

**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**  
**October 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, October 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 for **FREE**. Meets on first and third Mondays (when Center open) at 10 am.  
Beginners are welcome.

Wednesday, October 7th  
6 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.

Friday, October 30th  
6 pm—9 pm

### ***Senior Halloween Party***

Looking for a spooktacular good time?

*We're having a party*

*You're in for a scare*

*It's a Halloween bash*

*So dress up if you dare!*

*The bewitching hour is approaching fast*

*and our costume party will be a*

*Spooktacular Blast!*

*There will be food, fun and dancing.*

*Come one, come all to our Halloween Ball.*

***Costumes are encouraged!***

Dinner will include our "special" pork loin with sauerkraut, potatoes, vegetable and dessert. Dinner and dancing **for only \$10** per person

***Doors will open at 5:30.***



## **AARP Smart Driver Course**

## **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: November 10.**

## **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, October 15th 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

Tuesday, October 20th  
10 am—12 pm

### ***Health Insurance Forum***

*This year, the **Annual Enrollment Period (AEP)** starts October 15<sup>th</sup> and ends on December 7<sup>th</sup> for a January 1<sup>st</sup> 2016 effective date.*

Got questions about Medicare supplemental insurance? Plan on attending the Akron/Newstead Senior Center Health Insurance forum. Learn about available options and find a plan that fits your needs.

Nancy Schneider from Erie County's Health Insurance Information Counseling Assistance Program (HIICAP) will present an overview of changes to Medicare and provide information and assistance regarding Medicare Part A and Part B benefits, the prescription drug benefit, Part D, Medicare Advantage plans and Medicare supplemental insurance.

Sales representatives from the major health insurance companies will be present with information and applications to introduce their upcoming benefit packages.

***If you cannot make it to this presentation, then mark your calendars for a repeat presentation on Tuesday, November 17th, 1pm.***

Thursday, October 15th  
12:45 pm

### ***Euchre Tournament***

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.***

#### **8/13 Winners**

1st-Dick Clotfelter & Robert B. 2nd- Joe Geddes 3rd- Roger P. 4th-Carl B., Sharon S., Sally R., 5th-Pat M.

#### **8/20 Winners**

1st-Roger P. 2nd-ElinerT. & Jigger M. 3rd- Carl B. 4th-Monroe S. 5th- Jerry; Rick; & Mary S.

Thursday, October 22nd  
5:30 pm

### ***Movie Night: Spy***

Although Halloween is coming, we have decided to choose a comedy instead of a scary, horror movie.....But then you never know when it comes to choosing a good movie what you may end up with. Cackle! Cackle!

Despite having solid field training, CIA analyst Susan Cooper (Melissa McCarthy) has spent her entire career as an unassuming desk jockey, working hand-in-hand with dashing agent Bradley Fine (Jude Law). Using high-tech equipment and a hidden earpiece, Susan is the guardian angel who helps Bradley avoid danger.

... However, when the CIA's top agents are compromised she volunteers to go deep undercover to infiltrate the world of a deadly arms dealer, and prevent a global disaster.

Tonight's dinner special TBA with 2 sides and dessert.  
The cost for dinner will be \$5 per person.

Thursday, October 29th  
11 am departure

### ***Customer appreciation Event***

Special event with Great casino incentive! Spend the day at Seneca Niagara casino with over 4,200 slot machines, over 100 tables, or the world-class poker room.

For \$21 per person you will receive \$30 in slot dollars plus a full buffet.

### **Pinochle Tournament**

Players came out to win at the Thursday afternoon pinochle tournament. Bill took 1st place with 655. Mary S. placed in 2nd with 649 followed by Jerry B with 624 for 3rd place. Robert B secured 4th with 607 and Irene held 5th place with 598. Congratulations to our winners!

Be sure to join us Thursday, ***October 22nd at 12:45*** for our next tournament.

Volume 39 #09 October 2015  
Akron, New York

Newsletter Assisted by - Irene Cummings, Alma Cratsley, Dick Ehrensberger, Preparation & Editing - Bonnie Sue Pafk -8 Sunshine Report - Theresa Mazzone - Meet Your Peers - Mabel Campbell

**Tuesday, October 20th  
10:00 am – 1:00 pm**

### ***Flu & Pneumonia Shot Clinic***

**Be prepared for the upcoming flu season!**

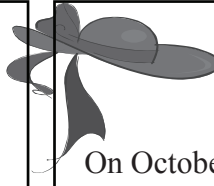
Vaccinations will be administered by The Visiting Nursing Association of WNY.

The following insurances will be accepted: Medicare Part B, Univera, Independent Health, and BlueCross BlueShield.

If you are not covered by any of the above organizations or do not bring your insurance card, the payment for the flu shot will be or pneumonia shot will be required at time of service. It is imperative that an insurance ID be presented to avoid being charged.

**This clinic is open to the public.**

Please stop by or call the office at 542-6645 for more information.



### **Red Hats**

On October 1st the ladies will be dining at La Bella Sicilia in Cheektowaga. Call Donna, 542-4879, if you can-not attend.

### **SUNSHINE REPORT**

**For Aug.**

**GET-WELL CARDS:** Tom Mazzone ~ Phil Morris ~ Bill D'Avignon

**SYMPATHY CARDS:** Jim Allen Family on the death of her Husband ~ Frieda Brandl on the death of her son.

**THINKING OF YOU:** Ted and Faye Szulist

**Happy 99th Birthday Card to Annie Falsioni**

**Theresa Mazzone**

**Thursday, October 8th  
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

**Wednesday, October 14th  
6:00 pm**

### ***Chair Volleyball***

More fun than you can possibly stand - while seated! Come enjoy this fun-filled game played with a beach ball. Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. The game is played with a beach ball and a five foot high net. Rules are similar to regular volleyball except "cheeks on the chair!" Don't be intimidated; try it-you may like it. Our emphasis is on **FUN!**

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

**Wednesday, October 28th  
12:30 pm**

### ***HEAP/Energy Assistance Information***

The Home Energy Assistance Program is a federally funded program designed to assist eligible households with the costs of heating their homes with benefit, weatherization, and essential heating equipment repair components. Randolph Machelor, with the Erie County Senior Services Energy Services Unit- HEAP, will be available to answer eligibility questions and assist with documents for individuals who need help paying their electric or heating bills.

### **Senior Outreach Services**

Case manager available at Center

**Wednesday, October 7th, 1pm-3pm**

**Wednesday, October 21st, 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.





# Activities October 2015



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 8:30 Wii 9:00 SilverSneakers Classic 9:30 Board meeting 10:30 Exercise w/ Claudia Red Hats	<b>2</b> 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	<b>3</b> 6:15 Pinochle & Dominoes
<b>5</b> 9:00 SilverSneakers Classic 10:00 Crochet group	<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 <b>1-3 Senior Outreach</b> 3:00 Watercolor class <b>6:00 pm Euchre night</b>	<b>8</b> 8:30 Wii 9:00 SilverSneakers Classic 10:30 Exercise w/ Claudia <b>12:30 Texas Hold'em</b>	<b>9</b> 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	<b>10</b>
<b>12</b> <b>Center Closed</b>	<b>13</b> 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia <b>12:45 Craft Day</b>	<b>14</b> 9:00 Cards/Games/Mah Jongg 12:30 Card making class 3:00 Watercolor class <b>6:00 Volleyball</b>	<b>15</b> 8:30 Wii 9:00 SilverSneakers Classic 10:30 Exercise w/ Claudia <b>12:00 Exercise Orientation</b> <b>12:45 Euchre Tournament</b>	<b>16</b> 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	<b>17</b> 6:15 Pinochle & Dominoes
<b>19</b> 9:00 SilverSneakers Classic 10:00 Crochet group 1:00 Garden Club	<b>20</b> 9:00 Cards <b>NO Exercise Classes</b> 10:15 Hand & Foot <b>10-1 Flu vaccine Clinic</b> <b>10am-12pm Annual Medicare Insurance Forum</b>	<b>21</b> <b>Potluck Day</b> 9:00 Cards/Games/Mah Jongg <b>10:00-12 Senior Outreach</b> 3:00 Watercolor class	<b>22</b> 8:30 Wii 9:00 SilverSneakers Classic 10:30 Exercise w/ Claudia <b>12:45 Pinochle Tournament</b> <b>5:30 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>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>12:30 HEAP Outreach</b>	<b>29</b> 8:30 Wii 9:00 SilverSneakers Classic 10:30 Exercise w/ Claudia <b>Casino trip</b>	<b>30</b> 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo <b>6:00 pm Halloween Party</b> <i>Doors open at 5:30</i>	

ERIE COUNTY

Call 542-6645 to reserve meal.

## SENIOR STAY-FIT DINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Hamburger w/Gravy Ketchup, Soft Roll Ranch Mashed Potatoes Seasoned Squash Rice Krispie Treat 879	<b>2</b> Chicken Jambalaya Casserole Fruit Punch Peas & Carrots Fresh Fruit 584
	<b>5</b> Pork Cubes in Gravy Mashed Potatoes Orange Glazed Carrots Rye Bread Vanilla Pudding 728	<b>6</b> Boneless Chicken Breast w/Gravy O'Brien Potatoes Mashed Squash Wheat Roll Pineapple Tidbits 652	<b>7</b>          <b>TBA</b>	<b>8</b> Lasagna Roll w/Vegetable Cheese Sauce Stewed Tomatoes Dinner Roll Fresh Fruit 587	<b>9</b> Baked Fish w/Lemon Dill Sauce Peas & Carrots Broccoli, Cheese & Rice Coleslaw Cookies 820
	<b>12</b> Turkey & Vegetable Casserole Mashed Potatoes w/Chives Buttermilk Biscuit Fruit Bar 673	<b>13</b>          <b>TBA</b>	<b>14</b> Ham Steak w/Mustard Sauce Mashed Sweet Potatoes Cauliflower White Bread Strawberry Bavarian 672	<b>15</b> <u>ENTRÉE SALAD</u> Grilled Chicken Breast Fresh Romaine Lettuce Cherry Tomato & Carrot Creamy Italian Dressing Tropical Fruit Cup 677	<b>16</b> Salisbury Steak w/Gravy Mashed Potatoes Stewed Tomatoes White Bread Frosted Chocolate Cake 849
	<b>19</b> Knockwurst w/Sauerkraut Hot Dog Bun - Mustard Home Fries Mixed Vegetables Pineapple 743	<b>20</b> Country Fried Steak w/Gravy Brussels Sprouts Carrot Coins Multigrain Bread Fruited Gelatin 689	<b>21</b>          <b>Pot Luck Lunch</b>	<b>22</b>          <b>TBA</b>	<b>23</b> Breaded Pork Loin w/Gravy Mashed Potatoes Seasoned Spinach Wheat Roll Pumpkin Bavarian 746
	<b>26</b> Chicken Stew Green Beans Buttermilk Biscuit Fresh Fruit 549	<b>27</b> Cheese Omelet w/Cheese Sauce Home Fries w/Peppers Ratatouille Multigrain Bread Fruited Gelatin 730	<b>28</b> Homemade Stuffed Pepper w/Savory Sauce Mashed Potatoes Wax Beans w/Mushrooms Dinner Roll Frosted Brownie 1053	<b>29</b> Ham & White Bean Casserole Rice Pilaf Peas & Carrots Apple Juice Chocolate Pudding 697	<b>30</b> <u>HALLOWEEN LUNCH!</u> Shredded Turkey in Gravy Soft Roll Sweet Potatoes California Mix Vegetables Spooky Donut 873

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