

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: Barbara Gaik, Karen DeYoung, Sarah Young
Email: dsabbatis@townofnewstead.com
Fax: 542-6646
Hours of operation
Monday—Friday 7:00 to 3:30
Wednesday 7:00am—8:00pm
JANUARY 2016

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Permit 22

AKRON-NEWSTEAD SENIOR NEWS



Euchre Tournament Next Tournament

Thursday, January 14th

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 12th: 1st-Eliner T.; 2nd-Monroe S.; 3rd-Jigger;
4th-Joyce F.; 5th-Joe G.

Wednesday Evenings
5:30 pm

Euchre Night at the Center

Looking for something to do? Come play euchre at the Center. You know you can't get enough— so call 542-6645 or stop by to register.

For those interested, if you want to play euchre every Wednesday evening that we are open please contact Center or sign up on the board.



“The Chain Gang”
Akron Newstead Bike Group



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 2016: January 12; March 8; May 10; July 12; September 13; November 15.

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 21st at 12:00pm**. Please sign up or call 542-6645.

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

Pinochle Tournament

The competition was brisk during the Thursday afternoon November pinochle tournament. Marie B. took first place with 655. Lenny secured second place with 639. Monroe came in third with 637. Mary took 4th with 623 and Fred came in 5th with 616. Be sure to join us Thursday, **January 28th** for our next tournament.

Wednesday, January 20th
11:30 am

Pot Luck Wednesday

The hectic holidays are past and if you are looking for an opportunity to get together with your friends and enjoy some entertainment, plan on coming to our pot luck luncheon. We will be playing BINGO for some fun prizes. All are invited; please bring a dish to pass and your eating utensils.

Thursday, January 28th
5:30 pm

Movie Night: Mission Impossible: Rogue Nation

With the IMF now disbanded and Ethan Hunt (Tom Cruise) out in the cold, a new threat -- called the Syndicate -- soon emerges. The Syndicate is a network of highly skilled operatives who are dedicated to establishing a new world order via an escalating series of terrorist attacks. Faced with what may be the most impossible mission yet, Ethan gathers his team and joins forces with Ilsa Faust (Rebecca Ferguson), a disavowed British agent who may or may not be a member of this deadly rogue nation. Rated PG-13
Tonight we will have a baked potato bar with assorted toppings, salad, and dessert. The cost for dinner will be \$5 per person.

Volume 40 #01 January 2016
Akron, New York

Newsletter Assisted by - Preparation & Editing - Bonnie Sue Pafk ,
Sunshine Report - Theresa Mazzone

Craft Classes**Card Making**

We will be making greeting cards with rubber stamps **Wednesday, January 6th** 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 for **FREE**. Meets on first and third Mondays (when Center open) at 10 am. Beginners are welcome.

Monday, January 11th
Bus will depart at 8:30 am

Casino Day

Join the fun as the seniors head to Seneca Niagara Casino. The cost for this trip is \$16 (including driver tip) per person with passenger incentive of **\$20 free play and \$5 for food.**

Sign up and pay ASAP to guarantee your seat as this trip will fill quickly (very limited seating available).

Note the new departure time of 8:30 am.

*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).

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

Thursday, January 7th
12:30 pm

Texas Hold'em Tournament

Looking for some excitement? Then put on your poker face and join the fun for Texas Hold'em at the Center. Texas Hold'em is probably the best known and most popular form of poker played today. There is a \$5.00 entrance fee. Sign up at Center.

Interested in learning how to play— call the Center we would love to do an instructional class for beginners-542-6645.

Wii Bowling News

Winter season begins Thursday, January 14th at 8:30 am

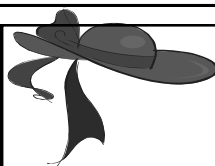
Our fall Wii bowling league ended with an awards breakfast on Thursday, November 19th. It was a wonderful season and the bowlers had a great time.

Congratulations to all our bowlers.

Grab a partner and sign up now. Don't miss out on this fun and healthy activity.

Cancellation Policy

We realize that things come up necessitating cancellations and we have always tried to accommodate most situations, but please keep in mind when signing up for fee based programs or events at the Center that if you cancel close to the date of the event when we have already paid for the food, bus seat, materials, etc. unless we have a wait list you ***will not*** receive a refund. In example: food for movie night is generally purchased the weekend prior. The money is spent and there are no funds available to return money or put money towards the next month's movie night. We do our best to keep prices affordable for all and do not want to increase our fees to cover last minute cancellations. ***The official cancel by date for movie night and many other Center based events will now be the Friday before— after which no refund is available unless there is a wait list. Trips and travel must follow the cancellation provisions of travel company.***



Red Hats

On January 7th the ladies will be dining at Akron Ale House. Call Faye Szulist @ 542-2772 if you cannot attend.

SUNSHINE REPORT For September

GET-WELL CARDS: Fred Weinreber ~ Ann Marie Wix ~ Diane Hoffmeister
SYMPATHY CARDS: NO SYMPATHY sent

Theresa Mazzone
Call 542-4384

Senior Outreach Services

Case manager available at Center

Wednesday, January 6, 1pm-3pm

Wednesday, January 20, 10 am-12 pm

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.

Friday, January 22nd
4:30 pm

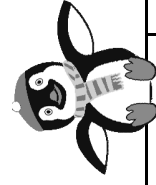
National Pie Event

Saturday, January 23rd is National Pie Day and we would like you to join us on Friday as we celebrate in our own special way.

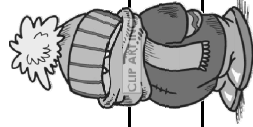
There will be a Pie Baking Contest with "celebrity judges" choosing the award winning pies. Keeping in the "pie" theme we will be having homemade pizza pie to eat.



And if that isn't enough we will top the evening off with an exciting game of family feud Akron Newstead style.

This event is free to all who bake a pie for our contest; all others the fee is \$3 per person.



Activities January 2016



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Center Closed Happy New Year!	2 6:15 Pinochle & Dominoes
4 9:00 SilverSneakers Classic 10:00 Crochet group	5 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	6 9:00 Cards/Games/Mah Jongg 1-3 Senior Outreach 3:00 Watercolor class 5:30 pm Euchre night	7 9:00 SilverSneakers Classic 9:30 Board meeting 10:30 Exercise w/ Claudia 12:30 Texas Hold'em Red Hats	8 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	9
11 9:00 SilverSneakers Classic 8:30 AM Casino	12 9:00 AARP Drivers Course SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	13 9:00 Cards/Games/Mah Jongg 3:00 Watercolor class 5:30 pm Euchre night BINGO Night	14 8:30 Wii Bowling 9:00 SilverSneakers Classic 10:30 Exercise w/ Claudia 12:45 Euchre Tournament 5:15 TOPS meeting	15 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	16 6:15 Pinochle & Dominoes
18 Center Closed 	19 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	20 Potluck Day 9:00 Cards/Games/Mah Jongg 10:00-12 Senior Outreach 3:00 Watercolor class 5:30 pm Euchre night	21 8:30 Wii Bowling 9:00 SilverSneakers Classic 10:30 Exercise w/ Claudia 12:00 Exercise Orientation	22 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo 4:30 Pie Baking Contest Pizza Party Family Feud Game Night 	23
25 9:00 SilverSneakers Classic	26 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	27 9:00 Cards/Games/Mah 8:30 Wii Bowling Jongg 3:00 Watercolor class 5:30 pm Euchre night	28 8:30 Wii Bowling 9:00 SilverSneakers Classic 10:30 Exercise w/ Claudia 12:45 Pinochle Tournament 5:30 Movie Night	29 9:00 SilverSneakers Yoga Cards and Games 12:30 FidelisCare Rep. 12:45 Bingo	30

Erie County Stay Fit Dining Program

STANDARD MENU

JANUARY 2016

Mon	Tue	Wed	Thu	Fri
				1 HAPPY NEW YEAR! <u>NO MEALS SERVED</u>
4 Chicken Vegetable Stew Sweet Corn Buttermilk Biscuit Fresh Fruit	5 Cheese Omelet with Cheese Sauce Home Fries w/Red Pepper Ratatouille Multigrain Bread Fruited Gelatin	6 Homemade Stuffed Pepper Savory Tomato Sauce Dutchess Mashed Potatoes Wax Beans & Mushrooms Dinner Roll Frosted Brownie	7 Beef Pepper Casserole Fluffy Brown Rice Cauliflower Seasoned Spinach Lemon/Vanilla Pudding	8 Sliced Turkey w/Gravy Garlic Mashed Potatoes California Mixed Vegetables Dinner Roll Fresh Fruit
11 Swedish Meatballs over Spiral Pasta & Sauce Brussels Sprouts Carrot Coins Fig Bar	12 Cheese Stuffed Shells with Tomato Meat Sauce Chef Salad w/Dressing Tender Peas Strawberry Bavarian	13 Breaded Chicken Cutlet w/Gravy & Soft Roll Mashed Potatoes Broccoli Frosted Spice Cake	14 ENTRÉE JULIENNE SALAD Turkey, Ham & Swiss Chick Peas, Tomato, Carrot Fresh Lettuce Blend Pan Rye Bread Tropical Fruit	15 Dr. Martin Luther King Lunch Breaded Bone-In Pork Chop with Pan Gravy Mashed Potatoes Seasoned Spinach Fresh Cornbread Sweet Potato Pie
18 DR. MLK HOLIDAY! <u>NO MEALS SERVED</u>	19 Ham Steak w/ Maple Glaze Whole Sweet Potatoes Broccoli WW Dinner Roll Fresh Fruit	20 Penne Pasta w/Meatballs & Tomato Sauce Green Beans w/Red Pepper Chef Salad w/Dressing Pineapple Tidbits	21 Boneless BBQ Chicken Breast over White Rice Mashed Squash Tender Peas Fruited Gelatin	22 Hearty Meatloaf w/Gravy Whipped Potatoes Orange-Glazed Carrots White Bread Tapioca Pudding w/Fruit
25 TBA	26 Turkey a la King Peas & Carrots Chef Salad w/Dressing Buttermilk Biscuit Fruit Delight Bar	27 Shredded BBQ Pork Soft Roll Sweet Potatoes w/Apples & Raisins Fiesta Corn Rice Krispie Treat	28 Boneless Chicken Breast w/Pan Gravy Oven Browned Potatoes Green Bean Casserole Tropical Fruit	29 Beef & Rice Patty over Cabbage w/Savory Sauce Whipped Potatoes Breakaway Roll Pumpkin Bavarian

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April 1 - October 14 • Monday - Friday 8am - 6pm
October 15 - March 31 • Monday - Friday 8am - 5pm
Saturday 8am - Noon • Year round

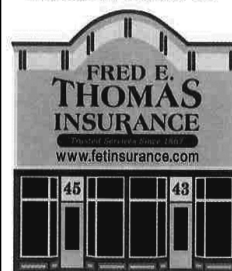


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