

**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)

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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!!



## 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



\$3.00

## Board Meeting & Luncheon

Wednesday, January 21<sup>st</sup>  
@ 11:30am

**Meal:** Chili, Cornbread, Salad and Dessert

# SUNSHINE REPORT

## Sympathy

Family of Linda James

Family of Eadie  
Rebrovich

Family of  
Dale Kruschke

## Thinking of You

Barb Lesswing  
Barb Cassell  
Bob Wideman



## 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:** \$5.00

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

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

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



**Meal:** \$8.00

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

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

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



**Meal:** \$3.00

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

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

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



**Meal:** \$6.00

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

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

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

**Meal:** \$6.00



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:** \$6.00

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

## Tuesday Night Line Up:

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

January 6th: Jenga (MEGA size)

January 20th: David Knaudt  
(see above)

January 13th: 2026 Slideshow

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?



## 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.

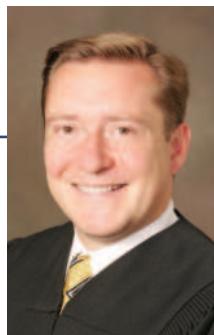
\$6.00



**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 18<sup>th</sup> - "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 24<sup>th</sup> & 25<sup>th</sup> - Sight and Sound "Joshua"**

**April 15<sup>th</sup> - "Water for Elephants" @ Shea's**

**\$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

## 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.

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and Hearing

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Akron Newstead Senior Center - Akron, NY

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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 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

Q 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

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!

### CLUB 99

FREE resistance band  
and movement exercise  
program  
Thursdays @ 10:05am

# FITNESS NEWS

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

### 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



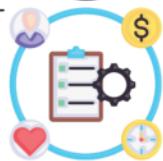
**Stability with Felicia:** January 14<sup>th</sup> - February 25<sup>th</sup> : Wednesdays @ 10:15am

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 5<sup>th</sup> 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



### Dash's Tape-Saver

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at Dash's Markets!

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drop them into our  
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For every \$100 in receipts  
Dash's donates \$2.00 to the  
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 1<sup>st</sup> -  
CENTER CLOSED



Monday, January 19<sup>th</sup> -  
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	6 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	7 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	8 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	9 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	10 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
12	13 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	14 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:10 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	15 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	16 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/Buffalo Swing	17 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo
19	20 CENTER CLOSED 	21 9:00 SilverSneakers Circuit 9:30 Hitch a Ride: Lockport 9:30 Hand & Foot 10:15 Gentle Chair Yoga 12:00 Lunch 12:45 Movie Matinee 4:00 Dinner/David Knaudt 4:30 Texas Hold 'em Poker	22 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	23 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	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 Craft
26	27 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Homemade Monday 1:00 Dealer's Choice Poker	28 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	29 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	30 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	31 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo

# 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
<b>29</b> Beef Stroganoff over Pasta, Corn w/ Red Peppers, Seasoned Spinach and Tropical Fruit (591)	<b>29</b> Chicken Caesar Salad, Wheat Dinner Roll and Mandarin Oranges (751)  <b>5pm Dinner:</b> Roasted Turkey, Gravy, Sweet Potatoes, Stuffing, Green Bean Casserole and Dessert	<b>31 New Year's Meal</b>  <b>No Lunch Served</b> <b>Center Opens at 4:00pm</b>    <b>5pm Dinner:</b> Catered by Candy Apple and sponsored by the Pappalardo Family Fund	<b>1</b> <b>CENTER CLOSED</b>	<b>2</b> Lasagna Roll with Tomato Meat Sauce & Mozzarella, Cauliflower, Green Peas, Dinner Roll and Chocolate Brownie (755)
<b>5</b> Hearty Beef Stew, Mashed Potatoes, Brussels Sprouts, Biscuit and Vanilla Pudding (703)	<b>6</b> Breaded Chicken Cutlet w/ Buffalo Sauce on a Bun, Tater Tots, Seasoned Broccoli, Fresh Banana and Chocolate Milk (824)  <b>5pm Dinner:</b> Stuffed Shells w/ Meat Sauce, Cauliflower, Salad, Roll, Grape Juice and Dessert	<b>7</b> Polish Sausage w/ Sauerkraut on a Bun, Ranch Mashed Potatoes, Carrots and Fudge Round Cookie (847)  <b>4pm Dinner:</b> Chicken Mandarin Orange and Sunflower Salad, Roll and Dessert	<b>8</b> <b>Polar Plunge Lunch</b>	<b>9</b> Cheese Omelet w/ Creole Sauce, Cheesy Diced Potatoes, Green Beans, Wheat Bread and Tropical Fruit (628)
<b>12</b> Lasagna Roll with Tomato Meat Sauce & Mozzarella, Broccoli Florets, Grape Juice, Italian Bread and Sugar Cookies (796)	<b>13</b> Swedish Meatballs over Pasta, Harvard Beets, Peas, Salad and Pineapple Tidbits (742)  <b>5pm Dinner:</b> Beer Batteried Fish, Broccoli Cheese Rice, Mixed Veg, Salad, Roll and Dessert	<b>14</b> Chicken Breast with Gravy, Sweet Potatoes, Lima Bean Bake, Roll, Fresh Orange and Chocolate Milk (656)  <b>4pm Dinner:</b> Chicken Patty Salad, Roll and Dessert	<b>15</b>  <b>6:30pm Dinner and Buffalo Swing</b>	<b>16</b> Hearty Pork Stew, Mashed Potatoes, Carrots, Roll and Strawberry Gelatin (603)  <b>4pm Dinner:</b> Breaded Chicken Drumsticks, Red Beans & Rice, Seasoned Greens, Corn Muffin and Dessert (1118)
<b>19</b> <b>CENTER CLOSED</b>  	<b>20</b> Beef Pepper Steak Casserole over Rice, Broccoli Florets, Carrots and Diced Pears (587)  <b>4pm Dinner:</b> Roasted Turkey w/ Gravy, Sweet Potatoes, Green Beans, Stuffing, Salad and Dessert	<b>21</b> Roast Pork with Warm Apples, Sweet Potatoes, Green Beans, Wheat Bread and Butterscotch Pudding (644)  <b>4pm Dinner:</b> Beef Taco Salad w/ Tortilla Strips and Dessert	<b>22</b> Garden Chicken Salad with Cheddar, Croutons, Multigrain Bread, Fresh Banana and Chocolate Milk (966)  <b>4:30pm Dinner and a Movie</b>	<b>23</b> Stuffed Shells with Tomato Meat Sauce & Mozzarella, Cauliflower, Fruit Punch, Salad, Roll and Loma Doones (969)
<b>26</b> <b>Homemade Monday</b>	<b>27</b> Beef Taco Salad w/ Tortilla Strips, Cheddar Cheese, Taco Sauce and Pineapple Tidbits (600)  <b>5pm Dinner:</b> Pork Chop w/ Gravy, Mashed Potatoes, Harvard Beets, Salad, Roll and Dessert	<b>28</b> Italian Sausage with Rigatoni, Tomato Sauce, California Blend Vegetables, Orange Juice, Salad, Roll and Fresh Banana (790)  <b>4pm Dinner:</b> Chicken Caesar Salad, Roll and Dessert	<b>29</b>  <b>30</b> Chicken Breast with Marsala Sauce, Rosemary-seasoned Potatoes, Broccoli Florets, Roll and Sugar Cookies (621)	  <b>30</b> 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 blurred background image showing a person's hands working on a laptop keyboard. To the right, there are several cardboard boxes stacked, and a roll of brown packing tape is visible on the desk. The overall scene suggests a workspace or a shipping area.

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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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