



## ***Message from the Director***

Dear Friends,

It's summer time and the living is easy! And what could be easier than getting out of the kitchen and coming to the center for a delicious lunch in our air conditioned dining room. There is always something happening at the Center. Due to many requests ***Tai Chi for Better Balance*** instructed by Denise Miller returns on July 6th. Mark your calendar for the Garden Club meeting on Monday, July 13th. Feeling lucky? Then sign up for our trip to Seneca Niagara on the 20th. Remember to register for our very popular summer Tea Party. Our monthly movie night (dinner and a movie) will take place on Thursday, July 30th.

See you soon,

Debb

***PS: Don't forget about our annual Basket Raffle and Chicken BBQ-Saturday, August 22nd.***

## **Join a SilverSneakers® Class**

SilverSneakers® is the nation's leading fitness program for older adults. Regular exercise can reduce your risk of heart disease by up to 50%; double your muscle strength in 3 to 4 months; and reduce the risk of diabetes by as much as 75% if you are 60 and older. With these benefits it only makes sense to get fit, have fun, and make friends with the SilverSneakers® Fitness Program.

### **Monday and Thursday: 9-10am. SilverSneakers Classic-**

Have fun and move to the music with a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills.

### **Tuesday: 9 to 10 SilverSneakers Circuit**

Combine fun and fitness to increase your cardiovascular strength and muscular endurance power. Develop upper body strength using hand weights, elastic tubing, and a ball along with non-impact aerobic choreography.

**Friday: 10 - 11am. Yoga Stretch** will move your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

## ***SilverSneakers® Evening Classes***

***We are pleased to be able to offer SilverSneakers® classes as part of our Wednesday evening programming. Check the monthly calendar to find out which class is offered and the time. In order that we may continue to provide these classes it is necessary to collect a fee of \$3 per class from every participant, as set by The A/N Board of Directors.***

## **TRIPS and TRAVEL**



**Tuesday, August 4th**

### ***Grand River Cruise & Blazing Fiddles— Caledonia, Canada***

**Depart Center at 8:00 am Return at 6:15 pm**

Begin your day in "The Landing" with complimentary coffee and muffin and shopping in the large Craft

Shop. Enjoy an interesting audiovisual presentation about the Grand River followed by a fabulous live Music Show featuring "The Blazing Fiddles". You will then embark on a 2 hour cruise featuring a delicious 3-course lunch served to your private window table. **Menu:** Home-baked bread, garden salad, roast beef, vegetables, potatoes, home-baked apple pie, tea/coffee During your cruise your captain gives an informative narration about the Grand River and you can sit out on the promenade deck to enjoy the river scenery. After your cruise, our famous home-baked bread, apple pie, and other baked goods are available to purchase and complimentary refreshments are served before returning home.

*The cost of this trip will be \$59 for residents and \$79 for nonresidents.*

***Sign up with payment beginning July 1st for members and July 2nd nonmembers.***

***Passport or enhanced license required at sign up.***

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**Friday, September 25th**

### ***Adirondack Fall Foliage Train Ride & Buffet Lunch***

Arrive at Utica's historic Union Station and board Adirondack Scenic Railroad for a special fall foliage ride to Old Forge in the foothills of the Adirondack Mountains. Travel through forests, river and streams, while enjoying the beautiful fall colors. After arriving at Thendara Train Station, we will reboard our motor coach and continue to Fourth Lake where we will enjoy a delicious buffet lunch at North Woods Inn. On the way home we will stop at Old Forge Hardware— the Adirondack's favorite general store.



*The cost of this trip will be \$70 for residents and \$90 for nonresidents.*

***Sign up with payment beginning August 6th for members and August 7th for nonmembers.***

### ***What do you want to do?***

We extended our hours on Wednesday evenings due to member requests, and now we want to know what activities we can add for your enjoyment or benefit.

A number of people are coming to play dominoes or Hand & Foot. A euchre night is scheduled for this month, but to justify continuing and expanding evening hours we would appreciate your input. If you are interested in Texas Hold'em, shuffleboard, chair volleyball or have a suggestion please let us know.

Wednesday, July 8th

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.

Wednesdays, July 22nd-August 26th

12:30-3:00 pm

## ***Living Healthy NY– Chronic Disease Self-management Workshop (CDSMP)***

**Are you an adult age 60 or older with an ongoing health condition? Do you want to take control of your life and make healthy changes? Our CDSMP workshop can help you do just that!**

The Erie County Department of Senior Services will hold free Living Healthy Workshops focusing on Chronic Disease Self-Management (“CDSMP”) at the Akron Newstead Senior Center beginning on July 22nd. Held weekly on Wednesdays, the six classes in this program continue through August 26th and are designed to help individuals and/or their caregivers increase the skills necessary to better manage their disease and to confront the many challenges of living with chronic illness.

“Many older adults have at least one chronic health condition, such as hypertension, arthritis, heart or lung disease, or diabetes, and they often struggle with how to cope with their condition,” said Erie County Commissioner of Senior Services Randy Hoak. “These free workshops will give seniors, their caregivers and their families more confidence in their ability to manage their condition, better ability to manage pain and stress, and will teach them other management strategies as well.”

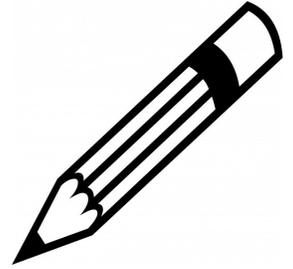
This is an evidence-based, interactive health education program developed by Stanford University, and will be facilitated by trained leaders who have a personal understanding about living with a chronic condition. In addition to being better-prepared to manage their condition, participants in Living Healthy programs report increased energy and physical activity, increased participation in activities, less time in the hospital, and improved communication with health care providers.



*Don't miss this opportunity to make positive changes to your health and your life. This program is open to the public- caregivers welcome. Call 542-6645 to register.*

**It's not age — it's attitude!**

# Upcoming Events to Mark on the Calendar



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.***



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.

Thursday, July 23rd

11:30 am-1:00 pm

## ***Farmers Market Coupons 2015***

Erie County Stay Fit Dining Program will be distributing coupons at the Center on Thursday, July 23rd from 11:30 am till 1 pm. Recipients must be 60 years of age or older, meet income requirements, or currently receive or eligible to receive SSI, public assistance, or Section 8 housing subsidy.

Only one \$20 booklet per household.

Coupons will be distributed on a first-come, first-served basis.

You must be present to sign for coupons.

