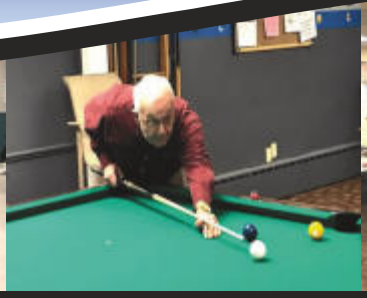
Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



MAY 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

Notes from Debbie . . .

As the weather gets nicer, we are seeing more people coming back to the center. We know everyone is more anxious than ever to have things back the way they were before the pandemic, but we must continue to follow Erie County and NYState guidelines. The guideline impact the number of participants per class, so if you see an activity or class you are interested in please register as soon as you can to ensure you have a spot in the class / activity. We continue to require everyone to wear their masks at all times when vising the center. Out of respect for each other and to be as safe as we can, please continue to wear your mask, follow the 6-foot social distancing, and hand washing protocols that we are all experts at by now.

Enjoy the beautiful Spring weather and Be Safe!

MEMBERSHIP MATTERS

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, 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.

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

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

Grandparents- Help your Grandchildren Learn
Monday, May 3rd at 10:30am
Grandparents play a very important roll in their grandchildren's life. Instructor, Theresa Wiater will discuss some "tricks of the trade" from a retired teacher which you can share with your grandchildren. Topics include math, reading, spelling, geography and critical thinking skills. Learn about Bloom's taxonomy and attributes of a gifted education. Register in office.

Hearing Screening Seminar
Thursday, May 13th at 12:45 pm
This presentation will give you information on the impact of untreated hearing loss. Dr. Christine Pleban, an Audiologist at Hearing Evaluation Services of Buffalo, will be presenting on how hearing loss can make the brain work harder which can affect memory and communication. Come learn how auditory stimulation can help keep you sharp and engaged in life.
Register in office.

Free Hearing Screenings
Following the presentation Hearing Evaluation Service will provide hearing screenings. For a hearing screening please contact the senior center for an appointment.

Life After COVID
Monday, May 17th at 11:00 am
Are you excited and scared to get back to your life after COVID? A representative from Spectrum Health Project Hope will discuss:

- How those impacted by COVID-19 and even those who weren't can feel scared about life's "what ifs"
- Tips to reduce stress
- Keys and resources for free, confidential and anonymous emotional support;
- Assistance in recovery options;
- Relaxation Techniques and other coping strategies;
- Connect those with other people and agencies who you can work with to support you as you re-enter the "new normal".

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.

Bird Watching & Walk
Thursday, May 20th at 1:00 pm
Join Environmental Educator Matthew Nusstein from NYS Parks, Rec. & Historic Preservation at Chestnut Ridge for a bird watch and walk. Enjoy the sights and sounds as you look for migrating birds (especially warblers aka "butterflies of the bird world"). Sign up to attend and meet in the parking lot by the tennis courts across from the casino building at Chestnut Ridge. Participants must pre-register with the senior center to attend.

Understanding Veteran's Benefits
Friday, May 28th at 12:45 pm
Felice Krycia, Veterans Service Offiicer will explain federal, state, and local benefits for which veterans, current service members, and their families may be eligible. Register in office.

LOOKING AHEAD TO JUNE ….

"What to you do if you have a Medical Emergency in Orchard Park? Call 911! Then what?
Thursday, June 3rd at 1:00pm
Meet one of the Orchard Park Fire District EMS Paramedics and find out what you can do to make taking care of you or your loved one much faster. Learn how to perform the Heimlich, Hands-Only CPR and use an AED (Automated External Defibrillator). Register in office.

Mount St. Helens
Friday, June 4th at 12:45pm
Forty years ago, in May of 1980, one of the most powerful volcanic eruptions occurred in the United States. Learn about Mount St. Helens, the days leading up to the eruption and the people who made history as a result. Instructor: Theresa Wiater. Register in office.

Fourteen Ways to Preserve Your Assets with the Medicaid Laws
Thursday, June 10th at 1:30 pm
Speakers Robert Friedman of Friedman & Ranzenhofer, Attorneys will discuss how to preserve your assets and plan for incapacity with powers of attorney, health care proxies, living wills, Wills, Trusts, transferring your home to family members, Long Term Care Insurance, Prepaid Funeral Accounts, IRAs, pensions, properly documented gifts, spousal allowances and transfers. Register in office.

Name that Tune & Root Beer Float
Thursday, June 17th at 1:00 pm
Join us to play a spin off of that classic music game show "Name That Tune". You will be the contestants to correctly guess the tune being played by fellow member, Richard Jones. Richard will play a few bars on the on the piano. Cost is $2.00 and payment is due at registration.

June Birthday Bag
Monday, June 21st 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.

June Book Group with Author
"One on the Ground" by Karen Wielinski
Monday, June 21st at 10:30 am
Author, Karen Wielinski will join us to discuss her book, One on the Ground. February 12, 2009 was an ordinary evening at home for the Wielinski family. Karen said good night to her husband Doug as he left their family room. Their daughter was reading in an upstairs room. Minutes later their world and their home collapsed into flaming wreckage around them. The crash of Continental Flight 3407 in Clarence Center, New York resulted in the loss of everyone aboard the plane and "one on the ground." Karen and her daughter miraculously escaped. Doug did not. Register in office.

The Olympics
Friday, June 25th at 12:45pm
A tradition for over 122 years, the Modern Day Olympics continue to inspire and awe people around the world. But, did you know that in 776 B.C. and continuing for 600 years, the Olympic games were held in Greece? What were the Ancient Olympics and why did they end in 394 A.D.? Who regenerated the Modern Day Olympics and what traditions are carried on to honor the ancient games? Register in office.

RED, WHITE & BLUE WELCOME SUMMER DINNER
Wednesday, June 30th 4:00 pm
Enjoy a delicious Chiavetta's chicken dinner with all the fixins. Following dinner enjoy live entertainment by Tom Hastings. Cost is $11.00.

Don't miss out on this fun evening.
SPECIAL THANKS TO PEREGRINE SENIOR LIVING FOR THEIR GENEROUS DONATION TOWARD THIS EVENT.

Reservations with payment will be accepted in the senior center office on Monday, May 3rd - until sold out.

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. Those who attend will watch a live video of the presentation on our tv at the Senior Center.

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.

Pre-registration required. Limited seats available

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

55+ OPEN PICKLEBALL Cost $4.00
See page 7 for dates and times

LEARN TO PLAY 55+ PICKLEBALL Cost $4.00
Thursdays & Fridays in May at 10:30 - 12:30 pm

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.

NEW CLASS!

Friday Yoga w/ Amy
11:00 am - Noon

May 3 week session Cost $12.00
5/14, 5/21 & 5/28

June 4 week session Cost $16.00
6/4, 6/11, 6/18 & 6/25

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. Pre-registration required and pay for the session prior to the start-date.

Amy's Bio: Amy is a physical therapist with 20 + years of experience in health care. The last 16 + years have been within our geriatric /aging populations at Greenfields and Fox Run. Amy received her 200 hour yoga certification in 2012 at Healing Waters and has continued training in adaptive and restorative/therapeutic yoga.

FITNESS ROOM SCHEDULE

9:00 - 9:45 am
10:00 - 10:45 am
11:00 - 11:45 pm
12:00 - 12:45 pm
1:00 - 1:45 pm
2:00 - 2:45 pm
3:00 - 3:45 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.

New!

Functional Living Everyday Exercises
Wednesdays at 10:00 - 11:00 am
5/12, 5/19, 5/26, 6/2, 6/9, 6/16
6 week session Cost $25.00

This fun and exciting program encourages physical activity to improve balance, mobility and strength. Learn how functional fitness exercises can help in performing activities of daily living. Enjoy an array of equipment as you participate in resistance exercises to help reduce the risk of falls, range of motion activities to improve flexibility, and obstacle course challenges that mimic activities of daily life

New!

Forward Fitness
Wednesdays at 10:00 - 11:00 am
5/12, 5/19, 5/26, 6/2, 6/9, 6/16
6 week session Cost $25.00

Enjoy an assortment of exciting equipment as you perform a variety of exercises that help increase strength, range of movement, and endurance. Class is safe, effective, and meets the needs of an individual's mobility and health limitations. If you have arthritis, joint challenges or just want to keep moving, this class is for you!

Jill Bronsky's Bio: is the best-selling author of Keeping Your Parents Active & Independent: Simple Ways to Encourage Physical Activity and Exercise. She is the owner of Forward Fitness, Inc. in Buffalo, is a certified trainer and group fitness instructor with over 25 years of experience. She received a Master of Science Degree in Physical Education from Canisius College, A Personal Training Certification through AFAA, Certified Functional Aging Specialist through FAI, and an Exercise Program Leader Certification from the Arthritis Foundation. Jill has specific expertise in the area of exercise training for older adults in reducing fall probability, improving function, and increasing independence.

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!

Mon 5/3 Cheese Omelet w/Peppers, Onions, Tomatoes & Cheese Sauce, Tater Tots, Raisin Bread, Fruit Compote
Tue 5/4 Rigatoni with Italian Sausage,,Sauce, Broccoli, Chef Salad, Dinner Roll, Peach Bavarian
Wed 5/5 Chicken Cordon Bleu, Rice Pilaf, Brussels Sprouts, Roll, Chef Salad, Cheesecake w/Straw Topping
Thu 5/6 Breaded Pork Chop w/Gravy, Lazy Pierogi, Carrots, Whole Wheat Roll, Pineapple & Mandarin Oranges (678)
Fri /7 Tuna Macaroni Salad, Club Crackers, Apple, Chocolate Milk

Mon 5/10 Breaded Chicken Breast w/Gravy, Spanish Rice, French Bean Medley, Roll, Orange, Choc. Milk
Tue 5/11 Stuffed Shells w/Meatsauce, Chef Salad, Cauliflower, Italian Bread, Shortbread Cookies
Wed 5/12 BBQ Pork Ribette, Scalloped Potatoes, Peas w/Red Pepper, Roll, Chocolate Bavarian
Thu 5/13 Cranberry Chicken Salad, Club Crackers Orange Sherbet
Fri 5/14 Roast Beef & Gravy on a Bun, Mashed Potatoes Mixed Vegetables, Strawberry Gelatin with Fruit

Mon 5/17 Ham Steak w/ Pineapple Topping, Sweet Potatoes, Creamy Dill Cabbage, Roll, Shortbread Cookies
Tue 5/18 Beef Stew, Biscuit, Brussels Sprouts, Chef Salad, Cinnamon Applesauce
Wed 5/19 Cheese Tortellini w/Chicken & Cream Sauce, Carrots, Chef Salad, Italian Bread, Orange, Choc. Milk
Thu 5/20 Turkey with Gravy, Cranberry Sauce, Garlic Mashed Potatoes, Green Bean Casserole, Wheat Bread Strawberry Bavarian
Fri 5/21 Stuffed Pepper w/Meatsauce, Mashed Potatoes, Broccoli, Dinner Roll, Fruit Compote

Mon 5/24 Polynesian Chicken over Rice, Calif. Blend Vegetables, Zucchini & Summer Squash, Chocolate Cake
Tue 5/25 Julienne Salad, Whole Wheat Dinner Roll, Tropical Fruit
Wed 5/26 Roast Beef & Gravy, Cheesy Mashed Potatoes, Carrots, Rye Bread, Banana, Chocolate Milk
Thu 5/27 Breaded Chicken Drumsticks, Spinach, Harvard Beets, Cornbread, Mandarin Oranges
Fri 5/28 Steakhouse Burger, Corn on the Cob, California Vegetable Blend, Potato Salad, Roll, Cherry Pie

Mon 5/31 Senior Center Closed — Memorial Day

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
Wednesday, May 12th 10:00 am - 1:00 pm

Blue Cross / Blue Shield
Wednesday, May 19th 1:00 pm - 3:00 pm

United Healthcare
Thursday, May 13th 10:00 am - Noon

Aetna
Tuesday, May 11th 10:00 - Noon

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

Wed 5/5 The Highwaymen (R) The untold true story of the legendary detectives who brought down Bonnie and Clyde. Starring: Kevin Costner, Woody Harrelson

Wed 5/12 Enola Holmes (PG-13) When Enola Holmes-Sherlock's teen sister-discovers her mother missing, she sets off to find her, becoming a super-sleuth in her own right as she outwits her famous brother and unravels a dangerous conspiracy around a mysterious young Lord. Starring: Millie Bobby Brown, Henry Cavil

Wed 5/19 The Laundromat (R) A widow investigates an insurance fraud, chasing leads to a pair of Panama City law partners exploiting the world's financial system. Starring: Meryl Streep, Gary Oldman

Wed 5/26 The Patriot (R) Peaceful farmer Benjamin Martin is driven to lead the Colonial Militia during the American Revolution when a sadistic British officer murders his son. Starring: Mel Gibson, Heath Ledger

WEEKLY SCHEDULE OF EVENTS AT THE SENIOR CENTER

We are no longer offering pay as you go classes (with the exception of line dance)
Members must pre-register and pay for the session prior to the date you begin.

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

IN PERSON CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

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

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. *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

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.
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.
May/June Session 7 weeks 5/14-6/25 Cost $28.00
July Session 4 weeks 7/9-7/30 Cost $16.00

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.
May/June Session 7 weeks 5/13-6/24 Cost $28.00
July Session 4 weeks 7/8-7/29 Cost $16.00

Cardio Drumming Morning Class
Fridays at 8:45 am
May/June Session 7 weeks 5/14-6/25 Cost $28.00
July Session 4 weeks 7/8-7/29 Cost $16.00

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).
May Session 4 weeks 5/3-5/24 Cost $16.00
June Session 4 weeks 6/7-6/28 Cost $16.00

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.
May Session 4 weeks 5/5-5/26 Cost $16.00
June Session 5 weeks 6/2-6/30 Cost $20.00

Yoga
Fridays at 11:00 am

Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching and your body and mind will thank you for it. Must pre-register and pay for the session prior to the start-date.

May Session 3 weeks 5/14-5/28 Cost $12.00
June Session 4 weeks 6/4-6/25 Cost $16.00

NEW ART CLASSES OFFERED ....

Beginner Acrylic Painting
Thursdays at 10:00 am - Noon
5/20, 5/27, 6/3, 6/10, 6/17, 6/24
6 week session Cost $30.00
Instructor: Linda Hall

Linda's Bio: Member of the East Aurora and West Seneca Art Society as well as a self-taught artist who has rekindled her love of painting in the last few years. Linda gets her inspiration from a variety of subjects like antiques that are sentimental to me or remind me of old times. When the weather is warm and sunny she will be outside painting landscapes of our scenic countryside. Linda prefers acrylics due to it's versatility, and likes the permanence of acrylics which allows me to frame my originals (on wood or canvas) without a mat or glass.
Stop in the senior center office for a material list .

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
Instructor: Dan Meyer

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
Instructor: Dan Meyer

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

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.

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.

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.

One on One Mini Bridge Lessons
Mondays at 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

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.

No May Book Group

June Book Group with Author
One on the Ground by Karen Wielinski
Author Karen Wielinski will join us to discuss her book February 12, 2009 was an ordinary evening at home for the Wielinski family. Karen said good night to her husband Doug as he left their family room. Their daughter was reading in an upstairs room. Minutes later their world and their home collapsed into flaming wreckage around them.
The crash of Continental Flight 3407 in Clarence Center, New York resulted in the loss of everyone aboard the plane and "one on the ground." Karen and her daughter miraculously escaped. Doug did not.

Local help with your Medicare questions.

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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 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

RED, WHITE & BLUE WELCOME SUMMER DINNER

at the Senior Center
Wednesday, June 30th 4:00 pm

Enjoy a delicious Chiavetta's chicken dinner with all the fixins. Following dinner enjoy live entertainment by Tom Hastings. Cost is $11.00. Payment is due at the time of registration.

Space is limited as everyone will be socially distanced. No dancing will be allowed per NYS guidelines.

Don't miss out on this fun evening.
SPECIAL THANKS TO PEREGRINE SENIOR LIVING FOR THEIR GENEROUS DONATION TOWARD THIS EVENT.

Reservations with payment will be accepted in the senior center office on Monday, May 3rd - until sold out.

Orchard Park Senior Center
4520 California Road
Orchard Park, NY 14127