

Akron/Newstead Senior Center

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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

June 2026

Senior Center Highlights



- In **April** we hitched a ride to Rustic Buffalo, Buffalo Science Museum and a Bison's game.
- We hosted programs with Erie County, local author John Zach, Hospice and the Alzheimer's Association.
- We welcomed The Buffalo Chips and Craig Wilkins to entertain us.
- We hosted a Game Night with the Akron High School Interact Club, lunches to celebrate four legged friends, a relaxing sound bath and a Good for the Neighborhood event.
- We served **494** meals through Erie County Congregate Dining and **147** catered or prepared by staff.

DIRECTOR'S NOTE



Hello Friends,

June brings warmth, longer days, and opportunities to stay active, connected and engaged! I encourage you to take time to enjoy this season, whether it's spending time outdoors, connecting with friends and family or participating in the variety of programs and activities. We do have a pretty awesome line up for the month!

We are excited, to offer for the first time at the Center "Mocktails & Mingle" and "Karaoke at the Center" with DJ Biggs! Don't worry if you can't sing - I can't either! But I'm sure there will be alot of fun and laughs.

Happy Father's Day to all our incredible Dad's out there. All fathers, fathers at heart and those wanting to honor their fathers are welcome to join us at our senior board luncheon on Wednesday, June 17th at 11:30am.

As always, our Center is here for you. If you have ideas, suggestions, or needs, please don't hesitate to reach out. Your voice helps shape the programs and services we provide.

Wishing you a joyful, healthy and bright June!

Sarah

SUNSHINE REPORT

Sympathy

Family of Richard Gleason

Family of Donna Roehling

Family of Faye Szulist

Family of Deanette LaClair

Greg & Carol Golding (death of Greg's mom)

Get Well Soon

Roni Daugherty

Pat Manucha



SENIOR BOARD NEWS



Celtic Bagpipers in Russell Park
July 25th @ 6:00pm



Board Meeting & Lunch

\$3.00

Wednesday, June 17th @ 11:30am

Meal: Breaded Pork Chop with Stuffing & Gravy, Ranch Mashed Potatoes, Green Beans with Red Pepper, Salad and Peach Pie

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, June 16th
@ 5:00pm

\$6.00

Strawberry Social

Join us for dinner and strawberry shortcake followed by entertainment by Rich Strusinski



Meal:

Meatloaf w/ Gravy, Sweet Potatoes, Mixed Veg, Roll, Salad and Dessert

Thursday, June 18th
@ 4:30pm

\$6.00

Mocktails and Mingle

Join us to get to know fellow members of the Senior Center in a casual setting



Meal:

Appetizers and mocktails. No full meal served!

Monday, June 22nd
@ 12:00pm

\$8.00

Karaoke at the Center

Join us for lunch followed by Karaoke fun with DJ Biggs.



Meal:

Build-a-Burger w/ Topping Bar, Chips, Baked Beans and Dessert

Tuesday, June 23rd
@ 5:30pm

\$6.00

CC Diamond Baton Twirlers

Join us for dinner followed by a performance by the CC Diamond Baton Twirlers



Meal:

Ham Steak w/ Pineapple Sauce, Scalloped Potatoes, Brussels Sprouts, Bread, Salad and Dessert

Monday, June 29th
@ 12:00pm

\$6.00

Homemade Monday

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



Meal:

Tuna Salad Wrap, Marinated Veggie Salad, Chips and Dessert

Tuesday, June 30th
@ 12:00pm

\$3.00

Beach Bash

Join us for lunch followed by entertainment by The Hastings Duo!



Meal:

Pulled Pork 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)

June 2nd: Cornhole

June 9th: Puzzle Wars

June 16th: Rick Strusinski (see above)

June 23rd: CC Diamond Baton Twirlers (see above)

June 30th: Scrabble

Movie Matinees

Tuesdays @ 12:45 pm
Period Dramas

June 2nd - "The Guernsey Literary and Potato Peel Society" (TV-PG)

In the aftermath of World War II, a writer forms an unexpected bond with the residents of Guernsey Island when she decides to write a book about their experiences during the war. Then she learns the secret they are afraid to reveal.

June 9th - "The Illusionist" (PG-13)

In turn-of-the-century Vienna, a magician uses his abilities to secure the love of a woman far above his social standing.

June 16th - "Mr. Malcolm's List" (PG)

When a young woman gets rejected by London's most eligible bachelor, Mr. Malcolm, she convinces her friend to play the role of his ideal match. Soon, Mr. Malcolm wonders whether he's found the perfect woman or the perfect hoax.

June 23rd - "Operation Mincemeat" (PG-13)

During WWII, two intelligence officers use a corpse and false papers to outwit German troops.

June 30th - "Downton Abbey" (PG)

The Crawleys and their servants prepare to host King George V and Queen Mary at Downton Abbey.

MOVIE NEWS



Dinner and a Movie

Thursday, June 25th
@ 4:30pm

"Train Dreams" (PG-13)

A moving portrait of Robert Grainier, a logger and railroad worker who leads a life of unexpected depth and beauty in the rapidly-changing America of the early 20th Century.

Dinner:

Cobb Salad, garlic bread and dessert

\$6.00



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



Jeffrey F. Voelkl
ATTORNEY

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Williamsville

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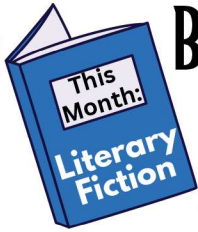
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Akron Newstead Senior Center, Akron, NY

06-5409



BOOK NOOK Wednesday, June 3rd @ 10:00 am

We will discuss May's book (The Guernsey Literary) and introduce June's book:

French Braid by Anne Tyler

The Garretts take their first and last family vacation in the summer of 1959. They hardly ever leave home, but in some ways they have never been farther apart. Mercy has trouble resisting the siren call of her aspirations to be a painter, which means less time keeping house for her husband, Robin. Their teenage daughters, steady Alice and boy-crazy Lily, could not have less in common. Their youngest, David, is already intent on escaping his family's orbit, for reasons none of them understand. Yet, as these lives advance across decades, the Garretts' influences on one another ripple ineffectually but unmistakably through each generation.

Book subject to change based on library availability

LADIES LUNCHEON



Fugi Grill

Thursday, June 4th
@ 12:30pm

7516 Transit Rd., Williamsville

RSVP to Joanne E. by 5/26

716-553-5355 if you plan to attend.

AKRON NEWSTEAD DINER'S CLUB



Bistro 93

Thursday, June 11th @ 5:30pm

15 Cedar St., Akron

\$35.00

Meal choices:

- Chicken Parm
- Prime Rib
- Scallops

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!



June 9th @ 9:15am - Butterfly Experience @ Botanical Gardens - \$22.00

Includes transportation and event ticket. Bring pocket money for a stop at Charlie the Butcher for lunch.

June 24th @ 12:00pm - Williamsville North Planetarium - \$5.00 (University Express Field Trip)

Includes transportation. UE Program "Living with our Star - The Sun" - Williamsville Planetarium Director Mark Percy will explore the inner workings of our star and the many ways it affects us here on Earth.



TRIPS AND TRAVEL

Space Limited!
Payment due at
time of sign up!

NEW

June 16th, 2026 - Buffalo by Boat and Bus

Buffalo History Cruise, Lunch @ Silos and Buffalo Double Decker Bus Tour

TRIP FULL!

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

Batavia Downs

**Monday, June 8th @
10:00am - 1:00pm**

\$5.00

Climb aboard the Senior Center Van for the short ride to Batavia Downs.

SPACE LIMITED!

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, July 13th @ 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: Sept. 14, Nov. 9

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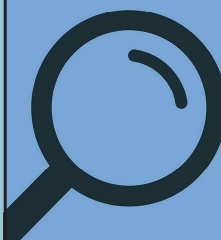
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Akron Newstead Senior Center, Akron, NY

06-5409

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



June 8th

@ 12:30

(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



SECRET
SECRET
SECRET
SECRET
SECRET

BOOKED
BOOKED

SCHOOL



EDGE

CAKE

AWAKE

ECONOMY

DECI SION

PRO MISE

DOOR

Answers (Going Across Left to Right): Top Secret, Double Booked, High School, Cutting Edge, Slice of Cake, Wide Awake, Growing Economy, Split Decision, Broken Promise, Back Door

ARTS AND CRAFTS



Craft - Tuesday, June 9th @ 12:30pm \$2.00

Hide a Key - Create an outdoor decoration to hide your spare key. With guest instructor Kathy Myers!



Paint Night w/ Dan Meyers - Wednesday, June 24th @ 5:00pm \$20.00

Everything you need to create your canvas included. *Example to be displayed at the center*



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, June 3rd 1:00 - 3:00 pm

Wednesday, June 17th 9:30 - 11:30am

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, June 4th 9:00 - 11:00am

EPIC: Tuesday, June 9th 10:00 - 11:00am

United: Wednesday, June 10th 10:00 - 11:00am

Aetna: Wednesday, June 10th 11:00am - 12:00pm

IHA: Friday, June 26th 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!



UNIVERSITY EXPRESS

PLEASE SIGN UP IN
ADVANCE 716-542-6645

Friday, June 5th @ 1:15pm - Creating to Cope

As we did during the Pandemic and others have done in the past, creating ART provides a functional way to distract, relax or interpret the moment. A variety of ideas and techniques and practical skills will release the ART PART of your brain and add a diversion in days ahead! Our hour will give you a springboard towards that GOAL. Bring along your own recycled supplies or use what you find on our table. (Class size limited)

Wednesday, June 10th @ 1:00pm - Rock On! Learn About Stones and Craft Your Own Bracelet

Discover the beauty and meaning behind semi-precious gemstones as you learn how each one is tied to healing and wellbeing. Then, get creative and craft your own unique bracelet to wear! This hands-on class encourages creativity, hand-eye coordination, relaxation, and conversation—all while having fun making something beautiful.

Thursday, June 11th @ 4:00pm - Tell Your Family's Story with Medical Records

This class explores how military records can deepen your understanding of your family's place in the nation's history, even if your ancestor was not a soldier. Participants will learn to navigate military collections to uncover details about ancestors who served and the stories of the families connected to them.

Friday, June 12th @ 1:15pm - Mindfulness

Want to learn about mindfulness but don't know where to start? This program will teach you what it means to be mindful, its purpose and benefits, and how to incorporate it into your daily routine. You will also participate in several mindful relaxation exercises.

Monday, June 15th @ 1:15pm - Living With a Positive Attitude - You can Be Bitter or Better

Sister Judith Beiswanger shares her own experiences and challenges seniors to live with a positive attitude. Our world needs people who can model living a happy life even through difficult circumstances.

Wednesday, June 24th @ 1:15pm - Protect Yourself From Medication Scams

The latest research indicates that on average, every American receives communication from scammers more than daily. Scammers are clever, new technology makes their schemes harder to detect, and we are all targets. In this course you will: Master the key concepts of medication scams, from foundational principles to advanced techniques. Apply your knowledge through hands-on practical exercises designed to build real skills and practice those skills in a safe environment. Evaluate your understanding with comprehensive assessments to solidify your learning. Learn about free tools that can help you keep your scam-protection skills sharp and your level of vigilance high.

Thursday, June 25th @ 1:15pm - The Delaware Ave Mansions

Buffalo's Gilded Age : The Beauty, The People In the Mansions and What is their Present Use

OTHER PROGRAMS

PLEASE SIGN UP IN ADVANCE 716-542-6645



CENTER FOR
ELDER
LAW &
JUSTICE

Thursday, June 18th @ 3:00pm - Elder Law: Advanced Planning

Learn about advance planning options from a Elder Law & Justice attorney.

We will guide you through the key documents in this process and answer your questions.

Learn About:

- Health Care Proxy
- Power of Attorney
- Last Will and Testament



Arthritis
Foundation®

Walk with Ease

Walk with Ease is an exercise program that reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk with Ease. This is **NOT** a walking club.

Benefits to You:

- Motivate yourself
- Walk safely
- Improve strength
- Reduce pain

*It's important to make it to as many classes as possible!

Starts June 1st - 6 weeks

Mon. Wed. & Fri. @ 10:30am

June:

1st, 3rd, 5th
8th, 10th, 12th
15th, 17th, 18th
22nd, 24th, 26th

July:

1st, 2nd
6th, 8th, 10th

June 19th and July 3rd are holidays

June Activities Calendar

*U.E. = UNIVERSITY EXPRESS

MON	TUE	WED	THU	FRI	SAT
<p>1</p> <p>9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 10:30 Walk With Ease 12:00 Lunch 1:00 Shuffleboard</p>	<p>2</p> <p>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/Cornhole</p>	<p>3</p> <p>9:00 Exercise with Barb 9:30 Dominoes 10:15 Tai Chi/Stability Class 10:30 Walk With Ease 12:00 Lunch 1 - 3 Sr Outreach 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot</p>	<p>4</p> <p>9:00 SilverSneakers Classic 9 - 11 BCBS 9:30 Board Meeting 9:30 Dominoes 9:30 Euchre 10:00 Card Golf 10:05 Club 99 12:00 Lunch 12:30 Ladies Luncheon 5:00 TOPS</p>	<p>5</p> <p>8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10:30 Walk With Ease 12:00 Lunch 1:00 Bingo 1:15 *U.E. Creating to Cope</p>	<p>6</p>
<p>8</p> <p>9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 10 - 1 Batavia Downs 10:30 Walk With Ease 12:00 Lunch 12:30 EC Trivia 1:00 Shuffleboard</p>	<p>9</p> <p>NO SilverSneakers Circuit 9:15 Hitch a Ride/ Butterflies 9:30 Hand & Foot 10 - 11 EPIC 10:15 Gentle Chair Yoga 11:30 Progressive Yoga 12:00 Lunch 12:30 Craft 12:45 Movie Matinee 3 - 7 Open Cards 5:00 Dinner/Puzzle Wars</p>	<p>10</p> <p>9:00 Exercise with Barb 9:30 Dominoes 10:00 Walk With Ease 10 - 11 United 10:15 Tai Chi/Stability Class 11 - 12 Aetna 12:00 Lunch 1:00 Mah-Jong 1:00 *U.E. Rock On 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot</p>	<p>11</p> <p>9:00 SilverSneakers Classic 9:30 Dominoes 9:30 Euchre 10:00 Card Golf 10:05 Club 99 12:00 Lunch 1:00 Pinochle 4:00 *U.E. Tell Your Story 5:00 TOPS 5:30 Diner's Club</p>	<p>12</p> <p>8:45 Gentle Floor Yoga 10:30 Walk With Ease 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo 1:15 *U.E. Mindfulness</p>	<p>13</p>
<p>15</p> <p>9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 10:30 Walk With Ease 12:00 Lunch 1:00 Shuffleboard 1:15 *U.E. Positive Attitude</p>	<p>16</p> <p>9:15 DAY TRIP DEPARTS NO 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 Strawberry Social Dinner/Entertainment</p>	<p>17</p> <p>9:00 Exercise with Barb 9:30 Dominoes 9:30 - 11:30 Sr Outreach 10:15 Tai Chi/Stability Class 10:30 Walk With Ease 11:30 Board Luncheon 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot</p>	<p>18</p> <p>9:00 SilverSneakers Classic 9:30 Dominoes 9:30 Euchre 10:00 Card Golf 10:05 Club 99 10:30 Walk With Ease 12:00 Lunch 1:00 Pinochle 3:00 Elder Law Program 4:30 Mocktails and Mingle 5:00 TOPS</p>	<p>19</p> <p>CENTER CLOSED</p>	<p>20</p>
<p>22</p> <p>9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 10:30 Walk With Ease 12:00 Karaoke Lunch 1:00 Shuffleboard</p>	<p>23</p> <p>9:00 Exercise with Barb 9:30 Hand & Foot 10:15 Gentle Chair Yoga 11:30 Progressive Yoga 12:00 Lunch 12:45 Movie Matinee 3 - 7 Open Cards 5:30 Dinner/Baton Twirlers</p>	<p>24</p> <p>9:00 Exercise with Barb 9:30 Dominoes 10:00 Grief and Loss 10:15 Tai Chi/Stability Class 10:30 Walk With Ease 12:00 Lunch 1:00 Hitch a Ride 1:00 Mah-Jong 1:15 *U.E. Med Scams 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot</p>	<p>25</p> <p>9:00 SilverSneakers Classic 9:30 Dominoes 9:30 Euchre 10:00 Card Golf 10:05 Club 99 12:00 Lunch 1:00 Pinochle 1:15 *U.E. Delaware Mansions 4:30 Dinner and a Movie</p>	<p>26</p> <p>NO Gentle Floor Yoga 9:30 Dominoes NO Gentle Chair Yoga 10:00 Crochet 10:30 Walk With Ease 12:00 Lunch 1:00 Bingo 2 - 4 IHA</p>	<p>27</p>
<p>29</p> <p>9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 10:15 Walk With Ease 12:00 Homemade Monday and Trivia 1:00 Shuffleboard</p>	<p>30</p> <p>9:00 SilverSneakers Circuit 9:30 Hand & Foot NO Gentle Chair Yoga NO Progressive Yoga 12:00 Beach Bash 12:45 Movie Matinee 3 - 7 Open Cards 5:00 Dinner</p>				

Erie County Stay Fit Dining Program - June 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Breaded Chicken w/ Gravy, Scalloped Potatoes, Broccoli, Bread and Fudge Round (820)</p>	<p>2</p> <p>Chicken and Sausage Paella, Rice w/ Black Beans, Corn w/ Red Peppers, Cauliflower and Chocolate Pudding (601)</p> <p>Dinner 5pm: Pork Ribette w/ BBQ Sauce, Cheesy Potatoes, California Veggies, Salad and Chocolate Cream Pie</p>	<p>3</p> <p>Baked Ham w/ Maple Sauce, Sweet Potatoes, Lima Bean Bake, Rye Bread and Pineapple Tidbits (805)</p> <p>Dinner 4pm: Tuna Salad on a Bed of Lettuce, Crackers and Chocolate Cream Pie</p>	<p>4</p> <p>Chicken Caesar Salad, Roll, Chocolate Milk and a Fresh Orange (805)</p>	<p>5</p> <p>Lasagna Roll w/ Tomato Meat Sauce and Mozzarella, Carrots, Salad, Roll, Grape Juice and Sugar Cookies (910)</p>
<p>8</p> <p>Hearty Turkey Stew, Garlic Mashed Potatoes, Green Beans, Roll and Lorna Doones (613)</p>	<p>9</p> <p>Meatballs w/ Sweet Chili Sauce over White Rice, Broccoli, Carrots and Strawberry Jello (613)</p> <p>Dinner 5pm: Quarter Chicken, Corn w/ Red Peppers, Broccoli, Roll, Salad and Boston Cream Pie</p>	<p>10</p> <p>Tortellini and Diced Chicken w/ Red Pepper Cream Sauce, California Veggies, Salad, Bread, Grape Juice, Chocolate Milk and Fresh Apple (705)</p> <p>Dinner 4pm: Greek Chicken Salad, Roll and Boton Cream Pie</p>	<p>11</p> <p>Roast Beef w/ Horseradish and Gravy on a Bun, Mashed Potatoes, Brussels Sprouts and Oatmeal Cookies (868)</p>	<p>12</p> <p>Beer Battered Fish w/ Tartar Sauce, Mac and Cheese, Mixed Veggies, Coleslaw and Pineapple Tidbits (712)</p>
<p>15</p> <p>Hamburger w/ BBQ Sauce on a Bun, Duchess Potatoes, Peas and Sugar Cookies (887)</p>	<p>16</p> <p>Italian Sausage w/ Peppers Onions and Tomato Sauce on a Bun, Corn, Spinach, Tropical Fruit and Chocolate Milk (608)</p> <p>Dinner 5pm: Meatloaf w/ Gravy, Sweet Potatoes, Mixed Veg, Roll, Salad and Ice Cream Bar</p>	<p>17 11:30am Board Luncheon: Breaded Pork Chop w/ Stuffing and Gravy, Ranch Mashed Potatoes, Green Beans w/ Red Peppers, salad and Peach Pie (1079)</p> <p>Dinner 4pm: Chicken Caesar Salad, Roll and Ice Cream Bar</p>	<p>18</p> <p>Breaded Chicken Drumsticks, Sweet Potatoes, Seasoned Mixed Greens, Corn Muffin and Banana Cream Pie (1054)</p>	<p>19</p> <p>CENTER CLOSED</p>
<p>22</p> <p>Karaoke Lunch</p>	<p>23</p> <p>Mandarin Chicken Sunflower Salad, Roll and Chocolate Covered Ice Cream Bar (741)</p> <p>Dinner 5:30pm: Ham Steak w/ Pineapple Sauce, Scalloped Potatoes, Brussels Sprouts, Bread, Salad and Ice Cream Sandwich</p>	<p>24</p> <p>Chili Con Carne w/ Cheddar, Carrots, Salad, Corn Muffin, Apple Juice and a Fresh Orange (869)</p> <p>Dinner 4pm: Chicken Patty Salad, Bread and Ice Cream Sandwich</p>	<p>25</p> <p>Polish Sausage w/ Sauerkraut and Mustard on a Bun, Scalloped Potatoes, Peas w/ Red Peppers, Fruit Cocktail and Chocolate Milk (833)</p>	<p>26</p> <p>Salisbury Steak w/ Gravy, Garlic Mashed Potatoes, Mixed Veggies, Bread and Sugar Cookies (829)</p>
<p>29</p> <p>Homemade Monday</p>	<p>30</p> <p>Beach Bash Pulled Pork Lunch Catered by Candy Apple</p> <p>Dinner 5:00pm: Turkey w/ Gravy, Mashed Potatoes, Green Beans, Roll, Salad and Peach Pie</p>		<p>4:30PM Dinner & a Movie</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 June 1st	Week of June 8th	Week of June 15th	Week of June 22nd	Week of June 29th
<ul style="list-style-type: none"> Cheesy Chicken Pasta Bake Polynesian Pork Turkey w/ Gravy Breaded Chicken w/ Buffalo Sauce Hamburger w/ BBQ Sauce 	<ul style="list-style-type: none"> Hamburger w/ Gravy Sloppy Joe Chicken Breast w/ Marsala Sauce Beef Bourguignon Salisbury Steak w/ Gravy 	<ul style="list-style-type: none"> Breaded Chicken w/ Gravy Chicken and Sausage Paella Ham w/ Maple Sauce Hot Dog w/ Baked Beans Lasagna Roll w/ Meat Sauce 	<ul style="list-style-type: none"> Turkey Stew Meatballs w/ Chili Sauce Tortellini w/ Red Pepper Cream Sauce Hamburger w/ Gravy Breaded Fish 	<ul style="list-style-type: none"> Hamburger w/ BBQ Sauce Italian Sausage Pork Chop Breaded Chicken Cutlet Beef Stroganoff w/ Pasta

Meals subject to change, for full menu and calorie counts 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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OUR ADVERTISERS**

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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"/> June 8th--Batavia Downs \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> June 9th--Hitch a Ride: Butterfly Experience \$22 _____		<input type="checkbox"/>
<input type="checkbox"/> June 9th--Craft \$2 _____		<input type="checkbox"/>
<input type="checkbox"/> June 11th--Diner's Club \$35 _____ Meal Choice: (circle one) Chicken Parm Prime Rib Scallops		<input type="checkbox"/>
<input type="checkbox"/> June 16th--Strawberry Social \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> June 17th--Board Luncheon \$3 _____		<input type="checkbox"/>
<input type="checkbox"/> June 18th--Mocktails & Mingle \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> June 22nd--Karaoke Lunch \$8 _____		<input type="checkbox"/>
<input type="checkbox"/> June 23rd--Baton Twirlers \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> June 24th--Hitch a Ride: Planetarium \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> June 24th--Paint Night \$20 _____		<input type="checkbox"/>
<input type="checkbox"/> June 25th--Dinner and a Movie \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> June 29th--Homemade Monday \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> June 30th--Beach Bash \$3 _____		<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 _____

SUMMER IS COMING

Celtic Spirit Pipe Band July 25th @ 6PM in Russell Park

FREE



Good for the Neighborhood.

Thursday, July 30th
5:00 - 6:30pm

Free Community Event
Sponsored by the :

Independent
 Health
FOUNDATION

Open House and Car Show August 7th

OPEN
HOUSE

Center Open All Day
8am - 7:00pm

- Donuts and Coffee
- Daily Activities
- ½ Price Memberships

4:00 - 7:00pm

- Food Trucks  Angry Moose BBQ
- Car Show Pink Cow Ice Cream

Murder @ the Circus

MURDER MYSTERY DINNER AND SHOW

Tuesday, August 11th @

\$25 5:30pm

5:30pm Apps

6:00pm Show and Dinner



Pot Roast, Carrots,
Mashed Potatoes, Roll
and Dessert