

Lewiston Senior Center
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lewistonseniorcenter.com

September Newsletter

HAPPY LABOR DAY

According to Wikipedia Labor Day is a federal holiday in the United States celebrated on the first Monday in September to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States. The three-day weekend it falls on is called Labor Day Weekend.

Beginning in the late 19th century, as the trade union and labor movements grew, trade unionists proposed that a day be set aside to celebrate labor. "Labor Day" was promoted by the Central Labor Union and the Knights of Labor, which organized the first parade in New York City. In 1887, Oregon was the first state of the United States to make it an official public holiday. By the time it became an official federal holiday in 1894, thirty states in the U.S. officially celebrated Labor Day.

**Check out our calendar
to see what we have
planned this month!**

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**Stop in and say Hello
and check out the
Senior Center!**



WANTED

Wood Carvers

Have you ever thought you might like to give it a try?

No experience necessary!

Every Thursday at 9:00AM!

NEW Monthly Evening Session

Third Tuesday of Each Month 6:30-8:30PM!



**Like the swallows returning to Capistrano!
The Lewiston Larks Choral Group will be returning
to the Senior Center on Wednesday Sept 2nd
Meets Every Wednesday At 10:30AM!**

New singers are always welcome and encouraged to join!



Memos from the Kitchen:

Jen would like everyone to circle the days on the menu they would like to come for lunch, put your name at the top of that menu and then turn into to her for the entire month! Your meals will then be ordered, if you do not hand in a menu, there may not be a lunch for you!

**Lunch will be served at 11:30AM!
Please try to arrive on time!**

**The Center will be closed on
Monday, September 7th
to celebrate Labor 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 van schedule.

Thank you!





Flower Arranging Class

Friday, September 19th at 1:00PM

Join Melissa from the Floral Dept at TOPS

***Please remember to bring a pair of scissors!
\$7.00-\$10.00 Cost per person to offset the
Cost! Thank you so much Melissa for all your
patience while we create our arrangements!**

Thank you!

**Attention everyone, it is back to school time again
and there have been complaints about drivers
who use the Senior Center not following bus safe-
ty laws; passing stopped buses with red lights on!
Please use caution! Watch out for children!**



Center Events

**Buffalo Bills Kick Off Tailgate Party
Friday, September 11th 11:00AM
Please Sign up for Lunch!**

**Afternoon Book Club
Tuesday, September 15th at 1:30PM
Project Hail Mary by Andy Weir**

**Flower Arranging
Friday, September 18th at 1:00PM**

**Flu Shots Provided by
Wegman's Pharmacy
Tuesday, September 29th
10:00Am-12:00PM**

**A very special heartfelt thank you to
all our Nurse "Volunteers" who gra-
ciously step in to help when assistance
is needed!**

Thank you all so very much!



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

There is no membership
fee to participate in Senior
Center activities.

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 CENTER CAREVAN

Transportation is provided for Town 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 8:30 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 for the following suggested donation:

Summit Mall Medical \$4.00

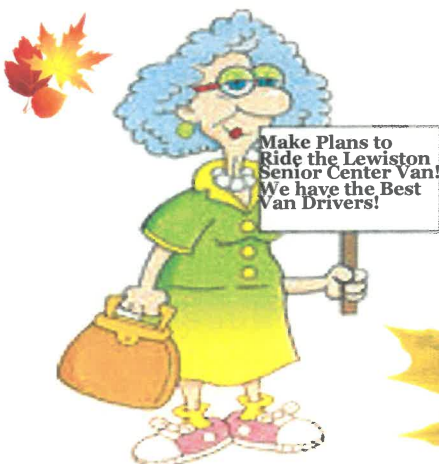
Niagara Falls \$4.00

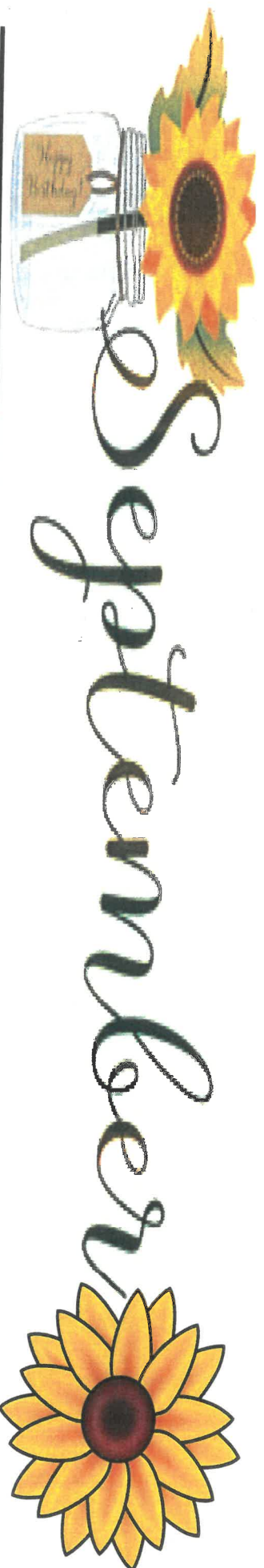
Youngstown \$ 3.00

**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!”





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Birthday's Are Celebrated the First Tuesday of Each Month!		1 9:30 Band Ex NCOFA Lawyer 12:30 Senior Club 12:30 Bridge 12:30-3PM Euchre 1:30PM Tech 101	2 9:30AM Silver Sneakers 10:30 Larks 12:00 Mahjongg 12:30 BINGO!	3 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise w/ Kathy	4 9AM Quilters 9:30 Chair Yoga <u>NO 12:30 Bridge</u>	5 
6 Center Closed	7 	8 9:30 Band Ex 10:30 BP Screening 12:30-3PM Euchre	9 9:30AM Silver Sneakers 10:30 Larks 12:00 Mahjongg 12:30 BINGO!	10 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise w/ Kathy	11 9AM Quilters 9:30 Chair Yoga 12:00 Trivia <u>NO 12:30 Bridge</u> <u>Bills Kick Off</u> <u>Tail Gate Party</u>	12 
13 	14 <u>NO</u> 8:15 Yoga 9:30 Chair Yoga 10:45 Card Making 1:00 Pinochle 1-3PM Art	15 9:30 Band Ex 12:30-3PM Euchre 1:30PM Book Club 6:30-8:30PM Woodcarvers	16 9:30AM Silver Sneakers 10:30 Larks 12:00 Mahjongg 12:30 BINGO!	17 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise w/ Kathy	18 9AM Quilters 9:30 Chair Yoga 12:00 Trivia 12:30 Bridge <u>1PM Flower Arranging</u>	19 Peach Festival September 17-20 
20 Hello Fall! 	21 8:15 Yoga 9:30 Chair Yoga 10:45 Card Making 1:00 Pinochle 1-3PM Art	22 9:30 Band Ex 10:30 BP Screening 12:30 Travel Club 12:30-3PM Euchre	23 9:30AM Silver Sneakers 10:30 Larks 12:00 Mahjongg 12:30 BINGO!	24 8:30 Mahjongg 9:00 Wood Carvers 1:00PM Exercise w/ Kathy	25 9AM Quilters 9:30 Chair Yoga 12:00 Trivia 12:30 Bridge	26 Every Friday! Trivia! Fun Football Fridays! 
Get Your Flu Shots On Tuesday! 9/29 	28 8:15 Yoga 9:30 Chair Yoga 10:45 Card Making 1:00 Pinochle 1-3PM Art	29 9:30 Band Ex 10-12:00 Flu Shots 12:30-3PM Euchre	30 9:30AM Silver Sneakers 10:30 Larks 11AM Larks Concert 12:00 Mahjongg 12:30 BINGO!		Lunch Program Monday-Friday 12:30-1:30PM	



September Weekly Activities



Monday	8:15AM	Chair Yoga
	9:30AM	Chair Yoga
	10:45AM	Card Making
	1:00PM	Afternoon Art
	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)
Wednesday	6:30PM	Wood Carvers (6:30-8:30PM 3 rd Tuesday of each Month!)
	9:30AM	Silver Sneakers
	10:30AM	Larks
	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>)