Orchard Park Senior Center
70 Linwood Avenue
Orchard Park, NY 14127

PHONE
716-662-6452

EMAIL
opsenior@orchardparkny.org

CENTER HOURS
8:30 a.m. – 4:00 p.m.

Supervisor
Dr. Patrick Keem

Council Members
Eugene Majchrzak
Michael Sherry

Director
Debbie Santiago

FEBRUARY 2018 NEWSLETTER

2017 New Year Party at Salvatore’s Italian Garden

Pictured above: Richard Leonard, Patricia Ryan, Kathleen Pieczynski & Tom Pieczynski enjoying the New Year Party at Salvatore’s.
Notes from Debbie...  

It is that time when resolutions are made and goals are set. Regardless of what resolution you commit to, the goal is to improve your life in the coming year. Many will make resolutions to stay fit and healthy, spend less and save more, and most importantly enjoy life to the fullest. The Senior Center can help you keep your New Year resolutions. We offer many opportunities to learn, exercise, volunteer, travel, make new friends, and just have fun. I invite you to take full advantage of what your Center has to offer during this New Year!

I would like to take this opportunity to thank Maria Galley and Jeanne Zablotskyy for doing such a great job ensuring that the New Year Party at Salvatore’s Italian Garden was a success.

TRANSPORTATION

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
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<tbody>
<tr>
<td>Rural Transit</td>
<td>662-8378</td>
</tr>
<tr>
<td>Going Places Van</td>
<td>858-7433</td>
</tr>
</tbody>
</table>

Rural Transit is a non-profit transportation organization for seniors, disabled, or income eligible residents of Southern Erie County. Riders are transported to therapy, nutrition sites, grocery shopping, with medical trips taking priority. Trips are free, but donations are accepted. Contact Rural Transit to become a rider or to volunteer.

S.C.O.O.P. MONTHLY NEWSLETTER

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

- You can receive a copy of the newsletter via email. Send your email address to opsenior@orchardparkny.org.
- The newsletter is also available online. Go to townoforchardparkny.org click on Department, Senior Center and click on Newsletter, it’s that easy!
- The newsletter is also available at the Senior-Center, Town Hall & Library.

IMPORTANT PHONE NUMBERS

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
<td>AARP</td>
<td>1-800-424-3410</td>
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<tr>
<td>EPIC</td>
<td>1-800-332-3742</td>
</tr>
<tr>
<td>Erie County Adult Protection</td>
<td>858-6877</td>
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<tr>
<td>Erie County Senior Services</td>
<td>858-8526</td>
</tr>
<tr>
<td>Social Security</td>
<td>1-800-647-9195</td>
</tr>
<tr>
<td>Town Clerk</td>
<td>662-9741</td>
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<tr>
<td>Supervisors Office</td>
<td>662-6400</td>
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<tr>
<td>Meals on Wheels</td>
<td>822-2002</td>
</tr>
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Meals on Wheels: Do you know of someone who is 60 or older and/or disabled, or who is homebound, unable to do their own food shopping and/or cooking, living alone or has little support, in need of temporary help due to illness or recuperation? Meals on Wheels offers 2 meals a day, 5 days a week. Delivery by a volunteer provides a daily check on the well-being of the recipient too.

A Note from Jackie Briggs, Community Activity Council of Orchard Park, Inc. President

In the month of December 2017, the Community Activity Council of Orchard Park, Inc held two fundraisers. An Orchard Fresh fruit basket was donated. We sold chances for $1.00 and Vinny Coniglio won the basket. We deposited $32.00 in the CAC account. At the New Year’s luncheon we had a 50/50 raffle (seven prizes $20 - $60 were awarded). We deposited $188.00 in the CAC account.

Our fundraising consultant was to begin in May 2017, but due to difficulties beyond their control began in November 2017. The new Community Activities Center is a very large building and will need many large pieces of furniture and equipment etc. to fill all the spaces so we can function when we move in.

The Community Activities Center fundraising will continue through June 2018. If you would like to contribute or help with the fundraising campaign in any way please contact Jackie Briggs.

Orchard Park Senior Center Closing Information

If you want to know if Center activities will be cancelled during bad weather, listen for “weather closing” announcements on WGRZ-TV, WKBW-TV, WIVB-TV and WBEN radio. You may also call the Center at 662-6452 or the Supervisor’s office at 662-6400 to learn if the Center is closed.

We DO NOT follow the Orchard Park School calendar or their closings.
Fit & Lean in 2018  
Thursday, February 1st - March 8th  
9:30 am - 11:00 am  
Fit & Lean in 2018 is a 6-week group class offered through Erie County Senior Services to promote healthy lifestyle changes through good nutrition and fitness! Classes will continue to March 8th and are led by Janice Nowak MS, RD, CDN, Erie County Dietitian with guest appearances by Chef Jack Giardina and “Mr. Fitness” Richard Derwald.  
Please register in the office.

Common Medications used for Depression and Anxiety  
Friday, February 2nd at 12:45pm  
Depression is a true and treatable medical condition, not a normal part of aging. However, older adults are at an increased risk of experiencing depression. Affected seniors are often faced with the decision to take medication for managing depression or anxiety. Frank Pietrantoni, Wegmans Pharmacy will discuss the top classes of medications used. Please register in the office.

Valentine’s for Vets  
Monday, February 5th at 10:30 am  
Join us to create a personal Valentine’s Day cards for Veterans. Cards will be sent to the Veterans Hospital. Supplies will be provided.  
Please register in the office.

Red Velvet Cake in a Mug  
Tuesday, February 6th at 9:30 am  
Do you have a sweet tooth, but you don’t want to make a whole cake? Learn a quick, simple recipe for a personal red velvet cake in the microwave. Please bring your own mug. Ingredients will be supplied.  
Cost is $1.00, please register and pay in the office.

Learn to Play Hand & Foot  
Wednesday, February 7th at 9:30 am  
Join Margaret Haney & Nancy Lake to learn the fun game of Hand and Foot. This card game involves, skill, strategy and luck. This class will be offered again on Wednesday, February 21st at 9:30 am.  
Please register in the office.

Understanding Peripheral Neuropathy  
Monday, February 12th at 12:45 pm  
An estimated 20 million Americans suffer from peripheral neuropathy. In this seminar, we will discuss the causes and symptoms of peripheral neuropathy tests and treatments, the latest research on peripheral neuropathy and preventive measures you can take at home. Please register in the office.

Valentine’s Day Lunch  
Wednesday, February 14th at Noon  
Be a sweetheart and join us for a Valentine’s celebration and luncheon. Following lunch enjoy entertainment by Cresendo, an acapella group. Suggested donation for lunch is $3.00. Please register for lunch by Tuesday, February 7th.

Senior Center Closed - President’s Day  
Monday, February 19th

Bingo Bash  
Tuesday, February 20th at 1:00 pm  
Bring a guest and receive a free card! Refreshments will be served and prizes will be awarded.

A.A.R.P. Driver Safety Program  
Thursday, Feb. 22nd & Friday, Feb. 23rd  
1:00 - 4:00 pm.  
AARP Driving course is a great way to save money on your auto insurance. Cost is $20.00 for AARP members and $25.00 for non-AARP members. Registration is required by calling the Center.

Upcoming Classes:  
March 22nd & 23rd.  
April 26th & 27th

National Margarita Day  
Thursday, February 22nd at 1:30 pm  
Let’s Celebrate! Join us at the Center as we celebrate this fun day! Lyle Stang will entertain us and we will serve light refreshments (non-alcoholic margaritas). Cost is $3.00. Please register and pay in the office.

February Events continued on page 4
Art of Meditation and Yoga  
Friday, February 23rd at 12:45 pm  
Are you interested in learning how to apply the power of meditation and yoga philosophies to calming your mind and body? Meditation and yoga are popular techniques that connect the body and mind to help you move toward overall wellness. Sponsored by BC/BS of WNY. Please register in the office.

History of Amish Quilts  
Monday, February 26th at 1:00 pm  
Sally McCarthy will bring a large selection of quilts, wall hangings, handwoven rugs, and small crafts to view. Sally will also discuss the Amish way of life and present the history of quilts and their patterns, as well as the “ten quilt code”. Please register in the office.

February Birthday Bash  
Tuesday, February 27th at 12:30 pm  
Let’s Celebrate!! Jeanne Zablotskyy our Site Manager invites those who have a February birthday to submit a photo of yourself in your younger days by 2/22. Everyone is welcome and will enjoy a delicious birthday dessert.

Looking Ahead to March...  
Senior Center Dinner Club  
Mangia Restaurant (4264 N Buffalo Rd.)  
Thursday, March 1st at Noon  
Meal Choices:  
Penne Al Gorgonzola  
Ravioli Rosa  
Chicken Picatta  
Salmon Picatta  
All meal choices are $30.00 which include tax and gratuity. Meals include a salad, bread, coffee, tea and dessert (cash bar available).  
Everyone is welcome to attend! Payment is due to Gail Freeman by Thursday, February 22nd. (Gail Freeman 248-766-1924)  

Upcoming Dinner Club Meetings:  
Tuesday, February 6th at 10:00 am  
Tuesday, March 6th at 10:00 am

Living with Arthritis  
Friday, March 2nd at 12:45 pm  
Did you know arthritis affects 1 in 5 adults? If you are one of them, join Jennifer Johnson, BC/BS Health Promotion Coordinator as she discusses the causes of arthritis and both medical and natural treatment options. Please register in the office.

Black Bears of New York  
Tuesday, March 6th at 1:00 p.m.  
Sightings of the Black Bear have been dramatically increasing in Western New York. Carol Rogers from New York State Parks, Niagara Region Interpretive Programs Office will talk about their natural habitat, hibernation and highlight the largest mammal native to New York State! Please register in the office.

Erie County Caseworker  
Thursday, March 8th 11:00 am - 1:00 pm  
Dorothy Mehrent, ECSS case worker will assist with short-term counseling, community service outreach / linkage to benefits and entitlements (local, state and federal i.e. Medicare, SSI, SNAP, and HEAP.

Cooking Creatively with Herbs & Spices  
Thursday, March 8th at 12:45 pm  
A cooking demonstration featuring Chef Jack Giardina. Chef Jack will be using both fresh & dried herbs and feature health promoting spices such as basil, cumin, ginger, and turmeric. Please register in the office.

Colon Cancer Prevention & Screening  
Friday, March 9th at 1:00 pm  
Marcia Amadori Crosby, Erie County Public Health Consultant will discuss prevention and the importance of screenings. Marcia will also bring FIT kits which is an easy, private take home test kit available for those 50-75 who have no incidence of familial colon cancer or those who have not been diagnosed with polyps on a colonoscopy. Please register in the office.

March Events continued on pg. 5
March Events Continued . . . .

St. Patrick’s Day Dinner
Thursday, March 15th at 4:00 pm
Join us for a wee little party as we celebrate the luck of the Irish for St. Patrick’s Day. Enjoy a traditional corned beef and cabbage Irish meal and entertainment provided by The Kindred. Cost for the evening is $10.00. Purchase your ticket in the office.

Eating As We Age
Friday, March 16th at 12:45 pm
Good nutrition plays a critical role in successful aging, but older adults face unique barriers when striving to eat a healthy diet. Jennifer Johnson, BC/BS Health Promotion Coordinator will discuss the physiological, psychological and social issues that can affect older adults’ eating habits and nutrition. We’ll also provide tips on cooking for one or two and food safety habits. Please register in the office.

Senior Travel Opportunities
Friday, March 23rd
1:00 pm - 3:00 pm
Why not expand your horizons and join a travel group? Travel groups offer exciting adventures and opportunities to meet new people. The Senior Center has six travel groups which organize trips with varied trip lengths and destinations. In addition to travel opportunities, each group offers monthly meetings which involve social time, lunches and presentations.
If you are interested in joining a travel group please stop by the Center to meet the travel group coordinators and see their upcoming plans for travel and social activities.

CARDS & GAMES:
Bridge   Mondays at 1:00 pm
Euchre   Fridays at 10:15 am
Mah Jong  Fridays at 1:00 pm
Pinochle  Fridays at 1:00 pm
Asian Mah Jong  2nd & 4th Mondays of the Month

Duplicate Bridge Monday, Feb. 5th at 12:30 pm
Euchre Tournament Friday, Feb. 16th at 10:15 am
Pinochle Tournament Friday, Feb. 16th at 1:00 pm

B I N G O !!  Tuesdays at 1:00 pm
Bring a friend and join us for a fun filled hour of bingo. All boards are $1.00. All are welcome!

ART CLASSES AT THE CENTER . . . . .

Acrylic Painting Class
Tuesday, February 27th - April 3rd at 12:15pm
Learn proper application of paint, blending layering, scumbling and palette knife techniques. New students must pick up a supply list from the office. Cost $25.00 for a 6 week session.

Watercolor Painting Class
Friday, February 23rd - April 6th at 10:30 am
Students will learn the basics of a wash, dry brush technique, wet into wet etc. Class size is limited. New students must pick up a supply list from the office. Cost $25.00 for a 6 week session.

Reminder: Please register early to prevent class cancellation. If the class does not meet its minimum quota there is a chance it will be cancelled.

Orchard Park Senior Center Dinner Club

The Orchard Park Senior Center Dinner Club would like to thank Jackie Briggs for her time and effort she put into making the dinner club a success. Jackie has stepped down as chair of the dinner club after ten years of service. Thank You Jackie!!
If you are interested in assisting the dinner club to facilitate future outings please contact Gail Freeman 248-766-1924. The dinner club is looking for new volunteers and always welcomes new participants.
**Stay Fit Dining Program**
Lunch served at noon Monday through Friday. The suggested contribution is $3.00.
To make a reservation for lunch please call Jeanne at 662-6452 (option #3) 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!

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
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<tbody>
<tr>
<td>Thur 2/1</td>
<td>Sliced Turkey w/Gravy, Mashed Potato, Peas, Bread Stuffing, Strawberry Bavarian Jeanne's Choice Soup</td>
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<tr>
<td>Fri 2/2</td>
<td>Steakhouse Burger w/Gravy, Baked Beans, Carrots, Roll, Orange</td>
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<tr>
<td>Mon 2/5</td>
<td>Beef Pepper Casserole, Wax Beans, Broccoli, White Rice, Fruit Delight Cookie</td>
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<tr>
<td>Tue 2/6</td>
<td>Two Stuffed Shells w/ Sauce, Cauliflower, Green Peas, Bread, Pineapple Tidbits</td>
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<tr>
<td>Wed 2/7</td>
<td>Br. Chicken Breast w/Gravy, Mashed Sweet Potatoes, Mixed Vegetables, Fresh Fruit</td>
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<tr>
<td>Thur 2/8</td>
<td>Sliced Roast Beef w/Gravy, Scalloped Potatoes, Spinach, Roll, Sugar Cookies Jeanne's Choice Soup</td>
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<tr>
<td>Fri 2/9</td>
<td>BBQ Chicken Leg Quarter, Mashed Potato, Dinner Roll, Ambrosia</td>
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<tr>
<td>Mon 2/12</td>
<td>Beef Macaroni Casserole, California Blend Wax Beans, Dinner Roll, Pineapple Tidbits</td>
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<tr>
<td>Tue 2/13</td>
<td>Chicken &amp; Sausage Jambalaya, Carrots, Fiesta Corn, Wheat Bread, Ice Cream</td>
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<tr>
<td>Wed 2/14</td>
<td>Two Stuffed Shells w/ Sauce, Chef Salad, Cauliflower, Italian Bread, Chocolate Éclair</td>
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<tr>
<td>Thur 2/15</td>
<td>Stuffed Pepper w/Sauce, Mashed Potatoes, Wheat Dinner Roll, Brownie Jeanne's Choice Soup</td>
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<tr>
<td>Fri 2/16</td>
<td>Tuna Macaroni Salad, Wheat Bread Cherry Pie</td>
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<tr>
<td>Mon 2/19</td>
<td>Center Closed - President’s Day</td>
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<tr>
<td>Tues 2/20</td>
<td>Knockwurst w/Sauerkraut, Mashed Potatoes, Green Beans, Roll, Chocolate Pudding</td>
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<tr>
<td>Wed 2/21</td>
<td>Cabbage Roll w/Sauce, Mashed Potatoes Corn, Breakaway Roll, Peaches</td>
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<tr>
<td>Thur 2/22</td>
<td>Sweet and Sour Chicken, Spinach, Wax Beans, White Rice, Oatmeal Raisin Cookies Jeanne's Choice Soup</td>
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<tr>
<td>Fri 2/23</td>
<td>Vegetarian Red Chili, Carrots, Chef Salad Cornbread, Tropical Fruit Cup</td>
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<tr>
<td>Mon 2/26</td>
<td>BBQ Pork Ribbette, Creamed Cabbage, Mixed Vegetables, Roll, Butterscotch Pudding</td>
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<td>Tue 2/27</td>
<td>Beef Stew, Corn, Biscuit, Orange</td>
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<tr>
<td>Wed 2/28</td>
<td>Breaded Chicken Drumsticks, Mashed Potatoes, Carrots, Bread, Spice Cake</td>
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</tbody>
</table>

Please arrive for lunch by NOON each day or your lunch may be cancelled.

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**Spend an afternoon at the movies.**
Reserve lunch by calling 662-6452 and then stay for the movie at 1 pm.

**50 cents includes popcorn and drink**

<table>
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<tr>
<th>Day</th>
<th>Film</th>
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<tbody>
<tr>
<td>Thur 2/1 Encore</td>
<td>Victoria &amp; Abdul Biography (Starring: Judi Dench &amp; Ali Fazal)</td>
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</tbody>
</table>
| Wed 2/7 Battle   | of the Sexes Biography / Comedy (Starring: Emma Stone & Steve Carell) The true story of the 1973 tennis match between number one Billie Jean King and ex-champ and serial hustler Bobby Riggs. **Encore showing 2/8**
| Wed 2/14 No Movie |
| Wed 2/21 Marshall| Biography / Drama (Starring: Chadwick Boseman & Josh Gad) About a young Thurgood Marshall, the first African-American Supreme Court Justice, as he battles through one of his career-defining cases. **No encore showing**
| Feb 2/28 Mark Felt: The Man Who Brought Down The White House Drama / History (Starring: Liam Neeson & Diane Lane) In this engaging docudrama, FBI associate director Mark Felt changes the course of U.S. history by acting as an informant (known as "Deep Throat") for journalists Bob Woodward and Carl Bernstein during their investigation of the Watergate scandal. Felt's devotion to his ideals eventually helps topple the Nixon presidency. **No encore showing**

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**Book Group**
The Book Group meets at the Senior Center at 10:00 am the last Wednesday of the month. Members are encouraged to read the book prior to attending the meetings. Upcoming books for discussion:

**Wednesday, February 28th at 10:00 am**
*Killer of Flower Moon* by David Grann

**Wednesday, March 28th at 10:00 am**
The Samaritan by Stephen Besecker Book Review with the Author. Author, Stephen Besecker will join the book group to discuss his book "The Samaritan".

Andrew Gross, New York Times bestselling author of *The Blue Zone* and co-author of six #1 thrillers with James Patterson says: The Samaritan is as intense as a killer's finger resting on the trigger, Steve Besecker's *The Samaritan* rocks with nonstop action, believable scenarios, and deftly drawn characters that seem to jump off the page.

Everyone is welcome to join the discussion.
<table>
<thead>
<tr>
<th>.MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>9:00 Pool Shooting</td>
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<td>9:00 Ladies Exercise</td>
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<tr>
<td>9:30 Tap Dance</td>
<td>9:30 Tap Dance</td>
<td>9:30 Tap Dance</td>
<td>9:30 Inter. Tap</td>
<td>9:30 Euchre</td>
</tr>
<tr>
<td>10:30 Valentines for Veterans</td>
<td>10:30 Inter Line Dancing</td>
<td>10:30 Inter Line Dancing</td>
<td>10:15 Beg Line Dance</td>
<td>10:15 Euchre</td>
</tr>
<tr>
<td>12:00 Stay Fit Dining</td>
<td>10:45 Club 99 Exer.</td>
<td>12:00 Stay Fit Dining</td>
<td>12:00 Club 99 Exer.</td>
<td>10:30 Watercolor</td>
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<tr>
<td>12:30 Bridge Tournament</td>
<td>12:00 Stay Fit Dining</td>
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<tr>
<td>1:00 Mind Aerobics</td>
<td>1:00 Movie Encore</td>
<td>1:00 Movie</td>
<td>1:00 AARP Driving</td>
<td>1.00 Mah Jong</td>
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<td>1:00 Asian Mah Jong</td>
<td>1:00 Movie Encore</td>
<td>1:00 AARP Driving Course</td>
<td>1:00 AARP Driving Course</td>
<td>1:00 Pinochio</td>
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</tbody>
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**February**

- **Center Closed President’s Day**
  - **February 19**
    - 9:00 Pool Shooting
    - 9:00 Ladies Exercise
    - 9:30 Tap Dance
    - 10:30 Inter Line Dancing
    - 10:45 Club 99 Exer.
    - 12:00 Stay Fit Dining
    - 12:15 Acrylic Painting
    - 1:00 Bingo Bash
    - 5:00 Evening Yoga

- **February 20**
  - 9:00 Pool Shooting
  - 9:00 Ladies Exercise
  - 9:30 Men’s Fitness
  - 9:30 Learn to Play Hand & Foot
  - 10:15 Beg Line Dance
  - 11:30 Yoga
  - 12:00 Stay Fit Dining
  - 1:00 Adv. Tai Chi
  - 1:00 Sketch

- **February 21**
  - 9:00 Pool Shooting
  - 9:00 Ladies Exercise
  - 9:00 Men’s Fitness
  - 9:30 Fit & Lean in 2018
  - 10:00 Inter. Tap
  - 10:45 Club 99 Exer.
  - 11:30 Zumba
  - 12:00 Stay Fit Dining
  - 1:00 AARP Driving Course

- **February 22**
  - 9:00 Pool Shooting
  - 9:00 Ladies Exercise
  - 9:00 Men’s Fitness
  - 9:30 Fit & Lean in 2018
  - 10:00 Inter. Tap
  - 10:45 Club 99 Exer.
  - 11:30 Zumba
  - 12:00 Stay Fit Dining
  - 1:00 AARP Driving Course

- **February 23**
  - 9:00 Pool Shooting
  - 9:00 Ladies Exercise
  - 9:00 Men’s Fitness
  - 9:30 Fit & Lean in 2018
  - 10:00 Inter. Tap
  - 10:45 Club 99 Exer.
  - 11:30 Zumba
  - 12:00 Stay Fit Dining
  - 12:45 Art of Meditation & Yoga

- **February 26**
  - 9:00 Pool Shooting
  - 9:00 Ladies Exercise
  - 9:00 Men’s Fitness
  - 9:00 Men’s Fitness
  - 10:00 Book Group
  - 10:15 Beg Line Dance
  - 11:30 Yoga
  - 12:00 Stay Fit Dining
  - 1:00 Adv. Tai Chi
  - 1:00 Sketch

- **February 27**
  - 9:00 Pool Shooting
  - 9:00 Ladies Exercise
  - 9:00 Men’s Fitness
  - 10:00 Book Group
  - 10:15 Beg Line Dance
  - 11:30 Yoga
  - 12:00 Stay Fit Dining
  - 1:00 Adv. Tai Chi
  - 1:00 Sketch

- **February 28**
  - 9:00 Pool Shooting
  - 9:00 Ladies Exercise
  - 9:00 Men’s Fitness
  - 10:00 Book Group
  - 10:15 Beg Line Dance
  - 11:30 Yoga
  - 12:00 Stay Fit Dining
  - 1:00 Adv. Tai Chi
  - 1:00 Sketch
CLASS OFFERED AT THE ORCHARD PARK SENIOR CENTER

Reminder: Please register early to prevent class cancellation.

**Pickle Ball**
Tuesdays, Thursdays & Fridays 11:00 - 1:00 pm at South Towns Tennis Center
Pickle Ball is the hottest game around! A fun sport that combines many elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn. Pickle ball is played at the South Towns Tennis Center. Please contact the Senior Center for more information 662-6452.

**Club 99**
Tuesday & Thursday at 10:45 am
The Erie County Dept. of Senior Services and Senior Nutrition Program have teamed up to present Club 99. Club 99 is a free fitness program offered to those 60 years of age or older. Ray Steck is the instructor who will explain how using the resist-a-band will tone and build muscle. Everyone is welcome!

**Advanced Tai Chi**
Wednesday, January 10th – Feb. 28th at 1:00 pm
Tai Chi is an Ancient Traditional Chinese practice that combines the mind, body and spirit. It is practiced today primarily for its health benefits, stress relief and relaxation. Cost for $30.00 for a 8 week session.

**Men’s Fitness**
January 2nd - March 8th
Tuesday, Wednesday & Thursday 9:00 - 10:00 am
You’ll notice 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 the Men’s Fitness program. Cost for 10 week session is $40.00.

**Ladies Exercise Program**
Monday, Wednesday and Friday 9:00 - 10:00 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.

**Beg. Line Dance Every Wednesday at 10:15 am**
**Inter. Line Dance Every Tuesday at 10:30 am**
Line dancing is great exercise and a wonderful way to meet new friends. Cost is $2.50 per class - pay as you go.

**Yoga**
Wednesdays Jan. 10th - March 14th at 11:30 am
Fridays Jan. 12th - March 16th at 9:00 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. Cost for each ten week session is $35.00.

**Tuesday Evening Yoga**
February 13th - March 13th at 5:00 pm
Classes are held at Dharma Dog Yoga Studio.
(6435 Webster Rd, OP - 207-7229)
Registration with payment is required before attending the session. Cost for a five week session is $19.00.

**Tap Dancing For Fun**
Monday, January 8th - March 12th at 9:30 am
This beginner and intermediate tap class is designed for those who have always wanted to learn to tap dance, or who have previously tap danced and want to tap again. Cost for a 8 week session is $30.00

**Intermediate Tap Dance**
Thursday, January 4th – Feb. 22nd at 10:00 am
For those seniors with some experience tap dancing, this class is for you! Learn to tap to some of the great Broadway tunes as you burn calories, and get an aerobic workout while tapping. Cost for eight week session is $30.00

**Zumba**
Thursday, February 15th - April 5th 11:00 am
Zumba is the best dance and workout routine you’ll ever do! This energetic program uses various types of music to dance your way into a healthy lifestyle. Cost for 8 week session is $30.00.

**Evening Zumba**
Tuesday, January 30th - March 20th 6:00 pm
Cost for 8 week session is $30.00.

**Beginner Tai Chi**
Thursday, February 1st - April 15th 1:00pm
This class is for beginners to learn how Tai Chi can help you reduce falls and help control your balance, improve your balance and help tone your muscles. Cost for 8 week session is $30.00.

**Mind Aerobics**
Mondays at 1:00 pm
Join us for a fun filled hour! Research has shown brain teasers, 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. Everyone is Welcome!!
Desiderio’s Dinner Theatre
Jitters by David French
Sunday, April 8th 2:30 pm matinee

Within minutes, the audience is plunged into the world of theatre - larger-than-life personalities, easily bruised egos, contradictory interpretations of role and script - complicated by faulty props, close quarters, lost lines, and bad reviews, and all magnified by the opening night “jitters” of cast, crew, writer, and director. First performed in 1979 Jitters was an instant critical and commercial success, and in the years since it has proved to be one of Canada’s most enduring and popular plays, both here and abroad.

Bus departs the center at noon.
Cost is $51.00 (includes, transportation, play and lunch).
Registration with payment begins Thursday, February 1st.

Smartphone, IPad or Kindle Assistance . . .
Are you having problems using your smartphone, Pad or Kindle? Help is on the way! A volunteer is available to answer your questions for free. Contact the Center to set up an appointment.

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One on One Cell Phone Assistance
Offered by the Orchard Park High School Education Outreach Club

Do you have questions about your cell phone or would like to learn about your cell phones features (phone calls, voice mail, camera, wi-fi and accessing the internet on your phone)? The students will assist you with any questions or concerns you have with your cell phone.

Please register in the office for an appointment:

Wednesday, February 7th 2:30 – 3:30 pm
Wednesday, February 14th 2:30 – 3:30 pm
Wednesday, February 28th 2:30 – 3:30 pm

Senior Center Art Display:
Stop in the dining room to view an amazing landscape art display created by the Center's artist's.
6 Easy Ways to Give

1. **Cash or Check** - Pledge and pay over time, up to five years.

2. **Publicly Traded Securities** - Securities are sold promptly upon receipt. Highly appreciated securities may have added tax value.

3. **Real Estate and Property** - Will be credited as the appraised value of the gift at the time it is accepted, provided there is no restriction on the sale.

4. **IRA'S** - Taxpayers who are age 70 1/2 or older can exclude income up to $100,000 of distributions made from a traditional IRA.

5. **Life Insurance** - You can transfer ownership of a new or existing whole or universal life insurance policy.

6. **Bequests** - Include a cash option, percentage of the estate or a gift of specific property.

If you would like to see the plans and make a donation to name a room, or buy equipment, etc. please call John Kearns & Associates Inc. at 716-667-1553 to make an appointment.