

LACKAWANNA SENIORCENTER

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



“Love has nothing to do with what you are expecting to get — only with what you are expecting to give — which is everything.”

- Katharine Hepburn

“Keep love in your heart. A life without it is like a sunless garden when the flowers are dead.” - Oscar Wilde

**THE SENIOR CENTER WILL BE CLOSED ON WEDNESDAY,
FEBRUARY 12, 2025 & MONDAY, FEBRUARY 17, 2025.**

FEBRUARY 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:

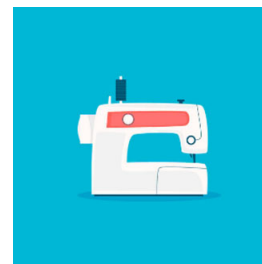
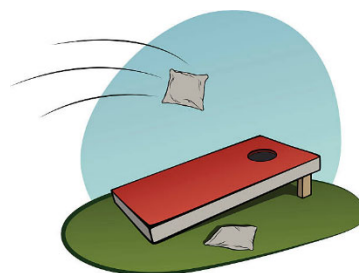
Arts & Crafts: 9:00 am – 1:00pm
Yoga for Seniors: 9:45 am – 10:30 am
Rubber Band: 10:30 am – 11:00am
Senior Lunch: 11:30 am
Cornhole: 12:30 pm – 2:30 pm

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 **\$3.50**

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 **\$3.50** 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



Watercolor Painting Class
February 5, 2025
1:00 p.m.



February 7, 2025
1:00 p.m. – 3:00 p.m.



A.A.R.P. defensive driving classes
February 25 & 26, 2025
1:00 p.m. - 4:00 p.m.

Join us on Wednesday, February 5 at
1:00 for a watercolor painting class.
Contact the Senior Center to reserve your
spot

DID YOU KNOW?

February, was named after the Latin term *februum*, which means "purification", via the purification ritual *Februa* held on February 15 (full moon) in the old lunar Roman calendar.

February is the second month of the year in the Julian and Gregorian calendars. The month has 28 days in common years and 29 in leap years, with the 29th day being called the *leap day*. February is the third and last month of meteorological winter in the Northern Hemisphere. In the Southern Hemisphere, February is the third and last month of meteorological summer (being the seasonal equivalent of what is August in the Northern Hemisphere).

Historical names for February include the Old English terms *Solmonath* (mud month) and *Kalemonath* (named for cabbage) as well as Charlemagne's designation *Hornung*. January and February were the last two months to be added to the Roman calendar, since the Romans originally considered winter a monthless period.

The zodiac signs of February are Aquarius (until February 18) and Pisces (February 19 onward). Its birth flowers are the violet, the common primrose, and the Iris. Its birthstone is the amethyst, which symbolizes piety, humility, spiritual wisdom, and sincerity.