Week of Feb 24th

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 24th Tai Chi 8:30am-9:30am

February 25th  Yoga/Exercise, Live Instructor - 9:30 – 10:30am

Bingo, 10:45am-12,

Lunch 12 noon. Chicken Stew

Medicare Meeting 12pm

February 26th Silver Sneakers, Live Instructor - 9:30 – 10:30 am

Bingo 10:45am-12:00pm

Lunch 12 noon. Stuffed Cabbage Roll

February 27th Tai Chi 8:30am-9:30am

Bingo, 10:45am-12,

Lunch 12 noon Tuna Salad Sandwich