

# Lewiston Senior Citizens

## So Much to do at LSC

The weather is getting warmer and many of our members are enjoying time outside whether tending to gardens, playing golf or just enjoying the sunshine. Pickleball has moved outside too, but there is still lots to do inside at the Armory! We've been busy with lots of activities you are always welcome to come in and enjoy some games. Turn to page 3 for our schedule of weekly activities.

We also have a number of upcoming events this summer and fall with our Italian Luncheon, Fun Day and Barbecue, and Senior Card Party coming soon. We have already received some donations from a number of businesses and think you will enjoy some of the prizes we have to offer at these events. Turn to page 2 and 3 to see more about our upcoming events and some of the businesses that have donated gifts or services to Lewiston Senior Citizens.

If you have a new item or gift card you would like to donate towards our upcoming events. Please call or stop by the office.

Along with our regular weekly activities and our upcoming events, we are excited to be offering a number of trips. Our Cabbage Island Clambake sold out quickly, but we still have some deliciously planned outings available. Our latest addition to our selection of trips is a Winery tour and tasting that includes lunch at Warren's Lobster House. Turn to Page 9 and 10 for more details on our local trips. If your looking for a longer excursion, turn to page 5 for details on our 8 day trip to Mackinac Island.

## Suggestions Welcome

Is there an activity you would like to see added to our programs? We want to hear your ideas. Please fill out the survey on the backside of this newsletter.

## We Can Help

With Covid-19, the war in Ukraine, and rising inflation you may find yourself in need of assistance, or you may be wishing you knew a reliable way to help others. This month we are sharing some resources to help you navigate the topic of finding and giving help. Turn to page 6 and 7 for some helpful resources.

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### JUNE EVENTS

June 7  
Membership Meeting and Luncheon

### BOARD MEMBERS

- President: Arthur Strout
- Vice President: Chris Leavitt
- Secretary: Claire Bilodeau
- Treasurer: Cindy Boyd
- 3 Year Rep: Pat Hall
- 2 Year Rep: Maggie Chadburn
- 1 Year Rep: Rose Pelletier

### OFFICE STAFF & HOURS

Lakota Physisic - LSC Coordinator  
(207) 513-3059

Monday	8:00am-9:30am
Tuesday	8:00am-9:30am
Wednesday	8:00am-Noon
Thursday	8:00am-3:00pm
Friday	8:00am-1:00pm

# Upcoming Events

## Membership Meeting & Italian Sandwich Luncheon

June 7, 2022

*Italian Sandwich Luncheon starts at 12:15pm*

*Membership Meeting Starts at 1:00pm*



Stop by the office or mail your check to:  
Lewiston Senior Citizens  
65 Central Avenue  
Lewiston, ME 04240

Our June Membership Meeting will feature cake from Grant's Bakery!

Lewiston Senior Citizens would like to thank Grant's Bakery for supporting our community!

The logo for Grant's Bakery, featuring the name "GRANT'S BAKERY" in large blue letters with a yellow outline. Below the name are illustrations of a chef, a pie, a cake, and a loaf of bread.

525 Sabattus St.  
Lewiston, ME 04240  
783-2226  
[www.grantsbakery.com](http://www.grantsbakery.com)

**You're Invited!**

## Lewiston Senior's Card Party

Friday, September 23  
6:00-8:00pm  
Doors open at 5:30pm

Admission:  
\$5 paid in advance  
\$6 at the door

Check in with the office if you purchased a ticket from the 2020 party.



- Light Refreshments
- Door Prizes
- Silent Auction
- 50/50 Raffle



Stop by the office or mail your check to:  
Lewiston Senior Citizens  
65 Central Avenue  
Lewiston, ME 04240

Thank you to the many local businesses who have donated for our upcoming events!



**An Angel's Wing Inc.**

1567 Lisbon Street, Lewiston  
(207) 241-0624

# Fun Day

*Mark your calendars!  
Fun Day is August 5th.*

*Join us for a Barbecue, Corn Hole  
Tournament, and more!*



Call or stop by the office **by July 29th** to order your Barbecue Meal.

Donations Welcome!

Lewiston Senior Citizens is accepting NEW ITEMS or gift cards for prizes at our upcoming events. If you have an item you would like to donate please contact the office at (207) 513-3059.

**LEWISTON PAWN SHOP.** 379 Lisbon St, Lewiston, ME 04240. Tel: (207) 784-7919

BUY SELL TRADE

facebook



**Loaves & Fishes**

61 Lisbon Road  
Sabattus, ME 04280  
(207) 375-8399

**and Hidden Treasures Thrift Store**

850 Lisbon Street  
Lewiston, ME 04240  
(207) 333-5100



**TABERS**

470 Lake Shore Drive, Auburn, ME 04210  
(207) 784-2521  
info@tabersgolf.com



MAINE'S EQUIPMENT RENTAL HEADQUARTERS  
20 SOUTH AVE LEWISTON  
(207) 784-1541



225 Bartlett Street, Lewiston, ME 04240  
Call Us | (207) 782-8312



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Mahjong	2 Cribbage Pinochle	3 Pitch	4
5	6	7 Bridge	8 Bingo Mahjong	9 Cribbage Pinochle	10 Piano Lessons Pitch	11
12	13	14 Bridge	15 Mahjong	16 Cribbage Pinochle	17 Piano Lessons Pitch	18
19	20	21 Bridge	22 Bingo Mahjong	23 Cribbage Pinochle	24 Piano Lessons Pitch	25
26	27	28 Bridge	29 Mahjong	30 Cribbage Pinochle		

## Lewiston Senior Citizens Weekly Schedule

Day	Time	Activity
Tuesday	Games start at 9:00am	Bridge
Wednesday	Games start at 10:00am	Mahjong
2nd & 4th Wednesday of the month	Doors open at 8:00am Games start at 12:30pm	Bingo
Thursday	Games start at 9:00am	Cribbage
Thursday	Games start at 1:00pm	Pinochle
Friday	Schedule a lesson	Piano Lessons
Friday	Games start at noon	Pitch

# Senior Trips

### **Please Note:**

Seating is assigned by the order in which your deposit/payment is received! For more information about any of our Senior Trips, please contact: Claire Bilodeau (207) 784-0302, (207) 576-8604, or Cindy Boyd (207)345-9569.

### **Mackinac Island Trip**

September 10 – 18, 2022

Trip includes 8 nights lodging and 14 meals with a guided tour of Mackinaw City, a visit to Mackinac Island including a guided Carriage Tour, a boat ride through Soo Locks, sightseeing in Sault Sainte Marie, a visit to Mackinaw Crossing, a visit to “Michigan’s Little Bavaria” and much more!

Price: \$899 pp double occupancy. A \$75 deposit pp is due when signing up.

Make checks out to **Diamond Tours** and mail to: **Claire Bilodeau, 27 Gina Street, Lewiston, ME 04240**

### **Informational Meeting**

We are planning trips to Italy and San Antonio, Texas for 2023! If you are interested in either of these trips, then you are welcome to come attend our informational meeting on July 20th at 1:30pm.

# Program Updates



**Lewiston Senior Citizens center will be closed the week of July 11th through 15th.**



# We Can Help

## Local Food Available

With rising inflation, some may find it difficult to purchase groceries. If you, or someone you know is in need of food there are many resources available. Here is a list of organizations offering food here in Lewiston:

### **Trinity Church Jubilee Center**

Provides a food pantry. Pantry Hours: Thursday 7:45 -10:30 am

For more information, please call (207)782-5700

### **St. Mary's Food Pantry**

Provides a food pantry. Pantry Hours: Tuesday, Wednesday and Friday 11:00am - 2:00pm. Last Wednesday of the month 4:00pm - 6:00pm. People can come up to one time per week per household to get a basket of food. For more information, please call (207)513-3841.

### **Salvation Army**

(207)783-0801

Pantry hours: Monday-Friday: 9:30 - 2 pm

### **Hope Haven Mission**

(207)783-6086

Provides a food pantry. Pantry hours: Mondays through Fridays 10 am to 3 pm.

### **Kaydenz Kitchen Food Pantry**

Food Care Package Deliveries available in Lewiston. For more information, please call.(207)577-7942.

### **Fetchin Food Pet Pantry**

Pet Pantry Hours: Tuesday 9:00 am - 11:00 am We give out free cat/ dog food and soft food along with cat litter. For more information, please call (207)783-2311.

### **One Hundred Pine Street Social Center Food Pantry**

(207)956-719

Food Pantry distribution hours: Monday to Friday: 9:00 am to 5:00 pm Saturday and Sunday: 1:00 pm to 5:00 pm

### **Lewiston Senior Citizens center**

We have added a shelf of nonperishable food goods near the entrance of the Senior Room. Members are welcome to take items from the shelf when the center is open.

## Mobility Needs

Loaves and Fishes has canes and walkers available. We also have some available here in the office. If you are in need of one of these items contact Sonya or Marie at Loaves and Fishes (207)375-8399 or contact our office at (207) 513-3059.

# Finding a Reputable Charity Organization

A frequent conversation heard over card games lately has been the war in Ukraine. Some have expressed the desire to help, but are not sure which organization to give to.

The Better Business Bureau offers a website called Give.org where you can look up larger charity organizations. The website can let you know what an organization's main purpose is, its programs, and other information about the organization, such as the percentage of proceeds that go to programs versus the percentage that goes toward administrative expenses.

The website provides information on all sorts of charitable organizations, not just the Ukraine, but here is a list of 20 charities they recommend if you are looking to support the Ukraine specifically:

Action Against Hunger  
Alight  
American Jewish Joint Distribution Committee  
American Red Cross  
Americares Foundation  
Care USA  
Catholic Relief Services  
CHC: Creating Healthier Communities  
Direct Relief  
Episcopal Relief & Development  
Global Communities  
Global Giving  
Hadassah  
Heart to Heart International  
Humane Society International  
International Medical Corps  
International Rescue Committee  
MAP International  
Matthew 25: Ministries  
Medical Teams International  
Mennonite Central Committee  
Mercy Corps  
Operation USA  
Plan International USA  
Salvation Army  
Save the Children  
SOS Children's Villages—USA  
United Methodist Committee on Relief  
United States Association for UNHCR  
World Hope International  
World Vision



## Relief Payment

In April, Maine announced it would be sending an \$850 Relief Payment to full time residents making under \$100,000 (\$200,000 for couples filing jointly). With rising inflation this is great news for many! However, some of our seniors have unique financial situations where they do not need to file taxes and may worry they will not receive this relief payment.

If you are in this situation, you should know that Maine people have until October 31, 2022 to file a 2021 Maine individual income tax return. CASH Maine is a state program that can assist social security recipients (who receive form SSA-1099) to finalize your 2021 state individual income tax. For this tax help visit [www.cashmaine.org](http://www.cashmaine.org) or call 2-1-1. AARP is also offering assistance locally, leave your name and number at (207) 513-3710 and they will call you back.

The answer to our May puzzle was:

**"Try to be a rainbow in someone else's cloud." - Maya Angelou**

Congratulations to Larry Blouin, Paul Ouellette, Alma Ouellette, Monique Theberge, Joyce Campbell, Cecile Allen, Sally Dumont, Susan Masse, Terri Bussiere, Louise Michaud, Sandra Bruno, Callie Adams, Lianne Therriault, Maggie Chadburn, Pat Bernard, Janet Dubois, Doris Little, Jean Berube, Cindy Boyd, John Chabot, and Mona Lothian for solving our May Puzzle!

# June Puzzle

This puzzle is a word search puzzle that has a hidden message in it.

First find all the words in the list. Words can go in any direction and share letters as well as cross over each other.

Once you find all the words. Copy the unused letters, starting in the top left corner, into the blanks to reveal the hidden message. Call the office at (207) 513-3059 before June 15 with the correct answer.

S U M M E R F L O W E R S E I  
W O N D E L R W H S A T W D I  
H T M R A W T W A O U L E A D  
F B E G L I K N E G T G D N E  
O A D L I V D E I N R N D O N  
A A T W O C R L D I W H I M I  
Y M E H A R E I L N T W N E H  
A B A S E B A L L E N S G L S  
A L T E E R P W A D Y A S S N  
J L U A R I S N E R U Q E N U  
E B C P C C P D K A T Q A C S  
C H Y N F A E A A G P M A C O  
N W I T Q E N C S Y P K O N T  
G C X S O L S T I C E S I J K  
G R A D U A T I O N A C I D V

- BASEBALL
- BEACH
- CAMP
- FATHERS DAY
- FLAG DAY
- FLOWERS
- GARDENING
- GRADUATION
- GRILL
- ICE CREAM
- LEMONADE
- OCEAN
- PICNIC
- SANDCASTLE
- SOLSTICE
- SUMMER
- SUNSHINE
- WARMTH
- WEDDINGS

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**Important  
Day Trip Information**

# Day Trips

Registration and payment for these trips should be made out directly to Lewiston Senior Citizens. Due to the popularity of some of our trips we cannot reserve your spot until payment has been received at the office.

Payment and Registration options for day trips:

- Register online at:  
<https://lewistonrec.recdesk.com/Community/Member/Login>
- Visit the LSC in person during office hours.
- Visit the Recreation Office (after LSC office hours), or
- Mail payment to Lewiston Senior Citizens, 65 Central Ave. Lewiston, Me 04240 and we will send you the registration forms.

## LSC Office Hours (207) 513-3059

Monday	8:00am—9:30am
Tuesday	8:00am—9:30am
Wednesday	8:00am—noon
Thursday	8:00am—3:00pm
Friday	8:00am—1:00pm

## Recreation Office Hours Monday-Friday 8:30am—4:30pm

### Scenic Train Ride and Turkey Dinner September 21, 2022

Join us on September 21, 2022 for an enjoyable ride on the Winnepesaukee Scenic Railroad. We will leave the Lewiston Park and Ride at 10:15am and travel to Meredith, NH for a 2 hour train ride. While on board, enjoy a turkey dinner from Hart's Turkey Farm. We should be back in Lewiston around 6:30pm. Price: \$85 includes the bus, the train ride, the turkey dinner, and the driver's tip. Deadline to sign up is August 12, 2022. Purchase this trip at the Lewiston Senior Citizens' office at 65 Central Ave. in Lewiston.



### Winery Tour and Tasting October 11, 2022

Join us Tuesday, October 11, 2022 for lunch at Warren's Lobster House in Kittery and a winery tour and tasting in Lee, NH. We will leave the Lewiston Park and Ride at 9:45am and travel to Warren's where you will choose a delicious lunch from the limited menu. After lunch we travel for about 45 minutes to Flag Hill distillery and Winery in Lee, NH. We will enjoy a tour and tasting and have time to shop. We should be back in Lewiston around 5:30pm. Price: \$83 per person and includes the bus ride, the meal at Warren's the tour and tasting and the tip for the bus driver. Purchase this trip at the Lewiston Senior citizens' office at 65 Central Ave in Lewiston. The deadline to sign up is September 16, 2022.



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## Ogunquit Playhouse “Clue”

October 16, 2022

Join us for an afternoon of laughter at the Ogunquit Playhouse for the play “Clue”. Clue is a fast paced hilarious whodunit based on the game Clue. We will leave the Lewiston Park and Ride at 12:15 and go to the playhouse. After the play we will go to the Cracker Barrel in South Portland for dinner (on your own)

Price: \$90 includes bus, show, and bus driver’s tip

\*\*\* At this time all participants must have Covid vaccination to participate in this trip\*\*\*

Purchase this trip at the Lewiston Senior Citizens’ office at 65 Central Ave. in Lewiston (207) 513-3059 by September 16, 2022.



## White Mountain Hotel & Resort

December 4 – 5, 2022

Trip includes 1 night lodging and 3 meals, including the Grand Sunday Brunch, 2 different entertainment shows, Austrian Sleigh ride through Jackson Village, Chocolate Tour, shopping and much more.

A \$100 deposit pp is due when signing up. Deadline to sign up is September 4th.

Price: \$369 pp double occupancy, final payment due November 4, 2022.

Sign up at Lewiston Senior Citizens’ office at 65 Central Ave. in Lewiston.



## Clambake on Cabbage Island This trip is Sold Out!

August 1, 2022



Reminder to those that signed up: We will leave the Lewiston Park and Ride at 10am and should be back around 6:30pm.

# June Birthdays



Ray Lagueux	Lorraine Levesque	Robert Masse
Steve Cavicchi	Fern Rivard	Kevin Kivus
Joyce Caron	Dotothy Dube	David Gudas
Lori St. Hilaire	Mike Quinn	Richard Bernard
Terry Lefebvre	August Frohlich	Janice Jones
Ann Frohlich	Claudette Laroche	Patricia Belanger
Diane Williams	Evelyn Tyrrell	Joline Banaitis
Edith Chambers	Claudette Turcotte	Leslie Buzzel
Beatrice Caron	Larry Blouin	Linda Cronkite
Ethel Landry	Robert Bisson	Patricia Robichaud
Carol Laplante		Nancy Fyke

## Membership Application (New or Renewal)

Yes, I would like to become a NEW member in the Lewiston Senior Citizens.

Yes, I would like to RENEW membership in the Lewiston Senior Citizens.

LSC Membership is \$10 annually. Thank you! Please make checks payable to: **Lewiston Senior Citizens.**

Name:

Address:

Address:

City:  State:  Zip:

Phone:  Birthday:

Email:

Please return membership form in person or mail to:  
Lewiston Senior Citizens, Lewiston Armory, 65 Central Avenue, Lewiston, ME 04240

# Senior Survey

Is there an event or activity you would like to see offered

- |                                 |                                    |
|---------------------------------|------------------------------------|
| <input type="checkbox"/> Movies | <input type="checkbox"/> Crafts    |
| <input type="checkbox"/> Music  | <input type="checkbox"/> Art       |
| <input type="checkbox"/> Food   | <input type="checkbox"/> Gardening |
| <input type="checkbox"/> Game   | <input type="checkbox"/> Walking   |
| <input type="checkbox"/> Other  |                                    |

Please describe the activity you would like to see offered:

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Drop off your response in the office or mail to: Lewiston Senior Citizens, 65 Central Ave, Lewiston, ME 04240

