



Orchard Park Senior Center

70 Linwood Avenue
Orchard Park, NY 14127



MAY 2016 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



May 30th, 2016

Orchard Park Senior Center

70 Linwood Avenue
Orchard Park, NY 14127

Notes From Anna

- ◆ May is here and summer is just around the corner. I have recently attended a Senior Center Directors' meeting where the directors discuss the needs and issues that arise at our Centers. In addition everyone shares their monthly newsletters. I noticed Pam Krawczyk (Director of Senior Services in Amherst) article on the topic of fragrances and smell. Pam is an amazing writer and I could easily relate to the story she wrote on how certain smells transport you to a time and place. Since my mother has been gone for over 30 years even today there are certain smells and certain rituals that bring her back. For example when spring arrived, (in northern Ontario that was around the middle of May) I remember my mother going into "full cleaning mode." The windows were flung open letting in the fresh clean air. Coming home from school, the sharp smell of Pine Sol stung your nostrils. The spring ritual had begun; it was time to clean the windows, walls and cupboards. Hardwood floors were stripped and a fresh coat of paste wax applied and buffed to a shine. You didn't dare walk in the house with your shoes on, they were left at the door. Carpets were cleaned, and scatter rugs were washed and hung to dry. The custom of hanging sheets to dry on the clothes line had begun. There's no fresher or cleaner smell than getting into bed with sheets that were hung outside, something that I continue to this day and have passed on to my three daughters. All three hang clothes in the summer and one of them proudly e-mailed me a photo of her new clothesline which extended from her house to a large tree. I must say I was impressed and proud to think that she would adopt this practice and hopefully pass it on to her children. Not only would she conserve energy but be it would be good for the environment. This simple act of hanging clothes is a way of connecting my daughter to me and her grandmother, a generation which used washboards, wringer washers and clothes line. When we moved here some thirty years ago I was hanging clothes on a line when this five year old neighbor asked "why are you hanging sheets don't you own a clothes dryer?" I smiled and said, yes and replied, "I'm saving the environment". I'm not sure if that answer satisfied her or not, but I thought, poor child doesn't know what it's like to sleep on sheets dried outside. Having tried every dryer sheet that's on the market, nothing compares to bed sheets dried on the line. Hope you have a wonderful Mother's Day and may you find that certain ritual, fragrance or smell that connects you with your mother and that special moment in your past. Happy Mother's Day.
- ◆ Memorial Day is Monday May 30th a day set aside to remember those who died in active military service Please take a moment to remember them and the sacrifice they made for their country.
- ◆ Note: Senior Center outing to the Bison Baseball game is Friday August 26 for more info check upcoming newsletter.

UNIVERSITY EXPRESS. This program provides classes on current affairs, history, science, the arts, wellness and more. Classes are free and available to seniors 55+ years. Below are **some** of the classes offered at the Orchard Park Senior Center. **Call the Center at 662-6452 to register. Pick up a brochure for a complete listing.**

Tuesday May 3, 1:00pm —**Hiking the Appalachian Trail**
Instructor: Charles Miess, writer, retired engineer

Wednesday May 11, 10:00am— **Arthritis and Degenerative Disorders of the Knee**, Instructor is Andrew Stoecki M.D.,

Friday May 13, 1:30pm —**The New World of News**
Instructors, Rick Newberg and Rich Kellman, Journalists and TV anchors

Monday May 16, 1:00pm—**The Rise, Fall & Future of Buffalo's Central Terminal, Marty Biniasz**, Director Special Events for Erie County Fair

Monday May 16, 3:00pm —**Arthritis & Degenerative Disorders of The Shoulder and Hand** Instructor, Kory Reed, M.D.

Tuesday May 17, 1:30pm —**Disappearing Act, What Happened to the Middle Class**, instructor Jeffrey Goldfarb, Cert. Financial Planner, Philanthropic Consultant

Wednesday May 18, 10:30am —**Ways to Maintain a Healthy Brain**, Instructor, Brittany Bless, Health Coach

Wednesday May 25, 3:30pm—**The GI Bill of Rights and Post World War II America**. Bruce Caley, History Teacher

Tuesday May 31, 1:00pm—**Georgia O'Keefe-An American Art Icon Revisited**, Inst. Jean Serusa certified NYS Art Educator

Thursday June 2, 1:00pm —**There's DNA to Prove It: Message from Beyond**, Inst. Jacqueline Lunger, author and psychic medium

Friday June 3, 1:00pm —**Embracing Elderhood: Creating A Plan for Aging**, Instructor, Laurie Menzies, Senior Partner Pfalzgraf, Beinhauer & Menzies

Monday June 6, 1:00pm—**Active Weather in Western New York**, Instructor Jon Hitchcock Senior Forecaster National Weather Service

Monday June 6, 3:00pm —**Discover Buffalo A Street at a Time: Part 2**, Inst. Angela Keppel, Urban planner,

Tuesday June 7, 1:00pm — **Is It Art? The Mid-Century Modern and Minimalist Art**, Inst. Jean Serusa

Thursday June 9, 1:00pm —**Inside the FBI's Most Elite Department**, Instructor Mike Liwicki, retired FBI Special Agent

Thursday June 9, 3:00pm—**Shakespeare's Globe Theatre: Then and Now**, Instructor Linda Drajem, retired professor SUNY Buffalo State

Monday June 13, 1:00pm—**Our Adirondack State Park: The Most Protected Real Estate in the U.S.** Instructor, Judith Geer, retired educator and librarian.

Monday June 13, 3:00pm —**Sunni-Shia Divide: Sectarian Conflict or Power Struggle?** Prof. Faizan Haq SUNY Buffalo

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

ZUMBA's

Tuesday May 10– June 28. 6:30-7:30pm

Thursday May 12 -June 30th 11:00-12:00

These two 8 week program are one of the best dance and workout routine you'll ever do. Latin dances such as the samba, meringue, salsa and various types of music are used will help you get physically fit. Cost: \$30.00

Tai Chi

Wednesday 1:15pm May 4—June 22, 8 week

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.

Tai Chi for Beginners

Thursday June 16—July 21, 1:00-pm

The Center will be offering a 6 week 45 minute beginner Tai Chi. Learn the ten basic moves and what this thousand year form of fitness is all about. Your instructor is Margaret who has been practicing Tai Chi for over ten years Cost: \$25.00



Men's Fitness

May 24—July 28, 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 healthy life by showing up for the men's Fitness Program. Cost for 10 week program is \$40.00.

Ladies Exercise Program Summer Schedule

June 6—August 1 —8 week

August 17—September 30 — 8 week

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 8 week is \$30.00.**

Pickle Ball Every Tuesday 9:30-11:30am

Pickle Ball is the hottest game around. Similar to tennis but played at a more relaxed pace with a whiffle ball and a racquet similar to a squash paddle. Pickle ball is played every Tuesday at the Boys and Girls Club on Lincoln Ave. Cost is \$6.00.

Relieve Stress through Adult Coloring

Here's a new way to reduce stress. Join us every Tuesday at 1:00pm bring your books and colors. Explore a great way to relax and meet new friends. This is not a class, it's very casual and the hope is that it will become a weekly activity. For information call 662-6452 If you don't have supplies, not to worry we'll provide them for you.

Watercolor Painting

Friday May 20—June 24, 10:30am-12:30pm

Students supply their own brushes and watercolor paper 140lb and paints Cost is \$25.00 for 6 week

Sketching

Wednesday May 11—June 15, 1:00-3:00pm

Learn to sketch using pencil or pastels. This six week program will focus on perspective and techniques of using pastels. Cost : \$25.00.

Acrylic Painting

Tuesday May 17— June 21, 1:00-3:00pm

You will study landscape and still-life, scumbling and palette knife techniques. Cost 6 week \$25.00.

Book Group

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

April — The Nightingale, by Hannah, Kristin

May —The Magic Strings author, Frankie Presto

June — Let the Great World Spin author Colum McCann

July—When Books Went Off to War author Molly G Manning

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.

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 20th 1:00pm. Everyone is welcome!**

A Note from Jackie Briggs, Senior Council President

Thank you to everyone who volunteered at the Palm Sunday Breakfast. Your hard work and dedication to the Council is very much appreciated. A special thanks to our sponsors J. Mills Distributing Co. Inc., Brookdale Orchard Glen in Orchard Park, and Orchard Heights who with their donations made this event possible. 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 on sale for \$8.00 and can be purchased at the Senior Center or the Town Clerk's Office. Please remind your family and your friends that in your annual United Way Appeal your donation may be directed to The Senior Council of Orchard Park.

Note: The Victorian Tea and Fashion Show is cancelled this May however, the Council will hold a Fall Luncheon and Vintage Hat Show. For more information check the upcoming newsletter.

REGISTER FOR THE FOLLOWING PROGRAMS BY CALLING 662-6452

Personal Computer Lesson

Computer lessons designed specifically for you! You tell us what you want to learn and we'll make it happen. If you are new to computers your instructor will provide handouts to guide you through the world of computers. Class is scheduled once a week on **Tuesday May 3, 10, 17, 24 & 31st, 10:00-11:00am and from 1:00-2:00 and 2:00 to 3:00pm. Cost \$5.00 . Some topics to choose from:**

- ⇒ Email, Word, the Internet, Excel, Purchasing a computer, Buying and Selling on EBay and more .
- ⇒ If you have a laptop please bring it to class.

Free I Pad Class

For the new (or not so new) iPads user, sign up for a one hour **FREE class Tuesday May 3, 1:00pm**. Learn some neat and useful tips and tricks for your iPad such as customizing Safari browsing and SIRI. Prior experience is NOT required. Contact the Center at 662-6452 to register.

Free iPhone Class Tuesday May 31, 1:00pm

The last Tuesday of the month from 1:00pm-2:00pm the senior center will be offering a **FREE iPhone class**. Space is limited. Call 662-6452 to register.

E-Reader, or Kindle? Free Help

Are you having problems using your E-reader, Ipad or Kindle? Help is on the way. Volunteer with expertise are available to answer your questions Free. Contact the Center at 662-6452 to set up an appointment.

****Help in iPad, iPhone, Tablet offered by Orchard Park High School Students every Wednesday at 2:30pm through the end of May. Register by contacting the Center at 662-6452**

Duplicate Bridge Tournament The First Monday of Every Month. Next Tournament is Monday May 2

12:30pm Everyone is Welcome
Winners of April Tournament are:
First Place: Mimi Vitali & Carol Crossman
Second: Mary Lou Buster & Jose F Justicia-Linde
Third Place: Judy Ford & Lillian Etzel

Pinocle Tournament is Friday May 20 1:00pm

Congratulations to the March winners are:

First Place: Shirley Charles
Second Place: Chris Colarusso
Third Place: Mary Ann Martin and Helen Nigro

Pinocle is played every Friday at 1:00pm
Please register for the May tournament by calling 662-6452 Cash prizes awarded.

Birthday Bash— Friday May 20

If you have a May birthday lets celebrate! Jeanne Zablotsky our Site Manager invites those who have a May birthday to submit a photo of yourself in your younger days, along with a short story describing a memorable event or it could be something as simple as your favorite dog, cat, food, etc. Everyone will enjoy a delicious birthday dessert. Join Us!



Shea's Performing Arts

Dirty Dancing—Wednesday May 4, 2016, 7:30pm performance. **Bus Departs from Senior Center 6:30pm. Sold Out**

2016-2017 PERFORMANCE

The following shows have been announced for 2016-2017 season;
Finding Neverland, An American in Paris, A Christmas Story, Gentleman's Guide, The Sound of Music, Cabaret, Stomp, 42nd Street, Wicked, and The Little Mermaid. You will have the opportunity to vote on which show we will be seeing. Just sign your name along with your phone number under the show you wish to see. The shows with the most signatures will be the ones we'll attend.

Buffalo Philharmonic Orchestra

Star –Spangled Pops—Friday May 27, 2016
Sold Out.

*****Preview of 2016 & 2017 Season:*****

John Williams' Movie Masterworks—
Saturday September 24, 8:00pm. .

Percussion Superstar Stewart Copeland
Friday October 28, 10:30am

John Morris Russell's Holiday Pops
Friday December 16, 10:30am

Classical Christmas
Friday December 9, 10:30am

Stay tuned—more to come

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.

Discovering Buffalo

Martin House and Forest Lawn
Thursday May 12, 9:30—3:00pm Cost: \$50.00

We'll make our way to the Martin House for a 90 minute tour which includes the Martin House, pergola, conservatory, carriage house and the Barton House. Lunch will be at one of the local restaurants. Afterwards we'll make our way to Forest Lawn where we'll learn about the history including the rural cemetery movement, and the permanent residents. **Sold Out**

Waterfront and Canal Side Tour—

Join us Thursday July 21st for a tour of Buffalo Harbor with a brief overview of the Canal District Days, a drive down Ohio Street. Following the tour you will have two hours to explore Harbor Front and have lunch on your own at any of the restaurants such as, The Liberty Hound, The Hatch, 716, or Tim Hortons. The bus departs from the Center at 9:15am and return approximately 3:00pm Cost is \$20.00. Sign up starts May 16th.

Coming Up...

Roger Hill Returns Friday May 6, 1:30pm

Back by popular demand is Country singer Roger Hill. Accompanied by his "trusty" guitar, Roger will entertain us with famous songs performed by some of the greatest female country singers such as Loretta Lynn, June Carter Cash, Patsy Cline and more. Tickets \$3.00 on sale now. Refreshments served following performance.

Brian On The Piano Friday June 17th, 1:30pm

Back by popular demand is this gifted pianist who is very entertaining. If you missed him last December here's your opportunity to enjoy an afternoon of great music. Following the performance, fresh strawberry shortcake will be served. Cost \$3.00, tickets on sale May 8th.

Health Enrichment Program***Free

Live a happier, healthier life by attending the following programs brought to you by Blue Cross and Blue shield of Western New York. Please register at the office.

Talking to Your Doctor Thursday May 5, 1:00pm

Sometimes visiting the doctor can be confusing and frustrating. It can be hard to understand and remember everything the doctor says. In this seminar, you'll learn tips for communicating more successfully with your doctor and making the most of every visit.

United Health Care

Confused about your Medicare plan? Want to learn the benefits that United Health Care provides? If so, plan to meet with Karen Olsen, Representative with United Health Care on the following dates:

Wednesday June 1, from 10:00-12:00noon

Blue Cross and Blue Shield Information

A representative will be here to answer questions you may have regarding Blue Cross and Blue Shield coverage.

Monday June 13, from 10:00-12:00noon

Monday June 27, from 10:00-12:00noon

Sing-A-Long—May 27, 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! Refreshments will be served.



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 Patricia L Davies. Pat can be reached at 675-9084. 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 American Legion Post, North Buffalo 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 Esther Marcin Cullis she can be reached at 649-6850.

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:

Thursday May 5, The Dove Restaurant, contact Jackie at 662-3982 for more information.

Thursday June 2, Carruba's—Dixie Bileschi is contact person.

Thursday July 7, Public House —Joy Turner is the contact person.

The next meeting is Tuesday May 3rd, at 10:00am at the Orchard Park Senior Center Everyone is welcome!

**** **FREE FREE FREE** ****

Mind Aerobics offered every Monday at 1:00 p.m., has evolved into a social as well as a challenging one hour program. Research has shown that brainteasers, word puzzles, critical thinking, trivia, learning a new language or taking up ballroom dancing often delays the onset of Alzheimer's. Keeping your mind in tiptop shape will boost your creativity and ability to tackle complex problems. This weekly mental workout will help you keep mentally fit. Join us for a fun filled hour!

**Orchard Park Senior Center
Meal Calendar—May 2016
Phone 662-8378 for reservations.**

Mon 02	Swedish meatballs w/cavatappi pasta Brussel sprouts, carrots, fruit delight cookie
Tues 03	Stuffed shells, meat sauce, cauliflower, green beans, tropical fruit
Wed 04	Shredded pork w/gravy, sweet potatoes, oriental vegetable mix, rice pudding w/raisins
Thurs 05	Meatloaf w/gravy, mashed potatoes, stewed tomatoes, cake ... Jeanne's Soup
Fri. 06	Mother's Day Meal Breaded chicken breast w/gravy, mixed vegetables, chef salad, rice pilaf, lemon meringue pie
Mon 09	Lasagna w/tomato sauce, cauliflower, Italian style green beans, peaches
Tues 10	Ham steak, potatoes, mixed vegetables, sugar cookie
Wed 11	Turkey stew, diced red potatoes, biscuit, cherry gelatin
Thurs 12	Julienne Salad , roll, orange, Jeanne's Soup
Fri 13	Cheese omelet w/cheese, home fries, peas, blueberry square, strawberry Bavarian
Mon 16	Veal parmesan w/tomato sauce & penne pasta, broccoli, apple
Tues 17	Turkey ala king, mixed vegetables, biscuit, orange pineapple velvet
Wed 18	Boneless chicken breast, browned potatoes, carrots, tropical fruit
Thurs 19	Shredded pork w/gravy, sweet potatoes, Italian green beans, oatmeal cookie, Jeanne's Soup
Fri 20	Beef & Rice patty, mashed potatoes, cabbage w/sauce, chocolate pudding
Mon 23	BBQ pork ribbette, mashed potatoes, carrots, orange
Tues 24	Sweet & Sour chicken over rice, Italian beans, mixed vegetables, fig bar
Wed. 25	Meatballs served w/tomato sauce, w/penne pasta, green peas, apple cranberry crisp
Thur. 26	Meatloaf w/gravy, sweet potatoes, cauliflower, tapioca pudding. Jeanne's Soup
Fri. 27	Hot dog w/baked beans, broccoli, potato salad, apple pie
Mon 30	Senior Center Closed Memorial Day
Tues 31	Hamburger w/gravy, au gratin potatoes, mixed vegetables, apple

Stay Fit Dining Program

In cooperation with Erie county Department of Senior Services, the town provides a nutritious hot meal, and social opportunities to meet new friends for persons age 60 or over and their spouses Monday through Friday at noon. The suggested contribution for is **\$3.00** Please call Jeanne 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 Jeanne to fill a cancellation.

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



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



May 4th, *Grandma*—starring Julia Garner, Lily Tomlin. An septuagenarian poet is drawn back into the life of her workaholic daughter and teenage granddaughter to help deal with an unplanned pregnancy. Comedy

May 11, *The Revenant*—starring Leonardo DiCaprio, Tom Hardy. Inspired by true events this epic story is of survival and transformation on the American frontier. Hugh Glass (DiCaprio) is brutally mauled by a bear, left to die by his hunting team is determined to survive and return to his Native American wife and son. Drama

May 18, *Trumbo*—starring Bryan Cranston, Helen Mirren. A tense yet inspiring biopic of blacklisted screenwriter Dalton Trumbo who earned the wrath of anti-communist forces. Drama

May 25, *Joy* —starring Jennifer Lawrence, Edgar Ramirez, Robert DeNiro. This story is story of a family across four generations centered on the girl who becomes the woman who founds a business dynasty and becomes a matriarch in her own right. Drama

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 26 and Friday, May 27
And
Thursday, June 23 and Friday June 24
(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
2 9:00 Pool Shooting 9:00 Ladies Exercise 11:00 Chair Yoga 12:00 Stay Fit Dining 12:30 Bridge Tournament 1:00-3:00 Free Blood Pressure Screening 1:00 Mind Aerobics 1:00 Spanish	3 9:00 Pool Shooting 9:00 Men's Fitness 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Hiking the Appalachian Trail** 1:00 Bingo/Dominos 1:00 Acrylic Paint & Adult Coloring 5:00 Yoga	4 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 10:15 Beginner Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Popcorn & Movie 1:00 Sketch Class 1:15 Tai Chi	5 9:00 Pool Shooting 9:00 Men's Fitness 10:00 Blue Cross/Blue Shield 9:45 Tap Dancing/Inter. 11:00 Club 99 Exercise Prog. 12:00 Stay Fit Dining 1:00 Knitters Group 1:00 Talk to Your Doctor Blue Cross/Blue Shield Presentation	6 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:30 Watercolor Painting 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle 1:30 Roger Hill Performs Country Classic
9 9:00 Pool Shooting 9:00 Ladies Exercise 11:00 Chair Yoga 12:00 Stay Fit Dining 12:30 Bridge Tournament 1:00-3:00 Free Blood Pressure Screening 1:00 Mind Aerobics 1:00 Spanish	10 9:00 Pool Shooting 9:00 Men's Fitness 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Bingo/Dominos 1:00 Acrylic Paint 1:00 Adult Coloring 5:00 Yoga 6:30 Zumba	11 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 10:00 Disorders of the Knee* 10:15 Beginner Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Popcorn & Movie 1:00 Sketch Class 1:15 Tai Chi	12 9:00 Pool Shooting 9:00 Men's Fitness 9:45 Tap Dancing/Inter 11:00 Club 99 Exercise Prog. 12:00 Stay Fit Dining 1:00 Knitters Group	13 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:30 Watercolor Painting 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle Tournament 1:30 The Future World of News **
16 9:00 Pool Shooting 9:00 Ladies Exercise 11:00 Chair Yoga 12:00 Stay Fit Dining 12:30 Bridge 1:00-3:00 Free Blood Pres. Scm. 1:00 Spanish 1:00 Rise Fall & Future of Buffalo's Central Terminal ** 3:00 Disorder Shoulder & Hand **	17 9:00 Pool Shooting 9:00 Men's Fitness 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Bingo/Hand & Foot/Dominos 1:30 What Happened to the Middle Class ** 1:00 Acrylic Paint & Adult Coloring 5:00 Yoga 6:30 Zumba	18 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness Maintain a Healthy Brain** 10:15 Beginner Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Popcorn & Movie 1:00 Sketch Class 1:15 Tai Chi	19 9:00 Pool Shooting 9:00 Men's Fitness 9:45 Tap Dancing/Inter 11:00 Club 99 Exercise Prog. 11:00 Zumba 12:00 Stay Fit Dining 1:00 Knitters Group	20 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:30 Watercolor Painting 12:00 Stay Fit Dining 12:30 Birthday Bash 1:00 Mah Jong 1:00 Pinochle Tournament 1:00 Current Event
23 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Blue Cross/Blue Shield 11:00 Chair Yoga 12:00 Stay Fit Dining 12:30 Bridge 1:00 Mind Aerobics 1:00 Spanish 1:00-3:00 Blood Pressure Screening	24 9:00 Pool Shooting 9:00 Men's Fitness 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Bingo/Hand & Foot/Dominos 1:00 Acrylic Paint 1:00 Adult Coloring 5:00 Yoga 6:30 Zumba	25 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 10:15 Beginner Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Popcorn & Movie 1:00 Sketch Class 1:15 Tai Chi World War II**	26 9:00 Pool Shooting 9:00 Men's Fitness 9:45 Tap Dancing/Inter 11:00 Club 99 Exercise Prog 11:00 Zumba 12:00 Stay Fit Dining 1:00 Knitters Group 1:00 AARP Defensive Driving Class	27 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:30 Watercolor Painting 10:30 Sing A-Long 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle 1:00 AARP Defensive Driving Class

**MEMORIAL DAY—
CENTER CLOSED**



MAY 2016

****Designates
University Express
Program, Contact
the Center at 662-
6452 to register**