



# May Newsletter



*Mother's Day Craft and Vendor Fair*  
*Tuesday, May 6<sup>th</sup>*  
*Wednesday, May 7<sup>th</sup>*  
*10:30AM-3:00PM*  
*Shop our Local Artisans*  
*For Mother's Day Gifts for the*  
*Mom in your life or for yourself!*

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**A big Thank You to everyone that has assisted, helped out and donated to the Senior Center! I can not adequately express how much we all appreciate you and all you do! Thank You! Thank You! Thank You! Thank You!**

**I am forever surprised by how much everyone pitches in and helps out at the center. This generosity is demonstrated everyday, by pitching and doing whatever needs doing, it might be shoveling snow, repairing things, or the staff that goes above and beyond to the Seniors themselves who do or donate to ensure that everyone has a wonderful time.**

**You are all Amazing and Thank you so much for all you do!**

**We will be appreciating all our volunteers on**

**Volunteer Recognition Day**

**Thursday, May 29th at 11:00AM**



## **Information From The Kitchen:**

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

**If you would like to reach Clara please call the Senior Center (716) 754-2071 extension 395**

**Mother's Day Lunch will be served on Wednesday, May 7th the menu will be Creamy Lemon Chicken, Rice Pilaf, Garden Salad, Whole Wheat Dinner Roll and Cheese Cake with Cherry topping.**

**Volunteer Appreciation Celebration**

**Thursday, May 29th at 11:00AM**

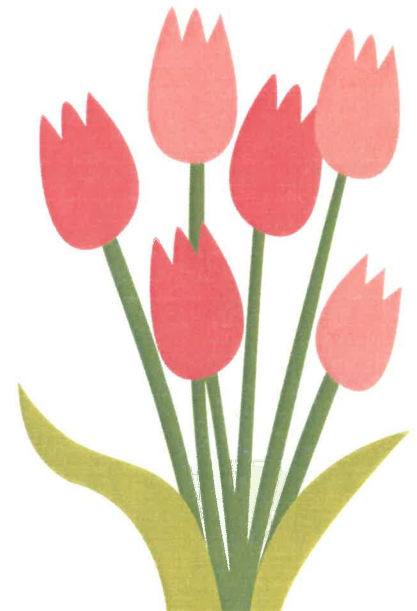
**Join us while we celebrate you!**

**The Center will be closed and no meals will be served on Monday, May 26, 2025 for the observance of Memorial 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!**

**HAPPY Mother's DAY**



# Watercolor Class

All LEVELS

Every Monday 1:00-3:00PM

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!

## Supplies Needed:

Watercolor Paint-Windsor Newton or Daniel Smith. Pick colors you love but DO include the primaries of red, yellow and blue which can create many colors when mixed. If you don't want to invest a lot in supplies at this time, you can buy a student grade watercolor set at Hyatt's, Michaels or online at Cheap Joe's or Blick.

Watercolor Paper-A good quality paper is important. Arches cold press 140#, or Strathmore cold press 140#.

Paintbrushes-A flat brush, a round and a one inch wide brush are enough to get you started if you don't want to invest much.

Other Items: A water container, paper towels, Kleenex or a cotton rag, a plate or pallet for mixing paint, blue painters tape or masking or craft tape, a small spray bottle, salt, sponge, a cut up credit card for scraping, a pencil and eraser and scrap paper. (The Senior Center will be able to supply many of these items)

If you have any questions regarding the class you can call Debbie at (716)778-8337 or email her at [Gandhigirl2@gmail.com](mailto:Gandhigirl2@gmail.com) and she will be happy to answer any questions you might have!

Stop by the center and check it out while you are here enjoy their display of wonderful artwork!



## Quick Self Care Activities

Drink More Water

Go for a walk

Take Deep Breaths

Get some Sun, but wear sunscreen!

Enjoy a shower, don't just take it!

Read something

Take a nap

Let go of negativity

Love yourself



## 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 11:00am-12:00pm. Please call the center to schedule an appointment or for more information.

AARP Tax Prep has concluded for this tax season. A huge Thank you so much to all our wonderful tax prep volunteers and to the center staff for making it such a huge success again this year.

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

(716)754-2071

Thank You!



## **BIKE RIDERS WANTED**

**Would you like to meet for a morning bike ride with a group of fellow riders?**

**Date and time to be determined!**

**Please Contact the center for more information!**



**Welcome to our new Van Driver/Seasonal Laborer Michael Game who will be filling in driving our Van and working hard to make the outside of the Senior Center look amazing!**



## **May is Older Americans Month**

Older Americans Month is an annual event dating back to 1963, when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring older Americans and celebrating their contributions to our communities and our nation. Volunteering and donating to a charitable cause are closely linked.

In recognition of Older Americans Month on May 13th an official from the Town of Lewiston will be at the center to read the Proclamation for the Month of May as Older Americans Month.

**The Senior Club will be Celebrating  
80th and 90th Birthdays on  
Tuesday, May 13th!**



# May Speakers and Happenings!



**Mother's Day Craft and Vendor Fair**  
**Tuesday, May 6<sup>th</sup> & Wednesday, May 7<sup>th</sup>**  
**10:30AM-3:00PM**  
**Shop our Local Artisans !**



**May 6th Tuesday at 1:30PM**  
**Technology 101 Assistance with Cell Phones**  
**And Other Technology, please sign up!**



**May 7th Wednesday**  
**Mother's Day Lunch and Celebration**



**May 13th Tuesday**  
**80th and 90th Birthday Celebration**



**May 16h Friday at 1:00PM**  
**Flower Arranging Class**



**May 19th Monday 9:30-12:00**  
**Jeff Lewis BC/BS**



**May 20th Tuesday At 11AM**  
**Speaker-Declutter your space & your life!**



**May 21nd Wednesday at 11:00AM**  
**Larks Concert**



**May 29th Wednesday at 11:00AM**  
**Volunteer Recognition Day**



**Super Fun Trivia**  
**Every Friday at 12:00PM**



**New Things Planned**  
**Scrabble**

**Friday's 10:30-11:30**  
**Starting May 2nd**

**Card Making Class**  
**Starting June 2nd**

**Further information will be**  
**available at the center!**

**Make**  
**Plans to**  
**Attend!**



## 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 8:30AM-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.**





# MAY



SUN	MON	TUE	WED	THU	FRI	SAT
<b>Lunch Program</b> <b>Monday-Friday</b> 11:00AM-12:30PM	<b>Birthdays</b> Are celebrated the first Tuesday of each Month 	<b>Craft and Vendor Fair</b> <b>May 6th &amp; May 7th</b> <b>10:30AM-3:00PM</b>	<b>10:30AM Larks Sneakers</b> 12:30-3:00 Mahjongg <b>Mother's Day Lunch</b> 	<b>1 8:30 Mahjongg</b> 9:00 Wood Carvers 1:00 Exercise W/Kathy	<b>2 9AM Quilters</b> 9:30AM Chair Yoga 12:00Trivia 12:30-3:30Bridge	<b>3</b>  Kentucky Derby
<b>4 BP w/Joyce</b> 10:30AM 2nd and 4th Tuesday each month May 13th & May 27th 	<b>5 9:30 Chair Yoga</b> <b>1:00 Pinochle</b> 1-3:00 PM Art 	<b>6 9:30AM Band Ex</b> 12:30 Senior Club 12:30-3PM Euchre Tech 101	<b>7 9:30 Silver Sneakers</b> 10:30AM Larks 12-3:00 Mahjongg <b>Mother's Day Lunch</b> 	<b>8 8:30 Mahjongg</b> 9:00 Wood Carvers 1:00 Exercise W/Kathy	<b>9 9AM Quilters</b> 9:30AM Chair Yoga 12:00Trivia 12:30-3:30Bridge	<b>10</b>  Every Friday
<b>11</b>  Happy <b>Mother's Day</b>	<b>12 9:30 Chair Yoga</b> <b>1:00 Pinochle</b> 1-3:00 PM Art	<b>13 9:30AM Band Ex</b> 12:30 Senior Club 12:30-3PM Euchre <b>80th-90th Birthday Celebration</b> 	<b>14</b> 9:30 Silver Sneakers 10:30AM Larks 12-3:00 Mahjongg 12:30PM BINGO <b>NO BINGO TODAY!</b>	<b>15 8:30 Mahjongg</b> 9:00 Wood Carvers 1:00 Exercise W/Kathy	<b>16 9AM Quilters</b> 9:30AM Chair Yoga 12:00Trivia 12:30-3:30Bridge <b>1PM Flower Arranging</b> 	<b>17</b>  <b>HAPPY ARMED FORCES DAY</b> <small>MEMBERS ALL IN THE US MILITARY SERVICES</small>
<b>18</b> 	<b>19 9:30 Chair Yoga</b> 9-12 Jeff BC/BS <b>1:00 Pinochle</b> 1-3:00 PM Art	<b>20</b> 9:30AM Band Ex 12:30-3PM Euchre 1:30 PM Book Club 6:30-8:30PM Woodcarvers	<b>21</b> 9:30 Silver Sneakers 10:30AM Larks 12-3:00 Mahjongg 12:30PM BINGO	<b>22 8:30 Mahjongg</b> 9:00 Wood Carvers 1:00 Exercise W/Kathy	<b>23 9AM Quilters</b> 9:30AM Chair Yoga 12:00 Trivia	<b>24</b>  Hello <b>May</b>
<b>25 Produce Truck</b> <b>Every Wednesday</b> 12:30-1:00PM 	<b>26</b>  <b>MEMORIAL DAY</b> Center Closed	<b>27 9:30AM Band Ex</b> 12:30 Travel Club 12:30-3PM Euchre	<b>28</b> 9:30 Silver Sneakers 10:30AM Larks <b>11AM Larks Concert</b> 12-3:00 Mahjongg 12:30PM BINGO	<b>29 8:30 Mahjongg</b> 9:00 Wood Carvers 1:00 Exercise W/Kathy <b>11:00AM Volunteer Recognition Day</b>	<b>30 9AM Quilters</b> 9:30AM Chair Yoga 12:00Trivia 12:30-3:30Bridge	



# Weekly Activities

## May



<b>Monday</b>	<b>9:30AM</b>	<b>Chair Yoga</b>
	<b>1:00PM</b>	<b>Afternoon Art</b>
	<b>1:00PM</b>	<b>Pinochle</b> (Looking for new players 😊!)
	<b>9-12:00</b>	<b>Jeff Lewis BC/BS</b> (The 4 <sup>th</sup> Monday of each Month)
<b>Tuesday</b>	<b>9:30AM</b>	<b>Resistance Band Exercise</b>
	<b>10:30AM</b>	<b>B/P with Joyce</b> (2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of each Month)
	<b>11-12:30</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> Tuesday) <b>Travel Club</b> (4 <sup>th</sup> Tuesday)
	<b>12:00PM</b>	<b>Bridge</b> (1 <sup>st</sup> Tuesday of Each Month Only)
	<b>12:30PM</b>	<b>Euchre</b>
	<b>1:00PM</b>	<b>Book Club</b> (3 <sup>rd</sup> Tuesday of Each Month)
	<b>1:30PM</b>	<b>Technology 101</b> (1 <sup>st</sup> Tuesday of Each Month)
	<b>6:30PM</b>	<b>Wood Carvers</b> (6:30-8:30PM 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>
	<b>1:00PM</b>	<b>BINGO</b>
	<b>12:00PM</b>	<b>Mahjongg</b> (Looking for new players 😊!)
<b>Thursday</b>	<b>8:30AM</b>	<b>Mahjongg</b> (Looking for new players 😊!)
	<b>9:00AM</b>	<b>Wood Carvers</b> (6:30-8:30PM 3 <sup>rd</sup> Tuesday of each Month!)
	<b>1:00PM</b>	<b>Exercise with Kathy</b>
	<b>1-3:00PM</b>	<b>Grief Support Group</b> (No Group in May & June)
<b>Friday</b>	<b>9:00AM</b>	<b>Quilters, Knitters, and Crochet</b>
	<b>9:30AM</b>	<b>Chair Yoga</b>
	<b>12:00PM</b>	<b>Trivia</b>
	<b>12-3:00PM</b>	<b>Bridge</b> (Looking for players 😊!)

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