



City of Niagara Falls Senior Services
Department
JOHN DUKE CENTER
APRIL 2023
716-297-9324



The John Duke Center will be having our Easter Party on Wednesday, April 5th from 11:00-1:00pm. Donna the DJ will be here playing your favorite music to get your feet tapping and will be serving Easter treats. If interested please see Sue or Phyllis, seats are limited.

Keep your eyes open for some Easter eggs hidden by the Easter Bunny, if you find an egg please bring to office to claim a prize.



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 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

ACTIVITIES

MONDAYS

10:30am -11:30am: Bingo is finally back here at the Duke with Norm are 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.

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.

THURSDAYS

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

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

1;00-3:00pm: Pickleball.

FRIDAYS

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

CONGRESS AROUND THE CORNER

Lisa from Congressman Higgins Office will be here on Wednesday, April 12th, from 11am-1pm to answer any of your questions.

Pickleball

Pickleball will be starting back up here at the John Duke Center on Thursday, October 27th from 1:00-3:00pm, new members are always welcomed. It's free to join.

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

Mon

Tues

Wed

Thurs

Fri

Bingo 10:30-11:30am	Bingo 10:30-11-30am	Bingo 10:30-11:30am	Bingo 10:30-11:30am	Bingo 10:30-11:30am
Lunch 11:45am	Lunch 11:45am	Lunch 11:45am	Lunch 11:45am	Lunch 11:45am
				Crochet 10:30-12:00pm

What is Easter?

It's not about the eggs to hunt

It's not about a bunny

It's not about brand new clothes

Or candy as sweet as hunny

On this day many years ago

A man named Jesus Christ

Upon a cross for you and me

Gladly gave his life

Not for sins that He had done

Or crimes He must repay

He did it all for you and me

For our sins He died that day

But that's not the end of Jesus Christ

They put Him in a grave

But three days later He rose again

Our sin debt had finally been paid

So this Easter as you hunt for eggs

Dressed up in brand new clothes

Don't think about the Easter Bunny

Think about why Christ arose