

Lewiston Senior
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lewistonseniorcenter.com

welcome AUGUST



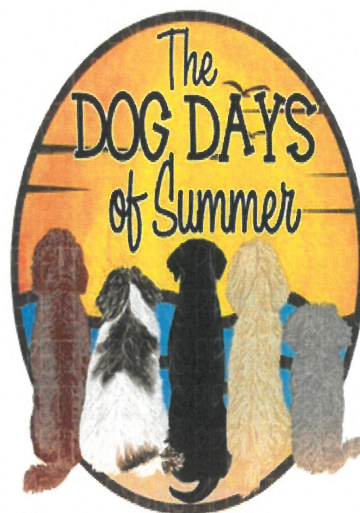
This summer has been warm, once it finally stopped raining! If you need a break from the heat, stop in to the air-conditioned comfort of the Senior Center. Check out our schedule and see what we have planned! There will definitely be something that will interest you! Try something new Pinochle, Chair Yoga, Bridge, Watercolor Class or Flower Arranging. We have it all! You never know what your going to find at the Senior Center! Hope to see you soon!

DOG DAYS OF SUMMER



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Happenings !



**Check out our Website: lewistonseniorcenter.com
Look at our Calendar of Events/Activities
Stay Up to Date on Schedule and Event Changes!**

**Blood Pressure Screening
2nd, and 4th Tuesday of the Month
Nurse Joyce will be here to check your vitals!**

**Afternoon Book Club
Tuesday, August 18th at 1:30PM
*Rebel Falls by Tim Wendel***

**Emergency Preparedness Training
Tuesday, August 18th at 10:30
Prior Registration is required**

**Flower Arranging Class
Friday, August 21st at 1:00PM
Melissa will be here from the
Floral Department at Tops**

Nutrition Program Information

**Remember to please sign up for
lunch by Tuesday the week before
you would like to attend.**

Thank you!



The End of Summer Picnic

Wednesday, August 26th

**Grilled Hot Dog or Hamburger on Roll, Baked Beans, Macaroni Salad,
Watermelon and a Frosted Brownie!**

**As always 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!**



Do you like to test your wits?

Time to break out your thinking cap?

Join us for Fun! Friday! Trivia!

Van Driver Mike tests our wits every Friday

With questions on a variety of topics!

**Plan ahead and be sure to sign up for lunch,
then stay for Trivia and enjoy a frozen treat!**



Senior Van Information

**Due to the increased demand for the use of
our Senior Van we are sometimes unable to
accommodate everyone's appointments.**

**Our Van Drivers are very good but they can not
be two places at one time!**

**Please keep this in mind when you make your
appointments, contact the center to make
arrangements for transportation well in advance
whenever possible.**

**We do our best to get everyone where they are
going and returned home in a timely manner.**

**Thank you so much for assisting us in providing
this service for you!**

**WE ♥ OUR
SENIORS**

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 of-
fered.**

**Please check the calendar
to see what events and ac-
tivities 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 Cen-
ter.**

(716)754-2071

Thank You!



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, 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 at the following suggested 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.





August Weekly Activities



Monday	8:15AM	Chair Yoga
	9:30AM	Chair Yoga
	10:45	Card Making
	1:00PM	Afternoon Art (Will be off for August 😊!)
	12:30PM	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
	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 (Will be off for July and August 😊!)
	12:30PM	BINGO
	12:00PM	Mahjongg (<u>Looking for new players</u> 😊!)
Thursday	8:30AM	Mahjongg (<u>Looking for new players</u> 😊!)
	9:00AM	Wood Carvers (6:30-8:30PM 3 rd Tuesday of each Month!)
	1:00PM	Exercise with Kathy
Friday	9:00AM	Quilters, Knitters, and Crochet
	9:15AM	Chair Yoga
	12:00PM	Trivia
	12-3:00PM	Bridge (<u>Looking for players</u> 😊!)



August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Lunch Program Monday-Friday 11:00-12:30PM	3 8:15 Chair Yoga 9:30 Chair Yoga 1:00 Pinochle	4 9:30AM Band Ex NCOFA Lawyer 12:30 Senior Club 12:30-3PM Euchre 12:00 Bridge 1:30 Tech 101	5 9:30AM Silver Sneakers 12:30 BINGO! 12:00 Mahjongg	6 8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise Class	Frozen Treat Friday's 	1
9 	10 8:15 Chair Yoga 9:30 Chair Yoga 10:45 Card Making 1:00 Pinochle	11 9:30AM Band Ex 10:30 BP Screening Senior Club Picnic 12:30-3PM Euchre	12 9:30AM Silver Sneakers 12:30 BINGO! 12:00 Mahjongg	13 8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/ Kathy	14 9AM Quilters 9:15 Chair Yoga 12:00 Trivia 12:30-3:30Bridge	15
16 	17 8:15 Chair Yoga 9:30 Chair Yoga 1:00 Pinochle	18 9:30AM Band Ex 10:30 Emergency Preparedness Training 12:30-3PM Euchre 1:30 PM Book Group 6:30PM Woodcarvers	19 9:30AM Silver Sneakers 12:30 BINGO! 12:00 Mahjongg	20 8:30 Mahjongg 9:00 Wood Carvers 1PM Exercise w/ Kathy	21 9AM Quilters 9:15 Chair Yoga 12:00 Trivia 12:30-Bridge 1PM Flower Arranging 	22
23 8:30 	24/31 8:15 & 9:30 Chair Yoga 10:45 Card Making 8/24-9-12 Jeff BC/BS 1:00 Pinochle	25 9:30AM Band Ex 10:30 BP Screening 12:30-3PM Euchre 12:30 Travel Club	26 9:30AM Silver Sneakers End of Summer Picnic! 12-3:00 Mahjongg	27 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise w/ Kathy	28 9AM Quilters 9:15 Chair Yoga 12:00 Trivia 12:30-3:30Bridge	29