

Akron/Newstead Senior Center

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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:

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

April 2026

Senior Center Highlights



- In **February** we hitched a ride with a Country Cruise and to Parkside Candy.
- We welcomed DJ Biggs, Saxman Slim, Rick Strusienski and Jack Civiletto to entertain us.
- We had presentations by Doug Kohler, the Alzheimer's Association and Penn Dixie.
- We hosted our 4th Annual Senior to Senior Valentines Dance with Akron High School.
- We served **753** meals through Erie County Congregate Dining & **197** made by staff or catered!

DIRECTOR'S NOTE



Hello Friends,

As we welcome the month of April, we also welcome the beauty of spring. As the flowers begin to bloom and the days grow brighter, we are reminded that every season brings new opportunities to connect, learn, and thrive. As the weather warms, take time to enjoy the sunshine, reach out to a friend, and embrace the joy that this spring season brings.

If it happens to be a little soggy outside (maybe "raining cats and dogs"?), then please join us at the Center as we celebrate our furry friends this month. First, get ready for Puppypalooza, where you can meet some adorable pups guaranteed to brighten your day. Then join us for our Purr-fect Lunch, a fun gathering that's sure to be the cat's meow.

Just as the seasons change, sometimes our schedule does too. Due to decreased participation, we will no longer be open on Saturday evenings. Instead, we are re-vamping our schedule to offer more opportunities for members to connect and participate during the week. We hope these new weekday options will make it even easier for you to join us and stay involved.

I would like to send a big shout out to everyone who participated in our tie blanket project last month. Along with students from Akron School's Interact Club, we were able to make many beautiful blankets for children at Roswell Park. Great job!

And finally, another word of thanks - April is National Volunteer Month, and I wish to extend a sincere "Thank You!" to all of our volunteers. Your time and efforts help to make our Senior Center one of the best!

See you at the Center, *Sarah*

SUNSHINE REPORT

Thinking of You

Ann Marie Wik

MaryAnn Hayes

Doug Egloff

Ann Zebrowski



SENIOR BOARD NEWS

We would like to thank Joan Schiener for stepping up from the board of directors to fill the spot of Board President



Board Meeting & Lunch

Wednesday, April 15th @ 11:30am

\$3.00 Meal: Pulled Pork, Coleslaw, 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!

Thursday, April 16th

@ 11:30pm

Puppypalooza

\$5.00

Join us for socializing with pups from the newest batch of Young Legacy Labradors, followed by documentary "Inside the Mind of a Dog"

Meal:

Hearty Pork Stew, Mashed Potatoes, Carrots, Salad, Roll and Strawberry Gelatin



Thursday, April 16th

@ 3:00pm

Game Night w/ Akron High School

\$4.00

Join us for games with the Interact Club followed by dinner at 4:30pm

Meal:

Breaded Chicken Drumsticks, Ranch Mashed Potatoes, Corn, Salad, Roll and Cherry Pie



Monday, April 20th

@ 11:30pm

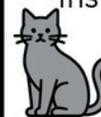
Purr-fect Lunch

\$5.00

Join us for a visit from Akron Rescue Cats followed by lunch and the documentary "Inside the Mind of a Cat!"

Meal:

Chicken w/ Marsala Sauce, Mashed Potatoes, Mixed Veggies, Roll and Brownie



Thursday, April 23rd

@ 5:30pm

The Buffalo Chips

\$6.00

Join us for dinner followed by entertainment by the Buffalo Chips!

Meal:

Hot Turkey Sandwich, Mashed Potatoes, Veggie and Dessert candy apple



Monday, April 27th

@ 12:00pm

Homemade Monday

\$6.00

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

Meal:

Ham and Cheese Baguette, Creamy Cucumber Salad, French Fries and Dessert



Tuesday, April 28th

@ 5:00pm

Craig Wilkins

\$6.00

Join us for dinner followed by entertainment by Craig Wilkins!

Meal:

Lasagna Roll w/ Meat Sauce, Carrots, Salad, Roll, Grape Juice and Chocolate Cream Pie



Tuesday Night Line Up: April 7th: Cornhole

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

April 14th: Indoor Horseshoes

April 21st: Composting Program (see page 8)

April 28th: Craig Wilkins (see above)

Movie Matinees

Tuesdays @ 12:45 pm
Heartfelt

April 7th - "A Little Bit of Heaven" (PG-13)

An irreverent young woman who uses her humor to prevent matters from getting serious has a life-changing visit with her doctor.

April 14th - "The Magic of Belle Isle" (PG)

Monty Wildhorn, an alcoholic novelist of Westerns, has lost his drive. His nephew pushes him to summer in quiet Belle Isle. He begrudgingly befriends a newly single mom and her 3 girls who help him find the inspiration to write again.

April 21st - "The Secret: Dare to Dream" (PG)

A struggling mother's life takes an unexpected turn when a mysterious professor arrives at her door with a message that could change everything.

April 28th - "Military Wives" (PG-13)

Following a group of women in England whose partners are away serving in Afghanistan. Faced with the men's absences, they form a choir and quickly find themselves at the center of a media sensation and global movement.

MOVIE NEWS



Dinner and a Movie

Friday, April 24th
@ 4:30pm

"The Best You Can" (R)

Challenged by her husband's aging, a woman finds solace in an unexpected friendship with a drifting security guard that offers new perspective and hope.

Dinner:

Ground Beef Stroganoff,
Green Beans, Roll and
Dessert

\$6.00



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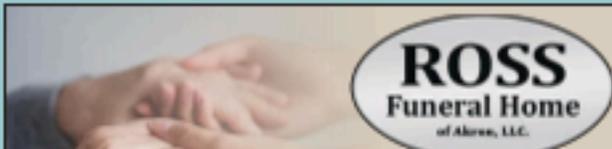


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Akron Newstead Senior Center - Akron, NY

06-5409



BOOK NOOK **Wednesday, April 1st @ 10:00 am**

We will discuss March's book (The Marriage Portrait) and introduce April's book:

Two Nights in Lisbon by Chris Pavone

A dazzling literary thriller about a woman whose husband is kidnapped and held for ransom while they are visiting Portugal, leaving her no choice but to reach out to the one person she fears most.

Book subject to change based on library availability

LADIES LUNCHEON



Gianni Mazia's on Main

Thursday, April 2nd

@ 12:30pm

10325 Main St, Clarence

RSVP to June W. by 3/26

716-634-7124 if you plan to attend.

AKRON NEWSTEAD DINER'S CLUB



The Miller House

Thursday, April 9th @ 5:30pm

12701 Broadway, Alden

\$32.00

Meal choices:

- Turkey Dinner
- Meatloaf Dinner
- Grilled Ham Dinner
- Grilled Chicken Dinner

Includes:

coffee/tea/pop, soup or salad, choice of 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!

April 7th @ 9:30am - Rustic Buffalo Artisan Market - \$5.00

Includes transportation, bring pocket money for shopping and a return stop at Dunkin Donuts.

April 21st @ 9:15am - Buffalo Museum of Science - \$22.00

Includes transportation and admission. Includes "The Invisible Visible: Photography by Andrew Davidhazy" exhibit. Bring pocket money for a return stop at Ted's Hot Dogs.



TRIPS AND TRAVEL

Space Limited!
Payment due at time of sign up!

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

Brochure available at the Center

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

Dinner @ Ilio DiPaolo followed by a show at Shea's Performing Arts

SAVE THE DATE!

May 21st - Canadian Train Ride

Lunch @ Jacob's Grill and a Candian train ride.

MORE INFO TO COME!



CASINO

Hamburg Gaming

Wednesday, April 29th @ 9:00am

\$5.00

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.

SPACE LIMITED!

Seneca Niagara Casino

Tuesday, August 18th @ 9:15am

\$35.00

Includes \$30 in slot dollars and \$10 dining dollars.

\$35.00

SAFE DRIVER ACADEMY

Monday, May 4th @ 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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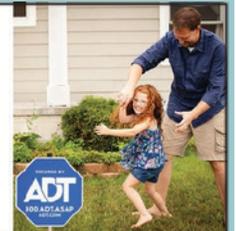
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Akron Newstead Senior Center - Akron, NY

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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



April 13th

@ 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 APRIL WORD SEARCH



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

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- BUDS
- GARDENING
- EGG
- SUNSHINE
- RAINBOW
- DAFFODIL
- LADYBUG
- UMBRELLA
- BLOSSOM
- RAINDROP
- PUDDLE
- BIRDSONG
- WARMTH
- GREENERY
- SPROUT
- BLOOM
- PICNIC
- GRASS
- GROWTH
- TULIP
- WINDY
- POND

ARTS AND CRAFTS

FABRIC CHOICES



Craft - Tuesday, April 14th @ 1:00pm \$10.00

Decoupage Plate - w/ Guest Instructor Kathy Myers



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 25th - April 29th : Wednesdays @ 10:15am



Progressive Yoga: Starting April 7th - 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, April 1st 1:00 - 3:00 pm
Wednesday, April 15th 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

BCBS: Thursday, April 2nd 9:00 - 11:00am
United: Wednesday, April 8th 10:00 - 11:00am
Aetna: Wednesday, April 8th 11:00am - 12:00pm
IHA: Friday, April 10th 2:00 - 4:00pm

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



GRIEF AND LOSS



Join fellow members who have also experienced loss.

This is not a counselling session with licensed professionals, just friends supporting friends through guided discussions with a staff member.

Last Wednesday of each month @ 10am



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

Tuesday, April 14th @ 1:15pm - County Garden Project

Join Jennifer Chowdhury from Erie County Senior Services to plant and learn how to take care of a selection of plants and leave with what you planted.

Friday, April 17th @ 1:00pm - What Will Become of Our Cemeteries

Generations of visitors to local cemeteries once virtually tripped over each other, tending to family graves. Now, many local gravesites have become an inconvenient responsibility. These sacred grounds which hold history and once launched new business and industry, today, attract fewer visitors except in rare situations. Church closures have also had a negative effect on many local cemeteries.

Tuesday, April 21st @ 5:15pm - Backyard Composting

Join us to talk about the 'what, why, and how' surrounding compost with tips on composting at home, and get information about Erie County's annual rain barrel/composter sale. One of the composters from the sale will be raffled off at the end of the presentation.

Wednesday, April 22nd @ 1:00pm - Managing Serious Illness

If you, or a loved one, has a serious or chronic illness, gathering information about community resources and care options is a priority. Do not wait until a crisis to learn about options.

Wednesday, April 29th @ 1:00pm - 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.

Thursday, April 30th @ 12:45pm - Responding to Dementia Related Behaviors

Details, common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.



PLEASE SIGN UP IN ADVANCE!

Sound Bath w/ Annie Weidrauer

FRIDAY, APRIL 24TH @ 11:00AM

Experience a deeply relaxing Reiki-infused sound bath with crystal singing bowls, where soothing vibrations and gentle energy healing work together to calm the mind and body. The resonant tone of the bowls help promote relaxation, reduce stress and support emotional balance, while Reiki energy encourages the body's natural healing response. This peaceful practice may help ease tension, improve sleep, enhance mood and create an overall sense of well-being.

Enjoy this experience comfortably in the seated position or laying on your yoga mat (not provided). A light blanket is also recommended to maintain comfort.

April Activities Calendar

MON	TUE	WED	THU	FRI	SAT
		1 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	2 9:00 SilverSneakers Classic 9:00 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 5:00 TOPS	3 CLOSED 	4
6 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 1:00 Shuffleboard	7 9:00 SilverSneakers Circuit 9:30 Hitch a Ride 9:30 Hand & Foot 10:15 Gentle Chair Yoga 11:30 Progressive Yoga 12:00 Lunch 12:45 Movie Matinee 3-7 Open Cards 5:00 Dinner/Cornhole	8 9:00 Exercise with Barb 9:30 Dominoes 10-11 United Healthcare 10:15 Stability Class 11-12 Aetna 12:00 Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	9 9:00 SilverSneakers Classic 9:30 Dominoes 10:00 Card Golf 10:05 Club 99 12:00 Lunch 1:00 Pinochle 5:00 TOPS 5:30 Diner's Club	10 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo 2-4 IHA	11
13 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 12:30 EC Trivia 1:00 Shuffleboard	14 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 11:30 Progressive Yoga 12:00 Lunch 12:45 Movie Matinee 1:00 Craft 1:15 County Garden Project 3-7 Open Cards 5:00 Dinner/Horseshoes	15 9:00 Exercise with Barb 9:30 Dominoes 9:30 - 11:30 Sr Outreach 10:15 Stability Class 11:30 Board Luncheon 1:00 Mah-Jong 3:00 Watercolors 4:00 Day Trip Departs 4:00 Dinner 5:00 Euchre/Hand & Foot	16 9:00 SilverSneakers Classic 9:30 Dominoes 10:00 Card Golf 10:05 Club 99 11:30 Puppypatooza Lunch 1:00 Pinochle 3-4:30 Game Night 4:30 Dinner 5:00 TOPS	17 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 12:00 Crochet 12:00 Lunch 1:00 Cemeteries Program 1:00 Bingo	18
20 9:00 Walking Group 9:00 Exercise with Barb 9:00 Golf Breakfast 10:00 Rummikub 12:00 Purr-fect Lunch 1:00 Shuffleboard	21 9:00 Exercise with Barb 9:15 Hitch a Ride 9:30 Hand & Foot 10:15 Gentle Chair Yoga 11:30 Progressive Yoga 12:00 Lunch 12:45 Movie Matinee 3-7 Open Cards 5:00 Dinner/Composting Program	22 9:00 Exercise with Barb 9:00 Bike Breakfast 9:30 Dominoes 10:15 Stability Class 12:00 Lunch 1:00 Mah-Jong 1:00 Serious Illness Program 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 5:00 TOPS 5:30 Dinner/Bufalo Chips	24 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 11:00 Sound Bath 12:00 Lunch 1:00 Bingo 4:30 Dinner and a Movie	25
27 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Homemade Monday 1:00 Shuffleboard	28 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 11:30 Progressive Yoga 12:00 Lunch 12:45 Movie Matinee 3-7 Open Cards 5:00 Dinner/Craig Wilkins	29 9:00 Exercise with Barb 9:00 Hamburg Gaming 9:30 Dominoes 10:00 Grief and Loss 10:15 Stability Class 12:00 Lunch 1:00 Mah-Jong 1:00 Secrets of Buffum St. 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 12:45 Alzheimers Program 1:00 Pinochle 5:00 TOPS 5-6:30 Good for the Neighborhood		

Erie County Stay Fit Dining Program - April 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p>Homemade Monday</p>	<p>31 Lasagna Roll with Tomato Meat Sauce & Mozzarella, Cauliflower, Peas, Italian Bread, Orange and Chocolate Milk (717)</p> <p>Dinner 5pm:</p> <p>Board Dinner</p>	<p>1 Easter Luncheon</p> <p>Chicken Cordon Bleu w/ Herb Gravy, Rosemary Potatoes, Veg. Medley, Salad, Roll and Coconut Cream Pie (1098)</p> <p>Dinner 4pm:</p> <p>Cranberry Chicken Salad, Crackers and Oatmeal Cookies</p>	<p>2</p> <p>Polynesian Chicken Stew over White Rice, Carrots, Broccoli and Sugar Cookies (631)</p>	<p>3 No Meals Served</p> 
<p>6</p> <p>Cabbage Roll w/ Meat Sauce, Garlic Mashed Potatoes, Mixed Vegetables, Roll and Chocolate Cream Pie (1040)</p>	<p>7 Breaded Chicken Cutlet with Buffalo-style Sauce on a Bun, Tater Tots, Seasoned Broccoli and Fudge Round (852)</p> <p>Dinner 5pm:</p> <p>Meatloaf w/ Gravy, Garlic Mashed Potatoes, Mixed Veggies, Salad, Rye Bread and Sherbet</p>	<p>8 Polish Sausage with Sauerkraut & Mustard on a Bun, Ranch Mashed Potatoes, Carrots, Apple and Chocolate Milk (807)</p> <p>Dinner 4pm:</p> <p>Ancho Chicken Salad, Tortilla Strips and Sherbet</p>	<p>9</p> <p>Roasted Turkey with Stuffing, Gravy & Cranberry Sauce, Mashed Butternut Squash, Corn, Salad and Mandarin Oranges (660)</p>	<p>10</p> <p>Omelet with Creole Sauce, Cheesy Diced Potatoes, Green Beans, Wheat Bread and Tropical Fruit (628)</p>
<p>13</p> <p>Lasagna Roll with Tomato Meat Sauce & Mozzarella, Broccoli, Grape Juice, Italian Bread and Sugar Cookies (796)</p>	<p>14 Swedish Meatballs over Pasta, Harvard Beets, Green Peas and Pineapple Tibits (659)</p> <p>Dinner 5pm:</p> <p>Breaded Chicken Drumsticks, Ranch Mashed Potatoes, Corn, Salad, Roll and Cherry Pie</p>	<p>15</p> <p>Board Luncheon</p> <p>Dinner 4pm:</p> <p>Garden Chicken Patty Salad, Roll and Cherry Pie</p>	<p>16</p> <p>Hearty Pork Stew, Mashed Potatoes, Carrots, Salad, Roll and Strawberry Gelatin (686)</p> <p>Dinner 4:30pm:</p> <p>Breaded Chicken Drumsticks, Ranch Mashed Potatoes, Corn, Salad, Roll and Cherry Pie</p>	<p>17</p> <p>Breaded Chicken Cutlet with BBQ Sauce on a Bun, Rosemary-seasoned Potatoes, Au Gratin Spinach and Vanilla Pudding (779)</p>
<p>20</p> <p>Chicken Breast with Marsala Sauce, Mashed Potatoes, Mixed Vegetables, Roll and Brownie (639)</p>	<p>21 Beef Pepper Steak Casserole over White Rice, Broccoli, Carrots and Sugar Cookies (677)</p> <p>Dinner 5pm:</p> <p>Roasted Turkey with Stuffing, Gravy & Cranberry Sauce, Sweet Potatoes, Green Beans, Salad and Strawberry Ice Cream</p>	<p>22 Roasted Pork Loin w/ Cinnamon Apples, Sweet Potatoes, Green Beans, Wheat Bread and Butterscotch Pudding (644)</p> <p>Dinner 4pm:</p> <p>Cranberry Chicken Salad, Crackers and Strawberry Ice Cream</p>	<p>23 Garden Chicken Patty Salad with Cheddar & Ranch Dressing, Multigrain Bread, Fresh Banana and Chocolate Milk (986)</p> <p>Dinner 5:30pm:</p> <p>Hot Turkey Sandwich catered by Candy Apple and sponsored by the Pappalardo Family Fund</p>	<p>24</p> <p>Stuffed Shells with Tomato Meat Sauce & Mozzarella, Cauliflower, Fruit Punch, Salad, Wheat Roll and Mandarin Oranges (875)</p>
<p>27</p> <p>Homemade Monday</p>	<p>28 Greek Chicken Salad with Greek Dressing, Wheat Roll and Pineapple Tidbits (653)</p> <p>Dinner 5pm:</p> <p>Lasagna Roll w/ Meat Sauce, Carrots, Salad, Roll, Grape Juice and Chocolate Cream Pie</p>	<p>29 Baked Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella, California Blend Vegetables, Orange Juice, Salad, Roll and Apple (779)</p> <p>Dinner 4pm:</p> <p>Beef Taco Salad, Tortilla Strips and Chocolate Cream Pie</p>	<p>30</p> <p>Ham w/ Pineapple Sauce, Scalloped Potatoes, Brussels Sprouts, Multigrain Bread and Lorna Doones (678)</p>	<p>1</p> <p>Beer Battered Fish with Tartar Sauce, Broccoli Cheese Rice Casserole, Cottage Mixed Vegetables, Roll, Tropical Fruit and Chocolate Milk (704)</p>

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

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 April 6th

- Chicken Veggie Casserole
- Chili Con Carne
- Turkey w/ Gravy
- Polish Sausage
- Spanish Omelet

Week of April 13th

- Turkey a la King
- Lasagna Roll
- Breaded Chicken w/ Gravy
- Polynesian Chicken
- Breaded Fish

Week of April 20th

- Hamburger w/ Gravy
- Breaded Chicken w/ Buffalo Sauce
- Polish Sausage
- Turkey w/ Gravy
- Omelet w/ Creole Sauce

Week of April 27th

- Lasagna Roll
- Meatballs w/ Swedish Sauce
- Chicken w/ Herb Gravy
- Hearty Pork Stew
- Breaded Chicken w/ BBQ Sauce

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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Event Sign-up

Please use this sign up sheet to select the events you wish to attend. Limited space is available, in the event an activity is full we will call you to notify you.

Name(s): _____

Phone Number: _____

Please pay for the below events a week in advance.

Please provide separate checks for Trips and Travel, Casino Trips and Diners Club.

Event:	Name(s) Attending	Staff Use (PD)
<input type="checkbox"/> April 7th--Hitch a Ride: Rustic Buffalo \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> April 9th--Diner's Club \$32 _____ Meal Choice: (Circle One) Turkey Meatloaf Ham Chicken		<input type="checkbox"/>
<input type="checkbox"/> April 14th--Craft \$10 _____		<input type="checkbox"/>
<input type="checkbox"/> April 15th--Board Luncheon \$3 _____		<input type="checkbox"/>
<input type="checkbox"/> April 16th--Puppypalooza \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> April 16th--Game Night \$4 _____		<input type="checkbox"/>
<input type="checkbox"/> April 20th--Purr-fect Lunch \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> April 21st--Hitch a Ride: Museum of Science \$22 _____		<input type="checkbox"/>
<input type="checkbox"/> April 23rd--The Buffalo Chips \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> April 24th--Dinner and a Movie \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> April 27th--Homemade Monday \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> April 28th--Craig Wilkins \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> April 29th--Hamburg Gaming \$5 _____		<input type="checkbox"/>

Please sign up for Erie County Meals below and **pay at time of meal.**

Please indicate Date(s) and Name(s) of those attending below.

Lunch:		Dinner:	
Date(s)	Name(s)	Date(s)	Name(s)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Additional Comments _____ Staff Initial _____



Good for the Neighborhood[®]



THURSDAY, APRIL 30TH 2026

5:00 - 6:30PM

Akron Newstead Senior Center : 5691 Cummings Road, Akron

- Free Recipe Bag
- Free Hygiene Bag
- Prizes and Raffles
- Connect with Community Resources
- and more!

**OPEN TO THE
PUBLIC!**



Golf Breakfast

If you are interested in participating in the Golf Club please attend this informational breakfast!

April 20th @ 9am

Sign up required w/ the senior center staff!

Pancakes, sausage and fruit



Bike Breakfast

If you are interested in participating in our Chain Gang Bike Group please attend this informational breakfast!

April 22nd @ 9am

Sign up required w/ the senior center staff!

Sausage and egg casserole, english muffin and fruit

