

**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**

**January 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, January 7th** 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, January 15th at 11:00am.**

Please sign up or call  
542-6645.

### *Community Service Notice*

You all really out did yourselves this year in supporting those in need in our community. The collection of gloves/hats and scarves and food pantry items are wonderful! Thank you to all who have helped make not only the holidays, but every day a little better.

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



### 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: January 13, March 10, May 12, July 14, September 8, November 10.**

Thursday, January 22nd  
5:30 pm

### *Movie Night: The Hundred-Foot Journey*

Hassan Kadam (Manish Dayal) is an extraordinarily talented culinary ingenue. When he and his family are displaced from their native India and settle in a quaint French village, they decide to... Moreo open an Indian eatery. However, Madame Mallory (Helen Mirren), the proprietress of an acclaimed restaurant just 100 feet away, strongly objects. War erupts between the two establishments, until Mallory recognizes Kadam's impressive epicurean gifts and takes him under her wing.

Tonight we will warm up with our delicious home-made chili and assorted toppings, salad, and dessert. The cost for dinner will be \$5 per person.

Please sign up and pay in office by  
Friday, January 16th.

Wednesday, January 21st  
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.

### ***Euchre Tournament Next Tournament***

Thursday, January 15th

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.

### **Winners November 6th :**

- 1st place-Eliner T.
- 2nd place- Mike S.
- 3rd place- Jerry B.
- 4th place- Martha Z.

Monday, January 26th  
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).

### **Pinochle Tournament**

The competition was brisk during the Thursday afternoon pinochle tournament. Marie took first place with 643. Monroe held second place with 616. Carolyn came in third with 606. Be sure to join us Thursday, ***January 29th*** for our next tournament.

Monday, January 12th  
Thursday, January 22  
1:00 pm

### ***Mexican Train Dominoes Tournament***

It's time to put boasting aside and find out who the champion domino players really are. Are you up for the challenge or just looking for some fun? In either case sign up for this event by calling 542-6645 or stop by the Center.

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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

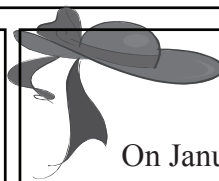
## Senior Outreach Services

Case manager available at Center  
**Wednesday, January 7th, 1pm-3pm**  
**Wednesday, January 21st, 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 January 8th the ladies will be dining at Cozy Cafe. Call Marianne, 542-2325, if you cannot attend.

## SUNSHINE REPORT

**GET-WELL CARDS:** Nancy Smith ~ Eadie Rebrovich ~  
 Marlene Raiser ~ Carol Marconi ~ Don Hoffman

**SYMPATHY CARDS:** Monroe and Mary Sommers on the death of son, Ben  
 June Hoffman on the death of Don

n n n n n Theresa Mazzone  
 Call 542-4384

## Social Media Course

Tuesdays, January 13, 20, 27 and February 3.  
 1:00—2:30 pm

Curious about social media and how it could enhance your computer usage? This four week course will cover installing and examining three social media programs. Session will cover installing programs and instructions on use. Discussing Skype, Facebook and Twitter should be fun as well as informative. Notes provided.

The course requires a notebook to bring to class so you can install and follow along. Fee for this 6 hour course is \$25.

## Local 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.

**January potluck**—this month will be canned soup. Cash contributions are also greatly appreciated. *Please do not donate expired items as the Food Pantry cannot distribute these items and must throw them in the trash.*

## Message from the Director

Dear Friends,  
 Happy New Year! The New Year, a time of new beginnings, a theme will be very evident here at the Center. Many exciting new activities, programs, and events are being planned for the upcoming months. We may be facing the doldrums of winter, but there will be plenty to do at the Center and we hope that you will plan on joining us.

Just a reminder, if you haven't renewed your membership for 2015, it is now time. All memberships expired on December 31st, 2014 and must be renewed to remain active. To keep your membership active and to continue receiving your newsletter, please renew as soon as possible. Wishing you all a healthy and happy 2015,


*Debb*

## 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

# Activities January 2015


<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			<b>1</b> Center closed. <b>Happy New Year!</b>	<b>2</b> 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	<b>3</b> <b>6:15 Pinochle &amp; Dominoes</b>
<b>5</b> 9:00 SilverSneakers Classic <b>10:00 Crochet group</b>	<b>6</b> 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	<b>7</b> 9:00 Cards/Games Mah Jongg 12:30 Card Making <b>1-3 Senior Outreach</b> 3:00 Watercolor class	<b>8</b> 9:00 SilverSneakers Classic Cards 10:30 Exercise w/ Claudia 5:30 TOPS meeting	<b>9</b> 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	<b>10</b>
<b>12</b> 9:00 SilverSneakers Classic 1:00 Domino Tournament	<b>13</b> 9:00 <b>AARP Safe Driver</b> SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	<b>14</b> 9:00 Cards/Games Mah Jongg 3:00 Watercolor class	<b>15</b> 9:00 SilverSneakers Classic Cards 10:30 Exercise w/ Claudia <b>11:00 Exercise Orientation</b> <b>12:45 Euchre Tournament</b> 5:30 TOPS meeting	<b>16</b> 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	<b>17</b> <b>6:15 Pinochle &amp; Dominoes</b>
<b>19</b> <b>Center Closed</b>	<b>20</b> 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	<b>21</b> 9:00 Cards/Games Mah Jongg <b>10-12 Senior Outreach</b>  3:00 Watercolor class	<b>22</b> 9:00 SilverSneakers Classic 10:30 Exercise w/ Claudia 1:00 Domino Tournament 5:30 TOPS meeting <b>Movie Night</b>	<b>23</b> 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	<b>24</b>
<b>26</b> 9:00 SilverSneakers Classic  <b>Casino Trip</b>	<b>27</b> 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	<b>28</b> 9:00 Cards/Games Mah Jongg 3:00 Watercolor class	<b>29</b> 9:00 SilverSneakers Classic 10:30 Exercise w/ Claudia <b>12:45 Pinochle</b> 5:30 TOPS meeting	<b>30</b> 9:00 SilverSneakers Yoga Cards and Games <b>9:30 Fidelis HealthCare</b> 12:45 Bingo	<b>31</b>



# ERIE COUNTY

# January

# SENIOR STAY-FIT DINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>5</b> Chicken Stew Chopped Broccoli Buttermilk Biscuit Peanut Butter Cookies 771	CALL 542-6645 TO RESERVE YOUR LUNCH.		<b>1</b> NEW YEAR'S DAY HOLIDAY! <u>NO MEALS</u> <u>SERVED</u>	<b>2</b> Beef Pepper Casserole Mashed Potatoes Carrot Coins Buttermilk Biscuit Fresh Apple 631
<b>12</b> BBQ Pulled Turkey WW Hamburger Roll Mashed Potatoes Sweet Peas Chocolate Pudding 780	<b>6</b> Grilled Chicken Entrée Salad Fresh Romaine Lettuce Cherry Tomatoes-Carrots Blueberry Coffee Cake Fresh Fruit 713	<b>7</b> Low Sodium Ham w/Waikiki Sauce Creamed Potatoes Sweet Peas Ambrosia 680	<b>8</b> Salisbury Steak w/Jardinière Gravy Mashed Sweet Potato Zucchini & Yellow Squash Chocolate Cake 1033	<b>9</b> Penne Pasta, Meatballs & Tomato Sauce Italian Style Green Beans Carrot Coins Pineapple Tidbits 673
<b>19</b> DR. MARTIN LUTHER KING HOLIDAY! <u>NO MEALS</u> <u>SERVED</u>	<b>13</b> Breaded Chicken Cutlet w/Gravy Broccoli,Cheese,Rice Casserole Spinach-Apple Juice Fresh Fruit 857	<b>14</b> Country Beef Casserole Chopped Broccoli Buttermilk Biscuit Fruited Gelatin 622	<b>15</b> Lasagna Roll w/Meat Sauce Italian Bean Medley Cauliflower Peaches 653	<b>16</b> DR. MLK LUNCH! Breaded Pork Loin w/Gravy Mashed Sweet Potato Green Beans Angel Food Cake w/Fruit Glaze 891
<b>26</b> Stuffed Shells w/Meat Sauce Cauliflower Sweet Peas Marble Pudding 867	<b>20</b> Chili Con Carne Zucchini & Yellow Squash Grape Juice Cornbread Fruit Delight Cookie 747	<b>21</b> Knockwurst w/Mustard Hot Dog Bun Mashed Potatoes Carrot Coins Pineapple Tidbits 641	<b>22</b> Sliced Pork Loin w/Gravy Mashed Sweet Potatoes Chopped Broccoli Apple Crisp 846	<b>23</b> Roasted Chicken Thigh Au Gratin Spinach Rice Pilaf Chef Salad w/Dressing Fresh Fruit 779
	<b>27</b> Turkey Burger w/Tarragon Gravy Hamburger Roll Mashed Potato Harvard Beets Fresh Fruit 647	<b>28</b> Low Sodium Ham w/Pineapple Sauce Creamed Potatoes Carrot Coins Oat Bran Square Mandarin Oranges 647	<b>29</b> Grilled Chicken Entree Salad Fresh Romaine Lettuce Cherry Tomatoes-Carrots WW Dinner Roll Tropical Fruit 637	<b>30</b> Meatloaf w/Gravy Mashed Sweet Potatoes Chopped Broccoli Brownie w/Vanilla Frosting & Sprinkles 895

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