

## 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:

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

## May 2026

### *Senior Center Highlights*



- In **March** we hitched a ride to Arrowhead Springs Winery and Montabaur.
- We hosted a Erie County Pancake Breakfast. We also hosted programs from Hospice, Theresa Waiter, Elder Law, Erica Joan Wanecki, Alzheimer's Association and SNAP Ed.
- We welcomed magician Ted Burzynski, Swing Buffalo, Debbie Komosinski and Rich Strusinski to entertain us.
- We hosted a Tie Blanket event with the ACS Interact Club and made 36 blankets to donate to the children at Roswell.
- We served **748** meals through Erie County Congregate Dining and **150** catered or prepared by staff.

Hello Friends,

# DIRECTOR'S NOTE



As we welcome the month of May, we're excited to present a full calendar of programs this month, including fitness classes, educational presentations, card games and many social events. We are here to keep you engaged, active and connected.

In Honor of Memorial Day, the Center will be collecting old and unwanted U.S flags. The retirement of an American Flag is a time honored tradition and one that carries a great significance. At the end of the month the flags will be properly disposed of by the Akron American Legion.

To celebrate National Older Americans Month the Akron-Newstead and Clarence Senior Centers are hosting a "Strive to Thrive" Senior Health and Fitness Fair at the Clarence Town Park Clubhouse (10406 Main Street, Clarence) on Wednesday, May 20th from 10am - 12pm. This is our annual event, and you won't want to miss all the special activities planned. Plus, there will be a free lunch and great prizes!

If you have an email address that you would like added to our "notifications" list, please email me at [syoung@townofnewstead.com](mailto:syoung@townofnewstead.com). This is a great way to stay informed of important information throughout the month.

I would like to wish a Happy Mother's Day to all our mom's out there. All mothers, mothers at heart and those wanting to honor their mothers are welcome to join us at our special Mother's Day Luncheon on Thursday, May 7th at 12pm.

See you at the Center, *Sarah*

# SUNSHINE REPORT

## Thinking of You

Mary Sellers Hanley

Rich Rambach

Pam Geddes

Sue Waddell

Mary Charles

## Sympathy

Family of Millie Meinzer

Ben Rogacki (death of brother)



## 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 April.



### Board Meeting & Dinner

\$3.00

**Tuesday, May 26th @ 4:30pm**

**Meal:** Spaghetti and Meatballs, Garlic Bread, Salad and Dessert

w/ musical entertainment by Mark Wolffer

## 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, May 6th**

**@ 12:00pm**

**Music Trivia**

\$5.00

Join us for lunch followed by music trivia Jeopardy with Rich Hooper.



**Meal:**

Hot Dog, Baked Beans, Mac and Cheese, Carrots and Dessert

**Friday, May 8th**

**@ 9:30am**

**Breakfast @ the Center**

\$6.00

Join us for breakfast and fresh coffee down at the center!



**Meal:**

Sausage Casserole, English Muffin and Fresh Fruit

**Wednesday, May 13th**

**@ 11:00am**

**Akron Elementary Choir**

\$6.00

Join us for the choir followed by lunch and visit with school superintendent.



**Meal:**

Chicken Breast w/ Red Pepper Cream Sauce, Rice Pilaf, Broccoli, Salad and Dessert

**Friday, May 15th**

**@ 12:00pm**

**National BBQ Month**

\$18.00

Meal catered by **Angry Moose BBQ!** Entertainment by Brother James sponsored **in memory of Linda James.**



**Meal:**

Smoked Brisket Sandwich, Mac & Cheese, Salt Potatoes and Dessert

**Monday, May 18th**

**@ 12:00pm**

**Homemade Monday**

\$6.00

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



**Meal:**

"Sunday" Chicken and Rice, Broccoli, Roll and Dessert

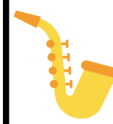
**Tuesday, May 19th**

**@ 6:00pm**

**Lockport Community Band**

\$3.00

Join us for dinner followed by Lockport Community Band!



**Meal:**

Chicken Salad Pita meal catered by Candy Apple and sponsored by the Pappalardo Family Fund

## Tuesday Night Line Up:

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

**May 5th:** Cornhole

**May 12th:** University Express Program (see page 8)

**May 19th:** Lockport Community Band (see above)

**May 26th:** Board Dinner (see above)

## Movie Matinees

Tuesdays @ 12:45 pm  
Based on Books

### May 5th - "Mrs. Doubtfire" (PG-13)

After a bitter divorce, an actor disguises himself as a female housekeeper to spend time with his children held in custody by his former wife.

### May 12th - "It Ends With Us" (PG-13)

When a woman's first love suddenly reenters her life, her relationship with a charming, but abusive neurosurgeon is upended and she realizes she must learn to rely on her own strength to make an impossible choice for her future.

### May 19th - "Worth" (PG-13)

An attorney in Washington D.C. battles against cynicism, bureaucracy and politics to help the victims of 9/11.

### May 26th - "Field of Dreams" (PG)

Iowa farmer Ray Kinsella is inspired by a voice he can't ignore to pursue a dream he can hardly believe. Supported by his wife, Ray begins the quest by turning his ordinary cornfield into a place where dreams can come true.

## MOVIE NEWS



## Dinner and a Movie

Thursday, May 28th  
@ 4:30pm

### "Remarkably Bright Creatures" (PG-13)

Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.

#### Dinner:

Meatball sub w/ mozzarella cheese, chips, marinated veggies and dessert

\$6.00



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



**Jeffrey F. Voelkl**  
ATTORNEY

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# BOOK NOOK **Wednesday, May 6th @ 10:00 am**

We will discuss April's book (Two Nights in Lisbon) and introduce May's book:  
**The Guernsey Literary and Potato Peel Pie Society**

**By Mary Ann Shaffer**

As London is emerging from the shadow of World War II, writer Juliet Ashton discovers her next subject in a book club on Guernsey--a club born as a spur-of-the-moment alibi after its members are discovered breaking curfew by the Germans occupying their island.

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

## LADIES LUNCHEON



**Bistro 93**

Thursday, May 7th  
@ 12:30pm  
15 Cedar St, Akron

**RSVP to Sandi V. by 4/26**  
716-908-5463 if you plan to attend.

## AKRON NEWSTEAD DINER'S CLUB



**Elma Towne Grille**

Thursday, May 14th @ 5:30pm  
6650 Clinton St, Elma

**\$36.00**

Meal choices:

- Chopped Sirloin
- French Onion Chicken
- Broccoli Shrimp Scampi

**Includes:**  
coffee/tea/pop, soup or salad, dessert and gratuity

## HITCH A RIDE

Hitch a ride with the Senior Center van for the following outings. **Trips will only be stopping at the listed locations.** Space is limited - Weather permitting!



**May 12th @ 11:00am - East Aurora Movie Matinee - \$8.00** \*movie to be announced\*

Includes transportation, lunch at the East Aurora Senior Center and a movie at the Aurora Theatre.

**May 19th @ 8:30am - Reinstein Woods Nature Preserve\* - \$5.00** (weather permitting)

Includes transportation. Bring pocket money for a breakfast stop at Goodrich Coffee, followed by a walk at your own leisure at Reinstein Woods Nature Preserve. \*Please note this involves a fair amount of walking on crushed stone.



## TRIPS AND TRAVEL

**Space Limited!**  
Payment due at time of sign up!

**May 21, 2026 - Heritage Hopper Train Ride & St. Jacobs Farmers Market** (see insert)

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

**November 5 - 12, 2026 - Discover Irish Splendor**

Brochure available in the office.

**March 4 - 10, 2027 - Iceland's Magical Northern Lights Discovery**

Brochure available in the office.



## CASINO

**Hamburg Gaming**

**Wednesday, May 27th @ 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, 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: July 13, Sept. 14, Nov. 9

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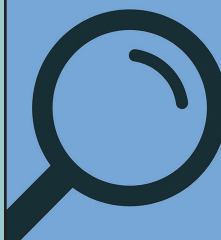
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# GAMES



## 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  
Thursdays @ 9:30am



## PO-KE-NO

Thursdays @ 9:30am



## CARD GOLF

Thursdays @ 10:00pm



## PINOCHLE

Thursdays @ 1:00pm



## BINGO

Fridays @ 1:00pm

# ERIE COUNTY TRIVIA



May 11th

@ 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 REBUS PUZZLES

Rebus puzzles are visual word riddles that use word placement, size, color, or images to represent common phrases, idioms, or words

BEST



HAHANDND



B



MEN

BLACK

EDISPU

→ CLASS  
CLASS  
CLASS

JOB

FIT FIT  
FIT FIT

Answers (Going Across Left to Right): Best Man, Hand in Hand, Queen Bee, Around the World, Men in Black, Black Hole, Upside Down, First Class, Inside Job, Forrit

# ARTS AND CRAFTS



Craft - Friday, May 29th @ 1:30pm \$20.00

Slate Wall Hanging - w/ Guest Instructor Linda Chaffee



\*Pink or  
Yellow  
Petals and  
Optional  
Stencil  
Quotes  
Available!



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

**Progressive Yoga:** Tuesdays 11:30am - 12:30pm : A next level floor yoga class with increasing difficulty towards a more intermediate level.



**Tai Chi/Stability w/ Cindy:** Wednesdays @ 10:15am May 6th - June 24th

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, May 6th 1:00 - 3:00 pm**  
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

Health and Fitness Fair May 20<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



## 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!



# UNIVERSITY EXPRESS

PLEASE SIGN UP IN  
ADVANCE 716-542-6645

## **Wednesday, May 6<sup>th</sup> @ 10:15 - Crystals 101**

Learn about how crystals can be used to enhance your own healing journey! Learn about the most common crystals used in energy healing (reiki), what they represent, and how you can use them daily! Free Crystals to all who attend!

## **Thursday, May 7<sup>th</sup> @ 3:00pm - Cyrenius Chapin: Buffalo's First Doctor and Hero of War of 1812**

Arriving in 1803 with his wife Sylvia, Dr. Chapin brought little more than a caring attitude and infuriating gall. He joined every project on the WNY frontier. In 1813, he was the renegade militia officer who fired a final cannonball before the British burned Buffalo. In 1821, he started the Erie County Medical Society, serving as its first president, dying in 1838 after his third effort to free Canada from British rule.

## **Monday, May 11<sup>th</sup> @ 10:30am - Baseball, NY & A Changing America**

In the years after World War II, New York baseball stood at the center of American life. City teams dominated the World Series, games filled radios and early televisions, and baseball shaped everyday conversation within neighborhoods and across generations. This class explores that postwar high point in the 1940s and 1950s, and then looks ahead to the changes that followed, including the departure of the Dodgers and Giants. Using baseball as a starting point, the session opens into broader discussion about how American society and culture were changing during this period. Designed as a welcoming, discussion-based class, participants are invited to share memories, perspectives, and reflections from a formative era.

## **Tuesday, May 12<sup>th</sup> @ 5:30pm - What's in a Name?**

Did you ever wonder how certain Buffalo streets got their name? This talk will go over the origins of street names on ten Explore Buffalo Tours Including: Allentown, Black Rock, Columbus Parkway, Albright Estate, Bungalows, Hamlin Park, Tonawanda and Hidden Gems of the Delaware District.

## **Thursday, May 14<sup>th</sup> @ 1:15pm - Spotlight on Harry Altman**

Step back into Buffalo's golden age of nightlife with historian and author Susan Fenster as she shares the story of Harry Altman, the showman who brought world-class entertainment to Western New York. As operator of the Town Casino in downtown Buffalo and the Glen Casino in Williamsville, Altman reshaped Western New York's cultural landscape, presenting vaudeville favorites alongside chart-topping performers such as Sammy Davis Jr. and elevating the region into a premier entertainment destination.

## **Friday, May 15<sup>th</sup> @ 1:15pm - Active Shooter**

Situational Awareness is a concise safety program that teaches participants how to recognize potential threats, stay alert to their surroundings, and make rapid decisions to protect themselves and others during a violent incident. Drawing on best-practice response, the class covers warning signs, emergency planning, and practical steps to take before, during, and after an active shooter event so attendees feel more prepared, confident, and empowered to act in a crisis

## **Tuesday, May 19<sup>th</sup> @ 5:30pm - WNY's Man @ the Alamo**

The historic Battle of the Alamo that took place in Texas in 1836 has inspired generations of Americans. It is a story of courage and selfless dedication in the face of overwhelming odds. Did you know that a Western New York man was one of the key participants at the Alamo? John Hubbard Forsyth from Avon NY stood shoulder to shoulder with legendary figures like David Crockett, Jim Bowie and William Travis. Haunted by personal tragedy that transformed him, Forsyth's path led him toward an extraordinary legacy as one of the immortal defenders of the Alamo. You will hear his life story and see the battle of the Alamo through his eyes during a multi-media presentation by Thomas Schobert, author of "From Avon to the Alamo - The Saga of Captain John Hubbard Forsyth"

## **Thursday, May 21<sup>st</sup> @ 4:30pm - The World Came to Buffalo**

The Pan-American Exposition was intended to showcase Buffalo's prominence in 1901. Planners expected over 20 million visitors to come to the Pan-Am, but instead, the fair is largely remembered for the assassination of President McKinley. Join Erie County Historian Douglas Kohler for a look at Buffalo's world's fair as we commemorate the 125th anniversary of the Pan-American Exposition.


## **Friday, May 22<sup>nd</sup> @ 12:45 - Tomb of the Unknown Soldier**

Since November 11, 1921, the Tomb of the Unknown Soldier has been the heart of Arlington National Cemetery. Learn what inspired the United States to honor an American unknown soldier and how the honor of earning the Tomb Guard Identification Badge is awarded.



# Erie County Stay Fit Dining Program - May 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>27</b></p> <p>Turkey a la King, Mashed Potatoes, Carrots, Biscuit and Chocolate Pudding (685)</p>	<p><b>28</b></p> <p>Greek Chicken Salad with Greek Dressing, Wheat Dinner Roll and Pineapple Tidbits (653)</p> <p><b>Dinner 5pm:</b> Lasagna Roll w/ Meat Sauce, Carrots, Salad, Roll, Grape Juice and Chocolate Cream Pie</p>	<p><b>29</b></p> <p>Baked Rigatoni with Italian Sausage, Tomato Sauce &amp; Mozzarella, California Vegetables, Orange Juice, Salad, Roll and Fresh Apple (779)</p> <p><b>Dinner 4pm:</b> Beef Taco Salad, Tortilla Strips and Chocolate Cream Pie</p>	<p><b>30</b></p> <p>Baked Ham with Pineapple Sauce, Scalloped Potatoes, Brussels Sprouts, Multigrain Bread and Lorna Doones (678)</p>	<p><b>1</b></p> <p>Beer Battered Fish with Tartar Sauce, Broccoli Cheese Rice Casserole, Mixed Vegetables, Wheat Dinner Roll, Tropical Fruit and Chocolate Milk (704)</p>
<p><b>4</b></p> <p>Mediterranean Chicken Stew, Yellow Rice, Broccoli Florets, Fruit Punch and Diced Peaches (647)</p>	<p><b>5 Cinco de Mayo</b></p> <p>Ground Beef Taco with Cheddar Cheese in a Flour Tortilla, Spanish Rice, Fiesta Corn, Chef Salad and Rice Pudding (808)</p> <p><b>Dinner 5pm:</b> Ravioli w/ Meat Sauce, Broccoli, Salad, Roll, Fruit Punch and Chocolate Cream Pie</p>	<p><b>6</b></p> <p>Hot Dog with Baked Beans &amp; Ketchup on a Bun, Macaroni &amp; Cheese, Carrots, Tropical Fruit and Chocolate Milk (783)</p> <p><b>Dinner 4pm:</b> Chicken Patty Salad w/ Ranch Dressing, Roll and Chocolate Cream Pie</p>	<p><b>7 Mother's Day Lunch</b></p> <p>Broccoli-stuffed Chicken with Herb Sauce, Vegetable Rice Pilaf, California Blend Vegetables, Salad, Dinner Roll and Cheesecake with Chocolate Sauce (1029)</p>	<p><b>8</b></p> <p>Beef Macaroni Casserole with Cheddar Cheese, Green Beans, Apple Juice, Italian Bread and Pineapple Tidbits (779)</p>
<p><b>11</b></p> <p>Beef Stew, Mashed Potatoes, Corn, Biscuit, and Strawberry Gelatin (697)</p>	<p><b>12</b></p> <p>Pork Ribette with BBQ Sauce on a Wheat Bun, Duchess Potatoes, Green Beans and Vanilla Pudding (868)</p> <p><b>Dinner 5pm:</b> Swedish Meatballs w/ Pasta, California Veggies, Salad, Grape Juice and Banana Cream Pie</p>	<p><b>13</b></p> <p>Chicken Breast with Red Pepper Cream Sauce, Vegetable Rice Pilaf, Broccoli Florets, Grape Juice, Salad and Brownie (690)</p> <p><b>Dinner 4pm:</b> Tuna Salad on a Bed of Lettuce, Crackers and Banana Cream Pie</p>	<p><b>14</b></p> <p>Ravioli with Tomato Meat Sauce with Mozzarella, Cauliflower, Peas, Italian Bread and Diced Pears (798)</p>	<p><b>15</b></p> <p>National BBQ Month Lunch</p>
<p><b>18</b></p> <p>Homemade Monday</p>	<p><b>19</b></p> <p>Polynesian Pork with White Rice, Carrots, Broccoli Florets and Lorna Doones (654)</p> <p><b>6:00PM Lockport Community Band Dinner</b></p>	<p><b>20</b></p> <p>Roasted Turkey with Gravy &amp; Cranberry Sauce, Mashed Sweet Potatoes, Brussels Sprouts, Roll, Banana and Chocolate Milk (660)</p> <p><b>Dinner 4pm:</b> Chicken Caesar Salad, Roll and Lemon Ice</p>	<p><b>21</b></p> <p>Breaded Chicken Cutlet with Buffalo-style Sauce on a Bun, Au Gratin Potatoes, Green Beans and Tropical Fruit (718)</p>	<p><b>22 Memorial Day Lunch</b></p> <p>Steakhouse Burger with BBQ Sauce on a Bun, Ranch Mashed Potatoes, Corn on the Cob, Salad and Strawberry Ice Cream (959)</p>
<p><b>25 No Meals Served</b></p>  <p><b>MEMORIAL DAY</b></p>	<p><b>26</b></p> <p>Sloppy Joe on a Bun, Tater Tots, Mixed Vegetables and Mandarin Oranges (714)</p> <p><b>4:30PM Board Meeting and Dinner</b></p>	<p><b>27</b></p> <p>Chicken Breast with Marsala Sauce, Scalloped Potatoes, Peas w/ Pearl Onions, Salad, Roll and Pineapple Tidbits (788)</p> <p><b>Dinner 4pm:</b> Beef Taco Salad, Tortilla Strips and Ice Cream Treat</p>	<p><b>28</b></p> <p>Beef Bourguignon, Mashed Potatoes, Harvard Beets, Multigrain Bread and Butterscotch Pudding (746)</p> <p><b>4:30PM Dinner and a Movie</b></p>	<p><b>29</b></p> <p>Cranberry Chicken Salad on a Bed of Fresh Salad Greens, Wheat Dinner Roll and Chocolate Chip Cookies (686)</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 May 4th

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

### Week of May 11th

- Turkey a la King
- Omelet with Cheese Sauce
- Rigatoni with Italian Sausage
- Baked Ham with Pineapple Sauce
- Breaded Fish

### Week of May 18th

- Mediterranean Chicken Stew
- Hamburger w/ Gravy
- Hot Dog w/ Baked Beans
- Chicken w/ Herb Gravy
- Beef Macaroni Casserole

### TUESDAY PICK UP!

### Week of May 26th

- Beef Stew
- Pork Ribette w/ BBQ Sauce
- Chicken Breast w/ Red Pepper Cream Sauce
- Ravioli w/ Tomato Meat Sauce
- Baked Ham w/ Maple Glaze

**!! This is a tentative menu and has not been finalized,** for more info 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.**

**EXCEPTIONAL SERVICE.  
 OUTSTANDING RESULTS.**



**Barb Hodddick**  
 Licensed Real Estate Salesperson



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**WE APPRECIATE  
 OUR ADVERTISERS**

They allow us to  
 print this newsletter.  
 Thank you!



# 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"/> May 6th--Music Trivia \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> May 8th--Breakfast \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> May 12th--Hitch a Ride: EA Movie \$8 _____		<input type="checkbox"/>
<input type="checkbox"/> May 13th--Akron Elementary Choir \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> May 14th--Diner's Club \$36 _____ Meal Choice: (circle one)      Sirloin      Chicken      Shrimp Scampi		<input type="checkbox"/>
<input type="checkbox"/> May 15th--National BBQ Month \$18 _____		<input type="checkbox"/>
<input type="checkbox"/> May 18th--Homemade Monday \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> May 19th--Hitch a Ride: Reinstein Woods \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> May 19th--Lockport Band \$3 _____		<input type="checkbox"/>
<input type="checkbox"/> May 26th--Board Dinner \$3 _____		<input type="checkbox"/>
<input type="checkbox"/> May 27th--Hamburg Casino \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> May 28th--Dinner and a Movie \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> May 29th--Craft \$20 _____		<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 \_\_\_\_\_

# STRIVE TO THRIVE

## Senior Health and Fitness Fair

Hosted by:

Akron- Newstead Senior Center  
and Clarence Senior Center



## Clarence Town Park

10405 Main Street, Clarence

Wednesday, May 20th

10:00am - 12:00pm

 **FREE EXHIBITS ON HEALTH, FITNESS, SAFETY AND GOVERNMENT BENEFITS**

 **FREE HEALTH SCREENINGS**

- BLOOD PRESSURE SCREENINGS PROVIDED BY WEGMANS
- VASCULAR SCREENINGS BY CATHOLIC HEALTH

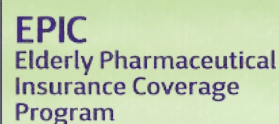
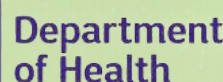
 **FREE PRESENTATIONS:**

- 10:00 - 10:45 - ELDERLAW & JUSTICE : FRAUD
- 11:00 - 12:00 - BOB FRIEDMAN: 14 WAYS TO PROTECT YOUR ASSETS

 **FREE LUNCH FOR FIRST 200 PEOPLE**

 **RAFFLE PRIZES**

### GENEROUSLY SPONSORED BY:





**HEAP**  
Home Energy  
Assistance Program

# HEAP Outreach Cooling Assistance



**May 13<sup>th</sup>, 2026**  
**10:00am - 4:00pm**



The 2025-2026 HEAP Cooling Assistance Benefit is now open. The Senior Center will have a representative from HEAP here to help you with any questions and to help you apply.

If you are eligible, you may receive one HEAP Cooling Assistance benefit per applicant household for the purchase and installation of an air conditioner or a fan to help your home stay cool.

In circumstances where an air conditioner cannot be safely installed, a fan will be provided.

**Applicants should bring copies of the following:**

- ID for each member of the household
- Social Security Number for each member of the household
- Proof of Residency
- Documentation of household income for the last 30 days
- Medical documentation that a medical condition is exacerbated by extreme heat, unless there is a vulnerable member in the household. This is defined as being over the age of 60 or under the age of six; and documentation of age may be requested.

Contact ECDFA-NY Connects @ 716-858-8526 if you have any questions



## FLAG COLLECTION

The retirement of an American Flag is a time honored tradition and one that carries a great significance.

In the month of May the Center is collecting old and unwanted American Flags to be properly disposed of by the American Legion.