



January Newsletter



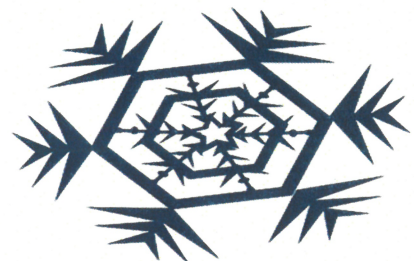
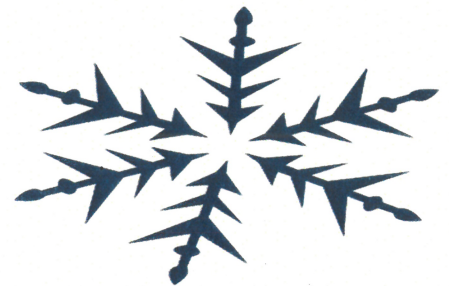
*Hope the New Year finds everyone happy and healthy!
We are all looking forward to great things in 2025!
Be sure to check out the Calendar and Center Activities!
We may offer something you would like to check out!*

See you at the Senior Center in 2025!



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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.

Thank you!

LUNCH PROGRAM NEWS

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

Please call (716)754-2071 Ext. 395

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

Wednesday, January 1st

For New Year's Day and

Monday, January 20th, 2025

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 courtesy 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



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

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 January.

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

(716)754-



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




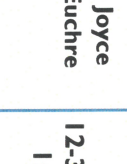
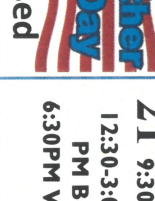
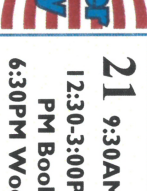

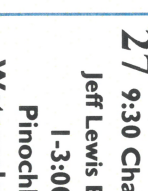
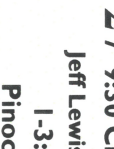

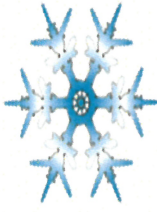





No Senior will be denied service due to an inability to pay.

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



January 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Center Closed	2 8:30 Mahjongg 9:00 Wood Carvers 12:30 Mini Mani 1PM Exercise w/Kathy	3 9AM Quilters 9:30 Chair Yoga 12PM Trivia 12-3:30 Bridge	4  Happy New Year!
	6 9:30 Chair Yoga 1-3:00PM Pinochle and Watercolor Class	7 9:30AM Band Ex NCOFA Lawyer Senior Club 12:30-3:00PM Euchre 12:30-3:00 Bridge	8 9:30AM Silver Sneakers 10AM Larks 12-3:00 Mahjongg 1:00PM BINGO	9 8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy 1:00 Grief Support Group	10 9AM Quilters 9:30 Chair Yoga 10:45 Memory Café 12PM Trivia 12-3:30 Bridge	11  TRIVIA Super Fun Trivia Every Friday!
12 <i>Let it Snow</i> 	13 9:30 Chair Yoga 1-3:00PM Pinochle and Watercolor Class	14 9:30AM Band Ex 10:30 B//P with Joyce 12:30-3:00PM Euchre	15 9:30AM Silver Sneakers 10AM Larks 12-3:00 Mahjongg 1:00PM BINGO	16 8:30 Mahjongg 9:00 Wood Carvers 12:30 Mini Mani 1PM Exercise w/Kathy	17 9AM Quilters 9:30 Chair Yoga 12PM Trivia 12-3:30 Bridge	18 
19 	 Martin Luther King, Jr. Day Center Closed	21 9:30AM Band Ex 12:30-3:00PM Euchre PM Book Club 6:30PM Woodcarvers	22 9:30AM Silver Sneakers 10AM Larks 12-3:00 Mahjongg 1:00PM BINGO	23 8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy 1:00 Grief Support Group	24 9AM Quilters 9:30 Chair Yoga 12PM Trivia 12-3:30 Bridge 1PM Flower Arranging	25  Fun! Football Friday's
26 	27 9:30 Chair Yoga Jeff Lewis BC/BS 1-3:00PM Pinochle and Watercolor Class	28 9:30AM Band Ex 10:30 B//P with Joyce 12:30 Travel Club 12:30-3:00PM Euchre	29 9:30AM Silver Sneakers 10AM Larks 12-3:00 Mahjongg 1:00PM BINGO	30 8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy	31 9AM Quilters 9:30 Chair Yoga 12PM Trivia 12-3:30 Bridge	
			 Happy Winter! <small>Zimprts@ig.com</small>	Lunch Program Monday-Friday 11:00AM-12:30PM	 Birthday's Are celebrated the first Tuesday of each Month Happy Birthday!	 Make Today AMAZING!



Weekly Activities January



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
	10:30 *New Days	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)
	6:30PM	Wood Carvers (6:30-8:30PM 3 rd Tuesday of each Month!)
Wednesday	9:30AM	Silver Sneakers
	10:30AM	Larks
	1:00PM	BINGO
	12:00PM	Mahjonn (Looking for new players 😊!)
Thursday	8:30AM	Mahjonn (Looking for new players 😊!)
	9:00AM	Wood Carvers (6:30-8:30PM 3 rd Tuesday of each Month!)
	1:00PM	Exercise with Kathy
	1-3:00PM	Grief Support Group (2 nd & 4 th Thursdays)
Friday	9:00AM	Quilters, Knitters, and Crochet
	9:30AM	Chair Yoga
	12:00PM	Trivia
	12-3:00PM	Bridge (Looking for players 😊!)

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