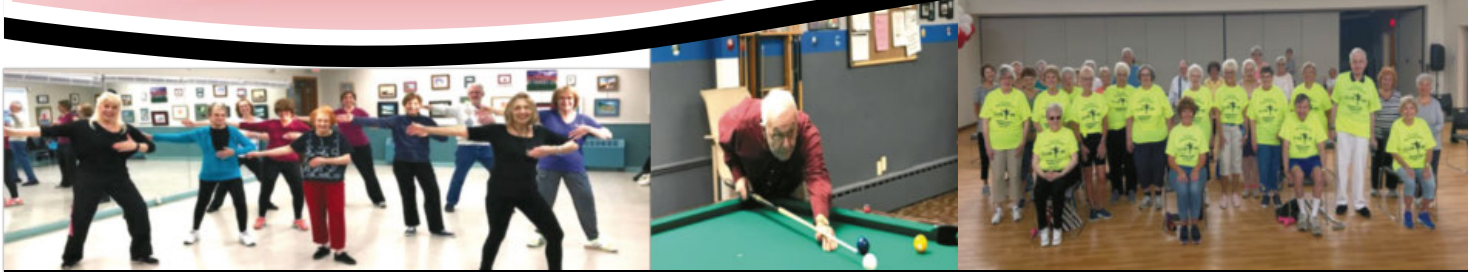




# Orchard Park Senior Center

4520 California Road  
Orchard Park, NY 14127



**FEBRUARY 2022**

## **PHONE**

716-662-6452

## **EMAIL**

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

## **CENTER HOURS**

8:30 a.m. – 4:00 p.m.

## **Director**

**Assistant Director/  
Program Coordinator**  
Maria Galley

**Kitchen Manager**  
Kevin Kornowicz

**Town Supervisor**  
Eugene Majchrzak

**Council Members**  
Conor Flynn  
Joseph Liberti  
Julia Mombrea  
Scott Honer



*"Though February is short, it is filled with  
lots of love and sweet surprises."*

—Charmaine J Forde

### Notes from Maria...

I would like to take this opportunity to thank Debbie Santiago for positively impacting so many of our lives during her 6 years of employment with the Orchard Park Senior Center. When we started together at Linwood Avenue we had roughly 300 members. We moved into this beautiful building and found a way to thrive during a pandemic. COVID did not stop our membership from growing to the now 2,400 members. I am so lucky to have had an amazing mentor and friend. Thank you for your passion and dedication to the Orchard Park Seniors! Best of luck in your new position. We will miss you!

Well....with a few weeks into the New Year, we've all had an opportunity to make good on our "resolutions", and maybe some of us have slipped off the wagon a little! That's ok... Let the Senior Center help you. Want to move more? We offer 15+ exercise and dance classes. Want to be more artistic? We offer art classes. Want to live a healthier lifestyle? We offer health presentations, enjoyable activities to socialize and a daily nutritious lunch (see page 6 for the menu).

Let us help you keep your New Years Resolutions!



### 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.

- 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 Maria at 662-6452.



### AARP Tax Aide

AARP Foundation Tax-Aide Program is a volunteer run tax assistance and preparation service. It is free to taxpayers with low and moderate income, with special attention to those 60 and older.

#### **NEW THIS YEAR TO SCHEDULE AN APPOINTMENT:**

- ♦ Call 662-6400 ext. 1105
- ♦ Leave your name and phone number
- ♦ A Volunteer will return your call to schedule an appointment

### Shaped by Glaciers

**Wednesday, February 2nd at 10:30 am**

Join Matt Nusstein from New York State Parks, Recreation & Historic Preservation as he discusses glaciers! Did you know Western NY is a land sculpted by glaciers. From our lakes and rivers, to our forests and valleys, learn about the glacial history of our region and the species who once roamed here.

Register at the front desk.

### Diabetes and Healthy Living

**Wednesday, February 9th at 11:00 am**

How do our food choices affect blood sugar control? If you're living with diabetes or pre-diabetes, join us as we discuss ways to eat well and stay healthy, including meal planning, smart snacking and the impact of carbohydrates. Join instructor Jill Conway, BC/BS of WNY for this presentation virtually.

Register at the front desk.

### Love Stinks ...

**Valentines Day Afternoon Dance**

**Monday, February 14th**

**2:00 - 4:00 pm**

Join DJ Biggs for an afternoon dance with all your favorite music. Pizza and pop will be available for purchase at the concession stand from 2:30-3:30. cost is \$3.00.

Register and pay in the office.



### Bitter Truth about Sugar

**Wednesday, February 23rd at 11:00 am**

The average American consumes approximately 152 pounds of sugar each year. Excess sugar consumption increases risks for obesity, diabetes, heart disease and many other medical conditions. In this seminar, we'll discuss why sugar hooks us and tips for overcoming sugar dependency. Join instructor Jennifer Johnson, Wellness Coordinator, Health Care Services, BC/BS of WNY for this presentation virtually.

Register at the front desk.

### February Birthday Bag

**Monday, February 28th 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.

### Afternoon Board Games

**Monday, February 28th at 12:30 pm**

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.



## Looking Ahead to March .....



**Dinner Club at The West End**

**340 Union Street, Hamburg**

**Thursday, March 3rd at Noon**

#### Menu:

Herb Roasted Chicken  
Roast Beef on Weck (with rolls, au jus & horseradish)  
Pureed Potatoes & Gravy, Sage & Cranberry Stuffing,  
Buttered Corn, Mixed Green Salad with Dressing  
Also includes soft drinks, coffee/tea & cookie tray

**\$26.00 includes tax & gratuity (cash bar)**

Please call Rae Ann Reese at 716-822-8869  
for reservations before February 20th.

**Limited Seating - Please Reserve Early!**

### Dizzy? Lightheaded? Vertigo? Off-balance? Thursday, March 3rd at 1:30 pm

Do you experience any of these sensations? If so, please join Dr. Jill Bernstein, an audiologist with Hearing Evaluation Services of Buffalo for a conversation about these symptoms, their possible causes, and what you can do to make sure you are safe and not at increased risk of falling. Dr. Jill Bernstein has over 15-years of experience in helping people with dizziness find solutions to help them return to living their best life.

Register at the front desk to attend.



### **What is a Land Trust? Wednesday, March 23rd at 10:30 am**

What is a land trust? How do land trusts save land for future generations? The Western New York Land Conservancy's Communications Director, Kyle Semmel, will present on the Land Conservancy's efforts to save Western New York's most cherished and significant forests, rivers, streams, and meadows.

He will discuss recent successes like Mossy Point and the College Lodge Forest, and he will describe the Land Conservancy's efforts to build a nature trail and greenway in the heart of downtown Buffalo, the Western New York Wildway, and more.

Register at the front desk to attend.

## **ACHES AND PAINS OH MY!!! SERIES**

### **Your Aging Spine**

**Friday, March 11th at 12:45 am**

Join Brian Spillman, Physical Therapist with Buffalo Rehab Group Physical therapy to learn three secrets to help prevent (or even reverse) the aging process and reduce low back pain.

This class is perfect for anyone who wants to stop low back pain, and get their life back without surgery, medication, or injections.

Register at the front desk to attend.

### **Better Balance by Biggs Johnson**

**Friday, March 25th at 11:00 am**

"The Six-Step Balance System is a series of movements and simple exercises that improve balance. The System is designed to reduce the probability of falls and fall-related injuries. It also increases body flexibility, leg strength, and overall endurance, and reduces the fear of falling. The six steps are easy and fun and can be practiced at home."

Register at the front desk to attend.

### **Exercising with Knee Pain**

**Thursday, March 31st at 11:00 am**

A Buffalo Rehab Group Physical therapist will discuss the three secrets to exercising with knee pain. Learn how to categorize your knee pain and how to manage, improve, or even eliminate your knee pain. This class is perfect for anyone who wants to stop knee pain and get their life back without surgery, medication, or injections.

Register at the front desk to attend.



## **Erie County Workshops**

**Community workshops available at the Orchard Park Senior Center for adults who are ready to make the choice to improve their health today!**

### **Chronic Diabetes Self-Management**

**Fridays at 9:30 am - Noon**

**6 Week Workshop March 4th - April 8th**

This 6-week community workshop series is for adults who are ready to make the choice to improve their health today!

This small group meets each week for 2 1/2 hours.

The classes are highly participative which builds mutual support and success to assist you in managing your health to maintain an active and fulfilling life.

Topics covered include weight loss, how to manage pain, eat healthier, and reduce stress, tips to maintain a full and active lifestyle, workshop includes a resource book and relaxation CD and includes a consultation with an registered dietician prior to the 1st workshop for eligible Medicare recipients!

### **Matter of Balance**

**Mondays from 10:00 am - Noon**

**6 Week Workshop March 7th - April 11th**

Do you have concerns about falling? Many older adults experience concerns about falling and restrict their activity. This program was designed to manage falls and increase activity levels.

In workshop you will learn to view falls as controllable, set goals for increasing activity, make changes to decrease fall risks at home, and exercise to increase strength and balance.

Who should attend? Anyone who is concerned about falls, interested in improving balance, flexibility and strength, and who has a history of a fall or has limited activity because of a fall.

**SPACE IS LIMITED -  
TO ENSURE A SPOT IN THE WORKSHOP  
PLEASE REGISTER AHEAD**



## CLASS / ACTIVITY REGISTRATION FORM

Class / Activity Registration forms can be found at the front desk. 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 stamped envelope for class confirmation and receipt if

### 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.

**Feb. 7th - Faking the Moon Landing:** One of history's most controversial conspiracy theories that goes under the microscope, as investigators argue whether the moon landing was real or staged.

**Feb. 14th - Pearl Harbor Cover-up:** Do governments sometimes sacrifice their own people for political gain? Examine several conspiracy theories that allege just that.

**Feb. 28th - Drugs, Pop, Punk & Death:** In this music-themed episode, experts explore conspiracy theories surrounding Jim Morrison, the Rolling Stones, Led Zeppelin and the Sex Pistols.

**March 7th - The Lockerbie Plot:** Examine the conspiracy theories surrounding Pan Am Flight 103, the 9/11 attacks, a mass poisoning and an infamous case of arson in Nazi Germany.

**March 14th - Jackie: A Tale of Two Sisters:** (*Jacqueline Kennedy*) A multifaceted portrait of former First Lady Jacqueline Kennedy Onassis and her younger sister, Lee Radziwill.

**March 28th - Amelia: A Tale of Two Sisters** (*Amelia Earhart*) Eight decades after her disappearance, Amelia Earhart's incredible accomplishments are celebrated, thanks in large to her sister Muriel.



## Book Group

### February Book Group

**Monday, February 7th at 10:30 am**  
*Code Girls – The Untold Story of the American Women Code Breakers of World War II* by Liza Mundy

The award-winning New York Times bestseller about the American women who secretly served as codebreakers during World War II.

### March Book Group

**Monday, March 14th at 10:30 am**  
*American Dirt* by Jeanine Cummins

"American Dirt is an urgent, blistering, unforgettable book. In her portrayal of Lydia and Luca, a mother and son forced to leave their Mexican home, Jeanine Cummins has given face to migrants everywhere who flee violence and near-certain death

## 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 \*\***

**Wednesdays 12:30 - 1:30 pm 1/12 - 3/2**

**Thursdays 11:00 - Noon 1/13 - 3/3**



## Safe Driver Academy

**Friday, February 18th**

(waiting list only)

**9:00 - 3:00pm**

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, March 18th 9:00 - 3:00pm**

**Friday, April 22nd 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!**

**Tue 2/1** Greek Grilled Chicken Salad, Breakaway Roll  
Cinnamon Pear Crisp

**Wed 2/2** Lentil Bolognese Pasta, Broccoli. Chef Salad, Dinner Roll, Peach Bavarian

**Thu 2/3** Breaded Pork Chop w/Gravy, Lazy Pierogi, Harvard Beets, Roll, Pineapple & Mandarin Oranges

**Fri 2/4** Teriyaki Beef Strips, White Rice, Oriental Mixed Vegetables, Juice, Pear, Chocolate Milk

**Mon 2/7** Chicken Piccata w/Lemon Caper Sauce, Vegetable Rice Pilaf, French Bean Medley, Dinner Roll, Orange, Chocolate Milk

**Tue 2/8** Stuffed Shells w/Meat Sauce, Chef Salad. Cauliflower, Italian Bread, Shortbread Cookies

**Wed 2/9** Pork Ribette w/BBQ Sauce, Scalloped Potatoes, Peas with Red Pepper, Roll, Chocolate Bavarian

**Thu 2/10** Tuna Salad, Roll, Ice Cream

**Fri 2/11** Cream of Potato Soup with Ham, Brussel Sprouts, Chef Salad, Cornbread, Strawberry Gelatin

**Mon 2/14 Valentine's Day Luncheon** - Cheese Tortellini with Chicken and Roasted Red Pepper Sauce, Carrots, Broccoli Florets, Chef Salad, Dinner Roll, Chocolate Drizzled Cheesecake

**Tue 2/15** Southwestern Steak Salad, Whole Wheat Dinner Roll, Cinnamon Applesauce, Chocolate Milk

**Wed 2/16** Ham Steak with Crushed Pineapple Topping, Sweet Potatoes, Creamy Cabbage with Dill, Whole Wheat Dinner Roll, Shortbread Cookies

**Thu 2/17** Breaded Chicken Breast w/Gravy, Garlic Mashed Potatoes, Green Bean Casserole, Wheat Bread, Strawberry Bavarian

**Fri 2/18** Stuffed Pepper w/Meat Sauce, Italian Vegetables, Mashed Potatoes, Roll, Fruit Compote

**Mon 2/21 CENTER CLOSED - PRESIDENTS DAY**

**Tue 2/22** Sloppy Joe, Wheat Roll, Seasoned Roasted Red Potatoes, Sliced Carrots, Tropical Fruit

**Wed 2/23** Boneless Chicken Breast w/Gravy, Mushroom Farro Risotto, Broccoli, Rye Bread, Banana, Chocolate Milk

**Thu 2/24** Breaded Bone-In Pork Chop w/Gravy, Ranch-seasoned Mashed Potatoes, Peas with Pearl Onions, Chef Salad, Roll, Cherry Pie with Whipped Topping

**Fri 2/25** Beer Battered Fish, German Potato Salad, Mixed Vegetables, Coleslaw, Cornbread, Ambrosia

**Mon 2/28** Rotini & Meatballs w/Tomato Sauce, Cauliflower, Seasoned Spinach, Fruit Cocktail

### **Medicare Advantage Plans**

***Meet one on one with insurance representatives***

#### **Univera Healthcare**

Monday, February 28th 10:00 am - Noon

#### **Blue Cross / Blue Shield**

Contact John Weatherby at 716-887-8832

#### **United Healthcare**

Thursday, February 10th 12:30 - 2:30 pm

#### **Aetna**

Thursday, February 17th 10:30 - 12:30 pm

### **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 center across from room 118.***

#### **Hillcrest Senior Travel Group**

Co-Presidents, Sally Stoner at 861-2246

& Maura Krause 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 Alan Groth at 662-2140



### **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. 2/2 The Unforgivable (R)** Released from prison into society that won't forgive her, a woman convicted of murder searches for the little sister she was forced to leave behind.

**Wed. 2/9 Jeff Dunham - Beside Himself** Comedian Jeff Dunham takes the stage with his old pals Peanut, Walter, Jose Jalapeno, Bubba J, and Achmed to poke fun at himself and American culture.

**Wed. 2/16 What Dreams May Come (PG-13)**

A physician finds himself in heaven after an accident, inhabiting the landscape of his wife's paintings while seeking to rescue her from the underworld.

**Wed. 2/23 Sabrina (PG)** A workaholic mogul attempts to woo the chauffeur's enchanting daughter away from his betrothed younger brother to save a billion dollar business deal.

## FEBRUARY 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 Learn to Draw	9:00 Ladies Exercise	10:30 Club 99	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/instructor</i>	10:30 Club 99	10:00 Beginner Line Dance	11:00 Intro To Strength	10:30 55+ Pickleball
11:00 Gentle Hatha Yoga w/Barb <i>*begins 2/28</i>	10:30 55+ Pickleball	11:15 Beginner Tai Chi	NOON LUNCH	10:30 Art w/ Friends
NOON LUNCH	NOON LUNCH	11:30 Yoga	12:45 Mah Jong	NOON LUNCH
12:30 Bridge	12:00 Tap for Fun	NOON LUNCH	1:00 Adv. Tai Chi	12:45 MahJong
1:00 Mind Aerobics	1:00 Bingo	1:00 Movie		1:00 Pinochle
1:30 55+ Pickleball	1:00 Int Watercolor	1:00 Pickleball: Next Skill Level <i>w/instructor</i>	<u>Evening Class</u> 5:15 Evening Yoga	1:30 55+ Pickleball
	1:00 Corn Hole		6:30 Cardio Drum	
	1:15 Stretch Strength Barre			
	<u>Evening Class</u> 5:30 Disco Zumba			

**Open Walking  
in Gym:**  
 Monday - Friday  
 9:00 am - 10:00 am  
 11:30 am - 2:30 pm

## FEBRUARY SPECIAL EVENTS CALENDAR

Wed., Feb. 2nd at 10:30 am	Shaped by Glaciers
Wed., Feb. 9th at 11:00 am	Diabetes and Healthy Living
Mon., Feb. 14th 2:00 - 4:00 pm	Love Stinks ... Valentines Day Afternoon Dance
Wed., Feb. 23rd at 11:00 am	Bitter Truth about Sugar
Mon., Feb. 28th 10:00 - Noon	February Birthday Bag
Mon., Feb. 28th at 12:30 pm	Afternoon Board Games

## New Classes

**PICKLEBALL: THE NEXT SKILL LEVEL**  
*with an instructor (Carl)*  
**Wednesdays at 1:00 pm**  
 Cost per session \$4.00, please pay at desk  
 and bring exact payment.

**EVENING YOGA with MARIE**  
**Thursdays at 5:15 pm**  
**7 week session 1/13 - 2/24 Cost \$35.00**

**GENTLE HATHA YOGA with BARB**  
**Mondays at 11:00 am**  
**5 week session 2/28 - 3/28 Cost 25.00**



## 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.

### 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.

6 week session 1/11 - 2/15 Cost \$30.00

5 week session 2/22 - 4/5 Cost \$25.00

### 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).

5 week session 1/10 - 2/14 Cost \$25.00 *no class 1/17&2/21*

7 week session 2/28 - 4/11 Cost \$35.00 *no class 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.

7 week session 1/12 - 2/23 Cost \$35.00

7 week session 3/2 - 4/13 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.

7 week session 1/20 - 3/3 Cost \$35.00

5 week session 3/10 - 4/14 Cost \$25.00 *no class 4/7*

### 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.

7 week session 1/12 - 2/23 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.

6 week session 1/11 - 2/15 Cost \$30.00

5 week session 2/22 - 4/5 Cost \$25.00

### 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.

6 week session 1/20 - 3/3 Cost \$30.00 *no class 2/24*

7 week session 3/10 - 4/21 Cost \$35.00

### Cardio Drumming      Fridays at 8:45 am

7 week session 1/14 - 3/4 Cost \$35.00 *no class 2/25*

6 week session 3/11 - 4/8 Cost \$25.00

### 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*

7 week session 1/14 - 3/4 Cost \$35.00 *no class 2/25*

6 week session 3/11 - 4/8 Cost \$25.00

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

7 week session 1/11 - 2/22 Cost \$35.00

7 week session 3/8 - 4/19 Cost \$35.00

### Tai Chi for Arthritis

*No classes in February — Classes resume March 2nd*

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

Wednesdays at 12:30 - 1:30 pm

8 week session 1/12 - 3/2 Cost \$64.00

Thursdays at 11:00 - Noon

8 week session 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. 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.*

### 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.

4 week session 1/4 - 1/27 Cost \$36.00 *no class 1/4-1/6*

4 week session 2/1 - 2/24 Cost \$36.00





## NEW CLASSES 2022....

**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 and is required before the start date of the session.**



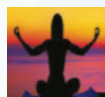
### **PICKLEBALL: THE NEXT SKILL LEVEL** *with an instructor (Carl)* **Wednesdays at 1:00 pm**

This class is for beginners who want to continue to learn. Carl will teach you how to serve with speed, make key shots, anticipate your opponent's shot, develop a backhand, and how to be a good partner on the court.

**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.**



### **EVENING YOGA with MARIE** **Thursdays at 5:15 pm**

**7 week session 1/13 - 2/24 Cost \$35.00**

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.

*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!!*

### **GENTLE HATHA YOGA with BARB** **Mondays at 11:00 am**

**5 week session 2/28 - 3/28 Cost 25.00**

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.

*Barb's Bio: Barb is a dedicated, professional yoga instructor who has designed and taught yoga classes for a variety of ages and abilities. Recently taught classes for Shine Yoga and is a certified Grief Yoga Teacher. Welcome Barb!*

## ADDITIONAL WEEKLY SCHEDULED EVENTS

### **Intermediate Line Dance Tuesdays at 10:30 am**

Cost is \$3.00 per class

### **Beginner Line Dance Wednesdays at 10:00 am**

Cost is \$2.50 per class

### **Club 99 Tuesdays & Thursdays 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



## 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 (Waiting List Only)**

**Tuesdays at 10:00 am - Noon**

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

### **Beginner Watercolor - Instructor Dan Meyer**

**Tuesdays at 1:00 pm - 3:00 pm**

6 Week Session 3/1 - 4/5 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

6 Week Session 3/1 - 4/5 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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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-659-1986 (TTY: 1-800-662-1220). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-800-659-1986 (TTY: 1-800-662-1220).

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### **Circuit Training Class Coming in May**

This small group fitness program provides a great opportunity to get the guidance of a certified personal trainer and to learn how to use the equipment in the exercise room. You will be taught proper form and techniques as you move from one station to the next, alternating between a cardiovascular activity and a resistance exercise. Each session helps to improve strength mobility, flexibility, and balance. Best of all... enjoy the group comradery!

### **Mobility Matters Class Coming in May**

This fun and exciting program encourages physical activity to help improve balance, mobility, and strength. Enjoy an array of equipment as you participate in resistance exercises to help improve lower and upper body strength, balance challenges to help reduce the risk of falls, range of motion activities to improve flexibility, and obstacle course challenges that mimic activities of daily life. The program is designed to reduce the risk for falls, improve physical function, and build confidence. Taught by a Certified Functional Aging Group Exercise Specialist.

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## **Orchard Park Senior Center**

4520 California Road

Orchard Park, NY 14127

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