

Akron/Newstead Senior Center
5691 Cummings Road
Akron, New York 14001
Phone 716-542-6645
Fax 716-542-6646

Director: Debb Sabbatis
Sr. Ctr. Attendant: Kay Green and Barbara Gaik
Email: dsabbatis@townofnewstead.com
Fax: 542-6646

Hours of operation
Monday—Friday 7:00 to 3:30

February 2015

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Permit 22

AKRON-NEWSTEAD SENIOR NEWS



Craft Classes

Card Making

We will be making greeting cards with rubber stamps **Wednesday, February 4th** at 12:30 pm. All supplies are included. You must sign up for the class in advance.

Cost \$10

Watercolor Paint Class

Dan Meyer's Watercolor Workshop offers an opportunity for individuals to learn the art of watercolor in a small, personalized environment. Classes held on Wednesdays at 3pm. \$10 fee for each 1.5 hour session.

For more info call 542-6645.

Crochet Group

Like to crochet? Want to make new friends? Join our crochet group. Meets on first and third Mondays (when Center open) at 10 am.

Beginners are welcome.

Center Exercise Facility

As a member of the A/N Senior Center and/or a member of SilverSneakers® you have the benefit of using the Center exercise facility. Prior to using the equipment you must take the exercise orientation class and provide a permission slip from your physician. The next exercise orientation is **Thursday, February 19th at 11:00am.**

Please sign up or call
542-6645.

Pinochle Tournament

The players came out to win during the Thursday afternoon pinochle tournament. Bev took first place with 662. Monroe held second place with 624. Jerry came in third with 610 and in fourth with 609 was Mary. Be sure to join us Thursday, **February 26th** for our next tournament.



AARP Smart Driver Course

Save money on your car insurance and increase your driving skills by attending the AARP Safe Driving class. **The fee for the AARP Driver Safety Program is \$20 for AARP members and \$25 for non-members.** Payment in the form of a check payable to AARP is due no later than the week prior to secure your seat. Indicate AARP membership number in the memo section of your check.

Stop by Senior Center or call

542-6645 to register.

Consider joining us for lunch. For individuals 60 and over the cost is a donation of **\$3.00** and those under 60 the fee is **\$5**. Reservations for lunch can be made when registering for the class.

Class schedule for 2015: March 10, May 12, July 14, September 8, November 10.

Thursday, February 19th
12:30 pm

Get Your Poker Face On!

Are you interested in playing Texas Hold'em poker? We are organizing a poker tournament on Thursday, February 19th at 12:30 pm. This may be a two day tournament depending upon number of participants.

There is a \$5.00 entrance fee.

Sign up and pay in office.

Volume 39 #02 February 2015
Akron, New York

Newsletter Assisted by - Irene Cummings, Alma Cratsley,
Dick Ehrensberger, Preparation & Editing - Bonnie Sue
Pafk - Sunshine Report - Theresa Mazzone - Meet Your
Peers - Mabel Campbell

Wednesday, February 18th

11:30 am

Potluck Luncheon

The Center Board of Directors would like to invite you to the monthly potluck luncheon.

All are encouraged to attend; please bring a dish to pass and *eating utensils*. Join us for a delicious lunch, great company, and important information from your Board.

Remember those less fortunate by bringing a donation for the Food Pantry.

Shuffleboard News

The fall season of shuffleboard ended with Mike Makarewicz and Don Schultz as champions. It seems that their reign as champions of Senior Shuffle continues with wins the last four sessions. Can this powerful duo be stopped?

The senior shufflers would like to wish a "Happy New Year" to all and invite anyone who may be interested to join the shufflers for the next session which is rumored to begin mid February under the new "management" of Marianne and Phil Morris.

Let's join together in thanking Dick Ehrensberger for his dedication to bringing indoor shuffleboard to the Akron Newstead Senior Center.

Sign up at the Center or call 542-6645 for more info.

Attention Euchre Players Next Tournament

Thursday, February 12th

Love playing Euchre? Then join our tournament. This will be a progressive tournament (partner changes after each game). Fee per person is \$5.

Sign up at Center.

We will play by Center rules.

Wednesday, February 25th

Bus will depart at 9 am

Casino Day

Join the fun as the seniors head to Seneca Niagara Casino. The cost for this trip is only \$16 (including driver tip) per person with passenger incentive of **\$25** Slot Dollars. Sign up and pay ASAP to guarantee your seat as this trip will fill quickly (very limited seating available).

*Incentives are compliments of the Casino and are subject to change.

Must be 21 years of age or older to enter casino floor, to receive incentive, or to qualify for any promotions.

Valid State/Federal issued ID is required to receive incentive (government issued driver's license, non-driver's picture ID, or passport).

Thursday, February 26th

5:30 pm

Movie Night: The Equalizer

In *The Equalizer*, Denzel Washington plays McCall, a man who believes he has put his mysterious past behind him and dedicated himself to beginning a new, quiet life. But when McCall meets Teri (Chloë Grace Moretz), a young girl under the control of ultra-violent Russian gangsters, he can't stand idly by - he has to help her. Armed with hidden skills that allow him to serve vengeance against anyone who would brutalize the helpless, McCall comes out of his self-imposed retirement and finds his desire for justice reawakened. If someone has a problem, if the odds are stacked against them, if they have nowhere else to turn, McCall will help. He is *The Equalizer*. (c) Sony. Rated R.

Tonight we will have a baked potato bar with assorted toppings, salad, and dessert. The cost for dinner will be \$5 per person.

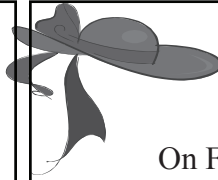
Please sign up and pay in office by
Friday, February 20th.

Senior Outreach Services

Case manager available at Center
Wednesday, February 4th, 1pm-3pm
Wednesday, February 18th, 10am-12pm

No appointment is necessary.

Individuals will be seen on a first come first served basis. SOS assists persons *60 years of age and older* to maintain independence by providing case management, information and linkage to community services. Services are free of charge and available to all residents of the Town of Newstead.
 For more information call 636-3070.



Red Hats

On February 5th the ladies will be dining at the Countryside Inn. Call Maribeth, 542-3701, if you cannot attend.

SUNSHINE REPORT For February

GET-WELL CARDS: Carol Cox ~ Richard Kasperek
 Doris Matheson ~ Joanne Leising ~ Bonnie Kinney
 Carol Bedford

SYMPATHY CARDS: Daigler on the Georgia death of her Husband , Joe

Theresa Mazzone
 Call 542-4384

Food pantry Needs Our Help!

As the need for food by those with limited income continues to increase, the Akron-Newstead Food Pantry is finding their shelves with shortages of much needed food items.

In order to do our part for those in need in our community, we are pushing our efforts to collect more donations at the potluck luncheons and our special events.

February potluck—suggested item of the month is pasta and sauce

Cash contributions are also greatly appreciated.

Do you need help with travel?

These services are available to be of assistance.

- ♦ “Going Places Van” - Tuesday and Friday
- ♦ 858-7433
- ♦ Rural Transit - Every Day 565-3323
- ♦ Hearts and Hands— 542-2226

**DEADLINE FOR NEWSLETTER, SECOND FRIDAY
OF MONTH BY NOON**

Monday, February 23rd
 10:15 am– 11:30 am

Fit and Lean in 2015


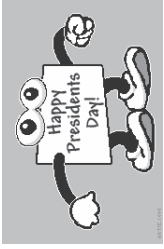

Fit & Lean in 2015 is a 6-week group class offered through Erie County to promote healthy lifestyle changes through nutrition and fitness. Classes are led by Janice Nowak, MS, RD, CDN, Erie County dietician– with guest appearances by Chef Jim Strusienski and “Mr. Fitness” Richard Derwald.

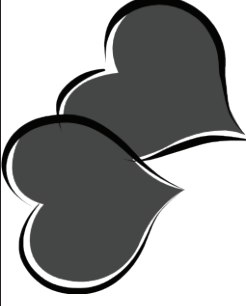
If you are 60 years of age or older and want relevant, uncomplicated, healthy nutrition and fitness information presented in a fun group setting and are able to commit to 6 –weeks of interactive classes then don’t miss out on this opportunity.

There are no fees to attend this program, but due to class size requirements please register at the center or

call 542-6645 or Janice at 858-7470.

Activities February 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:00 SilverSneakers Classic 10:00 Crochet group	3 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	4 9:00 Cards/Games Mah Jongg 12:30 Card Making 1-3 Senior Outreach 3:00 Watercolor class	5 9:00 SilverSneakers Classic Cards 9:30 Board meeting 10:30 Exercise w/ Claudia 5:30 TOPS meeting Red Hats	6 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	7 6:15 Pinochle & Dominoes
9 9:00 SilverSneakers Classic	10 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	11 9:00 Cards/Games Mah Jongg 3:00 Watercolor class	12 9:00 SilverSneakers Classic Cards 10:30 Exercise w/ Claudia 12:45 Euchre Tournament 5:30 TOPS meeting	13 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo 5:30 Valentine Fun Night & Chili Cook Off	14 
16 Center closed. 	17 9:00 SilverSneakers Circuit Cards 9:30 Fidelis Health Care Rep 10:15 Hand & Foot 10:30 Exercise w/ Claudia	18 9:00 Cards/Games Mah Jongg 10-12 Senior Outreach  3:00 Watercolor class	19 9:00 SilverSneakers Classic Cards 10:30 Exercise w/ Claudia 11:00 Exercise Orientation 12:30 Texas Hold'em 5:30 TOPS meeting	20 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	21 6:15 Pinochle & Dominoes
23 9:00 SilverSneakers Classic 10:15 Erie County Fit&Lean Program	24 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	25 9:00 Cards/Games Mah Jongg 3:00 Watercolor class Casino	26 9:00 SilverSneakers Classic 10:30 Exercise w/ Claudia 12:45 pinochle 5:30 TOPS meeting Movie Night	27 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Turkey Vegetable Casserole Garlic Mashed Potatoes Buttermilk Biscuit Fresh Fruit 697	3 Boneless Chicken Breast w/Gravy Oven Roasted Potatoes Mashed Squash Cookie 660	4 Veal Parmesan, Penne Pasta & Tomato Sauce Chopped Broccoli Apple Juice Fruited Gelatin 823	5 Vegetable Strata w/ White Cheese Sauce Mashed Sweet Potatoes Oat Bran Square Fresh Fruit	6 Polish Sausage w/Mustard German Potato Salad Brussels Sprouts Pears 628
9 Breaded Chicken Breast w/Gravy Carrot Coins Cauliflower Lemon-Vanilla Pudding 630	10 Beef Pepper Strip Casserole over Rice Sweet Corn Chopped Broccoli Fig Bar 787	11 Roast Turkey w/Gravy & Stuffing Mashed Sweet Potatoes Harvard Beets Pineapple Tidbits 706	12 <u>VALENTINE'S LUNCH</u> Breaded Pork Chop w/Gravy Mashed Potatoes Seasoned Spinach Frosted Chocolate Cherry Cake 829	13 Hamburger w/Onion Gravy Fresh Hamburger Bun Roasted Red Potatoes Creamy Coleslaw Blonde Brownie 968
16 PRESIDENT'S DAY HOLIDAY! <u>NO MEALS</u> <u>SERVED</u>	17 <u>FAT TUESDAY</u> Chicken Jambalaya White Rice Chopped Broccoli Carrot Coins 755 Banana Foster Pudding	18 Potluck Lunch	19 Pork Stir Fry Brown Rice Blended Juice Oriental Mixed Vegetables Spice Cake w/Cream Cheese Frosting 790	20 Breaded Fish w/Tartar Sauce Au Gratin Shells Tender Peas Creamy Coleslaw Pears 855
23 Hamburger w/Gravy Fresh Hamburger Bun Mashed Potatoes Italian Bean Medley Cookies 845	24 Oven Fried Chicken Thigh Scalloped Potatoes Brussels Sprouts Strawberry Bavarian 636	25 Swedish Meatballs over Cavatappi Pasta Carrot Coins Tender Peas Pineapple Tidbits 653	26 Roast Turkey Breast w/Stuffing & Gravy Mashed Sweet Potatoes Green Bean Casserole Peach Crisp 833	27 Macaroni & Cheese Casserole Chopped Broccoli Grape Juice Fresh Fruit 840
Call 542-6645 to reserve meals 48 hours in advance or to ask about availability for day.				

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