

Lewiston Senior Center
4361 Lower River Road
Youngstown, New York 14174
(716)754-2071
molick@townoflewiston.us



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lewistonseniorcenter.com

September Newsletter

HAPPY LABOR DAY

According to Wikipedia Labor Day is a federal holiday in the United States celebrated on the first Monday in September to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States. The three-day weekend it falls on is called Labor Day Weekend.

Beginning in the late 19th century, as the trade union and labor movements grew, trade unionists proposed that a day be set aside to celebrate labor. "Labor Day" was promoted by the Central Labor Union and the Knights of Labor, which organized the first parade in New York City. In 1887, Oregon was the first state of the United States to make it an official public holiday. By the time it became an official federal holiday in 1894, thirty states in the U.S. officially celebrated Labor Day.

Check out our calendar to see what we have planned this month!

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Stop in and say Hello and check out the Senior Center!

Hope to see you soon!



WANTED

Wood Carvers

Have you ever thought you might like to give it a try?

No experience necessary!

Every Thursday at 9:00AM!

NEW Monthly Evening Session

Third Tuesday of Each Month 6:30-8:30PM!



**Like the swallows returning to Capistrano!
The Lewiston Larks Choral Group will be returning
to the Senior Center on Wednesday Sept 4th!**

Meets Every Wednesday At 10:30AM!

New singers are always welcome and encouraged to join!



Memos from the Kitchen:

Cheryl does enjoy a challenge but please try to remember and sign up for lunch by Tuesday the week before you would like to attend.

Thank you!

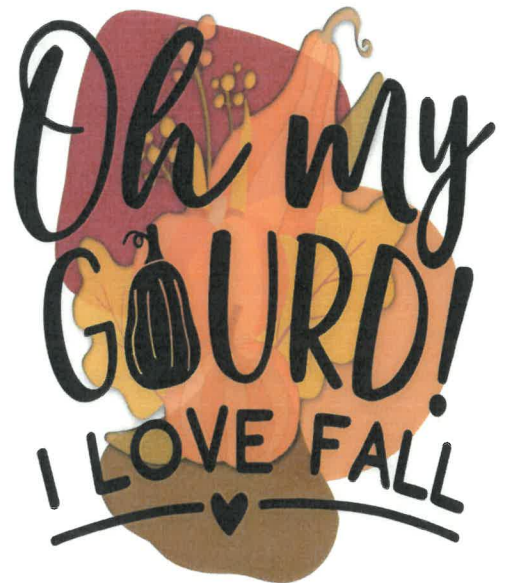
If you would like to reach Cheryl at the Senior Center

Please call 754-2071 extension 395

The Center will be closed on Monday September 2nd to celebrate Labor 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!





Flower Arranging Class

Friday, September 20th at 1:00PM

Join Melissa from the Floral Dept at TOPS

***Please remember to bring a pair of scissors!**

\$7.00-\$10.00 Cost per person to offset the cost!

Thank you so much Melissa for all your patience while we create our arrangements!



Center Events

Buffalo Bills Kick Off Tailgate Party
Friday, September 6th
Please Sign up for Lunch!

**Niagara Hospice
Grief/Bereavement Support Group**
Thursday, September 12th and 26th at 2:30PM

Historian Ken Slaughoupt
Will host a virtual tour of the museum!
Tuesday, September 10th at 12:00PM

Flu Shots Provided by Summit Park Pharmacy
Tuesday, September 17th
10:00Am-12:00PM

Senior Club Dance
Tuesday, September 17th 12:30-2:30
Music provided by the Hastings
Please Sign up for Lunch!

Meet Lewiston Police K-9 Officer Shadow
Tuesday, September 24th 11:00AM

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.

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

(716)754-2071

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, arrangements will be made to pick you up at another location.

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

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!”





Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>1 Center Closed</p> 	<p>2 LABOR Day</p> 	<p>3 9:30 Band Ex NCOFA Lawyer 10:30 BP Screening 12:30 Senior Club 12:30-3PM Euchre</p>	<p>4 9:30AM Silver Sneakers 10:30 Larks 1PM BINGO! 12:00 Mahjongg</p>	<p>5 8:30 Mahjongg 9:00 Wood Carvers Mini Manicure-Spin up 1:00PM Exercise Class w/ Kathy</p>	<p>6 9AM Quilters 9:30 Chair Yoga 12:30 Bridge Bills Kick Off Tail Gate Party</p>	<p>7</p> 
<p>8</p> 	<p>9 9:30 Chair Yoga 1:00 Pinochle 1-3PM Afternoon Art</p>	<p>10 9:30 Band Ex 12:00 Speaker Ken 12:30-3PM Euchre 1PM Tech 101</p>	<p>11 9:30AM Silver Sneakers 10:30 Larks 1PM BINGO! 12:00 Mahjongg</p>	<p>12 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise Class w/ Kathy 1:00 Grief Support</p>	<p>13 9AM Quilters 9:30 Chair Yoga 12:00 Trivia Center Closing Floors Strip/Wax</p>	<p>14</p> 
 <p>Get Your Flu Shots On Tuesday! 9/17</p>	<p>16 9:30 Chair Yoga 1:00 Pinochle 1-3PM Afternoon Art</p>	<p>17 9:30 Band Ex 10:30 BP Screening 12:30-3PM Euchre 12:30 Senior Club Dance 1:30PM Book Club</p>	<p>18 9:30AM Silver Sneakers 10:30 Larks 1PM BINGO! 12:00 Mahjongg</p>	<p>19 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise Class w/ Kathy</p>	<p>20 9AM Quilters 9:30 Chair Yoga 12:00 Trivia 12:30 Bridge 1PM Flower Arranging</p> 	<p>21 Peach Festival September 5-8th</p> 
<p>22 Hello Fall!</p> 	<p>23 9:30 Chair Yoga 1:00 Pinochle 1-3PM Afternoon Art</p>	<p>24 9:30 Band Ex 11AM K-9 Officer 12:30 Travel Club 12:30-3PM Euchre 1PM Tech 101</p>	<p>25 9:30AM Silver Sneakers 10:30 Larks 11AM Larks Concert 1PM BINGO! 12:00 Mahjongg</p>	<p>26 8:30 Mahjongg 9:00 Wood Carvers Mini Manicure-Spin up 1:00PM Exercise Class w/ Kathy 1:00 Grief Support</p>	<p>27 9AM Quilters 9:30 Chair Yoga 12:00 Trivia 12:30 Bridge</p>	<p>Every Friday! Trivial! Fun Football Fridays!</p>
<p>29</p> 	<p>30 9:30 Chair Yoga 1:00 Pinochle 1-3PM Afternoon Art 9-12 Jeff BC/BS</p>	<p>Birthday's Are Celebrated the First Tuesday of Each Month!</p>	<p>Lunch Program Monday-Friday 11:00-12:30PM</p>	<p>11:30-12:30PM Wednesday Feed More WNY's Mobile Farm Market</p>		



September Weekly Activities



Monday	9:30AM	Chair Yoga
	1:00PM	Afternoon Art
	1:00PM	Pinochle (<u>Looking for new players 😊!</u>)
	9-12:00	Jeff Lewis BC/BS (The 4 th Monday of each Month)
Tuesday	9:30AM	Resistance Band Exercise
	11-12:30	Lawyer NCOFA (1 st Tuesday of Each Month)
	12:30PM	Senior Club (1 st , Tuesday of Each Month)
	12:30PM	Travel Club (4 th Tuesday of Each Month)
	1:00PM	Bridge (1 st Tuesday of Each Month Only)
	1:00PM	Technology 101 (2 nd & 4 th Tuesday of Each Month)
	12:30PM	Euchre
	1:30PM	Book Club (3 rd Tuesday of Each Month)
Wednesday	9:30AM	Silver Sneakers
	10:30AM	Larks
	1:00PM	BINGO
	12:00PM	Mahjongg (<u>Looking for new players 😊!</u>)
Thursday	8:30AM	Mahjongg
	9:00AM	Wood Carvers (<u>New Carvers Welcome 😊!</u>)
	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

Please Call the Senior Center (716) 754-2071 For more information 😊!