

**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:**  
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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Permit 22



 Find us on Facebook: Akron Newstead-Seniors

# 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



**SENIOR  
BOARD  
2026**



## Board Meeting & Luncheon

**Wednesday, February 18<sup>th</sup>  
@ 11:30am**

**Meal:** Veggie wrap, mac salad, chips and dessert.



**\$3.00**



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

## 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!



#### 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)**

# 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



## 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.

\$6.00



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

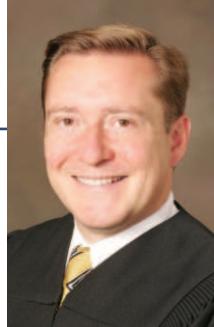
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- Estate Litigation

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voelkllaw.com



Jeffrey F. Voelkl  
ATTORNEY

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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

**\$28.00**

Meal choices:

- Ham Steak
- Meatloaf
- Charbroiled Chicken

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

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

**NEW!! Informational Meeting: March 11<sup>th</sup> @ 12:30** November 2026 - Ireland  
March 2027 - Iceland



## CASINO

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

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.

**\$5.00**

**SPACE  
LIMITED!**

**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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Akron Newstead Senior Center - Akron, NY

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

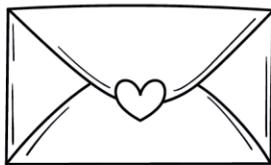
LINCOLN

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 |
| E | W | E | L | C | N | E | R | A | R | O | S |
| T | E | N | O | H | D | S | O | W | A | W | I |
| R | R | T | I | O | Y | S | U | O | E | A | D |
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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!

### **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, 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 5<sup>th</sup> 9:00-11:00am

**EPIC:** Tuesday, March 24<sup>th</sup> 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:**  
(716) 858-6877
- SOCIAL SECURITY:**  
1 (800) 772-1213

## **FUNDRAISING**



### **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

## 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 **NEW!** 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 16<sup>th</sup> in observance of President's Day

# February Activities Calendar

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



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