

Akron/Newstead Senior Center

5691 Cummings Road
Akron, New York 14001
Phone: 716-542-6645
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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, Jim Holtz,
Felicia Izydorczak & Paul Vohwinkel

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

December 2025

Senior Center Highlights



- In **October** we hitched a ride to Mayer Brothers and the Old Steeple.
- We welcomed the Buffalo Zoo and DJ Biggs to entertain us.
- We had presentations by United Healthcare, Doug Kohler and University Express.
- We hosted a Clue Whodunnit, a Fall Picnic, an adoption event, a Health Insurance Forum and a Halloween Party
- We served **821** meals through Erie County Congregate Dining & **236** made by staff or catered!

DIRECTOR'S NOTE

Season's Greetings!

As we all go through the hustle and bustle of this holiday season, I hope that everyone has a chance to partake in all the special things that make this "the most wonderful time of the year". In fact, why don't you stop by the Center and visit with your friends while enjoying the Corfu-Pembroke Band, the Akron High School Orchestra, the Hastings Duo or even DJ Biggs at the New Year's Eve Party. While you are there, say "Hi" to our newest staff members. Jim Holtz and Paul Vohwinkel. Please also wish Barb Gaik a Happy Retirement as she will be leaving us at the end of the year!

It's time to renew your membership! All 2025 ANSC memberships will expire on December 31st, 2025 dues will remain at the 2025 rate of \$10.00 per person. Not only does your membership entitle you to participate in the numerous programs, activities, and events at the Center, it covers the cost of mailing the newsletter to your home each month. Please renew your membership before December 31st so that you do not miss a single issue. You can opt to renew your membership right on the event sign up sheet in the insert.

From all of us here at the Center, we wish you and yours a season full of peace, joy and cherished memories.

Merry Christmas and Happy New Year!

Sarah

SUNSHINE REPORT

Sympathy

Family of Marcia Gere

Family of Ted Kyre

Dave Meegan
(death of wife)

Rose Brunea and
John Worth
(death of Rose's father)

Thinking of You

Al Nolan

Devon Cummings

Mike Hewlett

Mike Charles

Gale Bielawa

Jim Barrett

SENIOR BOARD NEWS

Nominations for the 2026 Senior Board positions will be cast during the November Board Dinner on November 25th. If the positions need to go to a vote, voting will happen at the December Board Luncheon on December 17th.

SPECIAL EVENTS

If meals are provided by the Erie County Congregate Meal Program it is a suggestion donation of \$3.50. Please note if a meal is paired with entertainment the meal portion is still a suggested donation of \$3.50!

Tuesday, December 2nd
@ 6:00pm
Corfu Pembroke Band

Join us for dinner followed by entertainment!



Meal:

\$6.00

Ancho chicken fajita, spanish rice, corn with red peppers, salad and dessert

Tuesday, December 9th
@ 4:00pm
David Riemer

Join us for dinner followed by entertainment by high school musician David Riemer!



Meal:

\$6.00

Cabbage roll w/ meat sauce, mashed potatoes, green beans, salad, roll and dessert

Wednesday, December 17th
@ 12:30pm
\$3.00 Board Luncheon

Join us for the board meeting followed by lunch and the Akron High School Orchestra!



Meal:

Broccoli-stuffed chicken w/ herb gravy, rice pilaf, peas w/ red peppers, salad, roll and dessert

Friday, December 19th
@ 12:00pm

Welcome Winter Lunch

Join us for lunch and a special Christmas performance by the Hastings Duo!



Meal:

\$4.00

Turkey w/ stuffing, gravy, mashed potatoes, mixed vegetables, and dessert

ENTERTAINMENT SPONSORED BY ROGER & CAROL FORDEN

Monday, December 22nd
@ 12:00pm
Homemade Monday

Join us for a homemade meal followed by homemade music by Abby and Levi!

\$6.00



Meal:

White chicken chili, garlic bread, salad and dessert

Wednesday, December 31st
@ 5:00pm
New Years Eve Party

Ring in the new year with dinner and DJ Biggs! Ball drop at 7pm!



Meal:

\$5.00

Chicken cordon bleu 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)

December 2nd: Corfu Pembroke Band (see above)

December 9th: David Riemer (see above)

December 16th: Bingo

December 23rd: Trivia

December 30th: No activities

Movie Matinees

Tuesdays @ 12:45 pm
Christmas Spirit

December 2nd - "Our Little Secret" (TV-14)

Two resentful exes must awkwardly spend Christmas together after they learn that their new partners are siblings.

December 9th - "Just Like a Christmas Movie" (TV-PG)

On the verge of a massive deadline, a cynical workaholic is zapped by faulty Christmas lights while stranded in a small Colorado town. She finds herself cast as the lead in an over-the-top Hallmark-style holiday movie.

December 16th - "A Merry Little Ex-Mas" (TV-PG)

A separated couple tries celebrating one last Christmas together with their kids before their divorce. However, the husband's new girlfriend joins the festivities, causing tension and chaos during the holidays.

December 23rd - "I Believe in Santa" (PG)

Love is a gift. But when you find out the man you've fallen for still believes in Santa, do you accept it - or send it back?

December 30th - "Champagne Problems" (TV-14)

An executive travels to France to secure the acquisition of a renowned champagne brand before Christmas, but her plans are upended when she falls into a whirlwind romance with a charming Parisian - only to discover he's the founder's son.

MOVIE NEWS



Dinner and a Movie

Thursday, December 18th
@ 4:30pm

"Jingle Bell Heist" (TV-14)

At the height of the holiday season, two strangers team up to rob one of New York's most famous department stores while accidentally falling in love.

\$6.00

Dinner:

Pulled Pork Sandwich, cheesy potatoes, mixed veggies and dessert.



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

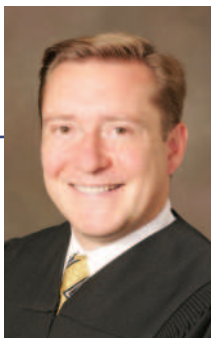


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Akron Newstead Senior Center - Akron, NY

06-5409



BOOK NOOK

Wednesday, Dec. 3rd @ 10:00 am

We will discuss November's book (The Keeper of the Stars) and introduce December's book:

The Secret Christmas Library by Jenny Colgan

A heartwarming Christmas tale set in a Scottish castle, featuring unlikely alliances in a mysterious hunt for hidden treasures.

Book subject to change based on library availability

LADIES LUNCHEON

Bistro 93

Thursday, December 4th
@ 12:30pm

15 Cedar St. Akron, NY

RSVP to Karen D. by 11/25

716-531-5894 if you plan to attend.



***OPTIONAL \$20 GIFT EXCHANGE**



AKRON NEWSTEAD DINER'S CLUB



Cipollinas

Thursday, December 11th @ 5:30pm

6 Clinton Street Akron, NY

Meal choices:

- Chicken Parm
- Lasagna
- Pasta w/ Arugula

\$25.00

Includes: coffee/tea/pop, soup or 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!

December 10th @ 9:45am - Holland Land Office "Wonderland of Trees" - \$6.00

Includes transportation and admission to the museum to see all the decorated trees and displays.

December 16th @ 9:30am - Lumber City Christmas Market - \$5.00

Includes transportation to the Greenhouse Event Center to shop local vendors and artisans.



TRIPS AND TRAVEL

Space Limited!
Payment due at
time of sign up!

2026 SAVE THE DATES: FLYERS TO COME

March 18th - Kettle Ridge Pancake Breakfast and "Barefoot in the Park" @ the Geva Theatre

March 24th & 25th - Sight and Sound "Joshua"

April 15th - "Water for Elephants" @ Shea's

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

Brochure available at the Center



Batavia Downs Casino

Tuesday, December 30th @ 10:00am

\$5.00

Climb aboard the Senior Center Van for the short ride to Batavia Downs.

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

Seneca Niagara Casino

Tuesday, March 10th @ 9:15am

\$50.00

Includes Blarney Irish Show, \$35 in slot dollars and \$10 dining dollars.

(see insert)

\$35.00

SAFE DRIVERS ACADEMY

Monday, January 5th @ 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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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 @ 9:30am



PINOCHLE

Thursdays @ 1:00pm



BINGO

Fridays @ 1:00pm

ERIE COUNTY TRIVIA



**December
8th**

@ 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!



CROSS CHRISTMAS Songs

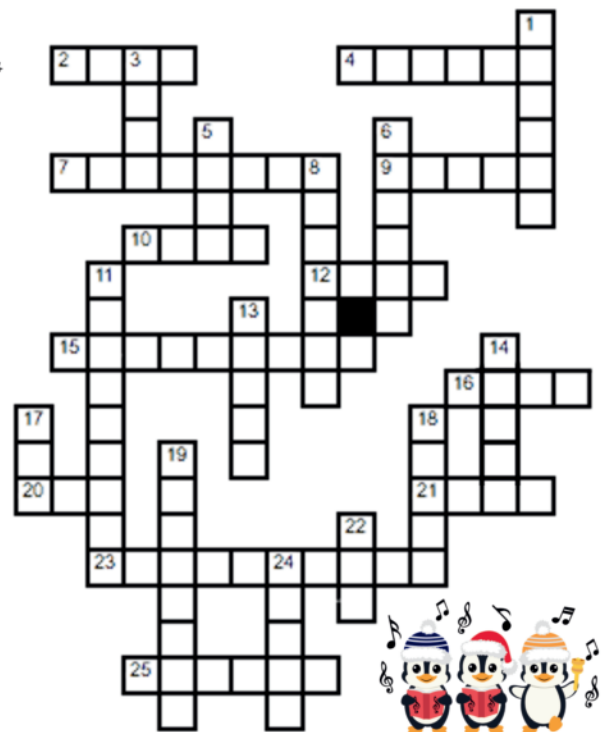


Across

2. "___ the Halls"
4. "Away in a ___"
7. "Rudolph the ___ Reindeer"
(hyph.)
9. "Silent ___"
10. "Go ___ it on the Mountain"
12. "___ Kalikimaka"
15. "God Rest Ye Merry ___"
16. "O ___ Night"
20. "All I Want For Christmas is
___"
21. "Sleigh ___"
23. "I Saw Mommy Kissing ___" (2
words)
25. "Hark! the ___ Angels Sing"

Down

1. "___ the Snowman"
3. "Baby It's ___ Outside"
5. "The First ___"
6. "___ We Have Heard on
High"
8. "The Little ___ Boy"
11. "___ Roasting on an Open
Fire"
13. "___ Navidad"
14. "A Marshmallow ___"
17. "___ to the World"
18. "Happy Xmas (___ Over)"
(2 words)
19. "Grandma Got Run Over by
a ___"
22. "I Heard the Bells on
Christmas ___"
24. "What ___ is This?"



ARTS AND CRAFTS



Craft - Monday December 8th @ 10:00am \$20.00

Guest Instructor Linda Chaffee - Door Hanger



Watercolors - Every Wednesday 3:00 - 4:30pm \$12.00



Crochet Club - Every Friday @ 10:00am

Bring a project to work on or supplies to learn



BE SURE TO SIGN IN AND/OR SCAN YOUR
SILVERSNEAKERS CARD BEFORE CLASS OR
WHEN USING THE GYM FACILITY!



FITNESS NEWS



WE ACCEPT THE FOLLOWING INSURANCE
PROGRAMS: SILVERSNEAKERS, RENEW
ACTIVE, SILVER AND FIT

CLUB 99

FREE resistance band
and movement exercise
program

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 - December 17th @ 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, December 3rd 1:00 - 3:00 pm

Wednesday, December 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

New 2026 dates coming soon!

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



Christmas Raffle

Enter to WIN 1 of 3 TV packages! Prize includes a VIZIO 40" Class Full HD 1080p LED Smart TV PLUS a \$30 Walmart Gift Card!

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 \$2.00 to the Center!



PROGRAMS AND PRESENTATIONS

PLEASE SIGN UP IN
ADVANCE 716-542-6645

UNIVERSITY EXPRESS FALL SEMESTER!

Monday, December 8th @ 1:15pm - Buffalo CRI

Crime, romance, and intrigue either stand alone or combine to create little-known tales about some of Buffalo's more scintillating history. The stories span decades from the 1880s to the roaring 1920s, and they all offer then-and-now glimpses into the city's storied past.

Thursday, December 11th @ 1:00pm - Spice Up the Holidays

Explore how to use herbs and spices to enhance holiday meals and add fragrance to your home. Includes hands-on activities such as creating a stove-top simmer bag.

Wednesday, December 18th @ 1:15pm - What Was the Star Over Bethlehem

Of the four canonical Gospels, only Matthew writes about the marvelous Star which guided three Median astrologers over more than 1000 miles to that stable in Bethlehem. Only they, the "Magi," see it. Herod doesn't see it. The writings of the great Roman-Jewish historian Flavius Josephus, produced only a few decades after Jesus, contain no mention of it. Many modern writers have spent a lot of time and energy offering speculation. But all interpretations have ignored what the Magi meant to 1st-century Jews. This talk offers a new explanation for the Star.

OTHER PROGRAMS

Friday, December 12th @ 2:00pm - 14 Ways to Preserve Your Assests with the Medicaid Laws

Learn how to preserve your assets if nursing home or assisted living care is necessary and plan for incapacity with powers of attorney, health care proxies, living wills, wills, trusts, transferring your home to family members, long term care insurance, prepaid funeral accounts, IRAs, properly documented gifts, spousal allowances and transfers, caregiver agreements, and emergency Medicaid planning

Monday, December 15th @ 12:15pm - Identifying High SoFAS Foods and Healthier Alternatives

SoFAS: Sodium, Fat, & Added Sugars. Learn about how we can identify certain foods high in Sodium, Fat, & Added Sugars to make healthier choices for our bodies! We will discuss how to dissect Nutrition Facts Labels, the importance of limiting SoFAS, and tips & tricks for healthier alternatives!



DONATION COLLECTIONS:



Sock Drive

In December we are collecting
**hats, mittens, gloves and
men's/women's socks** to donate
to the Akron Newstead Food
Pantry.



Children's Vitamin Drive

The Akron High School Interact club in conjunction with the Akron Rotary and Akron Lady Lions will be taking 10 students to partake in improvement projects of the Bani Nutrition Center in the Dominican Republic. They will be collecting Children's Multivitamins or monetary donations to purchase them. All donations due by **January 5th**.
Full details about this project available at the Senior Center!

CENTER HOLIDAY HOURS:



Christmas Eve - Center Closes @ 12:00
Christmas Day - Center CLOSED



**New Year's Eve - Center
CLOSED until 4PM**

December Activities Calendar

MON	TUE	WED	THU	FRI	SAT
1 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 1:00 Dealer's Choice Poker	2 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 6:00 Dinner/Corfu Pembroke Band	3 9:00 Exercise with Barb 9:30 Dominoes 10:15 Tai Chi 12:00 Lunch 1 - 3 Sr Outreach 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Hand & Foot NO EUCHRE - Fire Hall in use	4 9:00 SilverSneakers Classic 9:30 Dominoes 10:05 Club 99 12:00 Lunch 12:30 Ladies Luncheon 1:00 Pinochle 3:00 - 4:30 Interact Club Tech Help 5:30 TOPS	5 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	6 11:00 The Happy Elf - Palace Theatre NO SATURDAY ACTIVITIES
8 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 10:00 Craft 12:00 Lunch 12:30 EC Trivia 1:00 Dealer's Choice Poker 1:15 U.E. Buffalo CRI	9 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 4:00 Dinner/Entertainment	10 9:00 Exercise with Barb 9:30 Dominoes 10:00 Hitch a Ride: HLOM 10:15 Tai Chi 12:00 Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	11 9:00 SilverSneakers Classic 9:30 Dominoes 10:05 Club 99 12:00 Lunch 1:00 U.E. Spice Up the Holidays 1:00 Pinochle 5:30 Diner's Club 5:30 TOPS	12 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo 2:00 14 Ways to Preserve Your Assets	13
15 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 12:15 Sodium, Fat & Added Sugars 1:00 Dealer's Choice Poker	16 9:00 SilverSneakers Circuit 9:30 Hand & Foot 9:30 Hitch a Ride: Lumber City 10:15 Gentle Chair Yoga 12:00 Lunch 12:45 Movie Matinee 4:30 Texas Hold 'em Poker 5:00 Dinner/Bingo	17 9:00 Exercise with Barb 9:30 Dominoes 10:15 Tai Chi 12:30 Board Luncheon/Akron Orchestra 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	18 9:00 SilverSneakers Classic 9:30 Dominoes 10:05 Club 99 12:00 Lunch 1:00 Pinochle 1:15 U.E. What Was the Star Over Bethlehem 4:30 Dinner and a Movie 5:30 TOPS	19 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Welcome Winter Lunch/The Hastings Duo 1:00 Bingo	20 4:30 Texas Hold 'em Hand and Foot
22 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Homemade Monday & Music w/ Abby and Levi 1:00 Dealer's Choice Poker	23 NO 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/Trivia	24 NO Exercise with Barb 9:30 Dominoes 10:15 Tai Chi NO LUNCH CENTER CLOSSES @ 12:00	25 CENTER CLOSED 	26 NO Gentle Floor Yoga 9:30 Dominoes NO Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	27
29 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 1:00 Dealer's Choice Poker	30 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:00 Batavia Downs 10:15 Gentle Chair Yoga 12:00 Lunch 12:45 Movie Matinee 4:30 Texas Hold 'em Poker 5:00 Dinner	31 CENTER CLOSED UNTIL 4PM 5:00 New Years Eve Party 7:00 Ball Drop	1 CENTER CLOSED 	2 NO Gentle Floor Yoga 9:30 Dominoes NO Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	3 4:30 Texas Hold 'em Hand and Foot

Erie County Stay Fit Dining Program - December 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken & Sausage Paella, Rice with Black Beans, Corn with Red Peppers, Cauliflower and Chocolate Pudding (601)	2 Beef Macaroni Casserole, Peas & Carrots, Grape Juice, Multigrain Bread and Lemon Ice (768) 6pm Dinner: Ancho Chicken Fajita, Salsa, Spanish Rice, Corn and Dessert	3 Breaded Chicken with Buffalo-style Sauce on a Bun, Mashed Potatoes, Carrots and Tropical Fruit (839) 4pm Dinner: Grilled Chicken, Mandarin Orange, Sunflower Salad and Dessert	4 Tuna Salad on a Bed of Fresh Salad Greens, Club Crackers and Fudge Round Cookie (664)	5 Lower Sodium Baked Ham with Maple Glaze, Mashed Sweet Potatoes, California Blend Vegetables, Rye Bread, Pineapple Tidbits and Chocolate Milk (622)
8 Hearty Turkey Stew, Garlic Mashed Potatoes, Green Beans, Dinner Roll and Oatmeal Cookies (713)	9 Broccoli Cheddar Soup with a Biscuit, Carrots, Salad and Strawberry Gelatin (731) 4pm Dinner: Cabbage roll w/ Meat Sauce, Mashed Potatoes, Green Beans, Salad and Dessert	10 Tortellini with Meat Sauce, Mixed Vegetables, Salad, Grape Juice, Italian Bread and Banana (822) 4pm Dinner: Garden Chicken Salad and Dessert	11 Pork Loin with Gravy, Mashed Potatoes, Brussels Sprouts, Dinner Roll, Applesauce and Chocolate Milk (634)	12 Beer Battered Fish with Tartar Sauce, Broccoli Cheese Rice Casserole, Zucchini & Tomatoes, Wheat Dinner Roll and Pineapple Tidbits (677)
15 Stuffed Shells with Tomato Meat Sauce, Broccoli Florets, Fruit Punch, Italian Bread and Lorna Doones (775)	16 Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun, Seasoned Potatoes, Green Beans and Pineapple Tidbits (587) 5pm Dinner: Meatloaf, Gravy, Garlic Mashed Potatoes, Salad and Dessert	17 Christmas Lunch Broccoli-Stuffed Chicken w/ Herb Gravy, Rice Pilaf, Peas with Red Peppers, Salad, Roll and Cheesecake (1044) 4pm Dinner: Chicken Caesar Salad and Dessert	18 Beef Bourguignon, Harvard Beets, California Blend Vegetables, Roll, Orange and Chocolate Milk (602)	19 Welcome Winter Roasted Turkey with Stuffing, Gravy & Cranberry Sauce, Mashed Potatoes, Mixed Vegetables, and Apple Pie with Whipped Topping (894)
22 Homemade Monday	23 Chili con Carne with Cheddar, Carrots, Salad, Apple Juice, Corn Muffin and Fresh Banana (912) 5pm Dinner: Cranberry Chicken Salad and Dessert	24 No Meals Served Center Closes at 12:00pm	25 CENTER CLOSED 	26 Breaded Chicken with Buffalo-style Sauce on a Bun, Tater Tots, Mixed Vegetables, Pineapple Tidbits and Chocolate Milk (813)
29 Beef Stroganoff over Pasta, Corn with Red Peppers, Seasoned Spinach and Tropical Fruit (591)	30 Chicken Caesar Salad with Caesar Dressing, Wheat Roll and Mandarin Oranges (751) 5pm Dinner: Roasted Turkey, Gravy, Sweet Potatoes, Stuffing, Green Bean Casserole and Dessert	31 New Year's Meal No Lunch Served Center Opens at 4:00pm 5pm Dinner: Catered by Candy Apple and sponsored by the Pappalardo Family Fund	1 CENTER CLOSED 	2 Lasagna Roll with Tomato Meat Sauce & Mozzarella, Cauliflower, Green Peas, Dinner Roll and Chocolate Brownie (755)

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

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Benefits and costs depend on your level of Low-Income Subsidy (LIS) or Medicaid eligibility and the plan you enroll in. VNS Health Medicare is a Medicare Advantage organization with Medicare and Medicaid contracts, offering HMO D-SNP and HMO plans. Enrollment in VNS Health Medicare depends on contract renewal.

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A background image showing a person's hands working at a laptop. In the background, there are several cardboard shipping boxes and a roll of packing tape, suggesting a logistics or e-commerce 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 Dec. 1st	Week of Dec. 8th	Week of Dec. 15th	Week of Dec. 22nd	Week of Dec. 29th
- Sloppy Joe - Hearty Pork Stew - Lasagna Roll with Tomato Meat Sauce - Chicken Breast with Lemon Herb Sauce - Taco Seasoned Beef	- Macaroni and Cheese - Roast Turkey with Gravy - Pork Ribette with BBQ Sauce - Breaded Veal with Gravy - Breaded Chicken with Gravy	- Chicken and Sausage Paella - Beef Macaroni Casserole - Breaded Chicken Cutlet with Buffalo Sauce - Hamburger with Gravy - Baked Ham with Maple Glaze	- Turkey Stew - Meatballs with Sweet Chili Sauce - Tortellini with Tomato Meat Sauce - Pork Loin with Gravy - Breaded Fish	- Stuffed Shells with Tomato Meat Sauce - Italian Sausage with Tomato Sauce - Breaded Chicken Cutlet with Herb Sauce - Beef Bourguignon - Roast 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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