

# Town of Niagara Senior Journal

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Winter 2022



**The Town of Niagara Senior Center will be closed from Friday December 23rd until Monday January 2nd. We will reopen on Tuesday January 3rd.**



## **Senior Yoga/Exercise**

Tuesday, Wednesday &  
Thursday

9:30-10:30 am

## **BINGO**

Tuesday, Wednesday &  
Thursday 11 am-12 noon

## **Kim's Senior Transport**

Kim's Senior Transport provides Transportation for: Doctor's appointments; Grocery Shopping, Etc.; Drop off and Pick up : Service or Full Campion Care Service; Use only as needed, call for appointment

Call 716-405-7317 for rates and availability



## **Contact Us**

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(Please use south entrance)

Phone: 716.754.8313

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Website: [www.hartprogram.org](http://www.hartprogram.org)

## Reason You Should Play BINGO

### Bingo is a social game

Contrary to what many people think, bingo is not a game of loners. It is a very social game where groups of friends come together to talk, have fun, and compete for a prize.

If you play a real bingo game, you will sit with your friends at the same table, order some drinks and food and have a fun time.

Bingo is also a great way to meet new people and expand your social circle. It's easy to make a connection with like-minded people who are passionate about the same things as you.

### It's Suitable for Different Age Groups

Regardless of whether you are 18 or 118 years old, you can play bingo and have lots of fun! This is not a physically or mentally demanding game, which means that anyone can enjoy it and relax while chasing the numbers. .

### It's an Exciting and Unpredictable Game

Let's get one thing straight – bingo is not a boring game. It's an exciting and unpredictable game that will get your heart racing every time a new ball is about to be drawn.

Since bingo is purely a game of luck, you cannot know what will happen next and you cannot influence. Join us for BINGO, Tuesday, Wednesday, and Thursday, from 11 until noon. Bingo boards are 50 cents each and you win \$2.00 or \$1.00 and \$1.00 Lottery ticket or \$2.00 lottery tickets, your choice.



## "SAVE THE DATES" 2023

Safe Driver Course January 13, 9am-3 pm, at the Calvin K Richards Activity Senior/Youth Center (sign up by January 10th)

Safe Driver Course March 3, 9am-3 pm, at the Calvin K Richards Activity Senior/Youth Center (sign up by March 1st)

Easter Luncheon March 30th, 11am-1pm, place to be announced

Senior Picnic July 27th, 11am-1pm, 1pm, at the Calvin K Richards Activity Senior/Youth (sign up by Thursday July 20th)

Senior Concert July 25th, 1-3pm, at the Calvin K Richards Activity Senior/Youth Center

Holiday Luncheon December 7th, 11am-1pm, place to be announced

Veterans Luncheon November 9th, 11am—1pm, place to be announced

### Town Board

**Supervisor . . . . . Lee Wallace**

**Deputy Supervisor . . . Charles Teixeira**

**Councilman. . . . . Marc Carpenter**

**Councilman . . . . . Samuel Gatto**

**Councilman . . . . . Richard Sirianni**

**Town Clerk . . . . . Sylvia Virtuoso**

### Contact Information

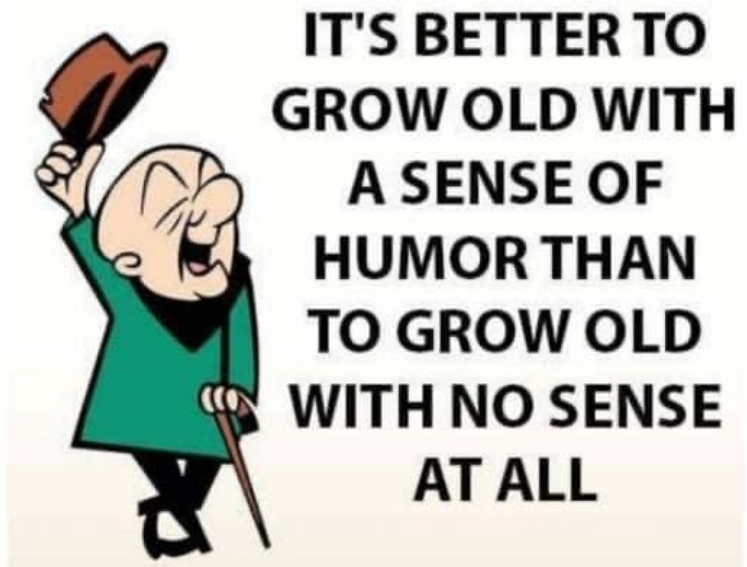
Joe Proietti—Senior Citizens Director

Calvin K. Richards Senior Center

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### **Wreathes Across America December 17, 2023**

At noon on Saturday, December 17, 2023, the Town of Niagara Lion's Club and the Town of Niagara Helping Hands will host a ceremony at Witmer Cemetery. Wreathes will be placed at the graves of 12 military veterans who are buried there. The earliest known veteran burial is a soldier from the War of 1812, Philip Tufford, who was one of the earliest settlers in the Town of Niagara. In addition to Philip, there are 8 Civil War veterans, one from the Spanish-American War, 1 from WWII, and the most recent from the Korean War. The Town of Niagara Lions Club have purchased the wreathes and place them at each of the veteran graves. It is a national program that started a few years ago in Arlington Cemetery and spread throughout the United States.

The public is welcome to attend the ceremony. It will last about 15 minutes or so, and then the Lions will place the wreathes at each of the graves.

# 5 Things You Should Know About Yoga

[Yoga](#) typically combines physical postures, breathing exercises, and meditation or relaxation. Researchers are studying how yoga may be used to help improve health and to learn more about its safe use. If you're thinking about practicing yoga, here are 5 things you should know:

**Studies suggest that yoga may be beneficial for a number of conditions, including pain.** Recent studies in people with chronic [low-back pain](#) suggest that a carefully adapted set of yoga poses can help reduce pain and improve function. Other studies also suggest that practicing yoga (as well as other forms of regular exercise) might have other health benefits such as reducing heart rate and blood pressure, and may also help relieve anxiety and depression.

**Studies show that certain other health conditions may not benefit from yoga.** Research suggests that yoga is not helpful for asthma, and studies looking at yoga and arthritis have had mixed results.

**Yoga is generally considered to be safe in healthy people when practiced appropriately.** However, people with high blood pressure, glaucoma, or sciatica, and women who are pregnant should modify or avoid some yoga poses.

**Practice safely and mindfully.** Everyone's body is different, and yoga postures should be modified based on individual abilities. Carefully selecting an instructor who is experienced and is attentive to your needs is an important step toward helping you practice yoga safely. Inform your instructor about any medical issues you have, and ask about the physical demands of yoga.

**Talk to your health care providers about any complementary health practices you use, including yoga.** If you're thinking about practicing yoga, also be sure to talk to your health care providers. Give them a full picture of what you do to manage your health. This will help ensure coordinated and safe care.



Come and our join or Yoga class, Tuesday, Wednesday, and Thursday from 9:30 to 10:30 am. It is free and it's fun