



# Orchard Park Senior Center

4520 California Road  
Orchard Park, NY 14127



**MARCH 2023**

## PHONE

716-662-6452

## EMAIL

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

## CENTER HOURS

**MONDAY- FRIDAY**

**8:30 a.m. – 4:00 p.m.**

### Director

Maria Galley

### Assistant Director

Linda Rankin

### Kitchen Manager

Kevin Kornowicz

### Receptionists

Bob

Bonnie

Maggie

### Town Supervisor

Eugene Majchrzak

### Council Members

Conor Flynn

Joseph Liberti

Julia Mombrea

Scott Honer

*Happy St. Patrick's Day*

*For each petal on the shamrock.*

*This brings a wish your way*

*Good health, good luck, and*

*happiness*

*For today and everyday*

### St Patrick's Day Dinner

**Thursday, March 16th at 4pm**

Tonight will be everything green or Irish related! Everyone will receive tickets at the door to win prizes. Dress in your best green and Irish attire, brush up on your Irish history, limericks and songs because the more you participate the more tickets you will earn for our raffle prizes. Of course, a traditional corned beef and cabbage dinner will be served too.

**Cost for the evening is \$15.00.** Space is limited.  
Pre – register and pay for your ticket at the front desk.



### *Notes From Maria.....*

Hello Spring! Just think Spring is right around the corner and begins on Monday, March 20th and Daylight savings time changes on Sunday, March 12th. We survived all Mother Nature threw at us this winter. Now we can look forward to our days getting longer and brighter and hopefully warmer weather will follow soon!

With the warm weather around the corner, would you be interested in joining or facilitating a Garden Club?

If so please speak with Maria!

Have you ever thought of being part of a organization? The Community Activity Council of Orchard Park Inc. is a not for profit organization, dedicated to serving the community and improve the lives of people. They need you! For more information contact Anna at 716-860-1094.

Spring Blood Drive, American Red Cross will be at the Community Activity Center Wednesday, March 1st from 2-7pm For an appointment, please visit [redcrossblood.org](http://redcrossblood.org)  
Or call 1-800-733-2767



### 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 membership orientation as an appointment is required.

### 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, prior to the start of class.**

**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**

Rural Transit is a non-profit transportation organization for seniors, disabled, or income eligible residents of Southern Erie County. Riders are transported to therapy, nutrition sites, grocery shopping, with medical trips taking priority. Trips are free, but donations are accepted. Contact Rural Transit to become a rider or to volunteer.

**Going Places Van ..... 858-7433**

Need a ride into Buffalo for medical appointments, physical therapy or other human services?

### AUDIT A CLASS

Are you interested in signing up for a class, but you are unsure if you will like it? We encourage you to observe a class you may be interested in with a one time guest pass. You may obtain your guest pass by speaking with Maria or Linda in the office.

### REFUND POLICY

Requests for refunds will be honored only if a member makes a request 5 full business days prior to the scheduled class/event start date. A \$5.00 processing fee will be applied to all class refunds.

After the session begins. NO refunds are granted except for medical reasons and or the advice of the instructor.

A FULL refund/ or funds may be placed into a members My Senior Center wallet for a course that is cancelled due to low registration. You will be notified by phone prior to the start date of the class.



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

### **St Patrick's Day Wreath Craft**

**Friday, March 3rd at 10:30am**

Spend an hour with Maggie making a St. Patrick's Day Door Wreath. Step by step directions and materials will be provided. You will leave with the luck of the Irish and your own wreath! Cost \$8.00.

Seating limited to 8 participants.

### **Let's get Creative!**

**Monday, March 6th at 10:30am**

Join Doris Richardson and become more creative through art and writing. Explore healing and artistic ways to help with stress, emotional wellness, and developing a life long hobby.

### **Seed Starting Presentation**

**Monday, March 6th at 1:00pm**

Join us for an interesting and economical presentation on how to start your planting season this year! Seed

starting your plants provides a head start to your planting season as well as allows you to choose plants that may not be readily available at your nursery. We

all want to see Spring arrive early so enjoy this presentation as you learn a fun way to jump start your Spring Planting Season. Presented by: Master Gardener, Cornell Cooperative, Peggy Kuppman.

### **Cook Once, Eat All Week**

**Monday, March 13th 1-2:30pm**

Join Maria Weber, MS, RD, SDN from Active Nutrition for a 90 minute healthy cooking demo. Plan & prep is half the battle! Learn to meal plan with a life-changing system that will save you time, energy and money! Using an amazing meal planning tool online and as an app for your mobile device, (Free 30-day trial included!) you will be able to meal plan for the week in minutes. With tons of valuable recipes, time-saving tips and tricks for meal prepping as well. Pre-register at the front desk to reserve your spot.



### **Coffee and Conversation with Town Supervisor Eugene Majchrzak Wednesday, March 22nd at 10am**

The Orchard Park Senior Center and Town Supervisor Eugene Majchrzak invite you to

join your friends and neighbors for a casual conversation over coffee. Come meet your Elected Official, ask questions, address any issues, concerns or ideas that you may have.



## **Holistic Health Series**

**Join us for one or all  
presentations!**

**It is never too late to  
continue learning and  
enhancing your life!**

### **Holistic Health**

**Thursday, March 23rd at 10:30am**

Holistic health is an approach to wellness that simultaneously addresses the physical, mental, emotional, social and spiritual components of health. A holistic approach to health means considering the whole person - not just the physical symptoms of disease or injury. Join us as Jennifer Johnson from **New Sky Coaching** discusses how a holistic mindset can support you on your journey to greater health.

### **CBD 101**

**Thursday, March 30th at 10:30am**

Join Marcy and Theresa from **Your CBD Store** as they go over everything you need to know about CBD. What is CBD? Where does it come from? What are the benefits of CBD? Can CBD help me? Come get some answers and try Free Samples.

### **Health Benefits of Reiki**

**Friday, March 31st at 12:45pm**

Join Carolyn Potopchuk for a discussion on the benefits of a holistic energy healing practice called Reiki. In this session you will learn what Reiki is and how it works. Reiki promotes well being and realigns unbalanced energy, allowing your body to heal. Reiki practitioners use their hands and a series of 12 to 15 different hand positions to deliver energy to your body, improving the flow and balance of your energy to support healing.

### **Green Eats presents Two Simple Smoothies Thursday, April 13th at 10:30am**

Join Joanne Woolsey from Green Eats as she makes two simple smoothies that we all can make at home to fuel your body with vitamins and minerals and boost immunity! And yes they're delicious too! She will be talking about foods that fight inflammation and keep us healthy.

### **Acupuncture: Options For Managing Your Life! Friday, April 14th at 12:45pm**

With today's busy lifestyles Monica Michaels ND, L.Ac from Balance Natural Health and Acupuncture will discuss how acupuncture may help you continue to feel your best from managing pain to relieving stress. Join us to learn more about acupuncture it may be an option to keep you feeling your best!



**Essential Oils For Wellness**  
**Friday, April 28th at 12:45pm**  
**This is a FREE seminar!**

Have you heard the hype about lavender helping you sleep? Or about Eucalyptus to help your breathing?

Join Amanda DeWald, RN for this wellness class about how essential oils can help you achieve your health goals this spring. Essential Oils have been used for thousands of years and can provide you with natural relief and support. She will go over a number of most popular oils and their most common uses.

You will leave this seminar with a wider understanding of how to use them. Bring a friend for an extra entry into the door prize!

**Essential Oil Make N Take**  
**Friday, April 28th at 1:45pm**

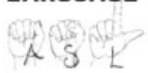
Following the essential Oil for wellness Seminar, Amanda DeWald, RN will walk you through how to make your own

- Muscle + Joint Balm
- Be Happy Roller

The cost is \$10.00 and covers the instruction as well as all of the necessary ingredients for the DIY. You must register in advance at the front desk. Limited spots available.

**Upcoming Events .....**

**LEARN SIGN LANGUAGE**



**Learn Sign Language!**  
**Mondays in April at 1:00pm**

In Honor of National Sign Language Month Join Maggie for a free class to learn the basics.

- 4/3 Letters of the Alphabet, your name
- 4/17 Calendar, days, months, season, weather
- 4/24 Foods

All are Welcome to attend!  
 Join Maggie for one or all dates!

**Easter Egg Hunt**

**Monday, April 3rd from 9am - 11:30am**

Play with your friends or on your own to find all the scrabble pieces hidden in eggs throughout the building. Then meet in the dining room to figure out the puzzle! Treats rewarded for those who complete the puzzle first.

All are welcome to join in the adventure!

**Learn to Play Hand and Foot**  
**Wednesday, April 12th at 12:30pm**

Join our wonderful instructors to learn the fun game of Hand and Foot. This card game involves skill, strategy and luck. It is similar to Canasta but different. Please register at the front desk.

**Downsizing 101**

**Thursday, April 13th at 10am**

Are you thinking of downsizing to a smaller home, an apartment or a senior community? Do you feel like you are unsure about where to begin sorting through all of your years of accumulation in the home? Does the accumulation cause you a lot of stress and anxiety? We can help! Elder Transition Consulting is a full-service business supporting our local seniors and their families with the daunting task of downsizing and supporting them during their move. In this presentation, Ann Marie Klosko (owner) will offer some tips about where to begin and how a Senior Move Manager can support you through this process.

**What do you do if you have a Medical Emergency??? Call 911! Then what?**

**Tuesday, April 18th at 11:30am**

Find out when you join us at the Orchard Park Senior Center on April 18<sup>th</sup> at 11:30am. Meet one of the Orchard Park Fire District EMS Paramedics and find out what you can do to make taking care of you or your loved one much faster. **Learn how to perform Hands-Only CPR and use an AED (Automated External Defibrillator).** You can also learn how to treat someone who is choking.

**FREE CLASS!**

**FBI Perspective on Elder Fraud: Realities, Losses and Prevention**

**Wednesday, April 19th at 10:30am**

Each year, millions of elderly Americans fall victim to some type of financial fraud or confidence scheme, including romance, lottery, and sweepstakes scams, to name a few. With the elderly population growing and seniors racking up more than \$3 billion in losses annually due to these crimes, elder fraud is likely to be a growing problem. Hear directly from an FBI special agent about how these cases are impacting people right here in WNY, and what you can do to prevent yourself and your friends from becoming victims.

**Hike at Knox Farm**

**Thursday, April 27th at 1:00pm**

Meet Nicole by the red barns for a guided tour of Knox Farm. Reminisce about years gone by. Take a leisurely stroll and discover the history of the Knox Farm State Park.



**PEGASUS**

**5748 South Park Ave., Hamburg**  
**(Near the Erie County Fairgrounds)**

**Thursday, April 6, 2023 @ 5pm**

**\$32.00 includes tax and tip—2 Entrees**

**#1 Slow Cooked Top Round of Beef**

**Or #2— Herb Roasted Chicken**

Entrees include: Salad, Seasonal Vegetable, Potatoes, Penne Pasta with Marinara Sauce, Greek Pasta Salad, Bread & Roll, Tea & Coffee

Dessert— Rice Pudding

**Reservations before Friday, March 31st**

**Call Diana Landwehr 716-671-2347**



## ART CLASSES

*\*supply list for classes available at the front desk\*  
Late registrations will not be accepted for  
instructed classes.*

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

**Tuesdays at 10am - Noon**

**6 week session 2/28 - 4/4 Cost \$35.00**

### **Intermediate Watercolor - Instructor Dan Meyer**

**Tuesdays at 1:00 pm – 3:00 pm**

**6 week session 1/17– 2/21 Cost \$35.00**

**6 week session 2/28– 4/4 Cost \$35.00**

Continue to explore the fascinating world of watercolor as you go beyond the basics. Photo reference will be provided. Each subject rendered will be demonstrated, step-by-step by the instructor, followed by student participation. Advanced watercolorists will enjoy this course as well. Find the materials list at [www.danmeyerwatercolors.com](http://www.danmeyerwatercolors.com)

### **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.



## Helping Hands Sewing Group

2nd and 4th Wednesdays of the Month

9am –1:30pm



You are welcome to give as much time as you wish within this time frame

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. Bring your own sewing machine if possible.

**Thank you Tere for facilitating this sewing group.**

**Thank you JoAnn Fabrics for your generous donation of a sewing machine and tools for our Sewing group!**

## Safe Driver Academy

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



Save money on your car insurance and increase your driving skills by attending a Safe Driving class.

The fee for the Safe Driver Academy is \$35, payable the morning of class, cash or checks made out to "Safe Driver Academy." Arrive 15 minutes early to complete paperwork as class starts promptly at 9 am. Contact the Senior Center to register. Consider joining us for lunch. For individuals 60 and over the cost is a suggested donation of \$3.00. Reservations for lunch can be made when registering for the class.

### **Upcoming Classes:**

Friday, March 17th 9:00 - 3:00 pm

Friday, April 14th 9:00 - 3:00 pm

Friday, May 19th 9:00 - 3:00 pm

## Documentary Film & Discussion

**Mondays at 12:45 pm**

Join Theresa Wiater who will lead a discussion after viewing the film.

### **Meltdown Three Mile Island : Fallout**

**Monday 3/13/23 at 12:45pm**

Despite disturbing revelations of wrong doing at Three Mile Island before and after the accident, the utility fights to bring the plant back online.

### **Greatest Events of WWII: Battle of Britain**

**Monday 3/27/23 at 12:45pm**

In 1940, France has fallen and Hitler orders operation Sea Lion: the invasion of Great Britain.

### **Greatest Events of WWII– Sign of Stalingrad**

**Monday 4/3/23 at 12:45pm**

The battle of Stalingrad was one of the bloodiest of the entire war and turned the tide for the Germans.

## **Learn to Play Bridge**

**Mondays at 11am**

**5 week session 3/27/23 - 4/24/23 Cost \$10.00**

Have you ever wanted to learn how to play bridge, but were afraid to ask? We have the perfect class for you! This class is strictly for beginners that have never played and have no skill set with the card game at all. Learn the basics from our instructor: Pat Rasmus.

## **Learn to Play Five Crowns**

**Monday, March 6th, 13th and 20th at 10:30am**

Join Theresa Wiater as she teaches us how to play this fun game! **Five Crowns** is a rummy-style card game, which uses a specialized deck of cards with 5 suits and wild cards. The objective is to have the lowest point total after all eleven hands have been completed. The game isn't over till the Kings go wild!



## **March Book Club**

**Monday, March 27th at 10:30am**

**"The Maid" by Nita Prose**

In Nita Prose's, *The Maid*, Molly Gray, a hotel maid quickly finds herself caught in a web of deception when she is targeted as a suspect of the murder of the infamous and wealthy Charles Black.

## **April Book Club**

**Monday, April 17th at 10:30am**

**"The Last Bookshop in London by Madeline Martin"**

This book is about bookstores and a book about books set during the London Blitz during WWII. Grace Bennett has always wanted to move to the city, but the life she finds is not really what she expected as she hunts for a job, endures air raid shelters, and puts up black-out curtains.

**Anyone is invited to come and join in the discussion!**

**Stay Fit Dining Program in the 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.  
Please hand forms in at the front desk.

Wed 3/1 Turkey with Stuffing & Gravy, Mashed Sweet Potatoes, Peas, Molded Cranberry Salad, Fresh Apple  
Thurs 3/2 Beef Stew, Mashed Potatoes, Chef Salad with Dressing, Biscuit, Chocolate Mousse  
Fri 3/3 Tuna Macaroni Salad on a Bed of Salad Greens, Whole Grain Crackers, Frosted Spice Cake

Mon 3/6 Turkey a La King, Mashed Potatoes, Carrots, Biscuit,  
Chocolate Chip Cookies

Tues 3/7 Ham Steak with Maple Glaze, Scalloped Potatoes Peas with Red Pepper, Rye Bread, Lemon Cake with Frosting  
Wed 3/8 Beef Taco Salad, Corn & Black Bean Salsa, Cheddar & Crispy Tortillas, Fresh Orange, Chocolate Milk  
Thurs. 3/9 Breaded Chicken Breast with Tomato Sauce & Mozzarella over Pasta, Wax Beans, Chef Salad, Tropical Fruit  
Fri 3/10 Vegetable Lasagna with Cream Sauce, Broccoli Florets, Grape Juice, Wheat Dinner Roll, Fruited Gelatin

Mon 3/13 Italian Sausage with Peppers, Onions, and Tomato Sauce on a Bun, Potatoes, Broccoli, Frosted Cake  
Tues 3/14 Swedish Meatballs over Pasta, Harvard Beets, Cauliflower, Pineapple, Chocolate Milk  
Wed 3/15 Baked Chicken with Herb Gravy, Sweet Potatoes, Peas, Wheat Dinner Roll, Peach Crisp  
Thurs 3/16 Sloppy Joe on a Whole Wheat Bun, Tater Tots, Corn, Chef Salad with Dressing, Fresh Banana  
Fri 3/17 Corned Beef with Cabbage, Buttered Potatoes, Carrots, Deli Rye Bread, Marinated Beet & Onion Salad  
Vanilla Ice Cream with Minty Syrup

Mon 3/20 Cheese Tortellini with Chicken & Primavera Sauce, Carrots, Grape Juice, Salad and Lemon Meringue Pie  
Tue 3/21 Pork Stew, Brussels Sprouts, Biscuit, Strawberry Bavarian

Wed 3/22 Chili Con Carne, Mixed Veg., Fruit Punch, Cornbread, Fruit Compote, Ch. Milk  
Thurs 3/23 Roast Turkey with Gravy, and Cranberry Sauce, Mashed Potatoes, Peas and Carrots, Roll, Gelatin  
Fri 3/24 Beer Battered Fish with Tartar Sauce, Macaroni and Cheese, Green Beans, Roll, Coleslaw. Oranges

Mon 3/27 Cheese Ravioli, Meat Sauce, Mozzarella, Peas, Summer Squash Medley, Bread, Peaches  
Tues 3/28 Greek Chicken Salad with Greek Dressing, Bread, Sugar Cookies  
Wed 3/29 Roast Beef with Horseradish and Gravy, Sweet Potatoes, Cabbage, Bread, Cherry Cake  
Thurs 3/30 Bratwurst with mustard and baked Beans on a Bun, Roasted Potatoes, Mixed veg, Oranges, 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**

Thursday, March 9th from 10am-1pm

**Highmark BlueCrossBlueShield**

Monday, March 6th from 9am - 11am

**United Healthcare**

Wednesday, March 8th from 10 - Noon

**Independent Health**

Tuesday, March 7th 10am - Noon

**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 716-825-6460  
For Travel info. contact Al Groth at 716-662-2140

**AN AFTERNOON AT THE MOVIES ....  
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***

**Wed 3/1 Your Place or Mine PG-13** She has a son and home in L.A. He has a sleek NYC bachelor pad and fear of commitment. They're somehow best friends. Could they be something more?

**Wed 3/8 The Women King PG-13** Inspired by true events, this is the remarkable, action-packed story about the all-female unit of warriors who protected the African Kingdom of Dahomey with skills and a fierceness unlike anything the world has ever seen. Follow the epic and intense journey of General Nanisca (Oscar® winner VIOLA DAVIS; 2016, Best Supporting Actress, Fences) as she trains the next generation of recruits and readies them for battle against an enemy determined to destroy their way of life.

**Wed 3/15 RV PG** Climbing ahead their mammoth recreational vehicle for a cross-country trip to the Rockies, the Munro family prepares for the adventure of a lifetime.

**Wed 3/22 The Pink Panther PG** Bumbling Inspector Clouseau must solve the murder of a world-famous Soccer coach and catch the thief who stole his priceless diamond ring.

**Wed 3/29 MEGAN PG-13** A roboticist working on a life-like toy android names MEGAN takes in her orphaned niece. She pairs the two up, trying to solve for both issues... and it does not go as planned.



# MARCH SCHEDULE OF EVENTS

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30 Fitness Room</b> <b>9:00 Pool Shooting</b> <b>9:00 Medit. &amp; Yoga</b> <b>9:00 Ladies Exercise</b> <b>9:30 55+ Pickleball</b> <b>10:30 Learn to Play 55+ Pickleball</b> <b>11:00 Gentle Hatha Yoga w/Barb</b> <b>11:00 Learn to Play Bridge</b> <b>NOON LUNCH</b> <b>12:30 Bridge</b> <b>12:00 55+ Pickleball</b> <b>2:00 UMA MOOVES</b> <b>1:30 55+ Pickleball Evening Class</b> <b>5:30 Zumba</b>	<b>8:30 Fitness Room</b> <b>8:45 Mens Exercise</b> <b>9:00 Shuffleboard</b> <b>9:00 Pool Shooting</b> <b>9:00 55+ Pickleball</b> <b>10:00 Beg. Watercolor</b> <b>10:15 Int. Line Dance</b> <b>10:30 Club 99</b> <b>10:30 55+ Pickleball</b> <b>NOON LUNCH</b> <b>12:00 Tap for Fun</b> <b>1:00 Inter. Watercolor</b> <b>1:00 Bingo</b> <b>2:00 Card Bingo</b> <b>1:00 55+ Pickleball</b> <b>1:15 Stretch and Barre</b> <b>2:00 55+ Pickleball Evening Classes</b> <b>4:00 Ballroom Dance</b> <b>5:30 Cardio Drumming</b>	<b>8:30 Fitness Room</b> <b>8:45 Mens Exercise</b> <b>9:00 Sewing Club</b> <b>9:00 Pool Shooting</b> <b>9:00 Ladies Exercise</b> <b>9:00 55+ Pickleball</b> <b>9:30 Hand &amp; Foot</b> <b>10:00 Beginner Line Dance</b> <b>10:00 Beginner Tai Chi</b> <b>11:15 Inter. Tai Chi</b> <b>11:30 Yoga</b> <b>NOON LUNCH</b> <b>12:00 Beg. Pickleball</b> <b>12:30 OpenCards/Games</b> <b>12:30 Strength Training</b> <b>1:00 Movie</b> <b>1:00 Corn Hole</b> <b>1:00 Chess Club</b> <b>1:30 Intermediate Pickleball w/ Carl</b>	<b>8:30 Fitness Room</b> <b>8:45 Mens Exercise</b> <b>9:00 Pool Shooting</b> <b>9:00 55+ Pickleball</b> <b>9:30 Dominoes</b> <b>10:00 UMA MOOVES</b> <b>10:30 Club 99</b> <b>11-3 Game Room</b> <b>11:30 55+ Pickleball</b> <b>NOON LUNCH</b> <b>12:45 Mah Jong</b> <b>1:00 Adv. Tai Chi</b> <b>2:00 55+ Pickleball</b>  <b><u>Evening Classes</u></b> <b>5:15 Evening Yoga with Marie</b> <b>6:30 Cardio Drum</b>	<b>8:30 Fitness Room</b> <b>8:45 Cardio Drum</b> <b>9:00 Pool Shooting</b> <b>9:00 Ladies Exercise</b> <b>9:00 55+ Pickleball</b> <b>10:00 Euchre</b> <b>10:00 Zumba</b> <b>10:30 Art w/ Friends</b> <b>10:45 Yoga Flow</b> <b>NOON LUNCH</b> <b>12:00 55+ Pickleball</b> <b>12:00 Circuit Training</b> <b>12:45 MahJong</b> <b>1:00 Pinochle</b> <b>1:15 BAM (Balance and Mobility Class)</b> <b>2:30-4 55+ Pickleball</b>
<b><u>Open Walking In the GYM:</u></b> Monday - Friday 9:00 am - 2:00pm	<b>3/14/21</b> The Senior Center will be closing at 12:30pm for Staff Training	<b>Billiards Room Closed</b> <b>8-Ball Tournament</b> Tuesdays 12:30pm - 2:30pm	<b><u>Basketball Free Throw</u></b> Bring your own ball and shoot some hoops. Mon – Fri 8:30 - 9:30am Mon– Fri 11:30 -12:30pm	<b><u>Fitness Room Closed</u></b> Wednesdays 12:30-1:30pm Fridays 12:00– 1:00pm



## PICKLEBALL



**All members must sign up in person in the pickleball sign up book at the front desk prior to the day of play to attend. See Days and Times above.**

**Cost per session \$5.00,**  
**please pay at desk the day of session and bring exact payment.**  
**No Entry to pickleball courts more than 15 minutes prior to play.**  
**Please be respectful of play times and do not over extend the play.**



**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!**

## Pickleball Lessons with Carl

**Cost \$6.00 per session**  
**Mondays at 10:30am**

### **Who should Consider Lessons with Carl:**

1. Those who have never played pickleball
2. Those who have not played in a year or more and want to refresh their game. A maximum of 6 classes.
3. Those who are experienced players but have a single "weakness" in their game and want to correct or improve that weakness, but a maximum of 6 classes.

### **What you will learn from Carl:**

- Level 1** - To understand the court, the lines, the line rules, the serve, the game shots  
**Level 2** - to concentrate on serving skills and game shots in a more consistent manner.



## **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.**

## 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

**6 week session 1/23 - 3/6 Cost \$30.00 no class 2/20**

**6 week session 3/20 - 4/24 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 Wednesdays at 11:30 am

**8 week session 1/11 - 3/1 Cost \$40.00**

**8 week session 3/8 - 4/26 Cost \$40.00**



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 wk session 1/9 - 3/6 Cost \$30.00 No class 1/16 & 2/20**

**6 week session 3/13 - 4/10 \$25.00**

Hatha yoga focuses on posture and breathing techniques, traditionally to channel vital energy source.

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

**6 week session 3/2 - 4/6 Cost \$30.00**

Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching.

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.

### Yoga Flow Fridays at 10:45 am

**6 week session 3/3 - 4/21 Cost \$35.00 No class 3/10, 4/7**

In this class, we will use breath to link physical yoga postures. Each class is different and postures are sequenced in a way to help increase flexibility, strengthen and tone muscles, and allow you to tune in to your body's own rhythm. Although all levels are welcome, a reasonable level of fitness/mobility is required. Students should bring a mat; a yoga block is optional but recommended.

### Beginner Tai Chi Wednesday at 10:00 am

**8 week session 1/11 - 3/1 Cost \$40.00**

**7 weeks 3/8 - 4/26 Cost \$35.00 no class 3/22**

### Intermediate Tai Chi Wednesday at 11:15 am

**8 week session 1/11 - 3/1 Cost \$40.00**

**7 weeks 3/8 - 4/26 Cost \$35.00 no class 3/22**

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.

### Advanced Tai Chi Thursdays at 1:00 pm

**8 week session 2/16 - 4/6 Cost \$45.00**

**8 week session 4/13 - 6/1 Cost \$45.00**

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.

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

**5 week session 3/1 - 3/30 Cost \$42.00**

**6 week session 4/19 - 5/25 Cost \$51.00**

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 1/24 - 2/28 Cost \$30.00**

**7 week session 3/7 - 4/25 Cost \$35.00 No Class 4/4**

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 1/24 - 2/28 Cost \$30.00**

**7 week session 3/7 - 4/25 Cost \$35.00 No Class 4/4**

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.

### Cardio Drumming Fridays at 8:45 am

**8 week session 1/13 - 3/3 Cost \$45.00**

**7 week session 3/17 - 5/5 Cost 40.00 no class 4/7**

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. Proper footwear such as sneakers is required.

### Cardio Drumming Evening Thursdays at 6:30 pm

**8 week session 1/12 - 3/2 Cost \$45.00**

**8 week session 3/16 - 5/4 Cost \$45.00**

### Cardio Drumming Evening Tuesdays at 5:30 pm

**8 week session 3/14 - 5/2 Cost \$45.00**

### Zumba Fridays at 10:00 am

**8 week session 1/13 - 3/3 Cost \$40.00**

**7 week session 3/17 - 5/5 Cost 40.00 no class 4/7**

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.

### 20/20/20 Monday at 5:30 pm

**8 week session 3/13 - 5/1 Cost \$40.00**

Join us for 20 minutes of cardio, including some Zumba movements, 20 minutes of resistance, strength training/weights, and 20 minutes of stretching. Improve your tone, endurance and balance—with inspiration! Oh, don't forget, burn calories too! Please bring hand weights and a floor mat to class.





### Introduction to Line Dance Step Class

Wednesdays at 11:15am — 12:00pm

5 week session 3/1-3/29 \$10.00



Is Line Dance for you? Now is the time to give it a try! This basic steps class will help you become familiar with terms and steps. Build experience and confidence. Learn a few basic dances!  
Instructor: Sandy

### Circuit Training

**Fridays at Noon-1:00pm**

**6 wk session 3/3 - 4/21 Cost \$48.00**

**No Class 3/10, 4/7**

Circuit training is a fantastic workout that's great for everyone, regardless of fitness level. We will move through a variety of exercises at separate stations and you take on each exercise at your own pace. Each class will be different and may include cardio and weight machines, bodyweight and handheld weight exercises and some mat exercises.

Instructor: Jennifer Johnson

### Intro. To Strength Training with Cindy

**Small group (8)**

**Wednesdays at 12:30 - 1:30 pm**

**8 week session 3/8 - 5/3 Cost \$64.00**

**No class 3/22**

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 judgment-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.

### FITNESS ROOM

**Monday - Friday 9:00 am - 4:00 pm**

**Monday - Thursday 4:30 pm - 8:00pm**

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 Noon - 1:00pm

### ADDITIONAL WEEKLY SCHEDULED EVENTS

*No Registration required*

**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.

## Local help with your Medicare questions.

**Kathleen Holland**

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Your Vascular Health  
FREE Health Screening FREE  
By Catholic Health  
Saturday, March 11<sup>th</sup>  
8:00am – 2:00pm

At the Orchard Park Senior Center

Screenings are open to men and women over 55. Your vascular appointment includes the following health screenings:

Carotid Artery Disease, Abdominal Aortic Aneurysm  
Peripheral Arterial Disease, Blood Pressure  
Screenings are FREE but registration is required.

### **Buffalo Philharmonic Orchestra Patriotic Pops**

**Friday, May 26th 2023**

**Bus departs at 8:30 am**

A Memorial Day weekend tradition! Join Principal Conductor John Morris Russell and your BPO in red, white and blue musical salute to our nation and the sacrifices of our honorable servicemen and women. We will arrive at 9 am for the complimentary coffee and doughnuts. Following concert, we will make our way to **Chefs** restaurant for lunch.

**Tickets go on sale Tuesday, March 14th at 8:30am**

**Tickets Cost \$85.00 per person.**

**Register with Linda or Maria in the office.**



### **Pennsylvania Dutch Country Adventure “MOSES” at the Sight & Sound Theatre**

Also featuring “Footloose” at the Dutch Apple Dinner theatre

Orchard Park Senior Center along with the Akron– Newstead Senior Center

Wednesday to Friday April 12-14, 2023 Price Per Person \$595 double, \$575 triple, \$715 Single

- Deluxe chartered motor coach transportation
  - Reserved rear orchestra seats for “Moses”
- Dutch Apple Dinner Theatre– enjoy a delicious dinner followed by a performance of “Footloose”
  - Two dinners with your group
    - Strasburg Railroad
  - Shopping at Kitchen Kettle Village
- Luggage handling and all taxes and tips, including driver tip. Stop into the center for more information on this spectacular adventure! Register with Maria or Linda in the office.



### **Orchard Park Senior Center**

4520 California Road

Orchard Park, NY 14127