



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



DECEMBER 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

Kayla Turner

Kitchen Manager

Kevin Kornowicz

Receptionists

Bob
Bonnie
Maggie

Town Supervisor

Eugene Majchrzak

Council Members

Conor Flynn
Joseph Liberti
Julia Mombrea
Scott Honer



*Happy Holidays!! The Center is CLOSED
Monday, December 25th
Tuesday, December 26th
And Monday, January 1st*

Notes From Maria.....

As the year draws to a close, I want to take a moment to express my heartfelt gratitude to each and every one of you for making 2023 such an eventful and fulfilling year at the Orchard Park Senior Center.

From our lively exercise classes and engaging art workshops to our heartwarming holiday celebrations and thought-provoking guest speakers, every day has been filled with opportunities for connection, learning, and growth. And at the heart of it all has been your unwavering support and enthusiasms.

Your willingness to embrace new experiences, share your talents and stories, and simply enjoy each other's company has made the Orchard Park Senior Center a true beacon of joy and camaraderie. It has been an honor and a privilege to serve as your director this past year, and I am incredibly grateful for the opportunity to have witnessed firsthand the transformative power of our community.

As we look ahead to 2024, I am filled with excitement for the new adventures that await us. With your continued support, I know that we can make the Orchard Park Senior Center an even more vibrant and enriching place to be.

In the meantime, I wish you all a joyous holiday season and a peaceful and prosperous New Year. May your homes be filled with love, laughter, and cherished memories.

Thank you for everything, and I look forward to continuing this journey together in 2024!



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 -

- ♦ *General Membership* \$40 annual fee
- ♦ *Fitness Membership* \$30 annual fee or 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

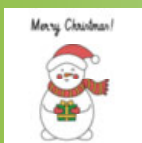


Are you interested in volunteering?

We offer a variety of volunteer opportunities. Stop by the bulletin board outside the office to see what volunteer opportunities we have and sign up.

New volunteer opportunities are posted on the board throughout the month.

Christmas Cards for VETERANS



Help us bring good wishes and joy to the local Veterans! There is a card bin in the front vestibule where we will be collecting signed cards for different Veteran organizations in the community. A special note can bring a smile to a Vet's life.

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? Contact the Going Places Van!

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 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.**

Holiday Spirit Week December 11th—15th

12/11 Merry Monday - Wear **Red & Green!**

12/12 Santa's Workshop Imposters -
Dress like you work in Santa's shop! You
can be Santa, elf, reindeer toy, tree etc.

12/13 Christmas Character Day - Dress
as a character from a
Christmas movie or cartoon

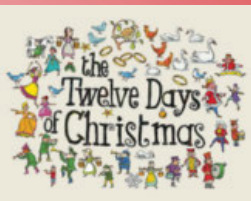


12/14 Ugly Sweater Thursday - Wear
your Ugliest Sweater!

12/15 Night Before Christmas - Wear your coziest
holiday gear!



Festivity is key!



12 Days of Christmas

Join us at the center any day
between
December 7th—December 22nd
to be entered to win one of 12
prizes.

All you have to is scan your
membership key tag any given day between
12/7 - 12/22 to be entered in to win.

Minute to Win It! Holiday Games! Monday, December 4th at 10:30am

You've watched the game show now you
get to participate. You will participate and
compete against each other in 60 second
challenges. Join us for this fun event by
contacting the center and reserving your
spot!



University Express: Anatomy of a Rich U.S. Military Pension Presentation

Monday – December 4, 2023 at 10:30 am

US Military pension files are one of the most
genealogically rich record sets. This class will discuss
the type of information you may learn from military
pension files (Revolutionary War through Civil War)
and how to access them.

Instructor: Rhonda Hoffman, Genealogy Specialist,
Buffalo & Erie County Public Library

Buffalo Bells Concert

Thursday, December 7th at 7:00pm

Buffalo Bells presents *Winter Wonderland*
Please join us for a Friendly Handbell Concert featuring
Traditional Christmas Songs and Holiday Favorites.
Refreshments will be served following the performance.
Register at the front desk.

Holiday Greeting Cards Thursday, December 7th at 5:00pm



Spreading Holiday Cheer! Let us
help you send out your Holiday
Greeting Cards. Join the Pepero
Family as they will provide up to 10 Holiday Cards
along with postage. Just bring your address list!
Limited to 30 participants.

Thank you Paul Pepero and Family for your
generous donation to our members.

Holiday Candy Make & Take Friday, December 8th at 1:00pm

Join us as we follow an easy recipe to create flavored
hard candy. Decorate your own jar and fill with your
delicious holiday treat!

Cost \$5.00

Challenge your Brain with "America Says" Monday, December 11th at 12:45pm

Join Maria, Kayla and Maggie for a morning of fun playing
America Says. Two teams race against a clock to guess
how Americans filled in the blanks on a series of survey
questions covering every topic under the sun. Challenge
your brain and register to attend.

University Express: Tombstone Artwork Monday, December 11, 2023 at 1:30pm

Tombstone art work sometimes referred to as
Funerary art, is any work of art placed in a repository for
the remains of the dead. This class will look at the history
and meaning behind tombstone art. Including renderings
from cemeteries here in Erie County.

Instructor: E. Jolene Hawkins, Village Historian for
Springville Dept. Historian for the Town of Concord &
Author of Cold Case Mystery Books.

Protecting yourself from SCAMMERS! Worried about internet fraud? Telephone and email scams?

Tuesday, December 12th at 11:00am

Join us as we take a look at what the bad guys are up to.
See the latest tricks thieves are
using to gain your trust and steal
your hard earned money. This
presentation will be provided by
the Town of Orchard Park IT
Director along with amazing
officers from the Orchard Park
Police Department. They will give
some real world examples and talk
about what you can do to protect
yourself from becoming the next victim!



**University Express:
Healthy Eating on a Budget**

Wednesday December 13, 2023 at 10:30am

This class will discuss healthy eating patterns, foods to focus on for older adults and grocery shopping on a budget of fixed income. Instructor: Cassandra Woody, MS, RDN, CD Registered Dietitian, Excelsior Orthopedics

December Birthday Bash!

Tuesday, December 12th at 12:30pm

Let's Celebrate! Maria our Director invites those who have a December Birthday to submit a photo of yourself in your younger days by 12/6. Everyone is welcome and will enjoy a delicious birthday dessert.

GRINCHMAS
GRINCH MAS Dinner Bingo Bash

**Wednesday, December 13th
at 3:00pm**

Why not brighten up your holiday spirit and join us for a
GRINCH MAS Bingo Party!



Tonight we will serve pizza, salad and dessert for **\$10.00**. We will play 3 games of Round Robins and a few other special games in between!

Cash prizes and gifts will be awarded to the winners. To attend this event you must Sign up and pay at the front desk by Friday, December 8th or until sold out.

**Ugly Sweater Contest
With The Sounds of Christmas**

Thursday, December 14th at 10:30am

Join us today before the Christmas Luncheon for all your favorite Christmas songs by Merry and Michael. Don't forget to wear your Ugly sweater to be included for a chance to win a prize. Ugly sweaters and good cheer. It's that wonderful time of year. Prizes awarded for the "Ugliest Christmas Sweater." However, you're welcome in your warmest sweater or favorite holiday sweater too! The winner of the "Ugly sweater contest" will be announced before lunch.

Gingerbread Houses

Monday, December 18th at 1:00pm

Enjoy an afternoon with friends as we decorate gingerbread houses. We will supply supplies. Houses will be on display in the foyer for all to enjoy! Register at the front desk to participate in this **FREE** event.



**Movie! The Knight Before Christmas
Friday, December 22nd at 12:30pm**

Join us for a special holiday treat! Enjoy the movie **The Knight Before Christmas TV -14** Medieval magic sends a 14th century knight to modern-day Ohio, where he falls for a high school science teacher who's disillusioned by love.

Coming in January.....

Pie Baking Contest

Tuesday, January 23rd at 1:00 pm

Calling all pie bakers! Enter your favorite homemade pie for a chance to win prizes! (All pies must be 100% homemade - including the crust). A contest will be held and prizes will be awarded at our National Pie Day celebration (see below). Drop off your pie by 11:00 a.m. so our panel of judges can rank each pie and determine the top pies for prizes. Register (participant and name of pie) in the office if you wish to enter a pie in the contest.

**Celebrate National Pie
with your friends at the Center!**

Tuesday, January 23rd at 1:00 pm

Let's celebrate National Pie Day! Why not? Pies have always been a sweet treat to warm the cold winter days and with the holiday celebrations a fading memory, this is a great way to warm up a January cold snap.

Cost is \$2.00, Register and pay at the front desk.



Family Feud

Monday, January 29th at 1:00pm

Today, join your hosts Maria and Kayla as we play the popular gameshow Family Feud. Everyone who wants to participate will get a chance to join a "Family Feud" and compete to name the most popular responses to survey questions. Register at the front desk. Groups of 5 will be determined that day.

Snowball Lunch and Dance

Tuesday, January 30th at Noon

Join us for a Snowball Dance in January!

Featuring the Hastings Duo from 12:30 - 2:00pm.

Get ready to shake your groove thang and warm up your belly with some delicious food at our Snowball Dance in January! The Hastings Duo will be providing the tunes, so put on your dancing shoes and get ready to boogie down!

And to keep you fueled for all the fun, Kevin will be serving up his special lunch of grilled cheese and tomato soup.

Cost \$6.00 Pre- Register and Pay by Monday, January 22nd.

**The 10 Warning Signs of Alzheimer's
Thursday, February 1st at 11am**

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

Popcorn Delight and A Movie

Friday, January 19th at 1:00pm

Let's Celebrate National Popcorn day by trying a few varieties of flavored popcorn while enjoying a movie.

13 Going on 30 Jenna Rink wishes she could just grow up after being humiliated at her 13th birthday party—only to wake up as a 30 year old fashion magazine editor.

Book Club

Calling all Readers! We are looking for your book suggestions. Share your love of literature with others and contact Maria with your great suggestions for book club. All genres welcome.

NO DECEMBER BOOK CLUB**January Book Club****A Lesson in Chemistry by Bonnie Garmus**

Lessons in Chemistry is a novel by Bonnie Garmus. Published by Doubleday in April 2022, the novel is Garmus's debut novel. It tells the story of Elizabeth Zott, who becomes a beloved cooking show host in 1960s Southern California after being fired as a chemist a decade earlier.

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. Please register at the front desk.

Reiki Session with Reiki Master

**Friday, December 1st
And January 12th
Appointments available
from 9am - 11am**

Reiki which was developed in the 1900's is a Japanese relaxation technique using energy that aims to harmonize the body, mind and spirit. Call 716-662-6452 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 for
1/2hr \$25.00 or 1hr \$50.00**

**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, December 1st 9:00 - 3:00 pm
Friday, January 26th 9:00 - 3:00pm
Friday, February 23rd 9:00 - 3:00pm

**Mondays at 10:30am**

Have you ever played Wii Bowling? The Orchard Park Senior Center is starting a Monday Morning Wii Bowling League.

Wii bowling creates the feeling and effects of being in a real bowling alley right in the senior center. It simulates real-life bowling by using simple motion controls— bowling the ball is as simple as flicking the wrist.

If you are interested please sign up in the office with Maria.

**Shuffleboard****Tuesdays 9:00-10:30am**

Shuffleboard rules are easy to learn and understand. They are designed to keep the game fun! The winner

is the first person to reach a pre- defined target, or the player with highest score after 20 frames.

No Registration Required, just join in the fun!

New Members are Welcome!

Learn Sign Language!**Starting Mondays in January at 10:30am**

Join Maggie for a free class to learn the basics.

- 1/22 - Letters of the Alphabet, your name
- 1/29 Calendar, days, months, season, weather
- 2/5 - Foods

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

CARDS & GAMES:

Everyone is WELCOME to attend!!

Bridge	Mondays at 12:30pm
Five Crown	Mondays at 10:30am
Shuffleboard	Tuesdays at 9:00am
Bingo	Tuesday at 1:00pm
Card Bingo	Tuesday at 2:00pm
Hand & Foot	Wednesdays at 9:30am
Cards/Games	Wednesdays at 12:30pm
Chess	Wednesdays at 1:00pm
Cornhole	Wednesdays at 1:00pm
Dominoes	Thursdays at 9:30 am
Euchre	Fridays at 10:00am
Mah Jong	Fridays at 12:45pm
Pinochle	Fridays at 1:00pm

Monday - Bridge Lessons

2 week session 12/11 - 12/18 \$5.00
Improve your bidding with the following mini lessons:
Negative Doubles on December 11th and December 18th
from 10:00am - 12:00pm

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

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.

Fri 12/1 Roast Pork with Warm Cinnamon Apples, Lazy Pierogi, Peas with Red Pepper, Wheat Bread, Chocolate Mousse

Mon 12/4 Turkey Ala King, Mashed Potatoes, Carrots Biscuit, Chocolate Chip Cookies

Tues 12/5 Sliced Ham with Maple Glaze, Scalloped Potatoes Brussels Sprouts, Rye Bread, Lemon Cake with Frosting

Wed 12/6 Beef Taco Salad with Shredded Cheddar, Corn & Bean Salsa, Tortilla Strips & Tomato Salsa, Tropical Fruit Chocolate Milk

Thurs 12/7 Breaded Chicken Breast with Tomato Sauce & Mozzarella over Pasta, Broccoli Florets, Chef Salad with Dressing, Baked Pear Crisp

Fri 12/8 Roast Beef with Onion Gravy & Horseradish on a Whole Wheat Roll, Cheddar Mashed Potatoes Lima Bean Bake, Fruited Gelatin

Mon 12/11 Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun, Roasted Red Potatoes, Mixed Vegetables

Tues 12/12 Vegetable Lasagna with Cream Sauce

Green Beans, Cauliflower, Dinner Roll, Frosted Cake

Wed 12/13 Hearty Bean with Ham Soup, Brussels Sprouts Apple Juice, Marinated Cucumber Salad, Saltine Crackers Peach Crisp

Thurs 12/14 **Christmas Meal** Broccoli-stuffed Chicken with Herb Cream Sauce, Vegetable Rice Pilaf, Peas with Red Pepper, Dinner Roll, Chef Salad with Dressing, Strawberry Cheesecake

Fri 12/15 Steakhouse Burger with Gravy on a Bun, Mashed Potatoes, Carrots, Vanilla Mousse

Mon 12/18 Pork Riblette with BBQ Sauce on a Bun, Cheesy Mashed Potatoes, Seasoned Mixed Greens, Glazed Lemon Cake

Tues 12/19 Greek Chicken Salad with Marinated, Vegetables & Greek Dressing, Warm Biscuit, Strawberry Bavarian

Wed 12/20 Beef Macaroni Casserole with Shredded Cheddar Cali. Blend Veg., Corn, Rye Bread, Fruit Compote, Ch. Milk

Thurs 12/21 **Welcome Winter Luncheon** Roasted Turkey with Stuffing & Gravy, Peas & Carrots, Mashed Potatoes with Chives, Molded Cranberry Salad

Apple Pie with Whipped Topping

Fri 12/22 Beer-battered Fish with Tartar Sauce & Whole Wheat Bun, Macaroni & Cheese, Mandarin Oranges

Mon 12/25 Center CLOSED

Tues 12/26 Center CLOSED

Wed 12/27 Beef Cubes with Gravy, Sweet Potatoes, Savory Cabbage, Rye Bread, Frosted Cherry Cake

Thurs 12/28 Polish Sausage with Sauerkraut & Ketchup on Bun, Ranch Mashed Potatoes, Lima Bean Bake, Mandarin Oranges, Ch. Milk

Fri 12/29 **New year's Luncheon** Breaded Chicken Drumsticks, Scalloped Potatoes, Cali Blend Veg., Salad, Dinner Roll, Pie

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

United Health Care

Friday, December 1st from 10-12pm

Independent Health

Tuesday, December 12th from 10am—12pm

Highmark of WNY

Wednesday, December 13th from 10am - 12pm

Elderwood

Thursday, December 14th from 10am—12pm

Virtual Medical Care Representative

Tuesday, December 12th

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

President 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

Wed 12/6 or Thurs 12/7 Eat Pray Love

After deciding to reshape her life after divorce, Liz travels around the world in search of good food, spirituality and true love.

Wed 12/13 The Princess Switch

When a down to earth Chicago baker and a soon to be princess discover they look like twins, they hatch a Christmastime plan to trade places.

Wed 12/20 or Thurs 12/21 Best. Christmas.

Ever! After a twist of fate brings their families together for Christmas, Charlotte sets out to prove her old friend Jackie's life is too good to be true.

Wed 12/27 or Thurs 12/28 Sixteen Candles

A shy high school sophomore's 16th birthday goes from bad to worse while she nurses a crush on the school heartthrob in the 1980's classic.

DECEMBER SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Fitness Room 9:00 Pool Shooting 9:00 Medit. & Yoga 9:00 Ladies Exercise 9:30 55+Pickleball 10:30 Learn to Play Pickleball 10:30 Five Crowns 10:30 Wii Bowling 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/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 12:00 Tap for Fun NOON LUNCH 1:00 Inter. Watercolor 1:00 Bingo 1:15 Stretch and Barre 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 9:00 55+ Pickleball 9:30 Hand & Foot 10:00 Beginner Line Dance 10:00 Beginner Tai Chi 10:30 Sit and Get Fit 11:15 Inter. Tai Chi 11:15 Intro to Line Dance 11:30 Yoga NOON LUNCH 12:30 OpenCards/Games 12:30 Strength Training 1:00 Movie 1:00 Chess Club 1:00 Cornhole 1:30 55+ Pickleball	8:30 Fitness Room 8:45 Mens Exercise 9-3 Game Room 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 55+ Pickleball <u>Evening Classes</u> 5:15 Evening Yoga with Marie 6:30 Cardio Drumming <i>Happy Holidays</i> <i>The Center is</i> <i>CLOSED</i> <i>Monday 12/25</i> <i>& Tuesday 12/26</i>	8:30 Fitness Room 8:45 Cardio Drum 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:00 Zumba 10:30 Art w/ Friends 10:45 BAM NOON LUNCH 12-2 55+ Pickleball 12:00 Circuit Training 12:45 MahJong 1:00 Pinochle 2:00-4 55+ Pickleball
<u>Fitness Room Closed</u> Wednesdays 12:30-1:30pm Fridays 12:00- 1:00pm	Billiards Room Closed 8-Ball Tournament Tuesdays 12:30pm - 2:30pm	<u>Open Walking In the GYM:</u> Monday - Friday		<u>Basketball Free Throw</u> Bring your own ball and shoot some hoops. Mon – Fri 8:30 - 9:30am

TIME TO RENEW YOUR MEMBERSHIP!!!

Free for all Town of Orchard Park Residents

All 2023 memberships (resident and non-resident) will expire on December 31st. Memberships may be renewed at the front desk Monday through Friday between 10 am and 2 pm.

Your General membership entitles you to classes, clubs, events, programs and use of our 50,000+ square foot facility. Our facility includes a large dining room, cafe, billiard room, dance room, art room, a library (with books, puzzles, dvd's, cd's, and laptops), three large classrooms. Your Fitness membership entitles you to participate in our over 25+ fitness programs offered at our center. Some class fees may apply.

Holiday Food Drive

November 13th—December 15th

Help us help those in our community who are in need this holiday season! Collection bins will be in the main Lobby of the Community Activity Center.

Recommended Items: Canned Foods, Soups, Cereals, Pastas, Common Seasonings, Juice Boxes, Kid Friendly Meals, Individual Snacks, Hand Soap, Shampoo, Paper Towels



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
10/23 - 12/18
1/8 - 3/11

8 week session
Cost \$48.00
Cost \$48.00

NO Class 1/15, 2/19

Who Should Consider Lessons With Carl:

1. Those who have never played pickle ball
2. Those who have not played in a year or more and want to refresh their game.

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).

Pay as you go 12/4, 12/11, 12/18, 1/8 \$5.00 each 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

4 week session 11/29 - 12/20 Cost \$20.00

6 week session 1/3 - 2/7 Cost \$30.00

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

GENTLE HATHA YOGA Mondays at 11:00 am

Pay as you go 12/4, 12/11, 12/18, 1/8 \$5.00 each class

6 week session 1/22 - 3/4 No Class 2/19 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

3 week session 11/30 - 12/14 Cost \$15.00

Thursday Yoga is MOVING to Wednesdays in 2024

6 week session 1/10 - 2/14 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 Wednesdays at 10:00 am

Classes resume in February

Intermediate Tai Chi Wednesdays at 11:15 am

Classes resume in February

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

Non Instructional Tai Chi in DECEMBER

Join others to practice Tai Chi. Tai chi is a form of fluid movements that builds endurance, increases flexibility and balance. This one hour program is for those with some Tai Chi experience. There is no instructor for the month of December.

BAM! – Balance and Mobility Class

Fridays at 10:45am -NEW TIME

6 week session 11/3 - 1/5 \$30.00

no class 11/10, 11/17, 11/24, 12/29

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

Pay as you go 12/5, 12/12, 12/19 \$5.00 per class

6 week session 1/9 - 2/13 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

Pay as you go 12/5, 12/12, 12/19 \$5.00 per class

6 week session 1/9 - 2/13 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 12/1 - 12/22 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 11/30 - 12/21 Cost 24.00

Cardio Drumming Evening Tuesdays at 5:30 pm

4 week session 11/28 - 12/19 Cost \$24.00

Zumba Fridays at 10:00 am

4 week session 12/1 - 12/22 Cost \$20.00

This full body workout uses movement and steps to condition and tone your body. Workout to current hit music and your favorites from the past.

This is a great class for all fitness levels.

20/20/20 Monday at 5:30 pm

4 week session 11/27 - 12/18 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 Mondays at 12:30-1:45pm

Thursdays at 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.

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****Introduction to Line Dance Step Class****Wednesdays at 11:15am—12:00pm**

Cost \$2.00 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**No Class 10/24-11/7**

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.

Sit and Get Fit With Kayla Wed. at 10:30am—11:15am

Get moving and join us for an upbeat seated exercise class! Enjoy a full body workout designed to improve your strength, flexibility and range of motion while seated in a beginner friendly class. Please bring your own hand weights and stretch bands with you to class. This *free class* is suited for people of all fitness levels.

FITNESS ROOM**Monday - Friday 9:00 am - 4:00pm****Mon. - Thurs. 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**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

Circuit Training**Fridays at Noon-1:00pm****6 week session****1/12 - 2/16****Cost \$ 56.00**

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

Introduction to Line Dance Step Class**Wednesdays at 11:15am — 12:00pm****Cost \$2.00 per class - pay the instructor**

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! All are Welcome!

**ART CLASSES**

Late registrations will not be accepted for instructed classes.

Watercolor— Beginner 2.0**Instructor Dan Meyer****Tuesday's at 10am - Noon****8 week session****1/16 - 3/5****Cost \$50.00**

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. **Spots are Limited.**

Intermediate Watercolor - Instructor Dan Meyer**Tuesdays at 1:00 pm – 3:00 pm****8 week session****1/16 - 3/5****Cost \$50.00**

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

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.



Calling ALL artists!

Art Show at Fox Run**Opening Day: March 7th, 2024**

Would you like to show your artwork in the art show at Fox Run?

If you are interested in showcasing your artwork at the Fox run Art Show, Please pick up a guideline and waiver from our Director, Maria. The form includes submission deadlines and information on how to enter. Please stop by the center or call with any questions you may have.

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Joyful Journey Series **Healthy Alternatives Through Healing Arts**

Is a local nonprofit who works with the Exhale initiatives providing respite programs for family caregivers. They are very excited to be working with our center. They offer programs that assist the caregivers in reducing their stress levels and increase resiliency. The programs are all designed so you have a wonderful experience the day of, but you also leave with some new tools to take home for when respite is not available. Although it is geared for the Caregiver, all are welcome to attend these free programs.

Qi Gong

Thursday, December 15th from 2-4pm

Qigong, While not well known locally, is quickly becoming popular for its ability to help people deal with stress and anxiety, while being gentle and nurturing! The slow rhythmic movements, along with guided imagery or visualization, helps the body, mind and emotions! It's easy to do, and not complicated to learn, and can be adapted to be done by everyone! Susi Rosinski is the founder of WNY Qigong, and has been teaching Qigong locally for over a decade!

Financial Re – Solution

Tuesday, January 9th 1-3pm

This program will focus on one or two goals for 2024. We will discuss the typical obstacles and strategies to overcome them. The discussion will help the attendees focus on their needs, goals, as well as their values and preferences, the necessary ingredients in any planned activity.

Relax, Renew and Re-energize

Thursday 1/11, 2/8 & 3/14 from 1-3pm

Why am I feeling unfocused, fatigued and lack of motivation? If you answer yes to any of the above this class is for you. Learn easy, practical techniques that will help you to destress, relax and connect spiritually, mentally and emotionally. Learn about Breath work, Chakra Balancing and body balancing. Each will be demonstrated and there will be practice time on each other. Each class will build on the last class. Attend one or all of the her three classes.

Instructor: Patricia J. DePrima, Holistic Practitioner

Drum Circle

Tuesday, February 20th from 2-4pm

Introduction to magic, fun, and healing power of recreational music making. No skill required and appropriate for all fitness levels. The program offers unique activities with proven health promoting strategies including self expression, group support, creativity, and wellness through group music making.



Feedmore Farm Truck **Every Tuesday from 10am - 11am**

Looking for healthy, low cost fruits and vegetables! Any member of the community is welcome to visit the Feedmore Farm Truck! The Farm Truck accepts cash, credit/debit and SNAP as payment. Fresh produce is available until sold out! Come Early they are here at the Orchard Park Senior Center every Tuesday of the month!



New Year Party **at Salvatore's Italian Garden** **Thursday, January 4th** **Noon - 3:30 pm**

We're ringing in the New Year at Salvatore's Italian Garden. Join us for a celebratory afternoon with friends as we Welcome 2024. For your listening pleasure, music will be provided by the Hastings Duo. A photo booth will be on site with props to create poses and capture the moment. In addition complimentary hors d'oeuvres & punch served from 12-1:00.

Entree Choices:

Prime Rib, Poached Salmon or Chicken Francoise. Meal includes potatoes, seasoned vegetables, salad, rolls/ butter, coffee & tea, and dessert.

Tickets are \$46.00

THANK YOU West Herr

THANK YOU Aetna

THANK YOU Independent Health
for your generous donation towards this event.

Upcoming Trips

BPO Cirque de la Symphonie

Friday, April 12th Bus Departs the center at 8:30am

Ticket information coming in January

Tickets go on Sale Friday, January 19th at 8:30am



MAMA MIA at Sheas

Sunday, April 14th at 6:30pm

**COST \$82.00 (Includes
Orchestra Seating and
Transportation)**

A mother. A daughter. 3 possible dads. And a trip down the aisle you'll never forget.

Set on the Greek island paradise where the sun always shines, a tale of love, friendship, and identity is beautifully told through the timeless hits of ABBA. On the eve of her wedding, a daughter's quest to discover the father she's never known brings three men from her mother's past back to the island they last visited decades ago.

Tickets go on Sale Monday, December 18th at 8:30am

BPO Signature Stars and Stripes

Friday, May 24th Bus Departs the center at 8:30am

Ticket information coming in January

**Bus America Trip with the Akron Newstead Senior Center
Sight & Sound's *Daniel* in Lancaster, PA**

May 7-9 2024

More Information to follow!



Orchard Park Senior Center Closing Information



If you want to know if Center activities will be cancelled during bad weather, listen for "weather closing" announcements on WGRZ-TV, WKBW-TV, WIVB-TV and WBEN radio. You may also call the Center at 662-6452 or the Supervisor's office at 662-6400 to learn if the Center is closed.

**We DO NOT follow the Orchard Park School
calendar or their closings.**