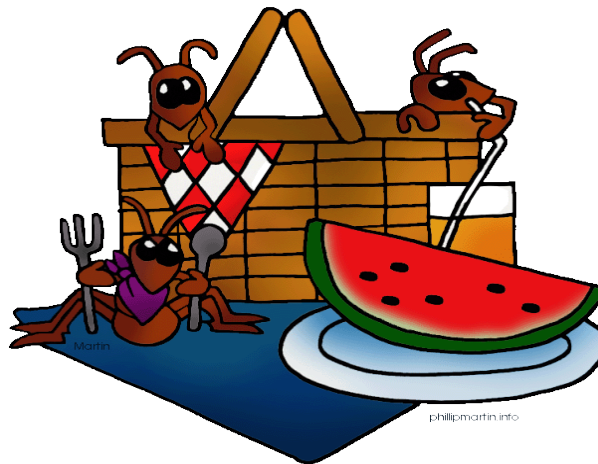




**City of Niagara Falls Senior
Services Department
Department
JOHN DUKE CENTER
716-297-9324**

AUGUST 2022

Come join us on Wednesday, August 24th



From 11:00am-1:00pm

For our end of the Summer Niagara County Picnic.

Music by our Lovely Donna, sign-up sheet in dining room.



LINE DANCING

We're having a brand new Line Dancing Class starting on Thursday, August 11th thru Sept 8th. It will be from 1:00-2:00pm, the cost will be \$2.00 per class. Bonnie Crosby from Amherst will be our new instructor. Sign-up sheet in dining room.



MARKET COUPONS

The Office for the Aging will be here on Thursday, August 4th from 10:00am-12:00pm to distribute the Market Coupons. You have to be at least 60+ years of age with identification. The coupons will be worth \$25.00.

BREAST CANCER AWARENESS

On August 4th from 11-12:00pm, Cassandra from Niagara Falls Memorial Hospital will be here to talk about early detection and how important it is to get a mammogram.

EAT WELL, STAY WELL LUNCH PROGRAM

Our site Director Phyllis Violanti is welcoming and loves to do special things for all her participants. The lunch is full balanced; nutritionally sound and diabetic meals are available on request all for a donation of \$3.25. There is no reason not to give this a try! Come with a friend, come alone, JUST COME!!



THE VEGGIE VAN

Don't forget to check out the Veggie Van every Thursday here at the Duke Center from 11:00am to 12:00pm.

CHRISTOFORO COLUMBO SOCIETY

On Thursday September 20th, the Christoforo Columbo Society will have their annual Basket Raffle.



HAPPY 30TH ANNIVERSARY TO THE SILVER SNEAKERS PROGRAM

SILVER SNEAKERS

Marie is here and she's amazing. Come join her class and get healthy. This exercise is for all kinds of levels. Exercises are performed both on and off a chair your choice. Also included with these classes are a lot of laughs and lots of interaction with other members. Cost is \$2.00 per class; however, many insurance companies will cover the cost for you. Please see Marie and find out if you are covered. Contact Marie with any questions 716-425-4111.

Tuesday, 10:00-10:50am Silver Sneaker

Thursday, 10:00am-10:50am Silver Sneakers

Thursday, 10:50am-11:30am Chair Yoga

Friday, 10:00am-10:45am Zumba Gold

ACTIVITIES

MONDAYS

10:30am -11:30am: Bingo is finally back here at the Duke with Norm our famous caller, come play for just a couples of quarters.

1:00pm-3:00pm: Knitting and Crocheting Class. If you love to knit or Crochet this is an awesome group of ladies that like to sit back, relax, and have a few laughs. Always looking for new members.

TUESDAYS

10:00am -11:00pm: Silver Sneakers.

WEDNESDAYS

10:00am-3:00pm: Needle Painters. Come and check out the beautiful work these ladies do.

1:00-3:00pm: Euchre. Euchre is played at 1:00pm, new players are always welcomed.

THURSDAYS

10:00am-11:00am: Silver Sneaker's .

10:50am-11:30am: Chair Yoga.

FRIDAYS10:00-10:45am Zumba Gold 1:00-3:00pm: Euchre. Euchre is played at 1:00pm, new players are always welcomed.

DRIVING CLASS

Wayne West is finally back for the Driver Safety Program. To make a reservation please call 716-297-9324. Its \$25.00 for the two day class, they accept cash or check.

NIAGARA COUNTY OFFICE OF THE AGING ATTORNEY

Gary Billingsley will be here the fourth Tuesday of every month at 10:00am. He will only see clients on a first come first serve basis by signing in at the Center.

FOOD STAMPS

NIACAP will be here the fourth Tuesday of every month from 10:00am-12:00pm.

Duke Center hours are Mon-thru-Fri 8:00am-4:00pm.

ZENTANGLE

Starting on Thursday, August 4th from 1:00pm to 2:30pm, will be having Christine from the Niagara Arts & Cultural Center doing a class on Zentangle. This class is \$5.00 to join and is easy to learn, relaxing, and fun way to create beautiful images by drawing structural patterns. Drawing is done in a quiet, meditative environment. Bring scrap paper or sketchbook to class for pattern practice.