

**Message from the Director**

Dear Friends,

Happy New Year! The New Year, a time of new beginnings, and that theme will be very evident here at the Center. Many exciting new activities, programs, and events are being planned for the upcoming months. We may be facing the doldrums of winter, but there will be plenty to do at the Center and we hope that you will plan on joining us. Saturday, January 23 is National Pie Day and we will be celebrating it on Friday evening the 22nd. Hey, the holidays are past, it's January and winter...do we need a better reason to get together and have fun!

I would like to welcome a *new* member to our Board of Directors; Freda Weinreber. Thank you for volunteering your talents and time. Also many thanks to our outgoing Board member; Shirley Domon.

Just a reminder, if you haven't renewed your membership for 2016, it is now time. All memberships expired on December 31st, 2015 and must be renewed to remain active. To keep your membership active and to continue receiving the newsletter, please renew as soon as possible.

Wishing you all a healthy and happy 2016,

*Della*



Wednesday, January 13th

12:00 PM

**Winter Safety**

Winter is a time of holidays and get-togethers, but it can also be dangerous. We'll talk about ways you can navigate the ice and snow while staying safe.

A 60-minute program that discusses winter safety issues such as falls in icy conditions and preventing injuries while shoveling snow. Presented by BlueCross BlueShield of Western NY.

**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.

**Friday, January 29th at 9:30 am**

**Fidelis Healthcare**

**2016 Members of Akron Newstead Senior**

**Citizen's Board**

**President– Francis LaClair**

**Vice President– Bev Jurewicz**

**Treasurer– Kay Green**

**Secretary– Judy Baker**

**Directors:**

**John Ernst, Jean Johnson, Don Roth, Faye Szulist  
and Freda Weinreber**

**Community Service Notice**

You all really out did yourselves this year in supporting those in need in our community. The collection of gloves/hats and scarves and food pantry items has been wonderful! Thank you to all who have helped make not only the holidays, but every day a little better.

## ***Travel News***

The travel committee will be meeting on January 11<sup>th</sup> to plan day and overnight trips for 2016. If you have any suggestions please contact Barb Gaik, Terry Mazzone, Jean Johnson or Bev Jurewicz.

The committee is changing the trip sign up procedure. Beginning in 2016 we will be using the lottery system. Up to two names and payments can be placed in an envelope. All envelopes will be placed in a container and the envelopes will be drawn until the bus is full. The remaining envelopes will be placed on the waiting list. The drawings will take place on the first Monday of the month proceeding the trip date with the exception of July and September when they will be on the first Tuesday due to holidays. For example if the trip is in June then the drawing will be on the first Monday in May. The same cancellation policy will remain in effect. If you cancel before the cancellation date, you will receive a refund. If you cancel after the cancellation date, the travel committee will attempt to fill your seat and a refund will be issued if the seat is filled. Town of Newstead residents only will receive the resident rate on day trips.

Kay Green

Senior Board Treasurer

## **Local Food pantry Needs Our Help!**

As the need for food by those with limited income continues to increase, the Akron-Newstead Food Pantry is finding their shelves with shortages of much needed food items.

In order to do our part for those in need in our community, we are pushing our efforts to collect more donations at the potluck luncheons and our special events.

***January potluck***—this month will be canned soup  
Cash contributions are also greatly appreciated.

It's a new year, let's resolve to make it a healthier one by participating in one of our exercise classes and health related programs or presentations!



### **Enjoy the Golden Years - Stay Fit**

#### **Join a SilverSneakers® Class**

SilverSneakers® is the nation's leading fitness program for older adults. Increased physical fitness levels during the latter years of life are vital for performance of activities of daily living and overall improvement in quality of life.

With these benefits it only makes sense to get fit, have fun, and make friends with the SilverSneakers® Fitness Program.

***Classes meet Monday through Friday (excluding Wednesday) at 9 am.***

**Unlock the door to greater independence and a healthier life with SilverSneakers.**

### ***Exercise with Claudia***

Looking for a way to step up your exercise routine? Give Claudia's class a try. This class is designed with easy to follow routines choreographed to the oldies, Glenn Miller, Frank Sinatra, Lawrence Welk, etc. Class includes 40 minutes of aerobic exercise and 20 minutes of stretching. Leg and arm movements to strengthen small and large muscle groups. Heart and lungs will benefit. A flexible muscle is a strong muscle. Find out why, at any age, any fitness level exercise builds a good foundation and provides a better range of motion, flexibility, improves circulation and posture, strengthens abdominals and decreases joint pain.

Come see what this class is all about.

Please bring a mat and small pillow. Hand weights are available for use.