

## 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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# AKRON-NEWSTEAD SENIOR NEWS

## March 2026

### *Senior Center Highlights*



- In **January** we hitched a ride to Marilla Country Store, Alden Coffeehouse and Henry's Candy.
- We had presentations by Elizabeth Forkl (When to Call 911), Debbie Hamm (Home Organization) and Theresa Waiter (True Colors). We also viewed a 2025 Slideshow.
- We hosted Book Nook, Music Trivia, Polar Plunge, Dinner and a Movie and a Craft.
- We served **620** meals through Erie County Congregate Dining & **74** made by staff or catered!

# DIRECTOR'S NOTE

Hello Friends,

As the days grow longer and the flowers begin to bloom, spring brings with it a sense of renewal, hope and fresh beginnings. On behalf of our entire team, I want to extend warm wishes to each of you for a healthy, joyful and active spring season.

We are excited to offer new programs and activities to help you stay connected with one another. Stop by for shuffleboard Monday's, open card Tuesday's, or one of our many weekly presentations.

Just a friendly reminder, if you haven't renewed your membership for 2026, this will be your last newsletter. All memberships expired on December 31st, 2025. Please renew now!

Thank you to those that donated soup to our Soup-er Bowl collection for the Akron Newstead Food Pantry.

Wishing you sunshine and happiness this spring,

*Sarah*



# SUNSHINE REPORT

## Sympathy

Helen Kelkenberg  
*(death of son)*

Sheila Ernst  
*(death of husband)*

Diane Hurne  
*(death of son)*

## Thinking of You

Dave DeYoung

Mark Near



## SENIOR BOARD NEWS

The Senior Board sponsored 4 baskets for our **G.O.L.D.E.N** (Gift Of Love Delivered to Encourage Neighbors) Program in February.



### Board Meeting & Dinner

\$3.00

**Tuesday, March 31<sup>st</sup> @ 4:30pm**

With musical entertainment by David Knautd

**Meal:** Chicken and Biscuits, side salad, applesauce 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, March 4th**

**@ 12:00pm**

**Music Trivia**

Join us for lunch followed by Music Trivia w/ Rich Hooper!

\$5.00



**Meal:**

Baked Ham w/ Maple Glaze, Sweet Potatoes, Lima Bean Bake, Rye Bread and Dessert.

**Tuesday, March 10th**

**@ 5:00pm**

**Magic w/ Ted Burzynski**

Join us for dinner and entertainment!

\$6.00



**Meal:**

Chicken Breast w/ Teriyaki Pineapple Sauce, Stir-fry Veggies, Rice Pilaf, salad and Dessert.

**Wednesday, March 18th**

**@ 12:00pm**

**Rio Bravo Day**

Celebrate the 67th anniversary of the release of this famous John Wayne movie!

\$6.00



**Meal:**

Cowboy Burger, Baked Beans, Tater Tots, Fire-Roasted Corn and Texas Sheet Cake.

**Thursday, March 19th**

**@ 6:00pm**

**Swing Buffalo**

Join us for dinner followed by entertainment and lessons by Swing Buffalo!

\$3.00



**Meal:**

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

**Friday, March 20th**

**@ 12:00pm**

**Welcome Spring Luncheon**

Join us for lunch and entertainment by flutist Debbie Komosinski and friend(s)!

\$6.00



**Meal:**

Lasagna Roll w/ Primavera Cream Sauce, Broccoli Florets, Salad with Garbanzo Beans, Roll and Dessert.

**Monday, March 30th**

**@ 12:00pm**

**Homemade Monday**

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

\$6.00



**Meal:**

White Chicken Enchiladas, Black Beans and Rice, Lime Cilantro Slaw and Dessert.

## Tuesday Night Line Up:

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

**March 3rd:** Cornhole

**March 10th:** Ted Burzynski *(see above)*

**March 17th:** Reminiscing Trivia

**March 24th:** Puzzle Wars - *Battle to be the first team to finish a 300 piece puzzle.*

**March 31st:** David Knautd

## Movie Matinees

Tuesdays @ 12:45 pm  
Real Life Dramas

### March 3rd - "Lilly" (PG-13)

About a courageous factory worker who fights for justice when cheated and mistreated by her company. Based on the life of Lilly Ledbetter.

### March 10th - "Respect" (PG-13)

Following the rise of Aretha Franklin's career from a child singing in her father's church's choir to her international superstardom, RESPECT is the remarkable true story of the music icon's journey to find her voice.

### March 17th - "Harriet" (PG-13)

The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroines, whose courage, ingenuity and tenacity freed hundreds of slaves and changed the course of history.

### March 24th - "Priscilla" (R)

When teenage Priscilla Beaulieu meets Elvis Presley, the man who is already a meteoric rock-and-roll superstar becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, a vulnerable best friend.

### March 31st - "The Swimmers" (PG-13)

From war-torn Syria to the 2016 Rio Olympics, two young sisters embark on a harrowing journey as refugees, putting both their hearts and champion swimming skills to heroic use.

## MOVIE NEWS



## Dinner and a Movie

Thursday, March 26th  
@ 4:30pm

### "Soul on Fire" (PG)

In 1987, nine-year-old John O'Leary survives a terrible accident and grows into a man who show us what it means to truly live. Based on a true story.

#### Dinner:

Breaded Pork Chop, Gravy,  
Mashed Potatoes, Mixed  
Veggies, Roll and Dessert.

\$6.00



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# BOOK NOOK Wednesday, March 4th @ 10:00 am

We will discuss February's book (Small Great Things) and introduce March's book:

## The Marriage Portrait by Maggie O'Farrell

The story of Lucrezia de' Medici, a young artist forced into a political marriage with Alfonso II d'Este, Duke of Ferrara, in 16th-century Italy, who comes to fear her husband intends to kill her for failing to produce an heir.

\*Book subject to change based on library availability\*

## LADIES LUNCHEON



### Black Water Tavern & Tap

Thursday, March 5th

@ 12:30pm

12443 Broadway, Alden, NY

RSVP to Ann V. by 2/26

716-238-1521 if you plan to attend.

## AKRON NEWSTEAD DINER'S CLUB



### Alabama Hotel

Thursday, March 12th @ 5:30pm

1353 Lewiston Rd, Basom, NY

Meal choices:

- Chicken Parmesan over pasta
- Pork Chop w/Applesauce
- Chicken & Biscuits

**\$40.00**

Includes:  
coffee/tea/pop, salad  
bar, 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!



March 17th @ 11:15am - Arrowhead Spring Winery - \$30.00

Includes transportation, choice of (turkey melt, ham melt or reuben) lunch and wine tasting.

March 25th @ 10:30am - Montabaur Heights - \$20.00

Includes transportation, choice of (french dip, reuben or turkey reuben) lunch, art exhibit and tour of apartment.



## 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)

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



## CASINO

**Hamburg Gaming**  
Tuesday, March 24th @  
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 DRIVER 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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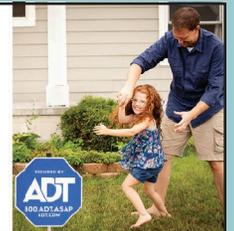
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# GAMES

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



March 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

# Spring Word Scramble

WRLOSFE

OIBNAWSR

EISRLFUBTTE

ENSUHSNI

SLBSOMO

NICICP

DIRSB

EBSE

AESETR

NEEGR

ESSED

URPOST

SSOHEWR

UNEART

ILSPUT

TBIBASR

ZBREEE

ADNEGR

WBRNOAI

OMLBO



## ARTS AND CRAFTS



**Craft** - Friday, March 27th @ 10:00am \$10.00

Mosaic Trivet - *\*picture for example only*



**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:** March 25<sup>th</sup> - April 29<sup>th</sup> : Wednesdays @ 10:15am

**NEW Progressive Yoga:** Starting April 7<sup>th</sup> - Tuesdays 11:30am - 12:30pm : A next level floor yoga class with increasing difficulty towards a more intermediate level.

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

Wednesday, March 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

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, March 16th @ 1:00pm - How to talk to Loved Ones About Healthcare Preferences**

Join Hospice & Palliative Care Buffalo to gather resources to assist in talking about healthcare wishes with loved ones and health care providers. Learn about both palliative care and hospice to help with health care advocacy and caregiving.

**Thursday, March 19th @ 1:00pm (RESCHEDULE) - 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.

**Monday, March 23rd @ 1:15pm - Don't Be a Target: Guard Against Fraud and Scams**

Join the Center for Elder Law & Justice for a presentation and learn how to protect yourself from scams and fraud. Gain knowledge about how to spot and avoid identity theft, credit card fraud, and financial scams. You'll also get tips on safeguarding your finances and learn what steps to take if your accounts are ever compromised.

**Wednesday, March 25th @ 10:45am - Exercise Within Reach**

Do you wish to be more active but struggle finding the time or motivation? This workshop will guide you through tips & tricks to find ways to be more active that work for your schedule, wallet, and lifestyle. Being active doesn't have to be a chore. Includes a chair yoga demonstration. Dress in sneakers & comfortable clothing

**Wednesday, March 25th @ 1:00pm - Hobos on the Railroads**

Join Erica Joan Wanecki for a program about hobos on the railroad.

**Thursday, March 26th @ 12:45pm - Healthy Living for Brain and Body**

Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Incorporate these recommendations into building a plan for healthy aging.

**Friday, March 27th @ 2:00pm - Grief & Loss: How to Cope & How to Help**

Grief is a universal experience we all come to understand in different ways. Join us in exploring how different kinds of loss can cause grief, and how best to cope, or help others cope, through the most difficult of times. Practical strategies and useful resources will be available.



## TIE BLANKET EVENT

Join us to partner with the Akron High School Interact Club to make fleece tie blankets to donate to children at Roswell Cancer Institute.

**Saturday, March 21<sup>st</sup>  
10:00am - 2:00pm**

**Includes lunch:  
French bread pizzas,  
chips, salad and dessert.  
Sign up required!**



# March 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 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/Cornhole	4 9:00 Exercise with Barb 9:30 Dominoes 10:00 Book Nook 12:00 Lunch/Music Trivia 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 9:30 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 Safe Driver Academy 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 12:30 EC Trivia 1:00 Shuffleboard	10 9:00 SilverSneakers Circuit 9:15 Day Trip Departs 9:30 Hand & Foot 10:15 Gentle Chair Yoga 12:00 Lunch 12:45 Movie Matinee 3-7 Open Cards 5:00 Dinner/Magic	11 9:00 Exercise with Barb 9:00 EC Maple Breakfast 9:30 Dominoes 12:00 Lunch 12:30 Coquette Trips Meeting 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	12 NO SilverSneakers Classic 9:30 Dominoes 10:00 Card Golf 10:05 Club 99 12:00 Lunch 1:00 Pinochle 5:30 Diner's Club 5:30 TOPS	13 NO Gentle Floor Yoga 9:30 Dominoes NO Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	14
16 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 1:00 Hospice Program 1:00 Shuffleboard	17 NO SilverSneakers Circuit 9:30 Hand & Foot NO Gentle Chair Yoga 12:00 Lunch 12:00 Hitch a Ride: Arrowhead Springs 12:45 Movie Matinee 3-7 Open Cards 5:00 Dinner/Reminiscing Trivia	18 9:00 Exercise with Barb 9:30 Day Trip Departs 9:30 Dominoes 9:30 - 11:30 Sr Outreach 12:00 Rio Bravo Movie Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	19 NO SilverSneakers Classic 9:30 Dominoes 10:00 Card Golf 10:05 Club 99 12:00 Lunch 1:00 Left Brain vs. Right Brain 1:00 Pinochle 5:30 TOPS 6:00 Dinner/Swing Buffalo	20 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Welcome Spring Lunch/Entertainment 1:00 Bingo	21 10:00 Tie Blanket Event 4:30 Hand and Foot
23 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 1:00 Shuffleboard 1:15 Elder Law Program: Preventing Scams	24 9:00 SilverSneakers Circuit 9:00 Hamburg Gaming 9:30 Hand & Foot 10-12 EPIC 10:15 Gentle Chair Yoga 12:00 Lunch 12:45 Movie Matinee 3-7 Open Cards 5:00 Dinner/Puzzle Wars	25 9:00 Exercise with Barb 9:30 Dominoes 10:30 Hitch a Ride: Montabaur 10:45 SNAP Program 12:00 Lunch 1:00 Mah-Jong 1:00 Hobos on the Railroads 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 Club 99 12:00 Lunch 12:45 Healthy Living Program 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 Craft 10:00 Crochet 12:00 Lunch 1:00 Bingo 2:00 Grief and Loss Program	28
30 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Homemade Monday 1:00 Shuffleboard	31 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 Board Dinner/Entertainment				

# Erie County Stay Fit Dining Program - March 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> Breaded Chicken Cutlet with Herb Gravy, Scalloped Potatoes, Broccoli Florets, Wheat Bread and Fudge Round (820)</p>	<p><b>3</b> Hearty Beef Stew, Mashed Potatoes, Peas, Roll and Chocolate Pudding (747)</p> <p><b>5pm Dinner:</b> Salisbury Steak w/ Onion Gravy, Ranch Mashed Potatoes, Mixed Veggies, Salad, Roll and Chesseecake</p>	<p><b>4</b> Ham with Maple Glaze, Sweet Potatoes, Lima Bean Bake, Rye Bread and Pineapple Tidbits (619)</p> <p><b>4pm Dinner:</b> Chicken Mandarin Orange Salad, Roll and Chesseecake</p>	<p><b>5</b> Chicken Caesar Salad with Caesar Dressing, Dinner Roll, Fresh Orange and Chocolate Milk (805)</p>	<p><b>6</b> Broccoli Cheddar Soup, Carrots, Apple Juice, Salad, Corn Muffin, Fruit Cocktail (805)</p>
<p><b>9</b> Hearty Turkey Stew, Garlic Mashed Potatoes, Green Beans, Dinner Roll and Lorna Doones (613)</p>	<p><b>10</b> Meatballs with Sweet Chili Sauce over White Rice, Broccoli, Carrots and Strawberry Gelatin (613)</p> <p><b>5pm Dinner:</b> Chicken Breast w/ Teriyaki Pineapple Sauce, Stir-Fry Veggies, Rice Pilaf, Salad and Chocolate Cream Pie</p>	<p><b>11</b> Tortellini w/ Diced Chicken &amp; Red Pepper Cream Sauce, California Vegetables, Grape Juice, Salad, Bread and Banana (691)</p> <p><b>4pm Dinner:</b> Chicken Patty Salad, Roll and Chocolate Cream Pie</p>	<p><b>12</b> Pork Loin with Warm Cinnamon Apples, Sweet Potatoes, Brussels Sprouts, Dinner Roll and Oatmeal Cookies (763)</p>	<p><b>13</b> Omelet with Pepper &amp; Onion, Cheese Sauce, Rosemary-seasoned Potatoes, Mixed Vegetables, Wheat Bread, Pineapple Tidbits and Chocolate Milk (664)</p>
<p><b>16</b> Pork Ribette with BBQ Sauce on a Bun, Duchess Potatoes, Green Peas and Sugar Cookies (930)</p>	<p><b>17 St. Patrick's Day Meal</b></p> <p>Corned Beef w/ Cabbage, Buttered Potatoes, Carrots, Rye Bread and Lime Sherbet (655)</p> <p><b>5pm Dinner:</b> Ravoli w/ Tomato Meat Sauce, Cauliflower, Bread, Salad and Lemon Cake</p>	<p><b>18</b> Rio Bravo Lunch and Movie</p> <p><b>4pm Dinner:</b> Beef Taco Salad, Tortilla Strips and Lemon Cake</p>	<p><b>19</b> Italian Sausage w/ Tomato Sauce on a Bun, Corn, Spinach, Tropical Fruit and Chocolate Milk (608)</p>	<p><b>20 Welcome Spring!</b></p> <p>Lasagna Roll with Primavera Cream Sauce, Broccoli Florets, Salad with Garbanzo Beans, Dinner Roll and Lemon Meringue Pie (874)</p>
<p><b>23</b> Chicken Vegetable Casserole, Mashed Potatoes, Green Beans, Dinner Roll and Applesauce (548)</p>	<p><b>24</b> Chili con Carne with Cheddar, Apple Juice, Carrots, Corn Muffin, Salad and Fresh Banana (912)</p> <p><b>5pm Dinner:</b> Breaded Chicken Breast w/ Herbed Tomato Sauce, Broccoli, Rice Pilaf, Salad, Roll and Vanilla Ice Cream</p>	<p><b>25</b> Turkey w/ Stuffing, Gravy &amp; Cranberry Sauce, Mashed Butternut Squash, Cauliflower and Lorna Doones (621)</p> <p><b>4pm Dinner:</b> Chicken Caesar Salad, Roll and Vanilla Ice Cream</p>	<p><b>26</b> Polish Sausage with Sauerkraut &amp; Mustard on a Bun, Scalloped Potatoes, Peas with Red Peppers, Fruit Cocktail and Chocolate Milk (833)</p>	<p><b>27</b> Spanish Omelet, Cheesy Diced Potatoes, Broccoli Florets, Wheat Bread and Tropical Fruit (631)</p>
<p><b>30</b> Homemade Monday</p>	<p><b>31</b> Lasagna Roll with Tomato Meat Sauce &amp; Mozzarella, Cauliflower, Peas, Bread, Orange and Chocolate Milk (717)</p> <p><b>5pm Dinner:</b> Board Dinner</p>	<p><b>1 Easter Luncheon</b></p> <p>Chicken Cordon Bleu w/ Herb Gravy, Rosemary-seasoned Potatoes, Vegetable Medley, Salad, Roll and Coconut Cream Pie (1098)</p> <p><b>4pm Dinner:</b> Cranberry Chicken Salad, Crackers and Oatmeal Cookies</p>	<p><b>2</b> Polynesian Chicken Stew over White Rice, Carrots, Broccoli Florets and Sugar Cookies (631)</p>	<p><b>3 No Meals Served</b></p>



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

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# 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 March 2nd	Week of March 9th	Week of March 16th	Week of March 23rd	Week of March 30th
<ul style="list-style-type: none"> <li>Sloppy Joe</li> <li>Chicken Stew</li> <li>Macaroni &amp; Cheese</li> <li>Turkey w/ Gravy</li> <li>Breaded Fish Patty</li> </ul>	<ul style="list-style-type: none"> <li>Polynesian Pork</li> <li>Beef Macaroni Casserole</li> <li>Breaded Chicken Cutlet w/ Buffalo Sauce</li> <li>Hamburger w/ Gravy</li> <li>Stuffed Shells w/ Tomato Sauce</li> </ul>	<ul style="list-style-type: none"> <li>Breaded Chicken Cutlet w/ Gravy</li> <li>Beef Stew</li> <li>Ham w/ Maple Glaze</li> <li>Veal Parmigiana</li> <li>Breaded Fish Patty</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Stew</li> <li>Meatballs w/ Sweet Chili Sauce</li> <li>Cheese Tortellini w/ Red Pepper &amp; Chicken Cream Sauce</li> <li>Pork Loin w/ Cinnamon Apples</li> <li>Omelet w/ Pepper &amp; Onion Cheese Sauce</li> </ul>	<ul style="list-style-type: none"> <li>Pork Ribetter w/ BBQ Sauce</li> <li>Hamburger w/ Gravy</li> <li>Breaded Chicken Cutlet w/ Gravy</li> <li>Italian Sausage w/ Pepper &amp; Onion Tomato Sauce</li> <li>Lasagna Roll w/ Primavera Cream Sauce</li> </ul>

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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