Lewiston Senior Center

4361 Lower River Road Youngstown, New York 14174 (716)754-2071 molick@townoflewiston.us



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According to Wikipedia Labor Day is a federal holiday in the United States celebrated on the first Monday in September to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States. The three-day weekend it falls on is called Labor Day Weekend.

Beginning in the late 19th century, as the trade union and labor movements grew, trade unionists proposed that a day be set aside to celebrate labor. "Labor Day" was promoted by the Central Labor Union and the Knights of Labor, which organized the first parade in New York City. In 1887, Oregon was the first state of the United States to make it an official public holiday. By the time it became an official federal holiday in 1894, thirty states in the U.S. officially celebrated Labor Day.

Check out our calendar to see what we have planned this month!

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Stop in and say Hello and check out the Senior Center!



WAITED

Wood Carvers

Have you ever thought you might like to give it a try?

No experience necessary!

Every Thursday at 9:00AM!

NEW Monthly Evening Session

Third Tuesday of Each Month 6:30-8:30PM!

Like the swallows returning to Capistrano!

The Lewiston Larks Choral Group will be returning to the Senior Center on Wednesday Sept 3rd!

Meets Every Wednesday At 10:30AM!

New singers are always welcome and encouraged to join!

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Memos from the Kitchen:

Welcome Natalie our new Site Director for the lunch program! Please be kind to her as she settles in to her new position! Thank you!

Lunch meal counts are called in weekly on Tuesday so please sign up in advance or contact the Senior Center (716)754-2071.

The Center will be closed on Monday, September 1st to celebrate Labor Day!

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!





Flower Arranging Class

Friday, September 19th at 1:00PM Join Melissa from the Floral Dept at TOPS *Please remember to bring a pair of scissors! \$7.00-\$10.00 Cost per person to offset the cost! Thank you so much Melissa for all your patience while we create our arrangements!



Buffalo Bills Kick Off Tailgate Party Friday, September 5th Please Sign up for Lunch!

Senior Club Dance Tuesday, September 9th 12:30-2:30 Music provided by the Hastings Please Sign up for Lunch!

Niagara Hospice Grief/Bereavement Support Group Thursday, September 11th and 25th at 1:30PM

Afternoon Book Club Tuesday, September 16th at 1:30PM The Stranger in the Woods

> Flu Shots Provided by Wegman's Pharmacy Tuesday, September 30th 10:00Am-12:00PM



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 updated 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 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, 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 for the following suggested donation:

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!





Get your Flu Shots on Tuesday!	21	15 Hello Fall!	7	Center	Sun
29 9:30 Chair Yoga 1:00 Pinochle 1-3PM Afternoon Art 9-12 Jeff BC/BS	9:30 Chair Yoga 9:30 Chair Yoga 1:00 Pinochle 1-3PM Afternoon Art	15 9:30 Chair Yoga 1:00 Pinochle 1-3PM Afternoon Art	8 9:30 Chair Yoga 1:00 Pinochle 1-3PM Afternoon Art	1 LABOR Day	Mon
30 9:30 Band Ex 10-12:00 Flu Shots 12:30-3PM Euchre	23 9:30 Band Ex 10:30 BP Screening 12:30 Travel Club 12:30-3PM Euchre	16 9:30 Band Ex 12:30-3PM Euchre 1:30PM Book Club	9:30 Band Ex 10:30 BP Screening 12:30 Senior Club Dance 12:30-3PM Euchre	2 9:30 Band Ex NCOFA Lawyer 12:30 Senior Club 12:30-3PM Euchre 1PM Tech 101	Tue
Lunch Program Monday-Friday 11:00-12:30PM	24 9:30AM Silver Sneakers 10:30 Larks 11AM Larks Concert 1PM BINGO! 12:00 Mahjongg	17 9:30AM Silver Sneakers 10:30 Larks 1PM BINGO! 12:00 Mahjongg	10 9:30AM Silver Sneakers 10:30 Larks 1PM BINGO! 12:00 Mahjongg	3 9:30AM Silver Sneakers 10:30 Larks 1PM BINGO! 12:00 Mahjongg	Wed
Birthday's Are Celebrated the First Tuesday of Each Month!	25 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise w/ Kathy 1:00 Grief Support	18 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise w/ Kathy	11 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise w/ Kathy 1:00 Grief Support	4 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise w/ Kathy	Thu
11:30-12:30PM Wednesday Feed More WNY's Mobile Farm Market	26 9AM Quilters 9:30 Chair Yoga 12:00 Trivia 12:30 Bridge	19 9AM Quilters 9:30 Chair Yoga 12:00 Trivia 12:30Bridge 1PM Flower Arranging	12 9AM Quilters 9:30 Chair Yoga 12:00 Trivia	5 9AM Quilters 9:30 Chair Yoga 12:30 Bridge Bills Kick Off Tail Gate Party	Fri
	Every Friday! Trivia! Fun Football Fridays!	Peach Festival September 4-7th	13 SETGEMBER	6	Sat

September Weekly Activities

* September Weekly Activities ***				
Monday	9:30AM	Chair Yoga		
	10:45	Card Making Class (Please Check Calendar)		
	1:00PM	Afternoon Art		
	1:00PM	Pinochle (Looking for new players :)		
	9-12:00	Jeff Lewis BC/BS (The 4th Monday of each Month)		
Tuesday	9:30AM	Resistance Band Exercise		
	10:30AM	B/P with Joyce (2nd & 4th Tuesday of each Month)		
	11-12:30	Lawyer NCOFA (1st Tuesday of Each Month)		
	12:30PM	Senior Club (1stTuesday) Travel Club (4th Tuesday)		
	12:00PM	Bridge (1st Tuesday of Each Month Only)		
	12:30PM	Euchre		
	1:30PM	Book Club (3rd Tuesday of Each Month)		
	1:30PM	Technology 101(1st Tuesday of Each Month)		
	6:30PM	Wood Carvers (6:30-8:30PM 3rd 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 3rd Tuesday of each Month!)		
	1:00PM	Exercise with Kathy		
	1-3:00PM	Grief Support (2nd & 4th Tuesday of each Month)		
Friday	9:00AM	Quilters, Knitters, and Crochet		
	9:30AM	Chair Yoga		
	10:00AM	Scrabble		
	12:00PM	Trivia		

Bridge (Looking for players :)

12-3:00PM