



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



MAY 2023

PHONE

716-662-6452

EMAIL

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



MEMORIAL DAY

**We honor the memory of service members
and their families who have sacrificed to
protect the freedom we enjoy.**

**Orchard Park Senior Center will be closed
in observance of Memorial Day on
Monday, May 29, 2023**

Notes From Maria.....

Welcome to the month of May!

Summer is coming and many will be busy outside visiting family and friends and enjoying warmer weather! I hope you can make time in your busy schedule to enjoy the events we will offer over the summer months.

May is a special month for our Mother's, Aunts, and Grandma's out there. I hope all you ladies take the time to enjoy your family on your special day! On May 10th Nandor will be here to entertain us during our special Mother's Day luncheon.

Monday, May 29th is Memorial Day, a day set aside to remember those who died while serving in the country's armed forces. Thank you to all who served our country. A special Erie County Congregate meal will be served on Friday, May 26th for Memorial Day. Please make sure you register with Kevin before May 16th to reserve your Memorial Day lunch!



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!**



Afternoon Tea

Tuesday, May 2nd at 2:00pm

Bring your favorite tea cup and saucer or borrow one from the center for an afternoon tea. This tea offers fun and friendship during an age old tradition. Join us as we enjoy the afternoon tea, desserts and conversation with others.

We will enjoy a lovely presentation by Peggy, a Cornell Master gardener. The gardens of our parents and grandparents were filled with pass-along plants like peonies, lilac, and iris. Heirloom varieties of flowers and vegetables have a long history and have been handed down through the generations. They help connect us to our past by preserving the traditions, flavors, and fragrances of long ago.

Cost is \$8.00.

Payment is due when pre- registering at front desk.

Cinco De Mayo Luncheon

Friday, May 5th at 11am

Start your Friday off with a Fiesta!

Lyle Stang will entertain us from 11-12pm then stay for our Erie County Congregate Dining Meal. Lunch

Includes: Ground Beef Taco, Spanish Rice, Fiesta Corn, And Key Lime Pie! Suggested Donation of \$3.00 will be collected at Lunch.

Pre – Register with Chris by Monday, April 24th.

Thank you Clear Caption for your generous donation

Hike at Chestnut Ridge Friday, May 12th at 10am

Meet Environmental Educator, Nicole at the Newton Road Parking Area and discover the local Flora and Fauna of New York State on a guided walk at Chestnut Ridge! Identify different wildflowers, trees and animals. Experience the outdoors at a leisurely stroll.

Lunch and a Movie Tuesday, May 16th at Noon



Join us for Lunch and a Movie! A special lunch consisting of **Caesar Salad and Ice Cream for dessert.** All made by our Kitchen Manager,

Kevin. Following Lunch stay and enjoy a Movie.

80 For Brady (PG-13)

Four best friends go on an unforgettable journey to see Tom Brady play in Super Bowl LI. Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field star in this hilarious true story of friendship, fun, and living life to the fullest, no matter your age.

Cost is \$5.00

Seats are limited.

Register and Pay at the front desk to reserve your spot.

ROCK Painting For Fun Wednesday, May 17th at 10:30am

Painting rocks is easy, even if crafts aren't your thing! Get ready to have a great time! Rock painting is big these days. You've got one of nature's smallest canvases upon which to decorate, and endless combination of paint and markers.

Then if you wish to join the kindness project you can distribute the painted rock around your neighborhood and put a big smile on someone's face. Whether or not you're an artistic person, join this fun group for a good time!

Pre- Register at the front desk before May 12th.

True Colors Presentation

Tuesday, May 23th at 10:30am

This class provides a method of understanding ourselves and others. Learn what the colors (blue, gold, green and orange) represent. The four colors combine in different ways to make up different personality spectrums. Take a "test" to determine

which color represents you best. Learning about our personalities offers insights into our different behaviors, motivations and life. Instructor: Theresa Wiater, Retired

Clarence Teacher

Generational Financial Planning Series

Valerie Stanek is both a certified Financial Planning professional and an estate attorney, she is uniquely qualified to evaluate your assets and any wills, trusts, or other estate documents to make sure your financial plan is not in conflict with your estate plan.

Join Valerie Stanek for one or all of the following presentations!

Following her presentations she will offer 15 minute consultations. Pre registration is required to reserve your consultation appointment.

Should I Turn It Over To My Children? Wednesday, May 3rd at 10am

This presentation addresses a question that many people have: whether to give assets to heirs during your lifetime. The speaker explores the various tools that allow you to relinquish ownership or control and goes over the pros and cons of each tool.

Is Your Will at Odds With Your Financial Plan? Friday, May 12th at 1:00pm

In this presentation, the speaker draws on her experience as both an estate planning lawyer and a financial planner to discuss common problems that arise when your financial plan conflicts with the terms of your will.

The Evils of Probate Friday, May 19th at 1:00pm

Participants learn what probate is, what problems can arise when your will is probated and how to avoid those problems.

Give Your Real Estate to Your Kids with No Regrets Friday, May 26th at 1:00pm

There are various ways to pass real estate on to your children. Unfortunately, there are advantages and disadvantages to each. In this presentation, you will learn what those are so that you can choose the method that best meets your goals.

University Express Presentations SPRING 2023

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

Monday, May 1st at 10:30am	Open Conversation on Diversity	We will be addressing misconceptions about refugees and immigrants, and immigration. Instructor: May Shogan; Director of International Exchanges and Education
Thursday, May 4th at 10:30am	Chair Yoga	If you want to try yoga but are nervous about getting up and down off the floor, chair yoga might be the answer! In this class, we will practice seated postures and some standing postures, using a chair for balance and support. Instructor: Jennifer Johnson, Owner, New Sky Coaching, LLC
Thursday, May 4th at 1:30pm	Gardening for All Seasons	If you would like to have a garden with blooms and beautiful plants all season then this is the program for you. The presentation will cover plants that bloom in the various seasons along with those for visual interest. The session will include a presentation of native and non-native perennials as well as some annuals and shrubs. There will be something for everyone! Instructor: Cornell Master Gardener
Monday, May 8th at 1:30pm	History of North Tonawanda Amusement	Join the Herschell Carrousel Factory Museum for a history of the four North Tonawanda Companies, their products, and the legacy they left behind. Instructor: Marissa Seib, Education Coord., Herschell Carrousel Factory Museum
Tuesday, May 9th at 10:30am	A Short History of the Roycroft Campus	Working in the late nineteenth century, Elbert Hubbard, a soap salesman, would be a catalyst for the Arts & Crafts movement in America. After being inspired by a trip to William Morris's Kelmscott Press in England, Hubbard would return to East Aurora, N.Y. and build his first Roycroft Shop in 1897. Combining his strong business sense and the Arts & Crafts ideals, he would create an industry of hand printing, illuminating and bound books. Within a few years, the Roycroft Shops would undergo multiple expansions and produce a variety of handcrafted art including furniture, copperwork, and stained glass. Although the Roycroft would close due to tragedy and the Great Depression, a renaissance has begun. Come hear the stories of the rise, fall and rebirth of this National Historic Landmark, right here in Western New York. Instructor: Alan Nowicki, Program Director, Roycroft Campus
Tuesday, May 9th at 1:30pm	Edison. Tesla. The Myths. The Truth	In this dynamic, visual presentation, learn about the two Americans whose scientific contributions have affected the entire world. Discover how fictitious and hyperbolic mythologies have developed around Edison and Tesla with the advent of the Internet. Uncover the distinction between reality and contrivance. Instructor: Francis S. Lestingi, PhD, Professor Emeritus of Physics and History of Science at the State University of New York College at Buffalo
Monday, May 15th at 10:30am	Pickleball Injury & Prevention	Holy Drop Shot Batman! Join us to talk about the hottest new sport in the area! Learn some great prevention tips to help you warm up better for your matches. Discuss some common injuries associated with Pickleball and how you can treat them to get you back on the court in no time! We will talk about some additional recovery ideas as well, to help you get ready for your next team event! Instructor: Excelsior Orthopaedics
Monday, May 15th at 1:30pm	Photography's Invention & Prehistory	This talk looks at the developments leading up to the invention of photography and the first pictures. You will also learn about Buffalo's own Center for Exploratory & Perceptual Arts, CEPA Gallery. A contemporary photography & Visual Arts Center. View their website: www.cpagallery.org Instructor: Nate Ely
Thursday, May 18th at 1:30pm	Balancing the Middle East: Iran & Saudi Arabia	We'll discuss the history of Iranian influence in the region and how the balancing act of the United States between Iran and Saudi Arabia contributes to policy implementation. Instructor: Faizan Haq, Communication Department Faculty, SUNY Buffalo State; Founding President, Western New York Muslims
Friday, May 19th at 1:30pm	200 Years on the Erie Canal	The first Erie Canal, which opened in 1825, gave way to an Enlarged Erie Canal through the 1800s. In the 1900s, the Enlarged Erie Canal gave way to the Barge Canal, today's Erie Canal. This presentation provides an overview of the canal's evolution over the last two hundred years. Instructor: Mary Durlak, Member of the Canal Society of New York State. Writer, editor at Buffalo State (retired)
Monday, May 22nd at 1:30pm	Cooking with the Commissioner	Join Commissioner Angela Marinucci as she makes a favorite recipe and engages in a live-ly Q&A. Yes, there will be food to sample! You can bring your favorite recipes to share with the group too! Instructor: Angela Marinucci, Esq., Commissioner, Erie County Department of Senior Services
Monday, May 22nd at 10:30am	Images of Freedom	What comes to mind when you think of freedom (or lack thereof) in Art imagery and iconic symbols? We'll review the process of American freedom, after looking at what inspired liberty around the world. Seeking personal freedoms to express yourself, whether it's painting like Jackson Pollock or just being able to wiggle your toes in forgiving fashions, are just a few of the ways we will explore this topic and how we seek a very basic human drive. Instructor: Jean Serusa, BS/MS Certified NYS Art Educator

Mon., May 22nd at 1:30pm	Russian & Turkish Authoritarianisms: A Historical Comparison	Both Russia and Turkey have strong authoritarian institutions from their centuries-old imperial histories to the modern political structures. Turkey's democratic experience since the 1950s has been marred with military interventions and secularist or Islamist oppressive practices. Russian hopes for a more democratic and liberal governance faded away under Putin's single-handed rule. This class will explore how both nation's authoritarian traditions have grappled with westernization and their unique cultural markers. Instructor: Mustafa Gökçek, PhD, Professor, History Department; Director, MA-Interdisciplinary Studies, Niagara University
Wed., May 24th at 10:30am	The Tale of the Tulip	A Brief History of the Tulip, including varieties and a trip to Keukenhof Gardens in the Netherlands. Great photos and maybe a tip or two about tulips you might not know. Instructor: Mary Ann Kedron, MBA, PhD, BOD Black Rock Historical Society
Wed., May 31st at 1:30pm	US War Production during WWII	Once America joined the war and found its footing, it became inevitable that the Axis powers would lose the war. Learn how the US created the largest and most complex building program the world has ever seen and how this program overwhelmed the Axis powers with material. Instructor: Shane Stephenson, Director of Museum Collections, Buffalo & Erie County Naval & Military Park
Fri., June 2nd at 1:30pm	Banking in Buffalo	Buffalo has a rich history in banking. Although there were numerous banks created over the last two hundred years, only one of them is still in Buffalo under its original name! This talk will include a discussion of the individuals who forged Buffalo's economy and created banking institutions that helped make Buffalo prosperous and inventive. There were also key players on the national scene of financing that hailed from Buffalo. As important as the history of banking are the buildings constructed to house them. Buffalo's beautiful bank buildings are part of our architectural assets and admired around the world. Instructor: Explore Buffalo Docent
Mon., June 5th at 10:30am	Self Defense for Seniors	Awareness, prevention, and techniques to protect yourself. Instructor: Sister Judith Beiswanger, Sister of St. Francis, Retired Teacher and Director of Faith Formation. *Sr. Judith decided to take Tae Kwon Do classes at age 56. She achieved her black belt in Tae Kwon Do at age 60!



Bocce is back in May! Begins Monday, May 1st and Tuesday, May 9th



Couples Team Bocce Mondays at 9:00 am
Open Bocce 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 - 3:00 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, May 19th 9:00 - 3:00 pm
Friday, June 23rd 9:00 - 3:00 pm
Friday, July 28th 9:00 - 3:00 pm



ART CLASSES

Late registrations will not be accepted for instructed classes.

NEW!

Watercolor- Try Before you Buy! Instructor Dan Tuesdays at 10am - Noon

4 week session 5/9 - 5/30 Cost \$45.00

Paint a landscape in watercolor - **supplies included.**
Experience hands on, step by step instruction learning basic watercolor techniques in a relaxed environment. Explore this fascinating medium with all supplies needed to complete your masterpiece before investing in your personal set of materials.

Intermediate Watercolor - Instructor Dan Meyer Tuesdays at 1:00 pm - 3:00 pm

6 week session 4-18 - 5/30 Cost \$35.00
7 week session 6/6 - 7/25 Cost \$40.00 No Class 7/4

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
*supply list for classes available at the front desk**

Learn to Draw - Instructor Dan Meyer

Tuesdays at 10:00 am - Noon

7 week session 6/6 - 7-25 Cost \$40.00 NO Class 7/4

This class will introduce you to basic drawing skills and includes proportionate, contour and perspective drawing. Learn to combine line, shape and form to bring simple objects to life. Pick up Supply List at the FRONT DESK prior to start of class.

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!

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.

Mon 5/1 Cheese Omelet with Peppers, Onions & Tomatoes
Cheesy Diced Potatoes, Seasoned Spinach, Raisin Bread
Fruit Compote

Tues 5/2 Breaded Pork Chop with Gravy, Lazy Pierogi, Peas
Marinated Beet & Onion Salad, Roll, Cinnamon Pear Crisp

Wed 5/3 Rigatoni with Italian Sausage, Tomato Sauce &
Mozzarella, Broccoli Florets, Salad, Roll, Peach Bavarian

Thurs 5/4 Grilled Bacon, Cheese, Ham Turkey Sandwich
Diced Potatoes, Carrots, Four Bean Salad, Brownie

Fri 5/5 CINCO DE MAYO - Entertainment at 11:00am Ground
Beef Taco with Lettuce, Tomato & Cheese in a Taco Shell,
Spanish Rice, Fiesta Corn, Key Lime Pie

Mon 5/8 Pork Ribette with BBQ Sauce on a Bun,
Scalloped Potatoes, Peas with Red Peppers, Ice Cream

Tues 5/9 Stuffed Shells with Tomato Meat sauce &
Mozzarella, Grape Juice, Cauliflower, It. Bread, Cookies

Wed 5/10 Chicken Kiev with Herb Sauce, Vegetable Rice Pilaf
Broccoli Florets, Salad, Roll, Cheesecake with Chocolate Sauce

Thurs 5/11 Tuna Macaroni Salad on a Bed of Fresh Salad
Greens with Dressing, Crackers, Fresh Apple, Ch Milk

Fri 5/12 Roast Beef with Horseradish & Gravy on a Bun
Mashed Potatoes, Vegetables, Straw. Gelatin w/ Fruit

Mon 5/15 Ham Steak w/ Pineapple Sauce, Sweet
Potatoes, Cabbage with Dill, Roll, Shortbread Cookies

Tues 5/16 KEVINS SPECIAL LUNCHEION - Pre
registration Required at the front desk

Wed 5/17 Cheese Tortellini with Chicken & Red Pepper Cream
Sauce, Carrots, It. Mixed Veg., Italian Bread, Orange, Ch. Milk

Thurs 5/18 Turkey with Stuffing & Gravy, Molded
Cranberry Salad, Mashed Butternut Squash
Green Bean Casserole, Fruit Compote

Fri 5/19 Stuffed Pepper with Tomato Meat sauce,
Potatoes, Broccoli Florets, Dinner Roll, Straw. Bavarian

Mon 5/22 Polynesian Chicken over Rice, California Blend
Vegetables, Zucchini & Summer Squash Ch. Cake

Tues 5/23 Sloppy Joe on a Roll, Tater Tots
Mixed Vegetables, Tropical Fruit

Wed 5/24 Greek Grilled Chicken Breast Salad with
Greek Dressing, Multigrain Bread, Fresh Banana, Ch. Milk

Thurs 5/25 Vegetable Quiche with Cheese Sauce
Beans, Beets, Honey Bran Square, Mandarin Oranges

Fri 5/26 Memorial Day Lunch Chicken Drumsticks,
Macaroni Salad, Broccoli, Fruit Punch, Roll, Ice Cream

Mon 5/29 NO MEALS - CENTER CLOSED

Tues 5/30 Breaded Chicken Breast with Buffalo Style
Sauce, Corn, Broccoli, Fruit Cocktail

Wed 5/31 Turkey with Stuffing, Gravy & Cranberry
Sauce, Sweet Potatoes, Peas, Applesauce, 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

Highmark BlueCrossBlueShield

Monday, May 15th from 9am - 11am

UNIVERA

Tuesday, May 9th from 10am - Noon

United Healthcare

Thursday, May 11th from 1-3pm

Independent Health

Thursday, May 18th from 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.

\$1.00 per person

Includes bag of chips or popcorn

Pre - register at the front desk to attend

5/3 The Pink Panther 2 (PG) Steve Martin stars as bumbling inspector Jacques Clouseau, who joins an international team of detectives out to catch a thief taking priceless artifacts.

5/10 or 5/11 A Man Called Otto (PG 13) A grumpy widower forms an unlikely friendship with his new neighbors that turns his world around.

5/17 The Way Back ® Former high school basketball phenom, now struggling from a loss, is asked to coach today's mediocre team and sparks them on a winning streak. But is it enough for redemption?

5/24 or 5/25 The Whale ® A reclusive English teacher, living alone in the wake of a tragedy, attempts to reconnect with his teenage daughter for a chance at redemption in filmmaker Darren Aronofsky's emotional story of heartache, empathy, and grace.

5/31 All Quiet on the Western Front ® When 17 year old Paul joins the Western Front in World War I, his initial excitement is soon shattered by grim reality of life in the trenches.

MAY SCHEDULE OF EVENTS

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Fitness Room 9:00 Pool Shooting 9:00 Medit. & Yoga 9:00 Ladies Exercise 9:30 55+ Pickleball 10:30 Learn to Play 55+ Pickleball 10:30 Five Crowns 11:00 Gentle Hatha Yoga w/Barb 11:00 Learn to Play Bridge NOON LUNCH 12:30 Bridge 12:00 55+ Pickleball 2:00 UMA MOVES 1:30 55+ Pickleball <u>Evening Class</u> 5:30 20.20.20</p> <div style="border: 1px solid black; padding: 5px; background-color: #ffffcc; margin-top: 10px;"> <p><u>Open Walking In the GYM:</u> Monday - Friday 9:00 am - 2:00pm</p> </div>	<p>8:30 Fitness Room 8:45 Mens Exercise 9:00 Shuffleboard 9:00 Pool Shooting 9:00 55+ Pickleball 10:00 Beg. Watercolor 10:15 Int. Line Dance 10:30 Club 99 11:30 55+ Pickleball NOON LUNCH 12:00 Tap for Fun 1:00 Inter. Watercolor 1:00 Bingo 2:00 Card Bingo 1:00 55+ Pickleball 1:15 Stretch and Barre 2:00 55+ Pickleball <u>Evening Classes</u> 4:00 Ballroom Dance 5:30 Cardio Drumming</p> <div style="border: 1px solid black; padding: 5px; background-color: #ffe4c4; margin-top: 10px;"> <p>Billiards Room Closed 8-Ball Tournament Tuesdays 12:30pm - 2:30pm</p> </div>	<p>8:30 Fitness Room 8:45 Mens Exercise 9:00 Sewing Club 2nd and 4th wk 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 55+ Pickleball 9:30 Hand & Foot Line Dance 10:00 Beginner 10:00 Beginner Tai Chi 10:15 Arthritis Class 11:15 Inter. Tai Chi 11:30 Yoga 11:30 Mobility Matters NOON LUNCH 12:30 OpenCards/Games 12:30 Strength Training 1:00 Balls, Bands & Balance Class 1:00 Movie 1:00 Corn Hole 1:00 Chess Club 1:30 Pickleball</p>	<p>8:30 Fitness Room 8:45 Mens Exercise 9:00 Pool Shooting 9:00 55+ Pickleball 9:30 Dominoes 10:00 UMA MOVES 10:30 Club 99 11-3 Game Room 11:30 55+ Pickleball NOON LUNCH 12:45 Mah Jong 1:00 Adv. Tai Chi 1:30 55+ Pickleball</p> <p style="text-align: center;"><u>Evening Classes</u></p> <p>5:15 Evening Yoga with Marie 6:30 Cardio Drum</p> <div style="border: 1px solid black; padding: 5px; background-color: #fff2cc; margin-top: 10px;"> <p><u>Basketball Free Throw</u> Bring your own ball and shoot some hoops. Mon - Fri 8:30 - 9:30am Mon- Fri 11:30 - 12:30pm</p> </div>	<p>8:30 Fitness Room 8:45 Cardio Drum 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 55+ Pickleball 10:00 Euchre 10:00 Zumba 10:30 Art w/ Friends 10:45 Yoga Flow NOON LUNCH 12:00 Circuit Training 12:45 MahJong 1:00 Pinochle 1:15 BAM (Balance and Mobility Class) 2:30-4 55+ Pickleball</p> <div style="border: 1px solid black; padding: 5px; background-color: #e0f0ff; margin-top: 10px;"> <p><u>Fitness Room Closed</u> Wednesdays 12:30-1:30pm Fridays 12:00- 1:00pm</p> </div>

May Book Club

Monday, May 22nd at 10:30am
“Educated” by Tara Westover

This book is a memoir that recounts overcoming the author's survivalist Mormon family in order to go to college, and emphasizes the importance of education in enlarging her world.

June Book Club

Monday, June 26th at 10:30am

“When Breath Becomes Air “ By Paul Kalanithi

This memoir of the author, a neurosurgeon at Stanford University, who is diagnosed with terminal lung cancer in his mid thirties. Kalanithi uses the pages in his book to not only tell his story, but also his ideas on how to approach death with grace and what it means to be fully aware.

Anyone is invited to come and join in the discussion!

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 \$2.00 each.



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.

LEARN TO PLAY PICKLBALL

Mondays at 10:30am

8 week session 4/3 - 5/22 Cost \$48.00

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.
- Instructor Bio: Carl has been playing pickleball for 6 years. He started like everyone else, never playing before and by the 3rd year he was a level 4.0 out of 5! He looks forward to teaching new players the skills to succeed on the court. The best thing about learning from Carl is he cares about his students!

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 5/1 - 6/19 Cost \$30.00
No Class 5/8 or 5/29 Pay the Instructor 6/26, 7/3, 7/10, 7/17
Cost is \$5.00 per class

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 5/3 - 6/28 Cost \$40.00 NO Class 6/7
Pay the Instructor 7/5, 7/12, 7/19 Cost is \$5.00 per class
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

5 week session 5/1 - 6/5 Cost \$25.00
6 week session 6/12 - 7/17 Cost \$ 30.00

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

EVENING YOGA with MARIE Thursdays at 5:15 pm

4 week session 4/20 - 5/18 Cost \$20.00
6 week session 5/25 - 6/29 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.

Beginner Tai Chi Wednesday at 10:00 am

8 week 5/3 - 6/21 Cost \$ 40.00

!

Intermediate Tai Chi Wednesday at 11:15 am

8 week 5/3 - 6/21 Cost \$40.00

Join Cynthia Swiech as she teaches you Tai Chi an Ancient Traditional Chinese practice that combines the mind, body and spirit. It is practiced today primarily for its health benefits, stress relief and relaxation. You will learn how to use meditation and deep breathing to move through a series of continuous exercises, called "forms" which resemble slow moving dance movements.

Advanced Tai Chi Thursdays at 1:00 pm

8 week session 4/13 - 6/1 Cost \$45.00
8 week session 6/8 - 7/27 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.

BAM! – Balance and Mobility Class

Fridays at 11:45am -NEW TIME

6 week session 6/9-7/14 Cost \$30.00

BAM! incorporates strength, balance and mobility exercises that prepare your body for everyday activities. This class includes multiple-muscle and multiple-joint movements that will help you do real-life, everyday things like lift, bend, twist, squat and haul! We'll end every class with a fun obstacle course and some flexibility exercises.

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

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

Learn to Ballroom Dance Tuesdays at 4:00 pm

4 week session 4/25 - 5/16 Cost \$20.00

4 week session 5/23 - 6/13 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.

Tap Dance for Fun Tuesdays at Noon

5 week session 5/2 - 5/30 Cost \$25.00

Pay as you go 6/6, 6/13, 6/20, 6/27 Cost is \$5.00

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

5 week session 5/2 - 5/30 Cost \$25.00

Pay as you go 6/6, 6/13, 6/20, 6/27 Cost is \$5.00

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.

Cardio Drumming Fridays at 8:45 am

7 week session 3/17– 5/5 Cost \$40.00 no class 4/7

7 week session 5/26 - 7/14 Cost \$42.00 no class 6/19

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 3/16 - 5/19 Cost \$45.00

7 week session 5/25 - 7/13 Cost \$ 42.00 no class 6/15

Cardio Drumming Evening Tuesdays at 5:30 pm

8 week session 3/14 - 5/9 Cost \$45.00

6 week session 5/23 - 7/11 Cost \$36.00

NO class 6/13 and 7/4

Zumba Fridays at 10:00 am

8week session 3/17– 5/5 Cost 40.00 no class 4/7

7week session 5/26 - 7/14 Cost \$35.00

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.

20/20/20 Monday at 5:30 pm

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

6 week session 5/22 - 7/10 Cost \$36.00

No class 5/29 and 6/12

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.

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

6 week session	4/28– 6/2	Cost \$48.00
6 week session	6/9 - 7/14	Cost \$30.00

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**

7 week session	5/10 - 6/21	Cost \$56.00
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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.

Arthritis Class Wednesday at 10:15am**FREE CLASS**

This is a gentle movement program with some standing and some seated activities. The exercises promotes optimum joint flexibility, strength, endurance, coordination and some balance activities. This is great for people that really do not exercise much and if you don't offer other types gentle movement programs. Taught by a Certified Functional Aging Group Exercise Specialist, Jill Bronsky

Mobility Matters Wed. at 11:30am

4 week session	5/17— 6/7	Cost \$24.00
6 week session	6/14 - 7/19	Cost \$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

Bands, Balls & Balance Wed. at 1:00pm

4 week session	5/17— 6/7	Cost \$24.00
6 week session	6/14 - 7/19	Cost \$35.00

Small red (yoga type balls) that are great for movement and resistance activities will be used during this class. Bands will be used to help increase strength in the upper and lower body. Balance activities are provided while either standing behind or next to their chair. Taught by a Certified Functional Aging Group Exercise Specialist, Jill

Introduction to Line Dance Step Class

Wednesdays at 11:15am — 12:00pm

6 week session	5/3 - 6/7	\$12.00
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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

**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.

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

This Free class helps motivate you to work toward a healthy lifestyle. Take the first step in living a healthy life by showing up for Men's Fitness.

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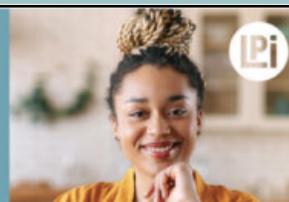


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Coming In June.....

Fifteen Ways to Avoid Probate Tuesday, June 6th at 1:00pm

Attorney Robert Friedman of Friedman & Ranzenhofer, PC drawing on over forty-four years of estate planning legal experience, will be presenting:

"Fifteen Ways to Avoid Probate." Learn about estate and asset protection planning techniques, probate legal procedures, the risks and benefits of avoiding probate, the best forms of real estate ownership, common estate planning mistakes, recent changes in estate and gift tax laws, the duties of trustees and executors, myths about living trusts, updating your will, life insurance, IRAs, annuities, joint accounts, payable-on-death accounts, and preventing will contests.

LUNCH AND LEARN

Join the Zappia Real Estate Team on
Friday, June 9th at 1:00pm

Thinking of Selling your Home this year? Join us for a localized market update to find out whether NOW is the time to sell? Lunch provided for all participants.
Pre-Registration Required.

German Schwaben Spring Concert Wednesday, June 14th at 2:30pm

Join us in celebrating the sounds of Spring with a special concert by the German Schwaben Chor celebrating their 142nd anniversary year. Listen to their clodic voices of the choir harmonize beautifully and create a wonderful welcome to our spring season. Meet and greet with light refreshments following the performance!

Cost \$3.00. Register and Pay by 6/7

Welcome Summer Dinner

RED, WHITE and BLUE Dinner

Wednesday, June 28th at 4:00pm

Celebrate the start of summer and enjoy a delicious Chiavetta's chicken dinner with all the fixins'.

Following dinner enjoy live entertainment by
The Boys Of Summer Band.

Cost is \$15.00. Doors open at 3:45 pm.

Reserve your spot and pay by June 22nd or until sold out
Don't miss out on this fun evening.

**Thank you Eye Care & Vision Associates for
your generous donation towards this event!**



Strawberry Social

Featuring Jack Civiletto

Friday, June 23rd at 1:00pm

Enjoy two favorites... a delicious strawberry dessert and entertainment by Jack Civiletto and April Mazzone.

Cost is \$3.00.

Register at the front desk by June 16th.

Doors open at 12:45pm

**Special Thanks to ELDERWOOD Assisted
Living at West Seneca for your generous
donation towards his event.**

Buffalo Double Decker Bus Tour And Lunch Buffet at RiverWorks

**Thursday, June 22nd
10am (Bus departs the center)**



Our day will begin as the double decker bus arrives at the center to pick us up for the tour. Our host, Irish Cop Officer O'Connor will tell the story of Buffalo's humorous history. His Irish brogue and wit brings to life the story of Buffalo's founding, immigration, growth, downturn and eventual renaissance. The tour includes downtown, architecture and waterfront. It is probable that we'd stop to view the Long Shed in Canal side where they are building a 73 foot long wooden Canal boat .

Following the tour, it's time for lunch at RiverWorks.

Cost is \$69.00 per person

There are 44 seats on the top of the bus and 21 below. At registration you will be asked where you would like to sit to reserve your spot. Upper seats require climbing stairs. Seat location cannot be guaranteed.

**Tickets go on Sale
Wednesday, May 3rd at 9am.**



**The Colony Restaurant
Routes 5 & 20—Irving, NY
Thursday, June 1, 2023 @ 5pm**

**The Cost is \$40.00
Tax and Tip are included.**

**All Entrees are served w/ Salad, Potato.
Vegetables. Bread and Butter. Coffee or Tea
and Dessert.**

- 1. Pecan Crusted Pork Chop**
- 2. Blue Salmon**
- 3. Veal Parmigiana served with Pasta**

**Please Call AMY SanFilippo at 716-627-7772
For reservations by May 19th, 2023**