

TOWN OF NIAGARA SENIOR PROGRAM WEEKLY SCHEDULE

Week of October 14, 2024

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

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| October 15 | Yoga/Exercise, Live Instructor - 9:30 – 10:30 am
Bingo, 11-12noon, Lunch 12 noon. |
| October 16 | Silver Sneakers, Live Instructor - 9:30 – 10:30 am
Bingo, 11-12noon, Lunch 12 noon. |
| October 17 | Yoga/Exercise - 9:30 – 10:30 am
Bingo, 11-12noon, Lunch 12 noon. |