

**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**

**JULY 2014**

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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 3rd** 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.

Monday, July 14th  
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. This month Sally Cook from Menne Nursery will be our guest speaker. She will be sharing her knowledge of butterfly gardens.

***Join us as we beautify our world.***

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

Wednesday, July 23rd  
***Bus will depart at 9 am and 11 am***  
***Casino Wednesday***

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:***  
**Wednesday, August 27th**



## **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.

## ***Basket Raffle & Chicken BBQ- Coming in August Your Help Is Needed***

On Saturday, August 23rd the Akron/Newstead Senior Center will be sponsoring our fifth annual Theme Basket Raffle and Chicken BBQ. This fund raiser is a huge undertaking and we need your help to ensure its success.

You can help by donating a theme basket or new, unused items for the baskets. We also need baskets that are at least 10-12 inches wide in good condition. A monetary donation would also be greatly appreciated if that option is more suitable.

Be sure to tell your family and friends about this wonderful event.

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

Thursday, July 24th  
5:30 pm

### ***Movie Night: The Grand Budapest Hotel***

The story involves the theft and recovery of a priceless Renaissance painting and the battle for an enormous family fortune -- all against the back-drop of a suddenly and dramatically changing Continent. In the 1930s, the Grand Budapest Hotel is a popular European ski resort, presided over by concierge Gustave H. (Ralph Fiennes) . Zero, a junior lobby boy, becomes Gustave's friend and protégé. Gustave prides himself on providing first-class service to the hotel's guests, including satisfying various needs of the many elderly women who stay there. When one of Gustave's lovers dies mysteriously, Gustave finds himself the recipient of a priceless painting and the chief suspect in her murder. ***Rated R.***

Tonight's dinner special will include: roast beef sandwiches, vegetable and dessert. The cost for dinner will be \$5 per person.

***Please sign up and pay in office by Thursday, July 17th.***

## **Euchre Tournament Winners**

### ***Next Tournament***

Thursday, July 10th  
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.

### **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

### ***Important Information***

***Lately a number of people are signing up for activities or casino trips and not paying by deadline.***

In the past we have allowed this, but it is becoming a major problem. We are finding that some of these people ***do not*** show up which means that we have ordered food to accommodate them or reserved a seat on the casino trip and then there is not enough money for our costs. Or worse this deprives another person the opportunity of participating in that activity because of space limits.

Starting this month it will be ***required that payment is made at time of registration or by the announced deadline*** (with the exception of arrangements made w/ office).

### **Movie Night/Special Event Policy**

Those who do not pay by deadline may be removed from list and replaced with someone on wait list. Those paid who do not cancel prior to event so that their seat can be filled from wait list may forfeit their fee. Please remember supplies are purchased for the number of people registered. The staff cannot be responsible for reminding members to pay.

### **Casino Policy**

Those registering must pay when signing up unless other arrangements are made with office. If there is a wait list and you have not paid you may lose your seat. ***Cancellation policy:*** if you cancel last minute or do not show up and we are unable to fill your seat you will not be eligible for a refund-unless it is deemed an unavoidable emergency. The Center reserves the right to withhold \$6.00 of refund to cover incurred costs of trip. When booking these trips we make a commitment to fill a specific number of seats and if that is not accomplished we are charged at a higher rate and we lose money.

***While remaining mindful of our members' circumstances, we cannot continue to cover the costs incurred when people do not follow through properly. This is not fair to our membership overall.***

Wednesday, July 16th  
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.***

The Center will be closed on ***Friday, July 4th*** in observance of Independence Day.

### **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 17th at 11:30pm**. Please sign up or call 542-6645.

### **Senior Outreach Services**

#### **Note date changes**

Case manager available at Center  
**Wednesday, July 16th, 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.

### **Note Change in Pinochle Schedule!**

#### **Saturday Pinochle & Game Night**

Please note there will **NOT** be pinochle on Saturday, July 5th due to the holiday weekend.

It will be rescheduled for the 12th at the usual time. And then it will be on the third Saturday per the normal schedule.

Volume 38 #07  
JULY 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



## **Red Hats**

On July 3rd the ladies will be dining at Longhorn Steakhouse. Call Pat at 759-2058 if you **cannot** attend.

### **SUNSHINE REPORT for June 2014**

GET-WELL CARDS: Sally Cebulski ~ Norma Bates

SYMPATHY CARDS: No Sympathy this month

Theresa Mazzone  
Call 542-4384

## ***Chair Massage***

Thursday, July 10th  
12:30—2:00

***Massage can do wonders for your body, your mental state and your sense of well-being and happiness.***

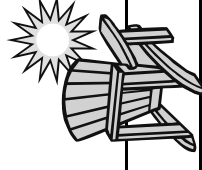
Once each month we offer chair massage with Denise Miller, Licensed Massage Therapist. As a special benefit to our members, Denise will be offering a 10 minute session of soothing massage at the exceptional price of \$5.00. Sign up at Center or call 542-6645.

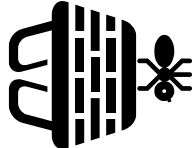
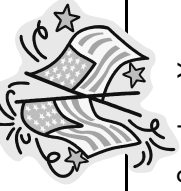

### **Pinochle Tournament**

The players showed up to win at the Thursday afternoon pinochle tournament. Chet held first place with 673. Bernie secured second place with 653. Betty came in third with 630. Eddie followed in fourth with 627 with June taking fifth with 619. Be sure to join us Thursday, **July 31st** for our next tournament.



# Activities July 2014



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>7</b> 9:00 SilverSneakers Classic <b>10:15 T'ai Chi</b>	<b>1</b> 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	<b>2</b> 9:00 Cards/Games Mah Jongg <b>12:30 Card Making</b> 3:00 Watercolor class	<b>3</b> 9:00 SilverSneakers Classic Cards <b>9:30 Board Meeting</b> 5:30 TOPS meeting <b>Senior Red Hats</b>	<b>4</b> Center closed for Holiday. 	<b>5</b> Center closed for holiday. <i>Pinochle &amp; dominoes            next Sat.</i>
<b>7</b> 9:00 SilverSneakers Classic <b>10:15 T'ai Chi</b>	<b>8</b> 9:00 <b>AARP Smart Driver</b> SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	<b>9</b> 9:00 Cards/Games Mah Jongg 3:00 Watercolor class	<b>10</b> 8:30 Wii Bowling 9:00 SilverSneakers Classic Cards <b>10:30 Exercise w/ Claudia</b> <b>12:30 Chair Massage</b> <b>12:45 Euchre Tournament</b> 5:30 TOPS meeting	<b>11</b> 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	<b>12</b> Pinochle & Dominoes
<b>14</b> 9:00 SilverSneakers Classic <b>10:15 T'ai Chi</b> <b>1:00 Garden Club</b>	<b>15</b> 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	<b>16 Potluck Picnic</b> 9:00 Cards/Games Mah Jongg 10-12 Senior Outreach  3:00 Watercolor class	<b>17</b> 8:30 Wii Bowling 9:00 SilverSneakers Classic 10:30 Exercise w/ Claudia <b>11:30 Exercise Orientation</b> Trip	<b>18</b> 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	<b>19</b> Pinochle & Dominoes
<b>21</b> 9:00 SilverSneakers Classic <b>10:15 T'ai Chi</b>	<b>22</b> 9:00 SilverSneakers Circuit Cards <b>9:30 Fidelis Care Insurance</b> 10:15 Hand & Foot 10:30 Exercise w/ Claudia	<b>23</b> 9:00 Cards/Games Mah Jongg 3:00 Watercolor class <b>Casino Trip</b>	<b>24</b> 8:30 Wii Bowling 9:00 SilverSneakers Classic Cards 10:30 Exercise w/ Claudia <b>5:30 Movie Night</b> TOPS meeting	<b>25</b> 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	<b>26</b>
<b>28</b> 9:00 SilverSneakers Classic <b>10:15 T'ai Chi</b>	<b>29</b> 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	<b>30</b> 9:00 Cards/Games Mah Jongg 3:00 Watercolor class	<b>31</b> 8:30 Wii Bowling 9:00 SilverSneakers Classic Cards <b>10:00 Univera</b> 10:30 Exercise w/ Claudia <b>12:45 Pinochle</b> TOPS meeting		

# ERIE COUNTY

# JULY

# SENIOR STAY-FIT DINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Boneless Chicken Breast w/Gravy Rice Pilaf-Sweet Peas Diced Squash Fresh Fruit 542	<b>2</b> Cheese Omelet w/Cheese Sauce Red Skin Potatoes Carrot Coins Fruited Gelatin 820	<b>3</b> 4 <sup>th</sup> of July Lunch Hamburger w/Bun Baked Beans-Broccoli Frosted Chocolate Brownie 846	<b>4</b> 4 <sup>th</sup> of July Holiday! <b>NO MEALS SERVED</b>
<b>7</b> Penne Pasta w/Meatballs & Sauce Italian Style Beans Zucchini Medley Fresh Cantaloupe 703	<b>8</b> Chicken & Vegetable Stew Chopped Broccoli Buttermilk Biscuit Chocolate Chip Cookies 736	<b>9</b> LS Ham Steak w/Waikiki Sauce Oven Browned Potatoes Sweet Peas Ambrosia 622	<b>10</b> Salisbury Steak w/Jardiniere Gravy Ranch Mashed Potatoes Carrot Coins Frosted Gingerbread 754	<b>11</b> ENTREE SALAD Tuna Pasta Salad Tropical Fruit Cup Marinated Vegetable Salad Blueberry Coffee Cake 826
<b>14</b> Beef Stroganoff over Noodles Chopped Broccoli Carrot Coins Fig Bar 649	<b>15</b> Shredded BBQ Turkey Sandwich Cauliflower Tender Corn Fresh Plum 623	<b>16</b> <b>Potluck Picnic</b>	<b>17</b> Sliced Roast Beef w/Gravy Mashed Sweet Potatoes Brussels Sprouts Angel Food Cake 714	<b>18</b> Breaded Chicken Cutlet w/Gravy Broccoli/Cheese/Rice Casserole Apple Juice - Sweet Peas Tropical Fruit 703
<b>21</b> LS Knockwurst w/Sauerkraut Chive Mashed Potatoes Italian Green Beans Rice Pudding 756	<b>22</b> Beef Macaroni Casserole Chef Salad w/Dressing Grape Juice Blueberry Delight Cookie 888	<b>23</b> Orange-Glazed Boneless Chicken Breast Diced Creamed Potatoes Chopped Broccoli Pineapple 707	<b>24</b> Breaded Pork Loin w/Gravy Mashed Potatoes Carrot Coins Apple Crisp 755	<b>25</b> Breaded Fish w/Tartar Sauce Spinach - Coleslaw Au Gratin Shells Chocolate Chip Bar 981
<b>28</b> Diced Pork Stew over Noodles Carrot Coins Wax Beans Tropical Fruit 566	<b>29</b> Roast Turkey w/Divan Sauce Bread Stuffing Mashed Sweet Potatoes Spinach Pineapple 711	<b>30</b> LS Ham Steak w/Pineapple Sauce Tender Corn Chopped Broccoli Seasoned Brown Rice Oatmeal Apple Cake 717	<b>31</b> Meatloaf w/Gravy Roasted Red Potatoes Creamed Dill Cabbage Lemon/Vanilla Pudding 851	<b>1</b> Stuffed Shells w/Meat Sauce Cauliflower Chef Salad w/Dressing Cookies 1041

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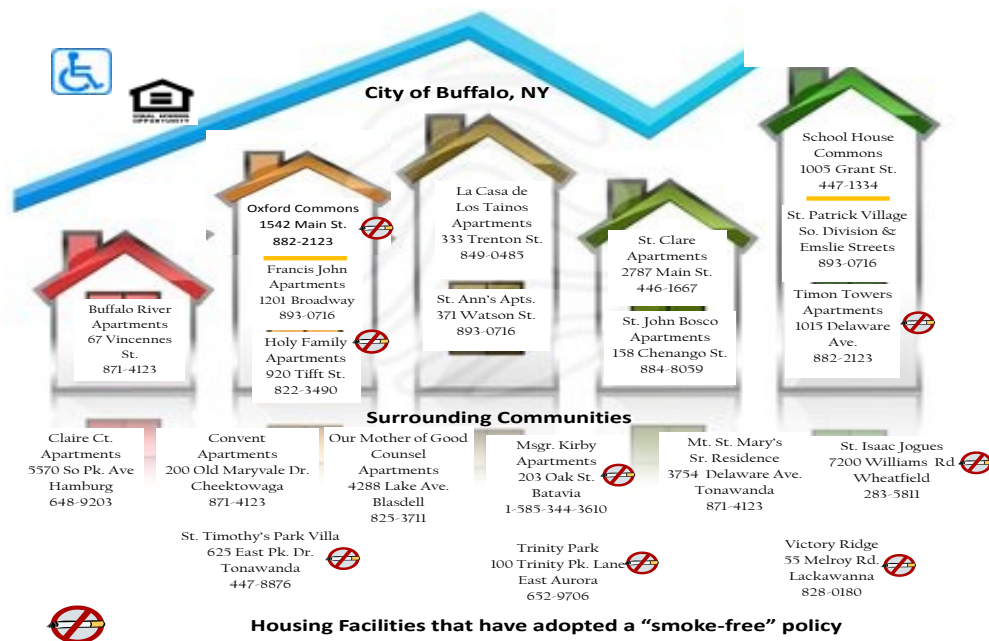
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