



September Newsletter

HAPPY LABOR DAY

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!**

INSIDE THIS ISSUE

Wood Carvers	2
Lunch Info.....	2
Flower Arranging.....	3
Center Events.....	3
Care Van Info.....	4
Calendar of Events	

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

Hope to see you soon!

WANTED

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!



Memos from the Kitchen:

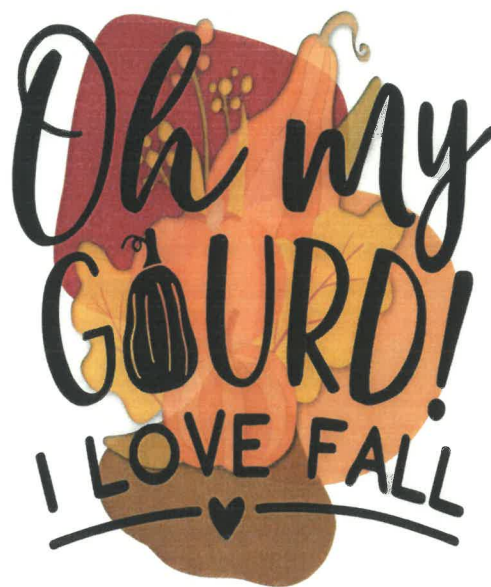
Welcome Natalie our new Site Director for the lunch program! Please be kind to her as she settles in to her new position! Thank you!

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!



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!”





Sun	Mon	Tue	Wed	Thu	Fri	Sat
Center Closed 	1 	2 9:30 Band Ex NCOFA Lawyer 12:30 Senior Club 12:30-3PM Euchre 1PM Tech 101	3 9:30AM Silver Sneakers 10:30 Larks 1PM BINGO! 12:00 Mahjongg	4 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise w/ Kathy	5 9AM Quilters 9:30 Chair Yoga 12:30 Bridge Bills Kick Off Tail Gate Party	6
7 	8 9:30 Chair Yoga 1:00 Pinochle 1-3PM Afternoon Art	9 9:30 Band Ex 10:30 BP Screening <u>12:30 Senior Club Dance</u> 12:30-3PM Euchre	10 9:30AM Silver Sneakers 10:30 Larks 1PM BINGO! 12:00 Mahjongg	11 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise w/ Kathy 1:00 Grief Support	12 9AM Quilters 9:30 Chair Yoga 12:00 Trivia	13
15 Hello Fall! 	15 9:30 Chair Yoga 1:00 Pinochle 1-3PM Afternoon Art	16 9:30 Band Ex 12:30-3PM Euchre 1:30PM Book Club	17 9:30AM Silver Sneakers 10:30 Larks 1PM BINGO! 12:00 Mahjongg	18 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise w/ Kathy	19 9AM Quilters 9:30 Chair Yoga 12:00 Trivia 12:30 Bridge 1PM Flower Arranging 	20 Peach Festival September 4-7th
21 	22 9:30 Chair Yoga 1:00 Pinochle 1-3PM Afternoon Art	23 9:30 Band Ex 10:30 BP Screening 12:30 Travel Club 12:30-3PM Euchre	24 9:30AM Silver Sneakers 10:30 Larks <u>11AM Larks Concert</u> 1PM BINGO! 12:00 Mahjongg	25 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise w/ Kathy 1:00 Grief Support	26 9AM Quilters 9:30 Chair Yoga 12:00 Trivia 12:30 Bridge	Every Friday! Trivia! Fun Football Fridays!
Get Your Flu Shots On Tuesday! 9/30	29 9:30 Chair Yoga 1:00 Pinochle 1-3PM Afternoon Art 9-12 Jeff BC/BS	30 9:30 Band Ex 10-12:00 Flu Shots 12:30-3PM Euchre	Lunch Program Monday-Friday 11:00-12:30PM	Birthday's Are Celebrated the First Tuesday of Each Month!	11:30-12:30PM Wednesday Feed More WNY's Mobile Farm Market	



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 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
	10:00AM	Scrabble
	12:00PM	Trivia
	12-3:00PM	Bridge (Looking for players 😊!)