



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



JANUARY 2024

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

Joseph Liberti

Julia Mombrea

Scott Honer

John Mariano



*And now we welcome the new year.
Full of things that have never been.*

*Wishing you joy, happiness, good
health and a prosperous New Year!*

The Building is Closed on Monday, January 1st,
Closing at 11:00am on Thursday, January 4th

&

Closed on Monday, January 15th
in honor of Martin Luther King

Notes From Maria.....

On behalf of the entire team at the OPSC, I would like to wish you a very Happy New Year! As we embark on this new chapter, many of us reflect on the past year and set intentions for the year ahead. For some, this may involve resolutions related to health and fitness.

Here at the OPSC, we understand the power of a strong community and the importance of having access to resources that support your physical and social well-being.

For those seeking to achieve their fitness goals, our Fitness Membership offers a wide range of free and paid classes: Yoga, Cardio, Strength Training, Tai Chi, Club 99.

No matter your fitness level or interests, the OPSC has something for everyone. We are committed to providing a welcoming and inclusive environment where you can feel comfortable and supported on your journey to a healthier, happier you.

If your resolution is to make new friends and try something new, our General Membership is the perfect choice: you can attend Special events, Cards, bingo, movies or even go on a day trip.

I encourage you to visit our center to learn more about our membership options and explore the many resources we have to offer.

We look forward to an exciting year ahead!

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 with proof of residency.** Proof of residency can be shown in the form of drivers license, Tax bill, utility bill

Non-Residents -

- ♦ *General Membership* \$40 annual fee
 - ♦ *Fitness Membership* \$30 annual fee or can be waived if you have:
 - ♦ Silver Sneakers
 - ♦ Silver & Fit.
 - ♦ Active & Fit
 - ♦ Renew Active
- 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.

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

Provides transportation for people aged 60 and over who cannot use conventional means of transportation. Reservations for health related trips may be scheduled up to two weeks in advance, to the day.

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.**

Happy Birthday Elvis “The King”

Monday, January 8th at 1:00 pm

Get rid of your winter blues and join us in celebrating “The King of Rock n’ Roll” as we watch **ELVIS**.

ELVIS PG-13 2022– Visionary filmmaker Baz Luhrmann explores the life and music of Elvis Presley in this epic film starring Austin Butler and Tom Hanks. Please register in the office.



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.

Cost is \$3.00. Pre register and pay at the front desk.



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 Day 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.



Afternoon 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.

LOOKING AHEAD TO FEBRUARY

An introduction to Meditation and Yoga Thursday, February 1st at 10am

Yoga and meditation have been used for thousands of years to improve well-being and manage stress and anxiety. Yoga and meditation can be practiced by anyone, regardless of age or activity level. Learn more about how to incorporate yoga and meditation into your life and experience the benefits. Presented by Registered Yoga Teacher (RYT) Jennifer Johnson from New Sky Coaching.

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.

Valentines Day Luncheon

Wednesday, February 14th at Noon

Be a sweetheart and join us for our Valentines Day Lunch. Register with Kevin for this delicious lunch by February 5th. Suggested donation for lunch is \$3.00. Space is limited.

LEARN TO PLAY....

Are you interested in how to play popular card and board games or you would like to brush up on your skills? Join volunteers as they teach you the game.

Learn to Play Shuffleboard**Monday, January 8th at 9am**

Have the winter blahs? Come learn a fun game called shuffleboard. It is easy to learn and minimum skill is needed.

Enjoy some fast paced fun with your friends.

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

Join Maggie for one or all dates!

Learn to Play Wii Bowling**Monday, February 12th at 10am**

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. Join us for a friendly competition to see who can earn the most points!

BRIDGE:**Intermediate Bridge Lessons****Monday 2/5 —3/4 from 10am—Noon**

Do you have trouble bidding two suited hands? Learn these two conventions—Michaels and unusual No Trump which will help solve your problems.

Beginning Bridge Lessons**Monday 4/1 - 4/29 from 10am—Noon**

Stimulate your brain and learn to play bridge. No experience

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.

Pre - Registration is required for in advance for all presentations and activities.

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 Thursday, 1/11 FROM 1-3PM**Renew Thursday, 2/8 FROM 1-3PM****Re-energize Thursday, 3/14 FROM 1-3PM**

Do you feel 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.



Mardi Gras
Masquerade
Tuesday,
February 13th
12:00pm 2:00pm

It's time to jazz it up!

Don your purple, gold and green and join us for a Mardi Gras Masquerade Party on Tuesday, February 13th from 12:00pm-2:00pm. We'll enjoy music from the Hastings Duo from 12:30pm-2:00pm and dance the afternoon away-New Orleans style!

Cost \$6.00 Please register for this event at the front desk to attend.

**DOCUMENTARY
AND
DISCUSSION**

Join Theresa Wiater who will lead a discussion after viewing the film. Episodes are approximately 45 minutes in length followed by a discussion.

Monday, January 8th at 12:45pm

**King of Collectibles : The Golden Touch
Collectibles—Dreams Do Come True**

Monday, January 22nd at 12:45pm

**King of Collectibles: The golden Touch
Collectibles– the Golden Offer**

Book Club

Calling all Readers! All are Welcome to attend!

January Book Club

Monday, January 22nd at 10:30am

Lessons in Chemistry

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.

February Book Club

Monday, February 26th at 10:30am

Pope Joan: A Novel by Donna Woolfolk. For a thousand years her existence has been denied. She is the legend that will not die—Pope Joan, the ninth - century woman who disguised herself as a man and rose to become the only female ever to sit on the throne of St. Peter. Now in this riveting novel, Cross paints a sweeping portrait of an unforgettable heroine who struggles against restrictions she should not accept.

**Helping Hands Sewing, Crochet and Knitting Group**

2nd and 4th Wednesdays of the Month
9am –1:30pm

Will Resume back in January!

You are welcome to give as much time as you wish within this time frame ... Calling all experienced sewers to join this Sewing Group who work specifically on sewing projects for donations to Children's Hospital, Family Justice Center, Roswell etc.

All levels of sewers, Knitters and Crocheters are welcome to join! You are not required to stay the entire time but are more than welcome to.

Bring your own crocheting and knitting supplies. Bring your own sewing machine if possible.

Thank you Tere for facilitating this sewing group.

Safe Driver Academy
9:00 - 3:00 pm

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

Upcoming Classes:

Friday, January 26th 9:00 - 3:00pm
Friday, February 23rd 9:00 - 3:00pm
Friday, March 22nd 9:00 - 3:00pm

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

**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!

Beginner & Intermediate CORNHOLE

Wednesdays at 1:00pm

Cornhole is a fun game that can be played by people of all ages and skill levels. Cornhole can be played as singles or doubles. To play each player or team takes turns tossing their bags at the board opposite of them. When a player gets a bag in the hole they score. Register at the front desk to join our fun group of cornhole players.

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.

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.



Check the Center
for a Calendar
of the meals in January

Stay Fit Frozen Meals

**ERIE COUNTY STAY FIT DINING
PROGRAM OFFERING
FROZEN MEAL OPTION**

**Meals will need to be picked up on Monday Morning
Between 10:00-10:30AM**

There is a 3 meal per week and 5 meal per week option. You can pick which option works best for you each week.

This program IS available to Seniors all over Erie County, who are able to come and pick up their meals for the week, even if you've never participated in the Stay Fit Dining Program before.

You do NOT get to select your individual meals at this time - they will come in a "meal pack" labeled clearly and will include instructions on how to reheat them. Entrée items will include items such as meatballs & gravy, pulled pork, chicken breast, chicken tenders, and various others that have been tested and freeze well.

Call Kevin at 662-6452 option #3 for more information.
Weekly reservations must be called in no later than 11:00am on the Tuesday of the week before.

Medicare Advantage Plans

Meet one on one with insurance representatives

Independent Health

Tuesday, January 16th From 10am—12pm
Tuesday, February 13th from 10am - 12pm

Virtual Medical Care Representative

Thursday, January 25th from 12– 2pm

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, Shirley Hunter
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 1/3 **Candy Cane Lane** PG Eddie Murphy stars in this holiday comedy adventure about a man on a mission to win his neighborhood's annual Christmas home decoration contest and inadvertently makes a deal with a mischievous elf that brings the 12 days of Christmas to Life.

Wed 1/10 or Thurs 1/11 **A Good Person** ® Daniel is brought together with Allison, the once thriving young women who was involved in an unimaginable tragedy that took his daughters life. Together they discover that friendship, forgiveness, and hope can flourish in unlikely places.

Wed 1/17 or Thurs 1/18 **Oppenheimer** ® Christopher Nolan's breathtaking global phenomenon about the father of the atomic bomb stars Cillian Murphy, Emily Blunt, Matt Damon, Robert Downey JR and Florence Pugh

Wed 1/24 and Thurs 1/25 **Family Switch** A family descends into chaos days before Christmas when a rare cosmic event causes the parents to swap bodies with their teenage kids.

Wed 1/31 and Thurs 2/1 **Draft Day** It's NFL Draft Day and general Manager Sonny Weaver Jr faces. The biggest decision of his life—the #1 pick. Will he pull off the draft of a lifetime or lose it all?

JANUARY 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 Beginner 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><i>Evening Class</i></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><i>Evening Classes</i></u> 5:30 Cardio Drumming	8:30 Fitness Room 8:45 Mens Exercise 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Beginner 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 no class 1/4 11:30 55+ Pickleball No play on 1/4 NOON LUNCH 1:00 Adv. Tai Chi No class 1/4 1:30 55+ Pickleball No play on 1/4 <u><i>Evening Classes</i></u> 5:15 Evening Yoga with Marie 6:30 Cardio Drumming	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
<div style="border: 1px solid black; padding: 5px;"> <u>Fitness Room Closed</u> Wednesdays 12:30-1:30pm Fridays 12:00- 1:00pm </div>	<div style="border: 1px solid black; padding: 5px;"> Billiards Room Closed 8-Ball Tournament Tuesdays 12:30pm - 2:30pm </div>	<div style="border: 1px solid black; padding: 5px;"> <u>Open Walking In the GYM:</u> Monday - Friday </div>	<div style="border: 1px solid black; padding: 5px;"> <i>The Building is CLOSED on January 1st & January 15th in observation of Martin Luther King Jr. Day</i> </div>	<div style="border: 1px solid black; padding: 5px;"> <u>Basketball Free Throw</u> Bring your own ball and shoot some hoops. Mon – Fri 8:30 - 9:30am </div>

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 20 fitness programs offered at our center. Some additional class fees may apply.



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
1/8 - 3/11

8 week session
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 1/8 \$5.00 class
4 week class 1/22 - 2/12 Cost \$ 20.00

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

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 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 Wednesday at 5:15 pm

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 January

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 January. No Registration required.

BAM! – Balance and Mobility Class

Fridays at 10:45am -NEW TIME

6 week session 1/12 - 2/16 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.

Tap Dance for Fun Tuesdays at Noon

Pay as you go 1/2 \$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

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

8 week session 2/2 - 3/22 Cost \$48.00

What Is Cardio Drumming? At its core, Cardio Drumming is a cardiovascular based, full-body workout that requires you to move and tap balance balls with drum stick along to music. Proper footwear such as sneakers is required.

Cardio Drumming Evening Tuesdays at 5:30 pm

8 week session 1/30- 3/19 Cost \$48.00

Zumba Fridays at 10:00 am

8 week session 2/2 - 3/22 Cost \$40.00

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

7 week session 1/29 - 3/18 Cost 35.00

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. No Class 1/4/24

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.

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**

Have you taken Beginner Watercolor and want to explore more watercolor techniques, then this is the class for you! Materials secured for beginner watercolor will be sufficient for this class. Find the materials list at www.danmeyerwatercolors.com

supply list for classes available at the front desk

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.

Local help with your Medicare questions.

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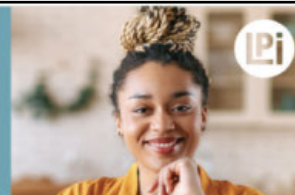
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Upcoming Trips

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.

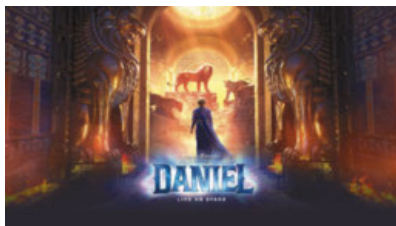
Set on the Greek island paradise where the sun allays shines, a tale of love, friendship, and identity is beautifully told through the timeless hits of ABBA. On the eve of her wedding, a daughter's quest to discover the father she's never known brings three men from her mother's past back to the island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



Bus America Trip w/ Akron Newstead Senior Center
Pennsylvania Dutch Country Adventure

***Daniel at Sight and Sound's Majestic Millennium**
theatre

***The Confession .. An Amish Love Story at the Bird- in**
Hand Stage

***Tuesday, May 7th—Thursday, May 9th 2024**

- Deluxe chartered motor coach transportation, including drive expenses and gratuity; accommodations for two nights at the Eden resort in Lancaster including full breakfast each morning.
- Reserved orchestra seats for "Daniel" at Sight and Sound's, majestic 2,000 seat Millennium Theatre
- Buffet dinner and "The Confession... An Amish Love Story" at Bird In Hand Stage
 - Dinner at Miller's Smorgasbord Restaurant
 - Train Ride on the Middletown & Hummelstown Railroad
 - Visit the September Farm Country Market

Contact the center for a complete copy of the itinerary including cost and registration forms.

New Year Party

at Salvatore's Italian Garden

Thursday, January 4th

Noon - 3:30 pm

Tickets are \$46.00

Last Day to purchase your ticket is
Wednesday, December 27th

THANK YOU West Herr

THANK YOU Aetna

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



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 here at the Orchard Park Senior Center every Tuesday of the month!



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.



Reiki Session with Reiki Master

Friday, January 12th
Or Friday, February 16th
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