



# Orchard Park Senior Center

4520 California Road  
Orchard Park, NY 14127



**MARCH 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**

**Office Assistant Maggie**

**Kitchen Kevin**

**Front Desk Bob**

**Front Desk Barb**

**Front Desk Claire**

### **Town Supervisor**

Eugene Majchrzak

### **Council Members**

Joseph Liberti

Julia Mombrea

Scott Honer

John Mariano



## **Pancakes & Pajamas Friday, March 14th at Noon**

Forget the alarm clock, Orchard Park Senior Center Members! Join us for a pajama pancake lunch! Rise and Shine with fluffy pancakes! Bring your appetite, your best sleepwear, and smile for an afternoon full of laughter, good company, and breakfast bliss. This

lunch is all about comfort, camaraderie, and celebrating the simple joys of life! **Cost \$5.**

**Must Register and Pay at the front desk by  
Tues., March 4th.**

*May the Dreams  
You Hold Dearest  
Be Those Which Come True,  
and the Kindness  
You Spread  
Keep Returning  
to You.* 

*Notes from Maria....*

Spring has officially sprung, and with it comes a renewed sense of energy and excitement! Here at the Senior Center, we're embracing the warmer weather and longer days with a jam-packed schedule of activities and events designed to help you blossom this season.

From computer and health workshops to spring-themed crafts, we've got something for everyone. Dust off those walking shoes and join us for a walk, or try your hand at a new hobby with one of our many classes. We'll also be celebrating with special luncheons, dances, and outings, so be sure to check our calendar for all the details.

Speaking of walking, don't forget to pick up your walking packet for our Route 66 "Walk at Home" challenge! Each week, everyone participating is asked to submit their steps to be entered to win a prize and help us make our trek across Route 66 and back. You can email us your steps at [opsenior@orchardparkny.org](mailto:opsenior@orchardparkny.org) or drop them off at the front desk every Monday. We're so excited to have you join us on this fun adventure!

Spring is a time for renewal and growth and we encourage you to embrace this season by connecting with friends, learning new things, and enjoying all that life has to offer. The Senior Center is your place to connect, engage and thrive.

A special thank you to our generous sponsors, Independent Health and Runner's Roost, for their continued support with our Route 66 walk at home program.



### 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



### Orchard Park Senior Center Closing Information

If you want to know if the OPSC 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.**



### IMPORTANT PHONE NUMBERS

**AARP ..... 1-800-424-3410**

**Are You Okay? ..... 674-2280**

**EPIC ..... 1-800-332-3742**

**Erie County Adult Protection ..... 858-6877**

**Lions Club Loan Closet ..... 662-0540**

**Meals on Wheels ..... 822-2002**

**NY CONNECTS. .... 858-8526**

**Social Security ..... 1-800-647-9195**

**Supervisor's Office ..... 662-6400**

### 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.

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 a waiting list.**

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



**Ignite Your Mind!**  
**Join us for a captivating series**  
**on brain health.**  
**Keep your mind sharp!**

**Alzheimer's Association Presents:  
Healthy Living for Your Brain & Body  
Thursday, March 6th at 12:30pm**

Learn about research in the areas of diet and nutrition, exercise cognitive activity and social engagement. Incorporate these recommendations into building a plan for healthy aging.

**Empowering Mindset  
Discover the Power of Mindfulness and  
Empowering Thoughts: A Practice of being in  
the Present Moment**

**Monday, March 10th at 1:00pm**

Want more peace and calm in your life? Interested in learning about the history and science of mindfulness? Curious about how powerful thoughts can shape your reality? Join Laurie to answer these questions and engage in mindful activities and participate in empowering thought exercises. There is more than one way to be mindful and empower your mind. During this session we will explore how mindfulness works, the power of thoughts and what they can do for you. Mindfulness practices can be done anywhere and is for all ages.

**Left Brain/ Right Brain  
Friday, March 14th at 12:30pm**

Our brains are composed of two hemispheres and each is responsible for different functions of our body. Although not a doctor or scientist, the instructor Theresa Wiater will show some basic concepts of each hemisphere which will help you understand a bit about yourself and others. We will also challenge our brains with fun games and interesting optical illusions.

**Memory Wellness... Evidence Based  
Recommendations for Brain Health  
Friday, March 21st at 12:30pm**

In this session we'll discuss cognition, memory wellness, age-related memory changes and evidence based lifestyle factors that impact memory. We will discuss the latest research in the area of memory wellness. Presented by Dent Neurologic Institute

**Monday Mindful Maze with Maggie!  
Monday, March 31st at 12:30pm**

Boost your brainpower and have a blast! This event will combine fun brain games with mindfulness techniques to improve focus, memory, and overall cognitive function. Get ready for a delightful dose of brain bending games and good company.

**Birthday Bash  
Friday, March 7th at 12:30pm**

Maria, our Director invites those who have a January, February or March birthday to submit a photo of yourself in your younger days by March 8th. Everyone is welcome and will enjoy a delicious birthday dessert.

**Senior Center Trivia  
Monday, March 10th 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!

**Coffee and Conversation with Town Supervisor Gene  
Majchrzak Tuesday, March 11th at 11am**

The Orchard Park Senior Center and Town Supervisor Gene Majchrzak invite you to join us for casual conversation over coffee. Come meet your elected official, ask questions, address concerns or share your ideas you have.

**Sustainable Self-Care Retreat at the OPSC:  
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  
Pre-register at the front desk by  
Friday, February 28th**



**Wicked Luncheon  
Wednesday, March 12th at Noon**

Join us for one of Kevin's special culinary delights and the movie Wicked, where a misunderstood green colored woman named Elphaba forges an unlikely but profound friendship with Glinda, a student with an unflinching desire for popularity. Following an encounter with the Wizard of Oz, their relationship soon reaches a crossroad as their lives begin to take very different paths.



**Cost \$8.00.**

**Must Register and Pay at the front  
desk by Tuesday, March 4th.**



## 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.

## Spring Fling: Dance and Dine

**Thursday, March 20th from 12:00pm-2:45pm**

At noon enjoy a delicious lunch featuring grilled chicken, mandarin orange and sunflower salad, wheat rolls and a refreshing lemon meringue pie.

Following lunch, we'll sway to the sounds of the

**Hastings Duo** as we celebrate the blooming season.

Don't miss the opportunity for a fun-filled afternoon of food, fellowship, and fantastic dancing!

**Cost is \$7.00 Must register and pay at the front desk by Tuesday, March 11th.**

## Baking with MaryAnn

**Friday, March 21st at 1:30pm**

Join us for a special baking session with MaryAnn. Learn to make a delicious Pupaconuovo Easter treat that you can recreate at home for your loved ones. A recipe and a taste of the finished product will be provided.

**Cost \$12.00, pre-register and pay at the front desk.**

## Paragon PT Group Presents:

### Functional Fitness

**Tuesday, March 25th at 11:15am**

Activities of Daily Living (ADLs) shouldn't be a struggle. Dr. Elizabeth Marabella Peck, DPT, discusses how a tailored Functional Fitness program can improve your ability to perform these essential tasks. From climbing stairs and carrying groceries to personal hygiene and gardening, learn how physical therapy can enhance your safety and independence.

## Stop the Bleed

**Tuesday, March 25th at 1:00 - 2:30pm**

STOP THE BLEED® is a national campaign to encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. It is a public/private partnership led by the Department of Defense and many other stakeholders.

This class has you watching a video, then you practice packing a simulated wound, applying a tourniquet on a fake arm or leg.

## Vision Loss

**Wednesday, March 26th at 1pm**

Please join us for a discussion surrounding the eye health of senior citizens. Dr. Nathaniel Simmons from Southtowns Eye Center will be presenting on the most common reasons for vision loss in patients over the age of 55, with a focus on prevention and treatments to preserve vision.

## Feng Shui

**Friday, March 28th at 1:00pm**

Feng Shui originally was used as a military strategy in commanding the environment. Nowadays we use it to help us build our personal environments to mirror the Heavenly Stars energies to create better health, happiness and prosperity! Join Qigong Teacher Susi Rosinski as we explore how to use Feng Shui in our lives! Susi Rosinski is a graduate of Medical Feng Shui and has been helping people improve their health through this ancient practice!

## Grief Yoga

**Monday, March 31st at 12:30pm**

Grief and emotions such as depression and anxiety can overwhelm you and affect not only the mind but the body. Loss such as the passing of a loved one or pet, one's health or living situation can cause these emotions to become stuck within the body. This class focuses not only on gentle yoga but body movement and the use of breath and voice to enable emotions to move, create space and allow for acceptance and the choice to experience more love in your life. A chair will be provided if needed, as the class can be done seated. (Barb Winterborne has completed certification in teaching Grief Yoga through its founder, Paul Denniston)

## Crafting With Maggie

### Bunny Face - Bud Vase

**Tuesday, April 1st at 11am to 12:00pm**

Join Maggie to create a cute floral bud vase! The front will be a wood face of a bunny that you paint! Behind the face we will glue the vase! Add your colorful creativity to make it unique! All supplies are provided! Light Refreshments will be served! Cost \$ 10.00. Seating is limited to 11.

## Afternoon Tea & Monarchs

**Tuesday, April 8th at 1:30pm**

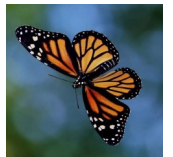
Indulge in a delightful afternoon tea with friends! Bring your favorite teacup and saucer (or borrow one from us) and join us for an elegant and social experience. Enjoy a selection of tea sandwiches, delectable desserts, and lively conversation.

**Special Guest Speaker:** Dr. Kathleen Contrino will present on "Monarchs and Milkweed: Specialized Relationships in the Natural World." Learn about the crucial role of these specialized relationships in supporting the natural world and how understanding them helps us select the most beneficial native plants for pollinators and wildlife.

**Cost: \$16.00 Spots are limited.**

**Must Register and pay by April 1st.**

**Don't miss this unique opportunity to combine a charming tea party with an insightful presentation on the wonders of the natural world.**



## Felt Flower Bouquet Workshop

**Wednesday, April 30th At 1:00pm**

Join us for a delightful afternoon of crafting at our felt flower bouquet workshop! Gather your friends at the senior center for a fun-filled session of creating beautiful felt flowers under the guidance of Katie Samland. Enjoy refreshments as she guides you through the process of crafting your arrangement!

**Cost \$ 30.00**



**Coming up in April...****Color Therapy**

Monday, April 7th at 1:00pm

**Hearing Evaluation Services of Buffalo—Tinnitus Presentation**

Monday, April 7th at 12:30pm

**Advanced Planning with Valerie Stanek**

Wednesday, April 9th at 10:30am

**Hike at Knox Farm**

Wednesday, April 9th 1:00pm

**Better Money Habits with Bank of America**

Thursday, April 10th at 11:00am

**Alzheimer Association Presents: Responding to Dementia Related Behaviors**

Thursday, April 17th at 12:30pm

**Lunch and Learn with Don Zappia-**

Wednesday, April 23rd at Noon

**ART CLASSES***Late registrations will not be accepted for instructed classes.***Beginner Watercolor - Instructor Dan Meyer**

Tuesday at 10am—Noon

8 week session 3/18 - 5/13 No Class 4/29 Cost \$48.00

**Intermediate Watercolor - Instructor Dan Meyer**

Tuesdays at 1:00 pm – 3:00 pm

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

8 week session 3/18 - 5/13 No Class 4/29 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](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.

**BEGINNING BRIDGE LESSONS**

**Mondays April 7th - May 5th  
(5weeks)**

**10:00am - Noon**



**Have you wanted to learn to play Bridge? This is the class for you! Try something new and exciting! Exercise your brain power, improve your memory and meet new friends. Join us at the OP Senior Center and learn to play bridge. No experience is necessary to learn this engaging card game! Cost \$15.00**



**Calling all Readers! All are welcome to attend!**

**March Book Club**

**Monday, March 24th at 10:30am**

**Moloka'i** is the story of Rachel Kalama, a young native Hawaiian girl growing up in Honolulu at the end of the 19th century, who at age seven is diagnosed with Hansen's disease, taken from her family and exiled to the leprosy settlement on a remote peninsula on the island of Moloka'i.

**April Book Club**

**Monday, April 21st at 10:30am**

**The Litigators** Oscar Finley and Wally Figg are in fact just two ambulance chasers who bicker like an old married couple. But now the firm is ready to tackle a case that could make the partners rich—without requiring them to actually practice much law. A class action suit has been brought against Varrick Labs, a pharmaceutical giant with annual sales of \$25 billion, alleging that Krayoxx, its most popular drug, causes heart attacks. Wally smells money. All Finley & Figg has to do is find a handful of Krayoxx users to join the suit. It almost seems too good to be true ... and it is.

**Reiki Session**

**Friday, March 14th  
Appointments available  
from 9am - 11am**

Reiki which was developed in the 1900s 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, March 14th	9:00 - 3:00pm	Wait List
Friday, April 25th	9:00 - 3:00pm	Wait List
Friday, May 16th	9:00 - 3:00pm	
Friday, June 20th	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.**

**Mon., 3/3** Beef Macaroni Casserole with Mozzarella, Peas & Carrots, Zucchini & Tomatoes, Italian Bread, Pineapple Tidbits

**Tues., 3/4** Chicken & Sausage Paella, Rice with Black Beans

Corn with Red Pepper, Cauliflower, Chocolate Cream Pie

**Wed., 3/5** Stuffed Shells with Tomato Sauce & Mozzarella

Cheese, Mixed Veg., Spinach, Salad w/ Drsg. Roll, Orange

**Thurs., 3/6** Pork Loin with Warm Cinnamon Apples, Sweet

Potatoes, Brussels Sprouts, Roll, Oatmeal Cookies

**Fri., 3/7** Beer Battered Fish with Tartar Sauce, Tater Tots, Au

Gratin Broccoli, Roll, Butterscotch Pudding

**Mon., 3/10** BBQ Pork Ribette on a Bun, Duchess Potatoes

Mixed Vegetables, Diced Pears

**Tues., 3/11** Meatballs with Sweet & Sour Sauce over White

Rice, Broccoli & Carrots, Fruit Punch, Oatmeal Round

**Wed., 3/12** **WICKED Luncheon Must register and pay at the front desk by 3/5/25 COST \$8.00**

**Thurs., 3/13** Turkey with Stuffing, Gravy & Cranberry Sauce

Mashed Potatoes, Green Beans, Applesauce, Ch. Milk

**Fri., 3/14** **Pancakes and Pajamas Omelet—Must Pre-Register at the desk by 3/4 Cost \$5.00.**

California Blend Vegetables, Bread, Strawberry Gelatin

**Mon., 3/17** **St. Patrick's Day Meal Corned Beef with Cabbage, Buttered Potatoes, Carrots, Deli Rye Bread, Lime Sherbet**

**Tues., 3/18** Italian Sausage with Peppers, Onions & Tomato

Sauce on a Bun, Diced Potatoes, Spinach, Lorna Doones

**Wed., 3/19** Beef Stroganoff over Pasta, Green Peas

Cauliflower, Fresh Banana, Chocolate Milk

**Thurs., 3/20** **Spring Luncheon and Entertainment Grilled**

**Chicken, Orange & Sunflower Salad, Dinner Roll, Lemon Meringue Pie Must register at the front desk with payment \$7.00**

**Fri., 3/21** Lasagna Roll with Vegetable Cream Sauce, Zucchini

California Vegetable Blend, Salad w/ Drsg., Fruit Cocktail

**Mon 3/24** Breaded Chicken Cutlet with Herb Gravy

Mashed Sweet Potatoes, Green Beans, Roll, Vanilla Pudding

**Tues., 3/25** Chili con Carne with Cheddar, Apple Juice, Carrots

Corn Muffin, Salad with Drsg., Banana

**Wed., 3/26** Polish Sausage with Sauerkraut & Mustard on a

Bun, Scalloped Potatoes, Peas with Red Pepper, Fudge Round

**Thurs., 3/27** Polynesian Chicken over Rice, Wax Beans, Veg,

Ch. Chip Cookies

**Fri., 3/28** Vegetable Quiche with Cheese Sauce, Broccoli

Florets, Harvard Beets, Wheat Bread, Fruit Cocktail, Ch. Milk

**Mon., 3/31** Grilled Chicken w/ BBQ Sauce, Rice w/ Black

Beans, AU Gratin Spinach, Grape Juice



### **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 Sara - 716-635-3797**

Tuesday, March 4th, 10-am - Noon

**United Healthcare Ron - 716-316-4370**

Wednesday, March 19th, 10am - Noon

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

Tuesday, March 25th, 10am - Noon

### **DOCUMENTARY AND DISCUSSION**

#### **The Menendez Brothers Part 1**

**Monday, March 10th at 12:45pm**

Serving Life in Prison for murdering their parents, Lyle and Erik Menendez speak out in this two part documentary. Examine the shocking crime and ensuing trials.

#### **The Menendez Brothers Part 2**

**Monday, March 24th at 12:45pm**

Part 2 of the shocking documentary on the Menendez Brothers.

#### **Churchill at War—The Gathering of the Storm**

**Monday, April 21st at 12:45pm**

Examine Winston Churchill's pivotal role in World War II and the formative events that made him an ideal leader for the era.



### **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., 3/5** **La Dolce Villa** - When his daughter decides to buy a crumbling Tuscan villa, Eric rushes to Italy to talk her out of it - and instead finds beauty, romance and new purpose.

**Wed., 3/12** **Irish Wish** - In Ireland to watch the man she secretly loves marry her best friend, Maddie makes a wish that has all her dreams coming true - for better or worse.

**Wed., 3/19** **The Devil Wears Prada** - Meryl Streep and Anne Hathaway star in this film about a college graduate who goes to work for the boss from hell at a fashion magazine.

**Wed., 3/26** **A Little White Lie** - Mistaken for her famous reclusive author with the same last name, a hapless man travels to a struggling literary festival to give the keynote address.



# MARCH SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30 Fitness Room</b> <b>9:00 Pool Shooting</b> <b>9:00 Medit. &amp; Yoga</b> <b>9:00 Ladies Exercise</b> <b>11:00 Gentle Hatha Yoga w/Barb</b> <b>NOON LUNCH</b> <b>12:15 Beginner Pickleball</b> <b>12:30 Bridge</b> <b>12:30 UMA MOVES</b> <b>2:00 55+ Pickleball</b> <u>Evening Classes</u> <b>5:30 20.20.20</b>	<b>8:30 Fitness Room</b> <b>8:45 Mens Exercise</b> <b>8:45 55+ Pickleball</b> <b>9:00 Shuffleboard</b> <b>9:00 Pool Shooting</b> <b>10:00 Beg. Watercolor</b> <b>10:00 Int. Line Dance</b> <b>10:30 Club 99</b> <b>10:45 55+ Pickleball</b> <b>11:30 Intro to Tap Steps</b> <b>12:00 Tap for Fun</b> <b>NOON LUNCH</b> <b>1:00 Inter. Watercolor</b> <b>1:00 Bingo</b> <b>1:00 Hula Hoop</b> <b>1:15 Stretch and Barre</b> <b>2:00 Card Bingo</b> <b>2:00 55+ Pickleball</b> <u>Evening Classes</u> <b>5:30 Cardio Drumming</b>	<b>8:30 Fitness Room</b> <b>9:00 Pool Shooting</b> <b>9:00 Ladies Exercise</b> <b>9:00 Sewing Group (2nd and 4th of the month)</b> <b>9:30 Hand &amp; Foot</b> <b>10:00 Beg. Line Dance</b> <b>10:15 Sit and Get Fit</b> <b>11:15 Intro to Line Dance</b> <b>11:30 Yoga</b> <b>11:30 Tai Chi w/ Cindy</b> <b>NOON LUNCH</b> <b>12:30 OpenCards/Games</b> <b>12:45 Strength Training</b> <b>1:00 Movie</b> <b>1:00 Chess Club</b> <b>1:00 Corn hole</b> <b>1:30 55+ Pickleball</b>  <u>Evening Classes</u> <b>5:15pm Yoga</b>	<b>8:30 Fitness Room</b> <b>9:00 Pool Shooting</b> <b>9:00 55+ Pickleball</b> <b>9:00 Get Fit with Trish</b> <b>9:30 Dominoes</b> <b>10:00 UMA MOVES</b> <b>10:30 Club 99</b> <b>12:00 55+ Pickleball</b> <b>NOON LUNCH</b> <b>1:00 Tai Chi</b> <b>2:00 55+ Pickleball</b>  <u>Evening Classes</u> <b>Groove and Move</b>	<b>8:30 Fitness Room</b> <b>8:45 Cardio Drum</b> <b>9:00 Pool Shooting</b> <b>9:00 Ladies Exercise</b> <b>10:00 Euchre</b> <b>10:00 Zumba</b> <b>10:30 Art w/ Friends</b> <b>10:45 BAM</b> <b>NOON LUNCH</b> <b>12-2 55+ Pickleball</b> <b>12:00 Circuit Training</b> <b>12:45 MahJong</b> <b>1:00 Pinochle</b> <b>2:00 55+ Pickleball</b>
<b>Basketball Free</b> Bring your own ball and shoot some hoops. Mon – Fri 8:30 - 9:30am Mon– Fri 11:30 -12:30pm Wednesdays 12:30-1:30pm	<b>Open Walking</b> Monday– Friday 8:30am - 10:30am 2:00pm - 4:00pm		<b>Game Room OPEN</b> Tues. & Thurs. 9:00am - 3:00pm	<b>Fitness Room Closed</b> Wednesdays 12:45-1:45pm Fridays 12:00– 1:00pm

## 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 MaryAnn Notto

### 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 overnight 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!



**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.



## 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, March 11th - Town Supervisor Eugene Majchrzak**  
**Tuesday, April 8th - Kitty, Erie County Senior Services University Express**



## Shuffleboard

**Tuesdays 9:00am-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!**

## 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 & Thursday from 10am - 12:00pm. Instructor available on Tuesday at Noon!



**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**

**4 week session** 3/10 - 3/31 **Cost \$20.00**

**4 week session** 4/7 - 4/28 **Cost \$20.00**

You will be guided through a seated meditation followed by yoga postures that will help to improve your flexibility, strength, and balance. (chair modifications available).

### **Yoga Wednesdays at 11:30 am**

**4 week session** 3/5 - 3/26 **Cost \$ 20.00**

**8 week session** 4/30 - 6/25 **no class 6/4** **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** 2/24 - 3/31 **Cost \$30.00**

**4 week session** 4/7 - 4/28 **Cost \$20.00**

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

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

**5 week session** 3/11 - 4/8 **Cost \$ 12.00**

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

**5 week session** 3/11 - 4/8 **Cost \$25.00**

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 - 3/4 **Cost \$40.00**

**5 week session** 3/11 - 4/8 **Cost \$25.00**

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 - 2/19 **Cost \$30.00**

**6 week session** 2/26 - 4/2 **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 Thursdays at 1:00 pm**

No instructor. Join others to work on your skills.

### **BAM! – Balance and Mobility Class**

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

**4 week session** 3/7 - 3/28 **Cost \$20.00**

**6 week session** 4/25-5/20 **Cost \$30.00**

BAM! incorporates strength, balance and mobility exercises that prepare your body for everyday activities. This class includes multiple-muscle and multiple-joint movements that will help you do real-life, everyday things like lift, bend, twist, squat and haul! We'll end every class with a fun obstacle course and some flexibility exercises.

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

**8 week session** 2/7 - 3/28 **Cost \$40.00**

**5 week session** 4/25 - 5/23 **Cost \$25.00**

Cardio drumming is a full body workout that combines drumming, cardio and music. It's low impact exercise that's suitable for all ages and fitness levels. Participants use drumsticks to hit an exercise ball to the beat of the music. Improves your heart rate, rhythm and motor skills. Strengthens upper body and improves hand-eye coordination. Anyone can join this fun class even if you don't play the drums.

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

**8 week session** 2/7 - 3/28 **Cost \$40.00**

**5 week session** 4/25 - 5/23 **Cost \$25.00**

This is a dance-fitness class for active older adults and beginners. It's a lower-intensity version of Zumba that's designed to improve balance, range of motion and coordination.

### **Evening Classes:**

#### **20.20.20 Monday at 5:30pm**

**8 week session** 2/3 - 3/31 **no class 2/17** **Cost \$40.00**

**5 week session** 4/21—5/19 **Cost \$25.00**

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**

**8 week session** 2/4 - 3/25 **Cost \$48.00**

**5 week session** 4/22- 5/20 **Cost \$25.00**

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

**7 week session** 3/5 - 4/16 **Cost \$ 35.00**

### **Groove and Move Thursdays at 5:30 pm**

**6 week** 3/6 - 4/10 **Cost \$30.00**

Are you ready for a new way to exercise, meet new people and have a ton of fun? Well, then we have the class for you! Welcome to GROOVE AND MOVE. Groove and Move is a NEW dance class that teaches dance routines including a variety of dance styles and music! Routines will incorporate strength moves, balance, and cardio exercise and sequential memory!

### **Fitness Room Classes:**

#### **Strength Training Wednesdays at 12:45pm**

**6 week session** 2/26 - 4/2 **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**

**4 week session** 3/7 - 3/28 **Cost \$28.00**

**6 week session** 4/25-5/20 **Cost \$48.00**

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



**Club 99      Tuesdays & Thursdays at 10:30 am**

This **FREE** class is a full body workout that can be done seated, standing, 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      Tuesdays 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

**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**

**Intermediate Line Dance      Tuesdays at 10:00 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

**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.

**UMA MOVES**

**Monday at 12:30-1:45pm or Thursday at 10-11:15am**

**Cost is \$5.00 per class – pay the instructor**

This class is eclectic mix of movements inspired by kundalini yoga, Chi Gong, body tapping and brain gym that is choreographed to beautiful music. 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.



# 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 of 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!**

**FITNESS ROOM**

**Monday - Friday      9:00 am - 4:00pm**

**Monday - Thursday      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.

**See calendar for times the Fitness Room is CLOSED for classes**

**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.

Join the Adventure!

## Aging Mastery Program

This 10 class program is designed to assist seniors make and maintain small but important changes in their lives.

You've been given the GIFT OF TIME

### 10 Course Program:

Navigating Longer Lives  
Community Engagement  
Exercise and You  
Medication Management  
Financial Fitness  
Healthy Eating  
Advance Planning  
Healthy Relationships  
Falls Prevention  
Sleep

Luncheon and Awards Ceremony will be held on Thursday, May 15<sup>th</sup>

### AMP Aging Mastery Program

National Council on Aging



### Spring 2025 Series begins

Thursday March 13<sup>th</sup>, 2025

Thru

Thursday, May 15<sup>th</sup>, 2025

12:30pm-1:30pm

Sign up Now- Space is Limited!

For Seniors 55+

**Don't Miss Out on the FUN!**

Includes: Program Materials, Snacks, Awards and Much More!

Orchard Park Senior Center  
4520 California Road, Orchard Park

#### Registration Required

See staff at the OP Senior Center by February 27<sup>th</sup>

Questions? Call: 716-662-6452

## Kentucky Derby Dinner Thursday, May 1st 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 a jockey. Roll the dice, cheer on your chosen steed, and see who crosses the finish line! 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, get your crew ready for a routin' tootin' good time!

## Route 66 Walking Challenge March 10th - April 18th

Dust off those sneakers and get walking!

The Orchard Park Senior Center is taking a road trip....

Without leaving town! Join us for a six week walking challenge from March 10th to April 18th as we conquer the iconic Route 66. We will be counting our steps as a senior center as we walk the Iconic Route 66 together!



- Every Step Counts! Walk anywhere and anytime you would like! Track your miles with the packet you receive at registration and watch our progress board in the front lobby.
- Weekly prizes awarded. Bring us back your step sheet every Friday or the following Monday and get entered to win that week's prize drawing!
- Grand Prize celebration with awards and refreshments at the end to honor our achievements!

Sign up at the front desk and get walking!

**Thank you Independent Health & Runner's Roost for your generous donation towards this event!**

## BPO Patriotic Pops Friday, May 23rd COST \$80.00

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

The BPO's Patriotic Pops concert is an annual Memorial Day weekend tradition that pays tribute to the contributions and sacrifices of America's military personnel. Conducted by Bradley Thachuk and featuring the Buffalo Philharmonic Chorus, this concert is a stirring salute to the spirit of America, highlighting the music that has defined and celebrated the country's values over the centuries. Following the concert, we will make our way to Illo DiPaolo's for lunch!

**Tickets go on Sale Friday, March 28th at 8:30am.**

## Buffalo Double Decker Bus Tour And Lunch Buffet at RiverWorks Tuesday, June 10th

**10am (Bus departs the center)**

Our day will begin as the double decker bus arrives at the center to pick us up for the tour. Our host, Irish Cop Officer O'Connor will tell the story of Buffalo's humorous history. His Irish brogue and wit brings to life the story of Buffalo's founding, immigration, growth, downturn and eventual renaissance. The tour includes downtown, architecture and waterfront. It is probable that we'd stop at Richardson Hotel.

Following the tour, it's time for lunch at RiverWorks.

**Cost is \$72.00 per person**

There are 44 seats on the top of the bus and 21 below. At registration you will be asked where you would like to sit to reserve your spot. Upper seats require climbing stairs. Seat location cannot be guaranteed.

**Tickets go on Sale Friday, April 11th at 9:00am.**

### Upcoming Trips...

More information and cost TBD

**July** - Murder Mystery Dinner Cruise Canandaigua Lake Paddlewheeler including Ye Old Country Store

**September** - Corning Museum - Make your Own Glass Pumpkin



## North Star Tavern

7340 Seneca Street  
East Aurora, NY

Thursday, April 3, 2025 @ 5:00pm

### LIMITED SEATING

**ALL Dinner choices - \$46. inc. Tax-Tip**

**Mushroom Soup is served W/All Dinners**

**1. Polska Best: Golumki, Pierogi, Kapusta, Smoked Sausage**

**2. Shepherd's Pie - Signature Dish:**  
Beef, Potatoes, Vegetables

**3. Bucatini Pasta w/Chicken: Garlic Wine Sauce, Lemon Butter, Blistered Tomatoes**  
**Coffee, Tea, Soda and Dessert inc.**

**CASH BAR Available**

**Please call GAIL FREEMAN at 248-766-1924 for Reservations by March 20, 2025**