

Akron/Newstead Senior Center

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Director: Sarah Young

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Assistant to the Director: Jackie Long

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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*

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Find us on Facebook: Akron Newstead-Seniors

AKRON-NEWSTEAD SENIOR NEWS

November 2026

Senior Center Highlights



- In **September** we hitched a ride to Forest Lawn Cemetery and took a drive to Pumpkin Patches/Country Stores.
- We had a nice Labor Day Picnic at Skyline Park and watched a Bills Game together.
- We welcomed the Corfu-Pembroke Band, Mark Swarts and Kirk McWharter to entertain us.
- We hosted an aviation program by Allan Kidder, Cooking w/ SASS with Erie County and a Veteran's State and Federal Benefits Informational event with various agencies.
- We served **672** meals through Erie County Congregate Dining and **223** meals catered or prepared by staff.

Hello Friends,

DIRECTOR'S NOTE



Fall is here and unfortunately winter will soon be knocking on our door. When the weather outside is not looking the greatest, you can be assured that we will be keeping you busy here at the Center. There is always something new happening at the Center and this month is no different.

As we move on to Thanksgiving, we pause and give thanks for many things, but one of the greatest blessings here at the Center is you! I look at all of you and know our Center is thriving! We continue to grow in membership, all while still being the best kept secret in town. With that said, I hope you join us for our annual Friendsgiving Thanksgiving dinner and entertainment planned for Tuesday, November 24th.

As we prepare for the holidays and all the celebrating, we also need to prepare ourselves for another Western New York winter. Hopefully it's not as bad as last year. If you find yourself wondering if the Center is open or closed due to inclement weather, check for "weather closing" announcements on WGRZ-TV, WKBW-TV, WIVB-TV. Most importantly, if Akron Central Schools are closed, the Center will be too.

Looking forward to seeing you soon,

Sarah

SUNSHINE REPORT Sympathy

The family of Elaine Koch

The family of David Popielski

The family of Jean Johnson

Thinking of You

Pat Sackett

Paul Czechowicz

Jean Bedford

Zona Shreves

Monroe Sommers

Joanne Lizauckas

SENIOR BOARD NEWS

OTHER NEWS:



Board Luncheon

Wednesday, November 18th @ 11:30am

Meal:

Lasagna Roll w/ Tomato Meat Sauce, Cauliflower, Carrots, Italian Bread and Oatmeal Round Cookie

\$3.00

- The Senior Board will be sponsoring lunch for our Veterans at our Veterans Day Lunch - Nov. 10th
- Nominations for Board Members will be open at the November 18th meeting.
- Four **G.O.L.D.E.N** Packages went out in October. (**G**ifts **O**f **L**ove **D**elivered to **E**ncourage **N**eighbors)

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, November 13th

@ 12:00pm

Soup-er Series

\$6.00

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



Meal:

Tortilla Soup, Mini Open Faced Tuna Melt, Salad and Dessert

Thursday, November 19th

@ 9:00am

Breakfast @ the Center

\$6.00

Join us for breakfast and fresh brewed coffee!



Meal:

Sausage and Cheese Egg McAkron, Fruit and Yogurt

Friday, November 20th

@ 12:00pm

A Charlie Brown Thanksgiving

\$6.00

Join us for lunch and a Charlie Brown Thanksgiving special.



Meal:

Turkey Cranberry Sliders, Cheesy Potato Casserole, Green Beans and Dessert

Monday, November 23rd

@ 12:00pm

Homemade Monday

\$6.00

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



Meal:

Pulled Pork Sandwich, Chips, Coleslaw, Mixed Veggies and Dessert

Tuesday, November 24th

@ 5:00pm

Friendsgiving

\$6.00

Join us for a Thanksgiving dinner and entertainment with the Hastings Duo!



Meal:

Turkey, Stuffing, Gravy, Sweet Potatoes, Green Bean Casserole, Roll and Pumpkin Pie

Monday, November 30th

@ 12:00pm

Music of the 1970's

\$6.00

Join us for lunch and 1970's music by Mark Wolffer.



Meal:

Cheeseburger, Fries, Carrots and Dessert

Tuesday Night Line Up:

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

November 3rd: Akron High School Interact Club Tech Help 3:00 - 4:30

November 10th: University Express Program (see page 8)

November 17th: University Express Program (see page 8)

November 24th: Friendsgiving

Movie Matinees

Tuesdays @ 12:45 pm
Family Movies

November 3rd - "Uncle Buck" (PG)

Laid back commitment-phobe Buck babysits his brother's rebellious teenage daughter and her cute younger brother and sister.

November 10th - "The Royal Treatment" (TV-PG)

New York hairdresser Izzy seizes the chance to work at the wedding of a charming prince, but when sparks between them fly, will love or duty prevail?

November 17th - "Finding Ohana" (PG)

A summer in rural O'ahu takes an exciting turn for two Brooklyn-raised siblings when a journal pointing to long-lost treasure sets them on an epic adventure with new friends, and leads them to reconnect with their Hawaiian heritage.

November 24th - "Afterlife of the Party" (TV-PG)

During her birthday week, a young female party planner unfortunately dies. Now she must assist a specific selection of people who were in her life in order to move herself to the Above (or Heaven).

MOVIE NEWS



Dinner and a Movie

Thursday, November 19th
@ 5:30pm

"The Breadwinner" (PG)

When a supermom lands a Shark Tank deal, she switches roles with her breadwinner husband, who struggles to adapt as a stay-at-home dad to their three daughters.

Dinner:

Meatball Sub, Marinated Veggies, Chips 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@voelklaw.com

voelklaw.com



Jeffrey F. Voelkl
ATTORNEY

19 South Long St.
Williamsville

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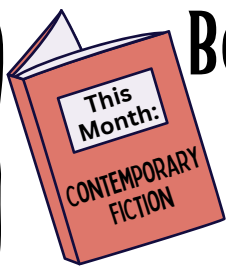
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Akron Newstead Senior Center, Akron, NY

06-5409



BOOK NOOK Wednesday, November 4th @ 10:00 am

We will discuss October's book (Starling House) and introduce November's book:

In Five Years By Rebecca Serle

Dannie Kohan, a meticulous Manhattan corporate lawyer who has her entire life planned out, only to experience a mysterious vision one night that transports her five years into the future

Book subject to change based on library availability

LADIES LUNCHEON



Rob's Topico Pizza

Thursday, November 5th @
12:30pm

10250 Main St, Clarence

RSVP to Ann V. by 10/26
716-238-1521 if you plan to attend.

AKRON NEWSTEAD DINER'S CLUB



Sean Patrick's

\$42.00

Thursday, November 12th @ 5:30pm
3480 Millersport Hwy, Getzville

Meal choices:

- Shepard's Pie
- Turkey Dinner
- Fish Fry
- Meatloaf

Includes: coffee or
pop, salad, rolls and
butter, ice cream 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!



November 10th @ 9:30am - University Express Niagara Air & Space Museum - \$5.00

Includes transportation and 90-minute guided tour to explore WNY's rich aviation and space heritage.

November 13th @ 12:45pm - University Express: History of Mahjong - \$5.00

Includes transportation to Lancaster Senior Center.



TRIPS AND TRAVEL

Space Limited!
Payment due at
time of sign up!

NEW

December 17th - Buffalo Philharmonic Holiday Pops

Includes lunch at Pearl at the Webb (*see insert*)

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



Hamburg Casino

**Wednesday,
November 25th
@ 9:00am**

**SPACE
LIMITED!**

\$5.00

Climb aboard the Senior
Center Van for a ride to
Hamburg Casino.
Includes transportation.
Bring pocket money for
game play and/or snacks.

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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



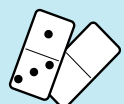
HAND & FOOT

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



November 9th

@ 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!

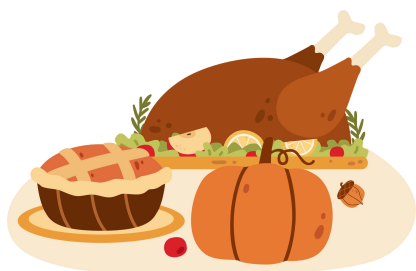
We welcome you to
sign up for lunch
before trivia!



BRAIN GAMES

Thanksgiving Word Search

THANKFUL AUTUMN
BLESSINGS FEAST
CRANBERRY GRAVY
STUFFING CORN
HARVEST PIE
PUMPKIN
FAMILY
DINNER
TURKEY
LEAVES



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

ARTS AND CRAFTS



Craft - Thursday, November 12th @ 1:00pm \$6.00
5" Fall Gnome Ceramic Painting w/ Felicia



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



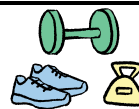
Crochet Club - Every Friday @ 10:00am
Bring a project to work on or supplies to learn



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.

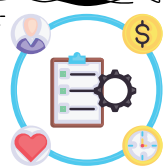
Tai Chi Stability w/ Cindy: Wednesdays @ 10:15am : 10/7 - 12/30

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, November 4th 1:00 - 3:00 pm

Wednesday, November 18th 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: Friday, November 6th 10:00am - 12:00pm

Aetna: November 6th 12:30pm - 2:30pm

Health Insurance Forum:

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!



UNIVERSITY EXPRESS FALL SEMESTER

PLEASE SIGN UP IN
ADVANCE 716-542-6645

Monday, November 2nd @ 1:00pm: Bringing a Warhawk Home

What does it take to bring a World War II fighter airplane home? This presentation tells the remarkable story of how volunteers from the Niagara Air & Space Museum acquired, transported, and reassembled a rare three-quarter-scale Curtiss P-40 Warhawk from the Curtiss Museum in Hammondsport, New York. Through photographs and firsthand stories, you'll follow the project from a simple idea to a successful museum exhibit, learning about the planning, teamwork, engineering, and determination required to move an aircraft more than 150 miles. Along the way, you'll also discover the important role Western New York played during World War II, when Buffalo became one of the world's leading aircraft manufacturing centers and the P-40 Warhawk became a symbol of the region's industrial strength and wartime contribution. This engaging presentation celebrates local history, dedicated volunteers, and the preservation of our aviation heritage for future generations.

Wednesday, November 4th @ 1:00pm: 17 Deadly Days - How Gerald Ford Cheated Death Twice

California, 1975. 17 days apart. Two women. Each with a gun. Both tried to assassinate President Gerald Ford. One was a disgruntled housewife who only recently passed away. The other was a follower of Charles Manson. This is the fascinating story of Ford's brief presidency, the fallout from the attempted assassinations, and how the president got lucky – twice.

Tuesday, November 10th @ 1:00pm: Dark History: 72 Sycamore: The Eliza Quirk Story

This class is a lecture on 72 Sycamore, a former 1848 Brothel owned by Irish Immigrant Eliza Quirk. This lecture will focus on the history from Eliza to the current status as Preservation Buffalo Niagara's future home. Dark undertones include sex work and homicides.

Tuesday, November 10th @ 5:30pm: Your Best Shot - Understanding Adult Vaccines

Vaccines have dramatically reduced the burden of infectious diseases and continue to play a vital role in protecting health, especially as we age. This lecture explains how vaccines work, reviews their history and impact, and discusses current recommendations for influenza, COVID-19, shingles, pneumococcal disease, and others. Common questions and misconceptions will also be addressed to help participants make informed decisions about vaccination.

Thursday, November 12th @ 4:30pm: The Objects That Tell Our Stories: Life at the Hull Family Home & Farmstead

Step inside the history of the Hull Family Home & Farmstead through the objects that shaped daily life. Built in 1810, the farmstead preserves the story of the Hull family and more than 200 years of agricultural life in Western New York. Discover the stories behind historic farm tools and household artifacts, and create your own lavender sachet inspired by traditions of the past.

Friday, November 13th @ 1:15pm: How to be a Fiduciary

If you are the executor of a will, the trustee of a trust, or someone's power of attorney agent, you are taking on a very serious responsibility. This presentation introduces these roles and helps participants anticipate and avoid the common mistakes that people make when handling financial transactions on behalf of their loved ones.

Monday, November 16th @ 2:30pm: Why are so many things named Ellicott in WNY? Come meet the man in person.

The name Ellicott is found in buildings, creeks, squares, towns and roads all over WNY. 2026 marks the 200th anniversary of Ellicott's death. This presentation will bring Ellicott back to life in a first person, costumed portrayal set in 1824 as he relates the details of his life and impact on our area including bringing the Erie Canal to WNY. History will be brought to life in this living depiction of one of WNY's founding fathers.

Tuesday, November 17th @ 5:30pm: From Tragedy to Safety How Laws Were Changed as a Result of Disasters

Keeping our children, family and community safe is of the utmost importance for everyone. This class will review unthinkable catastrophes of the past, from the Titanic to the Oklahoma Bombing and from Len Bias to Adam Walsh. The lessons learned from such tragedies created positive changes in our communities as well as stronger laws to keep us all safer.

Wednesday, November 18th @ 2:00pm: Tools for Taming Stress

Everyone suffers from stress. We worry about our finances, our health and our families. However, chronic stress can be dangerous. In this seminar, we'll talk about how stress affects our bodies and learn some stress management techniques, including the benefits of humor and laughter.

Thursday, November 19th @ 3:00pm: Popcorn & Picture: "Mother Cabrini" Movie Day

Join us for a special screening of "Cabrini", the inspiring true story of Saint Frances Cabrini, filmed right here in Buffalo's historic mansions and landmarks. Popcorn and soda for all.

Monday, November 23rd @ 1:00pm: Understanding Trauma, the ACES Scale, and its Lifelong Effects on Your Health and Emotional Wellbeing

Trauma in this world is very widespread. Many young and old are affected. It often goes unnoticed and unnamed. Some say "the past is in the past, forget it". But it's not in the past, it's right here. Learn what trauma and PTSD are, and what the ACES, or Adverse Childhood Experience Scale is. It's a quick way to measure the amount of trauma a person has experienced. We will talk about the physical and emotional effects and also about treatment approaches.

November Activities Calendar

MON	TUE	WED	THU	FRI	SAT
2 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 1:00 U.E. Bringing a Warhawk Home	3 NO SilverSneakers Circuit 9:30 Hand & Foot NO Gentle Chair Yoga 11-1 Flu Shots NO Progressive Yoga 12:00 Lunch 12:45 Movie Matinee 3-4:30 Tech Help 5:00 Dinner	4 9:00 Exercise with Barb 9:30 Dominoes 10:00 Book Nook 10:15 Tai Chi Stability 12:00 Lunch 1-3 Sr Outreach 1:00 U.E. 17 Deadly Days 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	5 9:00 SilverSneakers Classic 9:30 Board Meeting 9:30 Dominoes 10:05 Club 99 12:00 Lunch 12:30 Ladies Luncheon 1:00 Pinochle 5:00 TOPS 5-6:30 Good for the Neighborhood	6 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 10-12 United 12:30-2:30 Aetna 12:00 Lunch 1:00 Bingo	7
9 9:00 Walking Group 9:00 Exercise with Barb 9:00 Safe Driver Academy 10:00 Rummikub 12:00 Lunch 12:30 EC Trivia	10 9:00 SilverSneakers Circuit 9:30 Hand & Foot 9:30 Hitch a Ride: Air/Space 10:15 Gentle Chair Yoga 11:30 Progressive Yoga 12:00 Veteran's Day Lunch 12:45 Movie Matinee 1:00 U.E. 72 Sycamore 5:00 Dinner 5:30 U.E. Adult Vaccines	11 CENTER CLOSED 	12 9:00 SilverSneakers Classic 9:30 Dominoes 10:05 Club 99 12:00 Lunch 1:00 Pinochle 4:30 U.E. Hull House 5:00 TOPS 5:30 Diner's Club	13 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 Soup-er Lunch 12:45 Hitch a Ride: Mahjong 1:00 Bingo 1:15 U.E. How to be a Fiduciary	14
16 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch 2:30 U.E. Ellicott in WNY	17 9:00 SilverSneakers Circuit 9:30 Hand & Foot 10:15 Gentle Chair Yoga 11:30 Progressive Yoga 12:00 Lunch 12:45 Movie Matinee 1-3 Health Ins Forum 5:00 Dinner 5:30 U.E. Tragedy to Safety	18 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 2:00 U.E. Taming Stress 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	19 9:00 SilverSneakers Classic 9:00 Breakfast 9:30 Dominoes 10:05 Club 99 12:00 Lunch 1:00 Pinochle 3:00 U.E. "Mother Cabrini" 5:00 TOPS 5:30 Dinner and a Movie	20 8:45 Gentle Floor Yoga 9:30 Dominoes 9:45 Gentle Chair Yoga 10:00 Crochet 12:00 A Charlie Brown Lunch 1:00 Bingo 2:00 14 Ways to Protect Your Assets	21
23 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Homemade Monday/Trivia 1:00 U.E. Understanding Trauma	24 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 Friendsgiving/Hastings Duo	25 9:00 Exercise with Barb 9:00 Hamburg Casino 9:30 Dominoes 10:00 Grief and Loss 10:15 Tai Chi Stability 12:00 Lunch 1:00 Mah-Jong 3:00 Watercolors 4:00 Dinner 5:00 Euchre/Hand & Foot	26 CENTER CLOSED 	27 CENTER CLOSED	28
30 9:00 Walking Group 9:00 Exercise with Barb 10:00 Rummikub 12:00 Lunch/1970's Music Entertainment					Notes: *Our senior led walking group meets every Monday @ the pumpkin carriage in Akron Falls park. *U.E. = University Express Class

Erie County Stay Fit Dining Program - November 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Macaroni Casserole w/ Cheddar Cheese, Green Beans, Apple Juice, Bread and Butterscotch Pudding (839)	3 Hot Dog w/ Baked Beans, Mac and Cheese, Carrots and Tropical Fruit (746) Dinner 5:00pm: Cheese Ravioli w/ 3oz. Tomato Meat Sauce, Cauliflower, Salad, Roll and Dessert	4 Chicken w/ Red Pepper Cream Sauce, Mashed Potatoes, Broccoli, Roll and Lorna Doones (632) Dinner 4pm: Grilled Chicken Salad w/ Greek Dressing, Roll and Dessert	5 Beef Bourguignon, Ranch Mashed Potatoes, Brussels Sprouts, Bread, Chocolate Milk and a Fresh Orange (698)	6 Battered Fish w/ Tartar Sauce, Coleslaw, Cheesy Broccoli Rice, Mixed Vegetables, Roll and Applesauce (737)
9 Mediterranean Chicken Stew, Yellow Rice w/ Turmeric, Broccoli, Grape Juice and Diced Peaches (658)	10 Veteran's Day Lunch: Pork Loin w/ Gravy, Scalloped Potatoes, Vegetable Medley, Roll and Lemon Meringue Pie VETERANS EAT FREE Dinner 5:00pm: Breaded Chicken w/ BBQ Sauce, Ranch Mashed Potatoes, Mixed Veggie, Salad, Roll and Dessert	11 CENTER CLOSED	12 Stuffed Shells w/ Tomato Meat Sauce, Mozzarella, Cauliflower, Peas, Bread and Sugar Cookies (878)	13 Soup-er Lunch
16 Sloppy Joe on a Wheat Bun, Tater Tots, Mixed Vegetables and Mandarin Oranges (705)	17 Polynesian Pork over Rice, Broccoli, Orange Juice and Gelatin (619) Dinner 5pm: Battered Fish, Broccoli Cheese Casserole, Carrots, Coleslaw, Roll and Dessert	18 Lasagna Roll w/ Tomato Meat Sauce, Mozzarella, Cauliflower, Carrots, Bread and Oatmeal Cookie Round (752) Dinner 4pm: Chicken Patty Salad, Roll and Dessert	19 Chicken w/ Marasala Sauce, Garlic Mashed Potatoes, Green Beans, Salad, Roll and a Fresh Apple (671)	20 A Charlie Brown Lunch
23 Homemade Monday	24 Grilled Chicken, Mandarin Orange and Sunflower Salad, Bread and Dessert Dinner 5pm: Turkey w/ Stuffing, Gravy, Sweet Potatoes, Green Bean Casserole, Roll and Pumpkin Pie (1046)	25 Pork Ribette w/ BBQ Sauce on a Bun, Duchess Potatoes, Broccoli, Chocolate Milk and a Fresh Banana (921) Dinner 4pm: Meatloaf w/ Swiss Gravy, Scalloped Potatoes, Brussels Sprouts, Salad, Bread and Dessert	26 CENTER CLOSED	27 CENTER CLOSED
30 Music of the 1970s	1 Cabbage Roll w/ Savory Meat Sauce, Garlic Mashed Potatoes, Mixed Vegetables, Roll and Vanilla Ice Cream (807) Dinner 5:00pm: Stuffed Shells w/ Tomato Meat Sauce, Carrots, Broccoli, Salad, Roll and Dessert	2 Breaded Chicken w/ Cranberry Chutney, Tater Tots, Peas w/ Pearl Onions, Roll, Tropical Fruit (716) Dinner 4pm: Beef Taco Salad, Tortilla Strips and Dessert	3 Tuna Pasta Salad on a Bed of Salad Greens, Club Crackers and a Fidge Cookie Round (765)	4 Baked Ham w/ Maple Glaze, Mashed Sweet Potatoes, Cauliflower, Rye Bread, Chocolate Milk and Pineapple Tidbits (609)

**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 11/2

- Beef Peppersteak Casserole
- Pork Loin w/ Apples
- Chicken Breast w/ Marsala Sauce
- Breaded Chicken w/ BBQ
- Stuffed Shells w/ Tomato Meat Sauce

Week of 11/9

- Turkey a la King
- Italian Sausage w/ Tomato Sauce
- Taco Seasoned Beef
- Baked Ham w/ Pineapple Sauce
- Breaded Chicken With Gravy

Week of 11/16

- Beef Macaroni Casserole
- Hot Dog w/ Baked Beans
- Chicken w/ Red Pepper Cream Sauce
- Beef Bourguignon
- Breaded Fish Patty

Week of 11/23

- Mediterranean Chicken Casserole
- Pork Loin w/ Gravy
- Cheese Omelet w/ Creole Sauce
- Stuffed Shells w/ Tomato Meat Sauce
- Hamburger w/ Gravy

Week of 11/30

- Sloppy Joe
- Polynesian Pork Casserole
- Lasagna Roll w/ Tomato Meat Sauce
- Chicken Breast w/ Marsala Sauce
- Taco Seasoned Beef

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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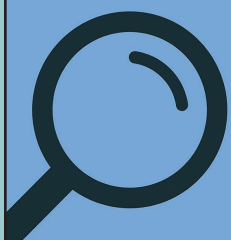
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Akron Newstead Senior Center, Akron, NY

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)
☐ November 10th--Hitch a Ride: Air/Space Museum \$5 _____		☐
☐ November 12th--Craft \$6 _____		☐
☐ November 12th--Diner's Club \$42 _____ Meal Choice: (circle one) Shepard's Pie Turkey Fish Fry Meatloaf		☐
☐ November 13th--Hitch a Ride: Mahjong \$5 _____		☐
☐ November 13th--Soup-er Series \$6 _____		☐
☐ November 18th--Board Luncheon \$3 _____		☐
☐ November 19th--Breakfast \$6 _____		☐
☐ November 19th--Dinner and a Movie \$6 _____		☐
☐ November 20th--Charlie Brown Lunch \$6 _____		☐
☐ November 23rd--Homemade Monday \$6 _____		☐
☐ November 24th--Friendsgiving \$6 _____		☐
☐ November 25th--Hamburg Casino \$5 _____		☐
☐ November 30th--Music of the 1970s \$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 _____

Community Happenings @ the Center



Tech Help w/ Akron High School Interact Club



Tuesday, November 3rd 3:00 - 4:30pm

Bring your electronic devices and get help from the students of the Akron High School Interact Club!

Call 716-542-6645 to register



Good for the Neighborhood



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

Winter Hats and Gloves for first 100 adults and 24 kids

Free Gift Card for first 100 adults

Free Recipe Bags

Free Hygiene Essential Bags

Healthy Option Snacks

Community Vendors

...and more!

ECMC will be
here for Blood
Pressure
Screenings!

The Buffalo &
Erie County
Public Library
Bookmobile
will be here!



Akron-Newstead Senior Center
5691 Cummings Road Akron, NY 14001
Phone #: 716-542-6645

Community Happenings @ the Center



Health Insurance Forum **Tuesday, November 17th** **1:00pm - 3:00pm**

Your health needs changes from year to year as do health plans benefits and costs. That is why it is important to evaluate your Medicare choices each year.

Open enrollment is the one time each year when all people with Medicare can learn about any new benefits or changes to Medicare and make changes to their coverage.

Representatives from some of the major health insurance companies will be present with information and applications to introduce their upcoming benefit packages. **Univera will not be in attendance**



14 Ways to Preserve Your Assets **with the Medicaid Laws**

Friday, November 20th @ 2:00pm

Learn about the latest strategies to preserve your assets if nursing home or assisted care is necessary and plan for incapacity with powers of attorney, health care proxies, living wills, wills, trusts, transferring your home to family members, long term care insurance, prepaid funeral accounts, IRAs, properly documented gifts, spousal allowances and transfers, caregiver agreements, and emergency Medicaid planning.

BPO Holiday Pops Celebration !!

& Lunch at Pearl at the Webb

THURSDAY, DECEMBER 17, 2026

AKRON NEWSTEAD SENIORS

Resident Price: \$105 per person

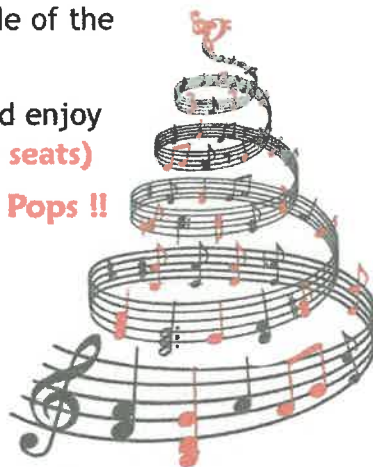
Non-Resident Price:
\$125 per person

Please sign up and pay by
Tuesday, November 17th.



Holiday Pops is Buffalo's most cherished seasonal tradition for a reason. Under Ron Spigelman, the BPO fills Kleinhans with familiar favorites, fresh surprises, and the warmth you feel the moment you walk into the hall. With guest artists to be announced and the Buffalo Philharmonic Chorus on stage, this concert is designed for families, friends, and anyone who wants a holiday outing that feels uplifting rather than hectic. It is pure joy !!

- 8:30 am Depart by chartered motorcoach from the Akron Newstead Senior Center, 5691 Cummings Road, Akron for downtown Buffalo. (Please park on the far side of the parking lot.)
- 9:15 Arrive at Kleinhans Music Hall (3 Symphony Circle, Buffalo) and enjoy coffee and donuts before the performance begins. **(orchestra seats)**
- 10:30 Enjoy the **Buffalo Philharmonic Orchestra Festive Holiday Pops !!** Expect sparkle, singable moments, and that unmistakable feeling when the whole room is in it together. Come for the music, stay for the atmosphere, and leave with the season feeling brighter.
- 12:30 pm At the end of the performance, reboard your motorcoach and depart for lunch.
- 1:15 Enjoy a served lunch at Pearl at the Webb (92 Pearl St.). **Please indicate your entree choice when you sign up for the trip:** Beer Battered Fish & Chips, Beer Braised Pot Roast with mashed potatoes, or Mixed Greens with Chargrilled Chicken Breast. Also included are warm rolls, cake, and coffee/tea.
- 2:45 At the end of lunch, depart on your trip home.
- 3:30 Estimated return time to the Akron Newstead Senior Center.



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