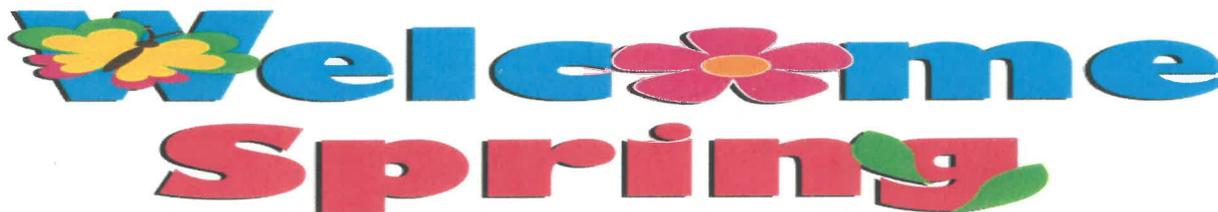




March Newsletter



Spring! We have really missed you!

This month we will move our clocks ahead for Daylight Savings Time. We are all ready to Spring Ahead!

Wear your green and celebrate St. Patrick's Day and enjoy Irish Music provided by Bob Gnann!

We have lots of fun things planned, so please check out our calendar and activities and see what might interest you and stop by the center and enjoy!

Hope to see you soon!

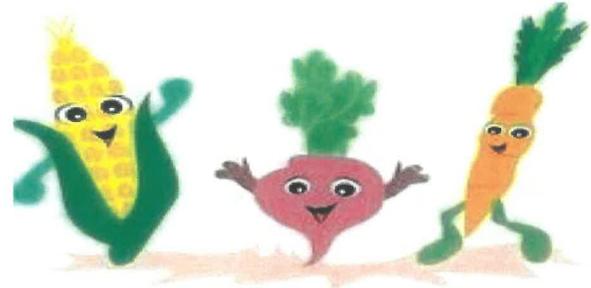
INSIDE THIS ISSUE

| | |
|---------------------------|----------|
| <i>Produce Truck.....</i> | <i>2</i> |
| <i>Lunch Info.....</i> | <i>2</i> |
| <i>Happenings.....</i> | <i>3</i> |
| <i>Care Van Info.....</i> | <i>4</i> |
| <i>Calendar of Events</i> | |
| <i>Center Activities</i> | |





Feed More WNY's Mobile Farm Market
12:30-1:30PM Wednesday, March 4th
Will be in the Parking Lot with
Fresh Produce for Sale!
Everyone can purchase and
Enjoy more fruits and Veggies
Check it out!



Lunch Program Information:

Remember to please sign up for lunch by Tuesday
the week before you would like to attend.
If you would like to reach Natalie at the Senior Center
Please call (716)754-2071 extension 395



Meatless Fridays have begun no meat will be served on
Fridays during Lent.

Looking ahead.....

The Easter Holiday Meal will be served on Wednesday, April 1st! The menu
will include Glazed Ham, Mashed Sweet Potatoes, Green Bean Casserole,
Dinner Roll, Coconut Cake. The deadline to place a reservation
for the Easter Holiday Meal is Friday, March 20th!
Please sign-up before this date if you would like to attend!



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!

Thank
YOU!

A huge thank you to everyone for all they do to
make the Senior Center a wonderful place!



Happenings at the Senior Center

 **Blood Pressure Screening with Joyce!**
2nd and 4th Tuesday of each Month at 10:30AM

 **Technology 101 for Seniors**
The first Tuesday of each month, March 3rd !

 **St. Patrick's Day Celebration**
Irish Music with Bob Gnann
Tuesday, March 17th 11:00AM

 **Flower Arranging with Melissa from Lewiston Tops**
Monday, March 23rd at 1:00PM

 **Jeff Lewis from BC/BS will not be**
Available this month!

 **Feed More WNY Produce Truck**
Wednesday March (TBA)12:30-1:30PM

 **Presentation by Dr Kuraitis, Dermatologist**
Roswell Park Comprehensive Cancer Center
11:00AM Tuesday, March 24th

 **Super Fun Trivia**
Exercise your brain and win a prize! Every Friday at 12:00PM

 **AARP Tax Prep**
Every Friday until April 10th
No Open Appointments



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. Our 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.

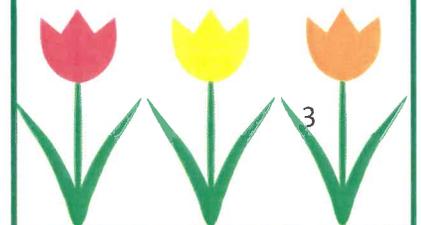
We have no open appointments for AARP Tax Prep!

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

lewistonseniorcenter.com

(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. Donations are greatly appreciated, however, no Senior will be denied service due to an inability to pay. The Senior Van is in operation Monday through Friday from 8:30AM-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 |

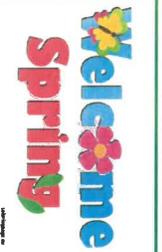
Thank you to our wonderful Van Drivers! Our driver do a great job getting everyone where they need to be safely and in a timely manner! Thank you!

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.



March 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--|---|--|
|  <p>Birthday's are Celebrated the First Tuesday of Each Month!</p> | <p>Lunch Program Monday-Friday 11:00-12:30PM</p> |  |  <p>Produce Truck Wednesday 3/4 12:30-1:30</p> |  |  |  |
| <p>1 </p> | <p>2 9:30 Chair Yoga 12:30 Pinochle 1-3:00 PM Art</p> | <p>3 9:30AM Band Ex NCOFA Lawyer 12:00 Bridge 12:30 Senior Club 12:30PM Euchre 1:30 Tech 101</p> | <p>4 9:30 Silver Sneakers 10:30AM Larks 12:30PM Mahjongg Produce Truck Today! 12:30-1:30PM</p> | <p>5 8:30 Mahjongg 9:00 Wood Carvers</p> | <p>6 9AM Quilters 8:45AM Chair Yoga AARP Tax Prep 12:00Trivia 12:00-3:00Bridge</p> | <p>7 Tax Prep Fridays! </p> |
| <p>8 </p> | <p>9 9:30 Chair Yoga 12:30 Pinochle 1-3:00 PM Art</p> | <p>10 9:30AM Band Ex 10:30 B/P Screening 12:30-3PM Euchre</p> | <p>11 9:30 Silver Sneakers 10:30AM Larks 12-3:00 Mahjongg 12:30PM BINGO</p> | <p>12 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy</p> | <p>13 9AM Quilters 8:45AM Chair Yoga AARP Tax Prep 12:00Trivia 12:00-3:00Bridge</p> | <p>14 </p> |
| <p>15 </p> | <p>16 9:30 Chair Yoga 12:30 Pinochle 1-3:00 PM Art</p> | <p>17 9:30AM Band Ex 11AM Irish Music w Bob 12:30-3PM Euchre 1PM Book Club 6:30-8:30PM Woodcarvers</p> | <p>18 9:30AM Silver Sneakers 10:30AM Larks 12-3:00 Mahjongg 12:30PM BINGO</p> | <p>19 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy</p> | <p>20 9AM Quilters 8:45AM Chair Yoga AARP Tax Prep 12:00Trivia 12:00-3:00Bridge</p> | <p>21 </p> |
| <p>22 </p> | <p>23 9:30 Chair Yoga 9-12 Jeff Lewis BC/BS 12:30 Pinochle 1PM Flower Arranging 1-3:00 PM Art</p> | <p>24 9:30AM Band Ex 10:30 B/P Screening 12:30 Travel Club 12:30-3PM Euchre</p> | <p>25 9:30 Silver Sneakers 11AM Larks Concert 12-3:00 Mahjongg 12:30PM BINGO</p> | <p>26 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy</p> | <p>27 9AM Quilters 8:45AM Chair Yoga AARP Tax Prep 12:00Trivia 12:00-3:00Bridge</p> | <p>28  Every Friday</p> |
| <p>29 </p> | <p>30 9:30 Chair Yoga 12:30 Pinochle 1-3:00 PM Art</p> | <p>31 9:30AM Band Ex 12:30-3PM Euchre</p> | <p>March 20th 1st Day </p> | <p></p> | <p></p> | <p></p> |



March Weekly Activities



| | | |
|------------------|------------------|---|
| Monday | 8:15AM | Chair Yoga |
| | 9:30AM | Chair Yoga |
| | 1:00PM | Afternoon Art |
| | 12:30PM | 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 |
| | 1:30PM | Book Club (3 rd Tuesday of Each Month) |
| | 1:30PM | Technology 101 (1 st 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 |
| | 12:30PM | BINGO |
| | 12:00PM | Mahjongg (Looking for new players 😊!) |
| Thursday | 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 | 8:45AM | Chair Yoga (Time change for tax prep February 14-April 10) |
| | 9:00AM | Quilters, Knitters, and Crochet |
| | 12:00PM | Trivia |
| | 12-3:00PM | Bridge (Looking for players 😊!) |