

Town of Niagara Senior Center

Town of Niagara Senior Center
Joe Proietti, Director
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Niagara Falls, NY 14305
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716-297-5243

March 2020

Tuesday, Wednesday & Thursday
Bingo - 11am – 12 noon
Lunch – 12 noon

March 3	Yoga/Exercise - 9:30 – 10:30 am
March 4	Yoga/Exercise - 9:30 – 10:30 am
March 5	Yoga/Exercise - 9:30 – 10:30 am Birthday Thursday
March 10	Yoga/Exercise - 9:30 – 10:30 am
March 11	Yoga/Exercise - 9:30 – 10:30 am
March 12	Yoga/Exercise - 9:30 – 10:30 am
March 17	Yoga/Exercise - 9:30 – 10:30 am
March 18	Yoga/Exercise - 9:30 – 10:30 am
March 19	Yoga/Exercise - 9:30 – 10:30 am
March 24	Yoga/Exercise - 9:30 – 10:30 am
March 25	Yoga/Exercise - 9:30 – 10:30 am
March 26	Yoga/Exercise - 9:30 – 10:30 am
March 31	Yoga/Exercise - 9:30 – 10:30 am