

Club 99 - Resistance Exercise Program

Site Location	Address	Day of the Week	Times	Volunteers in Charge
North Tonawanda/Wheatfield				
Bishop Gibbons	1110 Payne Avenue	Tuesday & Thursday	10:30 – 11:15	Sandy Brohman, Dorothy Muniak & Irene William, Diane Alexander
North Tonawanda Senior Center	110 Goundry St	Monday & Wednesday	10:30 -11:15	Sandy Brohman and Dorothy Muniak
Woodlands Senior Village	3979 Forest Pkwy.	Monday & Wednesday	10:30-11:15	Dorothy Long and JoAnn Sestrich
Wheatfield Community Center	2790 Church Road	Thursday	10:30 AM	Melinda Olick
Niagara Falls				
LaSalle Senior Center	9501 Colvin Blvd.	Wednesday	11:00 AM	Virginia Cerretto
St. John's AME	917 Garden Avenue	Monday	10:30 AM	Vanessa Walker
Summit View Place	7210 Williams Rd	Monday & Wednesday	10:30 AM	Dorothy Landis & Rose Cromwell
Wrobel Towers	800 Niagara Ave.	Tues. & Thursday	10:30 AM	Linda Broeker, Joyce Massey
Lewiston				
Lewiston Senior Center	4351 Lower River Rd.	Wednesday & Thursday	10:30 AM	Effie Wood and Althea Montgomery
Lockport				
Lockport Senior Centre	33 Ontario St.	Monday Friday	12:30 PM 10:45 – 11:45	Kathy Austin, Memory Minders Kathy Austin
Rapids Fire Hall	7195 Plank Road	Thursdays only	10:30 AM	Judy Schultz, Carol & Irene
Barker				
Barker Fire Hall	1660 Quaker Rd	1 st and 3 rd Friday	10:45 AM	Chris Monnin

Niagara County Office for the Aging Program at Eat Well...Stay Well Dining Sites 438-4030