

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

March 2014

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Permit 22

AKRON-NEWSTEAD SENIOR NEWS



Craft Classes

Card Making

We will be making greeting cards with rubber stamps **Thursday, March 6** 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 Enthusiasts

The Crochet group will be meeting on Mondays at 10 am. Beginners welcome.

Monday, March 10th

1:00 pm

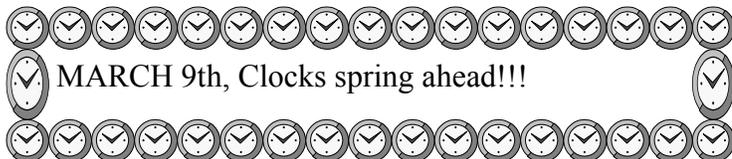
Gardening Club

With temperatures rising and trees and flowers blooming, it's time to focus on spring and all of the pleasures surrounding this season. Gardening is an important ritual of spring, and the activity provides a healthy quality of life for participants of all ages, including seniors.

This may not be surprising news for those familiar with getting their hands dirty each spring, and experiencing the joys associated with the process, but the positive impact of gardening is significant enough that the activity should be on the radar of all seniors with the time on their hands to get involved in the garden.

We would like to invite all those with an interest in gardening/birding to come to our 2014 organizational meeting at the Center and share your knowledge and love of gardening with others. Light refreshments will be served.

To sign up call 542-6645 or stop by the Center.



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 2014: March 11, May 13, July 8, September 9, November 11.

New Program— Genealogy

Mondays @ 1 pm

Long time member, Joan Frank, has volunteered to assist members interested in exploring their past. This is a wonderful opportunity to learn more about who you are and your family origins and create a genealogical gift for children and grandchildren.

Those interested should contact Center to register.

Volume 38 #03
March 2014 Akron, New York

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

Thursday, March 20th
5:30 pm

Movie Night: Last Vegas

Billy (Michael Douglas), Paddy (Robert De Niro), Archie (Morgan Freeman) and Sam (Kevin Kline) have been best friends since childhood. So when Billy, the group's sworn bachelor, finally proposes to his thirty-something (*of course*) girlfriend, the four head to Las Vegas with a plan to stop acting their age and re-live their glory days. However, upon arriving, the four quickly realize that the decades have transformed Sin City and tested their friendship in ways they never imagined. The Rat Pack may have once played the Sands and Cirque du Soleil may now rule the Strip, but it's these four who are taking over Vegas.

Tonight we will serve our **Leprechaun Special**—corned beef dinner and dessert. The cost for dinner will be \$5 per person. Please sign up and pay in office by Friday, March 14th.

Euchre Tournament Winners

January 16th:

1st-Roger Pixley
2nd place tie—Martha Z. & Eleanor K.
3rd Place tie—Chet F. & Joyce F.

Next Tournament

Thursday, March 13th
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

Thursday, March 20th
12:45 pm

Get your Kicks with the Route 66 Walking Challenge.

Coming Thursday, March 20th.....The **Route 66 Walking Challenge**. Last year's challenge was miles of fun and very successful. Choose a partner and use a pedometer to track your steps for six weeks. You will compete against other teams for total distance as you walk the length of historic Route 66! Scheduled group walks will help you maximize your total steps. At the end of the challenge, we will celebrate with prizes and an awards ceremony. The Route 66 Walking Challenge is sponsored by BlueCross BlueShield of Western New York.

This year as an added incentive the Akron Newstead Seniors will be competing against the Clarence Seniors.

Mark your calendars for the “walk this way” seminar scheduled for Thursday, March 20th at 12:45 pm. Followed by our Route 66 kick-off event on Wednesday, April 2nd at 12:45pm.

SUNSHINE REPORT for February 2014

GET-WELL CARDS: Roberta Vincent ~ Kate Green
Pat Hilderband ~ June Dombrowski ~ Lucille
Kruschke ~ Ann Marie Wik ~ Marian Schmitt ~

SYMPATHY CARDS: To the family of Carol Gibbs on her death; Judy Geyer on the death of her husband, Norbert;

David Wentland on the death of his wife Cleo

SUNSHINE CHAIRPERSON:

Donna Cox
Call 542-4879

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

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, March 20th at 11:30pm**. Please sign up or call 542-6645.

Senior Outreach Services

Note date changes

Case manager available at Center the *Wednesday, March 5th, 1-3 pm.*

Wednesday, March 19th, 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.

Wednesday, March 19th

11:30 am

Potluck Luncheon

The Center Board of Directors would like to invite you to the monthly potluck luncheon.

All are encouraged to attend; please bring a dish to pass and *eating utensils*.

Join us for a delicious lunch, great company, and important information from your Board.

We will have an informational presentation from Sandy Barillari, program director, from Hearts and Hands.

Remember those less fortunate by bringing a do-



Red Hats

On March 6th the ladies will be dining at the Olive Tree in Lancaster. Call Terry at 542-4384 if you **cannot** attend.

Trips and Travel News

The travel committee has been hard at work planning many new and interesting trips for this year. We hope that you choose to travel with us on one of our many outings. Sign up dates for trips will be set for each trip. The center will utilize a first pay, first go, method for registration. Phone and walk in reservations DO NOT guarantee a spot on a trip. Participants who call in and request to be signed up on a trip but are unpaid will be placed on wait list till payment is received. When participant's money has been received, then and only then is a person considered a registered participant of the trip and their spot guaranteed.

Trip details coming soon!

Chair Massage

Thursday, March 13th

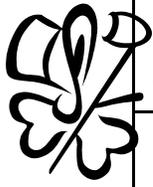
12:30—2:00

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

Sign up at Center or call 542-6645.

Pinochle Tournament

The Thursday afternoon pinochle tournament was off to a fast start as Bill whizzed past everyone with 701 - what skill. Bev took second place with 655. Bonnie came in third with a 630 while Chet followed on her heels with 629 for fourth place. A fun time was had by all. ***Join us for our next tournament on Thursday, March 27th.***



Activities March 2014



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 9:00 SilverSneakers Classic 10:00 Crochet Group 11:00 Shuffleboard 1:00 Genealogy	4 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia 1:00 Computer class	5 9:00 Cards/Games 1-3:00 Senior Outreach 1:00 Dominoes 3:00 Watercolor class	6 8:30 Wii bowling 9:00 SilverSneakers Classic Cards 9:30 Board Meeting 12:30 Card Making 5:30 TOPS meeting Senior Red Hats	7 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	8
10 9:00 SilverSneakers Classic 10:00 Crochet Group 11:00 Shuffleboard 1:00 Genealogy Univera Garden Club	11 9:00 SilverSneakers Circuit Cards AARP Smart Driver 10:15 Hand & Foot 10:30 Exercise w/ Claudia 1:00 Computer class	12 9:00 Cards/Games 1:00 Dominoes 3:00 Watercolor class	13 8:30 Wii bowling 9:00 SilverSneakers Classic Cards 10:30 Exercise w/ Claudia 12:30 Chair Massage 12:45 Euchre Tournament	14 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	15 Pinochle & Dominoes
17 St. Patrick's luncheon 9:00 SilverSneakers Classic 10:00 Crochet Group 11:00 Shuffleboard 1:00 Genealogy	18 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia 1:00 Computer class	19 9:00 Cards/Games 10-12 Senior Outreach  3:00 Watercolor class	20 8:30 Wii bowling 9:00 SilverSneakers Classic 10:30 Exercise w/ Claudia 11:30 Exercise Orientation 12:45 Route 66 5:30 Movie Night TOPS meeting	21 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	22
24 9:00 SilverSneakers Classic 10:00 Crochet Group 11:00 Shuffleboard 1:00 Genealogy	25 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia 1:00 Computer class	26 9:00 Cards/Games 1:00 Dominoes 3:00 Watercolor class	27 8:30 Wii bowling Banquet 9:00 SilverSneakers Classic Cards 10:30 Exercise w/ Claudia 12:45 Pinochle	28 9:00 SilverSneakers Yoga Cards and Games 12:45 Bingo	29
31 9:00 SilverSneakers Classic 10:00 Crochet Group 11:00 Shuffleboard 1:00 Genealogy					



March 2014 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 BBQ Pulled Turkey Scalloped Potatoes Broccoli Slider Roll Ambrosia</p>	<p>4 Beef Stroganoff over Pasta Mixed Vegetables Cauliflower Black Forest Cake</p>	<p>5 <u>Ash Wednesday</u> Vegetarian Chili w/ Rice Sweet Corn Grape Juice Apricots</p>	<p>6 Breaded Chicken Breast Tarragon Gravy Ranch Mashed Potato Green Beans Fruit Cocktail</p>	<p>7 Cheese Omelet w/Cheese Sauce Roasted Red Potatoes Carrot Coins Fresh Fruit</p>
<p>10 Ham Steak w/ Honey Mustard Sauce Mashed Potatoes Seasoned Spinach Cinnamon Streus</p>	<p>11 Hamburger Patty with Gravy & Bun Oven Roasted Potatoes Broccoli Fresh Fruit</p>	<p>12 Grilled Chicken Salad Cherry Tomatoes Shredded Carrot Italian Dressing Tropical Fruit</p>	<p>13 Breaded Boneless Pork Chop w/Apple Chutney Mashed Sweet Potatoes Cauliflower - Stuffing Vanilla Pudding</p>	<p>14 Cheese Tortellini w/Alfredo Sauce Italian Bean Medley Stewed Tomatoes Peaches</p>
<p>17 <u>St. Patrick's Day</u> Beef Cubes in Gravy Roasted Red Potatoes Italian Green Beans Leprechaun Cake</p>	<p>18 Sliced Turkey w/Tarragon Gravy Mashed Sweet Potatoes Sweet Peas Pineapple</p>	<p>19 Potluck Luncheon</p>	<p>20 Meatloaf w/Gravy Lazy Pierogi Carrot Coins Rye Bread Fresh Fruit</p>	<p>21 Baked Swai w/Dill Sauce Au Gratin Potatoes Broccoli Pears</p>
<p>24 Chicken Breast w/Gravy Carrot Coins Grape Juice Tropical Fruit</p>	<p>25 Cabbage Bake w/ Sauce Mashed Potatoes Chef Salad w/Dressing Spice Cake</p>	<p>26 Pork Loin w/Gravy Sweet Potatoes Broccoli Breakaway Roll Peach Bavarian</p>	<p>27 Greek Quiche/Cheese Sauce Roasted Red Potatoes Cinnamon Streusel Square Fresh Fruit</p>	<p>28 Breaded Fish Patty Stewed Tomatoes Apple Juice - Mac & Cheese French Vanilla Mousse</p>
<p>31</p>	<p>LUNCH served Mon-Fri at approximately 11:45 am. Reserve your lunch at least 48 hours in advance by calling 542-6645.</p>	<p>\$3.00 (suggested donation) All donations are confidential: no one is denied a meal due to an inability to pay.</p>		

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