



JULY 2026

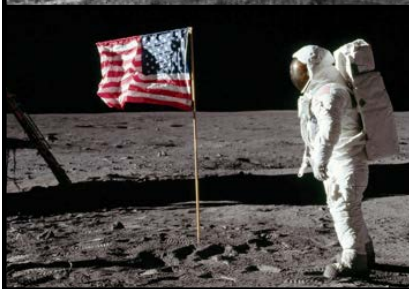
THE FEED

Erie County Department

for the Aging Nutrition & Wellness News

250

★ HAPPY 4th OF JULY ★



FEATURES

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ECDA Activities & Fun!!



Cooking with SASS at the Grand Island Golden Age Center, June Nutrition Education on Food Safety with Thermomter Give-away, University Express class on baseball memorabilia, Hike in Como Park & March Madness Party at the Lancaster Senior Center!

UNIVERSITY EXPRESS

Wed., July 8th 1:00 p.m.
Computer Basics
Tn of Tonawanda Sr Ctr

Fri., July 10th 1:15 p.m.
The Birth of Steel City
Akron-Newstead Sr Ctr

Tues., July 14th 10:00 a.m.
Understanding Alzheimers
& Dementia
Cheektowaga Sr Ctr

Wed., July 22nd 2:00 p.m.
Severe Weather Hazards
Across WNY
West Seneca Library

Thurs., July 30th 6:00 p.m.
Thinking of a Hip
Replacement?
Amherst Sr Ctr

More Fun with ECDA!!

BINGOCIZE

Williamstowne Village
Mondays
1:00-2:00 p.m.
August 24th - Cooking for
One or Two
August 31st - Cooking on
a Budget
September 14th - Italian
Cuisine

United Church Manor
Tuesdays & Thursdays
10:45-11:45 a.m.
Sept. 1st - Nov. 5th

West Side Community Center
Mondays & Wednesdays
10:30-11:30 a.m.
Sept. 14th - Nov. 18th

Clarence Senior Center
Tuesdays
1:00-2:00 p.m.
September 15th -
Cooking for One or Two
September 23rd -
Cooking on a Budget
September 29th -
Therapeutic Cooking/
Cooing for Fun

COOKING WITH SASS

Akron-Newstead Senior Center
Thursdays
1:00-2:00 p.m.
September 17th - Cooking on a
Budget
September 25th - Emergency
Cooking
October 1st - Cooking for One
or Two

FALLS PREVENTION SEMINARS

Hamburg Senior Center
Wed., July 15th 10:30
a.m.

BFNC Life Center
Wed., July 22nd 1:00
p.m.

A MATTER OF BALANCE

Akron-Newstead Sr Ctr
Begins Tuesday,
July 7th
at 1:00 p.m.
for 8 weeks

The Older Americans Act of 1965



The Older Americans Act was signed into law on July 14, 1965. This federal legislation under President Lyndon Johnson aimed to address the wide-ranging needs of older adults through non-income-based community services including nutrition, transportation, personal care, case management, caregiver support & elder rights. The nutrition services provided include both **home-delivered meals** & **congregate dining programs**. Both are funded by the federal Administration on Aging via the nationwide Aging Network which encompasses 56 state/territorial Aging Offices, over 600 AAA's (Area Agencies on Aging), hundreds of tribal organizations & tens of thousands of local service providers. Erie County Department for the Aging is the local AAA that administers these nutrition programs throughout most of Erie County. Now you know!

DAIRY-FREE RED, WHITE & BLUE MIXED BERRY YOGURT POPSICLES

Ingredients

- 2-3 containers full-fat coconut yogurt
- 1-2 cups mixed berries
- 1-2 tsp. honey, optional



Directions

- Combine yogurt, berries & honey. Stir well to combine.
- Spoon mixture into popsicle molds or ice cube tray. If using molds, insert a popsicle stick once mold is filled. If using ice cube tray, cover with plastic wrap & insert toothpick. Freeze & enjoy!



July Special Meals



4th of July Lunch
Thursday, July 2nd

Hot Dog on Bun

Baked Beans

Macaroni Salad

Mixed Vegetables

Fruit Punch

Ice Cream Sandwich



Christmas in July Lunch
Friday, July 24th

Roast Beef with Gravy

Scaolloped Potatoes

Brussels Sprouts

Chef Salad

Rye Bread

Cheesecake with Chocolate Sauce

WATERMELON, BLACK OLIVE, MINT & FETA SALAD

Ingredients

- 1 small red onion, diced
- 8 cups watermelon, cubed & chilled
- 1/3 pound feta cheese, crumbled
- 1 cup black olives, pitted
- 1 bunch Italian parsley, chopped
- 1-3 Tbs. fresh mint, chopped
- 3-4 limes, juiced
- 1/4 cup extra virgin olive oil
- 1/2 tsp. black pepper



Directions

- Toss watermelon, feta, olives, onion, parsley & mint together.
- Separately, combine olive oil, lime juice & black pepper. Pour onto salad until well-coated. Toss gently.
- Garnish with extra mint, if desired, or try different fruit or greens like mango, strawberries or arugula.

What do you do if you get rejected at a sunscreen comany?
You re-apply.

July Jokes



Why do crabs never share?
They're shellfish.

Where is it safe to dive into the pool?
Deep-end's where you dive.

Why is camping not for the faint of heart?
It's in tents.

Why did the lobster blush?
It saw the oceans' bottom.

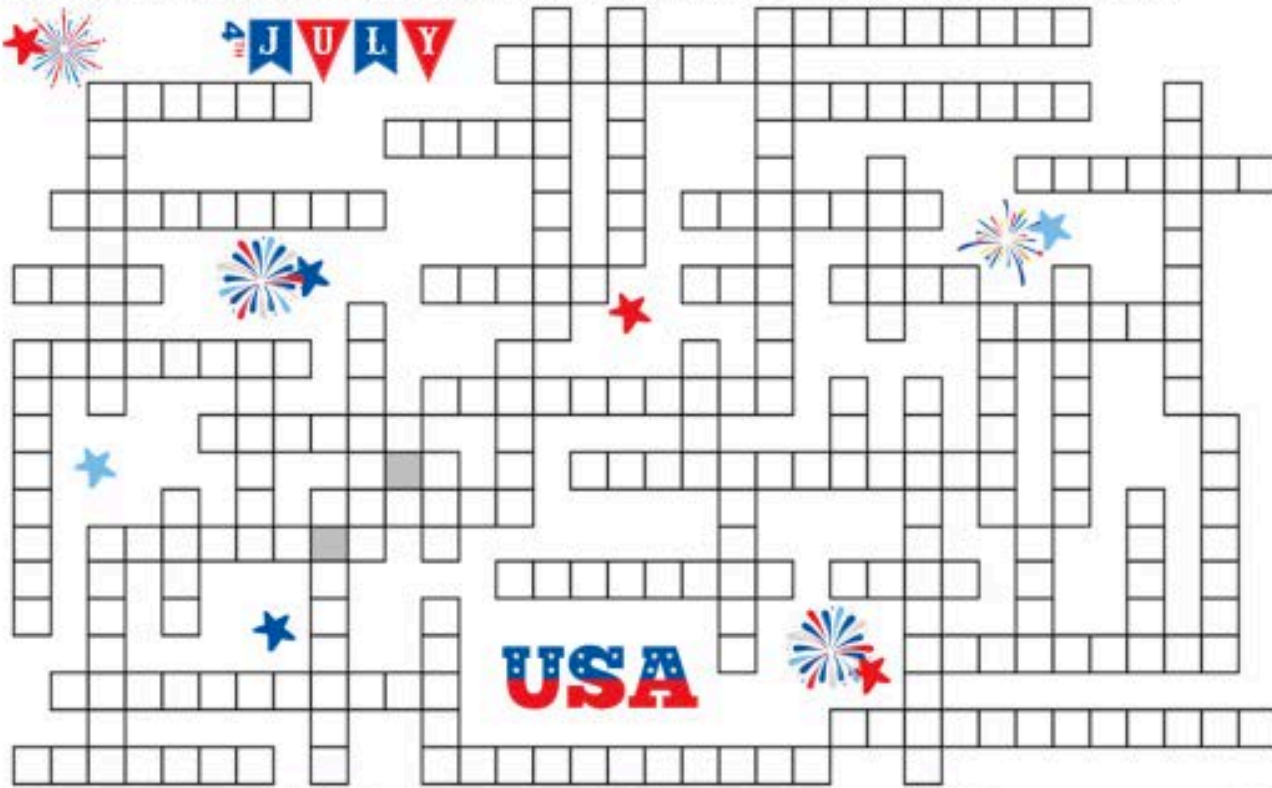
Humpty Dumpty had a great fall.

His summer wasn't bad either.

How could you tell that the gardener was excited about summer? He wet his plants.

4th Of July Word Fill In

Write the words in the correct place on the grid based on the number of letters.



3 letters

red
hot
fun

4 letters

blue
free
home
flag
boom
July

5 letters

stars

white

grill
party
pride
music

6 letters

values
states
picnic
united
crowds
summer
parade
spirit

family

7 letters

stripes
burgers
holiday
cookout
concert
veteran
liberty
America

8 letters

lemonade
barbecue

national
backyard

9 letters

streamers
community
democracy
celebrate
fireworks
sparklers
tradition

10 letters

watermelon

11 letters

anniversary
declaration
decorations
commemorate

12 letters

independence
pyrotechnics



Erie County Stay Fit Dining Program

716.858.7639



**ERIE COUNTY
DEPARTMENT FOR THE
AGING**

716.858.8526

www.erie.gov/aging



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