Week of March 18th

Town of Niagara Senior Center

Paige Printup, Director

7000 Lockport Road

Niagara Falls, NY 14305

E-mail: pprintup@townofniagara

716-297-5243 ext. 1

March 18th  Yoga/Exercise, Live Instructor - 9:30 – 10:30am

Bingo, 10:45am-12,

Lunch 12 noon. Hot Roast Beef

1pm Blooming into Spring Flower Pot event

March 19th Silver Sneakers, Live Instructor - 9:30 – 10:30 am

Bingo 10:45am-12:00pm

Lunch 12 noon. Turkey and Cheese Sub

March 20th  Video Yoga 9:30am-10:30am

Bingo, 10:45am-12,

Lunch 12 noon. Stuffed Pepper