



# Orchard Park Senior Center

70 Linwood Avenue  
Orchard Park, NY 14127



## JANUARY 2020 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

Debbie Santiago

### Program Coordinator

Maria Galley

### Kitchen Manager

Kevin Kornowicz



### Pie Baking Contest

**Thursday, January 23rd**

Calling all pie bakers! Enter your favorite homemade pie for a chance to win prizes!

(All pies **must** be 100% homemade - including the crust).

A contest will be held and prizes will be awarded at our National Pie Day celebration (see page 3 for details).

### National Pie Day

**Thursday, January 23rd**

Let's celebrate National Pie Day? Why not?

Pies have always been a sweet treat to warm the cold winter days and with the holiday celebrations

a fading memory, this is a great way to warm up a January cold snap.

(see page 3 for details)

*Notes from Debbie . . .*

I would like to wish you all a very Happy and Healthy New Year! It is that time when resolutions are made and goals are set. If becoming physically and/or socially more active are part of your goals, let the Senior Center be of help. We offer so many opportunities to learn, exercise, volunteer, make new friends, and just to have fun! Take full advantage of what your center has to offer during this new year! If you have any suggestions for programs, presentations, classes, and/or daytrips please let us know.



*Maria and I would like to thank everyone who gave cards and gifts for the holidays. We are truly amazed by your kindness and generosity. Thank You!!*



### *Buffalo Philharmonic Coffee Concert*

**The DooWop Project  
Friday, March 27th  
Bus departs at 8:30 am  
For a 10:30 am performance**

The stunning resurgence of pop a capella traditions today has roots in the music of the 1950s and 1960s. The tight harmonies and soaring melodies of groups like The Imperials, The Belmonts and The Platters influenced generations of singers of singers from The Beach Boys and The Temptations to Boyz II Men and Pentatonix. Join the BPO, The Doo Wop Project and John Morris Russell for a retrospective of brilliant vocalism. The bus departs the Center at 8:30 am with lunch at Betty's (Virginia St., Buffalo). Cost including transportation, concert and lunch is \$75.00. Registration begins January 3rd.

### *Shea's Performing Arts Theatre*

**Anastasia  
Saturday, May 9th  
Bus departs at 1:15 pm  
For a 2:00 pm performance**

Inspired by the beloved films, the romantic and adventure-filled new musical ANASTASIA is on a journey to Buffalo at last! From the twilight of the Russian Empire to the euphoria of Paris in the 1920s, as a brave young woman sets out to discover the mystery of her past. Cost including transportation is \$70.00. Limited seats available. Registration begins January 3rd.

### 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

### **Orchard Park Senior Center Closing Information**

If you want to know if Center activities will be cancelled during bad weather, listen for "weather closing" announcements on WGRZ-TV, WKBW-TV, WIVB-TV and WBEN radio. You may also call the Center at 662-6452 or the Supervisor's office at 662-6400 to learn if the Center is closed.

**We DO NOT follow the Orchard Park School calendar or it's closings.**

### **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.

**Happy Birthday Elvis "The King"****Wednesday, January 8th at 1:00 pm**

Get rid of your winter blues and join us in celebrating "the King of Rock n' Roll" in Jailhouse Rock. Please register in the office.

**Board Games & Snack Potluck****Monday, January 13th at 12:45 pm**

Do you enjoy board games and card games (checkers, connect four, UNO, and monopoly to name a few)? This is the day to play and have some fun. Take a break from the stresses of everyday life and partake in Game Day, socialize and enjoy light refreshments. Everyone is asked to bring a snack to share with the group. Contact the senior center to register.

**The Aging Eye****Thursday, January 16th at 12:45 pm**

Atwal Eye Care wants you to have good vision for life! This can involve many different issues including, new prescriptions, cataract surgery (if necessary), glaucoma or treatment of macular degeneration. Most people are unfamiliar with these diagnosis and the advances made in Ophthalmology in recent years. Contact the senior center to register.

**Senior Center Closed - Martin Luther King Jr. Day  
Monday, January 20th**

**Pie Baking Contest****Thursday, January 23rd**

Calling all pie bakers! Enter your favorite homemade pie for a chance to win prizes! (All pies **must** be 100% homemade - including the crust). A contest will be held and prizes will be awarded at our National Pie Day celebration (see below). **Drop off your pie by 11:00 a.m. so our panel of judges can rank each pie and determine the top pies for prizes.**

Register (participant and name of pie) *in the office if you wish to enter a pie in the contest.*

**National Pie Day****Thursday, January 23rd at 1:00 pm**

Let's celebrate National Pie Day? Why not? Pies have always been a sweet treat to warm the cold winter days and with the holiday celebrations a fading memory, this is a great way to warm up a January cold snap. Cost is \$2.00.

**January Birthday Bash****Tuesday, January 28th at 12:30 pm**

Let's Celebrate!! We invite those who have a January birthday to submit a photo of yourself in your younger days by December 18th (submit photos to Kevin, Kitchen Manager). Everyone is welcome and will enjoy a delicious birthday dessert.

**January Book Group**

**"When Breath Becomes Air" by Paul Kalanithi  
Wednesday, January 29th at 10:00 am**

If you enjoy reading and the company and conversation of others who enjoy reading too - you are welcome to join our book club. The Book Group meets the last Wednesday of every month at 10:00am at the Senior Center to discuss a chosen book and share our thoughts and opinions. Everyone is welcome to attend.

**LOOKING AHEAD TO FEBRUARY 2020 ...**

**Senior Center Dinner Club  
Craft & Cork**

*(174 Buffalo Street, Hamburg)***Thursday, February 6th at Noon**Meal Choices

Chicken Marsala  
Grilled Salmon  
Filet of Sirloin

All meal choices \$33.50 which includes tax and gratuity. Entrée includes assorted cheese, vegetables, relish, tray w/dip, crackers and soup, coffee/tea, and cake and ice cream for dessert. Cash bar available.

Price includes tax and gratuity. Please contact Gail Freeman (248-766-1924) before January 30th.

The Dinner Group will meet on Tuesday, Oct. 1st.  
New members welcome!



**Valentine's Day Luncheon  
Friday, February 14th at noon**



Be a sweetheart and join us for our Valentine's Day lunch. The delicious lunch served is Stuffed Shells with Tomato Sauce, Parslied Cauliflower, Chef Salad, Dinner Roll, and Cheesecake with Strawberry Topping. Suggested donation for lunch is \$3.00. Space is limited. Contact Kevin, Kitchen Manager to register for lunch.

## LEARN TO PLAY . . .

Are you Interested in how to play popular card and board games or you would like to brush up on your skills? Join volunteers as they teach you the games.

### Learn to Play Pinochle

**Friday, January 31st at 1 pm**

Learn to play this very popular game. The goal is to win tricks, so as to score the value of cards taken in on tricks and to meld certain combinations of cards having values in points.  
Limited to 8 participants.

### Learn to Play Hand and Foot

**Monday, February 3rd at 9:30 am**

Hand and foot is similar to canasta. The aim is to get rid of cards from your hand, and then from your foot, by melding them.  
Limited to 6 participants.

### Learn to Play Dominoes

**Tuesday, February 4th at 9:30 am**

Come and learn this is a timeless classic that has entertained kids and adults for generations.  
Limited to 6 participants.

### Learn to Play MahJong

**Friday, February 7th at 12:30 pm**

Volunteers will teach you this tile based game. You also have the option to stay after the learn to play to join in the regular weekly game.  
Limited to 8 participants.

### Learn to Play Euchre

**Thursday, February 13th at 1:00 pm**

Learn to play this trick-taking card game played with four people in two partnerships.

**Register in the office for all Learn to Play as space is limited.**



**We are asking your input in future programming.** Your comments and suggestions are of great value to us in planning for future programs, activities, and classes. Please take a moment to complete a survey which will be available in the vestibule, dining room, and upstairs offices.

## *A Letter from the Town Supervisor, Patrick J. Keem*

Greetings,

The opening of Orchard Park's new Community Activity Center on Monday, February 24th will be a milestone event for our town and all of its people. It will have very special meaning for the growing number of seniors who form one of the largest segments of our community.

It will be the end of a long and difficult journey for the many seniors who have been working for years to find and financially support a new home for the many special activities that our current building does not properly support. The early pioneers carried their cause to town officials, raised money for activities in a new home and suffered the frustration of barriers and blind alleys blocking their efforts over many years. That time is now past and we approach a new beginning and new opportunities.

The new Community Activity Center will create a vastly improved environment and new facilities for many more activities for seniors as well as for other members of our community. The Town Board and I appreciate and relied on the help and input of the many people who helped with the plan and who overwhelmingly supported the referendum to bond to help fund the plan. It is our hope that you will use and enjoy this new facility and that it will add to the quality of life that we have come to enjoy.

Orchard Park is too great for small dreams,

Patrick J. Keem  
Orchard Park Town Supervisor



### **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:**

Bridge Monday, January 6th at 12:30 pm

Euchre Friday, January 17th at 10:00 am

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

### 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

*The above groups will continue to meet at the regular locations above until the end of February March 2020, the three groups above will then meet at the new Community Activity Center located at 4500 California Road.*

#### **We're on FACEBOOK**

Check us out . . .  
Orchard Park Senior Center



We feature pictures of our participants doing fun things at the center, daily events, classes, trips and scheduled speakers.  
Check us out and "like" our posts.

### **A.A.R.P. Driver Safety Program**

**Thursday, Jan. 30th & Friday, Jan. 31st**  
**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.

February      no class scheduled  
March          Thursday 3/26 & Friday 3/27

### **Senior Center Art Display in Dining Room:**

Please stop by and view the Senior Center artists artwork featuring still life artwork 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.*

**Independent Health** No dates in Jan & Feb

**BlueCross/BlueShield** Thursday, 1/23 from 1 - 3 pm

**Aetna** Monday, 1/6 from 10 - noon  
Wednesday, 1/29 from 10 - noon

**United Healthcare** Thursday, 1/16 from 10 - Noon

**Univera** Thursday, 1/23 from 10 - noon

### **SENIOR CENTER MONTHLY NEWSLETTER**

The monthly newsletter provides news of upcoming programs and events and other important information about the Orchard Park Senior Center.

- You can receive a copy of the newsletter via email. Send your email address to [opsenior@orchardparkny.org](mailto:opsenior@orchardparkny.org).
- The newsletter is also available online on the town website <https://www.orchardparkny.org/departments/senior-center/>.
- You can also pick up a newsletter at the Senior Center, Town Hall & Library.

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

The town of Orchard Park has sent out a mailer to all residents this week. The Community Activity Center will be opening early next year. The Community Activity Council's website ([www.opactivitycenter.org](http://www.opactivitycenter.org)) will soon have information on the date of this opening.

The Community Center still needs equipment for the gymnasium, game rooms, and various activities in the senior wing. While you are visiting the Council's website, please consider making a donation. I know we all want to make this Community Center the best it can be.

Thank you to Orchard Park Senior Groups for their donation to the Community Activity Council. Congratulations to Patricia Block, November's winner. Patricia won the \$50 gift card donated by our favorite senior, Jackie Briggs. Patricia also won \$50.00 donated by Barbara Ferraro.

Wishing everyone all the joy and celebration that comes with the season. The Community Activity Council is looking forward to an exciting year ahead in the new Community Activity Center of Orchard Park!

*~ Audrey Ramage, President*

### 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 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.**

- Wed 1/1 Center Closed - Happy New Year!!  
 Thu 1/2 Bratwurst w/Baked Beans, Roasted Potatoes, Mixed Vegetables, Mandarin Oranges, Chocolate Milk  
 Fri 1/3 Grilled Chicken Caesar Salad, Whole Wheat Roll, Tropical Fruit
- Mon 1/6 Boneless Chicken Breast w/Marsala Sauce, Cauliflower, Mixed Vegetables, Roll, Oatmeal Raisin Cookies  
 Tue 1/7 Cranberry Chicken Salad, Club Crackers, Fruit Cocktail  
 Wed 1/8 Polish Sausage w/Sauerkraut, Bun, Red-skin Potatoes, AuGratin Broccoli, Rice Krispie Treat  
 Thu 1/9 Tortellini w/Meatsauce, Chef Salad, Italian Mixed Vegetables, Italian Bread, Orange, Choc. Milk  
 Fri 1/10 Salisbury Steak w/Gravy, Scalloped Potatoes, Peas, Roll, Strawberry Bavarian
- Mon 1/13 Sliced Turkey w/Gravy, Mashed Potatoes, Carrots, Roll, Lorna Doones, Molded Cranberry Salad  
 Tue 1/14 Beef Pepper Steak Casserole over Rice, Broccoli, Wax Beans w/Carrot, Butterscotch Pudding  
 Wed 1/15 Penne Pasta w/Meatballs & Sauce, Country Cottage Mix, Chef Salad, Ambrosia  
 Thu 1/16 Roast Pork Loin w/Cranberry Chutney, Sweet Potato, Green Beans, Wheat Bread, Cinn. Applesauce  
 Fri 1/17 Breaded Chicken Drumsticks, Mashed Sweet Potatoes, Mixed Greens, Cornbread, Banana Cr. Pie
- Mon 1/20 Center Closed - Martin Luther King Jr. Day  
 Tue 1/21 Panko Br. Chicken Thigh, Cheddar Mashed Potatoes, Lima Bean Bake, Bread, Tropical Fruit  
 Wed 1/22 Beef Bourguignon, Rice, Cauliflower, Oatmeal Raisin Cookies  
 Thu 1/23 Chicken Pasta Primavera, Italian Vegetables, Banana, Chocolate Milk  
 Fri 1/24 Julienne Salad, Whole Wheat Dinner Roll, Pear Crisp
- Mon 1/27 Cabbage Roll w/Meatsauce, Mashed Potatoes, Green Beans, Apple, Chocolate Milk  
 Tue 1/28 Hot Dog w/Baked Beans, Bun, Roasted Red Potato, Zucchini & Stewed Tomatoes, Pineapple  
 Wed 1/29 Cream of Potato Soup, Shredded Pork in Gravy, Bun, Brussels Sprouts, Cinn. Streusel Cake  
 Thu 1/30 Lasagna Roll w/Meatsauce, California Mixed Vegetables, Chef Salad, Dinner Roll, Lemon Bavarian  
 Fri 1/31 Br. Chicken Tenders w/Bflo Sauce, Tater Tots, Baby Carrots w/Bleu Cheese, Fruit Punch, Sundae



### **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 1/8 Jailhouse Rock - Happy Birthday to Elvis**  
*see page 3 for details*

**Wed 1/15 Once Upon a Time in Hollywood** (Drama R) In 1960s Los Angeles, silver screen actor Rick Dalton and his stunt double turned best friend, Cliff Booth, struggle to keep pace with the swiftly evolving entertainment industry. They both work to continue their notoriety while facing the demise of Hollywood's Golden Age.

**Wed 1/22 Ad Astra** (Adventure PG-13) An astronaut embarks on an interstellar odyssey in search of his long-lost father. He encounters an unusual secret that could jeopardize the existence of Earth, solving mysteries integral to the fabric of mankind and humanity's role in the greater scheme of the universe.




**Wed 1/29 Downton Abby** (Drama PG) The Crawley family prepares for an official royal visit to their family house in Yorkshire in 1927. They experience physical, social, and psychological upheavals as King George V, Queen Mary, and their royal entourage descend on the eponymous mansion.



**Kevin Kornowicz**  
**Kitchen Manager**

We'd like to introduce and welcome Kevin as our new Kitchen Manager. Kevin brings numerous years of past experience in catering and working in the school system.

If you haven't already met Kevin, please stop in and say hello!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>01</b> <b>CENTER CLOSED</b> 	<b>02</b> 9:00 Pool Shooting 9:30 Dominoes 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet	<b>03</b> 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle
<b>06</b> 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge Tourn. 1:00 Arthritis Tai Chi 1:00 Mind Aerobics	<b>07</b> 9:00 Pool Shooting 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Tap Dance 12:00 Stay Fit Dining 1:00 Bingo	<b>08</b> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:15 Beg Line Dance 12:00 Stay Fit Dining <b>1:00 Movie : Elvis Bday Jailhouse Rock</b> 1:00 Adv. Tai Chi 1:00 Calligraphy	<b>09</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Inter. Tap 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 2:15 Acrylic Painting	<b>10</b> 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle
<b>13</b> 9:00 Pool Shooting 9:00 Meditation & Yoga 9:00 Ladies Exercise 10:15 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge <b>12:45 Board Games &amp; Potluck</b> 1:00 Arthritis Tai Chi 1:00 Mind Aerobics	<b>14</b> 9:00 Pool Shooting 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Tap Dance 12:00 Stay Fit Dining 1:00 Bingo	<b>15</b> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:15 Beg Line Dance 12:00 Stay Fit Dining 1:00 Adv. Tai Chi 1:00 Calligraphy	<b>16</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Inter. Tap 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 Beg. Tai Chi <b>1:00 The Aging Eye</b> 2:15 Acrylic Painting	<b>17</b> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Cardio & Tone 10:00 Euchre Tourn 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle
<b>20</b> <b>CENTER CLOSED</b> 	<b>21</b> 9:00 Pool Shooting 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Tap Dance 12:00 Stay Fit Dining 1:00 Bingo  6:00 Cardio & Tone	<b>22</b> 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 12:00 Stay Fit Dining 1:00 Adv. Tai Chi 1:00 Calligraphy	<b>23</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Inter. Tap 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 Beg. Tai Chi <b>1:00 National Pie Day</b> <i>Pie drop off 11 am.</i> <i>Judging begins at 1 pm</i> 2:15 Acrylic Painting	<b>24</b> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Cardio & Tone 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle
<b>27</b> 9:00 Pool Shooting 9:00 Meditation & Yoga 9:00 Ladies Exercise 10:15 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge 1:00 Arthritis Tai Chi 1:00 Mind Aerobics 1:00 Spanish	<b>28</b> 9:00 Pool Shooting 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Tap Dance <b>12:30 Birthday Bash</b> 1:00 Bingo  6:00 Cardio & Tone	<b>29</b> 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 1:00 Calligraphy	<b>30</b> 9:00 Pool Shooting 9:30 Dominoes 10:00 Inter. Tap 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 2:15 Acrylic Painting  <b>1 - 4 AARP Driving</b>	<b>31</b> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Cardio & Tone 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle 1:00 Learn to Play Pinochle  <b>1 - 4 AARP Driving</b>

## CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

*Register in the office for classes.*

*Reminder: If the class does not meet its minimum quota there is a chance it will be cancelled.*

### **Meditation & Gentle/ Restorative Yoga** **Mondays at 9:00 am**      **1/13 - 2/10**

\$19.00 – 5 week session

This class will combine the calming benefits of meditation with gentle stretching and yoga postures. Instructor Irene Kulbacki-CYT will guide you through a seated meditation followed by yoga postures that will help to improve your flexibility, strength, and balance. (chair modifications available).

### **Yoga** **Wednesdays at 11:30 am**      **1/22 - 2/12**

\$15.00 – 4 week session

Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching; your body and mind will thank you for it. Instructor: Irene Kulbacki-CYT.

### **Tap Dance** **Tuesdays at Noon**      **1/7 - 2/11**

\$23.00 – 6 week session

This class is designed for those who want to learn to tap dance, or who have previously tap danced and want to tap again. Instructor: Jen Repp

### **Intermediate Tap Dance** **Thursdays at 10:00 am**      **1/9 - 2/13**

\$23.00 – 6 week session

For those seniors with some experience tap dancing, this 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. Instructor: Trish Staszak

### **Cardio & Tone** **Fridays at 9:00 am** **Fridays at 9:00 am**      **1/17 - 2/14**

\$19.00 – 5 week session

This full body workout uses movement and steps to condition and tone your body. Workout to current hit music and your favorites from the past. This is a great class for all fitness levels. Instructor: Marilyn Ciavarella

### **TUESDAY EVENING CLASS:**

#### **Cardio & Tone**

**Tuesdays at 6:00 pm**      **1/21 - 2/11**

\$15.00 – 4 week session

This full body workout uses movement and steps to condition and tone your body. Workout to current hit music and your favorites from the past. This is a great class for all fitness levels. Instructor: Marilyn Ciavarella

### **Arthritis Tai Chi**      *free class* **Mondays at 1:00 pm**      **1/6 - 2/10**

Arthritis Tai Chi is now widely practiced for its healing benefits for the entire body, which include increased strength, balance and posture, reduce stress, increased relaxation and improve mind, body and spirit.

Instructor: Donna Gosciak

### **Beginner Tai Chi** **Thursdays at Noon**      **1/9 - 2/13**

\$23.00 – 6 week session

Learn the ten basic moves and what this thousand year form of fitness is all about. Instructor: Margaret Fabinsky has been practicing Tai Chi for over ten years

### **Advanced Tai Chi** **Wednesdays at 1:00 pm**      **1/8 – 2/12**

\$23.00 – 6 week session

Tai Chi is 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. Instructor: Bill Adams

### **Men's Fitness** **Tues. - Thurs. at 9:00 am**      **1/7 – 2/13**

\$24.00 – 6 week session

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. Instructor: Trish Staszak

### **Ladies Exercise**      *Free Class* **Monday, Wednesday and Friday at 9:00 am**

*\*Please wear comfortable clothes and bring a mat.*

This program uses stretching, aerobic and floor exercises tailored specifically for the needs of those 60+ years. Exercising with friends encourages you to lead a healthy and more energetic life.

*Please dress in loose, comfortable clothing,  
appropriate shoes for the class you are  
attending, bring a yoga mat if required for the  
class, and water.*



## CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

*Register in the office for classes.*

*Reminder: If the class does not meet its minimum quota there is a chance it will be cancelled.*

**Beg. Line Dance** Wednesdays at 10:15 am

**Inter. Line Dance** Tuesdays at 10:30 am

Line dancing is great exercise and a wonderful way to meet new friends. The class will teach you many different line dances to all genres of music.

Cost is \$2.50 per class - pay as you go.

### 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

Join us for a fun filled hour! Research has shown brainteasers, word puzzles, critical thinking, and trivia often delay the onset of Alzheimer's.

Join the group for laughs and a mental workout which will keep you fit. Everyone is Welcome!!

**FREE CLASS Club 99 FREE CLASS**

**Tuesday & Thursday at 10:45 am**

Looking for a way to become more active?

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

### B I N G O !!

**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!

### 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.

*Please dress in loose, comfortable clothing, appropriate shoes for the class you are attending, bring a yoga mat if required for the class, and water.*

### Language Class:

#### Spanish

**Mondays at 1:00 pm** 1/27 - 2/10

\$12.00 – 3 week session

The class is designed to help the individual learn more about the world's second most popular language. To learn and enjoy the many aspects of Spanish culture in the USA and the rest of the world. Instructor, Madonna Priore is certified and has many years of teaching experience.

**Beginner Spanish** Returns April 2020

Mondays at 2:30 pm

## ART CLASSES AT THE CENTER . . . . .

### Beginners Welcome!!

*New Students please stop in or contact the center to pick up a supply list for the art classes.*

**NEW CLASS Calligraphy Class NEW CLASS**

**Wednesday at 1:00 pm** 1/28 - 2/12

Cost \$25.00 for a 6 week session.

This class covers the basics of Italic and Uncial Alphabets. You will learn to form a beautiful flowing hand - the Art of Fine Writing. Instructor will demonstrate proper form and slant.

*Class size limited to 7.*

### Acrylic Painting Class

**Thursday at 2:15 pm** 1/9 - 2/13

Cost \$18.00 for a 5 week session.

Learn proper application of paint, blending layering, scumbling and palette knife techniques.

### Watercolor Painting

**Fridays at 10:30 am** 1/10 - 2/14

\$25.00 - 6 week session

Students will learn the basics of a wash, dry brush technique, wet into wet etc. Class size is limited.

**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.**







**COMING SOON  
ORCHARD PARK  
COMMUNITY ACTIVITY CENTER  
4500 California Road**



**SENIOR CENTER OPENING DATE  
MONDAY, FEBRUARY 24TH**

All current classes and activities will move from 70 Linwood to our new location at 4500 California Road within the Community Activity Center. Check our monthly newsletter for dates and times for all classes, activities and presentations. Please see page 4 for a letter from Town Supervisor, Patrick J. Keem.

*More space to meet, more space to exercise and more space to grow.*

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