



City of Niagara Falls
Senior Services Department
John Duke Center
APRIL



*On Monday, April 8th, 2024 in downtown Niagara Falls, NY there will be a Total Solar Eclipse that will last about 3 minutes and 31 seconds. It will start around 2:04pm and last for about two and half hours. The sun will be fully eclipsed at approximately 3:18pm and will last for three minutes.

*The John Duke Center will be having a Special Mother's Day Luncheon next month. Please be sure to look for the sign-up sheet at the end of this month.



EAT WELL STAY WELL 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!! To make a reservation please call 716-297-9324.

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 of 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.

Silver Sneakers: Tuesday and Thursday from 10-11:00am.

Chair Yoga on Thursday from 10:50-11:30am

Zumba: Friday from 10-11:00am

ACTIVITIES

Monday

10:15-11:15 am: Bingo is finally back at the Duke Center with Norm are famous caller. Come play for just a couple of quarters.

1:00-3:00 PM: 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.

Tuesday

10:00-11:00 am: Silver Sneakers

Wednesday

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

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

Thursday

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

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

1:00pm-3:00pm: Pickleball

Friday

10:00am-11:00am Zumba

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

Pickleball

Pickleball will be starting back up here at the John Duke Center on Thursday's, from 1:00-3:00pm. Summer months will be played outside at Hyde Park Tennis Courts, It's free to play anyone over 55 can join.

Driving Class

Wayne West is finally back for the driver Safety Program. To make a reservation please call 716-297-9324. It's \$25 for the two-day class, they accept cash, money order, or check.

Niagara County Attorney

Gary Billingsley will be here the fourth Tuesday of Every month from 10-11:00am. He will only see clients on a first come first serve basis by signing in at the Center.

Snap

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

LaSalle Senior Center

9501 Colvin Blvd.
Niagara Falls, NY 14304
716 297 9324

Monday: Bingo 10:30-11:30am, Lunch 11:45am

Tuesday: Bingo 10:30-11:30am, Lunch 11:45am

Wednesday: Bingo 10:30-11:30am, Lunch 11:45am

Thursday: Bingo 10:30-11:30am, Lunch 11:45am

Friday: Bingo 10:30-11:30am, Lunch 11:45am,
Knitting and Crocheting 10:30am-12:30pm

