



Orchard Park Senior Center

70 Linwood Avenue
Orchard Park, NY 14127



MARCH 2019 NEWSLETTER

PHONE

716-662-6452



EMAIL

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

AROMATHERAPY

ACCUPUNCTURE & CHINESE MEDICINE

BENEFITS OF SALT THERAPY

ESSENTIAL OILS

MEDICINAL PLANTS FOR THE HOME GARDEN

HEALING POWER OF MEDITATION & REIKI

See page 4 for additional information



Notes from Debbie . . .

Welcome to March. Happy St. Patrick's Day to all our Irish friends and those who wish they were Irish. Just think, before you know it will be spring.

Want to be the first to read our newsletter? If so, go to orchardparkny.org on the home page choose Departments (in green banner), choose Senior Center, and choose the newsletter within the webpage it's that easy to be the first to read our newsletter.

I hope after reading the newsletter you find a few (or many) activities and classes to participate in. If you are coming to the center to attend a presentation or class consider staying for one of our delicious lunches? The Stay Fit Dining Program offers hot, nutritious meals to residents 60+ years of age living in Erie County. Meals are served at noon for a suggested contribution of \$3.00. Reservations can be made by calling 662-6452 (choose option 3) by Tuesday at 10 am for the upcoming week. Check out our menu on page 6.

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

I'd like to thank all the seniors who have contributed to the Community Activity Center.

Looking ahead ... In 2020 the new center is scheduled to open. I encourage those who may not have donated to contribute. Your contribution will be used to address the needs of the seniors when the new center opens.

We encourage you to contribute by contacting Jack Kearns and Associates, purchase the monthly gift card raffle tickets, and continue to watch the newsletter for upcoming fundraising opportunities

~ Jackie

Community Activity Council of Orchard Park MARCH PRIZE RAFFLE \$50.00 Outback Steakhouse Gift Card

Generously Donated by Maryann Notto

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 Outback Steakhouse 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 April 1st.

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

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

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

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.

CONGRATULATIONS!

AnnMarie Spulecki was the winner of our January \$50.00 Visa gift card prize raffle.

Thank you for everyone who purchased a ticket to our monthly raffle and Hillcrest Senior Travel group for the January donation.



**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. Contact the senior center to register.

Erie County Caseworker

Thursday, March 7th 11:00 am - 1:00 pm

Dorothy Mehrent, ECSS case worker will assist with short-term counseling, community service outreach / linkage and benefits and entitlements (local, state and federal ie. Medicare, SSI, SNAP, HEAP). No appointment necessary.

**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. Contact the senior center to register.

**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. Contact the senior center to register.



**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.

Register and purchase your ticket in the office.

**Wildlife Adaptations for the Winter
Tuesday, March 19th at 1:00 pm**

****rescheduled from January****

Carol Rogers, Park Naturalist, NY State Parks, Recreation & Historic Preservation will discuss how wildlife get through the harsh winter months. The presentation will include animals that hibernate as well as those that remain active during the winter. It is a time of true survival of the fittest!! Contact the senior center to register.

**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. Contact the senior center to register.

March Birthday Bash

Friday, March 22nd at 12:30 pm

Let's Celebrate!! Jeanne Zablotzky our Site Manager invites those who have a March birthday. Submit a photo of yourself in your younger days by Tues. March 19th. Everyone is welcome and will enjoy a delicious birthday dessert.



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 view falls as controllable, 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. Contact the senior center to register.

Bring a Friend to Lunch

Thursday, March 28th at noon

Bring a friend to lunch who has never been to lunch at the senior center and you both will enjoy a free lunch. The lunch is Roast Turkey with Gravy, Mashed Potatoes, Peas and Carrots, and dessert. Register with Jeanne at the center or calling 662-6452 (option 3) by Tuesday, March 19th.



**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.**

LOOKING AHEAD TO APRIL

Improve Your Balance to Prevent Falls Thursday, April 4th at 1:00 pm

Don't fear falling - take control of it!

Join a BlueCross/BlueShield representative for this interactive workshop to learn how to build your balance, improve strength, and increase your flexibility. Contact the senior center to register.



Senior Center Dinner Club Eckl's (4969 Ellicott Rd., Orchard Park) Thursday, April 4th at 5:00 pm

Meal Choices

Grill Chicken	\$21.00
Special Roast Beef Plate	\$23.25
Lamb Lolly Chop	\$23.25
Lobster Ravioli	\$36.00

Cost includes tax and gratuity. No beverage included. Please contact Dixie Bileschi at 674-9348 by March 26th 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!

Mindfulness Matters

Monday, April 8th at 12:45 pm

We spend so much time agonizing over the past and worrying over the future. Mindfulness is the act of being aware of and experiencing the present moment. Mindfulness can reduce stress, improve productivity, and increase happiness. In this four week session (4/8 4/15, 4/22, and 4/29), you'll learn ways to incorporate this exercise into your everyday life. Contact the senior center to register.

Bingo Bash Dinner

Tuesday, April 9th at 5:00 pm

Sponsored by Eden Heights.

Eden Heights of Eden Assisted Living is sponsoring our evening dinner bingo bash. Tonight we will serve pizza and salad for \$1.00. To attend the dinner you must sign up and pay in the office by Friday, April 5th.. Space is limited.

Additional boards are \$1.00.

History of Honeymoon Bridge

Thursday, April 11th at 1:00 pm

The Fallsview Bridge opened in 1898, connecting Niagara Falls, NY to Niagara Falls, Ontario. Today, we know it as the Honeymoon Bridge. Join Carol Rogers, Environmental Educator for a presentation filled with photos that span the 40 years of its existence. Contact the senior center to register.

Hearing Health

Monday, April 15th at 12:45 pm

Dr. Christine Pleban, audiologist, Hearing Evaluation Services of Buffalo will discuss how untreated hearing loss can make the brain work harder which can affect memory and communication. Learn about how auditory stimulation can help keep you sharp and engaged in life. Contact the senior center to register.

FREE Hearing Test Screenings Hearing Evaluation Services of Buffalo Wednesday, April 17th 12:45 pm

An audiologist from Hearing Evaluation Services of Buffalo will perform, a free short free hearing Screening. Please contact the senior center for a screening appointment.

Prepare for an Emergency ... What to Expect Thursday, April 18th at 12:45 pm

What do you do if you have a medical emergency and call 911? Tom Barsi, EMT-P, Orchard Park Fire District EMS Paramedics will discuss how you can prepare, knowing what to have ready and what to expect to care for you or your loved one. Tom will also give a demonstration of how to perform hands only CPR and how to use an AED.

Contact the senior center to register.

Simple Changes for a Healthier You

Thursday, April 25th at 12:45 pm

****rescheduled from January****

This interactive program teaches ways to make overwhelming health goals manageable and shows the value in making small behavior changes.

Contact the senior center to register.

Protect Yourself

Friday, April 26th at 12:45 pm

Protect yourself from scams!

Strangers (and sometimes family members) can target senior citizens for their money. A representative from Center for Elder Law and Justice will advise you what to look out for, and learn what can be done if you fall victim to a scam or other financial crimes.

Contact the senior center to register.

The Center for Elder Law and Justice offers free legal help to seniors in the community.

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 3/1 Beer Battered Fish, Mixed Vegetables, German Potato Salad, Cornbread, Ambrosia
- Mon 3/4 Beef Stew, Mashed Potatoes, Garlic Biscuit Chocolate Mousse
- Tue 3/5 Bflo Style Br. Chicken Breast, Roll, Fiesta Corn, Broccoli, Chocolate Éclair
- Wed 3/6 Tuna Macaroni Salad, Club Crackers, Tapioca Pudding with Fruit
- Thu 3/7 Roast Pork w/ Warm Cinnamon Apples Carrots, Mashed Potatoes, Frosted Spice Cake
- Fri 3/8 Stuffed Shells w/Sauce, Cauliflower, Chef Salad, Roll, Fruit Cocktail
- Mon 3/11 Turkey A la King, Mashed Potatoes, Corn, Biscuit, Chocolate Chip Cookies
- Tue 3/12 Ham w/Scalloped Potatoes, Peas, Apple Juice, Rye Bread, Lemon Cake with Frosting
- Wed 3/13 Sl. Roast Beef w/ Gravy, Sweet Potato Spiced Apples, Roll, Fruited Gelatin
- Thu 3/14 Corned Beef, Creamed Cabbage, Carrots Parslied Potatoes, Lime Sherbet
- Fri 3/15 Baked Salmon, Rice Pilaf, Broccoli, Cornbread, Baked Pear Crisp
- Mon 3/18 Italian Sausage w/Peppers, Onions & Tomato Sauce, Roasted Red Potatoes, Mixed Vegetables, Pineapple, Chocolate Milk
- Tue 3/19 Meatloaf w/Gravy, Mashed Potatoes, Broccoli, White Bread, Vanilla Mousse
- Wed 3/20 Cottage Cheese w/Berries & Cantaloupe Whole Wheat Crackers, Strawberry Ice Cream
- Thu 3/21 Veal Parmesan w/Sauce, Green Beans. Cauliflower, Dinner Roll, Frosted Marble Cake
- Fri 3/22 Baked Fish, Sweet Potatoes, Peas, Wheat Dinner Roll, Peach Crisp
- Mon 3/25 Pork Ribette w/bbq, Cheesy Mashed Potatoes, Kale & Apple Salad, Lemon Cake
- Tue 3/26 Beef Stew, Brussels Sprouts, Biscuit, Strawberry Bavarian
- Wed 3/27 Sloppy Joe, Calif. Mixed Vegetables, Broccoli Cheese Soup, Fruit Compote, Choc. Milk
- Thu 3/28 Roast Turkey w/Gravy, Mashed Potatoes Peas & Carrots, Roll, Red Gelatin
- Fri 3/29 Breaded Fish, Macaroni and Cheese, Italian Green Beans, Mandarin Oranges

Thursdays in March: 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. 3/6 GrandDaddy Day Care (Comedy PG-13)
A novelist cares for his aging father-in-law while working on his next book. After the father-in-law moves in, he figures out a way to start his own day care business, coming across unexpected challenges and troubles with a new group of seniors.

Wed. 3/13 Bohemian Rhapsody (Documentary, Music PG-13) Starring: Rami Malek, Lucy Boynton
A chronicle of the rock band Queen, who rose to fame thanks to their revolutionary sound and the theatrics of their front man, the iconic Freddie Mercury, culminating in their reunion for the historic set they played at Live Aid in July 1985.

Wed. 3/20 No Movie *Join us for a free St. Patricks Tribute see page 3 for additional info.*

Wed. 3/27 A Star Is Born (Drama/Music R)
As a veteran country musician struggles with alcoholism, his lover's career soars to new heights. As his former stage partner and protégé blossoms from an insecure singer-songwriter into a major star in her own right, their relationship is placed under immense strain

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, March 4th at 12:30 pm
- Euchre Tournament Friday, March 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
				01 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 1:00 Holistic Health Presentation
04 8:45 Meditation & Gentle Yoga 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 10:15 Acrylic Painting 12:00 Stay Fit Dining 12:30 Bridge Tourn.. 1:00 Mind Aerobics	05 9:00 Pool Shooting 9:00 Men's Fitness 10:00 Dinner Club Mtg 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Tap Dance 12:00 Stay Fit Dining 12:45 Siberian Husky 2:15 Bingo 2:30 Arthritis Tai Chi 5:00 Yoga 6:00 Zumba	06 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	07 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 1:00 Aromatherapy 2:30 Arthritis Tai Chi	08 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 12:45 Game Day & Root Beer Float 1.00 Mah Jong 1:00 Pinochle
11 8:45 Meditation & Gentle Yoga 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 10:15 Acrylic Painting 12:00 Stay Fit Dining 12:30 Bridge 1:00 Mind Aerobics 1:00 Avoid Digital Fraud & Scams	12 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 4:30 St. Pat's Dinner 5:00 Yoga 6:00 Zumba	13 9:00 Pool Shooting 9:00 Men's Fitness 9:00 Ladies Exercise 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	14 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 Medicinal Plants 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 2:30 Arthritis Tai Chi	15 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 1:00 Accupuncture & Chinese Medicine
18 8:45 Meditation & Gentle Yoga 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 10:15 Acrylic Painting 12:00 Stay Fit Dining 12:30 Bridge 1:00 Mind Aerobics	19 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 Wildlife Adapt. 2:15 Bingo 2:30 Arthritis Tai Chi 5:00 Evening Yoga 6:00 Evening Zumba	20 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 Adv. Tai Chi 1:00 Sketch 1:00 Tribute to St. Pat's Day	21 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 Benefits of Salt Therapy 1:00 Knitter/Crochet 1:00 AARP Driving 2:30 Arthritis Tai Chi	22 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 12:30 Birthday Bash 1.00 Mah Jong 1:00 Pinochle 1:00 AARP Driving
25 8:45 Meditation & Gentle Yoga 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 10:15 Acrylic Painting 12:00 Stay Fit Dining 12:30 Bridge 1:00 Mind Aerobics	26 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 1:00 Matter of Balance 5:00 Evening Yoga 6:00 Evening Zumba	27 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:00 Book Group 10:15 Beg Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Movie 1:00 Adv. Tai Chi 1:00 Sketch	28 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 1:00 Meditation & Reiki	29 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

CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

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

**Meditation & Gentle/
Restorative Yoga** \$30.00 – 8 week session
Mondays at 8:45 am 3/4 – 4/22

Yoga \$35.00 – 10 week session
Wednesdays at 11:30 am 1/9 – 3/20
Wednesdays at 11:30 am 3/27 – 5/29

Tap Dance \$12.00 – 3 week session
Tuesdays at Noon 3/12 – 3/26

Inter. Tap Dance \$30.00 – 8 week session
Thursdays at 10:00 am 3/7 – 4/25

Zumba \$30.00 – 8 week session
Thursdays at 11:00 am 1/31 – 4/4

Beginner Tai Chi \$30.00 – 8 week session
Thursdays at 1:00 pm 3/21 - 5/23

Tai Chi for Arthritis Free Class 1/29 - 3/21
Tuesdays & Thursdays at 2:30 pm

Advanced Tai Chi \$30.00 – 8 week session
Wednesdays at 1:00 pm 3/13 – 5/1

Men's Fitness \$40.00 – 10 week session
Tues. - Thurs. at 9:00 am 3/12 – 5/16

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 \$12.00 – 3 week session
Tuesdays at 5:00 pm 2/19 – 3/05
Tuesdays at 5:00 pm *Next session begins 3/19*

Zumba \$30.00 – 8 week session
Tuesdays at 6:00 pm 1/22 – 3/26
Tuesdays at 6:00 pm 4/2 – 5/21

**FREE
CLASS**

ARTHRITIS TAI CHI
Thursdays at 2:30 pm
April 4th - May 23rd

Join this class for the benefits of Tai Chi for Arthritis
Increase strength, balance and posture, prevent falls,
improve mind, body, and spirit, reduce stress,
and increase relaxation.

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!

BINGO !! **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 3/11 - 4/22

Sketch Class \$25.00 - 6 week session
Wednesdays at 1:00 pm 3/6 - 4/10

Watercolor Painting \$25.00 - 6 week session
Fridays at 10:30 am 3/8 - 4/12

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, March 28th
Friday, March 29th
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, April 25th & Friday, April 26th
Thursday, May 30th & Friday, May 31st*

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, March 4th 1:00 - 3:00 pm

Blue Cross / Blue Shield

Wednesday, March 13th 10:00 - Noon

United Healthcare

Thursday, March 14th 10:00 - Noon

Aetna

Monday, March 18th 10:00 - Noon

Independent Health

Wednesday, March 20th 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 March :

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



Book Group

The Book Group meets at 10:00 am the last Wednesday of the month. Join the group to offer your ideas on book selections.

Everyone is welcome to attend.

Looking Ahead...



UNIVERSITY EXPRESS Lifelong Learning for Adults Age 55+ Spring Session end of April - June

Sponsored by Erie County Department of Senior Services NYConnects. University Express brings stimulating classes on current affairs, history, science, the arts, wellness and more to Senior Centers. Classes are free and available to seniors 55+. Spring brochures will be available mid April.

CLERK ON THE GO Outreach & VETERANS ONE STOP Thursday, May 23, 2019 1:30pm-3:30pm

Erie County Clerk Michael Kearns will partner with Orchard Park Councilman Michael Sherry, Town Clerk Remy Orffeo and the Orchard Park Senior Center to host an outreach at the senior center.

- ◆ "Ready" for REAL ID and Enhanced Driver's License.
- ◆ Enroll veterans in the "Thank A Vet" discount program
 - ◆ Purple Heart Recipients applications

Veterans One Stop

The Outreach and Engagement Specialist will be present to discuss their services, which includes financial and benefits counseling, housing assistance, caregiver services, and legal services.

Orchard Park Senior Center

70 Linwood Avenue

Orchard Park, NY 14127
