Week of July 15, 2024

Town of Niagara Senior Center

Joe Proietti, Director

7000 Lockport Road

Niagara Falls, NY 14305

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716-297-5243

July 16 Yoga/Exercise, Live Instructor - 9:30 – 10:30 am

Bingo, 11-12noon, Lunch 12 noon.

July 17 Silver Sneakers, Live Instructor - 9:30 – 10:30 am

Bingo, 11-12noon, Lunch 12 noon.

July 18 Yoga/Exercise - 9:30 – 10:30 am

Bingo, 11-12noon, Lunch 12 noon.