

**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**

**JULY 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, July 1st** 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.

## 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, July 16th at 12:00am**. Please sign up or call 542-6645.

## Senior Outreach Services

Case manager available at Center  
**Wednesday, July 1st, 1pm-3pm**  
**Wednesday, July 15th, 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.

### 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



## 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: July 14, September 8, November 10.**

Monday, July 13th  
1:00 pm

## Gardening Club

We would like to invite all those with an interest in gardening/birding to come to our July meeting and share your knowledge and love of gardening with others. On Monday, July 13th, the Garden Club will hold their meeting at 12:30 PM at Gordie Harper's Bazaar Restaurant. It is located at 3333 Lockport-Olcott Road, Newfane, NY 14108. (Route 78) We will have lunch and then visit the many shops in search of that perfect item for our garden. Please call Karen 542-4897 with any questions. Please note 12:30 time and be prompt.

**Join us as we beautify our world.**  
Sign up at Center or call 542-6645 to register.

Wednesday, July 15th  
11:30 am

### ***Potluck Picnic***

The Center Board of Directors would like to invite you to the annual July potluck picnic at the Center.

All members are welcome; please bring a dish to pass and eating utensils. Join us for a delicious lunch including burgers and dogs hot off grill.

Our special entertainment for the afternoon will be Mama and Papa Root, paying tribute to the songs of the '50's, '60's and early '70's...songs that have stood the test of time...songs that you'll love once again.

***Please sign at the Center or by calling  
542-6645 so that the picnic committee can plan accordingly.***

### ***Insurance Company Visits***

Representatives from major insurance providers will be available to discuss plans and benefits and how they can work for you. If You have questions about your policy or rules of Medicare, stop in.

Monday, July 13th at 9:30 am

***Fidelis Healthcare***

Thursday, July 16th at 10:00 am  
***BlueCross BlueShield of WNY***

Wednesday, July 22nd  
4:45 pm

### ***Take Me Out to the Ball Game Bison's Baseball***

Special evening at the ball game. Join us as the Buffalo Bison take on the Syracuse Chiefs. The Bisons Festival Series continues in 2015 with Italian Night. There will be a pre-game Tent Party featuring ethnic food and live music. After the game enjoy a great Pyrotechnics display to cap an amazing evening.

This event is sponsored by BlueCross BlueShield of WNY. Cost for the bus to be announced. Sign up and reserve your seat ASAP.

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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

Monday, July 20th

Bus 1 will depart at 9 am

Bus 2 will depart at 11 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, July 30th  
5:30 pm

### ***Movie Night: The Second Best Exotic Marigold Hotel***

Now that The Best Exotic Marigold Hotel is full up with its long-term residents, co-managers Muriel Donnelly (Maggie Smith) and Sonny Kapoor (Dev Patel) have a dream of expansion, and they've found just the place: The Second Best Exotic Marigold Hotel. [Fox Searchlight

Tonight's dinner special will be burgers with a special selection of topping, 2 sides and dessert..

The cost for dinner will be \$5 per person.

Please sign up and pay in office by Friday, July 24th.

### ***Euchre Tournament***

Thursday, July 16th

Tuesday, July 28th

12:45 pm

a progressive tournament (partner changes after each game). Fee per person

Love playing Euchre? Then join our tournament.

### **Pinochle Tournament**

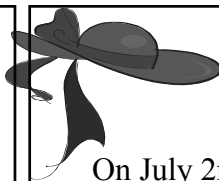
The players showed up to win at the Thursday afternoon pinochle tournament. MaryAnn held first place with 744-WOW. Bob secured second place with 666-the devil made him do it. Stu came in third with 655. Marie followed in fourth with 645 with Mary taking fifth with 631. Be sure to join us Thursday, **July 30th** for our next tournament.

Thursday, July 9th  
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.



### **Red Hats**

On July 2nd the ladies will be dining at Rizzo's at Rothland's on Clarence Center. Call Barb, 435-6542 if you cannot attend.

**Mondays**

**1:30-2:30 pm**

### ***New Class— T'ai Chi for Better Balance***

**Do you have balance issues or are you concerned about the possibility of a fall?**

Falls are the most common cause of injuries among senior citizens and the top reason for a hospital admission for trauma. **A fall can mean the difference between enjoying your later years or the loss of mobility and ultimately independence.**

This T'ai Chi program represents the results of years of scientific research and community evaluations. Its focus is on preventing falls through regular practice of this specific form of T'ai Chi to improve one's balance. The statistics read that approximately 1/3 of all adults over the age of 65 fall at least once in a year. This T'ai Chi program is designed to lessen that number while you are having fun, stimulating your brain and moving your muscles in a soft, slow manner. Class fee \$30 for 9 weeks. For more info or to sign up, call 542-6645.

Thursday, July 23rd  
1:00 pm

### ***Tea Time at the Center***

*Enjoy our annual afternoon tea at the Center. Join us for a relaxing afternoon as we sample a variety of tea, sandwiches and scrumptious desserts.*

***The cost of this event will be \$10.00.***

***Seating is limited!***

***Please reserve your spot ASAP.***

***Sign up and pay by July 15th.***

### **SUNSHINE REPORT**

**May**

**GET-WELL CARDS:** Fred Wysocki

**SYMPATHY CARDS:** Jean Ottney death of sister ~ Fred And Joan Wysocki death of her sister ~ Karen Benteen on death of brother-in-law Kevin ~ Monroe and Mary death of Monroe's mother

**THINKING OF YOU CARDS:** Fred Wysocki ~ Gwen Kelkenberg

**Theresa Mazzone**  
Call 542-4384


Tuesday, July 7th  
12:45 PM

### ***EmPower New York Event***

EmPower is a *free* program for income eligible residents, offering both tenants and homeowners the opportunity to receive a free energy audit of their home, including health and safety testing for gas leaks and carbon monoxide. Carbon monoxide/smoke detectors are installed during the audit if the house is lacking them, as well as energy-efficient CFL light bulbs. Following the audit, energy improvements such as insulation and air sealing are recommended for the home and implemented upon *approval by NYSERDA/EmPower*. Some applicants might also qualify for electricity reduction measures such as refrigerator and freezer replacement to minimize electricity usage. Many senior citizens on fixed incomes have benefited from this program over the years, saving hundreds of dollars on heat and electric bills. The purpose of EmPower is energy conservation, therefore only energy-efficient improvements are made on the home, this does not include roofs or other areas of the home for free with this program. Program does not include windows replacement.

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

# Activities July 2015

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
		<b>1</b> 9:00 Cards/Games Mah Jongg <b>1-3 Senior Outreach</b> 3:00 Watercolor class <b>6:30 SilverSneakers Circuit</b>	<b>2</b> <b>8:30 Wii Olympics</b> 9:00 SilverSneakers Classic 9:30 Board meeting 10:30 Exercise w/ Claudia 5:30 TOPS meeting <b>Red Hats</b>	<b>3</b> Closed for the 4th of July	<b>4</b> Closed for the <b>Holiday weekend</b>
<b>6</b> SilverSneakers Classic <b>10:00 Crochet group</b> <b>1:30 Tai Chi for Better Balance</b>	<b>7</b> 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia <b>12:45 EmPower Program</b>	<b>8</b> 9:00 Cards/Games Mah Jongg 3:00 Watercolor class <b>6:30 SilverSneakers Yoga</b>	<b>9</b> <b>8:30 Wii Olympics</b> 9:00 SilverSneakers Classic Cards 10:30 Exercise w/ Claudia <b>12:30 Texas Hold'em</b> 5:30 TOPS meeting	<b>10</b> 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	<b>11</b>
<b>13</b> SilverSneakers Classic FidelisCare Insurance <b>1:00 Garden Club</b> <b>1:30 Tai Chi for Better Balance</b>	<b>14</b> <b>AARP Smart Driver</b> SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	<b>15</b> 9:00 Cards/Games Mah Jongg <b>10-12 Senior Outreach</b>  3:00 Watercolor class <b>6:30 SilverSneakers Classic</b>	<b>16</b> <b>8:30 Wii Olympics</b> 9:00 SilverSneakers Classic Cards 10:00 BlueCross BlueShield 10:30 Exercise w/ Claudia <b>12:00 Exercise Orientation</b> <b>12:45 Euchre Tournament</b> 5:30 TOPS meeting	<b>17</b> 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	<b>18</b> <b>6:15 Pinochle &amp; Dominoes</b>
<b>20</b> SilverSneakers Classic <b>10:00 Crochet group</b> <b>1:30 Tai Chi for Better Balance</b> <b>Casino Day</b>	<b>21</b> 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	<b>22</b> 9:00 Cards/Games Mah Jongg <b>10-12 BlueCross BlueShield</b> 3:00 Watercolor class <b>6:30 SilverSneakers Yoga</b> <b>Baseball Game</b>	<b>23</b> <b>8:30 Wii Olympics</b> 9:00 SilverSneakers Classic 10:30 Exercise w/ Claudia <b>1:00 Tea Party</b> TOPS meeting	<b>24</b> 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	<b>25</b>
<b>27</b> SilverSneakers Classic <b>1:30 Tai Chi for Better Balance</b>	<b>28</b> 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia <b>12:45 Euchre Tournament</b>	<b>29</b> 9:00 Cards/Games Mah Jongg <b>10-12 BlueCross BlueShield</b> 3:00 Watercolor class <b>6:30 SilverSneakers Classic</b>	<b>30</b> <b>8:30 Wii Olympics</b> 9:00 SilverSneakers Classic 10:30 Exercise w/ Claudia <b>12:45 Pinochle Tournament</b> <b>5:30 Movie Night</b> TOPS meeting	<b>31</b> 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	





# ERIE COUNTY

## JULY 2015

### SENIOR STAY-FIT DINING

Call 542-6645 to reserve meal.  
Please call 48 hours in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Roast Pork Loin w/Gravy Bread Stuffing Mashed Sweet Potatoes Warm Apples & Cranberries Frosted Marble Cake	<b>2</b> <u>4<sup>th</sup> of JULY PICNIC</u> Hamburger w/Gravy Roll Macaroni Salad Carrot Coins Cantaloupe 846	<b>3</b> <u>4<sup>th</sup> of JULY HOLIDAY!</u>  <u>NO MEALS SERVED</u>
<b>6</b> Chicken & Vegetable Stew Chopped Broccoli Buttermilk Biscuit Pound Cake 782	<b>7</b> Meatballs w/Penne Pasta & Sauce Italian Style Beans Carrot Coins Citrus Fruit Cup 671	<b>8</b> <u>COLD PLATE</u> Tuna Salad/Wheat Bun Potato Salad Fresh Marinated Tomatoes Fruited Gelatin 677	<b>9</b> Stuffed Cabbage Roll Casserole Ranch Mashed Potatoes Wheat Roll Ambrosia Fluff 822	<b>10</b> LS Ham Steak w/Waikiki Sauce Mashed Sweet Potatoes Sweet Peas Sugar Cookie 830
<b>13</b> Hamburger w/Gravy & Ketchup Wheat Bun Oven Browned Potatoes Seasoned Spinach Pineapple Tidbits 849	<b>14</b> Breaded Chicken Cutlet w/Gravy Sweet Corn Chopped Broccoli Fruit Delight Cookie 667	<b>15</b>  <b>Potluck Picnic</b>	<b>16</b>  <b>TBA</b>	<b>17</b> Lasagna Roll w/Meat Sauce Italian Bean Medley Chef Salad w/Dressing Fruited Gelatin 869
<b>20</b> LS Hot Dog w/Sauerkraut & Bun Roasted Red Potatoes Fiesta Corn Fruit Delight Cookie 771	<b>21</b> Cheese Omelet w/Creole Sauce Home Fries Au Gratin Spinach Mandarin Oranges 722	<b>22</b> Roasted Chicken Thigh Carrot Coins Creamed Dill Cabbage Oat Bran Square Chocolate Pudding 765	<b>23</b> <u>XMAS IN JULY!</u> Breaded Pork Loin w/Gravy Lyonnaise Mashed Potato Peas & Carrots Wheat Roll Banana Cream Pie 1103	<b>24</b>  <b>TBA</b>
<b>27</b> LS Ham Steak w/Pineapple Sauce Mashed Potatoes Orange Glazed Carrots Lemon-Vanilla Pudding 653	<b>28</b>  <b>TBA</b>	<b>29</b> (2) Stuffed Shells w/Meat Sauce Cauliflower Sweet Peas Italian Bread Fresh Fruit 804	<b>30</b> Meatloaf w/Gravy Roasted Red Potatoes Seasoned Spinach White Bread Fruited Gelatin 777	<b>31</b>  <b>TBA</b>

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