



Orchard Park Senior Center

70 Linwood Avenue
Orchard Park, NY 14127



MAY 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



Notes from Debbie . . .

Welcome to the month of May and a special welcome back to the snowbirds, we missed you. Summer is coming and many will be busy outside, visiting family and friends, and enjoying the warm weather. I hope you can make time in your busy schedules to enjoy the events we will offer over the summer months. University Express, popular presentations sponsored by Erie County brings stimulating classes on current affairs, history, science, the arts, wellness and more to Senior Centers is offered in May and June. Pick up a complete brochure at the Senior Center.

Mark your calendars for the annual Orchard Park Senior Summer Games. Summer Games will be held July 15th through July 19th. This is an opportunity to meet new people and participate in events such as Minute to Win It, Trivia, Bocce, Nine Ball Pool, Corn Hole Toss, Euchre, Dominoes and other games. The Senior Games offer something for everyone 55+ years.

Congratulations Irene Czornohus! Irene was the winner of the March \$50.00 gift card prize raffle. Thank you for everyone who purchased a ticket to our monthly raffle and MaryAnn Notto for her generous donation.

SPECIAL EVENTS

Buffalo Double Decker Bus Tour
Wednesday, June 5th
9:00 am (depart center)
limited spots available

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 Grill.

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.

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



Thank you to all the generous companies, senior groups and individuals who donated to the monthly gift card raffle and a big thank you to all the people who purchased a raffle ticket.

~ Jackie

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
 MAY PRIZE RAFFLE
 \$50.00 TOPS Gift Card**

**Generously Donated by Our Lady
 of Sacred Heart Senior 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 Top'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 June 3rd.

All proceeds benefit the Community Activity Center.

**University Express:
Quilts and the Underground Railroad
Thursday, May 2nd at 1:30pm**

Learn how quilts might have been used to contain signals that helped people escape slavery. Instructor: Theresa Wiater, retired teacher of gifted education and Grade 5 from Clarence Center Elementary School; experienced quilter.

Contact the senior center to register.

**University Express:
Challenges to Native Wellbeing-
Trauma and Community History
Friday, May 3rd at 1:30pm**

Learn about the seldom recognized aspects of history that have not been favorable for many Native peoples and communities. Instructor: Pete Hill, Project Director, Native American Comm. Services of Erie & Niagara Counties, Inc. Contact the senior center to register.

**University Express:
Rise of Authoritarianism in 21st century
Monday, May 6th at 1:30pm**

We'll compare and contrast past examples of highly authoritarian states and discuss the ways 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.

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

The rise of the FBI emerged partly from the success of this case, but the breadth of the killings has never been resolved. Instructor, Linda Drajem, retired literature teacher, presents on this important part of our nations' history. Instructor: Contact the senior center to register.

**University Express:
Niagara Falls: A Survivor of the Ice Age
Friday, May 10th at 1:30pm**

We'll look at the unique characteristics of Niagara Falls, including whirlpool reversal, the left-behind falls along the Niagara Escarpment, and more. Instructor: Paul Young, professor emeritus of Science Education, Koessler Distinguished Professor at Canisius College.

Contact the senior center to register.

**University Express:
Blood Pressure A Vital Force for Life
Monday, May 13th at 1:30 pm**

Learn what your blood pressure should be, risk factors for high blood pressure, and how to take control of your risk. Instructor: Gina Kearney, RN on behalf of BC/BS of WNY. Contact the senior center to register.

**University Express:
Radiotherapy
Tuesday, May 14th at 9:00 am**

Get a broad overview of this type of treatment and explore some newer technologies that have improved how patients are treated. Instructor: Dr. David Mattson, Jr., radiation oncologist, Roswell Park Comprehensive Cancer Center; clinical assistant professor, Jacobs School of Medicine and Biomedical Sciences, Univ. at Buffalo. Contact the senior center to register.



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

This tea offers fun and friendship during an age old tradition. Join us as we enjoy an afternoon tea, desserts, and a presentation. The Botanical Gardens will present 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.

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

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

This decision's effect on a scandalous event decades later forms one of the most fascinating tales in our nation's history. Instructor: Judith Greer, retired educator and librarian, Erie Community College. Contact the senior center to register.

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

This class will feature free and library resources for finding your ancestors' immigration records Instructor: Rhonda Hoffman, genealogy librarian, Buffalo & Eire County Public Library Contact the senior center to register.

**University Express:
How Can We Hear Each Other
When Our Views Are So Polarized?
Monday, May 20th at 1:30pm**

Explore how national politics today are more polarized than at any time since the Civil War and Reconstruction. Instructor: Marian Deutschman, PhD, Professor Emerita of Communications, Buffalo State College Contact the senior center to register.

**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 Orfeo 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 1:30 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. 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.



**SENIOR CENTER CLOSED
MONDAY, MAY 27TH
MEMORIAL DAY**

May Birthday Bash

Tuesday, May 28th at 12:30 pm

Let's Celebrate!! Jeanne Zablotsky our Site Manager invites those who have a May birthday. Submit a photo of yourself in your younger days by May 23rd. Everyone is welcome and will enjoy a delicious birthday dessert.



**University Express:
Breaking the Sugar Habit
Thursday, May 30th at 1:30pm**

We'll discuss why sugar hooks us and tips for overcoming sugar dependency. Instructor: Jennifer Johnson, health promotion coordinator, BlueCross BlueShield of Western New York. Contact the senior center to register.

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

Learn how French-Canadian culture and society served as a haven for Maurice Richard and Jackie Robinson. Instructor: Eileen M. Angelini, Fulbright Scholar and Chevalier dans l'Ordre des Palmes Academiques. Contact the senior center to register.

LOOKING AHEAD TO JUNE

**University Express:
Breaking Old World**

Monday, June 3rd at 1:30pm

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

**University Express:
The Healing Power of Cold
Tuesday, June 4th at 1:30pm**

Instructors: Robert J Fronckowiak, Ed.M., MS, President of Cryo-Wellness of America, LLC., and Capt. (Ret) Daniel Lang, BSN, RN, Director Member Service. Contact the senior center to register.



**Welcome to the Senior Center
Thursday, June 6th at 9:30 am**

Are you new to attending events, classes or activities at the senior center? Stop in and learn about what the senior center has to offer. Light refreshments will be served. Please register in the office.

**University Express: 1984
Thursday, June 6th at 1:30pm**

Instructor: Jim Banko, retired high school English teacher, Buffalo Public Schools.
Contact the senior center to register.



Senior Center Dinner Club - Butera's
32 Main St., Hamburg
June 6th at 5:00pm

Dinner Entrees

Beef on Weck,	\$21.50
Grilled Chicken Wrap	\$19.50
Spaghetti	\$15.50
Price Includes Water, Tax and Gratuity	

Price includes tax and gratuity. Cash bar for beverages. Please contact Rosemary Tozzo (435-5810) by Wednesday, May 22nd with your entrée selection and payment. Everyone is Welcome! The Dinner Group meets at 10:00 am the first Tuesday of the month

Univ. Exp: Vincent Van Gogh, Validated
Friday, June 7th at 1:30pm

Instructor: Jean Serusa, certified New York State Art Educator. Contact the senior center to register.

Univ. Exp: A Little Known History of Discrimination in New England: The Ku Klux Klan

Monday, June 10th at 1:30pm

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

Univ. Exp: Marc Chagall, Artist
Thursday, June 13th at 1:30 pm

Instructor: Jean Serusa, certified New York State Art Educator. Contact the senior center to register.

Univ. Exp: Resistance Bands for Strength Training
Friday, June 14th at 9:00am

Instructor: Jill Bronsky, Owner, Forward Fitness Inc.; Author. Contact the senior center to register.

Univ. Exp: Parkinsons 101
Friday, June 14th at 1:30pm

Instructor: Christopher Jamele, Executive Director, National Parkinson Foundation of Western New York
 Contact the senior center to register.

Univ. Exp: An Introduction to Native American Cultural Competency
Monday, June 17th at 1:30pm

Instructor: Pete Hill, Project Director, Native American Community Services of Erie & Niagara Counties, Inc.
 Contact the senior center to register.

Univ. Exp: Why Hospitals Close
Tuesday, June 18th at 1:30pm

Instructor: Lito Gutierrez, MD, retired medical director of the Regional Medical Unit, Wende Correctional Facility, NYS Department of Corrections.
 Contact the senior center to register.



Strawberry Social

Thursday, June 20th at 1:00 pm

Join us for live entertainment provided by Roger Hill and a delicious strawberry dessert. This event is generously sponsored by United Healthcare.
 Cost is \$2.00.



Univ. Exp: American Marxists: Boris and Anna Reinstein and the Socialist Movement in Buffalo
Friday, June 21st at 1:30pm

Instructor: Andrew Kier Wise, Professor of History and Director of the Center for Polish Studies, Daemen College. Contact the senior center to register.

Game Day & Snack Potluck
Friday, June 24th 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. Bring a snack to share and join the fun at our Game Day.
 Please register in the office.

Univ. Exp: BREXIT: In or Out? Implications for the EU, the UK, and the US
Monday, June 24th at 1:30pm

Instructor: Dr. Laurie Buonanno, Professor of Political Science, Buffalo State College
 Contact the senior center to register.

Elderly Pharmaceutical Insurance Coverage (EPIC) Program Information Session
Tuesday, June 25th at 12:45 pm

Senator Chris Jacobs invites you to attend this presentation which will advise you on the Elderly Pharmaceutical Insurance Coverage (EPIC) Program. EPIC saves you more money on the cost of your prescription drugs by supplementing your Medicare Part D plan. Hear from an EPIC outreach specialist to learn more about the program, eligibility guidelines and benefits as well as have your questions answered.
 Contact the senior center to register.

Univ. Exp: H.M.S Bounty: A Mutiny in Paradise
Thursday, June 27th at 1:30pm

Instructor: Ron Smith, retired business man & history enthusiast. Contact the senior center to register.

Univ. Exp: Millard Fillmore Revisited
Friday, June 28th at 1:30pm

Instructor: Claude Welch, Distinguished Service Prof.; Political Science, SUNY Buffalo.
 Contact the senior center to register.

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.

Wed 5/1 Roasted Pork Loin w/Gravy, Mashed Squash, Creamy Cabbage, Bread, Cinnamon Streusel Cake

Thu 5/2 Lasagna Roll w/Meatsauce, Calif Mixed

Vegetables, Chef Salad, Roll, Lemon Bavarian

Fri 5/3 Meatloaf w/Gravy, Mashed Potatoes, Peas, Wheat Bread, Brownie

Mon 5/6 Cheese Omelet w/Sauce, Cheesy Diced Potatoes, Peas, Blueberry Muffin, Orange, ChocMilk

Tue 5/7 Rigatoni w/Italian Sausage & Sauce, Broccoli, Chef Salad, Dinner Roll, Peach Bavarian

Wed 5/8 Boneless Chicken Breast w/Gravy, Scalloped Potatoes, Mixed Vegetables. Chocolate Cream Pie

Thu 5/9 Br. Pork Chop w/Gravy, Lazy Pierogi, Carrots, Dinner Roll, Apple Crisp

Fri 5/10 Julienne Salad, Whole Wheat Bread, Butterscotch Pudding

Mon 5/13 Breaded Chicken Drumsticks, Roasted Red Potatoes, French Bean Medley, Roll, Apple

Tue 5/14 Stuffed Shells w/Meatsauce, Cauliflower, Chef Salad, Italian Bread, Italian Cookies

Wed 5/15 BBQ Pork Ribette, Scalloped Potatoes, Peas, Dinner Roll, Chocolate Bavarian

Thu 5/16 Herb Crusted Tilapia, Zucchini w/Tomato, Broccoli Cheese Rice Casserole, Rasp. Sherbet

Fri 5/17 Shredded Roast Beef w/Gravy, Navy Bean Soup, Mixed Vegetables, Strawberry Gelatin w/Fruit

Mon 5/20 Beef Stew, Brussels Sprouts, Biscuit, Rice Pudding

Tue 5/21 Jeanne's Lunch - Chicken Caesar Salad
Cost \$3.00 Register in the Office

Wed 5/22 Julienne Salad, Dinner Roll, Orange

Thu 5/23 BBQ Chicken Quarter, Potato Salad, Mixed Vegetables, Dinner Roll, Apple Pie

Fri 5/24 Stuffed Pepper w/Meatsauce, Mashed Potatoes,

Broccoli, Italian Bread, Fruit Compote

Mon 5/27 CENTER CLOSED - MEMORIAL DAY

Tue 5/28 Polynesian Chicken w/Rice, Calif. Blend Vegetables, Summer Squash, Mandarin Oranges

Wed 5/29 Sliced Roast Beef w/Gravy, Cheesy Mashed Potatoes, Carrots, Rye Bread, Banana

Thu 5/30 Sloppy Joe on Wheat Bun, Roasted Red Potatoes, Broccoli, Melon, Chocolate Milk

Fri 5/31 Beer Battered Fish, German Potato Salad, Mixed Vegetables, Cornbread, Ambrosia

Thursdays in May: 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. 5/1 Second Act (PG-13) Starring: Jennifer Lopez & Vanessa Hudgens. A big box store worker reinvents her life and her life-story and shows Madison Avenue what street smarts can do.

Wed 5/8 On the Basis of Sex (PG-13) Starring: Felicity Jones & Armie Hammer The true story of Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as U.S. Supreme Court Associate Justice.

Wed 5/15 A Dog's Way Home (PG) Starring: Ashley Judd A female dog travels four hundred miles in search of her owner throughout a Colorado wilderness.

Wed 5/22 Mule (R) Starring: Clint Eastwood & Patrick Reyes A 90-year-old horticulturist and Korean War veteran turns drug mule for a Mexican cartel.

Wed 5/29 Ben Is Back (R) Starring: Julia Roberts & Lucas Hedges A drug addicted teenage boy shows up unexpectedly at his family's home on Christmas Eve.

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, May 6th at 12:30 pm

Euchre Tournament Friday, May 17th at 10:00 am

Pinochle Tournaments Friday, May 17th at 1:00 pm

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

Erie County Caseworker

Thursday, May 2nd 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div>The month of</div> <div>May</div> </div>		<div>01</div> <div> 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 </div>	<div>02</div> <div> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 11:00 ECSS Worker 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 1:30 UE: Quilts 2:30 Arthritis Tai Chi </div>	<div>03</div> <div> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Cardio & Tone 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 1.00 Mah Jong 1:00 Pinochle 1:30 UE: Native Wellbeing </div>
<div>06</div> <div> 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 Tourn. 1:00 Spanish 1:30 UE: Rise of Authoritarianism </div>	<div>07</div> <div> 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 </div>	<div>08</div> <div> 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 Mother's Day Luncheon 1:00 Movie 1:00 Adv. Tai Chi 1:00 Sketch </div>	<div>09</div> <div> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 10:45 Aetna Craft 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 1:30 UE: Killer of Flower Moon </div>	<div>10</div> <div> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Cardio & Tone 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 1.00 Mah Jong 1:00 Pinochle 1:30 UE: Niagara Falls </div>
<div>13</div> <div> 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 1:00 Spanish 1:30 UE: Blood Pressure </div>	<div>14</div> <div> 9:00 Pool Shooting 9:00 UE: Radiotherapy 9:00 Men's Fitness 10:30 Int. Line Dance 12:00 Tap Dance 12:00 Stay Fit Dining 1:00 Matter of Balance 2:00 Afternoon Tea 6:00 Cardio & Tone </div>	<div>15</div> <div> 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 </div>	<div>16</div> <div> 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 1:00 Beg. Tai Chi 1:30UE: Freedom of the Press </div>	<div>17</div> <div> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Cardio & Tone 10:00 Euchre Tourn. 10:30 Watercolor 12:00 Stay Fit Dining 1.00 Mah Jong 1:00 Pinochle Tourn. 1:30 UE: Passenger Lists </div>
<div>20</div> <div> 8:45 Med& Gentle Yoga 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling Tournament 10:15 Acrylic Painting 12:00 Stay Fit Dining 12:30 Bridge 1:00 Spanish 1:30 UE: Views </div>	<div>21</div> <div> 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 Jeanne's Lunch 1:00 Bingo 6:00 Cardio & Tone </div>	<div>22</div> <div> 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 </div>	<div>23</div> <div> 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 1:00 Beg. Tai Chi 1:30 Clerk on Go & Veterans One Stop </div>	<div>24</div> <div> 8:30 BPO departs 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Cardio & Tone 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 1.00 Mah Jong 1:00 Pinochle 1:00 Senior Travel </div>
<div>27</div> <div> SENIOR CENTER CLOSED  MEMORIAL DAY </div>	<div>28</div> <div> 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 12:30 Birthday Bash 1:00 Bingo 6:00 Cardio & Tone </div>	<div>29</div> <div> 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 </div>	<div>30</div> <div> 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 1:00 AARP Driving 1:30 UE Sugar Habit </div>	<div>31</div> <div> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Cardio & Tone 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 1.00 Mah Jong 1:00 Pinochle 1:00 AARP Driving 1:30 UE 1946 Montreal </div>

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 5/6 – 7/1

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
\$12.00 – 3 week session
Tuesdays at Noon 5/28 – 6/11

Inter. Tap Dance \$30.00 – 8 week session
Thursdays at 10:00 am 5/9 – 6/27

Cardio & Tone \$30.00 – 8 week session
Fridays at 9:00 am 4/26 – 6/14
\$5.00 drop in classes in June (6/21, 6/28)

Beginner Tai Chi \$30.00 – 8 week session
Thursdays at 1:00 pm 4/4 - 5/23
class at municipal building 4/25
Thursdays at 1:00 pm 6/6 - 8/1
**class at municipal building 6/27 & 7/25

Advanced Tai Chi \$30.00 – 8 week session
Wednesdays at 1:00 pm 5/8 – 6/26

Men's Fitness \$40.00 – 10 week session
Tues. - Thurs. at 9:00 am 3/12 – 5/16
Tues. - Thurs. at 9:00 am 5/21 – 7/25

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 4/9 – 5/28
\$5.00 drop in classes in June (6/4, 6/11, 6/18, 6/25)



Advanced Tai Chi

\$30.00 – 8 week session
Wednesdays at 1:00 pm 5/8 – 6/26



Tai Chi is a form of fluid movements that builds endurance, increases flexibility, and balance. This one hour program is for those with some Tai Chi experience, but new students are welcome.

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.

Mind Aerobics

Mondays at 1:00 pm

Mind Aerobics will return in July

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!
Club 99 canceled Tuesday, May 14th

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!
Bingo canceled Tuesday, May 14th

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 - 5/6

Mondays at 10:15 am 5/13 - 6/24

Sketch Class

\$25.00 - 6 week session

Wednesdays at 1:00 pm 5/8 - 6/12

Watercolor Painting

\$25.00 - 6 week session

Fridays at 10:30 am 5/3 - 6/7

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, May 30th & Friday, May 31st
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.

*Next class scheduled for
Thursday, June 27th & Friday, June 28th*

Senior Center Art Display in Dining Room:

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, May 6th 1:00 - 3:00 pm

Blue Cross / Blue Shield

Wednesday, May 8th 11:00 - 1:00 pm

United Healthcare

Thursday, May 16th 10:00 – Noon

Independent Health

Tuesday, May 14th 12:30 - 2:30 pm

Aetna

Thursday, May 9th 10:00 - Noon

Join Aetna Ins. rep. Marta on May 9th to create your own mother's day gift. Craft supplies donated by Aetna. Register in office to participate.

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, May 29th 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.
Everyone is welcome to join!

**UPCOMING
EVENTS**

- 6/26 Welcome Summer Dinner
**see back page for details and cost*
- 9/11 Picnic at Chestnut Ridge Park
**sign up date & price to be determined*
- 9/18 Forest Lawn Trolley Tour w/ Lunch
**sign up date & price to be determined*
- 10/8 Letchworth State Park Tour & Lunch
**sign up date & price to be determined*

Looking Ahead...



WELCOME SUMMER DINNER at the Senior Center Wednesday, June 26th 4:00 pm

Enjoy a delicious Chiavetta's chicken dinner with all the fixins. Following dinner enjoy live entertainment by Tom Hastings.
Cost is \$10.00.

Space is limited. Don't miss out on this fun evening. Clear Captions is a generous sponsor toward this event. Payment is due at the time of registration.

Reservations with payment will be accepted in the senior center office until Tuesday, June 18th or when sold out.



Bocce is back in June!

**Couples Team Bocce
Mondays at 9:00 am begins June 3rd**

**Open Bocce
Tuesdays at 9:00am begins June 4th**

Bocce is a fun game similar to lawn bowling. Players are awarded points for the balls thrown closest to the pallino ball. It's a game of strategy and skill. Bocce is played at Green Lake during the months of June, July, and August.

Look for the Bocce Courts across from the Recreation Building at Green Lake.

Sign-up in the office or contact the Center at 662-6452.

Please park in the gravel lot for Bocce.

Orchard Park Senior Center

70 Linwood Avenue

Orchard Park, NY 14127
