

Lewiston Senior Center

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lewistonseniorcenter.com

December Newsletter



Celebrate the Season!



May you find peace and joy this holiday season! Spread kindness everywhere you go! Try not to get so busy that you forget to treat others as you would like to be treated! One kind word truly can go a long way!

Please take time this Holiday Season to check on relatives, friends and neighbors who may need assistance. You might be able to help with getting groceries, running errands or just hearing a friendly voice. Take the time to reach out to those near and far, they will appreciate your efforts and you will feel better too!

Find peace and joy wherever you can.

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Greetings Everyone

It's that time again! We will be asking everyone to provide updated information for the center. This information will be kept on hand in the event of an emergency.

We will need current health information, medications as well as an emergency contact that we can reach should it be necessary.

The information you provide should be updated as things change as they so often do with our health and current medications.

You can complete this form at the center with assistance from myself or the other staff or you may take it home and return the completed form at your earliest convenience.

All information will be kept confidential and only utilized in the event of an emergency.

Thank you in advance for your cooperation in attending to this important matter.

Melinda



WELCOME CHERYL FENN OUR NEW NUTRITION SITE DIRECTOR



**Please sign up for lunch by Tuesday the week before you would like to attend.
Please call the center at 754-2071 Ext. 395**

**Merry Christmas!
Our Christmas Lunch will be served on
Wednesday, December 20th!**

IMPORTANT

**The Center will be closed and
No meals will be served on
Monday, December 25th
Tuesday, December 26th and
Monday, January 1st, 2024**

**Remember if you would like transportation
for the lunch program provided by the Senior Van
please let us know at the office so we can put you
on the schedule.**

Crazy, Pretty, or Strange Christmas Sweater Contest!

Please make plans to join us on

Wednesday, December 20th for our

Christmas Lunch and Celebration of

the Christmas/Holiday Sweater! You know you've got them now is your chance to wear them and maybe win a prize! Fun! Food!



Noon Year's Eve Party!

Friday, December 29th

Sign up with Cheryl for Lunch!

Ring in the "Noon" Year and Welcome 2024!

Food! Fun! Friends!



ANNUAL MITTEN TREE

We are still collecting donations for the Annual Mitten Tree which provides mittens, gloves, slippers, hats, scarves and socks to those in need in our community. Thank You!



It is not too late if you would like to purchase a gift to help a child in need from Lew-Port School. More information is available at the center or call (716)754-2071
THANK YOU!



**A Very Special Thank You to Everyone
that Volunteers, Helps out, Donates
and makes the Senior Center a**

Wonderful place!

**Thank You So Very Much
For All You Do!**

Thanks so
much for all
you do. You are
appreciated!

MERRY CHRISTMAS!!



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

Driver Safety Classes are on hold until Spring 2024.

Please contact the center if you would like to be put on the list for AARP Tax Prep that will begin in February.

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

(716)754-2071

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 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.



December 2023

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|---|--|---|--|---|
| Lunch Program Monday-Friday 11:00-12:30PM |  |  Birthday's are celebrated the first Tuesday of each Month! |  |  | 1 9AM Quilters 9:30AM Chair Yoga 12:00 Trivia 12:30-3:30 Bridge | 2 TRIVIA Every Friday! |
| 3 | 4 9:30 Chair Yoga 1:00 Pinochle 1-3 Afternoon Art | 5 9:30AM Band Ex 10:30 BP Screening 12:30 Senior Club 12:30-3PM Euchre 1:00 Bridge | 6 9:15AM Silver Sneakers 10:30AM Larks 1:00 BINGO! 12-3:00 Mahjongg | 7 8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy 1-3PM Grief Support | 8 9AM Quilters 9:30AM Chair Yoga 12:00 Trivia 12:30-3:30 Bridge | 9 Fun! Football Friday's |
| 10 | 11 9:30 Chair Yoga 1:00 Pinochle 1-3: Afternoon Art | 12 9:30AM Band Ex 12:30 Senior Club 12:30-3PM Euchre 1PM Technology 101 | 13 9:15AM Silver Sneakers 10:30AM Larks 11AM Larks Concert 1:00 BINGO! 12-3:00 Mahjongg | 14 8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy 1-3PM Grief Support | 15 9AM Quilters 9:30AM Chair Yoga 12:00 Trivia 12:30-3:30 Bridge 1PM Flower Arranging | 16 11AM Music w/Mike and Kids |
| 17 | 18 9:30 Chair Yoga 1:00 Pinochle 1-3 Afternoon Art | 19 9:30AM Band Ex 10:30 BP Screening 12:30 Senior Club 12:30-3PM Euchre 1PM Book Club | 20 9:15AM Silver Sneakers 10:30AM Larks 1:00 BINGO! 12-3:00 Mahjongg Christmas Lunch | 21 8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy 1-3PM Grief Support | 22 9AM Quilters 9:30AM Chair Yoga 12:00 Trivia 12:30-3:30 Bridge | 23 |
| 24 | 25 Merry Christmas |  Center Closed | 27 9:15AM Silver Sneakers No Larks Today 1:00 BINGO! 12-3:00 Mahjongg | 28 8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy 1-3PM Grief Support | 29 9AM Quilters 9:30AM Chair Yoga 12:00 Trivia 12:30-3:30 Bridge |  |
| 31 HAPPY NEW YEAR 2024 |  |  |  |  |  |  Center Closed January 1st |



Weekly Activities December



| | | |
|------------------|---|--|
| Monday | 9:30AM 1:00PM 1:00PM | Chair Yoga Afternoon Art Pinochle (<u>Looking for new players 😊!</u>) |
| Tuesday | 9:30AM 11-12:30 12:30PM 12:30PM 1:00PM 1:00PM 12:30PM 1:00PM | Resistance Band Exercise Lawyer NCOFA (1 st Tuesday of Each Month) Senior Club (1 st , and 3 rd , Tuesday of Each Month) Travel Club (4 th Tuesday of Each Month) Bridge (1 st Tuesday of Each Month Only) Technology 101 (2 nd & 4 th Tuesday of Each Month) Euchre Book Club (3 rd Tuesday of Each Month) |
| Wednesday | 9:15AM 10:30AM 1:00PM 12:00PM | Silver Sneakers Larks BINGO Mahjongg (<u>Looking for new players 😊!</u>) |
| Thursday | 8:30AM 9:00AM 1:00PM 1-3:00PM | Mahjongg Wood Carvers (<u>New Carvers Welcome 😊!</u>) Exercise with Kathy Grief Support Group (Now Every Thursday) |
| Friday | 9:00AM 9:30AM 12:00PM 12-3:00PM | Quilters, Knitters, and Crochet Chair Yoga Trivia Bridge (<u>Looking for players to fill-in 😊!</u>) |

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