



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



AUGUST 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

Senior Games



Beginner Pickleball



Couples Bocce



32nd Annual Orchard Park Senior Games

Awards Ceremony
August 3rd at 1:30pm

Notes From Maria..... I can't believe how summer is flying by! We hope you are enjoying the sunshine and the fun events happening around town! The Community Activity Council will be hosting an End of Summer Bash Thursday, August 31st at 6pm featuring the BOYS OF SUMMER. Bring a lawn chair or a blanket and enjoy the evening with your friends, children and grandchildren! We sure hope you can make it out. If it rains this event will be held in our dining room!

Congratulations to everyone who participated in our Senior Games week. It was such a fun week of friendly competition! If you participated in the games please join us for the awards ceremony on Thursday, August 3rd at 1:30pm. Thank you to our amazing Volunteers and great staff for your dedication towards making these games enjoyable for everyone. Thank you to Highmark BlueCrossBlueShield for your generous donation towards this event! We have started using MyActiveCenter.com. Now you can register for FREE programs at our center online. If you would like to create an account and learn how to use this program please stop by to pick up a guide or to schedule an appointment with one of our volunteers Jack or Karen! No worries if you don't wish to register for programming online you can still fill out a registration form and hand it in to our front desk!



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.
- ♦ **Register Using MyActiveCenter.com:** Stop by the service desk for more information.

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 member's 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!**



Summer Games Award Ceremony Thursday, August 3rd at 1:30pm

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

Bingo Bash with Dinner Tuesday, August 8th At 3:00pm



Tonight we will serve pizza, salad and dessert
for **\$5.00**. To attend the dinner you must sign
up and pay at the front desk by Friday,
August 4th.
Additional boards are \$1.00

Summer Picnic Sponsored by Elison Independent Living of Orchard Glen Wednesday, August 9th at Noon Cost is \$5.00 for lunch and Entertainment.

Lunch Menu:

Chicken Salad on Croissant, Fresh Fruit Cup, Homemade
macaroni Salad & Fresh Baked Cookies!

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

Must pre – register by Thursday, August 3rd to
attend this event. Spots are limited for lunch.

Thank you
Elison Independent Living
of Orchard Glen for
generously sponsoring this
event!



Lyle Stang Entertainment Ticket ONLY Cost \$3.00

This ticket will allow you to enter at 12:30pm for
entertainment ONLY! Pre– Registration Required.

Tablets \$23.00—FREE T-Mobile Internet Wednesday, August 15th 11:30am—12:30pm

To Qualify: you must make under \$70,000 per year. Please
bring proof of income such as your social security awards
letter or taxes. Call to make an appointment.



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 Defibrilla-
tor).** You can also learn how to treat someone
who is choking. **FREE CLASS!**

What is Arthritis and How is it Treated?

Monday, August 14th from 1-2pm

Dr. A. Stegemann is a Lower Extremity Joint Re-
placement & Reconstruction surgeon at UBMD Or-
thopedics & Sports Medicine. You will have the op-
portunity to ask questions and walk away with some
tips on managing your joint pain. We hope to see
you there!

Senior Citizens Luncheon

Monday, August 21st at Noon

Come for a Senior Citizens Luncheon from Erie
county Congregate Dining and enjoy music by Dick
O'Dell. He will perform many of the classics we all
know and love!

Register with Kevin by Tuesday, August 15th to
reserve your lunch!

Dinner and A Movie at the Senior Center Thursday, August 24th at 4:00pm



Join us for dinner and a movie! Chicken Cordon
Bleu, Rice Pilaf, Carrots, Dinner Roll and
Cheesecake for Dessert!

Following dinner stay for **Murder Mystery 2** movie.
After starting their own detective agency, Nick
(Adam Sandler) and Audrey Splitz (Jennifer
Aniston) land a career— making case when their
billionaire pal is kidnapped from his wedding.

Cost is \$5.00

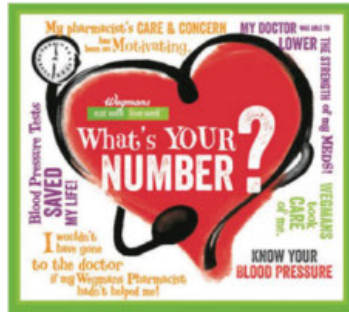
Register and pay at the front desk by August 15th or
sold out to reserve your spot.

Blood Pressure! Why it is so Important!

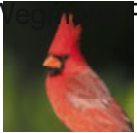
Tuesday, August 22nd at 12:45pm

Wegmans Pharmacy is excited to share why blood pressure is important to you. This will be followed by a complimentary blood pressure screening. Come join our Pharmacist to learn:

- * What is blood pressure?
- * What are the current goals according to the latest guidelines?
- * What effects my blood pressure?
- * Why do we care about blood pressure?



Conclude with a blood pressure screening by a Wegmans Pharmacist



Bird Walk at Evangola State Park Wednesday, August 23rd at 9:00am

Join Environmental Educator Nicole Czarnecki as we observe birds on a guided walk at Evangola State Park. Identify different birds and record your findings. Meet at Bathhouse/

DON'T BECOME A VICTIM – FINANCIAL ELDER FRAUD



**Monday, August 28th at
12:45pm**

Presented by: Nickel City Task Force

The presentation will focus on the current scams used by criminal organizations to target local victims, how to avoid becoming a victim, and what to do once you have been scammed. The Nickel City Financial Task Force is comprised of federal, state, county and local law enforcement officers, who work with partners in the financial industry to combat financial crimes throughout Western New York.

Coming in September.....

Get Pain Free in 2023

Friday, September 8th at 1:00pm

Your knees or your hips hurt, but do you know the science of why it happens? Dr. Daniel Vargo of Excelsior Orthopaedics explains why your joints hurt and what causes arthritis and osteoarthritis. Learn what to expect if you're considering knee or hip joint replacement surgery. Dr. Vargo will also answer your questions!

Pollinator Walk at Evangola State Park Monday, September 11th at 1:30pm

It is that time of year again when Monarch Butterflies are making their yearly migration. Observe different pollinators on a guided walk at Evangola State Park. Meet at Nature Center.

Hearing Evaluations Audiology Tuesday, September 19th at 1:00pm

Do you ever feel dizzy, lightheaded or off-balance? There can be a lot of causes of these kinds of problems, but a common one is a part of the inner ear called the vestibular system. Come learn about the different types of vestibular dizziness, how the vestibular system is evaluated, and commonly recommended treatments

Health Basics for Optimal Wellness: "Ask Us Anything"

Friday, September 15th at 12:45pm

This presentation will discuss lifestyle, sleep, gut health, diets, exercise and more! The effects on our body with the lifestyle choices we make will also be discussed. Organic, plant based and alternative medicine will be highlighted and any questions relating to health and wellness will be entertained. Presenters: Sharon Ashcraft, Wellness Specialist and Tim Miles, OP Library

Niagara Frontier Geology & Fossil Wednesday, September 27th at 10:30am

Did you know that 400 million years ago NY State was a shallow salt water sea?

Discover the natural history of the Niagara Frontier. Examine fossils and rocks from Western New York.

DOCUMENTARY AND DISCUSSION

Monday, August 7th at 12:45pm
Bernie Madoff: The Monster of Wall Street:
"See No Evil"

Monday, August 21st at 12:45pm
Bernie Madoff: The Monster of Wall Street:
"The Price of Trust"

Monday, September 11th at 12:45pm
Hail to the King - celebrates the 60 year
legacy of world's greatest monster, Godzilla

Spanish Class

5 week session 9/8 - 10/6 Cost \$20.00

Hola! ! Adios! , ! Buenos días! These are some of the greetings we will be working in class, when we begin our next season of Spanish classes.

We will begin Fridays in September.

August Book Club

Monday, August 14th at 10:30am

"I'll Always Write Back" By Miranda Ganda

This book is the true story of two pen pals: Caitlin, a typical American teenager and Marin, a poor but incredibly bright and hard-working boy in the African country of Zimbabwe who's struggling to get enough money to stay in school.

September Book Club

Monday, September 18 at 10:30am

The Clan of the Cave Bear chronicles the early life of Ayla. As a young Cro-Magnon girl, Ayla's parents are killed in an earthquake at the beginning of the novel when she was just five years of age. She is rescued by Iza, the clan's medicine woman, and she is brought into the clan.

Anyone is invited to come and join in the discussion!



Bocce is at the CENTER!!



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. Look for the Bocce Courts outside of the dining room. Register at the front desk.

Park down by door C for closest access to the courts!

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, August 18th 9:00 - 3:00 pm Wait list

Friday, September 22nd 9:00 - 3:00 pm

Friday, October 27th 9:00 - 3:00 pm



Helping Hands Sewing Group

2nd and 4th Wednesdays of the Month

9am - 1:30pm **NO AUGUST MEETINGS**

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.



Mini Bridge Lessons

2 week session	9/25 - 10/2	\$5.00
2 week session	12/11 - 12/18	\$5.00

Improve your bidding with the following 2 mini lessons:

Jacoby 2NT on September 25th and October 2nd from 10:30am - 12:00pm

Negative Doubles on December 11th and December 18th from 10:30am - 12:00pm

These are intermediate lessons and you should have a knowledge of bridge to participate.



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 - 8/1 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 - 8/1 Cost \$40.00 No Class 7/4

8 week session 9/6 - 10/24 Cost \$40.00

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

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

Beginner Watercolor —Instructor Dan Meyers

Tuesdays at 10am—Noon

8 week session 9/6 - 10/24 Cost \$40.00

This class is directed towards students who may not feel confident enough to join the intermediate level class but want to use their basic skills and increase their watercolor knowledge by creating paintings. Please visit instructor's website at

www.danmeyerwatercolors.com for supply list.

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.

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.

Tues 8/1 Chicken Breast with Marsala Sauce, Mashed Potatoes, Green Beans, Dinner Roll, Chocolate Chip Cookies
Wed 8/2 Italian Sausage with Rigatoni, Tomato Sauce & Mozzarella, Broccoli Florets, Chef Salad, Dinner Roll, Ice Cream
Thurs 8/3 Breaded Pork Chop with Gravy, Lazy Pierogi Peas, Whole Wheat Dinner roll, Marinated Cucumber, Tomato & Onion Salad, Cinnamon Apple Crisp
Fri 8/4 Teriyaki-seasoned Beef Strips over White Rice, Oriental Mixed Vegetables, Orange Pineapple Juice, Fresh Plum Ch Milk

Mon 8/7 Breaded Chicken Breast with Herbed Gravy Spanish Rice, French Bean Medley, Roll, Watermelon
Tues 8/8 Stuffed Shells with Tomato Meat sauce & Mozzarella, Grape Juice, Cauliflower, Bread, Salad Shortbread Cookies
Wed 8/9 Pork Ribette with BBQ Sauce on a Bun Scalloped Potatoes, Peas with Red Pepper,
Thurs. 8/10 Chicken Caesar Salad on a Bed of Fresh Salad Greens with Dressing, Whole Wheat Dinner Roll, Peach Chocolate Milk
Fri 8/11 Roast Beef with Horseradish & Gravy on a Bun Mashed Potatoes, Mixed Vegetables, St. Gelatin with Fruit

Mon 8/14 Beef Bourguignon, Mashed Potatoes, Harvard Beets, Dinner Roll, Oatmeal Raisin Cookies
Tues 8/15 Ham Steak with Pineapple Sauce, Sweet Potatoes Brussels Sprouts, Biscuit, Chocolate-covered Ice Cream
Wed 8/16 Cheese Tortellini with Chicken & Red Pepper Cream Sauce, Italian Mixed Vegetables, Chef Salad Italian Bread, Fresh Cantaloupe, Chocolate Milk
Thurs 8/17 Turkey with Stuffing & Gravy, Molded Cranberry Salad, Mashed Butternut Squash, Green Bean Casserole, Fruit Compote
Fri 8/18 Stuffed Pepper with Tomato Meat sauce Mashed Potatoes, Broccoli Florets, Roll, Peach Bavarian

Mon 8/21 Breaded Pork Chop with Gravy, Scalloped Potatoes, Veg, Roll, Cucumber and Onion Salad, Pie
Tues 8/22 Sloppy Joe on Roll, Tater Tots, Veg, Tropical Fruit
Wed 8/23 Greek Grilled Chicken, Salad with Greek Dressing and Feta Cheese, Bread, Nectarine, Ch. Milk
Thurs 8/24 Veg Lasagna with Cream Sauce, Green Beans, Fruit Punch, lt. Bread, St. Ice Cream
Fri 8/25 Beer Battered Fish with Tartar Sauce, Broccoli Cheese Rice Casserole, Carrots, Dinner Roll, Oranges

Mon 8/28 Rotini with Meatballs, Tomato Sauce, Cauliflower, Grape Juice, Tapioca Pudding
Tues 8/29 Breaded Chicken Breast with Buffalo Style Sauce on a Bun, Fiesta Corn, Spinach, Marinated Cucumber and tomato Salad, Watermelon
Wed 8/30 Turkey with Stuffing, Gravy and Cranberry Sauce, Mashed Potatoes, Peas, Applesauce and 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

Aetna

Tuesday, August 15th from 10am –Noon

Univera

Friday, August 4th from 10am—Noon

SAVE THE DATE: Health Insurance Fair

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

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

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**

8/2 Are You There God? It's Me, Margaret

Experience the big– screen adaption of Judy Blume's classic, groundbreaking novel that candidly explores life's biggest questions through the eyes of an 11-year –old girl.

8/9 Under The Tuscan Sun Recently divorced, Frances Mayes is desperate to turn her life around. On a trip to Italy, she impulsively purchases a rural Tuscan Villa and moves into a town full of colorful locals

8/16 Moving On In this revenge comedy. Jane Fonda and Lil Tomlin star as estranged pals who get even with the petulant widower of their recently deceased best friend.

8/23 Paint Owen Wilson stars as Carl Nargle, TV painter who is convinced he has it all: a signature perm, custom van, and fans hanging on his every stroke.. Until a younger, better artist steals everything

8/30 Babylon A silent film superstar, a young starlet, a production executive, and a musical sensation strive to stay on top of the 1920's Hollywood scene while maintaining relevance in an industry ready to move on to the next best thing.

AUGUST SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Fitness Room 9:00 Pool Shooting 9:00 Medit. & Yoga 9:00 Ladies Exercise 9:00 Bocce 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 12:30 UMA MOVES 1:30 55+ Pickleball <u>Evening Class</u> 5:30 20.20.20	8:30 Fitness Room 8:45 Mens Exercise 9:00 Bocce 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 1:00 Inter. Watercolor 1:00 Bingo 2:00 Card Bingo 2:00 Beginner Pickleball <u>Evening Classes</u> 5:30 Cardio Drumming	8:30 Fitness Room 8:45 Mens Exercise 9:00 Pool Shooting 9:00 Ladies Exercise 9:30 Hand & Foot Line Dance 10:00 Beginner 10:15 Arthritis Class 11:15 Inter. Tai Chi 11:15 Intro to Line Dance 11:30 Yoga 11:30 Mobility Matters NOON LUNCH 12:30 OpenCards/Games 12:30 Strength Training 1:00 Movie 1:00 Chess Club 1:30 Pickleball	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 11:30 55+ Pickleball NOON LUNCH 1:00 Adv. Tai Chi 1:30 Beginner Pickleball <u>Evening Classes</u> 5:15 Evening Yoga with Marie 6:30 Cardio Drum <div style="border: 1px solid black; padding: 5px; text-align: center;"> <u>Open Walking In the Dining:</u> Monday - Friday 8:30 am - 10:30am </div>	8:30 Fitness Room 8:45 Cardio Drum 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:30 Art w/ Friends 10:45 Yoga NOON LUNCH 12-2 Pickleball 12:00 Circuit Training 12:45 MahJong 1:00 Pinochle 2:00-4 55+ Pickleball



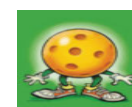
Reiki Session with Reiki Master Friday, September 22nd 9am - 11am

Reiki which was developed in the 1990's is a Japanese relaxation technique using energy that aims to harmonize the body, mind and spirit. Call Maria or Linda to make your half hour appointment with Reiki Master Practitioner, Carolyn.

First session—no charge, but tips are appreciated! More appointments coming in the fall.
Paid appointments available upon request
1/2hr \$25.00 or 1hr \$50.00

PICKLEBALL

*All members must sign up using
MyActiveCenter.com or by
filling out a registration form
at the front desk. 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 PICKLEBALL

Mondays at 10:30am 8 week session 8/14-10/27 NO CLASS 9/4 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!

One Time Class - Spruce up your SKILLS with Carl
Monday, August 7th at 10:30am Cost \$6.00

Are you looking for a quick pickle ball refresher class? This is just for you!
Carl will run some drills and then you will use them on the court!

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

(chair modifications available).

5 week session 7/31-8/28 Cost \$25.00

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

5 week session 7/26 - 8/23 Cost \$25.00

Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching; your body and mind will thank you for it.

GENTLE HATHA YOGA Mondays at 11:00 am

6 week session 7/24 - 8/28 Cost \$30.00

5 week session 9/11 - 10/16 Cost \$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

See you in September

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

7 week session 9/6 - 10/18 Cost \$ 35.00

Intermediate Tai Chi Wednesday at 11:15 am

8 week session 6/28 - 8/16 Cost \$40.00

8 week session 8/30 - 10/18 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 8/3 - 9/21 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 9/8 - 10/27 no class 10/6 \$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.

Tap Dance for Fun Tuesdays at Noon

6 week session 9/5 - 10/9 Cost \$30.00

For those who love tap and have tapped previously at any age, even as a child or teen, and have a firm grasp on their tap basics.

Stretch and Strength Barre Tuesdays at 1:15 pm

6 week session 9/5 - 10/9 Cost \$30.00

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

4 week session 7/28 - 8/18 Cost \$24.00

What Is Cardio Drumming?

At its core, Cardio Drumming is a cardiovascular based, full-body workout that requires you to move and play drums along to music. Proper footwear such as sneakers is required.



Cardio Drumming Evening Thursdays at 6:30 pm

4 week session 8/3 - 8/24 Cost \$24.00

Cardio Drumming Evening Tuesdays at 5:30 pm

4 week session 7/25 - 8/15 Cost \$24.00

Zumba Fridays at 10:00 am

Classes will resume in September

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

4 week session 7/24 - 8/14 Cost \$ 20.00

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.

UMA MOVES Mon.12:30-1:45pm

Thurs. 10-11:15am

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

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

3 week session 9/6-9/27 Cost \$15.00 no class 9/13

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

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

7/21 - 8/25

Cost \$48.00

6 week session 9/8 - 10/27 no class 10/6 \$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

8 week session

6/28 - 8/16

Cost \$68.00

8 week session

8/30- 10/18

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 - 4:00pm

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

Personal Training Appointments

Cost \$40.00 per hour

Call the center to schedule

Personal training sessions will be available to members in the Fitness Center. Members can meet one-on-one with a personal trainer to set fitness goals, learn how to use equipment or create an exercise program designed for your needs. Sessions will be semi-private - other members may be using the fitness center at the same time, but the trainer will be working only with you. Individuals or couples welcome. Trainer: Jennifer Johnson

Introduction to Line Dance Step Class



Wednesdays at 11:15am — 12:00pm

6 week session 9/20-10/25 Cost \$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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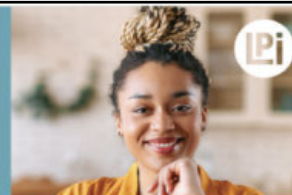
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**Frank Lloyd Wright GrayCliff Tour
And Lunch at the SunCliff on the Lake**

**Thursday, September 7th
Bus Departs the center at 9:00am**

Cost \$50.00

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 Graycliff 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.

**An Afternoon at the Ballpark
Wednesday, August 16th
Bus Departs the Center at 12:15pm**



Cost \$8.00

Join us for an afternoon of Bison Baseball. Tickets for this afternoon's game are generously being donated by Erie County Senior Services and are for seniors 60 years plus. **The event includes an Admission ticket to the game and a ticket for a Hot Dog and Soda that can be used at the stadium concessions.** BUS Transportation is provided. Registration/ Payment with Office Staff by July 28th.



**Colden Mills
8348 Boston Colden Rd.**

**Thursday, Sept. 7th
Arrival 4:30pm**

Dinner at 5pm.- \$30. inc tax and tip

**All Entrée's will include Fresh Fruit Trays, Garden Salad and Ranch Dressing/ Table Bread
Creamy Mashed Potatoes & Roasted Seasonal Veg**

- 1- Bacon Wrapped Meatloaf (no Onions)**
- 2- Broiled Fish (Butter & Garlic)**
- 3- Maple Dijon Pork Tenderloin**

Dessert- Brownie Sundae, Coffee/Tea/ Soda

Cash Bar available

Please call Diana @ 716-671-2347 BY August 23rd

**Best way to get there is 240 South
Enjoy the countryside ride!**



**Root Beer Float Day
Monday, August 7th
From 1-2:30pm**

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

Thank you Ray Ammerman from Safe Driver for your generous donation towards this event!

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

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

Lunch will consist of chicken, salads and dessert.



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

Cost for this event is \$15.00.

Payment is due when registering.

**Thank you! Highmark Blue
Cross/Blue Shield of WNY and Independent**

Apple Fest

**Tuesday, September 26th at 1:00pm - 3:00pm
Cost is \$5.00**



Let's Celebrate the Fall season with an apple dessert. Join us for a afternoon of apple delight and entertainment by Robin Grandin.

**The Community Activity Council
invites you to the**

END OF SUMMER BASH

At the Community Activity Center

Thursday, August 31st From 6-8pm

A fantastic way to end the summer. Bring a lawn chair and enjoy the company of others.

(Inclement weather will bring the event indoors)

Complimentary Outdoor games and popcorn stand.

Beverages available at the concession stand for purchase.

We want you to come out to see what the CAC has to offer you. The CACouncil raised funds to further enhance your experience here. We always seek Funding, Volunteers and Professional Board members to Aid and Direct our Future!