

Town of Niagara Senior Journal

Volume 19, Issue 62

Summer 2024



Town of Niagara Senior Program

The Town of Niagara offers the following programs is open Tuesday, Wednesday and Thursday and offers the following:

Tuesday 9:30-10:30am—Chair Yoga: Live Instructor

Strength and Balance/Low Impact Cardio

Strength and balance is important in everyday life and this class will help you improve your ability to feel strong and stable. Strength exercises may include lifting hand-held weights, stretching resistive tubing and using your own body's resistance while also using your core muscles to improve balance and stability.

Low Impact Cardio Workout for Seniors and Beginners by Improved Health: This 20-minute workout includes a warm-up, cool-down, and stretching exercises. It features different movements to challenge the body and improve fitness.

Wednesday 9:30-10:30am—Silver Sneakers: Live Instructor

Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Thursday 9:30-10:30am— Senior Yoga: DVD

Low Impact Cardio Workout for Seniors and Beginners: This workout includes a warm-up, cool-down, and stretching exercises. It features different movements to challenge the body and improve fitness.

Tuesday, Wednesday, & Thursday 11am-12noon—Bingo

Tuesday, Wednesday & Thursday 12 noon-1pm Lunch provided by the Niagara County Office for the Aging

Safe Drivers Academy four times a year

An Easter Luncheon, Senior Picnic and Holiday Luncheon

Veterans Breakfast or Luncheon the Thursday before Veterans Day

Lawyer Every Other Month through the Niagara County Office for the Aging

Coming This Fall (Tentatively)

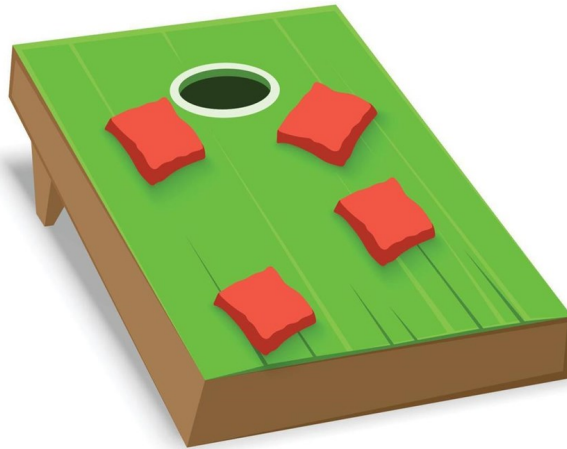
- ♦ Woodworking
- ♦ Nutrition
- ♦ Genealogy
- ♦ Beyond Your Will
- ♦ Medicare and What You Should Know About Open Enrollment
- ♦ Medication When to Take and How They Interact with Pharmacy Students
- ♦ Painting by the Numbers
- ♦ Frauds and Scams
- ♦ Elder Abuse
- ♦ Meditation
- ♦ Photography
- ♦ Other possible events—Senior Prom, Senior Olympics, Card Tournaments, Trivial Pursuit competitions
- ♦ We are looking for other ideas to provide programming
- ♦ We are looking for anyone willing to do classes on arts and crafts
- ♦ Anyone interested in doing classes or with ideas of what they would like to see the Senior Program provide can call Joe Proietti at 716-297-5243, ext. 202 or stop by.

Other Activities

Miniature Golf



Adult Cornhole League



Tuesday Nights

Starting June 18th 2024
11-week program

6:00pm



Adult Co-Ed Bocce Ball



Thursday Nights

Starting June 20th 2024
11-week program

Two time slots
6:00pm
7:30pm



All games will be played at the Town of Niagara Veterans Memorial Park
Bocce Courts.
7000 Joe Rotella Way
Niagara Falls, NY 14305

To sign up or have any questions please call
716-297-5243 ext. 1

A Western New York Genealogical Society 50th Anniversary Event

Save Our Cemeteries Workshop

Saturday July 13, 2024 - Attendance capped at 100 - Register by June 13, 2024



**FOR MORE INFORMATION OR TO REGISTER, VISIT WNYGS.ORG
HAVE QUESTIONS? CALL PETE AMES AT 716-297-4429**

Town Board 2024

Supervisor Sylvia Virtuoso
Deputy Supervisor . . . Marc Carpenter
Councilman. Charles Teixeira
Councilman Mike Lee
Councilman John Parks
Town Clerk Melissa Cerrillo

Contact Information

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