

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:

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

February 2026

Senior Center Highlights



- In **December** we hitched a ride to the Lumber City Christmas Market.
- We welcomed the Corfu Pembroke Community Band, David Reimer, the Akron High School Orchestra, the Hastings Duo, Abby & Levi and DJ Biggs to entertain us.
- We had presentations by University Express, Bob Friedman, and SNAP Ed.
- We hosted Tech Help with the Akron High School Interact Club.
- We served **886** meals through Erie County Congregate Dining & **192** made by staff or catered!

DIRECTOR'S NOTE

Hello Friends,

As we welcome the month of February, I hope this message finds you safe, warm and in good spirits. February brings reminders of love, friendship and the importance of caring for one another.

This month is often associated with Valentine's Day, a time to celebrate connection and kindness. Whether it's a phone call, a smile or a shared activity, staying connected makes a meaningful difference in our lives. Our Senior Center continues to be a place where friendships grow, laughter is shared and everyone is valued.

February is also Heart Health Month, a perfect reminder to take care of ourselves. We encourage you to stay active in ways that are comfortable for you, enjoy nutritious meals, and keep up with regular health checkups. Small steps can make a big difference in maintaining our well being.

We look forward to seeing you at our upcoming programs and activities. As a reminder If you haven't renewed your membership for 2026, please do so. Not sure if you renewed? Just give us a call at 542-6645. Also, in the insert is a copy of our Code of Conduct for the new year.

Wishing you a healthy, happy, and heart filled February.

Sarah 

SUNSHINE REPORT

Sympathy

Melvin Pafk
(death of wife)

Justin "Buzz" Besch
(death of daughter)

Thinking of You

Donna Kumpf

Marilyn Urshel

Lin Bartlett - Taylor

Mildred Zarniak

Dieter Birkholz

Sharon Lee Madrak



SENIOR BOARD 2026



Board Meeting & Luncheon

Wednesday, February 18th
@ 11:30am

\$3.00

Meal: Veggie wrap, mac salad, chips 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!

Tuesday, February 10th
@ 5:00pm

Senior to Senior Valentines

Join us to party with Akron High School students, DJ Biggs, and photobooth!

\$6.00

Meal:

Lasagna meal catered by Candy Apple and sponsored by the Pappalardo Family Fund

Friday, February 13th
@ 12:00pm

Saxman Slim

Join us for lunch and entertainment!

\$6.00



Meal:

Broccoli Stuffed Chicken, Herb Gravy, Rice Pilaf, Mixed Veggies, Salad and Dessert.

Thursday, February 19th
@ 12:00pm

Throwback Thursday

Join us for lunch and entertainment by Rick Streusinski! **Wear your best outfit from decades past.**

\$6.00



Meal:

Turkey w/ Gravy, Mashed Sweet Potatoes, Brussels Sprouts, Bread & Dessert.

Friday, February 20th
@ 9:30am

Breakfast at the Center

Join us for breakfast and coffee!

\$6.00



Meal:

Egg and Sausage Casserole, English Muffin and Fruit

Monday, February 23rd
@ 12:00pm

Homemade Monday

Join us for a meal made by the staff followed by trivia!

\$6.00



Meal:

Sheet Pan Chicken Sausage and Vegetables, Applesauce, Garlic Bread and Dessert

Tuesday, February 24th
@ 5:00pm

Jack Civiletto

Join us for dinner and entertainment - Sinatra style!

\$6.00



Meal:

Tortellini w/ Tomato Meat Sauce, Mixed Veggies, Grape Juice, Bread, Salad and Lemon Meringue Pie

Tuesday Night Line Up:

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

February 3rd: Trivia

February 10th: Valentines Dance (see above)

February 17th: Family Feud

February 24th: Jack Civiletto (see above)

Movie Matinees

Tuesdays @ 12:45 pm
Thrillers

February 3rd - "Taken In Plain Sight" (TV-14)

After a months-long investigation into her daughter's abduction, a mother thinks she's finally found the person responsible. But when the authorities dismiss her, she takes matters into her own hands.

February 10th - "Money Monster" (R)

Financial TV host Lee Gates and his producer Patty are put in an extreme situation when an irate investor takes them and their crew as hostage.

February 17th - "The Marksman" (PG-13)

A rancher on the Arizona border becomes the unlikely defender of a young Mexican boy desperately fleeing the cartel assassins who've pursued him into the U.S.

February 24th - "The Book Club Murders" (TV-14)

When her book club is targeted by anonymous poison pen letters, revealing the darkest secrets of its members, Natalie Johnston thought she was prepared for the worst... until a letter arrives falsely accusing her 15-year-old daughter of a heinous crime. As accusations fly and the situation turns deadly, Natalie must find out who is behind the letters and clear her daughter's name-- or risk losing her daughter forever.

MOVIE NEWS



Dinner and a Movie

Thursday, February 26th
@ 4:30pm

"The Rip" (R)

A group of Miami cops discovers a stash of millions in cash, leading to distrust as outsiders learn about the seizure, making them question who to rely on. Starring Ben Affleck and Matt Damon.

Dinner:

Chicken and biscuits,
Broccoli Florets,
Applesauce and Dessert

\$6.00



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06-5409



BOOK NOOK Wednesday, February 4th @ 10:00 am

We will discuss January's book (One by One) and introduce February's book:

Small Great Things by Jodi Picoult

Ruth Jefferson is a labor and delivery nurse at a Connecticut hospital with more than twenty years' experience. During her shift, Ruth begins a routine checkup on a newborn, only to be told a few minutes later that she's been reassigned to another patient. The parents are white supremacists and don't want Ruth, who is African American, to touch their child. The hospital complies with their request, but the next day, the baby goes into cardiac distress while Ruth is alone in the nursery. Does she obey orders or does she intervene?

Book subject to change based on library availability

LADIES LUNCHEON



American Legion

Thursday, February 5th
@ 12:30pm

9 Eckerson Ave. Akron, NY

RSVP to Freda W. by 1/28
716-695-4199 if you plan to attend.

AKRON NEWSTEAD DINER'S CLUB



Kalamata

Thursday, February 12th @ 5:30pm
5690 S Transit Rd, Lockport, NY

Meal choices:

- Ham Steak
- Meatloaf
- Charbroiled Chicken

\$28.00

Includes: coffee/tea/pop,
soup or salad, potato,
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!

February 12th @ 11:00am - Parkside Candy - \$5.00

Includes transportation. Bring pocket money for lunch and any other purchases.

February 17th @ 10:00am - Country Cruise - \$5.00 *by popular demand

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



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

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

Brochure available at the Center

March 24th & 25th - Sight and Sound "Joshua" (see insert)

April 15th - "Water for Elephants" @ Shea's (see insert)

NEW!

Informational Meeting: March 11th @ 12:30 November 2026 - Ireland
March 2027 - Iceland



CASINO

Hamburg Gaming
Wednesday, February
25th @ 9:00am

\$5.00

**SPACE
LIMITED!**

Climb aboard the Senior Center Van for the ride to Hamburg Gaming for 50 Plus Lucky Legends day. Includes transportation. 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, March 9th @ 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: May 4, July 13, Sept. 14, Nov. 9



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06-5409

GAMES

SEE CALENDAR
FOR SATURDAY
DATES!



UNO

Mondays @ 9:30am



RUMMIKUB

Mondays @ 10:00am



SHUFFLE BOARD

Mondays @ 1:00pm



HAND & FOOT

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



OPEN CARDS

Tuesdays @ 3 - 7:00pm



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



February 9th

@ 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

GROUNDHOG

SHADOW

PRESIDENTS

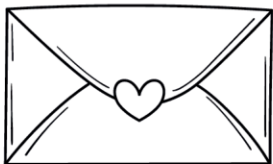
LINCOLN

WASHINGTON

LEAP YEAR

VALENTINES

CHOCOLATE



*February
Word
Search*



CUPID

HEARTS

CANDY

KISSES

FLOWERS

SWEETHEART

FRIENDS

E	F	V	I	F	R	I	E	N	D	S	P
Y	L	A	S	W	C	S	E	I	G	A	R
D	O	L	C	L	A	S	G	R	G	H	E
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S	W	C	U	P	I	D	D	U	A	N	C

ARTS AND CRAFTS



Craft - Thursday, February 26th @ 10:00am \$25.00

Guest Instructor Linda Chaffee - Irish Blessing Board



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, February 4th 1:00 - 3:00 pm

Wednesday, February 18th 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

EPIC: Tuesday, March 24th 10:00am - 12:00pm

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:**
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- **SOCIAL SECURITY:**
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PROGRAMS AND PRESENTATIONS

PLEASE SIGN UP IN
ADVANCE 716-542-6645

Monday, February 9th @ 1:00pm - History on Headstones: A Look at Cemetery Symbols across Erie County

Join Erie County Historian Douglas Kohler as we look through the old cemeteries of Erie County to decipher what messages were left on headstones and monuments across the area. Headstone symbols have changed over time, and cemeteries across the county provide a wide variety of symbols and designs. We'll look at all the hidden meanings written on headstones across the area.

Wednesday, February 11th @ 12:45pm - Impact of Alzheimer's and Dementia in Our Community

Today, more than 6 million Americans are living with Alzheimer's and over 11 million are their unpaid caregivers – an escalating health crisis that affects many in our community. Join us for a brief informative program to learn about the impact of the disease, local resources and ways you can join the fight against Alzheimer's and all other dementia.

Wednesday, February 25th @ 1:00pm - An Evidence Based Longevity Strategy

Although there have been many recent breakthroughs in medicine which could potentially enhance our health and extend our lifespans, there are numerous challenges that threaten our health such as air and water pollution, an increasingly isolated population, and disinformation. This talk aims to explain what longevity is, review the challenges to health, and lay out a practical, evidence-based approach for optimizing healthspan and lifespan.

Friday, February 27th @ 1:15pm - Penn Dixie: Intro to Backyard Astronomy

This program is an introductory course featuring the many night sky wonders you can observe from your own backyard. Topics will include background and terms useful for understanding the night skies, types of equipment generally available for viewing, and how, what, and why objects can be observed.



DONATION COLLECTION:

SOUP-ER BOWL



Cast your vote for NFC vs. AFC by bringing in a can of soup and placing it in the collection bins!

All cans donated will go to the Akron Newstead Food Pantry!

NEW CALENDAR ITEMS

Try out one or more of these  calendar items!

Shuffleboard

No sign up necessary! Join us
Mondays @ 1:00pm

Open Cards

No sign up necessary! Come on your own or in a group to play whatever game you want to!
Tuesdays from 3:00 - 7:00pm

Card Golf


No sign up necessary!
Join us **Thursdays @ 10:00am**

CENTER HOLIDAY HOURS:




The Center is CLOSED on Monday, February 16th in observance of President's Day

February Activities Calendar

MON	TUE	WED	THU	FRI	SAT
2 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 1:00 Shuffleboard	3 NO SilverSneakers Circuit 9:30 Hand & Foot NO Gentle Chair Yoga 12:00 Lunch 12:45 Movie Matinee 3 - 7 Open Cards 5:00 Dinner/Trivia	4 9:00 Exercise with Barb 9:30 Dominoes 10:00 Book Nook 10:15 Stability Class 12:00 Lunch 1 - 3 Sr Outreach Services 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	5 9:00 SilverSneakers Classic 9 - 11 Highmark BCBS 9:30 Board Meeting 9:30 Dominoes 10:00 Card Golf 10:05 Club 99 12:00 Lunch 12:30 Ladies Luncheon 1:00 Pinochle 5:30 TOPS	6 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	7 4:30 Hand and Foot
9 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 12:30 EC Trivia 1:00 Shuffleboard 1:00 Headstones Program	10 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 12:00 Lunch 12:45 Movie Matinee 3 - 7 Open Cards 5:00 Senior to Senior Valentines Dance	11 9:00 Exercise with Barb 9:30 Dominoes 12:00 Lunch 12:45 Alzheimer's Program 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	12 9:00 SilverSneakers Classic 9:30 Dominoes 10:00 Card Golf 10:05 Club 99 11:00 Hitch a Ride: Parkside 12:00 Lunch 1:00 Pinochle 5:30 Diner's Club 5:30 TOPS	13 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch/Saxman Slim 1:00 Bingo	14
16 CENTER CLOSED 	17 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 3 - 7 Open Cards 5:00 Dinner/Family Feud	18 9:00 Exercise with Barb 9:30 - 11:30 Sr Outreach 9:30 Dominoes 10:15 Stability Class 11:30 Board Luncheon 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	19 9:00 SilverSneakers Classic 9:30 Dominoes 10:00 Card Golf 10:05 Club 99 12:00 Throwback Thursday Lunch 1:00 Pinochle 5:30 TOPS	20 8:45 Gentle Floor Yoga 9:30 Dominoes 9:30 Breakfast @ the Center 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	21 4:30 Hand and Foot
23 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Homemade Monday 1:00 Shuffleboard	24 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 12:00 Lunch 12:45 Movie Matinee 3 - 7 Open Cards 5:00 Dinner/Jack Civiletto	25 9:00 Exercise with Barb 9:00 Hamburg Gaming 9:30 Dominoes 10:15 Stability Class 12:00 Lunch 1:00 Mah-Jong 1:00 Longevity Program 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	26 9:00 SilverSneakers Classic 9:30 Dominoes 10:00 Card Golf 10:05 Craft 10:05 Club 99 12:00 Lunch 1:00 Pinochle 4:30 Dinner and a Movie 5:30 TOPS	27 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo 1:15 Astronomy Program	28

Erie County Stay Fit Dining Program - February 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Macaroni Casserole with Cheddar Cheese, Green Beans, Apple Juice, Italian Bread and Butterscotch Pudding (839)	3 Hot Dog with Baked Beans & Ketchup on a Bun, Macaroni & Cheese, Carrots and Tropical Fruit (746) 5pm Dinner: Chicken Drumsticks, Broccoli Rice Casserole, Carrots, Roll, Salad and Chocolate Cream Pie	4 Chicken Breast with Red Pepper Cream Sauce, Mashed Potatoes, Broccoli Florets, Salad, Roll and Lorna Doones (717) 4pm Dinner: Greek Chicken Salad, Roll and Chocolate Cream Pie	5 Beef Bourguignon, Harvard Beets, Green Peas, Rye Bread, Chocolate Milk and Fresh Orange (640)	6 Chicken Parmesan over Pasta, Spinach, California Blend Vegetables and Pineapple Tidbits (678)
9 Mediterranean Chicken Stew, Broccoli Florets, Carrots, Yellow Rice with Turmeric and Diced Peaches (608)	10 Hamburger with Onion Gravy on a Wheat Bun, Mashed Sweet Potatoes, Green Beans and Vanilla Pudding (753) 5pm Dinner: Lasagna meal catered by Candy Apple and sponsored by the Pappalardo Family Fund	11 Cream of Potato Soup with Ham, Brussels Sprouts, Apple Juice, Corn Muffin, Chocolate Milk and Fresh Banana (692) 4pm Dinner: Turkey w/ Cranberry Chutney, Mashed Potatoes, Green Beans, Stuffing, Salad and Oatmeal Cookies	12 Tortellini with Tomato Meat Sauce & Mozzarella, Cauliflower, Green Peas, Italian Bread and Diced Pears (653)	13 Valentine's Day Broccoli Stuffed Chicken Breast with Herb Cream Sauce, Rice Pilaf, Mixed Vegetables, Cranberry Juice, Salad, Cheesecake with Chocolate Sauce (1067)
16 No Meals Served 	17 Cabbage Roll with Savory Meat Sauce, Garlic Mashed Potatoes, Mixed Vegetables, Roll and Mardi Gras Donut (940) 5pm Dinner: Meatloaf w/ Swiss Gravy, Scalloped Potatoes, Broccoli, Roll, Salad and Cheesecake	18 Board Luncheon 4pm Dinner: Garden Chicken Patty Salad, Roll and Cheesecake	19 Roast Turkey with Gravy & Cranberry Sauce, Mashed Sweet Potatoes, Brussels Sprouts, Bread, Fresh Banana and Chocolate Milk (673)	20 Beer Battered Fish with Tartar Sauce, Scalloped Potatoes, Carrots, Roll and Pineapple Tidbits (677)
23 Homemade Monday	24 Beef Macaroni Casserole with Cheese, Corn, Seasoned Spinach, Bread, Chocolate Milk and Orange (819) 5pm Dinner: Tortellini w/ Tomato Meat Sauce, Mixed Veggies, Grape Juice, Bread, Salad and Lemon Meringue Pie	25 Breaded Chicken Cutlet with Buffalo Sauce on a Bun, Au Gratin Potatoes, Green Peas and Tropical Fruit (761) 4pm Dinner: Chicken Caesar Salad, Bread and Lemon Meringue Pie	26 Roast Beef w/ Horseradish & Gravy, Ranch Mashed Potatoes, Mixed Vegetables, Multigrain Bread and Sugar Cookies (730)	27 Minestrone Soup & Tuna Salad, Brussels Sprouts, Grape Juice, Wheat Dinner Roll and Strawberry Gelatin (728)

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

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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 Feb. 2nd

- Hamburger w/ Gravy
- Pork Loin w/ Cinnamon Apples
- Beef Pepper Steak Casserole
- Chicken Breast w/ Gravy
- Stuffed Shells w/ Tomato Meat Sauce

Week of Feb. 9th

- Turkey a la King
- Omelet w/ Cheese Sauce
- Italian Sausage w/ Tomato Sauce
- Chicken Breast w/ Marsala Sauce
- Baked Ham w/ Pineapple Sauce

Week of Feb. 17th

- Beef Macaroni Casserole
- Hot Dog w/ Baked Beans
- Chicken Breast w/ Red Pepper Cream Sauce
- Beef Bourguignon
- Breaded Chicken Cutlet Parmigiana

Week of Feb. 23rd

- Mediterranean Chicken Stew
- Hamburger w/ Onion Gravy
- Baked Ham w/ Maple Glaze
- Cheese Tortellini w/ Tomato Meat Sauce
- Breaded Chicken Cutlet w/ Herb 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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Licensed Real Estate Salesperson



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