Week of April 22, 2024

Town of Niagara Senior Center

Joe Proietti, Director

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Niagara Falls, NY 14305

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716-297-5243

April 23 Yoga/Exercise, Live Instructor - 9:30 – 10:30 am

Bingo, 11-12noon, Lunch 12 noon.

April 24 Silver Sneakers, Live Instructor - 9:30 – 10:30 am

Bingo, 11-12noon, Lunch 12 noon.

April 25 Yoga/Exercise - 9:30 – 10:30 am

Bingo, 11-12noon, Lunch 12 noon.