



*Happy  
Valentine's Day!*

A large, stylized red ribbon graphic that forms a heart shape at the top and loops around the text.

# City of Niagara Falls

Senior Services Department



John Duke Center

(716)297-9324



## FEBRUARY

The Center will be closed on Monday, February 12<sup>th</sup>  
And Monday, February 19<sup>th</sup>.

## INCOME TAX



It's that time of year again, the John Duke Center will be offering FREE Income Tax assistance come February of 2024. We will starting taking appointments on

January 16<sup>th</sup>





## **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.

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

Friday, Zumba 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.

10:00-11:00am: Line Dancing will resume again in January.

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

1:00-3:00pm: Pickleball

### 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.



### Line Dancing

This class will be starting up with Lisa Lariccia on January 10<sup>th</sup> at 10am. Anyone can join for \$2.00 Per Class.

### Pickleball

Pickleball will be starting back up here at the John Duke Center on Wednesday and 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

10:00-12:00pm: Heap will be here from Office for the Aging to help assist seniors with Heap. Call for an Appt. 716-297-9324

# 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,



## **VALENTINE'S DANCE**

**Thursday, February, 15TH**

**5:00-8:00PM**

**Come with a date, come with a friend just come on out and  
enjoy**

**music by the talented Dave Stayner.**

**Food menu will be announced.**

**The tickets are \$7.00 and will be available the first week in  
January.**









