

Akron/Newstead Senior Center

5691 Cummings Road
Akron, New York 14001

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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

November 2025

Senior Center Highlights



- In **September** we hitched a ride to East Aurora for a movie matinee and to Becker Farms.
- We welcomed Tim Weir, Ladies First Quartet, Hot Country Liners and Kirk McWhorter to entertain us.
- We had presentations by the Alzheimer's Association, Elder Law, Patianne Guzinski, Theresa Waiter and Liam O'Mahony from Brothers of Mercy.
- We served **824** meals through Erie County Congregate Dining & **216** made by staff or catered!

DIRECTOR'S NOTE

Hello Friends,

As we move into November, we celebrate Veteran's Day here at the Center on Friday, November 7th. I would like to send a sincere "Thank You!" to all who are currently serving or have served in the US Armed Forces. Calling all veterans...if you are a veteran or know of a veteran, please call the Center with details (branch, rank, years served, etc). We have something special planned!

As we move on to Thanksgiving, we pause and give thanks for many things, but one of the greatest blessings here at the Center is you! You carry stories that connect generations, share wisdom that guides us, and spread love that warms every room you're in. I feel blessed when I see our parking lot full of cars and all your smiling, laughing faces. I look at all of you and know our Center is thriving! We continue to grow in membership, all while still being the best kept secret in town. With that said, I hope you join us for our annual Friendsgiving Thanksgiving dinner and entertainment planned for Tuesday, November 25th.

Also, as we prepare for the holidays and all the celebrating, we need to prepare ourselves for another Western New York winter. Hopefully it's not as bad as last year. If you find yourself wondering if the Center is open or closed due to inclement weather, check for "weather closing" announcements on WGRZ-TV, WKBW-TV, WIVB-TV or the Center's Facebook page. Most importantly, if Akron Central Schools are closed, the Center will be too.

Looking forward to seeing you soon,

Sarah



SUNSHINE REPORT

Sympathy

George Hudson
(death of wife)

Cathy & Pat Feldman
(death of Cathy's mom)

Cheryl Sundown
(death of son)

Thinking of You

Roger Lintner

SENIOR BOARD NEWS

Four fall themed G.O.L.D.E.N (Gifts Of Love Delivered to Encourage Neighbors) baskets were delivered in October. This ongoing program is sponsored by the Akron Newstead Senior Board.

The Senior Board will also be sponsoring any Veterans in attendance at our Veterans lunch Nov. 7th making this event FREE for them. Also, as usual they are sponsoring entertainment for the board Friendsgiving dinner Nov. 25th, sign up required!

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, November 5th
@ 9:30am

Breakfast @ the Center

Join us for breakfast and fresh brewed coffee!



Meal:

Egg McMakron sandwich, sausage, yogurt and fruit

\$6.00

Friday, November 7th
@ 12:00pm

Veteran's Day Lunch

Join us for lunch followed by entertainment by the Quilted Canoe! *Veterans attend free!



Meal:

Chicken parm meal catered by Candy Apple and sponsored by the Pappalardo Family Fund

\$3.00*

Sunday, November 9th
@ 12:30pm

Bills Watch Party

Join us to watch the Bills vs. Dolphins game!



Meal:

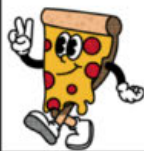
Ham or turkey sub, chips, salad and dessert

\$6.00

Wednesday, November 12th
@ 12:00pm

Pizza Party

Join us for pizza party at the center!



Meal:

Pizza, 2 wings, salad and dessert

\$7.00

Monday, November 24th
@ 12:00pm

Homemade Monday

Join us for a homemade meal followed by trivia!

\$6.00



Meal:

Meatloaf, mashed potatoes, veggie and dessert

Tuesday, November 25th
@ 4:30pm

Friendsgiving Board Dinner

Join us for a board meeting followed by dinner and entertainment by the Hastings Duo!



Meal:

Turkey & stuffing with gravy, sweet potatoes, green bean casserole, roll and dessert

\$3.00

Tuesday Night Line Up:

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

November 4th: NO DINNER

November 11th: CENTER CLOSED

November 18th: University Express Program (see page 8)

November 25th: The Hastings Duo (see above)

Movie Matinees

Tuesdays @ 12:45 pm
Thrillers

November 4th - "Dangerous Lies" (TV-14)
When a wealthy elderly man dies and unexpectedly leaves his estate to his new caregiver, she's drawn into a web of deception and murder. If she's going to survive, she'll have to question everyone's motives - even the people she loves.

November 11th - CENTER CLOSED

November 18th - "Secret Obsession" (TV-14)
Recuperating from trauma, Jennifer remains in danger as she returns to a life she doesn't remember.

November 25th - "Intrusion" (TV-14)
A woman moves to a small town with her husband, but is rattled when she is targeted for a home invasion.

MOVIE NEWS



Dinner and a Movie

Thursday, November 20th
@ 4:30pm

"The Woman in Cabin 10" (R)

A travel writer stumbles upon a gruesome secret while traveling aboard a luxury cruise ship. Based on the bestselling novel by Ruth Ware.

\$6.00

Dinner:

Open-faced tuna melt with tomato, pasta salad, coleslaw and dessert.



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

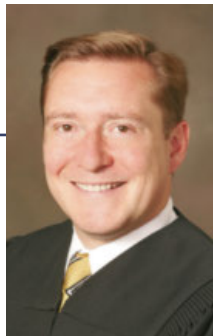


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- Estates
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Jeffrey F. Voelkl
ATTORNEY

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Akron Newstead Senior Center - Akron, NY

06-5409



BOOK NOOK Wednesday, Nov. 5th @ 10:00 am

We will discuss October's book (The Cliffs) and introduce November's book:

The Keeper of Stars by Buck Turner

1962. Professor of astronomy Elizabeth (Ellie) Spencer receives a mysterious package with a novel written by her first love, Jack Bennett. As she reads the novel--about a young man and woman who fall madly in love--she realizes it is their story. But hidden in the tales of the couple star-gazing and stealing kisses is a detail that has her questioning everything. Then her aunt's sudden death sends her on a journey for the truth and the chance to rewrite the stars.

Book subject to change based on library availability

LADIES LUNCHEON



Danny's

Thursday, November 6th
@ 12:30pm

3715 Genesee Street
Cheektowaga, NY

RSVP to Barb L. by 10/25
772-713-3142 if you plan to attend.

AKRON NEWSTEAD DINER'S CLUB



The Hollow Bistro & Brew

Thursday, November 13th @ 5:30pm
10641 Main St. Clarence, NY

Meal choices:

- Herb Seared Salmon
- Grilled Marinated Flank Steak
- Chicken Milanese

\$40.00

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!

November 4th @ 10:00am - Niagara Falls Outlets - \$5.00

Includes transportation. Bring pocket money for shopping and food court.

November 6th @ 9:45am - Burchfield Penney Art Center - \$15.00

Includes transportation and guided tour. Bring pocket money for lunch @ the Art Center's Roux Soup Bar & Cafe.



TRIPS AND TRAVEL

Space Limited!
Payment due at
time of sign up!

NEW!

December 6th, 2025 - The Happy Elf @ the Palace

Lunch @ Lock 34 followed by The Happy Elf Live Show @ the Palace

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

Brochure available at the Center



2026 trip planning is underway!
Bring any ideas to the office!



CASINO

Batavia Downs Casino

**Wednesday, November
19th @ 10:00am**

Climb aboard the Senior Center Van for the short ride to Batavia Downs. Enjoy playing the slots and/or enjoying a snack and socializing.

\$5.00

Includes transportation to Batavia Downs. Bring pocket money for game play and/or snacks.

Due to a change in Mar-Bon Social Club's procedures we will no longer be partnering with them.

\$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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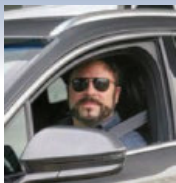
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Akron Newstead Senior Center - Akron, NY

06-5409

GAMES



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 through
Fridays @ 9:30am

SEE CALENDAR
FOR SATURDAY
DATES!



MAH-JONGG

Wednesdays @ 1:00pm



EUCHRE

Wednesdays @ 5:00pm



PO-KE-NO

Thursdays @ 11:00am



PINOCHLE

Thursdays @ 1:00pm



BINGO

Fridays @ 1:00pm

ERIE COUNTY TRIVIA



**November
10th**

@ 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

Thanksgiving Day

WORD SCRAMBLE

Unscramble this fun Thanksgiving Day words!

1. NMUPKIP _____
2. YKTRUE _____
3. DLSEBES _____
4. YAMILF _____
5. VIHAKSTGNIG _____
6. FTSNIGUF _____
7. USQHAS _____
8. HDMSDA OTSPEOAT _____
9. TSDERSE _____
10. NEDISRF _____

WORD SEARCH

THANKSGIVING DAY

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

HARVEST
HAT
TURKEY
FALL
PUMPKIN
FAMILY
NOVEMBER
CANOE
PILGRIM
FEAST
CRANBERRY
BLESSINGS
PIE
CORN
WHEAT
GATHER



ARTS AND CRAFTS



Craft - Thursday, November 20th @ 10:00am \$20.00

Paint Your Own Pottery **AT CLAY HANDS** (10086 Main St, Clarence, NY 14031)



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



*choose
one



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



Tai Chi & Qigong with Cindy: November 5th - December 24th @ 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 - November 19th @ 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.



RESOURCES

Senior Outreach Services

Case Manager available @ the Center

Wednesday, November 5th 1:00 - 3:00 pm

Wednesday, November 19th 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: November 13th 10:00am - 12:00pm

Aetna: November 13th 12:30 - 2:30pm

Health Insurance Forum - November 18th 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



Thanksgiving Raffle

Enter to WIN 1 of 4 baskets complete with place setting supplies and **\$100** grocery gift card to help fund your thanksgiving dinner!

7 tickets for \$5

1 ticket for \$1

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

UNIVERSITY EXPRESS FALL SEMESTER!

Monday, November 3th @ 1:00pm - Where's the Beef? Vegetarian Cooking for even the most Committed Carnivore

Taste delicious vegetarian recipes and explore the benefits of incorporating vegetarian cooking into your eating routine.

Wednesday, November 5th @ 1:00pm - Digging Up the Erie Canal

From Wilkeson to the Thruway, the Erie Canal has had an indelible influence on Western New York. Celebrate the 200th anniversary of its opening with visuals and a song or two!

Thursday, November 6th @ 1:00pm - Vincent Van Gogh

This overview of Van Gogh's life and many of his works, from drawings to the famous "splasy" expressionist style, goes even deeper. It's an exploration of his difficulties being accepted during his lifetime, while so revered posthumously.

Wednesday, November 12th @ 1:00pm - Stay Safe Online

Learn 4 key behaviors to lock down your online accounts and keep your data safe.

Thursday, November 13th @ 2:00pm - The Silver Age of Disney (1950 - 1967)

Explore the return of feature-length storytelling and Walt Disney's influence on TV and theme parks.

Friday, November 14th @ 1:15pm - Great Tales of the Great Lakes

Why is the story of a ship tragedy on Lake Erie known to every German school child? From weather to history to heroics, join Erie County historian, Doug Kohler, for a look at the impact of the Great Lakes on WNY.

Monday, November 17th @ 1:15pm - Batteries Everywhere

Let's have a lively discussion about rechargeable batteries and how to safely charge, use, and dispose of them.

Tuesday, November 18th @ 5:30pm - Town Founders

Discussion about the people who founded the cities, towns, villages, and sections of WNY.

Wednesday, November 19th @ 1:15pm - Facebook Safety and Security

Learn about the various settings and processes that you can change to make your Facebook account more secure and private.

Thursday, November 20th @ 1:15pm - Understanding Annuities

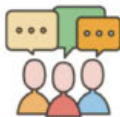
What are annuities? Why do people invest in them? What kinds of guarantees can they provide? What different kinds of annuities are available? What are the pros and cons of owning them? What role can they play for retirees or those approaching retirement? Chartered Financial Consultant® Jason Myers will explore these questions and more in this education – only presentation. Jason Myers is the owner of JBM Health & Wealth Consulting, LLC.

Friday, November 21st @ 1:15pm - Are the Pope's Catholic Reflections on the State of the U.S. Political System

Many people blame our political system for the polarization that currently exists in our society. What is the source of this problem? Is there anything we can do? Is the 2-party system obsolete and is there room for a third party? The Erie County Comptroller and Canisius University Political Science Professor has some thoughts and is more than willing to share them.

HEALTH INSURANCE FORUM

November 18th 1:00 - 3:00pm



Sorry we're
CLOSED

THE CENTER WILL BE CLOSED

November 11th - Veterans DAY

November 27th - 28th

happy
Thanksgiving

November Activities Calendar

MON	TUE	WED	THU	FRI	SAT
					1 4:30 Texas Hold 'em Hand and Foot
3 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 1:00 U.E. Where's the Beef 1:00 Dealer's Choice Poker	4 NO SilverSneakers Circuit 9:30 Hand & Foot 10:00 Hitch a Ride: Outlets NO Gentle Chair Yoga 12:00 Lunch 12:45 Movie Matinee 4:30 Texas Hold 'em Poker NO Dinner	5 9:00 Exercise with Barb 9:30 Breakfast 9:30 Dominoes 10:15 Tai Chi 12:00 Lunch 1 - 3 Sr Outreach 1:00 Mah-Jong 1:00 U.E. Erie Canal 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	6 9:00 SilverSneakers Classic 9:30 Dominoes 10:05 Club 99 10:30 Hitch a Ride: Art Ctr 12:00 Lunch 12:30 Ladies Luncheon 1:00 U.E. Vincent Van Gogh 1:00 Pinochle 5:00 - 6:30 Good for the Neighborhood 5:30 TOPS	7 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Veterans Day Lunch 1:00 Bingo	8 9 SUNDAY 12:30 Bills Watch Party
10 9:00 Walking Group 9:00 Safe Driver's Class 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 12:30 EC Trivia 1:00 Dealer's Choice Poker	11 CENTER CLOSED 	12 9:00 Exercise with Barb 9 - 11 Housing Fair 9:30 Dominoes 10:15 Tai Chi 12:00 Pizza Party Lunch 1:00 Mah-Jong 1:00 U.E. Stay Safe Online 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	13 9:00 SilverSneakers Classic 9:30 Dominoes 10:05 Club 99 10 - 12 United 12:00 Lunch 12:30 - 2:30 Aetna 1:00 Pinochle 2:00 U.E. Disney 5:30 Diner's Club 5:30 TOPS	14 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. Great Lakes 3:00 Citizen Preparedness	15 4:30 Texas Hold 'em Hand and Foot
17 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 10:30 Town History 12:00 Lunch 1:00 Dealer's Choice Poker 1:15 U.E. Batteries Everywhere	18 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 12:00 Lunch 12:45 Movie Matinee 1 - 3 Health Ins. Forum 4:30 Texas Hold 'em Poker 5:00 Dinner 5:30 U.E. Town Founders	19 9:00 Exercise with Barb 9:30 Dominoes 10:00 Batavia Downs 10:15 Tai Chi 12:00 Lunch 1:00 Mah-Jong 1:15 U.E. FB Safety/Security 3:00 Watercolors 3:00 Grief and Loss 4:00 Dinner 5:00 Euchre/Hand & Foot	20 9:00 SilverSneakers Classic 9:30 Dominoes 10:00 Craft @ Clay Hands 10:05 Club 99 12:00 Lunch 1:00 Pinochle 1:15 U.E. Understanding Annuities 4:30 Dinner and a Movie 5:30 TOPS	21 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. Are the Popes Catholic 3:15 Probate Program	22
24 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Homemade Monday and Trivia 1:00 Dealer's Choice Poker	25 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 Dinner	26 9:00 Exercise with Barb 9:30 Dominoes 10:15 Tai Chi 11 - 1 Thankful for our Community 12:00 Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	27 CENTER CLOSED 	28 CENTER CLOSED 	29

Erie County Stay Fit Dining Program - November 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef macaroni casserole with cheddar cheese, green beans, apple juice, bread and butterscotch pudding (839)	4 Hot dog with baked beans & ketchup on a bun, macaroni & cheese, carrots and tropical fruit (746) NO DINNER	5 Chicken breast with red pepper cream sauce, mashed potatoes, broccoli, roll and lorna doones (634) Dinner 4pm: Cheese ravioli w/ meat sauce, cauliflower, salad, roll and dessert	6 Beef bourguignon, harvard beets, peas, multigrain bread, orange and chocolate milk (647)	7 Veterans Day Meal Breaded pork chop with gravy, scalloped potatoes, california blend vegetables, salad, roll and lemon meringue pie (945)
10 Mediterranean chicken stew, yellow rice with turmeric, broccoli florets, carrots and diced peaches (608)	11 No Meals Served 	12 Pizza Party Dinner 4pm: Battered fish, broccoli cheese rice, carrots, salad, roll and dessert	13 Stuffed shells with tomato meat sauce & mozzarella cauliflower, peas, bread, diced peas and chocolate milk (825)	14 Roasted turkey with stuffing, gravy, cranberry sauce, garlic mashed potatoes, corn and chocolate brownie (706)
17 Sloppy joe on a bun, tater tots, mixed vegetables and mandarin oranges (714)	18 Hearty pork stew, mashed potatoes, broccoli florets, biscuit, banana and chocolate milk (709) Dinner 5pm: Breaded drumsticks, ranch mashed potatoes, mixed veggies, salad, roll and dessert	19 Lasagna roll with tomato meat sauce & mozzarella, cauliflower, carrots, bread and oatmeal round (752) Dinner 4pm: Garden chicken patty salad, roll and dessert	20 Chicken breast with lemon herb gravy, vegetable rice pilaf, green beans, salad, roll and pineapple tidbits (664)	21 Ground beef taco with shredded cheddar on a flour tortilla, spanish rice, fiesta corn and tropical fruit (727)
24 Homemade Monday	25 Chicken taco salad w/ tortilla strips and dessert (868) Dinner 4:30pm: Roasted turkey, stuffing, gravy, cranberry sauce, sweet potatoes, green bean casserole, roll and pumpkin pie	26 Pork ribette with BBQ sauce on a bun, duchess potatoes, broccoli florets, orange and chocolate milk (798) Dinner 4pm: Meatloaf w/ gravy, scalloped potatoes, brussels sprouts, salad, roll and dessert	27 No Meals Served 	28 No Meals Served 

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

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

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Akron Newstead Senior Center - Akron, NY 06-5409

FROZEN MEAL PROGRAM



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.

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

Week of Nov. 3rd

- Chicken with Marsala Sauce
- Beef Pepper Steak Casserole
- Pork Loin with Cinnamon Apples
- Breaded Chicken with Tomato Sauce
- Stuffed Shells with Tomato Meat Sauce,

Week of Nov. 10th

- Turkey a la King
- Hamburger with BBQ Sauce
- Italian Sausage with Tomato Sauce
- Baked Ham with Pineapple Sauce
- Breaded Chicken Cutlet with Gravy

Week of Nov. 17th

- Beef Macaroni Casserole
- Hot Dog with Baked Beans
- Chicken Breast with Red Pepper Sauce
- Beef Bourguignon
- Boneless Pork Loin with Gravy

Week of Nov. 24th

- Mediterranean Stew
- Hamburger with Onion Gravy
- Veal Cutlet with Gravy
- Stuffed Shells With Tomato Meat Sauce
- Roasted Turkey with Gravy

For full menu including sides and calorie count call or visit the Center!
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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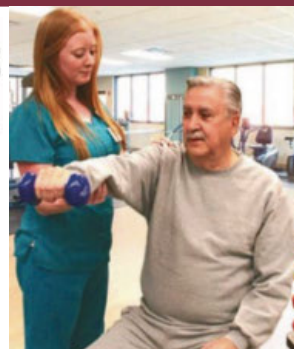
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