



AUGUST 2026

THE FEED

Erie County Department
for the Aging Nutrition & Wellness News



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More than Just a Meal



It's a Great Deal!



The Stay Fit Dining Program serves thousands of meals each week between both the congregate & frozen meal programs. These meals provide balanced nutrition & the opportunity to enjoy the company of others. Though funding for these programs is provided through a federal grant, Erie County provides significant supplemental funding for the meals. Your contribution toward the meals helps to provide even more meals & to improve the quality of the meals by allowing for special menu items to be added like special desserts, salads & higher-end entrees. Every dollar matters, so whether it's a dime or the suggested confidential contribution of \$3.50 per meal, it all goes toward providing high-quality & convenient meals for you!



Going Places?

Call 858-RIDE!!



The Going Places Transportation Program provides a way to get where you're going for those who can no longer drive. Medical & non-medical rides are provided Monday through Friday from 8:30 a.m. to 3:00 p.m. (may vary based on where you live) for a confidential donation of \$8.00 each way. The program's mission is to allow older adults the freedom to remain in their own home & to thrive in their community even if they can no longer drive. Both ambulatory & wheelchair accessible vehicles are available. If you're going places, call 716.858.RIDE (7433) or visit www3.erie.gov/aging/transportation for more information about the program!

UNIVERSITY EXPRESS

Thurs., August 6th
2:00 p.m.

Trivia in the Parks
Ellicott Creek Park
Casino

Friday, August 21st
11:45 a.m.

Field Trip to the
Birchfield Penney Art
Center

visit erie.gov/ue
to register!

RSVP

Tuesday, August 11th at 2:00 p.m.

Americorps RSVP Volunteer Fair
Buffalo & Erie County Naval &
Military Park

visit erie.gov/rsvp to register

More Fun with ECDFA!!

BINGOCIZE

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

Kenmore Community Center

Mondays & Wednesdays
12:45-1:45 p.m.
Sept. 14th - Nov. 18th

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

FALLS PREVENTION SEMINARS

United Church Manor

Wed., August 5th
1:00 p.m.

Amherst Senior Center

Mon., August 10th
1:00 p.m.

COOKING WITH SASS

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/
Cooking for Fun

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





Upcoming Special Meals



SENIOR CITIZENS LUNCHEON FRIDAY, AUGUST 21ST

**BROCCOLI-STUFFED
CHICKEN WITH HERB GRAVY
SCALLOPED POTATOES
PEAS WITH RED PEPPERS
CHEF SALAD
WHEAT ROLL
BOSTON CREAM PIE**

Labor Day Luncheon Friday, Sept. 4th

**Breaded Chicken
Drumsticks
Ranch Mashed Potatoes
Sweet Peas
Chef Salad
Wheat Roll
Banana Cream Pie**



Garden Workshops in the Park



In July, the Nutrition Team hosted their very first Gardening in the Park workshops where each person had the choice of planting a tomato or pepper plant &/or an herb of their choice featuring basil, cilantro, oregano or parsley. In addition to taking home their newly planted seedlings, participants received information on caring for their plants, the health benefits of herbs, and a recipe booklet featuring recipes utilizing the vegetables & herbs that they just planted! They even got to try 3 of the recipes from the booklet! Fun & learning was had by all. Look for more Gardening in the Park workshops next spring!



The Feed's Funnies



Where do surfers get
their degrees?
At boarding school.

Why don't seashells take
baths?
Because they wash up on
the beach.

I wondered why the baseball
was getting cloer & closer...
then it hit me.

Why didn't the sun go
to college?
It already had a million
degrees.

Why did the chicken
cross the
playground?
To get to the other
slide.

What kind of ship sits on
the ocean floor & has
anxiety?
A nervous wreck.

Who do you call to
clean the ocean?
Mermaids.

Why did the beach get angry?
Because it noticed the sea weed.

SUMMER GARDEN CRUSTLESS ZUCCHINI PIE



Ingredients

- Cooking spray
- ½ Tbs. olive oil
- 3 garlic cloves, minced
- 1 bunch green onions, diced
- 1 cup baby bella mushrooms
- ¾ cup cherry tomatoes, halved
- ½ small red bell pepper, diced
- ½ cup sweet corn, fresh or frozen
- 1 medium zucchini, cut into ¼ inch slices
- Freshly ground salt & black pepper
- 6 large eggs
- ¼ cup any milk of choice
- ¼ cup flour
- 3-5 large basil leaves, julienned
- 1 cup shredded cheddar cheese

Directions

- Preheat oven to 375°F. Spray a 9-inch deep pie pan or springform pan with cooking spray.
- Add oil to skillet & cook veggies over medium-high, first sauteing garlic & green onions until fragrant. Add other veggies, except zucchini. Season with salt & pepper. Cook until mushrooms soften. Set aside.
- Whisk eggs milk, flour, basil & ½ cup cheese, salt & pepper in a bowl.
- Add all veggies including the zucchini to the prepared pan & spread out evenly. Pour the egg mixture over the veggies. Top with the remaining ½ cup cheese.
- Bake for 35-50 minutes or until egg cooks through.
- Cool for 10 minutes before slicing. Allow pie to cool completely before storing in the fridge.

Tip: Add any veggies or additional seasonings that you enjoy!

AUGUST

ADVENTURE
AMUSEMENT PARK
AUGUST
BACK TO SCHOOL
BACKYARD
BICYCLE
CAMPFIRE
CAMPING
CORN ON THE COB
FARMERS MARKET
FIREFLY
FLOWERS
FRUIT
FUN
GRILLING
HOT
HUMID
LAKE
PLAYGROUND
POPSICLE
RELAXATION
ROAD TRIP
SAILBOAT
STATE FAIR
SUMMER
SUNFLOWER
SUNNY

W	J	C	T	A	M	U	S	E	M	E	N	T	P	A	R	K	S	S
H	B	P	L	S	J	L	Z	I	B	I	C	Y	C	L	E	G	T	D
T	O	G	B	T	U	P	L	A	Y	G	R	O	U	N	D	J	I	R
C	C	A	A	A	E	G	E	Q	N	Y	N	P	B	E	D	D	U	O
S	E	P	C	T	H	K	U	S	F	B	O	I	Q	C	Q	R	N	E
J	H	N	K	E	Z	I	R	A	R	P	C	Y	P	Y	R	A	O	R
Q	T	F	T	F	Y	B	F	A	S	E	L	S	N	M	K	Y	I	O
V	N	H	O	A	J	S	B	I	M	G	W	A	U	R	A	K	T	A
B	O	D	S	I	T	H	C	N	S	S	K	O	K	F	S	C	A	D
T	N	D	C	R	Q	L	B	U	R	M	R	A	L	E	U	A	X	T
E	R	Q	H	Z	E	Y	N	E	V	R	E	E	Z	F	N	B	A	R
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A	U	P	K	U	T	X	T	B	Q	S	Z	J	D	G	X	V	V	S



Erie County Stay Fit Dining Program

716.858.7639



ERIE COUNTY
DEPARTMENT FOR THE
AGING

716.858.8526

www.erie.gov/aging



NY Connects

Your Link to Long Term
Services and Supports

of **ERIE COUNTY**

(800) 342-9871 (716) 858-8526