

Message from the Director

Dear Friends,

Just a reminder as you are out enjoying the beautiful spring weather (my attempt at optimism) don't forget to stop by the Center to participate in the many programs and activities that are scheduled for this month. There are many programs and activities to choose from: Bicycling group, Garden Club, Wii gaming, Tai Chi for better Balance and more.

A shout out to all our Route 66 walkers—you are doing a great job! Keep it up and we are sure to outstep the Clarence Senior Center.

To celebrate National Older Americans Month and National Senior Health and Fitness Day the Akron/Newstead and Clarence senior centers are hosting a Health and Fitness Resource Fair at the Center on May 28th . You won't want to miss all the special activities and informational presentations planned for this event . ***Plus there will be a free lunch and great prizes!!!!!!!***

See you at the Center,

Debb

Wednesday, May 28th

11: 00 am—2:00 pm

Senior Health & Fitness Resource Fair ***"Make a Move Towards Better Health"***

In observance of National Older Americans Month and National Senior Health & Fitness Day, join us at the Center for a day of essential information and activities focused on good health and staying fit. Free senior health screenings, safety and fitness education, nutrition tips, wellness activities, ***great prizes*** and ***free lunch***.

Free Lunch

More

than 100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S. on Wednesday, May 28, 2014 as we celebrate the 21st annual National Senior Health & Fitness Day. The common goal for this day: to help keep older Americans healthy and fit. This is a great opportunity to ***"Make a Move Towards Better Health"***.

prizes

From the President's Desk -

May is National Older Americans Month and we have several special events coming up right here in Newstead. The Town of Newstead is recognizing and honoring its own seniors with an Official Proclamation for National Older Americans Month. Director Debb Sabbatis and several ANSC Inc. Board members will attend the Proclamation ceremony on your behalf at Town Hall. On Wednesday, May 28, we are hosting the Resource Fair for Seniors. Debb and other local leaders involved in services to our seniors have spent months preparing for this event which will bring together many of the best health, fitness, residential and other support resources useful to us and to others in our community. Please mark that date: Wednesday, May 28, 8:30 to 3 p.m. in your calendars and join us at the Fair.

Many of us have begun exercise and other health improvement activities including the 2014 Walking Challenge. I will not tell you the name of our team but special thanks go to my partner Bev Jurewicz for keeping us up in the rankings. I have been so surprised at how much I enjoy my weekly Muscle Strengthening (Monday) and Yoga (Friday) classes. I have joined the Tai Chi class on Mondays as well. Not only do I have more energy, it has become easier to work out daily stiffness from arthritis. I thought these classes would be too tough for me but they aren't and are so much fun with good companionship that I would regret missing a single class.

Please enjoy May as Older Americans Month and help yourself by taking up the habit of one new physical activity. It could be walking the trails or wiggling your fingers and toes but do it! You'll love it!

See you at the Center!

Marianne Morris

Tuesdays starting May 27th

1:00—2:30 pm

MS Basic Office

A basic overview of MS Office. This is a 10 week course that will cover Word, Excel & PowerPoint.

Word: Learn how to make adjustments to fonts, center text & page layout and more.

Excel: Learning to use basic math functions. .

PowerPoint: Create small slide shows presentation.

Many of the concepts that we learned in Window Basic will be used in this course. Students should be familiar with cut, copy & paste. Students should also have an active Gmail account. Each module we will create a useful application.

Students are encouraged to bring laptop notebooks. Office version 97 and newer.

Cost of this 10 week cost is \$25

Notice:

There will be no SilverSneakers Classes on May 8 & 9.

Mah Jong will be played at 9 am Wednesdays

Wednesday, May 7th

11:00 am

Mother's Day Luncheon



Mother's Day is a wonderful occasion to honor all the special women in our lives - from mothers and aunties to grandmothers and sisters.

Join our celebration as we pay tribute to all the women that have influenced our lives.

Sign up by Friday morning, May 2nd.

Wednesday, May 7th

10:00 am

Route 66 Group Walk

Our second motivational walk with Michelle will be at the Akron Park-meeting at 10 am near park entrance on Parkview. Afterwards Michelle will be joining us for a special Mother's Day Luncheon program back at the Center.