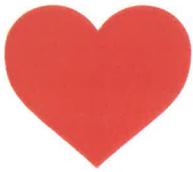




# February Newsletter

## Happy Valentine's Day



*We have lots of fun things planned this month!  
There will be something you will LOVE!*

*Come on in and give yourself a Valentine's Day treat  
and check out the Senior Center*

*Look inside and see if there is something that will  
interest you and maybe your Valentine Too!*

*We would LOVE to see you!*



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# **AARP** Tax Preparation



**YOU MUST COMPLETE AN INTAKE FORM  
& HAVE AN APPOINTMENT**

**AARP Tax Preparation will be available on Fridays.**

**Intake forms must be picked up, in advance and completely filled out prior to your scheduled appointment.**

**-Please bring a copy of your Social Security Card.**

**-Copy of both sides of your NYS Drivers License.**

**-Please bring your 2024 Prior Year Tax Return.**

**-Tax return can not begin without both spouses' signatures.**

**-Return can not be completed without both spouses' signatures.**

**-2025 tax documents should all be removed from envelopes prior to the start of return preparation.**

## **Nutrition Information:**

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

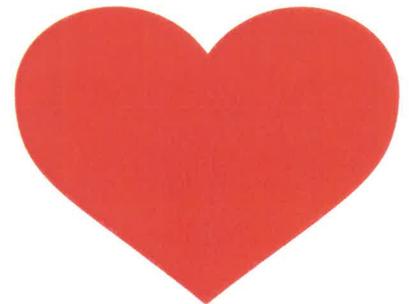
**Please call the Senior Center at 754-2071 Ext. 395**

**Valentine's Lunch will be served on Wednesday, February 11, 2026 the menu will be Breaded Baked Chicken Breast, Creamy Pesto Pasta, Sicilian Vegetables, Pumpernickel Bread and Red Velvet Cake with Cream Cheese Frosting.**

**The Center will be closed and no meals will be served on Monday, February 16, 2026**

**In observance of Presidents 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!**



# Silver Sneakers

If you haven't already done so, stop by the center and check out our Silver Sneakers Program with Instructor Ruth at 9:30 AM every Wednesday.

Ruth is a Licensed Silver Sneaker Instructor, Registered Instructor with the Yoga Alliance, and she is also CPR Certified.

This class includes working with light weights, a ball, some cardio and balance/agility exercises. If you have weights please bring them, or you can use water bottles. We have balls available, but if you have one please bring it. You do not need Silver Sneaker insurance to participate in this program. Cathy leads our Chair Yoga class on Monday at 8:15AM. Ruth leads our Chair Yoga class on Mondays at 9:30AM.

Eileen leads our Chair Yoga class on Fridays 8:45-9:45AM, while AARP Tax Prep is taking place at the center, back to 9:30-10:30AM April 17th.

We also offer Resistance Band Exercise on Tuesdays at 9:30AM.

In addition we also offer Exercise with Kathy Zasucha on Thursdays at 1:00PM!

We are very excited to offer all of these programs to our Seniors.



Join artist Debbie Retzlaff, as we explore basic principals of watercolor and learn about composition, complimentary colors and fun techniques that will make your watercolors sing!

Afternoon Art every Monday 1-3:00PM!



Welcome Clara Hughes who be filling in to help out at the center!

Please say hello and welcome back to Clara!

## 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 updated information:

[lewistonseniorcenter.com](http://lewistonseniorcenter.com)

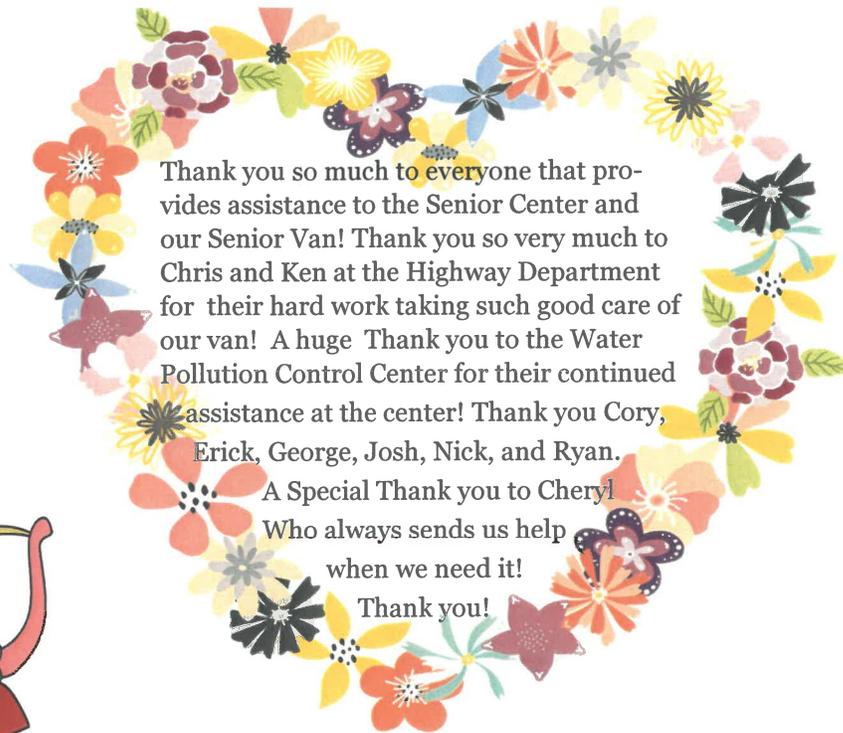
You do not need to be a member of the Senior Club to participate in any of the programs offered at the Center!

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.

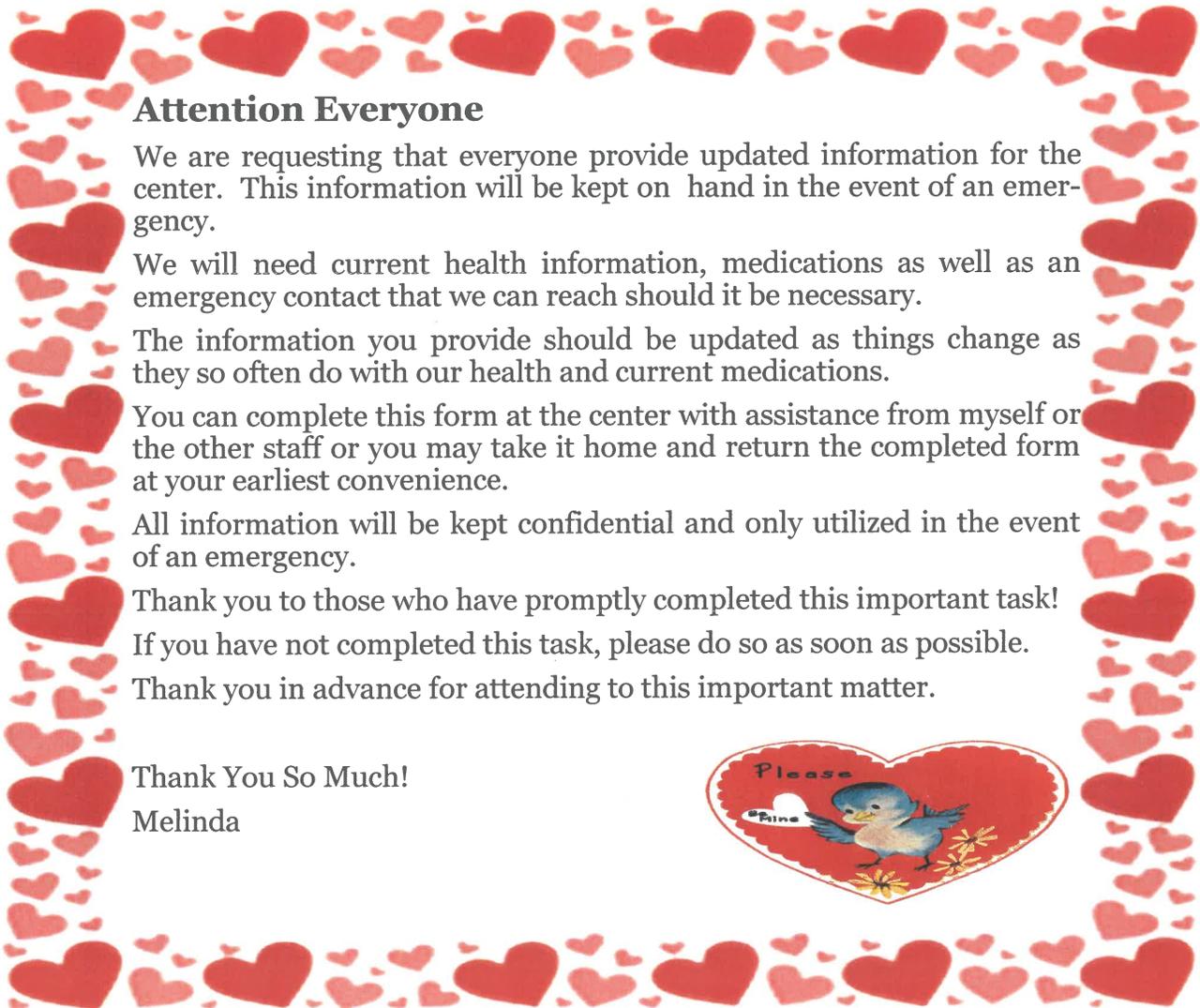
Please contact the center beginning the last week of January if you would like an appointment to have your taxes done. AARP Tax Prep that will begin February 13th. No appointments will be scheduled prior to the last week of January!

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





Thank you so much to everyone that provides assistance to the Senior Center and our Senior Van! Thank you so very much to Chris and Ken at the Highway Department for their hard work taking such good care of our van! A huge Thank you to the Water Pollution Control Center for their continued assistance at the center! Thank you Cory, Erick, George, Josh, Nick, and Ryan. A Special Thank you to Cheryl Who always sends us help when we need it! Thank you!



### Attention Everyone

We are requesting that everyone 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 to those who have promptly completed this important task!

If you have not completed this task, please do so as soon as possible.

Thank you in advance for attending to this important matter.

Thank You So Much!  
Melinda

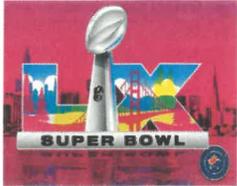


# Happenings !



**Don't Forget Every Wednesday 12:30-1:30**  
**Feed More WNY Produce Truck will be at the**  
**Senior Center Parking Lot! Delicious Fresh Produce!**

## Super Bowl Party



**Friday, February 6th at 11:00AM**  
**Plan to join us for some fun! Trivia!**  
**We will also have a Fun Football Friday Shirt Drawing!**



## Speaker-Alzheimer's Association

**Tuesday, February 24th at 11AM**  
**Will discuss programs being offered!**



**Don't forget we have a wonderful Lending Library!**  
**Stop in and borrow a book! We have large piece**  
**puzzles and lots of other puzzles to borrow too!**

## Larks Concert

**Wednesday, February 25th at 11:00AM**  
**Be entertained by their musical talent!**



## Flower Arranging Class

**Monday, February 23, at 1:00PM**

**This class will be presented by**

**Melissa from the Floral Department at Tops!**

**\*Please bring a good pair of scissors!**

**\$7.00-\$10.00 Cost per person to offset cost of vases and flowers!**



## 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, 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:

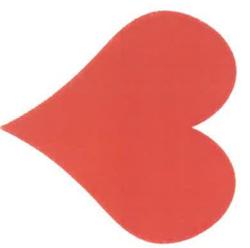
|                     |         |
|---------------------|---------|
| Summit Mall Medical | \$4.00  |
| Niagara Falls       | \$4.00  |
| Youngstown          | \$ 3.00 |



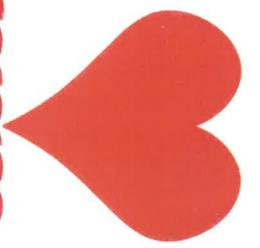
**No Senior will be denied service due to an inability to pay.**

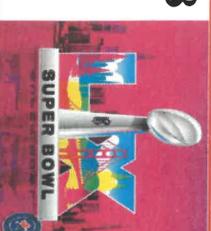
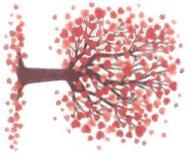
**The Van Drivers would like to remind you to “Buckle-Up” when you ride in the van.**





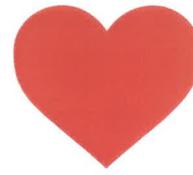
# February 2026



| SUN  | MON   | TUE   | WED   | THU  | FRI   | SAT   |
|--|---|---|---|--|---|---|
|              | <b>Lunch Program</b><br><b>Monday-Friday</b><br>11:00AM-12:30PM   | <b>Birthdays</b><br>Are celebrated the first Tuesday of each Month!<br> |    |  |   |   |
| <b>1</b><br>  | <b>2</b> 8:15 Chair Yoga<br>9:30 Chair Yoga<br>1:00 Pinochle<br>1-3:00 Afternoon Art  | <b>3</b> 9:30AM Band Ex<br>NCOFA Lawyer<br>12:30 Senior Club<br>12:30-3PM Euchre<br>1:00PM Bridge<br>1:30 Tech 101  | <b>4</b><br>9:30AM Silver Sneakers<br>10:30AM Larks<br>12:3:00 Mahjongg<br>12:30PM BINGO  | <b>5</b><br>8:30 Mahjongg<br>9:00 Wood Carvers<br>1:00 Exercise W/Kathy              | <b>6</b> 9AM Quilters<br>8:45AM Chair Yoga<br>12:00Trivia<br>12:30-3:30Bridge<br><b>11AM Super Bowl Party and Drawings!</b> | <b>7</b><br>   |
| <b>8</b><br>  | <b>9</b> 8:15 Chair Yoga<br>9:30 Chair Yoga<br>1:00 Pinochle<br>1-3:00 Afternoon Art  | <b>10</b> 9:30AM Band Ex<br>10:30 Blood Pressure Screening<br>12:30-3PM Euchre  | <b>11</b><br>9:30 Silver Sneakers<br>10:30AM Larks<br>12-3:00 Mahjongg<br>12:30PM BINGO<br><b>Valentine's Lunch</b><br> | <b>12</b><br>8:30 Mahjongg<br>9:00 Wood Carvers<br>1:00 Exercise W/Kathy             | <b>13</b> 9AM Quilters<br>8:45AM Chair Yoga<br>12:00Trivia<br>12:30-3:30Bridge<br>AARP Tax Prep                             | <b>14</b><br><br><i>Stuffy Valentine's Day</i>                           |
| <b>15</b><br> | <b>16</b><br><br><b>Center Closed</b>  | <b>17</b> 9:30AM Band Ex<br>12:30-3PM Euchre<br>1PM Book Group<br>6:30-8:30 PM Wood Carvers   | <b>18</b><br>9:30 Silver Sneakers<br>9:30AM Larks<br>12-3:00 Mahjongg<br>12:30PM BINGO  | <b>19</b><br>8:30 Mahjongg<br>9:00 Wood Carvers<br>1:00 Exercise W/Kathy             | <b>20</b> 9AM Quilters<br>8:45AM Chair Yoga<br>12:00Trivia<br>AARP Tax Prep<br>12:30-3:30Bridge                             | <b>21</b><br>  |
| <b>22</b><br> | <b>23</b> 8:15 Chair Yoga<br>9:30 Chair Yoga<br>9-12 Jeff Lewis BCBS<br>1:00 Pinochle<br>1-3:00 Afternoon Art<br>1:00PM Flower Arranging Class<br> | <b>24</b> 9:30AM Band Ex<br>10:30 Blood Pressure Screening<br>11AM Speaker<br>12:30-3PM Euchre  | <b>25</b><br>9:30AM Silver Sneakers<br>10:30AM Larks<br><b>11AM Concert</b><br>12-3:00 Mahjongg<br>12:30PM BINGO  | <b>26</b> 8:30 Mahjongg<br>9:00 Wood Carvers<br>1:00 Exercise W/Kathy                | <b>27</b> 9AM Quilters<br>8:45AM Chair Yoga<br>AARP Tax Prep<br>12:00Trivia<br>12:30-3:30Bridge                             | <b>28</b><br><br>Tax Prep Fridays<br>Please call the Center for an appt! |



# February Weekly Activities



**Monday**

8:15AM  
9:30AM  
1:00PM  
12:30PM  
9-12:00

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



**Tuesday**

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

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!)



**Wednesday**

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

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



**Thursday**

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

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



**Friday**

9:00AM  
8:45AM  
12:00PM  
12-3:00PM

Quilters, Knitters, and Crochet  
Chair Yoga (Time change for tax prep February 14-April 10)  
Trivia  
Bridge (Looking for players 😊!)

