

Town of Niagara Senior Journal

Volume 19, Issue 52

Winter 2022



Town of Niagara Recreation Dept is looking for individuals, teams, and league organizers interested in the development of Bocce Leagues to be played at the new artificial turf bocce courts in Veterans Memorial Community Park. Interested parties should contact the Recreation Department at 716-297-5150 x201 or the Senior Center at 297-5243 x 202

A Little Poem For Seniors, so true it hurts!!

Another year has passed And we're all a little older.

Last summer felt hotter And winter seems much colder.

There was a time not long ago When life was quite a blast

Now I fully understand About "Living in the Past"

We use to go to weddings, Football games and lunches..

Now we go to funeral homes And after-funeral brunches.

Now we ask for doggie bags, Come home and take a pill.

We use to often travel To places near and far

Now we get sore asses From riding in the car

We use to go to nightclubs And drink a little booze

Now we stay home at night And watch the evening news.

That, my friend is how life is, And now my tale is told.

So, enjoy each day and live it up. Before you're too damned old!!!

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



Home • Assistance • Referral • Team

Contact Us

505 Cayuga Street
Lewiston, NY 14092
(Please use south entrance)

Phone: 716.754.8313

Email: info@hartprogram.org
Website: 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 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 (veterans and their guests only)

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

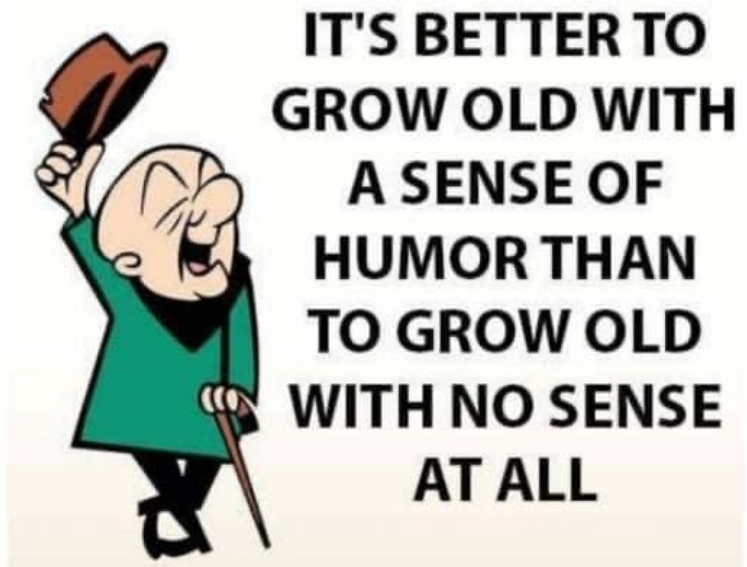
Joe Proietti—Senior Citizens Director

Calvin K. Richards Senior Center

7000 Lockport Road, Niagara Falls, NY

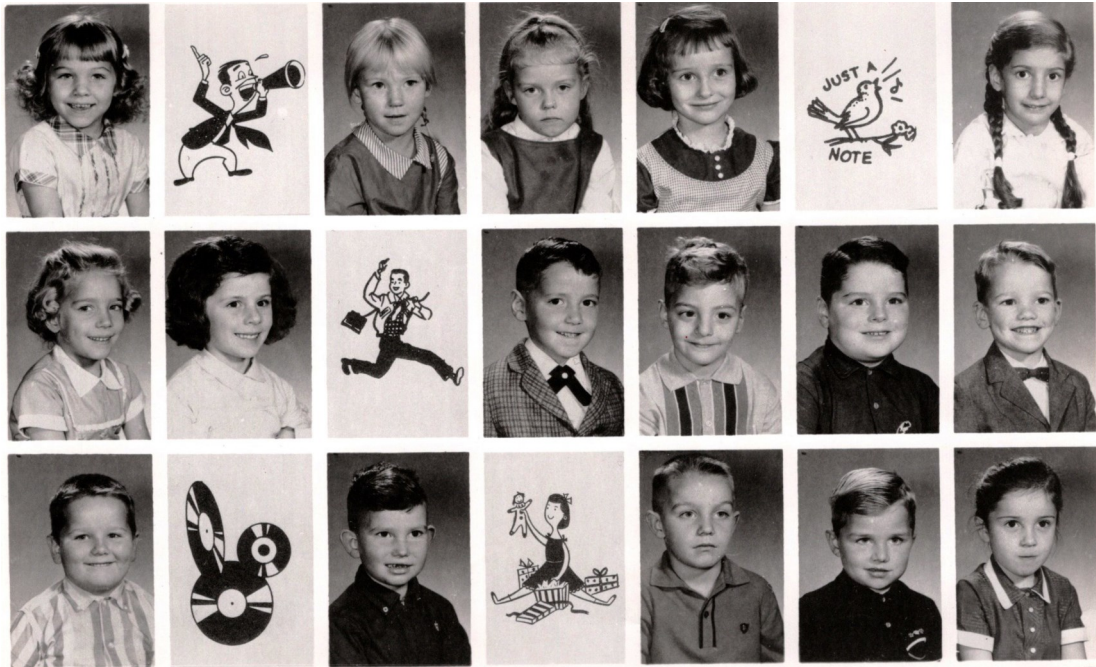
716-297-5243

www.jproietti@townofniagara.com








Military Road School Search

Town of Niagara Historian, Pete Ames needs your help to identify the children in his picture from Military Road School. It is the afternoon Kindergarten class of 1962-1963, but the teacher isn't listed. We were able to fill in some of the blanks, but there are still some unknown children. If you can help, please call Pete on his cell at (716) 297-4429 or email him at pames@townofniagara.com. He has many other Military Road School pictures if you can help fill in any other years.



Military Road - 1962-63 - Kindergarten P.M.

Teacher _____ 1962-1963 _____							Grade
							K-PM
1		2	3	Rhonda Lingenfelter	5		7 Bonnie Perna
10	Brenda Hottel	11		13	14	Paula Bedore	16 Dave Hoffman
19		20	21 Tim Devine		23 Rox Hutchinson	24	25

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

Check out the Defensive Driving Class everyone is talking about



Really enjoyed Ray's use of humor to engage the class and cover very pertinent information. I've taken many of these classes and this was by far the best!
- TINA C., Niagara Falls

Best driving class I've been to. Ray is very informative yet keeps it entertaining and attention grabbing. Very interactive... definitely recommend!
- SARA B., Lewiston.

My husband and I love this class. It is more like attending a comedy show and safe driver class in one. Always Amazing! Great instructor! Lots of laughs
- MICHELLE G., Town of Niagara

NYS DMV's only Approved Humor-Based Defensive Driving Class

Defensive Driving Classes don't have to be boring!

Take the Safe Driver Academy Defensive Driving Class, NYS DMV's only approved Humor-Based course and **Save 10% on your Auto Insurance for 3 Years**
Plus, Reduce up to 4 Points from your DMV Record.

9 am - 3 pm at the Calvin Richards Senior Ctr
7000 Lockport Rd., Niagara Falls, NY 14035

• **Friday, March 3rd**

Includes morning and afternoon breaks
and a break from Noon to 12:30 for lunch.

TO ENROLL, CALL 297-5243

\$35
per person

Payable in advance,
cash or checks made out to
Safe Driver Academy

