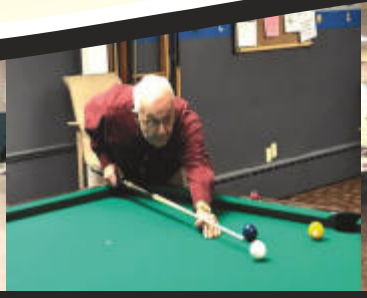
Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



APRIL 2021

PHONE
716-662-6452

EMAIL
opsenior@orchardparkny.org

CENTER HOURS
8:30 a.m. – 4:00 p.m.

Deputy Town Supervisor
Joseph Liberti

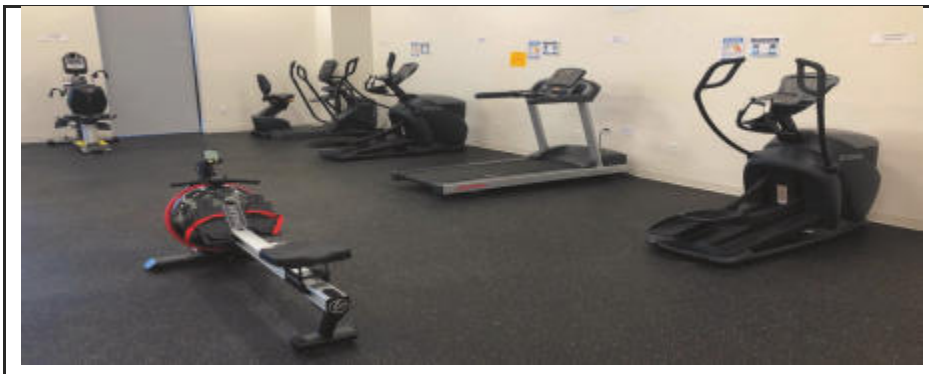
Senior Council Member
Eugene Majchrzak

Council Member
Conor Flynn

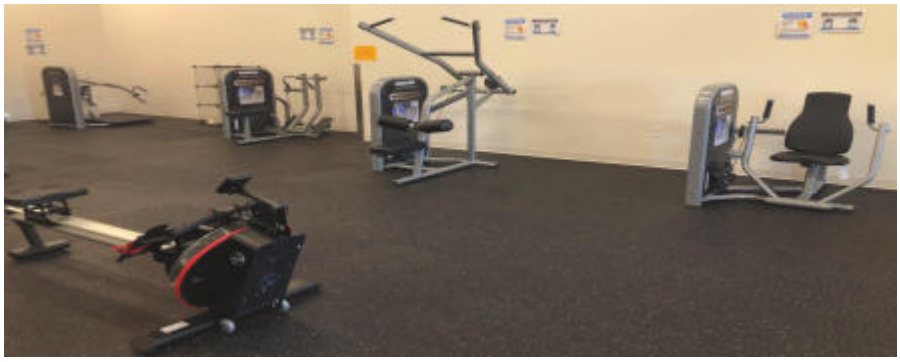
Director
Debbie Santiago

Program Coordinator
Maria Galley

Kitchen Manager
Kevin Kornowicz



FITNESS ROOM OPEN
CARDIO & STRENGTH EQUIPMENT



Register for your fitness room orientation today!
Schedule and additional details on page 5.

55+ PICKLEBALL OPEN PLAY

Notes from Debbie . . .

April is National Volunteer Month and it's an opportunity to thank all the volunteers in the community and those who volunteer at the Senior Center.

We are blessed with volunteers who lend their time and talent to make a difference at the senior center. Our volunteers are always ready to assist in leading classes, our lunch program, library, front desk, giving tours to perspective members, and most importantly a friendly smiling face always willing to help.

Maria, Kevin and I would like to thank all the volunteers who assist us in making our center an inviting place to be a member of. We would not be able to facilitate the programming, services and activities without each and every compassionate and dedicated volunteer we are blessed to have.

THANK YOU VOLUNTEERS - YOU ARE AMAZING!!!

STAY ENGAGED & RENEW YOUR ORCHARD PARK SENIOR CENTER MEMBERSHIP!!!

Becoming a member is easy …. All you have to do is complete a membership form!

Your membership entitles you to classes, clubs, events, programs and use of our 50,000+ square foot facility. Our facility includes a large dining room, Cafe, billiard room, dance room, an art room, a library (with books, puzzles, and laptops), three large classrooms, and a fitness room and gymnasium.

- Town of Orchard Park residents 55+ and / or who pay OP town taxes the membership fee is waived.
- Non-Residents - $30 annual membership fee. Membership fee can be waived if you have Silver Sneakers or Silver & Fit. Bring your fitness i.d. when becoming a member.
- 55+ Guest Pass available for $4.00

Membership applications must be submitted in person at Center. An in person appointment is required to complete your membership application.
Please contact the senior center for an new member welcome appointment or with any membership questions at 662-6452.

Facemasks must be worn at all times, continue to follow the 6 ft. social distancing, and utilize hand sanitizer located throughout the building

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!

IMPORTANT PHONE NUMBERS

AARP 1-800-424-3410
EPIC 1-800-332-3742
Erie County Adult Protection 858-6877
Erie County Senior Services 858-8526
Social Security 1-800-647-9195
Town Clerk 662-6410
Supervisor's Office 662-6400
Meals on Wheels 822-2002

TRANSPORTATION

Rural Transit 662-8378
Going Places Van 858-7433

Rural Transit is in need of volunteer drivers. For more information please call 662-8378.

SENIOR CENTER MONTHLY NEWSLETTER

The monthly newsletter provides news of upcoming programs and events and other important information about the Orchard Park Senior Center.

- The newsletter is available online on the town website https://www.orchardparkny.org/departments/senior-center/.
- Give us your email to receive the monthly newsletter

REMINDER ...

When entering the building you must bring your My Senior Center Membership Tag.

The key tag is required when you sign in for classes / events.

Documentary Film & Discussion
Nature: Sleepless Cities and Dusk to Dawn
Monday, April 5th at 12:45 pm
Watch two episodes and discuss. After dark, the natural world appears in unnatural places: Migrating elephants stroll through town, and urbanized otters romp in the city. The night unfolds to reveal magic in the air, drama in the deep, and danger on the ground as animals across the planet rise with the sunset. Theresa Wiater will lead a discussion after you watch a documentary. Space is limited. Register in the office to attend.

Welcome to the Senior Center
Wednesday, April 7th at 2:00 am
or Monday, April 19th at 2:00 pm
All new members or those who recently joined who want to learn more about the center are invited to attend this session. A tour of the building will be given. Pre-register in the office.

Wii Bowling Tournament
Monday, April 12th at 9:30 am
Join us for breakfast sandwich before a friendly competitive Wii bowling tournament. Prizes awarded for top bowlers. Cost is $4.00. Please register and pay in the office as space is limited to 8.

Coffee & Conversation
Monday, April 12th at 1:00 pm
Friday, April 16th at 10:00 am
Wednesday, April 21st at 10:00 am
We all need to take a little break sit down, enjoy a cup of coffee and chat with friends. Stop by the senior center to enjoy friendship and conversation (socially distanced of course). Orchard Park Councilman / Acting Supervisor Gene Majchrzak will be joining us for our coffee hour too.
Register in the office if you would like to attend. Please bring your own cup of coffee or your favorite beverage. Space is limited.

Challenge Your Brain
Monday, April 19th at 10:30 am
Join Theresa Wiater and enjoy an hour of fun games to challenge your brain and learn some strategies to think in a different way. Register in the office to attend.

Coyotes
Thursday, April 22nd at 1:00 pm
"Coyotes" have become very common throughout New York State. Coyotes are seen in the country but also can be found in cities. A very adaptable, intelligent animal that you just might see or hear in your neighborhood! Join Carol Rogers from NY State Parks will provide some very interesting facts about this mammal: it's role in an ecosystem, as well as it being one of the most adaptable creatures on the earth.

Yellow Dot Presentation
Wednesday, April 28th at 12:45 pm
Sheriff Dan Wood will discuss the Yellow Dot program. The Yellow Dot program is designed to help first responders provide life-saving medical attention during that first "golden hour" after a crash or other emergency. A Yellow Dot in the driver's-side rear window of your vehicle will alert first responders that vital medical information is stored in the glove compartment.

Movie & A Milkshake
Friday, April 30th at 1;00 pm

Enjoy a milkshake before watching the movie Grease. Grease is about good girl Sandy Olsson and greaser Danny Zuko who fall in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance? Cost is $2.00 and must be paid when registering for the event.

LOOKING AHEAD TO MAY . . . . .

Mother or Daughter Look Alike Contest
Do you think you and your daughter or mother look alike? Enter our Mother-Daughter Lookalike photo contest for a chance to win an awesome prize!

Enter your Mother Daughter look alike contest by submitting a photos to Maria by Friday, April 30th. All photo entries will be displayed in our dining room.

Winner will be announced at the Mother's Day lunch on May 5th.

<u>Bocce is back at Green Lake!</u>
Couples Team Bocce
Mondays at 9:00 am begins May 3rd

Open Bocce
Tuesdays at 9:00 am begins May 4th

See back page of newsletter for additional information.
<u>Everyone must pre-register to participate.</u>
Stop in the Senior Center office or contact the Center at 662-6452 to register.

May Birthday Bag
Monday, May 17th between 12:30-1:00 pm
Univera Healthcare is sponsoring a birthday bag to help you celebrate your birthday. A Univera rep. will be handing out these bags which include a birthday treat, card and bag. You must register with the office to receive a May birthday bag as supplies are limited.

THANK YOU Univera for sponsoring this event which will be monthly while supplies last.

UNIVERSITY EXPRESS IS BACK . . .

The Spring 2021 University Express semester will be virtual .
No in-person lecturing will be offered.

**The Orchard Park Senior Center is going to host viewing parties.
Those who attend will watch a live video of the presentation
on our tv at the Senior Center.**

Participants must register to attend by calling 662-6452 or email us at opsenior@orchardparkny.org.
Limited seats available.

All participants are required to wear a mask. Space is limited.

University Express SPRING 2021

**The Spring 2021 University Express semester will be virtual .
No in-person lecturing will be offered.**

**The Orchard Park Senior Center is going to host viewing parties.
You can come to the senior center to watch the presentation on our tv.**

JoAnn Falletta: My journey with the BPO — Monday, May 10th at 2:00 pm
What does the conductor of an orchestra actually do? What does it feel like to be right in the middle of the enormous sound of the Buffalo Philharmonic? JoAnn Falletta will tell you what her job-and her life- are like as music director of our BPO. Instructor: JoAnn Falletta, Music Director, Buffalo Philharmonic Orchestra

Post-Pandemic Technology: Is the Playing Field Even? — Thursday, May 6th at 2:00 pm
We'll discuss how our technology literacy and use may have changed due to the pandemic. We'll also look at whether or not generations still differ on using technology as the preferred way to communicate. Do you think we have caught up to the younger generations? Instructor: Marian Deutschman, PhD, professor emerita of communications, Bflo State, SUNY

Scent Gardening — Friday, May 14th at 2:00 pm
When planning and planting gardens, people think about color, balance, and form. A typically forgotten aspect of gardening is scent. Planting for scent delights the nose as well as the eyes. From in-ground gardening to patio pots, there are many plants which exude fragrance both during the day and night. Join us as we explore botanical options and learn to create fragrant gardens in many settings from landscaping to hanging pots.
Instructor: Pati Aine Guzinski, master gardener, Cornell Cooperative Extension

Challenges to Native Wellbeing: Trauma and Community History — Thursday, May 20th at 2:00 pm
Learn about the seldom recognized aspects of history that have not been favorable for many Native peoples and communities. Instructor: Pete Hill, Special Initiatives Coordinator, Native American Comm. Services of Erie & Niagara Counties, Inc. (NACS)

Increasing Strength and Speed of Movement — Tuesday, May 25th at 10:00 am
While there are many activities that enhance the physical function of older adults – implementing strength training and speed of movement should be a priority. Learn a variety of resistance band exercises that help increase strength in the lower extremities. Also, discover an array of speed training activities that help improve function, balance, power, and mobility. If you are missing that "spark" in your step, this is for you! Instructor: Jill Bronsky, Owner, Forward Fitness Inc.

**Participants must register to attend the tv presentation at the senior center.
Register by calling 662-6452 or email us at opsenior@orchardparkny.org. Limited seats available**
All participants of will be required to wear a mask during the whole presentation at the senior center*

Two courts are available for play with a limit of 6 players per court. Must register in advance to play.

55+ OPEN PICKLEBALL
Cost is $4.00 / space is limited
See page 7 for dates and times

LEARN TO PLAY 55+ PICKLEBALL
Cost is $4.00 / space is limited
Mondays in April at 10:30 - 12:30 pm
Fridays in April at 10:30 - 12:30 pm

If you haven't played pickleball before don't worry about it! Pickleball is easy to learn, and you will pick it up just by playing. Join John as he instructs you on how to play pickleball (racquets provided).

BEGINNER 55+ PICKLEBALL
Cost is $4.00 / space is limited
Thursdays in April at 1:00 - 3:00 pm

If you have attended Learn to Play with John or have played in the past and would like to continue playing with support from our instructor John join this group.

All members must register prior to the day over the phone or in person with the senior center to attend. No walk ins.

Please Note: All participants must wear a mask when playing pickleball and do not arrive more than 15 minutes before your scheduled open play time.

Bring a 55+ Guest and purchase a Senior Center Guest Pass for $4.00 / day plus the $4.00 to play pickle ball

Shuffleboard
Wednesdays 9:00 - 10:30 am

Shuffleboard rules are easy to learn and understand and are designed to keep the game fun.
New Members Welcome!

Register ahead to participate.
Masks are required to be worn during the whole game and hand sanitizer is readily available.

FITNESS ROOM SCHEDULE

9:00 - 9:45 am
10:15 - 11:00 am
11:30 - 12:15 pm
12:45 - 1:30 pm
2:00 - 2:45 pm
3:15 - 4:00 pm

All participants must have completed a fitness room orientation, have a signed a fitness room waiver on file, and read a copy of the rules and regulations before using the fitness room. Please contact the senior center to schedule a fitness room orientation.

Face masks/coverings must be worn in the Community Activity Center and in the fitness room.
Participants are required to use the cleaning wipes provided to disinfect all used equipment before using the equipment and at the completion of their workout.
Only water bottles or other sports drinks contained in non-breakable spill-proof containers are allowed in the fitness room. Water bottle filling station available - water fountains are closed.

Open Walking Mondays - Fridays
see weekly schedule for days & times
The senior center offers a safe space to get out and stretch your legs. Face masks must be worn when walking.

NEW CLASS !!!! CARDIO DRUMMING
Thursdays at 5:15pm (waiting list only April)
Thursday at 6:30pm (waiting list only April)

Fridays at 8:45 am starting in May

What Is Cardio Drumming?
At its core, Cardio Drumming is a cardiovascular based, full-body workout that requires you to move and play drums along to music. Except it doesn't actually involve any drums! Instead, participants use drumsticks to drum on a large inflatable exercise ball that's placed in a specially designed bucket, which stops the ball from moving while keeping the 'drumming' surface roughly at waist height. It's primarily an aerobic activity but will also incorporate elements of strength training as you maneuver the sticks.

Waiting List Only for Evening April Class

Pre-registration with payment begins April 1st for Monday 8:45 am Cardio Drumming class May/June Session 7 weeks 5/14-6/25 Cost $28.00

Stay Fit Dining Program in Senior Center

Lunch is served at noon Monday through Friday. The suggested contribution is $3.00. **You must register for lunch by calling Kevin at 662-6452 (option #3), or email kornowiczk@orchardparkny.org by Tuesday 10:00 am for the upcoming week**.

If you are unable to keep your reservation, please call the Center **as early as possible** Thank You!

Thu 4/1 Stuffed Cabbage Roll w/Sauce, Ranch Mashed Potatoes, Corn, Rye Bread, Pineapple Upside-down Cake
Fri 4/2 Senior Center Closed - Good Friday

Mon 4/5 Polish Sausage w/Sauerkraut, Bun, Mashed Potatoes, Carrots, Beet & Onion Salad, Chocolate Éclair
Tue 4/6 Julienne Salad, Wheat Roll, Fruit Cocktail
Wed 4/7 Boneless Chicken Breast w/Marsala Sauce, Rice Pilaf, Vegetable Medley, Chocolate Chip Cookies
Thu 4/8 Tortellini w/Meatsauce, Chef Salad, Italian Mixed Vegetables, Italian Bread, Orange, Chocolate Milk
Fri 4/9 Salisbury Steak w/Gravy, Scalloped Potatoes Peas, Dinner Roll, Strawberry Bavarian

Mon 4/12 Turkey w/Gravy & Cranberry Sauce, Mashed Potatoes, Carrots, Whole Wheat Roll, Lorna Doones
Tue 4/13 Beef Pepper Steak over Rice, Broccoli, Waxed Beans with Carrot, Butterscotch Pudding
Wed 4/14 Penne Pasta w/Meatballs & Sauce, Mixed Vegetables, Pineapple Juice, Chef Salad, Ambrosia
Thu 4/15 Roast Pork Loin w/Cranberry Chutney, Sweet Potatoes, Green Beans, Whole Wheat Bread, Cinnamon Applesauce, Chocolate Milk
Fri 4/16 Beer Battered Fish, Au Gratin Potatoes, Coleslaw, Zucchini & Stewed Tomatoes, Rye Bread, Brownie

Mon 4/19 Beef Bourguignon, Brown Rice, Cauliflower, French Bean Medley, Oatmeal Raisin Cookies
Tue 4/20 Breaded Chicken Drumsticks, Cheddar Mashed Potatoes, Lima Bean Bake, Bread, Tropical Fruit
Wed 4/21 Tuna Salad on a Bed of Lettuce, Whole Grain Crackers, Chocolate Pudding
Thu 4/22 Chicken Pasta Primavera, Roll, Broccoli & Cauliflower, Fresh Banana, Chocolate Milk
Fri 4/23 Ham Steak w/Brown Sugar Glaze, Cheesy Scalloped Potatoes, Brussels Sprouts, Whole Wheat Roll, Pear Crisp

Mon 4/26 Chicken Vegetable Casserole, Biscuit, Broccoli,
Apple, Chocolate Milk
Tue 4/27 Hot Dog w/Baked Beans, Bun, Roasted Red Potatoes w/Peppers, Carrots, Cinnamon Streusel Cake
Wed 4/28 Chicken Caesar Salad, Whole Wheat Dinner Roll, Pineapple
Thu 4/29 Lasagna Roll w/Meatsauce, Vegetable Medley, Grape Juice, Chef Salad, Dinner Roll, Lemon Bavarian
Fri 4/30 Meatloaf w/Swiss Gravy, Mashed Potatoes Peas with Pearl Onions, Wheat Bread, Brownie

STAY FIT FROZEN MEALS

We're pleased to offer 3 or 5-pack varieties of Frozen Meals through Erie County Stay Fit Dining Program. A roll, milk & dessert included in each meal. Call Kevin at 662-6452 option #3 for more info.

Weekly reservations must be called in no later than 11:00 am on the Wednesday of the week before.

MEALS WILL THEN NEED TO BE PICKED UP ON MONDAY MORNING BETWEEN 9:00 - 9:30 am AT THE FRONT ENTRANCE OF THE SENIOR CENTER.

Medicare Advantage Plans

Meet one on one with insurance representatives

Univera Healthcare
Tuesday, April 13th 10:00 am - 1:00 pm

Blue Cross / Blue Shield
Wednesday, April 14th 1:00 pm - 3:00 pm

United Healthcare
Thursday, April 15th 10:00 am - Noon

Aetna
Tuesday, April 20th 10:00 - Noon

AN AFTERNOON AT THE MOVIES ….
Spend an afternoon at the movies.
50¢ includes bag of chips or popcorn

Wed 4/7 Honest Thief (PG-13) Wanting to lead an honest life, a notorious bank robber turns himself in, only to be double-crossed by two ruthless FBI agents.

Wed 4/14 The Trial of the Chicago 7 (R) The story of 7 people on trial stemming from various charges surrounding the uprising at the 1968 Democratic National Convention in Chicago, Illinois.

Wed 4/21 I Care A Lot (R) A crooked legal guardian who drains the savings of her elderly wards meets her match when a woman she tries to swindle turns out to be more than she first appears.

Wed 4/28 News of the World (PG-13) A Civil War veteran agrees to deliver a girl, taken by the Kiowa people years ago, to her aunt and uncle, against her will. They travel hundreds of miles and face grave dangers as they search for a place that either can call home.

WEEKLY SCHEDULE OF EVENTS AT THE SENIOR CENTER

SESSION DATES FOR ALL CLASSES WILL START IN MAY. WE WILL NO LONGER BE OFFERING PAY AS YOU GO CLASSES - WITH THE EXCEPTION OF LINE DANCE.
Must pre-register and pay for the session prior to the date you begin.
May Class Session registration begins April 9th. *Payment due with registration.*

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
9:00 Pool Shooting Rm 110	**8:45 Men's Exercise** Rm 158	**8:45 Men's Exercise** Rm 158	**8:45 Men's Exercise** Rm 158	**9:00 Pool Shooting** Rm 110
9:00 Library (books, puzzles & computer usage)	**9:00 Pool Shooting** Rm 110	**9:00 Pool Shooting** Rm 110	**9:00 Pool Shooting** Rm 110	**9:00 Library** (books, puzzles & computer usage)
9:00 Medit. & Yoga Rm 156	**9:00 Library** (books, puzzles & computer usage)	**9:00 Library** (books, puzzles & computer usage)	**9:00 Library** (books, puzzles & computer usage)	**9:00 Ladies Exercise** Rm 156
9:00 Ladies Exercise Rm 158	**10:00BegWatercolor** Rm 106 Session $40 New Class!!	**9:00 Shuffleboard** Rm 126	**9:30 Dominoes** Rm 128	**9:45 Euchre** Rm 128
10:30 Open Walking Rm Gym	**10:30 Open Walking** Rm Gym	**9:00 Ladies Exercise** Rm 156	**10:30 Open Walking** Rm Gym	**10:30 Open Walking** Rm Gym
10:30 Wii Bowling Rm 126	**10:30 Int Line Dance** $3.00 per class Rm 156	**9:30 Hand & Foot** Rm 128	**10:00 Int Tap Dance** Rm 158	**10:00 Cardio&Tone** Rm 158
10:30 Learn to Play 55+ Pickleball $4 Rm 156	**10:30 Club 99** Free Rm 118	**10:30 Open Walking** Rm Gym	**10:30 Club 99** Free Rm 118	**10:30 Art with Friends** Rm 106
NOON LUNCH *Arrive by 11:45 am*	**NOON LUNCH** *Arrive by 11:45 am*	**10:00 Beginner Line Dance** $2.50 per class Rm 158	**10:30 55+ Pickleball** $4.00 Rm 156	**10:30 Learn to Play 55+ Pickleball** $4 Rm 156
12:30 Pool Shooting Rm 110	**Noon Tap for Fun** $4.00 per class Rm 158	**11:30 Yoga** Rm 156	**NOON LUNCH** *Arrive by 11:45 am*	**NOON LUNCH** *Arrive by 11:45 am*
12:30 Bridge Rm 128	**12:30 Pool Shooting** Rm 110	**NOON LUNCH** *Arrive by 11:45 am*	**12:30 Pool Shooting** Rm 110	**12:30 Pool Shooting** Rm 110
12:45 Arthritis Tai Chi Rm 158	**1:00 Int. Watercolor** Rm 106 Session $30 New Class!!	**12:30 Pool Shooting** Rm 110	**1:00 Library** (books, puzzles & computer usage)	**12:45 MahJong** Rm 126
1:00 Mind Aerobics Rm 106	**1:00 Bingo** $1.00 / board Rm 127	**1:00 Movie** Rm 126	**1:00 Open Walking** Rm Gym	**12:45 Arthritis TaiChi** Rm 158
1:00 Library (books, puzzles & computer usage)	**1:00 Library** (books, puzzles & computer usage)	**1:00 Library** (books, puzzles & computer usage)	**1:00 Beginner 55+ Pickleball see pg 5** $4.00 Rm 156	**1:00 Pinochle** Rm 128
1:00 Open Walking Rm Gym	**1:00 Open Walking** Rm Gym	**1:00 Open Walking** Rm Gym	**NEW Evening Classes: 5:15 & 6:30 pm Cardio Drumming**	**1:00 Library** (books, puzzles & computer usage)
1:00 55+ Pickleball $4.00 Rm 156	**1:00 55+ Pickleball** $4.00 Rm 156	**1:00 55+ Pickleball** $4.00 Rm 156		**1:00 Open Walking** Rm Gym
				1:00 55+ Pickleball $4.00 Rm 156

IN PERSON CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

Reminder: Pre-registration is required for ALL classes, activities & events.

Tai Chi for Arthritis Mondays & Fridays at 12:45 pm
Arthritis Tai Chi is now widely practiced for its healing benefits for the entire body, which includes increased strength, balance and posture, reduce stress, increased relaxation and improve mind, body and spirit. Class is free and will be using an instructional video. *Free Class.*

Inter. Line Dance Tuesdays at 10:30 am
Those who have always wanted to learn how to line dance but, have not had the time, place, or the opportunity to do so, may join. Line dancing is great exercise and a wonderful way to meet new friends.
Pay as You Go: **Cost is $3.00 per class**.

Beg. Line Dance Wednesdays at 10:00 am
Those who have always wanted to learn how to line dance but, have not had the time, place or the opportunity to do so, may join. Line dancing is great exercise and a wonderful way to meet new friends.
Pay as You Go: **Cost is $2.50 per class**

Club 99 Tuesdays & Thursday at 10:30 am
Club 99 is a free fitness program. This class is a full body work that can be done standing seated or a combination of both. The class uses resistance bands and light weights (bring your own weights and bands to class). *Free Class.*

Ladies Exercise
Monday, Wednesday & Fridays at 9:00 am
This program uses stretching, aerobic and floor exercises tailored specifically for the needs of those 60+ years. Exercising with friends encourages you to lead a healthy and more energetic life. **Please wear comfortable clothes, bring a mat, light weights, and a stretch band for the class. Free Class.*

Tap Dance for Fun Tuesdays at Noon
Classes are designed for those who have previously tap danced and want to tap again.
April $4.00 pay as you go per class.
May Session 4 weeks 5/4-5/25 Cost $16.00
June Session 5 weeks 6/1-6/29 Cost $20.00

Inter. Tap Dance Thursdays at 10:00 am
Classes are designed for those who have previously tap danced and want to tap again.
April $4.00 pay as you go per class.
May Session 4 weeks 5/6-5/27 Cost $16.00
June Session 4 weeks 6/3-6/24 Cost $16.00

SESSION DATES FOR ALL CLASSES WILL START IN MAY. WE WILL NO LONGER BE OFFERING PAY AS YOU GO CLASSES - WITH THE EXCEPTION OF LINE DANCE.
MAY CLASS SESSION REGISTRATION BEGINS APRIL 9TH. *Payment due with registration.*

Men's Fitness
Tuesday, Wednesday & Thursday at 8:45 - 9:45 am
Regular exercising with others motivates you to work toward a healthy lifestyle. Take the first step in living a healthy life by showing up for Men's Fitness.
April $2.00 pay as you go per class.
May Session 4 weeks 5/4-5/27 Cost $24.00
June Session 5 weeks 6/1-7/1 Cost $30.00

Cardio and Tone Fridays at 10:00 am
This full body workout uses movement and steps to condition and tone your body. Workout to current hit music and your favorites from the past.
This is a great class for all fitness levels.
April $4.00 pay as you go per class.
May/June Session 7 weeks 5/14-6/25 Cost $28.00

Cardio Drumming Evening Class
2 Evening Classes Available
Thursdays at 5:15pm
Thursdays at 6:30 pm
What Is Cardio Drumming? At its core, Cardio Drumming is a cardiovascular based, full-body workout that requires you to move and play drums along to music. See page ?? For additional info. Must pre-register and pay for the session prior to the date you begin.
April Session 5 weeks 4/1–4/29 Cost $20.00
May/June Session 7 weeks 5/13-6/24 Cost $28.00

Cardio Drumming Fridays at 8:45 am
May/June Session
7 weeks 5/14-6/25 Cost $28.00

Meditation & Gentle Yoga Mondays at 9:00 am
This class will combine the calming benefits of meditation with gentle stretching and yoga postures. Instructor Irene Kulbacki-CYT will guide you through a seated meditation followed by yoga postures that will help to improve your flexibility, strength, and balance. (chair modifications available).
April $4.00 pay as you go per class.
May Session 4 weeks 5/3-5/24 Cost $16.00
June Session 5 weeks 6/1-6/28 Cost $20.00

Yoga Wednesdays at 11:30 am
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.
April $4.00 pay as you go per class.
May Session 4 weeks 5/5-5/26 Cost $16.00
June Session 5 weeks 6/2-6/30 Cost $20.00

WATERCOLOR CLASSES NOW AVAILABLE WITH INSTRUCTOR DAN MEYER!

Beginner Watercolor
Tuesdays at 10:00 am - Noon
4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8
8 week Session Cost $40.00

Intermediate Watercolor
Tuesdays at 1:00 pm – 3:00 pm
4/20, 4/27, 5/4, 5/11, 5/18, 5/25
6 week Session Cost $30.00

Beginner or Intermediate Watercolor material list available in the senior center office

Dan Meyer's BIO:
After graduating from the Art Institute of Pittsburgh, Dan utilized his talents in the advertising, aviation and packaging industries. After more than 30 years in the commercial field, he left to pursue a fine art career as a wildlife artist and illustrator. Dan has exhibited his paintings at wildlife art shows primarily in the northeast and has won numerous awards including being twice named Artist of the Year by Ducks Unlimited, Buffalo Chapter. His illustrations have been featured on posters, adorned consumer packaging and accompanied national magazine articles.

Dan is a member and past president of the Niagara Frontier Watercolor Society and honorary member of the Central New York Watercolor Society.

He enjoys sharing his knowledge of watercolor through classes and workshops in the Western New York region, instructing classes in watercolor and drawing over the past 10 years.

Dan says, "A good painting is the result of trial and error, repetition, experimentation and practice, practice, practice!". Check out his original watercolors, giclee reproductions, show and class schedules and contact info. online at www.danmeyerwatercolors.com.

Paper Sculpture via ZOOM Instruction

Sponsored by Albright-Knox Art Truck & BC/BS
Friday , April 14th at 11:00 am - Noon
Join us as Albright Knox Art Truck Program Coordinator Vicente Rondon virtually leads an art making activity focused on paper sculpture! This 30-minute session will include a discussion about the activity's inspiration and step-by-step instructions for completing the activity with materials found around your home. Space will be provided for this activity at the center or join from the comfort of your home. Pre-registration required.

Art with Friends
Fridays in April at 10:30 am - 12:30 pm

Enjoy working on your artwork? Bring your supplies in and work with others at the senior center. This is not a class, it's very casual and a opportunity to meet with others who share your passion for creativity and art.

Each member will be socially distanced and required to wear a face mask. Space is limited.

One on One Mini Bridge Lessons
Mondays in March Noon - 12:30 pm

Come and get information about our popular Bridge game played here every Monday from 12:30 to 2:30 pm.

Invited to attend this class are: Pinochle players who want to see how Bridge is played, Bridge players who want to catch up on "what's new", and Experienced players who want to review basic popular conventions.

Must register to attend - no walk-ins

CARDS & GAMES

Masks are required to be worn during the whole game and hand sanitizer is readily available.

Bridge	Mondays at 12:30 pm - 2:30 pm
	Must register ahead for a seat at a table
Hand & Foot	Wednesdays at 9:30 am - 1:30 am
Dominoes	Thursdays at 9:45 am - 11:45 am
Euchre	Fridays at 9:45 am - 11:45 am
Mah Jong	Fridays at 12:45 pm - 2:45 pm
Pinochle	Fridays at 1:00 pm - 3:00 pm

You must pre-register to attend - NO walk-ins allowed.

ADDITIONAL WEEKLY SCHEDULED EVENTS:

B I N G O !! **Tuesdays at 1:00 pm** (all boards $1.00)

Wii Bowling **Mondays at 10:30 am**

Mind Aerobics **Mondays at 1:00 pm**
Join us for a fun filled hour! Research has shown brainteasers, word puzzles, critical thinking, and trivia often delay the onset of Alzheimer's. Join the group for laughs and a mental workout which will keep you fit.

BOOK GROUP

Theresa Wiater, retired teacher, Clarence Center Elementary School and excellent instructor for University Express generously offered to be our new book group facilitator to lead the discussion.
Register with the office if you plan on attending.

April Book Group
Monday, April 26th at 10:30 am
"A Prayer for Owen Meany" by John Irving
A Prayer for Owen Meany is the seventh novel by American writer John Irving. Published in 1989, it tells the story of John Wheelwright and his best friend Owen Meany growing up together in a small New Hampshire town during the 1950s and 1960s.

No May Book Club

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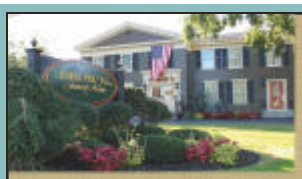

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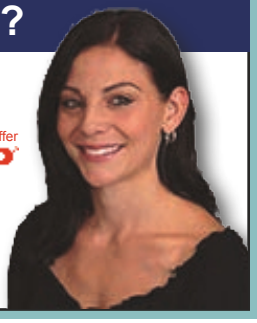

Bocce is back at Green Lake!

Couples Team Bocce
Mondays at 9:00 am begins May 3rd

Open Bocce
Tuesdays at 9:00 am begins May 4th

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 at Green Lake during the months of May, June, July, and August. Look for the Bocce Courts across from the Recreation Building at Green Lake.

Everyone must pre-register with to participate.
Stop in the Senior Center office or
contact the Center at 662-6452 to register.

Please park in the gravel lot for Bocce

Purchase your Senior Spaghetti Dinner tickets at the Senior Center until April 12th at noon.

Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127