



JOHN DUKE SENIOR CENTER
Niagara Falls NY 14304
716-297-9324
December 2022



Wegmans will be coming to the Duke Center to make Gingerbread Houses with the seniors on Wednesday, December 7th from 12:30pm -2:30pm, it's free of charge, all supplies will be donated by Wegmans. Will be serving hot chocolate and cookies. Make sure you sign up because classes are limited.



The John Duke Center will be having their annual Christmas Party Luncheon on Wednesday, December 21st, from 11:00am-1:00pm. Come enjoy some Holiday music with our sweet Donna the DJ and Hyde Park Elementary School Chorus at 10:00am, a tasty lunch with the County, and some delicious Christmas treats donated by the Duke Center.



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. 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

Because of the Holiday the Lawyer will be here on Tuesday, December 20th at 10:00am.

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.



We Wish You And
Your Family A Very
Merry Christmas.

May The Lord
Bless You With
Eternal Gifts Found
In Jesus.

May His Star Shine In Your
Heart The Wonderful Truths
That Bring Christmas Alive
In All Who Believe.

John 3:16
Jesus Loves You

Daisy Trail

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