



Orchard Park Senior Center

70 Linwood Avenue
Orchard Park, NY 14127



JULY 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

Program Coordinator

Maria Galley

Nutrition Coordinator

Jeanne Zablotskyy



29th Annual Orchard Park Senior Games

SEE PAGE 3 FOR DETAILS



Notes from Debbie . . .

A big Thank You to Darcy Krull who generously took time from her busy schedule to select and plant the flowers in the senior center flower boxes. Her flower choices are beautiful and create an inviting entrance to the senior center.

We would like to Thank Pat Blando for 20 years of volunteer service to the senior center. Pat has been an outstanding volunteer always there to greet everyone with a smile, kind words and assisting for programs and activities. Pat has retired from her volunteering at the center however, lucky for the center, we will still see Pat as she enjoys the many activities she participates in at the center and Orchard Park travel group.

Pat, Thank You for your dedication, service to the center and kind and generous spirit.

Come visit us at the Taste of Orchard Park on Wednesday, July 24th! As you are enjoying the delicious foods and visiting the many booths take time to stop by our booth to say hello!!

SPECIAL EVENTS....

**Forest Lawn Cemetery Trolley Tour & Lunch
Wednesday, September 18th bus departs at 9am**

Take a tour on the Forest Lawn Trolley as you hear about the historic and beautifully landscaped grounds. Learn about the history, rural cemetery movement, art and architecture, trees, water and waterways and the residents of the cemetery. Following the tour, we will be having lunch at Cole's on the Elmwood Avenue.

Cost is \$50.00 and spaces are limited.

Payment is due at registration.

Please register and pay in the office.

Buffalo Philharmonic Orchestra***Cirque Fiesta***

Friday, September 27th Bus departs at 8:30 am

The extraordinary artists of Cirque de la Symphonie return to Kleinhans Music Hall performing ethereal choreography to spectacular music with captivating

Latin flair. Aerial flyers, acrobats, contortionists, strongmen and other all-stars of exceptional cirque programs throughout the world will transport you to a place of wonder. We will arrive at 9 am for the complimentary coffee and doughnuts. Following the concert we will make our way to Chef's restaurant for lunch..

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

Payment is due at the time of registration.

**Senior Center Picnic in Chestnut Ridge Park
Wednesday, September 11th**

10:00 am - 2:00 pm

Enjoy an afternoon with friends at Chestnut Ridge Park (Martin Lodge). Texas Roadhouse will be catering this event. Lunch will consist of a grilled chicken breast, mashed potatoes w/gravy, corn, roll, and dessert.

The afternoon includes entertainment by Tom Hastings, prizes, outdoor games, and bingo. Cost for this event is \$8.00. *Payment is due when registering.*

Blue Cross/Blue Shield of WNY and Independent Health are generous sponsors toward this event

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**

JULY PRIZE RAFFLE

\$50.00 Orchard Fresh Gift Card

**Generously Donated by
F E Brown Sons Funeral Home**

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

Each chance is \$1.00 per ticket.

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

Winner will be drawn on August 1st.

All proceeds benefit the Community Activity Center.

**University Express: Fourth of July Presentation:
Signing Their Lives Away
Monday, July 1st at 1:30 pm**

Our discussion is guided by the book "Signing Their Lives Away: The Fame and Misfortune of the Men Who Signed the Declaration of Independence."

Instructor: Norman Mineo, retired banker and history enthusiast. Contact the senior center to register.

**Celebrate the Fourth of July at the Center
Wednesday, July 3rd at 1:00 pm**

Join us to celebrate 4th of July with entertainment provided by John Renna. John will perform patriotic songs and all the favorites. Light refreshments will be served. Cost is \$3.00. Please purchase your ticket in the senior center office.



**Thursday, July 4th
Senior Center Closed**

**Easy Cooking Made Healthy
Monday, July 8th at 1:00 pm**

A nutrition session on healthy eating made easy by Be Healthy Buffalo. This class will focus on what food is healthy food and how to make easy recipes.

Chef Corey, owner of 716Fresh will also give a cooking demo using the ingredients discussed in the talk and how to incorporate them into easy recipes.

Contact the senior center to register.

**Bingo Bash with Guest Caller
Tuesday, July 9th at 1:00 pm**

Join Erie County Comptroller, Stefan Mychajliw as our guest caller for our bingo bash.

Refreshments will be served and prizes will be awarded. Additional boards \$1.00.

Everyone is Welcome!

Erie County Caseworker

Thursday, July 11th 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.

**University Express: Pre-Diabetes
Thursday, July 11th at 1:30 pm**

How much do you know about prediabetes? Join me for an interesting and fun discussion about what the risk factors for prediabetes are and ways to prevent developing the condition. You'll learn about the importance of blood sugar ranges and about the available medications. You'll leave with nutrition tips and exercise ideas to start incorporating into your daily routine. Instructor: Darcie Hanson, RN, BC/BS of WNY
Contact the senior center to register.



29th Annual Orchard Park Senior Games

Join us for week filled with friendly competition in fun events. *Registration forms are available June 10th to July 10th*

Monday through Friday 9:00 am - 4:00 pm at the Senior Center

Monday, July 15th

9:00 am Bocce (couples) at Green Lake
10:15 am Wii Bowling
12:30 pm Duplicate Bridge Tournament
1:00 pm Trivia Daze

Tuesday, July 16th

9:00 am Bocce (open) at Green Lake
1:30 pm Euchre Tournament

Wednesday, July 17th

9:30 am Hand & Foot Tournament
1:30 pm Outside Games (at Old Orchard Park) (afternoon includes: Bean Bag Toss, Putt to the Hole, Ladder Toss, Basketball Challenge, Egg & Spoon Obstacle Course, Water Balloon Challenge & Marshmallow Drive)

Thursday, July 18th

9:00 am *Raindate: Bocce at Green Lake*
9:00 am Mexican Train Dominoe Tournament
9:30 am Walking Challenge (1/2 & 1 mile) (held at S. Davis Elementary)
Walking Challenge Rain Date Wed. 7/24
1:00 pm Nine Ball
1:00 pm Pinochle Tournament

Friday, July 19th

9:00 am Pickle Ball at Southtowns Tennis Ctr.
1:00 pm Mah Jong
1:00 pm Minute to Win It

For those who participate in the Senior Games an Award Ceremony will be held on Thursday, August 1st at 9:30 am at the Senior Center.

**You must register in the senior center office to attend the Award Ceremony by Friday, July 26th.*



**Potluck Dinner
Tuesday, July 16th at 4:00 pm**

Everyone is welcome to this evening of food and fun! Bring your favorite entrée or side dish to pass. Contact the senior center to register.

The Center will be providing dessert and drinks.

Plant Power: The Benefits of a Whole Foods, Plant-Based Diet

Monday, July 22nd at 12:45 pm

What is a whole foods, plant-based diet? What are the benefits of eating "plant strong?" We'll discuss the difference between plant protein and animal protein sources, and between processed foods and whole foods. You'll leave with a better understanding of plant-based diets, as well as healthy recipes you can put to use. Contact the senior center to register.

Ice Cream Social

Thursday, July 25th at 1:00 pm

Take a break from the heat and enjoy Jack Civiletto as he performs the musical favorites made famous by an entertainment giant, Frank Sinatra.

Following the entertainment, enjoy an ice cream sundae with all the toppings! Cost is \$2.00.

Please register and purchase your ticket in the office by Friday, July 19th or when sold out.

SPECIAL THANKS TO UNIVERA HEALTHCARE FOR SPONSORING THIS EVENT.

RESCHEDULED FROM JUNE:

University Express: An Introduction to Native American Cultural Competency **Monday, July 29th at 1:30pm**

This session will provide a short overview of the many cultural strengths, outside influences, and resiliency of

Indigenous peoples to continue working for the

Seventh Generation to come. Some major Native cultural concepts will be explained. Instructor: Pete Hill, Project Director, Native American Community Services of Erie & Niagara Counties, Inc.

Contact the senior center to register.



July Birthday Bash

Tuesday, July 30th at 12:30 pm

Let's Celebrate!! Jeanne Zablotzky our Site Manager invites those who have a July birthday. Submit a photo of yourself in your younger days by July 26th. Everyone is welcome and will enjoy a delicious birthday dessert.

LOOKING AHEAD TO AUGUST

Route 66 Kick Off Party

Thursday, August 1st 12:45 pm

It's time to start walking! The Route 66 Walking Challenge is back for another season! This year you will compete individually by tracking your steps for six weeks to see how far you can walk along historic Route 66, all without ever leaving your town. Contact the senior center to register.

Senior Center Dinner Club - Roycroft Inn *(40 S. Grove St., East Aurora)* **Thursday, August 1st at 5:00pm**

Dinner Entrees

Kurobuta Pork Tenderloin	\$36.00
Lemon Rosemary Chicken	\$33.00
Three Cheese Pasta Purses	\$26.00

Entrée includes garden salad, vegetables & potatoes. coffee/tea. Cash bar is available

Price includes tax and gratuity. Please contact Gail Freeman (248-766-1924) by Thursday, July 25th with your entrée selection and payment. New members welcome! The Dinner Group meets at 10:00 am the first Tuesday of the month.

National Root Beer Float Day

Tuesday, August 6th at 1:00 pm

Root beer floats are not just for kids! Today, people around the country will drink up and enjoy a root beer float to celebrate. Join us for a delicious root beer float and entertainment by Lyle Stang.

Cost is \$3.00, register and pay in the office.

Crystal Beach on the Canadian Shore

Friday, August 9th at 12:45 pm

The Canadian shore from Fort Erie to Point Abino was Buffalo's summer resort location for 100 years. The center of destination was Crystal Beach, made accessible by the historic ship the Canadiana.

A historic look at this amusement park, closed in 1989, will generate fond memories for any native Buffalonian. The history of the lake shore, including Erie Beach and Windmill Quarry are lesser known but of interest as well.

Contact the senior center to register.

True Crime, an American Genre **Reading & Discussion Series**

Sponsored by New York Council for the Humanities
Join us for a discussion of true crime writing. Using noteworthy examples of true crime writing, we'll delve into the history and literature of American crimes to explore themes, history, and current media, as well as individual insights based on your opinions and experiences. Participants are asked to read the books listed below prior to session

Session 1 & 2 The Poisoner's Handbook **by Deborah Blum**

Mon., August 12th & Mon., August 19th
10:30 am – 12:30 pm

Session 3 & 4 Compulsion by Meyer Levin

Mon., August 26th & Thur., August 29th
10:30 am – 12:30 pm

Facilitator: Linda Drajem, writer, teacher, docent. Limited to 15 participants. Books are available for participants to borrow from the site. Contact the center to register and pick up your books in the office.

**Get To Know the Senior Center
Wednesday, August 14th at 10:15 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.

**Ask a Dietician
Wednesday, August 14th at 11:00 am**

Betsy Anderson, Registered Dietician with Erie County Stay Fit Dining program will be available to answer questions about health and nutrition. Take advantage of the opportunity to get good information from an expert. Nutrition counseling is a service provided at no charge and you can also schedule individual appointments with Betsy too.
Contact the senior center to register.

**Chestnut Ridge Nature Walk with a Park Ranger
Thursday, August 15th at 9:45 am**

Join Park Ranger Bartlett on a guided nature walk of Chestnut Ridge Park. When you sign up you will receive directions of where to meet the park ranger for a morning to enjoy socializing and some light exercise with friends in a beautiful natural setting.
Contact the senior center to register.

**The Big Three
Diabetes, High Cholesterol & High Blood Pressure
Monday, August 19th at 1:00 pm**

Cindy Will, R.Ph., MTM pharmacist and Christina Manciocchi, PharmD BCACP CDE will review three of the biggest chronic disease states (diabetes, high cholesterol and high blood pressure) and how these chronic diseases significantly increase your risk of heart attack and stroke. They will also have some discussion around lifestyle and tips to prevent and control these chronic conditions. Contact the senior center to register.

**Jukebox Bingo
Tuesday, August 20th at 100 pm**



Jukebox bingo combines bingo and name that tune. Instead of a number in a box there is a song title. After hearing a short clip of a song you fill your board with the corresponding title. You will have fun singing and filling in your bingo card. Additional boards \$1.00.

Everyone is Welcome!
Contact the senior center to register

**Sleep - Wake Up to Good Health!
Thursday, August 22nd at 12:45 pm**

Sleep is a basic necessity of life. So why do so many of us have trouble sleeping? Approximately 60 million Americans experience insomnia, the inability to sleep, each year. Join Jennifer Johnson, BC/BS health promotion coordinator to discuss the basics of sleep and learn to identify "sleep stealers."
Contact the senior center to register.

**Buffalo Sports in the Years Following WWII
Monday, August 26th at 12:45 pm**

In many ways, Buffalo was still a major sports city in the U.S. in the years following World War II. Buffalo had major venues: Memorial Auditorium, Civic Stadium, and Offermann Stadium. The era of 1945-1970's was quite different from the decades that followed. Facilitator Dan Starr, professor emeritus of history at Canisius College and Buffalo News Columnist. Contact the senior center to register.

**Medicare 101
Thursday, August 29th at 1:00 pm**

Medicare 101, Medicare Bingo and cookies! Be honest, white one are you most excited about? Medicare can be confusing, but it doesn't need to be. Come join BC/BS representative, John Weatherby as he discusses Medicare 101 (all questions welcome), test your knowledge and play a fun game of Medicare Bingo and enjoy cookies.
Contact the senior center to register.

**Letchworth State Park Tour & Lunch
Tuesday, October 8th 8:45 am - 4:00 pm**

Fall is the best time to take a relaxing ride through Letchworth State Park. Join us as we take a docent led tour of the park on a motor coach bus. The tour will include the park and the Nature Center. Following the tour enjoy a delicious lunch at the Glen Iris Inn. On our return to the center we will stop at Lantz's Bulk Foods.

Registration with payment begins on
Friday, August 2nd at 8:30 am.
Cost for the outing is \$52.00.

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 7/1 Cheese Ravioli /Meat Sauce, Peas, Summer Squash, Italian Bread, Peaches, Chocolate Milk

Tue 7/2 Quarter Chicken w/ Gravy, Carrots, Rice, Cauliflower, Sugar Cookies

Wed 7/3 Hot Dog w/Baked Beans, Potato Salad, Corn, Strawberry Shortcake with Whipped Topping

Thu 7/4 SENIOR CENTER CLOSED 4th of JULY

Fri 7/5 Cheese Omelet w/Creole Sauce, Cheesy Diced Potatoes, Broccoli, Muffin, Tropical Fruit

Mon 7/8 Boneless Chicken Breast w/ Marsala Sauce Cauliflower, Vegetables, Roll, Oat. Rais. Cookie

Tue 7/9 Cottage Cheese & Egg Salad Plate on Lettuce, Wheat Roll, Mandarin Oranges, Choc. Milk

Wed 7/10 Polish Sausage w/Sauerkraut, Red-skin Potatoes, Au Gratin Broccoli, Rice Krispie Treat

Thu 7/11 Tortellini w/Meat Sauce, Spinach, Italian Mixed Vegetable, Italian Bread, Nectarine

Fri 7/12 Salisbury Steak w/Onion Gravy, Scalloped Potatoes, Peas, Roll, Strawberry Bavarian

Mon 7/15 Sliced Turkey Breast w/Gravy, Mashed Potatoes, Carrots, Dinner Roll, Lorna Doones

Tue 7/16 Beef Pepper Steak Casserole, Rice, Broccoli, Waxed Beans, Butterscotch Pudding

Wed 7/17 Meatballs w/ Sauce over Penne Pasta, Country Cottage Mix, Chef Salad, Ambrosia

Thu 7/18 Breaded Pork Loin, Sweet Potatoes, Spinach Whole Wheat Bread, Plum, Chocolate Milk

Fri 7/19 Baked Tilapia w/Dill Sauce, Red Skin Potato Stewed Tomato & Zucchini, Rye Bread, Brownie

Mon 7/22 Veal Parmesan w/Sauce & Penne Pasta, Spinach, Apple Juice, Chocolate Pudding

Tue 7/23 Panko Br. Chicken Thigh, Cheddar Mashed Potatoes, Lima Bean Bake, Bread, Tropical Fruit

Wed 7/24 Tuna Macaroni Salad, Chef Salad, Club Crackers, Cantaloupe

Thu 7/25 Chicken Cordon Bleu, Orange-Glazed Carrots, Broccoli, Rice Pilaf, Lemon Meringue Pie

Fri 7/26 Ham Steak, Cheesy Scalloped Potatoes, Brussels Sprouts, Cornbread, Pear Crisp

Mon 7/29 Chicken Vegetable Casserole, Biscuit, Spinach, Cantaloupe, Chocolate Milk

Tue 7/30 Hot Dog w/Chili Sauce, Bun, Roasted Red Potatoes, Fiesta Corn Salad, Pineapple

Wed 7/31 Roasted Pork Loin w/Gravy, Mashed Squash Creamy Cabbage w/Dill, Rye Bread, Cinnamon Streusel Cake

Thursdays in July : 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. 7/3 No Movie - see pg 3 4th of July Celebration

Wed 7/10 A Madea Family Funeral (PG-13 Comedy) In her final on-screen appearance, matriarch Mabel "Madea" Simmons' family reunion in small town Georgia unexpectedly turns into a funeral. With so many family members in the same place, secrets are threatened to be revealed that many thought they'd carry to the grave.

Wed. 7/17 No Movie - Senior Games

Wed 7/24 Dumbo (PG - Comedy) A young elephant with oversized ears and the powers of flight becomes a circus superstar with the help of his caretaker and a trapeze artist. The former is torn between his employer's exploitative thirst for profits and his children's desire to reunite Dumbo with his mother.

Wed 7/31 A Dog's Journey (PG - Comedy) Bailey is a dog that has grown old through the years who makes a promise to his owner that he will find and protect his granddaughter no matter what. As Bailey's soul jumps through multiple lives, he always finds his way to her.

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:

No Tournaments in July.

Join the Senior Games to participate in tournaments.

See page 3 for details.



Are you interested in volunteering?

Volunteering is an opportunity to meet new people and the satisfaction of knowing you are needed? Volunteers are very important to the senior center and the activities we offer. If you want to start volunteering but don't know where or what's offered please contact Debbie or Maria and we will discuss volunteer opportunities available.

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 8:45 Med.&Gentle Yoga 9:00 Bocce Couples 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge 1:00 Mind Aerobics 1:00 Spanish 1:00 Arthritis Tai Chi 1:30 UE: 4th of July Presentation	02 9:00 Pool Shooting 9:00 Bocce Open 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Bingo	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 1:00 Adv. Tai Chi 1:00 Celebrate 4th of July	04 Center Closed 	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
08 8:45 Med.&Gentle Yoga 9:00 Bocce Couples 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 Spanish 1:00 Arthritis Tai Chi 1:00 Easy Cooking	09 9:00 Pool Shooting 9:00 Bocce Open 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Bingo Bash w/Guest Caller	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 1:00 Movie 1:00 Adv. Tai Chi	11 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 EC Caseworker 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1 1:30 UE: Pre-Diabetes	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
15 8:45 Med.&Gentle Yoga 9:00 Pool Shooting 9:00 Bocce Couples 9:00 Ladies Exercise 10:15 Wii Bowling 12:00 Stay Fit Dining 12:30 Dup. Bridge Tour 1:00 Spanish 1:00 Arthritis Tai Chi 1:00 Trivia Daze	16 9:00 Pool Shooting 9:00 Bocce Open 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Bingo 1:30 Euchre Tourn. 4:00 Potluck Dinner	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 Stay Fit Dining 1:30 Outside Games <i>Center closes at 1 pm for the Summer Games</i>	18 9:00 Pool Shooting 9:00 Men's Fitness 9:00 Dominoes 9:30 Walking Challenge 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 Nine Ball Comp. 1:00 Pinchhole Tourn	19 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Pickleball 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong Tourn. 1:00 Minute to Win It
ORCHARD PARK SUMMER GAMES				
22 8:45 Med& Gentle Yoga 9:00 Bocce Couples 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge 12:45 Plant Based Diets 1:00 Mind Aerobics 1:00 Spanish 1:00 Arthritis Tai Chi	23 9:00 Pool Shooting 9:00 Bocce Open 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Bingo	24 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	25 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 Ice Cream Social	26 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre Tourn. 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle Tourn.
29 8:45 Med& Gentle Yoga 9:00 Bocce Couples 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge 1:00 Mind Aerobics 1:30 UE Native Amer. Culture	30 9:00 Pool Shooting 9:00 Bocce Open 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Stay Fit Dining 12:30 Birthday Bash 1:00 Bingo	31 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		

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
class will return in September

Yoga \$35.00 – 10 week session
Wednesdays at 11:30 am 6/12 – 7/24
No Yoga class 7/3

Tap Dance Tuesdays at Noon
class will return in September

Inter. Tap Dance Thursdays at 10:00 am
class will return in September

Cardio & Tone Fridays at 9:00 am
class will return in September

Arthritis Tai Chi **Free Class**
Mondays at 1:00 pm 7/29 - 8/26

Beginner Tai Chi Thursdays at 1:00 pm
class will return in September

Advanced Tai Chi \$30.00 – 8 week session
Wednesdays at 1:00 pm 7/3 – 8/28
no class 7/17

Men's Fitness \$40.00 – 10 week session
Tues. - Thurs. at 9:00 am 5/21 – 8/1

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 \$15.00 – 4 week session
Mondays at 1:00 pm 7/1 – 7/22

TUESDAY EVENING CLASS:

Cardio & Tone

class will return in September

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.

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

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

Club 99 Tuesday & Thursday at 10:45 am

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

B I N G O !! Tuesdays at 1:00 pm

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

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 **class will return in September**

Sketch Class **class will return in September**

Watercolor Painting \$25.00 - 6 week session
Fridays at 10:30 am 6/14 - 7/26

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.
Co-Presidents - Pat James 649-8466 & Celia Pilbrow 675-1107
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, July 25th & Friday, June 26th
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, August 29th & Friday, August 30th*

Senior Center Art Display in Dining Room:

Please stop by and view the Senior Center artist's artwork featuring artwork of flowers 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

Thursday, July 25th 1:00 - 3:00 pm

Blue Cross / Blue Shield

Thursday, July 11th 1:00 - 3:00 pm

Independent Health

Monday, July 1st 1:00 - 3:30 pm

Aetna

Monday, July 8th Noon - 2:00 pm

Fidelis Care

Tuesday, July 9th 9:00 - 11:00 am

United Healthcare

Wednesday, July 10th 10:00 - Noon

Lions' Club Lending Closet:

Just being released from the hospital and need a wheelchair, cane, tub chair or other device to help you get back on your feet? If so, you may want to check out the Lion's Club Lending Closet.

Contact the Town Clerk's Office at 662-6410 and they will put you in contact with a Lion member who will assist you.

A Note from the Community Activity Council of Orchard Park, Inc.

Congratulations to the May Prize Raffle winner Lorraine Kurek. Thank you to everyone who purchased a raffle ticket and our generous donor.

SUPERMARKET SWEEP FUNDRAISER

The Community Activity Council of Orchard Park & Tops Markets presents

SUPERMARKET SWEEP

Saturday, October 26, 2019 at 7:00 am

Cost is \$10.00 per ticket. A Supermarket Sweep is a timed race through the grocery store, filling your cart with as many groceries as you can!

*For additional information contact Maryann at 825-6460.
Purchase tickets at the Senior Center.*

UPCOMING *Mark Your Calendars* EVENTS



The Community Activity
Council of Orchard Park
& Tops Markets presents

SUPERMARKET SWEEP

**Saturday, October 26, 2019
at 7:00 am**

Cost is \$10.00 per ticket.
A Supermarket Sweep is a timed race
through the grocery store, filling your cart
with as many groceries as you can!

*For additional information contact
Maryann at 825-6460.*

*Tickets available to purchase
at the Senior Center.*



Picnic in Chestnut Ridge Park

Wednesday, September 11th

10:00 am - 2:00 pm

Enjoy an afternoon with friends at Chestnut Ridge Park (Martin Lodge). Texas Roadhouse will be catering this event. Lunch will consist of a grilled chicken breast, mashed potatoes w/gravy, corn, roll, and dessert.

The afternoon includes entertainment by Tom Hastings, prizes, outdoor games, and bingo. Cost for this event is \$8.00.

Payment is due when registering.

Blue Cross/Blue Shield of WNY and Independent Health are generous sponsors toward this event.

Orchard Park Senior Center

70 Linwood Avenue

Orchard Park, NY 14127