Week of May 12th

Town of Niagara Senior Center

Paige Printup, Director

7000 Lockport Road

Niagara Falls, NY 14305

E-mail: pprintup@townofniagara

716-297-5243 ext. 1

May 12th Senior walking club starts 10am

May 13th  Yoga/Exercise, Live Instructor - 9:30 – 10:30am

Bingo, 10:45am-12,

Lunch 12 noon. Julienne Salad w/turkey

May 14th Silver Sneakers, Live Instructor - 9:30 – 10:30 am

Bingo 10:45am-12:00pm

Lunch 12 noon. Cheese Mushroom Swiss Burger

May 15th  Video Yoga 9:30am-10:30am

Bingo, 10:45am-12,

Lunch 12 noon. Ham salad sandwhich

Free Senior Mini golf 11am-1pm