



Orchard Park Senior Center

70 Linwood Avenue
Orchard Park, NY 14127



JUNE 2019 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

Debbie Santiago

Bocce at Green Lake Is Back!!



See page 3 for details.



Notes from Debbie . . .

Not a week goes by that I don't see an article on aging. Whether it's managing your diabetes, controlling blood pressure, falls prevention etc. An article that keeps coming to mind is an article on "Loneliness and Social Connections: A National Survey of Adults 45 and Older". AARP conducted a survey and found that 1 in 3 older adults age 45 and older are lonely. The study was interesting as it covered incidence, cause, and predictors of loneliness as well as loneliness-related health problems (anxiety, depression or another mood disorders). A positive note in the article discussed social and community engagement, including establishing engagement with neighbors which is key to fighting loneliness. Orchard Park offers many community events.

The upcoming months you have the opportunity to attend the Taste of Orchard Park, an Ice Cream Social, Festival of the Arts, and outdoor entertainment to name a few. And . . . just a reminder, the Senior Center is good medicine in combating this issue too. We offer presentations, social activities, dining opportunities too, all you need to do is stop in, visit with your friends at the center and meet new ones.

A Note from the Community Activity Council of Orchard Park, Inc.



The members of the Council would like to say **THANK YOU** to Jacqueline Briggs for all the hours of hard work and dedication she put forth to make the Community Activity Center a reality. Jackie has been our leader for several years and we are going to miss you. We are all anxiously looking forward to our new community center and will have a party when we get in.

Congratulations Linda Bolt! Linda was the winner of the April gift card prize raffle. Thank you for everyone who purchased a ticket to our monthly raffle and Orchard Park Senior Travel Group for the generous donation.

SUPERMARKET SWEEP FUNDRAISER

The Community Activity Council of Orchard Park & Tops Markets presents **SUPERMARKET SWEEP**



Saturday, October 26, 2019 at 7:00 am
Cost is \$10.00 per ticket. A Supermarket Sweep is a timed race through the grocery store, filling your cart with as many groceries as you can!

*For additional information contact Maryann at 825-6460.
Purchase tickets at the Senior Center.*

SPECIAL EVENT

Forest Lawn Cemetery Trolley Tour & Lunch Wednesday, September 18th

Take a tour on the Forest Lawn Trolley as you hear about the historic and beautifully landscaped grounds. Learn about the history, rural cemetery movement, art and architecture, trees, water and waterways and the residents of the cemetery. Following the tour, we will be having lunch at Cole's on the Elmwood Avenue.

Cost is \$50.00 and spaces are limited.
Payment is due at registration.
Please register and pay in the office.

IMPORTANT PHONE NUMBERS

AARP	1-800-424-3410
EPIC	1-800-332-3742
Erie County Adult Protection	858-6877
Erie County Senior Services	858-8526
Social Security	1-800-647-9195
Town Clerk	662-6410
Supervisors Office	662-6400
Meals on Wheels	822-2002

TRANSPORTATION

Rural Transit	662-8378
Going Places Van	858-7433

Community Activity Council of Orchard Park JUNE PRIZE RAFFLE \$50.00 VISA Gift Card

Generously Donated by Armor Senior Group

The Activity Council is raising funds to furnish the new Community Activity Center. Show your support by purchasing a chance to win the \$50.00 VISA gift card.

Each chance is \$1.00 per ticket.

You can buy the tickets in the senior center office or at the senior / travel group meetings.

Winner will be drawn on July 1st.

All proceeds benefit the Community Activity Center.



Bocce is back in June!

Couples Team Bocce
Mondays at 9:00 am begins June 3rd

Open Bocce
Tuesdays at 9:00am begins June 4th

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 during 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.

Please park in the gravel lot for Bocce.

Univ. Express: Breaking Old World

Monday, June 3rd at 1:30pm

The key to breaking your genealogy research is knowing your immigrant ancestors' origins. Learn about American records that can help. Instructor: Rhonda Hoffman, genealogy librarian, Buffalo & Eire County Public Library. Contact the senior center to register.

Univ. Express: The Healing Power of Cold
Tuesday, June 4th at 1:30pm

This presentation has been CANCELED. Sorry!

Welcome to the Senior Center
Thursday, June 6th at 9:30 am

Are you new to attending events, classes or activities at the senior center? Stop in and learn about what the senior center has to offer. Light refreshments will be served. Please register in the office.

Univ. Express: 1984
Thursday, June 6th at 1:30pm

A Dystopian look into the future which has visions of today. George Orwell's frightful look at a possible world if we are not careful. Instructor: Jim Banko, retired high school English teacher, Buffalo Public Schools. Contact the senior center to register.

National Doughnut Day
Friday, June 7th at 10:15 am

Join us for a donut, coffee and social hour in honor of National Doughnut Day. Join us for this free event.

Univ. Exp: Vincent Van Gogh, Validated
Friday, June 7th at 1:30pm

Van Gogh's 19th-century life has suddenly taken on a new glow with 21st-century insights. Get a deeper appreciation for the genius of this man. Instructor: Jean Serusa, certified New York State Art Educator. Contact the senior center to register.

**Univ. Exp: A Little Known History of
Discrimination in New England: The Ku Klux Klan**
Monday, June 10th at 1:30pm

The Ku Klux Klan Attacks on Franco-Americans in the First Half of the 20th Century: This presentation provides a concise historical outline of the French connection between Canada and New England with special attention given to Ben Levine's documentary, Réveil – Waking Up French: Instructor: Eileen M. Angelini, Fulbright Scholar and Chevalier dans l'Ordres des Palmes Academiques. Contact the senior center to register.



Volunteer Opportunities Meeting
Tuesday, June 11th at 12:45 pm

Have you thought about volunteering? Want to start volunteering but don't know what's offered? Attend this meeting to meet other volunteers and find out what volunteer opportunities are available at the center. Volunteering gives you an opportunity to meet new people, the satisfaction of knowing you are needed and appreciated, as well as attending our volunteer appreciation events.

Univ. Exp: Marc Chagall, Artist
Thursday, June 13th at 1:30 pm

Learn how this modern artist wove the Jewish culture of traditions and symbols into the fiber of his work. Instructor: Jean Serusa, certified New York State Art Educator. Contact the senior center to register.

**Univ. Exp: Resistance Bands for
Strength Training**
Friday, June 14th at 9:00am

Learn about the benefits of upper- and lower-body strength training, the different types of resistance bands, and how resistance programs can improve balance. Instructor: Jill Bronsky, Owner, Forward Fitness Inc.; Author. Contact the senior center to register.



Community Activity Center UPDATE
Friday, June 14th at 11:15 AM

Councilman Mike Sherry will briefly review the history of planning, contracting, and construction for the Community Activity Center. Mike will focus on an up-to-date progress report, plans for tours, and projected time frames for completion. Please contact the center to register if you plan on attending.

Univ. Exp: Parkinsons 101
Friday, June 14th at 1:30pm

We'll discuss what Parkinson's disease is, the signs and symptoms, who it strikes, causes, and current treatments. Instructor: Christopher Jamele, Executive Director, National Parkinson Foundation of Western New York. Contact the senior center to register.

Univ. Exp: An Introduction to Native American Cultural Competency
Monday, June 17th at 1:30pm

This session will provide a short overview of the many cultural strengths, outside influences, and resiliency of Indigenous peoples to continue working for the Seventh Generation to come. Some major Native cultural concepts will be explained. Instructor: Pete Hill, Project Director, Native American Community Services of Erie & Niagara Counties, Inc.

Contact the senior center to register.

Univ. Exp: Why Hospitals Close
Tuesday, June 18th at 1:30pm

Learn how hospitals and health care facilities can better fit their modern purposes — to produce more health, rather than just deliver more health care. Instructor: Lito Gutierrez, MD, retired medical director of the Regional Medical Unit, Wende Correctional Facility, NYS Department of Corrections.

Contact the senior center to register.

Strawberry Social
Thursday, June 20th at 1:00 pm
***SOLD OUT** waiting list only*

SPECIAL THANKS TO UNITED HEALTHCARE FOR SPONSORING THIS EVENT.

Univ. Exp: American Marxists: Boris and Anna Reinstein and the Socialist Movement in Buffalo
Friday, June 21st at 1:30pm

We'll focus on the Reinstains' roles in providing leadership for the radical Marxist movement in Buffalo through World War I. Instructor: Andrew Kier Wise, Professor of History and Director of the Center for Polish Studies, Daemen College.

Contact the senior center to register.

Game Day & Snack Potluck
Friday, June 24th at 12:45 pm

Do you enjoy board games and card games or just socializing? Bring a game to play or use the centers games for an afternoon of fun. Bring a snack to share and join the fun at our Game Day.

Please register in the office.

Univ. Exp: BREXIT: In or Out? Implications for the EU, the UK, and the US
Monday, June 24th at 1:30pm

Take a deep dive into the UK's history as an awkward partner, the different post-Brexit scenarios, and implications for political and economic security. Instructor:

Dr. Laurie Buonanno, Professor of Political Science, Buffalo State College
 Contact the senior center to register.

Elderly Pharmaceutical Insurance Coverage (EPIC) Program Information Session
Tuesday, June 25th at 12:45 pm

Senator Chris Jacobs invites you to attend this presentation which will advise you on the Elderly Pharmaceutical Insurance Coverage (EPIC) Program. EPIC saves you more money on the cost of your prescription drugs by supplementing your Medicare Part D plan. Hear from an EPIC outreach specialist to learn more about the program, eligibility guidelines and benefits as well as have your questions answered.

Contact the senior center to register.

June Birthday Bash

Wednesday, June 26th at 12:30 pm

Let's Celebrate!! Jeanne Zablotsky our Site Manager invites those who have a June birthday. Submit a photo of yourself in your younger days by June 21st. Everyone is welcome and will enjoy a delicious birthday dessert.

WELCOME SUMMER DINNER
at the Senior Center
Wednesday, June 26th 4:00 pm

Enjoy a delicious Chiavetta's chicken dinner with all the fixins. Following dinner enjoy live entertainment by Tom Hastings. Cost is \$10.00.

Payment is due at the time of registration.

Space is limited. Don't miss out on this fun evening. SPECIAL THANKS TO CLEAR CAPTIONS FOR THEIR GENEROUS DONATION TOWARD THIS EVENT.

Reservations with payment will be accepted in the senior center office until Tuesday, June 18th or when sold out.

Univ. Exp: H.M.S Bounty: A Mutiny in Paradise
Thursday, June 27th at 1:30pm

Separate the facts from the legend of what really happened during this voyage over 225 years ago.

Instructor: Ron Smith, retired business man & history enthusiast.

Contact the senior center to register.

Univ. Exp: Millard Fillmore Revisited
Friday, June 28th at 1:30pm

Explore the campaign to deny future requests to attach the Fillmore name to places or things due to his signing of the 1850 Fugitive Slave Act. Instructor:

Claude Welch, Distinguished Service Prof.; Political Science, SUNY Buffalo.
 Contact the senior center to register.

LOOKING AHEAD TO JULY

Univ. Exp.: Fourth of July Presentation: Signing Their Lives Away

Monday, July 1st at 1:30 pm

Our discussion is guided by the book "Signing Their Lives Away: The Fame and Misfortune of the Men Who Signed the Declaration of Independence."

Instructor: Norman Mineo, retired banker and history enthusiast. Contact the senior center to register.

Celebrate the Fourth of July at the Center Wednesday, July 3rd at 1:00 pm

See back page for details

Easy Cooking Made Healthy Monday, July 8th at 1:00 pm

A nutrition session on healthy eating made easy by Be Healthy Buffalo. This class will focus on what food is healthy food and how to make easy recipes. Chef Corey, owner of 716Fresh will also give a cooking demo using the ingredients discussed in the talk and how to incorporate them into easy recipes.

Contact the senior center to register.

Univ. Exp.: What Is Prediabetes? Thursday, July 11th at 1:30 pm

Learn about the risk factors for prediabetes and ways to prevent developing the condition. Instructor: Darcie Hanson, R.N., clinical coach, BlueCross BlueShield of WNY. Contact the senior center to register.

Senior Center Dinner Club - The Public House 4914 Lake Shore Rd., Hamburg Thursday, July 11th at 5:00pm

Dinner Entrees

Herb Roasted Chicken Breast	\$34.00
Roasted Pork Tenderloin	\$35.00
Pan Seared Salmon	\$40.00
Carved Prime Rib	\$44.00

Entrée includes choice of potato, vegetable, salad, coffee/tea, dessert - Cash bar is available
Price includes tax and gratuity.

Please contact Rosemary Tozzo (435-5810) by Monday, July 1st with your entrée selection and payment. Everyone is Welcome! The Dinner Group meets at 10:00 am the first Tuesday of the month.

Veterans Seminar

Friday, July 12th at 1:00 pm

Joseph Miller of Dengler, Roberts, Perna Funeral Home will show a video tribute to Veteran's and explain Benefit entitlements. Light refreshments will be served. Please register in the office.

Ice Cream Social

Thursday, July 25th at 1:00 pm

Take a break from the heat and enjoy Jack Civiletto as he performs the musical favorites made famous by an entertainment giant, Frank Sinatra. Following the entertainment, enjoy an ice cream sundae with all the toppings!

**SPECIAL THANKS TO UNIVERA HEALTHCARE
FOR SPONSORING THIS EVENT.**

Cost is \$2.00. Please register and purchase your ticket in the office by Friday, July 19th or when sold out.



29th Annual

Orchard Park Senior Games

Join us for week filled with friendly competition in fun events. All participants receive an award and are invited to an award breakfast.

Registration forms are available June 3rd through July 8th at the Senior Center.

Monday, July 15th

9:00 am Bocce (couples) at Green Lake
12:30 pm Duplicate Bridge Tournament
1:00 pm Trivia Daze

Tuesday, July 16th

9:00 am Bocce (open) at Green Lake
1:30 pm Euchre Tournament

Wednesday, July 17th

9:30 am Hand & Foot Tournament
1:30 pm Outside Games (at Old Orchard Park) *(afternoon includes: Bean Bag Toss, Putt to the Hole, Ladder Toss, Basketball Challenge, Egg & Spoon Obstacle Course, Water Balloon Challenge & Marshmallow Drive)*

Thursday, July 18th

9:00 am Raindate: Bocce at Green Lake
9:00 am Mexican Train Dominoe Tournament
9:30 am Walking Challenge (1/2 & 1 mile) *(held at S. Davis Elementary)*
Walking Challenge Rain Date Wed. 7/24
1:00 pm Nine Ball
1:00 pm Pinochle Tournament

Friday, July 19th

9:00 am Pickle Ball at Southtowns Tennis Ctr.
1:00 pm Mah Jong
1:00 pm Minute to Win It

Stay Fit Dining Program

Lunch served at noon Monday through Friday.

The suggested contribution is **\$3.00**.

To make a reservation for lunch please call Jeanne at 662-6452 (option #3) by Tuesday 10:00 am for the upcoming week. If you are unable to keep your reservation, please call the Center **as early as possible**
Thank You!

Please arrive for lunch by NOON each day or your lunch may be cancelled.

- Mon 6/3 Rotini w/Meatballs & Sauce, Cauliflower Spinach, Fruit Cocktail
 Tue 6/4 Breaded Chicken Breast w/Bflo-Sauce, Corn Broccoli, Seasonal Fruit, Chocolate Milk
 Wed 6/5 Roast Turkey w/Stuffing, Gravy, Mashed Sweet Potato, Peas, Tapioca Pudding w/Peaches
 Thu 6/6 Chicken Salad w/Cranberries, Whole Grain Crackers, Chocolate Mousse
 Fri 6/7 Roast Pork w/Cinnamon Apples, Mashed Potatoes, Carrots, Wheat Bread, Fr. Spice Cake
- Mon 6/10 Turkey a la King, Mashed Potatoes, Carrots Biscuit, Chocolate Chip Cookies
 Tue 6/11 Baked Salmon w/Pineapple Salsa, Vegetable Rice Pilaf, Broccoli, Cornbread, Baked Pear Crisp
 Wed 6/12 Br. Chicken Drumsticks, AuGratin Potatoes Green Beans, Dinner Roll, Chocolate Éclair
 Thu 6/13 Roast Beef w/Gravy, Sweet Potatoes, Brussels Sprouts, Rye Bread, Fruited Gelatin
 Fri 6/14 Julienne Salad, Whole Wheat Roll, Orange Sherbet
- Mon 6/17 Italian Sausage w/Peppers, Onions & Sauce Roasted Red Potatoes, Mixed Vegetables, Pineapple
 Tue 6/18 Meatloaf w/Gravy, Mashed Potatoes, Broccoli, White Bread, Vanilla Mousse
 Wed 6/19 Grilled Chicken Caesar Salad, Wheat Dinner Roll, Seasonal Fruit, Chocolate Milk
 Thu 6/20 Veal Parmesan w/Sauce, Italian Green Beans, Cauliflower, Dinner Roll, Fr. Marble Cake
 Fri 6/21 Hamburger, Corn, Vegetable Pasta Salad, Peach Shortcake with Whipped Topping
- Mon 6/24 BBQ Pork Ribette, Cheesy Mashed Potatoes Spinach, Glazed Lemon Cake
 Tue 6/25 Beef Stew, Brussels Sprouts, Biscuit, Strawberry Bavarian
 Wed 6/26 Beef Macaroni Casserole, California Mixed Vegetables, Corn, Rye Bread, Fruit Compote
 Thu 6/27 Roasted Turkey Breast w/Gravy, Mashed Potatoes, Peas & Carrots, Breakaway Roll, Gelatin
 Fri 6/28 Breaded Fish, Macaroni & Cheese, Italian Green Beans, Mandarin Oranges

Thursdays in June : Jeanne's Choice Soup

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



Wed. 6/5 The Up-Side (PG-13 Comedy) Starring: Kevin Hart & Nicole Kidman. Two mischievous New Yorkers from opposite backgrounds bond as an ex-con is hired to be the caretaker for an affluent quadriplegic. The pair form an unlikely friendship while they show each other how to live life to the fullest in this winning dramedy.

Wed 6/12 Isn't It Romantic (PG-13 Comedy) Starring: Rebel Wilson & Liam Hemsworth After a romantically-cynical architect who isn't getting the career recognition she wants gets mugged in New York City, it doesn't take her long to realise she is somehow now living in the thing she hates the most - a romantic comedy, and it's all made for her.

Wed 6/19 No Movie Today

Wed 6/26 No Movie Today



CARDS & GAMES:

Everyone is welcome to attend!!

- Bridge Mondays at 12:30 pm
 Hand & Foot Wednesdays at 9:30 am
 Dominoes Thursdays at 9:30 am
 Euchre Fridays at 10:00 am
 Mah Jong Fridays at 1:00 pm
 Pinochle Fridays at 1:00 pm

Card Tournaments:

- Duplicate Bridge Monday, June 3rd at 12:30 pm
 Euchre Tournament Friday, June 21st at 10:00 am
 Pinochle Tournaments Friday, June 21st at 1:00 pm

Please sign up in the office if you plan on attending the card tournaments.



**Erie County Senior Services Picnic
 5th Annual Summer Picnic
 Bowen Road Grove,
 Como Park, Lancaster**

Wednesday, July 31st 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.

Limited spots available. *Reservations with payment will be accepted by Jeanne, Nutrition Coordinator until Friday, June 28th or when sold out.*

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
03	04	05	06	07
8:45 Med.&Gentle Yoga 9:00 Bocce Couples 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 10:15 Acrylic Painting 12:00 Stay Fit Dining 12:30 Bridge Tourn. 1:00 Spanish 1:00 Arthritis Tai Chi 1:30 UE:Breaking Old World	9:00 Pool Shooting 9:00 Bocce Open 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Tap Dance 12:00 Stay Fit Dining 1:30 UE:Healing Power of Cold canceled 6:00 Cardio & Tone <i>(\$5 drop in)</i>	9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:15 Beg Line Dance 11:30 Yoga 1:00 Movie 1:00 Adv. Tai Chi Double Decker Bus Tour & Lunch	9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 9:30 Welcome to the Center 10:00 Int. Tap 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 1:30 UE: 1984	9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Cardio & Tone 10:00 Euchre 10:15 Nat'l Doughnut Day 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle 1:30 UE Van Gogh
10	11	12	13	14
8:45 Med.&Gentle Yoga 9:00 Pool Shooting 9:00 Bocce Couples 9:00 Ladies Exercise 10:15 Wii Bowling 10:15 Acrylic Painting 12:00 Stay Fit Dining 12:30 Bridge 1:00 Spanish 1:00 Arthritis Tai Chi 1:30 UE: History of Discrimination	9:00 Pool Shooting 9:00 Bocce Open 9:00 Men's Fitness 10:30 Int. Line Dance 12:00 Tap Dance 12:00 Stay Fit Dining 12:45 Volunteer Mtg. 1:15 Bingo 6:00 Cardio & Tone <i>(\$5 drop in)</i>	9:00 Pool Shooting 9:00 Men's Fitness 9:00 Ladies Exercise 9:30 Hand & Foot 10:15 Beg Line Dance 11:30 Yoga 12:00 Father's Day Luncheon 1:00 Movie 1:00 Adv. Tai Chi	9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 1:30 UE: Marc Chagall	9:00 Pool Shooting 9:00 UE Resistance Bands 9:00 Cardio & Tone 10:00 Euchre 10:30 Watercolor 11:15 CAC Update 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle 1:30 UE: Parkinsons
17	18	19	20	21
8:45 Med& Gentle Yoga 9:00 Bocce Couples 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 10:15 Acrylic Painting 12:00 Stay Fit Dining 12:30 Bridge 1:00 Spanish 1:00 Arthritis Tai Chi 1:30 UE: Intro. To Native Amer Culture	9:00 Pool Shooting 9:00 Bocce Open 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 1:00 Bingo 1:30 UE:Why Hospitals Close 6:00 Cardio & Tone <i>(\$5 drop in)</i>	9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:00 Book Group 10:15 Beg Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Adv. Tai Chi	9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 1:00 Strawberry Social	9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Cardio & Tone <i>(\$5 drop in)</i> 10:00 Euchre Tourn. 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle Tourn. 1:30 UE: American Marxists
24	25	26	27	28
8:45 Med& Gentle Yoga 9:00 Bocce Couples 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 10:15 Acrylic Painting 12:00 Stay Fit Dining 12:30 Bridge 12:45 Game Day & Snack Potluck 1:00 Spanish 1:30 UE: Brexit	9:00 Pool Shooting 9:00 Bocce Open 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Stay Fit Dining 12:45 EPIC Presentation 1:30 Bingo 6:00 Cardio & Tone <i>(\$5 drop in)</i>	9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:00 Book Group 10:15 Beg Line Dance 11:30 Yoga 12:00 Stay Fit Dining 12:30 Birthday Bash 12:45 Hearing Eval. 1:00 Adv. Tai Chi 4:00 Summer Dinner	9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 AARP Driving 1:30 UE: HMS Bounty	9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Cardio & Tone <i>(\$5 drop in)</i> 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle 1:00 AARP Driving 1:30 UE:Millard Fillmore Revisited

CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

Reminder: Please register and pay early to prevent class cancellation.

Meditation & Gentle/

Restorative Yoga \$30.00 – 8 week session
Mondays at 8:45 am 5/6 – 7/1

Yoga \$35.00 – 10 week session
Wednesdays at 11:30 am 6/5 – 7/17
No Yoga class 7/3

Tap Dance Tuesdays at Noon
class will return in September

Inter. Tap Dance \$30.00 – 8 week session
Thursdays at 10:00 am 5/9 – 6/27

Cardio & Tone \$30.00 – 8 week session
Fridays at 9:00 am 4/26 – 6/14
\$5.00 drop in classes in June (6/21, 6/28)

Arthritis Tai Chi **Free Class**
Mondays at 1:00 pm 6/3 - 7/8
no class 6/24

Beginner Tai Chi \$30.00 – 8 week session
Thursdays at 1:00 pm 6/6 - 8/1
***class at municipal building 6/27 & 7/25*

Advanced Tai Chi \$30.00 – 8 week session
Wednesdays at 1:00 pm 5/8 – 6/26

Men's Fitness \$40.00 – 10 week session
Tues. - Thurs. at 9:00 am 5/21 – 7/25

Ladies Exercise Free Class
Monday, Wednesday and Friday at 9:00 am
**Please wear comfortable clothes and bring a mat.
*No Class Friday, June 14th***

Beg. Line Dance \$2.50 per class
Wednesdays at 10:15 am

Inter. Line Dance \$2.50 per class
Tuesdays at 10:30 am

Spanish \$15.00 – 4 week session
Mondays at 1:00 pm 7/1 – 7/22

TUESDAY EVENING CLASS:

Cardio & Tone

\$5.00 drop in classes available
June 4th, 11th, 18th, 25th

Free Help for your Smartphone, IPad or Kindle

Are you having problems using your smartphone ,
IPad or Kindle? Help is on the way!
A volunteer is available to answer your questions for
free. Contact the Center at 662-6452
to set up an appointment.

Wii Bowling **Mondays at 10:15 am**
Wii bowling attracts the feeling and effects of being in a
real bowling alley, right in the senior center. It simulates
real-life bowling by using simple motion controls -
bowling the ball is as easy as flicking your wrist.

Mind Aerobics **Mondays at 1:00 pm**
Mind Aerobics will return in July

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. Instructor, Ray Steck
will explain how using the resist-a-band will tone and
build muscle. Everyone is welcome!

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!
***Bingo canceled Tuesday, Tuesday, June 4th**
see calendar for time changes*

Pickle Ball
Tuesdays, Thursdays & Fridays 11:00 - 1:00 pm
Pickle ball is played at the South Towns Tennis Center.
Cost payable to tennis center is \$4.00 per day.
Please contact the Senior Center if you require
additional information 662-6452.

ART CLASSES AT THE CENTER
Beginners Welcome!! *Stop in or contact the center
to pick up a supply list for the art classes.*

Acrylic Painting \$25.00 - 6 week session
Mondays at 10:15 am 5/13 - 6/24

Sketch Class **class will return in September**

Watercolor Painting \$25.00 - 6 week session
Fridays at 10:30 am 6/14 - 7/26

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.
Co-Presidents - Pat James 649-8466 & Celia Pilbrow 675-1107
For travel contact Fran Ritz at 648-7526.

Hillcrest Seniors:

Meets at 10:00 am the 2nd and 4th Thursday of the month at the American Legion Post, N. Buffalo Rd. OP
Sally Stoner, President 861-2246
For travel contact Richard Jones 827-7074

Orchard Park Senior Citizens:

Meets at 11:00 am the 1st and 3rd Wednesday at American Legion Post, N. Buffalo Rd. Orchard Park.
Mary Ann Notto, President 825-6460
For travel contact Ruth Duffy 649-7026

Sacred Heart Seniors:

Meets at noon 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.
Alan Groth, President 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 Trudy Miller 826-4040

A.A.R.P. Driver Safety Program

**Thursday, June 27th & Friday, June 28th
1:00 - 4:00 pm**

AARP Driving course is a great way to save money on your auto insurance. Cost is \$20.00 for AARP members and \$25.00 for non-AARP members.

Registration is required by calling the Center at 662-6452.

*Next class scheduled for
Thursday, July 25th & Friday, July 26th*

Senior Center Art Display in Dining Room:

Please stop by and view the Senior Center artist's artwork featuring artwork of flowers in the dining room.



Medicare Advantage Plans

A sales representative will be at the Center to meet one on one and answer any questions you may have.

Univera Healthcare

Monday, June 3rd 1:00 - 3:00 pm

Blue Cross / Blue Shield

Monday, June 10th 1:00 - 3:00 pm

Independent Health

Wednesday, June 19th 10:00 - Noon

Aetna

Tuesday, June 4th 1:00 pm - 3:00 pm

Fidelis Care

Wednesday, June 12th 10:00 - Noon



Where the Crawdads Sing by Delia Owens Book Group

Wednesday, June 26th at 10:00 am

#1 New York Times Bestseller

"A painfully beautiful first novel that is at once a murder mystery, a coming-of-age narrative and a celebration of nature....Owens here surveys the desolate marshlands of the North Carolina coast through the eyes of an abandoned child. And in her isolation that child makes us open our own eyes to the secret wonders—and dangers—of her private world."—The New York Times Book Review

Do you enjoy reading and the company and conversation of others who enjoy reading too? You are welcome to join our book club. which meets monthly to discuss a chosen book and share our thoughts and opinions. **Everyone is welcome to join!**



VOLUNTEER OPPORTUNITIES MEETING

Tuesday, June 11th at 12:45 pm

Have you thought about volunteering? Want to start volunteering but don't know what's offered? Attend this meeting to meet other volunteers and find out what volunteer opportunities are available at the center. The Senior Center offers a variety of volunteer opportunities (kitchen assistance, friendly phone calls and cards, greeters, class assistance and decorating to name a few).

Volunteering gives you an opportunity to meet new people, the satisfaction of knowing you are needed and appreciated, as well as attending our volunteer appreciation events.

COME JOIN US
UPCOMING EVENTS...



**Celebrate the Fourth of July
at the Center
Wednesday, July 3rd at 1:00 pm**

Join us to celebrate 4th of July with entertainment provided by John Renna. John will perform patriotic songs and all the favorites. Light refreshments will be served.

Cost is \$3.00

Please purchase your ticket in the senior center office.



**Picnic in Chestnut Ridge Park
Wednesday, September 11th
10:00 am - 2:00 pm**

Enjoy an afternoon with friends at Chestnut Ridge Park (Martin Lodge). Texas Roadhouse will be catering this event. Lunch will consist of a grilled chicken breast, mashed potatoes w/ gravy, corn, roll, and dessert.

The afternoon includes entertainment by Tom Hastings, prizes, outdoor games, and bingo.

Cost for this event is \$8.00.

Payment is due when registering.

Blue Cross/Blue Shield of WNY and Independent Health are generous sponsors toward this event.

Orchard Park Senior Center

70 Linwood Avenue

Orchard Park, NY 14127
