

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*

Pre-sorted Standard
Non-Profit Org
U.S. Postage PAID
Akron, NY 14001

Permit 22



Find us on Facebook: Akron Newstead-Seniors

AKRON-NEWSTEAD SENIOR NEWS

August 2025

Senior Center Highlights



- In **June** we hitched a ride to the Buffalo Niagara Heritage Village and The Herschell Carrousel Factory Museum!
- We welcomed David Knaut, the CC Diamond Baton Twirlers and The Buffalo Touch to entertain us.
- We had 10 presentations by University Express, a probate presentation by Bob Friedman and a presentation by WNY Center for the Visually Impaired.
- We served **827** meals through Erie County Congregate Dining & **114** made by staff or catered!

DIRECTOR'S NOTE

Hello Friends,

WOW, what an incredible summer we have had so far! We have hosted two concerts in Russell Park, another successful Good for the Neighborhood event, and our 3rd annual open house. And summer is only half over!

I am very excited to announce that The Pappalardo Family Fund will once again be teaming up with Candy Apple Cafe to provide either a monthly lunch or dinner for our seniors. This once-a-month meal will be coupled with some type of entertainment or performance, (cost just \$2.00) and is meant to provide a healthy meal while giving everyone a chance to gather and socialize.

On a personal note, I would like to thank the Akron Celebration Committee for giving me the great honor of being the Grand Marshall for this year's 4th of July Parade. It was great to see so many smiling faces. I just love the small, hometown feel of our wonderful community.

Happy Summer!

Stay active, stay engaged and stay healthy!
Sarah



SUNSHINE REPORT

Thinking of You/Get Well

Kathy Schultz
Joanne Gates

Sympathy

Kevin and Edna Scherf
(death of Edna's mom)

Marge Keller
(death of brother)

Betty Roth
(death of husband)

Family of Walt Edwards

Sandy Kintzel
(death of husband)

SENIOR BOARD NEWS The Senior Board Annual Basket Raffle

August 4th - 9th - Chicken BBQ August 9th 11:00am - 1:00pm

Pre-sale: \$14 Walk in: \$15 - TICKETS ON SALE NOW!

Basket Raffle Monday: 11:00 - 3:00

Friday: 11:00 - 3:00

Hours: Tuesday - Thursday: 11:00 - 6:00 Saturday: 11:00 - 1:00

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!

Wednesday, August 6th
@ 12:00pm
Root Beer Float Day

Join us for lunch and a root beer float w/ entertainment by the Hastings Duo!



Meal:

Pork loin w/ cranberry chutney, mashed potatoes, broccoli and roll

\$6.00

Wednesday, August 13th
@ 12:00pm
Music Trivia

Join us for lunch followed by music trivia with Rich Hooper!



Meal:

Hearty chicken soup, peas, biscuit and dessert

\$4.00

Tuesday, August 19th
@ 5:00pm
Summer Hoedown

Join us for dinner and entertainment and dancing with DJ Biggs!



Meal:

BBQ Burger meal catered by Candy Apple sponsored by the Pappalardo Family Fund

\$2.00

Thursday, August 21st
@ 11:30am
Board Lunch/Sr Citizen Day

Join us for a board meeting followed by entertainment by the Junk Drawer!



Meal:

Pork chop w/ apples, mashed sweet potatoes, brussels sprouts, salad, roll and dessert

\$3.00

Monday, August 25th
@ 12:00pm
Homemade Monday

Join us for a homemade meal followed by trivia with Abby & Levi!

\$6.00



Meal:

Pulled chicken sandwich, waffle fries, marinated veggie salad and dessert

Tuesday, August 26th
@ 5:30pm

"A Murder Most Illuminating"

Join us for appetizers, dinner and a murder mystery show!



Tickets required and on sale in the office.

\$25.00

Meal:

Pot roast with potatoes and carrots, corn, roll and dessert.

Tuesday Night Line Up:

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

August 5th: Bingo

August 12th: Apple/Android Basics (see page 8)

August 19th: Hoedown (see above)

August 26th: Murder Mystery (see above)

Movie Matinees

**Tuesdays @ 12:45 pm
Mysteries**

- **August 5th - "Enola Holmes" (PG-13)**
When Enola Holmes, Sherlock's sister, discovers her mother is missing, she endeavors to find her, becoming a super-sleuth in her own right as she outwits her famous brother and unravels a dangerous conspiracy.
- **August 12th - "Enola Holmes 2" (PG-13)**
Now a detective-for-hire, Enola Holmes takes on her first official case to find a missing girl as the sparks of a dangerous conspiracy ignite a mystery that requires the help of friends - and Sherlock himself - to unravel.
- **August 19th - "Now You See Me" (PG-13)**
An FBI agent and an Interpol detective track a team of illusionists who pull off bank heists during their performances, and reward their audiences with the money.
- **August 26th - "Glass Onion" (PG-13)**
Tech billionaire Miles Bron invites his friends for a getaway on his private Greek island. When someone turns up dead, Detective Benoit Blanc is put on the case.

MOVIE NEWS



Dinner and a Movie

**Thursday, August 28th
@ 4:30pm**

"The Thursday Murder Club" (PG-13)

Four irrepressible retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands.

\$6.00

Dinner:

Stuffed peppers, side salad, garlic bread and dessert



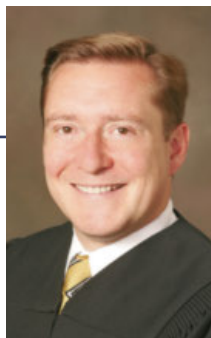
**Join us for a BIG SCREEN
experience on our NEW
projector system!**



- Estate Planning and Trusts
- Estates
- Real Estate
- Estate Litigation

716-633-4030
jvoelkl@voelklaw.com

voelklaw.com



Jeffrey F. Voelkl
ATTORNEY

19 South Long St.
Williamsville

RANCH STYLE LIVING!



- Beautiful SINGLE-LEVEL Floorplans
- 7600 sq. ft. Typical Lot Sizes
- Resident Center With Fitness Center
- Prime Clarence Location

9796 Glengarry Rd.
Clarence NY

716-759-1682
www.RockOak.com

Take Main Street to Rockland Avenue to Glengarry Road



Not Everyone can say they are passionate about their work. We're not everyone. Our compassion toward families and enthusiasm for serving the community are what sets us apart.

10 Eckerson Ave., Akron | www.rossakron.com | 716-542-7700



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Akron Newstead Senior Center - Akron, NY

06-5409



BOOK NOOK Wednesday, August 6th @ 10:00 am

We will discuss July's book (The Plot) and introduce August's book:

Canary Girls by Jennifer Chiaverini

Jennifer Chiaverini's lively and illuminating novel about the "munitionettes" who built bombs in Britain's arsenals during World War I, risking their lives for the war effort and discovering camaraderie and courage on the soccer pitch.

Book subject to change based on library availability

LADIES LUNCHEON



Alabama Hotel

Thursday, August 7th
@ 12:30pm

1353 Lewiston Rd, Basom, NY

RSVP to Barb G. by 6/25
716-870-2921 if you plan to attend.

AKRON NEWSTEAD DINER'S CLUB



Bistro 93

Thursday, August 14th @ 5:30pm
15 Cedar Street Akron, NY

Meal choices:

- 10oz Prime Rib
- Baby Back Ribs
- Bistro Chicken Pasta
- Scallops

\$30.00

Includes: coffee/tea/soda, salad, 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!



August 14th @ 10:30am - Sanborn Sunflowers - \$5.00

Includes transportation. Bring pocket money for any purchases you wish to make.

August 22nd @ 12:00pm - The Longshed @ Canalside - \$5.00

Includes transportation and guided tour of the Waterway of Change exhibit. Bring pocket money for ice cream stop at Antoinette's.



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

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

Lunch at Agatina's and a stop at Abbott's Frozen Custard

FULL!

September 12th, 2025 - Shaw Festival

"The Lion, The Witch and The Wardrobe" and lunch at Betty's (see insert)

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

Trip flyer available in the office.



CASINO

Batavia Downs Casino

Monday, August 11th
@ 11:00am

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

Please make checks payable to
Mar-Bon Social Club

Seneca Niagara Casino

Slot Tournament

Tuesday, August 19th
@ 9:00am

Includes **\$25** free play and a **\$5** food voucher **\$31.00**

\$35.00

SAFE DRIVERS ACADEMY

Monday, September 15th @ 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: November 10th



A Great Knife Starts with Great Steel

We carry stainless steel, tool steel, all CPM alloys and 6-4 Titanium in all of the common cutlery sizes.

100%
EMPLOYEE OWNED
AND OPERATED

USA
MELTED AND
MANUFACTURED



NIAGARA
SPECIALTY METALS

info@nsm-ny.com
800-424-0048
www.nsm-ny.com



Cross-Stitching & Needlepoint Supplies/Accessories

**Mention You Saw This Ad:
GET 15% OFF YOUR PURCHASE**

lazydaisystitching.com
9560 Main St, Clarence 716-320-5203



**Serving
WNY
For Over
25 Years**

HERM CLOUSE AGENCY

**Representing over 30 companies to find
the Best Fit for your Insurance Needs**

**Classic/Antique Autos- Autos- Home-
Business- Farms- Commercial-
Motorcycle- Recreational Vehicle-
Manufactured/Mobile Homes**

**Herm Clouse & Anne Paquin-
Licensed Insurance Agents**

herm@clouseagency.com
anne@clouseagency.com

**Give Us
a Call
Today!**

(716)542-1279
68 Main Street- Akron

Turning 65?

Health care for the whole you in Erie county

Get the right coverage, local resources and the care you need to live the life you want.

\$0

Monthly Plan
Premiums with
**Dental, Vision
and Hearing**

Call for an appointment

Odeale Frank

(716) 982-6950 (TTY: 711)

8:00 AM - 5:00 PM Mon. - Fri.

A licensed agent will answer your call.

ofrank@claritygroupny.com



♥aetna™
medicare solutions

Aetna Medicare is a HMO, PPO plan with a Medicare contract. Enrollment in our plans depends on contract renewal. Plan features and availability may vary by service area. We do not offer every plan available in your area. Currently we represent 10 organizations which offer 76 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program to get information on all of your options.

©2024 Aetna Inc.
Y0001 35071 2024 M

2595179-02-01



TILLMAN RESTAURANT
AMERICAN LEGION POST 900
9 ECKERSON AVE AKRON NY | 716-442-6001
BAR & RESTAURANT IS OPEN
TO THE PUBLIC SERVING LUNCH & DINNER
Tues lunch 11am-3pm | Wed Wing Day, Thurs Taco Day 11am-7pm
Friday & Saturday Lunch & dinner 11am to 8pm
VISIT OUR FACEBOOK PAGE **AMERICAN LEGION 900**
FOR DAILY SPECIALS AND VISIT OUR WEBSITE
AKRONNYLEGION.ORG FOR FULL MENU

Buck Kaber

Sales & Leasing Professional | 716-640-0442
West-Herr Chevrolet • Williamsville, NY



*I helped the Senior Center with their
transportation needs. I can help you too.
See me for recent deals & incentives!*

WEST HERR
NEW YORK

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Akron Newstead Senior Center - Akron, NY

06-5409

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



August 11th
@ 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

SUMMER WORD SEARCH



SUMMER
FLOWERS

HUMID

HEATWAVE

SUNSHINE

SUNGLASSES

SWIMMING

GARDENING

FLIP FLOPS

BEACH

SWIMSUIT
SUNFLOWERS

BIKING

ICED TEA

HIKING

LEMONADE

VACATION

HOT DOGS

HAMBURGERS

SUNSCREEN



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

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

ARTS AND CRAFTS



Craft - Friday, August 8th @ 2:00pm \$15.00

Create Your Own Fairy Garden



For
example
only - not
exact
results!



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: SILVERSNKERS, RENEW ACTIVE, SILVER AND FIT

CLUB 99

FREE resistance band and movement exercise program

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 Felicia: Coming September 10th - October 29th @ 10:15am

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, August 15th @ 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, August 6th 1:00 - 3:00 pm

Wednesday, August 20th 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

United: Thursday, August 14th 10:00 - 11:00am

Aetna: Thursday, August 14th 11:00am - 12:00pm

IHA: Friday, August 15th 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



Annual Basket Raffle

August 4th - 9th

Chicken BBQ tickets on sale now. Raffle tickets on sale at the center beginning August 4th!

Volunteers needed for the week of the raffle, sign up outside the office.

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

Thursday, August 7th @ 10:30am - Container Gardens

Skip the salt, be healthier and use fresh herbs you grew! Attendees will receive all the necessary equipment to start a small windowsill herb garden, education for upkeep, education on the benefits and recipes

Tuesday, August 12th @ 5:30pm - Apple and Android Basics

Explore the fundamentals of using iPads and iPhones, including navigation, downloading apps, and understanding core features like the home screen and settings.
Get familiar with Android smartphones and tablets, covering the basics like navigating the interface, downloading apps, and managing device features.

- Follow up **TECH HELP TIME SLOTS** by sign up only **Monday, August 18th 10:00am-3:00pm**, must complete basics class first!

Friday, August 15th @ 1:00pm - Estate Long Term Planning and Asset Protection

This workshop will review the basic estate planning documents we all should have and why. It will explain "probate" and how the estate administration process works. We will also discuss options available to pay for long-term care, explain Medicaid eligibility, the rules about transferring assets and other actions that can impact eligibility. We will also discuss legal techniques that can be implemented to protect your assets. Whether you are planning for your own retirement or caring for an aging family member, planning is key.

Wednesday, August 27th @ 12:45pm - Fall Prevention

Learn home safety to prevent falling and learn exercise to prevent falling all with personalized guidance and interactive workshops.

OUT AND ABOUT

Sign up required. Space limited!



August 6th @ 4:00pm Erie County Fair

Transportation provided from the center via school bus. Bring 4 canned goods and admission into fair is FREE!

\$10.00



****Please note that if you do NOT bring 4 canned goods you will need to pay \$23 at the gate for admission!**

August 20th @ 11:15am Bison's Game

Erie County's day at the ballpark!
Transportation provide via school bus.

\$10.00



Includes FREE ticket and meal voucher!
Sign up required by **August 7th!**

August 27th @ 10:15am Knight Sutton Museum

Meet at the museum to enjoy the exhibits.

Donations to the museum accepted!



"Landmarks and Legacies" - a look at Akron and Newstead century-old homes and business buildings and their history.

August 29th @ 10:00am Boulder Park Picnic

Transportation by school bus to the park. Must ride the bus no outside transportation!

\$10.00



Pizza, watermelon, veggies and dessert will be provided for lunch!



Thank you! From the Akron Chain Gang for all your generous donations to the 2025 Ride for Roswell! Our team of 6 riders raised \$3,867 to help find a cure for cancer. Four members rode 20 miles and two rode 10 miles!

August Activities Calendar

MON	TUE	WED	THU	FRI	SAT
				1 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	2 4:30 Texas Hold 'em Hand and Foot
4 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 11 - 3 Basket Raffle 12:00 Lunch 1:00 Dealer's Choice Poker	5 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 11 - 6 Basket Raffle 12:00 Lunch 12-1 Feedmore Farm Truck 12:45 Movie Matinee 4:30 Texas Hold 'em Poker 5:00 Dinner/Bingo	6 9:00 Exercise with Barb 9:30 Dominoes 11 - 6 Basket Raffle 12:00 RB Float Day/Hastings 1:00 Mah-Jong 3:00 Watercolors 4:00 Erie County Fair 4:00 Dinner 5:00 Euchre/Hand & Foot	7 9:00 SilverSneakers Classic 10:05 Club 99 10:30 Container Gardens 11 - 6 Basket Raffle 12:00 Lunch 12:30 Ladies Luncheon 1:00 Pinochle 5:30 TOPS	8 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 11 - 3 Basket Raffle 12:00 Lunch 1:00 Bingo 2:00 Craft	9 Basket Raffle and Chicken BBQ 11:00am - 1:00pm
11 9:00 Walking Group 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	12 9:00 SilverSneakers Circuit 9:30 Hand & Foot NO Gentle Chair Yoga 12:00 Lunch 12:45 Movie Matinee 4:30 Texas Hold 'em Poker 5:00 Dinner 5:30 Apple/Android Basics	13 9:00 Exercise with Barb 9:30 Dominoes 12:00 Lunch/Music Trivia 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	14 9:00 SilverSneakers Classic 10 - 11 United Healthcare 10:05 Club 99 10:30 Hitch a Ride: Sanborn 11 - 12 Aetna 12:00 Lunch 1:00 Pinochle 5:00 A/N Diners Club 5:30 TOPS	15 NO Gentle Floor Yoga 9:30 Dominoes NO Gentle Chair Yoga 10:00 Crochet 11:00 Grief & Loss 12:00 Lunch 1:00 Bingo 1:00 Estate Long Term Care Planning 3 - 4 IHA	16 4:30 Texas Hold 'em Hand and Foot
18 9:00 Walking Group 9:00 Exercise with Barb 10:00 Tech Help - Appt Only 10:00 Rummikub 12:00 Lunch 1:00 Dealer's Choice Poker	19 9:00 Seneca Niagara Casino 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 12:00 Lunch 12 - 1 Feedmore Farm Truck 12:45 Movie Matinee 4:30 Texas Hold 'em Poker 5:00 Hoedown/DJ Biggs	20 8:45 Rochester Trip 9:00 Exercise with Barb 9:30 Dominoes 11:15 Bison's Game 12:00 Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	21 9:00 SilverSneakers Classic 9:00 Bowling 10:05 Club 99 12:00 Board Luncheon/Junk Drawer 1:00 Pinochle 5:30 TOPS	22 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 12:00 Hitch a Ride: Canal 1:00 Bingo	23
25 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Homemade Monday and Trivia 1:00 Dealer's Choice Poker	26 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 5:30 "A Murder Most Illuminating" Murder Mystery Dinner	27 9:00 Exercise with Barb 9:30 Dominoes 10:15 Meet @ Knight Sutton 12:00 Lunch 12:45 Fall Prevention 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	28 9:00 SilverSneakers Classic 9:00 Bowling 10:05 Club 99 12:00 Lunch 12:30 Fantasy Football Meeting 1:00 Pinochle 4:30 Dinner and a Movie 5:30 TOPS	29 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Boulder Park Picnic CENTER CLOSED @ 11:00AM	30

Erie County Stay Fit Dining Program - August 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
28 Turkey a la king, mashed potatoes, carrots, biscuit and chocolate pudding (685)	29 Beef taco salad with cheddar, salsa & tortilla strips, pineapple tidbits and chocolate milk (637) 5pm Dinner (Country Liners): Steakhouse burger, tots, au gratin broccoli, salad and dessert	30 Rigatoni with Italian sausage, tomato sauce & mozzarella, California vegetables, fruit punch, salad and banana (825) 4pm Dinner: Greek chicken salad, roll and dessert	31 Breaded chicken patty with gravy on a bun, potatoes o'brien, au gratin spinach and strawberry ice cream (750)	1 Beer battered fish with tartar sauce, broccoli cheese rice casserole, cottage vegetables, roll and tropical fruit (644)
4 Beef macaroni casserole with cheddar cheese, green beans, apple juice, bread and butterscotch pudding (839)	5 Hot dog with baked beans & ketchup on a bun, macaroni & cheese, carrots and tropical fruit (746) 5pm Dinner (Bingo): Chicken cordon bleu, cream sauce, rice pilaf, carrots, roll, salad and dessert	6 Pork loin with cranberry chutney, mashed potatoes, broccoli florets, roll and lorna doones (682) 4pm Dinner: Beef taco salad with tortilla strips and dessert	7 Beef bourguignon, harvard beets, sweet peas, multigrain bread, banana and chocolate milk (691)	8 Chicken breast with red pepper cream sauce & penne pasta, California vegetables, grape juice, salad and pineapple tidbits (646)
11 Mediterranean chicken stew, broccoli florets, carrots, yellow rice with turmeric and diced peaches (608)	12 Hamburger with onion gravy on a bun, mashed sweet potatoes, beans and vanilla pudding (768) 5pm Dinner (Phone Basics): Turkey, mashed potatoes, beans, stuffing, salad and dessert	13 Hearty chicken soup, sweet peas, salad, biscuit, banana and chocolate milk (763) 4pm Dinner: Chicken and mandarin orange salad, roll and dessert	14 Stuffed shells with meat sauce & mozzarella cheese, cauliflower, orange-pineapple juice, salad, bread and diced pears (868)	15 Roasted turkey with stuffing, gravy & cranberry sauce, garlic mashed potatoes, corn and brownie (706)
18 Sloppy joe on a bun, later tots, mixed vegetables and mandarin oranges (714)	19 Chicken breast with lemon herb sauce, vegetable rice pilaf, beans, roll, pineapple tidbits and chocolate milk (619) 5pm Dinner (Hoedown): Catered by <u>Candy Apple</u> - BBQ burgers, corn bread, pasta salad, baked beans	20 Creamy macaroni & cheese, broccoli, cauliflower, bread and rice krispie treat (788) 4pm Dinner: Chicken Caesar Salad, roll and dessert	21 Senior Citizens Day Breaded boneless pork chop with cinnamon apples, mashed sweet potatoes, brussels sprouts, salad, roll and peach pie (1051)	22 Breaded chicken patty with BBQ sauce on a bun, mashed potatoes, carrots and ice cream sandwich (851)
25 Homemade Monday <i>(staff made meal)</i>	26 Lasagna roll with tomato meat sauce, cauliflower, carrots, bread, oatmeal round cookie (711) 5:30pm Appetizers 6:00pm Pot Roast Dinner and Murder Mystery Show	27 Greek chicken salad with greek dressing, roll, orange and chocolate milk (683) 4pm Dinner: Chicken breast with teriyaki pineapple sauce, veggies, rice pilaf, salad and dessert	28 Salisbury steak with gravy, scalloped potatoes, normandy vegetables, bread and fruit cocktail (723)	29 Boulder Park Picnic

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

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

A background image showing a person's hands typing on a laptop. In the background, there are several cardboard shipping boxes and a roll of packing tape, suggesting a shipping or logistics environment.

SUPPORT THE ADVERTISERS that Support our Community!

FRESH AND FROZEN



FeedMore WNY Farm Market

AKRON-NEWSTEAD SENIOR CENTER: 1ST AND 3RD TUESDAY - 12:00PM - 1:00PM
NEWSTEAD PUBLIC LIBRARY: 2ND AND 4TH TUESDAY - 12:00 PM - 1:00PM

Stop by either location to purchase fresh, healthy, affordable and locally grown produce!



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.

EXCEPTIONAL SERVICE. OUTSTANDING RESULTS.



Barb Hoddick
Licensed Real Estate Salesperson



716-867-7919 • Akron, NY
Your Hunt Stops Here.



LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

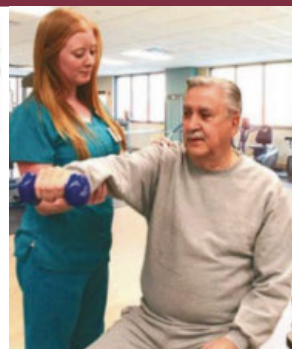
CONTACT ME Donna Delgrosso

ddelgrosso@4LPi.com • (800) 888-4574 x3107



Personal Therapy 1-on-1!

- Physical, Occupational & Speech
- Pain Management
- Post-Surgical interventions
- Comfortable Setting



Community Rehab Clinic for Adults!



BrothersofMercy.org

10570 Bergtold Rd.
Clarence

716-759-7680

