

Akron/Newstead Senior Center

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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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Find us on Facebook: Akron Newstead-Seniors

AKRON-NEWSTEAD SENIOR NEWS

August 2026

Senior Center Highlights



- In **June** we hitched a ride to the Botanical Gardens Butterfly Experience & the Planetarium.
- We hosted University Express Programs & a Walk with Ease class through Erie County.
- We welcomed Rick Strusienski, the CC Diamond Baton Twirlers and the Hastings Duo to entertain us.
- We hosted a paint night with Dan Meyer.
- We served **729** meals through Erie County Congregate Dining and **136** catered or prepared by staff.
- On **June 11th** two Akron Central Schools Seniors were awarded with a \$500 Scholarship from the Akron Newstead Senior Citizen Board. Congrats Ava Lombard and Muira Kreher!

Hello Friends,

DIRECTOR'S NOTE



Can you believe it's already August? Summer seems to fly by faster every year! While the days may be getting a little shorter, there is plenty of sunshine, laughter, and fun planned for the days ahead.

August is the perfect reminder that life is meant to be enjoyed. Whether you're spending time with your grandchildren, tending a garden, sharing smores around a campfire, or my personal favorite, enjoying a nice scoop of ice cream with my family and friends.

I'd like to highlight our upcoming visit by Nickel City Reptiles on August 26th at 12pm. Come for lunch and enjoy an educational and interactive wildlife program featuring animals from all over the world. (oh yeah --shhh! Don't tell the staff, but if enough of you fine folks show up, I'm gonna make them hold a gaint snake!!!)

Just a reminder; the Senior Board will be hosting a drive-thru Smoked Brisket Sandwich Meal fundraiser catered by Angry Moose on Saturday, August 29th. Tickets will be pre-sale only and will cost \$18.00.

And finally, in lieu of our annual basket raffle, our "Big" event this year will be a dinner and entertainment featuring The Dueling Pianos on Friday, October 16th at 6pm. Mark your calendars, you won't want to miss this one! More information will be coming.

Enjoy the sunshine,

Sarah

SUNSHINE REPORT Sympathy

Dave Wakemen
(death of his brother)

Bud & Lois Hartwig
(death of Lois' brother)

Family of Dolores
Garguiolo

Family of June
Dombrowski

Thinking of You

Dieter Birkholz
Sharonlee Madrak
Joanne Gates

SENIOR BOARD NEWS



Board Luncheon **\$3.00**

**Wednesday August 19th
@ 11:30am**

Meal: Julienne Salad, Dinner Roll
and Dessert

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

DRIVE THRU MEAL FUNDRAISER

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

\$18.00 Pre-sale only!

Pick up August 29th 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, August 6th
@ 12:00pm** **\$6.00**
Root Beer Float Day

Join us for lunch and
entertainment by The
Hastings Duo!



Meal:
Breaded Pork Loin w/
Cranberry Chutney,
Mashed Potatoes,
Broccoli, Roll and Float

**Thursday, August 13th
@ 12:00pm** **\$15.00**
Summer Tea

Join us for lunch and a
variety of tea and
desserts



Meal:
Chicken Salad Wrap,
Pasta Salad and
Marinated Veggies

**Friday, August 14th
@ 9:45am** **\$6.00**
Boulder Park Picnic

Transportation by school bus
to the park. Must ride the bus
no outside transportation!



Meal:
Burger, Chips,
Watermelon and
Dessert

**Monday, August 24th
@ 12:00pm** **\$6.00**
Homemade Monday

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



Meal:
Pork Carnitas, Mexican
Corn Salad, Mexican
Style Rice

**Wednesday, August 26th
@ 12:00pm** **\$2.00**
Nickel City Reptiles

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



Meal:
BBQ Burger Meal catered
by Candy Apple and
sponsored by the
Pappalardo Family Fund

**Friday, August 28th
@ 12:00pm** **\$6.00**
Sentimental Journey

Join us for lunch and musical
entertainment



Meal:
Salisbury Steak w/ Gravy,
Scalloped Potatoes, Mixed
Vegetables, Bread and
Dessert

Tuesday Night Line Up:

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

August 4th: Cornhole

August 11th: Murder Mystery
Dinner

August 18th: Respite
Presentation (see page 8)

August 25th: Puzzle Wars

Movie Matinees

Tuesdays @ 12:45 pm
Music

August 4th - "La Bamba" (PG-13)

Biographical story of the rise from nowhere of early Native Latino American rock and roll singer Ritchie Valens who died at age 17 in a plane crash with Buddy Holly and The Big Bopper.

August 11th - "Tick Tick Boom" (PG-13)

On the brink of turning 30, a promising theater composer navigates love, friendship and the pressure to create something great before time runs out.

August 18th - "Feel the Beat" (TV-G)

After failing to find success on Broadway, April returns to her hometown and reluctantly is recruited to train a misfit group of young dancers for a big competition.

August 25th - "Walk the Line" (PG-13)

A chronicle of country-music legend Johnny Cash's life, from his early Arkansas-cotton-farm days to his rise to fame with Sun Records in Memphis, where he recorded alongside Elvis Presley, Jerry Lee Lewis, and Carl Perkins.

MOVIE NEWS



Dinner and a Movie

Thursday, August 27th
@ 4:30pm

"Song Sung Blue" (PG-13)

Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together.

Dinner:

Italian Sausage with Peppers and Onions, French Fries, Mixed Veggies and Dessert

\$6.00



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



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ATTORNEY

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06-5409



BOOK NOOK Wednesday, August 5th @ 10:00 am

We will discuss July's book (Becoming Mrs. Lewis) and introduce August's book:

While Justice Sleeps by Stacey Abrams

A gripping, complexly plotted thriller set within the halls of the U.S. Supreme Court, where a young law clerk finds herself embroiled in a shocking mystery crafted by one of the most preeminent judges in America.

Book subject to change based on library availability

LADIES LUNCHEON



Yelling Goat

Thursday, August 6th @
12:30pm

205 Central Ave, Lancaster

RSVP to Ann V. by 7/26
716-238-1521 if you plan to attend.

AKRON NEWSTEAD DINER'S CLUB



Lock 34

\$50.00

Thursday, August 13th @ 5:30pm
80 Main St., Lockport

Meal choices:

- PANKO PARMESAN CRUSTED CHICKEN
- 34 RESERVE SIRLOIN STRIP
- SHRIMP SCAMPI
- SWEET TEA BRINED BONE-IN PORK CHOP

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!



August 4th @ 1:00pm - Thirty Mile Point Lighthouse - \$5.00

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

August 12th @ 10:30am - Erie County Fair - \$5.00 (MUST BRING 4 CANNED GOODS!)

Includes transportation. Bring pocket money for any purchases you wish to make at the fair. Cost of fair admission is FREE with 4 canned goods otherwise admission is \$19!



TRIPS AND TRAVEL

Space Limited!
Payment due at
time of sign up!

August 6th OR 20th - Historical Tour of Sodus Bay

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

March 4 - 10, 2027 - Iceland's Magical Northern Lights Discovery
Brochure available in the office.

October 1st - 8th, 2027 - Discover Canyon Country
Brochure available in the office.



Collette Presentation on Iceland and Canyon Country
August 5th 12:30 - 2:00pm

\$35.00

SAFE DRIVER ACADEMY

Monday, September 14th @ 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: Nov. 9



CASINO



Batavia Downs

Monday, August 24th
@ 10:00am - 1:00pm

\$5.00

**SPACE
LIMITED!**

Climb aboard the Senior Center Van for the short ride to Batavia Downs. Includes transportation. Bring pocket money for game play and/or snacks.

Seneca Niagara Casino

Tuesday, August 18th @
9:15am

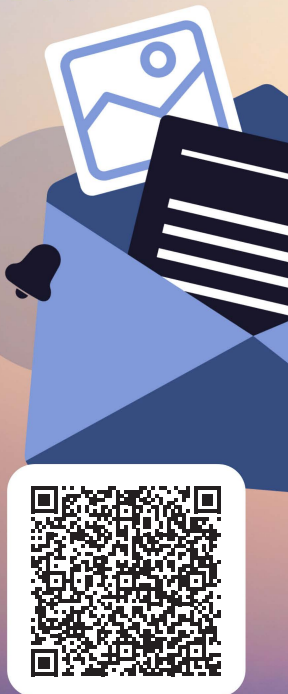
\$35.00

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

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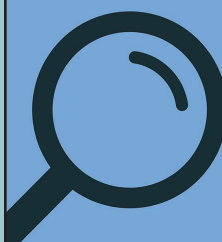
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Akron Newstead Senior Center, Akron, NY

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



**August 10th
@ 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

AUGUST

BARBECUE

BEACH

FAMILY

FLIP FLOPS

FUN

HOT

ICE CREAM

ICE POP

JULY

JUNE

OCEAN

WORD SEARCH



PICNIC

POOL

RELAX

SHORTS

SPRINKLER

SUMMER

SUNGLASSES

SUNSCREEN

SUNSHINE

SWIMSUIT

VACATION

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

ARTS AND CRAFTS



Craft - Tuesday, August 25th @ 1:00pm \$3.00

Butterfly Diamond Art 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:
SILVERNEAKERS, 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.

NEW! Club 99 Dance: Mondays @ 11:15am until August 31st

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 @ 5:00 pm



RESOURCES

Senior Outreach Services

Case Manager available @ the Center

Wednesday, August 5th 1:00 - 3:00 pm

Wednesday, August 19th 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

EPIC: Tuesday, August 4th 10:00 - 11:00am

Highmark BCBS: August 6th 9:00 - 11:00am

Univera: Wednesday, August 19th 10:00am - 12:00pm

IHA: Friday, August 21st 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

Wednesday, August 5th @ 12:30 - 2:00pm

Join Kevin from Collette as we explore the 2027 trips. Iceland's Magical Northern Lights Discovery (March 4th - 10th) and Discover Canyon Country (October 1st - 8th)

Monday, August 10th @ 1:00pm - Digital Memories

Learn how take and manage your photos and videos, where files get saved, organizing what you create, and doing slide shows.

Monday, August 17th @ 1:00pm - Healing Touch

Healing Touch is a relaxing energy therapy that uses intentional touch to promote physical, mental, emotional, and spiritual well-being. This fun and interactive workshop lets you give and receive treatments while seated in a chair. You may experience pain decrease, relaxation and a feeling of peace.

Tuesday, August 18th @ 5:30pm - Caring Hearts & Hands

Learn more about a FREE Respite Program in Corfu, NY. The presentation here at the center will talk about how the program has trained volunteers who offer fun, supervised activities to keep your loved one purposefully occupied while you take a much needed break!

Friday, August 21st @ 1:00pm - SNAP Ed: Plan, Save, Shop

A workshop on how to save money and time at the grocery store and at home! We will discuss tips & tricks on how to plan recipes, shop efficiently, and prep food ahead of time along with a new SNAP-Ed recipe to sample!

Monday, August 31st @ 1:15pm - Stop the Bleed

Stop the Bleed is a grassroots national awareness campaign that trains and encourages bystanders to become equipped and empowered to help in a bleeding emergency before professional help arrives. In life, you are more likely to use "Stop the Bleed" skills than CPR skills. Come learn how to save a life!

Must sign up to receive a Free Tourniquet!

BIG SUMMER EVENTS!

Don't miss out on these big events at the Center!

Open House and Car Show August 7th

Center Open All Day
8am - 7:00pm

- Donuts and Coffee
- Daily Activities
- ½ Price Memberships



4:00 - 7:00pm

- Food Trucks
- Car Show



Angry Moose BBQ
Pink Cow Ice Cream

Murder @ the Circus

MURDER MYSTERY DINNER AND SHOW

Tuesday, August 11th @ 5:30pm

5:30pm Apps

6:00pm Show & Dinner

Pot Roast, Carrots, Mashed Potatoes, Roll and Dessert



\$25

Space Limited!
Must purchase a
ticket, on sale now at
the center!

August Activities Calendar

MON	TUE	WED	THU	FRI	SAT
3 9:00 Walking Group 9:30 Exercise with Barb 10:00 Rummikub 11:15 Club 99 Dance 12:00 Lunch 1:00 Shuffleboard	4 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10-11 EPIC 10:15 Gentle Chair Yoga 11:30 Progressive Yoga 12:00 Lunch 12:45 Movie Matinee 1:00 Hitch a Ride: Lighthouse 1:00 Balance 3-7 Open Cards 5:00 Dinner/Cornhole	5 9:00 Exercise with Barb 9:30 Dominoes 10:00 Book Nook 12:00 Lunch 12:30 - 2 Collette Present. 1-3 Sr Outreach 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	6 7:45 Day Trip Departs 9:00 SilverSneakers Classic 9-11 Highmark 9:30 Board Meeting 9:30 Dominoes 9:30 Euchre 10:05 Club 99 12:00 Root Beer Float Day/The Hastings 12:30 Ladies Luncheon 1:00 Pinochle 5:00 TOPS	7 OPEN HOUSE ALL DAY 8:00am - 7:00pm NO Gentle Floor Yoga 9:30 Dominoes NO Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	8
10 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 11:15 Club 99 Dance 12:00 Lunch 12:30 EC Trivia 1:00 Shuffleboard 1:00 Digital Memories	11 9:00 SilverSneakers Circuit 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 5:30 Murder Mystery Dinner	12 9:00 Exercise with Barb 9:30 Dominoes 10:30 Hitch a Ride: Fair 12:00 Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	13 9:00 SilverSneakers Classic 9:30 Dominoes 9:30 Euchre 10:05 Club 99 12:00 Summer Tea 1:00 Pinochle 5:00 TOPS 5:30 Diner's Club	14 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10 - 2 Boulder Park Picnic CENTER CLOSED @ 11!!	15
17 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 11:15 Club 99 Dance 12:00 Lunch 1:00 Shuffleboard 1:00 Healing Touch	18 8:45 Casino Trip Departs 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 Balance 3-7 Open Cards 5:00 Dinner 5:30 Caring Hearts & Hands	19 9:00 Exercise with Barb 9:30 Dominoes 9:30 - 11:30 Sr Outreach 10 - 12 Univera 11:30 Board Luncheon 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	20 7:45 Day Trip Departs 9:00 SilverSneakers Classic 9:30 Dominoes 9:30 Euchre 10:05 Club 99 12:00 Lunch 1:00 Pinochle 5:00 TOPS	21 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo 1:00 SNAP Ed Prog. 2 - 4 IHA	22
24 9:00 Walking Group 9:00 Exercise with Barb 10:00 Batavia Downs 10:00 Rummikub 11:15 Club 99 Dance 12:00 Homemade Monday/Trivia 1:00 Shuffleboard	25 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 Balance 1:00 Craft 3-7 Open Cards 5:00 Dinner/Puzzle Wars	26 9:00 Exercise with Barb 9:30 Dominoes 10:00 Grief and Loss 12:00 Lunch/Nickel City Reptiles 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	27 9:00 SilverSneakers Classic 9:30 Dominoes 9:30 Euchre 10:05 Club 99 12:00 Lunch 1:00 Pinochle 4:30 Dinner and a Movie	28 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch/Entertainment 1:00 Bingo	29
31 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 11:15 Club 99 Dance 12:00 Lunch 1:00 Shuffleboard 1:15 Stop the Bleed					

Erie County Stay Fit Dining Program - August 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Macaroni Casserole w/ Cheddar Cheese, Green Beans, Apple Juice, Italian Bread and Butterscotch Pudding (839)	4 Hot Dog w/ Baked Beans, Macaroni & Cheese, Carrots and Tropical Fruit (746) Dinner 5pm: Meatloaf w/ Gravy, Garlic Mashed Potatoes, Beans, Salad, Roll and Ice Cream Novelty	5 Beef Bourguignon, Harvard Beets, Green Peas, Multigrain Bread, Fresh Orange and Chocolate Milk (647) Dinner 4pm: Ancho Chicken Salad, Tortilla Strips and Ice Cream Novelty	6 Breaded Pork Loin w/ Cranberry Chutney, Mashed Potatoes, Broccoli Florets, Roll and Lorna Doones (725)	7 Chicken Breast w/ Red pepper Cream Sauce over Pasta, California Blend Vegetables, Grape Juice, Salad and Pineapple Tidbits (621)
10 Mediterranean Chicken Casserole, Yellow Rice with Turmeric, Broccoli Florets, Fruit Punch and Diced Peaches (813)	11 Hamburger w/ Gravy on a Bun, Mashed Sweet Potatoes Green Beans and Vanilla Pudding (753) Apps - 5:30pm: Dinner - 6:00pm: Murder @ the Circus - Murder Mystery Dinner	12 Mandarin Chicken & Sunflower Salad on a Bed of Salad Greens, Roll, Fresh Banana and Chocolate Milk (718) Dinner 4pm: Chicken Drumsticks, Duchess Potatoes, Peas, Salad, Roll and Ice Cream Sandwich	13 Summer Tea	14 Roasted Turkey w/ Stuffing & Gravy, Cranberry Salad, Garlic Mashed Potatoes, Corn and Diced Pears (746)
17 Chicken Breast with Lemon Herb Sauce, Vegetable Rice Pilaf, Green Beans, Roll and Pineapple Tidbits (591)	18 Breaded Chicken Outlet w/ BBQ Sauce on a Bun, Mashed Potatoes, Carrots and Ice Cream Sandwich (851) Dinner 5pm: Rigatoni w/ Italian Sausage and Tomato Sauce, Mixed Veggies, Spinach, Salad, Roll and Cheesecake	19 Board Luncheon Dinner 4pm: Chicken Caesar Salad, Roll and Cheesecake	20 Sloppy Joe on a Bun, Tater Tots, Mixed Vegetables, Mandarin Oranges and Chocolate Milk (751)	21 Senior Citizens Day Broccoli Stuffed Chicken w/ Creamy Herb Sauce, Scalloped Potatoes, Peas with Red Peppers, Salad, Roll and Boston Crème Pie (1004)
24 Homemade Monday	25 Lasagna Roll with Tomato Meat Sauce & Mozzarella, Cauliflower, Grape Juice, Salad, Italian Bread and Oatmeal Round Cookie (864) Dinner 5pm: Pork Ribette, Tater Tots, Au Gratin Broccoli, Salad and Banana Cream Pie	26 BBQ Burger Meal catered by Candy Apple and sponsored by the Pappalardo Family Fund Dinner 4pm: Beef Taco Salad, Tortilla Strips and Banana Cream Pie	27 Baked Ham with Maple Glaze, Mashed Sweet Potatoes, Peas, Rye Bread and Peach Crisp (677)	28 Salisbury Steak with Gravy, Scalloped Potatoes, Mixed Vegetables, Wheat Bread and Fruit Cocktail (728)
31 Cheese Omelet with Creole Sauce, Potatoes O'Brien, Green Beans, Raisin Bread and Pineapple Tidbits (585)	1 Breaded Chicken w/ Buffalo-Style Sauce on a Bun, Tater Tots, Cheesy Broccoli and Chocolate Pudding (815)	2 Hearty Pork Stew, Mashed Potatoes, Carrots, Roll and Lorna Doones (673)	3 Ground Beef Taco with Cheddar Cheese & Taco Sauce on a Flour Tortilla, Spanish rice, Feista Corn, Tropical Fruit and Chocolate Milk (771)	4 Labor Day Lunch Breaded Chicken Drumsticks, Ranch Mashed Potatoes, Sweet Peas, Salad, Roll and Banana Cream Pie (1119)

*If you have 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 August 3rd

- Pork Ribette w/ BBQ Sauce
- Chicken Breast w/ Marsala Sauce
- Hearty Pork Stew
- Veal Parm
- Hamburger w/ Gravy

Week of August 10th

- Turkey a la King
- Omelet w/ Cheese Sauce
- Italian Sausage w/ Tomato Sauce
- Chicken Cutlet w/ Gravy
- Hamburger w/ Sauce

Week of August 17th

- Beef Macaroni Casserole
- Hot Dog w/ Baked Beans
- Beef Bourguignon
- Pork Loin
- Chicken Breast w/ Red Pepper Cream Sauce

Week of August 24th

- Mediterranean Chicken Casserole
- Hamburger w/ Gravy
- Pork Ribette w/ BBQ Sauce
- Stuffed Shells w/ Tomato Meat Sauce
- Turkey w/ Gravy

Week of August 31st

- Chicken Breast w/ Pineapple Sauce
- Chicken Cutlet w/ BBQ Sauce
- Macaroni & Cheese
- Sloppy Joe
- Chicken Breast w/ Gravy

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.

**EXCEPTIONAL SERVICE.
OUTSTANDING RESULTS.**



Barb Hoddick
Licensed Real Estate Salesperson



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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)
☐ August 4th--Hitch a Ride: Lighthouse \$5 _____		☐
☐ August 6th--Root Beer Float Day \$6 _____		☐
☐ August 12th--Hitch a Ride: EC Fair \$5 _____		☐
☐ August 13th--Summer Tea \$15 _____		☐
☐ August 13th--Diner's Club \$50 _____ Meal Choice: (circle one) Chicken Pork Shrimp Sirloin		☐
☐ August 14th--Boulder Park \$6 _____		☐
☐ August 19th--Board Luncheon \$3 _____		☐
☐ August 24th--Homemade Monday \$6 _____		☐
☐ August 24th--Batavia Downs \$5 _____		☐
☐ August 25th--Craft \$3 _____		☐
☐ August 26th--Nickel City Reptiles \$2 _____		☐
☐ August 27th--Dinner and a Movie \$6 _____		☐
☐ August 28th--Sentimental Journey \$6 _____		☐

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:

Date(s)

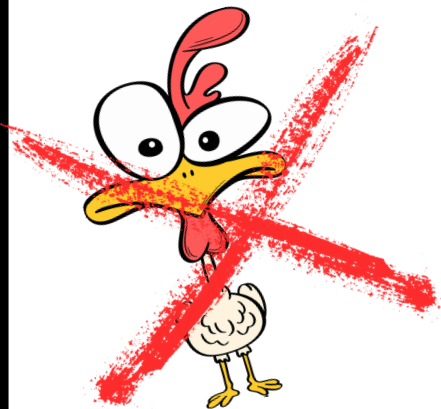
Name(s)

Dinner:

Date(s)

Name(s)

Additional Comments _____ Staff Initial _____



CHICKEN-ED OUT?

We Got You!

Akron Newstead Senior Citizens Inc.

Smoked Brisket Sandwich

Drive-Thru Meal Fundraiser

5691 Cummings Road Akron, NY

August 29th 11:00am - 12:00pm

PRE-SALE ONLY!

\$18.00

Meal Includes: Smoked Brisket Sandwich,
Mac and Cheese, Salt Potatoes and Cookies

Meal by Angry Moose BBQ



Smoked Brisket Sandwich Drive-Thru Meal Fundraiser
Pick up: August 29th 11am - 12pm 5691 Cummings Rd.

of Smoked Brisket Meals _____ x \$18.00 =
_____ Total

Make Checks Payable to Akron Newstead Senior Citizens, Inc