

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. Generally, if Akron Central Schools are closed, so is the Senior Center*

Pre-sorted Standard
Non-Profit Org
U.S. Postage PAID
Akron, NY 14001

Permit 22



Find us on Facebook: Akron Newstead-Seniors

AKRON-NEWSTEAD SENIOR NEWS

October 2026

Senior Center Highlights



- In **August** we hitched a ride to the Thirty Mile Point Lighthouse and the Erie County Fair.
- We hosted an Open House where 26 new members signed up.
- We welcomed WNY Improv, the Hastings Duo and Sentimental Journey to entertain us.
- We hosted programs on Digital Memories by Brendan Chella, Ask a Pharmacist by Independant Health, a nutrition program by SNAP Ed and Stop the Bleed with Sarah Hopseker.
- We served **773** meals through Erie County Congregate Dining and **460** meals catered or prepared by staff.

Hello Friends,

DIRECTOR'S NOTE



Fall is a wonderful time of year. Soon we will be seeing the leaves changing colors; there will be a chill in the air; and, of course, there will be less daylight. All signs that autumn is upon us. To all our snowbirds: it's almost that time of year again, and you will soon be heading to warmer climates. If you would like to continue receiving your newsletter and stay informed about all the exciting events here at the Center, you will need to stop by the office to update your address (the Post office will not forward bulk mail).

We will be embracing the season with a full calendar of activities, programs, and many opportunities to stay connected. Whether you are joining us for a movie, a Hitch-a-Ride, one of the University Express classes, or simply stopping by to say "Hello," there is always something happening here for you.

And we have a change coming from our Senior Board. Moving forward, the Senior Citizen Board will be increasing their annual membership dues from \$10.00 to \$15.00 for 2027.

The Akron/Newstead and Clarence Senior Centers are hosting a joint Housing Fair at the Clarence Town Park Clubhouse (10406 Main Street, Clarence) on Thursday, October 22nd from 9am-11am. Come see what is available to you when you are ready to downsize. And later in the day, back at the Center, we will be hosting our first of two annual Health Insurance Forums. Come between 1pm to 3pm and get answers to all your questions about Medicare, supplemental policies, and changes. I strongly recommend that everyone review your insurance needs before signing up this year.

We look forward to seeing you at the Center,

Sarah

SUNSHINE REPORT

Sympathy

The family of Betsy Goulette

The family of Mike Brown

The family of Jim Barrett

Thinking of You

Jean Johnson

Marylou Spring

SENIOR BOARD NEWS



Dueling Piano Fundraiser Event!

October 16th @ 6pm
Tickets on Sale Now!

\$40



Board Luncheon

\$3.00

Wednesday, October 21st
@ 11:30am

Meal:

Pork Loin w/ Cinnamon Apples,
Sweet Potatoes, Green Beans,
Bread and Butterscotch Pudding

SPECIAL EVENTS

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

Wednesday, October 7th
@ 12:00pm
Music Trivia

\$5.00

Join us for music trivia with Rich Hooper!



Meal:

Polish Sausage, Sauerkraut,
German Potato Salad,
Broccoli and Apple Pie

Friday, October 9th
@ 12:00pm

\$6.00

Soup-er Series

Join us throughout the cooler months to enjoy a different soup each month!



Meal:

Broccoli Cheddar Soup,
Mini Open-Faced Ham and
Cheese, Side Salad and
Dessert

Thursday, October 15th
@ 12:00pm

\$4.00

Nickel City Reptiles

Join us for lunch and a visit from Nickel City Reptiles and Exotic Animals.



Meal:

Pork Stew, Mashed Potatoes, Carrots, Roll
Strawberry Gelatin

Tuesday, October 20th
@ 12:00pm

\$6.00

Lunch and Piano

Join us for lunch and entertainment by Mike DiSalvo!



Meal:

Chicken Breast w/ Marsala Sauce, Garlic Mashed Potatoes, Peas w/ Onions, Roll and Diced Pears

Monday, October 26th
@ 12:00pm

\$6.00

Homemade Monday

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



Meal:

Chili, Mac and Cheese, Cornbread and Dessert

Tuesday, October 27th
@ 5:00pm

\$5.00

Halloween Party

Join us for dinner and DJ Biggs! Costumes encouraged but not required.



Meal:

Mummy Meatloaf 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)

October 6th: Adult Coloring

October 13th: University Express Program (see page 8)

October 20th: Sports Trivia

October 27th: Halloween Party (see above)

Movie Matinees

Tuesdays @ 12:45 pm
Comedies

October 6th - "Wedding Season" (TV-PG)

Pressured by their parents to find spouses, Asha and Ravi pretend to date during a summer of weddings, only to find themselves falling for each other.

October 13th - "Look Both Ways" (TV-14)

On the eve of her college graduation, Natalie's life diverges into parallel realities: one in which she becomes pregnant and remains in her hometown to raise her child and another in which she moves to LA to pursue her dream career.

October 20th - "Wild Mountain Time" (PG-13)

A pair of star-crossed lovers in Ireland get caught up in their family's land dispute.

October 27th - "80 for Brady" (PG-13)

A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.

MOVIE NEWS



Dinner and a Movie

Thursday, October 29th
@ 4:30pm

"The Fabulous Four" (R)

Susan Sarandon and Bette Midler star in the story of two friends who travel to be bridesmaids in a surprise wedding of their college girlfriend.

Dinner:

Pork Chop, Mashed Potatoes w/ Gravy, Mixed Veggies and Dessert

\$6.00



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



- Estate Planning and Trusts
- Estates
- Real Estate
- Estate Litigation

716-633-4030

jvoelkl@voelkllaw.com

voelkllaw.com



Jeffrey F. Voelkl
ATTORNEY

19 South Long St.
Williamsville

Advertise in Our Newsletter!

Contact Chris Reeves

creeves@4LPi.com

(800) 950-9952 x6206



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

Support Our Advertisers!



For ad info. call 1-800-950-9952 • www.lpcommunities.com

Akron Newstead Senior Center, Akron, NY

06-5409



Book subject to change based on library availability

BOOK NOOK Wednesday, October 7th @ 10:00 am

We will discuss September's book (The Mostly True Story) and introduce October's book:

Starling House By Alix E. Harrow

A grim and gothic new tale from author Alix E. Harrow about a small town haunted by secrets that can't stay buried and the sinister house that sits at the crossroads of it all.

LADIES LUNCHEON



Flavor

Thursday, October 1st @ 12:30pm

6432 Genesee St, Lancaster

RSVP to Marylou S. by 9/26
716-407-3557 if you plan to attend.

AKRON NEWSTEAD DINER'S CLUB



Cammarata's

\$47.00

Thursday, October 8th @ 5:30pm

6336 Robinson Rd, Lockport

Meal choices:

- Chicken Parm
- 9oz Strip Steak
- 10oz 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!

October 9th @ 9:00am - University Express Birdwatching at Knox Farm State Park - \$5.00

Includes transportation and 90-minute guided birdwatching walk at beautiful Knox Farm State Park

October 28th @ 10:45am - City Hall Tour - \$5.00

Includes transportation and 1-hour tour of City Hall. Bring pocket money for a stop at Anderson's.



TRIPS AND TRAVEL

Space Limited!
Payment due at time of sign up!

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

Collette Meetings - October 6th



1:30pm - For Ireland Travellers! Document Meeting

2:30pm - Discover Canyon Country Informational Meeting

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.

\$35.00

SAFE DRIVER ACADEMY

Monday, November 9th @ 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.

2027 dates: Jan. 4, March 1, May 10, July 12, Sept. 20, Nov. 8



CASINO

Batavia Downs

Monday, October 19th
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 Allegany Casino

Wednesday, October
14th @ 8:00am

\$40.00

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

Never miss our publication!

Get each new issue delivered straight to your inbox.



Scan to subscribe on
MyCommunityOnline.com



**Serving
WNY
For Over
25 Years**

HERM CLOUSE AGENCY

*Representing over 30 companies to find
the Best Fit for your Insurance Needs*

**Classic/Antique Autos- Autos- Home-
Business- Farms- Commercial-
Motorcycle- Recreational Vehicle-
Manufactured/Mobile Homes**

**Herm Clouse & Anne Paquin-
Licensed Insurance Agents**

herm@clouseagency.com
anne@clouseagency.com

**Give Us
a Call
Today!**

(716)542-1279

68 Main Street- Akron

Support Our Advertisers!

Made you look.

Advertise here to
reach your local
audience.

Visit lpicommunities.com/advertising-solutions

Scan to get
started!



**We're Hiring Ad
Sales Executives**

- Paid Training
- Full-time with Benefits

Visit www.lpicommunities.com/careers



Advertise Here!

Increase visibility in your
community.



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Akron Newstead Senior Center, Akron, NY

06-5409

GAMES

ALL SKILL LEVELS WELCOME!
DON'T KNOW HOW TO PLAY? WE'D LOVE TO TEACH YOU!



RUMMIKUB

Mondays @ 10:00am



MAH-JONGG

Wednesdays @ 1:00pm



HAND & FOOT

Tuesdays @ 9:30am
Wednesdays @ 5:00pm



EUCHRE

Wednesdays @ 5:00pm



DOMINOES

Wednesdays through
Fridays @ 9:30am



PINOCHLE

Thursdays @ 1:00pm



JUST FOR FUN BINGO

Fridays @ 1:00pm



ERIE COUNTY TRIVIA



**October 19th
@ 12:30**

(usually 2nd Monday
of every month)

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

We welcome you to
sign up for lunch
before trivia!



BRAIN GAMES

BOUNTIFUL	HALLOWEEN
FLANNEL	OCTOBER
BREEZY	CHILLY
ORANGE	SQUASH
CIDER	CRISP
COZY	FALL
SEPTEMBER	NOVEMBER
ORCHARD	PUMPKIN
COLORS	GOLDEN
YELLOW	APPLE
GEESSE	PEARS
RAKE	
CRUNCHY	
AUTUMN	
LEAVES	
BRISK	
TREES	

Fall Word Search



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

ARTS AND CRAFTS



Craft - Friday, October 23rd @ 1:00pm \$10.00

Buffalo Bills etched wine class or beer mug. Sign up by Oct. 16th required!



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.

NEW! Tai Chi Stability w/ Cindy: Wednesdays @ 10:15am : 10/7 - 12/30

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, October 7th 1:00 - 3:00 pm
Wednesday, October 21st 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

United: October 29th 10:00am - 12:00pm

Aetna: October 29th 12:30 - 2:30pm

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!

October Activities Calendar

MON	TUE	WED	THU	FRI	SAT
Notes: *Our senior led walking group meets every Monday @ the pumpkin carriage in Akron Falls park. *U.E. = University Express Class			1 9:00 SilverSneakers Classic 9:30 Board Meeting 9:30 Dominoes 10:05 Club 99 12:00 Lunch 12:30 Ladies Luncheon 1:00 Cooking with Sass 1:00 Pinochle 5:00 TOPS	2 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo 1:15 U.E. Cobblestone Houses of WNY	3
5 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 10:30 Fire Prevention: Close Your Door Program 12:00 Lunch 1:00 U.E. Buffalo East Side Industry	6 8:45 Day 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 2:30 Canyon Trip Presentation 5:00 Dinner/Adult Coloring	7 9:00 Exercise with Barb 9:30 Dominoes 10:15 Tai Chi Stability 11 - 1 Flu Shots 12:00 Music Trivia Lunch 1:00 Mah-Jong 1 - 3 Sr Outreach 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	8 9:00 SilverSneakers Classic 9:30 Dominoes 10:05 Club 99 12:00 Lunch 1:00 United Program 1:00 Pinochle 3:30 U.E. Every Building 5:00 TOPS 5:30 Diner's Club	9 8:45 Gentle Floor Yoga 9:00 Hitch a Ride: U.E. Birdwatching 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Soup-er Lunch 1:00 Bingo 2:00 Probate Program	10 8:00 - 2:00 Vascular Screenings BY APPOINTMENT ONLY!
12 CENTER CLOSED	13 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 11:30 Progressive Yoga 12:00 Lunch 12:45 Movie Matinee 5:00 Dinner 5:30 U.E. Carousels, Coasters and Ghosts	14 8:00 CASINO TRIP DEPARTS 9:00 Exercise with Barb 9:30 Dominoes 10:15 Tai Chi Stability 12:00 Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	15 9:00 SilverSneakers Classic 9:30 Dominoes 10:05 Club 99 12:00 Nickel City Reptiles Lunch 1:00 Pinochle 3:30 U.E. Buffalo Made 5:00 TOPS	16 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo DUELING PIANOS FUNDRAISER DOORS OPEN @ 5:00pm	17
19 9:00 Walking Group 9:00 Exercise with Barb 10:00 Batavia Downs 10:00 Rummikub 12:00 Lunch 12:30 EC Trivia 1:15 U.E. Situational Awareness	20 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 11 - 1 Flu Shots 12:00 Progressive Yoga 12:00 Lunch/Entertainment 12:45 Movie Matinee 5:00 Dinner/Sports Trivia	21 8:30 Day Trip Departs 9:00 Exercise with Barb 9:30 Dominoes 9:30 - 11:30 Sr Outreach 10:15 Tai Chi Stability 11:30 Board Luncheon 1:00 Mah-Jong 1:00 U.E. Rosie the Riveter 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	22 9 - 11 Housing Fair @ Clarence Town Park 9:00 SilverSneakers Classic 9:30 Dominoes 10:05 Club 99 12:00 Lunch 1 - 3 Health Ins. Forum 1 - 3 Flu Shots 1:00 Pinochle 5:00 TOPS	23 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 1:00 Bingo 1:00 Craft	24
26 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Homemade Monday/Trivia 2:30 U.E. Iconic Horror	27 NO SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 11:30 Progressive Yoga 12:00 Lunch 12:45 Movie Matinee 5:00 Halloween Party	28 9:00 Exercise with Barb 9:30 Dominoes 10:00 Grief and Loss 10:15 Tai Chi Stability 10:45 Hitch a Ride: City Hall 12:00 Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	29 9:00 SilverSneakers Classic 9:30 Dominoes 10 - 12 United 10:05 Club 99 12:00 Lunch 12:30 - 2:30 Aetna 1:00 Pinochle 4:30 Dinner and a Movie 5:00 TOPS	30 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Lunch 12:45 U.E. Traditions of Halloween 1:00 Bingo	31

Erie County Stay Fit Dining Program - October 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cabbage Roll w/ Meat Sauce, Garlic Mashed Potatoes, Carrots Salad, Bread and Fresh Orange (763)	2 Hot Dog with Baked Beans, Macaroni & Cheese, Broccoli, Pineapple Tidbits (749)
5 Hearty Beef Stew, Mashed Potatoes, Brussels Sprouts, Biscuit and Vanilla Pudding (703)	6 Breaded Chicken w/ Buffalo-style Sauce, Tater Tots, Peas w/ Red Peppers, Mandarin Oranges and Chocolate Milk (805) Dinner 5:00pm: Chili Con Carne w/ Cheddar Cheese, Carrots, Apple Juice, Salad, Corn Muffin and Ice Cream Novelty	7 Polish Sausage w/ Sauerkraut & Mustard, German Potato Salad, Broccoli and Apple Pie (966) Dinner 4pm: Chicken Pasta Salad, Bread and Ice Cream Novelty	8 Turkey w/ Gravy Mashed Butternut Squash, Corn, Molded Cranberry Salad, Roll and Fresh Banana (677)	9 Soup-er Lunch
12 No Meals Served	13 Breaded Chicken w/ Herb Gravy, Mashed Sweet Potatoes, Corn w/ Red Peppers, Roll and Applesauce (718) Dinner 5pm: Ham Steak w/ Pineapple Sauce, Scalloped Potatoes, Brussels Sprouts, Roll, Salad and Coconut Cream Pie	14 Swedish Meatballs over Pasta, Peas, Diced Beets Salad and Pineapple Tidbits (717) Dinner 4pm: Chicken Caesar Salad, Roll and Coconut Cream Pie	15 Hearty Pork Stew, Mashed Potatoes, Carrots, Roll and Strawberry Gelatin (603)	16 Steakhouse Burger w/ Gravy, Tater Tots, Lima Bean Bake, Mandarin Oranges and Chocolate Milk (842)
19 Beef Pepper Steak Casserole with White Rice, Broccoli, Carrots and Lorna Doones (655)	20 Chicken Breast w/ Marsala Sauce, Garlic Mashed Potatoes, Peas w/ Pearl Onions, Roll, Diced Pears (603) Dinner 5pm: Ancho Chicken Fajita, Corn w/ Red Peppers, Spanish Rice, Grape Juice, Salad and Sugar Cookies	21 Roast Pork w/ Warm Cinnamon Apples, Sweet Potatoes, Green Beans, Bread, Butterscotch Pudding (684) Dinner 4pm: Beef Taco Salad, Tortilla Strips and Sugar Cookies	22 Garden Chicken Patty Salad w/ Cheddar Cheese, Bread, Fresh Banana and Chocolate Milk (986)	23 Stuffed Shells w/ Tomato Meat Sauce & Mozzarella, Cauliflower, Fruit Punch, Salad, Bread and Lemon Ice (904)
26 Homemade Monday	27 Rigatoni w/ Italian Sausage, Tomato Sauce & Mozzarella, California Blend Vegetables, Fruit Punch, Salad, Roll and Fresh Apple (784) Dinner 5:00pm: Halloween Party	28 Beef Taco Salad w/ Taco Sauce & Tortilla Strips, Pineapple Tidbits and Chocolate Milk (626) Dinner 4pm: Cabbage Roll w/ Meat Sauce, Garlic Mashed Potatoes, Peas, Roll, Salad and Banana Cream Pie	29 Baked Ham w/ Pineapple Sauce, Scalloped Potatoes, Brussels Sprouts, Roll and Chocolate Brownie (617)	30 Breaded Chicken Drumsticks, Duchess Mashed Potatoes, Green Beans w/ Red Peppers, Roll and Banana Cream Pie (1013)

**If you have a food allergy, please notify us.*

Support Our Advertisers!

Little
space.
Big
impact.

Advertise here
Call 800-950-9952

Does your
organization need
a newsletter?
We'll cover the
printing costs!

Learn more at
lpicommunities.com



FREE AD
DESIGN WITH
PURCHASE OF
THIS SPACE

Call 800.950.9952

Reach a hyperlocal audience.

An advertisement in
this newsletter is a
highly effective way to
promote your business
to our community.



Call 800.950.9952



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Akron Newstead Senior Center, Akron, NY

06-5409

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 October 5th

- Chili Con Carne
- Polynesian Pork Stew
- Breaded Chicken w/ Gravy
- Chicken Breast w/ Marsala Sauce
- Hamburger w/ Gravy

Week of October 13th TUESDAY PICK UP!

- Lasagna Roll w/ Tomato Meat Sauce
- Cheese Omelet w/ Creole Sauce
- Chicken w/ Taco Seasoned Peppers, Onions & Tomatoes
- Breaded Chicken w/ Red Sauce
- Hot Dog

Week of October 19th

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

Week of October 26th

- Lasagna Roll w/ Tomato Meat Sauce
- Swedish Meatballs
- Breaded Chicken w/ Gravy
- Pork Stew
- Hamburger 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



716-867-7919 • Akron, NY
Your Hunt Stops Here.



We are here for you!

12983 Main Rd.
Akron
585-518-4117



**WE APPRECIATE
OUR ADVERTISERS**

They allow us to
print this newsletter.
Thank you!



For ad info. call 1-800-950-9952 • www.lpcommunities.com

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)
☐ October 7th--Music Trivia \$5 _____		☐
☐ October 8th--Diner's Club \$47 _____ Meal Choice: (circle one) Chicken Parm Steak Pork		☐
☐ October 9th--Hitch a Ride: Birdwatching \$5 _____		☐
☐ October 9th--Soup-er Series \$6 _____		☐
☐ October 15th--Nickel City Reptiles \$4 _____		☐
☐ October 19th--Batavia Downs \$5 _____		☐
☐ October 20th--Lunch and Piano \$6 _____		☐
☐ October 21st--Board Luncheon \$3 _____		☐
☐ October 23rd--Craft \$10 _____	Beer Mug or Wine Glass	☐
☐ October 26th--Homemade Monday \$6 _____		☐
☐ October 27th--Halloween Party \$5 _____		☐
☐ October 28th--Hitch a Ride: City Hall \$5 _____		☐
☐ October 29th--Dinner and a Movie \$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:		Dinner:	
Date(s)	Name(s)	Date(s)	Name(s)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Additional Comments _____ Staff Initial _____



Health and Wellness



Flu Shot Clinics

Please bring ID and insurance card!

October 7th 11:00am - 1pm

Rutowski's Pharmacy
All available shots.

October 20th 11:00am - 1:00pm

Akron Community Pharmacy
Flu shots only.

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

Wegmans
All available shots.



Vascular Screenings

Saturday, October 10th
BY APPOINTMENT ONLY!

15 minute appointments
starting at 8:15am

Screenings provided by Catholic Health, includes a fast, painless, and non-invasive ultrasound used to check your Carotid Artery for early signs of blockages.



Housing Fair

Thursday, October 22nd
9:00am - 11:00am

Clarence Town Park Clubhouse
10406 Main Street

Come see what housing options are available to the senior citizen community!

OPEN TO THE PUBLIC

Jointly hosted by the Akron-Newstead Senior Center and Clarence Senior Center



Insurance Forums

If you are looking for more information on your insurance options during open enrollment all major insurance companies will be here for a one on one first come first served tabling event.

October 22nd 1:00 - 3:00pm

November 17th 1:00 - 3:00pm