



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

The Center will be closed Nov, 10<sup>th</sup>, 23<sup>rd</sup>, and 24<sup>th</sup>.

**HEAP**

It's that time again starting November 3<sup>rd</sup>, Diane from Niagara County Office For The Aging will be her every Friday from 10-12:00pm to help anyone 60 or older with their Heap Application. Please call 716-297-9324 to make an appointment.





## 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 on Thursday from 10:50-11:30am

Zumba: Friday 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. Come try out our new Line Dancing Class with Lisa!!

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-11:00am Zumba

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



### Line Dancing

Starting on Wednesday, September 6<sup>th</sup> from 10-11:00am the John Duke Center will be starting up a brand new Line Dancing Class with Lisa Lariccia as our Instruction. 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

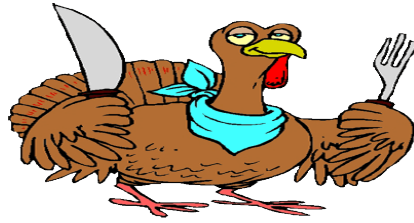
Monday: Bingo 10:30-11:30am, Lunch 11:45am

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Thursday: Bingo 10:30-11:30am, Lunch 11:45am

Friday: Bingo 10:30-11:30am, Lunch 11:45am,



Once again our Thanksgiving Basket Auction will be here on Wednesday, November 15<sup>th</sup> from 11-1pm. If you have any old baskets that you would like to Donate we could sure use them.



Wegman's will be coming back here at the John Duke Center on Wednesday, Dec 6<sup>th</sup>, at 12:00pm. They will be joining us once again to provide and help the seniors assemble a Gingerbread house for FREE. If you are interested please see the sign-up sheet in Dining Area. Seating is limited.

## **EVENTS HAPPENING IN NOVEMBER**

November 1<sup>st</sup>: Office For The Aging and other Insurance Companies will be here from 9:30-11:30am to help Seniors with Medicare, The different Medicare Health Plans. This event is open to the public.

November 7<sup>th</sup>: Sandra from Niagara University Homeland Security will be at 11:00am to talk about home safety measures.






November 16<sup>th</sup>: “Don’t become a victim”, Financial Elder Scams will have presented members of the Nickel City Financial Task Force, M&T Bank, and AARP will be at the John Duke Center on Thursday, November 16<sup>th</sup> at noon.

November 28<sup>th</sup>, 29<sup>th</sup>, and 30<sup>th</sup>: Roswell Park Cancer Institute Mobile Unit will be in our parking lot to do FREE Lung Cancer Screening.





Eat Well...Stay Well Dining  
November 2023 - Menu for Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
<p></p> <p>6) Sweet and Sour Pork Seasoned Brown Rice Stir Fry Vegetable Blend Whole Wheat Dinner Roll Brownie</p>	<p>HEAP opens in November! Make sure to get your application in ASAP</p> <p>7) Homemade Mac and Cheese Casserole Seasoned Broccoli and Cauliflower Muffin Banana</p>	<p>1) Homemade Salisbury Steak w/ Gravy Au Gratin Potatoes Seasoned Broccoli Rye Bread Banana Pudding PC Ketchup</p> <p>8) Hot Roast Beef Sandwich w/ Gravy Cheesy Mashed Potatoes Caesar Salad Whole Wheat Hamburger Bun Sliced Peaches PC Ketchup, Horseradish</p>	<p>2) BBQ Pork Riblet Mimestrone Soup w/ Crackers Coleslaw Whole Wheat Hoagie Roll Pineapple</p> <p>9) Turkey and Cheese Sub w/ Lettuce, Tomato, Onion Pepper Pot Soup w/ Crackers Pickled Beets Whole Wheat Hot Dog Bun Fruited Gelatin w/ Whipped Topping PC Mayo</p>	<p>3) Beef Stroganoff over Egg Noodles Mixed Vegetables Whole Wheat Bread Deluxe Fruit Cup</p>
<p>13) Vegetable Lasagna Seasoned Carrots Biscuit Fresh Orange</p>	<p>14) Sliced Baked Ham Scalloped Potatoes Brussels Sprouts Raisin Bread Apricots</p>	<p>15) THANKSGIVING MEAL Roast Turkey Breast Mashed Potatoes w/ Gravy Baked Squash Stuffing Cranberry Sauce Dinner Roll Pumpkin Pie w/ Whipped Topping</p> <p></p>	<p>16) Cheese Tortellini w/ Meatballs and Tomato Sauce Seasoned Spinach Italian Bread Heavenly Hash PC Parm</p>	<p>10) No Meals Served</p> <p></p> <p><b>VETERANS DAY</b> HONORING ALL WHO SERVED</p>
<p>20) Roast Pork w/ Gravy Sweet Potato Wedges Garden Salad Rye Bread Cinnamon Applesauce PC Dressing</p>	<p>21) Breaded Chicken Sandwich w/ Lettuce, Tomato, Onion Brown Rice and Lentil Soup Harvard Beets Whole Wheat Hamburger Bun Mandarin Oranges PC Mayo</p>	<p>22) Beef Stew Peas Biscuit Deluxe Fruit Cup</p>	<p>23)  No Meals Served</p>	<p>24)  No Meals Served</p>
<p>27) Greek Seasoned Chicken Breast w/ Feta Greek Seasoned Rice Normandy Vegetable Blend Whole Wheat Bread Fruited Gelatin w/ Whipped Topping</p>	<p>28) Cabbage Roll Casserole Spinach Salad Corn Muffin Pumpkin Bavarian</p>	<p>29) Goulash Peas and Carrots Italian Bread Fresh Orange PC Parm</p>	<p>30) Ham Salad Sandwich w/ Lettuce, Tomato, Onion Broccoli and Cheddar Soup w/ Crackers 3 Bean Salad 2 Slices Whole Wheat Bread Banana</p>	<p>17) Baked Homemade Meatloaf w/ Gravy Mashed Potatoes Green Beans Whole Wheat Bread Tropical Fruit Cup PC Ketchup</p>

All meals are served with bread, butter, and 1% milk, coffee or tea.  
Eat Well...Stay Well Lunch Sites are located throughout Niagara County. Call 716-438-4031 for more information.  
Suggested Contribution for meals is \$3.25. Menus are subject to change without notice. This is a Niagara County Office for the Aging Program serving the population age 60 and older.  
Menus approved by Connor Abbott, RD FINAL Copy 10/4/2023 C.A.





