



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



JANUARY 2025

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS MONDAY- FRIDAY

8:30 a.m. – 4:00 p.m.

Senior Center Staff

Director Maria Galley

Assistant Director Jessica

Office Assistant Maggie

Kitchen Kevin

Front Desk Bob

Front Desk Gina

Front Desk Barb

Front Desk Claire

Town Supervisor

Eugene Majchrzak

Council Members

Joseph Liberti

Julia Mombrea

Scott Honer

John Mariano



New Year Party

at

Salvatore's Italian Gardens

Friday, January 3rd

Noon - 3:30 pm

We're ringing in the New Year at Salvatore's Italian Gardens. Join us for a celebratory afternoon with friends as we Welcome 2025.

For your listening pleasure, music will be provided by Hastings Duo. A photo booth will be on site with props to create poses and capture the moment.

In addition complimentary hors d'oeuvres & punch served from 12-1:00pm.

Entree Choices:

Prime Rib, Poached Salmon or Chicken Francoise.

Meal includes potatoes, seasoned vegetables, salad, rolls/butter, coffee & tea, and dessert.

**Tickets are \$52.00 for General Members
and \$60.00 for non- members**

**Thank you to West Herr, Orchard Heights and
Independent Health for your generous donation
towards this event.**

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

**The Center is CLOSED
Wednesday, January 1st and
Friday, January 3rd**

Notes from Maria....

Happy New Year to all our valued members!

As we embark on this exciting new year, we at the Orchard Park Senior Center are thrilled to welcome you back and encourage you to explore all that our center has to offer.

We are delighted to announce that Jessica will be joining our team as the new Assistant Director starting January 3rd. We are confident that Jessica will bring fresh perspectives and innovative program ideas to the center.

We value your input and feedback greatly. Please feel free to share your suggestions for programs and activities in the suggestion box located at the front desk.

The past year has been filled with wonderful experiences, new friendships, and exciting adventures. We look forward to building upon these successes and creating even more enriching opportunities for our members in 2025.

Whether you enjoy playing pickleball, participating in fitness classes, socializing over lunch, playing cards, attending movie screenings, or simply enjoying the company of friends, we invite you to make the Orchard Park Senior Center your home away from home.

Membership: Free for Orchard Park residents / \$45.00 for general membership for non-residents/ \$45.00 for fitness membership for non-residents

All individuals aged 55 and above are warmly welcome to join our vibrant community.

We look forward to seeing you all soon!

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+ membership fee is waived *with proof of residency.***

Proof of Town of Orchard Park residency accepted:
NY Driver's license with OP residence, OP TOWN
Tax Bill, Utility bill w/ OP address/your name listed.

Non-Residents -

- ◆ *General Membership* \$45 annual fee
- ◆ *Fitness Membership* \$45 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 \$5.00
Membership applications must be submitted in person at the Center.

Appointments are recommended for all new members.

Please contact the Senior Center
716-662-6452 ext. 1 to schedule a membership
orientation on Tuesday at 9:30am or Friday at 10:30am.

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

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 written request 7 full business days prior to the scheduled class/event start date.*

A \$5.00 processing fee will be applied to all class refunds.
A \$1.00 processing fee will be applied to all event refunds.

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

A FULL refund/or partial refund may be placed into a member's senior center wallet account for a course that is cancelled due to low registration, teacher illness or weather emergency. You will be notified by either text, email or phone message.

Trips are non-refundable unless we have awaiting list.

**Orchard Park Senior Center
Closing Information**

If you want to know if Center activities will be cancelled during bad weather, listen for "weather closing" announcements on WGRZ-TV, WKBW-TV, WIVB-TV. You may also find weather closures on our Facebook page

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



**PRE-REGISTRATION IS REQUIRED IN ADVANCE FOR ALL PRESENTATIONS AND ACTIVITIES.
THANK YOU!**

**Aging Gracefully:
Accepting loss and finding meaning and
purpose in life after retirement**

Mondays in January at 10:30am - 11:30am

Leader: Dory Richardson RN

1. Discussion on losses throughout life's ups and downs. Grieving includes many different aspects in life such as losing a spouse, job, health
2. Building resiliency: challenging and hopeful times with family and friends
3. Developing healing ways to feel well through alternative modalities such as meditation, acupressure and tapping points
4. Accepting and acknowledging self-care and self-loving needs when you grieve
5. Learning about the stages of grief written by Elisabeth Kubler-Ross

QiGong

Tuesday, January 7th from 1– 3pm

While not well known, QiGong is becoming popular for its ability to help people deal with stress and anxiety, gentle and nurturing, slow movements along with guided imagery are presented. This class is easy to do and can be done by anyone.

Afternoon Family Feud

Friday, January 10th

at 10:30am

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

**Coffee and Conversation with
Senior Center Staff**

Tuesday, January 14th at 11am

This month's coffee and conversation series features members of our own staff! Join us for light refreshments and lively conversation about our fantastic center and programs!

**Baking with Mary Ann Notto
Friday, January 17th at 1:30pm**

Join us for a special Valentine's Day baking session with Mary Ann. Learn to make a delicious treat that you can recreate at home for your loved ones. A recipe and a taste of the finished product will be provided.



**Alzheimer Association Presents:
Building Foundation of Caregiving
Thursday, January 23rd at 11am**

Building Foundations of Caregiving explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress. All are WELCOME to attend!



TRIVIAL

**Senior Center Trivia
Monday, January 13th
At 12:30pm**

Join Maggie as she leads Senior Center Trivia! Team Orchard Park will compete virtually against other senior centers in Erie County via the magic of computers and technology. Bring a friend and join the fun! This event is FREE but please sign up at the front desk.

**Pie Baking Contest
Friday, January 24th
at 1:00 pm**



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

**Celebrate National Pie Day with Your Friends
at The Orchard Park Senior Center
Friday, January 24th at 1:00pm**

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

Cost \$3.00, Register and pay at the front desk.

**HYPNOSIS FOR PAIN MANAGEMENT
Monday, January 27th from 1– 3pm**

Do you suffer from chronic pain? Perhaps Hypnosis can help! Have you ever wondered about hypnosis? Does it work? Can anyone be hypnotized? What is it used for? Could it be helpful for you or a loved one?

HAHA Exhale Program welcomes guest speaker Lori Ann Redlinski, CH certified professional hypnotist and life coach to discuss hypnosis; what it is and isn't and how it can help with pain management. All your questions will be answered, and you will have the opportunity to learn stress releasing and pain management techniques. Also all attendees will experience a progressive relaxation meditation hypnotic induction. What a perfect way to learn about hypnosis and how it can help manage chronic pain!

Walk with Ease

Provided through Erie County Senior Services
Mondays, Wednesdays and Fridays
At 9:30am for six weeks
Starting January 27th

The Arthritis Foundation Walk with Ease Program is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with

Walk with Ease.

Benefits to You:

Motivate yourself to get in great shape
Walk Safely and comfortable
Improve your flexibility, strength and stamina.



Alzheimer's Association Presents: Supporting Independence

Thursday, February 6th at 11am

Supporting independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

Elton John (Tom Hasting) Dinner Dance

Tuesday, February 11th
From 4:00pm - 6:00pm

Erie County Congregate Dinner at 4pm

Cost \$7.00 per person

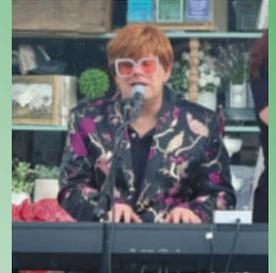
We will start the evening with a congregate dining meal.

Everyone will get Turkey with Stuffing, Gravy and Cranberry Sauce, Mashed Potatoes, green Beans and Chef Salad with Dressing and A slice of

Cherry Pie. Coffee and Tea are included. You may bring your own beverage if you wish. After dinner, we are then in a treat as Tom

Hastings sings a tribute to Elton John and Friends.

Pre-register and pay at the front desk by Monday, February 3rd.



Popcorn Delight and A Movie Wednesday, January 29th at 12:45pm

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

The idea of you Based on the acclaimed, contemporary love story of the same name. **The idea of you** centers on Solène (Anne Hathaway), a 40-year-old single mom who begins an unexpected romance with 24-year-old Hayes Campbell (Nicholas Galitzine), the lead singer of August Moon, the hottest boy band on the planet.

Cost is \$2.00. Pre register and pay at the front desk.

Securing Your Facebook with Brendan Chella

Thursday, January 30th from 1-3pm

Facebook is one of the more popular social media sites on the Internet. However, for reasons such as security breaches and privacy concerns, you have to wonder how safe your information really is on the site. Learn about important basic steps to securing your account such as a good password and 2-factor authentication, how personal to get with account details, clearing your search history, friending and authorizing access to other programs on your devices. Also, if you are someone who is looking to go even deeper, you'll learn about things such as how to delete past posts, remove photos and shut your account down. Focus will be based around the Facebook app, but the lessons are useful for the web version as well.



MONDAY BRIDGE LESSONS 10:00am - Noon

The lessons will be held on the following Mondays: January 13th and 27th and February 3rd, 10th and 24th.

Attention newer bridge players!! Improve your bidding and playing skills in major and minor suits and no trump. Learn when it is right to make an overcall and the correct overcall to make. This series of 5 lessons will improve your overall game.

Class limit 12 people.

Cost \$20.00 per person

Sustainable Self-Care Retreat: Nurturing Heart, Mind, and Body with Irene Kulbacki

Tuesday, March 11th
From 10:00am - 4:00pm

Escape the hustle and bustle and embark on a journey of sustainable self-care. Immerse yourself with other like-minded women as you reconnect with your inner self and discover mindful practices for a more balanced life. Nourish your body with gentle yoga and a delicious lunch. Rejuvenate your mind with guided meditations and collective problem solving that will leave your heart open to new possibilities. Learn practical tips for sustainable self-care and leave feeling refreshed, inspired, and empowered to make a positive impact on yourself and others. Catered lunch included. When registering, make us aware of any dietary restrictions.

Cost \$75.00 per person



Health and Wellness 2025

Wednesday, March 19th at 10:30am

Join Sharon and Tim as they cover essentials to health such as nutrition basics, functional wellness trends and regenerative living.

CARDS & GAMES:

Everyone is WELCOME to attend!!

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

ART CLASSES

Late registrations will not be accepted for instructed classes.



Beginner Drawing - Instructor Dan Meyer Tuesdays at 10am - Noon

8 week 1/14 - 3/4 Cost \$48.00

This class will introduce you to basic drawing skills by combining line, shape and form to bring simple objects to life. Learn proportionate and perspective drawing for still life and landscape studies. Simple measuring techniques will help you understand portraiture and figure drawing.

Intermediate Watercolor - Instructor Dan Meyer Tuesdays at 1:00 pm – 3:00 pm

8 week 1/14 - 3/4 Cost \$48.00

Continue to explore the fascinating world of watercolor as you go beyond the basics. Photo reference will be provided. Each subject rendered will be demonstrated, step-by-step by the instructor, followed by student participation. Advanced watercolorists will enjoy this course as well. Find the materials list at www.danmeyerwatercolors.com supply list for classes available at the front desk

Art with Friends FREE

Fridays at 10:30 am - 12:30 pm

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



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.



Calling all Readers! All are welcome to attend!

January Book Club

Monday, January 13th at 10:30am

Into Thin Air : A Personal Account of the Mount Everest Disaster—Jon Krakauer

A personal account of the Mount Everest Disaster is a 1997 bestselling nonfiction book written by Jon Krakauer. It details Krakauer's experience in the 1996 Mount Everest disaster, in which eight climbers were killed and several others were stranded by a storm.

February Book Club

Monday, February 24th at 10:30am

The Women Women can be heroes. When twenty-year-old nursing student Frances "Frankie" McGrath hears these words, it is a revelation. Raised in the sun-drenched, idyllic world of Southern California and sheltered by her conservative parents, she has always prided herself on doing the right thing. But in 1965, the world is changing, and she suddenly dares to imagine a different future for herself. When her brother ships out to serve in Vietnam, she joins the Army Nurse Corps and follows his path.



Reiki Session

Friday, January 17th
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**



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 \$3.50. Reservations for lunch can be made when registering for the class.

Upcoming Classes:

Friday, January 24th	9:00 - 3:00pm
Friday, February 14th	9:00 - 3:00pm
Friday, March 14th	9:00 - 3:00pm
Friday, April 18th	9:00 - 3:00pm

Stay Fit Dining Program in the Senior Center

Lunch is served at noon Monday through Friday.

Erie County Services will be increasing the suggested contributions rate for Stay Fit Dining Meals to \$3.50 per meal beginning January 1, 2025. This is the first increase since January 2014. Please note, this remains a SUGGESTED and anonymous contribution.

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.

Wed 1/1/2025 HAPPY NEW YEAR CENTER CLOSED

Thurs 1/2 Lasagna Roll with Tomato Meat Sauce and Mozzarella, Cauliflower, Fruit Punch, Dinner roll and Sugar Cookie

Fri 1/3 Garden Chicken Patty Salad with Cheddar Cheese and Ranch Dressing, Wheat Roll, Orange, Ch. Milk

Mon 1/6 Pasta with Meatballs, Tomato Sauce & Mozzarella, Cauliflower, Grape Juice, Sugar Cookies

Tues 1/7 Breaded Chicken Patty with Buffalo Sauce on a Bun, Tater Tots, Au Gratin Broccoli, Fresh Banana, Ch Milk

Wed 1/8 Beef Stew, Mashed Potatoes, Brussels Sprouts Warm Biscuit, Chef Salad, Vanilla Pudding

Thurs 1/9 Polish Sausage with Sauerkraut & Mustard on a Bun, Potatoes O'Brien, Carrots, Fudge Round

Fri 1/10 Ancho Chicken with Peppers, Onions, Salsa & Cheddar, Spanish Rice, Corn, Fruit Punch, Oranges

Mon 1/13 Turkey with Stuffing, Gravy & Cranberry Sauce Sweet Potatoes, Green Bean Casserole, Pineapple Tidbits

Tues 1/14 Swedish Meatballs over Pasta, Harvard Beets Peas, Fresh Orange, Chocolate Milk

Wed 1/15 Vegetable Lasagna with Cream Sauce Broccoli, Chef Salad, Dinner Roll, Chocolate Pudding

Thurs 1/16 Hearty Pork Stew, Mashed Potatoes Carrots, Dinner Roll, Chef Salad, Diced Peaches

Fri 1/17 Breaded Chicken Drumsticks, Seasoned Rice & Beans, Mixed Greens, Corn Muffin, Banana Crème Pie

Mon 1/20 Martin Luther King Day— CENTER CLOSED

Tues 1/21 Beef Pepper Steak Casserole over Rice Broccoli Florets, Carrots, Diced Peas

Wed 1/22 Grilled Chicken Salad with Greek Dressing Multigrain Bread, Strawberry Gelatin

Thurs 1/23 Steakhouse Burger with Gravy on a Bun Mashed Potatoes, Green Peas, Fruit Cocktail, Ch. Milk

Fri 1/24 Beer Battered Fish with Tarter Sauce, Broccoli Cheese Rice Casserole, Vegetables, Wheat Roll

Mon 1/27 Omelet with Cheese Sauce, Tater Tots, Peppers, Onions and Tomatoes, Raisin Bread, Pineapple

**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

Lawley John - 716-849-8299

Independent Health Sara - 716-635-3797

United Healthcare Ron - 716-316-4370

Highmark BCBS of WNY Kayleigh - 716-658-8656

DOCUMENTARY AND DISCUSSION**Eleanor Roosevelt- The Greatest First Lady?**

Monday, January 13th at 12:45pm

The story of a lonely, unhappy child who became the most admired and respected woman in the world.

The Mysterious Death of Casey Kasem

Monday, January 27th at 12:45pm

"48 Hours" explores the family feud over radio legend Casey Kasem -- how he died and who was responsible. At stake: an estate that could be worth \$100 million.

**AN AFTERNOON AT THE MOVIES at 1:00 pm**

Spend an afternoon at the movies.

**\$1.00 per person—pay day of movie
Includes bag of chips or popcorn**

Wed., 1/1 Center Closed No Movie

Wed., 1/8 A Paris Christmas Waltz - Contemplating life's next steps, Emma meets professional dancer Leo whose love for dancing is waning. But when a lifetime opportunity arises, the two will join forces and sweep Paris off its feet.

Wed., 1/15 RED*ONE - After Santa Claus—Code Name: RED ONE - is kidnapped, the North Pole's Head of Security must team up with the world's most infamous bounty hunter in a globe—trotting, action packed mission to save Christmas.

Wed., 1/22 Here 2024 A tale of love, loss laughter, and life, all of which happen right here. Starring Tom Hanks

Wed., 1/29 Popcorn Delight Special Event! Must Pre-Register at front desk by 1/22 to attend. More details on page 4

JANUARY SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Fitness Room 9:00 Pool Shooting 9:00 Medit. & Yoga 9:00 Ladies Exercise 11:00 Gentle Hatha Yoga w/Barb NOON LUNCH 12:15 Beginner Pickleball 12:30 Bridge 12:30 UMA MOVES 2:00 55+ Pickleball <u>Evening Classes</u> 5:30 20.20.20</p> <div style="border: 1px solid black; background-color: #ADD8E6; padding: 5px; margin: 5px 0;"> <p style="text-align: center;">Building Closed 1/1</p> </div> <div style="border: 1px solid black; background-color: #FFDAB9; padding: 5px; margin: 5px 0;"> <p style="text-align: center;">Basketball Free Bring your own ball and shoot some hoops. Mon – Fri 8:30 - 9:30am Mon– Fri 11:30 -12:30pm</p> </div>	<p>8:30 Fitness Room 8:45 Mens Exercise 8:45 55+ Pickleball 9:00 Shuffleboard 9:00 Pool Shooting 10:00 Beg. Watercolor 10:00 Int. Line Dance 10:30 Club 99 10:45 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 55+ Pickleball <u>Evening Classes</u> 5:30 Cardio Drumming</p> <div style="border: 1px solid black; background-color: #FFF2CC; padding: 5px; margin: 5px 0;"> <p style="text-align: center;">Open Walking Monday– Friday 8:30am - 10:30am 2:00pm - 4:00pm</p> </div>	<p>8:30 Fitness Room 9:00 Pool Shooting 9:00 Ladies Exercise 9:30 Hand & Foot 10:00 Beg. Line Dance 10:15 Sit and Get Fit 11:15 Intro to Line Dance 11:30 Yoga 11:30 Tai Chi w/ Cindy NOON LUNCH 12:30 OpenCards/Games 12:45 Strength Training 1:00 Movie 1:00 Chess Club 1:00 Corn hole 1:30 55+ Pickleball</p> <p style="text-align: center;"><u>Evening Classes</u> 5:15pm Yoga</p>	<p>8:30 Fitness Room 9:00 Pool Shooting 9:00 55+ Pickleball 9:00 Get Fit with Trish 9:30 Dominoes 10:00 UMA MOVES 10:30 Club 99 12:00 55+ Pickleball NOON LUNCH 1:00 Adv. Tai Chi 2:00 55+ Pickleball</p> <div style="border: 1px solid black; background-color: #ADD8E6; padding: 5px; margin: 5px 0;"> <p style="text-align: center;">Game Room OPEN Tues. & Thurs. 9:00am - 3:00pm Closed 1/2</p> </div> <div style="border: 1px solid black; background-color: #ADD8E6; padding: 5px; margin: 5px 0;"> <p style="text-align: center;">Billiards Room Closed 8-Ball Tournament Thursdays 12:30pm - 2:30pm</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; background-color: #90EE90; padding: 5px; margin: 5px 0;"> <p style="text-align: center;">Fitness Room Closed Wednesdays 12:45-1:45pm Fridays 12:00– 1:00pm</p> </div>

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.*

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

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

Join Hillcrest Travel Group and explore the world with us! Hillcrest Senior travel group has day and over night trips. We also have International trips! There is a \$10.00 yearly fee to belong to the exciting Hillcrest Organization! Hillcrest seniors meet at the Senior center the 2nd and 4th Thursday of each month. Coffee and dessert at every meeting. We offer Holiday parties and summer picnics as well. Our door is open to all!

Coffee & Conversation

Join us at the Orchard Park Senior Center for our monthly Coffee & Conversation event!
Every second Tuesday at 11 AM, we'll feature a different community member to share their stories and insights. Come enjoy a cup of coffee, make new connections, and have stimulating conversations.



Tuesday, January 14th - OPSC Staff
Tuesday, February 11th - John Glebe from Erie County Senior Services
Tuesday, March 11th - Town Supervisor Eugene Majchrzak

Have you ever wanted to try table tennis?

Now is your chance!

We have 2 tables available for practicing in the GAME ROOM solo or with partners on Tuesdays & Thursdays from 10am - 12:00pm.



We're on FACEBOOK! Facebook is an amazing way for us to stay connected, see our friends, and to share senior center opportunities and events!
LIKE & SHARE and stay connected!

REMINDER ...

Please remember to bring your My Senior Center Membership Tag when you come to the center. The key tag is required when you sign in for classes/events.



Looking for a fun and social activity? Join us for a game of billiards in our billiards room! Whether you're a seasoned pro or just starting out, everyone is welcome to come and enjoy a friendly game. It's a great way to meet new friends, have fun, and stay active. So grab your cue and come on down!

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

6 week session 1/6 - 2/24 no class 1/20 & 2/17 Cost \$ 30.00
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 1/8 - 2/26 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

5 week session 1/6 - 2/10 no class 1/20 Cost \$25.00
Hatha yoga focuses on posture and breathing techniques, traditionally channel vital energy source.

Intro to Tap Dance Tuesdays at 11:30-12:00pm

6 week session 1/21-2/25 Cost \$ 15.00
Classes are designed for those who have previously tap danced and want to reintroduce those skills. Shoes Required

Tap Dance for Fun Tuesdays at Noon

6 week session 1/21 - 2/25 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. Shoes Required

Stretch and Strength Barre Tuesdays at 1:15 pm

8 week session 1/7 - 2/25 Cost \$40.00
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

6 week session 1/8 - 2/12 Cost \$30.00
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 wk session 1/9 - 2/13 Cost \$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!

Hula Hoop Tuesdays at 1-2pm

6 week session 2/4 - 3/11 Cost is \$30.00

Besides being a great exercise, hoola hooping is all but guaranteed to let your inner child come out to play! In this ever evolving class you will learn how to hula-hoop on the waist as well as other fun moves (turns, lifts, halo, pass etc.) Then you will be shown how to put the moves all together to play/dance inside your hoop in a routine to a song. The "routine" will include basic moves as well as suggested alternative moves (based on the basic moves) for those who are or have mastered the basics and/or just want to be additionally challenged. So whether you're a beginner or beginner plus, you will be presented with training in a fun and relaxed atmosphere to provide the support needed to propel you to your own level of hooping

BAM! – Balance and Mobility Class

Fridays at 10:45am -NEW TIME

7 week session 1/10 - 2/21 Cost \$ 35.00
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

Starts back in February

Zumba Fridays at 10:00 am

Starts back in February

Evening Classes:

Cardio Drumming Evening Tuesdays at 5:30 pm

Starts back in February

Cardio Drumming Evening Thursday at 5:30 pm

Starts back in February

EVENING YOGA with MARIE Wednesday at 5:15 pm

6 week session 1/8- 2/12 Cost \$ 30.00

20.20.20 Monday at 5:30pm

Starts back in February

Fitness Room Classes:

Strength Training Wednesdays at 12:45pm

6 week session 1/8 - 2/12 Cost \$45.00

Are you new to the fitness center? Do you find all those machines and weights intimidating? You probably know that strength training is essential for all stages of life, but is crucial as we age. This new class, might be just what you're looking for! In these judgment-free sessions, you'll learn about your different muscle groups and how to exercise all of them safely and efficiently, and in a variety of ways. You'll learn how to set up and use the Synergy machine and the TRX suspension trainer, as well as how and when to use dumbbells, kettlebells or just body weight. Instructor: Cindy

Circuit Training Fridays at Noon-1:00pm

7 week session 1/10 - 2/21 Cost \$49.00

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***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 Tuesday 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

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****Sit and Get Fit Wed. at 10:15am –11:00am with Trish**

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.

Get Fit With Trish Thurs at 9:00am –10:00am **NEW CLASS**

Get moving and join us for an upbeat standing and sitting exercise class! Enjoy a full body workout designed to improve your strength, flexibility and range of motion. Please bring your own hand weights and stretch bands with you to class.

FITNESS ROOM**Monday - Friday 9:00 am - 4:00pm****Mon. - Thurs. 4:30 pm - 8:00pm**

With a Fitness membership 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

UMA MOVES

Monday at 12:30-1:45pm

Or Thursday at 10-11:15am

Cost is \$5.00 per class – pay the instructor

Uma Moves is an eclectic mix of movements inspired by kundalini yoga, Chi Gong, body tapping and brain gym that is choreographed to beautiful music. This class addresses core strength and flexibility. 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.

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

Shuffleboard rules are easy to learn and understand. They are designed to keep the game fun! The winner is the first person to reach a pre-defined target, or the player with highest score after 20 frames.

No Registration Required, just join in the fun!

New Members are Welcome!**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 on page 7** for all available days and times to play. Remember, you can reserve your spot online to secure your playtime at Myactivecenter.com.
- **Need to Cancel?** Do so 24 hours in advance the day of your reservation through Myactivecenter.com or by 8am 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 *only if the room is unoccupied.***
- ◇ Each play time is approx. 2 hours. Please exit the room at the end time. Times listed on myactivecenter.com.
- ◇ 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.

Join our new Pickleball Text Alert Group to get updates on all things pickleball at the center! Including when the next schedule drops!

Log into MyActiveCenter.com, Click on Groups under the New Users tab at the top of the page, CLICK Manage Membership and Register!

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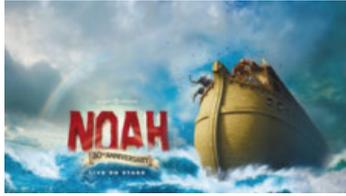
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- Shady Maple Smorgasbord Dinner
- Two breakfasts at the hotel
- Kitchen Kettle Village
- Day 2 Matinee performance of NOAH at Sight and Sound Theatre
- Hershey Farm Traditional Family Style Dinner
- Hershey Chocolate World on day 3 before heading home

Trip, once paid, is non-refundable unless trip protection is purchased and cancellable reason.

Trip Protection is highly recommended and available to purchase <https://nta.aontravelprotect.com>

A Note From....

The Community Activity Council Of Orchard Park

The Community Activity Council of Orchard Park, a 501c3 is a not- for—profit organization formed to raise funds to help support and fund equipment and activities for the OPCAC. **Some** of the donations have gone towards:

*Fitness Equipment \$55,553.38
Dining Hall Sound System \$21,304.96
Wall Pads in Room 156 \$19,000.00
Building Signage \$17,451.00
Game Room Equipment \$7,251.10
Key Fob for Bocce Door \$3,384.84*

As more people discover the Center, the Council invites you to volunteer and be a part of the organization!

Contact Maria at 716-662-6452 for additional information.

Shea’s A Beautiful Noise—Neil Diamond

Sunday April 13th at Noon
Cost \$90.00

Join friends from the senior center as we attend the **A Beautiful Noise** at Shea’s. The untold true story of a Brooklyn kid who became a chart-busting, Show – stopping, award winning American Icon!

Registration with payment begins on Thursday, January 9th at 8:30am with Maria or Jessica in the office.

Shea’s Cher

Saturday, May 3rd at 1:00pm
Cost \$80.00

The Cher Show is a musical at Shea’s Buffalo theatre in Buffalo that chronicles the life of Cher from her early years to her rise to fame. The musical features many of Cher's greatest hits, including “Believe,” “Gypsies, Tramps and Thieves,” and “The Shoop Shoop Song”.

Registration with payment begins Thursday, January 16th at 8:30am with Maria or Jessica in the office.

TIME TO RENEW YOUR MEMBERSHIP!!!

Free for all Town of Orchard Park Residents with Proof of Residency

All 2024 memberships (resident and non-resident) will expire on December 31st.

Memberships may be renewed at the front desk Monday through Friday between 10 am and 2 pm

- ♦ **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 \$45 annual fee**
- ♦ **Fitness Membership \$45 annual fee** or can be waived if you have:
Silver Sneakers, Silver & Fit, Active & Fit or Renew Active

General Membership Includes: Art Classes, Billiards Room, Bingo, Cards (Bridge, Hand & Foot, Pinochle, Euchre) Chess, Dominoes, Presentations, Financial Planning, Special Events (Dinners, Dances, Entertainment), Reiki etc.

Fitness Membership Includes: Fitness Room, Sit and Get Fit Class, Club 99, Ladies Exercise, Men’s Fitness, Open Walking , Shuffleboard, Bocce, Corn hole and **Access to Paid Classes.**