.

## **Thursday, May 8th @ 2:00pm - Estate Planning/How to Protect Your Assets from the Nursing Home**

## **Friday, May 9th @ 2:00pm - Save Energy, Save Dollars**

This workshop will explore the many resources to help you save money on your energy bill and increase the comfort and safety of your home. Come join us and get a free DIY energy savings kit!

## **Thursday, May 15th @ 1:00pm - Stop the Bleed**

In life, you are more likely to use "Stop the Bleed" skills than CPR skills. Stop the Bleed is a grassroots national awareness campaign that trains and encourages bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.

## **Friday, May 16th @ 2:00pm - 3 Surgeons**

The Civil War produced an appalling loss of life. The three Union surgeons presented here helped stem this tragedy. The advances they made saved many lives and echo down to our modern medical practices.

## **Tuesday, May 20th @ 5:30 pm - Internet Privacy and Safety**

Learn the best practices for protecting your personal information online, from creating secure passwords to avoiding scams and staying safe on social media.

## **Thursday, May 22nd @ 10:00am - Brownies and Budget Building**

The Center for Elder Law and Justice will speak about Budgeting for Seniors and ways to improve your money management skills. We will also present on the benefits of partnering with our Money Management Program as a volunteer or a client. Join us as we share a snack and new ideas!

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## **Wednesday, May 28th @ 1:00pm - Connecting You to Key Services**

Learn about congregate and home-delivered meals, nutrition counseling, employment and volunteer opportunities, senior centers, transportation, in-home supports as well as support to family, friends, and neighbors who may be providing assistance to older adults and much more.

## **Thursday, May 29th @ 2:00pm - The Anthropology of Conspiracy Theories**

"Conspiracy Theory" is a common phrase in the news these days; what does it mean? This talk discusses some of the standard elements in public narratives about hidden evil forces that are working among us to subvert our way of life. Anthropology reveals that such beliefs are timeless and universal and intensify in times of general social anxiety. Most interesting: many conspiracy theories throughout history have several terrible elements in common, which are suggestive of their likely origins in the evolution of human sociality.

## **Friday, May 30th @ 1:15pm - Landlubbing on the Buffalo River**

From the comfort of your chair "sail" down the Buffalo River with its rich industrial history. Harken back to the days when Buffalo was a major inland port, and the grain elevators were the heart of the city's pulse. We will be revisiting the past and looking toward the future as we explore Buffalo's riverfront.

**FULL CATALOG OF UNIVERSITY EXPRESS CLASSES WILL BE AVAILABLE AT THE CENTER!**



# Focus Group

## **Tuesday, May 6th 3:00 - 4:00pm**

Join members of Erie County Senior Services for a focus group to talk about our community!

### **Things like:**

- **Housing**
- **Transportation**
- **Community Services**
- **Finances**
- **Medical Service etc.**

**Snacks provided,  
please call the center  
to register in  
advance!**

# 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.

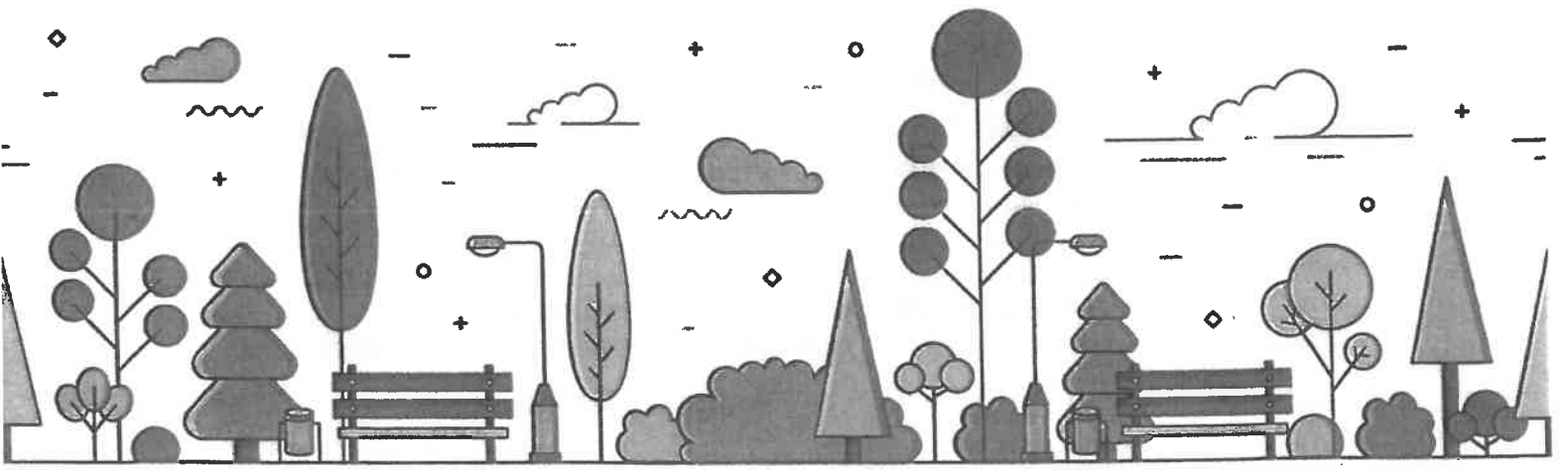
Please provide separate checks for Trips and Travel, Casino Trips and Diners Club.

Event:	Name(s) Attending	Staff Use (PD)
<input type="checkbox"/> May 6th--Corfu Pembroke Band \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> May 8th--Diner's Club \$38 _____ Meal Choice: (circle one)      Pot Roast      Turkey      Chicken		<input type="checkbox"/>
<input type="checkbox"/> May 12th--Batavia Downs \$35 _____		<input type="checkbox"/>
<input type="checkbox"/> May 13th--Board Dinner \$3 _____		<input type="checkbox"/>
<input type="checkbox"/> May 14th--Akron Chorus \$4 _____		<input type="checkbox"/>
<input type="checkbox"/> May 15th--Craft \$20 _____		<input type="checkbox"/>
<input type="checkbox"/> May 19th--Homemade Monday \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> May 22nd--Hitch a Ride : Jello Factory \$10 _____		<input type="checkbox"/>
<input type="checkbox"/> May 23rd--Memorial Day Lunch \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> May 27th--Hitch a Ride : Sweet Jenny's \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> May 28th--Pancake Breakfast \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> May 29th--Dinner and a Movie \$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.

<b>Lunch:</b>		<b>Dinner:</b>	
Date(s)	Name(s)	Date(s)	Name(s)


Additional Comments \_\_\_\_\_ Staff Initial \_\_\_\_\_



# FIT OVER 50

## A WALK IN THE PARK

Wednesday, May 21st

10:00am - 1:00pm

Clarence Town Park

10405 Main Street

 **FREE Exhibits on health, fitness, safety and government benefits**

 **FREE Health Screenings**

 **FREE Presentations:**

- 10:15 - 11:30am - Bob Friedman: 14 Ways to Protect Your Assets
- 10:30AM - YOGA IN THE PARK
- 12:00pm - Zumba in the Park

 **FREE Lunch with music for first 200 people**

 **Raffle Prizes**

**A SENIOR HEALTH AND FITNESS FAIR HOSTED BY:  
Akron - Newstead Senior Center  
& Clarence Senior Center**

**Generously  
sponsored by:**

**HIGHMARK**  
WESTERN NEW YORK

**univera**  
HEALTHCARE

**UnitedHealthcare**

Independent  
**Health**

**Nascentia**  
Health

**FRIEDMAN**  
**RANZENHOFER**  
ATTORNEYS AT LAW



**Department  
of Health**

**EPIC**  
Elderly Pharmaceutical  
Insurance Coverage  
Program

THE AKRON - NEWSTEAD SENIOR CITIZENS INVITE YOU TO

# The Buffalo TOWN

## Polka in the Park

Saturday, June 21st @ 6pm

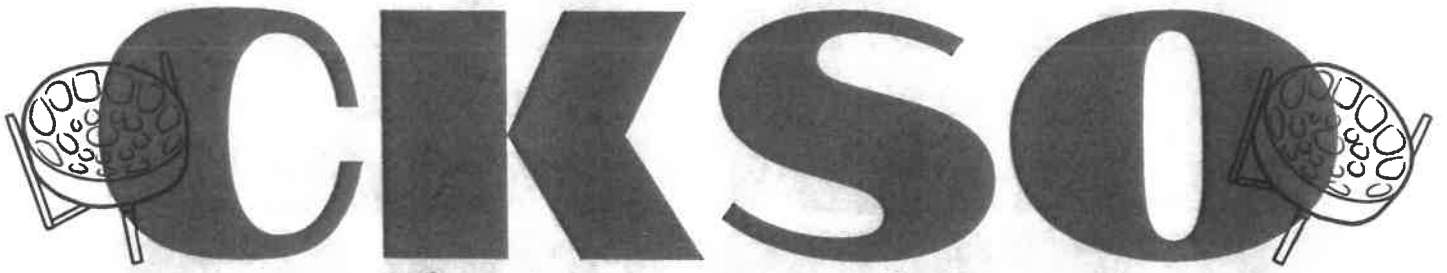
GENEROUS COMMUNITY  
SPONSORSHIPS  
FORTHCOMING!

**HOT DOGS, BRATWURST, PIES AND  
CANDY FOR SALE BY THE:**

AKRON-NEWSTEAD  
**SENIOR  
CITIZENS**



THE AKRON - NEWSTEAD SENIOR CITIZENS INVITE YOU TO



*Carnival Kids Steel Orchestra*  
in Russell Park

**Saturday, July 12th @ 6pm**

GENEROUSLY SPONSORED BY:




**HOT DOGS, COOKIES AND  
CANDY FOR SALE BY THE:**






# May Activities Calendar

MON	TUE	WED	THU	FRI	SAT
			1 9:00 SilverSneakers Classic 9:30 Board Meeting 9:30 Bowling 10:00-12:00 Highmark BCBS Club 99 10:30 Club 99 12:00 Lunch 12:30 Ladies Luncheon 1:00 Pinochle 1:00 U.E. Healthy Living 5:30 TOPS	2 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Floor Yoga 10:00 Crochet 10:00 Crokinole 12:00 Lunch 1:00 Bingo 2:00 U.E. Strategies for Successful Aging	3 4:30 Texas Hold 'em Hand and Foot
5 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 1:00 Dealer's Choice Poker 1:00 U.E. Cancer Ed Services	6 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 12:00 Lunch 12:45 Movie Matinee 3:00-4:00 Focus Group 4:30 Texas Hold 'em Poker 6:00 Dinner/Corfu - Pembroke Community Band	7 9:00 Exercise with Barb 9:30 Dominoes 10:00 Book Nook 10:15 Stability Class 12:00 Lunch 1:00 - 3:00 Sr Outreach Services 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	8 9:00 SilverSneakers Classic 9:30 Bowling Breakfast 12:00 Lunch 1:00 Pinochle 2:00 U.E. Basics of Estate Planning 5:00 A/N Diners Club 5:30 TOPS 6:00 SNAP Ed - Whole Grains	9 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Floor Yoga 10:00 Crochet 10:00 Crokinole 12:00 Lunch 1:00 Bingo 2:00 U.E. Save Energy 3:00-4:00 IHA	10
12 9:00 Walking Group 9:00 Exercise with Barb 9:00 Safe Driving Academy 10:00 Rummikub 11:00 Batavia Downs 12:00 Lunch 1:00 Dealer's Choice Poker	13 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 12:00 Lunch 12:45 Movie Matinee 4:30 Texas Hold 'em Poker 4:30 Board Meeting and Dinner w/ Juggler Jacob Harter	14 9:00 Exercise with Barb 9:30 Dominoes 10:15 Stability Class 11:00 Lunch/Akron Elementary Choir 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	15 9:00 SilverSneakers Classic 10:30 Club 99 11:00 - 12:00 Tennessee Trip Meeting 12:00 Lunch 1:00 Pinochle 1:00 Stop the Bleed 2:30 Craft 5:30 TOPS	16 CENTER CLOSED UNTIL 1PM 1:00 Bingo 2:00 U.E. 3 Surgeons	17 4:30 Texas Hold 'em Hand and Foot
19 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Homemade Monday and Trivia 1:00 Dealer's Choice Poker	20 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 12:00 Lunch 12:45 Movie Matinee 4:30 Texas Hold 'em Poker 5:00 Dinner 5:30 U.E. Internet Privacy and Safety	21 9:00 Historical CNY Day Trip 9:00 Exercise with Barb 9:30 Dominoes 10:00 - 1:00 Senior Health/Fitness Fair @ Clarence Town Clubhouse 10:15 Stability Class 12:00 Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	22 9:00 SilverSneakers Classic 9:00 Hitch a Ride: Jello 10:00 U.E. Brownies & Budget Building 12:00 Lunch 1:00 Pinochle 5:30 TOPS	23 NO Gentle Floor Yoga 9:30 Dominoes NO Gentle Floor Yoga 10:00 Crochet 10:00 Crokinole 11:00 Grief & Loss 12:00 Lunch/Don Dwyer - Songs of the Civil War 1:00 Bingo	24
26 CENTER CLOSED  HAPPY MEMORIAL DAY	27 9:00 SilverSneakers Circuit 9:30 Hand & Foot NO Gentle Chair Yoga 12:00 Lunch 12:30 Hitch a Ride: Sweet Jenny's 12:45 Movie Matinee 4:30 Texas Hold 'em Poker 5:00 Dinner/Bingo	28 9:00 Exercise with Barb 9:30 Dominoes 9:30 Pancake Breakfast 10:15 Stability Class 12:00 Lunch 1:00 Mah-Jong 1:00 U.E. Connecting You to Key Services 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	29 9:00 SilverSneakers Classic 12:00 Lunch 1:00 Pinochle 2:00 U.E. The Anthropology of Conspiracy Theories 4:30 Dinner and a Movie 5:30 TOPS	30 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Floor Yoga 10:00 Crochet 10:00 Crokinole 12:00 Lunch 1:00 Bingo 1:15 U.E. Landtubbing on the Buffalo River	31

# Erie County Stay Fit Dining Program - May 2025

All county meals are a suggested donation of \$3.50 - Lunch is served at 12pm

Monday	Tuesday	Wednesday	Thursday	Friday
<b>28</b> Turkey a la King Mashed Potatoes Carrots Warm Biscuit Chocolate Pudding (685)	<b>29</b> Omelet with Cheese Sauce with Peppers, Onions & Tomatoes, Tater Tots, Raisin Bread, Pineapple Tidbits (762)  <b>5 PM DINNER:</b> Salisbury Steak, Gravy, Dutchess Potatoes, Carrots, Roll, Salad & Dessert / Trombone	<b>30</b> Rigatoni with Italian Sausage, Sauce & Mozzarella, California Vegetables, Fruit Punch Salad, Roll, Banana (825)  <b>4 PM DINNER:</b> Chicken Caesar Salad, Roll & Dessert	<b>1</b> Breaded Chicken Breast with Gravy on a Bun Cheesy Mashed Potatoes Spinach Strawberry Ice Cream (813)	<b>2</b> Roast Beef with Gravy & Horseradish Scalloped Potatoes Brussels Sprouts Rye Bread Mandarin Oranges, Chocolate Milk (710)
<b>5</b> Cinco de Mayo  Ground Beef Taco with Cheddar Cheese in a Flour Tortilla Spanish Rice Fiesta Corn Chef Salad with Taco Sauce Rice Pudding (801)	<b>6</b> Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Zucchini with Red Pepper Tropical Fruit (738)  <b>6 PM DINNER:</b> Roasted Turkey, Gravy, Cranberry Sauce, Sweet Potatoes, Green Beans, Stuffing, Salad & Dessert Pembroke/Corfu Band	<b>7</b> Mother's Day Lunch Broccoli Stuffed Chicken w/ Cream Sauce, Rice Pilaf, California Vegetables, Salad, Roll, Cheesecake with Strawberry Sauce (1037)  <b>4 PM DINNER:</b> Ancho Chicken Salad & Dessert	<b>8</b> Beef Bourguignon, Mashed Potatoes, Green Beans, Rye Bread, Fresh Banana, Chocolate Milk (701)	<b>9</b> Breaded Chicken Cutlet with Tomato Sauce & Mozzarella over Pasta Carrots Grape Juice Lorna Doones (859)
<b>12</b> Mediterranean Chicken Stew over Yellow Rice, Broccoli Florets, Carrots, Diced Peaches (608)	<b>13</b> Hamburger with Onion Gravy on a Wheat Hamburger Bun, Sweet Mashed Potatoes, Green Beans, Vanilla Pudding (768)  <b>4:30 PM DINNER:</b> Cheesburger, Potato Salad, Baked Beans and Dessert Board Dinner & Entertainment	<b>14</b> Cream of Potato Soup with Ham, Brussels Sprouts, Apple Juice, Corn Muffin, Fresh Banana, Chocolate Milk (692)  <b>4 PM DINNER:</b> Cheese Tortellini, Broccoli, Fruit Punch, Roll, Salad & Dessert	<b>15</b> Chicken Breast with BBQ Sauce, Mashed Potatoes, Corn, Multigrain Bread, Brownie (695)	<b>16</b> Stuffed Shells with Tomato Meat Sauce & Mozzarella Cauliflower Orange-Pineapple Juice Chef Salad with Dressing Italian Bread Chocolate Chip Cookies (969)
<b>19</b> Homemade Monday (staff made meal)	<b>20</b> Chicken Breast w/ Marsala Sauce, Scalloped Potatoes, Peas w/ Pearl Onions, Roll Pineapple Tidbits, Chocolate Milk (654)  <b>5 PM DINNER:</b> Pork Chop, Applesauce, Mashed Potatoes, Veggies, Bread, Salad & Dessert Internet Privacy Presentation	<b>21</b> Macaroni & Cheese, Stewed Tomatoes, California Vegetables, Wheat Bread, Rice Krispie Treat (814)  <b>4 PM DINNER:</b> Cranberry Chicken Salad, Crackers & Dessert	<b>22</b> Beef Stroganoff over Pasta, Carrots, Brussels Sprouts, Gelatin (578)	<b>23</b> Memorial Day Lunch Breaded Chicken Breast with BBQ Sauce on a Bun, Cheesy Diced Potatoes, Corn-on-the-Cob, Chef Salad, with Dressing, Strawberry Ice Cream (901)
<b>26</b> No Meals Served   HAPPY MEMORIAL DAY *	<b>27</b> Beef Macaroni Casserole w/ Mozzarella, Peas, Yellow Beans w/ Carrots, Italian Bread, Tropical Fruit (784)  <b>5 PM DINNER:</b> Cabbage Roll, Meat Sauce, Mashed Potatoes, Salad, Roll & Dessert Bingo	<b>28</b> Breaded Chicken with Buffalo-style Sauce on a Bun, Potatoes O'Brien, Broccoli Florets, Fudge Round Cookie (798)  <b>4 PM DINNER:</b> Cabbage Roll, Meat Sauce, Mashed Potatoes, Salad, Roll & Dessert	<b>29</b> Entrée Salad Greek Chicken Salad with Greek Dressing, Wheat Roll, Fresh Orange, Chocolate Milk (683)	<b>30</b> Salisbury Steak with Gravy, Mashed Potatoes, Carrots, Chef Salad with Dressing, Wheat Bread, Sugar Cookies (886)

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