Week of Feb 11th

Town of Niagara Senior Center

Paige Printup, Director

7000 Lockport Road

Niagara Falls, NY 14305

E-mail: pprintup@townofniagara

716-297-5243 ext. 1

February 11th  Yoga/Exercise, Live Instructor - 9:30 – 10:30am

Bingo, 10:45am-12,

Lunch 12 noon. Sliced Baked Ham

Cookie Decorating 12:30-2:00pm

February 12th Video work out 9:30 – 10:30 am

Bingo 10:45am-12:00pm

Lunch 12 noon. Breaded baked Chicken Breast

February 13th Video Yoga 9:30am-10:30am

Bingo, 10:45am-12,

Lunch 12 noon. Baked Meatloaf