



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



JUNE 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



Wednesday, June 23rd at 1:30 pm
****see page 3 for details****

HELLO



Notes from Debbie . . .

Hello and Welcome June and hopefully the end to our surprise snow storms—only in Buffalo! I know that there are a lot of news reports on the changes in guidelines for businesses. Please be assured that we are following them too and ensuring we are following the guidelines. Since we reopened in August we have closely followed the changes and adhered to all guidelines set forth by NY State and will continue to do so. If you ever have a question or concern please do not hesitate to contact me directly. We continue to require all members to pre-register for all activities, classes, and lunch to ensure we do not exceed the capacity limitations set forth by NY State.

Thank you for your understanding and cooperation!



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, 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

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.



Facemasks must be worn at all times, continue to follow the 6 ft. social distancing, and utilize hand sanitizer located throughout the building

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/>.
- Give us your email to receive the monthly newsletter

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.



"What to you do if you have a Medical Emergency in Orchard Park? Call 911! Then what?"

Thursday, June 3rd at 1:00pm

Meet one of the Orchard Park Fire District EMS Paramedics and find out what you can do to make taking care of you or your loved one much faster. Learn how to perform the Heimlich, Hands-Only CPR and use an AED (Automated External Defibrillator).

Mount St. Helens

Friday, June 4th at 12:45pm

Forty years ago, in May of 1980, one of the most powerful volcanic eruptions occurred in the United States. Learn about Mount St. Helens, the days leading up to the eruption and the people who made history as a result. Instructor: Theresa Wiater.

Fourteen Ways to Preserve Your Assets with the Medicaid Laws

Thursday, June 10th at 1:30 pm

Drawing on over forty-two years of estate planning experience, Attorney Robert Friedman of Friedman & Ranzenhofer, PC will discuss how to preserve your assets and plan for incapacity with powers of attorney, health care proxies, living wills, wills, trusts, transferring your home to family members, long term care insurance, prepaid funeral accounts, IRAs, properly documented gifts, spousal allowances and transfers, caregiver agreements, and promissory notes.

Name that Tune & Root Beer Float

Thursday, June 17th at 1:00 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. Cost is \$2.00 and payment is due at registration.

June Birthday Bag

Monday, June 21st between 12:30-1:00 pm

Univera Healthcare is sponsoring a birthday bag to help you celebrate your birthday. A Univera rep. will be handing out these bags which include a birthday treat, card and bag. You must register with the office to receive a birthday bag as supplies are limited.

THANK YOU Univera for sponsoring this event which will be offered monthly while supplies last.

June Book Group with Author

"One on the Ground" by Karen Wielinski

Monday, June 21st at 10:30 am

Author, Karen Wielinski will join us to discuss her book, One on the Ground. The crash of Continental Flight 3407 in Clarence Center, New York resulted in the loss of everyone aboard the plane and "one on the ground." Karen and her daughter miraculously escaped. Doug did not. Must register with the office to attend.

Chestnut Ridge Nature Walk with a Park Ranger
Wednesday, June 23rd at 10:00 am

Join a Park Ranger on a guided nature walk of Chestnut Ridge Park. Enjoy a morning of socializing and some light exercise with friends in a beautiful natural setting. Masks are required to be worn. Meet the park ranger at the Deputy Commissioners Cabin.

The Olympics

Friday, June 25th at 12:45pm

A tradition for over 122 years, the Modern Day Olympics continue to inspire and awe people around the world. But, did you know that in 776 B.C. and continuing for 600 years, the Olympic games were held in Greece?

What were the Ancient Olympics and why did they end in 394 A.D.? Who regenerated the Modern Day Olympics and what traditions are carried on to honor the ancient games?



**RED, WHITE & BLUE WELCOME
SUMMER DINNER**

Wednesday, June 30th 4:00 pm

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

Cost is \$11.00. Doors open at 3:45 pm. Purchase ticket in the office by June 22nd.

Don't miss out on this fun evening.

**SPECIAL THANKS TO PEREGRINE SENIOR LIVING
FOR THEIR GENEROUS DONATION
TOWARD THIS EVENT.**



Strawberry Social

Wednesday, June 23rd at 1:30 pm

Enjoy a two favorites a delicious strawberry dessert and entertainment by the Hastings Duo.

Cost is \$4.00 register in office by June 17th. Doors open at 1:15 pm.

Walking Group

Wednesdays at 10:00 am
Beginning Wednesday, June 2nd



Enjoy a group walk along the woods from the center to the nearby retention pond. Meet inside the center and we will follow the gravel/paved path at a moderate pace. Wear comfortable walking shoes (sandals not recommended) and bring a hat, sunglasses and water. Rain will cancel the day's walk.



**PRE-REGISTRATION IS
REQUIRED IN ADVANCE FOR
ALL CLASSES AND ACTIVITIES.**

University Express SPRING 2021

The Spring 2021 University Express semester will be virtual .
No in-person lecturing will be offered.

The Orchard Park Senior Center is going to host viewing parties. Those who attend will watch a live video of the presentation on our tv at the Senior Center.

What is Prediabetes? Wednesday, June 2nd 10 a.m.

We'll talk about the risk factors, testing, and ways to help prevent type 2 diabetes. Instructor: Darcie Hanson, RN, clinical coach, BlueCross BlueShield of Western New York

What's the Big Deal with 5G? Thursday, June 3rd 10 a.m.

What is 5G and what does it mean for our online lives?
Instructor: Chuck Banas, web services technical liaison, Erie County

Where on Earth Am I? Tuesday, June 15th 10 a.m.

How Cell Phones and GPS Pinpoint Location
Instructor: Lisa Matthies-Wiza, director of geographic information services, Erie County Department of Environment and Planning

Crystal Beach Wednesday, June 16th 2 p.m.

Return to Crystal Beach through a collection of photographs and postcards from the park's beginning in 1888 to its final year in 1989. Instructor: Rose Ann Hirsch, amusement park historian, carousel restorer

Vaccines: What You Need to Know Tues., June 22 nd 10 a.m

Discuss the science, history, and impact of vaccination, including those for COVID-19, influenza, pneumonia, and shingles. Instructor: Shauna Zorich, clinical assistant professor, University at Buffalo School of Public Health and Health Professions

Inside the White House Tuesday, June 22nd 2 p.m.

Learn about its history and role and explore how the building has changed over time. Instructor: Courtney Speckmann, board trustee, Buffalo Presidential Center; director of education, Buffalo & Erie County Naval & Military Park

Milk vs. Milk Alternatives Thursday, June 24th 10 a.m

Learn how cow's milk and milk alternatives compare nutritionally and dispel some common myths about traditional dairy products. Instructor: Jenny Ferrentino, MS, RDN, Wegmans nutritionist

Immunotherapy Friday, June 25th 10 a.m.

Immune responses can effectively control some human cancers. Harnessing these responses can impact the lives of those who have cancer or are at risk. Instructor: Sharon Evans, PhD, professor of oncology, Roswell Park Comprehensive Cancer Center

The Vanishing Ditch: The Story of the Original Erie Canal Wednesday, June 30th 10 a.m

We'll focus on the story of the original canal, which was built between 1817 and 1825. Instructor: Mary Durlak, writer/editor; docent and volunteer, Explore Buffalo; Erie Canal enthusiast

UPCOMING EVENTS IN JULY

Summer Picnic sponsored by Embark Friday, July 9th at 10:30 am



Start your day off enjoying the songs of summer performed by Lyle Stang. Following our entertainment, Embark Senior Living will supply a picnic lunch (chicken salad, fruit salad, chips, roll, cookies and a beverage). **Cost is \$3.00 and you must pre-register in the office with Debbie or Maria to attend this event by 6/30.** Door opens at 10:15 am.

Thank you Embark Senior Living for sponsoring this event.

Estate Planning

Thursday, July 8th at 10:30am

"Daniel J. Schuller, Esq., a partner with Pfalzgraf Beinhauer Grear Harris Schuller LLP, Western New York's trusted elder law attorneys, will be speaking about the importance of basic estate planning (Will, Power of Attorney and Health Care Proxy), the use of a Revocable Trust to avoid probate, the use of an Irrevocable Trust to protect assets from future long-term care costs, as well as how to qualify for Medicaid to assist with payment of nursing home bills."

30th Annual Orchard Park Senior Games

Monday, July 12th - Friday, July 16th

Join us for a week filled with friendly competition of fun events such as: Minute to Win It, Trivia Daze, Pinochle, Bridge, Euchre, Bocce, Corn Hole Toss, Ladder Toss, Pool Shooting, and Pickle Ball. All participants receive a prize for participation. Registration forms are available now through July 6th at the Senior Center. All participants are invited to attend our awards ceremony on Monday, August 9th at 1:30pm.

Thank you BC/BS for sponsoring this event.

Ice Cream Social featuring the Buffalo Dolls

Thursday, July 22nd at 1:00 pm

Take a break from the heat and join us for an amazing performance from the Buffalo Dolls. The Buffalo Dolls, perform the hits of the 1940s, '50s & '60s in the style of The Andrews Sisters. Following the performance, enjoy an ice cream sundae with all the toppings!

Cost is \$2.00. register by 7/16.

Doors will open at 12:45 pm.

Thank you Clear Captions for sponsoring this event.



Coffee with a Cop

Friday, July 23rd at 10:00am

Join Chief of Police, Joseph Wehrfritz for coffee at this event which brings police officers and the community members they serve together. No agendas or speeches, just a chance to ask questions, voice concerns, and get to know the Chief in your community!

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

Hand & Foot Wednesdays at 9:30 am - 11:30 am

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

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

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

Mah Jong **New Day Added**
Thursdays & Fridays at 12:45 pm - 2:45 pm

Party Bridge

Wednesdays at 1:00 pm

This is designed exclusively for beginning bridge players and those who enjoy Party / Rubber Bridge as played in their homes or elsewhere.

No bidding boxes will be used, no duplicate bridge will be played, a simplified method of scoring will be used, and the use of conventions is always optional.

Pre-register in the office to attend as space is limited.

ADDITIONAL WEEKLY SCHEDULED EVENTS:**BINGO !!**

Tuesdays at 1:00 pm (all boards \$1.00)

Wii Bowling

Mondays at 10:30 am

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.

**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. Space is limited.

**NEW ART CLASSES OFFERED**

Stop in the senior center office for a material list.

Beginner Acrylic Painting - Instructor Linda Hall

—Thursdays at 10:00 am - Noon

5/20, 5/27, 6/3, 6/10, 6/17, 6/24

6 week session Cost \$30.00

Beginner Watercolor Part 2 - Instructor Dan Meyer

Tuesdays at 10:00 am - Noon

6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27

7 week Session Cost \$35.00

Intermediate Watercolor - Instructor Dan Meyer

Tuesdays at 1:00 pm – 3:00 pm

6/1, 6/8, 6/15, 6/22, 6/29

5 week Session Cost \$25.00

**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.

**June Book Group with Author
One on the Ground by Karen Wielinski
Monday, June 21st at 10:30 am**

Author Karen Wielinski will join us to discuss her book February 12, 2009 was an ordinary evening at home for the Wielinski family. Karen said good night to her husband Doug as he left their family room. Their daughter was reading in an upstairs room. Minutes later their world and their home collapsed into flaming wreckage around them.

The crash of Continental Flight 3407 in Clarence Center, New York resulted in the loss of everyone aboard the plane and "one on the ground." Karen and her daughter miraculously escaped. Doug did not.

**July Book Group
"The Orphan Collector" A Heroic Novel of Survival
During the 1918 Influenza Pandemic
by Ellen Marie Wiseman
Monday, July 19th at 10:30 am**

A powerful tale of upheaval—a heartbreaking saga of resilience set in Philadelphia during the 1918 Spanish Flu outbreak—the deadly pandemic that went on to infect one-third of the world's population.

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 kornowiczk@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!

Tue 6/1 Breaded Chicken Breast w/BfloSauce, Fiesta Corn, Broccoli, Chocolate Chip Cookies
Wed 6/2 Turkey w/Stuffing, Gravy, Molded Cranberry Salad, Mashed Sweet Potatoes, Peas, Apple
Thu 6/3 Low-fat Cottage Cheese with Mandarin Oranges & Pineapple, Salad Greens, Crackers, Choc. Mousse
Fri 6/4 Roast Pork, Mashed Potatoes, Carrots, Wheat Bread, Frosted Spice Cake

Mon 6/7 Turkey a la King, Mashed Potatoes, Carrots, Biscuit, Chocolate Chip Cookies
Tu 6/8 Ham Steak w/Maple Glaze, Scalloped Potatoes Brussels Sprouts, Rye Bread, Frosted Lemon Cake
Wed 6/9 Baked Salmon w/Pineapple Salsa, Rice Pilaf Broccoli, Cornbread, Cinnamon Apple Slices
Thu 6/10 Chicken Parmesan, Pasta & Tomato Sauce, Wax Beans, Chef Salad, Tropical Fruit, Choc Milk
Fri 6/11 Southwestern Steak Salad with Corn & Black Bean Salsa, Salad Greens, Dinner Roll, Fruited Gelatin

Mon 6/14 BBQ Pork Ribette, Broccoli Cheese Rice Casserole, Corn, Four Bean Salad, Strawberry Ice Cream

Tue 6/15 Vegetable Lasagna w/Cream Sauce, Italian Green Beans, Cauliflower, Dinner Roll, Marble Cake
Wed 6/16 Breaded Chicken Drumsticks, Au Gratin Potatoes, Peas with Red Pepper, Roll, Chef Salad Chocolate Cream Pie
Thu 6/17 Meatloaf w/Gravy, Mashed Potatoes, Broccoli Multigrain Bread, Vanilla Mousse
Fri 6/18 Chili con Carne, Carrots, Fruit Punch, Cornbread, Apple, Chocolate Milk

Mon 6/21 21 Hot Dog w/Baked Beans, Bun, Tater Tots Diced Carrots, Marinated Vegetable Pasta Salad Strawberry Shortcake

Tue 6/22 Beef Stew, Biscuit, Brussels Sprouts, Chef Salad, Strawberry Bavarian
Wed 6/23 Beef Macaroni Casserole, Mixed Vegetables, Corn, Rye Bread, Fruit Compote, Chocolate Milk
Thu 6/24 Roasted Turkey Breast, Gravy, Mashed Potatoes, Peas & Carrots, Cranberry Gelatin Salad Oatmeal Raisin Cookies
Fri 6/25 Gr. Chicken, Mandarin Orange & Sunflower Seed Salad Crackers, Gelatin with Fruit

Mon 6/28 Cheese Ravioli w/Meatsauce, Peas, Seasoned Squash. Italian Bread, Peaches, Chocolate Milk
Tue 6/29 Cranberry Chicken Salad. Club Crackers, Sugar Cookies
Wed 6/30 Roast Beef, Gravy, Sweet Potatoes, Savory Cabbage, Rye Bread, Frosted Cherry Cake

STAY FIT FROZEN MEALS

We're pleased to offer 3 or 5-pack varieties of Frozen Meals through Erie County Stay Fit Dining Program. A roll, milk & dessert included in each meal. Call Kevin at 662-6452 option #3 for more info.

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.

Medicare Advantage Plans

Meet one on one with insurance representatives

Univera Healthcare

Tuesday, June 29th 1:00 pm - 3:00 pm

Blue Cross / Blue Shield

Wednesday, June 16th 1:00 pm - 3:00 pm

United Healthcare

Thursday, June 10th 10:00 am - Noon

Aetna

Wednesday June 2nd 10:00 - Noon



AN AFTERNOON AT THE MOVIES

Wednesdays at 1:00 pm

Spend an afternoon at the movies.

50¢ includes bag of chips or popcorn

Wed 6/2 Nomadland (R - drama) A woman in her sixties, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad.

Wed 6/9 Scandal in Sorrento (1955 Comedy) Back to his hometown, a former marshal finds his house occupied by a young woman working as a fishwife.

Wed 6/16 Murder Mystery (PG-13 Comedy) A New York cop and his wife go on a European vacation to reinvigorate the spark in their marriage, but end up getting framed and on the run for the death of an elderly billionaire.

Wed 6/23 The Little Things (R-Thriller) Kern County Deputy Sheriff Joe Deacon is sent to Los Angeles for what should have been a quick evidence-gathering assignment. Instead, he becomes embroiled in the search for a serial killer who is terrorizing the city.

Wed 6/30 The Whole Truth (R - Crime) A defense attorney works to get his teenage client acquitted of murdering his wealthy father.

SCHEDULE OF EVENTS AT THE SENIOR CENTER

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
9:00 Pool Shooting	8:45 Mens Exercise	8:45 Mens Exercise	8:45 Mens Exercise	8:45 Cardio Drum
9:00 Bocce@ Green Lake	9:00 Pool Shooting	9:00 Pool Shooting	9:00 Pool Shooting	9:00 Pool Shooting
9:00 Medit. & Yoga	9:00 Bocce@ Green Lake	9:00 Corn Hole	9:30 Dominoes	9:00 Ladies Exercise
9:00 Ladies Exercise	9:00-10:30 Pickleball	9:00 Ladies Exercise	9:00-10:30 Pickleball 55+	9:45 Euchre
10:30 Wii Bowling	10:00 Beg Watercolor	9:30 Hand & Foot	10:00 Acrylic Paint	10:00 Cardio&Tone
10:30-Noon Pickleball	10:30 Int Line Dance	10:00 Walking Group	10:00 Int Tap Dance	10:30 Art w/ Friends
NOON LUNCH	10:30 Club 99	10:00 Beg Line Dance	10:30 Club 99	11:00 Yoga
12:30 Pool Shooting	10:45-12:15 Pickleball 55+	10:00 Functional Living <i>until 6/16</i>	10:45-12:15 Learn to Play Pickleball 55+	NOON LUNCH
12:30 Bridge	NOON LUNCH	11:15 Forward Fitness <i>until 6/16</i>	NOON LUNCH	12:30 Pool Shooting
12:45 Arthritis Tai Chi	Noon Tap for Fun	11:30 Yoga	12:30 Pool Shooting	12:45 MahJong
1:00 Mind Aerobics	12:30 Pool Shooting	NOON LUNCH	12:45 Mah Jong*New*	12:45 Arthritis TaiChi
	1:00 Int Watercolor	12:30 Pool Shooting	<div> Evening Classes: 5:15 & 6:30 pm Cardio Drumming </div>	1:00 Pinochle
	1:00 Bingo	1:00 Movie		<i>*No Pickleball Available</i>
		<i>*No Pickleball Available</i>		

JUNE SPECIAL EVENTS CALENDAR

Thursday, June 3rd at 1:00pm

What to you do if you have a Medical Emergency in Orchard Park? Call 911! Then what?

Friday, June 4th at 12:45pm

Mount St. Helens

Thursday, June 10th at 1:30 pm

Fourteen Ways to Preserve Your Assets with the Medicaid Laws

Thursday, June 17th at 1:00 pm

Name that Tune & Root Beer Float

Monday, June 21st between 12:30-1:00 pm

June Birthday Bag

Monday, June 21st at 10:30 am

June Book Group with Author
 "One on the Ground" by Karen Wielinski

Wednesday, June 23rd at 10:00 am

Chestnut Ridge Nature Walk with a Park Ranger

Wednesday, June 23rd at 1:30 pm

Strawberry Social

Friday, June 25th at 12:45pm

The Olympics

Wednesday, June 30th at 4:00 pm

Red, White & Blue Welcome Summer Dinner

Fitness Room Schedule

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

IN PERSON CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

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

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.*

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.

Pay as You Go: **Cost is \$3.00 per class.**

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.

Pay as You Go: **Cost is \$2.50 per class**

Club 99 Tuesdays & Thursday at 10:30 am

Club 99 is a free fitness program. This class is a full body workout that can be done standing, seated, or a combination of both. The class uses resistance bands and light weights (bring your own weights and bands to class).

Free Class. All attendees must register on forms outside Room 118 as class size is limited.

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. Free Class.*

Tap Dance for Fun Tuesdays at Noon

Classes are designed for those who have previously tap danced and want to tap again.

June Session 5 weeks 6/1-6/29 Cost \$20.00

Inter. Tap Dance Thursdays at 10:00 am

Classes are designed for those who have previously tap danced and want to tap again.

June Session 4 weeks 6/3-6/24 Cost \$16.00

**PRE-REGISTRATION IS REQUIRED
FOR ALL SESSION CLASSES.
THANK YOU!**

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 Men's Fitness.

June Session 5 weeks 6/1-7/1 Cost \$30.00

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.

May/June Session 7 weeks 5/14-6/25 Cost \$28.00

July Session 4 weeks 7/9-7/30 Cost \$16.00

Cardio Drumming Evening Class

(2 Evening Classes Available)

Thursdays at 5:15pm & Thursdays at 6:30 pm

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.

May/June Session 7 weeks 5/13-6/24 Cost \$28.00

July Session 4 weeks 7/8-7/29 Cost \$16.00

Cardio Drumming Morning Class

Fridays at 8:45 am

May/June Session 7 weeks 5/14-6/25 Cost \$28.00

July Session 4 weeks 7/8-7/29 Cost \$16.00

Meditation & Gentle 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).

June Session 4 weeks 6/7-6/28 Cost \$16.00

Yoga Wednesdays at 11:30 am

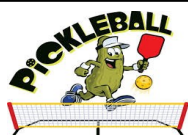
Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching; your body and mind will thank you for it.

June Session 5 weeks 6/2-6/30 Cost \$20.00

Yoga Fridays at 11:00 am

Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching and your body and mind will thank you for it. Must pre-register and pay for the session prior to the start-date.

June Session 4 weeks 6/4-6/25 Cost \$16.00



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

55+ OPEN PICKLEBALL Cost \$4.00

See page 7 for NEW dates and times

LEARN TO PLAY 55+ PICKLEBALL Cost \$4.00

Thursdays only in June at 10:45 - 12:15 pm

All members must register prior to the day over the phone or in person with the senior center to attend. No walk ins.

Please Note: All participants must wear a mask when playing pickleball and do not arrive more than 15 minutes before your scheduled open play time.

Bring a 55+ Guest and purchase a Senior Center Guest Pass for \$4.00 / day plus the \$4.00 to play pickle ball

FITNESS ROOM SCHEDULE

9:00 - 9:45 am

10:00 - 10:45 am

11:00 - 11:45 am

12:00 - 12:45 pm

1:00 - 1:45 pm

2:00 - 2:45 pm

3:00 - 3:45 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.
- * Pre-register with the office for an appointment time.
- * Do not arrive early for your appointment - arrive on time to allow for room sanitizing.
- * Exit the room at the end of your appointment to allow for sanitizing of the equipment.

Corn Hole

Wednesdays at 9:00 - 10:30 am

Come and enjoy some friendly competition playing Cornhole. Cornhole (also known regionally as bags, sack toss, or bean bag toss) is a game in which players take turns throwing bean bags at a raised platform (board) with a hole in the far end. A bag in the hole scores 3 points, while one on the board scores 1 point. New Members Welcome!

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

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!

Hillcrest Senior Travel Group Informational Meeting Tuesday, June 29th

Unfortunately, this is not a social meeting - this meeting is to specifically discuss upcoming travel opportunities only. Due to NYS guidelines and room capacity restrictions there will be two meeting scheduled for you to attend. Facemasks must be worn throughout the entire meeting.

You must call ahead to reserve space in a meeting.

Reserve your spot please call Richard Jones at either 827-7074 or 949-3990 or 604-8258 Thursday, June 3rd or Friday, June 4th between the hours of 1:00pm and 3:00pm only.

Orchard Park Senior Travel Group Christmas in July - Wednesday, July 7th

The Orchard Park Senior Travel group will celebrate Christmas in July on Wednesday, July 7th at Ilio DiPaolo's Restaurant. For more information please contact MaryAnn Notto at 825-6460.

Upcoming Travel Group Information:

Hillcrest Senior Travel Group

President, Sally Stoner at 825-3399.
For Travel info. contact Richard Jones 827-7074.

Orchard Park Senior Travel Group

President, MaryAnn Notto at 825-6460
For Travel info. contact Ruth Duffy at 649-7026.



BOCCE AT GREEN LAKE!

Couples Team Bocce
Mondays at 9:00 am May - August

Open Bocce
Tuesdays at 9:00 am May - August

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

Everyone must pre-register to participate.

Stop in the Senior Center office or contact the Center at 662-6452 to register.



**RED, WHITE & BLUE
WELCOME SUMMER
DINNER**

**at the Senior Center
Wednesday, June 30th
4:00 pm *door opens at 3:45 pm***

Enjoy a delicious Chiavetta's chicken dinner with all the fixins.

Following dinner enjoy live entertainment by one of your favorite entertainers, Tom Hastings Duo.

Cost is \$11.00.

Purchase ticket in the office by June 22nd.

**SPECIAL THANKS TO
PEREGRINE SENIOR LIVING
FOR THEIR GENEROUS
DONATION TOWARD THIS
EVENT.**



**SUMMER PICNIC
sponsored by
EMBARK SENIOR LIVING
Friday, July 9th
at 10:30 am
*door opens at 10:15 am***

Start your day off enjoying the songs of summer performed by Lyle Stang. Following the entertainment, Embark at Orchard Glen will supply a picnic lunch (chicken salad, fruit salad, chips, roll, cookies and a beverage).

Cost is \$3.00. Must pre-register in the office with Debbie or Maria to attend this event by 6/30.

**SPECIAL THANKS TO
EMBARK SENIOR LIVING
FOR SPONSORING THIS
EVENT.**



**ICE CREAM SOCIAL
featuring
THE BUFFALO DOLLS
Thursday, July 22nd
1:00 pm *door opens at 12:45 pm***

Take a break from the heat and join us for an amazing performance from the Buffalo Dolls. The Buffalo Dolls, perform the hits of the 1940s, '50s & '60s in the style of The Andrews Sisters.

Following the performance, enjoy an ice cream sundae with all the toppings!
Cost is \$2.00 register by 7/16.

**SPECIAL THANKS TO
CLEAR CAPTIONS FOR
SPONSORING THIS EVENT.**

Orchard Park Senior Center

4520 California Road

Orchard Park, NY 14127
