

### 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

## September 2025

### *Senior Center Highlights*



- In **July** we hitched a ride to the Buffalo Zoo and the East Aurora Farmers Market.
- We hosted our Open House bringing in 52 new members!
- We welcomed the Carnival Kids Steel Orchestra to Russell Park entertain us.
- We had 6 presentations by University Express, a Cardiac Health Program and Heart Risk Screening, a SNAP Ed Program and a Identity Theft Program by IHA.
- We served **791** meals through Erie County Congregate Dining & **173** made by staff or catered!



# DIRECTOR'S NOTE

Hello Friends,

It's hard to believe that summer has come and gone. This is my favorite time of year! The change in seasons is always so beautiful.

September is National Senior Center Month and the theme for this year is "**Powering Possibilities: Flip the Script**", this theme encourages a shift in perspective on aging, highlighting the dynamic role senior centers play in fostering creativity, connection, and resilience among older adults. Our goal is to challenge outdated stereotypes and celebrate the positive contributions of both older adults and what our Center can offer you.

We are here to help you; entertain you, socialize with you, and most importantly, keep you active! Come check out our Movie Matinee's; come to our "Back to School Bash" on September 4th; join in on our "Lunch and Learn Line Dance" on September 18th, any of our numerous card games, or stop by for one (or two!) of our presentations.

With a growing and active Center, I encourage you to stop by and share with Jackie or myself any additional programs you feel the Center could benefit from. We are always open to great ideas to expand our ever growing schedule! I do want to make note - if you sign up and can't make it for any of the programs and have to cancel please call the Center so other members can participate.

On behalf of the Senior Board, I would like to extend our gratitude to all those who donated and/or volunteered to help with the basket raffle! It was a huge success and it could NOT have been accomplished without all those who helped!

As summer comes to a close, I look forward to all of our fall activities and programs!

See you at the Center,  
Sarah



# SUNSHINE REPORT

## Thinking of You/Get Well

Dale Kruschke

Lois Hartwig

\*\*\*\*\*

## Sympathy

June Rohl  
(death of husband)

Gerry Rudolph  
(death of daughter)

Elaine Koch  
(death of husband)

Patricia Macchia  
(death of husband)

*Thank you*

## SENIOR BOARD NEWS

The Senior Board would like to extend their sincere gratitude to our volunteers and everyone who donated items to the basket raffle. Whether individual items, baskets, gift cards or monetary donations, they all contributed to making the basket raffle a HUGE success!

## 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, September 4th  
@ 12:00pm  
Back to School Bash**

Join us a school themed lunch and game!



**Meal:**

Ham or Turkey Hoagie, chips, applesauce and dessert

**\$6.00**

**Tuesday, September 9th  
@ 5:00pm  
Dinner & Entertainment**

Join us for dinner followed by music by Tim Weir!



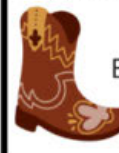
**Meal:**

Lasagna roll with meat sauce, green beans, salad, roll and dessert

**\$4.00**

**Thursday, September 18th  
@ 12:00pm  
Line Dance Lunch & Learn**

Join us for lunch followed by learning to line dance with the Hot Country Liners!



**Meal:**

Beef on Weck meal catered by The Candy Apple and sponsored by the Pappalardo Family Fund

**\$2.00**

**Monday, September 22nd  
@ 12:00pm  
Ladies First Quartet**

Join us for our Welcome Fall Lunch with entertainment!



**Meal:**

Broccoli stuffed chicken w/ herb gravy, scalloped potatoes, peas, rye bread and apple pie

**\$6.00**

**Monday, September 29th  
@ 12:00pm  
Homemade Monday**

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



**Meal:**

Julienne salad, roll and dessert

**\$6.00**

**Tuesday, September 30th  
@ 4:30pm  
Board Dinner/Entertainment**

Join us for a board meeting followed by dinner and entertainment by Kirk McWhorter!



**Meal:**

Pulled pork, coleslaw, applesauce and dessert

**\$3.00**

## Tuesday Night Line Up:

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

**September 2nd:** No Activity

**September 9th:** Tim Weir  
(see above)

**September 16th:** Bingo

**September 23rd:** Escape from Alcatraz Program (see page 8)

**September 30th:** Board Dinner (see above)



## Movie Matinees

**Tuesdays @ 12:45 pm**  
**Feel Good Movies**

- **September 2nd - "Love, Guaranteed" (TV-PG)**  
To save her small law firm, earnest lawyer Susan takes a high-paying case from Nick, a charming new client who wants to sue a dating website that guarantees love. But as the case heats up, so do Susan and Nick's feelings for each other.
- **September 9th - "Miracles From Heaven" (PG)**  
Based on the incredible true story of the Beam family.
- **September 16th - "Instant Family" (PG-13)**  
A couple find themselves in over their heads when they foster three children.
- **September 23rd - "Perfect Pairing" (TV-14)**  
It follows a hard-driving LA wine-company executive who travels to an Australian sheep station to land a major client and there she ends up working as a ranch hand and sparking with a rugged local.
- **September 30th - "Your Place or Mine" (PG-13)**  
Two long-distance best friends change each other's lives when she decides to pursue a lifelong dream and he volunteers to keep an eye on her teenage son.

## MOVIE NEWS



## Dinner and a Movie

**Thursday, September 25th**  
**@ 4:30pm**

### "The Life List" (PG-13)

A woman revisits her childhood aspirations, endeavoring to achieve her old goals, only to discover that pursuing these lifelong dreams takes her on an unforeseen and surprising journey.

**\$6.00**

#### Dinner:

Ham and cheese baguette,  
corn chowder & dessert



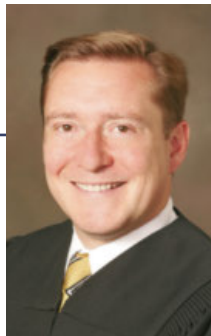
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**Jeffrey F. Voelkl**  
ATTORNEY

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06-5409





## BOOK NOOK Wednesday, Sept. 3rd @ 10:00 am

We will discuss August's book (Canary Girls) and introduce September's book:

### An American Marriage by Tayari Jones

Newlyweds Celestial and Roy, the living embodiment of the New South, are settling into the routine of their life together when Roy is sent to prison for a crime he didn't commit. An insightful look into the lives of people who are bound and separated by forces beyond their control

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

## LADIES LUNCHEON



**Olive Tree Restaurant**  
Thursday, September 4th  
@ 12:30pm

5240 Broadway, Lancaster

**RSVP to Joanne E. by 8/25**  
716-553-5355 if you plan to attend.

## AKRON NEWSTEAD DINER'S CLUB



**The Eagle House**

**Thursday, September 11th @ 5:30pm**  
5578 Main St, Williamsville, NY

Meal choices:

- Beef Burgundy
- Stuffed Chicken Breast
- Pasta Aglio Olio
- Haddock Dijonnaise

**\$35.00**

**Includes:** coffee/tea, soup or salad, bread & butter 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!



**September 9th @ 11am - East Aurora Movie Matinee - \$7.00**

Includes lunch at the E.A. Senior Center and viewing a movie\* @ the Aurora Theatre (\*movie - to be announced)

**September 24th @ 9:15am - Pie & Coffee @ Becker Farms - \$15.00**

Includes transportation, barn tour, wagon ride, pie and coffee



## TRIPS AND TRAVEL

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

**September 12th, 2025 - Shaw Festival**

"The Lion, The Witch and The Wardrobe" and lunch at Betty's

**October 7<sup>th</sup> - 8<sup>th</sup>, 2025 - Autumn in the Southern Adirondacks**

Saratoga Springs and the Autumn Explorer Train Ride (see insert)

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

**\*Informational Meeting: September 10<sup>th</sup> at 2:30\***



## CASINO

### **Batavia Downs Casino**

**Monday, September 8th @ 11:00am**

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

Please make checks payable to Mar-Bon Social Club

### **Seneca Allegany Casino**

**Monday, October 6th @ 8:30am**

Includes **\$25** free play and a **\$5** food voucher **\$35.00**

**\$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





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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



**Sept. 8th  
@ 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

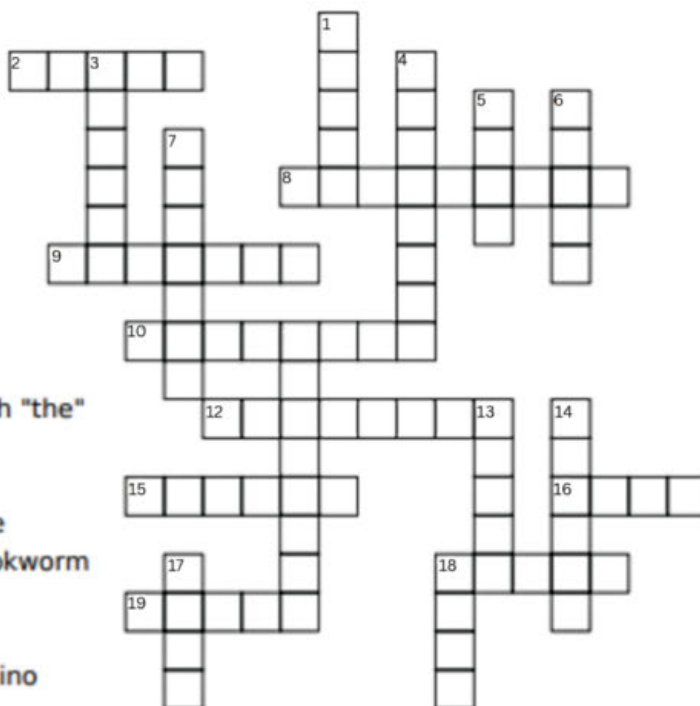
## SENIOR CENTER FUN CROSSWORD

Down:

1. Our favorite director
3. Homemade Monday and \_\_\_\_
4. "It's not age, it's \_\_\_\_"
5. Gentle Chair \_\_\_\_
6. Crochet wizard
7. Youngest and newest staff
11. 5691 \_\_\_\_ Road
13. 5 in a row
14. 5 card game to win tricks
17. Van driver extraordinaire
18. Our dancing queen

Across:

2. \_\_\_\_ a ride
8. Biking group with "the"
9. Movie \_\_\_\_
10. Melding game
12. Classic tile game
15. Our resident bookworm
16. Diner's \_\_\_\_
18. \_\_\_\_ Luncheon
19. Batavia \_\_\_\_ Casino



# ARTS AND CRAFTS



**Craft** - Thursday, Sept. 25th @ 10:00am \$25.00  
Canvas Painting with Guest Instructor Linda Chaffee



**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: SILVERNEAKERS, 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:** September 10<sup>th</sup> - October 29<sup>th</sup> @ 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, September 19th @ 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, September 3rd 1:00 - 3:00 pm**

**Wednesday, September 17th 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

**Health Insurance Forums**

**October 21<sup>st</sup> 1:00 - 3:00pm**

**November 18<sup>th</sup> 1:00 - 3:00pm**

### 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



### 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, September 11<sup>th</sup> @ 4:00pm - Communicating Effectively

Come learn how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

## Wednesday, September 17<sup>th</sup> @ 1:00pm - Healthcare Proxy and Power of Attorney

This legal and ethical principle allows a designated person to make decisions on behalf of someone who lacks the capacity to make decisions for themselves. This is usually in situations involving medical care, finances, or personal care and includes: wills, Power of Attorney, and Health Care Proxy. An attorney will present and offer a brief Q&A.

## September 18<sup>th</sup> @ 6:00pm - SNAP ED Eat a Rainbow

Why it is important to eat different colored fruits and vegetables and tips to add them into meals.

## Friday, September 19<sup>th</sup> @ 12:30pm - Sparrows, Seeds and Safety

Feeding birds is a hobby enjoyed by many people. This hobby provides enjoyment for humans and a vital food source for our avian friends. Did you know that bird feeders and feeding stations can be a source of illness for birds? Are you wondering if you should continue feeding the birds during the recent outbreak of H5 bird flu? Are you at risk of contracting H5 bird flu when filling the feeders? How can we feed the birds and keep the rat population at bay? This class will answer these questions and show you what to feed the birds to avoid seed waste, how to keep your bird feeders clean to prevent illness in birds (and yourself), answer questions about H5 bird flu spread in bird and humans, and how to avoid letting your bird feeder become a rat buffet.

## Tuesday, September 23<sup>rd</sup> @ 5:30pm - Escape From Alcatraz

In June 1962, three men made a daring escape from "The Rock", a supposedly "escape-proof" penitentiary, never to be seen or heard from again. Their bodies were never found. Were they successful in their attempt? How did they pull off one of the greatest escapes in history? Jolene Babyak, the daughter of the assistant warden who lived on the island, wrote "Breaking the Rock", a book about the escape.

## FLU SHOTS CLINICS

\*Offering this seasons available vaccines. First come, first serve. Please bring photo ID and insurance card!

- **Rutowski Family Pharmacy**

September 16<sup>th</sup> 11am - 12:30pm

- **Wegmans**

September 22<sup>nd</sup> 11am - 1pm

- **Rutowski Family Pharmacy**

October 15<sup>th</sup> 11am - 12:30 pm



## BOWLING NEWS



### **Silver Squares Bowling League**

Are you looking for something fun to do in the fall? The "Silver Squares" bowling league is looking for bowlers! All skill levels welcome. The league bowls on **Tuesday Afternoons @ 1:00pm** @ Transit Lanes. Call Pam Geddes 716-713-7851



### **Switch\* Bowling Breakfast**


(\*Formerly Wii Bowling)

Switch Bowling players are invited to join in the Bowling Breakfast!

**September 11<sup>th</sup> @ 9:30am**




# September Activities Calendar

MON	TUE	WED	THU	FRI	SAT
<b>1 Center Closed</b> 	<b>2</b> 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 Dinner	<b>3</b> 9:00 Exercise with Barb 9:30 Dominoes 10:00 Book Nook 12:00 Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	<b>4</b> 9:00 SilverSneakers Classic 10:05 Club 99 12:00 Back to School Bash 12:30 Ladies Luncheon 1:00 Pinochle 5:30 TOPS	<b>5</b> 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	<b>6</b> 4:30 Texas Hold 'em Hand and Foot
<b>8</b> 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	<b>9</b> 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 11:00 Hitch a Ride 12:00 Lunch 12:45 Movie Matinee 4:30 Texas Hold 'em Poker 5:00 Dinner/Entertainment	<b>10</b> 9:00 Exercise with Barb 9:30 Dominoes 10:15 Stability Class 12:00 Lunch 1:00 Mah-Jong 2:30 Bluegrass Trip Presentation 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	<b>11</b> 9:00 SilverSneakers Classic 9:30 Bowling Breakfast 10:05 Club 99 12:00 Lunch 1:00 Pinochle 4:00 Alzheimer's Program 5:30 Diner's Club 5:30 TOPS	<b>12</b> 8:45 Gentle Floor Yoga 9:00 Day Trip 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	<b>13</b>
<b>15</b> 9:00 Walking Group 9:00 Safe Drivers Class 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 1:00 Dealer's Choice Poker	<b>16</b> 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 11 - 12:30 Flu Shot Clinic 12:00 Lunch 12 - 1 Feedmore Farm Truck 12:45 Movie Matinee 4:30 Texas Hold 'em Poker 5:00 Dinner/Bingo	<b>17</b> 9:00 Exercise with Barb 9:30 Dominoes 10:15 Stability Class 12:00 Lunch 1:00 Elder Law Program 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	<b>18</b> 9:00 SilverSneakers Classic 10:05 Club 99 12:00 Lunch & Learn: Hot Country Liners 1:00 Pinochle 5:30 TOPS 6:00 SNAP Ed Program	<b>19</b> 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 11:00 Grief & Loss 12:00 Lunch 12:30 Sparrows Seeds & Safety 1:00 Bingo	<b>20</b> 4:30 Texas Hold 'em Hand and Foot
<b>22</b> 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 11 - 1 Flu Shot Clinic 12:00 Welcome Fall Lunch 1:00 Dealer's Choice Poker	<b>23</b> 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 Escape From Alcatraz Program	<b>24</b> 9:00 Exercise with Barb 9:15 Hitch a Ride 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	<b>25</b> 9:00 SilverSneakers Classic 10:00 Craft 10:05 Club 99 12:00 Lunch 1:00 Pinochle 4:30 Dinner and a Movie 5:30 TOPS	<b>26</b> NO Gentle Floor Yoga 9:30 Dominoes NO Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	<b>27</b>
<b>29</b> 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Homemade Monday and Trivia 1:00 Dealer's Choice Poker	<b>30</b> 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 4:30 Board Dinner/Entertainment	<b>1</b> 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	<b>2</b> 9:00 SilverSneakers Classic 9:30 Board Meeting 10:05 Club 99 12:00 Lunch 12:30 Ladies Luncheon 1:00 Pinochle 5:30 TOPS	<b>3</b> 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	<b>4</b> No Saturday Activities



# Erie County Stay Fit Dining Program - September 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 No Meals Served</b> 	<b>2</b> Chicken & sausage paella, rice w/ black beans, corn w/ red peppers, cauliflower and chocolate pudding (601) <b>5pm Dinner:</b> Polish Sausage, sauerkraut, mashed potatoes, lima bean bake and cookies	<b>3</b> Breaded chicken patty w/ buffalo sauce on a bun, mashed potatoes, carrots and fudge round cookie (847) <b>4pm Dinner:</b> Cranberry chicken salad, salad mix, crackers and cookies	<b>4</b> Back to School Bash	<b>5</b> Ham steak with maple glaze, mashed sweet potatoes, california vegetables, rye bread and pineapple tidbits (585)
<b>8</b> Hearty turkey stew, garlic mashed potatoes, green beans, dinner roll and mandarin oranges (519)	<b>9</b> Meatballs with sweet chili sauce over rice, broccoli florets, carrots and strawberry gelatin (607) <b>5pm Dinner:</b> Lasagna roll with meat sauce, green beans, salad, roll and sherbet	<b>10</b> Cheese tortellini with meat sauce, mixed vegetables, salad, bread, banana and chocolate milk (860) <b>4pm Dinner:</b> Greek chicken salad, roll and sherbet	<b>11</b> Pork loin with gravy, mashed potatoes, brussels sprouts, roll and applesauce (597)	<b>12</b> Beer battered fish with tartar sauce, broccoli cheese rice casserole, zucchini & tomatoes, roll and pineapple tidbits (677)
<b>15</b> Pork ribette with BBQ sauce on a bun, duchess potatoes, carrots and tropical fruit (766)	<b>16</b> Mandarin chicken & sunflower salad, roll and chocolate-covered ice cream bar (741) <b>5pm Dinner:</b> Chicken Drumsticks, ranch mashed potatoes, mixed veggies, salad, roll and pudding	<b>17</b> Italian sausage with peppers, onions & tomato sauce on a bun, potatoes, beans, orange and chocolate milk (616) <b>4pm Dinner:</b> Beef taco salad and pudding	<b>18</b> Hot Country Liners (Lunch Catered by Candy Apple)	<b>19</b> Stuffed shells with meat sauce & mozzarella cheese, broccoli florets, salad, bread and lemon ice (818)
<b>22 Welcome Fall Lunch</b> Broccoli-stuffed chicken with creamy herb gravy, scalloped potatoes, peas with red peppers, rye bread and apple pie with whipped topping (1037)	<b>23</b> Chili con carne, carrots, salad corn muffin and banana (912) <b>5pm Dinner:</b> Chicken patty salad, roll and cherry pie	<b>24</b> Hearty pork stew, mashed potatoes, green beans, roll and and applesauce (576) <b>4pm Dinner:</b> Meatloaf with gravy, garlic mashed potatoes, brussels sprouts, rye bread, salad and chocolate cream pie	<b>25</b> Chicken breast with marsala sauce, rice pilaf, spinach mixed vegetables, pineapple tidbits and chocolate milk (599)	<b>26</b> Steakhouse burger with onion gravy on a bun, ranch mashed potatoes, broccoli florets and chocolate chip cookies (852)
<b>29</b> Homemade Monday	<b>30</b> Lasagna roll with tomato meat sauce & mozzarella cheese, cauliflower, peas, salad, roll and brownie (839) <b>5pm Dinner:</b> Board Dinner	<b>1</b> Tuna macaroni salad on a bed of salad, crackers and tropical fruit (652) <b>4pm Dinner:</b> Mandarin chicken salad, bread and chocolate cream pie	<b>2</b> Hot dog with baked beans & ketchup on a bun, macaroni & cheese, broccoli florets, orange and chocolate milk (778)	<b>3</b> Stuffed pepper with savory sauce, mashed potatoes, carrots, bread, and pineapple tidbits (638)

*\*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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