

LACKAWANNA SENIOR CENTER

230 Martin Road, Lackawanna, NY 14218 716-827-6669



"May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go."

"Egg hunts are proof that your children can find things when they really want."



As part of the Erie County Stay Fit Dining Program, the Lackawanna Senior Center is now participating in the Frozen Meal Pick-Up Program. See insert for more information.

THE SENIOR CENTER WILL BE CLOSED ON FRIDAY, MARCH 29, 2024.

MARCH 2024 NEWSLETTER

*SCHEDULE OF DAILY EVENTS

*Due to Covid-19

*There May Be Cancellations or Changes To Daily Events, Not Reflected Here

MONDAYS:

Arts & Crafts: 9:00 am – 1:00 pm
Senior Lunch: 11:45 am- 1:00 pm

TUESDAYS:

Arts & Crafts: 9:00 am – 1:00 pm
Senior Lunch: 11:45 am – 1:00 pm

WEDNESDAYS:

Arts & Crafts: 9:00 am – 1:00 pm
Yoga for Seniors: 10:00 am – 10:30 am
Rubber Band: 10:30 am – 11:00 am
Senior Lunch: 11:45 am – 1:00 pm

THURSDAYS:

Sewing Class: 9:00 am – 5:00 pm
Senior Lunch: 11:45 am – 1:00 pm
Young at Heart 1:00 pm – 5:00 pm

FRIDAYS:

Sewing Class: 9:00 am – 1:00 pm
Yoga for Seniors: 10:00 am – 10:30 am
Rubber Band: 10:30 am – 11:00 am
Senior Lunch: 11:45 am – 1:00 pm

*** Suggested contribution for senior lunch is \$3.00 ***
Meals must be ordered before Wednesday the week before lunch.

*MEDICAL VAN GUIDELINES

*There May Be Cancellations Or Changes In Guidelines Or Schedules
- Please Bear With Us -

- * Van transportation is for medical appointments only, except Friday mornings.
- * Van transportation is limited to a 7 mile radius from the Senior Center.
- * Van will travel to Mercy Hospital and Mercy Ambulatory Center.
- * All transportation appointments must be scheduled and approved **THREE** Days in advance by calling: 827-6669.
- * First pickup is at 9:15 am.
- * Last incoming pick up is at 4:15 pm.
- * No medical van Pickups on Friday mornings from 9:00 am – 1:00 pm.
- * EVERY FRIDAY morning this van will transport seniors to Tops, Wegmans or Market in the Square. (These locations will be alternated).

IMPORTANT: To schedule a medical van outside the 7 mile radius, you must call:

Erie County Dispatch at 858-7433.



*SENIOR VAN GUIDELINES

- * Senior Van transportation is to and from the Senior Center.
- * On Mondays, Wednesday, and Fridays (From 1pm - 4pm), the Senior Van will transport to and from banking, dollar store, etc.....
- * On Tuesdays at 1pm the Senior Van will transport to and from Save A Lot.
- * On Thursdays at 1pm the Senior Van will transport to and from Aldi's.

REMINDER: THE SENIOR CENTER WILL NO LONGER HAVE AARP TAX ASSISTANCE AVAILABLE



HAPPY MARCH BIRTHDAYS!!

FAMOUS MARCH BIRTHDAYS



Daniel Craig
 Mickey Dolenz
 Kurt Russell
 Fred Rogers
 Elton John

March 2, 1968
 March 8, 1945
 March 17, 1951
 March 20, 1928
 March 25, 1947



EVENTS AT THE SENIOR CENTER

March 1, 2024
 1:00 p.m. – 3:00 p.m.

S.O.A.R. Group
 March 8, 2024
 1:00 p.m. – 4:00 p.m.

A.A.R.P. defensive driving classes
 March 19 & 20, 2024
 6:00 p.m. - 9:00 p.m.



The Spring Equinox, which is approximately an equal amount of day and night, arrives at 11:06 pm on March 19, 2024. The sunrise time for March 19 is 7:20 am and sunset is 7:27 pm. Over 12 hours of daylight!! Longer and warmer days ahead!!



Don't forget to "Spring forward" and set your clocks ahead on Sunday March 10, 2024.