



# Orchard Park Senior Center

4520 California Road  
Orchard Park, NY 14127



**MARCH 2021**

## PHONE

716-662-6452

## EMAIL

[opsenior@orchardparkny.org](mailto: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**



*Photos from  
St. Patrick's Day Dinner 2019*



**Drive-Thru  
St. Patrick's Day Dinner  
Catered by JP Fitzgerald's**

*See page 4 for details*

### Notes from Debbie . . .

Looking back one year ago .... Wow how things have changed. We all looked forward to our move to the new facility which occurred on February 27th. We had three great weeks and on March 13th the center closed due to the COVID pandemic. We were able to re-open on August 10th and since then we have continuously changed the schedule to ensure we were following the guidelines set forth by ForwardNY.

There was an article shared on Facebook highlighting what 2020 taught us a few lessons we learned. There were a few lessons that caught my attention ...being bored is ok as there are worse things in life, emotions are meant to be felt and knowing why you feel a certain way is important, plans change and life is more flexible than we think.

Since this began we continue to face life changes, cancelled plans and events, and opportunities that are no more due to COVID. The article discuss the need to remember people are hurting and we need to have empathy for others and be grateful for the little things in life. The article also discusses how the pandemic has made us better, more empathetic, selfless, and less eager to rush to complete our overbook schedules. Let's spend time thinking about the good things 2020 taught us.



### STAY ENGAGED & RENEW YOUR

### ORCHARD PARK SENIOR CENTER MEMBERSHIP!!!

Becoming a member is easy .... All you have to do is complete a membership form!

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 / or who pay OP town taxes the membership fee is waived.
- ♦ Non-Residents - \$30 annual membership fee. Membership fee can be waived if you have Silver Sneakers or Silver & Fit. Bring your fitness i.d. when becoming a member.
- ♦ 55+ Guest Pass available for \$4.00

#### 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.

Membership applications must be submitted in person at Center. An in person appointment is required to complete your membership application.

Please contact the senior center for a new member welcome appointment or with any membership questions at 662-6452.

**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!**



### 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

**Rural Transit is in need of volunteer drivers.**  
**For more information please call 662-8378.**

### 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.



## VIRTUAL OR IN PERSON PRESENTATIONS ....

### Preparing for Retirement and Thinking about Medicare?

**Monday March 1st at 10:30 am**

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 in advance to attend.

### 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 space available to 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 in advance to attend.



### 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.

### March Book Group

**Monday, March 22nd at 10:30 am**  
**"The Gown" by Jennifer Robson**

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.

### April Book Group

**Monday, April 26th at 10:30 am**

**"A Prayer for Owen Meany" by John Irving**

A Prayer for Owen Meany is the seventh novel by American writer John Irving. Published in 1989, it tells the story of John Wheelwright and his best friend Owen Meany growing up together in a small New Hampshire town during the 1950s and 1960s.

### Art at the Senior Center Creativity Kit

Sponsored by Albright-Knox Art Truck & BC/BS

**Thursday, March 11th at 12:30 pm - 2:30 pm**

This is an art initiative for all backgrounds and levels of ability. This art kit includes all the materials needed to inspire and create your own piece of artwork. Kits can be taken home to create at home or you can socialize with other friends and create your artwork at the center.

Register with the office is required as kits are limited (1 kit per person).



### Easter Wreath

**Friday, March 19th at 12:30 pm**

Join Maria to create a holiday wreath you can gift a friend or decorate your home with a beautiful handmade wreath. Cost is \$10.00 which includes instruction and everything you need to make an

amazing wreath (wreath form, ribbon, decorative mesh, and add ons). Space is limited to 8 members.

Register in the office.

*Please Note: You must bring your own scissors and ruler to complete the craft. Please plan to spend a minimum of 2 hours to complete the craft at the senior center. (Actual wreath you will create in picture)*

### Art with Friends

**Fridays in March 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. Space is limited.

### Adult Coloring

**Mondays in March at 10:00 am - Noon**



Relieve Stress through Adult Coloring. Join us every Monday at 10:00 am and bring your books and colored pencils. Explore a great way to relax and meet new friends. This is not a class, it's very casual weekly activity.

Register in the office to attend.



### One on One Mini Bridge Lessons

**Mondays in March Noon - 12:30 pm**

Come and get information about our popular Bridge game played here every Monday from 12:30 to 2:30 pm.

Invited to attend this class are:

- ♦ Pinochle players who want to see how Bridge is played.
- ♦ Bridge players who want to catch up on "what's new".
- ♦ Experienced players who want to review basic popular conventions.

**Must register to attend - no walk-ins**



## 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 is limited. Register in the office to attend.

### Challenger Docuseries: 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 Docuseries: 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.

### Nature Docuseries: Moonlit Plains and Frozen Nights Monday, March 22nd at 12:45 pm

Watch two episodes and discuss. From the African savanna to the Peruvian desert, lives of predators and prey are closely linked to the moon's cycles and the opportunities they bring. Mothers with cubs fight to survive, and a lonely monkey finds safety in numbers as animals navigate cold landscapes during the planet's longest nights.

### Nature Docuseries: Jungle Nights and Dark Seas Monday, March 29th at 12:45 pm

Watch two episodes and discuss. Beneath the jungle's canopy, the night is alive with fantastic beasts, large and small, who use the darkness to socialize, hunt, climb and crawl. The oceans' tides ebb and flow in concert with the moon, and so do the lives of the creatures below, from the largest whale shark to the smallest prawn.

### Nature Docuseries: Sleepless Cities and Dusk to Dawn Monday, April 5th at 12:45 pm

Watch two episodes and discuss. After dark, the natural world appears in unnatural places: Migrating elephants stroll through town, and urbanized otters romp in the city. The night unfolds to reveal magic in the air, drama in the deep, and danger on the ground as animals across the planet rise with the sunset.



## 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!*

## NEW CLASS COMING IN APRIL .....

### CARDIO DRUMMING Thursdays in April at 5:15pm First Class Thursday, April 1st



What Is Cardio Drumming?

At its core, Cardio Drumming is a cardiovascular based, full-body workout that requires you to move and play drums along to music.

Except it doesn't actually involve any drums! Instead, participants use drumsticks to drum on a large inflatable exercise ball that's placed in a specially designed bucket, which stops the ball from moving while keeping the 'drumming' surface roughly at waist height.

It's primarily an aerobic activity but will also incorporate elements of strength training as you maneuver the sticks.

As with most exercise classes the intensity will build throughout the class until your suitably out of breath and dripping with sweat.

**Cost is \$20.00 for the 5 week session.  
Must pre-register and pay for the session by 3/29.**



**It's Not too late to  
purchase your**

**Drive-Thru St. Patrick's Day Dinner  
Catered by JP Fitzgerald's  
\$11.00 Per Meal**

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 Monday, March 8<sup>th</sup>.**

Meal Includes:

Corned Beef, Cabbage, Carrots, Red Potatoes and a Slice of Rye Bread

**Pick-up pre-paid dinners at the  
Orchard Park Senior Center  
Tuesday, March 16<sup>th</sup>  
between 11:00am and 11:30am**



- ◇ 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.

**All members must make a reservation over the phone or in person with the senior center to attend Learn to Play Pickleball or 55+ Open Pickleball. Registration must be done prior to the day you are registering for. No walk ins.**

**Bring a 55+ Guest and purchase a Guest Pass for \$4.00 / day**

### **LEARN TO PLAY PICKLEBALL**

**Cost is \$4.00 / space is limited**

**Mondays at 10:30 - 12:30 pm**

**March 1st, 8th, 15th, 22nd & 29th**

**Fridays at 10:30 - 12:30 pm**

**March 5th, 12th, 19th & 26th**

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).

### **55+ OPEN PICKLEBALL**

**Cost is \$4.00 / space is limited**

**Monday - Friday 1:00 pm - 3:00 pm**

**Thursdays at 10:30 am - 12:30 pm**

Two courts are available for play with a limit of 6 players per court. Must register in advance to play.

### **\*NEW DATE ADDED\***

#### **Tai Chi for Arthritis**

**Mondays & Fridays at 12:45 pm**

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

*Free Class.*

## **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.



**Club 99 is back  
in person at the center!  
Tuesdays & Thursday at 10:30 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. This class is a full body work that can be done standing seated or a combination of both. The class uses resistance bands and light weights (bring your own weights to class).

Must pre-register to attend as space is limited.

### **Stay Fit Dining Program in Senior Center**

Lunch is served at noon Monday through Friday. The suggested contribution is \$3.00. **You must register for lunch by calling Kevin at 662-6452 (option #3), or email [kornowicz@orchardparkny.org](mailto:kornowicz@orchardparkny.org) 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!

**Mon 3/1** Rotini & Meatballs w/Sauce, Cauliflower, Seasoned Spinach, Fruit Cocktail, Chocolate Milk

**Tue 3/2** Breaded Chicken Breast w/Bflo-style Sauce, Bun, Fiesta Corn, Broccoli, Tapioca Pudding w/ Peaches

**Wed 3/3** Roasted Turkey w/Stuffing & Gravy, Mashed Sweet Potatoes, Peas, Apple, Molded Cranberry Salad

**Thu 3/4** Beef Stew, Mashed Potatoes, Biscuit, Chocolate Mousse

**Fri 3/5** Macaroni & Cheese, Zucchini & Stewed Tomatoes, Salad, Mandarin Oranges & Pineapple

**Mon 3/8** Turkey A la King, Mashed Potatoes, Carrots, Biscuit, Chocolate Chip Cookies

**Tue 3/9** Ham Steak w/Maple Glaze, Scalloped Potatoes, Peas, Rye Bread, Lemon Cake with Frosting

**Wed 3/10** Roast Beef w/Gravy, Sweet Potatoes, Brussels Sprouts, Wheat Dinner Roll, Fruited Gelatin

**Thu 3/11** Breaded Eggplant /Sauce, Pasta, Broccoli, Cannellini Beans, Baked Pear Crisp

**Fri 3/12** Baked Salmon w/Pineapple Salsa, Rice Pilaf, Green Beans, Cornbread, Tropical Fruit

**Mon 3/15** Stuffed Shells w/Tomato Sausage Sauce, Seasoned Spinach, Mixed Vegetables, Bread, Pineapple

**Tue 3/16** Hamburger w/Gravy, Whole Wheat Bun, Mashed Potatoes, Broccoli, Vanilla Mousse

**Wed 3/17** Corned Beef w/Creamy Dill Cabbage, Parslied Potatoes, Carrots, Rye Bread, Chocolate Éclair

**Thu 3/18** Gr. Chicken Mandarin Orange & Sunflower Seed Salad, Wheat Dinner Roll, Strawberry Ice Cream

**Fri 3/19** Vegetable Lasagna, Cauliflower, Italian Green Beans, Dinner Roll, Frosted Marble Cake

**Mon 3/22** Pork Ribette w/BBQ Sauce, Bun, Cheesy Mashed Potatoes, Seasoned Mixed Greens, Fig Bar

**Tue 3/23** Beef Stew, Biscuit, Brussels Sprouts, Strawberry Bavarian

**Wed 3/24** Beef & Sausage Macaroni Casserole, Calif. Mixed Vegetables, Corn, Rye Bread, Fruit Compote

**Thu 3/25** Roast Turkey, Gravy, Mashed Potatoes, Peas & Carrots, Roll, Lorna Doones, Cranberry Salad

**Fri 3/26** Beer-Battered Fish, Macaroni and Cheese, Green Beans, Cornbread, Coleslaw, Fruited Gelatin

**Mon 3/29** Butternut Squash Ravioli w/Chicken Paprika Cream Sauce, Peas, Seasoned Summer Squash with Red Peppers, Italian Bread, Peaches

**Tue 3/30** Bratwurst, Baked Beans, Bun, Roasted Potatoes, Mixed Vegetables, Tropical Fruit

**Wed 3/31** Chicken Cordon Bleu w/Cream Sauce, Rice Pilaf, Orange-glazed Carrots, Chef Salad, Roll

**Coconut Cream Pie**

**Thu 4/1** Stuffed Cabbage Roll, Mashed Potatoes, Corn, Rye Bread, Pineapple right side up Cake

**Fri 4/2 Senior Center Closed**

### ***Monday Morning FROZEN MEAL Pick-Up Will continue . . .***

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 he 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. 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.**



**AN AFTERNOON AT THE MOVIES ....**  
**Spend an afternoon at the movies.**  
**50¢ includes bag of chips or popcorn**

**Wed 3/3 Wild Mountain Thyme (PG-13)** A pair of star-crossed lovers in Ireland get caught up in their family's land dispute.

**Wed 3/10 Dreamland (R)** A dazzling love story set amidst America's struggle during the Great Depression. A teenager's adventures as a bounty hunter take an unexpected twist.

**Wed 3/17 Leap Year (PG)** Anna Brady plans to travel to Dublin, Ireland to propose marriage to her boyfriend Jeremy on Leap Day, because, according to Irish tradition, a man who receives a marriage proposal on a leap day must accept it.

**Wed 3/24 Rudy (PG)** Rudy has always been told that he was too small to play college football. But he is determined to overcome the odds and fulfill his dream of playing for Notre Dame.

**Wed 3/31 American Hustle (R)** A con man, Irving Rosenfeld, along with his seductive partner Sydney Prosser, is forced to work for a wild F.B.I. Agent, Richie DiMaso, who pushes them into a world of Jersey powerbrokers and the Mafia.



# 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. No walk-in allowed.**

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

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
<b>9:00 Pool Shooting</b> Rm 110	<b>8:45 Men's Exercise</b> Rm 158	<b>8:45 Men's Exercise</b> Rm 158	<b>8:45 Men's Exercise</b> Rm 158	<b>9:00 Pool Shooting</b> Rm 110
<b>9:00 Library</b> (books, puzzles & computer usage)	<b>9:00 Pool Shooting</b> Rm 110	<b>9:00 Pool Shooting</b> Rm 110	<b>9:00 Pool Shooting</b> Rm 110	<b>9:00 Library</b> (books, puzzles & computer usage)
<b>9:00 Medit. &amp; Yoga</b> Rm 156	<b>9:00 Library</b> (books, puzzles & computer usage)	<b>9:00 Library</b> (books, puzzles & computer usage)	<b>9:00 Library</b> (books, puzzles & computer usage)	<b>9:00 Ladies Exercise</b> Rm 156
<b>9:00 Ladies Exercise</b> Rm 158	<b>10:30 Open Walking</b> Rm Gym	<b>9:00 Shuffleboard</b> Rm 126	<b>9:30 Dominoes</b> Rm 128	<b>9:45 Euchre</b> Rm 128
<b>10:00 Coloring</b> Rm 106 free own supplies	<b>10:30 Int Line Dance</b> \$3.00 per class Rm 156	<b>9:00 Ladies Exercise</b> Rm 156	<b>10:30 Open Walking</b> Rm Gym	<b>10:30 Open Walking</b> Rm Gym
<b>10:30 Open Walking</b> Rm Gym	<b>10:30 Club 99</b> Free Rm 118	<b>9:30 Hand &amp; Foot</b> Rm 128	<b>10:00 Int Tap Dance</b> Rm 158	<b>10:00 Cardio&amp;Tone</b> Rm 158
<b>10:30 Wii Bowling</b> Rm 126	<b>NOON LUNCH</b> <i>Arrive by 11:45 am</i>	<b>10:30 Open Walking</b> Rm Gym	<b>10:30 Club 99</b> Free Rm 118	<b>10:30 Art with Friends</b> Rm 106
<b>10:30 Learn to Play 55+ Pickleball</b> \$4 Rm 156	<b>Noon Tap for Fun</b> \$4.00 per class Rm 158	<b>10:00 Beginner Line Dance</b> \$2.50 per class Rm 158	<b>10:30 55+ Pickleball</b> \$4.00 Rm 156	<b>10:30 Learn to Play 55+ Pickleball</b> \$4 Rm 156
<b>NOON LUNCH</b> <i>Arrive by 11:45 am</i>	<b>12:30 Pool Shooting</b> Rm 110	<b>11:30 Yoga</b> Rm 156	<b>NOON LUNCH</b> <i>Arrive by 11:45 am</i>	<b>NOON LUNCH</b> <i>Arrive by 11:45 am</i>
<b>12:30 Pool Shooting</b> Rm 110	<b>1:00 Bingo</b> \$1.00 / board Rm 127	<b>NOON LUNCH</b> <i>Arrive by 11:45 am</i>	<b>12:30 Pool Shooting</b> Rm 110	<b>12:30 Pool Shooting</b> Rm 110
<b>12:30 Bridge</b> Rm 128	<b>1:00 Library</b> (books, puzzles & computer usage)	<b>12:30 Pool Shooting</b> Rm 110	<b>1:00 Library</b> (books, puzzles & computer usage)	<b>12:45 MahJong</b> Rm 126
<b>12:45 Arthritis Tai Chi</b> Rm 158	<b>1:00 Open Walking</b> Rm Gym	<b>1:00 Movie</b> Rm 126	<b>1:00 Open Walking</b> Rm Gym	<b>12:45 Arthritis TaiChi</b> Rm 158
<b>12:45 Docuseries</b> Rm 127 see pg. 4	<b>1:00 55+ Pickleball</b> \$4.00 Rm 156	<b>1:00 Library</b> (books, puzzles & computer usage)	<b>1:00 55+ Pickleball</b> \$4.00 Rm 156	<b>1:00 Pinochle</b> Rm 128
<b>1:00 Mind Aerobics</b> Rm 106		<b>1:00 Open Walking</b> Rm Gym		<b>1:00 Library</b> (books, puzzles & computer usage)
<b>1:00 Library</b> (books, puzzles & computer usage)		<b>1:00 55+ Pickleball</b> \$4.00 Rm 156		<b>1:00 Open Walking</b> Rm Gym
<b>1:00 Open Walking</b> Rm Gym				<b>1:00 55+ Pickleball</b> \$4.00 Rm 156
<b>1:00 55+ Pickleball</b> \$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.

### **Tap Dance for Fun      Tuesdays at Noon**

Classes are designed for those 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.

### **Club 99      Tuesdays & Thursday at 10:30 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. This class is a full body work that can be done standing seated or a combination of both. The class uses resistance bands and light weights (bring your own weights to class).  
Everyone is welcome!

### **Tai Chi for Arthritis *\*NEW DATE ADDED\****

#### **Mondays & Fridays at 12:45 pm**

Arthritis Tai Chi is now widely practiced for its healing benefits for the entire body, which includes increased strength, balance and posture, reduce stress, increased relaxation and improve mind, body and spirit. Class is free and will be using an instructional video. *Free Class.*

### **Men's Fitness**

#### **Tuesday, Wednesday & Thursday 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**

#### **Monday, Wednesday & Fridays 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**

#### **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.

### **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!

### **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 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!!

**PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES. NO WALK-INS ALLOWED.**

Please arrive no earlier than 15 minutes before your scheduled program. Thank you!!





**Erie County Clerk  
Outreach Center  
"Bringing Erie County Clerk's  
Services to You!"**

**1088 Union Road West Seneca  
Located in the Southgate Plaza – next to the  
Southtown Auto Bureau 716-858-8864  
Monday – Friday 10am-4pm**

Community (n.) A feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals.

A simple definition with great meaning. During these trying times, our Erie County Clerk, Michael Kearns continues to work for us! He realizes navigating our way through all the new guidelines and restrictions due to the pandemic has been challenging. Especially in regards to conducting ones' necessary business with the County Clerk's Office or Auto Bureau.

**Help is just a phone call or visit away!**

**Available to assist you with:**

- ♦ Auto Bureau Appointments
- ♦ Questions regarding Auto Bureau business
- ♦ Thank-A-Vet Discount Program
- ♦ Purple Heart Recipient Recognition Program
- ♦ Certified Passport Acceptance Center

**This new facility continues the initiative of the Erie County Clerk in "Bringing County Clerk Services into the Communities of Erie County".**

**No Appointments are Necessary.**



**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.

Pre-registration is required to attend. All members are socially distanced and asked to utilize hand sanitizer before and after playing.

**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.



**Shuffleboard  
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.

**Medicare Advantage Plans**

**Univera Healthcare**

Friday, March 12th 2:00 - 3:00 pm

**Blue Cross / Blue Shield meet one on one**

Wednesday, March 17th Noon - 2pm

**United Healthcare**

Friday, March 12th 10:00 - Noon

**Aetna**

Wednesday, March 3rd 10:00 - Noon

Wednesday, March 10th 10:00 - Noon

**Independent Health**

Michele at 716-635-7860

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

**CARDS & GAMES**

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



Bridge Mondays at 12:30 pm - 2:30 pm  
\*Must register ahead for a seat at a table\*

Hand & Foot Wednesdays at 9:30 am - 1:30 am

Dominoes Thursdays at 9:45 am - 11:45 am

Euchre Fridays at 9:45 am - 11:45 am

Mah Jong Fridays at 12:45 pm - 2:45 pm

Pinochle Fridays at 1:00 pm - 3:00 pm

***You must pre-register to attend -  
NO walk-ins allowed.***







## 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.



### 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.**

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## Orchard Park Senior Center

4520 California Road

Orchard Park, NY 14127

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