



# February Newsletter

## Happy Valentine's Day



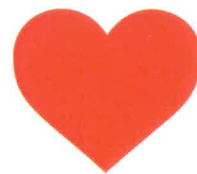
*We have lots of fun things planned this month!*

*There will be something you will LOVE!*

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

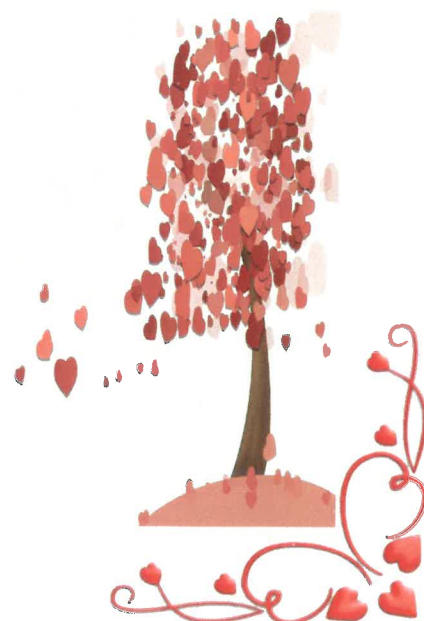
*Look inside and see if there is something that will  
interest you and maybe your Valentine Too!*

*We would LOVE to see you!*



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# **AARP** Tax Preparation



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

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

**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 2021 Prior Year Tax Return.**

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

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

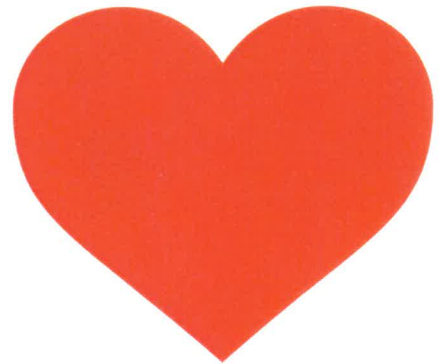
**-2022 tax documents should all be removed from envelopes prior to the start of return preparation.**

## **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  
Mary's Cell Phone # (716)280-1878**

**Valentine's Lunch will be served on Wednesday, February 8, 2023 the menu will be a 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 20, 2023 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!**





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, Certified American, Aerobics and Fitness Association of USA, she is also CPR Certified.

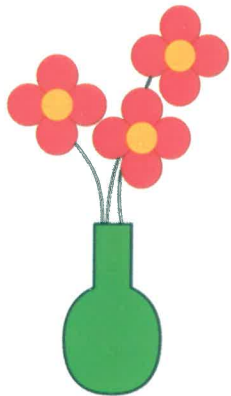
This class includes working with light weights, a ball, some cardio and balance/agility exercises. If you have weights please bring them, or you can use water bottles. We have balls available, but if you have one please bring it.

You do not need Silver Sneaker insurance to participate in this program.

Ruth also leads our Chair Yoga class on Mondays at 9:30AM. Martha leads our Chair Yoga class on Fridays at 9:30AM.

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

In addition we also offer Exercise with Kathy Zasucha on Thursday at 1:00PM.



## Flower Arranging Class

**Friday February 17th at 1:00PM**

**This class will be presented by**

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

**\*Please bring a good pair of scissors if you can!**

**\$5.00-\$7.00 Cost per person to offset cost of vases and flowers!**

## Larks Concert

**Wednesday, February 22nd at 11:00AM**

**Be entertained by their musical talent!**



**Speaker Ken Slaughaupt**

**Will discuss History in the Western Door  
Tuesday, February 28th 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 environ-  
ment for Senior Citizens. The  
caring staff is dedicated to the  
well being of those who partic-  
ipate 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 news-  
letter information as up-dated  
as possible but occasionally  
changes do happen after pub-  
lication. Check our website for  
updated information:**

**lewistonseniorcenter.com**

**You do not need to be a mem-  
ber of the Senior Club to par-  
ticipate 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 cen-  
ter to schedule an appoint-  
ment or for more information.**

**No Driver Safety Classes will  
be offered until April. Please  
contact the center if you would  
like to be put on the list.**

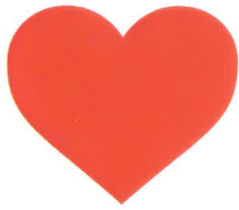
**AARP Tax Prep will begin in  
Thursday, February 9th-April  
13th. Please call the center if  
you would like an appoint-  
ment. Intake forms need to be  
completed prior to your sched-  
uled appointment.**

**If you any questions or com-  
ments please feel free to con-  
tact the Senior Center.**

**(716)754-2071**

**lewistonseniorcenter.com**





### **Patty's Words of Wisdom**

Be Kind Be Fair Be Honest Be True  
and all these things will come back  
to you.

Always remember what goes around  
comes around.

Also.....

Don't make snow angels in the  
dog park!



**We are still looking for a volunteer (s) or to assist with and or lead our  
Resistance Band Exercise Class on Tuesday Mornings at 9:30 AM.**

**Please let Melinda know if you are able to help! 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 !

**Tuesday, February 7th at 12:30**

**Assessor Linda Johnson**

**Will be here to discuss exemptions and other topics!**

**Wednesday, February 15th 11-12:45**

**Congressman Brian Higgins Or representatives  
will be here.**

## Super Bowl Party

**Friday, February 10th at 11:00AM**

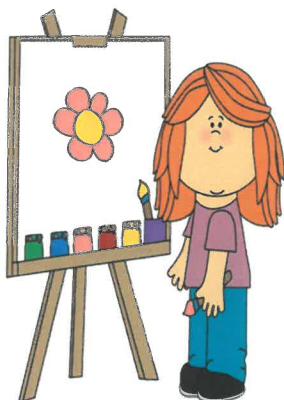
**Plan to join us for some fun! Trivia!**

**We will also have a Fun Football Friday drawing!**



**Don't forget we have a wonderful Lending Library!**

**Stop in and borrow a book! We have large piece  
puzzles to borrow too!**



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

**Afternoon Art every Monday 1:00-3:00PM!**

**A huge thank you to Carol Jacobs and Patty Zahno**

**For all their hard work at the Senior Center!**

**They work hard keeping our BINGO Program and so  
many other things running smoothly!**

**Thank you! Thank you! Thank you! Thank you!**

**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 for a small donation. No Senior will be denied service due to an inability to pay. The Carevan is in operation Monday through Friday from 8:30 am—3:00 pm. Arrangements must be made 24 hours in advance. Carevan funding provided by the Town of Lewiston and the Niagara County Office for the Aging.

**Who may use the Carevan:** The Carevan 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 required ANY assistance, due to liability restrictions, you must have someone accompany you to provide the required assistance.

**Service Priorities:** 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.

Friday has been designated as shopping and banking day. This service is limited to the Village of Lewiston. Wednesday and Thursday morning have been designated as hairdresser and barbershop day. This service is also 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





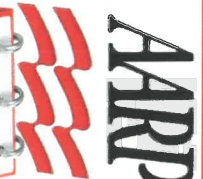

**No Senior will be denied service due to an inability to pay.**

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





# February 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Lunch Program</b> <b>Monday-Friday</b> <b>11:00AM-12:30PM</b>	<b>Birthday's</b> Are celebrated the first <i>Tuesday of each Month!</i> 	<b>1</b> 9:30AM Silver Sneakers 10AM Larks 12-3:00 Mahjongg 1:00PM BINGO	<b>2</b> 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy 	<b>3</b> 9AM Quilters 9:30 Chair Yoga 12:00Trivia 12:30-3:30Bridge	<b>4</b>  You're a PEACH at Valentine
<b>5</b> <u>Speaker: Assessor</u> Linda Johnson will discuss exemptions and other topics! Feb 7th at 12:30 	<b>6</b> 9:30 Chair Yoga 12:30 Pinochle 1-3:00 Afternoon Art	<b>7</b> 9:30AM Band Ex 10:30 Blood Pressure Screening 12:30 Senior Club 12:30-3PM Euchre 1:00PM Bridge	<b>8</b>  Valentine's Lunch 9:30AM Silver Sneakers 10AM Larks 12-3:00 Mahjongg 1:00PM BINGO	<b>9</b> 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy 2:00 Grief Support Group AARP Tax Prep	<b>10</b> 9AM Quilters 9:30 Chair Yoga 12:00Trivia 12:30-3:30Bridge 11AM Super Bowl <u>Patty</u>	<b>11</b> 
<b>12</b> 	<b>13</b> 9:30 Chair Yoga 12:30 Pinochle 1-3:00 Afternoon Art	<b>14</b> 9:30AM Band Ex 9-12 Left Lewis BCBS 12:30-3PM Euchre 1:00PM Bridge <i>Happy Valentine's Day</i> 	<b>15</b> 9:30 Silver Sneakers 10AM Larks 12-3:00 Mahjongg 1:00PM BINGO 11-12:45 Brian Higgins	<b>16</b> 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy AARP Tax Prep	<b>17</b> 9AM Quilters 9:30 Chair Yoga 12:00Trivia 12:30-3:30Bridge 1:00PM Flower Arranging Class 	<b>18</b> 
<b>19</b>	<b>20</b>  PRESIDENT'S DAY <b>Center Closed</b>	<b>21</b> 9:30AM Band Ex 10:30 Blood Pressure Screening 12:30 Senior Club 12:30-3PM Euchre	<b>22</b> 9:30 Silver Sneakers 10AM Larks 11AM Concert 12-3:00 Mahjongg 1:00PM BINGO  WEDNESDAY	<b>23</b> 8:30 Mahjongg 9:00 Wood Carvers 1:00 Exercise W/Kathy 2:00 Grief Support Group AARP Tax Prep	<b>24</b> 9AM Quilters 9:30 Chair Yoga 12:00Trivia 12:30-3:30Bridge	<b>25</b>  Tax Prep Thursdays please call the Center for an appt!
<b>26</b> 	<b>27</b> 9:30 Chair Yoga 12:30 Pinochle 1-3:00 Afternoon Art	<b>28</b> 9:30AM Band Ex 12:30 Senior Club 12:30-3PM Euchre Speaker Ken Slaughenoupt	<b>Lewiston</b> 			



## Events and Activities

### February 2023



<b>Monday</b>	<b>9:30-10:30AM</b>	<b>Chair Yoga</b>
	<b>1:00-3:00PM</b>	<b>Afternoon Art</b>
	<b>12:30-3:00PM</b>	<b>Pinochle</b> ( <u>Looking for new players 😊!</u> )
<b>Tuesday</b>	<b>9:30-10:30AM</b>	<b>Resistance Band Exercise</b>
	<b>10:15AM</b>	<b>BOCI</b> (On hold until Spring 😊!)
	<b>11:00-12:30</b>	<b>Lawyer NCOFA</b> (1 <sup>st</sup> Tuesday of Each Month)
	<b>12:30PM</b>	<b>Senior Club</b> (1 <sup>st</sup> , and 3 <sup>rd</sup> , Tuesday of Each Month)
	<b>12:30PM</b>	<b>Travel Club</b> (4 <sup>th</sup> Tuesday of Each Month)
	<b>1:00PM</b>	<b>Bridge</b> (1 <sup>st</sup> Tuesday of Each Month)
	<b>12:30-3:00PM</b>	<b>Euchre</b>
	<b>1:30-3:00PM</b>	<b>Book Club</b> (3 <sup>rd</sup> Tuesday of Each Month)
<b>Wednesday</b>	<b>9:30AM</b>	<b>Silver Sneakers</b>
	<b>10:30AM</b>	<b>Larks</b> ( <u>New Singers Gladly Welcomed 😊!</u> )
	<b>1:00PM</b>	<b>BINGO</b>
	<b>12-3:00PM</b>	<b>Mahjongg</b>
<b>Thursday</b>	<b>9:00AM</b>	<b>Wood Carvers</b> ( <u>New Carvers Welcome 😊!</u> )
	<b>8:30AM</b>	<b>Mahjongg</b>
	<b>1:00PM</b>	<b>Exercise with Kathy</b>
	<b>2-3:30PM</b>	<b>Grief Support Group</b> (2 <sup>nd</sup> & 4 <sup>th</sup> Thursday of Each Month)
	<b>2-3:30PM</b>	<b>Caregiver Support Group</b> (On hold until Spring!)
<b>Friday</b>	<b>9:00AM</b>	<b>Quilters, Knitters, and Crochet</b>
	<b>9:30AM</b>	<b>Chair Yoga</b>
	<b>12:30-3:00PM</b>	<b>Bridge</b> ( <u>Looking for new players 😊!</u> )

Please Contact the Senior Center (754-2071) For more information 😊!