

### Akron/Newstead Senior Center

5691 Cummings Road  
Akron, New York 14001

**Phone:** 716-542-6645

**Fax:** 716-220-8252

**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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# AKRON-NEWSTEAD SENIOR NEWS

## July 2025

### *Senior Center Highlights*



- In **May** we hitched a ride to the Jell-o Gallery and Sweet Jenny's!
- We welcomed the Corfu-Pembroke Community Band, juggler Jacob Harter, the Akron Elementary Choir, and Don Dwyer to entertain us.
- We had 11 presentations by University Express and a SNAP Ed class.
- We co-hosted a Senior Health and Fitness Fair @ The Clarence Town Clubhouse.
- We served **839** meals through Erie County Congregate Dining & **162** made by staff!

Member Lucille Bornholdt celebrated her 100<sup>th</sup> birthday on May 27<sup>th</sup>, 2025!

Town Supervisor, Dawn Izydorczak, joined us to celebrate on Friday, May 23<sup>rd</sup> with a proclamation making May 27, 2025 Lucille Bornholdt day in the Town of Newstead!



# DIRECTOR'S NOTE



Hello Friends,

Can you believe how fast time is flying? We are smack dab in the middle of summer! I hope you are enjoying the sunshine. Remember if it is too hot outside for you we have a lot of "cool" activities planned in the a/c!

Our 3<sup>rd</sup> annual Open House will be Wednesday, July 16<sup>th</sup>, from 8am-7pm. This will feature so many wonderful activities all day long from coffee & donuts, to a hot dog lunch, a presentation on the History of the Buffalo Roadways, to a car show and food trucks! ( see insert) Do you have a fancy car that you want to show off? Call or see Tony to get registered. (no cost) And please pass on to your family and friends that during the open house we will be featuring a 50% sale on Senior Center memberships! That's right - NEW members can join for ½ the normal rate!

I would like to thank all of our community businesses that advertise in our newsletter. With their support we were able to increase the number of pages for our newsletter!

The Center will be closed for The Fourth of July holiday, but if you are looking for something to do then stop down to the 4<sup>th</sup> of July parade and see me! The celebration Committee has asked me to be the Grand Marshall, and I'm so excited!

See you at the Center,  
Sarah

# SUNSHINE REPORT

## Thinking of You/Get Well

Duane Chaffee  
Nick Abraham  
Mary Ellen Wagner  
Jack Noce  
Janice Brunning

## Sympathy

Bill Pagel  
(death of wife)  
Marilyn Kasperek  
(death of mother)  
Joe Dugan & Family  
(death of mother)  
Arlene Richardson & Family  
(death of husband)

\*\*\*\*\*

## SENIOR BOARD NEWS

The Senior Board sponsored 4 baskets for our G.O.L.D.E.N Program in June.

The Senior Board is sponsoring donut holes and hot dog lunches for the 3<sup>rd</sup> annual Open House.

## 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!

**Tuesday, July 8th  
@ 12:00pm  
Summer Tea**

Join us for lunch and an assortment of teas and desserts!

**Meal:**

Veggie Wrap w/cream cheese spread, deviled eggs and lemony orzo salad



**\$20.00**

**Friday, July 11th  
@ 12:00pm  
Skyline Park Picnic**

Join us for a picnic @ Skyline Park (this park is on Skyline Road with entrance across from Akron Falls Park!)

**Meal:**

Ham or turkey sub, chips, watermelon and dessert



**\$6.00**

**Tuesday, July 15th  
@ 12:00pm  
Wedding Lunch**

Join us for a lunch to celebrate love past or present. Photography by Katelyn Gibson will be here!

**Meal:**

Catered Candy Apple lunch sponsored by the Pappalardo Family Fund



**\$2.00**

**Wednesday, July 16th  
@ 11:30am  
Board Luncheon**

Join us for a board meeting followed by our open house hot dog lunch! **Sign up required.**

**Meal:**

Hot dog, chips, watermelon and dessert



**Monday, July 28th  
@ 12:00pm  
Homemade Monday**

**\$6.00**

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

**Meal:**

Philly cheese steak sandwich, mac salad, veggie and dessert



**Tuesday, July 29th  
@ 5:00pm  
Hot Country Liners**

Join us for dinner followed by line dancing by the Hot Country Liners

**\$5.00**

**Meal:**

Steakhouse burger, tater tots, au gratin broccoli, chef salad & dessert



## Tuesday Night Line Up:

\*Activities following our Tuesday night dinner\*  
(see pg 10 for meals)

**July 1st:** Bingo

**July 8th:** University Express  
(see page 8)

**July 15th:** Bocce Ball

**July 22nd:** Croquet

**July 29th:** Hot Country Liners



## Movie Matinees

**Tuesdays @ 12:45 pm**  
**Comedy Dramas**

- **July 1st - "The Storied Life of A.J. Fikry" (PG-13)**  
A.J. Fikry's wife has died, his bookstore is in trouble, and now his prized rare edition of Poe poems has been stolen. However, when a mysterious package appears, its arrival gives him the chance to start his life over and see things anew.
- **July 8th - "The Last Laugh" (TV- MA)**  
When retired talent manager Al Hart is reunited with his first client, Buddy Green, a comic who quit show business 50 years ago, he convinces Buddy to escape their retirement community and hit the road for a cross-country comedy tour.
- **July 15th - "Crazy, Stupid, Love" (PG-13)**  
A middle-aged husband's life changes dramatically when his wife asks him for a divorce. He seeks to rediscover his manhood with the help of a newfound friend, Jacob, learning to pick up girls at bars.
- **July 22nd - "The Land of Steady Habits" (TV-MA)**  
After leaving his wife and his job to find happiness, Anders befriends a drug-addicted teen, sending him down a path of reckless and shameful behavior.
- **July 29th - "The Bank of Dave" (PG-13)**  
Based on the true-life experiences of Dave Fishwick; 'Bank of Dave' tells the story of how a working class Burnley man and self-made millionaire fought to set up a community bank.



## MOVIE NEWS

## Dinner and a Movie

**Thursday, July 31st**  
**@ 4:30pm**

**"Nonnas" - (PG)**

After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual grandmothers as the chefs.

**Dinner:**

Spaghetti and meatballs, side salad, garlic bread and dessert

**\$6.00**



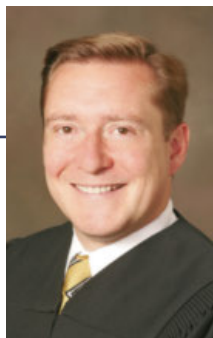
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Akron Newstead Senior Center - Akron, NY

06-5409





## BOOK NOOK Wednesday, July 2nd @ 10:00 am

We will discuss June's book (The Storied Life of A.J. Fikry) and introduce July's book:

### The Plot by Jean Hanff Korelitz

When a young writer dies before completing his first novel, his teacher, Jake, (himself a failed novelist) helps himself to its plot. The resulting book is a phenomenal success. But what if somebody out there knows?

\*Book subject to change based on library availability\*

## LADIES LUNCHEON



**El Ranchito**

Thursday, July 3rd  
@ 12:30pm

9780 Main St, Clarence, NY

**RSVP to Angela C. by 6/25**

716-868-9618 if you plan to attend.

## AKRON NEWSTEAD DINER'S CLUB



**Hilltop**

Thursday, July 10th @ 5:30pm

4206 Lake Ave, Lockport, NY

Meal choices:

- Bacon Wrapped Meatloaf
- Vegetarian Risotto
- Lemon Garlic Chicken
- Shrimp Scampi

**\$40.00**

**Includes:** 1 non-alcoholic beverage, soup OR salad, bread, dessert and gratuity.

## HITCH A RIDE

Hitch a ride with the Senior Center van for the following outings. **Trips will only be stopping at the listed locations.** Space is limited!



**July 9<sup>th</sup> @ 9:15am - Buffalo Zoo - \$25.00**

Includes transportation and admission. Bring pocket money for any purchases within the zoo.

**July 23<sup>rd</sup> @ 8:30am - East Aurora Farmers Market - \$5.00**

Includes transportation. Bring pocket money for any purchases at the market.



## TRIPS AND TRAVEL

**Space Limited!**  
Payment due at time of sign up!

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

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

**NEW!**

**August 20th, 2025 - Rochester Riverie Cruise & Butterfly Garden**

Lunch at Agatina's and a stop at Abbott's Frozen Custard (see insert)

**April 16 - 24, 2026 - Bluegrass Country & the Smokey Mountains**

Trip flyer available in the office.



## CASINO

### **Batavia Downs Casino**

Monday, July 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**

Tuesday, July 22nd @ 9:00am  
**TRIP FULL!**

### **Seneca Niagara Casino**

**NEW! Slot Tournament**

Tuesday, August 19th  
@ 9:00am

Includes **\$25** free play  
and a **\$5** food voucher

**\$31.00**

**\$35.00**

## SAFE DRIVERS ACADEMY

Monday, July 14th @ 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: September 15th & November 10th



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# 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



July 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

## PERRY'S ICE CREAM FLAVOR WORD SEARCH



Banana Graham  
Brownie Batter  
Cotton Candy  
Lemon Chillo  
Super Hero  
Blue Moon  
Fireball  
Heavenly Hash  
Maple Walnut  
Panda Paws

Cider Mill  
Bee Sting  
Gold Bar  
Lets Dough Buffalo  
Piece of Cake  
Parkerhouse  
Red Velvet  
Rum Raisin  
Cannoli  
Tuxedo

\*HINT\* Words can be found horizontally, vertically,  
diagonally and backwards!

C	L	E	M	O	N	C	H	I	L	L	O	X	I	Q	R	C	C	D	A
C	I	D	E	R	M	I	L	L	Y	X	I	L	O	N	N	A	C	M	W
F	V	Q	F	U	V	C	M	A	P	L	E	W	A	L	N	U	T	W	H
M	L	Q	X	B	N	R	D	J	D	O	U	T	N	B	K	R	H	O	
K	Y	B	G	K	A	L	D	Z	N	G	N	I	T	S	E	E	B	C	W
L	U	R	P	O	A	N	K	E	M	E	W	H	D	P	P	S	S	T	H
L	F	O	W	P	L	C	A	K	R	Q	G	C	M	F	M	S	S	E	T
A	P	W	Y	A	H	D	O	N	E	K	A	C	F	O	E	C	E	I	P
B	P	N	Z	R	E	Z	B	T	A	A	T	J	I	X	O	O	V	Y	E
E	Z	I	O	K	A	F	Q	A	T	G	M	E	V	D	H	H	P	R	X
R	A	E	X	E	V	M	S	R	R	O	R	Q	S	O	A	A	U	F	J
I	P	B	Q	R	E	O	P	K	C	A	N	A	I	I	N	M	R	T	F
F	A	A	H	H	N	R	N	J	G	V	O	C	H	D	R	M	T	M	I
N	M	T	I	O	L	E	O	V	S	E	S	C	A	A	E	I	O	J	P
I	C	T	Y	U	Y	H	O	Z	F	O	B	P	I	N	M	D	P	O	T
X	S	E	M	S	H	R	M	Y	A	E	A	S	T	V	D	R	J	P	K
V	J	R	Q	E	A	E	E	P	A	W	I	L	J	S	W	Y	A	S	F
A	L	X	E	L	S	P	U	Y	S	N	R	E	D	V	E	L	V	E	T
J	J	P	J	D	H	U	L	K	V	O	D	E	X	U	T	D	V	T	L
Q	A	H	D	T	C	S	B	I	W	K	I	Y	E	O	K	B	L	P	O

# ARTS AND CRAFTS



**Craft** - Friday, July 25th @ 10:30am \$10.00

Pressed Flower Wall Hanging



**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





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

NEW IN JULY!

Thursdays @ 10:05am

### 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:** Wednesdays @ 10:15am - Extended through July 30th

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, July 18th @ 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, July 2nd 1:00 - 3:00 pm**

**Wednesday, July 16th 9:30 - 11:30 am**

Available via phone @ **716-636-3070**

*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

**BCBS:** Thursday, July 3<sup>rd</sup> 10:00am - 12:00pm

**United:** Thursday, July 24<sup>th</sup> 12:30 - 1:30pm

**Aetna:** Thursday, July 24<sup>th</sup> 1:30 - 2:30pm

**IHA:** Friday, July 25<sup>th</sup> 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



## PHONE NUMBERS

- **ERIE COUNTY SENIOR SERVICES:**  
(716) 858-8526 (MEALS ON WHEELS, HEAP, ETC)
- **ADULT PROTECTIVE SERVICES:**  
(716) 858-6877
- **SOCIAL SECURITY:**  
1 (800) 772-1213

## FUNDRAISING



### 4<sup>th</sup> of July Raffle

Enter to WIN \$50 cash and an American Flag! 4 chances to WIN! Drawing on 7/16!



**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!





# PROGRAMS AND PRESENTATIONS

PLEASE SIGN UP IN  
ADVANCE 716-542-6645

## July University Express

### **Monday, July 7th @ 2:00pm - Finding WNY Holland Land Company Plots**

If your ancestors were early Western New York settlers, they may have purchased land from the Holland Land Company. This class will discuss published Holland Land Company indexes, online Holland Land Company records, and how to use online maps to find your ancestors' Holland Land Company property.

### **Tuesday, July 8th @ 5:30pm - Discovering Erie County Parks Heritage: 100 Years of Green Space**

The Erie County Parks system turns 100 this year. From the oldest "Heritage Parks" to the more recent additions to the parks system, the county's greenspaces are enjoyed by 1000s of county residents. Join County Historian Douglas Kohler for a virtual tour of our county parks system.

### **Wednesday, July 9th @ 1:00pm - Laughter Yoga Wellness**

Mind, body, and spirit are engaged as participants combine laughter exercises with yoga breath, gentle stretching, childlike playfulness and positivity. All done to experience stress relief, joy, well-being, and connection. No yoga experience needed. Dress comfortably & layered. Most exercises can be done seated. (Please allow two hours for this class. Class size limited).

### **Thursday, July 10th @ 1:15pm - Medication Management for Seniors**

This class will discuss common issues seniors may face regarding medications. We will discuss medication adherence, tips for minimizing side effects, best practices for taking common medications, drug interactions, including over-the-counter medications, and non-pharmacological recommendations for common disease states.

### **Wednesday, July 16th @ 1:00pm - History of Buffalo Roadways: from Footpaths to Roundabouts**

Our area has come a long way from the unexplored wilderness it was at the end of the Revolution in 1783! Western New York is home to two major east-west transcontinental highways - Interstate 90, the longest route in the Interstate Highway System, and U.S. Route 20, the longest road in the older US Numbered Highway System - and the longest road in America. Join us to learn more fascinating history about our Buffalo roadways

### **Friday, July 18th @ 1:30pm - No Allergens, No Problem**

Do you or someone you cook for have a food allergy or intolerance? This class showcases recipes that use alternatives to food allergens and are still delicious and easy to prepare. Will include vegetarian-friendly recipes as well. Some of these allergen-free recipes may even become your favorites, even if you don't require a special diet!

## Other Programs

### **Thursday, July 24th @ 1:00pm - Cardiac Health and Blood Pressure: Health Risk Screening**

Physical therapist, Jeremy Voorhees will discuss general cardiac disease and ways to help improve your risk and already diagnosed conditions. He will provide information discuss the anatomy and physiology of various cardiac disease and common treatments and management for those conditions.

### **Thursday, July 24th @ 6:00pm - SNAP ED: Pick a Protein**



Why it is important to eat enough protein as we get older and healthy ways to get more protein in your diet.

### **Wednesday, July 30<sup>th</sup> @ 12:30pm - Identity Theft Program w/ Independent Health**

Learn important tips to protect yourself and your loved ones from identity theft.




# July Activities Calendar

MON	TUE	WED	THU	FRI	SAT
	1 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 12:00 Lunch 12 - 1:00 Feedmore Truck 12:45 Movie Matinee 1:00 AMP Class 4:30 Texas Hold 'em Poker 5:00 Dinner/Bingo	2 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	3 9:00 SilverSneakers Classic 9:30 Board Meeting 10 - 12:00 BCBS 10:05 Club 99 12:00 Lunch 12:30 Ladies Luncheon 1:00 Pinochle 5:30 TOPS	4 CENTER CLOSED 	5 NO SATURDAY ACTIVITIES
7 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 1:00 Dealer's Choice Poker 2:00 U.E. Finding WNY Holland Land Office Plots	8 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 12:00 Summer Tea 12:45 Movie Matinee 4:30 Texas Hold 'em Poker 5:00 Dinner 5:30 U.E. Discovering Erie County Parks Heritage	9 9:00 Exercise with Barb 9:15 Hitch a Ride: Zoo 9:30 Dominoes 10:15 Stability Class 12:00 Lunch 1:00 Mah-Jong 1:00 U.E. Laughter Yoga Wellness 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	10 9:00 SilverSneakers Classic 10:05 Club 99 12:00 Lunch 1:00 Pinochle 1:15 U.E. Medication Management for Seniors 5:00 A/N Diners Club 5:30 TOPS	11 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet CENTER CLOSED @ 11am Skyline Park Picnic @ 12pm	12 FREE SUMMER CONCERT Carnival Kids Steel Drum Orchestra!  Russell Park 6pm Come grab dinner snacks and bring your lawn chair!
14 9:00 Walking Group 9:00 Safe Driver Academy 9:00 Exercise with Barb 10:00 Rummikub 11:00 Batavia Downs 12:00 Lunch 12:30 EC Trivia 1:00 Dealer's Choice Poker	15 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 12:00 Wedding Lunch 12 - 1:00 Feedmore Truck 12:45 Movie Matinee 4:30 Texas Hold 'em Poker 5:00 Dinner/Bocce Ball	16 OPEN HOUSE 8am - 7pm 9:00 Exercise with Barb 9:30 Dominoes 10:15 Stability Class 12:00 Board Luncheon 1:00 Mah-Jong 1:00 U.E. History of Buff. Roadways 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	17 9:00 SilverSneakers Classic 10:05 Club 99 12:00 Lunch 1:00 Pinochle 5 - 6:30 Good for the Neighborhood 5:30 TOPS	18 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 11:00 Grief & Loss 12:00 Lunch 1:00 Bingo 1:30 U.E. No Allergens, No Problem	19 4:30 Texas Hold 'em Hand and Foot
21 7:15 Day Trip: Corning 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 1:00 Dealer's Choice Poker	22 8:30 Seneca Niagara Casino 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/Croquet	23 8:30 Hitch a Ride: E.A. 9:00 Exercise with Barb 9:30 Dominoes 10:15 Stability Class 12:00 Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	24 9:00 SilverSneakers Classic 9:00 Bowling 10:05 Club 99 12:00 Lunch 12:30 - 1:30 United 1:00 Pinochle 1:00 Cardiac Health Prog. 1:30 - 2:30 Aetna 5:30 TOPS 6:00 SNAP Ed Protein	25 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10:30 Craft 12:00 Lunch 1:00 Bingo 3 - 4:00 IHA	26
28 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Homemade Monday and Trivia 1:00 Dealer's Choice Poker	29 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/Hot Country Liners	30 9:00 Exercise with Barb 9:30 Dominoes 10:15 Stability 11:00 Erie County Picnic 12:00 Lunch 12:30 IHA Identity Theft Prog 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	31 9:00 SilverSneakers Classic 9:00 Bowling 10:05 Club 99 12:00 Lunch 1:00 Pinochle 4:30 Dinner and a Movie 5:30 TOPS		



# Erie County Stay Fit Dining Program - July 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Roasted Turkey w/ Gravy, Mashed Potatoes, California Vegetables, Roll and Strawberry Gelatin (559)	<b>1</b> Lasagna Roll w/ Meat Sauce & Mozzarella, Cauliflower, Green Peas, Salad, Roll, Fresh Orange and Chocolate Milk (826)  <b>5pm Dinner: (Bingo)</b> Beef bourguignon, mashed potatoes, green beans, salad, roll and dessert	<b>2</b> Tuna Macaroni Salad w/ Fresh Salad Greens, Crackers and Tropical Fruit (662)  <b>4pm Dinner:</b> Chicken caesar salad, roll and dessert	<b>3 Independence Day Lunch</b> Hot Dog w/ a Bun, Baked Beans, Mac and Cheese, Broccoli, Fruit Punch and Ice Cream Sandwich (911)	<b>4</b> <b>No Meals Served</b> 
<b>7</b> Hearty Beef Stew, Mashed Potatoes, Brussels Sprouts, Biscuit and Vanilla Pudding (703)	<b>8</b> Summer Tea  <b>5pm Dinner: (UE Program)</b> Breaded Chicken Drumsticks, potatoes, corn-on-the-cob Chef Salad & dessert	<b>9</b> Polish Sausage w/ Sauerkraut & Mustard on a Bun, Ranch Mashed Potatoes, Carrots and a Fudge Round Cookie (847)  <b>4pm Dinner:</b> Chicken mandarin orange sunflower salad, roll & dessert	<b>10</b> Roasted Turkey with Stuffing, Gravy, Cranberry Sauce, Mashed Butternut Squash, Corn, Salad and Mandarin Oranges (660)	<b>11</b> No Lunch Served at the Center  Picnic @ Skyline Park
<b>14</b> Lasagna Roll w/ Meat Sauce & Mozzarella, Broccoli, Grape Juice, Italian Bread and Sugar Cookies (796)	<b>15</b> Wedding Lunch Catered by Candy Apple  <b>5pm Dinner: (Bocce)</b> Turkey, cranberry, sweet potatoes, brussels sprouts stuffing chef salad & dessert	<b>16</b> <b>OPEN HOUSE BOARD LUNCHEON</b>  <b>4pm Dinner:</b> Cranberry chicken salad, crackers & dessert	<b>17</b> Hearty Pork Stew, Mashed Potatoes, Carrots, Roll and Strawberry Gelatin (603)	<b>18</b> Steakhouse Burger w/ Gravy on a Bun, Corn w/ Red Pepper, Au Gratin Spinach, Mandarin Oranges and Chocolate Milk (743)
<b>21</b> Chicken Breast w/ Marsala Sauce, Garlic Mashed Potatoes, Peas w/ Pearl Onions, Roll and Mandarin Oranges (561)	<b>22</b> Beef Pepper Steak Casserole w/ White Rice, Broccoli, Carrots and Diced Pears (587)  <b>5pm Dinner: (Crocket)</b> Cabbage roll, meat sauce, mashed potatoes, carrots & dessert	<b>23</b> Roast Pork w/ Warm Apples, Sweet Potatoes, Green Beans, Bread and Butterscotch Pudding (644)  <b>4pm Dinner:</b> Southwest chicken salad, tortilla & dessert	<b>24</b> Garden Chicken Patty Salad w/ Cheddar, Croutons, Ranch Dressing, Bread, Fresh Banana and Chocolate Milk (966)	<b>25 Christmas in July</b> Roast Beef w/ Horseradish & Gravy, Scalloped Potatoes, Brussels Sprouts, Salad, Rye Bread and Cheesecake with Chocolate Sauce (1016)
<b>28</b> Homemade Monday (Staff Made Meal)	<b>29</b> Beef Taco Salad w/ Cheddar, Salsa & Tortilla Strips, Pineapple Tidbits and Chocolate Milk (637)  <b>5pm Dinner: (Hot County Liners)</b> Steakhouse burger, tater tots, au gratin broccoli, chef salad & dessert	<b>30</b> Rigatoni w/ Italian Sausage, Tomato Sauce & Mozzarella, California Vegetables, Fruit Punch, Salad and Fresh Banana (825)  <b>4pm Dinner:</b> Greek chicken salad with chicken breast, roll & dessert	<b>31</b> Breaded Chicken Patty w/ Gravy on a Bun, Potatoes O'Brien, Au Gratin Spinach and Strawberry Ice Cream (750)	<b>1</b> Beer Battered Fish w/ Tartar Sauce, Broccoli Cheese Rice Casserole, Country Cottage Vegetables, Roll and Tropical Fruit (644)

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



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## Stay Fit Dining Frozen Meal Program



In addition to our meals served at the center, the Erie County Stay Fit Dining Program offers frozen meals! These meals are available in quantities of 3, 5, 6, 8 or 10 packs.

Meal menus vary weekly with 5 different meals which include milk, bread, and dessert - menus available at the center.

A contribution of **\$3.50** is suggested per meal but any amount is appreciated and goes towards the improvement of the meal program.

Frozen meal pick up at our center is Mondays @ 10:30am.

**All meal orders must be submitted by the Wednesday prior @ 11:00am.**

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