



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



JULY 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 Coordinator Maggie
Office Coordinator Shannon
Nutrition Coordinator 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



JULY JINGLE & BIG BAND BASH

Friday, July 25th at 12:30 PM

Get ready for some holiday cheer in the heart of summer! 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 **FREE Entertainment**, even if you opt to skip lunch. Please register for lunch with Kevin, and sign up for the entertainment at the front desk.

You must sign up for lunch no later than July 14th.

**The Senior Center is CLOSED
on Friday, July 4th**

Notes from Maria....

Happy Fourth of July to each and every one of you! Can you believe this grand old country of ours is only 249 years young? Still learning, still exploring, still figuring things out – just like us!

I simply marvel at the thought of those intrepid gentlemen back in 1776, huddled together, dreaming up this wild idea of self-governance. Amazing, isn't it? Back when kings and queens called all the shots, here we were, a collection of immigrants from every corner of the globe, boldly declaring our independence and telling the world we could rule ourselves. What an original idea, indeed! It fills my heart with such joy and wonder.

Have a truly spectacular Fourth of July filled with laughter, sunshine, and maybe a little bit of patriotic sparkle!

Speaking of getting out there and sparkling, don't forget the **Senior Games**, happening from July 14th to July 18th! This is such a fantastic opportunity to meet new friends and dive into some friendly competition. They've got something for everyone aged 55 and up: "Minute to Win It," Bocce, Nine-Ball, Cornhole, Bridge, and so many other delightful games! It's their 34th year, so you know it's going to be a blast.



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 11:00am or Wednesday at 9:30am.**



Are you interested in volunteering?

Volunteering is an opportunity to meet new people and the satisfaction of knowing you are needed. Volunteers are very important to the senior center and the activities we offer. If you want to start volunteering but don't know where or what's offered please contact Maria or Maggie and we will discuss volunteer opportunities available.

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!**

Bloom & Create: Whimsical Garden Stake!

Tuesday, July 1st at 12:45pm

Calling all garden enthusiasts! Does your favorite flower pot whisper for a touch of handmade magic? Come on down for a wonderfully whimsical crafting session where we'll design delightful garden stakes! Expect good company, great laughs, and a little bit of creative pixie dust. Don't forget your bag – you'll want to safely escort your pot and its brand-new, charming companion home! **Cost \$8.00**

UE: Discovering Erie County Parks' Heritage: 100 years of Green Space

Wednesday, July 2nd at 10am

The Erie County Parks system turns 100 this year. From the oldest "Heritage Parks" to the more recent additions to the parks system, the county's greenspaces are enjoyed by 1000s of county residents. Join County Historian Douglas Kohler for a virtual tour of our county parks system.

Healthy Alternatives Through Healing Arts

SomatoEmotional Release

Monday, July 7th at 1:00pm

Join Katherine Frankiewicz for a transformative journey into SomatoEmotional Release (SER). This therapeutic process helps you identify and release residual effects of past trauma and negative experiences stored in the body's tissues. With Katherine's expert guidance, you'll explore the profound connection between your mind and body, facilitating deep emotional and physical healing. Discover how to unlock your body's innate wisdom and move towards greater well-being and freedom.

Coffee and Conversation with Town Councilman Joe Liberti and Scott Honer

Tuesday, July 8th at 11am

Ever wanted to chat directly with your local representative? Now's your chance! Councilman Joe Liberti invites you to an informal coffee and conversation. Come share your questions, offer suggestions, and discuss what you'd like to see for our town. All are welcome!



Scam Proof Your Life With Bank of America

Thursday, July 10th at 11am

Worried about the uptick in fraud and scams targeting our community? You're not alone! We're bringing in an expert from Bank of America, a Financial Center Manager. They'll be sharing crucial, up-to-the-minute information on the latest schemes circulating in our area. This isn't just about awareness; it's about empowerment. Learn to identify common scams and, most importantly, discover practical strategies to protect yourself and your finances.

UE: What's Wrong With My Plant?

Friday, July 11th at 10am

Your plant looks unhealthy. What to do! Is it a disease, a creepy crawler, too much or too little water, food, light. Let's find out.

UE: Medication Management for Seniors

Friday, July 11th at 1pm

We will discuss medication adherence, tips for minimizing side effects, best practices for taking common medications, drug interactions, including over-the-counter medications, and non-pharmacological recommendations for common disease states.



**Our Shining Star: Honoring Pat
Wednesday, July 9th at 11:45am**

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.

Ice Cream Social

Wednesday, July 9th at 12:45pm

Beat the Heat with Sweet Treats and Rockin Beats! Cool down with a delicious Ice Cream with all your favorite toppings. Then, turn up the fun with a special performance by Nathan Pittorf. Get ready to reminisce and dance along to the iconic hits of Elvis Presley! It is a guaranteed afternoon of cool treats, toe tapping tunes, and good company.



Cost \$5.00

Thank you Ron Weatherby from Lawley Insurance for your generous donation towards this event!



**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

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!

Baking with Maryann: Cassata Cake**Friday, July 11th at 1:30pm**

Join Maryann for a special baking session right here in the Senior Center kitchen! She'll be sharing her famous Cassata Cake recipe, guiding you through each step to create this delicious dessert. Everyone will get a chance to sample the cake and take home a recipe card to recreate it yourself. **The cost is just \$5.00.** Don't miss out!

University Express:**Osteoporosis and Women's Health with Aging****Friday, July 18th at 10am**

Discussion on Knee Osteoarthritis, Balance, Vestibular/Concussion, what it is and what you can do about it.

Presented by: Excelsior Orthopedic

University Express:**Save Energy, Save Dollars Workshop****Friday, July 18th at 1pm**

This workshop will explore the many resources to help you save money on your energy bill and increase the comfort and safety of your home. Come join us and get a free DIY energy savings kit! Presented by Carla Rosa.

Healthy Alternatives Through Healing Arts**Soundbath, Crystal Bowls, Tibetan Bowls, Native Flute & More****Monday, July 21st at 1:00pm**

A sound bath is a meditative practice that is a sensory experience, listening to specific sounds and vibrations. Some of the instruments to promote relaxation, stress reduction, and a deeper state of consciousness will include singing bowls, chimes, and gongs. Led by Ken Bolote.

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.

NEW Hike at Chestnut Ridge NEW**Thursday, July 24th at 9am**

Join Ranger Bittner for an engaging 1-hour guided hike! Meet at the Deputy Commissioner's Cabin to explore the local flora and fauna. Ranger Bittner will share insights into the diverse tree foliage, various bird species, and the unique habitats found along the trail.

Pollinators and Wildflowers at Knox Farm**Wednesday, August 20th 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**Wednesday, September 3rd 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.

Pizza Party and Trivia**Monday, July 28th at Noon**

Get ready for a fantastic afternoon at the Senior Center! We're hosting a Pizza Party and Trivia Afternoon! Join us for a delicious lunch and an exciting game of trivia. Whether you're a trivia whiz or just looking to enjoy good company and great food, come prepared for a truly memorable afternoon with friends. We can't wait to see you there! **Cost \$5.00**

**Excel 101****Tuesday, July 29th at 1pm**

Spreadsheets are a popular tool for making lists, tracking budgets, and running reports. Join us for an introductory class to find out if this tool is the right one for you!

Understanding Alzheimer's Disease & Dementia**Wednesday, July 30th at 11:15am**

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

Birthday Bash**Friday, August 1st at 12:45pm**

Our director Maria invites those who have an April, May, June or July birthday to submit a photo of yourself in your younger days by July 24th. Everyone is welcome and will enjoy a delicious birthday dessert.

Root Beer Float with The Hastings Duo**Monday, August 4th at 12:45pm****Get Ready to Rock and Root Beer Float!**

Dust off those dancing shoes because it's time for our Root Beer Float Day Celebration! Get ready for an afternoon of pure fun where you can reconnect with friends, indulge in a classic root beer float, and dance the afternoon away! All this excitement for just **\$2.00!** You won't want to miss out!

Fridge Filler Fun!

TREASURE CHEST BINGO

Tuesday, August 12 2:00 PM

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

\$10.00 gets you one set of playing cards.



SAVE THE DATE

Picnic in Chestnut Ridge Park

Tuesday, September 16th**10:00 am - 2:00 pm****COST TBD**

Enjoy an afternoon with friends at Chestnut Ridge Park (Martin Lodge).

The afternoon includes lunch, entertainment by Tom Hastings, prizes, outdoor games, and bingo.

Nourish Your Noggin!

Monday Mindful Maze

Monday, July 21st at 12:30pm

Join Maggie as we stretch our brains with a variety of puzzles and games!

Family Feud

Friday, July 25th at 11am

Channel your inner game show genius at our exciting Family Feud event hosted by Maria and Maggie! Dust off your knowledge caps and get ready to compete against fellow members in the ultimate battle of wits. Here's how it works: Gather your squad! Teams of five on the day of the event. Think like the masses! Answer survey questions based on popular responses. Buzz in and rack up points! Everyone gets a chance to play! Don't worry if you don't have a team we will find one for you!

Crossword Puzzles

Monday, July 28th at 11am

Description: Let's get together and do some crossword puzzles! Learn new facts across a wide range of topics in our crossword puzzle get-together!

Trivia

Monday, August 11th 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!

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.

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
Ping Pong	Mon. & Fri.	At 11am-1pm
Hand & Foot	Wednesday	At 9:30am
Cards/ Games	Wednesday	At 12:30pm
Chess	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

BEGINNING BRIDGE LESSONS Part II

**5 week 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.



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.

Monday, August 25th at 10:30am

Just Another Missing Person by Gillian McAllister

"Just Another Missing Person" by Gillian McAllister is a thriller where a detective, Julia, investigates a missing person case, Olivia, and finds herself in an ethical dilemma. Olivia, a 22-year-old woman, has been missing for one day and was last seen on CCTV entering a dead-end alley. Julia, a detective with a history of making choices to protect her family, is forced to frame someone else for Olivia's murder to protect her family, even if it means covering up the truth.

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.

Tues 7/1 Lasagna Roll with Tomato Meat Sauce & Mozzarella, Cauliflower, Green Peas, Salad with Dressing
Wed 7/2 Tuna Macaroni Salad with Fresh Salad Greens Club Crackers, Tropical Fruit
Thurs 7/3 Hot Dog with Baked Beans on a Bun Macaroni & Cheese, Broccoli Florets, Fruit Punch
Fri 7/4 Building Closed

Mon 7/7 Hearty Beef Stew, Mashed Potatoes, Brussels Sprouts, Warm Biscuit, Vanilla Pudding
Tues 7/8 Breaded Chicken Patty with Buffalo Sauce on a Bun, Tater Tots, Au Gratin Broccoli, Fresh Banana
Wed 7/9 Polish Sausage with Sauerkraut & Mustard on a Bun, Ranch Mashed Potatoes, Carrots, Fudge Cookie
Thurs 7/10 Roasted Turkey with Stuffing, Gravy & Cranberry Sauce, Mashed Butternut Squash, Corn, Salad
Fri 7/11 Omelet with Cheese Sauce, Potatoes O'Brien Green Beans, Raisin Bread, Tropical Fruit

Mon 7/14 Lasagna Roll with Tomato Meat Sauce & Mozzarella Cheese, Broccoli Florets, Grape Juice
Tues 7/15 Swedish Meatballs over Pasta, Green Peas Harvard Beets, Pineapple Tidbits
Wed 7/16 Breaded Chicken with Gravy, Sweet Potatoes Lima Bean Bake, Salad with Dressing, Dinner Roll
Thurs 7/17 Hearty Pork Stew, Mashed Potatoes, Carrots Dinner Roll, Strawberry Gelatin
Fri 7/18 **Steakhouse** Burger with Gravy on a Bun, Corn with Red Pepper, Au Gratin Spinach, Mandarin Oranges

Mon 7/21 **Chicken** Breast with Marsala Sauce, Garlic Mashed Potatoes, Peas with Pearl Onions, Dinner Roll
Tues 7/22 Beef Pepper Steak Casserole with White Rice, Broccoli Florets, Carrots, Diced Peas
Wed 7/23 Roast Pork with Warm Cinnamon Apples, Sweet Potatoes, Green Beans, Bread, Butterscotch Pudding
Thurs 7/24 Garden Chicken Patty Salad with Shredded Cheddar, Croutons & Ranch Dressing, Multigrain Bread
 **Fri 7/25** Roast Beef, Scalloped Potatoes, Brussel Sprouts, Salad, Rye Bread, Cheesecake

 **Mon 7/28** **Pizza Party W/ Trivia**—Register and pay at the front desk.

Tues 7/29 Beef Taco Salad w/ Cheddar Cheese, Salsa and Tortilla Strips, Pineapple Tidbits



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

Independent Health Sara - 716-635-3797
 Tuesday, July 22nd 10am - 12pm

United Healthcare Ron - 716-316-4370

Univera Healthcare Michele - 716-572-8315
 Wednesday, July 23rd 10am - 12pm

Highmark BCBS of WNY Kayleigh - 716-658-8656

Aetna Marta Corts
 Tuesday, July 1st 10am - 2pm

DOCUMENTARY AND DISCUSSION

Monday, July 14th at 12:45pm
 American Murder: Laci Peterson
 #2 I Wasn't a Mistress

Monday, July 28th at 12:45pm
 American Murder: Laci Peterson
 #3 Nothing Can Change the Truth



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, July 2 *Back in Action* Jamie Foxx and Cameron Diaz sat in this action about two secret agents turned doting parents forced to go on the run with their unsuspecting kids.

Wednesday, July 9 *Honeymoon Crasher* Heartbroken, an uptight young man ends up on honeymoon with his fun loving mother in this charming comedy.

Wednesday, July 16 *Work It* A brilliant but clumsy high school student vows to get into her dream university by transforming herself— and a squad of misfits— into dance champions.

Wednesday, July 23 *Our Little Secret* Ten years after a botched proposal, two star— crossed exes must spend Christmas together after discovering their partners are siblings. Awkward much?



Wednesday, July 30 *The Merry Gentlemen* To save her parents small town nightclub, a Broadway dancer stages an all - male, Christmas— themed revue - and meets a guy with all the right moves.

JULY 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 <i>11:00 – 1:00 Ping Pong (Date and time change)</i> NOON LUNCH 12:15 Beginner Pickleball 12:30 Bridge 12:30 UMA MOVES 2:00 55+ Pickleball <div> Open Walking Monday– Friday 8:30am - 10:00am </div>	8:30 Fitness Room 8:45 Mens Exercise 8:45 55+ Pickleball 9:00 Bocce 9:00 Shuffleboard 9:00 Pool Shooting 10:00 Beg. Watercolor 10:00 Int. Line Dance 10:30 Club 99 <i>No Club 99 7/15</i> 10:45 55+ Pickleball. 11:30 Intro to Tap Steps 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 <div> <i>Evening Classes</i> 5:30 Cardio Drumming </div>	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 Strength Training 1:00 Movie 1:00 Chess Club 2:00 55+ Pickleball	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 Tai Chi 2:00 55+ Pickleball <div> Billiards Room Closed 8-Ball Tournament Thursdays 12:30pm - 2:30pm </div>	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 <i>11:00 – 1:00 Ping Pong (Date and time change)</i> NOON LUNCH 12:00 55+ Pickleball 12:00 Circuit Training 12:45 MahJong 1:00 Pinochle 2:00 55+ Pickleball

CLASS / ACTIVITY REGISTRATION

Registration is on a first come, first serve basis, prior to the start of class.
You must be a member of the Orchard Park Senior Center to register.

Register via Walk-In: Bring your EXACT payment (cash or check) and register with receptionist at the front desk.

Register by Mail: A separate form must be filled out for EACH person. Make checks payable to "Town of Orchard Park". Mark envelope CLASS REGISTRATION. Include a self-addressed stamped envelope for class confirmation and receipt if desired.

Register Using MyActiveCenter.com: Stop by the front desk for more information.



Need help navigating My Active Center?

Schedule a 20-minute 1:1 session
with office assistant, Shannon!
Thursdays in July
10:00am - 12:00pm



myactivecenter

MyActiveCenter.com

The Orchard Park Senior Center has implemented this online registration program for pickleball, presentations, and FREE programs.

To set up your account, please go to [MyActiveCenter.com](https://myactivecenter.com), then click on the New User button and follow the directions.

You will need your OP Senior Center keytag to set up your account. If you are unable to find your keytag, please call 716-662-6452 and a staff member will assist you.

We are not currently accepting payments online. Therefore, you cannot register for classes or special events with cost at this time.

PROGRAM SEARCH

Once you have created your account, you can search for upcoming Classes and Programs. Once you have found the Class or Program that you are looking for, click on the name or on the details button to the right to bring up a description and a calendar that shows the days and times that it is being offered.

REGISTRATION

Once you have found the class you interested in, click the **Add to Cart** button, ensuring you have chosen the correct date. Click **Go to Cart**. Click **Register for Selected Items** if you only have free activities in your cart, or **Pay at Center** if your cart includes activities with a fee.

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 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 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 7/14 - 8/18 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
Back in September

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
Back in September

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
Back in September

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

Back in September

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
4 week session 7/10 - 7/31 Cost \$36.00

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 6/20 - 8/8 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.

Hula Hoop Tuesdays at 1:00pm
Back in September

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
Back in September

Groove and Move Thursdays at 5:30 pm
Back in September

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 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 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
Open Bocce**

**Monday at 9:00am
Tuesday 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.



Carrabba's Italian Grille

645 Niagara Falls Blvd.-Amherst
716-833-5003

Thursday, August 7th, 2025 @ 5pm

Menu choices - \$44. price includes Tax & Tip

All Dinners come w/Minestrone Soup

- 1. Chicken Bryan** w/mashed potatoes
- 2. Tuscan Grilled 7oz. Sirloin Steak** with
mashed potatoes & Broccoli.
- 3. Fettoccine Weesie** - Fettucine Alfredo Shrimp
Inc.- Coffee-Tea-Soda-Lemonade - Dessert

CASH BAR AVAILABLE

Please call Amy SanFilippo @

716-627-7772 for Reservations by

July 31, 2025 w/Dinner choice

DIRECTIONS: US-219N to I-90E and I-290W to
US 62S/Niagara Falls Blvd in Amherst. Take exit 3
from I-290W. Continue on US 62 S/Niagara Falls
Blvd, to CARRABBA'S Italian Grille in Amherst
Drive: 21.1 miles. 25 minutes

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

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

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

SUPERMARKET SWEEP FUNDRAISER



**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, with Maria or at the senior/travel group*

Upcoming Travel

Shea's Beauty and the Beast

Saturday, August 23rd Cost \$98.00

Bus departs the Center at 1:00pm

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."

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 at 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.

Shea's The Notebook

Tuesday, October 7th Cost \$88.00

Bus departs the Center at 6:30pm

Based on the best-selling novel that inspired the iconic film, *The Notebook* tells the story of Allie and Noah, both from different worlds, who share a lifetime of love despite the forces that threaten to pull them apart. "Full of butterfly-inducing highs and beautiful songs" (*Entertainment Weekly*), *The Notebook* is a deeply moving portrait of the enduring power of love.

Letchworth Autumn Glory and Glen Iris Inn

Tuesday, October 14th Cost \$142.00

Departs the Center at 8:00am * 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.