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

This Memorial Day we salute the men and women who served to protect our Country
**Notes from Debbie . . . .**

Mark your calendars for the annual Orchard Park Senior Summer Games. Summer Games will be held July 10th through July 14th. This is an opportunity to meet new people and participate in events such as Minute to Win It, Trivia, Bocce, Nine Ball Pool, Horseshoes, Corn Hole Toss, Euchre, Bridge and other games. The Senior Games offer something for everyone 55+ years. Another way of getting involved in this fun filled week is by volunteering to facilitate a game. Pick up a registration form at the Center June 19th through July 6th and join us! If you would like your registration form mailed to you please contact the center at 662-6452.

Monday, May 29th is Memorial Day a day set aside to remember those who died while serving in the country's armed forces. Thank you to all who served our Country.

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### UNIVERSITY EXPRESS

Sponsored by Erie County RSVP (Retired Senior Volunteer Program) brings stimulating classes on current affairs, history, science, the arts, wellness and more to Senior Centers. Pick up a complete brochure at the Senior Center. Classes are free and available to seniors 55+, but you must register at 662-6452. Seating is limited.

<table>
<thead>
<tr>
<th>Class</th>
<th>Instructor</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cyber Security &amp; Identity Theft</td>
<td>Robby Dunn, community outreach manager and certified credit counselor, Consumer Credit Counseling Services of Buffalo</td>
<td>Monday, May 1st at 1:30pm</td>
</tr>
<tr>
<td>Turkey's Entanglement in the Syrian Turmoil</td>
<td>Dr. Mustafa Gokcek, associate professor of History at Niagara University</td>
<td>Thursday, May 4th at 1:30pm</td>
</tr>
<tr>
<td>The Attica Prison Uprising</td>
<td>Lee Coppola, retired dean of Journalism, St. Bonaventure; mediator; arbitrator</td>
<td>Friday, May 5th at 1:30pm</td>
</tr>
<tr>
<td>What You Need to Know about the New York Constitution</td>
<td>Peter J. Galie, Professor Emeritus of Political Science at Canisius College</td>
<td>Monday, May 8th at 1:30pm</td>
</tr>
<tr>
<td>Your Rights as a Nursing Home Resident</td>
<td>Anthony Szczygiel, professor, SUNY Buffalo School of Law</td>
<td>Thursday, May 11th at 1:30pm</td>
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<tr>
<td>Understanding Blood Pressure Goals</td>
<td>Frank Pietrantoni, Wegmans pharmacist</td>
<td>Thursday, May 11th at 3:00pm</td>
</tr>
<tr>
<td>Mary Todd Lincoln: The Agony and Ecstasy of the “Hellcat”</td>
<td>Norm Mineo, retired banker &amp; history enthusiast</td>
<td>Monday, May 15th at 1:30pm</td>
</tr>
<tr>
<td>Women of New France</td>
<td>Eileen Angelini, Ph.D., Fulbright Scholar and Chevalier dans l’Ordre des Palmes Academiques</td>
<td>Thursday, May 18th at 3:00pm</td>
</tr>
<tr>
<td>Native American Culture</td>
<td>Pete Hill, Project Director, Native American Community Services of Erie and Niagara Counties, Inc.</td>
<td>Friday, May 19th at 1:30pm</td>
</tr>
</tbody>
</table>

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### Age Friendly Communities - Efforts in Erie County

- **Monday, May 22nd at 1:30pm**
  - **Instructor:** Molly Ranahan, Ph.D. candidate in Urban and Regional Planning, SUNY Buffalo; research analyst, Erie County Department of Senior Services
  - **Program:** Buffalo's East Side Industry
  - **Notes:** Shane E. Stephenson, Bflo and E.C. Workforce Development Consortium; library and archives technician at Buffalo History Museum; owner of Archives in the Buff.

- **Chair Massage**
  - **Monday, May 1st & Monday, May 22nd**
  - **Time:** 9:00 am - 11:00 am
  - **Location:** Angela Nemeth, LMT, will be offering 15 minute chair massages at the center. Cost is $12.00 for a 15 minute session. Contact the center to make an appointment.

- **Flight 3407**
  - **Tuesday, May 9th at 1:15 pm**
  - **Program:** David Bissonette, Emergency Management Specialist and Disaster Coordinator of Clarence Center will share lessons he learned when Continental Flight 3407 crashed in Clarence Center, NY in 2009. Please register in the office.

- **Mother's Day Luncheon & Entertainment**
  - **Wednesday, May 10th at Noon**
  - **Program:** To honor the mom’s, grandmothers, aunts and special women in our lives join us for a Mother’s Day Luncheon. Following lunch, entertainment will be provided by Jack Civiletto. Please make your lunch reservation with Jeanne by Tuesday, May 22nd.

- **Erie County Senior Service Caseworker**
  - **Thursday, May 11th 11:00 am — 1:00 pm**
  - **Program:** 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)

- **Flows & Cash**
  - **Friday, May 12th at 1:00 pm**
  - **Program:** Enjoy two favorites today . . . the music of Johnny Cash performed by Billy Dee and a root beer float. Cost for this event is $3.00. Register in the office.

- **Birthday Bash Let’s Celebrate!!**
  - **Tuesday, May 23rd at 12:30 pm**
  - **Program:** Jeanne Zablotskyy our Site Manager invites those who have a May birthday to submit a photo of yourself in your younger days by Wed. 5/17. Everyone is welcome and will enjoy a delicious birthday dessert.

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**Monday, May 29th - Center Closed Memorial Day**
Looking Ahead...  

UNIVERSITY EXPRESS CLASSES OFFERED: Classes are free and available to seniors 55+, but you must register at 662-6452. Seating is limited.

Healthy Living for your Brain and Body:  
Tips from the Latest Research  
Thursday, June 1st at 1:30pm  
Instructor: Julia Szpyrgada, Alzheimer’s Association

Vietnam Reflections  
Monday, June 5th at 1:30pm  
Instructor: Michael Keene, author and enthusiast

Human Rights and Human Wrongs  
Thursday, June 8th at 1:30pm  
Instructor: Claude Welch, SUNY Prof. of Political Science

Discovering Buffalo, One street at a Time: Part 3  
Friday, June 9th at 1:30pm  
Instructor: Angela Keppel, Urban Planner

Women of the Roycroft  
Monday, June 12th at 1:30pm  
Instructor: Linda Ulrich

Vote with Confidence  
Thursday, June 15th at 1:30pm  
Instructors: Leonard Lenihan, Former Commissioner

Good Bugs for Good Health  
Monday, June 19th at 1:30pm  
Instructor: Jennifer Johnson, BC/BS Wellness Coordinator

U.S and the Muslim World  
Thursday, June 22nd at 1:30pm  
Instructor: Faizan Haq, lecturer, SUNY Buffalo

Prescription Insurance Problems Explained  
Friday, June 23rd at 1:30pm  
Instructor: Frank Pietrantoni, Wegmans pharmacist

Early Buffalo Music and Entertainment  
Monday, June 26th at 1:30pm  
Instructor: Rick Falkowski, founder Bflo Music Hall of Fame

Four African-American Artists  
Thursday, June 29th at 1:30pm  
Instructor: Jean Serusa, certified New York educator

Cuba: A Land in Transition  
Friday, June 30th at 1:30pm  
Instructor: Harry Meyer, Explore Buffalo docent

Father's Day Luncheon & Entertainment  
Friday, June 16th at Noon  
A day to celebrate the dads, grandfathers, uncles and special men in our lives. Following lunch, entertainment will be provided by Bruce Nowak. Bruce will entertain you with the oldies especially Sinatra. Please make your lunch reservation with Jeanne by Tuesday, June 6th.

Strawberry Social  
Tuesday, June 20th at 1:00 pm  
Enjoy the songs you love from Sinatra and Martin performed by Mike Nugent. Following the entertainment enjoy a delicious strawberry dessert. Cost is $3.00, please register and pay in the office.

Discovering Buffalo!  
Buffalo is an amazing city filled with history and architecture. This summer the Center is offering day trips and a baseball game to focus on Buffalo!

Buffalo Harbor Tour,  
Theodore Roosevelt Inaugural Site & Lunch  
Wednesday, June 28th  9:00 am - 3:00 pm  
Your day will begin with a narrated bus tour by Explore Buffalo. The tour includes the Buffalo Harbor, Silo city and the inner and outer harbor development. Following the tour we will visit the Theodore Roosevelt Inaugural Site and our day will finish with lunch at Pearl Street Grill. Cost is $36.00 which includes school bus transportation. Space is limited. Registration begins Tuesday, May 2nd.

Miss Buffalo Tour & Lunch  
Tuesday, July 18th  10:15 am - 3:30 pm  
Start the day with lunch on the Miss Buffalo. Following lunch enjoy a two hour narrated tour of Western New York’s unique waterfront heritage. Cost is $34.00 which includes transportation. Space is limited. Registration begins Tuesday, May 2nd.

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 to the Center. Cost is $27.00. Registration begins Tuesday, June 13th.

Bisons Baseball Game & Dinner  
Thursday, August 17th  12:15 pm depart center  
Let’s go to a ballgame! For the past 20 years Mark Stevens of Mark Stevens Financial, LLC in Orchard Park has been sponsoring a baseball outing as a tribute to his mother who passed of Alzheimer’s. Following the game we will return to the center for pizza, wings and dessert. Cost for the outing is $12.00 which includes transportation. Registration begins Tuesday, June 13th.

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

50 cents includes popcorn and drink

May 3rd  Lion (drama) A five-year-old Indian boy gets lost on the streets of Calcutta. He survives many challenges before being adopted; 25 years later, he sets out to find his lost family. *no encore showing*  
May 10th  No Moving Showing - Please join us for our Mother’s Day Luncheon with Jack Civiletto (see pg. 2).  
May 17th  Manchester by the Sea (drama) A depressed uncle is asked to take care of his teenage nephew after the boy's father dies. *no encore showing*  
May 24th  Founder (biography) The story of Ray Kroc, a salesman who turned two brothers' innovative fast food eatery into McDonald's. *no encore showing*  
May 31st  La La Land (comedy/drama) A jazz pianist falls for an aspiring actress in Los Angeles. *no encore showing*
## 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.

### Yoga

- **Wednesdays, March 22nd - May 31st** at 11:30 am  
  Cost $35.00 for each 10 week session.
- **Fridays, March 17th - June 2nd** at 9:00 am  
  Cost $35.00 for each 10 week session.
- **Tuesday Evening Yoga**  
  **Tuesday, May 30th - June 27th** at 5:00 pm  
  Cost $30.00 for an 8 week session.

### Chair Yoga

- **Monday, May 8th - July 17th** at 10:45 am  
  Cost $30.00 for an 8 week session.

### Tap Dancing For Fun

- **Monday, March 20th - May 22nd** at 9:30 am  
  This class is designed for those who want to learn to tap dance, or who have previously tap danced and want to tap again. Cost for a 8 week session is $30.00.

### Acrylic Painting Class

- **Tuesday, May 16th - June 20th** at 12:30 pm  
  Cost $25.00 for a 6 week session.

### Sketch Class

- **Wednesday, May 17th - June 21st** at 1:00 pm  
  Cost $25.00 for a 6 week session.

### Watercolor Painting Class

- **Friday, May 26th - June 30th** at 10:30 am  
  Cost $25.00 for a 6 week session.

### Spanish Again! Español OtraVez!

- **Monday, April 24th - June 19th** at 1:00 pm  
  The class is designed to help the individual learn more about the world’s second most popular language.  
  Cost for an eight week session is $30.00.

### Mind Aerobics

- **Mondays at 10:15 am**  
  Join us for a fun filled hour! Research has shown brainteasers, word puzzles, critical thinking, and trivia often delays the onset of Alzheimer’s. This weekly mental workout will keep you fit. Everyone is Welcome!!

### B I N G O !!

- **Tuesdays at 1:00 pm**  
  Join us for a fun filled hour of bingo. Boards are $1.00. All are welcome!!

### Looking Ahead . . . . Bocce is back in June!

- **Couples Team Mondays at 9:00am begins June 5th**  
  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. Bocce is played at Green Lake the months of June, 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.

### Looking For . . .

- **Hand & Foot card game players.**  
  If interested please contact the center 662-6452.

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### Pickle Ball

- **Tuesdays & Thursdays 11:00 — 1:00 pm at South Towns Tennis Center**  
  A fun sport that combines many elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn. Pickle ball is played at the South Towns Tennis Center.

### 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!!*

### Beginner Tai Chi

- **Thursday, April 6th - May 25th at 1:00 pm**  
  Cost is $30.00 for a 8 week session.

### Advanced Tai Chi

- **Wednesday, May 17th - June 28th 1:00 pm**  
  This one hour program is for those with some Tai Chi experience. New students are welcome.  
  Cost $26.00 for a 7 week session.

### Tai Chi for Arthritis Program

- **Tuesdays & Thursdays 2:30 pm — 3:30 pm**  
  **Tuesday, April 4th — Thursday, June 1st**  
  This is a FREE eight 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

- **May 1st - July 7th**  
  **Monday, Wednesday and Friday 9:00-10:00 am**  
  Cost $30.00 for a 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.**

### Zumba

- **Thursday, April 6th - June 22nd at 11:00 am**  
  Cost $30.00 for a 8 week session.

### Evening Zumba

- **Tuesday, April 11th - June 13th at 6:30 pm**  
  Cost $30.00 for a 8 week session.

### Mah Jong

- **Fridays at 1:00 pm**  
  All are invited to participate.

### Euchre

- **Fridays at 10:15 am**  
  All are invited to participate.
CONTACT THE CENTER TO REGISTER  662-6452

Personal Computer Lesson
Thursday, May 18th
10:00-11:00 am, 11:00-12:00 am and 2:00 to 3:00 pm
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. Cost is $5.00 per class.
*FREE*  Ipad 101  *FREE*
Thursday, May 18th, 1:00 - 2:00 pm
This is a beginner course to help you understand all the
basic things you need to know to use the Ipad.
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, May 1st at 12:30 pm
Everyone is Welcome!

Pinochle Tournament
Friday, May 19th at 1:00pm
Everyone is Welcome! Call the center to sign up for the May pinochle tournament.

Buffalo Philharmonic Orchestra

Swingin’ Stars and Stripes
Friday, May 26th, 10:30 am performance
Bus Departs the Senior Center at 8:30 am.
*Please note:  Five stair entrance to Hamlin House Restaurant*

2017-2018 Upcoming Shea’s & BPO Performances
Plans are underway to attend the following performances at Buffalo Philharmonic and Shea’s
Performing Art Center. For more information please check the upcoming newsletters.

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:
Sept. 2017  On Your Feet (Gloria Estefan Musical)
June 2018  Love Never Dies The Phantom Returns
2018 t.b.a.  Hamilton

Medicare Advantage Plan
Sales Representatives will be at the Center:
Blue Cross Blue Shield
Wed. May 3rd & Mon. May 15th 10:00 am - Noon
Fidelis Care of NY
Monday, May 8th 10:00am - Noon
Univera Healthcare
Wednesday, May 10th  9:00 - 11:00 am
Independent Health’s Family Choice HMO-SNP
Tuesday, May 16th 9:30 - 11:30 am

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.

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

We’re on FACEBOOK
CHECK US OUT . . .
Orchard Park Senior Center
Like & Share!

A Note from Jackie Briggs, Senior Council President
The Senior Council of Orchard Park, Inc. has asked New
York State to change our 501(c)(3) name to
COMMUNITY ACTIVITY COUNCIL OF ORCHARD PARK.
In November, 62% of the community voted yes that they
wanted this type of center and that is why we have asked
that our name be changed. It will be for all of our residents,
no matter your age. The Senior Center will be in this building
at Brush Mountain Park and will be on one floor with a lot
more rooms to hold our many varied activities and events.
I am looking forward to our new center and hope all seniors
are looking forward to all the space we will have.  ~ Jackie

A.A.R.P. Driver Safety Program
Offered at the Orchard Park Senior Center
1:00 - 4:00 pm. Classes will be held:
Thursday, May 25th & Friday, May 26th
Thursday, June 29th and Friday, June 30th
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.
<table>
<thead>
<tr>
<th>Day</th>
<th>Meal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 5/1</td>
<td>Turkey Burger w/Gravy, Mashed Sweet Potatoes, Green Beans, Roll, Pineapple Tidbits</td>
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<tr>
<td>Tues 5/2</td>
<td>Hot Dog w/Baked Beans, Bun, Broccoli, Red Potatoes, Chocolate Pudding</td>
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<tr>
<td>Wed 5/3</td>
<td>Beef &amp; Rice Patty w/ Cabbage, Mashed Potatoes, Breakaway Roll</td>
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<tr>
<td>Thur 5/4</td>
<td>Sweet &amp; Sour Chicken w/ White Rice, Spinach Beans, Cookie Jeanne’s Choice: Soup or Salad</td>
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<tr>
<td>Fri 5/5</td>
<td>Chili Con Carne, w/ Cheese, Tortilla, Carrot Chef Salad w/Dressing</td>
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<td>Mon 5/8</td>
<td>BBQ Pork Ribette, Bun, Mashed Potatoes Peas</td>
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<tr>
<td>Tues 5/9</td>
<td>Chicken &amp; Sausage Gumbo Over Rice, Green Beans, Corn</td>
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<tr>
<td>Wed 5/10</td>
<td><strong>Mother’s Day Lunch</strong> Br. Boneless Chicken w/Jardinieri Gravy, Rice Pilaf, Salad, Carrot</td>
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<td>Thur 5/11</td>
<td>Meatloaf w/ Gravy, Mashed Potatoes, Spinach Rye Bread Jeanne’s Choice: Soup or Salad</td>
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<tr>
<td>Fri 5/12</td>
<td>Breaded Fish w/tartar sauce, Macaroni &amp; Cheese, Broccoli, Grape Juice</td>
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<tr>
<td>Mon 5/15</td>
<td>Breaded Chicken Breast w/ Cacciatorre Sauce Mashed Squash, Green Beans, Italian Bread</td>
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<tr>
<td>Tue 5/16</td>
<td><strong>JEANNE’S LUNCH:</strong> Baked Ziti w/Meatballs, Chef Salad, Breadstick and Ice Cream Dessert</td>
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<td>Wed 5/17</td>
<td>Roasted Turkey Breast w/Gravy &amp; Stuffing Peas &amp; Carrots, Mashed Potatoes, Spice Cake</td>
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<tr>
<td>Thur 5/18</td>
<td>Southwest Chicken Tortilla w/Mexi-Ranch Dressing, Corn, Bean &amp;Tomato Relish Jeanne’s Choice: Soup or Salad</td>
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<tr>
<td>Fri 5/19</td>
<td>Stuffed Pepper w/Sauce, Mashed Potatoes Wax Beans w/ Mushrooms &amp; Carrots, Roll</td>
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<tr>
<td>Mon 5/22</td>
<td>Creamy Turkey w/ Penne Pasta, Fiesta Corn Mixed Veggies, Lorna Doone Cookie</td>
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<tr>
<td>Tue 5/23</td>
<td>Sloppy Joe Sandwich, Bun, Carrot, Italian Bean Medley, Pineapple</td>
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<tr>
<td>Wed 5/24</td>
<td>Baked Ham Steak w/ Mustard Sauce, Potatoes Squash, Rye Bread</td>
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<tr>
<td>Thur 5/25</td>
<td>Sliced Roast Beef w/ Gravy, Hamburger Bun, Mashed Potatoes, Green Beans Jeanne’s Choice: Soup or Salad</td>
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<tr>
<td>Fri 5/26</td>
<td>BBQ Chicken Leg, Mashed Potatoes, Broccoli Dinner Roll</td>
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<tr>
<td>Mon 5/29</td>
<td>Center Closed - Memorial Day</td>
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<tr>
<td>Tues 5/30</td>
<td>Breaded Chicken Breast w/ Scallopini Sauce Mashed Sweet Potatoes, Green Beans, Roll</td>
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<tr>
<td>Wed 5/31</td>
<td>Macaroni &amp; Cheese, Beets, Broccoli, Rye Bread, Banana</td>
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</tbody>
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**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 is **$3.00**. Please call Jeanne at 662-6452 by Tuesday 10:00 am to make reservations for the upcoming week. Also, remember, if you haven't made a reservation you may contact Jeanne to fill a cancellation.

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**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 Schlierf, 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:**
  Meets the 1st and 3rd Wednesday at American Legion Post, N. Buffalo Rd. Jim Twist, President 674-8661.
  For travel contact Ruth Duffy 649-7026.

- **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, May 4th** The Grange
  Contact: Dixie Bileschi at 674-9348

- **Thursday, June 1st** Colony Restaurant
  Contact: Dixie Bileschi at 674-9348

The next meeting is Tuesday, May 2nd 10:00am 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**

**SENIOR CENTER NEWSLETTER IS ON LINE!**

Go to townoforchardparkny.org click on Senior Center and click on Newsletter, it’s that easy!
<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>Monday</td>
<td>Pool Shooting</td>
<td>9:00</td>
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<tr>
<td></td>
<td>Ladies Exercise</td>
<td>9:00</td>
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<tr>
<td></td>
<td>Yoga</td>
<td>9:00</td>
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<tr>
<td></td>
<td>Exercise &amp; Stretching</td>
<td>9:15</td>
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<tr>
<td></td>
<td>Yoga</td>
<td>9:30</td>
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<td></td>
<td>Bridge Line Dancing</td>
<td>9:45</td>
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<tr>
<td></td>
<td>Chair Massage</td>
<td>10:00</td>
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<tr>
<td></td>
<td>Acrylic Painting</td>
<td>10:15</td>
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<tr>
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<td>Spanish Conversation</td>
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*Note: Time is in 24-hour format.*