

## Akron/Newstead Senior Center

5691 Cummings Road  
Akron, New York 14001  
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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

## July 2026

### *Senior Center Highlights*



- In **May** we hitched a ride to the East Aurora Theatre and the Reinstein Woods Nature Preserve.
- We hosted University Express Programs, and co-hosted a Health and Fitness Fair @ the Clarence Town Clubhouse.
- We welcomed the Akron Elementary Chorus, Brother James, the Lockport Community Band and Mark Wolffer to entertain us.
- We welcomed Akron Middle Schoolers for the May 22<sup>nd</sup> Day of Caring.
- We served **729** meals through Erie County Congregate Dining and **269** catered or prepared by staff.

Hello Friends,

# DIRECTOR'S NOTE



As we welcome July, I'm reminded of the energy and friendships that fill our Center this time of year. From lively morning fitness classes and card games that spark plenty of laughter, to shared lunches and presentations, summer brings many opportunities to connect, learn and enjoy one another's company.

As temperatures rise, please remember to stay hydrated, protect yourself from excessive heat and check in on friends and neighbors who may need assistance.

I do want to touch base on our annual Basket Raffle Event. New York State is requiring us to apply for a Charitable gaming license, which we did, but it is taking longer than expected. This year's raffle is on hold. The Senior Board is trying to be creative, so stay tuned for an exciting "BIG" event being planned for this October! (more information to come in the August newsletter)

In the meantime, the Senior Board will be hosting a drive-thru Smoked Brisket Sandwich Meal Fundraiser catered by Angry Moose on Saturday, August 29<sup>th</sup>. Tickets will be pre-sale only and will cost \$18.00.

Wishing you a joyful July and Happy 250<sup>th</sup> Birthday America!

*Sarah*

# SUNSHINE REPORT

## Thinking of You

George Hirsch

Joyce Jewett



## SENIOR BOARD NEWS



**Board Meeting  
Dinner & Magic**

**\$3.00**

**Tuesday, July 21st @ 4:30pm**

**Meal:** Hot Dog, Pasta Salad, Watermelon and Ice Cream

**Celtic Bagpipers in**

**Russell Park**

**July 25<sup>th</sup> @ 6:00pm**

*(see insert)*

**NEW**

## DRIVE THRU MEAL FUNDRAISER

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

**\$18.00** Pre-sale only!

**Pick up August 29<sup>th</sup> 11:00am - 12:00pm**

**Tickets on sale now @ the Center!**

## 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, July 2nd**

**@ 12:00pm**

**\$6.00**

**4th of July Lunch**

Join us for lunch and patriotic entertainment by Don Dwyer



**Meal:**

Hot Dog w/ Baked Beans, Macaroni Salad, Mixed Vegetables, Fruit Punch and Ice Cream Sandwich

**Monday, July 6th**

**@ 12:00pm**

**\$2.00**

**Ladies First Quartet**

Join us for lunch and entertainment sponsored in memory of Linda James



**Meal:**

Grilled Chicken Sandwich meal catered by Candy Apple and sponsored by the Pappalardo Family Fund

**Wednesday, July 8th**

**@ 12:00pm**

**\$5.00**

**Music Trivia**

Join us for lunch followed by Music Trivia with Rich Hooper



**Meal:**

Polish Sausage w/ Sauerkraut & Mustard on a Bun, Ranch Mashed Potatoes, Carrots and Fudge Round Cookie

**Thursday, July 16th**

**@ 12:00pm**

**\$6.00**

**Wedding Lunch**

Join us for lunch to celebrate love past and present. Katelyn Marie Photography will be here to take photos



**Meal:**

Roast Pork w/ Warm Cinnamon Apples, Sweet Potatoes, Green Beans, Roll & Seasonal Fruit

**Friday, July 17th**

**@ 9:30am**

**\$6.00**

**Pancake Breakfast**

Join us at the center for breakfast and fresh brewed coffee



**Meal:**

Pancakes, sausage and fresh fruit

**Monday, July 27th**

**@ 12:00pm**

**\$6.00**

**Homemade Monday**

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



**Meal:**

Melt in Your Mouth Chicken Breast, Mashed Potatoes w/ Gravy, Broccoli and Dessert

## Tuesday Night Line Up:

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

**July 7th:** Cornhole

**July 14th:** Outdoor Games

**July 21st:** Magician Glenn Bergett

**July 28th:** University Express  
*(see page 8)*

## Movie Matinees

Tuesdays @ 12:45 pm  
Rom-Coms

### July 7th - "27 Dresses" (PG-13)

After serving as a bridesmaid 27 times, a young woman wrestles with the idea of standing by her sister's side as her sibling marries the man she's secretly in love with.

### July 14th - "And So It Goes" (PG-13)

A self-absorbed realtor enlists the help of his neighbor when he's suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at his home.

### July 21st - "How Do You Know" (PG-13)

After being cut from the U.S.A. softball team and feeling a bit past her prime, Lisa finds herself evaluating her life and in the middle of a love triangle, as a corporate guy in crisis competes with her current, baseball-playing beau.

### July 28th - "Hitch" (PG-13)

A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress.

## MOVIE NEWS



## Dinner and a Movie

Friday, July 17th  
@ 4:30pm

### "Voicemails for Isabelle" (TV-14)

Jill leaves voice messages to her deceased sister telling her about her chaotic life in San Francisco. Unwittingly, a mysterious Austin real estate agent begins to receive their confessions.

#### Dinner:

Pulled Pork Sandwich,  
Coleslaw, Tater Tots,  
Applesauce and Dessert

\$6.00



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



Jeffrey F. Voelkl  
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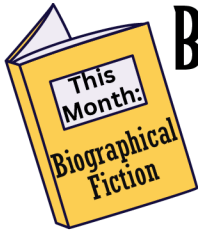
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# BOOK NOOK **Wednesday, July 1st @ 10:00 am**

We will discuss June's book (French Braid) and introduce July's book:

## **Becoming Mrs. Lewis by Patti Calahan**

In this masterful exploration of one of the greatest love stories of modern times, we meet a brilliant writer, a fiercely independent mother, and a passionate woman who changed the life of this respected author and inspired books that still enchant us and change us. Joy lived at a time when women weren't meant to have a voice—and yet her love for Jack gave them both voices they didn't know they had.

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

## LADIES LUNCHEON



### Candy Apple

Thursday, July 2nd  
@ 12:30pm  
81 Buell St. Akron

RSVP to Irene S. by 6/26  
716-288-8877 if you plan to attend.

## AKRON NEWSTEAD DINER'S CLUB



### Blackwater Tap & Tavern

Thursday, July 9th @ 5:30pm  
12443 Broadway, Alden

Meal choices:

- Stuffed Shells
- Chicken Marsala
- Grilled Pork Chops
- Baked Salmon

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

**\$37.00**

## 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!



July 7th @ 1:00pm - **Thirty Mile Point Lighthouse - \$5.00**

Includes transportation and tour. Bring pocket money for a stop at Lower Lake Creamery.

July 14th @ 9:00am - **Architectural Timeline of Buffalo - \$5.00** (University Express Field Trip)

Includes transportation. This downtown **WALKING** Tour is a chronological walk through architectural time from the mid-nineteenth century to the early 21<sup>st</sup> century. **\*NOTE:\*** This is a 90 minute tour and walking between 1 - 2 miles.



## TRIPS AND TRAVEL

Space Limited!  
Payment due at time of sign up!

**NEW**

**August 6<sup>th</sup> OR 20<sup>th</sup> - Historical Tour of Sodus Bay** (see insert)

Choose 1 of 2 dates. Includes historical boat ride, buffet lunch @ The Boatyard Bar and Grill and Sodus Bay Lighthouse 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, July 13th @  
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

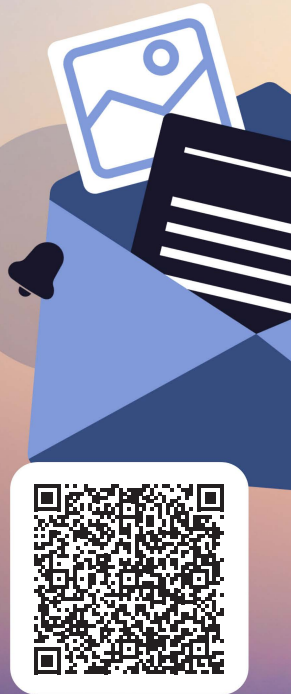


Save money on your car insurance and increase your driving skills. Registration required. Lunch is available for a suggested donation of \$3.50, or you may bring your own.

2026 dates: Sept. 14, Nov. 9

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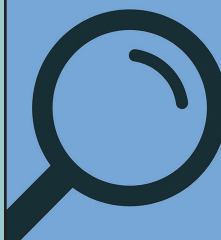
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# GAMES



## 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



July 13th

@ 12:30

(2nd Monday of every month)

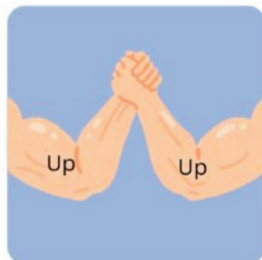
Join us as we tap into trivia with Erie County Senior Services and other Erie County Senior Centers!

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



Answers (Going Across Left to Right): Greenhouse, Half a Dozen, Wish Upon a Star, Slightly Overcast, Understand, Up in Arms, Four Wheel Drive, No One to Blame, Jack in a Box, Jailbreak

# ARTS AND CRAFTS



**Craft** - Friday, July 17th @ 11:00am \$5.00

Suncatcher w/ Felicia



**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.

**CLASS EXTENDED!**

**Tai Chi/Stability w/ Cindy:** Wednesdays @ 10:15am May 6th - July 29th

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, July 1st 1:00 - 3:00 pm**

**Wednesday, July 15th 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

**Univera:** Wednesday, July 15<sup>th</sup> 10:00am - 12:00pm

**United:** Thursday, July 16<sup>th</sup> 12:30pm - 1:30pm

**Aetna:** Thursday, July 16<sup>th</sup> 1:30pm - 2:30pm

### 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, July 10th @ 1:15pm - The Birth of Steel City

Hear the story of how the 4th largest steel plant in the country came to the shores of Lake Erie and explore the legacy of Bethlehem Steel in Lackawanna.

### Wednesday, July 15th @ 1:15pm - Intro to AI

Learn how artificial intelligence is shaping the world and how it influences everyday life – from voice assistants to personalized recommendations. This class introduces key AI concepts in simple, practical terms to help you feel confident using and understanding this evolving technology.

### Thursday, July 16th @ 4:00pm - Backyard Wildlife

Learn tricks to encourage wildlife into your backyard! Do's and don'ts, best species to attract, and why they matter. Instructor: Park Rangers, Erie County Parks, Recreation & Forestry

### Monday, July 20th @ 10:00am - Exercise in Seniors

The importance of prioritizing exercise, staying safe during exercise, and benefits of exercise.

### Wednesday, July 22nd @ 1:15pm - History and Mystery of the Statler Buffalo

This class offers a condensed version of my Statler tour, highlighting the hotel's significance in Buffalo's history, the details of how it was built, and the remarkable legacy of Ellsworth Statler, and the almost Kennedy-like mystery that surrounds the Statler family. This class covers some darker topics.

### Thursday, July 23rd @ 4:00pm - Death and Dying: Goodbye, I Love You

Health care today shields us from the processes of death once so familiar in the parlors of our forefathers. Chronic illness is our most common challenge, and it places new emotional demands on the end of life. Patients and families can be empowered to manage their own dying experience while respecting the dignity of personhood. This seminar will describe death's patterns and expectations, though it won't stop our yearning for visiting hours in heaven.

### Tuesday, July 28th @ 5:30pm - Supporting Brain Health in Our Community

We all deserve a life with the healthiest brain possible. Learn science-backed strategies that support brain health and may reduce your risk for Alzheimer's and dementia.

### Wednesday, July 29th @ 10:30am - Severe Weather Hazards Across Western New York

Discover the basics of thunderstorm development and the hazards associated with severe storms, including strong winds, large hail, tornadoes, and flash flooding.

## OTHER PROGRAMS

PLEASE SIGN UP IN ADVANCE 716-542-6645

 University at Buffalo  
Team Alice



## Medication Safety & Patient Empowerment

Want to feel more confident about your medications and know how to advocate for your health with your provider? If you are over 55 AND take prescription medications or a caregiver to someone who is, consider attending this FREE 2 session presentation. \* Attendance required at both sessions!




**Tuesday, July 21<sup>st</sup> 9:00 - 11:00am**

**Tuesday, July 28<sup>th</sup> 9:00 - 11:00am**

This program's goal is to empower older adults and their caregivers with information to prevent & detect medication harm and give them the knowledge, skills, & tools to advocate for themselves. The presentations cover the potential and prevalence of medication harm in older adults as told by The Alice Story, a real case derived from the horrific death of Alice Brennan, triggered by preventable medication errors & system failures


# July Activities Calendar

\*U.E. = UNIVERSITY EXPRESS

MON	TUE	WED	THU	FRI	SAT
		1 NO Exercise with Barb 9:30 Dominos 10:00 Book Nook 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	2 9:00 SilverSneakers Classic 9:30 Board Meeting 9:30 Dominos 9:30 Euchre 10:05 Club 99 10:30 Walk With Ease 11-12:30 Clerk on the Go 12:00 4 <sup>th</sup> of July Lunch/Don Dinner 12:30 Ladies Luncheon 1:00 Pinochle 5:00 TOPS	3 CENTER CLOSED 	4 
6 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 10:30 Walk With Ease 12:00 Lunch/Entertainment 1:00 Shuffleboard	7 NO SilverSneakers Circuit 9:15 Hitch a Ride: Lighthouse 9:30 Hand & Foot 10:15 Gentle Chair Yoga 11:30 Progressive Yoga 12:00 Lunch 12:45 Movie Matinee 1:00 Balance 3-7 Open Cards 5:00 Dinner/Cornhole	8 9:00 Exercise with Barb 9:30 Dominos 10:15 Tai Chi/Stability Class 10:30 Walk With Ease 12:00 Lunch/Music Trivia 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	9 7:30 Day Trip Departs 9:00 SilverSneakers Classic 9:30 Dominos 9:30 Euchre 10:05 Club 99 12:00 Lunch 1:00 Pinochle 5:00 TOPS 5:30 Diner's Club	10 NO Gentle Floor Yoga 9:30 Dominos NO Gentle Chair Yoga 10:00 Crochet 10:30 Walk With Ease 12:00 Lunch 1:00 Bingo 1:15 *U.E. Steel City	11
13 9:00 Walking Group 9:00 Exercise with Barb 9:00 Safe Driver Academy 10:00 Rummikub 10:00 Batavia Downs 10:00 Trivia 12:30 EC Trivia 1:00 Shuffleboard	14 9:00 SilverSneakers Circuit 9:00 Hitch a Ride: Buffalo 9:30 Hand & Foot NO Gentle Chair Yoga NO Progressive Yoga 12:00 Lunch 12:45 Movie Matinee 1:00 Balance 3-7 Open Cards 5:00 Dinner/Yard Games	15 9:00 Exercise with Barb 9:30 Dominos 9:30 - 11:30 Sr Outreach 10-12 Univera 10:15 Tai Chi/Stability Class 12:00 Lunch 1:00 Mah-Jong 1:15 *U.E. Intro to AI 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	16 9:00 SilverSneakers Classic 9:30 Dominos 9:30 Euchre 10:05 Club 99 12:00 Wedding Lunch 12:30 - 1:30 United 1:00 Pinochle 1:30 - 2:30 Aetna 4:00 *U.E. Backyard Wildlife 5:00 TOPS	17 8:45 Gentle Floor Yoga 9:30 Breakfast 9:30 Dominos 9:45 Gentle Chair Yoga 10:00 Crochet 11:00 Craft 12:00 Lunch 1:00 Bingo 4:00 Dinner and a Movie	18
20 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 10:00 U.E. Exercise in Seniors 12:00 Lunch 1:00 Shuffleboard	21 9:00 SilverSneakers Circuit 9-11 Med. Safety pt. 1 9:30 Hand & Foot 10:15 Gentle Chair Yoga 11:30 Progressive Yoga 12:00 Lunch 12:45 Movie Matinee 1:00 Balance 3-7 Open Cards 4:30 Board Dinner/Magic	22 9:00 Exercise with Barb 9:30 Dominos 10:15 Tai Chi/Stability Class 12:00 Lunch 1:00 Mah-Jong 1:15 *U.E. Statler 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	23 NO SilverSneakers Classic 9:30 Dominos 9:30 Euchre 10:05 Club 99 12:00 Lunch 1:00 Pinochle 4:00 *U.E. Death and Dying	24 8:45 Gentle Floor Yoga 9:30 Dominos 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	25 6:00 - 7:30 Celtic Spirit Bagpipers in Russell Park 
27 9:00 Walking Group NO Exercise with Barb 10:00 Rummikub 12:00 Homemade Monday and Trivia 1:00 Shuffleboard	28 9:00 SilverSneakers Circuit 9-11 Med. Safety pt. 2 9:30 Hand & Foot 10:15 Gentle Chair Yoga 11:30 Progressive Yoga 12:00 Lunch 12:45 Movie Matinee 1:00 Balance 3-7 Open Cards 5:00 Dinner 5:30 *U.E. Brain Health	29 9:00 Exercise with Barb 9:30 Dominos 10:00 Grief and Loss 10:15 Tai Chi/Stability Class 10:30 *U.E. Severe Weather 12:00 Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	30 9:00 SilverSneakers Classic 9:30 Dominos 9:30 Euchre 10:05 Club 99 11:00 EC Picnic @ Como Pk 12:00 Lunch 1:00 Pinochle 5:00 Good For the Neighborhood	31 8:45 Gentle Floor Yoga 9:30 Dominos 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	

# Erie County Stay Fit Dining Program - July 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b> Chicken w/ Polynesian Sauce, Rice Pilaf w/ Mixed Vegetables, Broccoli, Orange Juice and Chocolate Chip Cookies (671) <b>Dinner 4pm:</b> Beef Taco Salad, Tortilla Strips and Dessert</p>	<p><b>2</b> Hot Dog w/ Baked Beans, Macaroni Salad, Mixed Vegetables, Fruit Punch and Ice Cream Sandwich (947)</p>	<p><b>3</b> CENTER CLOSED </p>
<p><b>6</b> Grilled Chicken Sandwich Meal Catered by Candy Pappalardo Family Fund</p>	<p><b>7</b> Chicken Patty w/ Buffalo Sauce on a Bun, Tater Tots, Au Gratin Broccoli, Banana and Chocolate Milk (858) <b>Dinner 5pm:</b> Cabbage Roll, Garlic Masked Potatoes, Corn, Roll, Salad and Dessert</p>	<p><b>8</b> Polish Sausage w/ Sauerkraut on a Bun, Ranch Mashed Potatoes, Carrots &amp; Fudge Round Cookie (846) <b>Dinner 4pm:</b> Chicken Mandarin Orange Sunflower Salad, Roll and Dessert</p>	<p><b>9</b> Roasted Turkey with Stuffing, Gravy &amp; Cranberry Sauce, Mashed Butternut Squash, Corn and Mandarin Oranges (571)</p>	<p><b>10</b> Omelet with Cheese Sauce, Potatoes O'Brien, Green Beans, Raisin Bread and Tropical Fruit (643)</p>
<p><b>13</b> Lasagna Roll w/ Tomato Meat Sauce &amp; Mozzarella Cheese, Broccoli, Grape Juice, Italian Bread and Sugar Cookies (796)</p>	<p><b>14</b> Swedish Meatballs over Pasta, Peas, Harvard Beets and Pineapple Tidbits (659) <b>Dinner 5pm:</b> Chicken Breast w/ Teriyaki Pineapple Sauce, Stir Fry Veggies, Rice Pilaf, Salad &amp; Dessert</p>	<p><b>15</b> Chicken Quarter w/ BBQ Sauce, Mashed Potatoes, Corn, Roll and Fruit Cocktail (803) <b>Dinner 4pm:</b> Garden Chicken Patty Salad, Roll and Dessert</p>	<p><b>16</b> Roast Pork w/ Warm Cinnamon Apples, Sweet Potatoes, Green Beans, Roll, Seasonal Fruit and Chocolate Milk (620)</p>	<p><b>17</b> Beer Battered Fish w/ Tartar Sauce, Cheesy Broccoli &amp; Rice, Mixed Vegetables, Coleslaw, Roll and Mandarin Oranges (732) <b>4:30pm: Dinner and a Movie</b></p>
<p><b>20</b> Pork Ribette w/ BBQ Sauce on a Bun, Duchess Potatoes, Broccoli and Tropical Fruit (776)</p>	<p><b>21</b> Chicken Breast w/ Marsala Sauce, Garlic Mashed Potatoes, Peas w/ Pearl Onions, Roll and Mandarin Oranges (579) <b>Board Dinner 4:30pm:</b> Hot Dog, Pasta Salad, Watermelon and Ice Cream</p>	<p><b>22</b> Hearty Pork Stew, Mashed Potatoes, Carrots, Bread and Butterscotch Pudding (665) <b>Dinner 4pm:</b> Cranberry Chicken Salad over Greens, Crackers and Dessert</p>	<p><b>23</b> Garden Chicken Patty Salad with Shredded Cheddar, Croutons &amp; Ranch Dressing, Multigrain Bread, Fresh Banana and Chocolate Milk (986)</p>	<p><b>24</b> Roast beef w/ Horseradish Gravy, Scalloped Potatoes, Brussels Sprouts, Salad with Dressing, Rye Bread and Cheesecake with Chocolate Sauce (1008)</p>
<p><b>27</b> Homemade Monday</p>	<p><b>28</b> Beef Taco Salad, Tortilla Strips over Salad, Pineapple Tidbits and Chocolate Milk (626) <b>Dinner 5pm:</b> Beef Pepper Steak Casserole, Broccoli, Carrots, Rice, Salad and Dessert</p>	<p><b>29</b> Rigatoni w/ Italian Sausage, Sauce &amp; Mozzarella, California Blend Vegetables, Salad and Apple (784) <b>Dinner 4pm:</b> Greek Chicken Salad, Roll and Dessert</p>	<p><b>30</b> Breaded Chicken Patty w/ Gravy on a Bun, Potatoes O'Brien, Au Gratin Spinach and Strawberry Ice Cream (750)</p>	<p><b>31</b> Steakhouse Burger w/ Gravy on a Bun, Macaroni Salad, Lima Bean Bake, Apple Juice and Tropical Fruit (905)</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 July 6th

- Chicken Vegetable Casserole
- Breaded Chicken Parm
- Chili Con Carne
- Polish Sausage
- Hamburger w/ Gravy

### Week of July 13th

- Turkey ala King
- Lasagna Roll
- Chicken Breast w/ Polynesian Sauce
- Hot Dog w/ Baked Beans
- Hamburger w/ BBQ Sauce

### Week of July 20th

- Hearty Beef Stew
- Breaded Chicken w/ Buffalo Sauce
- Polish Sausage
- Turkey w/ Gravy
- Omelet w/ Cheese Sauce

### Week of July 27

- Lasagna Roll
- Meatballs w/ Swedish Sauce
- Breaded Chicken w/ BBQ Sauce
- Roast Pork w/ Cinnamon Apples
- Breaded Fish

**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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Akron Newstead Senior Center, Akron, NY

06-5409

# 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"/> July 2nd--4 <sup>th</sup> of July Lunch \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> July 6th--Ladies First Quartet \$2 _____		<input type="checkbox"/>
<input type="checkbox"/> July 7th--Hitch a Ride: Lighthouse \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> July 8th--Music Trivia \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> July 9th--Diner's Club \$37 _____ Meal Choice: (circle one)    Chicken    Pork    Salmon    Stuffed Shells		<input type="checkbox"/>
<input type="checkbox"/> July 13th--Batavia Downs \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> July 14th--Hitch a Ride: Buffalo \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> July 16th--Wedding Lunch \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> July 17th--Pancake Breakfast \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> July 17th--Craft \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> July 17th--Dinner and a Movie \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> July 21st--Board Dinner \$3 _____		<input type="checkbox"/>
<input type="checkbox"/> July 27th--Homemade Monday \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> July 30th--EC Picnic \$3.50 _____		<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 30<sup>th</sup>  
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 11<sup>th</sup> @

**\$25** 5:30pm

5:30pm Apps

6:00pm Show and Dinner



Pot Roast, Carrots,  
Mashed Potatoes, Roll  
and Dessert

# Upcoming Erie County Programs

ERIE COUNTY Clerk Michael P. Kearns presents...  
Bringing Erie County Clerk's Services to you!

*Clerk on the Go!*

July 2<sup>nd</sup> 11:00am - 12:30pm

Akron Newstead Senior Center 5691 Cummings Road

Staff will be on hand to:

- Assist with auto bureau reservations
- Information about renew loan
- Answer questions in regards to REAL IDs and passports
- Enroll veterans in the S.A.L.U.T.E.S Vet Discount Program
- Provide passport applications
- Inform residents on the Property Alert System to send alerts about possible fraudulent activity
- Support constituents with their Erie County Clerk needs



## A Matter of Balance A Fall Prevention Class

Every Tuesday starting July 7<sup>th</sup> through August 25<sup>th</sup> 1:00 - 3:00pm

Join us to learn about tools to stay safe, confident and independent.

\*Please sign up in advance! Classes take place @ the Senior Center

## Erie County Senior Services Annual Summer Picnic

Thursday, July 30<sup>th</sup> 11:00am - 3pm

Bowen Road Grove Como Park Lancaster, NY

- Catered picnic lunch
- Raffle prizes
- Entertainment & games

**\$3.50**



No transportation provided, Must sign up in advance! Space Limited.

## Club 99 Dance Class



Mondays August 3<sup>rd</sup> - August 31st @ 11:15am

A dance based exercise class for all levels.

Feel the music. Move with confidence.

# Join the Akron Newstead Seniors on a **HISTORICAL TOUR OF LAKE ONTARIO'S SODUS BAY**

**Thursday, August 6 and Thursday, August 20, 2026**

**(Tour is limited to 40 persons for each date.)**

**Resident Price: \$120 per person      Non-Resident Price: \$140 per person**

**For the August 6th tour, please sign up & pay by Wednesday, July 15th.**

**For the August 20th tour, please sign up & pay by Wednesday, July 29th.**

7:45 am Depart by chartered motorcoach from the Akron Newstead Senior Center, 5691 Cummings Road, Akron for Sodus Bay. *(Please park on the far side of the parking Lot.)*

Rest/coffee stop en route.

10:00 Arrive at Oak Park Marina (6483 Catchpole Shore Rd, North Rose) & board the **Rose Lummis boat**.

10:30 Depart on a **narrated, historical boat ride around Lake Ontario's Sodus Bay Harbor**. Enjoy a relaxing eco-historical cruise aboard the Rose Lummis, a beautifully restored Mississippi River boat with a rich history including time spent touring the scenic Finger Lakes. Learn about the environment and see nature at its best in Sodus Bay's natural, protected harbor. Also learn about initiatives to preserve and protect wildlife, water quality, & shorelines.

12:00 pm Disembark and transfer to the restaurant (located adjacent to the boat dock).

12:15-1:45 Enjoy **Buffet Lunch at the Boatyard Pub & Grill** at Oak Park Marina, overlooking Sodus Bay.

2:15 Arrive at the **Sodus Bay Lighthouse & Museum** (7606 N. Ontario St., Sodus Point) for a **guided tour**. Built in 1870, the Lighthouse sits on a bluff overlooking Lake Ontario, and the Museum's exhibits include maritime artifacts, ship models, a Commemoration of the War of 1812 Battle of Sodus Point, and more. Option to climb the 52 stairs to the top of the Lighthouse Tower, stroll through the beautiful gardens, and shop for unique gifts in the Museum Store.

3:30 Depart from the Lighthouse on your trip home.

5:30 Estimated return time to the Akron Newstead Senior Center.

**Please note that the schedule is subject to change.**



**FOR FURTHER INFORMATION, PLEASE CONTACT:**

**Akron Newstead Senior Center, 5691 Cummings Road, Akron, NY 14001, (716) 542-6645  
Bus America Group Tours, 668 Phillips Road, Victor, NY 14564, 1-800-724-8747**