



# Orchard Park Senior Center

70 Linwood Avenue  
Orchard Park, NY 14127



## MAY 2015 NEWSLETTER

### PHONE

716-662-6452

### EMAIL

[opsenior@orchardparkny.org](mailto: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



MONDAY MAY 25

## Orchard Park Senior Center

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### *Notes From Anna*

- ◇ Welcome to the month of May and a special welcome to the snowbirds, we missed you. Finally the tulips are budding and the daffodils are gracefully nodding their heads. May is Older Americans Month and the theme for 2015 is "Get Into the Act". When the Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. In 1963 about a third of older Americans lived in poverty and there were few programs to meet their needs. Today more people are reaching their 90's and 100 year birthday. Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country. Some of you may wonder what does "Getting Into the Act" really mean? If you are referring to fitness, I think most of us have that covered seeing that our exercise classes are well attended and many of you walk every day. Others may think of volunteering in their church or as a docent at one of the many historical buildings. There's one person who has always embraced "Getting Into The Act" and who has made it her life's mission to better the lives of seniors. A few years ago she took on the task of setting up a 501C3 Not For Profit Organization in hope of raising funds for a building which would help seniors live a full life by offering, services and programs to benefit everyone in the community. Having worked for many years at the Erie County Home she saw firsthand how the quality of life for seniors can be improved by getting them involved and interested in their surroundings and life. Her drive to improve seniors' lives continues to this day. Besides heading up the monthly Book Group and the Monthly Dinner Club, she is President of the Senior Groups, and President of the Senior Council of Orchard Park Inc. In her quiet and unassuming manner Jackie Briggs has people thinking and asking themselves, is this the best we can do for our seniors; can we do better? Jackie is a "Class Act". She continues to strive to better the lives of people as they enter their final chapter in life.
- ◇ Many of you are probably aware that Jean Bayuse our Nutrition Site Manager, after 19 years has decided to hang up her apron and retire. Her last day is Friday May 1st. Jean always brought her own personal touch to the Dining Program. Not only did she prepare lunch but she made it special. Her baked cinnamon apples were always a big hit and her strawberry shortcake was amazing! Those who celebrated their birthdays at the Center received their personal home baked cake compliments of Jean. She has a flair for decorating the dining room for every season. We will miss her, but wish her well. Everyone is invited Friday May 1st, at 11:00am to a get together to wish Jean all the best in her retirement.
- ◇ Monday May 25th is Memorial Day a time to reflect and remember those who are in the Military. Thank you for to all who served our Country.

#### **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 we'll make our way to Buffalo City Hall for a tour. Cost \$50.00.

**Reservations with payment taken Tuesday May 26th.**

#### ***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**

**Reservation with payment starts Tuesday June 02.**

#### ***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 verandah 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. Cost TBA.



### *Victorian Luncheon Featuring The History of Hat's!*

*Saturday May 9th, 2015  
12:00pm door open  
12:30 pm luncheon*

*Enjoy a lunch of delicious salads, including  
our famous chicken salad. Assorted Home  
Baked Dessert. Tea or Coffee*

**Cost \$25.00**

*Tickets available April 7th at the  
Orchard Park Senior Center  
Proceeds to benefit The Senior Council of  
Orchard Park*

#### **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.

## 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 Class

**Friday May 1, - June 5 , 10:30-12:30pm**

This six week course encompasses how to use wash and dry brush techniques. Sharon will demonstrate landscape styles and more. Students are asked to bring their own brushes and watercolor paper 140lb and paints. Call 662-6452 to register. **Cost is \$25.00**

### Sketching With Sharon

**Wednesday April 29-June 3, 1:00-3:00pm**

Here's an opportunity to learn how to sketch using pencil or pastels. This six week program will focus on perspective and techniques of using pastels. **Cost is \$25.00, register today.**

### Acrylic Painting

**Tuesday April 28—June 2, 1:00-3:00pm**

Sharon Orendorf will be holding a six week class on acrylic painting. You will study landscape and still-life, scumbling and palette knife techniques. **Cost-\$25.00**

### Intermediate/Advanced Tap Dancing

**May 14—July 2**

**Thursday —10:00am-11:00am**

For those seniors with some experience tap dancing, this **eight week** 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 \$30.00

### Thank You Seniors

*I started at the Center in October 1996. I certainly never expected I would be here for 19 years and age 70. I have met some very wonderful people over the years, which I think of as friends. You all have made my job very interesting and fulfilling. I thank you for being a part of my life and allowing me to be a part of yours.*

*A special thank you to volunteers, Betty Cash, Chester Klosowski, Don and Wanda Schwab and the latest volunteer Clara Lewis for their help in the kitchen. Ron and Florence Blemel, Pat Blando, Stan and Carolyn Minko, Ron Eberhardt, Joan Moran, Chris Colarusso and Chris Baratta who help in many other ways. I wish all the Seniors good health and much happiness. I will miss you.*

*Love to All Jean Bayuse.*

**Pinochle Tournament Friday May 15, 1:00pm.**

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

### What is Body Sculpting?

**Monday June 15 August 3, 9:00am-10:00am**

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. Zumba fashion aerobics for 15-20 min. Cost for the **eight week** program is **\$30.00** Classes are tailored toward seniors

### Men's Fitness

**June 2—August 6 —10 week Program**

**Tuesday, Wednesday & Thursday 9:00-10:00am**

You'll notice regular exercising with others motivates you to work toward a healthy lifestyle. Take the first step in living a healthily life by showing up for the Men's Fitness Program. Cost for 10 week program is \$40.00.

### Tai Chi—Beginner/Intermediate

**Eight Week**

**Wednesday April 29—June 17- 1:15pm**

This program is a form of fluid movements that builds endurance, increase flexibility and balance and promotes alertness of mind and spirit. This **eight week** course starts Wednesday at 1:15pm and is designed for those with some Tai Chi experience, however new students are welcome. **Cost 30.00.**

### 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:

**May 27 — Sophia: Princess, Suffragette, Revolutionary author Anita Anand**

**June 24 — American Queen: The Rise & Fall of Kate Chase Sprague, Civil War "Belle of The North and Gilded Age Woman of Scandal" by John Oller**

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.

### Mindful Eating Workshop \*\*\*Free

**Monday June 8, 11:00am**

Facilitated by Annette DeNies, Mindfulness Instructor. We will be doing meditation work as well as mindful eating exercises. It will be a lot of fun. Register by calling 662-6452.

**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 one session with the instructor will be offered to address your computer needs. Class is scheduled once a week on **Tuesday May 5,12,19,26 , 10:00-11:00am and from 1:00-2:00 and 2:00 to 3:00pm**

- ⇒ 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 May 5th, 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.

**IPHONE, Tuesday May 5 and 12 , 12:30-1:30\*\*\*\***

Not sure how to use your Iphone? Questions on what data is or how much data you need? What's the difference between Iphone and Galaxy 4? Let Mary guide you through the phone "maze". Call 662-6452 to set up an appointment. Cost: \$5.00

**Duplicate Bridge Tournament is held the First Monday of Every Month, Next Tournament is Monday May 4 ,12:30pm**

Congratulations to the **April** winners:  
 First Place: Pepe Justica-Linde & Val Derenda  
 Second Place : Carol Colligan & Virginia Sprague  
 Third Place: Katherine Halsey & Eleanor Hoffman  
**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 May 8th , 1:00pm Everyone is welcome!**

**Sing-A-Long—  
Friday May 29, 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 TBA

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

**Friday December 18, 10:30am Holiday Pops.**

**Shea's 2015 & 2016 Upcoming Performances**

Plans are underway to attend 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 Reservation with payment starts Tuesday June 9th**

**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

**Beautiful—the Carole King Musical—Sunday March 20, 2016**

**Dirty Dancing—Wednesday May 4, 2016**

If you are interested in any other shows such as Annie, Pippin, Mannheim Steamroller, Blue Man Group or Wizard of Oz at Shea's, please contact Anna. Thank you!

**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.**

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

**Couples Team Starts Monday June 8 at 10:00 am  
Mixed Team Starts Tuesdays, June 9,10:00am**

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. Games are played at Green Lake. If you would like to the fun sign the sign-up sheet found in the lobby or contact the Center at 662-6452

**Attend our Special Mother's Day Bingo Tuesday May 5 and receive a special Mother's Day Gift**

## *Coming Up...*

### **Strawberry Social**

**Friday June 12, 1:30pm**

Save the date for the return of Roger Hill singing Classic Country. With song and stories, Roger promises you a great afternoon of entertainment. Following the performance join us for a delicious strawberry shortcake. Cost: \$3.00—tickets on sale Tuesday April 14th.

### **UNIVERSITY EXPRESS IS ON TRACK!**

That's right, University Express is on track for the Spring Session. This program sponsored by Erie county RSVP brings stimulating classes to Senior Centers. Residents 55+ years may attend any of the FREE classes. The following are *some* of the classes scheduled at Orchard Park Senior Center. Pick up a free catalogue. Centers. **To register for classes at Orchard Park Senior Center contact the Center at 662-6452.**

Monday April 27, 1:00pm—**A Civil War Veteran's Struggle with Rebels, Brits, and Devils.** Instructor: Bill Donohue.

Friday May 1, 1:00pm—**Mustelids: The Weasel Family.** Instructor: Elise Able.

Monday May 4, 1:00pm—**Brownfield Redevelopment.** Instructor, Angela Keppel

Tuesday May 5, 1:00pm—**Life in a Beehive** instructor Wayne Robins

Thursday May 7, 1:00pm—**Poetry of World War I,** instructor, Jim Banko

Thursday May 7, 3:00pm—**Interrogation or Torture?** Presented by Julia Hall

Monday May 11, 1:00pm —**Buffalo's Waterfront: Past, Present and Future,** instructor—Brad Hahn

Tuesday May 12, 1:00pm **Turkey and It's Unstable Neighborhood** instructor— Mustafa Gokcek

Thursday May 14, 1:00pm—**Mary Cassatt,** instructor Jean Serusa

Friday May 15, 1:00pm—Kim Schuler, Literacy Intervention Specialist, **The Common Core and Education Reform**

Monday May 18, 1:00pm— Rosanne Higgins, Adjunct Professor Dept. of Anthropology, SUNY Buffalo, **A Whisper of Bones: Erie county Poorhouse Cemetery Project**

Thursday May 21, 1:00pm—Dr. Riffat Sadiq, Buffalo Physician Internal and Geriatric Medicine, **Take Control of Your Diabetes**

Friday May 29, 1:00pm— Judith Geer, retired Librarian ECC. **Rachel Carson: For Love of the Earth**

### **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:

**May 7, J's White Elephant—contact Jackie Briggs at 662-3982.**

**June 4, Shimshacks—Sanborn NY,** More info contact Jackie Briggs at 662-3982

**July 2, Rust Belt Restaurant on Route 5—Dixie Bileschie is 662-3982**

**The next meeting is Tuesday May 5th 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](http://townoforchardparkny.org) click on Senior Center and click on Newsletter, it's that easy!

**The Senior Center provides free Wi-Fi service.**

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

Fri 01	Meatloaf w/gravy, red potatoes, broccoli, frosted brownie
Mon 04	Turkey vegetable casserole, mashed potatoes, biscuit, cookie
Tues 05	Veal Parmesan, penne pasta w/tomato sauce & mozzarella, broccoli, butterscotch pudding
Wed 06	Salisbury steak w/gravy, roasted potatoes, squash, fruit cocktail
Thurs 7	Vegetable strata w/white cheese sauce, red potatoes, oat bran square, fruit
Fri 08	<b>Mother's Day Lunch</b> Chicken breast w/ cordon blue sauce, mashed sweet potatoes Brussel sprouts, lemon pound cake
Mon 11	Lasagna roll w/meat sauce, Italian bean medley, cauliflower apple crisp
Tues 12	Beef pepper casserole, white rice, corn, spinach, pineapple tidbits
Wed 13	Grilled chicken salad, roll, fruited gelatin
Thurs 14	Breaded pork loin w/gravy, roasted potatoes, broccoli, cookie
Fri 15	Breaded fish patty, au gratin shells, peas, fruit
Mon 18	Chicken noodle casserole, broccoli wax beans, rice pudding
Tues 19	Cheese omelet w/cheese sauce, home fries, spinach, strawberry Bavarian
Wed 20	Sliced pork w/gravy, lazy pierogi, squash, fruit
Thur 21	Stuffed peppers w/savory sauce, mashed potatoes, carrots, pears
Fri 22	<b>Memorial Day Picnic</b> Hot dog and baked beans, potato salad, fiesta corn, white cake w/ chocolate frosting
Mon 25	<b>Memorial Day Senior Center Closed</b>
Tues 26	Swedish meatballs w cavatappi pasta, carrots, Brussel sprouts, pineapple tidbits
Wed 27	Breaded chicken thighs, garlic mashed potatoes, broccoli, cookies
Thurs 28	Roasted turkey breast w/stuffing & gravy, mashed sweet potatoes, Italian green beans, ambrosia
Fri 29	Chicken-macaroni & cheese casserole, beets, peas & carrots, mandarin oranges
Mon 01	Hamburger w/gravy, mashed sweet potatoes, peas, butterscotch pudding
Tues 02	Diced pork w/gravy, cavatappi pasta, spinach, cauliflower, fruit

**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 Jean 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 Jean to fill a cancellation.

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



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



**May 6—The Immigrant** Starring Ewa Cybulski Cotillard and her sister sail to New York from their native Poland in search of a new start and the American Dream. Drama

**May 13—Foxcatcher** Starring Steve Carell Tells the story of Olympic Gold Medal winning wrestler who sees a way out from the shadow of his celebrated wrestling brother and a life of poverty is summoned by a millionaire to train for the 1988 Seoul Olympics. Drama

**May 20—My Old Lady-** Starring Elie Wajeman A New Yorker, Mathias Gold ventures to Paris with plans of liquidating the apartment inherited by his father but runs into a roadblock when he discovers that the flat is currently inhabited by his father's former lover. Comedy

**May 27—Black or White** Starring Kevin Costner A story of a grandfather who is suddenly left to care for his beloved granddaughter. The little girl paternal grandmother seeks custody The movie is to look at two different worlds, in which nothing is as simple as black or white. Comedy

**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, May 28 and Friday May 29**  
**And**  
**Thursday, June 25 and June 26**  
**(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.


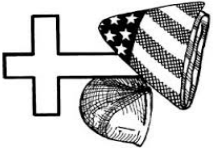
**NEED A RIDE? CALL RURAL TRANSIT 662-8378**

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>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>9:00 Intermediate Tap</p> <p>10:00 Beginner Tap</p> <p>11:00 Chair Exercise</p> <p>12:00 Stay Fit Dining</p> <p>12:30 Bridge Tournament</p> <p>1:00 <b>Brownfields Redevelopment</b> **</p> <p>1:00-3:00 Blood Pressure Screening</p>	<p>9:00 Pool Shooting</p> <p>9:00 Men's Fitness</p> <p>10:30-12:00 Inter Line Dancing</p> <p>11:00 Club 99 Exercise Program</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Bingo</p> <p>1:00 <b>Life in a Beehive</b>**</p> <p>1:00 Acrylic Paint</p> <p>1:00 Hand &amp; Foot</p> <p>5:00 Tuesday Yoga</p> <p>6:30 Zumba</p>	 <p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>9:00 Men's Fitness</p> <p>10:15 Beginner Line Dance</p> <p>11:30 Yoga</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Popcorn &amp; Movie</p> <p>1:15 Tai Chi</p> <p>1:00 Sketch Class</p> <p>2:30 Chair Yoga</p>	<p><b>** Designates Free University Express Program</b></p> <p><b>Call 662-6452 to register</b></p> <p>9:00 Pool Shooting</p> <p>9:00 Men's Fitness</p> <p>10:00 Tap Dance Inter/Advance</p> <p>11:15 Zumba</p> <p>11:00 Club 99 Exercise Program</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Knitters Group</p> <p>1:00 <b>WWI Poetry</b>**</p> <p>3:00 <b>Interrogation or Torture</b>**</p>	<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>9:00 Yoga</p> <p>10:30 Watercolor Painting</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Mah Jong</p> <p>1:00 Pinochle</p> <p>1:00 <b>Mustelids: Weasel Fmly</b>**</p>
<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>9:00 Intermediate Tap</p> <p>10:00 Beginner Tap</p> <p>11:00 Chair Exercise</p> <p>12:00 Stay Fit Dining</p> <p>12:30 Bridge</p> <p>1:00 <b>Buffalo Waterfront</b>**</p> <p>1:00-3:00 Blood Pressure Screening</p>	<p>9:00 Pool Shooting</p> <p>9:00 Men's Fitness</p> <p>10:30-12:00 Inter Line Dancing</p> <p>11:00 Club 99 Exercise Program</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Bingo</p> <p>1:00 Hand &amp; Foot</p> <p>1:00 <b>Turkey and Neighbors</b>**</p> <p>5:00 Tuesday Yoga</p> <p>6:30 Zumba</p>	<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>9:00 Men's Fitness</p> <p>10:15 Beginner Line Dance</p> <p>11:30 Yoga</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Popcorn &amp; Movie</p> <p>1:00 Sketch Class</p> <p>1:15 Tai Chi</p> <p>2:30 Chair Yoga</p>	<p>9:00 Pool Shooting</p> <p>9:00 Men's Fitness</p> <p>10:00 Tap Dance Inter/Advance</p> <p>11:15 Zumba</p> <p>11:00 Club 99 Exercise Program</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Knitters Group</p> <p>1:00 <b>Mary Cassatt</b>**</p>	<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>9:00 Yoga</p> <p>10:30 Watercolor Painting</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Mah Jong</p> <p>1:00 <b>Common Core and Education Reform</b> **</p> <p>1:00 Pinochle Tournament</p>
<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>9:00 Intermediate Tap</p> <p>10:00 Beginner Tap</p> <p>11:00 Chair Exercise</p> <p>12:00 Stay Fit Dining</p> <p>12:30 Bridge</p> <p>1:00 <b>Erie County Poorhouse</b>**</p> <p>1:00-3:00 Blood Pressure Screening</p>	<p>9:00 Pool Shooting</p> <p>9:00 Men's Fitness</p> <p>10:30-12:00 Inter Line Dancing</p> <p>11:00 Club 99 Exercise Program</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Bingo</p> <p>1:00 Hand &amp; Foot</p> <p>1:00 Acrylic Paint</p> <p>5:00 Tuesday Yoga</p> <p>6:30 Zumba</p>	<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>9:00 Men's Fitness</p> <p>10:15 Beginner Line Dance</p> <p>11:30 Yoga</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Popcorn &amp; Movie</p> <p>1:00 Sketch Class</p> <p>1:15 Tai Chi</p> <p>2:30 Chair Yoga</p>	<p>9:00 Pool Shooting</p> <p>9:00 Men's Fitness</p> <p>10:00 Tap Dance Inter/Advance</p> <p>11:15 Zumba</p> <p>11:00 Club 99 Exercise Program</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Knitters Group</p> <p>1:00 <b>Taking Control of Diabetes</b>**</p>	<p>9:00 Pool Shooting</p> <p>9:00 Yoga</p> <p>9:00 Ladies Exercise</p> <p>10:30 Watercolor Painting</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Mah Jong</p> <p>1:00 Pinochle</p>
<p><b>MEMORIAL DAY SENIOR CENTER CLOSED</b></p> 	<p>9:00 Pool Shooting</p> <p>9:00 Men's Fitness</p> <p>10:30-12:00 Inter Line Dancing</p> <p>11:00 Club 99 Exercise Program</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Bingo</p> <p>1:00 Hand &amp; Foot</p> <p>1:00 Acrylic Paint</p> <p>5:00 Tuesday Yoga</p> <p>6:30 Zumba</p>	<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>9:00 Men's Fitness</p> <p>10:15 Beginner Line Dance</p> <p>11:30 Yoga</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Popcorn &amp; Movie</p> <p>1:00 Sketch Class</p> <p>1:15 Tai Chi</p> <p>2:30 Chair Yoga</p>	<p>9:00 Pool Shooting</p> <p>9:00 Men's Fitness</p> <p>10:00 Tap Dance Inter/Advance</p> <p>11:15 Zumba</p> <p>11:00 Club 99 Exercise Program</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Knitters Group</p> <p>1:00 A.A.R.P. Defensive Driving</p>	<p>9:00 Pool Shooting</p> <p>9:00 Yoga</p> <p>9:00 Ladies Exercise</p> <p>10:30 Water Color Painting</p> <p>10:30 Sing-a-long</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Mah Jong</p> <p>1:00 Pinochle</p> <p>1:00 A.A.R.P. Defensive Driving</p> <p>1:00 <b>Rachel: Love of Earth</b>**</p>