



# Orchard Park Senior Center

4520 California Road  
Orchard Park, NY 14127



**APRIL 2024**

## PHONE

716-662-6452

## EMAIL

[opsenior@orchardparkny.org](mailto:opsenior@orchardparkny.org)

## CENTER HOURS

**MONDAY- FRIDAY**

**8:30 a.m. – 4:00 p.m.**

### Director

Maria Galley

### Assistant Director

Kayla Turner

### Kitchen Manager

Kevin Kornowicz

### Town Supervisor

Eugene Majchrzak

### Council Members

Joseph Liberti

Julia Mombrea

Scott Honer

John Mariano



## Solar Eclipse Party

**Monday, April 8th from 2:00pm- 4:00pm**

Join us for an unforgettable afternoon of celestial wonder as we celebrate the awe-inspiring solar eclipse. Gather in the Center's backyard (bring a lawn chair) with fellow stargazers for a dazzling spectacle:

- We'll provide safe, certified eclipse glasses for everyone to marvel at this celestial ballet.
- Get your groove on before and after the eclipse! We'll have upbeat music and plenty of space to dance in the dining room.
- Fuel your eclipse-watching adventures with delicious snacks and refreshments.

Whether you're a seasoned eclipse chaser or a curious newcomer, this party is for you! Come celebrate the universe's majesty and create memories that will last a lifetime..

**Cost: \$8.00 per person**

**THANK YOU!! Don Zappia from ZAPPIA REAL ESTATE  
for your generous donation towards this event!**

## Notes from Maria....

First, a huge congratulations to our talented art students! Their **artwork is now on display at the Fox Run Art Gallery** in an exhibit called "Together We Create: A Journey Through Art and Friendship!" This project started as a dream from our former instructor, Sharon Orendorf, and has become a beautiful reality.

If you haven't already, please visit the Commons Building at Fox Run and enjoy the masterpieces created by our students. The opening reception on March 7th was a wonderful event, and a true testament to the power of artistic expression at any age. We are so proud of our artists for sharing their talents with the community.

**Total Eclipse Event:** On April 8th, our area will experience a once-in-a-lifetime event – a total solar eclipse! Up to a million people are expected to visit Buffalo and Niagara Falls to witness this spectacular sight. Traffic is likely to be heavy, so here are some tips to plan ahead:

**Run errands and stock up on groceries and medications before April 8th.**

**Choose your viewing location early.** The eclipse will be visible anywhere with a clear view of the southwest sky, so your own backyard might be the perfect spot.

**If attending an event, factor in extra travel time for traffic.**

**Join us here at the center for a special eclipse viewing party!** Tickets include safe solar eclipse glasses, entertainment by the Hastings Duo, and delicious snacks. It's a great way to enjoy the afternoon with friends. The Hastings Duo will pause their performance during totality, allowing us to step outside safely and view the eclipse. Feel free to bring a lawn chair if you prefer to sit outside. Guests are welcome for \$10 per person.

**Fingers crossed for a clear day!** Even if it's cloudy, we can still enjoy the indoor portion of our eclipse party.

### 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 Town of Orchard Park residency can be shown in the form of drivers license, Town of Orchard Park 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.

### **April is Volunteer Appreciation Month!**

**A HEARTFELT THANK YOU  
to our volunteers in the senior center  
and the community.**

**THANK YOU FOR ALL YOU DO!**



### 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.**

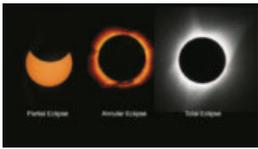
After the session begins, NO refunds are granted except for medical reasons and/or the advice of the instructor.

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.  
THANK YOU!**

### **Effective Communication Strategies Tuesday, April 2nd at 11am**

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join Alzheimer Association educator to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.



### **Solar Eclipse and Photography Presentation Thursday, April 4th at 10am**

Join Michael in exploring this celestial phenomenon, from safe

viewing practices to capturing stunning photographs. But act fast, eclipse glasses and camera filters are selling out! Safe viewing methods: Protect your eyes with certified eclipse glasses and learn why regular sunglasses won't do. Advanced photography techniques: Capture breathtaking eclipse images using specialized filters and camera settings. Get prepared ahead of time: Find the best online resources on GREAT AMERICA ECLIPSE.com and BUFFALO ECLIPSE.org. Safety first! Never look directly at the sun without proper protection.

### **Musical Trivia Throw down with Richard Jones: Tunes, Laughs & Friendly Competition! Thursday, April 4th at 1:00pm**

Calling all music lovers! Get ready for a blast from the past with Richard Jones! Join us for an afternoon filled with classic tunes, friendly competition, and laughter. Think you can name that song in a heartbeat? Show off your musical knowledge and see if you can be the trivia champion! This fun-filled escapade is not to be missed. So come ready to sing along, dance the afternoon away, and celebrate the power of music with Richard and your friends!

### **Cancer Services Presentation**

**Monday, April 15th at 12:30pm**

**Get informed and screened for breast, cervical, and colorectal cancer!** A representative from the Erie County Health Department will be providing a FREE educational session on these important cancers and the screenings available. **Learn how to stay healthy! Bonus:** Free colorectal cancer screening kits will be given out to those ages 45-75 who qualify. **Don't wait, this is your chance to prioritize your health!**

### **Chronic Pain Self- Management Workshop**

**MAKE THE CHOICE TO IMPROVE YOUR LIFE TODAY**

**6 Monday Sessions: April 15th - May 20th, 2024**

**Time: 10:00am - 12:30pm**

TO SIGN UP or for more information

Call Erie County Senior Services: 716-858-7470

Call Orchard Park Senior Center 716-662-6452

### **What do you do if you have a Medical Emergency???**

**Tuesday, April 16th at 11:00am**

Find out when you join us at the Orchard Park Senior Center on April 16th at 11:30am. Meet one of the Orchard Park Fire District EMS Paramedics and find out what you can do to make taking care of you or your loved one much faster. **Learn how to perform Hands-Only CPR and use an AED (Automated External Defibrillator).** You can also learn how to treat someone who is choking. **FREE CLASS!**

### **Managing Money:**

**A Caregivers Guide to Finances  
Thursday, April 18th at 11am**

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. This free Alzheimer's Association education program will feature tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.



### **Opioid Overview/ Narcan Training Friday, April 19th at 10:30am**

The Office of Harm Reduction provides free Narcan, harm reduction tools, and educates the community members about the current situation of Opioid Epidemic, and addresses the growing death rate from opioid overdose. The purpose of the Opioid Overview/Narcan Training is to equip our community members with the knowledge and skills to effectively respond to opioid overdoses. The training aims to educate community members about the signs of an overdose, how to administer Narcan (the medication that can reverse the effects of opioids), and how to access emergency medical services. The training seeks to raise awareness and foster a greater understanding of the urgent need for action and empowering community members to save lives and prevent opioid-related fatalities in their neighborhoods.

### **March/April Birthday Bash**

**Friday, April 19th at 12:30pm**

Let's Celebrate! Maria our Director invites those who have a March/April Birthday to submit a photo of yourself in your younger days by April 17th. Everyone is welcome and will enjoy a delicious birthday dessert.



### **Baking with MaryAnn**

**Friday, April 19th at 2:00pm**

Join MaryAnn for a delicious afternoon! Share her famous cookies, unlock her secret recipe, and then as a group bake your own batch from scratch! Bring your creativity! This fun event is sure to leave you with a smile (and a sweet treat!).

Space is limited to 12 participants. **Cost \$8.00**



## Family Feud Frenzy! Are You Up for the Challenge Monday, April 22nd at 1:00pm



Channel your inner game show genius at our exciting Family Feud event hosted by the dynamic duo, Maria and Kayla! Today's the day! Dust off your knowledge caps and get ready to compete against fellow members in the ultimate battle of wits. Can the reigning champs **Four Girls and A Guy** maintain their title, or will new challengers rise to the top? Here's how it works: Gather your squad! Form teams of five on the day of the event. Think like the masses! Answer survey questions based on popular responses. Buzz in and rack up points! The team with the most popular answers wins! Everyone gets a chance to play! Don't worry if you don't have a team, we'll help you find one. It's time to unleash your inner game show legend! Join us for laughter, friendly competition, and a chance to win bragging rights!

## Sparkle Smarter: Understanding Jewelry Value Tuesday, April 23rd at 1:00pm

Tired of feeling lost in the glittering world of jewelry? Join us for an insider's look at understanding true value and protecting yourself from scams. Veteran jeweler John Lutz will share years of wisdom and captivating stories from the trade, guiding you through: Karat Confusion Solved: Demystifying karat gold values and recognizing genuine quality. Lab Grown vs. Natural Diamonds: unveiling the truth behind these sparkling twins and making informed choices, Buyer Beware: Unmasking sneaky tactics and learning how to negotiate like a pro or get your sparkle appraised: Bring a piece of jewelry from your own collection, and our expert will offer his honest opinion on its value. Don't let jewelry overwhelm you!

## CBD 101 w/ Marcy from Your CBD Store Friday, April 26th at 12:30pm

Join Marcy from **Your CBD Store** as she goes over everything you need to know about CBD. What is CBD? Where does it come from? What are the benefits of CBD? Can CBD help me? Come get some answers and try Free Samples.

## Internet Basics Monday, April 29th at 12:30pm

In this beginner's class, you will learn the basics of exploring the internet. Get hands-on with the web browser, Google Chrome, how it works and how best to use Google Search.

## Adjustment in Life's Journey

**Mondays in April From 9:30am - 10:30am**

As we age, our journeys take on new twists and turns. Loss, change and new challenges can arise. Are you ready to build resilience and navigate these transitions with greater strength?

Join Doris Richardson, a former psychiatric nurse, for this insightful series.

- \* Strategies for building emotional resilience
  - \* Healthy coping mechanisms for dealing with loss
  - \* The power of personal growth and transformation
  - \* Finding your purpose and meaning in your later years.
- Whether you're seeking personal growth, or ready to support others through life's inevitable losses, this series is for you. **Join us for one or all classes.**

Learn, grow, and thrive on your life's journey!

## Driver Safety with Officer Mazur Tuesday, April 30th at 11:00am

Members of the Orchard Park Police Department will be presenting safe driving tips for Senior drivers. Topics include vehicle and traffic laws, night time and inclement weather driving, vehicle accident information, effects of medication and more. Officers will also be able to answer questions from those in attendance.

This is an informational class to assist with the safety of our community members.

## Hip and Knee Arthritis, Joint Replacement Wednesday, May 1st at 2:30pm

Join us for free presentation on Hip and Knee Arthritis: Understand the signs and symptoms of both conditions, including joint pain, stiffness, swelling, and limitations in movement. Explore treatment options beyond medication such as joint replacement. Meet Dr. Christopher Mutty, a leading expert and Assistant Clinical Professor of Orthopedics at State University of New York at Buffalo. Dr. Mutty will guide you through this informative session, answering your questions and offering valuable insights. Whether you're experiencing ongoing pain or simply seeking preventive information, this session is for you!

## Legal, Financial & Healthcare Planning - Tips Every Senior Should Know

**Monday, May 6th 10:30am—11:30am**

Are you prepared? Join us to learn more about legal, financial, and healthcare planning including safeguards to assist you with asset protection. Planning today will relieve you and your loved ones from the stress of making hasty and difficult decisions in a time of crisis.

Light refreshments and resources will be provided.

## Using Google

**Monday, May 13th at 12:30pm**

Branden Chella from the Erie County Library will be here to teach this FREE class on how to do a google search and use other Google-based services.

## University Express Presentations SPRING 2024

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

## Is your Estate Plan at Odds with Your Financial Plan?

**Friday, May 3<sup>rd</sup> at 10:30am**

## Early History of the Sisters of Mercy and Mercy Hospital in South Buffalo

**Friday, May 3<sup>rd</sup> at 1:30pm**

## Edison. Tesla. The Myths. The Truth

**Monday, May 6<sup>th</sup> at 1:30pm**

## Cannabis: Navigating Use Safely and Responsibly Wednesday, May 8<sup>th</sup> at 10:30am

## The History of the Herschell Spillman Motor Company Friday, May 10<sup>th</sup> at 10:30am

## Every Marker Tells a Story

**Monday, May 13<sup>th</sup> at 10:30am**

**Book Club**

Calling all Readers! All are welcome to attend!

**April Book Club**

Monday, April 22nd at 10:30am

**The Midnight Library by Matt Haig**

Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place.

**May Book Club**

Monday, May 20th at 10:30am

**Too Good to Be True by Carol Lovering** Skye Starling is overjoyed when her boyfriend, Burke Michaels, proposes after a whirlwind courtship. Though Skye seems to have the world at her fingertips—she's smart, beautiful, and from a well-off family—she's also battled crippling OCD ever since her mother's death when she was eleven, and her romantic relationships have suffered as a result. But now Burke—handsome, older, and more emotionally mature than any man she's met before—says he wants her. Forever. Except, Burke isn't who he claims to be.

**Spanish Class at 1:00pm**

6 week session 4/5 - 5/10 Cost \$20.00

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

Pre-Register at the front desk to attend!

**Bocce**

Couples Bocce Monday at 9:00am  
Open Bocce Tuesday at 9:00 am

Bocce is a fun game similar to lawn bowling. Players are awarded points for the balls thrown closest to the pallino ball. It's a game of strategy and skill. Bocce is played during the months of May, June, July, August, September and October. Register at the front desk. Please park by the dumpster for close access to the courts.

**Helping Hands Sewing, Crochet and Knitting**

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

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.

Bring your own crocheting and knitting supplies.

Bring your own sewing machine if possible.

**Beginning Bridge Lessons**

Monday 4/1 - 4/29

from 10am - Noon

Stimulate your brain learn to play bridge.  
No experience necessary.

**CARDS & GAMES:**

Everyone is WELCOME to attend!!

Wii Bowling	Monday	At 10:30am
Bridge	Monday	At 12:30pm
Shuffleboard	Tuesday	At 9:00am
Bingo	Tuesday	At 1:00pm
Card Bingo	Tuesday	At 2:00pm
Hand & Foot	Wednesday	At 9:30am
Cards/ Games	Wednesday	At 12:30pm
Chess	Wednesday	At 1:00pm
Corn hole	Wednesday	At 1:00pm
Dominoes	Thursday	At 9:30am
Euchre	Friday	At 10:00am
Mah Jong	Friday	At 12:45pm
Pinochle	Friday	At 1:00pm

**White Elephant**

1404 Abbott Road

Lackawanna

Thursday, May 2, 2024 @ 5:00pm

Buffet - \$33.00 (Price includes tax & tip)

Breaded Pork Chop w/applesauce

Roasted Chicken, Stuffed Shells,

Glazed Carrots, Seasonal Fresh Vegetables

Herb Roasted Potatoes, Salad, Rolls, Dessert

Coffee, Tea and Soda - Cash Bar Available

Please call Gail Freeman at 248-766-1924

for reservations before April 22, 2024

Assistance is available

**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, April 26th 9:00 - 3:00pm

Friday, May 17th 9:00 - 3:00pm

Friday, June 28th 9:00 - 3:00pm

No Safe Driver Class in July

### 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.

**4/1 Dyngus Day Meal** Cabbage Roll with Savory Meat Sauce, Mashed Potatoes, Carrots, Dinner Roll, Éclair  
**4/2** Breaded Chicken Breast with Buffalo-Style Sauce on a Bun, Tater Tot, Broccoli Florets, Chef Salad, Banana  
**4/3** Beef Stew, Mashed Potatoes, Brussels Sprouts, Biscuit Butterscotch Pudding with Whipped Topping  
**4/4** Polish Sausage with Sauerkraut & Mustard on a Bun Potatoes, Vegetables, Mandarin Oranges, Ch. Milk  
**4/5** Breaded Chicken Drumsticks, Scalloped Potatoes Peas with Red Pepper, Roll, Fudge Round Cookie

**4/8 Solar Eclipse Day! Salad and a slice of Nino's Pizza! Register and pay \$3.00 ahead at the front desk!**

**4/9** Creamy Swedish Meatballs over Pasta, Peas, Harvard Beets, Fresh Orange

**4/10** Vegetable Lasagna with Cream Sauce, Broccoli, Chef Salad, Wheat Bread, Vanilla Pudding

**4/11** Ancho Chicken Fajita Skillet with Peppers, Onions, Salsa & Spanish Rice, Fiesta Corn, Chef Salad, Tropical Fruit

**4/12** Breaded Pork Chop with Gravy, Lazy Pierogi, Orange-glazed Carrots, Rye Bread, Applesauce, Chocolate Milk

**4/15** Stuffed Shells with Tomato Meat Sauce & Mozzarella Cauliflower, Fruit Punch, Italian Bread, Lemon Ice

**4/16** Beef Pepper Steak Casserole over Rice, Broccoli Florets, Carrots, Sugar Cookies, Chocolate Milk

**4/17** Chicken Breast with Marsala Sauce, Mashed Squash Green Beans, Chef Salad, Multigrain Bread, Oranges

**4/18** Steakhouse Burger with Gravy on a Bun, Mashed Potatoes, Lima Bean Bake, Fruit Cocktail

**4/19** Chicken Caesar Salad with Parmesan Cheese & Croutons, Whole Wheat Dinner Roll, Chocolate Pudding

**4/22** Cheese Omelet with Cheese Sauce, Tater Tots, Peppers, Onions & Tomatoes, Raisin Bread, Brownie

**4/23** Baked Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella Cheese, Vegetables, Grape Juice, Roll, Peaches

**4/24** Cranberry Chicken Salad on a Bed of Salad Greens Wheat Bread, Vanilla Pudding

**4/25** Breaded Chicken Breast with Gravy, Cheesy Mashed Potatoes, Spinach, Chef Salad, Roll, Strawberry Ice Cream

**4/26** Roast Beef, Gravy, Scalloped Potatoes, Brussel Sprouts, Bread, Pears, Ch. Milk

**4/29** Beef Macaroni Casserole w/ Cheese, Spinach, Corn, Dinner Roll, Tropical Fruit

**4/30** Hot Dog with Baked Beans & Ketchup on a Bun, Macaroni and Cheese, Carrots, Fresh Orange, Ch. Milk

### **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!



### Medicare Advantage Plans

*Meet one on one with insurance representatives*

Independent Health — Sarah 716-635-3797

Thursday, April 18th 10am - 12pm

United Healthcare

Tuesday, April 16th 10am - 12pm

Highmark BCBS of WNY - Kayleigh 716-658-8656

Tuesday, April 16th from 10am -12pm

Aetna - Roberto 585-557-1179

### **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, April 15th at 12:45pm**

**Nicole Brown Simpson:  
The Final 24 hours**

**Monday, April 29th at 12:45pm**

**The OJ Simpson Verdict:  
Shock of the Century**



### **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 4/3 or Thurs 4/4 Marlowe** ® Los Angeles, 1930. A street-wise, down on his luck detective, Philip Marlowe, is hired to find the ex-lover of a glamorous heiress, daughter of a well known movie star. The disappearance unearths a web of lies, and soon Marlowe is involved in a dangerous, deadly investigation where everyone involved has something to hide.

**Wed 4/10 or Thurs 4/11 Wonka (PG)** 2023 Armed with nothing but a hateful dreams, young chocolatier Willy Wonka manages to change the world, one delectable bite at a time.

**Wed 4/17 UPGRADED** ® Ana is an ambitious intern dreaming of a career in the art world while trying to impress her demanding boss Claire. When she's upgraded to first class on a work trip, she meets handsome Will, who mistakes Ana for her boss—a white lie that sets off a glamorous chain of events, romance and opportunity, until her fib threatens to surface.

**Wed 4/24 or Thurs 4/25 Fools Gold PG-13**  
Treasure hunter Mathew McConaughey's search for sunken riches leads to martial and other trouble with Kate Hudson on this farce.

# APRIL SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Fitness Room 9:00 Pool Shooting 9:00 Medit. &amp; Yoga 9:00 Ladies Exercise 9:30 Beginner Pickleball No Play 4/1 10:30 Learn to Play 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 No Class 4/8 1:30 55+ Pickleball  <u>Evening Class</u> 5:30 20.20.20</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> <p><b>Fitness Room Closed</b> Wednesdays 12:45-1:45pm Fridays 12:00-1:00pm</p> </div>	<p>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 No class 4/16 10:30 Club 99 11:30 55+ Pickleball 12:00 Tap for Fun NOON LUNCH 1:00 Inter. Watercolor 1:00 Bingo 1:00 Hula Hoop 1:15 Stretch and Barre 2:00 Card Bingo 2:00 Beginner Pickleball  <u>Evening Classes</u> 5:30 Cardio Drumming</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> <p><b>Billiards Room Closed</b> 8-Ball Tournament Tuesdays 12:30pm - 2:30pm</p> </div>	<p>8:30 Fitness Room 8:45 Mens Exercise 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Sewing Club 4/10 &amp; 4/24 9:00 Beginner Pickleball No Play 4/3 9:30 Hand &amp; Foot 10:00 Beginner Line Dance 10:15 Sit and Get Fit 11:15 Intro to Line Dance No Class 4/10 &amp; 4/17 11:30 Yoga 11:30 Tai Chi w/ Cindy NOON LUNCH 12:30 OpenCards/Games 12:45 Intro to Circuit Training 1:00 Movie 1:00 Chess Club 1:00 Cornhole 1:30 55+ Pickleball 1:30 OP Travel Group 4/3 &amp; 4/17  <u>Evening Classes</u> 5:15 Evening Yoga with Marie</p>	<p>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 1:30 Hillcrest Senior Travel 4/11 &amp; 4/25  <u>Evening Classes</u> 6:30 Cardio Drumming</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> <p><b>Open Walking In the GYM:</b> Monday - Friday 8:30 am - 2:00pm  No Open walking in Gym 4/1-4/5. During this week call the center daily for open walking times.</p> </div>	<p>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</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> <p><b>Basketball Free Throw</b> Bring your own ball and shoot some hoops. Mon - Fri 8:30 - 9:30am</p> </div>

## PICKLEBALL

Calling all members who love (or want to love!) pickleball! Our program offers plenty of opportunities to hit the court, socialize, and stay active.

- **Sign up easily using Myactivecenter.com** Don't have an account? No problem! Head to the front desk for assistance!
- **See the schedule above** for all available days and times to play. Remember, you can reserve your spot online to secure your playtime.
- **Need to Cancel?** Do so by 8am on the day of your reservation through Myactivecenter.com or by calling 716-662-6452 **to give someone else a chance to play.**
- **Cost:** Only \$5.00 per session. Please bring exact change as payment is due at the front desk on the day of your play.

**Important Notes:**

- ◇ Entry on the courts is allowed no more than 15 minutes before your reserved play time.
- ◇ End on time and please exit the room at the end time.
- ◇ Please be respectful of your fellow players and stick to your designated schedule.

We are now tracking no shows. Your second no-show in one month will result in a one-week suspension from playing pickleball. **Don't let your absence prevent others from enjoying the fun!**

Here's why canceling is so important:

- ⇒ **Fairness:** When you don't cancel, someone else misses out on a chance to play.
- ⇒ **Community:** We're all in this together. Let's respect each other's time and opportunities.

## Joyful Journey Series

### Healthy Alternatives Through Healing Arts

**Empower Your Goals: Creating a Vision Board**  
Tuesday, April 2nd from 1 – 3pm

**Hypnosis**  
Tuesday, April 9th from 1-3pm

**Good Lung Health**  
Monday, April 22nd from 1 - 3pm  
Learn different breathing techniques to calm you, but also invigorate, circulate and clear you.

**Crystal Singing Bowl Meditation and Sound Bath**  
Wednesday, April 24th from 1 - 3pm

While we strive to accommodate everyone's preferences, it's important to remember that we are a senior center with a diverse range of programs and member interests. Currently, we offer a variety of activities to ensure inclusivity for all members. As a senior center, our goal is to cater to different interests and needs. We appreciate your patience and understanding as we navigate this balance.

**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**  
**8 week class** 3/4 - 4/29 **Cost \$40.00** **No class** 4/1  
**8 week class** 5/6 - 7/1 **Cost \$40.00**

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**  
**8 week session** 4/10 - 5/29 **Cost \$40.00**

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** 3/11 - 4/22 **Cost \$30.00**

No class 3/18

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

**Tap Dance for Fun** **Tuesdays at Noon**  
**6 week session** 4/9 - 5/21 **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** 4/9 - 5/21 **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.

**Tai Chi with Cindy** **Wednesday at 11:30am**

**Pay as you go \$5.00—pay the instructor**

Feeling stiff and sluggish? Join our Tai Chi Class Flow through gentle movements that improve balance, flexibility, and inner peace. No experience needed, just comfortable clothing and a willingness to try something new. Start your journey to a healthier, happier you today!

**Advanced Tai Chi** **Thursdays at 1:00 pm**

**6 week session** 4/4 - 5/9 **\$42.00**  
**6 week session** 5/30 - 7/11 **\$42.00**

The class content will focus on traditional Yang Style Tai Chi Chuan. The teaching style follows a traditional approach to learning while providing modern applications to everyday life. Adhering to the essential qualities while following a step-by-step process and encouraging self-practice provides a methodical approach where skills can be acquired gradually. To help students realize that most learning experiences are self-taught and require practice which gives a sense of control over the pace at which we learn. The secret to success? Find Joy in self reflection and practice!

Instructor: Sifu Robert Gott

**UMA MOVES** **Mon. at 12:30-1:45pm no class 4/8**  
**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.



**Hula Hoop Tuesdays at 1-2pm**  
**6 Week Session** 4/30 - 6/4  
**Cost is \$30.00**

Hooping is a fun way to burn calories and increase core strength. At least one new skill will be introduced each class and you are encouraged to practice and play with no pressure to master the skill. Skills to be taught include (but are not limited to) hooping on the waist, passing the hoop, halos, hooping on the hips, turns, lasso, lifts, and swoop. All equipment is provided.

**BAM! – Balance and Mobility Class**

**Fridays at 10:45am -NEW TIME**

**8 week session** 4/12 - 5/31 **Cost \$40.00**

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.

**Cardio Drumming** **Fridays at 8:45 am**

**7 week session** 4/12 - 5/24 **Cost \$42.00**

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.

**Zumba** **Fridays at 10:00 am**

**7 week session** 4/12 - 5/24 **Cost \$42.00**

### Evening Classes:

**20/20/20** **Monday at 5:30 pm**

**7 week session** 4/8 - 5/20 **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.

**Cardio Drumming Evening** **Tuesdays at 5:30 pm**

**7 week session** 4/9 - 5/21 **Cost \$42.00**

**EVENING YOGA with MARIE** **Wednesday at 5:15 pm**

**6 week session** 4/3 - 5/8 **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.

**Cardio Drumming Evening** **Thursday at 6:30pm**

**8 week session** 3/7 - 4/25 **Cost \$48.00**

### Fitness Room Classes:

**Intro to Circuit Training** **Wednesdays at 12:45pm**

**4 week session** 4/10 - 5/1 **Cost \$36.00**

Feeling lost in the fitness room labyrinth? Circuit Training is your map to ultimate confidence! This beginner friendly class is your gateway to understanding the gym's wondrous machines and transforming them into your fitness allies.

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

**4 week session** 4/12 - 5/3 **Cost \$36.00**

**4 week session** 5/10 - 5/31 **Cost \$36.00**

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

**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. Instructor: Gloria

**Introduction to Line Dance Step Class****Wednesdays at 11:15am — 12:00pm****Cost is \$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! Instructor: Sandy

**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. Instructor: Trish

**Sit and Get Fit With Kayla Wed. at 10:15am -11:00am**

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

Wednesday 12:45pm - 1:45pm

Fridays Noon - 1:00pm

**Personal Training Appointments****Cost \$45.00 per hour**

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

**Reiki Session with Reiki Master**

**Friday, April 19th**  
**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 soon!

**Paid appointments available upon request for**  
**1/2hr \$25.00 or 1hr \$50.00**

**ART CLASSES**

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

**Watercolor—Try ME Tuesdays at 10am—Noon**

**6 week session 3/12- 4/16 Cost \$50.00**

**Drawing Tuesdays at 10am—Noon**

**7 week session 5/7 - 6/18 \$44.00**

**Intermediate Watercolor - Instructor Dan Meyer**

**Tuesdays at 1:00 pm – 3:00 pm**

**7 week session 3/12 - 4-23 Cost \$44.00**

**7 week session 5/7 - 6/18 Cost \$44.00**

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

*supply list for classes available at the front desk*

**Art with Friends FREE**

**Fridays at 10:30 am - 12:30 pm**

Enjoy working on your artwork? Bring your supplies in and work with others at the senior center. All skill levels Welcome! No Instructor.

**Useful Gatherings with Irene**

**Tuesday, June 11th from**  
**10am – 4:00pm**



Irene Kulbacki creates a safe space in a retreat style setting, where women who desire expansion, come together within a creative community. Over the course of the day, educational materials will focus on the spiritual, transformative, and inspirational, with an emphasis on yoga, meditation, a connection to nature, and other contemplative practices. Programs are tailored to meet the needs of the those who gather, inspiring retreatants to live their best life, with a sense of gratitude and agency, despite common challenges faced as result of aging. **\$65.00 per person. Cateder Lunch included.**

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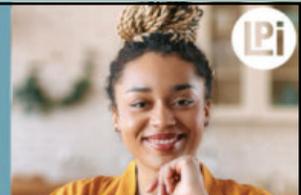
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## Afternoon Tea

**Wednesday, April 10th at 2:00pm**

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

We will enjoy a lovely presentation by Peggy, a Cornell Master Gardener. **Gardening, English Style** this presentation uses photos from Peggys several visits to England, some English gardening history. And a look at what's going on in today's English gardens and how it relates to American gardeners.

**Cost \$10.00**



## The Kentucky Derby

**A Night at the Races, Place your bets and join us for a Derby Party**

**Thursday, May 2nd at 4:00pm**

**Cost \$18.00 per member**

**Calling all fashionistas and racing fans!** Break out your finest hats and dapper attire

for an evening at the races...with a twist! Join us for a night of friendly competition where YOU take the reins as jockey. Roll the dice, cheer on your chosen steed, and see who crosses the finish line first! **The stakes are high!**

Bring your quarters! Best guesser wins quarters, and everyone enjoys a delicious dinner prepared by our culinary champion, Kevin Kornowicz. **Don't miss out on this limited-seating event!** Grab your friends and gallop over to secure your spot! Tables seat up to 6, so get your crew ready for a rootin' tootin' good time!

**Thank you Orchard Heights for your generous donation towards this event!**

## Afternoon Dance

**Tuesday, May 21st from 1:30pm - 3:30pm**

Dust off your Dancing Shoes! Calling all movers and Shakers! Join us for a lively afternoon dance at the center, featuring the Electrifying Brother James Band. Get Ready to Dance! Delicious refreshments at the concession stand with pizza and drinks will be available. Reserve your spot today for only **\$3.00** Don't miss out on this chance and enjoy some good company!

## Treasure Chest Bingo! Fridge Fillin' Fun

**Friday, May 31st at 1:30pm**

Calling all Bingo Lovers! Join us for an exciting afternoon of games, prizes, and fun at the Senior Center's Card Bingo Extravaganza! Fill your pantry and stock up on essentials! Win essential household items and delicious dinner prizes like meats to fill your fridge, cleaning supplies to keep your home sparkling and toilet paper, paper towels and more!

Ready to call "Bingo" and win? Gather your friends and enjoy an afternoon of laughter, socializing and the thrill of the game!

**Cost \$10.00.** Additional cards will be available for purchase at the event.

## Upcoming Trips

### Albright Knox Tour

**With Lunch at Coles on Elmwood**  
**Monday, April 29th**

Embark on a captivating journey through the Albright Knox Art Gallery with this exciting combination tour! Departing at 9:00 AM, our school bus will whisk you away to the heart of Buffalo's cultural district. Prepare to be immersed in the vibrant world of art. To complete this enriching experience, we'll head to Cole's on Elmwood for a delicious lunch (included in the cost).  
Limited tickets available!

**Secure your spot for \$62.00 per person**

### BPO Signature Stars and Stripes

**With Lunch at Chefs**  
**Friday, May 24th**

**Bus departs the center at 8:30am**

A Memorial Day weekend tradition! Join your BPO in red, white and blue musical salute to our nation and the sacrifices of our honorable servicemen and women. We will arrive at Kleinhans at 9am for the complimentary coffee and doughnuts. Following the concert, we will make our way to Chefs restaurant for lunch.

**Tickets cost \$96.00 per person. .**



### Forest Lawn Trolley Tour

**With Lunch at Coles on Elmwood**

**Thursday, June 6th Bus departs the center at 9am**

Take a tour on the Forest Lawn Trolley as you hear about the historic and beautifully landscaped groups. Learn about the history, rural cemetery movement, art and architecture, trees, water and waterways and the residents of the cemetery.

Following the tour, we will be having lunch at Cole's on Elmwood. **Cost \$65.00 per person**

### Botanical Gardens with Lunch at Ilio DiPaolo's

**Thursday, June 27th Bus departs the center at 9am**

The Buffalo and Erie County Botanical Gardens is a national historic site, education center and destination full of exotic horticulture treasures. Take a docent led guided tour of the conservatory filled with spring bulb plants. The tour includes unusual plants in the Botanical Gardens collection, popular favorites, interesting history and exhibits. The day will end with a family style served luncheon at Ilio DiPaolo's

Restaurant. **Cost \$50.00**

Tickets go on sale 4/9/2024

### Silo Walking Tour and Tiki Boat Ride

**With Lunch at Riverworks**

**Friday, July 26th Bus departs the center at 10:15am**

Take a Trip inside Silo City! On this two-hour tour, our boat transports you to Silo City via the Buffalo River. As we walk through Silo City, see and hear what made Buffalo the largest grain port in the world for 100 years.

Our guide takes you inside these majestic towers as you learn about the Perot Family Malting Plant and see the original coal- fired kilns. We go beneath the silos to see how the grain was transferred. **Cost \$70.00 per person.**

This is Not a Wheelchair Accessible Tour.

Tickets go on Sale 4/3/2024