



# Orchard Park Senior Center

70 Linwood Avenue  
Orchard Park, NY 14127



## FEBRUARY 2019 NEWSLETTER

### PHONE

716-662-6452

### EMAIL

[opsenior@orchardparkny.org](mailto:opsenior@orchardparkny.org)

### CENTER HOURS

8:30 a.m. – 4:00 p.m.

### Supervisor

**Dr. Patrick Keem**

### Council Members

Eugene Majchrzak  
Michael Sherry

### Director

Debbie Santiago



**Orchard Park  
Teachers Association**



**West Herr Auto Group**

Adam Ziccardi, President, Orchard Park Teachers Association and Jed Hunter, Chief Operating Officer, West Herr Auto Group presented checks to the Community Activity Council of Orchard Park, Inc. The donation to the Community Activity Council will be used to assist in completing construction and furnishing of the new Orchard Park Community Activities Center in Brush Mountain Park, including our new Senior Center.

**Construction of the new  
Community Activity Center  
(59,000 square foot facility)  
is well underway with  
completion projected  
for early 2020.**



*Notes from Debbie . . .*

I would like to take this opportunity to thank Maria Galley and Jeanne Zablotzky for doing such a great job ensuring that the New Year Party at Salvatore's Italian Garden was a success. I'd also like to thank our volunteers. Adele Mundt helped me to sign in participants to the event and MaryAnn Notto, Richard Jones, and Ben Notary sold split club tickets and raffle tickets which benefit the Community Activity Council.

Thank you to the Orchard Park Teachers Association and West Herr Auto Group for their generous donation to the Community Activity Center!

It saddens me to announce the passing of a beloved friend and instructor, Lois Steck. Lois blessed the senior center with 20+ years of line dance instruction, she added beauty to the center with her gardening abilities and most importantly her friendship. Lois will be sadly missed.

**A Note from Jackie Briggs, Community Activity Council of Orchard Park, Inc. President**

**West Herr Auto Group Donates \$50,000 to Orchard Park Community Activities Center**

Jed Hunter, chief operating officer, West Herr Auto Group, said, "The people in Orchard Park have supported us with remarkable loyalty over the years. We are excited for the opportunity to recognize that support with a contribution toward this wonderful lasting community improvement".

I would like to thank West Herr Auto Group as we are extremely grateful for the support of community leaders like the West Herr Auto Group. Their generous donation will help us realize our long-time goal of building a facility that will address the growing need for appropriate recreation and social meeting space for every generation in our community.

~ Jackie

**Community Activity Council of Orchard Park  
FEBRUARY PRIZE RAFFLE**

**\$50.00 Orchard Fresh Gift Card**

**Generously Donated by  
BROWN & SONS FUNERAL HOME**

The Activity Council is raising funds to furnish the new Community Activity Center. Show your support by purchasing a chance to win the \$50.00 Orchard Fresh gift card.

**Each chance is \$1.00 per ticket.**

You can buy the tickets in the senior center office or at the travel group meetings.

**Winner will be drawn on February 28th.**

*All proceeds benefit the Community Activity Center.*

**IMPORTANT PHONE NUMBERS**

AARP ..... 1-800-424-3410  
 EPIC ..... 1-800-332-3742  
 Erie County Adult Protection ..... 858-6877  
 Erie County Senior Services ..... 858-8526  
 Social Security ..... 1-800-647-9195  
 Town Clerk ..... 662-6410  
 Supervisors Office ..... 662-6400  
 Meals on Wheels ..... 822-2002

**TRANSPORTATION**

**Rural Transit ..... 662-8378**

Rural Transit is a non-profit transportation organization for seniors, disabled, or income eligible residents of Southern Erie County. Trips are free, but donations are accepted. Contact Rural Transit to become a rider or to become a volunteer.

**Going Places Van ..... 858-7433**

Need a ride into Buffalo for medical appointments, physical therapy or other human services?

**Lancaster Opera House  
Dinner Theatre at Ripa's**

**Finnegan's Farewell**

**Sunday, March 17th 1:30 pm (depart center)**

It's time to say goodbye to Patrick James Finnegan, a mailman who won 2.5 million dollars playing the slots at Atlantic City before he conveniently (for someone) dropped dead. Eat, drink, and be merry with Paddy's family at this authentic Irish-American wake, complete with traditional Irish drinking songs, dinner, beverages, and lots of lively step-dancing.

**Space is limited. Cost is \$60.00 which includes ticket and transportation.**

**Last day to purchase a ticket is Feb. 15, 2019.**

**Valentines for Vets****Friday, February 1st at 12:30 pm**

Join us to create a personal Valentine Day card for Veterans. Cards will be delivered to the Veterans Hospital. Supplies will be provided. Please register in the office.

**Mind Aerobics****Monday, February 4th at 1:00 pm**

Join us for a fun filled hour as we exercise our brain! Research has shown brainteasers, word puzzles, critical thinking, and trivia often delay the onset of Alzheimer's. Join the group for laughs and a mental workout which will keep you fit. Everyone is Welcome!!

**Cancer Prevention****Friday, February 8th at 12:45 pm**

The National Cancer Institute reports as many as 80% of all cancers are due to identified factors and are potentially preventable. Making small changes in everyday lifestyle behaviors, having regular screenings, and check-ups may help reduce risk.

Learn how to increase your chance of early detection of cancer, when treatment is more likely to be successful. Please register in the office.

**Looking for Laughter****Monday, February 11th at 12:45 pm**

Laughter is the best medicine! Join Debbie and Maria as we have fun getting to know each other with ice breaker questions. Ice breaker questions are fun, funny and you are sure to laugh. Light refreshments will be served. Register in the office.

**Valentine Bingo Breakfast****Wednesday, February 13th at 9:00 am**

Join us for breakfast and bingo. Cost is \$1.00 and will include your breakfast and your first board. Breakfast is sponsored by Embark at Orchard Glen Independent Senior Living. Additional boards \$1.00. Everyone is Welcome! Space is limited, please register and pay in the office.

**Valentine's Day Lunch****Thursday, February 14th at Noon**

Be a sweetheart and join us for a Valentine's celebration and luncheon. Suggested donation for lunch is \$3.00. Space is limited. Contact Jeanne in nutrition to register for lunch.

**Love Is In The Air****Thursday, February 14th at 1:00 pm**

Take a break from the cold weather and come inside and be entertained. Peter VanScozza, violinist will play your favorite love songs and you will enjoy homemade cookies generously donated by teachers in the Orchard Park School District. Cost is \$2.00, please register and pay in the office.



**Senior Center Closed -  
President's Day  
Monday, February 18th**

**Metabolic Syndrome****Friday, February 22nd at 12:45 pm**

Metabolic Syndrome is a serious health condition. According to the American Heart Association, it affects approximately one in three adults. It's a group of risk factors that, when clustered together, may increase your risk of developing heart disease, diabetes and stroke. Please register in the office.

**Strength & Balance Exercise Class****Monday, February 25th at 12:45 pm**

Exercising can improve your balance and strength. Join Kathleen Schoell, Physical Therapist, Buffalo Rehab Group as she will teach you a combination of exercises which will improve your strength, mobility, and balance. Please wear comfortable clothes to participate in this exercise class. Space is limited. Please register in the office.

**February Birthday Bash****Tuesday, February 26th at 12:30 pm**

Let's Celebrate!! Jeanne Zablotsky our Site Manager invites those who have a February birthday. Submit a photo of yourself in your younger days by 2/22. Everyone is welcome and will enjoy a delicious birthday dessert.

**Bell Aerospace Vehicle Development History****Thursday, February 28th at 12:45 pm**

Did you know Bell Aerospace is responsible for the current concept design of the present day Landing Craft Air Cushion which began in the early 1970s with the full-scale Amphibious Assault Landing Craft test vehicle? Hugh Neeson, development Director of Niagara Aerospace Museum will discuss Bell Aerospace's vehicle development story. Please register in the office.



## LOOKING AHEAD TO MARCH . . . . .



### Passport to Holistic Health Series

(see page 5 for a complete listing of presentations dates and time).

Holistic Health is an approach to life. Rather than focusing on illness or specific parts of the body, this ancient approach to health considers the whole person and how he or she interacts with his or her environment. It emphasizes the connection of Mind, Body and Spirit.

### Siberian Husky Sled Dog

**Tuesday, March 5th at 12:45 pm**

Bobbie Cap, Vice President of Siberian Husky Club of Niagara Frontier will be here with her dog, Taz.



Bobbie will discuss dog sledding, her experiences and dogs. Bobbie will also bring a small sled, the equipment used in dog sledding, and discuss the different Northern breeds used.

Please register in the office.

### Senior Center Dinner Club

**Griffon Gastropub (634 Main St., East Aurora)**

**Thursday, March 7th at Noon**

#### Meal Choices

Summer Cobb Salad	\$21.00
Tuna Poke Salad	\$21.00
Chicken & Waffle Sandwich	\$19.00
Chicago Steak Sandwich	\$21.00
Crispy Shrimp Basket	\$17.00
Boneless Chicken Wings	\$12.00
Pub Platter	\$20.00
Sweet Potato Fries	\$ 8.00

Cost includes tea or coffee, tax and gratuity. Please contact Rae Ann Reese at 822-8869 by February 25th to reserve a seat. Everyone is Welcome!

*The Dinner Group meets at 10:00 am the first Tuesday of the month.*

*Everyone is welcome to attend!*

### Game Day & Root Beer Floats

**Friday, March 8th at 12:45 pm**

Do you enjoy board games and card games or just socializing? Bring a game to play or use the centers games for an afternoon of fun. Take a break from the stresses of everyday life and partake in our Game Day. Please register in the office.

### Avoiding Digital Fraud & Scams Workshop Monday, March 11th at 1:00 pm

Join a representative from Microsoft for a free workshop to learn how to identify, troubleshoot, and report the frauds and scams lurking in the digital outlets and communications you use. Learn how to avoid pitfalls of false web ads, junk emails, and spam for example. Register in the office.

### St. Patrick's Day Dinner Tuesday, March 12th at 4:30 pm



Tonight will be everything green or Irish related. Everyone will receive tickets at the door for a chance to win prizes. Dress in your best green and Irish attire, brush up on your Irish history, limericks and songs because the more you participate the more tickets you will earn for our raffle prizes. Of course, a traditional corned beef and cabbage dinner will be served too.

*Cost for the evening is \$10.00.*

*Space is limited.*

*Purchase your ticket in the office.*

### A Tribute to St. Patrick's Day Wednesday, March 20th at 1:00 pm

Join Lydia Herren, owner and voice/violin instructor at Blue Herren Music for a tribute to St. Patrick's day. Lydia will entertain you with her voice, violin and guitar. Join us for an afternoon tribute to St.

Patrick's Day and light refreshments.

Please register in the office

### A Matter of Balance

FREE 8 week program

**Tuesday, March 26th at 1:00 - 3:00pm**

Do you have concerns about falling? Join this 8 week program and learn how to set realistic goals for increasing activity, reduce fall risk factors and promote exercise to increase strength and balance.

Program is brought to you by Erie County Department of Senior Services / NY Connects.

Space is limited to 12 participants.

Please register in the office.

### Free Help for your Smartphone, iPad or Kindle

Are you having problems using your smartphone, iPad or Kindle? Help is on the way! A volunteer is available to answer your questions for free.

Contact the Center at 662-6452 to set up an appointment.



**It is never too late to  
continue learning and  
enhancing your life!**

Holistic Health is an approach to life. Rather than focusing on illness or specific parts of the body, this ancient approach to health considers the whole person and how he or she interacts with his or her environment. It emphasizes the connection of Mind, Body and Spirit.

**Holistic Health  
Friday, March 1st at 1:00pm**

Sharon Hickman RN, BC/BS of WNY representative will be here to discuss alternative medical treatments such as acupuncture, hypnosis, massage therapy, and vitamins.

**Aromatherapy  
Thursday, March 7th at 1:00pm**

Rachel Ceness MS, RD, BC/BS WNY Health Coach will help you enhance your well-being and harmonize body, mind and spirit with the power of aromas. Learn practical ways to infuse aromatherapy and all its benefits into your everyday life.

**Medicinal Plants for the Home Garden  
Thursday, March 14th at 1:00pm**

Sarah Sorci, Herbalists and Owner of Sweet Flags Herbs will discuss medicinal plants for the home garden. Whether you have a spacious backyard or a stoop for a few containers, you can enjoy beautiful, easy-to-grow plants at home that are edible or medicinal. Sarah will introduce you to a range of common medicinal plants, including tips for cultivation and use after harvest, and safety. You may be surprised by which garden plants you can cook up for dinner or make into tea! Participants will sample a range of herbal preparations.

**Acupuncture & Chinese Medicine:  
Options for Managing Your Life!  
Friday, March 15th at 10:00am**

With today's busy lifestyles Monica Michaels ND, L.Ac from Balance Natural Health and Acupuncture will discuss how acupuncture may help you continue to feel your best from managing pain to relieving stress. Join us to learn more about acupuncture it may be an option to keep you feeling your best!

**Benefits of Salt Therapy**

**Thursday, March 21st at 1:00pm**

Pam and Mike Toole owners of Southtown Salt Cave and both RN's offer an option to one's health journey by using salt. Halotherapy or salt therapy has been used in Europe for years and is making its way into the United States. Alex from Southtown Salt Cave will discuss the many benefits of salt, such as how it provides relief with respiratory ailments like COPD, asthma, allergies, sinus troubles and the common cold to name a few. He will also discuss how salt therapy is good for mental health and will promote rest, sleep and relaxation, decrease stress and anxiety and promote overall sense of peace. Alex will also discuss how it can enhance your immune system and provide relief with skin conditions like eczema and psoriasis.

**The Healing Power of Meditation and Reiki  
Thursday, March 28th at 1:00pm**

Debi Bryk NC will discuss how Reiki and Meditation can help relieve stress, aid in relaxation, assist in the body's natural healing processes, reduce pain, and help develop emotional, mental, and spiritual well-being.

**Essential Oil 101  
Friday, April 5th at 1:00pm**

Have you been hearing all the buzz about essential oils...lavender being great for sleep and Eucalyptus being excellent for easy breathing? Join Amanda DeWald, RN as she goes over the basics about what essential oils are and how they may benefit you! She will discuss the basics including: what an essential oil is, how to use it, as well as the key benefits of some of the most popular oils. Essential oils can bring wellness and vitality to you and your loved ones. Bring a friend with you and get an extra entry for the door prizes!

**Essential Oil Make and Take  
Friday, April 5th at 2:00pm**

Following the Essential Oil presentation, Amanda DeWald, RN will show you an easy way to make your own refreshing room spray using Young Living Essential Oils. Cost is \$5.00. Please register in the senior center office.

**Please register for the Holistic Health presentations  
by stopping in the office or calling 662-6452.**

### **Stay Fit Dining Program**

Lunch served at noon Monday through Friday.

The suggested contribution is **\$3.00**.

**To make a reservation for lunch please call Jeanne at 662-6452 (option #3) by Tuesday 10:00 am for the upcoming week.** If you are unable to keep your reservation, please call the Center **as early as possible**

Thank You!

**Please arrive for lunch by NOON each day or your lunch may be cancelled.**

Fri 2/1 Lasagna Roll w/Meat Sauce, Calif. Blend Vegetables, Chef Salad, Lemon Bavarian

Mon 2/4 Omelet w/Cheese Sauce, Roasted Red Potatoes, Raisin Bread, Orange, Choc. Milk

Tue 2/5 Teriyaki Seasoned Beef Strips w/Rice, Oriental Mixed Vegetables, Lemon Meringue Pie

Wed 2/6 Rigatoni w/Italian Sausage & Sauce, Broccoli, Chef Salad, Peach Bavarian

Thu 2/7 Br. Pork Chop w/Gravy, Lazy Pierogi, Carrots, Pineapple & Mandarin Oranges

Fri 2/8 Chicken Salad w/Cranberries, Breakaway Roll, Cinnamon Pear Crisp

Mon 2/11 Herb Crusted Tilapia, Broccoli, Zucchini with Diced Tomato, Ice Cream

Tue 2/12 Stuffed Shells w/Meat Sauce, Spinach w/ Mushrooms, Cauliflower, Bread, Italian Cookies

Wed 2/13 Pork Ribette w/BBQ Sauce, Scalloped Potatoes, Peas, Dinner Roll, Chocolate Bavarian

Thu 2/14 Br. Chicken Drumsticks, Roasted Red Skin Potatoes, French Bean Medley, Cheesecake

Fri 2/15 Sh. Roast Beef w/Gravy, Potato Chowder, Mixed Vegetables, Strawberry Gelatin

**Mon 2/18 Center Closed President's Day**

Tue 2/19 Beef Stew, Brussels Sprouts, Biscuit Banana, Chocolate Milk

Wed 2/20 Stuffed Pepper w/Sauce, Mashed Potatoes Broccoli, Italian Bread, Cherry Pie

Thu 2/21 Julienne Salad, Dinner Roll, Lorna Doones

Fri 2/22 Cheese Tortellini w/Chicken & Cream Sauce Chef Salad, Italian Vegetables, Orange

Mon 2/25 Polynesian Chicken w/Rice, Blend Vegetables, Squash, Chocolate Cake

Tue 2/26 Omelet w/Cheese Sauce, Spinach, Harvard Beets, Honey Bran Square, Mandarin Oranges

Wed 2/27 Sl. Roast Beef w/Gravy, Cheesy Mashed Potatoes, Carrots, Rye Bread, Apple, Choc. Milk

Thu 2/28 BBQ Pulled Pork, Butternut Squash, Roasted Red Potatoes, Tropical Fruit Cup

Fri 3/1 Beer Battered Fish, Mixed Vegetables German Potato Salad, Cornbread, Ambrosia

**Thursdays in February: Jeanne's Choice Soup**

### **Spend an afternoon at the movies.**

Reserve lunch by calling 662-6452 and then stay for the movie at 1 pm.  
**50 cents includes popcorn and drink**



**Wed. 2/6 Old Man & The Gun** (PG-13 Comedy / Crime) Starring Robert Redford & Sissy Spacek Based on the true story of Forrest Tucker and his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public.

**Wed. 2/13 The Wife** (R Drama) Starring: Glenn Close & Jonathan Pryce A wife questions her life choices as she travels to Stockholm with her husband, where he is slated to receive the Nobel Prize for Literature.

**Wed. 2/20 Little Italy (R Comedy)** Starring: Hayden Christensen & Emma Roberts A young couple must navigate a blossoming romance, amidst a war between their families' competing pizza restaurants.

**Wed. 2/27 A Private War** (R Drama War) Starring: Tom Hollander & Rosamund Pike One of the most celebrated war correspondents of our time, Marie Colvin is an utterly fearless and rebellious spirit, driven to the frontline of conflicts across the globe to give voice to the voiceless.



### **CARDS & GAMES:**

***Everyone is welcome to attend!!***

Bridge Mondays at 12:30 pm

Hand & Foot Wednesdays at 9:30 am

Dominoes Thursdays at 9:30 am

Euchre Fridays at 10:00 am

Mah Jong Fridays at 1:00 pm

Pinochle Fridays at 1:00 pm

### **Card Tournaments:**


Duplicate Bridge Monday, Feb. 4th at 12:30 pm

Euchre Tournament Friday, Feb. 15th at 10:00 am

Pinochle Tournaments will return in April

*Please sign up in the office if you plan on attending the card tournaments.*



	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <div>2019</div>				<b>01</b> 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining <b>12:45 Valentine's for Vets</b> 1:00 Mah Jong 1:00 Pinochle
<b>04</b> <b>8:45 Meditation &amp; Gentle Yoga</b> 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 10:15 Acrylic Painting 12:00 Stay Fit Dining 12:30 Bridge Tourm. <b>1:00 Mind Aerobics</b>	<b>05</b> 9:00 Pool Shooting 9:00 Men's Fitness <b>10:00 Dinner Club Mtg</b> 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Tap Dance 12:00 Stay Fit Dining 1:00 Bingo 2:30 Arthritis Tai Chi 5:00 Yoga 6:00 Zumba	<b>06</b> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:15 Beg Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Movie 1:00 Adv. Tai Chi 1:00 Sketch	<b>07</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 11:00 Zumba 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 2:30 Arthritis Tai Chi <b>Dinner Club Fuji Grill</b>	<b>08</b> 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining <b>12:45 Cancer Prev.</b> 1:00 Mah Jong 1:00 Pinochle
<b>11</b> <b>8:45 Meditation &amp; Gentle Yoga</b> 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 10:15 Acrylic Painting 12:00 Stay Fit Dining 12:30 Bridge <b>12:45 Looking for Laughter</b>	<b>12</b> 9:00 Pool Shooting 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Tap Dance 12:00 Stay Fit Dining 1:00 Bingo 2:30 Arthritis Tai Chi 5:00 Yoga 6:00 Zumba	<b>13</b> 9:00 Pool Shooting 9:00 Men's Fitness <b>9:00 Valentine Breakfast Bingo</b> 9:30 Hand & Foot 10:15 Beg Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Movie 1:00 Adv. Tai Chi 1:00 Sketch	<b>14</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 11:00 Zumba <b>12:00 Valentines Lunch</b> <b>1:00 Love is in the Air</b> 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 2:30 Arthritis Tai Chi	<b>15</b> 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 EuchreTourn. 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle
<b>18</b> <b>Center Closed President's Day</b> 	<b>19</b> 9:00 Pool Shooting 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Tap Dance 12:00 Stay Fit Dining 1:00 Bingo 2:30 Arthritis Tai Chi 5:00 Evening Yoga 6:00 Evening Zumba	<b>20</b> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:15 Beg Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Movie 1:00 Adv. Tai Chi 1:00 Sketch	<b>21</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet <b>1:00 AARP Driving</b> 2:30 Arthritis Tai Chi	<b>22</b> 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining <b>12:45 Metabolic Syndrome</b> 1:00 Mah Jong 1:00 Pinochle <b>1:00 AARP Driving</b>
<b>25</b> <b>8:45 Meditation &amp; Gentle Yoga</b> 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 10:15 Acrylic Painting 12:00 Stay Fit Dining 12:30 Bridge <b>12:45 Strength &amp; Balance Class</b> <b>1:00 Mind Aerobics</b>	<b>26</b> 9:00 Pool Shooting 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Tap Dance 12:00 Stay Fit Dining <b>12:30 Birthday Bash</b> 1:00 Bingo 2:30 Arthritis Tai Chi 5:00 Evening Yoga 6:00 Evening Zumba	<b>27</b> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot <b>10:00 Book Group</b> 10:15 Beg Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Movie 1:00 Adv. Tai Chi 1:00 Sketch	<b>28</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 11:00 Zumba 12:00 Stay Fit Dining <b>12:45 Bell Aerospace</b> 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 2:30 Arthritis Tai Chi	<b>March 1st</b> 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle <b>1:00 Holistic Health Presentation</b>

## CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

*Reminder: Please register and pay early to prevent class cancellation.*

### Meditation & Gentle/

**Restorative Yoga**     \$16.00 – 4 week session  
Mondays at 8:45 am     1/28 – 2/25

**Yoga**     \$35.00 – 10 week session  
Wednesdays at 11:30 am     1/9 – 3/13

**Tap Dance**     \$30.00 – 8 week session  
Tuesdays at Noon     1/8 – 2/26

**Inter. Tap Dance**     \$30.00 – 8 week session  
Thursdays at 10:00 am     1/3 – 2/21

**Zumba**     \$30.00 – 8 week session  
Thursdays at 11:00 am     1/31 – 3/2

**Beginner Tai Chi**     \$30.00 – 8 week session  
Thursdays at 1:00 pm     1/10 - 3/7

**Tai Chi for Arthritis**     Free Class 1/29 - 3/27  
Tuesdays & Thursdays at 2:30 pm

**Advanced Tai Chi**     \$30.00 – 8 week session  
Wednesdays at 1:00 pm     1/9 – 2/27

**Men's Fitness**     \$40.00 – 10 week session  
Tues. - Thurs. at 9:00 am     1/2 – 3/7

**Ladies Exercise**     Free Class  
Monday, Wednesday and Friday at 9:00 am  
*\*Please wear comfortable clothes and bring a mat.*

**Beg. Line Dance**     \$2.50 per class  
Wednesdays at 10:15 am

**Inter. Line Dance**     \$2.50 per class  
Tuesdays at 10:30 am

### EVENING CLASSES:

**Yoga**     \$16.00 – 4 week session  
Tuesdays at 5:00 pm     1/22 – 2/12

**Zumba**     \$30.00 – 8 week session  
Tuesdays at 6:00 pm     1/22 – 3/21

### *Want to get involved to help us build the New Senior Center?*

- ♦ Consider sponsoring a Memorial Plaque
- ♦ Help open doors to local businesses and individuals – we need their support
- ♦ See Debbie Santiago for more information on how you can help us reach our goal

### Wii Bowling

**Mondays at 10:15 am**

Wii bowling attracts the feeling and effects of being in a real bowling alley, right in the senior center. It simulates real-life bowling by using simple motion controls - bowling the ball is as easy as flicking your wrist. Register in the office.

### Mind Aerobics

**Mondays at 1:00 pm**

Join us for a fun filled hour! Research has shown brainteasers, word puzzles, critical thinking, and trivia often delay the onset of Alzheimer's. Join the group for laughs and a mental workout which will keep you fit. Everyone is Welcome!!

### Club 99

**Tuesday & Thursday at 10:45 am**

The Erie County Dept. of Senior Services and Senior Nutrition Program have teamed up to present Club 99. Club 99 is a free fitness program. Instructor, Ray Steck will explain how using the resist-a-band will tone and build muscle. Everyone is welcome!

### B I N G O !!

**Tuesdays at 1:00 pm**

Bring a friend and join us for a fun filled hour of bingo. All boards are \$1.00. All are welcome!  
*\*\* check calendar for time changes \*\**

### Pickle Ball

**Tuesdays, Thursdays & Fridays 11:00 - 1:00 pm**

Pickle ball is played at the South Towns Tennis Center. Cost payable to tennis center is \$4.00 per day. Please contact the Senior Center if you require additional information 662-6452.

### ART CLASSES AT THE CENTER . . . . .

**Beginners Welcome!!** *Stop in or contact the center to pick up a supply list for the art classes.*

### Acrylic Painting

\$25.00 - 6 week session  
Mondays at 10:15 am     1/7—2/25  
*No class 1/21 & 2/18*

### Sketch Class

\$25.00 - 6 week session  
Wednesdays at 1:00 pm     1/9—2/13

### Watercolor Painting

\$25.00 - 6 week session  
Fridays at 10:30 am     1/11—2/15



**SENIOR GROUPS**

In addition to the Senior Center activities and programs, the following groups offer social events, escorted trips locally in the U.S and the world!

**Armor Seniors:**

Meets the 2nd and 4th Thursday of the month at 1:30 pm at St. Bernadette's Church 5930 South Abbott Rd.  
Arlene Schlierf, President 649-5845.  
For travel contact Fran Ritz at 648-7526.

**Hillcrest Seniors:**

Meets at 10:00 am the 2nd and 4th Thursday of the month at the American Legion Post, N. Buffalo Rd. OP  
Sally Stoner, President 861-2246  
For travel contact Richard Jones 827-7074

**Orchard Park Senior Citizens:**

Meets at 11:00 am the 1st and 3rd Wednesday at American Legion Post, N. Buffalo Rd. Orchard Park.  
Mary Ann Notto, President 825-6460  
For travel contact Ruth Duffy 649-7026

**Sacred Heart Seniors:**

Meets at noon the 2nd and 4th Tuesday of the month in the lower hall at Our Lady of Sacred Heart Church on Abbott Road  
Esther Marcin-Cullis, President 649-6850.

**St. John's Lutheran Church,  
Diamonds in the Rough:**

Meets the first Tuesday of the month at 1:00 pm at St. John's Lutheran Church, Highland Ave. Orchard Park.  
Alan Groth, President 662-2140

**St. John Vianney Seniors:**

Meets the 2nd and 4th Tuesday at 12:45 pm in St. John Vianney Parish Center on Southwestern Blvd.  
Dorothy Dzikowski, President 674-1645  
For travel contact Trudy Miller 826-4040

**A.A.R.P. Driver Safety Program**

**Thursday, February 21st &  
Friday, February 22nd  
1:00 - 4:00 pm**

AARP Driving course is a great way to save money on your auto insurance. Cost is \$20.00 for AARP members and \$25.00 for non-AARP members.

**Upcoming Classes:**

*Thursday, March 28th & Friday, March 29th  
Thursday, April 25th & Friday, April 26th*

**Registration** is required by calling the Center at 662-6452.

**Medicare Advantage Plans**

*A sales representative will be at the Center to meet one on one and answer any questions you may have.*

**Univera Healthcare**

Monday, February 4th 1:00 - 3:00 pm

**United Healthcare**

Thursday, February 14th 10:00 – Noon

**Fidelis Healthcare**

Tuesday, February 12th 9:00 - 11:00 am

**Blue Cross / Blue Shield**

Friday, February 15th 10:00 - Noon

**Aetna**

Monday, February 11th 10:00 - Noon

**Independent Health**

Tuesday, February 19th 10:00 - Noon

**Orchard Park Senior Center  
Closing Information**

If you want to know if Center activities will be cancelled during bad weather, listen for "weather closing" announcements on WGRZ-TV, WKBW-TV, WIVB-TV and WBEN radio. You may also call the Center at 662-6452 or the Supervisor's office at 662-6400 to learn if the Center is closed.

**We DO NOT follow the Orchard Park School calendar or their closings.**

**Senior Center Art Display for February :**

Please stop by and view the Senior Center artist's artwork featuring various artwork of animals in the dining room.

**Book Group**

**Eleanor & Hick: The Love Affair that Shaped  
a First Lady by Susan Quinn  
Wednesday, February 27th at 10:00 am**

The Book Group meets at 10:00 am the last Wednesday of the month. Members are encouraged to read the book prior to attending the meeting.

**Mark Your Calendar ..... Coming in March**



**AROMATHERAPY**

**ACCUPUNCTURE & CHINESE MEDICINE**

**BENEFITS OF SALT THERAPY**

**ESSENTIAL OILS**

**MEDICINAL PLANTS FOR THE HOME GARDEN**

**HEALING POWER OF MEDITATION & REIKI**

*SEE PAGE 5 FOR DETAILS*

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**Orchard Park Senior Center**

70 Linwood Avenue

Orchard Park, NY 14127