



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



AUGUST 2020 NEWSLETTER

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

8:30 a.m. – 4:00 p.m.
Monday - Friday

Supervisor

Dr. Patrick Keem

Council Members

Eugene Majchrzak
Conor Flynn

Director

Debbie Santiago

Program Coordinator

Maria Galley

Kitchen Manager

Kevin Kornowicz



Extreme Heat & Summer Safety

When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

- ♦ Stay away from direct sun exposure as much as possible. Plan outdoor activities either early morning or when the sun starts to set.
- ♦ Air conditioning is your friend in summer. Spend as much time as possible in air-conditioned spaces.
- ♦ Stay hydrated. Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine.
 - ♦ Dress appropriately - try wearing loose, light-colored clothes.
 - ♦ Sunscreen - buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher.
- ♦ Cool down! Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm.

Notes from Debbie . . .

As New York State, Erie County, and the Town of Orchard Park move forward with Phase 4 reopening, we will be following their guidance in determining when it is appropriate for us to reopen. The safety and well-being of our members, volunteers, and staff that visit our center is of utmost importance. We are closely monitoring updates about the ever changing situation with the coronavirus. When we re-open we will have all needed safety precautions in place. These precautions include social distancing, requiring the use of face masks, health monitoring at entry, proper sanitation and disinfecting, reductions in class size and activities available.

We have a reopening plan however, the success of our reopening depends directly on how our members and guests adhere to the new policies when returning. You must weigh the risks and decide if you are comfortable returning to the senior center. If you have any questions or concerns please feel free to contact the senior center to discuss.

Stay well & Take Care!

THANK YOU!!

Thank you to everyone who took the time to complete our online survey. The information is helpful as we work on our reopening plan. I wanted to share the results of the survey - 160 people responded to our survey. Thank you !!

When our local government allows us to reopen , which best describes your attitude toward returning?

34.2% I will return the first opportunity we have
 30.3% I will return first opportunity but with concerns and precautions
 20% I will wait several additional weeks before I attend
 8.4% Not sure
 5.8% It may be quite a while before I return
 .6% Need vaccine
 .6% Other few people and social distancing

What signals would you want to see before you return to attend classes at the center?

36.1% (56) Number of COVID cases in area
 28.4% (44) Not sure
 21.3% (33) Social distancing
 20.6% (32) None of these
 14.8% (23) Vaccine or treatment for COVID

What is important to make you feel safe?

79.2% (122) Provide hand sanitizer
 74% (114) Cleaning of high touch areas
 70.1% (108) Limited participant capacity
 62.3% (96) Signage regarding cleaning policies

What are you most interested in participating in when we reopen?

43% (64) Educational presentations
 28.2% (42) Yoga
 27.5% (41) Women's Exercise
 24.8% (37) Lunch program
 19.5% (29) Tai Chi
 14.8% (22) Club 99
 14.8% (22) Cardio & Tone
 12.8% (19) Pickleball
 11.4% (17) Line Dance
 9.4% (14) Men's Exercise

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

SENIOR CENTER MONTHLY NEWSLETTER

The monthly newsletter provides news of upcoming programs and events and other important information about the Orchard Park Senior Center.

- The newsletter is also available online on the town website <https://www.orchardparkny.org/>

We're on FACEBOOK !!

Stay connected, see your friends, senior center opportunities, and events! LIKE & SHARE



If you haven't ventured into the world of Facebook but have a computer or smartphone give it a try! It's easier than you might think to join and have your own account. If you're not interested, ask a family member or friend to watch our Facebook page for you so you can still get our information. Our Facebook page is filled with photos, current up-to-date reliable information, links to other pages as well as information on upcoming activities and news.

FREE ZOOM CLASSES

Zoom is an easy way to connect online using your computer, laptop, smartphone, or tablet. Zoom classes are a great way to stay engaged with your friends, see the instructors, and exercise from the comfort of your home.

If you would like assistance accessing our Zoom classes please contact the center (prior to the class time).

Zoom Arthritis Tai Chi with Donna

Mondays at 12:45 pm

Arthritis Tai Chi is now widely practiced for its healing benefits for the entire body, which include increased strength, balance and posture, reduce stress, increased relaxation and improve mind, body and spirit.

Zoom Tap Dance for Fun with Jen

Tuesdays at Noon

This class is designed for those who want to learn to tap dance, or who have previously tap danced and want to tap again.

BINGO Live on Facebook

Tuesdays at 1:00 - 1:30 pm

Virtual BINGO is a bit different from regular Bingo. Once Maria has gone live, you will comment you want to play. She will send you a number between 1 and 15. Maria will explain the rest of the rules each time a new game will start.

Zoom Beginner Line Dance Class

Wednesdays at 10:15 am

Join our center instructor Sandy for line dance from the comfort of your home. Line dancing is a great way to stay active and exercise.

Zoom Yoga with Irene

Wednesdays at 11:30 am

Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching; your body and mind will thank you for it.

Zoom Men's Exercise Class with Trish

Thursdays at 9:15 am

You'll notice regular exercising with others motivates you to work toward a healthy lifestyle. Take the first step in living a healthy life by joining Trish for the Men's Fitness program.

Zoom Intermediate Tap Dance with Trish

Thursdays at 10:00 am

This class is for those who have some experience tap dancing. Learn to tap to some of the great Broadway tunes as you burn calories, and get an aerobic workout while tapping.

Zoom Cardio and Tone with Marilyn

Fridays at 10:00 am

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.

SIMPLE INSTRUCTIONS ON HOW TO USE ZOOM:

**You can connect to Zoom using your smartphone, laptop, computer, or tablet.
If you don't have any of these items you can use your phone to dial in to listen to the class.**

You will receive an invite link to join a class on Zoom (example invite below) from the senior center. By clicking on the link you will enter the ZOOM website.

Join Zoom Senior Center Class ****EXAMPLE INVITE BELOW****

<https://zoom.us/j/93829339962?pwd=WDhRUlFDeDQzWnBzRlVPZW1RUT09> ← **ZOOM LINK - DOUBLE CLICK HERE**

Meeting ID: 938 2933 9962

Password: 031099

Call in using your phone: 1 929 205 6099 *must enter meeting id & password

Meeting ID: 938 2933 9962

Password: 031099

When entering ZOOM choose **Open Zoom Meetings**, then choose **Launch with Browser**, then choose **Join with Computer Audio**. When prompted for your name enter name so it can appear on the screen so others know who you are.

At this point you have entered the class and should see the instructor and you can ask additional questions.

Please make sure you sign into the zoom class on time. All classes require the instructor to admit the participants into their class. Arriving after the start time could disrupt the class and delays your participation.



Prior to the center closing we were actively accepting and processing membership forms. When the center reopens we will be adhering to all of our participants being members.

Becoming a member is easy ... all you have to do is complete a form. Resident's membership fee is waived (with proof of residency required) and non-residents pay \$30.00 per calendar year. For 2020, the non-resident fee will be pro-rated to \$20.00. Your membership fee can be waived if you have either Silver Sneakers or Silver and Fit. When applying for membership please bring your fitness id # (you receive this id # from your health insurance carrier) and your membership fee will be waived.

ORCHARD PARK SENIOR CENTER MEMBERSHIP INFORMATION

RESIDENT MEMBERSHIP: Membership fee is waived

Town of Orchard Park residents 55 and older must submit an application in person and proof of residency is required. This membership allows residents to participate in all activities, including clubs and special events. Additional fees may apply when participating in some activities and classes.

NON- RESIDENT MEMBERSHIP: Non-Residents - \$30 annually

Non-residents may join the Orchard Park Senior Center and pay their membership fee each year. Members must be 55 years of age and older. This membership allows non-residents to participate in all activities, including clubs and special events. Additional fees may apply when participating in some activities and classes.

Resident and Non-Resident applications can be submitted in person at the Center by appointment only. Applications can also be submitted online — please contact the senior center to receive an application and instructions on how to submit to the center.

Please contact the senior center office with any membership questions at 662-6452 or at opsenior@orchardparkny.org.

Orchard Park Senior Center is now a Silver & Fit and Silver Sneakers partner!

Those that are 65 and over may qualify.

How to utilize your Silver Sneaker and Silver & Fit benefits? Stop in the Senior Center office to apply for membership. When applying for membership please bring your insurance card and your fitness id # (if you have received it from your health insurance carrier) and your membership fee will be waived.

Registered, now what? Make fitness part of your daily and weekly routine

How do I check into classes? It is imperative that you check in each time you visit. Sign up ahead of time to reserve a spot in the desired class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>3</p> <p>12:45 ZOOM Arthritis Tai Chi with Donna</p>	<p>4</p> <p>12:00 ZOOM Tap Dance For Fun with Jenn</p> <p>1:00 Facebook Virtual BINGO</p>	<p>5</p> <p>10:15 ZOOM Beginner Line Dance With Sandy</p> <p>11:30 Zoom Yoga Class With Irene</p>	<p>6</p> <p>9:00 ZOOM Men's Fitness Class with Trish</p> <p>10:00 ZOOM Interm. Tap Class with Trish</p>	<p>7</p> <p>10:00 ZOOM Cardio & Tone with Marilyn</p>
<p>10</p> <p>12:45 ZOOM Arthritis Tai Chi with Donna</p>	<p>11</p> <p>12:00 ZOOM Tap Dance For Fun with Jenn</p> <p>1:00 Facebook Virtual BINGO</p>	<p>12</p> <p>10:15 ZOOM Beginner Line Dance With Sandy</p> <p>11:30 Zoom Yoga Class With Irene</p>	<p>13</p> <p>9:00 ZOOM Men's Fitness Class With Trish</p> <p>10:00 ZOOM Interm. Tap Class with Trish</p>	<p>14</p> <p>10:00 ZOOM Cardio & Tone with Marilyn</p>
<p>17</p> <p>12:45 ZOOM Arthritis Tai Chi with Donna</p>	<p>18</p> <p>12:00 ZOOM Tap Dance For Fun with Jenn</p> <p>1:00 Facebook Virtual BINGO</p>	<p>19</p> <p>10:15 ZOOM Beginner Line Dance With Sandy</p> <p>11:30 Zoom Yoga Class With Irene</p>	<p>20</p> <p>9:00 ZOOM Men's Fitness Class With Trish</p> <p>10:00 ZOOM Interm. Tap Class with Trish</p>	<p>21</p> <p>10:00 ZOOM Cardio & Tone with Marilyn</p>
<p>24</p> <p>12:45 ZOOM Arthritis Tai Chi with Donna</p>	<p>25</p> <p>12:00 ZOOM Tap Dance For Fun with Jenn</p> <p>1:00 Facebook Virtual BINGO</p>	<p>26</p> <p>10:15 ZOOM Beginner Line Dance With Sandy</p> <p>11:30 Zoom Yoga Class With Irene</p>	<p>27</p> <p>9:00 ZOOM Men's Fitness Class With Trish</p> <p>10:00 ZOOM Interm. Tap Class with Trish</p>	<p>28</p> <p>10:00 ZOOM Cardio & Tone with Marilyn</p>



BOCCE AT GREEN LAKE! OPEN BOCCE

Tuesdays at 9:00 am - 10:30 am

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 will be played at Green Lake.

All participants must register ahead of time to play as space is limited. Please bring your own water bottle, face mask and chair. Social distancing will be followed and we will limit play to two courts to ensure distancing.

**Registration required -
Contact the office to register at 662-6452.**

Please park in the gravel lot for Bocce.

For this program we ask:

- ◆ Do not attend if you have any symptoms of fever, cough, shortness of breath.
- ◆ Participants must maintain six feet of distance
- ◆ If you have visited any of the states on Governor Cuomo's updated list of states on the travel advisory in the last 14 days, you must quarantine and cannot attend.

This event is weather permitting. Please contact the center if inclement weather



COFFEE & CONVERSATION Pop Up Event

Please check the weekly email, our daily Facebook posts, or call the center for future dates. We will meet in the shaded area in the parking lot by the senior entrance. Social distancing must be observed at all times. We ask that you bring your own face mask, beverage, and chair.

For this program we ask:

- ◆ Register with the office 662-6452 or at opsenior@orchardparkny.org
- ◆ Participants must maintain six feet of distance
- ◆ Do not attend if you have any symptoms of fever, cough, shortness of breath
- ◆ If you have visited any of the states on Governor Cuomo's updated list of states on the travel advisory in the last 14 days, you must quarantine and cannot attend.

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