

### 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 & 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

## October 2025

### *Senior Center Highlights*



- In **August** we hitched a ride to the Sanborn Sunflowers and the Longshed at Canalside
- We hosted a Murder Mystery dinner with WNY Improv for 120 guests.
- We welcomed the Hastings Duo, DJ Biggs and the Junk Drawer Uke Band to entertain us.
- We got out and about to the Erie County Fair, a Bison's Game, the Knight Sutton Museum and Boulder Park.
- We served **881** meals through Erie County Congregate Dining & **329** made by staff or catered!



# DIRECTOR'S NOTE

Hello Friends,

As the leaves begin to change and the crisp Autumn air sets in, I want to take a moment to wish you a healthy fall season. We also have change here at the Center. We say good-bye to Tony, as he embarks on a new adventure, we wish him the best of luck.

This time of year reminds us of the beauty of change and also the comfort of community, we will be embracing the season with a full calendar of activities, programs and many opportunities to stay connected. Whether you are joining us for rock painting class, a movie, a Hitch-a-Ride, one of the University Express classes or simply stopping by to say "Hello" there is always something happening here for you.

We look forward to seeing you at the Center,

*Sarah*



# SUNSHINE REPORT

## Sympathy

Bill and Bonnie Hawes  
(death of Bill's mom)

Gary and Betty Muchow  
(death of son)

Anita Cratsenberg  
(death of grandson)

Family of Mary Jo  
Schumacher

\*\*\*\*\*

## Get Well

Joann Haas

Paul Czechowicz

## SENIOR BOARD NEWS

### Our Annual Basket Raffle in August raised \$7,142.92

Again we thank all those that donated! The money raised goes towards a variety of things including but not limited to our scholarship program, bookmark buddies, trips and travel, the G.O.L.D.E.N program, funding major events as well as entertainment for quarterly board events.

## 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, October 8th**  
**@ 12:00pm**  
**CLUE Lunch**

Join us for lunch and a whodunnit game of interactive Clue!



**Meal:**

**\$5.00**

Breaded chicken cutlet w/ buffalo style sauce on a bun, tots, peas and dessert

**Friday, October 10th**  
**@ 12:00pm**  
**Fall Picnic**

Join us for a fall picnic at Skyline Park, the entrance is on Skyline Dr. **ACROSS** from Akron Falls Park!



**Meal:**

**\$6.00**

Chili and soup, cornbread and dessert

**Wednesday, October 15th**  
**@ 11:30am**  
**Board Luncheon**

Join us for a board meeting followed by lunch and the **SENIOR SAFARI** by the Buffalo Zoo!



**Meal:**

**\$3.00**

Chicken and biscuits w/ mixed veggies, salad and dessert

**Wednesday, October 22nd**  
**@ 12:00pm**  
**Music Trivia**

Join us for lunch and music trivia with Rich Hooper!



**Meal:**

**\$5.00**

Roast Pork with apples, sweet potatoes, green beans, bread and dessert

**Monday, October 27th**  
**@ 12:00pm**  
**Homemade Monday**

Join us for a homemade meal followed by trivia!

**\$6.00**



**Meal:**

Sloppy Joes, mac and cheese, green beans and dessert

**Tuesday, October 28th**  
**@ 5:00pm**  
**Halloween Party**

Wear your best costume and join us for dinner and DJ Biggs!



**Meal:**

**\$3.00**

A Ghoulish meal catered by Candy Apple and sponsored by the Pappalardo Family Fund

## Tuesday Night Line Up:

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

**October 7th:** Germans in WNY Presentation (page 8)

**October 14th:** Adoption Event (page 8)

**October 21st:** Bingo

**October 28th:** Halloween Party (see above)



## Movie Matinees

Tuesdays @ 12:45 pm  
Romance

### October 7th - "Marry Me" (PG-13)

Music superstars Kat Valdez and Bastian are getting married before a global audience of fans. But when Kat learns, seconds before her vows, that Bastian has been unfaithful, she instead decides to marry Charlie, a stranger in the crowd.

### October 14th - "Love is in the Air" (TV-14)

A seaplane pilot flying in the tropics finds herself falling for the man sent to sink her business.

### October 21st - "Set It Up" (TV-MA)

Two corporate executive assistants hatch a plan to match-make their two bosses.

### October 28th - "A Tourist's Guide to Love" (TV-PG)

An executive goes through an unexpected breakup, then accepting an assignment to go undercover and learn about the tourist industry in Vietnam.

## MOVIE NEWS



## Dinner and a Movie

Thursday, October 23rd  
@ 4:30pm

### "My Oxford Year" (PG-13)

An ambitious American student travels to Oxford in England to fulfill her dream, but encounters a charming local who changes both their lives.

**\$6.00**

#### Dinner:

Melt-in-your-mouth chicken, cheesy rice, broccoli florets and dessert.



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

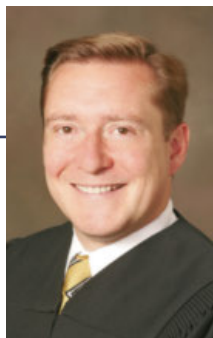


- Estate Planning and Trusts
- Estates
- Real Estate
- Estate Litigation

716-633-4030

jvoelkl@voelklaw.com

voelklaw.com



Jeffrey F. Voelkl  
ATTORNEY

19 South Long St.  
Williamsville

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Akron Newstead Senior Center - Akron, NY

06-5409





## BOOK NOOK Wednesday, October 1st @ 10:00 am

We will discuss September's book (The American marriage) and introduce October's book:

### The Cliffs by J. Courtney Sullivan

Jane Flanagan, a Harvard archivist, returns to her hometown in Maine after a professional mistake and marital issues threaten her career and marriage. She is drawn back to a mysterious Victorian house on the cliffs, a place she found refuge in as a teenager. The house has been renovated by a wealthy new owner, Genevieve, who hires Jane to document its history and the stories of the women associated with it.

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

## LADIES LUNCHEON



### Olive Garden

Thursday, October 2nd  
@ 12:30pm

5240 Broadway, Lancaster

RSVP to Marylou S. by 9/25

716-531-5894 if you plan to attend.

## AKRON NEWSTEAD DINER'S CLUB



### Morlusk's Polish & Italian Cuisine

Thursday, October 9th @ 5:30pm  
10678 Main St, Clarence, NY

#### Meal choices:

- Pole Plate
- Chicken Parm
- Fish Milanese
- Strip Steak

**\$32.00**

Includes: coffee/tea/pop, 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!



October 14th @ 11am - East Aurora Movie Matinee - \$7.00

Includes lunch at the E.A. Senior Center and viewing "Psycho" (R) @ the Aurora Theatre

October 16th @ 9:00am - Mayer Brothers and the Olde Steeple - \$5.00

Includes transportation, bring pocket money for any purchases you wish to make at either stop.



## TRIPS AND TRAVEL

Space Limited!  
Payment due at time of sign up!

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)

**NEW!**

December 6<sup>th</sup>, 2025 - The Happy Elf @ the Palace

Lunch @ Lock 34 followed by The Happy Elf Live Show @ the Palace (see insert)

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

Brochure available at the Center



## CASINO

### Batavia Downs Casino

Monday, October 6th  
@ 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, November 10th @ 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.

2026 dates: Jan. 5, March 9, May 4, July 13, Sept. 14, Nov. 9





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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



**October 20th  
@ 12:30**

(usually 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

## Fall Word Search

Pumpkins  
Scarecrow  
Apple Picking  
Cider  
Leaves  
Blankets  
Football  
Hayrides  
Bonfires  
Corn Maze  
Sweaters



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

# ARTS AND CRAFTS



**Craft** - Thursday, October 9th @ 1:00pm \$2.00

Rock Painting with Guest Instructor Susan Giorgio



**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



\*For  
example  
only



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

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 - October 22nd @ 3pm (and the 3rd Wednesday 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.



NEW DATE  
& TIME!



## RESOURCES

### Senior Outreach Services

Case Manager available @ the Center

Wednesday, October 1st 1:00 - 3:00 pm

Wednesday, October 15th 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:** Wednesday, October 29<sup>th</sup> 10:00am - 12:00pm

**Aetna:** Wednesday, October 29<sup>th</sup> 12:30 - 2:30pm

**Health Insurance Forum - October 21<sup>st</sup> 1 - 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

## **Tuesday, October 7<sup>th</sup> @ 5:30pm - Germans in WNY**

Germans were one of the earliest immigrant groups to arrive in Western New York. From farms to breweries, they left a lasting impact on the culture of the region. Join Erie County Historian, Doug Kohler, for a look at the ways in which Germans helped to create the culture of WNY.

## **Thursday, October 9<sup>th</sup> @ 10:30am - United Health Program**

Join Ron Gniazdowski with over 25yrs of experience with Medicare!

Open to anyone who wants to learn about United Healthcare Medicare Advantage 2026 plans for the Annual Election Period.

## **UNIVERSITY EXPRESS FALL SEMESTER!**

### **Thursday, October 16<sup>th</sup> @ 1:00pm - Yoga Dance & Meditation: Move, Breathe, Transform**

Join us for a unique experience that blends joyful movement with mindful stillness. YogaDance & Meditation is a creative and expressive class that can be done either standing or seated, making it accessible for all levels of ability and mobility. The class includes yoga poses, gentle stretches, Brain Gym exercises, breathwork, and somatic (body-based) awareness practices to support your full well-being.

### **Friday, October 17<sup>th</sup> @ 1:00pm - Self Empowerment and Self Defense for Seniors**

Learn tools to protect yourself and feel safer through knowledge, situational awareness, and non-lethal self-defense tools.

### **Monday, October 20<sup>th</sup> @ 10:00am - Joint Replacements**

Join us for a program to learn everything you need to know about arthritis and joint replacements including surgical and non-surgical options. Includes information on rehab, recovery, risks and possible complications.

### **Thursday, October 23<sup>rd</sup> @ 1:00pm - Mark Twains Haunts Around WNY**

When Mark Twain lived and worked in Buffalo from 1869 to 1871, he hung out mostly in the downtown and waterfront area, the Delaware district, and the Niagara Falls region. This illustrated presentation describes places and people that Twain knew well during his time in Western New York. Several entertaining anecdotes will be shared from the instructor's new book, The Illustrated Mark Twain and the Buffalo Express.

### **Friday, October 24<sup>th</sup> @ 1:15pm - Thailand Cave Rescue**

Seven years ago, 12 young boys and their coach headed into a local cave to explore after soccer practice. Shortly after they entered the cave, heavy rain began to fall which trapped them deep inside. Learn about the unbelievable rescue which took 17 days, included thousands of volunteers from all over the world and a race against the clock before more rain fell.
















### **Friday, October 31<sup>st</sup> @ 12:45pm - A Historical Look at the Origin and Traditions of Halloween**

Witches, black cats, goblins and bats all contribute to this most enjoyable of holidays. But where did it begin?? ...this trick or treat, and Jack o Lantern? We will look back to the beginning of Halloween and its traditions which continue to influence our society.

## *Adoption Event*

**Tuesday, October 14<sup>th</sup> 4:30 - 7:00pm**

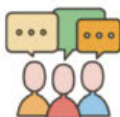
Curious about some of our local animal rescues? Looking for your furever friend? Join us for an event geared towards meeting local rescues and hearing more about their foster and/or

        adoption programs.       

## **HEALTH INSURANCE FORUMS**

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

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




*Sorry we're*  
**CLOSED**

**THE CENTER WILL BE CLOSED**

**Indigenous Peoples' Day - Oct. 13**




# October Activities Calendar

MON	TUE	WED	THU	FRI	SAT
		1 9:00 Exercise with Barb 9:30 Dominoes 10:00 Book Nook 12:00 Lunch 1:00 Mah-Jong 1 - 3 Sr. Outreach 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	2 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	3 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	4 NO SATURDAY ACTIVITIES
6 8:30 Sen. Allegany Casino 9:00 Walking Group NO Exercise with Barb 10:00 Rummikub 11:00 Batavia Downs 12:00 Lunch 1:00 Dealer's Choice Poker	7 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 5:30 Germans of WNY	8 9:00 Exercise with Barb 9:30 Dominoes 10:15 Stability Class 12:00 Clue Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	9 9:00 SilverSneakers Classic 10:05 Club 99 10:30 United Health Prog. 12:00 Lunch 1:00 Craft 1:00 Pinochle 5:30 Diner's Club 5:30 TOPS	10 NO Gentle Floor Yoga 9:30 Dominoes NO Gentle Chair Yoga 10:00 Crochet 12:00 Skyline Park Picnic CENTER CLOSED @ 11	11
13 CENTER CLOSED 	14 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 4:30 Adoption event 5:00 Dinner	15 9:00 Exercise with Barb 9:30 Dominoes 9:30 - 11:30 Sr Outreach 10:15 Stability Class 11 - 12:30 Flu Shots 11:30 Board Lunch/Safari 1:00 Mah-Jong 3:00 Watercolors 3:00 Grief and Loss 4:00 Dinner 5:00 Euchre/Hand & Foot	16 9:00 SilverSneakers Classic 9:00 Hitch a Ride 10:05 Club 99 12:00 Lunch 1:00 U.E. Yoga, Dance and Meditation 1:00 Pinochle 5:30 TOPS	17 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 U.E. Self Empowerment 1:00 Bingo	18 NO SATURDAY ACTIVITIES
20 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 10:00 U.E. Joint Replacements Program 12:00 Lunch 12:30 EC Trivia 1:00 Dealer's Choice Poker	21 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 1 - 3 Health Ins. Forum 4:30 Texas Hold 'em Poker 5:00 Dinner/Bingo	22 9:00 Exercise with Barb 9:30 Dominoes 10:15 Stability Class 12:00 Lunch/Music Trivia 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	23 NO SilverSneakers Classic 10:05 Club 99 12:00 Lunch 1:00 Pinochle 1:00 U.E. Mark Twain 4:30 Dinner and a Movie 5:30 TOPS	24 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo 1:15 U.E. Thailand Cave Rescue	25 4:30 Texas Hold 'em Hand and Foot
27 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Homemade Monday and Trivia 1:00 Dealer's Choice Poker	28 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 Halloween Party	29 9:00 Exercise with Barb 9:30 Dominoes 10 - 12 United Healthcare 10:15 Stability Class 12:00 Lunch 12:30 - 2:30 Aetna 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	30 9:00 SilverSneakers Classic 10:05 Club 99 12:00 Lunch 1:00 Pinochle 5:30 TOPS	31 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 12:45 U.E. Halloween Traditions 1:00 Bingo	1 4:30 Texas Hold 'em Hand and Foot



# Erie County Stay Fit Dining Program - October 2025

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

Monday	Tuesday	Thursday	Friday
<b>29</b> Chicken breast with taco-seasoned peppers, onions and tomatoes, spanish rice, fiesta corn, orange pineapple juice and strawberry gelatin (653)	<b>30</b> Lasagna Roll with meat sauce & cheese, cauliflower, peas, salad, roll and brownie (839)  <b>Dinner 5pm:</b> Board Dinner w/ Entertainment	<b>2</b> Hot dog with ketchup on a bun, baked beans, macaroni & cheese, broccoli, orange and chocolate milk (778)	<b>3</b> Stuffed pepper with savory sauce, mashed potatoes, carrots, italian bread and pineapple tidbits (638)
<b>6</b> Hearty beef stew, mashed potatoes, brussels sprouts, biscuit and vanilla pudding (703)	<b>7 Oktoberfest Lunch</b> Polish sausage w/ sauerkraut, german potato salad, au gratin broccoli, and apple pie (1000)  <b>Dinner 5pm:</b> Chili con carne, carrots, salad, corn muffin and dessert	<b>9</b> Roasted turkey with stuffing, gravy & cranberry sauce, mashed butternut squash, corn, salad and mandarin oranges (660)	<b>10</b> Skyline Park Picnic
<b>13</b> CENTER CLOSED 	<b>14</b> Breaded chicken cutlet with herb gravy, sweet potatoes, lima bean bake, roll and orange (728)  <b>Dinner 5pm:</b> Ham steak w/ pineapple sauce, scalloped potatoes, brussels sprouts, bread and dessert	<b>16</b> Hearty pork stew, mashed potatoes, carrots, roll and strawberry gelatin (603)	<b>17</b> Steakhouse burger with gravy on a bun, corn with red peppers, au gratin spinach, mandarin oranges and chocolate milk (743)
<b>20</b> Chicken breast with marsala sauce, garlic mashed potatoes, peas with pearl onions, roll and lorna doones (655)	<b>21</b> Beef pepper steak casserole with white rice, broccoli florets, carrots and diced pears (587)  <b>Dinner 5pm:</b> Ancho chicken fajita, spanish rice, corn, salad and dessert	<b>23</b> Garden chicken patty salad with cheddar cheese & ranch dressing, multigrain bread, banana and chocolate milk (966)	<b>24</b> Stuffed shells with tomato meat sauce & mozzarella, cauliflower, fruit punch, salad, italian bread and lemon ice (904)
<b>27</b> Homemade Monday	<b>28</b> Beef taco salad with taco sauce & tortilla strips, pineapple tidbits and chocolate milk (637)  <b>Dinner 5pm:</b> A Ghoulash meal catered by Candy Apple and sponsored by the Pappalardo Family Fund	<b>30</b> Lower sodium baked ham with pineapple sauce, scalloped potatoes, brussels sprouts, roll and brownie (617)	<b>31 Happy Halloween</b> Breaded chicken drumsticks, duchess mashed potatoes, green beans, roll and banana cream pie (1013)

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



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NEWSTEAD PUBLIC LIBRARY: 2<sup>ND</sup> AND 4<sup>TH</sup> 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.**

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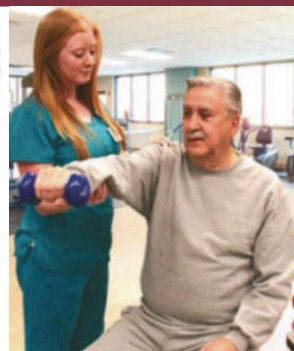
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