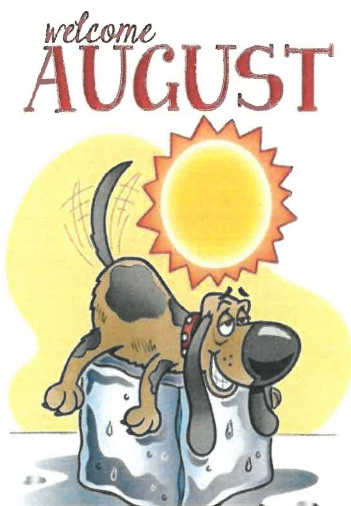




It has been a warm summer once it finally got here! If you need a break from the heat, stop in to the air-conditioned comfort of the Senior Center. Check out our schedule and see what we have planned! There may be something that will interest you! Try something new, Pinochle, Chair Yoga, Bridge, Watercolor Class or Flower Arranging. We have it all! We have added Scrabble and Card Making. New ideas and plans are always in the works! You never know what your going to find at the Senior Center!

Hope to see you soon!



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Happenings !



Check out our Website: lewistonseniorcenter.com
Look at our Calendar of Events/Activities
Stay Up to Date on Schedule and Event Changes!

Blood Pressure Screening
2nd, and 4th Tuesday of the Month
Nurse Joyce will be here to check your vitals!

Afternoon Book Club
Tuesday, August 19th at 1:30PM
***The First Ladies* by Marie Benedict**

Flower Arranging Class
Friday, August 22nd at 1:00PM
Melissa will be here from the
Floral Department at Tops



Nutrition Program Information

Remember to please sign up for lunch by Tuesday the week before you would like to attend. Thank you!

If you would like to reach the Nutrition Program at the Senior Center
Please call 754-2071

The End of Summer Picnic
Wednesday, August 27th
Grilled Hot Dog on Roll
Baked Beans, Macaroni Salad,
Watermelon and a Frosted Brownie!



As always remember if you would like transportation for the lunch program provided by the Senior Van please let the office know so we can put you on the schedule. Thank you!



Do you like to test your wits?

Time to break out your thinking cap?

Join us for Fun! Friday! Trivia!

Van Driver Mike tests our wits every Friday

With questions on a variety of topics!

**Plan ahead and order lunch, then stay for Trivia
and enjoy a frozen treat!**



A huge Thank You to Sandy Johnston for filling in and calling BINGO and Patty Zahno who did lots of extra jobs while Carol was off! Thank you to Carol for all of her hard work to make the BINGO program wonderful and so much fun!! Thank You! Thank You! Thank You! Thank You! Thank You! Thank You! Thank You! Thank you!

A huge Thank You to our wonderful BINGO volunteers Rick and Sandy Johnston, Esther, Nick, Joyce, Susan, and Karla we are so grateful to have their help!

Thank You! Thank You! Thank You ! Thank You!

Thank You to all our center volunteers! A special Thank You to everyone who does so much to make the center the wonderful place it is! Our Volunteers clean the tables, re-shelve the books from our lending library, and so many other ways! Thank You! Thank You! Thank You! Thank You! Thank You all so very much!



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 VAN

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, arrangements will be made to pick you up at another location.

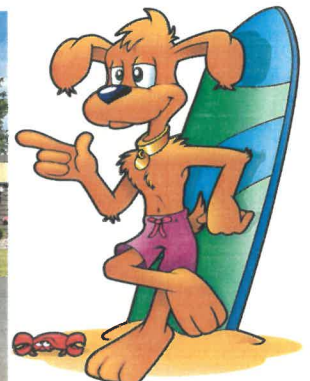
Suggested Donations for Van Service: Travel within the Town of Lewiston will be at the suggested rate of 50 cents per one trip and \$1.00 round trip. Travel outside of the Town of Lewiston will be at the following suggested rates:

Summit Mall Medical **\$4.00**

Niagara Falls **\$4.00**

Youngstown **\$ 3.00**

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



August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:30-1:30PM Wednesday's Mobile Farm Market Truck Locally Grown Produce!				1 9AM Quilters 9:30AM Chair Yoga 10AM Scrabble 12:00 Trivia 12:30-3:30Bridge	2 	
3 Lunch Program Monday-Friday 11:00-12:30PM	4 9:30 Chair Yoga 1:00 Pinochle 1-3PM Art	5 9:30AM Band Ex NCofA Lawyer 12:30 Senior Club 12:30-3PM Euchre 12:00 Bridge 1:30 Tech 101	6 9:30AM Silver Sneakers 12:30 BINGO! 12:00 Mahjongg	7 8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise Class	8 9AM Quilters 9:30AM Chair Yoga 10AM Scrabble 12:00 Trivia 12:30-3:30Bridge	9 Birthdays Are Celebrated the First Tuesday of Each Month!
10 	11 9:30 Chair Yoga 1:00 Pinochle 1-3PM Art	12 9:30AM Band Ex 10:30 BP Screening Senior Club Picnic 12:30-3PM Euchre	13 9:30AM Silver Sneakers 12:30 BINGO! 12:00 Mahjongg	14 8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise Class w/Kathy 1-3:00 Grief Support	15 9AM Quilters 9:30AM Chair Yoga 10AM Scrabble 12:15 Karaoke 12:30-3:30Bridge	16 
17 	18 9:30 Chair Yoga 1:00 Pinochle 1-3PM Art	19 9:30AM Band Ex 11AM Speaker Never Alone Agency 12:30-3PM Euchre 1:30 PM Book Group	20 9:30AM Silver Sneakers 12:30 BINGO! 12:00 Mahjongg	21 8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise Class	22 9AM Quilters 9:30AM Chair Yoga 10AM Scrabble 12:00 Trivia 12:30-Bridge 1PM Flower Arranging 	23 
24 	25 9:30 Chair Yoga 9-12 Jeff BC/BS 1:00 Pinochle 1-3PM Art	26 9:30AM Band Ex 11AM Motion Speaker 12:30-3PM Euchre 12:30 Travel Club	27 9:30AM Silver Sneakers End of Summer Picnic! 12-3:00 Mahjongg	28 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise Class w/ Kathy 1-3:00 Grief Support	29 9AM Quilters 9:30AM Chair Yoga 12:00 Trivia 12:30-3:30Bridge	30/31 

National Dog Day August 26th 2025



August Weekly Activities



Monday	9:30AM	Chair Yoga
	10:45	Card Making Class (Please Check Calendar)
	1:00PM	Afternoon Art
	1:00PM	Pinochle (<u>Looking for new players 😊!</u>)
	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 (off for the summer!)
	12:30PM	BINGO
	12:00PM	Mahjongg (<u>Looking for new players 😊!</u>)
Thursday	8:30AM	Mahjongg (<u>Looking for new players 😊!</u>)
	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
	10:00AM	Scrabble
	12:00PM	Trivia
	12-3:00PM	Bridge (<u>Looking for players 😊!</u>)