

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

MAY 2014

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Permit 22

AKRON-NEWSTEAD SENIOR NEWS



Craft Classes

Card Making

We will be making greeting cards with rubber stamps **Thursday, May 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 Enthusiasts

The Crochet group will be meeting on Mondays at 10 am. Beginners welcome.

Monday, May 19th

1:00 pm

Gardening Club

We would like to invite all those with an interest in gardening/birding to come to our next meeting at the Center and share your knowledge and love of gardening with others.

Join us as we beautify our world.

Sign up at Center or call 542-6645 to register.

Wednesday, May 14th

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.

Learn about the area in which we live as Dave Cummings shares some interesting historical information about Cummings Cement.

Remember those less fortunate by bringing a donation



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 2014: May 13, July 8, September 9, November 18*.

**Note new date*

Summer League Sign Up

Wii Bowling

Beginning Thursday, May 15th, we are turning the dining room into a virtual bowling alley with the start of the summer session of Wii bowling. Wii bowling provides light exercise, without having to use a heavy bowling ball. Everyone is welcome!

Sign up on board or call Kay at 542-6645.

Indoor Shuffleboard

The summer session of shuffleboard is scheduled to begin on Monday, May 19th at 12:30. Get some exercise while enjoying the cool comfort of the Senior Center. If you are interested contact the Center or call Dick at 542-5568.

Volume 38 #04
May 2014 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

Thursday, May 29th
5:30 pm

Movie Night: Gravity

Dr. Ryan Stone (Sandra Bullock) is a brilliant medical engineer on her first shuttle mission, with veteran astronaut Matt Kowalsky (George Clooney). But on a seemingly routine spacewalk, disaster strikes. The shuttle is destroyed, leaving Stone and Kowalsky completely alone-tethered to nothing but each other and spiraling out into the blackness. The deafening silence tells them they have lost any link to Earth...and any chance for rescue. As fear turns to panic, every gulp of air eats away at what little oxygen is left. But the only way home may be to go further out into the terrifying expanse of space.

Tonight's dinner special to be announced. The cost for dinner will be \$5 per person.

Please sign up and pay in office by Thursday, May 22nd.

Tuesday, May 20th

Bus will depart at 9 am

Casino Tuesday

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.

*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.

Future casino trips:

Tuesday, June 10th

Wednesday, July 23rd

Wednesday, August 27th

Euchre Tournament Winners

March 13th:

1st-Tie Mary Sommers & Doug Brauer

2nd place – Jake S.

3rd Place—Roger P.

4th place– Tie– Monroe s. & John E.

Next Tournament

Thursday, May 8th

12:45

We are looking for people who love to play Euchre? Think that you have skill? Then prove it at our upcoming 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.

SUNSHINE REPORT for April 2014

GET-WELL CARDS: Joe Mrowczynski ~ Dick Guck
Barbara Emmons

SYMPATHY CARDS: Deborah Rader on death of husband Tony

Barb Gaik on the death of her sister, Sherri
Jane Downey on the death of her husband, Roger
Pat Hasenfuss on the death of her husband, Frank
Marti Wacek on the death of his father, Frank

SUNSHINE CHAIRPERSON:

Theresa Mazzone

Call 542-4384

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

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, May 15th at 11:30pm**. Please sign up or call 542-6645.

Senior Outreach Services

Note date changes

Case manager available at Center
Wednesday, May 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.

BASKET RAFFLE -

GENERAL MEETING on TUESDAY, MAY 20TH at 10:30 am

Our Basket Raffle was a great success last year thanks to all the volunteers that assisted in preparing for the event as well as the day of the event. An organizational meeting to discuss plans for this year's event is scheduled for May 20th at 10:30 am.

We will need volunteers to assist in mailing letters to potential donors, picking up donations as needed and making baskets. If you are interested in helping to make this another successful year, plan on attending this meeting.

Committee Chairs:

Pat Ahl

Gloria Chassar



Red Hats

On May 1st the ladies will be dining at Sorrentino's. Call Joan at 542-5638 if you **cannot** attend.

Trips and Travel News

The travel committee has been hard at work planning many new and interesting trips for this year. We hope that you choose to travel with us on one of our many outings. Sign up dates for trips will be set for each trip. The center will utilize a first pay, first go, method for registration. Phone and walk in reservations DO NOT guarantee a spot on a trip. Participants who call in and request to be signed up on a trip but are unpaid will be placed on wait list till payment is received. When participant's money has been received, then and only then is a person considered a registered participant of the trip and their spot guaranteed.

Trip details coming soon!

Chair Massage

Thursday, May 8th

12:30—2:00

Once each month we offer chair massage with Denise Miller, Licensed Massage Therapist. As a special benefit to our members, Denise will be offering a 10 minute session of soothing massage at the exceptional price of \$5.00. Massage can do wonders for your body, your mental state and your sense of well-being and happiness.

Sign up at Center or call 542-6645.

Pinochle Tournament

The die hard pinochle fans came out to win this month. Sandy K. secured 1st place with a score of 643. Close on her heels was Bill in second place with 642. Hiroko successfully held onto third with 635. In fourth was Marilyn D. with 626. Join the fun at our next tournament on **Thursday, May 29th at 12:45 pm**.

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

Activities May 2014

National Older Americans Month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 9:00 SilverSneakers Classic 10:00 Crochet Group 10:15 T'ai Chi	6 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	 7 9:00 Cards/Games 9:30 Mah Jongg 11:45 Mother's Day Luncheon 3:00 Watercolor class Rte. 66 Walk at Park	1 9:00 SilverSneakers Classic Cards 9:30 Board Meeting 12:30 Card Making 5:30 TOPS meeting Senior Red Hats	2 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	3 Pinochle & Dominoes
12 9:00 SilverSneakers Classic 10:00 Crochet Group 10:15 T'ai Chi	13 9:00 AARP Smart Driver SilverSneakers Circuit Cards 10:15 Hand & Foot	14 9:00 Cards/Games  3:00 Watercolor class	15 8:30 Wii Bowling Starts 9:00 SilverSneakers Classic 10:30 Exercise w/ Claudia 11:30 Exercise Orientation 5:30 TOPS meeting	16 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	17 Pinochle & Dominoes
19 9:00 SilverSneakers Classic 10:00 Crochet Group 10:15 T'ai Chi 1:00 Garden Club	20 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Basket Raffle Meeting 10:30 Exercise w/ Claudia Casino Trip	21 9:00 Cards/Games 9:30 Mah Jongg 10-12 Senior Outreach 3:00 Watercolor class Erie Trip	22 8:30 Wii Bowling 9:00 SilverSneakers Classic 10:30 Exercise w/ Claudia 5:30 TOPS meeting	23 9:00 SilverSneakers Yoga Cards and Games 11:45 Memorial Day Lunch 12:45 Bingo	24
26 Center Closed Memorial Day Holiday 	27 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	28 9:00 Cards/Games 9:30 Mah Jongg 11-2:00 National Sr. Health & Fitness Day Fair 3:00 Watercolor class	29 8:30 Wii Bowling 9:00 SilverSneakers Classic Cards 10:30 Exercise w/ Claudia 12:45 Pinochle 5:30 Movie Night	30 9:00 SilverSneakers Yoga Cards and Games 10:00 Univera 12:45 Bingo	31

Menu May 2014

Monday	Tuesday	Wednesday	Thursday	Friday
			 Turkey Vegetable Casserole Garlic Mashed Potatoes Buttermilk Biscuit Cookies	2 Ham Steak w/Pineapple Glaze Mashed Sweet Potatoes Brussels Sprouts Frosted cake
5 Beef pepper casserole Rice Corn Green beans Pineapple	6 BBQ Turkey Burger Whole Wheat Bun Garlic Mashed Potatoes Sweet Peas Fresh fruit	7 <u>Mother's Day Lunch</u> Boneless Chicken Breast Penne Pasta w/Herbed Cream Orange Glazed Carrots Broccoli Lemon cake	8 Breaded pork chop w/ gravy Mashed potatoes Harvard beets peaches	9 Breaded fish Cauliflower Au gratin spinach Wheat bread Frosted brownie
12 Tarragon chicken w/ Penne pasta Broccoli Carrots Chocolate pudding	13 Polish sausage Red skin potatoes Roll Green beans Fresh fruit	14 	15 Stuffed pepper Mashed potatoes Mixed vegetables Pears	16 Pork loin w/ gravy Lazy pierogi Peas Orange juice Frosted cake
19 Beef Macaroni Casserole Green Beans Cauliflower Fresh fruit	20 Breaded chicken breast w/ gravy Mashed potatoes Broccoli Butterscotch pudding	21 Swedish meatballs Over noodles Carrots Brussels sprouts peaches	22 Sliced turkey w/ gravy Mashed sweet potatoes Stuffing Chef salad Frosted cake	23 Memorial Day Lunch Hot dog w/ bun Oven browned potatoes Corn Pineapple
26 Memorial Day Center Closed	27 Diced pork w/ gravy Over noodles Cauliflower Green beans Strawberry delight cookie	28 BBQ turkey burger Roll Corn Peas Fresh fruit	29 Meatloaf w/ gravy Mashed potatoes Vegetable Bread cookies	30 Grilled chicken salad Orange-pineapple velvet

LUNCH served Mon-Fri at approximately 11:45 am. Reserve your lunch at least 48 hours in advance by calling 542-6645. \$3.00(suggested donation) All donations are confidential: no one is denied a meal due to an inability to pay.

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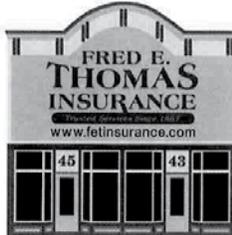
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