

May Newsletter



Happy Mother's Day To All Moms

Past, Present and Future!

No One Loves You, Cares For You

and Worries About You Like Your Mom!

Having lost my Mom as a young adult I have been very fortunate to have had many "Mom" figures in my life so a special thank you and much appreciation for all the "Moms" who have filled in and offered guidance, support and advice when our own Mother's were unable too!

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Special Points of Interest

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Center Events-Activities





A big Thank You to everyone that has assisted, helped out and donated to the Senior Center! I can not adequately express how much I appreciate you and all you do! Thank You! Thank You! Thank You! Thank You! Thank You!

I am forever surprised by how much everyone pitches in and helps out at the center. This generosity is demonstrated everyday, it might be another Department from the Town helping shovel snow or fix something that needs repairing, or the staff that goes above and beyond to the Seniors themselves who do or donate to ensure that everyone has a wonderful time.

You are all Amazing and Thank you so much for all you do! Melinda



Information From Mary:

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

If you would like to reach Mary at the Senior Center

Please call 754-2071 extension 395

Mary's Cell Phone # (716)280-1878

Mary's Home Phone #(585)735-8779

Mother's Day Lunch will be served on Thursday, May 6, 2021 the menu will be Lemon Chicken, Rice Pilaf, Garden Salad with Romaine and Spring Mix, Tomatoes, Cucumbers, and Croutons, Whole Wheat Dinner Roll and Cheese Cake with Cherry topping.

**Volunteer Appreciation Celebration
Tuesday, May 18th**



The Center will be closed and no meals will be served on Monday, May 31, 2021 in observance of Memorial 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!

HAPPY Mother's DAY



Watercolor Classes-All Levels

Six Weeks

May 17th & 24th, June 7th, 14th, 21st, and 28th
1:00-3:00PM



Join artist Debbie Retzlaff, as we explore basic principals of watercolor and learn about composition, complimentary colors and fun techniques that will make your watercolors sing!

Supplies Needed:

Watercolor Paint-Windsor Newton or Daniel Smith. Pick colors you love but DO include the primaries of red, yellow and blue which can create many colors when mixed. If you don't want to invest a lot in supplies at this time, you can buy a student grade watercolor set at Hyatt's, Michaels or online at Cheap Joe's or Blick.

Watercolor Paper-A good quality paper is important. Arches cold press 140#, or Strathmore cold press 140#.

Paintbrushes-A flat brush, a round and a one inch wide brush are enough to get you started if you don't want to invest much.

Other Items: A water container, paper towels, Kleenex or a cotton rag, a plate or pallet for mixing paint, blue painters tape or masking or craft tape, a small spray bottle, salt, sponge, a cut up credit card for scraping, a pencil and eraser and scrap paper. (The Senior Center will be able to supply many of these items)

Please Note: A mask must be worn at all times during class!

Please reserve your spot! If you have any questions regarding the class you can call Debbie at (716)778-8337 or email her at

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.

Most of the programs and activities have returned to the center that were offered prior to the COVID-19 Pandemic. Unfortunately we still can not allow card playing due to COVID-19 restrictions.

Please check the calendar to see what events and activities we have planned this month.

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.

The AARP Driver Safety Program is on hold until September please be patient and we will let you know when this program is being offered.

AARP Tax Preparation has concluded for this Tax Season. A huge Thank You to all the AARP Tax Preparers, Volunteers and the center staff for making it such a success this year.

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

(716)754-2071

Thank You!

IMPORTANT INFORMATION

Jeff Lewis from
Blue Cross/Blue Shield of WNY
Will be at the Center on
Wednesday, May 19th at 9:30AM
To Answer Your Questions and
Provide Insurance Information and Assistance!



**Back By Popular Demand
Andrew Belden PT, DPT
Will be at the Center
Tuesday, May 25, 2021
at 11:00AM
To Discuss Fall Risk
And Lots of Useful
Information to Interested
Seniors!
Make plans to attend!
Voted Best Speaker!**



May is Older Americans Month

Older Americans Month is an annual event dating back to 1963, when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring older Americans and celebrating their contributions to our communities and our nation. Volunteering and donating to a charitable cause are closely linked.

In recognition of Older Americans Month Town Clerk Donna Garfinkel will be at the Senior Center on Tuesday, May 11th to present the official Town of Lewiston Proclamation for the Month of May as Older Americans Month.

**The Senior Club will be Celebrating
80th and 90th Birthdays on
Tuesday, May 11th!**



Treat everyone
with kindness and
respect, even those
who are rude to
you – not because
they are nice, but
because you are.

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A large number of our Seniors have received their COVID Vaccine we will continue to follow the COVID Guidelines:

- COVID Questionnaire and Temperatures will be taken prior to entry.
- Remember face masks are required prior to entering the building.
- Face masks must cover mouth and nose they are not effective in your purse, pocket, hanging from your ear or around your neck!**
- Face masks may only be removed while sitting at a table.
- Limited capacity-we will continue to limit our numbers!
- Six foot social distancing
- We will continue to clean, sanitize and disinfect in an effort to create a COVID free environment to safely keep the center open!

Remember the COVID Guidelines are required and put in place by New York State and must be followed! We will adapt our requirements as things change and we given direction by the State of New York .

If this is more than you feel comfortable doing, you may wish to consider visiting the Senior Center at another time!

Thank you again for your continued cooperation!



TOWN OF LEWISTON SENIOR CENTER CAREVAN

Transportation is provided for residents who would like to attend activities at the center and for medical appointments for a small fee. However, no Senior will be denied service due to an inability to pay. The Carevan is in operation Monday through Friday from 8:30 am—3:00 pm. Arrangements must be made 24 hours in advance.

Who may use the Carevan: The caravan 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 required ANY assistance, due to liability restrictions, you must have someone accompany you to provide the required assistance.

Service Priorities: 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.

Friday has been designated as shopping and banking day. This service is limited to the Village of Lewiston. Wednesday and Thursday morning have been designated as hairdresser and barbershop day. This service is also 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



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




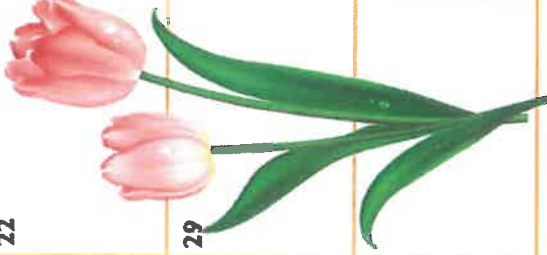



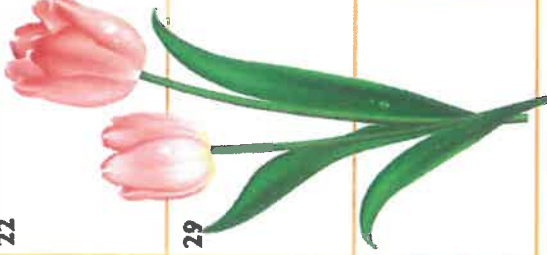
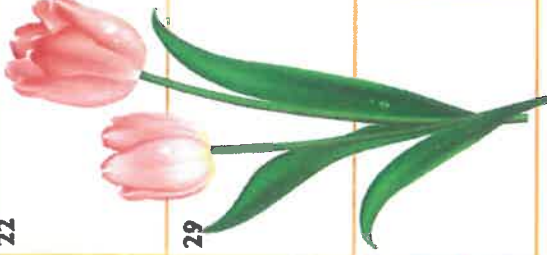
The Van Drivers would like to remind you to "Buckle-Up" when you ride in the van.



May 2021



Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

<p>Birthdays are Celebrated the First Tuesday of each Month!</p> <p>2 </p> <p>9 </p> <p>16 </p> <p>23 </p> <p>30 </p>	<p>Lunch Program</p> <p>Monday-Friday</p> <p>11:00AM-12:30 PM</p> <p>3 9:30AM Yoga</p> <p>10 9:30AM Yoga</p> <p>17 9:30AM Yoga</p> <p>1:00-3:00PM</p> <p>Watercolor Class</p> <p>24 9:30AM Yoga</p> <p>1:00-3:00PM</p> <p>Watercolor Class</p> <p>31 Memorial Day</p> <p>Center Closed</p>	<p>4 9:30AM Band Exercise</p> <p>NCOFA Lawyer</p> <p>Senior Club</p> <p>11 9:30AM Band Exercise</p> <p>Senior Club</p> <p>80th and 90th</p> <p>Birthday Celebration</p> <p>18 9:30AM Band Exercise</p> <p>Senior Club</p> <p>Volunteer</p> <p>Appreciation</p> <p>25 9:30AM Band Exercise</p> <p>Back by popular demand</p> <p>11:00AM Andrew</p> <p>Beldon PT, DPT</p>	<p>5 9:30AM</p> <p>Silver Sneakers</p> <p>1:00PM BINGO</p> <p>12 9:30AM</p> <p>Silver Sneakers</p> <p>1:00PM BINGO</p> <p>19 9:30AM</p> <p>Silver Sneakers</p> <p>9:30AM BC/BS Info</p> <p>1:00PM BINGO</p> <p>26 9:30AM</p> <p>Silver Sneakers</p> <p>1:00PM BINGO</p>	<p>6 9:00AM Wood Carvers</p> <p>Mother's Day Lunch and Celebration</p> <p>1:00PM Silver Sneakers</p> <p>13 9:00AM</p> <p>Wood Carvers</p> <p>1:00PM</p> <p>Silver Sneakers</p> <p>20 9:00AM</p> <p>Wood Carvers</p> <p>1:00PM</p> <p>Silver Sneakers</p> <p>27 9:00AM</p> <p>Wood Carvers</p> <p>1:00PM</p> <p>Silver Sneakers</p>	<p>7 9:00AM Tai Chi</p> <p>1:00PM Knitters, Crochet and Crafters</p> <p>14 9:00AM Tai Chi</p> <p>1:00PM Knitters, Crochet and Crafters</p> <p>21 9:00AM Tai Chi</p> <p>1:00PM Knitters, Crochet and Crafters</p> <p>28 9:00AM Tai Chi</p> <p>1:00PM Knitters, Crochet and Crafters</p>	<p>1 </p> <p>8 </p> <p>HAPPY ARMED FORCES DAY</p> <p>22 </p> <p>29 </p>
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Events and Activities May 2021

Monday	9:30-10:30AM	Yoga
	1:00PM-3:00PM	Watercolor Class (Starting May 17 th)
Tuesday	9:30-10:30AM	Resistance Band Exercise
	11:00-12:30	Lawyer NCOFA (First Tuesday of Each Month)
	12:00PM	Senior Club (1 st , and 3 rd , Tuesday of Each Month)
Wednesday	9:30AM	Silver Sneakers
	1:00PM	BINGO
Thursday	9:00AM	Wood Carvers
	1:00PM	Silver Sneakers
Friday	9:00AM	Tai Chi
	1:00PM	Knitters-Crafters and Crochet

**Feel free to contact the Senior Center
(754-2071) for more information 😊!**