



February Newsletter

Happy Valentine's Day



*We have lots of fun things planned this month!
There will be something you will LOVE!*

*Come on in and give yourself a Valentine's Day treat
and check out the Senior Center*

*Look inside and see if there is something that will
interest you and maybe your Valentine Too!*

We would LOVE to see you!

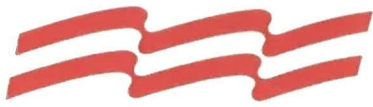


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AARP Tax Preparation



YOU MUST COMPLETE INTAKE FORM & HAVE AN APPOINTMENT

AARP Tax Preparation will be available on Fridays. Intake forms must be picked up, in advance and completely filled out prior to your scheduled appointment.

- Please bring a copy of your Social Security Card.**
- Copy of both sides of your NYS Drivers License.**
- Please bring your 2023 Prior Year Tax Return.**

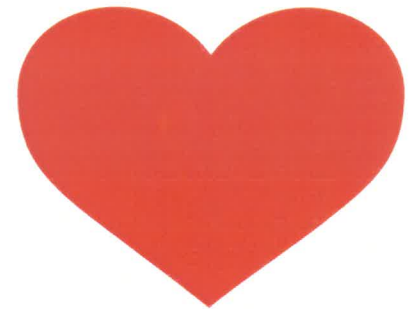
- Tax return can not begin without both spouses' signatures.**
- Return can not be completed without both spouses' signatures.**
- 2024tax documents should all be removed from envelopes prior to the start of return preparation.**

Nutrition Information:

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

Please call the Senior Center at 754-2071 Ext. 395

Valentine's Lunch will be served on Wednesday, February 12, 2025 the menu will be Breaded Baked Chicken Breast, Creamy Pesto Pasta, Sicilian Vegetables, Pumpernickel Bread and Red Velvet Cake with Cream Cheese Frosting.



The Center will be closed and no meals will be served on Monday, February 17, 2025

In observance of Presidents 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!



Silver Sneakers

If you haven't already done so, stop by the center and check out our Silver Sneakers Program with Instructor Ruth at 9:30 AM every Wednesday.

Ruth is a Licensed Silver Sneaker Instructor, Registered Instructor with the Yoga Alliance, and she is also CPR Certified.

This class includes working with light weights, a ball, some cardio and balance/agility exercises. If you have weights please bring them, or you can use water bottles. We have balls available, but if you have one please bring it. You do not need Silver Sneaker insurance to participate in this program.

Ruth also leads our Chair Yoga class on Mondays at 9:30AM.

Eileen leads our Chair Yoga class on Fridays 9:00-9:45AM, while AARP Tax Prep is taking place at the center, back to 9:30-10:30AM April 25th.

We also offer Resistance Band Exercise on Tuesdays at 9:30AM.

In addition we also offer Exercise with Kathy Zasucha on Thursdays at 1:00PM!

We are very excited to offer all of these programs to our Seniors.



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!

Afternoon Art every Monday 1-3:00PM!



Welcome Clara Hughes our new Site Director for the Niagara County Office for the Aging Nutrition Program. Please say hello and welcome to Clara! Check out our Lunch Program! Lunches are served Monday-Friday!

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.

Please contact the center if you would like to be put on the list for AARP Tax Prep that will begin in mid February. Call today we have a limited number of appointments left!

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





Thank you so much to everyone that provided assistance while our Senior Van was out of commission! Thank you so very much to Chris and Pat at the Highway Department for their hard work taking such good care of our van and getting it moving again!

Thank you to the Building Department for the use of their vehicle! A huge

Thank you to everyone at the Town Hall that helped out when assistance was needed when our van issues were happening!

Thank you!

Attention Everyone

We are requesting that everyone 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 to those who have promptly completed this important task!

If you have not completed this task, please do so as soon as possible.

Thank you in advance for attending to this important matter.

Thank You So Much!

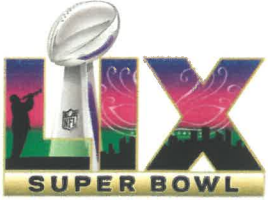
Melinda



Happenings !



Don't Forget Every Wednesday 11:30-12:30
Feed More WNY Produce Truck will be at the
Senior Center Parking Lot! Delicious Fresh Produce!



Super Bowl Party

Friday, February 7th at 11:00AM

Plan to join us for some fun! Trivia!

We will also have our Fun Football Friday Shirt Drawing!



Melinda from Guild Care

Tuesday, February 18th at 11AM

Will discuss programs being offered!



Don't forget we have a wonderful Lending Library!
Stop in and borrow a book! We have large piece
puzzles and lots of other puzzles to borrow too!



Larks Concert

Wednesday, February 26th at 11:00AM

Be entertained by their musical talent!

Flower Arranging Class

Thursday, February 27, at 2:00PM

This class will be presented by

Melissa from the Floral Department at Tops!

***Please bring a good pair of scissors if you can!**

\$5.00-\$7.00 Cost per person to offset cost of vases and flowers!



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.

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:

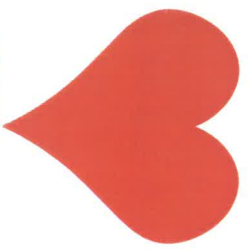
Summit Mall Medical	\$4.00
Niagara Falls	\$4.00
Youngstown	\$ 3.00



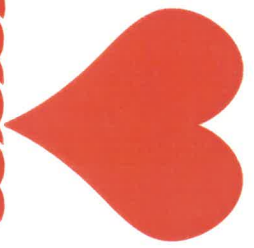
No Senior will be denied service due to an inability to pay.









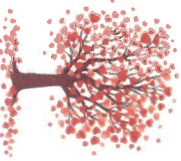


The Van Drivers would like to remind you to “Buckle-Up” when you ride in the van.





February 2025



SUN	MON	TUE	WED	THU	FRI	SAT
 Lunch Program Monday-Friday 11:00AM-12:30PM	2 Speaker: Assessor Nikolas Fiutko will discuss exemptions and other topics! Feb 4th at 12:30	3 9:30 Chair Yoga 12:30 Pinochle 1-3:00 Afternoon Art	4 9:30AM Band Ex 12:30 Senior Club 12:30-3PM Euchre 1:00PM Bridge	5 9:30AM Silver Sneakers 10:30AM Larks 12-3:00 Mahjongg 1:00PM BINGO	6 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy	7 9AM Quilters 9AM Chair Yoga 12:00Trivia 12:30-3:30Bridge 11AM Super Bowl Party and Drawing!
9 	10 9:30 Chair Yoga 12:30 Pinochle 1-3:00 Afternoon Art	11 9:30AM Band Ex 10:30 Blood Pressure Screening 12:30-2:30 Dance 12:30-3PM Euchre	12 9:30 Silver Sneakers 10:30AM Larks 12-3:00 Mahjongg Valentine's Lunch 	13 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy 1:00 Grief Support Group	14 9AM Quilters 9AM Chair Yoga 12:00Trivia 12:30-3:30Bridge Stappy Valentine's Day 	15 
16 	17  Center Closed	18 9:30AM Band Ex 11AM Speaker 12:30-3PM Euchre 1PM Book Group	19 9:30 Silver Sneakers 9:30AM Larks 12-3:00 Mahjongg 1:00PM BINGO	20 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy	21 9AM Quilters 9AM Chair Yoga 12:00Trivia AARP Tax Prep 12:30-3:30Bridge	22  Tax Prep Fridays please call the Center for an appt!
23 	24 9:30 Chair Yoga 9-12 Jeff Lewis BCBS 12:30 Pinochle 1-3:00 Afternoon Art	25 9:30AM Band Ex 10:30 Blood Pressure Screening 12:30 Travel Club 12:30-3PM Euchre	26 9:30AM Silver Sneakers 10:30AM Larks 11AM Concert 12-3:00 Mahjongg 1:00PM BINGO	27 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy 1:00 Grief Support Group 1:00PM Flower Arranging Class 	28 9AM Quilters 9AM Chair Yoga AARP Tax Prep 12:30-3:30Bridge	1  Peach Pie at A Valentine





Weekly Activities



February

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)
Wednesday	9:30AM	Wood Carvers (6:30-8:30PM 3 rd Tuesday of each Month!)
	10:30AM	Silver Sneakers
	1:00PM	Larks
	12:00PM	BINGO
Thursday	12:00PM	Mahjongg (Looking for new players 😊!)
	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
Friday	1-3:00PM	Grief Support Group (2 nd & 4 th Thursdays)
	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 😊 !