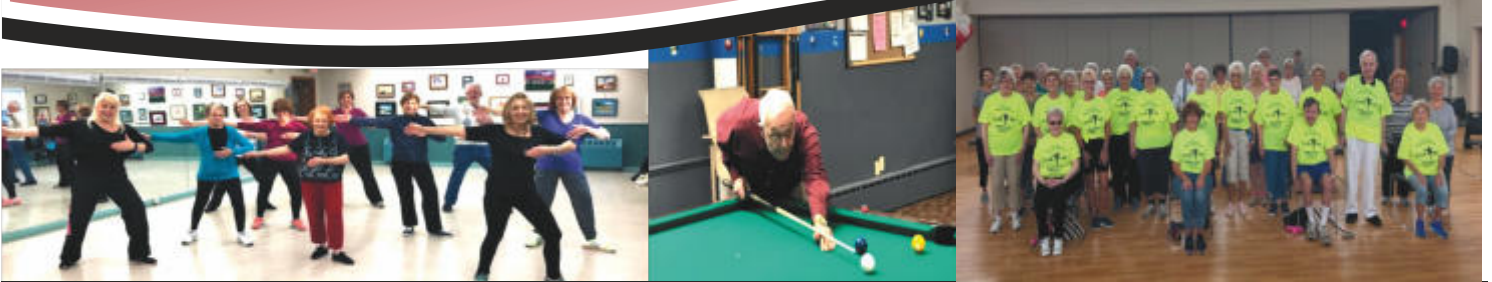




# Orchard Park Senior Center

4520 California Road  
Orchard Park, NY 14127



**DECEMBER 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**



### **TIME TO RENEW YOUR MEMBERSHIP!!!**

**All 2021 memberships (resident and non-resident)  
will expire on December 31st.**

Memberships may be renewed at the front desk  
Monday through Friday between 10 am and 2pm.



*Our warmest thoughts and best wishes for a wonderful holiday season and a very Happy and Healthy New Year!  
~ Debbie, Maria & Kevin*



Don't forget that the holidays may be difficult for many who have lost loved ones, who have health issues, or who are home bound, please reach out to them. There is such a build up of emotions and expectations before Christmas that after Christmas many feel somewhat of a let down and feel lost or lonely. Remedy that problem by attending the social events planned throughout month. We've planned an ugly sweater and karaoke party, a holiday ornament exchange, holiday entertainment with all your favorites and classics, and you can join us to celebrate the New Year at Salvatore's New Year Party on Wednesday, December 29th. *Information on all these events and more are within the newsletter.*



**ORCHARD PARK SENIOR CENTER MEMBERSHIP INFORMATION**

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

- ◆ 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.

Appointments are required for all new members.

**Please contact the senior center 662-6452 ext 1 to schedule a tour, as an appointment is required.**

**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 ...**

**Please remember to bring your My Senior Center Membership Tag when you come to the center. 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!**



**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

**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.

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

**LOOKING**

**WE ARE CURRENTLY LOOKING FOR INSTRUCTORS TO TEACH SILVER SNEAKERS CLASSES.**

If you know of anyone certified to teach, please have them contact Debbie at 662-6452.



## CLASS / ACTIVITY REGISTRATION

The enclosed flyer is our new Class / Activity Registration form for members to use when registering. This form will allow the members the convenience of dropping off their form at the center to register for classes or mail the form to the senior center.

Registration is on a first come, first serve basis.

You must be a member of the Orchard Park Senior Center to register.

- ◆ **Register via Walk-In:** Bring your completed registration form along with EXACT payment (cash or check) and drop off at the front desk.
- ◆ **Register by Mail:** A separate form must be filled out for EACH person. Make checks payable to Town of Orchard Park. Mark envelope CLASS REGISTRATION. Include a self-addressed envelope for class confirmation and receipt if desired.

### Gingerbread House Contest

**Wednesday, December 1st at 1:00 pm**

We will supply supplies as teams of two compete in creating and decorating a ginger bread house. Don't worry if you don't have a partner, we can find you one. Houses will be on display in the foyer for all to judge. Register at the front desk to participate.



### Westminster Bell Ringers

**Thursday, December 2nd at 5:15pm**

The Westminster Bell Ringers Handbell Choir who previously performed at a BPO coffee concert will be at the senior center. They provide beautiful music by playing Whitechapel bells and hand chimes. Light refreshments will be served. Cost is \$3.00. Register and pay in the office.

### University Express: Mammal Identification

**Friday, December 3rd at 10:30 am**

Predator or Prey? Herbivore, carnivore or omnivore? Binocular or Monocular vision? Learn what defines mammals and how to determine what kind of eater they are, what kind of vision they have and how they walk. Instructor: Theresa Wiater

### University Express: Being Social on Social Media Friday, December 3rd at 1:30 pm

Are you looking to learn more about social media platforms like Twitter, Instagram, Facebook, and Tik Tok? Join us for a lesson on what they are used for, how they work, and how you can join. This course will teach you how to stay connected on social media without getting lost in the noise. Instructor: Cassandra Kubiak, M.S., Director of Enrollment Marketing, Niagara University

### December Birthday Bag

**Monday, December 6th between 10:00 - 12:00 pm**

THANK YOU Univera for sponsoring this event. If it is your birthday month register with the office to receive a birthday bag as supplies are limited.



### Ugly Sweater Contest & Christmas Karaoke

**Monday, December 6th at 10:30 am**

Tis the time of year to enjoy the company of others, great Christmas music and.... an ugly sweater. What's not to love about an ugly Christmas sweater? Today wear your sweater proudly, sing with your friends, and enjoy light refreshments. Prizes awarded to the "Ugliest Christmas Sweater"; however, you're welcome in your warmest sweater or favorite holiday sweater too! Register at the front desk to attend.

### University Express: Getting Involved in Community Climate Action Planning

**Tuesday, December 7th at 1:30 pm**

Climate change is a serious threat to Erie County. Changes in our climate are already bringing heavier rains, flooding, hotter temperatures, more insects and new diseases to our area which impacts our homes, our health, our jobs, and our beautiful region. To face these threats, Erie County is developing an equity-centered Community Climate Action Plan and is seeking your input to ensure that the Plan addresses impacts that affect your neighborhood, your backyard and your family. Learn about the County's new climate initiative, and how you can play an active role in the development of the Plan. Climate change affects everyone differently. Even if you only have one minute, you can help make a difference. Instructors: Tracy Skalski, Sustainability Coordinator; Josh Wilson, Pollution Prevention Coordinator, Erie County Department of Environment and Planning

### Holiday Ornament Exchange

**Wednesday, December 8th at 10:00 am**

The holiday season is upon us and its time to gather up our friends and celebrate this wonderful time of year! For this event, everyone brings one, beautifully wrapped ornament to the party within a \$8-10 budget. Once everyone arrives, we will begin the game to see the ornament you will go home with. Register at the front desk to attend and remember to bring your wrapped ornament on the 8th.

**Book Group and Meet the Author****Monday, December 13th at 10:30 am****Young Love: An Adoptee's Memoir by Bonnie Parson**

Young Love describes the author's lifelong, innate curiosity about her adoption. This memoir will inform and inspire adoptees who are searching. Following the presentation, Bonnie will invite questions and she will also have an autographed book for participants.

Register at the front desk.

**Christmas Bingo Bash****Tuesday, December 14th at 1:00pm**

Enjoy a good game of Christmas Bingo!

Light refreshment served with additional prizes.

Cost is \$2.00 which includes your first board

(additional boards can be purchased for \$1).

Register and pay in the office by Friday, Dec. 10th.

**Holiday Entertainment****Thursday, December 16th at 10:30 - 11:30 am**

Get into the holiday spirit with entertainment provided by John Renna. John will perform all the holiday favorites and classics. Register at front desk.

**Euchre Tournament at 10:00 am****Pinocle Tournament at 1:00 pm****Friday, December 17th**

Sign up to attend in the cardroom no later than Friday, December 10th to participate. Light refreshments will be served prizes will be awarded to the winners.

Cost is \$2.00 to participate.

**New Year Party at Salvatore's Italian Garden****Wednesday, December 29th Noon - 4:00 pm**

Cost for this event is \$40.00

Register and pay in the senior center office no later than Thursday, December 16th.

Bus Transportation is now available. Bus will depart the senior center at 10:45 am promptly and you must register in advance to take the bus.

*Additional details on the back page of the newsletter.*

**SENIOR CENTER CLOSED**

**LUNCH, ACTIVITIES, FITNESS ROOM, GYM,  
AND CLASSES WILL BE CANCELLED.**

**THURSDAY, DECEMBER 23rd****FRIDAY, DECEMBER 24th**

For Christmas Holiday

**WEDNESDAY, DECEMBER 29TH**

For an offsite event

**FRIDAY, DECEMBER 31st**

For New Year Holiday

**LOOKING AHEAD TO JANUARY 2022****America Says****Monday, January 3rd at 12:45 pm**

Challenge your brain as we simulate the popular gameshow "America Says". Two teams race against a clock to guess how Americans filled in the blanks on a series of survey questions covering every topic under the sun. Join us for another fun filled hour to challenge your brain. Register at the front desk.

**Meal Planning for One or Two****Monday, January 10th at 11:00am**

Join instructor Jennifer Johnson, Wellness Coordinator, Health Care Services, BC/BS of WNY for this presentation virtually. Most recipes are designed for family cooking, which can make it challenging for singles or couples trying to maintain a healthy diet. In this seminar, we'll discuss strategies for menu planning and grocery shopping that make cooking for one or two enjoyable and easy! Instructor: Jennifer Johnson, Wellness Coordinator, Health Care Services, BC/BS of WNY. Register at the front desk.

**Afternoon Board Games****Monday, January 10th at 12:30pm**

Do you enjoy board games and card games (checkers, connect four, UNO, and monopoly to name a few)? This is the day to play and have some fun. Take a break from the stresses of everyday life, socialize, and partake in Game Day. Bring your own snack to share with your table. Register at the front desk.

**Pie Baking Contest****Thursday, January 20th at 1:00pm**

Calling all pie bakers! Enter your favorite homemade pie for a chance to win prizes!

(All pies must be 100% homemade - including the crust). A contest will be held and prizes will be awarded at our National Pie Day celebration (see below). Drop off your pie by 11:00 a.m. so our panel of judges can rank each pie and determine the top pies for prizes. Register (participant and name of pie) in the office if you wish to enter a pie in the contest.

**National Pie Day****Thursday, January 20th at 1:00 pm**

Let's celebrate National Pie Day? Why not? Pies have always been a sweet treat to warm the cold winter days and with the holiday celebrations a fading memory, this is a great way to warm up a January cold snap.

Cost is \$2.00, Register and pay in the office.



**Minute To Win It****Monday, January 24th at 12:45 pm**

You've watched the game show, now you get to participate. You will participate and compete against each other in 60 second challenges. Join us for this fun event! Register at the front desk to attend.

**Afternoon Beach Party****Tuesday, January 25th 2:00 - 4:00 pm**

It's a little chilly to go to the beach so we are bringing the beach to you. Be a "snowbird" at the center. Live music by the Hasting duo. Beat the winter blues and stop by to dance and socialize. Tropical Beach attire suggested. Concession stand available with pizza and beverage. Cost is \$4.00, register in the office to attend.

**Fight Germs! Wash your hands!****Thursday, January 27th at 11:40am**

Join Betsy Anderson, Erie County Nutritionist as she leads a short discussion on proper handwashing to continue protecting yourself from germs.

**Healthy Eating with High Blood Pressure****Monday, January 31st at 11:00am**

Join instructor Jennifer Johnson, Wellness Coordinator, Health Care Services, BC/BS of WNY for this presentation virtually. 1 in 3 American adults have high blood pressure (or hypertension). In this seminar, we'll discuss nutritional swaps that can help manage blood pressure and some of the commonly recommended eating plans for people with hypertension. Register at the front desk to attend.

**Documentary Film & Discussion:****Mondays at 12:45 pm**

Join Theresa Wiater who will lead a discussion after viewing the film. Episodes are approximately 45 minutes in length followed by a discussion.

**Dec. 6th - Dirty Money - Dirty Gold**

From crippling payday loans to cars that cheat on emissions tests, this investigative series exposes brazen acts of corporate greed and corruption.

**Dec. 13th - Dirty Money - Point Comfort**

Residents of a small Texas town were eager to welcome a massive plastics plant, until toxic chemicals began to take a toll on their community.

**Jan. 3rd - Conspiracy Theories: Aliens****Jan. 24th - Conspiracy Theories: Assassinations****Jan. 31st - Conspiracy Theories: Murder at the Vatican****Book Group**

**Book Group and Meet the Author**  
**Monday, December 13th at 10:30 am**  
**Young Love: An Adoptee's Memoir**  
**by Bonnie Parson**

Young Love describes the author's lifelong, innate curiosity about her adoption. This memoir will inform and inspire adoptees who are searching. Following the presentation, Bonnie will invite questions and she will also have an autographed book for participants. Register at the front desk.

**January Book Group****Monday, January 3rd at 10:30 am****Orphans and Inmates by Rosanne L. Higgins**

The story explores the largely ignored origins of the social welfare system through the experiences of those who were most profoundly affected by poverty, namely women and children. It depicts the ruthlessness, depravity, compassion and hope experienced by those forced to seek institutional relief.

**FITNESS ROOM****9:00 am - 4:00 pm**

As a member of the Orchard Park Senior Center you have the benefit of using the fitness room. Prior to using the fitness room you must complete a fitness room orientation, have a signed fitness room waiver on file, and read a copy of the rules and regulations. Contact the office to schedule a fitness room orientation.

**\*\* FITNESS ROOM CLOSED \*\*****Thursdays 11:00 - Noon      Sept. 30th to Dec. 2nd****Safe Driver Academy****Friday, January 21st****9:00 am - 3:00 pm**

Save money on your car insurance and increase your driving skills by attending a Safe Driving class. The fee for the Safe Driver Academy is \$35, payable the morning of class, cash or checks made out to Safe Driver Academy. Arrive 15 minutes early to complete paperwork as class starts promptly at 9 am.

Contact the Senior Center to register. Consider joining us for lunch. For individuals 60 and over the cost is a suggested donation of \$3.00. Reservations for lunch can be made when registering for the class.

**Upcoming Classes:****Friday, February 18th 9:00 - 3:00pm****Friday, March 18th 9:00 - 3:00pm**

### 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!**

**Wed 12/1** Tuna Salad w/Hard-Boiled Egg, Whole Grain Crackers, Apple, Chocolate Milk

**Thu 12/2** Beef Stew, Mashed Potatoes, Biscuit, Chocolate Mousse

**Fri 12/3** Roast Pork, Mashed Butternut Squash, Creamy Dill Cabbage, Wheat Bread, Frosted Spice Cake

**Mon 12/6** Turkey Ala King, Mashed Potatoes, Carrots, Biscuit, Chocolate Chip Cookies

**Tue 12/7** Ham Steak, Scalloped Potatoes, Peas with Red Pepper, Rye Bread, Lemon Cake with Frosting

**Wed 12/8** Chicken & Wild Rice Soup, Broccoli Florets Chef Salad, Dinner Roll, Baked Pear Crisp

**Thu 12/9** Breaded Chicken Breast w/Sauce, Pasta, Wax Beans, Chef Salad, Tropical Fruit, Chocolate Milk

**Fri 12/10** Roast Beef, Onion Gravy, Whole Wheat Roll, Sweet Potatoes, Brussels Sprouts, Fruited Gelatin

**Mon 12/13** Chicken & Sausage Paella, Corn, Fruit Punch, Yellow Rice with Turmeric, Pineapple

**Tue 12/14** Julienne Salad, Dinner Roll, Marble Cake

**Wed 12/15** Meatloaf w/Gravy, Mashed Potatoes, Peas, Wheat Dinner Roll, Peach Crisp

**Thu 12/16 XMAS LUNCH** Chicken Cordon Bleu w/ Herb Cream Sauce, Vegetable Rice Pilaf, Broccoli Spears, Dinner Roll, Chef Salad, Strawberry Cheesecake

**Fri 12/17** Chili Con Carne, Carrots, Coleslaw, Cornbread, Pear, Chocolate Milk

**Mon 12/20** Pork Ribette w/BBQ Sauce, Cheesy Mashed Potatoes, Seasoned Mixed Greens, Lemon Cake

**Tue 12/21** Creamy Tomato Soup, Macaroni & Cheese, Peas, Chef Salad, Apple Pie

**Wed 12/22** Beef Macaroni Casserole, California Mixed Vegetables, Corn, Rye Bread, Fruit Compote Chocolate Milk

**Thu 12/23 SENIOR CENTER CLOSED Christmas**

**Fri 12/24 SENIOR CENTER CLOSED Christmas**

**Mon 12/27** Cheese Ravioli, Meat Sauce, Peas, Seasoned Summer Squash with Peppers, Italian Bread, Peaches

**Tue 12/28** Breaded Chicken Drumsticks, Cheesy Mashed Potatoes, Mixed Vegetables, Sugar Cookies, Choc. Milk

**Wed 12/29 SENIOR CENTER CLOSED (offsite event)**

**Thu 12/30 NEW YEAR LUNCH** Bone-In Pork Chop w/ Gravy, Garlic Mashed Potatoes, Orange-Glazed Carrots, Chef Salad, Whole Wheat Dinner Roll, Choc. Cream Pie

**Fri 12/31 SENIOR CENTER CLOSED New Years**

### Medicare Advantage Plans

*Meet one on one with insurance representatives*

#### Univera Healthcare

Monday, December 6th 10:00 am - Noon

#### Blue Cross / Blue Shield

Contact John Weatherby at 716-887-8832

#### United Healthcare

Thursday, December 2nd 10:0 - Noon

### 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!

*Trips & Meeting Dates are posted on the travel bulletin board at the Senior Center.*

#### Hillcrest Senior Travel Group

President, Sally Stoner at 861-2246  
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



### **AN AFTERNOON AT THE MOVIES ....**

**Wednesdays at 1:00 pm**

**Spend an afternoon at the movies.**

*50¢ includes bag of chips or popcorn*

**Register in the office to attend**

**Wed. 12/1 Going in Style (PG-13)** Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.

**Wed. 12/8 The Guilty (R)** A troubled police detective assigned to 911 operator duty scrambles to save a distressed caller during a harrowing day of revelations and reckonings.

**Wed. 12/15 Something Borrowed (PG-13)** Friendships are tested and secrets come to the surface when terminally single Rachel falls for Dex, her best friend Darcy's fiancé.

**Wed. 12/22 Wine Country (R)** In honor of Rebecca's 50th birthday, longtime friends meet up for a wine soaked birthday getaway in Napa Valley, their perfectly planned weekend turns messier by the minute.

**Wed. 12/29 SENIOR CENTER CLOSED  
for an offsite event**

## DECEMBER SCHEDULE OF EVENTS

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 Medit. & Yoga	9:00 Pool Shooting	9:00 Pool Shooting	9:00 Pool Shooting	9:00 Pool Shooting
9:00 Ladies Exercise	9:00 Shuffleboard	9:00 55+ Beginner Pickleball <i>In gymnasium</i>	9:30 Dominoes	9:00 Ladies Exercise
9:30 55+ Pickleball <i>In gymnasium</i>	10:00 Beg Watercolor	9:00 Ladies Exercise	10:30 Club 99 <i>*No Class 12/30</i>	10:00 Disco Zumba
10:30 Wii Bowling	10:30 Int Line Dance	9:30 Hand & Foot	10:30 Beginner 55+ Pickleball	10:00 Euchre
10:30 Learn to Play 55+ Pickleball <i>w/an instructor</i>	10:30 Club 99	11:15 Beg. Tai Chi	11:00 Intro To Strength	10:30 55+ Pickleball
NOON LUNCH	10:30 55+ Pickleball	11:30 Yoga	NOON LUNCH	10:30 Art w/ Friends
12:30 Bridge	NOON LUNCH	NOON LUNCH	12:45 Mah Jong	NOON LUNCH
12:45 Arthritis Tai Chi	12:00 Tap for Fun	1:00 Movie	1:00 Adv. Tai Chi	12:45 MahJong
1:00 Mind Aerobics	1:00 Bingo	1:30 55+ Pickleball		12:45 Arthritis Tai Chi
1:30 55+ Pickleball	1:00 Int Watercolor			1:00 Pinochle
	1:00 Corn Hole	<b>Open Walking in Gym:</b> Monday - Friday 9:00 am - 10:00 am 11:30 am - 2:30 pm <i>Cancelled Dec. 3, 6, &amp; 27-30</i>		1:30 55+ Pickleball
	1:15 Stretch Strength Barre			
	<u>Evening Class</u> 5:15 Disco Zumba		<u>Evening Class</u> 6:30 Cardio Drum	

## DECEMBER SPECIAL EVENTS CALENDAR

**HOLIDAY FOOD DRIVE**  
**November 8th to December 14th**  
 Please help us by donating non-perishable food items to help benefit those in need.

Fri., 12/10 at 2:00 pm    Make Your Own Peppermint Bark  
*Bring your own container to take your delicious treat home.*

Mon., 12/13 at 10:30 am    Book Group and Meet the Author  
 Young Love: An Adoptee's Memoir  
 by Bonnie Parson

Wed. 12/1 at 1pm    Gingerbread House Contest

Tue., 12/14 at 1:00pm    Christmas Bingo Bash

Thu., 12/2 at 5:15pm    Westminster Bell Ringers

Thu., 12/16 at 10:30 am    Holiday Entertainment

Fri., 12/3 at 10:30 am    UE: Mammal Identification

Fri. 12/17 (times on pg 4)    Euchre & Pinochle Tournaments

Fri, 12/3 at 1:30 pm    UE: Being Social on Social Media

**Thu 12/23 & Fri 12/24    SENIOR CENTER CLOSED**

Mon., 12/6 10 - Noon    December Birthday Bag

**Wed., 12/29 Noon - 4:00 pm    New Year Party at Salvatore's Italian Garden**  
*\*must register by Thur. 12/16 to attend\**

Mon., 12/6 at 10:30 am    Ugly Sweater Contest & Christmas Karaoke

**Wed 12/29 SENIOR CENTER CLOSED for offsite event**

Tue., 12/7 at 1:30 pm    UE: Getting Involved in Comm. Climate Action Planning

**Fri 12/31 SENIOR CENTER CLOSED New Years**

Wed., December 8th at 10am    Holiday Ornament Exchange

## CLASSES

Pre-registration with payment is required for ALL session classes before the start of the class. Payment due at registration. Class registration is on a first come first serve basis. If you snooze you lose - if a class does not reach the minimum number of students the class will be canceled. Registration is for the entire session, regardless of whether a student is able to attend all classes.

### Men's Fitness Tue., Wed., & Thur. at 8:45am

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.

December Session 4 weeks 12/1 - 12/22 Cost \$20.00  
2022 Session 4 weeks 1/4 - 1/27 Cost \$36.00

### Tap Dance for Fun Tuesdays at Noon

For those who love tap and have tapped previously at any age, even as a child or teen, and have a firm grasp on their tap basics.

Drop In - Pay as You Go \$5 class: 12/7 & 12/14  
2022 Session 6 weeks 1/11 - 2/15 Cost \$30.00

### Meditation & Gentle Yoga Mondays at 9:00 am

You will be guided through a seated meditation followed by yoga postures that will help to improve your flexibility, strength, and balance. (chair modifications available).

Drop In - Pay as You Go \$5 class: 12/6 & 12/13  
2022 Session 5 weeks 1/10 - 2/14 Cost \$25.00  
No classes: 1/17 & 2/21

### 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.

Drop In - Pay as You Go \$5 class: 12/1, 12/8 & 12/15  
2022 Session 7 weeks 1/12 - 2/23 Cost \$35.00

### Advanced Tai Chi Thursdays at 1:00 pm

Instructor, Bill Adams will teach Tai Chi a form of fluid movements that builds endurance, increase flexibility and balance. This one hour program is for those with some Tai Chi experience, but new students are welcome.

Contact the office for possible December dates.

### Beginner Tai Chi Wednesdays at 11:15 - 12:15 pm

Join Cynthia Swiech as she teaches you Tai Chi an Ancient Traditional Chinese practice that combines the mind, body and spirit. It is practiced today primarily for its health benefits, stress relief and relaxation. You will learn how to use meditation and deep breathing to move through a series of continuous exercises, called "forms" which resemble slow moving dance movements.

5 week session 11/10 - 12/8 Cost \$20.00  
2022 Session 7 weeks 1/12 - 2/23 Cost \$35.00

### Cardio Drumming Evening 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.

Drop In Pay as You Go \$5 class: 12/2, 12/9, 12/16  
*\*register in advance for drop in - pay as you go classes as space and equipment in limited\**  
2022 Session 6 weeks 1/20 - 2/24 Cost \$30.00

### Cardio Drumming Fridays at 8:45 am

Drop In Pay as You Go \$5 class: 12/3 & 12/10  
*\*register in advance for pay as you go drop in classes as space and equipment in limited\**  
2022 Session 7 weeks 1/14 - 2/25 Cost \$35.00

### Disco Zumba 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. Instructor, Marilyn Ciavarella

Drop In Pay as You Go \$5 class: 12/3 & 12/10  
2022 Session 7 weeks 1/14 - 2/25 Cost \$35.00

### Zumba Disco Evening Tuesdays at 5:30 pm

**\*\*New Time\*\***

Drop In Pay as You Go \$5 class: 12/7 & 12/14  
2022 Session 7 weeks 1/11 - 2/22 Cost \$35.00

### Stretch and Strength Barre Tuesdays at 1:15 pm

Barre class is a blend of classical ballet lines and movement with a mix of gentle muscle toning and stretching. It's a great way of keeping your body moving and opening up stiff joints as well as working on muscle memory and coordination. The foundation of the class will be standing using chairs for your barre and for seated and adapted movements as well. Some across the floor movement for basic cardio work will take place as well for a full head to toe workout.

Drop In Pay as You Go \$5 class: 12/7 & 12/14  
2022 Session 6 weeks 1/11 - 2/15 Cost \$30.00

**To avoid conflict with class size, maximum capacity, and attendance we will no longer allow members to register on the start date of a class.**

CLASSES ARE SET UP BY SESSIONS AND ALL MEMBERS MUST REGISTER WITH PAYMENT **BEFORE** THE START DATE OF THE CLASS EITHER IN PERSON WITH DEBBIE OR MARIA OR BY MAIL. THANK YOU!



## CLASSES continued ....

Pre-registration with payment is required for ALL session classes before the start of the class. Payment due at registration. Class registration is on a first come first serve basis. If you snooze you lose - if a class does not reach the minimum number of students the class will be canceled.

### 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. Arrive on time as door is closed when class begins.*

### Intro. To Strength Training with Cindy Small group (6)

Wednesdays at 12:30 - 1:30 pm

2022 Session 8 weeks 1/12 - 3/2 Cost \$64.00

Thursdays at 11:00 - Noon

2022 Session 8 weeks 1/13 - 3/3 Cost \$64.00

*Are you new to the fitness center? Do you find all those machines and weights intimidating? You probably know that strength training is essential for all stages of life, but is crucial as we age. In addition to maintaining a healthy body weight, strong bones and muscles help you keep your balance to prevent falls! This new class, might be just what you're looking for! In these judgement-free sessions, you'll learn about your different muscle groups and how to exercise all of them safely and efficiently, and in a variety of ways. You'll learn how to set up and use the Synergy machine and the TRX suspension trainer, as well as how and when to use dumbbells, kettlebells or just body weight. Classes will focus on the five basic human movement patterns: Bend & Lift, Single leg movements, Pulling, Pushing, Rotation and Anti-rotation .*



### Evening Yoga with Marie Thursdays at 5:15 pm



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.

2022 Session 7 weeks 1/13 - 2/24 Cost \$35.00

*Marie's Bio: Marie began her yoga teacher training in 2004 while she was working as an Occupational Therapist (OTR) in adult rehabilitation. Marie was drawn to yoga to broaden her education and understanding of movement from a yoga perspective. The exciting part was bringing the body mechanics that I learned in my OTR training to my yoga classes. The flow of my classes include standing balance and general strengthening and stretching postures with an emphasis on optimal alignment. And, I like to end the class with a guided relaxation. Welcome Marie!!*

## ADDITIONAL WEEKLY SCHEDULED EVENTS

Intermediate Line Dance Tuesdays at 10:30 am  
Cost is \$3.00 per class

Club 99 Tuesdays & Thursday at 10:30 am  
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.

CornHole Tuesdays at 1:00 pm

Shuffleboard Tuesdays at 9:00 am

Ladies Exercise Mon, Wed. & Fri. at 9:00 am  
This program uses stretching, aerobic and floor exercises tailored specifically for the needs of those 60+ years. Please wear comfortable clothes, bring a mat, light weights, and a stretch band for the class.

Open Walking in the Gymnasium  
Monday - Friday 9:00 - 10:00 am & 11:30 am - 2:30 pm  
*No Open Walking: Dec. 3, 6, & 27-30*



## PICKLEBALL

**All members must sign up in person at the front desk prior to the day of play to attend. No more phone calls, emails or completing registration forms to register. Cost per session \$4.00, please pay at desk and bring exact payment.**

See page 7 for days and times

## ART CLASSES

Material lists available in the office.



Learn to Draw - Instructor Dan Meyer  
**Tuesdays at 10:00 am - Noon**

This class will introduce you to basic drawing skills and includes proportionate, contour and perspective drawing. Learn to combine line, shape and form to bring simple objects to life.  
6 Week Session 1/18 - 2/22 Cost \$30.00

Intermediate Watercolor - Instructor Dan Meyer  
**Tuesdays at 1:00 pm - 3:00 pm**

6 Week Session 1/18 - 2/22 Cost \$30.00

*\*supply list for classes available in the office\**

**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.

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## **HOLIDAY FOOD DRIVE**

**November 8th to December 14th**

Please help us by donating non-perishable food items to help benefit those in need. All donations will be donated to local food pantries. Collection bins will be located in the front vestibule.



### **Pie Baking Contest**

**Thursday, January 20th at 1:00pm**

Calling all pie bakers! Enter your favorite homemade pie for a chance to win prizes!

(All pies must be 100% homemade - including the crust). A contest will be held and prizes will be awarded at our National Pie Day celebration (see below). Register in the office if you wish to enter a pie in the contest.

### **National Pie Day**

**Thursday, January 20th at 1:00 pm**

Let's celebrate National Pie Day? Why not? Pies have always been a sweet treat to warm the cold winter days and with the holiday celebrations a fading memory, this is a great way to warm up a January cold snap. Cost is \$2.00, Register and pay in the office.



**New Year  
Party  
at Salvatore's  
Italian Garden**

**Wednesday, December 29th**

**Noon - 4:00 pm**

Don't miss the event of the season! Share the afternoon with friends and celebrate the New Year. For your listening pleasure, music will be provided by the Hastings Duo.

In addition to the complimentary hors d'oeuvres & punch served from 12:00 - 1:00 pm we will have a photo booth. The photo booth will allow you and your friends to create poses and include props to capture the moment and have fun.

*Entrée Choices: Prime Rib, Poached Salmon or Chicken Française. Meal includes twice baked potato, roasted vegetables, salad, rolls/butter, coffee & tea, and dessert.*

**Cost for this event is \$40.00**

**Register and pay in the senior center office no later than Thursday, December 16th.**

**Bus Transportation is now available. Bus will depart the senior center at 10:45 am promptly and you must register in advance to take the bus.**

## **Orchard Park Senior Center**

4520 California Road

Orchard Park, NY 14127