



**City of Niagara Falls**  
**Senior Services Department**  
**John Duke Center**  
**(716)297-9324**

**JANUARY**

The Center will be closed January 1<sup>st</sup> and January 15<sup>th</sup>  
(Martin Luther King Jr Day)

=  
**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 15<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. If you are interested in coming to the Niagara County Christmas party please sign up in Dining Area.

## 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.

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.



### 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

# 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,



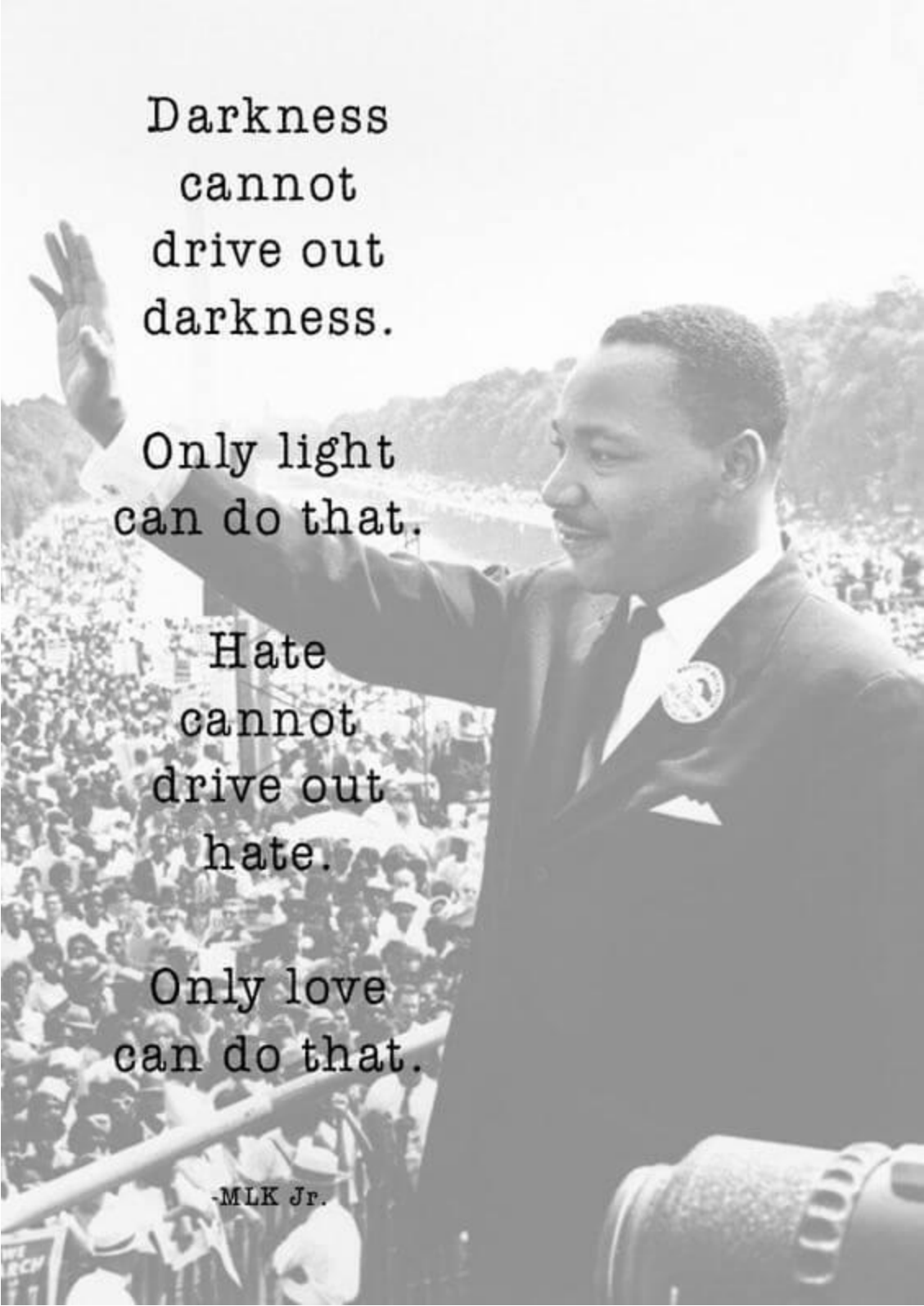
## VALENTINE'S DANCE

**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.**







Darkness  
cannot  
drive out  
darkness.

Only light  
can do that.

Hate  
cannot  
drive out  
hate.

Only love  
can do that.

-MLK Jr.





