PHOTOGRAPH: ORCHARD PARK SENIOR CENTER

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

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

Orchard Park Senior Games
July 10th - July 14th
SEE PAGE 2 FOR EVENT INFO.
Welcome to July and Happy Fourth to everyone! May and June were hectic months with the many presentations offered through University Express. All classes were well attended and I’m very happy with the feedback that many of you offered. I’m sure Fall 2017 University Express program will be just as interesting and thought provoking.

Have you noticed our flower boxes at the Center’s entrance? The Center is fortunate to have Lois Steck and her superb “green thumb” to take charge of these planters. Lois not only has a green thumb, but she is also amazing on the dance floor teaching line dance on Tuesday and Wednesday mornings. Her husband, Ray teaches the Club 99 exercise program on Tuesday and Thursday mornings. Thank you for your time and dedication to the seniors in this community.

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**Notes from Debbie . . .**

**Senior Games**
**Monday, July 10th - Friday, July 14th**
Join us for week filled with friendly competition.

- **Monday, July 10th**
  - 10:00 am Scrabble at Senior Center
  - 12:30 pm Duplicate Bridge Tournament
  - 1:00 pm Trivia Daze
  - 1:00 pm Walking Challenge at Center

- **Tuesday, July 11th**
  - 9:30 am Bocce (mixed) at Green Lake
  - 1:00 pm Pinochle at Senior Center

- **Wednesday, July 12th**
  - 9:00 am Pickle Ball at Windom Elementary
  - 9:00 am Euchre Tournament

- **Thursday, July 13th**
  - 9:30 am Bocce (couples) at Green Lake
  - 1:00 pm Putt to the Hole (Brush Mountain)
  - 1:00 pm Ladder Toss
  - 1:00 pm Corn Hole at Brush Mountain
  - 1:00 pm Nine Ball

- **Friday, July 14th**
  - 1:00 pm Mah Jong
  - 1:00 pm Minute to Win It at the Center

*For those who participate in the Senior Games the Award Ceremony will be held on Tuesday, July 25th at 9:00 am at the Senior Center.*

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**Identity & Medical Theft**
**Thursday, July 6th at 1:15 pm**
Karen Davis, Senior Consumer Fraud Rep, Bureau of Consumer Fraud & Protection NYS Attorney General’s office will discuss why older Americans are the new target victims of identity theft and that trends show more elder Americans are targeted for their medical identities. Karen will also discuss scams and frauds directed towards senior populations, what you can do to stop these threats, and how to protect yourself. Register in the office.

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**Coyotes**
**Friday, July 7th at 1:00 pm**
“Coyotes” have become very common throughout New York State. Carol Rogers from NY State Parks will provide some very interesting facts about this mammal: it’s role in an ecosystem, as well as it being one of the most adaptable creatures on the earth. Register in the office.

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**Erie County Caseworker**
**Thursday, July 13th 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 ie. Medicare, SSI, SNAP, and HEAP).

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**Senior Travel Opportunities**
**Monday, July 17th 1:15 pm - 3:00 pm**
Why not expand your horizons and join a travel group for an exciting day or overnight adventure. The Senior Center has six travel groups which organize trips for members with varied trip lengths and destinations. Today, stop by and meet the travel group coordinators and see their upcoming plans for travel and social activities. Light refreshments will be served.

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**Discover Buffalo . . . Miss Buffalo Tour & Lunch**
**Tuesday, July 18th 10:15 am - 3:30 pm**
*** Daytrip is SOLD OUT ***

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**Andrews Sisters Tribute Show & Ice Cream Social**
**Thursday, July 20th at 1:00 pm**
Take a break from the heat and join us for an amazing performance from the Buffalo Dolls. The Buffalo Dolls, perform the hits of the 1940s, ’50s & ’60s in the style of The Andrews Sisters. Following the performance enjoy an ice cream sundae with all the toppings! Cost is $3.00. Please register and pay in the office.

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**Avoiding Digital Fraud & Scams Workshop**
**Friday, July 21st at 1:00 pm**
Join a representative from Microsoft for a free workshop to learn how to identify, troubleshoot, and report the frauds and scams lurking in the digital outlets and communications you use. Learn how to avoid pitfalls of false web ads, junk emails, and spam for example. Register in the office.

**14 Ways to Preserve Your Assets with the Medicaid Laws**
**Monday, July 24th at 1:15 pm**
Speakers Robert Friedman of Friedman & Ranzenhofer, Attorneys and Jeff Vastola, CLU of M&T Securities 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 the office.

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July Events continued on page 3
July Events continued . . . .

**Bisons Baseball Game**
**Thursday, July 27th 10:30 am depart center**
Join members from several local senior centers to enjoy "Grandparents at the Ballpark" day. The cost is $20.00 which includes your ticket, transportation and lunch (hot dogs and hamburgers) in a reserved picnic area.

**Birthday Bash  Let's Celebrate!!**
**Friday, July 28th at 12:30 pm**
Jeanne Zablotskyy our Site Manager invites those who have a July birthday to submit a photo of yourself in your younger days by Wed. 7/26. Everyone is welcome and will enjoy a delicious birthday dessert.

**Looking Ahead . . . .**

**Your Kidneys and You**
**Tuesday, August 1st at 12:45 pm**
Your Kidneys and You is a program designed to raise awareness about how the kidneys function, the risk factors for kidney disease, and how to protect the kidneys. This program is facilitated by a National Kidney Foundation staff member and is followed by questions from the audience. Register in the office.

**Erie County Senior Services**
**3rd Annual Summer Picnic**
**Bowen Road Grove, Como Park, Lancaster**
**Thursday, August 3rd 11:00 am — 3:00 pm**
Enjoy a delicious catered lunch, free raffle prizes, and live entertainment. The suggested donation for lunch is $3.00. Transportation is available. Please make your reservation with Jeanne, Nutrition Coordinator by Thursday, July 6th.

**National Root Beer Float Day**
**Friday, August 4th at 1:00 pm**
Root beer floats are not just for kids! Today, people around the country will drink up and enjoy a root beer float to celebrate. Join us for a delicious root beer float and entertainment by Tom Bender. Cost $3.00, tickets can be purchased in the office.

**Shipwrecks of Lake Erie**
**Thursday, August 10th at 1:00 pm**
Carol Rogers, from New York State Office of Parks, Recreation and Historic Preservation, will give a power point presentation on the rich maritime history which lies beneath the surface of Lake Erie. Register in the office.

**Stress FUNDamentals**
**Friday, August 11th at 12:45 pm**
Everyone suffers from stress. We worry about our finances, health, and families. However, too much stress can be dangerous. We’ll discuss how stress affects our health and ways to manage stress. We’ll also talk about the benefits of humor— because everyone can use a good laugh! Register in the office.

**KEEP Healthy - Kidney Screenings**
**Tuesday, August 15th 12:30 pm - 2:30 pm**
Most people who are diagnosed with kidney disease did not know that they were sick. Kidney disease has no symptoms until it is too late and kidneys fail, requiring dialysis or a transplant to stay alive. KEEP Healthy assesses participants’ risk for kidney disease and through quick tests, determines if they have signs of kidney disease. During the screening, we also educate patients about ways to keep their kidneys healthy and reduce risk. This is the most immediate way we fight kidney disease and help the community. In addition to the screening, you will receive a Risk Survey, Blood Pressure check, Body Mass Index (BMI) measurement, and consultation with a clinician. Screenings are staffed by volunteers and professionals from the National Kidney Foundation. Please make an appointment for a screening.

**Bisons Baseball Game & Dinner**
**Thursday, August 17th 12:15 pm depart center**
*** Baseball Game is SOLD OUT— waiting list only ***

**Health Benefits of Essential Oils**
**Wednesday, August 23rd at 1:30 pm**
Essential oils can soothe, enliven, and balance both body and mind. Amanda DeWald, RN will discuss how essential oils can benefit you! Amanda will cover the basics of oils, including: what an essential oil is, how to use it, as well as the key benefits of some of the most popular oils. Register in the office.

**The Food Label**
**Friday, August 25th at 12:45 pm**
Understanding food labels is the key to smart shopping. Learn how to make sense of the food label, read the ingredients list and decipher front-of-package health claims. We’ll also review the upcoming changes to the Nutrition Facts label. Register in the office.

**FREE!! Documentary & Discussion**
**FREE!! Unseen Tears: The Native American Boarding School Experience in Western New York**
**Monday, August 28th at 1:00 pm**
Pete Hill (Cayuga Nation, Heron Clan), will present this powerful, 30-minute documentary by Native American Community Services of Erie & Niagara Counties, Inc. (NACS). The documentary explores the little-known aspects and traumas associated with residential boarding schools, specifically those that impacted Native people in New York State and Southern Ontario. These schools were designed with the intent to ‘Kill the Indian, Save the Person,’ meaning to wide out all cultural identity, knowledge, and language of Native children while attempting to assimilate Native people into mainstream American society. “Unseen Tears” provides a stark look into the many severe challenges and traumas that were perpetrated on many Native children in the schools, while also recognizes the residual impacts of these factors. A discussion period will follow the viewing of the video. Please register in the office.

**Open Air Autobus - Whirlwind Tour**
**Tuesday, August 29th 9:00 am - 1:00 pm**
View buffalo’s sights, sounds and smells in a topless touring bus. See buildings by Frank Lloyd Wright, H.H. Richardson and Louis Sullivan to name a few. Autobus will pick up and return you to the Center. Cost is $27.00.
CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER
70 Linwood, Orchard Park

Sign up and pay at the center 662-6452.

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.

Chair Yoga
Monday, May 8th - July 17th at 10:45am
While sitting in a chair the instructor will teach you the proper techniques of stretching, breathing and relaxation. Cost $30.00 for an 8 week session.

Spanish Refresher Course
Monday, July 10th - August 30th 1:00 pm
Maybe it’s been years since your high school Spanish class or you’re interested in learning Spanish. Now is the time! Join this seven week refresher course. Cost is $26.00.

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. This weekly mental workout will keep you fit. Everyone is Welcome!!

No Mind Aerobics on 7/10 - Join us for Senior Games Trivia Daze.

BINGO!!
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!

A Note from Jackie Briggs, Community Activity Council of Orchard Park, Inc. President
The residents and staff at Fox Run held a rummage sale the first week of June. Fox Run donated their profit from the sale to be donated to the Community Activity Council of Orchard Park, Inc. At a very nice event, Ms. Susan Boulter, chairwoman of the rummage sale, presented Jackie Briggs with a check for $2,500.00. The Community Activity Council, Inc. is very thankful for the check and for the hard work Ms. Boulter and all the people at Fox Run who assisted with the rummage sale.
Thank you again Fox Run.
~ Jackie

Meet the Artist of the Month:
This month we will showcase the artwork of Margaret Pannella.
Please stop in, view the artist’s artwork and their bio in the dining room.

Lions’ Club Lending Closet:
Just being released from the hospital and need a wheelchair, cane, tub chair or other device to help you get back on your feet? If so, you may want to check out the Lion’s Club Lending Closet.
Contact the Town Clerk’s Office at 662-6410 and they will put you in contact with a Lion member who will assist you.

Pickle Ball
Monday - Friday 9:00 — Noon
at Windom Elementary School
3870 Sheldon Rd, Orchard Park
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.

Bocce
Couples Team Mondays at 9:00am begins June 5th
Mixed Team Tuesdays at 9:00am begins June 6th
Bocce is a fun game similar to lawn bowling. It’s a game of strategy and skill. Bocce is played at Green Lake the months of July and August. Look for the Bocce Courts across from the Recreation Building at Green Lake. Sign-up in the office or contact the Center at 662-6452.

Join 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 in the Park (Brush Mountain)
Wednesday, July 12th - August 30th at 11:00 am
Join us for Tai Chi a form of fluid movements that builds endurance, increase flexibility and balance. This one hour program is for those with some Tai Chi experience, but new students are welcome. Cost $30.00 for an 8 week session.

Men's Fitness
May 30th - August 3rd
Tuesday, Wednesday & Thursday 9:00-10:00 am
Cost $40.00 for a 10 week session.

Ladies Exercise Program
July 10th - September 1st
Monday, Wednesday and Friday 9:00-10:00 am
Cost $30.00 for an 8 week session.

Beg. Line Dance Every Wednesday at 10:15 am
Inter. Line Dance Every Tuesday at 10:30 am
Instructor is Lois Steck. Cost is $2.50 pay as you go.

Yoga
Wednesdays, June 7th - August 16th at 11:30 am
Fridays, June 9th - August 11th at 9:00 am
Cost $35.00 for each 10 week session.
Cell Phones, E-Reader, IPad or Kindle? Free Help

Are you having problems using your E-reader, IPad or Kindle? A volunteer is available to answer your questions Free! Contact the Center at 662-6452 to set up an appointment with Liz.

Please Note: The Senior Center offers wireless WiFi. You are welcome to use the Computer Lab when classes are NOT in session.

Duplicate Bridge Tournament
Monday, July 3rd at 12:30 pm

June Tournament Winners:
First Place : Mary Ann Martin & Eleanor Hoffmann
Second Place : Mimi Vitale & Esther Binis
Third Place: Fred Howe & Judy Ford

Duplicate Bridge will also be played on the 3rd Monday of each month.

No Friday Pinochle Tournament in July
Please sign up to participate in the OP Senior Games Pinochle Tournament on Tuesday, July 11th at 1:00pm.

Euchre Fridays at 10:15 am
Mah Jong Fridays at 1:00 pm

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

July - Three Days in January by Bret Baier
August - A Man Named Ove by Fredrik Backman
September - Commonwealth by Ann Patchett

Members are encouraged to read the book prior to attending the meetings. Everyone is welcome to join the discussion.

Medicare Advantage Plan
Sales Representatives will be at the Center:
Blue Cross Blue Shield
Thur., July 6th & Mon., July 17th 10:00 am - Noon
Fidelis Care of NY
Thursday, July 20th 10:00 am - Noon
United Healthcare
Tuesday, July 18th 10:00 am - Noon

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Orchard Park Senior Center
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Shea’s Performing Arts
On Your Feet (Gloria Estefan Musical)
Friday, September 22nd 7:00 pm performance

From their humble beginnings in Cuba, Emilio and Gloria Estefan came to America and broke through all barriers to become a crossover sensation at the very top of the pop music world. But just when they thought they had it all, they almost lost everything. From international superstardom to life-threatening tragedy, ON YOUR FEET! takes you behind the music and inside the real story of this record-making and groundbreaking couple who, in the face of adversity, found a way to end up on their feet.

Cost $75.00 includes transportation from Senior Center. Registration begins Monday, July 3rd.

2017 - 2018 BPO Coffee Concert Series:
Fri. October 27th Cirque de la Symphonie
Fri. December 8th Classical Christmas
Fri. December 15th Holiday Pops
Fri. Feb. 16th Glenn Miller Orchestra
Fri. May 25th Stars & Stripes Spectacular

2017 - 2018 Shea’s Performing Art Center:
June 2018 Love Never Dies The Phantom Returns 2018 t.b.a. Hamilton

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

July 5th The Shack (drama/fantasy) A grieving man receives a mysterious, personal invitation to meet with God at a place called “The Shack.” Encore showing Thur. 7/6.

July 12th Beauty and the Beast (fantasy / musical) An adaptation of the fairy tale about a monstrous-looking prince and a young woman who fall in love. *no encore showing*

July 19th The Ticket (drama) A blind man who regains his vision finds himself becoming metaphorically blinded by his obsession for the superficial. *no encore showing*

July 26th The Last Word (comedy/drama) Harriet is a retired businesswoman who tries to control everything around her. When she decides to write her own obituary, a young journalist takes up the task of finding out the truth resulting in a life-altering friendship. Encore showing Thur. 7/27.

A.A.R.P. Driver Safety Program
Offered at the Orchard Park Senior Center 1:00 - 4:00 pm. Classes will be held:
Thursday, July 27th and Friday, July 28th & Thursday, August 24th and Friday, August 25th
(You must attend both days)

Cost is $20.00 for AARP members and $25.00 for non-AARP members
Checks only please. Registration is required by calling the Center at 662-6452 or registering in the office.

Medicare Advantage Plan
Sales Representatives will be at the Center:
Blue Cross Blue Shield
Thur., July 6th & Mon., July 17th 10:00 am - Noon
Fidelis Care of NY
Thursday, July 20th 10:00 am - Noon
United Healthcare
Tuesday, July 18th 10:00 am - Noon

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Orchard Park Senior Center
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## Orchard Park Senior Center

### July 2017 Meal Calendar

Phone 662-6452 for reservations

<table>
<thead>
<tr>
<th>Date</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 7/3</td>
<td>Hot Dog, Baked Beans, Blend Veggies, Potato Salad, Bun, Strawberry Marble Ice Cream</td>
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<tr>
<td>Tue 7/4</td>
<td><strong>Center Closed - 4th of July</strong></td>
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<tr>
<td>Wed 7/5</td>
<td>Breaded Chicken Breast w/ Gravy, Mashed Potatoes, Beets, Bread, Lorna Doones</td>
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<tr>
<td>Thur 7/6</td>
<td>Stl. Roast Pork w/Sauce, Mashed Sweet Potatoes, Peas, Cookies &quot;Jeanne's Soup or Salad&quot;</td>
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<tr>
<td>Fri 7/7</td>
<td>Stuffed Shells w/Meat Sauce, Cauliflower Chef Salad, Italian Bread, Cantaloupe</td>
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<tr>
<td>Mon 7/10</td>
<td>Turkey Burger w/Gravy, Mashed Sweet Potatoes, Broccoli, Bun, Pineapple Tidbits</td>
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<tr>
<td>Tue 7/11</td>
<td>Knockwurst, Hot dog Bun, Mashed Potatoes Green Beans, Chocolate Pudding</td>
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<tr>
<td>Wed 7/12</td>
<td>Beef &amp; Rice Patty w/ Cabbage, Mashed Green Beans, Sugar Cookies &quot;Jeanne's Soup or Salad&quot;</td>
</tr>
<tr>
<td>Thur 7/13</td>
<td>Sweet &amp; Sour Chicken w/Rice, Spinach, Wax Beans, Sugar Cookies &quot;Jeanne's Soup or Salad&quot;</td>
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<tr>
<td>Fri 7/14</td>
<td>Chili Con Carne w/Cheese, Tortilla, Carrot, Chef Salad w/Dressing, Tropical Fruit Cup</td>
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<tr>
<td>Mon 7/17</td>
<td>BBQ Pork Ribette, Bun, Mashed Potatoes, Peas &amp; Carrots, Cantaloupe</td>
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<td>Tue 7/18</td>
<td>Chicken &amp; Sausage Gumbo w/Rice, Spinach, Fiesta Corn, Strawberry Oatmeal Bar</td>
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<tr>
<td>Wed 7/19</td>
<td>Br. Chicken Breast w/Jardiniere Gravy, Rice Pilaf, Blend Veggies, Marinated Salad, Mandarin Oranges</td>
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<tr>
<td>Thur 7/20</td>
<td>Meatloaf w/ Gravy, Mashed Potatoes, Brussels Sprouts, Yellow Cake &quot;Jeanne's Soup or Salad&quot;</td>
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<tr>
<td>Fri 7/21</td>
<td>Breaded Fish, Creamy Macaroni &amp; Cheese Broccoli, Grape Juice, Peaches</td>
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<tr>
<td>Mon 7/24</td>
<td>Br, Chicken Breast w/Cacciatore Sauce, Pasta, Squash, Peas, Rice Krispie Square</td>
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<tr>
<td>Tue 7/25</td>
<td>Stl. Turkey w/Stuffing, Mashed Potatoes, Green Beans, Lemon Meringue Pie</td>
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<tr>
<td>Wed 7/26</td>
<td>Meatballs German Sauce &amp; Cavatappi, Veggies Grape Juice, Oatmeal Raisin Cookies</td>
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<tr>
<td>Thur 7/27</td>
<td>Gr. Chicken Breast, Corn, Bean Tomato Relish, Tortilla, Mixed Greens Orange &quot;Jeanne's Soup or Salad&quot;</td>
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<tr>
<td>Fri 7/28</td>
<td>Stuffed Pepper w/Sauce, Mashed Potatoes Wax Beans, Dinner Roll, Fruited Gelatin</td>
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<tr>
<td>Mon 7/31</td>
<td>Creamy Turkey Pasta, Wax Beans, Broccoli Loma Doones</td>
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</tbody>
</table>

If you are unable to make it to lunch please contact the center at 662-6452 to cancel your lunch.

## 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:
Meets the 2nd and 4th Thursday of the month at 1:30 pm at St. Bernadette's Church 5930 South Abbott Rd. Arlene Schlief, President 649-5845. For travel contact Fran Ritz at 648-7526.

### Hillcrest Seniors:
Meets the 2nd and 4th Thursday of the month at the American Legion Post, N. Buffalo Rd. Orchard Park. President is Maura Krause 825-3399. Richard Jones, travel consultant 827-7074.

### Orchard Park Senior Citizens:

### Sacred Heart Seniors:
Meets the 2nd and 4th Tuesday of the month in the lower hall at Our Lady of Sacred Heart Church on Abbott Road. Esther Marcin-Cullis, President 649-6850.

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

### St. John Vianney Seniors:
Meets the 2nd and 4th Tuesday at 12:45 pm in St. John Vianney Parish Center on Southwestern Blvd. Dorothy Dzikowski, President 674-1645. For travel contact Cindy Crawley 675-1104.

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## 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:

- **Thursday, July 6th**  Illio DePaulo’s Contact: Gail Freeman at 248-766-1924
- **Thursday, August 3rd** Schnitzle & Co. Contact: Dixie Bileschi at 674-9348

The next meeting is Tuesday, July 11th 10:00 am at the Orchard Park Senior Center. Everyone is welcome!

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## NEED A RIDE?

**CALL RURAL TRANSIT 662-8378**

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. To register to become a rider or to volunteer please call 662-8378.

**CALL GOING PLACES VAN**

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

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**SENIOR CENTER NEWSLETTER IS ON LINE!**

Go to townoforchardparkny.org click on Department, Senior Center and click on Newsletter, it’s that easy!
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>Pickleball @ Windom Elementary begins 9 am - noon</strong> (Monday - Friday)</td>
<td><strong>CENTER CLOSED 4TH OF JULY</strong></td>
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<tr>
<td>9:00 Bocce Couples @ Green Lake</td>
<td>9:00 Pool Shooting</td>
<td>9:00 Bocce Mixed @ Green Lake</td>
<td>9:00 Pool Shooting</td>
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<td>9:00 Pool Shooting</td>
<td>9:00 Ladies Exercise</td>
<td>9:00 Pool Shooting</td>
<td>9:00 Men’s Fitness</td>
<td>9:00 Ladies Exercise</td>
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<td>9:00 Ladies Exercise</td>
<td>9:00 Men’s Fitness</td>
<td>10:30 Inter Line Dancing</td>
<td>10:00 Intermediate Tap</td>
<td>9:00 Yoga</td>
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<td>10:45 Chair Yoga</td>
<td>10:45 Club 99 Exercise</td>
<td>11:30 Yoga</td>
<td>10:45 Club 99 Exercise</td>
<td>10:15 Euchre</td>
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<td>12:00 Stay Fit Dining</td>
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<tr>
<td>12:30 Duplicate Bridge Tournament</td>
<td>1:00 Movie</td>
<td>1:00 Movie</td>
<td>1:00 Knitter/Crochet Group</td>
<td>1:00 Pinochle</td>
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<td>1:00 Spanish Refresher</td>
<td>1:00 Senior Travel Opportunities</td>
<td>1:00 Bingo</td>
<td>1:00 AARP Driving Course</td>
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**ORCHARD PARK SENIOR GAMES JULY 10th - JULY 14th**

| 9:00 Bocce Couples @ Green Lake | 9:00 Pool Shooting | 9:00 Bocce Mixed @ Green Lake | 9:00 Pool Shooting | 9:00 Pool Shooting |
| 9:00 Pool Shooting | 9:00 Ladies Exercise | 9:00 Pool Shooting | 9:00 Men’s Fitness | 9:00 Ladies Exercise |
| 9:00 Men’s Fitness | 10:00 Intermediate Tap | 10:30 Inter Line Dancing | 10:45 Club 99 Exercise | 9:00 Yoga |
| 10:45 Club 99 Exercise | 10:15 Beginner Line Dancing | 11:00 Adv. Tai Chi @ Brush Mtn. | 11:00 ECSS Worker | 10:15 Euchre |
| 12:00 Stay Fit Dining | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining |
| 12:30 Bridge | 12:00 Stay Fit Dining | 1:00 movie | 1:00 Knitter/Crochet Group | 1:00 Mah Jong |
| 1:00 Spanish Refresher | 1:00 Bingo | 1:00 AARP Driving Course | 1:00 Pinochle | 1:00 Pinochle |
| 1:00 Senior Travel Opportunities | 1:00 Bingo | 1:00 Avoiding Digital Scams & Fraud (Microsoft) | 1:00 Pinochle Tournament | 1:00 Avoiding Digital Scams & Fraud (Microsoft) |
| 1:00 Spanish Refresher | 1:00 Senior Games Awards | 1:00 AARP Driving Course | 1:00 Spanish Refresher | 1:00 Spanish Refresher |
| 1:00 Mind Aerobics | 1:00 Senior Games Awards | 1:00 AARP Driving Course | 1:00 Mind Aerobics | 1:00 Mind Aerobics |
| 1:15 14 Ways to Preserve Your Assets | 1:00 Senior Games Awards | 1:00 AARP Driving Course | 1:00 Senior Games Awards | 1:00 Senior Games Awards |

**Pickleball @ Windom Elementary begins 9 am - noon** (Monday - Friday)

| 9:00 Bocce Couples @ Green Lake | 9:00 Pool Shooting | 9:00 Bocce Mixed @ Green Lake | 9:00 Pool Shooting | 9:00 Pool Shooting |
| 9:00 Pool Shooting | 9:00 Ladies Exercise | 9:00 Pool Shooting | 9:00 Men’s Fitness | 9:00 Ladies Exercise |
| 9:00 Men’s Fitness | 10:00 Intermediate Tap | 10:30 Inter Line Dancing | 10:45 Club 99 Exercise | 9:00 Yoga |
| 10:45 Club 99 Exercise | 10:15 Beginner Line Dancing | 11:00 Adv. Tai Chi @ Brush Mtn. | 11:00 ECSS Worker | 10:15 Euchre |
| 12:00 Stay Fit Dining | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining |
| 12:30 Bridge | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining |
| 1:00 Spanish Refresher | 1:00 Movie | 1:00 AARP Driving Course | 1:00 Knitter/Crochet Group | 1:00 AARP Driving Course |
| 1:00 Mind Aerobics | 1:00 Bingo | 1:00 AARP Driving Course | 1:00 Pinochle | 1:00 AARP Driving Course |

**ORCHARD PARK SENIOR GAMES JULY 10th - JULY 14th**

| 9:00 Bocce Couples @ Green Lake | 9:00 Pool Shooting | 9:00 Bocce Mixed @ Green Lake | 9:00 Pool Shooting | 9:00 Pool Shooting |
| 9:00 Pool Shooting | 9:00 Ladies Exercise | 9:00 Pool Shooting | 9:00 Men’s Fitness | 9:00 Ladies Exercise |
| 9:00 Men’s Fitness | 10:00 Intermediate Tap | 10:30 Inter Line Dancing | 10:45 Club 99 Exercise | 9:00 Yoga |
| 10:45 Club 99 Exercise | 10:15 Beginner Line Dancing | 11:00 Adv. Tai Chi @ Brush Mtn. | 11:00 ECSS Worker | 10:15 Euchre |
| 12:00 Stay Fit Dining | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining |
| 12:30 Bridge | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining |
| 1:00 Spanish Refresher | 1:00 Movie | 1:00 AARP Driving Course | 1:00 Knitter/Crochet Group | 1:00 AARP Driving Course |
| 1:00 Senior Travel Opportunities | 1:00 Bingo | 1:00 AARP Driving Course | 1:00 Pinochle | 1:00 AARP Driving Course |
| 1:00 Spanish Refresher | 1:00 Senior Games Awards | 1:00 Pinochle Tournament | 1:00 Spanish Refresher | 1:00 Spanish Refresher |
| 1:00 Mind Aerobics | 1:00 Senior Games Awards | 1:00 Avoiding Digital Scams & Fraud (Microsoft) | 1:00 Senior Games Awards | 1:00 Senior Games Awards |
| 1:15 14 Ways to Preserve Your Assets | 1:00 Senior Games Awards | 1:00 AARP Driving Course | 1:00 Senior Games Awards | 1:00 Senior Games Awards |

**Pickleball @ Windom Elementary begins 9 am - noon** (Monday - Friday)

| 9:00 Bocce Couples @ Green Lake | 9:00 Pool Shooting | 9:00 Bocce Mixed @ Green Lake | 9:00 Pool Shooting | 9:00 Pool Shooting |
| 9:00 Pool Shooting | 9:00 Ladies Exercise | 9:00 Pool Shooting | 9:00 Men’s Fitness | 9:00 Ladies Exercise |
| 9:00 Men’s Fitness | 10:00 Intermediate Tap | 10:30 Inter Line Dancing | 10:45 Club 99 Exercise | 9:00 Yoga |
| 10:45 Club 99 Exercise | 10:15 Beginner Line Dancing | 11:00 Adv. Tai Chi @ Brush Mtn. | 11:00 ECSS Worker | 10:15 Euchre |
| 12:00 Stay Fit Dining | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining |
| 12:30 Bridge | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining | 12:00 Stay Fit Dining |
| 1:00 Spanish Refresher | 1:00 Movie | 1:00 AARP Driving Course | 1:00 Knitter/Crochet Group | 1:00 AARP Driving Course |
| 1:00 Mind Aerobics | 1:00 Bingo | 1:00 AARP Driving Course | 1:00 Pinochle | 1:00 AARP Driving Course |
| 1:00 Senior Travel Opportunities | 1:00 Senior Games Awards | 1:00 Pinochle Tournament | 1:00 Spanish Refresher | 1:00 Spanish Refresher |
| 1:15 14 Ways to Preserve Your Assets | 1:00 Senior Games Awards | 1:00 Avoiding Digital Scams & Fraud (Microsoft) | 1:00 Senior Games Awards | 1:00 Senior Games Awards |