



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



APRIL 2022

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

8:30 a.m. – 4:00 p.m.

Director

Maria Galley

Assistant

Linda Rankin

Kitchen Manager

Kevin Kornowicz

Front Desk Staff

Bob
Bonnie
Maggie

Town Supervisor

Eugene Majchrzak

Council Members

Conor Flynn
Joseph Liberti
Julia Mombrea
Scott Honer



April is Volunteer Appreciation Month!

Volunteers don't get paid,
Not because they're
Worthless, but because
They're priceless.

A heartfelt Thanks to our volunteers in the
senior center and the community.
Thank You For All You Do!

Notes from Maria.....

National Volunteer Week is April 17th through April 23rd. This week is set aside to recognize and encourage people to seek out ways to get involved in their community and to make a difference in people's lives. Without the volunteers at the Center, the Center would not be able to function. I am grateful to those that help in the kitchen, front desk, library, direct a class or program and "pitch in" when help is needed to name a few. Our volunteers selflessly give their time to serve others, I can never thank them enough for their time and effort to make our center what it is today!

I would like to invite anyone who has volunteered at the center to a dinner on Thursday, April 21st at 4:00pm. Please contact the center to let me know if you plan on attending.

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.**

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.

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

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/> or a paper copy is available at the 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!



***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.

**Afternoon Board Games
Wednesday, April 13th at 12:30PM and
Wednesday, April 27th 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.
Register at the front desk to attend.

April Birthday Bag

Monday, April 11th between 12:30-1:00PM

Univera Healthcare is sponsoring a birthday bag to help you celebrate your birthday. You must register with the office to receive a birthday bag as supplies are limited.
THANK YOU Univera for sponsoring this event which will be offered each month while supplies last.

Don't Steal My Egg

Tuesday, April 12th at 12:45PM

This afternoon will be filled with laughter as we play a fun dice game and try to steal each other's Easter eggs. A Prize will be awarded to the winner. Limited spots available.
Register at the front desk to attend.

**Signs of Spring Walk at Chestnut Ridge Park
Monday, April 18th at 1:00PM**

The arrival of spring is a welcomed change after a long cold winter. Join Environmental Educator, Matthew Nusstein of New York State Parks, Recreation and Historic Preservation for a walk through Chestnut Ridge as we search for signs of the spring season. Bring a water bottle and meet Matthew at the Newton Road Parking area.
Register in the office to attend.

**Music to Remember with
Entertainment by Robin Grandin
Tuesday, April 19th 2-4PM**
More information on the back cover.

**Challenge Your Brain with "America Says"
Monday, April 25th at 1:00PM**

Join Maria and Linda as we team up with members for an afternoon of fun playing 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.
Challenge your brain and register to attend.

What is the Ten Lives Club?

Thursday, April 28th at 11:30AM

Denise McCabe Volunteer and Fostercare Coordinator for The Ten Lives Club will be coming to speak about the organization and opportunities to volunteer and assist this great organization.

Looking Ahead to May.....

**Coffee With a Cop
Monday, May 16th at 10:30AM**

Coffee with a Cop brings Orchard Park police officers and the community members they serve together - over coffee - to discuss and learn more about each other. Light refreshments will be served.
No agendas or speeches, just a chance to ask questions, voice concerns, and get to know the Officers in your community. Please register at the front desk to attend.

**Springtime Flower and Bird Walk
at Knox Farm**

Monday, May 23rd at 10:30AM

Enjoy the warm spring air as we walk beside spring wildflowers while enjoying the many birds arriving from their spring migration. Meet Matt at the main visitor parking area where all the red barns are.



CHOOSE HEALTHY WNY

Self-Management Workshop

Mondays at 9:30am—Noon

6 Week Workshop May 16th– June 27th

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 on Monday 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 Cope with Pain, Fatigue & Stress, Eat Well and Manage Weight, Set Goals for Improving Health, Explore New Treatment Options and Effectively Communicate With Your Doctor. This workshop includes a resource book and relaxation CD!

Spaces Are Limited!

**Call Maria at 662-6452 to register today!
MAKE THE CHOICE TO IMPROVE YOUR HEALTH TODAY!**

University Express Presentations SPRING 2022

REGISTER AT THE FRONT DESK TO ATTEND (Look for a complete list of UE classes for OPSC at the front desk)

Mon., May 2nd At 1:30PM	Solar Power	Learn the basics about the conversion of sunlight to energy. We'll also discuss how you can take advantage of solar power programs. Instructor: Reed Braman, Director of Energy Development, Erie County Department of Public Works.
Thurs., May 5th At 1:30PM	On the Horizon in Buffalo and Erie County	We'll talk about the status of current projects and what we can look forward to seeing and experiencing in Western New York. Instructor: Patrick Kaler, president/CEO, Visit Buffalo Niagara
Tues., May 10th At 1:30PM	Boats, Business and the Black Rock Harbor	Listen and learn about the early Black Rock Harbor and a trade in an unexpected commodity. See how this early trade helped shape this significant part of the City of Buffalo. Instructor: Mary Ann Kedron MBA PhD, Assistant Professor, University at Buffalo
Fri., May 13th At 1:30PM	The Element Gold: Why We Adore It	This precious metal has been revered for more than 6000 years. We will examine its many fascinating aspects from its amazing physics to its captivating human allure to its industrial utilization and finally to the dreadful dark side of its commercial mining. Instructor: Francis S Lestingi, PhD, Professor Emeritus of History of Science and Physics, Buffalo State, SUNY; President & Co-Founder, Buffalo Niagara Nikola Tesla Council,
Thurs., May 19th At 10:30AM	Trip to Jordan	Jordan is home to more than 100,000 archaeological, religious and tourist sights, like Petra, Dead Sea, Wadi Rum and Jerash. Here we'll discuss the historical sites, traditions, music, and food. You'll even learn a few words in Arabic! Instructor: May Shogan, Director of International Exchanges and Education, International Institute of Buffalo.
Thurs., May 19th At 1:30PM	The Syrian Civil War (2011-present)	In addition to focusing on the political, sectarian, ethnic and socio-economic causes behind this ten-year conflict, we'll also discuss the far-reaching consequences the ensuing human tragedy has had on the region in general, and US foreign policy in particular. Instructor: York Norman, PhD, Professor, Department of History and Social Studies Education, Buffalo State.
Mon., May 23rd At 10:30AM	Protecting Yourself Online	How often do you change your password? Is your WIFI connection secure? Are your photos backed up? Learn about ways to keep your personal information safe online and what to be on the lookout for. Instructor: Nathan Bake, Information Security Officer, E.C.
Mon., May 23rd At 1:30PM	Putin's Desires over Ukraine	Since 2014, Russia's intervention in Ukraine has caused continuous tension between Russia, Ukraine and the West. Is Putin trying to rebuild the Soviet Empire? Is Europe in a position to support Ukraine against Russian aggression? Can the Biden administration flex muscles to prevent further Russian aggression? What role does Turkey play in these affairs? This presentation will discuss the state of affairs in the Russian occupation of Ukraine and the possible directions the conflict may go. Instructor: Mustafa Gökçek, PhD, Professor, History Department, Director, MA Interdisciplinary Studies, N.U.
Wed., May 25th At 10:30AM	The Arts and the Art of Healing	The Roswell Park Alliance Foundation Art Committee has created a collection of over 1,800 juried works in all media that are displayed in clinics, patient rooms and public areas. Learn about the inspiring stories of our various arts programs and their contributions to the Art of Healing. Instructors: Cynthia Schwartz, Director, Alliance Foundation Ambassador Program; William Vogel, Art Coordinator, Roswell Park
Thurs., June 2nd At 10:30AM	Get to Know the Architectural Styles of Erie County	Explore 200 years of architectural design, learning the terminology and characteristics of the styles and types that define Erie County's unique built environment. Instructor: Christiana Limniatis, Director of Preservation Services, Preservation Buffalo Niagara.
Thurs., June 2nd At 1:30PM	Food is Medicine	Food can define our well-being and help us heal faster from our ailments. We'll embrace this holistic approach for patient care. Instructor: Riffat Sadiq, MD, president and CEO of WNY Medical, PC.
Fri., June 3rd At 1:30PM	Olmsted from every angle: A fresh look at Buffalo's Olmsted Park System	Most people know that Buffalo's park system—the first such system in the nation—was designed by Frederick Law Olmsted, the father of American landscape architecture. This presentation will examine the history and legacy of the system, including the current movement to restore the parks and parkways to their full glory. We will also address Olmsted's lasting influence on town planning and American culture, perhaps even shedding some new light on both the positive and negative impacts of his vision. Instructor: Chuck Banas, Urban Designer and Community Activist.



Book Group

April Book Group

Monday, April 11th at 10:30am

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.

May Book Group

Monday, May 16th at 10:30am

The Good Sister by Sally Hepworth

Martha and Becky Blackwater are more than sisters—they're each other's lifelines. When Martha finds herself struggling to balance early motherhood and her growing business, Becky steps in to babysit her niece, Layla, without a second thought, bringing the two women closer than ever. But then the unthinkable happens, and Becky is charged with murder.



Bocce is back in May! Begins Monday, May 2nd and Tuesday May 3rd



Couples Team Bocce
Open Bocce

Mondays at 9:00 am
Tuesdays at 9:00 am

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.

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—From astronomical events to shapes and patterns in space, strange and wonderful phenomena are explored with modern science.

May 9, The Universe - Alien Worlds

May 16, How to Stage a Coup - Explore how Caesar, Napoleon, Mussolini, Hitler and modern-day dictators consolidated their considerable power through bold and brazen coups.

May 23, The Universe - Roman Engineering

May 30 - No Docuseries



CARDS & GAMES:

Everyone is welcome to attend!!



Wii Bowling Mondays at 10:30am
Bridge Mondays at 12:30pm

Shuffleboard Tuesdays at 9:00am
CornHole Tuesdays at 1:00pm

Hand & Foot Wednesdays at 9:30am
Cards/Games Wednesdays at 12:30pm

Dominoes Thursdays at 9:30 am
Mah Jong Thursdays at 12:45 pm
Game Room Thursdays 11:00am—3:00pm

Euchre Fridays at 10:00am

Mah Jong Fridays at 12:45pm

Pinochle Fridays at 1:00pm

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

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

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.

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 FREE

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.



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 waiting list
Friday, April 22nd 9:00 - 3:00pm waiting list
Friday, May 20th 9:00 - 3:00pm waiting list
Friday, June 17th 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@orchardparknyc.org by

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

Fri 4/1 Cheese Omelet with Creole Sauce, Diced Potatoes, Orange Juice, Warm Biscuit, Fruit Salad, S'mores Scramble

Mon 4/4 Chicken Breast w/ Marsala Sauce, Rice Pilaf, Broccoli & Cauliflower, Grape Juice, Ch. Chip Cookie

Tues 4/5 Broccoli Cheddar Soup, Chef Salad with Drsg., Carrots, Cornbread, Mandarin Oranges

Wed 4/6 Polish Sausage with Sauerkraut & Mustard on a Bun, Potatoes, Broccoli, Rice Krispie Treat

Thurs 4/7 Tortellini with Meat Sauce, Chef Salad with Drsg., Italian Mixed Veg., It. Bread, Fresh Apple, Ch. Milk

Fri 4/8 Tuna Macaroni Salad on a Bed of Salad Greens with Drsg., Whole Grain Crackers, Strawberry Bavarian

Mon 4/11 Turkey with Stuffing, Gravy & Cranberry Sauce, Mashed Potatoes, Carrots, Lorna Doones

Tues 4/12 Beef Stroganoff over Pasta, Broccoli, Waxed Beans with Carrots, Butterscotch Pudding

Wed 4/13 Easter Meal Chicken Cordon Bleu w/ Cream Sauce, Veg. Rice Pilaf, Orange-glazed Carrots, Dinner Roll, Chef salad with Dressing, Coconut Cream Pie

Thurs 4/14 Pork Loin with Cran. Compote, Sweet Potatoes, Gr. Bean Casserole, Wheat Bread, Applesauce, Ch. Milk

Fri 4/15 CLOSED

Mon 4/18 Dyngus Day Cabbage Roll, with Savory Meat Sauce, Garlic Mashed Potatoes, Corn, Roll, Choc. Éclair

Tues 4/19 Grilled Chicken, Mandarin Orange & Sunflower Salad, Wheat Crackers, Strawberry Ice Cream

Wed 4/20 Beef Bourguignon, Mashed Potatoes, French Bean Medley, Wheat Bread, Oatmeal Raisin Cookies

Thurs 4/21 Chicken Pasta Primavera, Italian Vegetables, Dinner Roll, Fresh Banana, Chocolate Milk

Fri 4/22 Ham Steak w/ Brown Sugar Glaze, Cheesy Potatoes, Brussel Sprouts, Rye Bread, Pear Crisp

Mon 4/25 Caribbean Chicken Stew, Broccoli, Cornbread, Pineapple

Tues 4/26 Hot Dog w/ Baked Beans & Ketchup on a Bun, Roasted Red Potatoes, Carrots, Fresh Apple, Choc. Milk

Wed 4/27 Entrée Salad, Julienne Salad w/ Drsg, Rye Bread, Cinnamon Streusel Cake

Thurs 4/28 Lasagna Roll w/ Meat Sauce & Shredded Mozzarella, Veg. Medley, Grape Juice, Chef Salad, Roll

Fri 4/29 Meatloaf with Swiss Gravy, Mashed Potatoes, Peas w/ Pearl Onions, Wheat Bread, Brownie

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 Stay 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, April 11th 10:00am-NOON

Birthday Bags 12:30PM - 1:00PM

Blue Cross / Blue Shield

Tuesday, April 12th 9:30AM - 11:30AM

Tuesday, April 26th 9:30AM - 11:30AM

United Healthcare

Thursday, April 7th 12:30PM - 2:30PM

Aetna

Wednesday, April 20th 11:00AM-1:00PM

Independent Health

Call Michelle at 716-635-7860 to schedule an appointment.

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

For Travel info. contact Al Groth 716-662-2140



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

4/6/22 West Side Story (PG-13) Directed by Academy Award winner Steve Spielberg, from a screenplay by Pulitzer Prize and Tony Award winner Tony Kushner, "West Side Story" tells the classic tale of fierce rivalries and young love in 1957 New York City.

4/13/22 Being the Ricardos (R) During one production week of "I Love Lucy" — from Monday table read through Friday audience taping — Lucille Ball (Nicole Kidman) and Desi Arnaz (Javier Bardem) face a series of personal and professional crises that threaten their show, their careers and their marriage, in writer-director Aaron Sorkin's behind-the-scenes drama.

4/20/22 The Lost City of Z (PG-13) The Lost City of Z tells the incredible true story of British explorer Percy Fawcett, who journeys into the Amazon at the dawn of the 20th century and discovers evidence of a previously unknown, advanced civilization that may have once inhabited the region.

4/27/22 Marry Me (PG-13) A betrayed pop star (Jennifer Lopez), slated to marry her pop star fiancé (Maluma) on stage, instead marries a stranger from the audience - a high school math teacher (Owen Wilson). Against the odds, their sham relationship develops into something real but can their love survive the limelight?

APRIL 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 Wii Bowling	10:30 Int Line Dance	9:30 Hand & Foot	10:30 Beginner 55+ Pickleball <i>No pickle ball 4/7/22</i>	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 Strength Training 2.0	10:30 55+ Pickleball
11:00 Gentle Hatha Yoga w/Barb	10:30 55+ Pickleball	11:15 Beginner Tai Chi	11-3 Open Game Room	10:30 Art w/ Friends
NOON LUNCH	NOON LUNCH	11:30 Yoga	NOON LUNCH	NOON LUNCH
12:30 Bridge	12:00 Tap for Fun	NOON LUNCH	12:45 Mah Jong	12:45 MahJong
12:45 Arthritis Tai Chi	1:00 Bingo	12:30 Intro to Strength Training	1:00 Adv. Tai Chi	12:45 Arthritis Tai Chi <i>No class 4/8/22</i>
1:00 Mind Aerobics	1:00 Int Watercolor	12:30 Open Cards/ Games	<u>Evening Class</u>	1:00 Pinochle
1:30 55+ Pickleball	1:00 Corn Hole	1:00 Movie	5:15 Evening Yoga	1:30 55+ Pickleball
	1:15 Stretch Strength Barre	1:00 Pickleball: Next Skill Level <i>w/instructor</i>	6:30 Cardio Drum	<div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> Open Walking in Gym: Monday - Friday 9:00 am - 10:00 am 11:30 am - 2:30 pm </div>
	<u>Evening Class</u> 5:30 Disco Zumba			

APRIL SPECIAL EVENTS CALENDAR

Special Events!

Sugar Got You Down? Pre Diabetes
Mon. 4/4 at 1:30PM

High BP and Cholesterol Wed. 4/6 at 10:30AM

Birthday Bag Mon. 4/11 between 12:30-1:00PM

Love Your Liver – Through Lifestyle Choices! Tues. 4/12 at 10:30AM

Board Games Wed. 4/13 at 12:30PM

Don't Steal my Egg Tues. 4/12 at 12:45PM

Signs of Spring Walk at Chestnut Ridge Park
Mon. 4/18 at 1:00PM

Music to Remember Tues. 4/19 from 2-4PM
"America Says" Mon. 4/25 at 1:00PM

Board Games Thurs. 4/27 at 1230PM



Game Room

Open to all members on
Thursdays from 11:00AM - 3:00PM
(Closed April 7th)



The room includes:
Ping Pong Table, Pool Table,
Air Hockey, Foosball and Darts



Food Drive

April 25th – May 13th

Please help us by donating non-perishable food items to help benefit those in need.
All donations will be donated to local food pantries. Most needed items requested are toothpaste, dish soap, cereal bars, canned fruits, canned meats, cereal.



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 - 4/19 Cost \$25.00 no class 4/12

6 week session 4/26 - 5/31 Cost \$30.00

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

7 wk session 2/28 - 4/11 Cost \$35.00

6 wk session 4/18 - 5/23 Cost \$30.00

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 3/2 - 4/13 Cost \$35.00

6 week session 4/20 - 5/26 Cost \$30.00

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 Mondays at 11:00 am

7 week session 4/4 - 5/16 Cost is \$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.

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.

No class 4/8/22

Advanced Tai Chi Thursdays at 1:00 pm

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 - 4/19 Cost \$25.00 no class 4/12

6 week session 4/26 - 5/31 Cost \$30.00

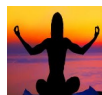
For those who love tap and have tapped previously at any age, even as a child or teen, and have a firm grasp on their tap basics.

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

4 week session 4/6 - 4/28 Cost \$33.00

4 week session 5/3 - 5/31 Cost \$27.00

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

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.

Disco Zumba Fridays at 10:00 am

5 week session 3/18 - 4/22 Cost \$25.00 no class 4/15

5 week session 4/29 - 5/27 Cost \$25.00

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 3/15 - 4/26 Cost \$35.00

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

Cardio Drumming Evening Thursdays at 6:30 pm

7 week session 3/24 - 5/5 Cost \$35.00

10 week session 5/12 - 7/21 Cost \$45.00

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 4/29 - 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

Wednesdays in April 12:30-1:30pm

Thursdays in April 11:00- Noon

ADDITIONAL WEEKLY SCHEDULED EVENTS**Intermediate Line Dance Tuesdays at 10:30 am**

Cost is \$3.00 per class - pay the instructor

Beginner Line Dance Wednesdays at 10:00 am

Cost is \$2.50 per class - pay the instructor

Club 99 Tuesdays & Thursdays at 10:30 am

This FREE 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. Please bring your own weights

Ladies Exercise Mon, Wed. & Fri. at 9:00 am

This Free 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

**NEW CLASSES 2022....****Hoola Hoop****Tuesdays at 9-10am****8 Week Session 4/19 - 6/7 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 senior 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

Intermediate Tap Dance**Thursdays at 10:00AM****6 Week Session 5/12 - 6/16 Cost is \$30.00**

For those who love tap and have tapped previously at any age, even as a child or teen! Instructor: Trish

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

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 2.0Thursdays at 11:00 - Noon

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 class.

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 the day of session 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 backhand, and how to be a good partner on the court.



**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. Pre-Register at the front desk.

**Kevin's Beef Roll-Up Luncheon
Tuesday, May 17th at Noon**

Cost is \$4.00

Enjoy a delicious Beef Roll Up , Sweet & Sour Cabbage, Mashed Potatoes and dessert prepared by our Nutrition Coordinator, Kevin Kornowicz.

Space is limited. Lunch reservation with payment must be made with Maria or Linda by May 9th or until sold out.

**Dinner Club at Curley's Grille
647 Ridge Road, Lackawanna
Thursday, May 5, 2022 at 5:00pm**



Classic Buffet

Salad, Season Veg. and Fresh House Made Rolls w/ Butter,
Bistro Style Yukon Potatoes, Roast Pork w/Shitake Madeira
Sauce, Chicken Brettone, Caribbean "Blue Fish"
Coffee and Tea- House Made Cookies

\$29.00 includes tax and gratuity (Cash Bar)

Please call Gail Freeman at 248-766-1921
for reservations before April 25th.

Afternoon Dance with the Hastings Duo

**Tuesday, May 17th
from 2:00PM-4:00PM**

Cost is \$ 4.00

Join us for an afternoon of dancing, socializing and entertainment by Hastings Duo. Pizza and beverages will be available for purchase at the concession stand. Register and pay in the office by Monday, May 13th.

Orchard Park Senior Center

4520 California Road

Orchard Park, NY 14127
