

LACKAWANNA SENIORCENTER

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

**WISHING YOU ALL A HAPPY AND SAFE HOLIDAY
SEASON WITH YOUR FAMILY AND FRIENDS**



**THE SENIOR CENTER WILL BE CLOSED ON TUESDAY,
DECEMBER 24, WEDNESDAY, DECEMBER 25 &
WEDNESDAY, DECEMBER 31, 2024.**

DECEMBER 2024 NEWSLETTER

SCHEDULE OF DAILY EVENTS

MONDAYS:

Arts & Crafts: 9:00 am – 1:00 pm
Senior Lunch: 11:30 am

TUESDAYS:

Arts & Crafts: 9:00 am – 1:00 pm
Senior Lunch: 11:30 am

WEDNESDAYS:

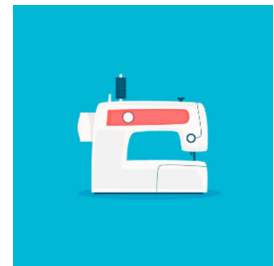
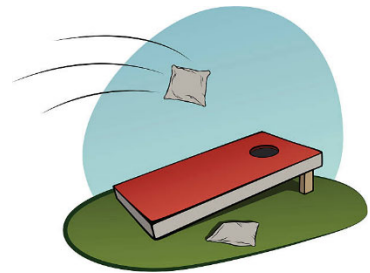
Arts & Crafts: 9:00 am – 1:00pm
Yoga for Seniors: 9:45 am – 10:30 am
Rubber Band: 10:30 am – 11:00am
Senior Lunch: 11:30 am
Cornhole: 12:30 pm – 2:30 pm

THURSDAYS:

Sewing Class: 9:00 am – 5:00 pm
Senior Lunch: 11:30 am
Young at Heart 1:00 pm – 5:00 pm

FRIDAYS:

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



SENIOR LUNCH

Lunch is served Monday through Friday at 11:45 am. Please arrive by 11:30 am for in person dining at the Senior Center. Meals must be ordered before **Wednesday** for the following week. The suggested contribution for senior lunch is \$3.00

FROZEN MEALS

Meals must be ordered by **Tuesday** morning at 10:00 a.m. for the following week. Meals **MUST** be picked up. There is no delivery service. Meals are available for pick up on Tuesdays between 10:00 a.m. and 11:00 a.m. The suggested contribution is \$3.00 per frozen meal and is to be paid when meals are picked up

***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

IMPORTANT PHONE NUMBERS

SENIOR CENTER FRONT DESK	(716) 827-6669
RECREATION DEPT (CITY HALL)	(716) 827-6456
MAYOR'S OFFICE	(716) 827-6464
ASSESSOR'S OFFICE	(716) 827-6473
TREASURER'S OFFICE	(716) 827-6471
DEPT OF PUBLIC WORKS	(716) 827-6406
POLICE DESK (NON-EMERGENCY NUMBER)	(716) 822-4900
PLEASE CONTACT 911 IN THE CASE OF AN EMERGENCY	
ERIE COUNTY SENIOR SERVICES	(716) 858-8526

EVENTS AT THE SENIOR CENTER



Clarity Group
Medicare Plan Review
December 4, 2024
9:30 a.m. – 11:30 a.m.

A.A.R.P. defensive driving classes
December 10 & 11, 2024
1:00 p.m. - 4:00 p.m.



December 6, 2024
1:00 p.m. – 3:00 p.m.



Christmas Lunch
December 18, 2024



Winter arrives this year on December 21, 2024 at 4:19 a.m.

The **winter solstice** occurs when either of Earth's poles reaches its maximum tilt away from the Sun and is the day with the shortest period of daylight and longest night of the year. This happens twice yearly, once in each hemisphere (Northern and Southern). The sun is at its lowest daily maximum elevation in the sky. In the Northern Hemisphere, this occurs on December 21, December 22, or December 23.

Although the winter solstice itself lasts only a moment, the term also refers to the day on which it occurs and traditionally signifies the beginning of winter in the Northern Hemisphere. However, the days start to get longer and the sun will be slightly higher up.