



# Orchard Park Senior Center

4520 California Road  
Orchard Park, NY 14127



**JUNE 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



*If you look at what you have  
in life, you'll always have  
more. If you look at what you  
don't have in life, you'll never  
have enough. - Oprah Winfrey*

## Notes From Maria.....



Welcome to June and the start of summer! In addition to the summer festivities of graduations and picnics, June also has a day to celebrate and honor fathers. Join us Thursday, June 15th for our Father's Day Luncheon as we celebrate the father's, Father-in-law's, step fathers and the men who are like fathers to us.

This year we will celebrate 32 years of the Orchard Park Senior Summer Games. The Summer Games will be held July 10th through July 18th. This is an opportunity to meet new people and participate in fun events such as Minute to Win It, Bocce, and Nine Ball Pool. Pick up a registration form at the Center June 12th through July 7th.



### 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  
PRESENTATIONS AND ACTIVITIES.  
THANK YOU!**



**Coffee and Conversation  
At the Orchard Park Senior Center  
With Town Councilman Scott Honer  
Thursday, June 1st at 11:15am**

The Orchard Park Senior Center and Town Councilman Scott Honer 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 share ideas you may have.

**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.

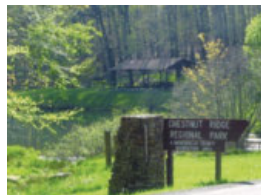
**Fifteen Ways to Avoid Probate  
Tuesday, June 13th at 1:00pm**

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.

**Hike at Chestnut Ridge with a Park Ranger  
Tuesday, June 13th at 9am**

Join a Park Ranger on a guided nature walk of Chestnut Ridge Park. Enjoy a morning of socializing and some light exercise with friends in a beautiful natural setting. Meet the Park Ranger at the Deputy Commissioners Cabin.



**The History of Old Glory  
Wednesday, June 14th at 10:45am**

Join us on Flag Day to celebrate the history of the American Flag from 1776 to today! A patriotic fun filled presentation about our country's greatest symbol, our American Flag! Instructor: Dick Helmbrecht, Past Boy Scout Master



**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 Choir celebrating their 142nd anniversary year. Listen to the melodic 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**

**The “Cloud” Storage Presentation  
Tuesday, June 20th at 10:30am**

The definition for the cloud can seem murky, but essentially it's a term used to describe a global network of servers, each with a unique function. Join us to learn about the basic components and concepts of “The Cloud” Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo & Erie County Public Library

**Tablets for \$10.01 — FREE T– MOBILE INTERNET  
Wednesday, June 21st 9am – Noon**

To Qualify: you must make under \$70,000 per year.  
Call to make an appointment.

**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 this event.**

**Cataracts and Eye Health  
Wednesday, June 28th at 12:45pm**

Please join us for a discussion surrounding the eye health of senior citizens. We will focus on cataracts, as this is the most common reason for visual deterioration as we age. Cataract surgery can be a life changing experience, and our goal for the session is to provide you with a basic understanding of what cataracts are, how they are treated, and what to expect afterwards. At this informal session our speaker will also discuss Glaucoma, Macular Degeneration and any other eye conditions that are of interest as well. Presented by Dr. Nathaniel Simmons of Southtowns Eye Center in Orchard Park.

**RED, WHITE and BLUE Dinner– SOLD OUT  
Wednesday, June 28th at 4:00pm**

Doors open at 3:45 pm.

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

**Health Care Options Coverage for Seniors  
Tuesday, June 27th at 11am**

Join Bill Daniels for a discussion on coverage for individuals who do not have Medicare; options to fill in Medicare; paying for prescriptions and the Inflation Reduction Act and its impact on prescription drugs.



## The Senior Games are back!

Orchard Park Senior Center would like to invite you and your friends to the:



### 2023 Orchard Park 32nd Annual Senior Games July 10-18, 2023

\*Registration forms available at the front desk  
June 12th - July 7th \*

#### Events and Times:

##### **Mon 7/10-7/14 Walking Challenge**

**\*\*Pick up the forms to track your steps by**

**Fri 7/7 and return completed forms by 7/14\*\***

##### **Monday, July 10th**

9:00 am Bocce Couples  
\*rain date Mon 7/18  
9:00 am 5 Five Crowns Tournament  
11:00 am Smarty Pants Trivia Daze  
12:30 pm Duplicate Bridge Tournament

##### **Tuesday, July 11th**

9:00 am Bocce Open  
\*rain date Tue 7/18  
1:00pm Shuffleboard Tournament  
1:00 pm Chess Tournament

##### **Wednesday, July 12th**

9:30 am Outside Games  
(Bean Bag Toss, Putt to the Hole, Ladder Toss, Egg & Spoon Obstacle Course, Marshmallow Drive & Water Balloon Challenge) \*\*Games indoors if rain  
1:00 pm Corn Hole Tournament  
1:30 pm Hand & Foot Tournament

##### **Thursday, July 13th**

9:00 am Mexican Train Dominos Tournament  
1:00 pm Nine Ball Tournament  
12:30pm Minute to Win It Games  
(games announced at event)

##### **Friday, July 14th**

9:00 am Euchre Tournament  
1:00 pm Mah Jong Tournament  
1:00 pm Pinochle Tournament

##### **Tuesday July 18th**

9:00 am Beginner Pickleball Tournament  
12:30 pm Intermediate Pickelball Tournament

**Thank You!**

**BCBS of Western New York**  
for generously  
sponsoring this event.



## Presentations Coming Soon.....

### **Container Gardening for SNAP—Eligible Thursday, July 6th at 12:45pm**

Have you ever wanted to garden but don't have the space? No problem! Even if you don't have a front porch or garden for planting your own food, you can still grow produce in the comfort of your own home. Please join us for FREE hands-on Container Gardening Workshops, which will provide easy gardening techniques plus nutrition tips for "growing" healthy habits in all settings. Materials are provided and all skill levels are welcome – plus you'll get to take your container home with you! **Seating is reserved for SNAP recipients only.**

### **Coping with Grief and Loss Monday, July 17th at 1:00pm**

Grief is a universal experience we all come to understand in different ways. Join us in exploring how different kinds of loss can cause grief, and how best to cope, or help others cope, through the most difficult of times. Practical strategies and useful resources will be available.

### **IPAD & iPhone Basics Monday, July 24th at 1:30pm**

Once you have an iPad or iPhone, your next step should be learning about the physical features of the device and the accessories that come with it. This includes the different buttons and ports, how to turn the device on and off, how to charge the battery, and the importance of protecting the screen. Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo & Erie County Public Library

### **Medical Emergency. Call 911! Then what? Tuesday, August 15th at 11:30am**

Find out when you join us at the Orchard Park Senior Center on August 15th 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!**

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

Join Maggie for a free class to learn the basics.

- Monday, July 17th - Letters of the Alphabet, your name
- Monday, July 24th - Calendar, days, months, season, weather
- Monday, July 31st - Foods

Registration Required to attend.  
Join Maggie for one or all dates!

## Documentary Film & Discussion

### Mondays at 12:45 pm

**Monday, June 5th at 12:45pm**

#### Greatest Events of WWII—Liberation of Buchenwald

U.S troops in Germany discover the Buchenwald concentration camp, and the Allies begin to reckon with the unspeakable reality of the Holocaust.

**Monday, June 26th at 12:45am**

#### Greatest Events of WWII—Hiroshima

To avoid a protracted ground war, the US uses atomic bombs against Japan, causing unprecedented devastation—and changing the course of history.

## June Book Club

**Monday, June 26th at 10:30am**

### “When Breath Becomes Air” By Paul Kalanithi

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

## July Book Cook

**Monday, July 17 at 10:30am**

### “To Kill a Mockingbird”

This book is both a young girl's coming-of-age story and a darker drama about the roots and consequences of racism and prejudice, probing how good and evil can coexist within a single community or individual.

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

## 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.*

## Chess Club

**Wednesdays 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.

## Play Five Crowns

### Mondays at 10:30am

**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 until the Kings go wild!



## Bocce is back!!

**Monday and Tuesday**

**Couples Team Bocce**  
**Open Bocce**

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



Bocce is a fun game similar to lawn bowling. Players are awarded points for the balls thrown closest to the pallino ball. It's a game of strategy and skill. Bocce is played at Green Lake during the months of June, July and August. Look for the Bocce Courts across from the Recreation Building at Green Lake.

Register at the front desk.

*Please park in the gravel lot for Bocce*

## 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, June 23rd 9:00 - 3:00 pm **SOLD OUT**  
Friday, July 28th 9:00 - 3:00 pm  
Friday, August 18th 9:00 - 3:00 pm  
Friday, September 22nd 9:00 - 3:00 pm



## ART CLASSES

*Late registrations will not be accepted for instructed classes.*

### 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.

### Intermediate Watercolor - Instructor Dan Meyer

**Tuesdays at 1:00 pm – 3:00 pm**

**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](http://www.danmeyerwatercolors.com)

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

### 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.

### Rock Painting For Fun FREE

**Fridays at 12:30 – 2:30pm**

Bring your own supplies (rocks) and create a masterpiece to keep or hide in the community.

NO Instructor. All are 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.

**Thurs 6/1** Creamy Tomato Soup, Chef Salad with Dressing & Garbanzo Beans, Macaroni & Cheese, Cauliflower, Ch. Mousse  
**Fri 6/2** Breaded Pork Chop with Warm Cinnamon Apples  
Mashed Butternut Squash, Creamy Cabbage with Dill, Wheat Bread, Frosted Spice Cake

**Mon 6/5** Turkey a la King, Mashed Potatoes, Carrots, Biscuit, Chocolate Chip Cookies

**Tues 6/6** Ham Steak with Fruit Glaze, Scalloped Potatoes  
Peas with Red Pepper, Rye Bread, Frosted Lemon Cake

**Wed 6/7** Grilled Chicken with Pineapple Salsa, Rice Pilaf  
Broccoli, Corn, Butterscotch Pudding

**Thurs 6/8** Beef Taco Salad on a Bed of Lettuce with,  
Shredded Cheddar & Crispy Tortillas, Fruited Gelatin

**Fri 6/9** Chicken Parmesan with Pasta, Tomato Sauce &  
Mozzarella, Wax Beans, Chef Salad with Dressing, Tropical Fruit  
Chocolate Milk

**Mon 6/12** Chili Con Carne with Shredded Cheddar, Carrots  
Fruit Punch, White Rice, Pineapple

**Tues 6/13** Vegetable Lasagna with Cream Sauce, Green  
Beans, Cauliflower, Dinner Roll, Frosted Marble Cake

**Wed 6/14** **Flag Day Luncheon** Hot Dog with Baked beans  
and Ketchup on a Bun, Potato Salad, Corn, Orange Creamsicle

**Thurs 6/15** **Father's Day Luncheon** Roast Beef Gravy, Chef  
Salad, Ranch Mashed Potatoes, Green Beans, Dinner Roll,  
Boston Cream Pie

**Fri 6/16** **Juneteenth Meal** Bone-in Chicken Breast with BBQ  
Sauce, Macaroni & Cheese, Seasoned Mixed Greens, Country  
Tomato Salad, Cucumber and Onion Salad, Straw. Ice Cream

**Mon 6/19** NO MEALS SERVED/ BUILDING OPEN

**Tue 6/20** Beef Macaroni Casserole with Mozzarella  
Cali Mixed Veg., Grape Juice, Rye Bread Ch. Chip Cookies

**Wed 6/21** **Welcome Summer Luncheon** Grilled Chicken,  
Mandarin Orange and Sunflower Salad with Dressing,  
Multigrain Bread, Strawberry Shortcake w/ Whipped Topping

**Thurs 6/22** Roasted Turkey w/ Gravy & Cranberry Sauce,  
Mashed Potatoes, Peas, Carrots, Breakaway Roll, Jello

**Fri 6/23** Beer-Battered Fish w/ Tartar Sauce, Cheesy Diced  
Potatoes, Green Beans, Dinner Roll, Coleslaw, Mandarin  
Oranges

**Mon 6/26** Cheese Ravioli with Meat Sauce & Mozzarella  
Cauliflower, Summer Squash with Peppers, It. Bread, Cake

**Tues 6/27** Ancho Chicken Fajita Skillet on a Flour Tortilla,  
Spanish Rice, Cream Style Corn, Sugar Cookies

**Wed 6/28** Pork Stew, Mashed Potatoes, Biscuit, Chick Pea  
Salad, Frosted Cherry Cake

**Thurs 6/29** Swedish Meatballs over Pasta, Summer Pea  
Salad, Fruit Punch, Chef Salad, Oranges, Ch. Milk

**Fri 6/30** Ham & Cheese Omelet with Cheese Sauce, 1/2 slice  
of Tator Tots, Broccoli Florets, Orange Juice, Tropical Fruit

### **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, June 5th from 9am - 11am

#### **United Healthcare**

Thursday, June 8th from 10am - 12pm

#### **Aetna**

Monday, June 5th from 10am - 12pm

#### **SAVE THE DATE: Health Insurance Fair**

Wednesday, October 25th 1:30pm - 3:30pm &

Monday, November 13th 1:30pm - 3:30pm

### **Nutrition Outreach & Education**

Wednesday, June 21st

Thursday, July 13th

Monday, July 17th

A Nutritional Outreach and Education Program Coordinator at Community Action Services will be at the center to assist with SNAP benefit paperwork.

### **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—pay day of movie***

***Includes bag of chips or popcorn***



**6/7 Book Club (PG-13)** Four Friends' (Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen) lives are turned upside down to hilarious ends when their book club tackles the infamous Fifty Shades of Grey.

**6/14 80 for Brady (PG-13)** Four best friends go on an unforgettable journey to see Tom Brady play in Super Bowl. 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.

**6/21 TAR** Starring Cate Blanchett is an iconic musician Lydia Tar. Tar examines the changing power, its impact and durability in our modern world.

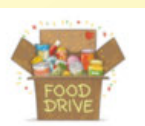
**6/28 Avatar: The Ways of Water (PG-13)** Reaches new heights as James Cameron returns to the world of Pandora. Set a decade plus after events of the first film, this breathtaking new movie tells the story of the Sully family and introduces audiences to the majestic ocean.

*Warning: Some flashing—lights scenes in this film may affect photosensitive viewers.*



# JUNE SCHEDULE OF EVENTS

MONDAY	TUESDAY	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>10:30 Learn to Play 55+ Pickleball</b> <b>10:30 Five Crowns</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>12:30 UMA MOVES</b> <b>1:30 55+ Pickleball</b>  <u>Evening Class</u> <b>5:30 20.20.20</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>11:30 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>1:15 Stretch and Barre</b> <b>2:00 55+ Pickleball</b>  <u>Evening Classes</u> <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> 2nd and 4th wk <b>9:00 Pool Shooting</b> <b>9:00 Ladies Exercise</b> <b>9:30 Hand &amp; Foot</b> <b>10:00 Beginner Line Dance</b> <b>10:00 Beginner Tai Chi</b> <b>10:15 Arthritis Class</b> <b>11:15 Inter. Tai Chi</b> <b>11:30 Yoga</b> <b>11:30 Mobility Matters</b> <b>NOON LUNCH</b> <b>12:30 OpenCards/Games</b> <b>12:30 Strength Training</b> <b>1:00 Balls, Bands &amp; Balance Class</b> <b>1:00 Movie</b> <b>1:00 Chess Club</b> <b>1:30 Pickleball</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 MOVES</b> <b>10:30 Club 99</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>1:30 55+ Pickleball</b>  <u>Evening Classes</u> <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>10:00 Euchre</b> <b>10:00 Zumba</b> <b>10:45 BAM (Balance and Mobility Class)</b> <b>10:30 Art w/ Friends</b> <b>10:45 Yoga Flow</b> <b>NOON LUNCH</b> <b>12-2 Pickleball</b> <b>12:00 Circuit Training</b> <b>12:30 Rock Painting for Fun</b> <b>12:45 MahJong</b> <b>1:00 Pinochle</b> <b>2:00-4 55+ Pickleball</b>  <div style="border: 1px solid black; padding: 5px; text-align: center;"> <u>Open Walking In the GYM/Dining:</u>                      Monday - Friday                      9:00 am - 2:00pm                 </div>



## Spring Food Drive

*MAY 22nd—JUNE 9th*

*Collection bins will be available in the main lobby*

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



## 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!**



### 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.**

## LEARN TO PLAY PICKLBALL

**Mondays at 10:30am**

**8 week session 6/5 - 7/24 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 (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

**GENTLE HATHA YOGA Mondays at 11:00 am**  
 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**  
 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 Wed. at 10:00 am**  
 8 week 5/3 - 6/21 Cost \$40.00

**Outdoor Beginner Tai Chi Wed. at 10:00 am**  
 4 week 6/28 - 7/19 Cost \$20.00  
 Join Cindy as she teaches you Tai Chi at Brush Mountain Park. Develop your concentration, power and balance your inner energy while loving and appreciating our planet. Brush Mountain Park is located right next to our building. If it rains class will be held indoors at the senior center. \* Wear sunscreen and bring water. Kids will be playing at the park during this class.

**Intermediate Tai Chi Wednesday at 11:15 am**  
 8 week 5/3 - 6/21 Cost \$40.00  
 8 week 6/28 - 8/16 Cost \$40.00  
 Join Cynthia 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 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 10:45am -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.

**Learn to Ballroom Dance Tuesdays at 4:00 pm**  
 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**  
**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**  
**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 5/26 - 7/14 Cost \$42.00

no class 6/16  
 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**  
 7 week session 5/25 - 7/13 Cost \$ 42.00 no class 6/15

**Cardio Drumming Evening Tuesdays at 5:30 pm**  
 6 week session 5/23 - 7/11 Cost \$36.00  
 no class 6/13 and 7/4

**Zumba Fridays at 10:00 am**  
 7week session 5/26 - 7/14 Cost \$35.00  
 no class 6/16

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**  
 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.

**UMA MOVES Mon.12:30-1:45pm 6/19, 6/26**  
**Thurs. 10-11:15am 6/22, 6/29**

**Cost is \$5.00 per class – pay the instructor**  
 Uma Moves is an eclectic mix of kundalini yoga, Chi Gong, body tapping and brain gym that is choreographed to beautiful music. This class addresses core strength, flexibility and balance. There is floor work so you will need to be able to get on and off the floor and you will need to bring a yoga mat. Although all levels are welcome, a reasonable level of fitness/mobility is required. Extensive arm and shoulder mobility required. The class is 1 hour and 15 minutes long.



**NEW CLASSES!!****Arthritis Class  
EVERY Wednesday at 10:15am  
Free Class— no registration required**

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 class for people that really do not exercise much and are looking for a gentle movement program. Taught by a Certified Functional Aging Group Exercise Specialist, Jill Bronsky

**Mobility Matters Wed. at 11:30am**

**6 week session 6/14 - 7/19 Cost \$35.00**

**5 week session 7/26 - 8/30 Cost \$25.00 no class 8/23**

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 12:45pm**

**6 week session 6/14 - 7/19 Cost \$35.00**

**5 week session 7/26 - 8/30 Cost \$25.00 no class 8/23**

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 Bronsky

**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.

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

**6 week session**

**6/9 - 7/14**

**Cost \$48.00**

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**

**8 week session 6/28 - 8/16**

**Cost \$68.00**

Are you new to the fitness center? Do you find all those machines and weights intimidating? You probably know that strength training is essential for all stages of life, but is crucial as we age. This new class, might be just what you're looking for! In these 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**

**Introduction to Line Dance Step Class**

**Wednesdays at 11:15am — 12:00pm**

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

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

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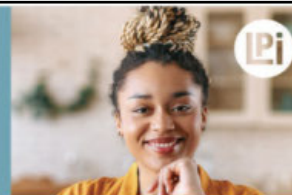
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## Buffalo Double Decker Bus Tour And Lunch Buffet at RiverWorks



**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, downtown 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.

**SOLD OUT**



## Illo DiPaolo's

37852 South Park Ave., Bladell  
Thursday, July 6, 2023 at 5:30pm

*Please note time change from regular dinner time*

Cost \$31.00. Price includes tax and gratuity.

All attendees will receive same menu of:  
Salad & rolls, Penne Pasta, Snap Peas & Carrots  
Pork loin with applesauce and Roasted Chicken.  
Vanilla Ice Cream with chocolate sauce for dessert.  
Coffee & Tea & Cash Bar.

Please call Gail Freeman @ 248-766-1924  
For reservation before June 23, 2023



## Ice Cream Social featuring The Buffalo Dolls

**Tuesday, July 25th  
at 1:00 pm**

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

**Cost is \$3.00**

Register at the front desk by 7/14  
Doors open at 12:45 pm

**Thank you!! Peregrine Senior Living Facility  
for your generous donation to this event.**

## Grand Lady Narrated Lunch Cruise Tuesday, August 1st

Bus Departs the center at 10:45am

**COST \$78.00**

**Registration with payment begin June 1st**



Join us for a narrated lunch cruise on the Buffalo River and Lake Erie. The cruise will feature live narration of points of interest along our cruise route, which includes the history of Buffalo Harbor, Elevator Alley, the Erie Canal, as well as the city of Buffalo itself.

The lunch cruise includes a plated meal from Salvatore's with choice of entrée.

Meal Includes: Tossed Salad, Potatoes and Vegetables.

Choice of Entrée: Braised Brisket, Chicken Florentine, or Vegetable Napoleon

*\*guest will need to traverse stairway to get to restrooms. Cruises sail rain or shine. Dining rooms are fully enclosed and climate controlled.*

## Frank Lloyd Wright Grey Cliff Tour And Lunch at the Sun Cliff on the Lake

**Thursday, September 7th  
Bus Departs the center at 9:45am**

**Cost TBD**

**Ticket Sales begin July 7th at 9:00am**

Get ready to see some amazing local architecture. We will be going on a tour of the Frank Lloyd Wright Greycliff estate in Derby and enjoying lunch. Be a guest of the Martin Family, and enjoy a one-hour tour of the gardens, grounds and first floor interior of the main house! Examine the history of Greycliff, from Wright's design, and the Martin's time on the property, through today, while you explore the spaces used to entertain the family and guests.

## Notes from The Community Activity Council...

The Community Activity Council of Orchard Park, a 501(c)(3) is a not-for-profit organization formed to raise funds to help support and fund equipment and activities for the OPCAC. As of this year the Council purchased fitness equipment, a sound system for the dining room, signage throughout the building and shelving for the library. As more people discover the Center the Council invites you to volunteer and be a part of the organization

*They need you!*

*For more information contact Anna at 716-860-1094.*