Lewiston Senior Center
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Youngstown, New York 14174
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November 2023
Volume 4, Issue 3
lewistonseniorcenter.com

November Newsletter

Happy Thanksgiving

Be Thankful!

There is always something to be Thankful for.....

Please take a moment and think about what you have to be Thankful for.....

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It is with a heavy heart that we announce, that Mary has left her position as Site Director for the Niagara County Office for the Aging Nutrition Program. We wish Mary all the best and we look forward to meeting out new Site Director!

Good Luck Mary!

Welcome New Person!

SOME THOUGHTS FROM THE KITCHEN

Please sign up for lunch by Tuesday the week before you plan to attend.

Please call the center at 754-2071 Ext. 395

No meals will be served on Friday, November 10th

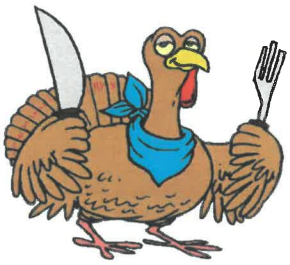
The Center will be closed in Observance of Veterans Day!

Happy Thanksgiving!

Thanksgiving Lunch will be served, Wednesday, November 15th! The menu will include:

Roast Turkey Breast, Mashed Potatoes w/Gravy, Baked Squash, Stuffing, Cranberry Sauce, Dinner Roll and Pumpkin Pie w/ Whip Topping.

The center will be closed and no meals will be served on Thursday, November 23th and Friday, November 24th.



Tuesday, November 7, 2023

Please VOTE! **Please VOTE!**

The Senior Van

Will be providing

Transportation to your polling site

Please sign up at the center or call (716)754-2071

ANNUAL MITTEN TREE

Carol will once again be organizing the Annual Mitten Tree which will provide mittens, gloves, slippers, hats, scarves and socks to those in need in our community.

Thank you in advance!

At this time of year when we are thinking of all the things we have to be thankful for, think about how we can help others

Once again this year we will be helping children in need from Lew-Port School.

We will soon have a list of children's names and sizes to purchase gifts for.

More information will be available at the center

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 up-dated 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 11:00am-12:00pm. 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 you would like to be placed on our list.

Stop in and check out the center, we have something for everyone!

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

(716)754-2071

Thank you!

Please Make Plans to Join Us

Tuesday, November 7th 9-4:00PM
Windsong Mobile Mammogram
Call (716)929-9494 to make an appointment

Wednesday, November 8th 11:30AM
Niagara County Office for the Aging
Scam and Fraud Alert Presentation

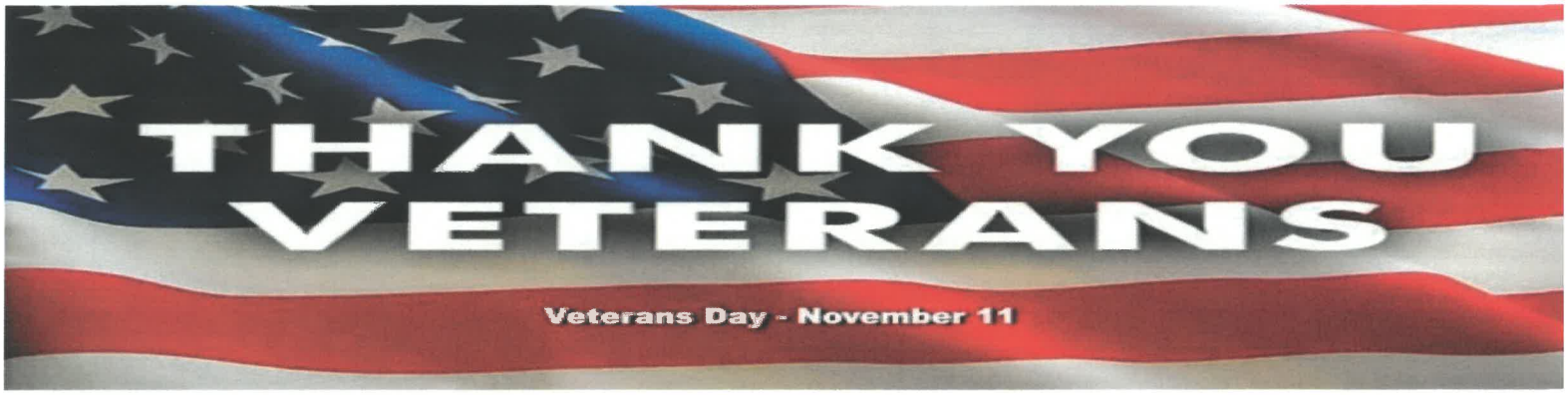
Thursday, November 9th 9:30-11:30AM
Open Enrollment Community Event
Medicare & Health Insurance Fair
Organized by Susan Christian from Niagara County Office for the Aging

Thursday, November 9th at 11:00AM
Veteran Recognition Day!
Honor our Seniors who have served!

Monday, November 14th 1-2;30pm
Fall Prevention Workshop
Presented by Marie Mcleod

Flower Arranging Class with Melissa from Tops
Friday, November 17th at 1:00PM

Fun Football Fridays!
Dress to support your favorite team!
Trivia contest with questions provided by Mike!
Fun! Prizes! Snacks! Drawings!



Make plans to come in and join the fun!

Maybe you are interested in playing Bridge, Pinochle or Euchre!

See our schedule!

Mah-jongg Players Wanted

Experienced players and "never played" people are welcome to come to learn how to play and participate in games.

Matches are held on:

Wednesday 12:00-3:00PM

Thursday 8:30-12:00PM

Equipment is provided!

Please call the center for more information!

All are Welcome!

A huge heartfelt Thank You!
To everyone who has helped out at the center!
Thank You Eva! You do some many things to pitch in and help out! Thank You! Thank You!
We have been so very fortunate to have our wonderful BINGO Volunteers Susan R, Patty V, Susan N, Karla, Rick, and Sandy who all do such a wonderful job! Thank You! Thank You!
Our wonderful Volunteer Joan has been keeping our lending library and puzzles super organized !
Thank You! To Joann Allender for providing so much assistance with all our technology questions and for helping with BINGO! Thank You!
We have such wonderful volunteers we can not thank them enough for all they do at the Senior Center! I forgot to mention anyone Thank You too! Thank You! Thank You! Thank You! 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, arrangement will be made to pick you up at another location.

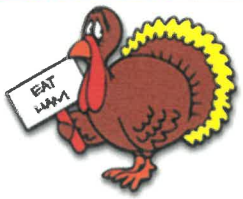
Suggested Donations for Service: Travel within the Town of Lewiston will be at the rate of 50 cents per one trip and $1.00 round trip. Travel outside of the Town of Lewiston will be at the following rates:

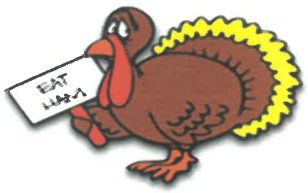
Summit Mall Medical	**$4.00**
Niagara Falls	**$4.00**
Youngstown	**$ 3.00**

No Senior will be denied service due to an inability to pay.

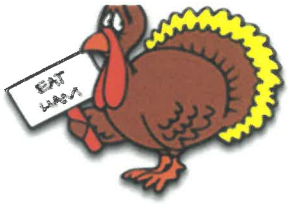
The Van Drivers would like to remind you to "Buckle-Up" when you ride in the van.

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lunch Program Monday-Friday 11:00-12:30PM	Birthday's Are celebrated the first Tuesday of each Month!	1 9:15AM Silver Sneakers 10:30AM Larks 1:00 BINGO! 12-3:00 Mahjongg	2 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise w/Kathy	3 9AM Quilters 9:30AM Chair Yoga 12:00 Trivia 12:30-3:30 Bridge	4 Every Friday Fun! Football!
5 Windsong Mobile Mammogram Call (716)929-9494 Tuesday, November 7th 9-4:00PM	6 9:30 Chair Yoga 1:00 Pinochle 1-3PM Afternoon Art	7 9:30AM Band Ex 12:30 Senior Club 12:30-3PM Euchre	8 9:150AM Silver Sneakers 10:30AM Larks 11:30 NCOFA thing 1:00 BINGO! 12-3:00 Mahjongg	9 8:30 Mahjongg 9:00 Wood Carvers 9:30-11:30 NCOFA Open Enrollment Info 1:00PM Exercise w/Kathy 1-3:00Grief Support	Center Closed	11
12	13 9:30 Chair Yoga 1:00 Pinochle 1-3PM Afternoon Art	14 9:30AM Band Ex 12:30 Senior Club 12:30-3PM Euchre 1PM Fall Prevention Workshop w/Marie	15 9:15AM Silver Sneakers 10:30AM Larks 1:00 BINGO! 12-3:00 Mahjongg Thanksgiving Lunch	16 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise w/Kathy 1-3:00Grief Support	17 9AM Quilters 9:30AM Chair Yoga 12:00 Trivia 12:30-3:30 Bridge 1PM Flower Arranging	18
19	20 9:30 Chair Yoga 1:00 Pinochle 1-3PM Afternoon Art	21 9:30AM Band Ex 10:30 BP Screening 12:30 Senior Club 12:30-3PM Euchre 1:30 Book Club 1PM BINGO Today!	22 9:15AM Silver Sneakers 10:30AM Larks NO BINGO ! No Mahjongg Today	23 Happy Thanksgiving! Center Closed	24	25
26	27 9:30 Chair Yoga 1:00 Pinochle 1-3PM Afternoon Art	28 9:30AM Band Ex 11:00 Speaker 12:30 Travel Club 12:30-3PM Euchre	29 9:15AM Silver Sneakers 10:30AM Larks 11AM Larks Concert 1:00 BINGO! 12-3:00 Mahjongg	30 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise w/Kathy 1-3:00Grief Support		



Weekly Activities
November



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

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