Week of December 9th, 2024

Town of Niagara Senior Center

Joe Proietti, Director

7000 Lockport Road

Niagara Falls, NY 14305

E-mail: [jproietti@townofniagara.com](mailto:jproietti@townofniagara.com)

716-297-5243

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

Bingo, 11-12noon, Lunch 12 noon.

December 11 Silver Sneakers, Live Instructor - 9:30 – 10:30 am

Bingo, 11-12noon, Lunch 12 noon.

December 12 Yoga/Exercise, - 9:30 – 10:30 am Bingo, 11-12noon, Lunch 12 noon.

Birthday Thursday presented by Tops on Military Rd