

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, 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

January 2026

Senior Center Highlights



- In **November** we hitched a ride to the Niagara Falls Outlet and the Burchfield Penney Art Center.
- We welcomed the Quilted Canoe and the Hastings Duo to entertain us.
- We had presentations by University Express, Beverly Summe and Robert Friedman.
- We hosted a Safe Driver Academy, a Citizen Preparedness Program, a Volunteer Fair and co-hosted a Housing Fair.
- We served **716** meals through Erie County Congregate Dining & **223** made by staff or catered!

DIRECTOR'S NOTE

Hello Friends,

As we step into a new year, the staff and I extend our warmest wishes for joy, peace and good health to each one of you. This special moment reminds us not only of the passing of time, but also of the strength, wisdom and resilience you continue to bring to our Center. Your experiences light the path for younger generations, your stories preserve our heritage and your values nurture the heart of our community. As your director, I wish to express my deepest respect and gratitude for your contributions, past and present.

In this new year, we remain committed to ensuring everyone's health and happiness, and encourage your active participation in all aspects of the center. We will continue to provide ample opportunities for you to join in the fun, and will do our best to provide a service to you.

Finally, I would like to welcome back Dave Meegan as our Senior Center Board President for 2026 and welcome our newest board members, Peg Geake and Joan Schiener.

May this year bring you new reason to smile and cherished moments. May your days be filled with comfort, companionship and assurance that you are valued and never alone.

Happy New Year 2026!!

Sarah 

SUNSHINE REPORT

Sympathy

Family of Linda James

Family of Eadie
Rebrovich

Family of
Dale Kruschke

Thinking of You

Barb Lesswing

Barb Cassell

Bob Wideman



SENIOR BOARD 2026

President: Dave Meegan
Vice President: Pat Pearce
Secretary: Joanna Lizauckas
Treasurer: Kay Green
Assistant Treasurer:
Roxanne Warren

Directors:
Betty Bohn
Barb Gaik
Peg Geake
Mike Makarewicz
Joan Schiener



Board Meeting & Luncheon

**Wednesday, January 21st
@ 11:30am**

\$3.00

Meal: Chili, Cornbread, Salad
and Dessert

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, January 7th
@ 12:00pm
Music Trivia**

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



Meal:

Polish Sausage w/ Sauerkraut,
Ranch Mashed Potatoes,
Carrots and Dessert.

\$5.00

**Thursday, January 8th
@ 12:00pm
Polar Plunge**

Join us as we take the plunge
into a variety of dips!



Meal:

A variety of dips and
dippers to sample and
enjoy followed by dessert.

\$8.00

**Thursday, January 15th
@ 6:30pm
Buffalo Swing**

Join us for dinner and a
dance performance by
Buffalo Swing!



Meal:

Pot Pie meal catered by
Candy Apple and
sponsored by the
Pappalardo Family Fund

\$3.00

**Tuesday, January 20th
@ 4:00pm
David Knaudt**

Join us for dinner and music
with one of our favorites David
Knaudt!



Meal:

Roasted Turkey w/ Gravy,
Sweet Potatoes, Green Beans,
Stuffing, Salad and Dessert

\$6.00

**Monday, January 26th
@ 12:00pm
Homemade Monday**

Join us for a meal made
by the staff right here at
the center!

\$6.00



Meal:

Pasta Bake w/ Meat
Sauce, Side Salad,
Garlic Bread and
Dessert

**Thursday, January 29th
@ 12:00pm
DSP Jazz Trio**

Join us for lunch and
entertainment!



Meal:

Chicken w/ Marsala
Sauce, Seasoned
Potatoes, Broccoli, Roll
and Dessert

\$6.00

Tuesday Night Line Up:

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

January 6th: Jenga (MEGA size)

January 13th: 2026 Slideshow

January 20th: David Knaudt
(see above)

January 27th: Bingo

Movie Matinees

Tuesdays @ 12:45 pm
Rom-Com

January 6th - "The Wrong Paris" (TV-14)

A single woman enters a dating show thinking it's in Paris, France only to discover it is actually in Paris, Texas.

January 13th - "Did You Hear About the Morgans" (PG-13)

In New York City, an estranged couple who witness a murder are relocated to small town Wyoming as part of the Witness Protection Program.

January 20th - "Find Me Falling" (TV-14)

After a failed comeback album, a rock star retreats to a cliffside home on Cyprus, only to find his new life complicated by visitors, and an old flame.

January 27th - "Love Hard" (TV-MA)

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?

MOVIE NEWS



Dinner and a Movie

Thursday, January 22nd
@ 4:30pm

"The People We Meet on Vacation" (PG-13)

Poppy wants to explore the world and Alex prefers to stay home with a good book, but somehow they are the best of friends. They live far apart, but for a decade they have spent one week of summer vacation together.

\$6.00

Dinner:

Scalloped Potatoes with Ham, Green Beans, Roll and Dessert



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

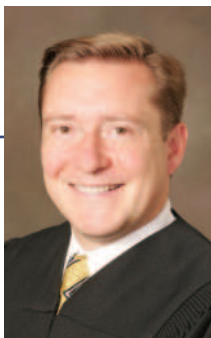


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06-5409



BOOK NOOK Wednesday, January 7th @ 10:00 am

We will discuss December's book (The Secret Christmas Library) and introduce January's book:

One by One by Ruth Ware

A group of tech company employees trapped in a snowbound luxury chalet in the French Alps after an avalanche cuts them off from the world, leading to disappearances and murder as tensions rise over a potential buyout.

Book subject to change based on library availability

LADIES LUNCHEON



**No Ladies Luncheon
January 1st!**

See you February 5th!

AKRON NEWSTEAD DINER'S CLUB



American Legion

Thursday, January 8th @ 5:30pm
9 Eckerson Ave, Akron, NY

Meal choices:

- Pot Roast
- Stuffed Chicken Breast
- Shrimp Scampi

\$33.00

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 - Weather permitting!

January 13th @ 10:00am - Country Cruise - \$5.00

Marilla Country Store, Alden Bakery & Cafe, Henry's Candies - bring pocket money for purchases at any location.

January 20th @ 9:00am - Perks of the Past - \$10.00

Steamworks Coffee and the Niagara History Complex - Includes transportation and admission.
Bring pocket money for coffee purchases.



TRIPS AND TRAVEL

Space Limited!
Payment due at
time of sign up!

Wednesday, March 18th - "Barefoot in the Park" & Pancakes

Kettle Ridge Farm Pancake Breakfast and "Barefoot in the Park" @ Geva Theatre
(see insert)

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

Brochure available at the Center

2026 SAVE THE DATES: FLYERS TO COME

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

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



CASINO



Batavia Downs Casino

**Tuesday, January 27th
@ 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.

\$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: March 9, May 4, July 13, Sept. 14, Nov. 9



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Akron Newstead Senior Center - Akron, NY

06-5409

GAMES

SEE CALENDAR
FOR SATURDAY
DATES!



UNO

Mondays @ 9:30am



RUMMIKUB

Mondays @ 10:00am



DEALER'S CHOICE

Mondays @ 1:00pm



HAND & FOOT

Tuesdays @ 9:30am
Wednesdays @ 5:00pm



TEXAS HOLD 'EM

Tuesdays @ 4:30pm



DOMINOES

Wednesdays through
Fridays @ 9:30am



MAH-JONGG

Wednesdays @ 1:00pm



EUCHRE

Wednesdays @ 5:00pm



PO-KE-NO

Thursdays @ 9:30am



CARD GOLF

Thursdays @ 10:00pm



PINOCHLE

Thursdays @ 1:00pm



BINGO

Fridays @ 1:00pm

ERIE COUNTY TRIVIA



January 12th

@ 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 *Winter Word Search*

FROSTBITTEN

AVALANCHE

EARMUFFS

BLUSTERY

FREEZING

BOBSLED

FLANNEL

JANUARY

SNOWMAN

WINTER

COLD

SNOW

MELT

COZY

WARM



HOCKEY

LAYERS

SHOVEL

FROSTY

GLOVES

FLAKES

NIPPY

SLEET

SLUSH

BOOTS

IGLOO

WHITE

SCARF

COCOA

HEART

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

ARTS AND CRAFTS



Craft - Friday, January 23rd @ 1:15pm \$3.00

Macrame Keychain - set of 2



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



Stability with Felicia: January 14th - February 25th : Wednesdays @ 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



RESOURCES

Senior Outreach Services

Case Manager available @ the Center

Wednesday, January 7th 1:00 - 3:00 pm

Wednesday, January 21st 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

Highmark BCBS: Thursday, February 5th 9:00-11:00am

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



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Center!



PROGRAMS AND PRESENTATIONS

PLEASE SIGN UP IN
ADVANCE 716-542-6645

Friday, January 9th @ 1:15pm - When and How to Call 911

The Reach Out to 911 program educates the public on when and how to call 9-1-1. Instructors present proper emergency response protocols, enhancing community preparedness and reducing anxiety associated with emergency calls. It also guides people on when to call 911 versus using other services like 211 (for basic needs), 988 (for people experiencing thoughts of suicide or a mental health crisis) or 1-800-222-1222 (for the Upstate New York Poison Center), helping to prevent misuse of 9-1-1 in non-emergency situations.

This is a groundbreaking program inspired by interactions with the public. Erie County schools, businesses, and community groups are encouraged to engage with this training program. By participating, you contribute to a safer and more prepared community, ready to act effectively in emergencies.

Wednesday, January 14th @ 1:00pm - Home Organization for Real Life

Debbie Hamm will share several strategies and tips for managing your home when you are short on time, energy, and motivation. The discussion will include how to declutter, organize, and maintain your home 15 minutes at a time. You are welcome to bring questions regarding a space you want to work on.

Wednesday, January 21st @ 1:15pm - Secrets of Buffum Street

No other street, within the city's limits, can boast a history as rich and diverse as Buffum Street. It has the remains of a Native-American burial ground, the lore of the Underground Railroad, and the oldest extant house, still standing, in South Buffalo. Revisiting this neighborhood gem will not only reveal some interesting history but will give one pause for thought about Buffalo and the Underground Railroad.

Wednesday, January 28th @ 1:00pm - Left Brain vs. Right Brain

Our brains are composed of two hemispheres, and each is responsible for different functions of our body. Although not a doctor or scientist, the instructor Theresa Waiter will show some basic concepts of each hemisphere which will help you understand a bit about yourself and others. We will also challenge our brains with fun games and interesting optical illusions.



DONATION COLLECTIONS:



Sock Drive

We are collecting **hats, mittens, gloves and men's/women's socks** to donate to the Akron Newstead Food Pantry until **January 5th.**



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:





**Thursday, January 1st -
CENTER CLOSED**





**Monday, January 19th -
CENTER CLOSED**

January Activities Calendar

MON	TUE	WED	THU	FRI	SAT
			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
5 9:00 Walking Group 9:00 Exercise with Barb 9:00 Safe Driver Academy 10:00 Rummikub 12:00 Lunch 1:00 Dealer's Choice Poker	6 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/MEGA Jenga	7 9:00 Exercise with Barb 9:30 Dominoes 10:00 Book Nook 12:00 Music Trivia/Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	8 9:00 SilverSneakers Classic 9:30 Dominoes 9:30 Board Meeting 10:00 Card Golf 10:05 Club 99 12:00 Polar Plunge Lunch 1:00 Pinochle 5:30 Diner's Club 5:30 TOPS	9 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo 1:15 When and How to Call 911	10
12 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 12:30 EC Trivia 1:00 Dealer's Choice Poker	13 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:00 Hitch a Ride: Country 10:15 Gentle Chair Yoga 12:00 Lunch 12:45 Movie Matinee 4:30 Texas Hold 'em Poker 5:00 Dinner/Slideshow	14 9:00 Exercise with Barb 9:30 Dominoes 10:15 Stability Class 12:00 Lunch 1:00 Mah-Jong 1:00 Organizing Class 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	15 NO SilverSneakers Classic 9:30 Dominoes 10:00 Card Golf 10:05 Club 99 12:00 Lunch 1:00 Pinochle 5:30 TOPS 6:30 Dinner/Bufalo Swing	16 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	17 4:30 Texas Hold 'em Hand and Foot
19 CENTER CLOSED 	20 9:00 SilverSneakers Circuit 9:00 Hitch a Ride: Lockport 9:30 Hand & Foot 10:15 Gentle Chair Yoga 12:00 Lunch 12:45 Movie Matinee 4:00 Dinner/David Knaut 4:30 Texas Hold 'em Poker	21 9:00 Exercise with Barb 9:30 Dominoes 10:15 Stability Class 11:30 Board Luncheon 1:00 Mah-Jong 1:15 Secrets of Buffum St. 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	22 9:00 SilverSneakers Classic 9:30 Dominoes 10:00 Card Golf 10:05 Club 99 12:00 Lunch 1:00 Pinochle 4:30 Dinner and a Movie 5:30 TOPS	23 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo 1:15 Craft	24
26 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Homemade Monday 1:00 Dealer's Choice Poker	27 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/Bingo	28 9:00 Exercise with Barb 9:30 Dominoes 10:15 Stability Class 12:00 Lunch 1:00 Mah-Jong 1:00 Left vs. Right Brain 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	29 9:00 SilverSneakers Classic 9:30 Dominoes 10:00 Card Golf 10:05 Club 99 12:00 Lunch/DSP Jazz Trio 1:00 Pinochle 5:30 TOPS	30 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	31

Erie County Stay Fit Dining Program - January 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
29 Beef Stroganoff over Pasta, Corn w/ Red Peppers, Seasoned Spinach and Tropical Fruit (591)	29 Chicken Caesar Salad, Wheat Dinner 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)
5 Hearty Beef Stew, Mashed Potatoes, Brussels Sprouts, Biscuit and Vanilla Pudding (703)	6 Breaded Chicken Cutlet w/ Buffalo Sauce on a Bun, Tater Tots, Seasoned Broccoli, Fresh Banana and Chocolate Milk (824) 5pm Dinner: Stuffed Shells w/ Meat Sauce, Cauliflower, Salad, Roll, Grape Juice and Dessert	7 Polish Sausage w/ Sauerkraut on a Bun, Ranch Mashed Potatoes, Carrots and Fudge Round Cookie (847) 4pm Dinner: Chicken Mandarin Orange and Sunflower Salad, Roll and Dessert	8 Polar Plunge Lunch	9 Cheese Omelet w/ Creole Sauce, Cheesy Diced Potatoes, Green Beans, Wheat Bread and Tropical Fruit (628)
12 Lasagna Roll with Tomato Meat Sauce & Mozzarella, Broccoli Florets, Grape Juice, Italian Bread and Sugar Cookies (796)	13 Swedish Meatballs over Pasta, Harvard Beets, Peas, Salad and Pineapple Tidbits (742) 5pm Dinner: Beer Battered Fish, Broccoli Cheese Rice, Mixed Veg. Salad, Roll and Dessert	14 Chicken Breast with Gravy, Sweet Potatoes, Lima Bean Bake, Roll, Fresh Orange and Chocolate Milk (656) 4pm Dinner: Chicken Patty Salad, Roll and Dessert	15 Hearty Pork Stew, Mashed Potatoes, Carrots, Roll and Strawberry Gelatin (603)	16 Martin Luther King Meal Breaded Chicken Drumsticks, Red Beans & Rice, Seasoned Greens, Corn Muffin and Dessert (1118)
19 CENTER CLOSED 	20 Beef Pepper Steak Casserole over Rice, Broccoli Florets, Carrots and Diced Peas (587) 4pm Dinner: Roasted Turkey w/ Gravy, Sweet Potatoes, Green Beans, Stuffing, Salad and Dessert	21 Roast Pork with Warm Apples, Sweet Potatoes, Green Beans, Wheat Bread and Butterscotch Pudding (644) 4pm Dinner: Beef Taco Salad w/ Tortilla Strips and Dessert	22 Garden Chicken Salad with Cheddar, Croutons, Multigrain Bread, Fresh Banana and Chocolate Milk (966)	23 Stuffed Shells with Tomato Meat Sauce & Mozzarella, Cauliflower, Fruit Punch, Salad, Roll and Lorna Doones (969)
26 Homemade Monday	27 Beef Taco Salad w/ Tortilla Strips, Cheddar Cheese, Taco Sauce and Pineapple Tidbits (600) 5pm Dinner: Pork Chop w/ Gravy, Mashed Potatoes, Harvard Beets, Salad, Roll and Dessert	28 Italian Sausage with Rigatoni, Tomato Sauce, California Blend Vegetables, Orange Juice, Salad, Roll and Fresh Banana (790) 4pm Dinner: Chicken Caesar Salad, Roll and Dessert	29 Chicken Breast with Marsala Sauce, Rosemary-seasoned Potatoes, Broccoli Florets, Roll and Sugar Cookies (621)	30 Baked Ham with Pineapple Sauce, Scalloped Potatoes, Brussels Sprouts, Roll, Mandarin Oranges and Chocolate Milk (588)

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

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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 shipping 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 Jan. 5th

- Omelet w/ Creole Sauce
- Chili Con Carne
- Beef Pepper Steak Casserole
- Lasagna Roll w/ Tomato Meat Sauce
- Breaded Chicken Cutlet w/ Buffalo Sauce

Week of Jan. 12th

- Beef Stroganoff
- Hamburger with Gravy
- Pork Loin w/ Cranberry Chutney
- Breaded Veal with Gravy
- Lasagna Roll w/ Tomato Meat Sauce

Week of Jan. 19

- Hearty Beef Stew
- Breaded Chicken Cutlet w/ Buffalo Sauce
- Polish Sausage w/ Sauerkraut
- Turkey w/ Gravy
- Omelet w/ Creole Sauce

Week of Jan. 26

- Lasagna Roll w/ Tomato Meat Sauce
- Meatballs with Swedish Sauce
- Chicken Breast w/ Herb Gravy
- Hearty Pork Stew
- Breaded Chicken Cutlet w/ 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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