



Orchard Park Senior Center

70 Linwood Avenue
Orchard Park, NY 14127



JULY 2015 NEWSLETTER

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

Anna Willems

Happy
Fourth
Of
July!



Orchard Park Senior Center

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Orchard Park, NY 14127

Notes From Anna

- ◇ Happy Fourth of July to everyone! Only 239 years young, this country is still learning and exploring new ideas on governing itself. Having visited other countries, younger, and some much older than us, I marvel at the idea that a group of men back in 1776 came together with the idea of self government. Amazing, isn't it? Just imagine back in 1776 when Kings and Queens ruled, we declare our independence. Here we were telling the world that we, a country of immigrants from every corner of the world can govern ourselves. What an original idea! Have a great Fourth of July!
- ◇ The Senior Games are July 13 through the 17th. This is an opportunity to meet new people and participate in events such as Minute to Win It, Bocce, Nine Ball Pool, Horseshoes, Corn Hole Toss, Bridge and other games. In it's 25th year the Senior Games offer something for everyone 55+years. Another way of getting involved in this fun filled week is by participating in programs already offered at the Center. If you attend any of the fitness classes at the Center from July 13 through July 17 you get 10 points. For example, if you register to play Bocce and attend the line dancing class on Wednesday you get 20 points, add a pinochle tournament and you're up to 30 points, join in minute to win, you get another 10 points for a total of 40 points. The more points you accumulate the bigger chance of winning. Pick up a registration form at the Center June 29, and join us!
- ◇ Have you heard about the Lunch Club? Deborah LePow, our Site Manager for The Stay Fit Dining Program is offering a program called The Lunch Club, exclusively at Orchard Park. Participants receive a loyalty punch card. After 10 paid lunch punches you get your 11th lunch FREE!. If you bring a paying guest (60 and older) this will count on your lunch card enabling you to fill up that punch card faster. The Lunch Club program is offered from June 1st through September 1st. So, pick up your punch card today and enjoy lunch at the Senior Center and bring a friend.
- ◇ Pickle Ball; I'm sure many of you have played pickle ball or seen it played in Florida. It's a form of tennis, but because it is played with a whiffle ball and paddles, the ball doesn't travel as fast as a tennis ball. It's a great form of exercise that's become popular. If you are interested in playing indoor pickle ball this fall, please attend a meeting on Wednesday July 1st, at 10:30am at the Senior Center.

Discovering Buffalo

Buffalo is an amazing city filled with history and beautiful architecture. This summer the Center is offering three day trips with focus on Buffalo!

Delaware Avenue Mansions And Buffalo City Hall Thursday July 23, 9:00am-3:00pm

Delaware Avenue is home to the grandest collection of mansions built in the City. Learn the stories of the families who built them. Following lunch at Betty's we'll make our way to Buffalo City Hall for a tour. Cost \$50.00.
Last day to reserve a spot is July 7th

Transportation In Buffalo

Thursday August 6th, 9:00am-3:00pm

Our day starts off with a tour of the Pierce Arrow Museum where a guided tour highlights the transportation history of Western New York as told through the museum's collection, the museum itself, and how the pieces were acquired. We'll listen to the history and the story of The Buffalo Filling Station by Frank Lloyd Wright. Following the tour we'll make our way to the Buffalo Harbor for lunch and a tour on the Miss Buffalo II. **Cost \$60.00 Last day to reserve spot is July 24th.**

Martin House Restoration Tour And Forest Lawn Thursday September 17, 9:00am-4:00pm

This tour will take you through the buildings included in the Martin House plus the veranda and ballroom. You will hear the story of the ongoing restoration project. Following the tour and lunch we'll make our way to Forest Lawn Cemetery where the tour includes FLW's Blue Mausoleum, Larkin Family. Lunch will be at Coles on Elmwood. **Cost is \$70.00 Reservation with payment starts July 14th.**

A Note from:

Jackie Briggs, Senior Council President

The Senior Council of Orchard Park is a 501©(3) not-for-profit organization and is able to accept tax deductible contributions. The Council continues to fund raise to make a Senior Center/Community Center become a reality. Note cards depicting Green Lake and Yates Park sketched by local artists are for sale at \$8.00 and can be purchased at the Orchard Park Senior Center or the Town Clerk's Office.
(proceeds to benefit The Senior Council of Orchard Park)

Senior Games—Monday July 13—Friday July 17 Register at Senior Center June 29—July 10

Started 25 years and sponsored by the Orchard Park Senior Center, the games continue to be a week of great fun and friendship. In addition to the events listed on the registration form, "*Participation Points*" will be awarded if you participate in any of the classes offered at the Center July 13—July 20. Ten "*Participation Points*" will be awarded for every event you participate in. The more points, the more chances to win a gift certificate toward classes, programs, sponsored by the Orchard Park Senior Center.

Attend any of these classes July 13 through 17th and receive ten "*Participation Points*"

Ladies Exercise, Mon., Wed & Fri. 9:00-10:00am

Chair Exercise Monday 11:00am-12:00noon

Men's Exercise, Tue, Wed, & Thurs 9:00-10:00am

Tuesday Line Dancing 10:30-12:00noon

Tuesday & Thursday Club 99 Program

Wednesday Line Dancing 10:15-11:15am

Tai Chi—Tuesday 1:00pm or Wednesday 11:15

Yoga, Wednesday 11:30-12:30 or Friday 9:00am-10:00am

Zumba Thursday 11:15am-12:00noon

CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

To register, call the Senior Center at 662-6452 or drop by 70 Linwood Ave, Orchard Park

Watercolor Painting With Friends

Every Friday 10:30-12:00noon

During the month of July and August you will have the opportunity to continue painting while your instructor is on medical leave. Bring your talent, brushes, paints, and ideas to share. Newcomers are welcome, it's free!

Summer Yoga Classes

Wednesdays 11:30-12:30pm July 8—August 12

Fridays 9:00-10:00am July 10—August 14

Yoga is one of the most popular and beneficial programs offered at the Center. 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. This is a perfect opportunity for you to learn about yoga during this six week mini course. Cost is \$20.00

Summer Session: Chair Exercise for the Mind and Body Program— Mondays 11:00am

July 13 through September 21st

If you have limited mobility and movement, this program is for you. Stretching, using weights, resistant bands, and other items ensures you a great workout. This is a ten week program. Flo Kirkner is the instructor Cost is \$25.00

Bocce Is Back ...and It's Free!

Couples Team — Every Monday at 9:00 am

Mixed Team - Every Tuesday, 9:30am

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 which can only be developed by playing the game. If you would like to join in the fun contact the Center at 662-6452. Games are at Green Lake. Look for the Bocce Courts across from the Recreation Building .

Ladies Summer Exercise Program

Session 2, August 10—October 7

Monday, Wednesday and Friday 9:00-10:00am

This eight week program, uses stretching, aerobic and floor exercises tailored specifically for the needs of those 65+ years. Exercising with friends encourages you to lead a healthy and more energetic life. Instructor is Flo Kirkner. Cost for the 8 week program is \$30.00

Chair Yoga***** New Program!

Wednesday 1:00pm—2:00pm

July 22—September 9th, Cost: \$30.00—8 week

For those who experience arthritis or have limited range of motion, this eight week class is for you. Sitting on a chair you will learn proper techniques of stretching, breathing and relaxation. Colleen who has been practicing Yoga and teaching it for many years is the instructor.

What is Body Sculpting?

Monday July 13 , August 31st, 8:30am-9:30am

Body sculpting (or core conditioning) is a non-aerobic, muscle-toning class, usually focused on core strength. We will use, exercise bands, weight bars, balls, or a combination of these gadgets and a little dance. We'll warm up with Zumba fashion aerobics for 15-20 min. Cost for the eight week program is \$30.00 Classes are tailored toward seniors ability. Register today!

Zumba

Thursday July 9—August 27th, 11:15-12:30pm

Zumba is the best dance and workout routine you'll ever do! This energetic program uses Latin dances such as the samba, meringue, salsa and various types of music to dance your way into a healthy lifestyle. Each instructor choreographs their own individual routine. Cost for the eight week program is \$30.00. Classes are tailored toward seniors ability. Register today!

Tai Chi In the Park and at the Center

Wednesday July 1—August 19, 11:15am-12:15pm & Tuesday June 30—August 18, 1:00pm

Join us on Wednesdays at Brush Mountain and Tuesdays at the Center for eight week class on Tai Chi. What better way than to enjoy the outdoors while doing Tai Chi. Meet at Brush Mountain, off California Road starting Wednesday July 1st. Cost for 8 week program is \$30.00, or if you wish to take both classes it's \$55.00

Join Club 99 Free *****Free*****Going On Now!

Tuesday and Thursday Mornings at 11:00am

What is Club 99? The Erie County Department of Senior Services and Senior Nutrition Program are teaming up to present Orchard Park with 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. Come join and learn about this program. Everyone is welcome!

Book Group

The Book Group meets the last Wednesday of every month at 10:00am at the Senior Center. The following books are scheduled:

June 24 — Vanessa and Her Sister author, Priya Parmar

July 29 —American Queen: The Rise & Fall of Kate Chase Sprague, Civil War "Belle of the North and Gilded Age of Woman of Scandal", - author John Oller

August 26, My Name is Mary Sutter by Robin Oliveira

September 30, - Defending Jacob, by William Landay

These books are available in the office. There is no fee to join the Book Group, but members are encouraged to read the book prior to attending the meetings. Everyone is welcome to join the discussion group.

We're on FACEBOOK—Check us out
....Orchard Park Senior Center

REGISTER FOR THE FOLLOWING PROGRAMS BY CALLING 662-6452

*******Senior Computer Tutoring**

Computer Classes in Microsoft and Apple are now tailored to your need. A one hour (\$5.00 fee) one on one session with the instructor will be offered to address your computer needs. Class is scheduled once a week on **Tuesday July 7, 14, 21, and 28th. 10:00-11:00am and from 1:00-2:00 and 2:00 to 3:00pm. Some topics to choose from:**

- ⇒ Buying a computer; slides, e-mail, digital camera, PC Tune UP, Microsoft Office, everything you wanted to know about a computer or computer program.
- ⇒ If you have a laptop you are encouraged to bring it to class.

Free I Pad Class

For the new (or not so new) I Pads user, sign up for a one hour **FREE class Tuesday July 07, 1:00pm.** Learn some neat and useful tips and tricks for your iPad. Some of the tips and tricks covered will be customizing Safari browsing and SIRI. Prior experience is NOT required. Contact the Center at 662-6452 to register.

E-Reader, Nook or Kindle?

Are you having problems using your E-reader, Nook or Kindle? Well help is on the way. A volunteer with expertise with these devices will be available to answer your questions Free. Contact the Center at 662-6452 to set up an appointment.

Info on the iPhone

Having problems using your iPhone? If so, you may find these sites helpful. Go to YouTube.com and type in iPhone6 – Complete Beginners Guide. Other site you may find helpful on YouTube is iPhone-Tips for Seniors and Beginners.

Duplicate Bridge Tournament The First Monday of Every Month. Next Tournament is Monday July 06, 12:30pm

Congratulations to the June winners:
First Place; Thelma Covert & Melanie Wolski
Third Place; Joseph Poslinski & Mimi Vitale
The next tournament is Monday July 06 at 12:30pm.
Everyone is Welcome

What's on Your Mind? Confused about what's going on in the world today? Reading the newspapers, or listening to the news, are you baffled with the information being presented? If so you may want to join our discussion group and learn the "real story" **Friday July 24th 1:00pm Everyone is welcome!**

**Sing-A-Long–
Friday July 31st, 10:30am**

Join us in our monthly sing-a-long held the last Friday of every month from 10:30am-11:15am. Richard Jones will accompany us on the piano. All voices are welcome! Come join in the fun! Refreshments will be served.



BUFFALO PHILHARMONIC ORCHESTRA 2015 & 2016

Mark Your Calendar

Friday November 13, 10:30am Sounds of Simon & Garfunkel. Their folk rock style was the soundtrack to 1960s America. A.J. Swearingen and Jonathan Beedle, whose amazing voices re-create Sounds of Silence, Scarborough Fair, Mrs. Robinson and many more. Includes lunch. **Cost: \$70.00 lunch, and transportation included. Registration with payment accepted August 11th.**

Friday December 11th, 10:30am JoAnn's Classical Christmas. JoAnn Falletta, conductor. Make memories with your family and friends. Cost TBA

Friday December 18, 10:30am Holiday Pops. More info to follow.

Shea's 2015 & 2016 Upcoming Performances

Register for the following performances at Shea's Performing Art Center. For more information please check the upcoming newsletter.

Newsies—Wednesday September 30, 7:30pm Winner of the 2012 Tony Award for Best Score and Best Choreography. They delivered the papers, until they made the headlines...the smashing hit, crowd pleasing new musical from Disney. **Cost \$69.00 Reservations with payment now accepted through August 20th.**

Matilda —Sunday November 8, 2:00pm Winner of 50 international awards, including 4 Tony Awards, Matilda is the story of an extraordinary girl who armed with a vivid imagination and sharp mind dares to take a stand and change her own destiny. **Cost: 75.00 Sign up date August 4th.**

Beautiful—the Carole King Musical—Sunday March 20, 2016. Reservation with payment accepted November 3. Cost: \$75.00

Dirty Dancing—Wednesday May 4, 2016. More info to follow.

Reminder: Please register early to prevent cancellation. All events and classes are based on a minimum and maximum number of participants. If an event does not meet its minimum quota there is a very good chance it will be cancelled.

Pinochle Tournament Friday July 17 , 1:00pm

Please register for the tournament by calling 662-6452 Cash prizes awarded to the first, second and third place winners. The May tournament was cancelled.

Beginner Line Dancing Every Wednesday at 10:15am. Instructor is Lois Steck. Cost \$2.50 pay as you go. Come join the fun!

Hand and Foot Now at The Senior Center

Interested in Hand and Foot Card Game? If so, join us Tuesday afternoons at 1:00pm at the Senior Center

Coming Up...

Papa and Mama Root

Friday August 21, 1:30-2:30pm

Papa and Mama Root return to the Senior Center with their wonderful sounds of the 60's and 70's. Enjoy a relaxing afternoon of fun music. **Pick up your free ticket starting July 7th.** Refreshments will be served.

Jimmy C's Magic Show— Farewell to Summer

Friday September 4th, 1:30pm

Join us for an afternoon of fun and magic featuring Jimmy C. He might pull a rabbit out of a hat, or he may just make someone disappear. Whatever he does it will be pure fun and enjoyment. Join us for this free presentation. Hot fudge sundaes will be served. **Tickets available August 6th**

Baseball Outing Friday August 28, 7:00pm

For the past 18 years Mark Stevens of Mark Stevens Financial LLC in Orchard Park has been sponsoring a baseball outing as a tribute to his mother who died of Alzheimer's. Because of scheduling conflicts and very few day games seniors will be attending an evening game on August 28 at 7:00pm. The Bison's will be playing the Pawtucket Red Sox. We'll meet at 6:00pm at the Senior Center and be bused to the game. Cost for this event is \$10.00; There are a limited number of tickets; **last day to purchase ticket is August 14th.**

2015 Pavilion Schedule

The following is almost-complete 2015 schedule:

Thursday June 25—	Tonawanda Legion Band
Thursday June 30—	Frankfurters
Thursday July 02—	CKSO Steel Drums
Friday July 03—	Kid's Day I: Charlie & Checkers
Sunday July 5—	Boys of Summer
Tuesday July 7—	Back Beat '64 Beatles!
Thursday July 9—	The Riverdogs
Friday July 10—	Kid's Day II: Buffalo & Brandy
Sunday July 12—	Sons of the Gael Irish Band
Thursday July 16—	The Diva Show Band
Friday July 17—	Kid's Day III: Gentleman Jim
Sunday July 19—	Doug Yeomans
Tuesday July 21—	Boston Town Band
Thursday July 23—	"Barnstorm" New Country
Friday July 24—	Kid's Day IV: In Jest!
Sunday July 26—	Nickel City Pimp Choir
Tuesday July 28—	Formula Italian Band
Sunday August 2—	Terry Buchwald—Elvis!
Tuesday August 4—	Civiletto Sings Sinatra
Tuesday August 6—	Orchard Park Community Band

Health Insurance Information and Counseling Assistance Program (HIICAP)

Trained volunteers can provide: unbiased information and assistance regarding Medicare, Medicare Supplement Policies (Medigaps) and Long Term Care Insurance. Confidential assistance with claims filing. Referrals to appropriate agencies including legal assistance. Call 662-6452 for an appointment.

SENIOR GROUPS

In addition to the Senior Center activities and programs, the following groups offer social events, escorted trips locally in the U.S and the world!

Armor Seniors meet every 2nd and 4th Thursday of the month at 1:30 pm at Armor Bible Presbyterian Church, 5650 Powers Rd. President is Arlene Schlierf and can be reached at 649-5845. For trip information, contact Shirley Doyle at 823-0197

Hillcrest Seniors meet every 2nd and 4th Thursday at the American Legion Post, North Buffalo Rd. Orchard Park President is Gerry Klein He can be reached at 884-4383. Richard Jones is the travel consultant and can be reached at 827-7074

Orchard Park Senior Citizens meet every 1st and 3rd Wednesday at the Windom Community Church 3766 Abbott Rd. Orchard Park. Jim Twist is the President and he can be reached at 674-8661. For travel contact Ruth Duffy at 649-7026.

Sacred Heart Seniors meet every 2nd and 4th Tuesday of the month in the lower hall at Our Lady of Sacred Heart Church on Abbott Road. President Robert Bednarz. He can be reached at 823-7909.

St. John's Lutheran Church, Diamonds in the Rough meet the first Tuesday of the month at 1:00 pm at St. John's Lutheran Church, Highland Avenue Orchard Park. For information call Alan Groth at 662-2140.

St. John Vianney Seniors meet every 2nd and 4th Tuesday at 12:45 pm in St. John Vianney Parish Center on Southwestern Boulevard. The President is Dorothy Dzikowski, and she can be reached at 674-1645. For tour information contact Cindy Crawley 675-1104.

Orchard Park Senior Center Dinner Club

The Orchard Park Senior Center Dinner Club welcomes new participants. For information contact the Senior Center at 662-6452. Join us for the following dinner outings:

July 2, Rust Belt Restaurant on Route 5—Dixie Bileschie is 674-9348

August 6, Colden Mills Restaurant— Dixie Bileschie is the contact person at 674-9348.

September 3rd, Sean Patrick's Restaurant—Jackie Briggs is the contact person

The next meeting is Tuesday July 7th 10:00am at the Orchard Park Senior Center Everyone is welcome!

Did you know you can read our Monthly Newsletter on line? Just go to townoforchardparkny.org click on Senior Center and click on Newsletter, it's that easy!

Double DominosIf you are interested in playing Double Dominos or learn how to play, join us Tuesday afternoon at 1:00pm. Everyone is invited.

The Senior Center provides free Wi-Fi service.

Orchard Park Senior Center
Meal Calendar—July 2015
Phone 662-8378 for reservations.

Wed01	Roast pork loin w/gravy, stuffing, mashed sweet potatoes, warm apples & cranberries, marble cake
Thurs 02	4th of July Picnic Hamburger w/gravy, macaroni salad, carrots, cantaloupe, hot fudge sundaes.
Fri 03	4th of July Holiday Senior Center is Closed
Mon 06	Chicken & Vegetable stew, broccoli, biscuit, pound cake
Tues 07	Meatballs w/penne pasta & sauce, Italian style beans, carrots, fruit cup
Wed 08	Cold Plate Tuna salad w/wheat bun, potato salad, marinated tomatoes, fruited gelatin
Thurs 09	Stuffed cabbage roll casserole, ranch mashed potatoes ambrosia
Fri 10	Ham steak w/Waikiki sauce, mashed sweet potatoes, peas, sugar cookies
Mon 13	Hamburger w/gravy wheat bun, browned potatoes, spinach, pineapple tidbits
Tues 14	Breaded chicken cutlet w/gravy, corn, broccoli, fruit delight cookie
Wed 15	Diced BBQ pork, mashed sweet potatoes, peas, cornbread, watermelon
Thurs 16	Turkey medallions/gravy, biscuit, mashed potatoes, mixed vegetables, angel food cake
Fri 17	Lasagna roll w/meat sauce, Italian bean medley, chef salad, fruited gelatin
Mon 20	Hot dog w/sauerkraut & bun, red roasted potatoes, fiesta corn, fruit delight cookie
Tues 21	Cheese omelet w/creole sauce, home fries, au gratin spinach, mandarin oranges
Wed 22	Roasted chicken thigh, carrots, creamed dill cabbage, oat bran square, chocolate pudding
Thurs 23	Christmas in July Breaded pork loin w/gravy, Lyonnais mashed potatoes, peas & carrots, banana cream pie
Fri 24	Goulash casserole, zucchini & summer squash, grape juice, chocolate chip bar
Mon 27	Ham steak w/pineapple sauce, mashed potatoes, orange glazed carrots, lemon-vanilla pudding
Tues 28	Turkey medallions w/gravy, mashed sweet potatoes, green beans, cantaloupe
Wed 29	Stuffed shells w/meat sauce, cauliflower, peas, Italian bread, fresh fruit
Thurs 30	Meatloaf w/gravy, roasted red potatoes, seasoned spinach, fruited gelatin
Fri 31	Baked fish w/lemon dill sauce, stewed tomatoes, broccoli, rye bread, oatmeal raisin cookie
August	
Mon 03	Turkey vegetable casserole, mashed potatoes, biscuit, fruit delight cookie
Tues 04	Veal parmesan w/penne pasta & sauce, broccoli, chef salad, orange-pineapple velvet

Stay Fit Dining Program

The Town provides a nutritious hot meal for persons age 60 or over and their spouses Monday through Friday at noon. The suggested contribution for each meal is **\$3.00**. Please call Deborah at 662-8378 by Wednesday 10:00am to make reservations for the upcoming week. Also, remember, if you haven't made a reservation you may contact Deborah to fill a cancellation.

FREE BLOOD PRESSURE SCREENING
EVERY MONDAY 1:00-3:00pm



Spend an afternoon at the movies. Reserve lunch with Deborah by calling 662-8378 and then stay for the movie at 1:00pm; 50 cents includes popcorn and drink.



July 1—McFarland Starring Kevin Costner Inspired by the 1987 true story, "McFarland, USA" follows novice runners from McFarland, an economically challenged town in California's farm rich Central Valley, as they give their all to build a cross-country team. *Drama*

July 8—Mr. Turner An Exploration of illustrious British painter J.M.W. Turner(1775-1851) during the last quarter century of his life. Throughout this period, he travels, paints, stays with aristocracy, visits brothels, is a popular member of the Royal Academy of Arts— *Drama*

July 15—While We Were Young Starring Ben Stiller A middle aged couple whose career and marriage are overturned when a disarming young couple enters their lives. *Comedy*

July 22—Woman in Gold—starring Helen Mirren, Ryan Reynolds Katie Holmes. This is true story of one woman's journey to reclaim her heritage. Sixty years after she fled Vienna during WWII, and elderly Jewish woman starts her journey to retrieve family possessions seized by the Nazis. *Drama*

July 29—Paddington—Tells the story of the comic misadventures of a young Peruvian bear who travels to the city in search of a home. *Family*

A.A.R.P. Driver Safety Program

Offered at the Orchard Park Senior Center the
last Thursday and Friday of every month
 from 1:00-4:00 pm. Classes will be held:
Thursday, July 30 and Friday July 31
And
Thursday August 27 and Friday August 28
(You must attend both days)

The course is for 50 years of age and older. Those completing the course qualify for up to a 10% discount on their automobile liability and collision insurance and a 4 point reduction on their driver's license for accrued moving violations. **Registration** is required by calling the Center at 662-6452 or by dropping by. Program cost: \$20.00 for AARP members, \$25.00 if you are **not** a member of AARP. Checks only please.

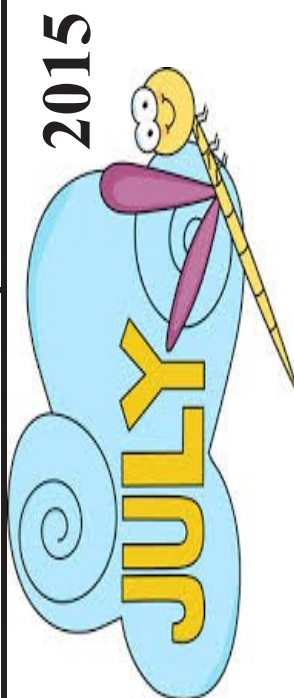

NEED A RIDE? CALL RURAL TRANSIT 662-8378

Rural Transit Service (RTS) is a non-profit transportation service. Residents are transported to dialysis clinics, medical offices, physical therapy, pharmacies, nutrition sites, adult day care, grocery stores, banks, salon/barbers, etc., with medical trips taking priority. Trips are free, but donations are accepted. *Volunteers are needed to drive or dispatch*



***** GOING PLACES VAN *****

Need a ride into Buffalo for medical appointments,
 physical therapy or other human services?
 Call 858-7433.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2015</p>  <p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Bocce at Green Lake 10:00 Tap for Fun 12:00 Stay Fit Dining 12:30 Bridge Tournament 1:00 Mind Aerobics 1:00-3:00 Blood Pressure Screening</p>	<p>06</p> <p>9:00 Pool Shooting 9:00 Men's Fitness 9:30 Bocce at Green Lake 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Tai Chi 1:00 Bingo 1:00 Hand & Foot or 1:00 Dominoes</p>	<p>07</p> <p>9:00 Pool Shooting 9:00 Men's Fitness 9:30 Bocce at Green Lake 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Tai Chi 1:00 Bingo 1:00 Hand & Foot or 1:00 Dominoes</p>	<p>08</p> <p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 10:15 Beginner Line Dance 11:15 Tai Chi—Brush Mtn. 11:30 Yoga 12:00 Stay Fit Dining 1:00 Popcorn & Movie</p>	<p>01</p> <p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 10:15 Beginner Line Dance 11:15 Tai Chi—Brush Mtn. 12:00 Stay Fit Dining 1:00 Popcorn & Movie</p>
<p>13</p> <p>8:30 Body Sculpting 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Bocce at Green Lake 11:00 Chair Exercise 12:00 Stay Fit Dining 12:30 Bridge Senior Games Tournament 1:00 Mind Aerobics 1:00-3:00 Blood Pressure Screening</p>	<p>14</p> <p>9:00 Pool Shooting 9:00 Men's Fitness 9:30 Bocce at Green Lake 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Tai Chi 1:00 Bingo, 1:00 Hand & Foot or 1:00 Dominoes</p>	<p>15</p> <p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 10:15 Beginner Line Dance 11:15 Tai Chi—Brush Mtn. 11:30 Yoga 12:00 Stay Fit Dining 1:00 Popcorn & Movie</p>	<p>16</p> <p>9:00 Pool Shooting 9:00 Men's Fitness 11:00 Club 99 Exercise Program 11:15 Zumba 12:00 Stay Fit Dining 1:00 Knitters Group</p>	<p>09</p> <p>9:00 Pool Shooting 9:00 Men's Fitness 11:00 Club 99 Exercise Program 11:15 Zumba 12:00 Stay Fit Dining 1:00 Knitters Group</p>
<p>20</p> <p>8:30 Body Sculpting 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Bocce at Green Lake 11:00 Chair Exercise 12:00 Stay Fit Dining 12:30 Bridge 1:00 Mind Aerobics 1:00-3:00 Blood Pressure Screening</p>	<p>21</p> <p>9:00 Pool Shooting 9:00 Men's Fitness 10:30-12:00 Inter Line Dancing 10:00 Bocce at Green Lake 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Tai chi 1:00 Bingo 1:00 Hand & Foot or Dominoes</p>	<p>22</p> <p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Exercise 10:15 Beginner Line Dancing 11:15 Tai Chi—Brush Mtn. 11:30 Yoga 12:00 Stay Fit Dining 1:00 Popcorn & Movie 1:00 Chair Yoga</p>	<p>23</p> <p>9:00 Pool Shooting 9:00 Men's Fitness 11:00 Club 99 Exercise Program 11:15 Zumba 12:00 Stay Fit Dining 1:00 Knitters Group Explore Buffalo Delaware Mansions Day Trip</p>	<p>02</p> <p>9:00 Pool Shooting 9:00 Men's Fitness 10:00 Tap Dance Inter/Advance 11:15 Zumba 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Knitters Group</p>
<p>27</p> <p>8:30 Body Sculpting 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Bocce at Green Lake 11:00 Chair Exercise 12:00 Stay Fit Dining 12:30 Bridge 1:00 Mind Aerobics 1:00-3:00 Blood Pressure Screening</p>	<p>28</p> <p>9:00 Pool Shooting 9:00 Men's Fitness 10:00 Bocce at Green Lake 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Tai Chi 1:00 Bingo 1:00 Hand & Foot or Dominoes</p>	<p>29</p> <p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Exercise 10:00 Book Club Meeting 10:15 Beginner Line Dancing 11:15 Tai Chi—Brush Mtn. 11:30 Yoga 12:00 Stay Fit Dining 1:00 Popcorn & Movie 1:00 Chair Yoga</p>	<p>30</p> <p>9:00 Pool Shooting 9:00 Men's Fitness 11:15 Zumba 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Knitters Group 1:00 AARP Safe Driving Program</p>	<p>03</p> <p>Senior Center Closed</p>  <p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:30 Watercolor Painting w. Friends 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle</p>
<p>24</p> <p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:30 Watercolor Painting w Friends 12:00 Stay Fit Dining 1:00 Mah Jong & Pinochle 1:00 Pinochle 1:00 What's on Your Mind (Current Event)</p>	<p>31</p> <p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:30 Watercolor Painting w Friends 10:30 Sing-a-long 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle 1:00 AARP Safe Driving Program</p>	<p>17</p> <p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:30 Watercolor Painting w.Friends 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle Tournament</p>	<p>10</p> <p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:30 Watercolor Painting w. Friends 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle</p>	<p>17</p> <p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:30 Watercolor Painting w.Friends 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle Tournament</p>

Orchard Park Senior Game July 13—17 *****