



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



AUGUST 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

2022 Senior Games Photos



*Pictured Joseph
& Charles*



*Pictured Yvonne, Eileen
& Charlotte*



Pictured Al, Joan & Mike

Notes from Maria

The Cardio Drumming float which was in the 4th of July Parade was a big hit!

Thank you West Herr for your generous donation to our 4th of July Parade float.

Our senior games were back again this year the week of July 11th with a great turn out from our members! It was a great week of fun, socializing and some of our members now have bragging rights until next year's summer games. Congratulations to all our winners and participants. THANK YOU to all our volunteers and

Senior Center and CAC staff who always come along side us and help make our events successful!

The Orchard Park Senior Center is here to help older adults remain active, engaged, and independent in our community. Some of you may enjoy a presentation, a fitness class like cardio drumming or yoga, shooting pool in our billiards room or a game of cards. We strive to create a socially pleasant and positive experience for everyone. With a growing active aging population I encourage you to stop by and share with me any additional programs you feel the center could benefit from. I am always open to great ideas to expand our ever growing schedule!



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!!!!

Volunteering is an opportunity to meet new people and the satisfaction of knowing you are needed. Volunteers are very important to the senior center and the activities we offer. 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.**



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

Charities Pooled Trust Tuesday, August 2nd at 10:30am

Charities Pooled Trust is an organization that helps to inform seniors or those with disabilities on how they may qualify for Medicaid even if they have too much income or have been denied before. Please join us for this most informative presentation.

Pre- Register at the front desk to attend.

Summer Games Award Ceremony Wednesday, August 3rd at 9am



Pancake breakfast will be served.
Register at the front desk for the Award
Ceremony by Friday, July 29th.

Thank You Wegmans for generously
sponsoring this event.

Eastern Monarch Butterfly Farm Thursday, August 4th at 12:45pm

David O'Donnell is a self-taught naturalist that began promoting Monarch Butterfly conservation nearly 20 years ago. Using the Monarch Butterfly as an example, David reconnects people with the environment and encourages native plant restoration starting with individually owned properties. Mr. O'Donnell will discuss the current Monarch population and recovery efforts as well as natural and human causes for the decline of this iconic and majestic butterfly. Pre- Register at the front desk to attend.



**CENTER FOR
ELDER
LAW &
JUSTICE**

**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
- *Mortgage and tax foreclosure

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**

All About Fruits and Veggies Monday, August 15th at 12:45pm

Jennifer Johnson from New Sky Coaching, LLC will be here to discuss Produce Power! Fruits and veggies should be the superheroes of our diets, but most of us don't get enough. Jennifer Johnson will discuss how many you need and how to add more of them to your day.

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.

Afternoon Dance w/ the Hastings Duo Tuesday, August 16th from 1:30-3:30pm

Get your dancing shoes out and join your friends at the center for an afternoon dance, socializing and entertainment by the Hastings Duo.

Cost is \$4.00 Register and pay at the front desk by Monday, August 15th.

Legal, Financial & Healthcare Planning - Tips Every Senior Should Know

Wednesday, August 24 12:30pm-1:30pm

Are you prepared? Join us to learn more about legal, financial, and healthcare planning including safeguards to assist you with asset protection. Planning today will relieve you and your loved ones from the stress of making hasty and difficult decisions in a time of crisis.

Speakers: Dengler, Roberts and Perna Funeral Home; Pfalzgraf, Beinhauer, Gear, Harris, Schuller LLP (PB Elder Law); and Hospice & Palliative Care Buffalo.



Nature Walk at 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 register at the front desk 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. Presented by Highmark Blue Cross Blue Shield of WNY.

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 of Alzheimer's

Thursday, September 1st at 12:45pm

This educational program will help you recognize common signs of the disease in yourself or others and next steps to take, including how to talk to your doctor. Join the WNY Chapter of the Alzheimer's Association to learn about this topic and resources in your community!

Stay Sharp, The Health benefits of Reading

Thursday, September 8th at 10:30am

Increased brain connectivity. Support for sleep readiness. Reduction of stress. Lowering of blood pressure and heart rate.

Does this sound like a prescription from your doctor? It's actually a prescription that your local librarian can write! One surefire way to stay sharp is through reading - there are many other positive health effects that come right off your bookshelf. Whether you love to read, or wish you could do more of it, this is for you. Learn more about book clubs etc. and see how your next visit to the library might be just the prescription you need to stay on track with your health. Presented by Rob Kubiak, President, Buffalo Men's Book Club

Brain Games with Theresa Wiater

Friday, September 9th at 12:45pm

Join Theresa Wiater and challenge your brain with a variety of visual and manual games to make you think in a different way. Bring a pen and/or pencil to the class.

Coming up in September

Dreams

Friday, September 9th at 10:30am

This class is a continuation of the documentary series - "Dreams". As discussed in the last class, please bring your journal of dreams. We will be using the book "Dream Dictionary for Dummies". If possible, please read Pages 43 thru 54 - "Notice the Dream Zones." Also, please familiarize yourself with Part II - Dictionary of Symbols.

Presenter: Theresa Waiter

Understanding Veterans Benefits

Monday, September 19th at 12:45pm

What is EPIC?

Wednesday, September 21st at 10:30am

Medicare 101 with John Weatherby from Highmark Blue Cross Blue Shield

Thursday, September 22nd at 11:00am

Financial Counseling Program With Elderlaw

**Monday, September 26th
from 12:30pm– 2:00pm**

How To Be Safer On the Internet

Wednesday, September 28th at 10:30am

Protecting Kidney Health

Tuesday, September 27th at 12:45pm



ART CLASSES

supply list for classes available in the front desk

Beginner Watercolor - Instructor Dan Meyer

Tuesdays at 10am - Noon

Classes resume in September

Intermediate Watercolor - Instructor Dan Meyer

Tuesdays at 1:00 pm – 3:00 pm

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.



Spanish Class

Friday, September 16th - October 21st

1:00-2:00pm

Cost is \$30.00

Have you always wanted to learn another language?

Now is your chance!

Hola! Gracias! Adios! These are some of the expressions we will hear in class, along with some music, culture and snack tasting from Latin countries.



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.

September Book Club

Monday, September 26th at 10:30am

The Invisible Life of Addie LaRue by V.E. Schwab

France, 1714: in a moment of desperation, a young woman makes a Faustian bargain to live forever and is cursed to be forgotten by everyone she meets. Thus begins the extraordinary life of Addie LaRue, and a dazzling adventure that will play out across centuries and continents, across history and art, as a young woman learns how far she will go to leave her mark on the world. But everything changes when, after nearly 300 years, Addie stumbles across a young man in a hidden bookstore and he remembers her name.



DAO SUSHI & GRILL

Japanese Steak House

3200 Orchard Park Rd. @ 5 Corners

Thursday, September 1. 2022 @ 5pm

HIBACHI DINNER

At Restaurant we will select specials from menu w/ separate Check.

Prices can run from \$17.00 to \$24.00.

ALL dinner include soup, salad, 2 shrimp, veggie and fried rice or noodles.

CASH BAR AVAILABLE.

Reservation due by August 23rd so as to have a head count for restaurant to reserve our Hibachi seating.

Call JOY TURNER @ 716-675-6258



CARDS & GAMES:

Everyone is welcome to attend!!



Wii Bowling	Mondays at 10:30am
Bridge	Mondays at 12:30pm
Shuffleboard	Tuesdays at 9:00am
Corn Hole	Tuesdays at 1:00pm
Hand & Foot Cards/Games	Wednesdays at 9:30am 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



Wednesdays in August

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.

Helping Hands Sewing Group

Wednesdays

from 8:30am - 3:30pm

Calling all experienced sewers to join this new Sewing Group who work specifically

on sewing projects for donations to

Children's Hospital, Family Justice Center, Roswell etc.

All levels of sewers welcome to join! You are not required to stay the entire time but are more than welcome to.



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:

<i>Friday, August 12th</i>	<i>9:00 - 3:00pm waiting list</i>
<i>Friday, September 23rd</i>	<i>9:00 - 3:00pm waiting list</i>
<i>Friday, October 21st</i>	<i>9:00 - 3:00pm</i>

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) or fill out a menu form 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!

Mon 8/1 Cheese Omelet with Cheese Sauce Tater Tots Peppers, Onions & Tomatoes Raisin Bread Fruit Compote
Tue 8/2 Chicken Breast with Gravy, Mashed Sweet Potatoes Peas, Breakaway Roll, Frozen Fudge Bar
Wed 8/3 Baked Rigatoni Pasta with Italian Sausage & Tomato Sauce, Broccoli, *Chef Salad*, Dinner Roll, Straw. Bavarian
Thur 8/4 Breaded Pork Chop with Gravy, Lazy Pierogi Carrots, Whole Wheat Roll, Pineapple & Mandarin Oranges
Fri 8/5 Teriyaki Beef Strips over Rice, Oriental Mixed Veg., Orange Pineapple Juice, Fresh Nectarine, *Chocolate Milk*

Mon 8/8 Breaded Chicken Breast with Herb Gravy Cheddar Potatoes, Lima Bean Bake, Roll, Plum, *Ch. Milk*
Tues 8/9 Stuffed Shells with Tomato Meat Sauce & Mozz. Cauliflower, *Chef Salad*, Shortbread Cookies
Wed 8/10 Pork Ribette with BBQ Sauce on a Bun, Scalloped Potatoes, Peas with Red Pepper, Chocolate Bavarian
Thur 8/11 Cranberry Chicken Salad on a Bed of Fresh Salad Greens with Dressing, Whole-grain Crackers, Rainbow Sherbet
Fri 8/12 Roast Beef with Gravy & Horseradish on a Roll Mashed Potatoes, Mixed Vegetables, Strawberry Jello w/ Fruit

Mon 8/15 Ham Steak with Pineapple Topping, Mashed, Butternut Squash, Creamy Cabbage with Dill, Roll, Cookies
Tue 8/16 Kevin's Special Lunch—pre-registration required at front desk.

Wed 8/17 Cheese Tortellini with Chicken Cream Sauce Carrots, Brussels Sprouts, *Chef Salad With Dressing*, Italian Bread, Chocolate-covered Ice Cream Bar
Thur 8/18 Turkey Breast with Gravy & Cranberry Sauce, Sweet Potatoes, Green Bean Casserole, Wh. Bread, Peach Bavarian
Fri 8/19 Cabbage Roll with Savory Meat Sauce, Mashed Potatoes Broccoli Florets, *Marinated Cucumber*, Tomato & Onion Salad Dinner Roll, Cheesecake with Strawberry

Mon 8/22 Caribbean Chicken Stew, Yellow Rice with Turmeric California Blend Vegetables, Chocolate Cake with Frosting
Tues 8/23 Sloppy Joe on Whole Wheat Roll, Roasted Red Potatoes, Broccoli, Tropical Fruit
Wed 8/24 Grilled Chicken, Mandarin Orange & Sunflower Salad, Whole Wheat Dinner Roll, Sugar Cookies
Thur 8/25 Roast Beef with Gravy on Deli Rye Cheesy Mashed Potatoes, Green Beans, Fresh Cantaloupe, *Chocolate Milk*
Fri 8/26 Beer Battered Fish with Tartar Sauce, German Potato Salad, Mixed Vegetables, Cornbread, *Coleslaw*, Ambrosia

Mon 8/29 Beer Battered Fish with Tartar Sauce, German Potato Salad, Mixed Veg., Cornbread, *Coleslaw*, Ambrosia
Tue 8/30 Breaded Chicken Breast w/ Buffalo Style Sauce on a Bun, Fiesta Corn, Broccoli, Orange Creamsicle
Wed 9/31 Roast Turkey with Gravy & Cranberry Sauce, mashed Potatoes, Peas, Roll, Watermelon, Ch. Milk

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, August 8th from 10-12PM

August Birthday Bag

Monday, August 8th 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.

Highmark Blue Cross Blue Shield

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

United Healthcare

Call Ron at 716-260-1118 ext. 2 to schedule an appointment

Aetna

Monday, August 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

8/3 Central Intelligence PG-13 The story follows a one-time bullied geek who grew up to be a lethal CIA agent (Dwayne Johnson), coming home for his high school reunion.

8/10 Barefoot PG-13 hoping to show his family that he's settling down, a janitor asks a patient at the psychiatric hospital where he works to pose as his girlfriend.

8/17 Red Notice PG-13 An FBI profiler pursuing the world's most wanted art thief becomes his reluctant partner in crime to catch an elusive crook who's always one step ahead.

8/24 Falling Inn Love TV-PG When a San Francisco exec wins a New Zealand Inn, she ditches city life to remodel and flip the rustic property with help from a handsome contractor.

8/31 Bakery in Brooklyn PG-13 Vivien and Chloe, two cousins living in Brooklyn, used to be inseparable. But when their Aunt Isabelle passes and leaves the two young women her bakery, they must put their difference aside to save the shop from foreclosure.

AUGUST 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 12:45 Arthritis Tai Chi <i>Starting 8/22</i> 1:00 55+ Pickleball	8:45 Mens Exercise 9:00 Open Bocce <i>At Green Lake</i> 9:00 Pool Shooting 9:00 Shuffleboard 10:15 Int Line Dance <i>No class 8/9</i> 10:30 Club 99 10:30 55+ Pickleball NOON LUNCH 1:00 Bingo 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 11:30 Yoga w/ Irene NOON LUNCH 12:30 Open Cards/Games 1:00 Movie 1:00 Beg. Pickleball 1:00 Chess Club <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 Art w/ Friends 11:45 55+ Pickleball NOON LUNCH 12:45 MahJong 12:45 Arthritis Tai Chi <i>Starts back 8/26</i> 1:00 Pinochle 2:00 55+ Pickleball
<u>Open Walking</u> <u>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

AUGUST SPECIAL EVENTS CALENDAR

Charities Pooled Trust Tues., 8/2 at 10:30am

Eastern Monarch Butterfly Farm
Thurs., 8/4 at 12:45pm

National Root Beer Float Day
Friday, August 5th At 1:00pm

Mobile Legal Unit Monday, August 8th
from 12:30pm - 3:30pm

All About Fruits and Veggies
Monday, August 15th at 12:45pm

Kevin's Special Luncheon
Tuesday, August 16th At Noon

Afternoon Dance w/ the Hastings Duo
Tuesday, August 16th from 1:30-3:30pm

Legal, Financial & Healthcare Planning -
Wednesday, August 24 12:30pm-1:30pm



American Red Cross

American Red Cross Blood Drive

Wednesday, August 3, 2022
2:00pm to 7:00pm

Download the blood donor app, visit
RedCrossBlood.org or call 1-800-RED
CROSS to schedule your appointment today!
Maximize your blood donation. If you are type O, B- or
A- donor, consider making a Power Red donation.
Red blood cells are the most commonly transfused.



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

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

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 7/18 - 8/22 Cost \$30.00

5 week session 8/29 - 10/3 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.

EVENING YOGA with MARIE

Thursdays at 5:15 pm

6 week session 9/8 - 10/13 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.

Marie's Bio: Marie began her yoga teacher training in 2004 while she was working as an Occupational Therapist (OTR) in adult rehabilitation. Marie was drawn to yoga to broaden her education and understanding of movement from a yoga perspective.

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

Starting August 22nd



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

4 week session 8/4 - 8/25 Cost \$20.00

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 9/7 - 11/2 Cost \$40.00 no class 9/14

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

4 week session 8/2 - 8/31 Cost \$40.00

4 week session 9/1 - 9/29 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.

Tap Dance for Fun Tuesdays at Noon

6 week session 9/6-10/18 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.

Stretch and Strength Barre Tuesdays at 1:15 pm

6 week session 9/6-10/18 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.

Zumba Fridays at 10:00 am

4 week session 9/16 - 10/7 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 Monday at 5:30 pm

6 week session 9/19 - 11/7 Cost \$30.00 No Class 10/10

Cardio Drumming Fridays at 8:45 am

Previous session extended till 8/5

4 week session 9/16 - 10/7 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 Evening Tuesday at 5:30 pm

4 week session 9/13 - 10/4 Cost \$20.00

Cardio Drumming Evening Thursdays at 6:30 pm

Previous session extended till 8/11

4 week session 9/15 - 10/6 Cost \$20.00

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 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
Line dancing is a fun dance performed solo or in a group to country music. It is typically danced in a line with other dancers, making it excellent for someone without a partner. The line dance has simple steps that look great, only requiring accurate timing and foot placement.



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

Intro. To Strength Training with Cindy Small group (8)

Wednesdays at 12:30 - 1:30 pm

**8 week session 9/7- 11/2 cost \$64.00
No class 9/14**

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.

NEW CLASSES 2022....

Learn to Ballroom Dance

4 week session 8/30 - 9/20 Cost \$20.00

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.

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.
Please park in the gravel lot for Bocce

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 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. Space is limited. Cost is \$4.00.

Chronic Diabetes Self-Management

Fridays at 12:30pm - 3:00pm

6 Week Workshop Sept. 30th - Nov. 4th

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!

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

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14-0488



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.



September Picnic
Wednesday, September 14th
from 9:30am-1:30pm

Enjoy the day with friends at Chestnut Ridge Park (Martin Lodge).

716 FRESH will be catering this event. Lunch will consist of a grilled chicken breast, mashed potatoes, mixed vegetable, dinner roll, and dessert.

The day includes entertainment by The Hastings Duo, prizes and outdoor games.

Cost for this event is \$13.00.

Payment is due when registering.

Thank you! Highmark Blue Cross/Blue Shield of WNY and Independent Health are generous sponsors toward this event

Orchard Park Senior Center

4520 California Road

Orchard Park, NY 14127
