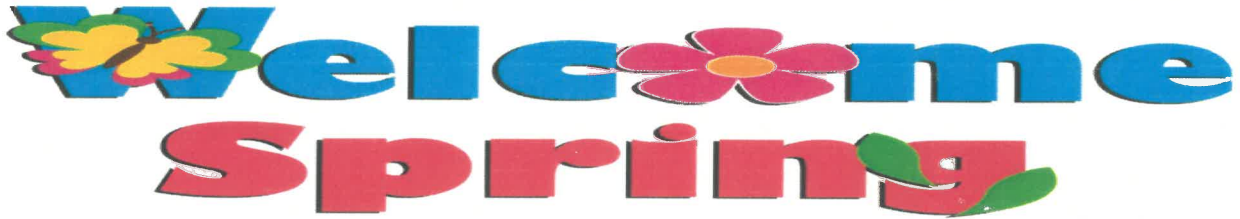




March Newsletter



Spring! We have really missed you!

This month we will move our clocks ahead for Daylight Savings Time. We are all ready to Spring Ahead!

Wear your green and celebrate St. Patrick's Day and enjoy Irish Music provided by Bob Gnann!

We have lots of fun things planned, so please check out our calendar and activities and see what might interest you and stop by the center and enjoy!

Hope to see you soon!



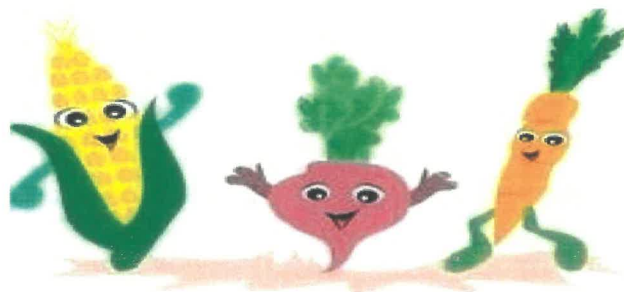
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**Feed More WNY's Mobile Farm Market
12:30-1:30PM Every Wednesday
Will be in the Parking Lot with
Fresh Produce for Sale!
Everyone can purchase and
Enjoy more fruits and
Veggies! Check it out!**



Lunch Program Information:

**Remember to please sign up for lunch by Tuesday
the week before you would like to attend.
If you would like to reach Clara at the Senior Center
Please call (716)754-2071 extension 395**



**Meatless Fridays will begin on Wednesday, March 5th
no meat will be served on Fridays during Lent.**

Looking ahead.....

**The Easter Holiday Meal will be served on Wednesday, April 16th!
The deadline to place a reservation for the Easter Holiday Meal is
Friday, March 21st! Please sign-up before this date if you would
like to attend!**

**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!

**Thank
YOU!**

**A huge thank you to everyone for all they do to
make the Senior Center a wonderful place!**



Happenings at the Senior Center

 **Blood Pressure Screening with Joyce!**
2nd and 4th Tuesday of each Month at 10:30AM


 **Technology 101 for Seniors**
The first Tuesday of each month, March 4th !

 **St. Patrick's Day Celebration**
Irish Music with Bob Gnann
Monday, March 17th 11:00AM


 **Flower Arranging with Melissa from Lewiston Tops**
Thursday, March 27th 2:00PM

 **Jeff Lewis from BC/BS will be here on**
Monday, March 24th 9-12:00

 **Feed More WNY Produce Truck**
Every Wednesday 12:30-1:30PM

 **Super Fun Trivia**
Exercise your brain and win a prize!
Every Friday at 12:00PM

 **AARP Tax Prep**
Every Friday until April 12th
No Open Appointments

 **Presentation by Melinda from**
Guild care 11:00AM
Thursday, March 20th



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. Our 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 from 11:30am-12:30pm. Please call the center to schedule an appointment or for more information.

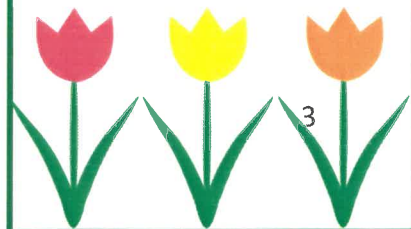
We have no open appointments for AARP Tax Prep!

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

lewistonseniorcenter.com

(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 8:30AM-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.

Donations for 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

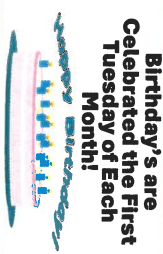



Thank you to our wonderful Van Drivers! Our driver do a great job getting everyone where they need to be safely and in a timely manner! Thank you!

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.



March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Birthdays are Celebrated the First Tuesday of Each Month!</p>	 <p>Lunch Program Monday-Friday 11:00-12:30PM</p>		 <p>Produce Truck Every Wednesday 12:30-1:30</p>	 <p>Welcome Spring</p>		 <p>1 AARP</p>
 <p>2</p>	 <p>3 9:30 Chair Yoga 12:30 Pinochle 1-3:00 PM Art</p>	 <p>4 9:30AM Band Ex NGOFA Lawyer 12:00 Bridge 12:30 Senior Club 12:30PM Euchre 1:30 Tech 101</p>	 <p>5 9:30 Silver Sneakers 10:30AM Larks 12-3:00 Mahjongg 1:00PM BINGO</p>	 <p>6 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise w/Kathy</p>	 <p>7 9AM Quilters 9AM Chair Yoga AARP Tax Prep 12:00Trivia 12:00-3:00Bridge</p>	 <p>8 Tax Prep Fridays!</p>
 <p>9</p>	 <p>10 9:30 Chair Yoga 12:30 Pinochle 1-3:00 PM Art</p>	 <p>11 9:30AM Band Ex 10:30 B/P Screening 12:30-3PM Euchre</p>	 <p>12 9:30 Silver Sneakers 10:30AM Larks 12-3:00 Mahjongg 1:00PM BINGO</p>	 <p>13 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise w/Kathy 1-3:00 Grief Support</p>	 <p>14 9AM Quilters 9AM Chair Yoga AARP Tax Prep 12:00Trivia 12:00-3:00Bridge</p>	 <p>15</p>
 <p>16</p>	 <p>17 9:30 Chair Yoga 11AM Irish Music w Bob G 12:30 Pinochle 1-3:00 PM Art</p>	 <p>18 9:30AM Band Ex 12:30 Senior Club 12:30-3PM Euchre 6:30-8:30PM Woodcarvers</p>	 <p>19 9:30AM Silver Sneakers 10:30AM Larks 12-3:00 Mahjongg 1:00PM BINGO</p>	 <p>20 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise w/Kathy</p>	 <p>21 9AM Quilters 9AM Chair Yoga AARP Tax Prep 12:00Trivia 12:00-3:00Bridge</p>	 <p>22</p>
 <p>23</p>	 <p>24 9:30 Chair Yoga 9-12 Jeff Lewis BCB/BS 12:30 Pinochle 1-3:00 PM Art</p>	 <p>25 9:30AM Band Ex 12:30 Travel Club 12:30-3PM Euchre</p>	 <p>26 9:30 Silver Sneakers 11AM Larks Concert 12-3:00 Mahjongg 1:00PM BINGO</p>	 <p>27 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise w/Kathy 1-3:00 Grief Support 2PM Flower Arranging</p>	 <p>28 9AM Quilters 9AM Chair Yoga AARP Tax Prep 12:00Trivia 12:00-3:00Bridge</p>	 <p>29</p>
 <p>30</p>	 <p>31 9:30 Chair Yoga 12:30 Pinochle 1-3:00 PM Art</p>	 <p>March 20th 1st Day of Spring</p>				 <p>Spring!</p>



Weekly Activities

March



Monday	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
	1:00PM	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
	1:00PM	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 Group (2 nd & 4 th Thursdays)
Friday	9:00AM	Quilters, Knitters, and Crochet
	9:00AM	Chair Yoga (9AM during Tax Season!)
	12:00PM	Trivia
	12-3:00PM	Bridge (Looking for players 😊!)

Please Contact the Senior Center (754-2071) For more information 😊!