



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



MARCH 2022

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

8:30 a.m. – 4:00 p.m.

Director

Maria Galley

Kitchen Manager

Kevin Kornowicz

Town Supervisor

Eugene Majchrzak

Council Members

Conor Flynn
Joseph Liberti
Julia Mombrea
Scott Honer



St. Patrick's Day Entertainment

Thursday, March 17th at 12:30 pm

Join us for a wee little party as we celebrate the luck of the Irish! Enjoy Irish music by Kindred Duo.

Please register at the front desk for this free event.

Notes from Maria.....

Hello Spring! Just think Spring is right around the corner on Sunday, March 20th and Daylight Savings is March 13th. We survived a cold and snowy winter as mother nature did not give us a break! Now we can look forward to our days getting longer and brighter and hopefully warmer weather will follow soon!

I hope that after reading this newsletter you find a few (or many) activities or classes to participate in. You can now register at the front desk with Bonnie or Bob whom have joined the senior center staff. As they learn more they will be able to assist you with registering for classes, activities and answer any other senior center related questions you may have.

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 the 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/>.

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.**

**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.

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

CLASS / ACTIVITY REGISTRATION FORM

Class / Activity Registration forms can be found at the front desk. This form will allow the member 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 desired.
- Do not use this form to register for pickleball. Use the pickleball registration book at the front desk.**



Dinner Club at Mongolian Buffet
3513 McKinley Pkwy., Blasdell

Thursday, April 7, 2022
5:00pm

Menu:

All you can eat from Soup to Dessert

\$21.00 includes tax, pop and tip

Buffet style and Hibachi

Please call Diana at 716-671-2347
For reservations before March 25th

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

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.

Downsizing Made Easy Presentation **Wednesday, March 9th at 11:00AM**

Ann Marie Klosko owner of Elder Transition Consulting LLC will be here to discuss downsizing. She knows that downsizing and moving to another residence can be complicated, emotional and very stressful. Her goal is to help you make the moving process as simple as possible for you! Register at the front desk to attend.

Afternoon Board Games **Wednesday, March 9th 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 to attend.



ACHES AND PAINS OH MY!!! SERIES

Your Aging Spine

Friday, March 11th at 12:45 PM

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.



Let's Celebrate Pi Day with Jack Civiletto!

Monday, March 14th at 1:00pm

Let's celebrate Pi Day? Why not? Pies have always been a sweet treat to warm the cold days. Today enjoy a delicious slice of pie and entertainment by Jack Civiletto. Jack will present an afternoon of musical favorites by Frank Sinatra.

Purchase your tickets by March 10th.

Cost is \$3.00

St. Patrick's Day Luncheon

Thursday, March 17th at Noon

St Patrick's Day lunch includes **Corned Beef With Cabbage, Red Potatoes and Parsley Carrots, Marinated Beet and Onion Salad, Slice of Rye Bread and Lime Sherbet** for dessert. The suggested donation for lunch is \$3.00. Space is limited. Contact Kevin at 662-6452 extension 3 to register for lunch.

St. Patrick's Day Entertainment

Thursday, March 17th at 12:30 pm

Join us for a wee little party as we celebrate the luck of the Irish! Enjoy Irish music by Kindred Duo.

Please register at the front desk.



Afternoon Entertainment with The Hastings Duo

Tuesday, March 22nd 2:00-4:00pm

Join us for an afternoon of entertainment, dancing, and socializing with The Hastings Duo. Pizza and beverages will be available for purchase at the concession stand.

Cost \$4.00. Register and pay in the office.

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.

The ABC's of Diabetes and You

Wednesday, March 23rd at 1:30pm

Join Pharmacist Melissa Apa and Dr. Lailah Omar, PCP from Buffalo Medical Group as they discuss the science and the art of managing diabetes. This presentation will cover what diabetes is and why it matters, along with lifestyle modification and medication options.

Register at the front desk to attend.

Owners Manual for High Blood Pressure

Monday, March 28th at 1:30pm

Let's talk sodium and seasonings: Everything from Soup to Nuts. Join Sarah Hartman, Nutritionist and Dr. Lailah Omar, PCP from Buffalo Medical Group as they discuss High Blood Pressure.

Register at the front desk to attend.

Chronic Diabetes Self-Management

Fridays at 9:30 am - Noon

6 Week Workshop March 18th - April 29th

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

8 Week Workshop March 7th – April 25th

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.

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

Looking Ahead to April.....

Your Health Matters Workshops Sponsored by Buffalo Medical Group

Sugar Got You Down?

Pre Diabetes

Monday, April 4th at 1:30pm

A Guide to Choosing "Healthy Carbs" and "Well Balanced Diet". Instructor: Sarah Hartman, Nutritionist and Dr. Lailah Omar, PCP from Buffalo Medical Group.

Register at the front desk to attend.

High Blood Pressure and Cholesterol

Wednesday, April 6th at 10:30am

Join Pharmacist Melissa Apa and Dr. Lailah Omar, PCP from Buffalo Medical Group as they discuss how high blood pressure and high cholesterol impact your body and what you can do to reduce your risk of heart attack and stroke.

Register at the front desk to attend.

Love Your Liver – through Lifestyle Choices!

Tuesday, April 12th at 10:30am

Join Sarah Hartman, Nutritionist and Dr. Lailah Omar, PCP from Buffalo Medical Group as they discuss ways for you to love your liver and ways for you to prevent fatty liver disease through healthy lifestyle choices including meal planning.

Register at the front desk to attend.



Book Group

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 in search of only one thing: a chance at life.

April Book Group

The House We Grew Up In by Lisa Jewell

One Easter weekend, a tragedy so devastating occurs that, almost imperceptibly, it begins to tear the family apart. Years pass and the children have become adults, while Lorelei has become the county's worst hoarder. She has alienated her husband and children and has been living as a recluse. But then something happens that beckons the Bird family back to the house they grew up in—to finally understand the events of that long-ago Easter weekend and to unearth the many secrets hidden within the nooks and crannies of home.

Bocce is back in May!

Couples Team Bocce Mondays at 9:00 am
Open Bocce Tuesdays at 9:00 am
Begins May 2nd

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 June, July, and August. Look for the Bocce Courts across from the Recreation Building at Green Lake. Register at the front desk.

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.

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 21st No Docuseries

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.

April 4th How To Stage A Coup Explore how Caesar, Napoléon, Mussolini, Hitler and modern-day dictators consolidated their considerable power through bold and brazen coups,

April 11th The Russian Revolution Starting in 1881, this film describes how the personal battle led to the Russian Revolution.

April 18th No Docuseries

April 25th The Universe: Ancient Mysteries Solved—The Eye of God

CARDS & GAMES:

Everyone is welcome to attend!!

Wii Bowling	Mondays at 10:30am
Bridge	Mondays at 12:30 pm
Shuffleboard	Tuesdays at 9:00 am
CornHole	Tuesdays at 1:00 pm
Hand & Foot	Wednesdays at 9:30 am
Open Cards	Wednesdays at 12:30pm
Dominoes	Thursdays at 9:30 am
Mah Jong	Thursdays at 12:45 pm
Euchre	Fridays at 10:00 am
Mah Jong	Fridays at 12:45 pm
Pinochle	Fridays at 1:00 pm

ART CLASSES



supply list for classes available in the office

Beginner Watercolor - Instructor Dan Meyer

Tuesdays at 10:00 am – Noon

6 Week Session 3/1 - 4/5 Cost \$30.00

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 4/12– 5/24 no class 4/26 Cost \$30.00

Intermediate Watercolor - Instructor Dan Meyer

Tuesdays at 1:00 pm – 3:00 pm

6 Week Session 3/1 - 4/5 Cost \$30.00

6 week Session 4/12– 5/24 no class 4/26 Cost \$30.00

Art with Friends

Fridays at 10:30 am - 12:30 pm



Safe Driver Academy 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, April 8th	9:00 - 3:00pm
Friday, April 22nd	9:00 - 3:00pm waiting list
Friday, May 20th	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 by

If you are unable to keep your reservation, please call the Center as early as possible. Thank You!

Tues 3/1 Fat Tuesday Chicken and Sausage Paella, Yellow Rice, Fiesta Corn, Fruit Punch, Chocolate Eclair

Wed 3/2 Broccoli Cheddar Soup, Chef Salad, Carrots, Cornbread, Fresh Apple, Chocolate Milk

Thurs 3/3 Beef Stew, Mashed Potatoes, Biscuit, Chocolate Mousse

Fri 3/4 Entrée Salad, Tuna Macaroni Salad on bed of Salad Greens, Whole grain Crackers

Mon 3/7 Turkey A La King, Mashed Potatoes, Carrots, Biscuit, Choc. Chip Cookies

Tues 3/8 Ham Steak With Maple Glaze. Scalloped Potatoes, Peas, rye Bread, lemon Cake Frosting

Wed 3/9 Chicken Caesar Salad, Wheat Roll, Baked Pear Crisp

Thurs 3/10 Breaded Chicken Breast W/ Tomato Sauce & Shred. Mozz and Pasta, Wax Beans, Salad, Fruit, Ch. Milk

Fri 3/11 Cream of Mushroom Soup, Chef Salad with Garbanzo Beans And Drsg, Sprouts, Biscuit, Jello

Mon 3/14 Italian Sausage with Peppers, Onions, and tom. Sauce on Hot Dog Bun, Potatoes, Mix Veg., Pineapple

Tues 3/15 Chili Con Carne Corn, Apple Juice, Crackers, Grapes, Ch. Milk

Wed 3/16 Baked Chicken w/ Lemon Herb Sauce, Sweet Potatoes, Peas, Dinner Roll, Peach Crisp

Thurs 3/17 St. Patrick's Day! Corned Beef with Cabbage, Red Potatoes, Parsley Carrots, Marinated Beet and onion Salad, Rye Bread, Lime Sherbet

Fri 3/18 Veg. Lasagna with Cream Sauce, Cauliflower, Chef Salad, Dinner Roll, Frosted Marble Cake

Mon 3/21 Welcome Spring! Cheese Tortellini with Chicken & Veg. Prima Sauce, Zucchini Medley, Parmesan Brussel Sprouts, Tom. Salad, Roll, Italian Ice

Tues 3/22 Beef Stew with a Biscuit, Harvard Beets, Strawberry Bavarian

Wed 3/23 Beef Macaroni Casserole, Cali. Mixed Veg., Chef Salad, Rye Bread, Fruit Compote, Ch. Milk

Thurs 3/24 Roast Turkey & Gravy, Cranberry Salad, Mashed Potatoes, Peas, Carrots, Stuffing, Lemon Cake

Fri 3/25 Beer Battered Fish with Tartar Sauce, Mac and Cheese, Green Beans, Roll, Coleslaw, Mandarin Oranges

Mon 3/28 Cheese Ravioli w/ Tom. Meat Sauce, Peas, Summer Squash Medley, Bread, Peaches

Tues 3/29 New Menu Item Chicken Shawarma, lemon Green Beans, Cauliflower, Quinoa tabbouleh Salad, Cookie

Wed 3/30 Roast Beef & Gravy, Sweet Potatoes, Savory Cabbage, Rye Bread, Cherry Cake

Stay Fit Frozen Meals (Meals will need to be picked up on Monday Morning Between 10:00-10:30AM)

We're pleased to offer 3 or 5 pack varieties of Frozen meals through Erie County St Fit Dining Program. A roll, milk and dessert is included with each meal.

Call Kevin at 662-6452 option #3 for more information.

Medicare Advantage Plans

Meet one on one with insurance representatives

Univera Healthcare

Monday, March 14th 10:00am-NOON

Blue Cross / Blue Shield

Tues., March 15th and Tues., March 29th 9:30-11:30am

United Healthcare

Thursday, March 17th 10:00- NOON

Aetna

Wednesday, March 9th 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 are posted on the travel bulletin board at the center across from room 118.

Hillcrest Senior Travel Group

Meet the 2nd and 4th Thursday of the month.

Co-Presidents, Sally Stoner at 861-2246

& Maura Kraus at 825-3399

For Travel info. contact Richard Jones 827-7074

Orchard Park Senior Travel Group

Meet the 1st and 3rd Wednesday of the month.

President, MaryAnn Notto at 825-6460

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. 3/2 The Edge Of War (PG-12) At the tense 1938 Munich Conference former friends who now work for opposing governments become reluctant spies racing to expose a Nazi secret.

Wed. 3/9 Belfast (pg-13) British-Irish drama centered on a glamorous working-class family and their young's son childhood, as they get caught in the mayhem of Belfast's troublesome times. This semi-autobiographical film is director's Kenneth Branagh (Murder on the Orient Express) most personal film, filled with excitement, emotion and humor.

Wed.3/16 Don't Look Up Two astronomers go on a media tour to warn humankind of planet-killing comet hurtling toward earth. The response from distracted world: Meh.

Wed. 3/23 King Richard (PG-13) King Richard follows the journey of Richard Williams, an undeterred father instrumental in raising two of the most extraordinarily gifted athletes of all time, who will end up changing the sport of tennis forever. Driven by a clear vision of their future and using unconventional methods, Richard has a plan that will take Venus and Serena Williams from the streets of Compton, California to the global stage as legendary icons.

Wed. 3/30 Spencer The marriage of Princess Diana and Prince Charles has long since grown cold. Though rumors of affairs and a divorce abound, peace is ordained for the Christmas festivities at the Queen's Sandringham Estate. But this year, things will be profoundly different. SPENCER is an imagining of what might have happened during those few fateful days.

MARCH 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	10:00 Disco Zumba
10:30 Learn to Play 55+ Pickleball <i>w/instructor</i>	10:30 Int Line Dance	9:30 Hand & Foot	10:30 Beginner 55+ Pickleball	10:00 Euchre
11:00 Gentle Hatha Yoga w/Barb	10:30 Club 99	10:00 Beginner Line Dance	11:00 Strength Training 2.0	10:30 55+ Pickleball
NOON LUNCH	10:30 55+ Pickleball	11:15 Beginner Tai Chi	NOON LUNCH	10:30 Art w/ Friends
12:30 Bridge	NOON LUNCH	11:30 Yoga	12:45 Mah Jong	NOON LUNCH
12:45 Arthritis Tai Chi	12:00 Tap for Fun	NOON LUNCH	1:00 Adv. Tai Chi	12:45 MahJong
1:00 Mind Aerobics	1:00 Bingo	12:30 Intro to Strength Training		12:45 Arthritis Tai Chi
1:30 55+ Pickleball	1:00 Int Watercolor	12:30 Open Cards		1:00 Pinochle
	1:00 Corn Hole	1:00 Movie	<u>Evening Class</u>	
	1:15 Stretch Strength Barre	1:00 Pickleball: Next Skill Level <i>w/instructor</i>	5:15 Evening Yoga	
	<u>Evening Class</u> 5:30 Disco Zumba		6:30 Cardio Drum	

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

MARCH SPECIAL EVENTS CALENDAR

Thur. 3/3 at 1:30pm Dizzy? Lightheaded? Vertigo? Off-balance?

Wed. 3/9 at 11:00AM Downsizing Made Easy Presentation

Wed. 3/9 at 12:30PM Afternoon Board Games

Fri. 3/11 at 12:45PM You Aging Spine

Mon. 3/14 12:30-1:00PM Birthday in a bag

Mon. 3/14 at 1:00PM Pi Day with Jack Civiletto!

Thurs. 3/17 at 12:30PM St. Patrick's Day LIVE music

Tues. 3/22 2:00-4:00pm Live music with The Hastings Duo

Wed 3/23 at 10:30am What is a Land Trust

Wed. 3/23 at 1:30pm The ABC's of Diabetes and You

Fri. 3/25 at 11:00 am Better Balance by Biggs Johnson

Mon. 3/28 at 1:30pm Owners Manual for High Blood Pressure

Thurs. 3/31 at 11:00am Exercising with Knee Pain

New Classes Coming Soon...

Strength Training 2.0
Thursdays at 11:00 - Noon

Hoola Hoop
Tuesdays at 9-10am
8 Week Session 4/20 - 6/14 Cost is \$45.00

Mobility Matters Class
Fridays at 10:30-11:30AM
5 Week Session 5/13 - 6/10 Cost is \$35.00

Circuit Training Class
Fridays at Noon-1:00PM
5 Week Session 5/13 - 6/10 Cost is \$40.00

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.

Stretch and Strength Barre Tuesdays at 1:15 pm

5 week session 2/22 - 4/5 Cost \$25.00
7 week session 4/19 - 5/31 Cost \$35.00

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.

Meditation & Gentle Yoga Mondays at 9:00 am

5 wk session 1/10 - 2/14 Cost \$25.00 *no class 1/17&2/21*
7 wk session 2/28 - 4/11 Cost \$35.00 *no class 2/21*

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).

Yoga With Irene Wednesdays at 11:30 am

7 week session 1/12 - 2/23 Cost \$35.00
7 week session 3/2 - 4/13 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.

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.

Tai Chi for Arthritis Mondays and Fridays at 12:45pm

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.*

Advanced Tai Chi Thursdays at 1:00 pm

5 week session 3/3 - 3/31 Cost \$25.00
8 week session 4/7 - 5/26 Cost \$40.00

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.

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

8 week session 4/6 - 5/25 Cost \$40.00

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.

Tap Dance for Fun Tuesdays at Noon

5 week session 2/22 - 4/5 Cost \$25.00
7 week session 4/19 - 5/31 Cost \$35.00

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.

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

5 week session 3/1 - 3/31 Cost \$45.00
4 week session 4/25 - 4/28 Cost \$36.00

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.



EVENING YOGA with MARIE

Thursdays at 5:15 pm

7 week session 1/13 - 3/3 Cost \$35.00
8 week session 3/10 - 4/28 Cost \$40.00

Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching. *Marie's Bio: Marie began her yoga teacher training in 2004 while she was working as an Occupational Therapist (OTR) in adult rehabilitation. 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."*

Disco Zumba Fridays at 10:00 am

6 week session 3/8 - 4/8 Cost \$30.00
4 week session 5/3 - 5/24 Cost \$20.00

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*

Zumba Disco Evening Tuesdays at 5:30 pm

7 week session 3/8 - 4/19 Cost \$35.00
6 week session 4/22 - 5/27 Cost \$30.00

Cardio Drumming Evening Thursdays at 6:30 pm

7 week session 3/17 - 4/21 Cost \$35.00
4 week session 5/5 - 5/26 Cost \$20.00

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.

Cardio Drumming Fridays at 8:45 am

5 week session 3/4 - 4/8 Cost \$30.00
6 week session 4/22 - 5/27 Cost \$30.00

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 ****

Wednesday	3/2	12:30 - 1:30 pm
Thursdays	3/3	11:00 - Noon

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.

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**NEW CLASSES 2022....****Hoola Hoop****Tuesdays at 9-10am****8 Week Session 4/20 - 6/14 Cost is \$45.00**

Have you always wanted to let that inner child out to play? Would you just like to have some fun in a hoola-hoop? If so, then come take this class. Hooping is a fun way to burn calories and increase core strength. At least one new skill will be introduced each class and you are encouraged to practice and play with no pressure to master the skill. Skills to be taught include (but are not limited to) hooping on the waist, passing the hoop, halos, hooping on the hips, turns, lasso, lifts, and swoop. All equipment is provided by the center.

Circuit Training Class**Fridays at Noon-1:00PM****5 Week Session 5/13 - 6/10 Cost is \$40.00**

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 camaraderie! Instructor: Jill Bronsky

Mobility Matters Class**Fridays at 10:30am-11:30AM****5 Week Session 5/13 - 6/10 Cost is \$35.00**

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, Jill Bronsky

Intro. To Strength Training with Cindy**Small group (6)****Wednesdays at 12:30 - 1:30 pm**

8 week session 3/9 - 4/27 Cost \$64.00

8 week session 4/6 - 5/25 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.

Strength Training 2.0**Thursdays at 11:00 - Noon**

8 week session 3/10 - 4/28 Cost \$64.00

8 week session 4/7 - 5/26 Cost \$64.00

Basic exercises like push ups, squats and rows are great, but if you're ready to take it up a notch, Strength training 2.0 might be right for you. You'll discover ways to challenge basic moves learned in Intro to Strength training, and combine them to add interest and intensity, while addressing any physical limitations. We'll dive deeper into various types of workouts to help you reach your fitness goals efficiently and safely. This class is designed to expand on what you've learned in the Intro

**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.

Pickleball 55+

See Calendar on page 7 for days and times!

LEARN TO PLAY PICKLEBALL*With an instructor (Carl)***Mondays at 10:30am**

Our instructor, Carl will teach you the rules of the game and the 5 fundamentals of pickleball. Space is limited. Cost is \$4.00.

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

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HAPPY PI DAY

**Let's Celebrate Pi Day with
Jack Civiletto!**

**Monday, March 14th
at 1:00PM**

Let's celebrate Pi Day? Why not? Pies have always been a sweet treat to warm the cold days. Today enjoy a delicious slice of pie and entertainment by Jack Civiletto. Jack will present an afternoon of musical favorites by Frank Sinatra. Purchase your tickets by March 10th.

Cost is \$3.00

**Afternoon Entertainment with
The Hastings Duo**

**Tuesday, March 22nd
2:00-4:00pm**

Cost is \$5.00.



Join us for an afternoon of entertainment, dancing, and socializing with The Hastings Duo. Pizza and beverages will be available for purchase at the concession stand.



**Music to Remember with
Entertainment by Robin Grandin**

Tuesday, April 19th from 2-4PM

Cost is \$5.00

Join us for an afternoon of dancing, socializing and entertainment by Robin Grandin. Pizza and beverages will be available for purchase at the concession stand. Register and pay in the office by Monday, April 18th.

Orchard Park Senior Center

4520 California Road

Orchard Park, NY 14127
