

Town of Niagara Senior Center

Town of Niagara Senior Center
Joe Proietti, Director
7000 Lockport Road
Niagara Falls, NY 14305
E-mail: jproietti@townofniagara.com
716-297-5243

March 2023

Tuesday, Wednesday & Thursday

Bingo - 11am – 12 noon

Lunch – 12 noon

March 1	Yoga/Exercise - 9:30 – 10:30 am
March 2	Yoga/Exercise - 9:30 – 10:30 am Birthday Thursday, 12 Noon Attorney for the Office of the Aging
March 7	Yoga/Exercise - 9:30 – 10:30 am
March 8	Yoga/Exercise - 9:30 – 10:30 am
March 9	Yoga/Exercise - 9:30 – 10:30 am
March 14	Yoga/Exercise - 9:30 – 10:30 am
March 15	Yoga/Exercise - 9:30 – 10:30 am
March 16	Yoga/Exercise - 9:30 – 10:30 am
March 21	Yoga/Exercise - 9:30 – 10:30 am
March 22	Yoga/Exercise - 9:30 – 10:30 am
March 23	Yoga/Exercise - 9:30 – 10:30 am
March 28	Yoga/Exercise - 9:30 – 10:30 am
March 29	Yoga/Exercise - 9:30 – 10:30 am
March 30	Easter Luncheon – Active House Fire Hall, Active Hose Fire Hall <i>(must sign up no later than Monday March 27th)</i>