Week of March 25th

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 25th  Yoga/Exercise, Live Instructor - 9:30 – 10:30am

 Bingo, 10:45am-12,

Lunch 12 noon. BBQ chicken tights

March 26th Silver Sneakers, Live Instructor - 9:30 – 10:30 am

Bingo 10:45am-12:00pm

Lunch 12 noon. Meatloaf

March 27th  Video Yoga 9:30am-10:30am

Bingo, 10:45am-12,

Lunch 12 noon. Turkey ala King over Egg Noodles