



October Newsletter Happy Fall!

The cooler temperatures have arrived! We are breaking out our sweaters, jackets and fall fashions. The days are shorter allowing us more time for inside activities. If you run out of things to do at home and would like a chance to get out, stop by the Senior Center! We have something for everyone!

Our exercise programs are going strong, we have added an additional Yoga class on Monday mornings at 8:15-9:15AM followed by our regular Monday Yoga 9:30-10:30! We also offer Yoga Fridays 9:30-10:30AM! Check out what we offer and warm up with a workout! Hope to see you soon!



INSIDE THIS ISSUE

Halloween Party.....	2
Lunch Info.....	2
Center Happenings...	3
Future Events.....	3
Care Van Info.....	4
Calendar of Events	
Center Events-Activities	



HALLOWEEN PARTY



Plan to come in and enjoy the fun!

Cider , Donuts and Treats!

Wear your costume !

Costume Parade with Prizes!

Friday, October 31, 2025 at 11:00AM

Please be sure to sign up for lunch!

Lunch News:

Please be sure sign up for lunch at least one week before you would like to attend.

Thank you!

Questions regarding the lunch program please call the Senior Center at (716) 754-2071.

The Center will be closed on Monday October 13th to celebrate Columbus/Indigenous People's Day!

Our Van Drivers and Senior Center Staff enjoy a challenge but please try to remember if you would like transportation for the lunch program. Please let us know in advance so we can put you on the schedule.

Thank you!



Center Happenings!



Tuesday, October 7th at 9-12:00PM

**Open Enrollment Community Event
Medical & Health Insurance Fair**



Michelle Kratts will discuss her book *Haunted*

Tuesday, October 14th at 12:30

***Haunted* contains true, never-before-published histories & photographs of haunted locations in the area!**



Flower Arranging

Friday, October 17th at 1:00PM

Melissa will be here from Tops to help us make another wonderful arrangement!



Afternoon Book Club

Tuesday, October 21st 1:30PM

**This month the group will be discussing
Tell Me Everything by Elizabeth Strout**



Monday, October 27th / 4th Tuesday of each month

Jeff Lewis will be here from Highmark/BCBS

To assist with Insurance Questions and information.



Fun Football Fridays!

Dress to support your favorite team!

Trivia contest with questions provided by Mike!

Fun! Prizes! Snacks! Drawings!



Larks Concert

Come on in and enjoy their music!

Concerts the last Wednesday of each month!

Wednesday, October 29th at 11:00AM

Be sure to check out the October Calendar to see a complete list of Monthly Happenings!

Check out our website lewistonseniorcenter.com

THE TOWN OF LEWISTON SENIOR CENTER

Will be open 8:00am-4:00pm Monday –Friday.
It maintains an open-door policy creating a pleasant and healthy environment for Senior Citizens. The caring staff is dedicated to the well being of those who participate in the many programs and services offered.

Please check the calendar to see what events and activities we have planned this month.

We attempt to keep our newsletter information as up-dated as possible but occasionally changes do happen after publication. Check our website for up-dated information:

lewistonseniorcenter.com

You do not need to be a member of the Senior Club to participate in any of the programs offered at the Center!

The Niagara County Office for the Aging Attorney is available at the Center for Legal Services the first Tuesday of every month from 11:00am-12:00pm. Please call the center to schedule an appointment or for more information.

If you any questions or comments please feel free to contact the Senior Center.

(716)754-2071

Thank You!

TOWN OF LEWISTON SENIOR CENTER CAREVAN

Transportation is provided for residents who would like to attend activities at the center and for medical appointments. However, donations are greatly appreciated but no Senior will be denied service due to an inability to pay. The Senior Van is in operation Monday through Friday from 8:30 am—3:00 pm. Arrangements must be made 24 hours in advance. Senior Van funding provided by the Town of Lewiston and the Niagara County Office for the Aging.

Who may use the Senior Van: The Senior Van may be used by Seniors 60 years or older, residing in the geographic limits of the Town of Lewiston. We do NOT have a wheel chair van. If you require ANY assistance, due to liability restrictions, you must have someone accompany you to provide the required assistance.

Service Priorities: Every van rider is important to us, Medical needs will be the first priority for service. Seniors requiring hospital or doctors care will be scheduled prior to any other need. In order to accommodate as many people as possible, you may have to be picked up earlier than you think necessary if there is more than one appointment scheduled for the same time. YOU MAY HAVE TO WAIT TO BE PICKED UP for your trip home.

Due to increased demand of our Van Service, the Senior Van will provide transportation for Shopping, Banking, and Hair Appointments as van availability allows. Please call the center for more information. This service is limited to the Village of Lewiston.

Client Location Conditions: Clients are expected to keep driveways clear of any obstacles (low hanging tree branches, ice/snow, and any other obstruction). If your location is determined by the driver to be impassable or hazardous, arrangement will be made to pick you up at another location.

Suggested Donations for Van Service: Travel within the Town of Lewiston will be at the rate of 50 cents per one trip and \$1.00 round trip. Travel outside of the Town of Lewiston will be at the following rates:

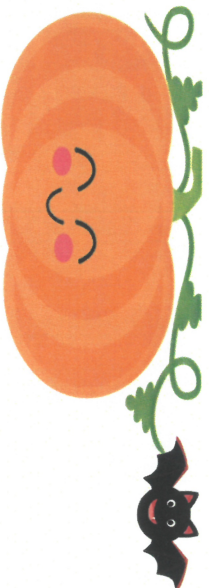
Summit Mall Medical	\$4.00
Niagara Falls	\$4.00
Youngstown	\$ 3.00



No Senior will be denied service due to an inability to pay.

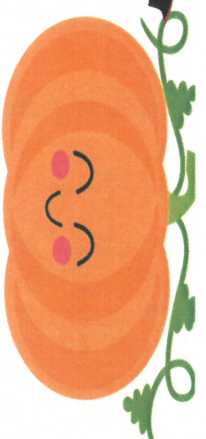
The Van Drivers would like to remind you to “Buckle-Up” when you ride in the van.





October

2025








SUN	MON	TUE	WED	THU	FRI	SAT
 Birthday's Are celebrated the first Tuesday of each Month  <i>2000's Birthday!</i>	 Lunch Program Monday-Friday 11:00AM-12:30PM	 Produce Truck 1st, 3rd & 5th Wednesday 12:30-1:30 	 1 9:30 Silver Sneakers 10:30AM Larks 12-3:00 Mahjongg 12:30PM BINGO	 2 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy	 3 9AM Quilters 9:30AM Chair Yoga 12:00Trivia 12:00 Bridge	 4 Every Friday! Trivia! Fun Football Fridays!
 5 	 6 8:15 Chair Yoga 9:30 Chair Yoga 1:00 Pinochle 1-3:00 PM Art	 7 9-12:00 Health Insurance Fair 12:30 Senior Club 12:30-3PM Euchre 1PM Bridge 1PM Tech 101	 8 9:30 Silver Sneakers 10:30AM Larks 12-3:00 Mahjongg 12:30PM BINGO	 9 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy	 10 9AM Quilters 9:30AM Chair Yoga 12:00Trivia 12:00 Bridge	 11 
 12 Center Closed 	  Happy Indigenous Peoples Day  Happy Columbus Day	 14 9:30AM Band Ex NCOFA 10:30 B/P Screening 12:30-3PM Euchre Speaker Michelle Kratts Haunted 6:30-8:30PM Wood Carvers	 15 9:30 Silver Sneakers 10:30AM Larks 12-3:00 Mahjongg 12:30PM BINGO	 16 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy	 17 9AM Quilters 9:30AM Chair Yoga 12:00Trivia 12:00 Bridge 1PM Flower Arranging 	 18 
  It's Fall Y'all 	 20 8:15 Chair Yoga 9:30 Chair Yoga 1:00 Pinochle 1-3:00 PM Art	 21 9:30AM Band Ex 12:30-3PM Euchre 1:30 PM Book Club 6:30-8:30PM Woodcarvers	 22 9:30 Silver Sneakers 10:30AM Larks 12-3:00 Mahjongg 12:30PM BINGO	 23 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy	 24 9AM Quilters 9:30AM Chair Yoga 12:00Bridge	 
 26  	 27 8:15 Chair Yoga 9:30 Chair Yoga 9-1PM Jeff BC/BS 1:00 Pinochle	 28 9:30AM Band Ex 10:30 B/P Screening 12:30 Travel Club 12:30-3PM Euchre	 29 9:30 Silver Sneakers 10:30AM Larks 11AM Larks Concert 12-3:00 Mahjongg 12:30PM BINGO	 30 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy	 31 9:30AM Yoga 9AM Quilters 11AM Halloween Party 12:00 Bridge HALLOWEEN PARTY	 



October Weekly Activities



	Monday	8:15AM	Chair Yoga
		9:30AM	Chair Yoga
		1:00PM	Afternoon Art
		1:00PM	Pinochle (Looking for new players 😊!)
		9-12:00	Jeff Lewis BC/BS (The 4 th Monday of each Month)
	Tuesday	9:30AM	Resistance Band Exercise
		10:30AM	B/P with Joyce (2 nd & 4 th Tuesday of each Month)
		11-12:30	Lawyer NCOFA (1 st Tuesday of Each Month)
		12:30PM	Senior Club (1 st Tuesday) Travel Club (4 th Tuesday)
		12:00PM	Bridge (1 st Tuesday of Each Month Only)
		12:30PM	Euchre
		1:30PM	Book Club (3 rd Tuesday of Each Month)
		1:30PM	Technology 101 (1 st Tuesday of Each Month)
		6:30PM	Wood Carvers (6:30-8:30PM 3 rd Tuesday of each Month!)
	Wednesday	9:30AM	Silver Sneakers
		10:30AM	Larks
		12:30PM	BINGO
		12:00PM	Mahjongg (Looking for new players 😊!)
	Thursday	8:30AM	Mahjongg (Looking for new players 😊!)
		9:00AM	Wood Carvers (6:30-8:30PM 3 rd Tuesday of each Month!)
		1:00PM	Exercise with Kathy
		1-3:00PM	Grief Support (2 nd & 4 th Tuesday of each Month)
	Friday	9:00AM	Quilters, Knitters, and Crochet
		9:30AM	Chair Yoga
		12:00PM	Trivia
		12-3:00PM	Bridge (Looking for players 😊!)