



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



FEBRUARY 2021

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

8:30 a.m. – 4:00 p.m.

**Deputy Town
Supervisor**
Joseph Liberti

**Senior Council
Member**
Eugene Majchrzak

Council Member
Conor Flynn

Director
Debbie Santiago

Program Coordinator
Maria Galley

Kitchen Manager
Kevin Kornowicz



REMINDER ...



**When entering the building you must bring your
My Senior Center Membership Tag.**

**The key tag is required when you sign in
for classes / events.**

Notes from Debbie . . .

Hello & Happy February! We are close to a year of the COVID pandemic and we must still keep in mind the guidelines set forth by the Erie County Health Department and Governor Cuomo and Forward NY. It is imperative that everyone calls to register to attend any and every event and class we offer. We must ensure we do not exceed class sizes as per the guidelines we must follow.

Also, please keep in mind with the winter weather ahead of us ... we do not follow the Orchard Park school calendar or their closings. Please see the back of the newsletter for additional information on Orchard Park Senior Center closing information!

Take Care & Stay Healthy!



THANK YOU to Richard Leonard, a longtime resident of Orchard Park who recently donated a large number of rock, mineral, and crystal samples from the U.S. and other countries to the Community Activity Center. The items are displayed in the lobby of the center. Some of the items are found in Western New York and other parts of the state..



Crystal samples are especially interesting and attractive. Some rocks originated from active volcanoes, some from ancient oceans and seas, as still others from rock that has been changed over very long periods of time by extreme heat and pressure. These changes occurred over millions and millions of years. Thank you again to Richard and please stop by and check out this new display.

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
 Supervisor's 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 available online on the town website <https://www.orchardparkny.org/departments/senior-center/>.

REMINDER ...

When entering the building you must bring your My Senior Center Membership Tag.

The key tag is required when you sign in for classes / events.

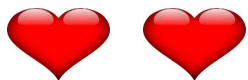
Replacement tags are \$1.00 each



We're on FACEBOOK !!

Facebook is an amazing way for us to stay connected, see our friends, and to share senior center opportunities and events! LIKE & SHARE and stay connected!





HEART HEALTH MONTH



Heart Health Walking Challenge February 1st - February 28th

It's a great time to start walking! Whether you're walking outside, on a treadmill or walking in the Senior Center building join us for this Heart Healthy Walking Challenge! **The senior center offers members space within the facility to walk (see page 7 for days and times).* All members who participate in all four weeks of the walking challenge will be entered to win a prize. To participate please call the center or email to register.

Register with the office to participate.

Heart Healthy Holiday Tree February 1st - February 28th

Share your wisdom and tips on staying healthy and being a healthier you in 2021. Hearts are available at the desk to write down your tips and place your heart on the tree in the vestibule.

Name That Love Song

Wednesday, February 10th at 12:30 pm

Join us to play a spin off of that classic music game show "Name That Tune". You will be the contestants to correctly guess the tune being played by fellow member, Richard Jones. Richard will play a few bars on the on the piano. This event is also available via ZOOM - you can join us and participate from your own home. Call the center to register and to receive the ZOOM link. Ten (10) spots available.

Valentine Coloring Circle

Thursday, February 11th at 11:00 am

Thursday, February 25th at 11:00 am

Adult coloring is a great way to reduce stress and socialize with friends. Members are required to bring their own coloring pencils and the center will provide the holiday themed pages for coloring.

You must register in advance to participate.



**SENIOR CENTER CLOSED
MONDAY, FEBRUARY 15TH
PRESIDENT'S DAY**



BOOK GROUP

Theresa Wiater, retired teacher, Clarence Center Elementary School and excellent instructor for University Express generously offered to be our new book group facilitator to lead the discussion. Register with the office if you plan on attending.

**February Book Group
Monday, February 22nd at 10:30 am**

Where the Crawdads Sing by Delia Owens

Two timelines converge to tell the story of Kya Clark, who grows up in the marshes of North Carolina and is eventually implicated in a murder case.

**March Book Group
Monday, March 22nd at 10:30 am
The Gown by Jennifer Robinson**

A Novel of the Royal Wedding by Jennifer Robson is a moving story about loss, survival but most of all—love. While the story centers around the making of Queen Elizabeth's wedding gown, it follows the people behind the scenes making her gown.

Documentary Film & Discussion

Join us as we watch a documentary and Theresa Wiater will lead a discussion of the film. Episodes vary in length and leave time for discussion. Space will be limited to 9 members.

Challenger Docuseries

4 part series Mondays at 12:45 pm

This docuseries chronicles the buildup and aftermath of the devastating Space Shuttle Challenger disaster on Jan. 28, 1986.

**Challenger: Space for Everyone
Monday, February 8th at 12:45 pm**

The new Space Shuttle program captivates America and draws a diverse, determined crop of astronauts. But safety issues arise out of public view.

**Challenger: Help
Monday, February 22nd at 12:45 pm**

To revive public interest, NASA chooses teacher Christa McAuliffe to be the first civilian on the Shuttle. Issues with the solid rocket boosters linger.

**Challenger: A Major Malfunction
Monday, March 1st at 12:45 pm**

After several delays, the crew prepares for launch as engineers and NASA officials tensely discuss concerns about the O-rings and a cold weather launch.

**Challenger: Nothing Ends Here
Monday, March 8th at 12:45 pm**

Challenger's shocking explosion devastates the families of the crew as well as millions watching live, and an investigation puts NASA on the defensive.

**Drive-Thru 716 Fresh
Roast Beef Meal
Pick-up Thursday, February 18th**

\$6.00 Per Meal (members only)

**Meal: Roast Beef, Gravy, Mashed Sweet
Potatoes, & Mixed Vegetable**

Stop in the office Monday – Friday between 9am and 2pm to place your order. All meals must be pre-paid in the OP Senior Center office by Thursday, 2/11 at noon.

Pick up your pre-paid refrigerated meal at the Orchard Park Senior Center Thursday, February 18th between Noon – 12:30 pm.

All meals will receive re-heating information sheet

Only pre-orders will be available at pick up at the Orchard Park Senior Center!



Elderwood Assisted Living at West Seneca is a generous sponsor toward this event. Thank You!



**AARP Foundation
Tax Aide**

Free tax preparation Is
CANCELLED for 2021
due to the COVID-19 pandemic.
(This includes Orchard Park, East
Aurora & Valley Community Center).

For additional information and alternate
tax site locations please contact
AARP 1-888-227-7669 or
Website: AARP.org/taxaide

LOOKING AHEAD TO MARCH

**A Recipe for Positive Emotional
and Mental Health**

Thursday, March 25th at 12:30 pm

Jennifer Johnson, will join us virtually to discuss maintaining our emotional and mental health. Emotional and mental health is just as important as maintaining our physical health, but something many of us neglect.

During this virtual seminar, you will learn:

What is emotional and mental health?

What affects our emotional and mental health?

How to improve or maintain emotional and mental health.

Limited members (10) can join the presentation for a live viewing at the senior center. If you choose to view from your home, please contact the senior center for link information. Register to attend.

**Preparing for Retirement and Thinking
about Medicare?**

Monday March 1st at 10:30!

When it comes to Medicare and your retirement, there is a lot of information to consider. Come join Michele, an Independent Health RedShirt as she helps you understand Medicare so that when the time comes you can make sure you choose the best plan. Register to attend.



**Mind Aerobics
Mondays at 1:00 pm**

When most people think about aerobics they think of vigorous exercises such as swimming or walking designated to strengthen the heart and lungs. We all know that it's important to keep your body active but, what about your mind?



Research has shown brainteasers, word puzzles, critical thinking, and trivia often delay the onset of Alzheimer's. The class will provide adults 55+ with comprehensive mental workouts that can maintain or improve cognitive functioning.

Join this fun group for laughs and a mental workout, which will keep you fit! All members are socially distanced, required to hand sanitize (available in room) and wear a face mask.

Register with the office for this fun filled hour!
Registration is limited to 10 members.

55+ PICKLEBALL

****see weekly schedule pg. 7 for days & times to play pickleball ****

All members must make a reservation over the phone or in person with the senior center for 55+ pickleball play prior to the day you plan to play. No walk ins.

**Cost is \$4.00. Limit of 6 per court.
55+ Guest Pass Available for \$4.00 / day**

- ◇ All participants must wear a mask when playing pickleball.
- ◇ Do not arrive more than 15 minutes before your scheduled open play time.
- ◇ Wash your hands with soap and water and bring personal use hand sanitizer to the courts.
- ◇ Bring a full personal use water bottle(s). Water bottle filling station available - water fountains are closed.
- ◇ Consider wearing gloves during play to avoid picking up pickleballs with your hands.

LEARN TO PLAY PICKLEBALL

If you haven't played pickleball before don't worry about it! Pickleball is easy to learn, and you will pick it up just by playing. Join John as he instructs you on how to play pickleball (racquets provided).

**Mondays at 1:00 pm
Feb. 1st, Feb. 8th and Feb 22nd**

**Fridays at 10:00 am
Feb. 5th, Feb. 12th,
Feb. 19th and Feb. 26th**

All members must make a reservation over the phone or in person with the senior center to attend Learn to Play Pickleball. Registration must be done prior to the day you are registering for. No walk ins.

Cost is \$4.00. Space is limited.

- ◇ All participants must wear a mask when playing pickleball.
- ◇ Do not arrive more than 15 minutes before your scheduled open play time.
- ◇ Wash your hands with soap and water and bring personal use hand sanitizer to the courts.
- ◇ Bring a full personal use water bottle(s). Water bottle filling station available - water fountains are closed.
- ◇ Consider wearing gloves during play to avoid picking up pickleballs with your hands.

FITNESS ROOM SCHEDULE

9:00 - 9:45 am
10:15 - 11:00 am
11:30 - 12:15 pm
12:45 - 1:30 pm
2:00 - 2:45 pm
3:15 - 4:00 pm

All participants must have completed a fitness room orientation, have a signed a fitness room waiver on file, and read a copy of the rules and regulations before using the fitness room. Please contact the senior center to schedule a fitness room orientation.

- ◇ Face masks/coverings must be worn in the Community Activity Center and in the fitness room.
- ◇ Participants are required to use the cleaning wipes provided to disinfect all used equipment before using the equipment and at the completion of their workout.
- ◇ Only water bottles or other sports drinks contained in non-breakable spill-proof containers are allowed in the fitness room. Consider bringing a full personal use water bottle(s). Water bottle filling station available - water fountains are closed.

Erie County Senior Services Age Mastery Program (AMP)

**February 18th and run through April 22nd.
11:00 am – 12:00pm**

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Classes run for ten weeks, each week you will experience a different topic and presenter each class. Come join us and see what all the buzz is about!

What you be learning about :

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

If you are interested contact Julie Ruzsala at Erie County Senior Services at Julie.ruzsala@erie.gov or 716-858-6403.



ERIE COUNTY STAY FIT DINING PROGRAM OFFERING FROZEN MEAL OPTION

The Erie County Stay Fit Dining Program congregate lunch site will be on pause until further notice. As a healthy alternative, FROZEN MEALS will be available for curbside pick-up once a week for registered participants. Milk, roll, and dessert will be included with each meal. Just like the Stay Fit Dining Program, the suggested contribution is \$3 per meal, but no one will be turned away for lack of ability to pay. Your contribution will be collected when you pick up your meals.

This program IS available to Seniors all over Erie County, who are able to come and pick up their meals for the week, even if you've never participated in the Stay Fit Dining Program before.

The Erie County Stay Fit Dining Program is please to offer the 3 or 5 pack varieties of frozen meals though the new Frozen Meal Program. The 3 pack meals will have some combination of the meals offered in the 5 pack. Frozen Meal Menus will be released in the beginning in the month. Those who are receiving the meals will receive a copy of the menu with your meals. If you'd like a menu please contact Kevin at the phone number below.

All meals will come in a "meal pack" labeled clearly and will include instructions on how to reheat them. Entrée items will include things like meatballs & gravy, pulled pork, chicken breast, chicken tenders, and various others that have been tested and freeze well.

If you would like more information or would like to sign up, please call Kevin at 662-6452 (option 3).

Weekly reservations must be called in no later than 11:00 am on the Wednesday of the week before.

MEALS WILL THEN NEED TO BE PICKED UP ON MONDAY MORNING BETWEEN 9:00 - 9:30 am AT THE FRONT ENTRANCE OF THE SENIOR CENTER.



Spend an afternoon at the movies.

Wed 2/3 Black Panther (PG-13) T'Challa, heir to the hidden but advanced kingdom of Wakanda, must step forward to lead his people into a new future and must confront a challenger from his country's past.

Wed 2/10 LaLa Land (PG-13) While navigating their careers in Los Angeles, a pianist and an actress fall in love while attempting to reconcile their aspirations for the future.

Wed 2/17 Let Him Go (R) Retired sheriff George Blackledge and wife Margaret are grieving over the death of their son and set out to find their only grandson.

Wed 2/24 The Grey (R) After their plane crashes in Alaska, six oil workers are led by a skilled huntsman to survival, but a pack of merciless wolves haunts their every step.

KNITTERS GROUP IS BACK!! Thursdays at 1:00 pm

Join others who enjoy knitting and crocheting at the senior center. Space is limited to 10. Please register in the office if you plan on attending.



CARDS & GAMES

ALL CARDS & GAMES HAVE BEEN PAUSED

(Bridge, Hand & Foot, Euchre, Pinochle, Scrabble, Dominoes & MahJong)

Please check the monthly newsletter for dates on when cards & games will return.



Shuffleboard
2 Courts Available for Play
Mondays & Wednesdays
9:00 - 10:30 am

Shuffleboard rules are easy to learn and understand and are designed to keep the game fun. Join Judy as she instructs you on how to play.

Register ahead to participate.
Masks are required to be worn during the whole game and hand sanitizer is readily available.

WEEKLY SCHEDULE OF EVENTS AT THE SENIOR CENTER

* Reminder: schedule may change due to ForwardNY guideline *

All members must pre-register prior to the day of the activity.

All members must wear a face covering/mask and follow all social distancing guidelines to participate.

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
9:00 Pool Shooting Rm 110	8:45 Men's Exercise Rm 158	8:45 Men's Exercise Rm 158	8:45 Men's Exercise Rm 158	9:00 Pool Shooting Rm 110
9:00 Library (books, puzzles & computer usage)	9:00 Pool Shooting Rm 110	9:00 Pool Shooting Rm 110	9:00 Pool Shooting Rm 110	9:00 Library (books, puzzles & computer usage)
9:00 Shuffleboard Rm 118	9:00 Library (books, puzzles & computer usage)	9:00 Library (books, puzzles & computer usage)	9:00 Library (books, puzzles & computer usage)	9:00 Open Walking Rm Gymnasium
9:00 Open Walking Rm Gymnasium	9:00 Open Walking Rm Gymnasium	9:00 Open Walking Rm Gymnasium	9:00 Open Walking Rm Gymnasium	9:00 Ladies Exercise Rm 118 *new time*
9:00 Medit. & Yoga Rm 118	9:00 Ladies Exercise Rm 118 *new time*	9:00 Shuffleboard Rm 118	9:00 Ladies Exercise Rm 156 *new time*	10:00 Cardio& Tone Rm 158
10:00 55+ Pickleball \$4.00 Rm 156	10:30 Int Line Dance \$3.00 per class Rm 156	10:00 Beginner Line Dance \$2.50 per class Rm 158	10:00 Int Tap Dance Rm 158	10:30 Art with Friends Rm 106
10:30 Wii Bowling Rm 126	10:30 Facebook Live&Zoom Club 99	11:00 Open Walking Rm 118	11:00 Open Walking Rm 118	10:00 Learn to Play Pickleball \$4.00 Rm 156
11:00 Open Walking Rm 118	11:00 Open Walking Rm 118	11:30 Yoga Rm 156	12:30 Pool Shooting Rm 110	11:00 Open Walking Rm 118
12:30 Pool Shooting Rm 110	11:15 Tap Steps \$3.00 per class Rm 158	12:30 Pool Shooting Rm 110	1:00 Knitters Group Rm 106	12:30 Pool Shooting Rm 110
12:45 Arthritis Tai Chi Rm 158	Noon Beginner Tap \$4.00 per class Rm 158	1:00 Movie Rm 126	1:00 Library (books, puzzles & computer usage)	1:00 Library (books, puzzles & computer usage)
1:00 Mind Aerobics Rm 106	12:30 Pool Shooting Rm 110	1:00 Library (books, puzzles & computer usage)	1:00 Open Walking Rm 118	1:00 Open Walking Rm 118
1:00 Library (books, puzzles & computer usage)	1:00 Bingo \$1.00 / board Rm 127	1:00 Open Walking Rm 118	1:00 55+Pickleball \$4.00 Rm 156	1:00 55+ Pickleball \$4.00 Rm 156
1:00 Open Walking Rm 118	1:00 Library (books, puzzles & computer usage)	1:00 55+ Pickleball \$4.00 open play Rm 156		
1:00 Learn to Play Pickleball \$4.00 Rm 156	1:00 Open Walking Rm 118			
	1:00 55+ Pickleball \$4.00 Rm 156			

IN PERSON CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

Reminder: Pre-registration is required for ALL classes, activities & events.

Beg. Line Dance Wednesdays at 10:00 am

Those who have always wanted to learn how to line dance but, have not had the time, place or the opportunity to do so, may join. Line dancing is great exercise and a wonderful way to meet new friends.
Cost is \$2.50 per class.

Inter. Line Dance Tuesdays at 10:30 am

Those who have always wanted to learn how to line dance but, have not had the time, place, or the opportunity to do so, may join. Line dancing is great exercise and a wonderful way to meet new friends.
Cost is \$3.00 per class.

Beginner Tap Step Class

Tuesdays at 11:15 am

*Want to **learn** how to make music with your feet? In this class you will go back to the basics and learn basic tap steps. Cost is \$3.00 per class.*

Beginner Tap Dance Tuesdays at Noon

Classes are designed for those who have always wanted to learn to tap dance, or who have previously tap danced and want to tap again.
Cost is \$4.00 per class.

Inter. Tap Dance Thursdays at 10:00 am

Classes are designed for those who have previously tap danced and want to tap again.
Cost is \$4.00 per class.

Meditation & Gentle/ Restorative Yoga Mondays at 9:00 am

This class will combine the calming benefits of meditation with gentle stretching and yoga postures. Instructor Irene Kulbacki-CYT will guide you through a seated meditation followed by yoga postures that will help to improve your flexibility, strength, and balance. (chair modifications available).

Yoga 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.
Cost is \$4.00 pay as you go.

Open Walking Mondays - Fridays

see weekly schedule for days & times

With the weather changing the senior center offers a safe space to get out and stretch your legs.
Face masks must be worn when walking.

Men's Fitness Tues., Wed., & Thur. at 8:45 - 9:45 am

Regular exercising with others motivates you to work toward a healthy lifestyle. Take the first step in living a healthy life by showing up for the Men's Fitness program.
Cost is \$2.00 pay as you go.

Cardio and Tone 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.
Cost is \$4.00 pay as you go.

Ladies Exercise Tues., Thurs. and Fri. at 9:00 am

This program uses stretching, aerobic and floor exercises tailored specifically for the needs of those 60+ years. Exercising with friends encourages you to lead a healthy and more energetic life. **Please wear comfortable clothes, bring a mat, light weights, and a stretch band for the class.*

Shuffleboard Mondays & Wednesdays 9 - 10:30 am

Shuffleboard is a fun game with the objective to use the shuffleboard cue to propel the pucks into the scoring zone in order to win points.

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!

Wii Bowling Mondays at 10:30 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 brain teasers, 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 OFFERED VIA ZOOM & FACEBOOK LIVE

Club 99

Tuesdays at 10:30 am

FACEBOOK LIVE & ZOOM

Join Barb as she facilitates Club 99 which is a free fitness program. This exercise program utilizes resistance bands, light weights and can be done seated, standing or a combination of both.

Contact the senior center for the ZOOM link.



STAY ENGAGED & RENEW YOUR MEMBERSHIP!!!

Your membership entitles you to classes, clubs, events, programs and use of our 50,000+ square foot facility. Our facility includes a large dining room, Cafe, billiard room, dance room, an art room, a library (with books, puzzles, and laptops), three large classrooms, and a fitness room and gymnasium.

- Town of Orchard Park residents 55+ and who pay OP town taxes the membership fee is waived
- Non-Residents - \$30 annual membership fee unless you have Silver Sneakers & Silver & Fit

Applications must be submitted in person at Center. Please contact the senior center for an appointment or with any membership questions at 662-6452

Do you know someone who might enjoy being a member of the Senior Center?

Monthly newsletters are available in the office to hand out for information. Becoming a member is easy ... all you have to do is complete a form. Resident's membership fee is waived (proof of residency required) and non-residents pay \$30.00 per calendar year. Your membership fee can be waived if you have either Silver Sneakers or Silver and Fit. To have your membership fee waived using your Silver Sneakers or Silver & Fit benefit, please bring your fitness id # (you receive this id # from your health insurance carrier) with you when you complete your membership application.

Medicare Advantage Plans

Univera Healthcare

Tuesday, February 16th 10:00 - Noon

Blue Cross / Blue Shield meet one on one

Wednesday, February 17th 1-3pm

United Healthcare

Thursday, February 18th 10:00 - Noon

Aetna

Thursday, February 18th 10:00 - Noon

Independent Health

Michele at 716-635-7860

Please contact the Independent Health directly as they are not scheduled at the Senior Center in February.

Art with Friends Fridays at 10:30 am - 12:30 pm



Enjoy working on your artwork? Bring your supplies in and work with others at the senior center.

This is not a class, it's very casual and a opportunity to meet with others who share your passion for creativity and art.

Each member will be socially distanced and required to wear a face mask.

Limited to 10 members..

New Members & Guests

To ensure the safety of everyone during COVID-19 restrictions:

Please call the center to MAKE AN APPOINTMENT if you would like to:

- ♦ Sign up for Senior Center membership
- ♦ Schedule a tour of the Senior Center
- ♦ Or if you are interested in more information about the Senior Center.

**PLEASE CALL 662-6452
to schedule an appointment**



**VOLUNTEERS
NEEDED**

Front Desk Volunteers needed

Monday - Friday Noon - 3 pm and
Mondays 8:30am - Noon

Computer Instructor needed

flexible on days and hours

Please contact Debbie or Maria if you are interested in volunteering and for additional information.

Orchard Park Senior Center Closing Information

If you want to know if Center activities will be cancelled during bad weather, listen for “weather closing” announcements on WGRZ-TV, WKBW-TV, WIVB-TV and WBEN radio.

You may also call the Center at 662-6452 or the Supervisor’s office at 662-6400 to learn if the Center is closed. Also, please check our Facebook page.

We DO NOT follow the Orchard Park School calendar or their closings.



*Just a friendly
reminder...*

**YOU MUST
PRE-REGISTER
FOR ALL
ACTIVITIES and
CLASSES**

To participate in an activity / class you must pre-register. You can pre-register by calling the center at 662-6452 or send us an email to register (opsenior@orchardparkny.org).

We understand this is a challenge however, we must control the number of participants. Thank you for your understanding and cooperation.

Orchard Park Senior Center

4520 California Road

Orchard Park, NY 14127
