

# LACKAWANNA SENIORCENTER

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



“What a wonderful thought it is that some of the best days of our lives haven't even happened yet.” — Anne Frank

“Tomorrow is the first blank page of a 365-page book. Write a good one.”  
—Brad Paisley

**THE SENIOR CENTER WILL BE CLOSED ON WEDNESDAY,  
JANUARY 1, 2025 & MONDAY, JANUARY 20, 2025.**

JANUARY 2025 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:

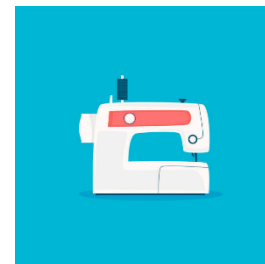
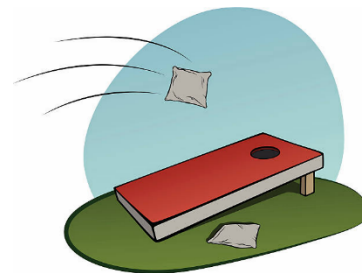
Arts & Crafts: 9:00 am – 1:00pm  
Yoga for Seniors: 9:45 am – 10:30 am  
Rubber Band: 10:30 am – 11:00am  
Senior Lunch: 11:30 am  
Cornhole: 12:30 pm – 2:30 pm

### 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



Catholic Health  
Blood Pressure  
January 3, 2025  
10:30 a.m. – 11:30 a.m.



January 3, 2025  
1:00 p.m. – 3:00 p.m.

A.A.R.P. defensive driving classes  
January 14 & 15, 2025  
5:30 p.m. - 8:30 p.m.

WNY Law Center  
“Scam Alert”  
January 29, 2025  
10:00 a.m. – 11:00 a.m.

---

## DID YOU KNOW?

**January** (in Latin, *Januarius*) is named after Janus, the god of beginnings and transitions in Roman mythology.

January is the first month of the year in the Julian and Gregorian calendars. It is 31 days long and is, on average, the coldest month of the year within most of the Northern Hemisphere and the warmest month of the year within most of the Southern Hemisphere. In the Southern hemisphere, January is the seasonal equivalent of July in the Northern hemisphere and vice versa.

Historical names for January include its original Roman designation, *Ianuaris*, the Saxon term **Wulf-monath** (meaning "wolf month") and Charlemagne's designation **Wintarmanoth** ("winter / cold month").

According to Theodor Mommsen, January 1 became the first day of the year in 600 AUC of the Roman calendar (153 BC), due to disasters in the Lusitanian War.

January's birthstone is the garnet, which represents constancy. Its birth flower is the cottage pink ***Dianthus caryophyllus***, **galanthus** or traditional carnation. The zodiac signs are Capricorn (until January 19) and Aquarius (January 20 onward).