



City of Niagara Falls Senior Services
Department

JOHN DUKE CENTER

**Happy
New Year!**

716-297-9324

JANUARY 2023

INCOME TAX

The John Duke Center will be offering FREE tax assistance and e-filing again this year. Please remember to make an appointment as these AARP volunteers book up quickly. We will start taking appointments on Monday, January 23rd for the season to start February 1st. When you make your appointment, you will have to come pick up a packet to fill out and bring it with you come for your appointment. You will have to bring ALL your information, yearly Social Security Statement, Pension Statements, Insurance Statements, Rental Receipts, Mortgage Receipts, Yearly Interest Statements for all accounts, Casino Winnings, Tax Payments for City, County, and State as well VALID picture ID, Social Security Card, and bank account information for Direct Deposit, a voided check will suffice.

APPOINTMENTS will ONLY be given to those 55 and older.



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

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

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.

2:00pm-4:00pm: Pickleball.

FRIDAYS 10:00-10:45am Zumba Gold

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



Pickleball

Pickleball will be starting back up here at the John Duke Center on Thursday, October 27th from 2:00-4:00pm. 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.

Congress Around The Corner

Congressman Higgins Representative will be here every third Tuesday from 10-11:30am to answer any questions.

*The Center will be closed on Monday, January 2nd New Year's Day, and Monday, January 16th Martin Luther King Jr Day.

Lasalle Senior Center

9501 Colvin Blvd.

Niagara Falls NY 14304

716-297-9324

Mon

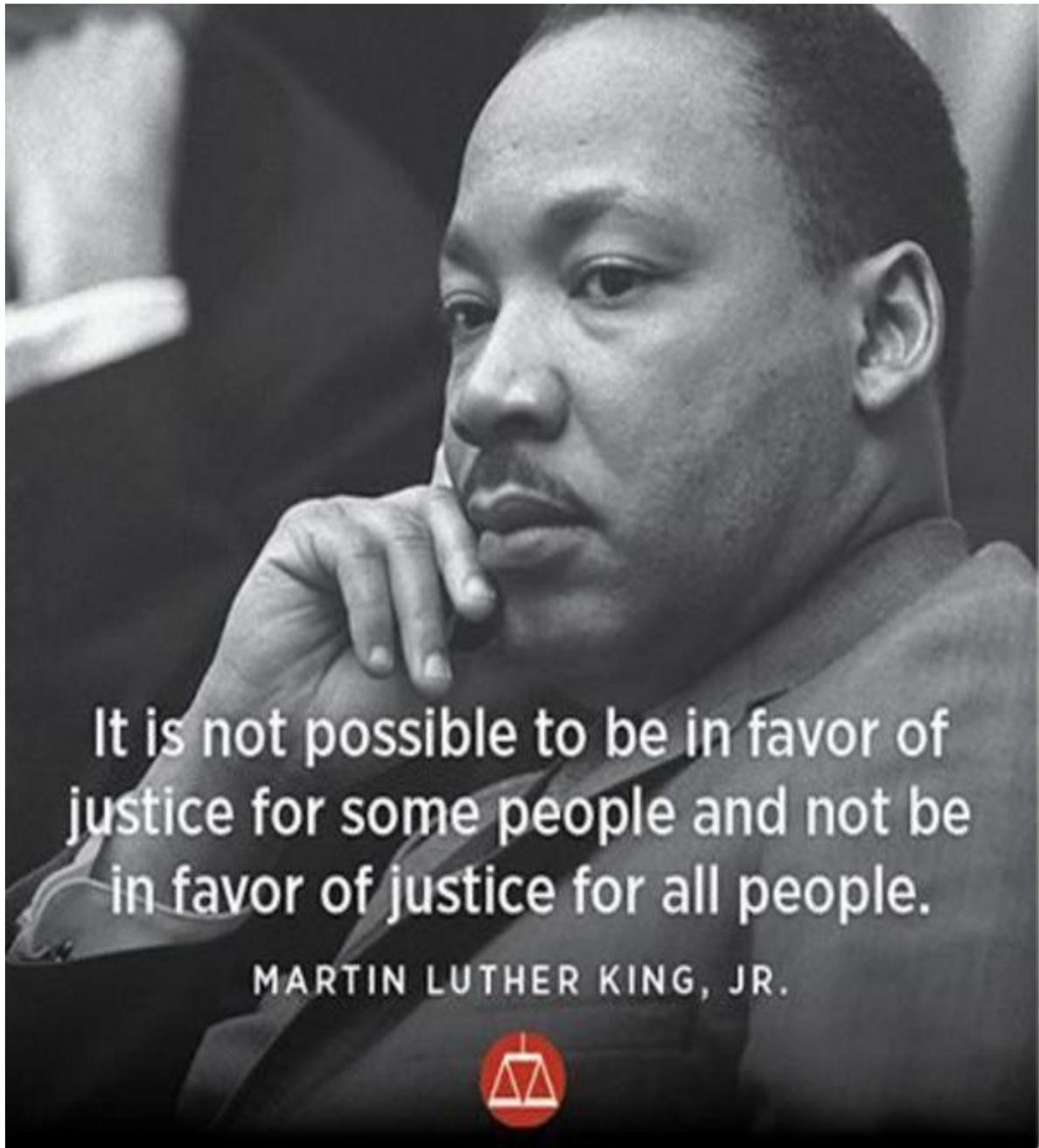
Tues

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



It is not possible to be in favor of
justice for some people and not be
in favor of justice for all people.

MARTIN LUTHER KING, JR.

