



**City of Niagara Falls Senior
Services
Department
JOHN DUKE CENTER
716-297-9324**

MAY 2022

**There will be a mother's Day luncheon and music by Donna
on Wednesday, May 4th. If interested please let Phyllis
know ahead of time.**

EAT WELL, STAY WELL LUNCH PROGRAM

Our site Director Phyllis Violanti is welcoming and loves to do special things for all her participants. The lunch is a full balanced, nutritionally sound and diabetic meals are available on request all for a donation of \$3.25. There is no reason not to give this a try! Come with a friend, come alone, JUST COME!!

SILVER SNEAKERS

Marie is here and she's amazing. Come join her class and get healthy. This exercise is for all kinds of levels. Exercises are performed both on and off a chair your choice. Also included with these classes are a lot of laughs and lots of interaction with other members. Cost is \$2.00 per class, however, many insurance companies will cover the cost for you. Please see Marie and find out if you are covered. Contact Marie with any questions 716-425-4111.

Tuesday, 10:00-10:50am Silver Sneakers

Thursday, 10:00-10:50am Silver Sneakers

Thursday, 10:50-11:30am Chair Yoga

Friday, 10:00-10:45AM Zumba Gold

DRIVER SAFETY EDUCATIONAL CLASS

Wayne West is finally back from AARP Driving Safety class. April and May classes are full but more classes to come in June. To make a reservation please call 716-297-9324. It's \$25.00 for AARP Members and \$35.00 for non-members.

SNAP-ED CORNELL COOPERATIVE EXTENSION

Please join us on Tuesday, May 10th, at 11:00am for a presentation by Snap-Ed Nutrition for a FREE Education Workshop. They will be going over ways to stay healthy, stretch your food dollar, and try new flavors and recipes.

ACTIVITIES

MONDAYS

10:30am -11:30am: Bingo with “Norm”for only a couples quarters to play.

1:00pm-3:00pm: Knitting and Crocheting. Don’t know how to knit or Crochet? Come and learn with this awesome group of ladies.

TUESDAYS

10:00am -11:00pm: Silver Sneakers.

WEDNESDAYS

10:00am-3:00pm: Needle Painters. Come and check out the beautiful work these ladies do.

1:00-3:00pm: Euchre. Euchre is played at 1:00pm, new players are always welcomed.

THURSDAYS

10:00am-11:00am: Silver Sneakers .

10:50am-11:30am: Chair Yoga.

FRIDAYS

10:00-10:45am Zumba Gold

1:00-3:00pm: Euchre. Euchre is played at 1:00pm, new players are always welcomed.

NIAGARA COUNTY OFFICE OF THE AGING ATTORNEY

Gary Billingsley will be here the fourth Tuesday of every month at 10:00am. He will only see clients on a first come first serve basis by signing in at the Center.

FOOD STAMPS

NIACAP will be here the fourth Tuesday of every month from 10:00am-12:00pm.

Duke Center hours Mon-thru-Fri 8:00am-4:00pm.

Duke Center will be closed on Monday, May 30th for Memorial Day.

A Mother's Prayer

Dear Lord,

It's such a hectic day,
with little time to stop and pray.
For life's been anything but calm,
since You called me to be a mom -

Running errands, matching socks,
Building dreams with stacking blocks.
Cooking, cleaning and finding shoes,
and other things that children lose.

Fitting lids on bottled bugs,
wiping tears and giving hugs.
A stack of last week's mail to read -
where's the quiet time I need?

Yet, when I steal a moment, Lord,
at the sink or ironing board,
to ask the blessing of Your grace,
I see then, in my little one's face,
that you have blessed me all the while.
And I stoop to kiss that precious smile.

~Unknown



