



# Orchard Park Senior Center

4520 California Road  
Orchard Park, NY 14127



**MAY 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



**"As long as there are men and women willing to fight for freedom, there will be no shortage of heroes."  
- Ronald Reagan**

**Orchard Park Senior Center will be closed  
in observance of Memorial Day on  
Monday, May 27, 2024**

## Notes from Maria....

Spring is in full swing, and summer is just around the corner! We know this often means busier schedules filled with visits to family and friends, and enjoying the beautiful warm weather. While we hope you soak up all the sunshine, we also want to encourage you to make time for the exciting events we have planned here at the Senior Center throughout the summer months.

May is a time to honor the incredible women who shape our lives. We pay tribute to mothers, aunts, grandmothers, godmothers, and any other woman you consider a mother figure. To all of you celebrating this month, we wish you a joyous and heartfelt Mother's Day surrounded by loved ones! Join us for **A delightful Erie County congregate meal on Wednesday, May 8th at noon, in honor of Mother's Day.** Be sure to sign up for lunch with Kevin by Tuesday, April 30th, to secure your spot.

**Remembering Our Heroes** Memorial Day, observed on Monday, May 27th, is a day to remember those who bravely served our country and made the ultimate sacrifice. We express our deepest gratitude to all who have served in our armed forces. **To honor this important day, a special Erie County congregate meal will be served on Friday, May 24th at noon.**

**Lifelong Learning Continues** don't forget, our University Express Spring semester begins this May and will run through mid-July. Stop by the center for a full listing of all the University Express presentations being offered at our center as well as the centers across Erie County.

We look forward to seeing you at the Senior Center!

### 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.

### 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

### 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!**

**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

**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!



**The Kentucky Derby Dinner**  
**Thursday, May 2nd at 4:00pm**

See back cover for more information!

**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. Presentation provided by: Lynn Riker, Director of Community Outreach Hospice & Palliative Care.

**Tech Support!**

**Frustrated with Technology?**  
**Get Tech Savvy!**

**Tuesday, May 7th at 10:00am**

**Tech Savvy** a local business dedicated to helping seniors navigate the tech world, is coming to our center! Join us for a FREE informative session led by their expert. Learn essential skills, ask your questions, and gain confidence on one of our center laptops. Reservation required! Need one on one help after the class? Tech Savvy will be available for brief consultations. Can't attend? No problem! Tech Savvy offers fee-based services at their store located at 3768 Seneca Street, West Seneca.

**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.



**Canvas Painting with Kayla**  
**Friday, May 17th at 1:00pm**

Join us for an afternoon of artistic fun with friends. We'll paint on canvas with acrylic paints while enjoying refreshments. This is a class is for everyone, no painting experience or artistic skill is needed! Supplies will be provided by the center. Limit 14 people **Cost \$15.00**



**Afternoon Dance - See back cover for more info!**  
**Tuesday, May 21st at 1:30pm**

**Chestnut Ridge Nature Walk with a Park Ranger**  
**Thursday, May 23rd at 10am**

Join a Park Ranger on a guided nature walk of Chestnut Ridge Park. Enjoy a morning of socializing and some light exercise with friends in a beautiful natural setting. Meet the park ranger at the Fishing Pier Parking. Pre-registration for this hike is required.

**Treasure Chest Bingo! Fridge Fillin' Fun**

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

Join us for 20+ rounds of bingo using regular playing cards (Aces through Kings). Every round's a winner! Cash prizes and treasure chest goodies like meats, household essentials and more! Winners choose a prize displayed on a board. **Cost \$10.00** gets you one set of playing cards.



**Coming up in June....**

**Apps and Website Presentation**  
**Monday, June 10th at 12:30pm**

**Baking a Cassata Cake with Mary Ann**  
**Friday, June 14th from 2-4pm Cost \$8.00**

**Hike at Knox Farms**  
**Wednesday, June 26th at 9:00am**

**Cataract Presentation by ECVA**  
**Tuesday, June 25th at 1:30pm**

**Staying on the Positive Side of Life**  
**Mondays in May 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.

**May 5th: Coping with Challenges in an optimistic way.**  
**May 13th: Finding New Hobbies and Adventures.**  
**May 20th : Becoming More Social and Connected with others.**

**May 27th: Purposeful Storytelling and readings on Meaningful Living.**

**Join us for one or all classes.**  
 Learn, grow, and thrive on your life's journey!

### 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)*

<b>Is Your Estate Plan at Odds with Your Financial Plan?</b>	<b>Friday, May 3<sup>rd</sup> at 10:30am</b>	We will discuss how to make your estate plan and financial plan work together, and what happens if they don't. Instructor: Valerie Stanek, Esq.
<b>Early History of the Sisters of Mercy and Mercy Hospital in South Buffalo</b>	<b>Friday, May 3<sup>rd</sup> at 1:30pm</b>	We'll trace the roots of the founding of Mercy Hospital and how the Sisters of Mercy arrived in Buffalo. Instructor: Sr. Peggy Gorman, Sister of Mercy
<b>Edison. Tesla. The Myths. The Truth</b>	<b>Monday, May 6<sup>th</sup> at 1:30pm</b>	In this dynamic, visual presentation, learn about the two Americans whose inventive contributions have affected the entire world. Discover how fictitious and hyperbolic mythologies have developed around Edison and Tesla with the advent of the Internet. Instructor: Paul Swisher, Director of Education for the Buffalo Niagara Nikola Tesla Council.
<b>Cannabis: Navigating Use Safely and Responsively</b>	<b>Wed., May 8<sup>th</sup> at 10:30am</b>	A presentation on the basics of Cannabis, focusing on NYS laws, storage and disposal information, and safer use recommendations. Instructor: Sadia Rifah, Public Health Educator, Erie County Department of Health
<b>The History of the Herschell Spillman Motor Company</b>	<b>Friday, May 10<sup>th</sup> at 10:30am</b>	Join us for a history of the Herschell Spillman Motor Company, their products, and the legacy they left behind. Instructor: John Dombrosky, Herschel Spillman Motor Company Specialist
<b>Hip and Knee Arthritis and the Basics of Joint Replacement Surgery</b>	<b>Friday, May 10<sup>th</sup> at 1:30pm</b>	Explore the intricacies of hip and knee arthritis, delving into the causes, symptoms, and management strategies of these debilitating conditions and pain. Join us to empower yourself with essential knowledge for navigating the journey toward improved joint health. Instructor: Dr. Daniel Vargo, Orthopedic Surgeon, Excelsior
<b>Every Marker Tells a Story</b>	<b>Monday, May 13<sup>th</sup> at 10:30am</b>	A walk through the Black Rock Historic Markers and the stories behind them. From waterworks like the Jubilee Springs to changing times and changing markers like Unity Island. Also a sneak peek at the stories behind some historic homes and buildings. Instructor: Mary Ann Kedron
<b>The Middle East Conflict</b>	<b>Wed., May 15<sup>th</sup> at 10:30am</b>	This presentation provides a historical overview of the Israeli-Palestinian conflict covering the concerns and anxieties of both perspectives, and addresses the humanitarian dimension of the conflict. Instructor: Mustafa Gokcek, Professor & Chair, Department of History, Niagara University
<b>What's in a Name: How a Wild West Legend Lent His Name to the Buffalo Bills</b>	<b>Thursday, May 16<sup>th</sup> at 1:30pm</b>	Did you ever wonder where the Buffalo Bills got their name? There were never American Bison in Western New York, so where did the name come from? Join Erie County Historian Douglas Kohler for a look at the myth and legend of "Buffalo Bill" Cody and how his exploits gave us the name of our beloved Bills! Instructor: Douglas Kohler, Erie County Historian
<b>Superstitions and Magical Thinking</b>	<b>Friday, May 17<sup>th</sup> at 10:30am</b>	Most superstitions are examples of basic patterns of thinking, which postulate mystical interconnections and causations in nature. In this talk, such patterns of thinking are explored, shown to be based on six distinct principles, and explained with reference to a number of different superstitions. Instructor: Dr. Phillips Stevens, Ph.D.
<b>Architectural Styles 101</b>	<b>Friday, May 17<sup>th</sup> at 1:30pm</b>	Architectural styles are very unique and each has its own distinctive features. Once a few of these features are pointed out to you, we promise you will never look at a building the same way again! Instructor: Tina Marie Kumiega, Retired Law Enforcement & Restaurant Owner; Explore Buffalo Docent
<b>A Young Woman's Remembrance of the Civil War</b>	<b>Monday, May 20<sup>th</sup> at 1:30pm</b>	Judy Buzby will take on the voice and costume of her Great Great Aunt Harriet to tell you of Hattie's remembrances of the exciting events that occurred during the Civil War. She was 10 years old when the war started and she reminisces about her family life, the soldiers, how she met Lincoln, and other important people from that time.
<b>The Peter Robinson Settlement Project of 1823 and 1825</b>	<b>Wed., May 22<sup>nd</sup> at 10:30am</b>	A crop failure in southern Ireland in 1821 and 1822 resulted in widespread starvation. The British government requested Peter Robinson, a Canadian official, to lead a mass emigration from Ireland into Upper Canada. This presentation describes the issues and concerns of Canada, the British government, and the Irish people although this little known project resulted in a highly successful scheme. Instructor: Michael McCarthy, Police Investigator (Retired), Author



Calling all Readers! All are welcome to attend!

### 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.

### June Book Club

**Monday, June 17th at 10:30am**

*The Westing Game* by Ellen Raskin A bizarre chain of events begins when sixteen unlikely people gather for the reading of Samuel W. Westing's will. And though no one knows why the eccentric, game-loving millionaire has chosen a virtual stranger—and a possible murderer—to inherit his vast fortune, one thing's for sure: Sam Westing may be dead...but that won't stop him from playing one last game!

### Spanish Class

**Fridays at 1:00pm**

**6 week session 4/5 - 5/17 Cost \$20.00**  
**5 week session 5/24 - 6/28 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 session of Spanish classes.

Pre-Register at the front desk to attend!



### Bocce at The OPSC



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

**Monday at 9:00am**  
**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.

## 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
Cornhole	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



### **THE IRON KETTLE**

**LANDMARK RESTAURANT**

**1009 Olean Rd. (Rte 16) - East Aurora, NY**

**Thursday, June 6, 2024 @ 5pm - \$29.00**

**BUFFET:** Choices include: Chicken Francese

Carved Beef in Beef Gravy

Mashed Potato, Roasted Vegetables

Dinner Rolls & Butter (ON TABLE)

Garden Salad w/Italian, Ranch or House dressing

Coffee/Tea/Pitchers-Pepsi, Sierra & Root Beer

Cannoli for Dessert - Tax & Tip included

**CASH BAR AVAILABLE**

Please call **DIANA LANDWEHR @ 716-671-2347**

for reservations **before May 23, 2024** if unable to

reach Diana - call **RAE ANN REESE-716-822-8869**



### **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, 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.

**Wed 5/1** Chicken Breast , Vegetable Rice Pilaf, Country Cottage Mixed Vegetables, Fruit Punch, Chef Salad, Peaches  
**Thurs 5/2** Beef Taco Salad, Shredded Cheddar & Tortilla Strips, Fruit Cocktail

**Fri 5/3** Cheese Tortellini with Chicken & Red Pepper, Cream Sauce, Cauliflower, Green Beans, Dinner Roll

**Mon 5/6** Caribbean Chicken Stew, Yellow Rice with Turmeric, Broccoli Florets, Orange-Pineapple Juice

**Tue 5/7** Hamburger with Onion Gravy on a Wheat Bun Mashed Potatoes, Green Beans, Butterscotch Pudding

**Wed 5/8** *Mother's Day Luncheon* Broccoli Stuffed Chicken with Herb Cream Sauce, Vegetable Rice Pilaf, Carrots & Cauliflower, Chef Salad with Tomatoes, Roll, Peach Pie with Whipped Topping

**Thurs 5/9** Ham Steak with Maple Glaze, Sweet Potatoes Brussels Sprouts, Corn Muffin, Strawberry Jello

**Fri 5/10** Vegetable Quiche with Cheese Sauce Potatoes O'Brien, Harvard Beets, Roll, Ch. Ice Cream

**Mon 5/13** Sloppy Joe on a Bun, Tater Tots, Au Gratin Spinach, Tropical Fruit

**Tue 5/14** Hearty Pork Stew, Mashed Potatoes, Broccoli Florets, Warm Biscuit, Sugar Cookies

**Wed 5/15** Chicken Breast with Gravy, Broccoli Cheese Rice Casserole, Carrots, Roll, Mandarin Oranges

**Thurs 5/16** Lasagna Roll with Tomato Meat Sauce California Blend Vegetables, Chef Salad, Roll, Choc Pudding

**Fri 5/17** Roasted Turkey with Stuffing, Gravy & Cranberry Sauce, Garlic Mashed Potatoes, Mixed Vegetable, Banana

**Mon 5/20** Macaroni & Cheese, Peas with Red Peppers California Blend Vegetables, Dinner Roll, Krispy Treat

**Tue 5/21** Taco-seasoned Ground Beef with Shredded Cheddar on a Flour Tortilla, Spanish Rice, Fiesta Corn, Chef Salad, Fresh Orange, Chocolate Milk

**Wed. 5/22** Greek Grilled Chicken Breast Salad with Greek Dressing, Dinner Roll, Vanilla Pudding

**Thurs 5/23** Breaded Pork Chop with Warm Cinnamon Apples, Mashed Sweet Potatoes, Bavarian Cabbage Dinner Roll, Oatmeal Round Cookie

**Fri 5/24** Memorial Day Luncheon Breaded Chicken Drumsticks, Ranch-seasoned Mashed Potatoes

Lima Bean Bake, Chef Salad with Dressing Dinner Roll, Chocolate-covered Ice Cream Bar

**Mon 5/27** Building Closed No Meal

**Tue 5/28** Beef Macaroni Casserole with Shredded Mozzarella, Peas & Carrots, Grape Juice, Multigrain Bread

**Wed 5/29** Tortellini with Chicken & Primavera Sauce Italian Bean Medley, Chef Salad with Dressing, Dinner Roll, Fresh Banana, Chocolate Milk

### **Feedmore Farm Truck Every Thursday 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 Thursday of the month!



### Medicare Advantage Plans

*Meet one on one with insurance representatives*

#### Independent Health — Sarah 716-635-3797

Wednesday, May 22nd 10am - 12pm

#### United Healthcare

Thursday, May 16th 10am - 12pm

#### Highmark BCBS of WNY - Kayleigh 716-658-8656

Tuesday, May 21st 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, May 20th at 12:45pm Thai Cave Rescue**

On June 23, 2018, twelve boys aged 11 - 16 and their 25-year-old assistant coach decided to explore a cave system in northern Thailand. Shortly after they entered the cave, heavy rainfall began and partially flooded the cave system, blocking their way out and trapping them deep within. This documentary shows the extraordinary rescue.



### **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**

**May 1st or 2nd *The Boys in the Boat*** This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight, taking on elite rivals from around the world as part of the 1936 Berlin Summer Games.

**May 8th or 9th *Wedding Date*** A young women hires a male escort to pose as her boyfriend at her sister's wedding, but her plan to make her ex fiancé jealous goes hilariously wrong.

**May 15th *Queen Bees*** Temporarily forced to stay in retirement community, a headstrong women navigates mean cliques, high stakes bridge games and new relationships.

**May 22nd or May 23rd *Dune*** The son of a noble family travels to a dangerous planet to ensure the future of his people in this visually stunning sci-fi epic.

**May 29th or 30th *Leave The World Behind*** Rocketing to No.1 worldwide, this apocalyptic thriller starring Julia Roberts, Mahershala Ali and Ethan Hawke.

# MAY 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 10:30 Five Crowns 11:00 Gentle Hatha Yoga w/Barb</p> <p><b>NOON LUNCH</b> 12:15 Advanced Pickleball 12:30 Bridge 12:30 UMA MOVES 2:00 55+ Pickleball</p> <p style="text-align: center;"><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 8:45 55+ Pickleball 9:00 Bocce/Shuffleboard 9:00 Pool Shooting 10:00 Beg. Watercolor 10:15 Int. Line Dance 10:30 Club 99 10:45 55+ Pickleball 12:00 Tap for Fun</p> <p><b>NOON LUNCH</b> 1:00 Inter. Watercolor 1:00 Bingo 1:00 Hula Hoop 1:15 Stretch and Barre 2:00 Card Bingo 2:00 Beginner Pickleball</p> <p style="text-align: center;"><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> <b>8-Ball Tournament</b> 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 9:00 Beginner Pickleball 9:30 Hand &amp; Foot 10:00 Beginner Line Dance 10:15 Sit and Get Fit 11:15 Intro to Line Dance 11:30 Yoga 11:30 Tai Chi w/ Cindy</p> <p><b>NOON LUNCH</b> 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</p> <p style="text-align: center;"><u>Evening Classes</u> 5:15 Evening Yoga with Marie</p>	<p>8:30 Fitness Room 8:45 Mens Exercise <b>9-3 Game Room</b> 9:00 Pool Shooting 9:00 55+ Pickleball 9:30 Dominoes 10:00 UMA MOVES 10:30 Club 99 11:30 55+ Pickleball</p> <p><b>NOON LUNCH</b> 1:00 Adv. Tai Chi 1:30 55+ Pickleball 1:30 Hillcrest Senior Travel</p> <p style="text-align: center;"><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</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</p> <p><b>NOON LUNCH</b> 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 8 am 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

**Grief Literacy May 6th at 1pm - 3pm**

Holistic Health Recovery Coach Laurie Hooper will lead us to explore the ways in which we communicate about grief and various losses and how difficult it is at a times to share our feelings due to guilt, shame and not expecting to be validated.

**Drum 4 Health May 20th at 1pm - 3pm**

Carolyn Zimmerman with Heart Rhythms Drum Circle will give us an introduction to magic, fun and healing power of recreational music making. No skills required, and appropriate for all fitness levels. This program offers unique activities with proven health promoting strategies including self expression, group support, creativity, and wellness through group music making.

**Laughter Yoga Wellness June 24th at 1pm - 3pm**

Join Caren Kolerski, a Certified Laughter Yoga Teacher for 10 years, to experience the fun, interactive world-wide practice of Laughter Yoga Wellness.

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 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**

**6 week session 6/12 - 7/17 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**

**4/29 Pay as you go \$5.00 to the instructor**

**6 week session 5/13 - 6/24 Cost \$30.00 no class 5/27**

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

**Tap Dance for Fun Tuesdays at Noon**

**7 week session 4/9 - 5/21 Cost \$30.00**

**Pay as you go to the instructor \$5.00 5/28, 6/4, 6/11, 6/18**

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**

**7 week session 4/9 - 5/21 Cost \$30.00**

**Pay as you go to the instructor \$5.00 5/28, 6/4, 6/11, 6/18**

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!

**Tai Chi w/ Robert Gott Thursdays at 1:00 pm**

**6 week session 5/30 - 7/11 \$48.00**

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**

**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**

Hoopng 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**

**8 wk session 6/7-8/2 No Class 7/5 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**

**8 week session 6/14 - 8/2 Cost \$48.00**

**Zumba Fridays at 10:00 am**

**7 wk session 4/19 - 5/24 Cost \$42.00 Make up class 6/14**

**7 week session 6/21 - 8/2 Cost \$35.00**

**Evening Classes:**

**20/20/20**

**Monday at 5:30 pm**

**7 week session 6/17 - 7/29 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**

**8 week session 6/11 - 7/30 Cost \$48.00**

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

**6 week session 5/15 - 6/19 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 6/13 - 8/1 Cost \$48.00**

**Fitness Room Classes:**

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

**4 week session 6/26 - 7/17 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 5/10 - 5/31 Cost \$36.00**

**4 week session 6/7 - 6/28 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, May 17th or Friday, June 14th**  
**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.*

**Learn to Draw Tuesdays at 10am—Noon**

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

This class will introduce you to basic drawing skills and includes proportionate, contour and perspective drawing. Learn to combine line, shape and form to bring simple objects to life. Pick up Supply List at the FRONT DESK prior to start of class.

**Beginner Watercolor at 10am—Noon**

**6 week session 6/25 - 7/30 \$ 36.00**

**Intermediate Watercolor - Instructor Dan Meyer**

**Tuesdays at 1:00 pm – 3:00 pm**

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

**7 week session 6/25– 7/30 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.

**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. Catered Lunch included.**

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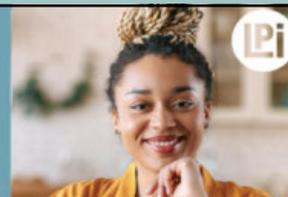
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## The Kentucky Derby Dinner

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.



## Strawberry Social Featuring Jack Civiletto Wednesday, June 12th at 1:00pm



Sweet treats & Sinatra Serenades! Calling all dessert lovers and music fans! Join us for a delightful afternoon featuring two of your favorites:

Delicious strawberry dessert  
&

Live Entertainment by Jack Civiletto: Swoon to the smooth sounds of your favorite Frank Sinatra classics, performed by Jack himself, alongside the talented April Mazzone.

**All this for just \$4.00!** Reserve your spot today!

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

## Welcome Summer RED, WHITE and BLUE Dinner

Thursday, June 20th

at 4:00pm

**Celebrate the start of summer and enjoy a delicious Chiavetta's chicken dinner with all the fixins'.**

**Following dinner enjoy live entertainment by The Boys Of Summer Band.**

**Cost is \$15.00.**

**Doors open at 3:45 pm.**

**Reserve your spot and pay by June 6th or until sold out  
Don't miss out on this fun evening.**

**Thank you Peregrine Senior Living for your generous donation towards this event!**

## Upcoming Trips

### BPO Signature Stars and Stripes

**With Lunch at Chef's**

**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 Chef's restaurant for lunch. **Tickets cost \$96.00 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.**