

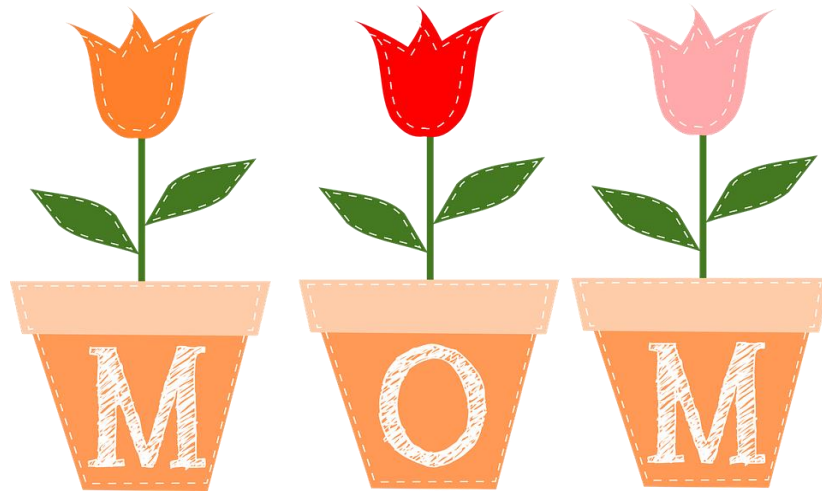


City of Niagara Falls Senior Services

John Duke Senior Center

May 2023

716-297-9324



The John Duke Center will be having a Mother's Day Luncheon on Wednesday, May 10th, from 11-1pm. Please sign up if you're interested. Also will be having our popular Donna here to play our favorite music.



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 10:50-11:30am

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-11:45am Zumba Gold

1:00pm-3:00pm: Euchre

Euchre is played at 1:00pm, new plates are always welcomed.



Pickleball

Pickleball will be starting back up here at the John Duke Center on Thursday's from 1:00-3:00pm. It's free to play and 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. NIACAP (food stamps) will be here the fourth Tuesday of every month from 10-12:00pm.

Line dancing

Get your dancing shoes ready, Bonnie will be back for an eight week session starting on Thursday, April 20th from 1-2:00pm. A donation of \$2.00 per class.

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,
Crochet 10:30-12:00pm.

JAZZ Word Search

Name _____

Class _____



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

Find the Jazz terms and the LAST names of these Jazz Artists.

Jazz Artists		Jazz Terms	
Louie Armstrong	Herbie Hancock	Bebop	Jam Session
Count Basie	Billie Holliday	Beat	Ragtime
John Coltrane	Wynton Marsalis	Big Band	Riff
Miles Davis	Bobby McFerrin	Blue Note	Scat Singing
Duke Ellington	Thelonious Monk	Break	Swing
Ella Fitzgerald	Charlie Parker	Chart	Tag
Dizzy Gillespie	Marcus Roberts	Cool Jazz	Trio
Lionel Hampton	Sara Vaughn	Fusion	Vamp



spring fling Dinner/Dance

Where: John Duke Center

When: Wednesday, May 31st, 2023

Time: 5:30-7:30pm

Tickets are \$5.00 which includes
Dinner from Frenchys and
Musician Dave Stayner.

