

Akron/Newstead Senior Center

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Director: Sarah Young

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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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AKRON-NEWSTEAD SENIOR NEWS

June 2025

Senior Center Highlights



- In **April** we hitched a ride to the Broadway Market and the Millard Fillmore Presidential Site.
- We welcomed trombone entertainment by Christine DeValder, remembered the anniversary of the Titanic sinking and welcomed therapy dog, Kunik.
- We had presentations by SNAP Ed, Elder Law, Independent Health and Marie Ryan. (hearing tests)
- We served **804** meals through Erie County Congregate Dining & **157** made by staff!

DIRECTOR'S NOTE



Hello Friends,

Welcome to June and the start of Summer! As the weather warms up and the days lengthen, we have a wonderful line up of activities planned to keep you busy and entertained.

We are in the planning stages of our 3rd annual Senior Center Open House scheduled for Wednesday, July 16th - please mark your calendars and start spreading the news!

I am also happy to announce that we are going to have our week long Basket Raffle again in August! We are starting to collect larger baskets & new items for our annual raffle. Tickets are available now for the Chicken BBQ as well! \$14 pre-sale until Aug. 1st, then \$15 each.

Happy Father's Day to all our incredible Dad's out there. All fathers, fathers at heart and those wanting to honor our fathers are welcome to join us at our special luncheon on Thursday, June 12th at 12pm.

See you at the Center,
Sarah

Important DATES

June 21st

Polka in the Park

July 12th

Carnival Kids
Steel Drum
Orchestra

July 16th

Open House and
Car Show

August 4th - 9th

Basket Raffle and
Chicken BBQ

NOW ACCEPTING
DONATIONS! LARGE
BASKETS, NEW ITEMS OR
MONETARY DONATIONS
APPRECIATED!

SENIOR BOARD NEWS

The Senior Board is sponsoring a book for each child participating in the Bookmark Buddies program at the Newstead Public Library!

The Senior Board is looking for **PIE BAKERS** for The Polka in the Park event on June 21st. Pies to be delivered on June 20th by noon. Please sign up!

Chicken BBQ tickets ON SALE NOW - \$14.00 presale (see office staff)

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!

Thursday, June 5th

@ 12:00pm

Music Trivia w/ Rich Hooper

Join us for lunch
followed by music
trivia!

Meal:

Breaded chicken breast w/
gravy, mashed potatoes,
carrots, bread and dessert

\$4.00



Tuesday, June 10th

@ 5:00pm

Strawberry Social

Join us for dinner, strawberry
shortcake and entertainment
by David Knaudt!

Meal:

Buffalo style breaded
chicken breast, corn w/
red peppers, broccoli,
salad, roll and dessert

\$5.00



Tuesday, June 17th

@ 5:30pm

CC Diamond Baton Twirlers

Join us for dinner followed
by entertainment by the CC
Diamond Baton Twirlers!

Meal:

Ham steak w/ pineapple
sauce, scalloped
potatoes, brussel sprouts,
salad, roll and dessert

\$4.00



Wednesday, June 18th

@ 11:30am

Board Luncheon

Join us for a board meeting
followed by lunch and a
presentation by WNY
Center for the Visually
Impaired!

Meal:

Chicken drumsticks,
ranch mashed potatoes,
mixed greens and dessert

\$3.00



Monday, June 23rd

@ 12:00pm

Homemade Monday

Join us for a
homemade meal
followed by trivia with
Tony & Jackie!

\$6.00



Meal:

Ham and cheese sliders,
pasta salad, watermelon
and dessert

Friday, June 27th

@ 5:00pm

Fancy Friday

Join us for a fancy dining
experience catered by
The Whistle Stop!

Meal:

Soup, salad, bread
basket, chicken cordon
bleu, roasted red
potatoes, green beans
and dessert.

\$22.00



Tuesday Night Line Up:

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

June 3rd: University Express
(see insert)

June 10th: David Knaudt
(see above)

June 17th: CC Diamond
Baton Twirlers (see above)

NO DINNER June 24th

Movie Matinees

Tuesdays @ 12:45 pm
Based on Books

POPCORN INCLUDED



- **June 3rd - "The Notebook" (PG-13)**

An elderly man reads to a woman with dementia the story of two young lovers whose romance is threatened by the difference in their respective social classes.

- **June 10th - "The Book Thief" (PG-13)**

While subjected to the horrors of World War II Germany, young Liesel finds solace by stealing books and sharing them with others. In the basement of her home, a Jewish refugee is being protected by her adoptive parents.

- **June 17th - "The Lion, The Witch and The Wardrobe" (PG)**

While playing, Lucy and her siblings find a wardrobe that lands them in a mystical place called Narnia. Here they realize that it was fated and they must now unite with Aslan to defeat an evil queen.

- **June 24th - "Water for Elephants" (PG-13)**

Jacob takes a job as an animal caretaker in a traveling circus. There he meets Marlena, a beautiful circus performer. Their shared compassion for a special elephant Rosie leads to love, but Marlena's cruel husband stands in their way.

MOVIE NEWS

Dinner and a Movie

Thursday, June 26th
@ 4:30pm

"Harold and the Purple Crayon" - (PG)

Inside of his book, adventurous Harold can make anything come to life simply by drawing it. After he grows up and draws himself off the book's pages and into the physical world, Harold finds he has a lot to learn about real life.

\$6.00

Dinner:

Taco salad, corn and black bean salad, salsa, sour cream and dessert

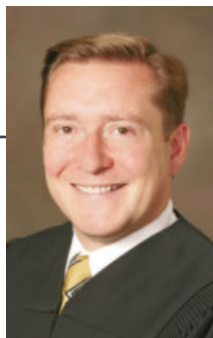


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- Real Estate
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BOOK NOOK Wednesday, June 4th @ 10:00 am

We will discuss May's book (Shelterwood) and introduce June's book:

The Storied Life of A.J. Fikry by Gabrielle Zevin

When his most prized possession, a rare collection of Poe poems, is stolen, bookstore owner A. J. Fikry begins isolating himself from his friends, family and associates before receiving a mysterious package that compels him to remake his life.

Book subject to change based on library availability

LADIES LUNCHEON



Caryville Inn

Thursday, June 5th

@ 12:30pm

25 Main St, Oakfield, NY

RSVP to Cheryl Sundown by 5/25
716-864-1220 if you plan to attend.

AKRON NEWSTEAD DINER'S CLUB



Alabama Hotel

Thursday, June 12th @ 5:30pm

1353 Lewiston Rd Basom NY

Meal choices:

- Chicken Parmesan w/ pasta
- Broiled Haddock w/ choice of side
- Pork Chop w/ choice of side

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

\$33.00

HITCH A RIDE

Hitch a ride with the Senior Center van for the following outings. **Trips will only be stopping at the listed locations. Price does not include food stops.** Space is limited!



June 13th @ 10:00am - Buffalo Niagara Heritage Village - \$15.00

Includes transportation, admission and 60 minute guided tour. Bring pocket money for a stop at Jonny C's.

June 25th @ 9:30am - Herschell Carrousel Factory Museum - \$15.00

Includes transportation and tour of the museum. Bring pocket money for a stop at Pautler's.



TRIPS AND TRAVEL

Space Limited!
Payment due at time of sign up!

June 18th, 2025 - Beautiful: The Carole King Musical
Buffet lunch @ Red Fede's Brook House followed by the show at Geva Theatre in Rochester

July 21st, 2025 - Corning Museum of Glass & Seneca Lake Boat Ride (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

April 16 - 24, 2026 - Bluegrass Country & the Smokey Mountains
Trip flyer available in the office.



CASINO

Batavia Downs Casino

Monday, June 16th @ 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. **\$46.00**

\$35.00

SAFE DRIVERS ACADEMY

Monday, July 14th @ 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: 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



BINGO

Fridays @ 1:00pm

Have a game you want to share with
friends @ the Center?
Bring your suggestion to the office staff!

ERIE COUNTY TRIVIA



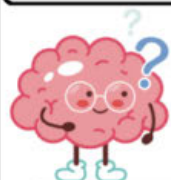
June 9th

@ 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

Hidden Meanings

Figure out the common word or phrase each picture puzzle represent.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

ANSWERS: 1. 3 SCRAMBLED EGGS 2. TOUCHDOWN 3. MAN OVERBOARD 4. 6 FEET UNDERGROUND 5. CROSSROADS 6. WORK AROUND THE CLOCK 7. THIRD TIMES THE CHARM 8. TOO FUNNY FOR WORDS

ARTS AND CRAFTS



Craft - Friday, June 20th @ 10:00am \$5.00
Birdhouse (painting)



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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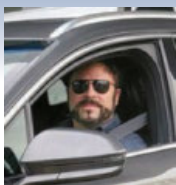
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BE SURE TO SIGN IN AND/OR SCAN YOUR SILVERSNEAKERS CARD BEFORE CLASS OR WHEN USING THE GYM FACILITY!



FITNESS NEWS



WE ACCEPT THE FOLLOWING INSURANCE PROGRAMS: SILVERSNEAKERS, RENEW ACTIVE, SILVER AND FIT

CLUB 99

FREE resistance band and movement exercise program
1st and 3rd
Thursday @ 10:30am

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 - 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, June 20th @ 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, June 4th 1:00 - 3:00 pm
Wednesday, June 18th 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

United: Wednesday, June 11th 10:00 - 11:00am
Aetna: Wednesday, June 11th 11:00am - 12:00pm
IHA: Friday, June 20th 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

4th of July Raffle



Enter to WIN \$50 cash and an American Flag! 4 chances to WIN!



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
JUNETEENTH DAY - JUNE 19TH**

CONVERSATION CORNER







JUNE is MEN'S HEALTH MONTH



Celebrated each year during June, Men's Health Month brings awareness to the health issues all men face. The month is dedicated to enriching men's health and wellness through a broad spectrum of national screening and educational campaigns.

Men's Health Month is focused on raising awareness of preventable health problems and encouraging early detection and treatment of disease among men and boys.

Did you know that men, on average, die almost **five years earlier** than women? Part of the reason is that men are more reluctant to go to the doctor, according to menshealthmonth.org. Here are some **screening tests recommended for men age 40-65** as directed by a physician according to medlineplus.gov:

- | | |
|--|--|
|  Blood pressure |  Infectious Disease |
|  Colorectal Cancer |  Lung cancer |
|  Cholesterol Screening |  Osteoporosis |
|  Dental Exams |  Physical Exams |
|  Diabetes mellitus, type2 |  Prostate Cancer |
|  Eye Exams |  Skin Exams |
|  Immunizations |  Testicular Exams |

TAKE PROACTIVE STEPS

Schedule an annual physical and talk with your doctor about what screenings are right for you!



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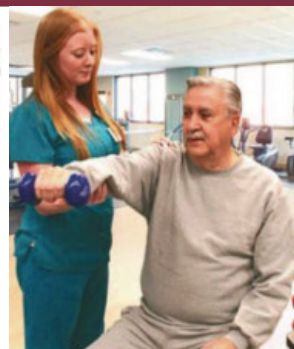
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