



# January Newsletter



***Hope the New Year finds everyone happy and healthy!***

***We are all looking forward to great things in 2024!***

***Be sure to check out the Calendar and Center Activities!***

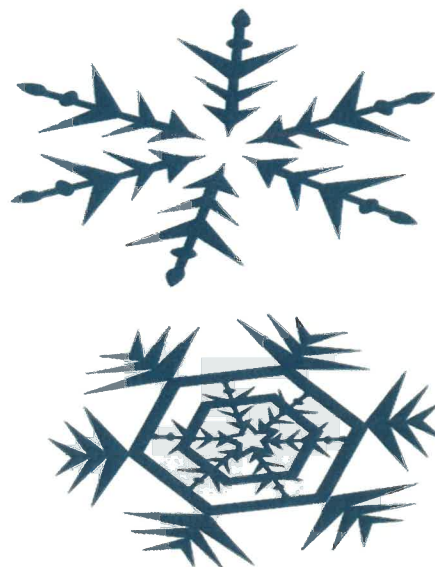
***We may offer something you would like to check out!***

***See you at the Senior Center in 2024!***



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\*\*\*\*PLEASE\* PLEASE\* PLEASE\* PLEASE\* PLEASE\* PLEASE\*\*\*\*

Please 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.

## LUNCH PROGRAM NEWS

**Please sign up for lunch by Tuesday the week before you would like to attend.**

**Please call 754-2071 Ext. 395**

**The Center will be closed and no meals  
Will be served**

**On Monday, January 1st or**

**On Monday, January 15th, 2024**

**For Martin Luther King, Jr. Day**

**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.**



## Here are a few winter weather safety tips:

**Parking Lot Safety:** When walking in a parking lot, stay to the sides of the aisle and watch for cars. Make eye contact with an approaching driver, stop walking if you don't think the driver has seen you! Use all your senses and do not talk on the phone or use headphones while walking in a parking lot. Snow can muffle sound of an approaching vehicle. Before you exit a parking space, adjust seat, mirrors etc. and do not cut across the parking space lines or park near drifts.

**Avoid Slipping on Ice:** Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace worn cane tip to make walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles, and once melted, can lead to slippery conditions inside.

### **Walk like a Penguin on Slippery Surfaces!**

When things get cold and icy, and your path looks kind of dicey-Waddle on!

Keep your toes all pointed out-y, keep your knees all loosey-goosey-Waddle-on!

Keep your hands outside your pockets, take short steps so you won't rocket-Waddle on!

Take it slowly, holy-moly, so you won't fall down and roll-y – Waddle on!

Hope you find this cute poem helpful when walking on slippery surfaces!



Poem and information curtesy of The Dale Association

**Thank you so very much everyone for all your continued support and assistance! THANK YOU!**

**A Very Special Thank You to our van driver Mike Cudda-  
hee for all his hard work creating our fun and challenging  
trivia contest every Friday!**

**Thank You So Very Much!**



**In the event the Senior Center is closed due to  
Weather Conditions tune in to local stations**

**WGRZ Ch2**

**WIVB Ch 4**

**WKBW Ch7**

**[lewistonseniorcenter.com](http://lewistonseniorcenter.com)**

## THE TOWN OF LEWIS- TON 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](http://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 mid February.

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



## 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, 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.**



# January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Center Closed	<b>2</b> No Band Ex NCOFA Lawyer 10:30 BP Screening 12:30 Senior Club 12:30-3PM Euchre 1:00 Bridge	<b>3</b> 9:15AM Silver Sneakers 10:30AM Larks 1:00 BINGO! 12-3:00 Mahjongg	<b>4</b> 8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy 1-3PM Grief Support	<b>5</b> 9AM Quilters 9:30AM Chair Yoga 12:00 Trivia 12:30-3:30 Bridge	<b>6</b> 
<b>7</b> Birthdays are celebrated the first Tuesday of each Month! 	<b>8</b> 9:30 Chair Yoga 1:00 Pinochle 1-3 Afternoon Art	<b>9</b> 9:30AM Band Ex 12:30 Senior Club 12:30-3PM Euchre 1PM Tech 101	<b>10</b> 9:15AM Silver Sneakers 10:30AM Larks 1:00 BINGO! 12-3:00 Mahjongg	<b>11</b> 8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy 1-3PM Grief Support	<b>12</b> 9AM Quilters 9:30AM Chair Yoga 12:00 Trivia 12:30-3:30 Bridge	<b>13</b> 
<b>14</b> 	<b>15</b>  Center Closed	<b>16</b> 9:30AM Band Ex 10:30 BP Screening 12:30 Senior Club 12:30-3PM Euchre 1:30 PM Book Club	<b>17</b> 9:15AM Silver Sneakers 10:30AM Larks 1:00 BINGO! 12-3:00 Mahjongg	<b>18</b> 8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy 1-3PM Grief Support	<b>19</b> 9AM Quilters 9:30AM Chair Yoga 12:00 Trivia 12:30-3:30 Bridge 1PM Flower Arranging 	<b>20</b> Happy Winter! 
<b>21</b> Let it Snow 	<b>22</b> 9:30 Chair Yoga 9-12 Jeff BC/BS 1:00 Pinochle 1-3 Afternoon Art	<b>23</b> 9:30AM Band Ex No Travel Club 12:30-3PM Euchre 1PM Tech 101	<b>24</b> 9:15AM Silver Sneakers 10:30AM Larks 1:00 BINGO! 12-3:00 Mahjongg	<b>25</b> 8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy 1-3PM Grief Support	<b>26</b> 9AM Quilters 9:30AM Chair Yoga 12:00 Trivia 12:30-3:30 Bridge	<b>27</b> 
<b>28</b> 	<b>29</b> 9:30 Chair Yoga 1:00 Pinochle 1-3 Afternoon Art	<b>30</b> 9:30AM Band Ex No Senior Club 12:30-3PM Euchre	<b>31</b> 9:15AM Silver Sneakers 10:30AM Larks 11AM Larks Concert 1:00 BINGO! 12-3:00 Mahjongg			





## Weekly Activities January 2024



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

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