



# January Newsletter



*Hope the New Year finds everyone happy and healthy!*

*We are all looking forward to great things in 2026!*

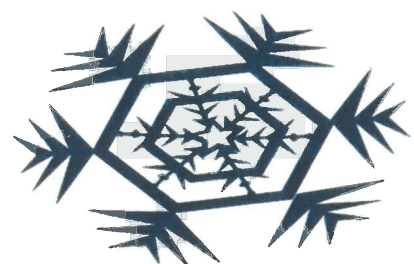
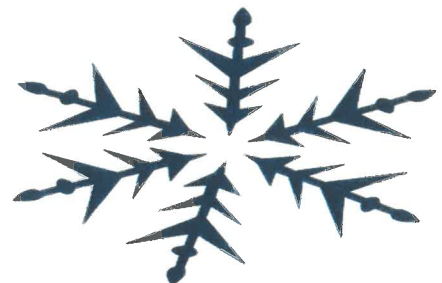
*Be sure to check out the Calendar and Center Activities!*

*We may offer something you would like to check out!*

*See you at the Senior Center in 2026!*

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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! Melinda

## 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

Thursday, January 1st

For New Year's Day and

Monday, January 19th 2026

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!



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](http://lewistonseniorcenter.com)

**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](http://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.



## 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




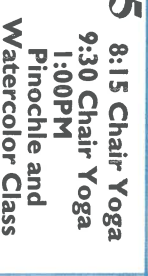
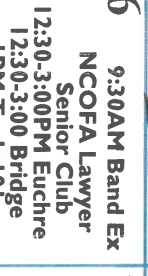


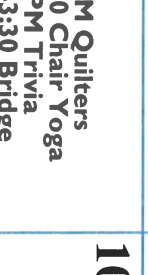




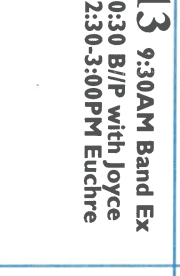











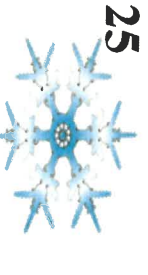

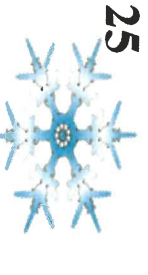


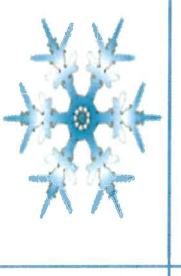





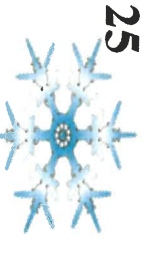


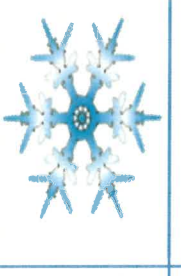





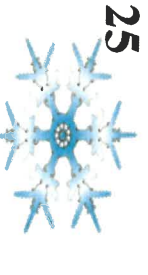
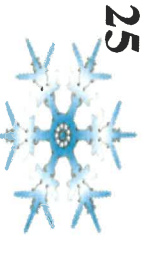


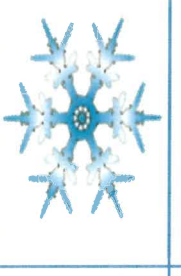





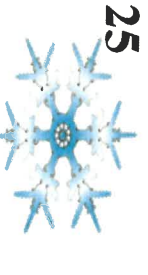
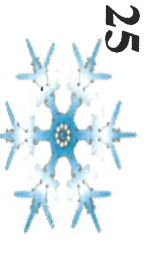
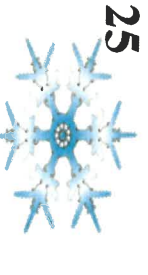


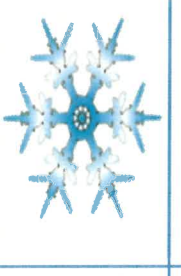





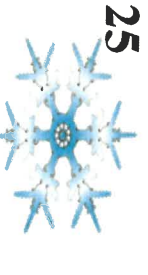
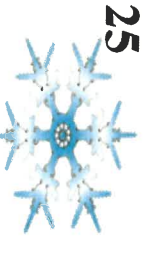
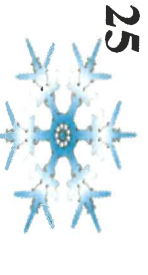
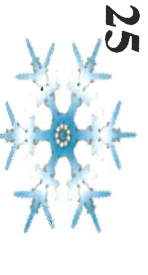


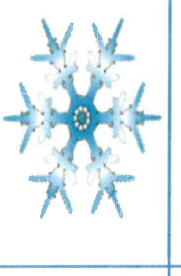





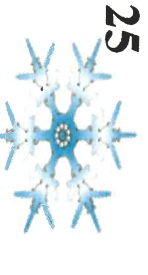
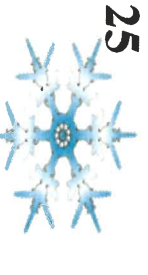
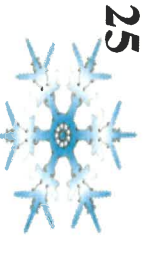


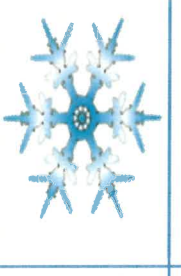





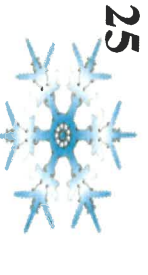
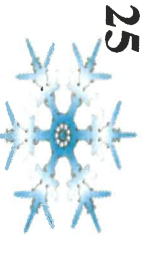
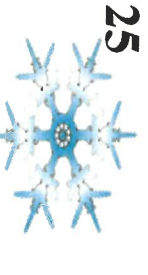


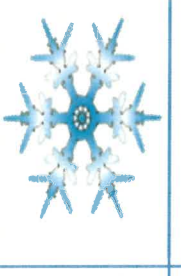





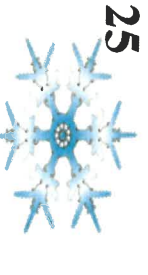
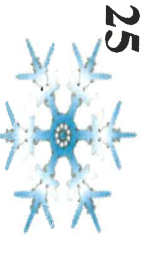
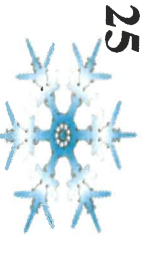


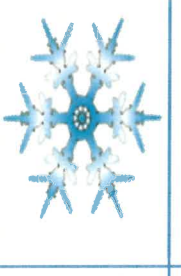





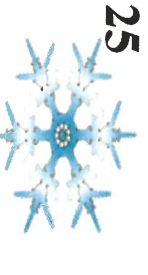
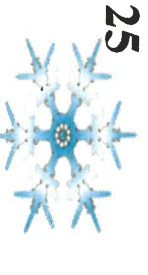
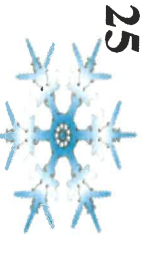


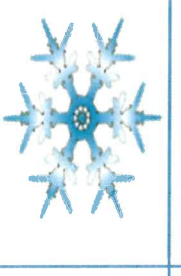





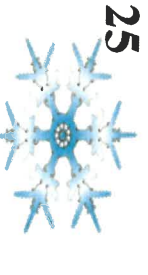
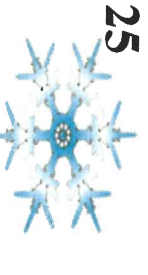
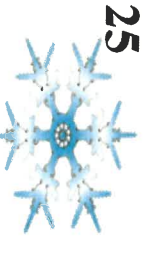


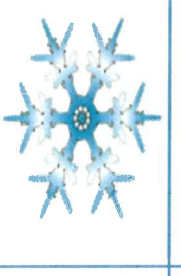





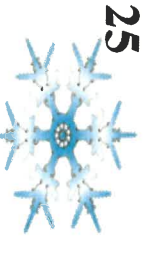
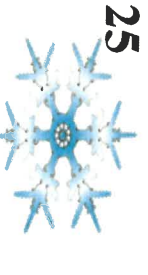
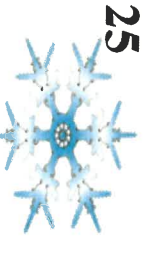


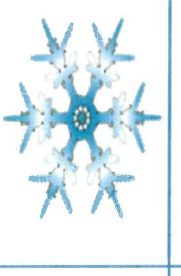





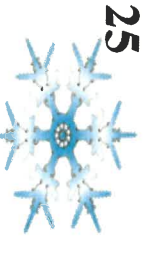
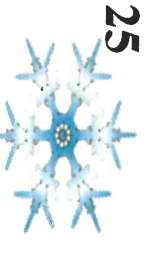
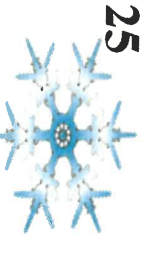


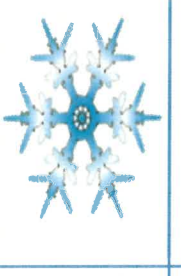





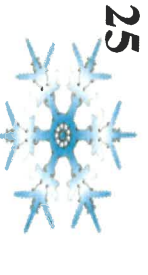
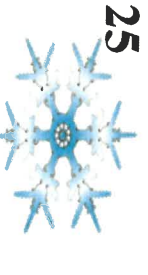
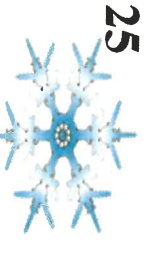


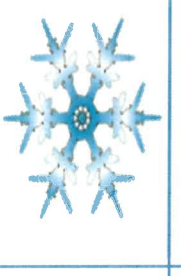





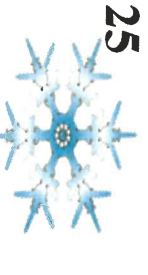
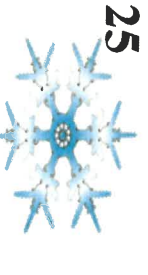
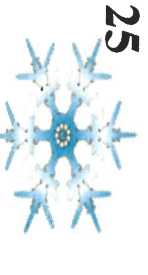


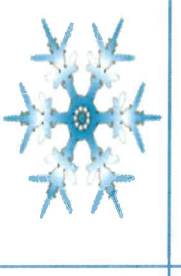





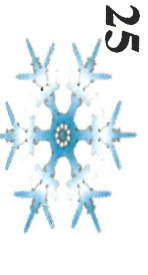
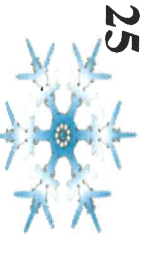
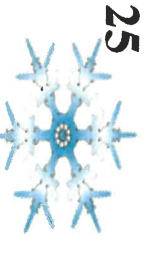


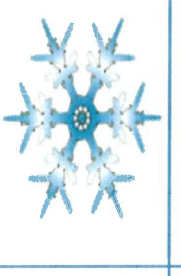





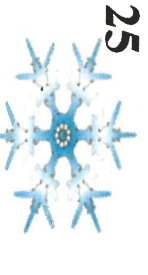
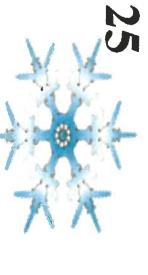
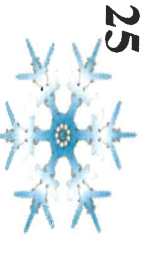


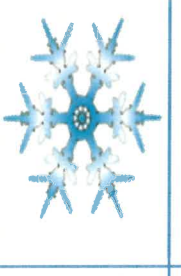





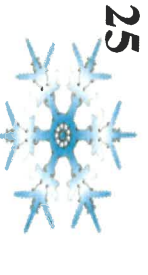
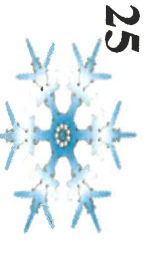
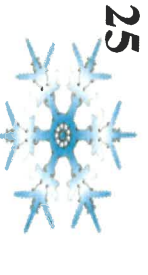


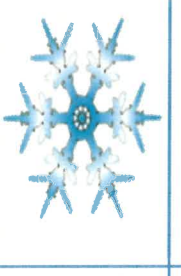





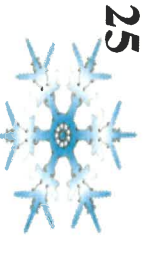
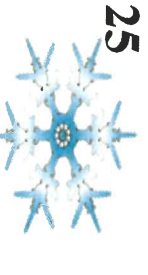
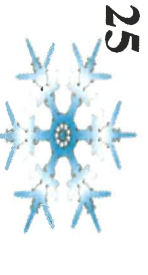


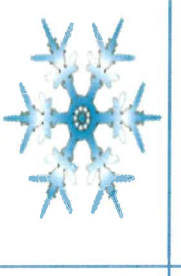





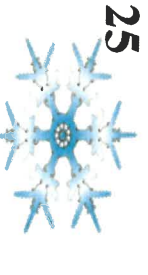
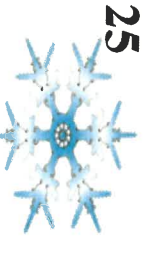
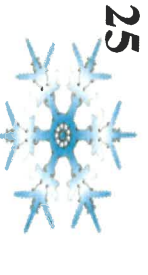


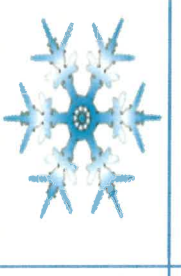





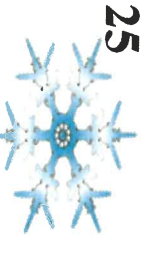
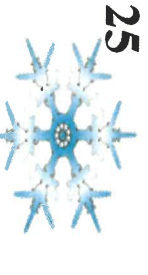
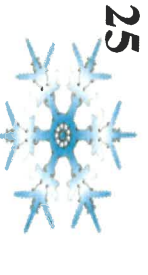


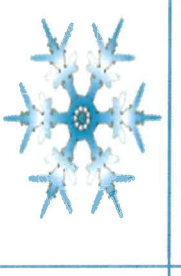




**No Senior will be denied service due to an inability to pay.**

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





# January 2026

SUN	MON	TUE	WED	THU	FRI	SAT					
											
5	8:15 Chair Yoga 9:30 Chair Yoga 1:00PM Pinochle and Watercolor Class	6	9:30AM Band Ex NCOFA Lawyer Senior Club 12:30-3:00PM Euchre 12:30-3:00 Bridge 1PM Tech 101	7	9:30AM Silver Sneakers 10:30AM Larks 12-3:00 Mahjongg 12:30PM BINGO	8	8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy	9	9AM Quilters 9:30 Chair Yoga 12PM Trivia 12-3:30 Bridge	10	 Super Fun Trivia Every Friday!
											
11	12	13	14	15	16	17					
Let it Snow	8:15 Chair Yoga 9:30 Chair Yoga 1:00PM Pinochle and Watercolor Class	9:30AM Band Ex 10:30 B/P with Joyce 12:30-3:00PM Euchre	9:30AM Silver Sneakers 10:30AM Larks 12-3:00 Mahjongg 12:30PM BINGO	8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy	9AM Quilters 9:30 Chair Yoga 12PM Trivia 12-3:30 Bridge						
18											
Martin Luther King, Jr. Day Center Closed	20	21	22	23	24	25					
9:30AM Band Ex 12:30-3:00PM Euchre PM Book Club 6:30PM Woodcarvers	9:30AM Silver Sneakers 10:30AM Larks 12-3:00 Mahjongg 12:30PM BINGO	8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy	9AM Quilters 9:30 Chair Yoga 12PM Trivia 12-3:30 Bridge 1PM Flower Arranging	9AM Quilters 9:30 Chair Yoga 12PM Trivia 12-3:30 Bridge	Fun! Football Friday's						
25	26	27	28	29	30	31					
8:15 Chair Yoga 9:30 Chair Yoga 1-12 Jeff Lewis BC/BS 1-3:00PM Pinochle and Watercolor Class	9:30AM Band Ex 10:30 B/P with Joyce 12:30 Travel Club 12:30-3:00PM Euchre	9:30AM Silver Sneakers 10:30AM Larks 11AM Larks Concert 12-3:00 Mahjongg 12:30PM BINGO	8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy	9AM Quilters 9:30 Chair Yoga 12PM Trivia 12-3:30 Bridge							
											
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9:30AM Silver Sneakers 10:30AM Larks 11AM Larks Concert 12-3:00 Mahjongg 12:30PM BINGO	8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy	9AM Quilters 9:30 Chair Yoga 12PM Trivia 12-3:30 Bridge									
											
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9:30AM Silver Sneakers 10:30AM Larks 11AM Larks Concert 12-3:00 Mahjongg 12:30PM BINGO	8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy	9AM Quilters 9:30 Chair Yoga 12PM Trivia 12-3:30 Bridge									
											
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9:30AM Silver Sneakers 10:30AM Larks 11AM Larks Concert 12-3:00 Mahjongg 12:30PM BINGO	8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy	9AM Quilters 9:30 Chair Yoga 12PM Trivia 12-3:30 Bridge									
											
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9:30AM Silver Sneakers 10:30AM Larks 11AM Larks Concert 12-3:00 Mahjongg 12:30PM BINGO	8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy	9AM Quilters 9:30 Chair Yoga 12PM Trivia 12-3:30 Bridge									
											
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9:30AM Silver Sneakers 10:30AM Larks 11AM Larks Concert 12-3:00 Mahjongg 12:30PM BINGO	8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy	9AM Quilters 9:30 Chair Yoga 12PM Trivia 12-3:30 Bridge									
											
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45											
9:30AM Silver Sneakers 10:30AM Larks 11AM Larks Concert 12-3:00 Mahjongg 12:30PM BINGO	8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/Kathy	9									



## January Weekly Activities



**Monday** 8:15AM  
*Let it Snow* 9:30AM  
1:00PM  
12:30PM  
9-12:00

**Tuesday** 9:30AM  
10:30AM  
11-12:30  
12:30PM  
12:00PM  
12:30PM  
1:30PM  
1:30PM  
6:30PM

**Wednesday** 9:30AM  
10:30AM  
12:30PM  
12:00PM

**Thursday** 8:30AM  
9:00AM  
1:00PM

**Friday** 9:00AM  
9:30AM  
12:00PM  
12-3:00PM

**Chair Yoga**  
**Chair Yoga**  
**Afternoon Art**  
**Pinochle** (Looking for new players 😊!)  
**Jeff Lewis BC/BS** (The 4<sup>th</sup> Monday of each Month)

**Resistance Band Exercise**  
**B/P with Joyce** (2<sup>nd</sup> & 4<sup>th</sup> Tuesday of each Month)  
**Lawyer NCOFA** (1<sup>st</sup> Tuesday of Each Month)  
**Senior Club** (1<sup>st</sup> Tuesday) **Travel Club** (4<sup>th</sup> Tuesday)  
**Bridge** (1<sup>st</sup> Tuesday of Each Month Only)  
**Euchre**  
**Book Club** (3<sup>rd</sup> Tuesday of Each Month)  
**Technology 101** (1<sup>st</sup> Tuesday of Each Month)  
**Wood Carvers** (6:30-8:30PM 3<sup>rd</sup> Tuesday of each Month!)

**Silver Sneakers**  
**Larks**  
**BINGO**  
**Mahjongg** (Looking for new players 😊!)

**Mahjongg** (Looking for new players 😊!)  
**Wood Carvers** (6:30-8:30PM 3<sup>rd</sup> Tuesday of each Month!)  
**Exercise with Kathy**

**Quilters, Knitters, and Crochet**  
**Chair Yoga**  
**Trivia**  
**Bridge** (Looking for players 😊!)