



October Newsletter

Happy Fall!

The cooler temperatures have arrived! We are breaking out our sweaters, jackets and fall fashions. The days are shorter allowing us more time for inside activities. If you run out of things to do at home and would like a chance to get out, stop by the Senior Center! We have something for everyone!

Our exercise programs are busier than ever! We offer an exercise program everyday! Yoga class on Monday mornings at 8:15-9:15AM followed by Yoga class 9:30-10:30! Tuesday 9:30-10:15 Band Exercise, Wednesday Silver Sneakers 9:30-10:30, Exercise with Kathy Thursday 1:00-2:00PM and Yoga on Friday 9:15-10:15AM! Check out what we offer and warm up with a workout!

Hope to see

you soon!



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**THANK YOU VERY MUCH EVERYONE FOR
THE CARDS, THOUGHTS AND PRAYERS
DURING MY RECENT MEDICAL SITUATION.
THANK YOU ALL SO VERY MUCH
FOR YOUR KINDNESS AND SUPPORT IT
WAS GREATLY APPRECIATED!**

THANK YOU! THANK YOU! THANK YOU!



Lunch News:

Please be sure to circle the days on the menu that you plan to come for lunch! Make sure your name is at the top and return to Jenn. Thank you!

Questions regarding the lunch program please call the Senior Center at (716) 754-2071 ext. 2

The Center will be closed on Monday October 12th to celebrate Columbus/Indigenous People's Day! In addition the center will be closed October 13-16 for renovations, no lunches will be served!

Our Van Drivers and Senior Center Staff enjoy a challenge but please try to remember if you would like transportation for the lunch program. Please let us know in advance so we can put you on the schedule.



Center Happenings!



Afternoon Book Club

Tuesday, October 20th 1:30PM

This month the group will be discussing
All the Colors of Dark by Chris Whitaker



Flower Arranging

Friday, October 23rd at 1:00PM

Melissa will be here from Tops to help us make
another wonderful arrangement!



Monday, October 26th / 4th Tuesday of each month

Jeff Lewis will be here from Highmark/BCBS

To assist with Insurance Questions and information.



Fun Football Fridays!

Dress to support your favorite team!

Trivia contest with questions provided by Mike!

Fun! Prizes! Snacks! Drawings!



Plan to come in and enjoy the fun!

Cider , Donuts and Treats!

Wear your costume !

Costume Parade with Prizes!

Wednesday, October 28, at 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, arrangement 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 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



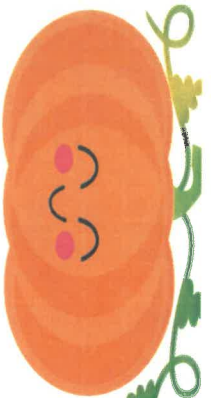
No Senior will be denied service due to an inability to pay.

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



OCTOBER

2026



SUN	MON	TUE	WED	THU	FRI	SAT
Birthday's Are celebrated the first Tuesday of each Month <i>Happy Birthday!</i>	Lunch Program Monday-Friday 11:00AM-12:30PM		1 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy	2 9AM Quilters 9:15AM Chair Yoga 12:00 Trivia 12:00 Bridge	3 Every Friday! Trivia! Fun Football Fridays!	
4	5 8:15 Chair Yoga 9:30 Chair Yoga 1:00 Pinochle 1-3:00 PM Art	6 9:30AM Band Ex NCOFA Lawyer 12:30 Senior Club 12:30-3PM Euchre 1PM Bridge 1PM Tech 101	7 9:30 Silver Sneakers 10:30AM Larks 12-3:00 Mahjongg 12:30PM BINGO	8 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy	9 9AM Quilters 9:15AM Chair Yoga 12:00 Trivia 12:00 Bridge	11
11 Center Closed	13	14	15	16	17	
19 8:15 Chair Yoga 9:30 Chair Yoga 1:00 Pinochle 1-3:00 PM Art	20 9:30AM Band Ex 12:30-3PM Euchre 1:30 PM Book Club 6:30-8:30PM Woodcarvers	21 9:30 Silver Sneakers 10:30AM Larks 12-3:00 Mahjongg 12:30PM BINGO	22 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy	23 9AM Quilters 9:15AM Chair Yoga 12:00 Bridge 1PM Flower Arranging	24	
25	26 8:15 Chair Yoga 9:30 Chair Yoga 9-1PM Jeff BC/BS 1:00 Pinochle	27 9:30AM Band Ex 10:30 B/P Screening 11AM Speaker 12:30 Travel Club 12:30-3PM Euchre	28 NO BINGO 9:30 Silver Sneakers 10:30AM Larks 11AM Halloween Party	29 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy	30 9:15AM Yoga 9AM Quilters 12:00 Bridge	Happy Halloween

Center Closed all Week for Renovations!



October Weekly Activities



Monday



8:15AM

9:30AM

10:45AM

1:00PM

12:30PM

9-12:00

Chair Yoga

Chair Yoga

Card Making

Afternoon Art

Pinochle (Looking for new players 😊!)

Jeff Lewis BC/BS (The 4th 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 (2nd & 4th Tuesday of each Month)

Lawyer NCOFA (1st Tuesday of Each Month)

Senior Club (1st Tuesday) **Travel Club** (4th Tuesday)

Bridge (1st Tuesday of Each Month Only)

Euchre

Book Club (3rd Tuesday of Each Month)

Technology 101 (1st Tuesday of Each Month)

Wood Carvers (6:30-8:30PM 3rd 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 3rd Tuesday of each Month!)

Exercise with Kathy

Friday



9:00AM

9:15AM

12:00PM

12-3:00PM

Quilters, Knitters, and Crochet

Chair Yoga

Trivia

Bridge (Looking for players 😊!)

