



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



JULY 2022

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

8:30 a.m. – 4:00 p.m.

Director

Maria Galley

Assistant Director

Linda Rankin

Kitchen Manager

Kevin Kornowicz

Receptionist

Bob
Bonnie
Maggie

Town Supervisor

Eugene Majchrzak

Council Members

Conor Flynn
Joseph Liberti
Julia Mombrea
Scott Honer



31st Annual Orchard Park Senior Games

SEE PAGE 3 FOR DETAILS

Notes from Maria.....

During the month of July we celebrate Independence Day! From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. This year come support the Orchard Park Senior Center Cardio Drumming class in the 4th of July Parade at 8pm in the Village of Orchard Park. The parade route runs from E. Quaker street between Baker Road and the Middle School.

This year Erie County Senior Services Annual Picnic will be held on Thursday, July 28th at 11:00am at Bowen Road Grove.

Please pre-register and pay with Kevin as spots are limited.

E.C. Department of Senior Services' Stay Fit Dining Program will be at the center to distribute Farmers Market coupons once again this years. All coupon recipients must meet the eligibility requirements as established by New York State: 60 years of age or older, One person household income is at or less than \$1,872, Two person household income is at or less than \$2,538, or is currently receiving, or eligible to receive SSI, public assistance, or Section 8 housing subsidy. One \$20.00 booklet issued per person. Coupons will be distributed on a first-come, first serve basis. You must be present to sign for coupons. Date of distribution TBD.



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

Do you know someone looking for part-time work with flexible hours?

The Community Activity Center is hiring Building / Event Monitors to work a variety of shifts on the weekends. Successful candidate must be friendly, outgoing, and willing to learn.

Building / Event Monitors are responsible for greeting and assisting visitors, monitoring room use, setting up and taking down tables and chairs for family gatherings, and light cleanup. **Prospective candidates should send a letter of interest to: OPCAC@orchardparkny.org**



Volunteers Needed!!!!

Volunteers are an important part of the Orchard Park Senior Center. Without the service of our current 60+ Volunteers our day to day operations would not be possible!

The Orchard Park Senior Center has a need for volunteers for various activities ranging from special events to daily front desk greeters. Please see all available Volunteer Opportunities on the bulletin board located next to Room 106.



The Senior Games are BACK!!!!

Orchard Park Senior Center would like to invite our members to the

The 31st Annual Senior Games!

Monday, July 11th - Friday, July 15th

**Registration forms available at the front desk
June 13th - July 6th **

EVENTS & TIMES:

Mon 7/11 - Fri 7/15 Walking Challenge

***pick up the forms to track your steps by Fri. 7/8 and
return completed forms by Mon. 7/18***

Monday, July 11th

9:00 am Bocce (couples) at Green Lake

**rain date Mon 7/18*

11:00 am Trivia Daze

12:30 pm Duplicate Bridge Tournament

1:00 pm Wii Bowling

Tuesday, July 12th

9:00 am Bocce (open) at Green Lake

**rain date Tue 7/19*

10:30 am Beginner Pickle Ball Tournament

1:00pm Shuffleboard Tournament

Wednesday, July 13th

9:30 am Outside Games
(Bean Bag Toss, Putt to the Hole, Ladder
Toss, Egg & Spoon Obstacle Course,
Marshmallow Drive & Water Balloon
Challenge)

Games will be held indoors if it rains

1:00 pm Corn Hole Tournament

1:30 pm Hand & Foot Tournament

Thursday, July 14th

9:00 am Mexican Train Dominoes
Tournament

1:00 pm Nine Ball Tournament

1:00 pm Minute to Win It Games
(games will be announced at the event)

Friday, July 15th

9:00 am Euchre Tournament

10:30am Intermediate Pickle Ball Tournament

1:00 pm Mah Jong Tournament

1:00 pm Pinochle Tournament

Thank You!

**BlueCross BlueShield of Western
New York for generously
sponsoring this event.**



**Summer Games Award Ceremony
Wednesday, August 3rd At 9am**

Light refreshments will be served

**Register for the Award Ceremony by
Friday, July 29th*



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

July Birthday Bag

Monday, July 11th between 12:30-1:00 pm

Univera Healthcare is sponsoring a birthday bag to help you celebrate your birthday. You must register with the front desk 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.

Summer Picnic Sponsored by Ellison Independent Living of Orchard Glen Tuesday, July 19th at Noon

Lunch Menu:

Chicken Salad on Croissant, Potato Chips, Fresh Fruit
Cup & Brownies for dessert!

Following the indoor/outdoor picnic lunch, enjoy
music by the Hastings Duo, Dancing, Corn Hole,
Jenga and Split Club tickets

Cost is \$3.00

Must pre - register to attend this event
by Tuesday, July 5th

Spots are limited.

**Thank you
Elison Independent Living
of Orchard Glen for
generously sponsoring**



Chocolate: An FDA Standardized Food Monday, July 18th at 12:45pm

FDA has rules for certain foods that describe in detail what a food product must contain, be proportioned and sometimes even how it must be manufactured. Learn how manufacturers market test foods that deviate from the standard of identity. Recently, FDA approved a Temporary Market Permit for a unique chocolate. The presentation ends with a chocolate tasting. **Cost \$2.00**

Instructor: Beverly Kent, Retired Senior Federal-State Programs Specialist, U.S. FDA

Grassland Bird Walk at Knox Farm Wednesday, July 27th at 9am



Knox Farm State Park is home to one of the best grassland habitats in WNY. Join us for a walk as we look for several of the birds species who rely on this critical habitat. Meet Matt at the main visitor parking area located next to the red barns.

July University Express

REGISTER AT THE FRONT DESK TO ATTEND

Get to Know the Architectural Styles of Erie County

Friday, July 8th @ 10:30am

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.

To Build a Fire by Jack London

Friday, July 8th at 10:30am

A man, a dog, and the Arctic combine to illustrate the conflict that Nature presents when man becomes over confident when dealing with the natural world. Instructor: Jim Banko, Retired English Teacher, Buffalo Public Schools

Diabetes and Added Sugars: Making All Foods Fit

Monday, July 11 @ 10:30am

Achieving balanced blood sugar should not be restrictive! In this class sources of added sugar, how much to consume and strategies for including these types of food will be reviewed. Attendees will be encouraged to participate in brainstorming combinations of foods that promote healthy blood sugar levels. Excelsior Balanced Nutrition introduces and encourages the idea that all foods can fit in a diabetes-friendly eating pattern.

Persuasion

Monday, July 11 @ 1:30pm

We'll examine the basic social psychology behind persuasion. By learning the communication techniques and notions of influence and attitude, along with interpersonal and media related examples, we can better understand persuasion as a communicator and receiver. Instructor: John Harrigan, PhD, Professor.

Mobile Legal Unit

**Monday, August 8th
from 12:30pm - 3:30pm**



Join The **Center for Elder Law & Justice** and the **Orchard Park Senior Center** for a Mobile Legal Unit event! **FREE legal consultations** will be available. Ask a lawyer your legal questions! An attorney/paralegal team from CELJ will be available to offer **free "done in a day"** legal assistance to seniors regarding most civil legal matters, including:

- *Debt harassment & consumer billing concerns
- *Obtaining and/or reviewing credit reports
- *New Americans & Refugees
- *Tenant's rights & foreclosure
- *Medical bills, Health insurance, Medicaid, & Medicare
- *Financial exploitation & elder abuse



Nature Walk @ Majors Park in East Aurora

Friday, August 26th at 9am

Enjoy a relaxing morning walk through the trails of Majors Park in East Aurora. The elevated boardwalk in the park provides excellent viewing of white-tailed deer, birds and butterflies. This park is located down the road from Knox Farm, it has a nice boardwalk through the park. Attendees should meet at the parking lot off of Olean St.

Brain Health Series

*Just like any other organ in our body, we want to keep our brain healthy! Join us for one or all of the presentations offered in this series.
Please call 716-662-6452 to pre-register to attend.*

Mental Health after COVID 19

Friday, August 5th at 10:30am

Marissa from Project Hope will lead the discussion on

- ◆ How those impacted by COVID-19 and even those who weren't can feel scared about life's "what ifs"
- ◆ Tips to reduce stress
- ◆ Keys and resources for free, confidential and anonymous emotional support
- ◆ Assistance in recovery options
- ◆ Relaxation Techniques

Healthy Living for your Brain and Body

Thursday, August 11th at 10:30am

Join the Alzheimer's Association WNY Chapter and learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Incorporate these recommendations into building a plan for a healthy brain as we age.

UBMD Neurology presents: Brain Train Helping you stay on track of your Brain Health

Thursday, August 18th at 12:45pm

Are you interested in learning more on how you can keep your brain healthy? Learn about normal aging as compared to dementia; Alzheimer's the role of physical and mental exercise, sleep & meditation.

Left Brain/Right Brain

Friday, August 19th at 12:45pm

Our brains are composed of two hemispheres and each is responsible for different functions of our body. The instructor, Theresa Wiater will show some basic concepts of each hemisphere which will help you understand a bit about yourself and others.

Maintaining a Healthy Brain

Thursday, August 25th at 10:30am

What does a healthy brain look like? How can I train my brain in a healthy way? How does a healthy lifestyle improve our brain performance? If these are questions that you have asked yourself, then you are in the right place. We look at different ways to maintain and even improve our brain health for years to come.

Memory Wellness: What the Research Tells Us

Friday, August 26th at 12:45pm

In this session Sarah from Dent will discuss cognition, memory wellness, age-related memory changes and evidence based lifestyle factors that impact memory. We will also discuss the latest research in the area of memory wellness.

Know the 10 Warning Signs Alzheimer's

Thursday, September 1st at 12:45pm

Stay Sharp, The Health benefits of Reading

Thursday, September 8th at 10:30am

Brain Games with Theresa Wiater

Friday, September 9th at 12:45pm



ART CLASSES

supply list for classes available in the front desk

Beginner Watercolor - Instructor Dan Meyer

Tuesdays at 10am - Noon

7 week session 6/14 - 7/26 Cost \$35.00

Classes resume in September

Intermediate Watercolor - Instructor Dan Meyer

Tuesdays at 1:00 pm - 3:00 pm

7 week session 6/14 - 7/26 Cost \$35.00

Classes resume in September

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. All skill levels Welcome! No Instructor.



July Book Group

Monday, July 25th at 10:30am

Tell the Wolves I'm Home by Carol Rifka Brunt

It follows the life of June Elbus, a 14-year-old girl, whose gay uncle had died of AIDS in the 1980s, and the subsequent friendship she develops with his boyfriend.

August Book Club

Monday, August 22nd at 10:30am

The Silent Patient by Alex Michaelides

A woman named Alicia murders her husband, then becomes completely silent through psychological treatment, in which her doctor, Theo, is obsessed with uncovering her motive.

Documentary Film & Discussion

Mondays at 12:45 pm

Pre- Register at the front desk.

July 18 - Lucy and Desi - 1 hr 42 min No Discussion

July 25 - Audrey - 1hr 40min No Discussion



**The Colony Restaurant
Routes 5 & 20 - Irving, NY
Thursday, August 4, 2022 @ 5pm**

MENU CHOICES (Price Includes Tax & Gratuity)

* Pecan Crusted Pork Chop \$34.00

* Smoked Salmon \$34.00

* Veal Parmigiana served w/Pasta \$34.00

All Entrees: Served w/Salad, Bread and Butter, Coffee or Tea and Dessert- Cash Bar Available

Entrees 1&2 served w/Twice Baked Potato and Vegetables

Please call Amy SanFILIPPO @ 716-627-7772

For reservations & meal choice by July 20th



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

Euchre Fridays at 10:00am

Smarty Pants Fridays at 11:00am

Mah Jong Fridays at 12:45pm

Pinochle Fridays at 1:00pm



CHESS CLUB

Chess Club



Wednesday, July 6th and Wednesday, July 27th

At 1:00pm

Join us for an opportunity to play a friendly game of chess against your peers in a low stress environment. Learn beginners and advanced chess strategies to get that checkmate. This is for those who want to learn and those who have been playing for years. Please register at the front desk.



Bocce is back!



**Couples Bocce
Open Bocce**

**Monday at 9 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.



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, August 12th 9:00 - 3:00pm waiting list

Friday, September 23rd 9:00 - 3:00pm waiting list

Friday, October 21st 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.

To make a reservation for lunch please call Kevin at
662-6452 (option #3) 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!**

Fri 7/1 INDEPENDENCE DAY LUNCH Hot Dog with
Baked Beans, Potato Salad, Corn on the Cob, Apple Juice

Mon 7/4 No MEALS Served CENTER CLOSED

Tue 7/5 Tortellini with Meat Sauce, Seasoned Spinach,
Italian Mixed Vegetables, Italian Bread, Fruit Cocktail, Ch.
Milk

Wed 7/6 Polish Sausage with Sauerkraut & Mustard on
a Bun, Roasted Red Potatoes, Au Gratin Broccoli, Krispie
Treat

Thur 7/7 Julienne Salad with Dressing, Whole Wheat
Dinner Roll, Strawberry Shortcake with Whipped Topping

Fri 7/8 Salisbury Steak with Onion Gravy, Scalloped
Potatoes, Peas, Breakaway Roll, Fresh Plum

Mon 7/11 Turkey with Stuffing, Gravy & Cranberry
Sauce, Mashed Potatoes, Carrots, Lorna Doones

Tue 7/12 Beef Pepper Steak Casserole over White Rice,
Wax Beans with Carrot, Broccoli, Butterscotch Pudding

Wed 7/13 Penne Pasta with Meatballs, Tomato Sauce &
Mozz., Mixed Vegetables, Grape Juice, Strawberry Ice
Cream

Thur 7/14 Roast Pork Loin, Sweet Potatoes, Green
Beans, Whole Wheat Bread, Cinnamon, Applesauce,
Chocolate Milk

Fri 7/15 Beer-Battered Fish, Au Gratin, Potatoes, Zucchini
& Stewed Tomatoes, Coleslaw, Rye Bread, Ch. Brownie

Mon 7/18 Veal Parmesan over Penne Pasta with
Tomato, Sauce & Shredded Mozzarella, Seasoned
Spinach, Apple Juice, Chocolate Pudding

Tue 7/19 No Congregate Meal - Summer Picnic

Wed 7/20 Beef Bourguignon over Brown Rice,
Cauliflower, French Bean Medley, Oatmeal Raisin Cookies

Thur 7/21 Chicken Caesar Salad with Caesar Dressing,
Dinner Roll, Fresh Cantaloupe, Chocolate Milk

Fri 7/22 Baked Ham with Brown Sugar Glaze, Scalloped,
Potatoes, Brussels Sprouts, Cornbread, Pear Crisp

Mon 7/25 Chicken Cordon Bleu with Herb Cream Sauce,
Veg. Rice Pilaf, Broccoli, Salad, Roll, Lemon Meringue Pie

Tue 7/26 Hot Dog with Baked Beans & Ketchup on a
Bun Roasted Red Potatoes, Carrots, Pineapple, Ch. Milk

Wed 7/27 Roasted Pork Loin, Mashed, Squash, Creamy
Cabbage with Dill, Rye Bread, Cinnamon Streusel Cake

Thur 7/28 ERIE COUNTY Picnic - OFFSITE

Fri 7/29 Steakhouse Burger with BBQ Sauce on a Whole,
Wheat Bun, Mashed Potatoes, Peas with Pearl Onions
Ice Cream Sandwich

**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, July 11th 10-12PM

July Birthday Bag

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

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.

Blue Cross / Blue Shield

Call John at 716-887-8832 to schedule an appointment

United Healthcare

Wednesday, July 13th from 10-12

Aetna

Friday, July 15th from 10:30am- 12:30pm

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

Meet the 2nd and 4th Thursday of the month at 1:30PM

Co-Presidents, Sally Stoner at 716-861-2246

& Maura Kraus at 716-825-3399

For Travel info. contact Richard Jones at 716-827-7074

Orchard Park Senior

Meet the 1st and 3rd Wednesday of the month at 1:30PM

President, MaryAnn Notto

For Travel info. contact Al Groth at 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

Pre - register at the front desk to attend

7/6/22 Dog PG-13 In this road-trip comedy, two
hard-charging former Army Rangers paired against their
will Briggs (Channing Tatum) and a Belgian Malinois
named Lulu race down the Pacific Coast in hopes of
making it to a fellow soldier's funeral on time.

7/13/22 No Movie

7/20/22 The Greatest Inheritance A group of
estranged siblings returns home to bury their mother and
claim their rightful inheritance. They quickly discover she
hid the deed to the entire estate somewhere on the
property forcing them to work together unraveling the
clues that will ultimately define their future.

7/27/22 The Maltese Holiday Two single travelers
travel to Malta in search of adventure, and find love along
the way.

JULY SCHEDULE OF EVENTS

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
9:00 Couples Bocce <i>At Green Lake</i> 9:00 Pool Shooting 9:00 Medit. & Yoga 9:00 Ladies Exercise 10:30 Learn to Play 55+ Pickleball <i>w/instructor</i> 11:00 Gentle Hatha Yoga w/Barb NOON LUNCH 12:30 Bridge 1:00 55+ Pickleball	8:45 Mens Exercise 9:00 Open Bocce <i>At Green Lake</i> 9:00 Pool Shooting 9:00 Hoola Hoop 9:00 Shuffleboard 10:00 Beg. Watercolor 10:15 Int Line Dance 10:30 Club 99 10:30 55+ Pickleball <i>7/13 Summer Games Tournament</i> NOON LUNCH 1:00 Bingo 1:00 Int Watercolor 1:00 Corn Hole 1:00 55+ Pickleball	8:45 Mens Exercise 9:00 Pool Shooting 9:00 Ladies Exercise 9:30 Hand & Foot 10:00 Beginner Line Dance 11:15 Beginner Tai Chi 11:30 Yoga w/ Irene NOON LUNCH 12:30 Intro to Strength Training 12:30 Open Cards/Games 1:00 Movie 1:00 Pickleball 1:00 Chess Club <i>(7/6 & 7/27)</i> <i>OP Senior Travel Group</i> <i>1st and 3rd Wednesday</i> <i>At 1:30</i>	8:45 Mens Exercise 9:00 Pool Shooting 9:00 55+ Pickleball 9:30 Dominoes 10:30 Club 99 11:30 55+ Pickleball NOON LUNCH 12:45 Mah Jong 1:00 Adv. Tai Chi <u>Evening Class</u> 6:30 Cardio Drum <i>Hillcrest Travel</i> <i>2nd and 4th Thursday</i> <i>At 1:30</i>	8:45 Cardio Drum 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:30 Mobility Matters 10:30 Art w/ Friends 11:00 Smarty Pants Club 11:45 55+ Pickleball <i>7/16 Summer Games Tournament</i> Noon Circuit Training NOON LUNCH 12:45 MahJong 1:00 Pinochle 2:00 55+ Pickleball <i>7/16 Summer Games Tournament</i>
<u>Open Walking In the Dining Room:</u> Monday - Friday 9:00 am - 10:30 am				<u>Fitness Room Closed</u> Wednesdays 12:30-1:30pm Fridays 12:00-1:00pm

JULY SPECIAL EVENTS CALENDAR

Summer Games

Mon 7/11 - Fri 7/15 Walking Challenge

Monday, July 11th

9:00 am Bocce (couples) at Green Lake *rain date Mon 7/18

11:00 am Trivia Daze

12:30 pm Duplicate Bridge Tournament

1:00 pm Wii Bowling

Tuesday, July 12th

9:00 am Bocce (open) at Green Lake *rain date Tue 7/19

10:30 am Beginner Pickle ball Tournament

1:00pm Shuffleboard Tournament

Wednesday, July 13th

9:30 am Outside Games

(Bean Bag Toss, Putt to the Hole, Ladder Toss, Egg & Spoon Obstacle Course, Marshmallow Drive & Water Balloon Challenge)

Games will be held indoors if it rains

1:00 pm Corn Hole Tournament

1:30 pm Hand & Foot Tournament

Thursday, July 14th

9:00 am Mexican Train Dominoes Tournament

1:00 pm Nine Ball Tournament

1:00 pm Minute to Win It Games

Friday, July 15th

9:00 am Euchre Tournament

10:30am Intermediate Pickle ball Tournament

1:00 pm Mah Jong Tournament

1:00 pm Pinochle Tournament

Summer Picnic Sponsored by Elison Independent Living of Orchard Glen Tuesday, July 19th at Noon

Chocolate: An FDA Standardized Food

Monday, July 18th at 12:45pm

Ice Cream Social featuring The Buffalo Dolls

Thursday, July 21st at 1:00 pm

Grassland Bird Walk at Knox Farm

Wednesday, July 27th at 9am



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!

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.

Meditation & Gentle Yoga Mondays at 9:00 am
7 week session 6/6 - 7/25 Cost \$35.00 no class 7/4
3 week session 8/1-8/15 Cost \$15.00

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
8 week session 6/1-7/27 Cost \$40.00 no class 7/6
3 week session 8/3-8/17 Cost \$15.00

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
6 week session 7/11 - 8/15 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.

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



No Class in the month of July
Back August 22nd

Advanced Tai Chi Thursdays at 1:00 pm
8 week session 6/2 - 7/21 Cost \$40.00
5 week session 7/28 - 8/25 Cost \$25.00

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
6 week session 6/1 - 7/6 Cost \$ 30.00
NO JULY OR AUGUST SESSION

Men's Fitness Tue, Wed, & Thur. at 8:45am
4 week session 7/5 - 7/28 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.

Hoola Hoop Tuesdays at 9-10am

8 Week Session 6/21 - 8/9 Cost is \$45.00

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.

Tap Dance for Fun Tuesdays at Noon
NO JULY OR AUGUST SESSION

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.

Stretch and Strength Barre Tuesdays at 1:15 pm
NO JULY OR AUGUST SESSION

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.

Disco Zumba Fridays at 10:00 am
NO JULY OR AUGUST SESSION

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
NO JULY OR AUGUST SESSION

Cardio Drumming Evening Thursdays at 6:30 pm
10 week session 5/12 - 7/21 Cost \$45.00 no class 6/2

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
6 week session 6/10 - 7/22

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 front desk to schedule a fitness room orientation.

Fitness Room Closed

Wednesdays 12:30-1:30pm
 Fridays 12:00- 1:00pm

ADDITIONAL WEEKLY SCHEDULED EVENTS

Intermediate Line Dance **Tuesdays at 10:15 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

FREE
CLASSES

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 Dining Room
Monday - Friday 9:00 - 10:30 am

NEW CLASSES 2022....



Circuit Training Class
Fridays at Noon-1:00PM

5 Week Session 6/24 - 7/22 **Cost is \$40.00—Waiting List**
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 6/24 - 7/22 **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

Learn to Ballroom Dance
Tuesdays at 4pm Starting in September



Looking to add some new moves to your repertoire? Join Trish SUNYAB Theatre & Dance Major who will teach you the basic dance steps to the Foxtrot, Box Step, Swing, Latin and Waltz. Join to have fun and learn the steps in a comfortable environment.

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

Wednesdays at 12:30 - 1:30 pm
8 week session 6/1 - 7/20 Cost \$64.00
No JULY OR AUGUST SESSION

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 11:30 - 12:30pm
No JULY OR AUGUST SESSION

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 New days and times!

LEARN PICKLEBALL Level One
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.

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14-0488



**Ice Cream Social
featuring The Buffalo Dolls**

**Thursday, July 21st
at 1:00 pm**

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

Cost is \$3.00

Register at the front desk by 7/16
Doors open at 12:45 pm

***Thank you Clear Captions
For your generous
donation to this event***

**National
Root Beer Float Day**

**Friday, August 5th
At 1:00PM**

Root beer floats are not just for kids! Today, people around the country will drink up and enjoy a root beer float to celebrate. Join us for a delicious root beer float and entertainment by Lyle Stang.

Cost \$3.00,

Register and pay at the front desk.

**Thank you AETNA
For your generous
donation to this event**



LUNCHEON

**Kevin's Special
Luncheon**

**Tuesday, August 16th
At Noon**

Enjoy a delicious Polish BBQ Hamburger, Red Skin Potato Salad, Watermelon, Cucumber Salad and Root Beer Pie Dessert prepared by our Nutrition Coordinator, Kevin Kornowicz.

Cost \$3.00

Space is limited. Lunch reservation with payment must be made at the front desk by August 8th or until sold out.

Orchard Park Senior Center

4520 California Road

Orchard Park, NY 14127
