

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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Find us on Facebook: Akron Newstead-Seniors

AKRON-NEWSTEAD SENIOR NEWS

September 2026

Senior Center Highlights



- In **July** we hitched a ride to the Thirty Mile Point Lighthouse and Downtown Buffalo for a walking tour of Buffalo Architecture.
- We hosted University Express Programs & A Matter of Balance Class through Erie County.
- We welcomed Don Dwyer and the Ladies First Quartet to entertain us.
- We hosted Music Trivia with Rich Hooper and had Katelyn Harris take photos at our wedding luncheon.
- We organized a successful concert in Russell Park with The Celtic Spirit Pipe Band,
- We served **672** meals through Erie County Congregate Dining and **171** catered or prepared by staff.

DIRECTOR'S NOTE

Hello Friends,

Can you believe September is already here? Summer may be winding down, but there is still plenty of fun, friendship, and excitement ahead at our Center!

September brings crisp mornings, beautiful colors, football season, apple picking, and a wonderful new season. It's the perfect time to get out, stay active, try something new, and enjoy the company of friends.

We have lots of great activities and events planned, so be sure to check the calendar and join us whenever you can. Whether you come for a program, a game, a meal, an outing, or simply to visit with friends, we're always happy to see you!

Just a friendly reminder- if you signed up for an event but can't make it, please make sure you call and cancel your spot. We often times have wait lists for events, and we want to make sure those that want to join us can. Also, it's been really hard to accommodate last-minute sign-ups for events. Once food has been purchased, we have to max out our events. We don't like to say "no," but last-minute reservations sometimes can't happen.

If you missed it last month, Congressman Nick Langworthy was here, alongside Town Supervisor Dawn Izydorczak and Town Councilmen Dr. Ed Burke, Mike Mutter, and Highway Superintendent Gary Baehr to announce that he secured \$5,000,000 funding for our NEW Senior Center project! As I get more information, I will make sure to share it with our members. Let the fun continue!!

Here's to a fantastic September,

Sarah



SUNSHINE REPORT

Sympathy

Carole Fischer
(death of husband)

Mildred Ziarniak
(death of husband)

Joyce Christiana
(death of husband)

Thinking of You

Jim Barrett

Harold Gardner

Judy Geyer

SENIOR BOARD NEWS

Please see insert for
our upcoming
fundraiser in lieu of our
basket raffle this year!



Board Dinner and Entertainment

Tuesday, September 29th @ 4:30pm

\$3.00

Back in the Day with Kirk McWhorter

Meal:

Sloppy Joe, Tater Tots, Mixed
Veggies and Dessert

SPECIAL EVENTS

If meals are provided by the Erie County Congregate Meal Program it is a suggestion donation of \$3.50. Please note if a meal is paired with entertainment the meal portion is still a suggested donation of \$3.50!

Friday, September 4th
@ 12:00pm
Labor Day Picnic

Join us for a picnic @ Skyline
Park! Located **ACROSS** from
the entrance to Akron Falls
Park!



Meal:

Ham or Turkey Sub,
Chips, Fruit and Dessert

\$6.00

Tuesday, September 8th
@ 12:00pm
Back to School Bash

Join us for lunch and a
back to school game.



Meal:

Build a Burger School
Lunch

\$6.00

Sunday, September 13th
@ 12:30pm
Bills Watch Party

Join us for lunch and the
Bills vs. Texans game



Meal:

Pizza, Salad and
Dessert

\$6.00

Tuesday, September 15th
@ 6:00pm
Corfu Pembroke Band

Join us for dinner and
entertainment!

Meal:

Turkey Dinner catered by
Candy Apple and
sponsored by the
Pappalardo Family Fund



\$3.00

Tuesday, September 22nd
@ 12:00pm
Welcome Fall Lunch

Join us for lunch and
entertainment by crooner
Mark Swarts.



Meal:

Chicken Cordon Bleu w/
Creamy Herb Sauce, Sweet
Potatoes, Brussels Sprouts
Bread and Apple Pie

\$6.00

Monday, September 28th
@ 12:00pm
Homemade Monday

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



Meal:

Chicken and Biscuits,
Applesauce and Dessert

\$6.00

Tuesday Night Line Up:

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

September 1st: Cornhole

September 8th: Aviation Program
(see pg 8)

September 15th: Corfu Pembroke
Band (see above)

September 22nd: Indoor
Horseshoes

September 29th: Kirk
McWhorter (see above)

Movie Matinees

Tuesdays @ 12:45 pm
Aminal Movies

September 1st - "Remarkably Bright Creatures" (PG-13) - Encore Presentation

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.

September 8th - "A Dog's Purpose" (PG)

A dog discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with Ethan.

September 15th - "A Dog's Journey" (PG)

A dog finds the meaning of his own existence through the lives of the humans he meets.

September 22nd - "We Bought a Zoo" (PG)

Set in Southern California, a father moves his young family to the countryside to renovate and re-open a struggling zoo.

September 29th - "Dreamer" (PG)

Cale Crane catalyzes the rescue and rehabilitation of Sonador, a race horse with a broken leg.

MOVIE NEWS



Dinner and a Movie

Thursday, September 24th
@ 4:30pm

"Arthur the King" (PG-13)

An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race.
Based on a true story.

Dinner:

Baked Ziti with Ground Beef, Garlic Bread, Side Salad and Dessert

\$6.00



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



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716-633-4030
jvoelkl@voelklaw.com

voelklaw.com



Jeffrey F. Voelkl
ATTORNEY

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Williamsville

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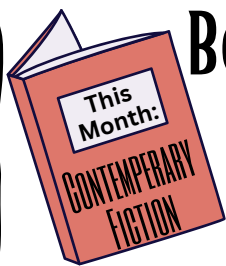
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06-5409



BOOK NOOK **wednesday, September 2nd @ 10:00 am**

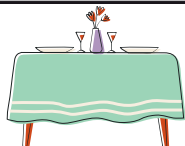
We will discuss August's book (While Justice Sleeps) and introduce September's book:

The Mostly True Story of Tanner and Louise By Colleen Oakley

An unforgettable pairing of a college dropout and an eighty-four-year-old woman on the run from the law in this story full of tremendous heart, humor, and wit

Book subject to change based on library availability

LADIES LUNCHEON



Bruno's on Broadway

Thursday, September 3rd @
12:30pm

5259 Broadway, Lancaster, NY 14086

RSVP to Karen D. by 8/26

716-531-5894 if you plan to attend.

AKRON NEWSTEAD DINER'S CLUB



Morlusk's

\$33.00

Thursday, September 10th @ 5:30pm
10678 Main St, Clarence

Meal choices:

- Polish Plate
- Chicken Parm
- Fish Milanese

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!



September 11th @ 9:00am - Forest Lawn Cemetary Trolley Tour - \$35.00

Includes transportation and 2-hour trolley tour.

September 29th @ 12:30pm - Country Drive - \$5.00

Includes transportation to Bippert's Farm, Blair Farm Pumpkin Patch and Marilla Country Store



TRIPS AND TRAVEL

Space Limited!
Payment due at
time of sign up!

September 23rd - Highmark Stadium Tour

Includes 90 minute **WALKING** tour, lunch @ Danny's South, Hawk Creek Wildlife Center and Nick Charlaps Ice Cream.

October 6th - Letchworth Dam Tour

Includes Buffet Lunch @ The Club at Silver Lake, East Hill Creamery tour and chocolate, cheese, and wine tasting at Deer Run Winery

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.



CASINO

Batavia Downs

**Monday, September 21st
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 Allegany Casino

**Wednesday, October
14th @ 8:00am**

\$40.00

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

\$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.

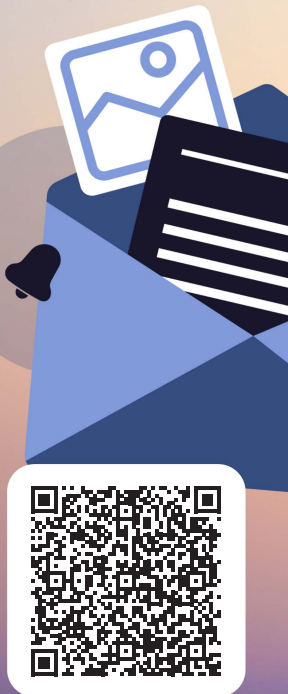


2026 dates: Nov. 9

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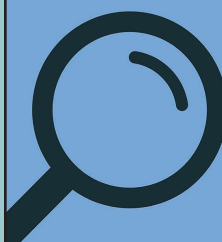
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Akron Newstead Senior Center, Akron, NY

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



September

14th

@ 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

SNACK ATTACK Word Search



French Fries
Watermelon
Pretzels
Cheetos
Pickles
Nachos
Potato Chips
Ice Cream
Pringles
Cookies
Popcorn
Orange

Gummy Bears
Crackers
Soda Pop
Doritos
Apples
Candy
Pizza Rolls
Licorice
Almonds
Peanuts
Grapes
Fruit

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

ARTS AND CRAFTS



Craft - Wednesday, September 16th @ 10:00am \$20.00

Fall Slate Doorhanger w/ Linda



Watercolors - Every Wednesday 3:00 - 4:30pm \$12.00



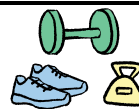
Crochet Club - Every Friday @ 10:00am
Bring a project to work on or supplies to learn



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.

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, September 2nd 1:00 - 3:00 pm

Wednesday, September 16th 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, September 23rd 10:00am - 12:00pm

Health Insurance Forum Dates:

Thursday, October 22nd 1:00 - 3:00pm

Tuesday, November 17th 1:00 - 3:00pm

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

September 8th @ 5:30 pm - Aviation Program

Join Allen Kidder for one of his programs on aviation.



Thursdays, September 17th, 24th and October 1st

Erie County Department for the Aging Presents...

Cooking with **SASS: Smart And Simple Sustenance**

3 week fun,
interactive
and hands on
cooking
series!

Week 1: Cooking on a Budget
Week 2: Emergency Cooking
Week 3: Cooking for One or Two



Space Limited! Sign up **REQUIRED!**

Attention Veterans! September 28th @ 1:00pm

Veteran Mobile Outreach Van Comes to the Center!

Mobile Outreach Vans provide a unique and secure space for Veterans, Service Members, and Military Families to meet in confidence with a Veterans Benefits Advisor accredited by the United States Department of Veterans Affairs (VA), bringing this vital service to the places around New York State where Veterans, Service Members, and their families work, live, play, and thrive.

From a Mobile Outreach Van, a Veteran, Service Member, or Military Family member can work with a Veterans Benefits Advisor to file a claim or appeal for VA benefits, enroll in VA healthcare, receive guidance regarding the property tax exemption on their New York State residence, obtain their annual allotment of Fresh Connect Checks for redemption at farmers' markets, and complete any other task that they would be able to fulfill inside a brick-and-mortar New York State Department of Veterans' Services office.



Flu Shots

First Come, First Served - Please bring insurance cards!

Akron Community Pharmacy -

Flu Shots ONLY Tuesday, September 22nd and Tuesday, October 20th
11:00am - 1:00pm

Wegmans -

All Seasons Vaccines Thursday, October 22nd
1:00 - 3:00pm

September Activities Calendar

MON	TUE	WED	THU	FRI	SAT
	1 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	2 9:00 Exercise with Barb 9:30 Dominoes 10:00 Book Nook 12:00 Lunch 1 - 3 Sr Outreach 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	3 9:00 SilverSneakers Classic 9:30 Board Meeting 9:30 Dominoes 9:30 Euchre 10:05 Club 99 12:00 Lunch 12:30 Ladies Luncheon 1:00 Pinochle 5:00 TOPS	4 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet CENTER CLOSED @ 11am 12:00 Skyline Park Picnic	5
7 CENTER CLOSED ***** LABOR DAY *****	8 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 11:30 Progressive Yoga 12:00 Back to School Bash 12:45 Movie Matinee 3 - 7 Open Cards 5:00 Dinner 5:30 Aviation Program	9 9:00 Exercise with Barb 9:30 Dominoes 12:00 Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	10 9:00 SilverSneakers Classic 9:30 Dominoes 9:30 Euchre 10:05 Club 99 12:00 Lunch 1:00 Pinochle 5:00 TOPS 5:30 Diner's Club	11 8:45 Gentle Floor Yoga 9:00 Hitch a Ride: Forest Lawn 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	12 13 SUNDAY 12:30 Bills Watch Party
14 9:00 Walking Group 9:00 Exercise with Barb 9:00 Safe Driver 10:00 Rummikub 12:00 Lunch 12:30 EC Trivia 1:00 Shuffleboard	15 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 6:00 Dinner/Corfu Pembroke Band	16 9:00 Exercise with Barb 9:30 Dominoes 9:30 - 11:30 Sr Outreach 10:00 Craft 12:00 Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	17 9:00 SilverSneakers Classic 9:30 Dominoes 9:30 Euchre 10:05 Club 99 12:00 Lunch 1:00 Cooking with Sass 1:00 Pinochle 5:00 TOPS	18 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	19
21 9:00 Walking Group 9:00 Exercise with Barb 10:00 Batavia Downs 10:00 Rummikub 12:00 Lunch 1:00 Shuffleboard	22 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 11 - 1 Flu Shots 11:30 Progressive Yoga 12:00 Welcome Fall Lunch 12:45 Movie Matinee 3 - 7 Open Cards 5:00 Dinner/Horseshoes	23 8:30 DAY TRIP DEPARTS 9:00 Exercise with Barb 9:30 Dominoes 10 - 12 Univera 12:00 Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	24 9:00 SilverSneakers Classic 9:30 Dominoes 9:30 Euchre 10:05 Club 99 12:00 Lunch 1:00 Cooking with Sass 1:00 Pinochle 4:30 Dinner and a Movie	25 NO Gentle Floor Yoga 9:30 Dominoes NO Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo	26
28 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Homemade Monday/Trivia 1:00 Shuffleboard 1:00 State and Federal Benefits	29 9:00 SilverSneakers Circuit 9:30 Hand & Foot NO Gentle Chair Yoga NO Progressive Yoga 12:00 Lunch 12:30 Hitch a Ride: Country 12:45 Movie Matinee 3 - 7 Open Cards 4:30 Board Dinner/Entertainment	30 9:00 Exercise with Barb 9:30 Dominoes 10:00 Grief and Loss 12:00 Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot			

Erie County Stay Fit Dining Program - September 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breaded Chicken Cutlet w/ Buffalo Style Sauce on a Bun, Tater Tots, Cheesy Broccoli and Chocolate Pudding (815) Dinner 5pm: Polish Sausage, Sauerkraut, Lima Bean Bake, Mashed Potatoes, Salad and Sherbet	2 Hearty Pork Stew, Mashed Potatoes, Carrots, Roll and Lorna Doones (673) Dinner 4pm: Chicken Mandarin Orange, Sunflower Salad, Roll and Sherbet	3 Beef Taco w/ Cheese on a Flour Tortilla, Spanish Rice, Fiesta Corn, Tropical Fruit and Chocolate Milk (771)	4 Picnic @ Skyline Park	
7 No Meals Served ***** LABOR DAY *****	8 Back To School Bash Dinner 5:00pm: Turkey Breast, Gravy, Sweet Potatoes, Green Beans, Stuffing and Chocolate Chip Cookies	9 Meatballs w/ Sweet Chili Sauce over Rice, Broccoli, Carrots and Strawberry Gelatin (613) Dinner 4pm: Greek Chicken Salad, Roll and Chocolate Chip Cookies	10 Pork Loin w/ Gravy, Mashed Potatoes, Brussels Sprouts, Roll, Applesauce and Chocolate Milk (634)	11 Beer Battered Fish, Coleslaw, Cheesy Broccoli Rice, Zucchini and Tomatoes, Roll and Pineapple Tidbits (756)
14 Pork Ribette w/ BBQ Sauce on a Bun, Duchess Potatoes, Carrots and Tropical Fruit (766)	15 Chicken Caesar Salad, Roll and Chocolate Covered Ice Cream Bar Dinner 5pm: Turkey Dinner catered by Candy Apple and Sponsored by the Pappalardo Family Fund	16 Italian Sausage w/ Peppers, Onions and Tomatoes on a Bun, Red Potatoes, Green Beans, Orange and Chocolate Milk (616) Dinner 4pm: Chicken Drumsticks, Ranch Mashed Potatoes, Mixed Veggies, Salad & Butterscotch Pudding	17 Beef Bourguignon, Mashed Potatoes, Corn, Roll and Sugar Cookies (761)	18 Stuffed Shells w/ Tomato Meat Sauce, Broccoli, Fruit Punch, Salad, Italian Bread and Lemon Ice (908)
21 Chili Con Carne w/ Cheese, Carrots, Apple Juice, Corn Muffin and Pineapple Tidbits (794)	22 Welcome Fall! Chicken Cordon Bleu w/ Herb Sauce, Sweet Potatoes, Brussels Sprouts, Bread and Apple Pie (1011) Dinner 5pm: Meatloaf, Gravy, Garlic Mashed Potatoes, Broccoli, Bread, Salad and Chocolate Cream Pie	23 Polynesian Pork over Rice, Broccoli, Fruit Punch and Applesauce (605) Dinner 4pm: Cranberry Chicken Salad, Crackers and Chocolate Cream Pie	24 Chicken w/ Marsala Sauce, Scalloped Potatoes, Mixed Veggies, Roll, Orange and Chocolate Milk (810)	25 Steakhouse Burger w/ Gravy on a Bun, Ranch Mashed Potatoes, Green Beans and Chocolate Chip Cookies (849)
28 Homemade Monday	29 Chicken w/ Taco Seasoned Peppers, Onions, and Tomatoes w/ Cheese, Spanish Rice, Fiesta Corn, Orange Juice and Strawberry Gelatin (609) Dinner 4:30pm: Board Dinner	30 Chicken Soup w/ Ditalini Noodles, Peas, Salad, Tropical Fruit and Chocolate Milk (634) Dinner 4pm: Garden Chicken Patty Salad, Bread and Cherry Pie	1 Cabbage Roll w/ Meat Sauce, Garlic Mashed Potatoes, Carrots, Salad, Bread and an Orange (763)	2 Hot Dog w/ Baked Beans and Ketchup on a Bun, Macaroni and Cheese, Broccoli and Pineapple Tidbits (749)

*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.

TUESDAY PICK UP!

Week of Sept. 8th

- Hearty Beef Stew
- Lasagna Roll
- Meatballs w/ Gravy
- Ham w/ Maple Glaze
- Hamburger w/ Gravy

Week of Sept. 14th

- Cheese Omelet w/ Creole Sauce
- Breaded Chicken w/ Buffalo Sauce
- Hearty Pork Stew
- Taco-Seasoned Beef
- Breaded Chicken w/ Marsala Sauce

Week of Sept. 21st

- Turkey ala King
- Tortellini w/ Tomato Meat Sauce
- Meatballs w/ Sweet Chili Sauce
- Pork Chop w/ Gravy
- Breaded Fish Patty

Week of Sept. 28th

- Pork Ribette w/ BBQ Sauce
- Chicken w/ Herb Gravy
- Italian Sausage
- Beef Bourguignon
- Stuffed Shells w/ Tomato Meat Sauce

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)
☐ September 4th--Labor Day Picnic \$6 _____ Ham or Turkey (circle one)		☐
☐ September 8th--Back to School Bash \$6 _____		☐
☐ September 10th--Diner's Club \$33 _____ Meal Choice: (circle one) Polish Plate Chicken Parm Fish		☐
☐ September 11th--Hitch a Ride: Forest Lawn \$35 _____		☐
☐ September 13th--Bills Watch Party \$6 _____		☐
☐ September 15th--Corfu Pembroke Band \$3 _____		☐
☐ September 16th--Craft \$20 _____		☐
☐ September 21st--Batavia Downs \$5 _____		☐
☐ September 22nd--Welcome Fall Lunch \$6 _____		☐
☐ September 24th--Dinner and a Movie \$6 _____		☐
☐ September 28th--Homemade Monday \$6 _____		☐
☐ September 29th--Hitch a Ride: Country Drive \$5 _____		☐
☐ September 29th--Board Dinner \$3 _____		☐

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 _____

**Requests
Accepted!**



**50/50
Raffle!**

**Cash Bar!
Beer/Wine**

Music and Comedy Event

Dueling Piano Fundraiser Event

Friday, October 16th @ 6:00pm
(Doors Open @ 5:00pm)

Enjoy a 3-hour Dueling Piano Show by
WNY Dueling Pianos, Baked Ziti Dinner

Dinner includes: Baked Ziti with Ground Beef, Side Salad, Roll and Dessert

Tickets - \$40

Hosted by:

Akron Newstead Senior Citizens

5691 Cummings Rd. Akron NY 716-542-6645

Tickets required and on Sale NOW at the Center!

Cash or Check. Make Checks Payable to Akron Newstead Senior Citizens, Inc