



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



JUNE 2025

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.gov

CENTER HOURS
MONDAY– FRIDAY
8:30 a.m. – 4:00 p.m.

Senior Center Staff

Director Maria Galley
Office Assistant Maggie
Office Assistant Shannon
Kitchen Manager Kevin
Front Desk Bob
Front Desk Barb
Front Desk Claire
Front Desk Sandy

Town Supervisor
Eugene Majchrzak

Council Members
Joseph Liberti
Julia Mombrea
Scott Honer
John Mariano

WELCOME SUMMER

RED, WHITE & BLUE DINNER

Thursday, June 26

4:00 PM

doors open at 3:45 PM

Enjoy a delicious Chiavetta's chicken dinner and great entertainment by The Boys of Summer!

Reserve your spot!

Tickets on sale until June 12
or until sold out.
Don't miss out on this fun evening!



Thank you to ECVA Eyecare for your generous donation toward this event.

ENTERTAINMENT BY THE BOYS OF SUMMER

\$ 18

ORCHARD PARK SENIOR CENTER
4520 CALIFORNIA ROAD
ORCHARD PARK, NY

Notes from Maria....

As I sat down to write this, I couldn't help but reflect on the incredible journey we've shared together at the Senior Center. It has been my greatest privilege and honor to work alongside you all for so many years. Many of you have watched my own children grow up! And you've been witness to my own journey, as I've grown from a part-time assistant to program coordinator, then assistant director, and finally, to the director of this wonderful center. I feel incredibly blessed to have met so many amazing people, each with their own unique and inspiring life stories.

I am constantly in awe of the kindness and generosity of our volunteers and staff. When I stepped into the role of director, I wondered if I could ever fill the very large shoes of my predecessor, Deb Santiago (and no, I'm not talking about her fabulous collection of high heels - you all know I'm not a heels kind of person!). But what I've learned is that each day brings its own gifts. People come and go, but it's the enduring power of human kindness that truly sustains us.

It's the heartfelt words of those who tell us how this center has changed their lives, how fortunate they feel to walk through our doors each day - that's what fills my heart with gratitude. Thank you. Thank you for your warmth, your generosity, and for making this center such a special place. It's more than just a building; it's a community where people can truly enjoy this chapter of their lives.

Our volunteers are the heart and soul of this center, and we recently had the opportunity to celebrate their incredible contributions. I want to give a special mention to Donna Gosciak, a long-time volunteer, confidante, and someone who feels more like family. Donna has recently retired from her volunteer position and is moving down south. She will be deeply missed - not just by me, but by so many here at the center. For years, she was a constant presence, whether she was helping in the kitchen or participating in Club 99, or helping out in the office. She had a knack for knowing exactly what needed to be done, often before I even asked!

Donna's departure reminds us that life is precious, and that we should greet each day with gratitude. We never truly know what someone else is going through, or whether they need a friendly face or a kind word. A simple smile, a genuine "How are you?" - these small gestures can make a world of difference. Let us all strive to be kind to one another, and to remember what a gift it is to be here, sharing our lives together.

On that note, I am overjoyed to share some wonderful news. Please join me in **congratulating Pat Lamonte on receiving the New York State Office for the Aging - Volunteer of the Year Award!** Pat has been a dedicated volunteer at this center since before I even became an employee. She greets everyone with a smile, takes care of our University Express, and truly embodies the spirit of why we are here. She is kind, caring, and compassionate, and has a remarkable ability to make us laugh until we cry! Pat is an example of how we should all aspire to live our lives. We are incredibly fortunate to have her as part of our Senior Center family. The next time you see Pat, please be sure to congratulate her on this well-deserved honor.



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 or 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 1:00pm or Wednesday at 9:30am.**

A Note from the Community Activity Council of Orchard Park, Inc.

SUPERMARKET SWEEP FUNDRAISER

**The Community Activity Council of Orchard Park &
Tops Markets presents
SUPERMARKET SWEEP**

Thursday, October 16, 2025 at 10:00 am

Cost is \$10.00 per ticket. A Supermarket Sweep is a timed race through the grocery store, filling your cart with as many groceries as you can!

For additional information contact Maryann at 825-6460.

Purchase tickets at the center on select days in the Lobby.

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

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!**

Trivia

Monday, June 9th at 12:30pm

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 Sue and Molly from Erie County Senior Services RSVP

Tuesday, June 10th at 11am

Come for the coffee, stay for the conversation! Join Sue and Molly from the Erie County Senior Services RSVP (Retired Senior Volunteer Program) for an exciting and informative chat! Discover all the incredible benefits this program offers and how *you* can make a difference as a volunteer. Whether you're looking to share your skills, learn new ones, or simply connect with your community, RSVP has a place for you. Sue and Molly will also be on hand to discuss the wide array of other valuable programs offered by Erie County Senior Services. Don't miss this chance to explore opportunities, gain insights, and enjoy some good company.

The Gut- Microbiome

Wednesday, June 11th at 10:30am

Unlock the key to vibrant health by nurturing your gut! Join Gut Health & The Microbiome, a functional health program designed to help you restore balance from the inside out. Learn how to support digestion, immunity and overall well-being.

Strawberry Social and Sinatra Serenades

Friday, June 13th at 12:45pm

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.

Cost \$5.00



Healthy Alternatives through Healing Arts Presents:

Thrive, Not Just Survive: Practical Tools for a Calm & Empowered Life

Friday, June 13th at 1:00pm

Let's unpack practical tools you can use anytime to promote stress reduction and build resilience. You can create a peaceful life and feel empowered and calm using easy-to-do tools and techniques such as Progressive Muscle Relaxation (PMR), grounding, breathwork, journaling, and reframing your perspective. These powerful tools can truly help you thrive!

Fuel Your Body, Simplify Your Life!

Monday, June 16th at 11am

Ready to ditch the diet fads and embrace sustainable nutrition? Brook's engaging seminar will equip you with the essential knowledge and tools to maintain strength, effortlessly reduce sugar intake, and create stress-free meal plans. **Invest in your health – you deserve it!**
Presentation brought to us by Independent Health .

Healthy Alternatives through Healing Arts Presents:

Essential Oils to Support your Health

Monday, June 23rd at 1:00pm

We could all use support for our own health and wellness while supporting our loved ones. Please join us to explore the world of essential oils and how they can help support your emotions and well being. Presented by Alex Goodlander.

Tech Class: Everyday Digital Tools!

Tuesday, June 24th at 1:00pm

Join us for a hands-on, 2 hour session where you'll explore modern digital tools that make everyday tasks easier and safer. Whether you're using your computer or smartphone, you'll learn about contactless payments, navigation apps, telehealth services, ride-sharing safety tips, and even smart home devices with voice assistants. This class is designed for seniors, with clear, step-by-step guidance to boost your digital confidence. Don't miss out on learning practical skills that help you navigate today's technology safely and confidently!

See Clearly Again:

Cataracts and Your Options

Tuesday, June 24th at 2:30pm

Join us for an informative presentation by Dr. Campbell from ECVA EYECARE. They'll be discussing cataracts, cataract surgery, and the different options available to help you regain clear vision. Cataract surgery can be a life changing experience, and our goal for the session is to provide you with basic understanding of what cataracts are, how they are treated, and what to expect afterwards.

Canva: Design Like a Pro

Wednesday, June 25th at 12:30pm

Ready to design like a pro, even if you're a total beginner? Join Jacqueline Hovey from TechknowLab at the Erie County Public Library and unlock the magic of Canva. Whether you're whipping up an eye-catching event ad or crafting a one-of-a-kind gift, this super-fun and easy-to-use graphic design tool will have you creating beautiful designs in no time. Dive in with us and let your creativity shine!

Red White and Blue Dinner

Thursday, June 26th at 4:00pm

Cost \$18.00

See cover for more information.

Grief Yoga

Monday, June 30th 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, or a change to 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.



National Fuel®


**JOIN
US!**
Wednesday, June 18

10 a.m. - 12 p.m.

Orchard Park Senior Center



4520 California Rd.

NEED SUPPORT?

**WE CAN
HELP!**

National Fuel is teaming up with other community partners for a

**COMMUNITY
RESOURCE FAIR**

National Fuel will be on-site to discuss EAP Application/Enrollment, deferred payment agreements, budget billing plans and other general questions.

Representatives from Salvation Army will be processing Neighbor for Neighbor applications, which offer customer grants up to \$300. No shutoff notice required to apply.

Learn more about eligibility requirements at

NationalFuel.com/NYN4N
**Our Shining Star: Honoring Pat
Wednesday, July 9th at 11:45pm**

Join us in celebrating with **Pat LaMonte**, our New York State Office for the Aging Volunteer of the Year award recipient! We're holding a small congratulatory celebration in her honor for her years of dedication to our center. Pat's commitment truly makes a difference, changing so many lives, and we couldn't be prouder. All are welcome to attend a brief ceremony before lunch. Please RSVP at the front desk to attend the ceremony.


Coming up next month...
Coffee and Conversation with Joe Liberti
Tuesday, July 8th at 11am
Bank of America - Scam Prevention
Thursday, July 10th at 11am
July Jingle & Big Band Bash
Friday, July 25th at 12:30pm

Get ready for some holiday cheer in the heart of summer! Join us for a special **Christmas in July luncheon** on **Friday, July 25th at noon**. After you've enjoyed a festive midday meal, stick around for an afternoon of fantastic music by **The Grandfathers Orchestra**; a delightful combo of Big Band swing and your favorite seasonal tunes. **All are welcome to join the festivities, even if you opt to skip lunch.**

Please register for the luncheon with **Kevin**, and sign up for the entertainment at the **front desk**. We can't wait to celebrate with you! You must sign up for lunch no later than **July 14th**.

University Express Presentations SPRING 2025

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

World War II: Buffalo Women on the Home Front	Monday, June 2 nd at 10am	Best Ways to Pass your Real Estate on to Your Kids	Friday, June 20 th at 1pm
Are The Popes Catholic?	Wednesday June 4 th at 10am	Rocks and Minerals	Monday, June 23 rd at 10am
Reach Out to 9-1-1	Thursday, June 5 th at 10am	Healthy Aging	Wednesday, June 25 th at 1pm
Mars: Updates on the Red Planet	Thursday, June 5 th at 1pm	WAVES: During WWII 83,000 women enlisted in the WAVES program	Friday, June 27 th at 10am
Campaign Songs	Friday, June 6 th at 10am	Real Story of Prohibition	Friday, June 27 th at 1pm
The Magic of Toy Trains	Monday, June 9 th at 10am	Russia & Ukraine in Trumps Second Term	Monday, June 30 th at 10am
Microbiology for the Non-scientist, Part 1	Monday, June 9 th at 1pm	Discovering Erie County Parks' Heritage: 100 years of Green Space	Wednesday, July 2 nd at 10am
Fossils of Western New York	Wednesday, June 11 th at 1pm	What's Wrong with My Plant?	Friday, July 11 at 10am
What is Modern Dance?	Wednesday, June 11 th at 1pm	Medication Management for Seniors	Friday, July 11 th at 1pm
Positive Attitude: Living Better or Bitter?	Friday, June 13 th at 10am		
Protect Yourself from Elder Abuse & Exploitation	Wednesday, June 18 th at 10am		



2025 Orchard Park 34th Annual Senior Games July 14th to 18th, 2025

Monday, July 14th

9:00 am Bocce OPEN
*rain date Mon 7/21
11:00 am Trivia w/ Bob & Maggie
12:30 pm Duplicate Bridge Tournament
12:30 pm Minute to Win It—Summer Style

Tuesday, July 15th

9:30 am Outside Games
(Bean Bag Toss, Putt to the Hole, Ladder Toss, Egg & Spoon Obstacle Course, Marshmallow Drive & Water Balloon Challenge) **Games indoors if rain
12:30 pm Ping Pong Tournament

Wednesday, July 16th

9:30 am Shuffleboard Tournament
1:00 pm Chess Tournament
1:00 pm Corn Hole Tournament
1:30 pm Hand & Foot Tournament

Thursday, July 17th

9:00 am Mexican Train Dominos Tournament
9:00 am Beginner Pickle Ball Tournament
12:30 pm Intermediate Pickle Ball Tournament
1:00 pm Nine Ball Tournament

Friday, July 18th

9:30 am Horseshoe Tournament
10:00 am Euchre Tournament
1:00 pm Mah Jong Tournament
1:00 pm Pinochle

Registration: June 9th — July 10th
Monday through Friday 9:00am—4:00pm

Pick up your registration form in the senior center lobby!

BEGINNING BRIDGE LESSONS Part II

5 wk session Monday, July 7th - August 4th
10am - Noon Cost \$15.00

You took beginning bridge lessons and passed with flying colors. Congratulations!! Now you can extend your knowledge in suit and no trump bidding and play with Beginning Bridge Lessons Part II. These lessons will expand your knowledge of bidding and give you helpful hints on playing contracts. Please register before June 30th.



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 12:00pm - 4:00pm. Instructor available on Tuesday at Noon!



ART CLASSES



Late registrations will not be accepted for instructed classes.

Pick up your supply list at the front desk.

Beginner Watercolor 2 - Instructor Dan Meyer

Tuesdays at 10am - Noon

8 week session 6/3 - 7/22 Cost \$56.00

This class is for students that have completed Beginner Watercolor and desire to advance their skills in the watercolor medium. No additional supplies other than paper are necessary beyond that already purchased for the initial Beginner class.

Find the materials list at www.danmeyerwatercolors.com

Intermediate Watercolor - Instructor Dan Meyer

Tuesdays at 1:00 pm – 3:00 pm

8 week session 6/3 - 7/22 Cost \$56.00

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

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.



Monday, June 16th at 10:30am

Illusions: The Adventures of Reluctant Messiah is a novel by writer and pilot Richard Bach. First published in 1977, the story questions the reader's view of reality, proposing that what we call reality is merely an illusion we create for learning and enjoyment.

Monday, July 28th at 10:30am

Hello Beautiful by Ann Napolitano

Hello Beautiful by Ann Napolitano is a multigenerational family saga centered on the Padavano sisters in Chicago, exploring themes of love, loss, grief, and healing. The story follows William Waters, who comes to the Padavano family and becomes intertwined with their lives, especially Julia, the eldest sister. A significant event leads to a family rift that lasts for 25 years, highlighting the challenges and resilience of family bonds.

Calling all Readers! All are welcome to attend!

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 at 10:00 am for the upcoming week.

Mon 6/2 Lasagna Roll with Primavera Sauce, Zucchini, Broccoli Florets, Wheat Dinner Roll, Oatmeal Cookies
Tues 6/3 Chicken & Sausage Paella, Corn with Red Peppers Cauliflower, Rice with Black Beans, Chocolate Pudding
Wed 6/4 Chicken Caesar Salad with Caesar Dressing, Dinner Roll, Fruit Cocktail, Chocolate Milk
Thurs 6/5 Breaded Chicken Breast with Gravy, Mashed Potatoes, Carrots, Wheat Bread, Fudge Round Cookie
Fri 6/6 Ham Steak with Maple Glaze, Sweet Potatoes Lima Bean Bake, Rye Bread, Pineapple Tidbits
Mon 6/9 Hearty Turkey Stew, Garlic Mashed Potatoes Green Beans, Dinner Roll, Mandarin Oranges
Tues 6/10 Meatballs with Sweet Chili Sauce over White Rice Broccoli Florets, Carrots, Strawberry Gelatin
Wed 6/11 Tortellini with Tomato Meat Sauce & Mozzarella California Blend Vegetables, Chef Salad, Italian Bread, Banana
Thurs 6/12 Breaded Boneless Pork Chop with Stuffing & Gravy Ranch Mashed Potatoes, Brussels Sprouts, Salad, Peach Pie
Fri 6/13 Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole, Zucchini & Tomatoes, Roll Pineapple Tidbits
Mon 6/16 Pork Ribette with BBQ Sauce on a Bun, Duchess Potatoes, Carrots, Sugar Cookies
Tues 6/17 Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun, Roasted Potatoes, Green Beans, Orange
Wed 6/18 Breaded Chicken Drumsticks, Ranch Mashed Potatoes, Seasoned Mixed Greens, Corn Muffin, Banana Cream Pie
Thurs 6/19 NO LUNCHES SERVED
Fri 6/20 Mandarin Chicken & Sunflower Salad with Dressing Wheat Dinner Roll, Chocolate Covered Ice Cream Bar
Mon 6/23 Polish Sausage with Sauerkraut & Mustard on a Bun, Scalloped Potatoes, Peas with Red Peppers
Tues 6/24 Chili con Carne with Shredded Cheddar, Carrots Apple Juice, Chef Salad with Dressing, Corn Muffin, Banana
Wed 6/25 Chicken Vegetable Casserole, Mashed Potatoes Green Beans, Dinner Roll, Applesauce
Thurs 6/26 Chicken Breast with Lemon Herb Sauce Vegetable Rice Pilaf, Spinach, Italian Bread, Pineapple Tidbits, Chocolate Milk
Fri 6/27 Vegetable Quiche with Cheese Sauce, Broccoli Florets, Harvard Beets, Wheat Bread, Cookies



Feedmore Farm Truck
Every Thursday from 9:30am - 10am

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

Aetna

Thursday, June 5th 10am - 2pm

Tuesday, June 17th 10am - 2pm

Independent Health

Sara - 716-635-3797

United Healthcare Ron - 716-316-4370

Wednesday, June 18th 10am - noon

Univera Healthcare Michele - 716-572-8315

Wednesday, June 11th 10am - noon

DOCUMENTARY
 AND
DISCUSSION

Monday, June 23 at 12:30pm

American Murder: Laci Peterson
 #1 What do you mean, missing?

Monday, July 14 at 12:30pm

American Murder: Laci Peterson
 #2 It wasn't a Mistress

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.*

Wednesday, June 4th Nonnas After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual Nonnas - grandmothers, as the chefs.

Wednesday, June 11th NO MOVIE

Wednesday, June 18th Another Simple Favor Stephanie Smothers agrees to travel to Italy to be the maid of honour for the devious and cunning Emily Nelson. However, she soon suspects Emily's good will is part of an elaborate plan for revenge.

Wednesday, June 25th The Big Wedding Don and Ellie Griffin are long-divorced, but when their adopted son's ultraconservative biological mother unexpectedly decides to fly in for the young man's nuptials, they are forced to play the happy couple to avoid an awkward situation. With their heartily amused friends and adult children looking on, Don and Ellie must confront their past, present and future -- and hopefully avoid killing each other in the process.

JUNE SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Fitness Room 9:00 Pool Shooting 9:00 Medit. & Yoga 9:00 Ladies Exercise 9:00 Couples Bocce 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	8:30 Fitness Room 8:45 Mens Exercise 8:45 55+ Pickleball 9:00 Bocce 9:00 Pool Shooting 10:00 Beg. Watercolor 10:00 Int. Line Dance 10:30 Club 99 10:45 55+ Pickleball. 11:30 Intro to Tap Steps 12:00 Tap for Fun 12:00 – 3:00 Ping Pong NOON LUNCH 1:00 Inter. Watercolor 1:00 Bingo 1:15 Stretch and Barre 2:00 Card Bingo 2:00 55+ Pickleball <u>Evening Classes</u> 5:30 Cardio Drumming	8:30 Fitness Room 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Sewing Group (2nd and 4th of the month) 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 Boomer Bootcamp 1:00 Movie 1:00 Chess Club 1:00 Corn hole 2:00 55+ Pickleball <u>Evening Classes</u> 5:15pm Yoga	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 12:00 - 3:00 Ping Pong NOON LUNCH 1:00 Tai Chi 2:00 55+ Pickleball <u>Evening Classes</u> 5:30pm Groove and Move	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 12:00 55+ Pickleball 12:00 Circuit Training 12:45 MahJong 1:00 Pinochle 2:00 55+ Pickleball
<div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> Open Walking in 118 Monday– Friday 8:30am - 10:30am </div>			<div style="border: 1px solid black; padding: 5px; background-color: #d9e1f2;"> Billiards Room Closed 8-Ball Tournament Thursdays 12:30pm - 2:30pm </div>	<div style="border: 1px solid black; padding: 5px; background-color: #d9ead3;"> Fitness Room Closed Wednesdays 12:45-1:45pm </div>

CARDS & GAMES:

Everyone is WELCOME to attend!!

Bridge	Monday	At 12:30pm
Bocce	Tuesday	At 9:00am
Bingo	Tuesday	At 1:00pm
Card Bingo	Tuesday	At 2:00pm
Ping Pong	Tues. & Thurs.	12-3pm
Hand & Foot	Wednesday	At 9:30am
Cards/ Games	Wednesday	At 12:30pm
Chess	Wednesday	At 1:00pm
Corn Hole	Wednesday	At 1:00pm
Dominoes	Thursday	At 9:30am
Euchre	Friday	At 10:00am
Mah Jong	Friday	At 12:45pm
Pinochle	Friday	At 1:00pm



Helping Hands Sewing, Crochet and Knitting



Wednesday, June 4th and June 25th
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.

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, June 20th	9:00 - 3:00pm	Wait List
Friday, September 19th	9:00 - 3:00pm	
Friday, October 24th	9:00 - 3:00pm	

Reiki Session Friday, June 13th

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



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 session 5/5 - 6/30 no class 5/26 Cost \$40.00

6 week session 7/7 - 8/11 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 4/30 - 6/25 no class 6/4 Cost \$40.00

8 week session 7/2 - 8/20 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 5/19 - 6/30 Cost \$30.00

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

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

Pay as you go per class to instructor 6/3, 6/10, 6/17, 6/24 \$3.00

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

Pay as you go per class to instructor 6/3, 6/10, 6/17, 6/24 \$3.00

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

Pay as you go per class to instructor 6/3, 6/10, 6/17, 6/24 \$3.00

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 5/28 - 7/2 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!

Advanced Tai Chi w/ Robert Thursdays at 1:00 pm

6 week session 6/12 - 7/17 Cost \$60.00

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 step-practice provides methodical approach where skill can be acquired gradually.

BAM! – Balance and Mobility Class

Fridays at 10:45am

6 week session 6/6 - 7/18 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

7 week session 6/13 - 8/1 no class 7/4 & 7/11 Cost \$35.00

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

7 week session 6/13 - 8/1 no class 7/4 & 7/11 Cost \$35.00

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

7 week session 6/9 - 7/28 no class 7/14 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 6/10 - 7/29 no class 7/15 Cost \$35.00

EVENING YOGA with MARIE Wednesday at 5:15 pm

7 week session 5/7—6/18 Cost \$35.00

Back in September

Groove and Move

Thursdays at 5:30 pm

6 week session 5/1 - 6/5 Cost \$30.00

6 week session 6/12 to 7/24 no class 6/19 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:

Boomer Bootcamp

Wednesdays at 12:45pm

6 week session 5/28 - 7/2 Cost \$48.00

Join us for Boomer Bootcamp! Combine strength and cardio in a time circuit– style workout designed to get your heart pumping and your muscles burning. Don't be scared, though... we modify everything as needed for us not-so-spring chickens! Bring water and a mat if you want to. Instructor: Cindy

Circuit Training

Fridays at Noon-1:00pm

Back in September

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 9:00am

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 with Trish 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.

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 an 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.

**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.

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.

**Bocce at The OPSC**

Couples Bocce

Mon., at 9:00am

Open Bocce

Tues., at 9:00am

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.
Please park by the dumpster for close access to the courts.

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.

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Colden Inn
8815 State Rd., Colden
716-941-3522

Thursday, July 10, 2025 - 5pm

All meals served w/Salad, Rolls, Butter.

Menu choices - \$33. (Price inc. Tax & Tip)

1. 10oz. Prime Rib w/mashed potato & mixed sauteed vegetables
2. Stuffed Chicken Breast (bone-in), mashed potato & mixed sauteed vegetables
3. Shrimp w/homemade marinara sauce & fresh linguini

Dessert: Apple Cobbler-Coffee, Tea & Pop

CASH BAR AVAILABLE

Please call JOY TURNER @

716-675-6258 for reservations by

July 1, 2025 w/Dinner choice

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

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

Upcoming Hikes

Get ready to explore the wild beauty of Erie County! Join us for thrilling outdoor adventures led by a seasoned New York State environmental educator. Whether you're a seasoned hiker or just looking for a breath of fresh air, we've got something for you. Choose one adventure, or join us for them all! Let's discover nature together.

Insect Safari at Woodlawn

Mon., 6/23 at 9am

Discover the fascinating world of local insects in their natural habitat. Led by a Park Naturalist, this walk offers a unique opportunity to learn about the diverse species that thrive at Woodlawn Beach State Park.

Pollinators and Wildflowers at Knox Farm

Wed., 8/20 at 9am

It is that time of year again when Monarch Butterflies are making their yearly migration. Observe different pollinators and wildflowers on a guided walk at Knox Farm State Park.

Bird Walk at Knox Farm

Wed., 9/3 at 10:30am

Enjoy a nice morning bird walk with a Park Naturalist at Knox Farm State Park. Observe migrating birds and discover birds that call WNY home. Binoculars recommended but not necessary.

Shea's Beauty and the Beast

Saturday, August 23rd

Bus departs the center at 1:00pm COST \$98.00

Be Our Guest at BEAUTY AND THE BEAST, Disney's first North American production of the beloved musical in over 25 years. This enchanting and timeless tale, filled with the romance and grandeur audiences know and love, has been brought to life like never before, with spectacular new sets and dazzling costumes. The show boasts the Oscar®-winning and Tony Award®-nominated score, including the classic songs "Be Our Guest" and "Beauty and the Beast."

Upcoming Travel

Murder Mystery

Paddlewheeler Cruise- Canandaigua

Wednesday, July 23rd Cost \$189.00

Depart the center at 8:00am * Return to the center at 6:30pm

It's summer in the beautiful Finger Lakes Region. All aboard for our popular WHODUNIT MURDER MYSTERY MEAL CRUISE ON THE CANANDAIGUA LADY. Find the answer to these questions and more as you join us for this hilarious interactive Whodunit! We recommend reservations early for this excursion is always a sellout. Mystery performed by the very talented professional actors from the Mystery Company in Rochester. Join us for some Mystery, Mayhem and Murder. Throw in some jealousy, jilted lovers, deadly secrets and plenty of intrigue, our Authentic Paddle Wheel Boat sets the stage for a devious game of cat and mouse as you search for a killer onboard the boat while cruising on beautiful Canandaigua Lake and enjoying a BBQ chicken or choice Vegetarian Entrée.

Note: Boat is wheelchair accessible. There are no steps to get onto the boat, just a small ramp. The Bathroom is on the first level and does have railings.

Lucy and Laughter

Monday, September 22nd Cost \$159.00

Depart the Center at 8:30am * Return back at 5:00pm

The legacy of Lucille Ball has been proudly honored in Jamestown, NY by the Lucille Ball Desi Arnaz museum since 1996. Through costumes & memorabilia, to photographs and TV lives, see how Lucille and Desi played a vital role in television and on the big screen. A buffet lunch will be served in the Tropicana room while watching an episode of "I Love Lucy". Next, it's off to the National Comedy Center. Concluding your visit enjoy a picturesque view along Lake Chautauqua with a stop at Webb's Chocolates before departing for home.

Corning Museum

Make Your Own Glass Pumpkin

Tuesday, September 30th Cost \$187.00

Depart the center at 7:30am * Return Back 7:30pm

Travel the scenic route and enjoy the fall color at its best. Upon arrival we will be split into groups. While at the Corning museum of glass, enjoy Lunch at your leisure in the museum restaurant with your luncheon voucher. The voucher will cover an entire lunch - and money left on the voucher is good at the museum gift shop. Our group will enjoy a self guided visit of Corning Museum of Glass, view a glass blowing demonstration show, stroll the museum & visit the gift shop. Participate in the fun with glass activity and participate in the "Hands On" workshop and Make your own pumpkin.

Letchworth Autumn Glory and Glen Iris Inn

Tuesday, October 14th Cost \$142.00

Departs the center at 8:30am * Return back at 5:30pm

Letchworth State Park, renowned as the "Grand Canyon of the East" is one of the most scenically magnificent areas in the eastern US. The Genesee River roars through the gorge over three major waterfalls between cliffs—as high as 600 feet in some places—surrounded by lush forests. Upon arrival enjoy a guided tour on our motor coach to see the fall foliage throughout the park. Our tour will end at the Glen Iris Inn, where we will be able to sit back, relax and relish in lunch at this Historic Inn. Enroute home we will make a stop at Lantz's Bulk Foods for some shopping.