



Orchard Park Senior Center

70 Linwood Avenue
Orchard Park, NY 14127



APRIL 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



April is Volunteer Appreciation Month!

Volunteers are those who bring sunshine to others lives.

*A heartfelt thanks to our volunteers in the senior center
and the community. Thank You For All You Do!*

Happy Easter!



Notes from Debbie . . .

April is National Volunteer Month! A time set aside to recognize and encourage people to seek out ways to get involved in their community and to make a difference in people's lives. We are fortunate to have dedicated volunteers at the Senior Center and can never thank them enough for their time and effort. As an additional thank you, we would like to invite those who volunteer at the Senior Center to a breakfast on Thursday April 24th at 9:30 am.

Please let Maria or I know if you plan to attend.

It was with a heavy heart we said goodbye to Wanda Schwab, a valued volunteer and friend of the center. Wanda was a dedicated volunteer to our nutrition program and active participant in our Veteran's Day program. Wanda will be sadly missed.

Congratulations Rosemary Fantaske. Rosemary was the winner of the \$50.00 gift card prize raffle. Thank you for everyone who purchased a ticket to our monthly raffle and Brown & Sons Funeral Home for their generous donation.

SPECIAL EVENTS

**Buffalo Philharmonic Orchestra
An American Salute
Friday, May 24th**

Bus departs at 8:30 am - 10:30 am performance

Celebrate American history through 200+ years of music. Experience our heritage from the Civil War forward, saluting our troops throughout the ages. We will arrive at 9 am for the complimentary coffee and doughnuts. Following the concert we will make our way to JP Fitzgeralds restaurant for lunch.

Cost is \$72.00 (which includes bus transportation, BPO ticket and lunch).

Payment is due at the time of registration.



**Buffalo Double Decker Bus Tour
Wednesday, June 5th
at 9:00 am (depart center)**

Our day will begin as the double decker bus arrives at the center to pick us up for the tour. The two hour entertaining tour starts at the Naval Park hosted by "Officer O'Connor", a policeman who has patrolled Buffalo since 1860. His Irish brogue and wit brings to life the story of Buffalo's founding, immigration, growth, downturn and eventual renaissance.

The tour includes the Naval Park, Erie Basin Marina, Outer Harbor, Grain Silos, Old First Ward Industrial Neighborhood and downtown architecture.

Weather permitting we will enjoy a brief 20 minute walking tour aboard a ship at the Naval Park.

Following the double decker bus tour, it's time for lunch at Pearl Street Grille

Cost for this event is \$52.00.

Payment is due at the time of registration.

There are 44 seats on the top of the bus and 21 below, so you may want to request where you sit when booking. Upper seats require climbing stairs.

Seat location cannot be guaranteed.

Please note this tour requires the ability to walk, stand, and climb stairs during the outing.

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

Going Places Van 858-7433

**Community Activity Council of
Orchard Park**

APRIL PRIZE RAFFLE

\$50.00 Pasquale's Gift Card

**Generously Donated by
Orchard Park Senior
Travel Group**

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 Pasquale's 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 May 1st.

All proceeds benefit the Community Activity Center.

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.

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, how they may benefit you, 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! Contact the senior center to register.

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.

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. This class continues (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.

IRS Scams & How to Protect Yourself**Thursday, April 11th at 9:00 am**

Don't let criminals and scammers take advantage of you! Erica Klepser, Acting Local Taxpayer Advocate in Buffalo will present information about common tax scams and how to protect yourself from falling victim to this type of fraud. Erica will also highlight tips from the IRS and will be available to answer questions. Contact the senior center to register.

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.

Minute To Win It!**Friday, April 12th at 1:00 pm**

You've watched the game show now you get to participate. You will participate and compete against each other in 60 second challenges. This will give you an opportunity to brush up on your skills prior to our Senior Games this summer. Join us for this fun event by contacting the center and reserving your spot.

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 9-1-1? 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.

SENIOR CENTER IS CLOSED
Friday, April 19th Good Friday

**April Birthday Bash****Monday, April 22nd at 12:30 pm**

Let's Celebrate!! Jeanne Zablotsky our Site Manager invites those who have a April birthday. Submit a photo of yourself in your younger days by April 18th. Everyone is welcome and will enjoy a delicious birthday dessert.

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 the 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.

Univ. Exp.: Ditch the Negative Self Talk
Tuesday, April 30th at 1:30pm

We'll discuss how negative self-talk can affect our confidence, actions, and beliefs. Learn how to change your thoughts from negative to positive. Instructor: Miranda Zagorski, health coach, BlueCross BlueShield of Western New York. Contact the senior center to register.

LOOKING AHEAD TO MAY.....

Univ. Exp: Quilts and the Underground Railroad
Thursday, May 2nd at 1:30pm

For years, it has been believed that women and men used quilts as signals to help men, women and children escape slavery using the Underground Railroad. What were those signals? What did they mean? Is there truth to the signals or is it a fallacy that has been repeated for generations? Learn what the quilt blocks were, what they signified and the story that goes along with it. Instructor: Theresa Wiater, retired teacher of gifted education and Grade 5 from Clarence Center Elementary School; experienced quilter. Contact the senior center to register.

Senior Center Dinner Club - The Yelling Goat
(205 Central Ave., Lancaster)
Thursday, May 2nd at 5:00 pm

Meal Choices

Grilled Steak Salad	\$22.00
Calf Livers	\$23.00
Beef Stroganoff	\$24.00
Brandy Pork Tenderloin	\$25.00

Cost includes complimentary housemade bread, coffee & tea, asst'd. mini. desserts, and tax and gratuity. Please contact Gail Freeman at 248-766-1924 with entrée selection and payment by April 25th. Everyone is Welcome! The Dinner Group meets at 10:00 am the first Tuesday of the month.

Univ. Exp: Challenges to Native Wellbeing- Trauma and Community History
Friday, May 3rd at 1:30pm

This session will offer a description of the seldom recognized aspects of history that have not been favorable for many Native peoples and communities. Current issues and challenges to Indigenous nations will also be discussed. Instructor: Pete Hill, Project Director, Native American Comm. Services of Erie & Niagara Counties, Inc. Contact the senior center to register

Univ. Exp: Rise of Authoritarianism
in 21st century Monday, May 6th at 1:30pm

This course will address the rise of populism and authoritarianism in the 21st century. More interesting than ongoing communist regimes and Putin's Russia are the democratic countries of the West, which witnessed rise of populism, nationalist rhetoric, anti-immigration politics, and deteriorating democratic freedoms and checks and balances. We will compare and contrast past examples of highly authoritarian states and discuss in what ways the post-Cold War cases are similar and different. Instructor: Mustafa Gokcek, associate professor of history, director of interdisciplinary studies, Niagara University. Contact the senior center to register.

Univ. Exp: "Killers of the Flower Moon: The Osage Murders and the Birth of the F.B.I."
Thursday, May 9th at 1:30pm

In the early twentieth century, the members of the Osage Nation became the richest people per capita in the world, after oil was discovered under their reservation. Then they began to be mysteriously murdered off. In 1923, the case was taken by the fledgling FBI and the new director, J. Edgar Hoover. David Grann has spent nearly half a decade researching this sinister history. The rise of the FBI emerged partly from the success of this case. The breadth of the killings has never been resolved and troubles the Osage Nation to this day. Instructor, Linda Drajem, retired literature teacher, presents on this important part of our nations' history. Instructor: Contact the senior center to register

Univ. Exp: Niagara Falls: A Survivor of the Ice Age **Friday, May 10th at 1:30pm**

Niagara Falls and its gorge tell the 12,000-year-old story of retreating glaciers, water levels, and elevation. We'll look at the unique characteristics of each section, including whirlpool reversal, and the other left-behind falls along the Niagara Escarpment, rock structures transported from both of the northern and southern hemispheres, coral beds, dry falls, and glacial Lake Tonawanda. Instructor: Paul Young, professor emeritus of Science Education, Koessler Distinguished Professor at Canisius College. Contact the senior center to register

**Univ. Exp.: Blood Pressure
Monday, May 13th at 1:30 pm**

Instructor: Gina Kearney, RN on behalf of BlueCross
BlueShield of Western
Contact the senior center to register.

**Univ. Exp.: Radiotherapy
Tuesday, May 14th at 9:00AM**

Instructor: David M.K. Mattson, Jr., M.D., Radiation
Oncologist, Roswell Park Comprehensive Cancer
Center; Clinical Assistant Professor, Jacobs School
of Medicine and Biomedical Sciences, University
at Buffalo. Contact the senior center to register.

**Univ. Exp: Near v. Minnesota: Where Freedom
of the Press Really Started in the U.S.
Thursday, May 16th at 1:30pm**

Judith Greer, retired educator and librarian, Erie
Comm. College. Contact the senior center to register.

**Univ. Exp: Finding U.S. Passenger Lists:
1620's- 1950's Friday, May 17th at 1:30pm**

Instructor: Rhonda Hoffman, genealogy librarian,
Buffalo & Erie County Public Library
Contact the senior center to register.

**Univ. Exp: How Can we Hear Each Other
When Our Views Are so Polarized?
Monday, May 20th at 1:30pm**

Instructor: Marian Deutschman, PhD, Professor Emerita
of Communications, Buffalo State College
Contact the senior center to register.

**Univ. Exp: Breaking the Sugar Habit
Thursday, May 30th at 1:30pm**

Instructor: Jennifer Johnson, health promotion
coordinator, BlueCross BlueShield of Western New
York. Contact the senior center to register.

**Univ. Exp: 1946 Montreal: Home to Two of
the World's Greatest Sports Heroes
Friday, May 31st at 1:30pm**

Instructor: Eileen M. Angelini, Fulbright Scholar and
Chevalier dans l'Ordre des Palmes Academiques
Contact the senior center to register.

**University Express
Lifelong Learning for Adults Age 55+ free classes**

Registration is required
Please contact the center to register at 662-6452

Additional University topics available in June & July

**Afternoon Tea
Tuesday, May 14th at 2:00 pm**



Bring your favorite tea cup and saucer
or borrow one from the center for an
afternoon tea. This tea offers fun and friendship during
an age old tradition. Join us as we enjoy the afternoon
tea, desserts a presentation by the Botanical Gardens,
Floriography: A Secret Language of Flowers.

Cost is \$6.00. Payment is due when registering.
Please register and pay in the office.

**Jeanne's Lunch -
Grilled Chicken Caesar Salad
Tuesday, May 21st at Noon**

Enjoy a delicious Chicken Caesar Salad, dessert and
beverage prepared by our Nutrition Coordinator,
Jeanne Zablotsky. Cost is \$3.00.

Space is limited. **Lunch reservation with payment
must be made with Debbie or Maria in the office.**

**CLERK ON THE GO Outreach &
VETERANS ONE STOP
Thursday, May 23rd at 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,
and Purple Heart Recipients applications.

Veterans One Stop

The Veterans One Stop Outreach and Engagement
Specialist will be present to discuss their services,
which includes financial and benefits counseling,
housing assistance, caregiver services, and legal
services. **Contact the senior center to register.**



LET THE JOURNEY BEGIN
Senior Travel Opportunities
**Friday, May 24th
1:00 pm - 3:00 pm**

Why not expand your horizons and join a travel group?

Travel groups offer exciting adventures and
opportunities to meet new people. The Senior Center
has six travel groups which organize trips with varied
trip lengths and destinations. In addition to travel
opportunities, each group offers monthly meetings
which involve social time, lunches and presentations.
If you are interested in joining a travel group, please
stop by the Center to meet the travel group
coordinators and see their upcoming plans for
travel and social activities.

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.

Mon 4/1 Omelet w/Peppers Onions, Tomatoes, & Cheese Sauce, Hash Brown Potato, Straw. Short.
Tue 4/2 Grilled Chicken Caesar Salad, Dinner Roll, Snickerdoodle Cookies
Wed 4/3 Roast Beef w/ Gravy, Sweet Potatoes, Sautéed Cabbage, Rye Bread, Frosted Cherry Cake
Thu 4/4 Bratwurst w/Baked Beans, Hoagy Roll, Mixed Vegetables, Roasted Potatoes, Mandarin Oranges
Fri 4/5 Cheese Ravioli, Chef Salad, Summer Squash w/ Red Peppers, Italian Bread, Peaches

Mon 4/8 Boneless Chicken Breast w/Marsala Sauce, Cauliflower, Mixed Vegetables, Roll, Cookies
Tue 4/9 Tortellini w/Meatsauce, Chef Salad, Italian Mixed Vegetables, Italian Bread, Orange, Choc. Milk
Wed 4/10 Polish Sausage w/Sauerkraut, Bun, Red-skin Potato, Au Gratin Broccoli, Rice Krispie Treat
Thu 4/11 Salisbury Steak w/Gravy, Scalloped Potatoes, Peas, Breakaway Roll, Lorna Doones
Fri 4/12 Tuna Macaroni Salad on Lettuce w/Tomatoes, Club Crackers, Fruit Cocktail

Mon 4/15 Penne Pasta w/Meatballs & Sauce, Mixed Vegetables, Peas, Lorna Doones
Tue 4/16 Beef Pepper Steak over Rice, Spinach, Pineapple Juice, Strawberry Bavarian
Wed 4/17 Chicken Cordon Bleu w/Cream Sauce, Carrots Broccoli, Rice Pilaf, Coconut Cream Pie
Thu 4/18 Br. Pork Loin, Sweet Potatoes, Green Beans Whole Wheat Bread, Cinnamon Applesauce
Fri 4/19 Center Closed - Good Friday

Mon 4/22 Cabbage Roll w/Meatsauce, Mashed Potatoes, Corn, Rye Bread, Strawberry Ice Cream
Tue 4/23 Panko Breaded Chicken Thigh, Cheddar Mashed Potatoes, Lima Bean Bake, Tropical Fruit
Wed 4/24 Cottage Cheese & Egg Salad on a Bed of Lettuce with Tomatoes, Crackers, Fruit, Choc. Milk
Thu 4/25 Chicken Pasta Primavera, Italian Vegetables Dinner Roll, Ambrosia
Fri 4/26 Ham Steak w/Glaze, Cheesy Scalloped Potatoes, Brussels Sprouts, Cornbread, Pear Crisp

Mon 4/29 Chicken Vegetable Casserole, Brussels Sprouts, Banana
Tue 4/30 Hot Dog, Roasted Red Potatoes, Spinach, Pineapple, Chocolate Milk
Wed 5/1 Roasted Pork Loin with Gravy
Thur 5/2 Lasagna Roll w/ Meatsauce
Fri 5/3 Meatloaf with Swiss Gravy

Thursdays in April: 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. 4/3 Instant Family PG-13 Starring: Mark Wahlberg & Rose Byrne. Inspired by a true story - Pete and Ellie must learn the ropes of instant parenthood when they bring in three foster children.

Wed 4/10 Green Book PG-13 Starring: Viggo Mortenson & Mahershala Ali. Bouncer Tony Lip is hired by African-American musician Don Shirley to chauffeur him around the Jim Crow South in 1962 for an eight-week concert tour. The mismatched men form a friendship as Tony learns first-hand the racism Don must endure to perform.

Wed 4/17 Mary Queen of Scots R Starring: Saoirse Ronan & Margot Robbie, Mary Stuart's attempt to overthrow her cousin Elizabeth I, Queen of England, finds her condemned to years of imprisonment before facing execution.

Wed 4/24 Mary Poppins Returns PG Starring: Emily Blunt & Lin-Manuel Miranda. Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time in their lives.



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, April 1st at 12:30 pm
Euchre Tournament Friday, April 26th at 10:00 am
Pinochle Tournaments Friday, April 26th at 1:00 pm

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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 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 Spanish 1:00 Mind Aerobics	02 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 1:00 Bingo 1:00 Matter of Balance 6:00 Cardio & Tone	03 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	04 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 Improve Balance 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 2:30 Arthritis Tai Chi	05 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 Essential Oils 2:00 Make & Take Essential Oils
08 8:45 Med.&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 . 12:45 Mindfulness Matters 1:00 Spanish 1:00 Mind Aerobics	09 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 Bingo Bash Dinner 6:00 Cardio & Tone	10 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	11 9:00 IRS Scams 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 Honeymoon Brid 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 2:30 Arthritis Tai Chi	12 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 Minute to Win It
15 8:45 Med.&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 12:45 Hearing Pres. 12:45 Mindfulness Matters 1:00 Spanish 1:00 Mind Aerobics	16 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 6:00 Cardio & Tone	17 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 Easter Lunch 12:45 Hearing Screenings 1:00 Movie 1:00 Adv. Tai Chi 1:00 Sketch	18 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 12:45 Emer. Medical 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 2:30 Arthritis Tai Chi	19 CLOSED GOOD FRIDAY 
22 8:45 Med& 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 Birthday Bash 12:30 Bridge 12:45 Mindfulness Matters 1:00 Spanish 1:00 Mind Aerobics	23 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 6:00 Cardio & Tone	24 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	25 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 12:45 Simple Changes 1:00 Knitter/Crochet 1:00 AARP Driving 2:30 Arthritis Tai Chi	26 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Cardio & Tone 10:00 Euchre Tourn. 10:30 Watercolor 12:00 Stay Fit Dining 12:45 Elder Law - Protect Yourself 1:00 Mah Jong 1:00 Pinochle Tourn. 1:00 AARP Driving
29 8:45 Med.&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 12:45 Mindfulness Matters 1:00 Spanish 1:00 Mind Aerobics	30 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 Matter of Balance 1:30 UE Negative Talk 2:30 Bingo 6:00 Cardio & Tone			

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 3/11 – 4/29

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

Tap Dance \$30.00 – 8 week session
Tuesdays at Noon 4/2 – 5/21

Inter. Tap Dance \$30.00 – 8 week session
Thursdays at 10:00 am 3/14 – 5/2

Cardio & Tone \$30.00 – 8 week session
Fridays at 11:00 am 4/26 – 6/14

Beginner Tai Chi \$30.00 – 8 week session
Thursdays at 1:00 pm 4/4 - 5/23
class at municipal building 4/25

Tai Chi for Arthritis Free Class 4/4 - 5/23
Thursdays only at 2:30 pm
no class 4/25 & 5/30*

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

Spanish \$30.00 – 8 week session
Mondays at 1:00 pm 4/1 – 5/20

EVENING CLASS:

Cardio & Tone \$30.00 – 8 week session
Tuesdays at 6:00 pm 4/2 – 5/21

CARDIO & TONE

Fridays at 9:00 am April 26th - June 14th
Tuesdays at 6:00 pm April 2nd - May 21st
each 8 week session \$30.00

This full body workout uses movement and steps to condition and tone your body. Workout to current hit music and your favorites from the past. This is a great class for all fitness levels. Register in the office.

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 3/25 - 4/29

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, April 25th & Friday April 25th
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.

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

Senior Center Art Display for March :

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

**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, April 1st 1:00 - 3:00 pm

Blue Cross / Blue Shield

Wednesday, April 17th 10:00 - Noon

United Healthcare

Thursday, April 18th 10:00 – Noon

Aetna

Monday, April 8th 10:00 - Noon

Independent Health

Friday, April 26th 10:00 - Noon

**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.

**Book Group**

Wednesday, April 24th at 10:00 am

Do you enjoy reading and the company and conversation of others who enjoy reading too? You are welcome to join our book club. which meets monthly to discuss a chosen book and share our thoughts and opinions.

We will use this meeting to discuss choices on upcoming books. Everyone is welcome to join!

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

Many people have questions about the new Community Activity Center. To see a video of the building progress, please go to the Town's website (orchardparkny.org) and click on Community Activity Center. The work that has been completed is impressive.

We continue our fundraising efforts with our monthly gift card drawing. Thank you for all who donated gift cards and for everyone who purchases a chance to win monthly.

~ Jackie

Looking Ahead...



Afternoon Tea **Tuesday, May 14th at 2:00 pm**

Bring your favorite tea cup and saucer or borrow one from the center for an afternoon tea. This tea offers fun and friendship during an age old tradition.

Join us as we enjoy the afternoon tea, desserts and a presentation by the Botanical Gardens, Floriography: A Secret Language of Flowers. You will learn the origins of the flower code, fads and the current use of flower language in the floral industry and everyday life. We'll also learn some of the meanings of certain plants, with a few surprises thrown in. *See page 5 for additional details.*
Contact the senior center to register.

CLERK ON THE GO Outreach & VETERANS ONE STOP **Thursday, May 23rd 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.
Contact the senior center to register.

Orchard Park Senior Center

70 Linwood Avenue
Orchard Park, NY 14127
