



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



MARCH 2020 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
Conor Flynn

Director

Debbie Santiago

Program Coordinator

Maria Galley

Kitchen Manager

Kevin Kornowicz



**We're at our new location
within the
Community Activity Center
4520 California Road**



Notes from Debbie . . .

The wait is over! As of Monday, February 24th we moved all programming from our facility on Linwood to our new center on California Road. The move is possible because of all the hard work, dedication and perseverance of a group of seniors who saw the need of a new senior center. The group of committed senior citizens led by Jackie Briggs sacrificed much time and effort in pursuit of a suitable facility that would accommodate the needs of all seniors under one roof. I have only been here for four years and I can say the facility at 70 Linwood was challenging in space and size. Our new facility offers room for growth for our classes, programs, and thankfully no more waiting list to attend lunches and special events.

Again ... A big THANK YOU for the individuals who worked tirelessly for a new facility and for those on the Community Activity Council who continue to work to assist with the needs for the new facility. I hope you see each and every member at our new facility.



A big **THANK YOU** to all those who donated boxes and helped us move. Our 20+ years of memories and items we needed at the new location was no small feat. A thank you for understanding while we were moving and for the patience we hope you have as we move into the new facility and get settled.

A big thank you to Marilyn Henning as she singled handedly boxed up the all the items in our library. Marilyn spent over 1 week carefully making sure all our library items were handled with care.



*Buffalo Philharmonic
Coffee Concert*

**Patriotic Stars and Stripes Coffee Concert
Friday, May 22nd
Bus departs at 8:30 am
For a 10:30 am performance**

Experience the Memorial Day tradition of inspiring music and pageantry, with the brilliant showmanship of John Morris Russell. The internationally-renowned USO Show Troupe makes its BPO debut in this red, white and blue spectacular! The bus departs the Center at 8:30 am with lunch at Templeton Landing following the concert. Cost including transportation, concert and lunch is \$75.00. Last date to sign up is Monday, March 16th.



VOLUNTEER OPPORTUNITIES

Volunteering is a great way to make friends, have fun, and contribute to a worthy cause. Contact Debbie or Maria at the center to discuss volunteer opportunities.

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**

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.
- 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.

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.

Please contact the senior center to participate in all activities - 662-6452.

Kidney Health

Tuesday, March 10th at 1:00pm

Kidneys play an essential role in your body. Unfortunately, damage to your kidneys can go undetected. Join a representative from the Kidney Foundation of WNY to learn about risk factors for kidney disease, how to spot problems early and steps for keeping these vital organs healthy.

Spring Clean your Way to a Clean Kitchen **Wednesday, March 11th at 10:30 am**

Join us to learn about food safety tips for seniors. You will learn four basic safety rules, safe food storage times, and proper food handling to make sure your food stays safe.

RESCHEDULED The Aging Eye RESCHEDULED **Thursday, March 12th 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 diagnoses and the advances made in Ophthalmology in recent years.

The Bitter Truth about Sugar **Monday, March 16th at 12:45 pm**

The average American consumes approximately 152 pounds of sugar each year. Excess sugar consumption increases risks for obesity, diabetes, heart disease, and many other medical conditions. In this seminar, Jennifer Johnson, BC/BS rep. will discuss why sugar hooks us and tips for overcoming sugar dependency.

St. Patrick's Day Luncheon & Entertainment **Tuesday, March 17th at Noon**

Join us for a wee little party as we celebrate the luck of the Irish for St. Patrick's Day. Following lunch everyone is welcome to attend entertainment provided by our favorite duo, Kindred. Kindred will perform eclectic folk with a Celtic flair.

Suggested donation for lunch is \$3.00.

Contact Kevin, Kitchen Manager, to register for lunch.

Singles Mixer

Monday, March 23rd at 10:30 am

Want to meet other senior singles but don't know where to start? Join this group to meet others in a safe environment. Just because you've attained the status of senior, there is no reason you should not be out and about having fun with your peers. Get the most out of it by enjoying your time with others your age. Register in the office to participate.

Jukebox Bingo

Tuesday, March 24th at 1:00 pm

Jukebox bingo combines bingo and Name That Tune. Instead of a number in a box, there is a song title. After hearing a short clip of a song, you fill your board with the corresponding title. You will have fun singing and filling in your bingo card. Boards are \$1.00 each. Everyone is Welcome! Space is limited.

The Aging Mastery Program (AMP)

FREE 10 week program begins

Wednesday, March 25th - May 27th at 10:30 am

In this 10 week program, participants take core and elective classes that combine evidence-informed materials, expert speakers, group discussion, levels of mastery and achievement, and small rewards.

See the back page for additional information.

Diabetes Self-Management Class

FREE 6 week program begins

Thursdays, March 26th - April 30th at 12:45 pm

A 6-week community workshop series for adults who are ready to make the choice to improve their health today! Join this small group workshop which meets 2 1/2 hours per week. The classes are highly participative and build mutual support and success to assist you in managing your health to maintain an active and fulfilling life.

Route 66 Kickoff Party

Monday, March 30th at 12:45 pm

It's time to start walking! BC/BS facilitator, Jennifer Johnson is back for another season! This year you will compete individually by tracking your steps for six weeks to see how far you can walk along historic Route 66, without ever leaving your town. At the end of the challenge, we'll celebrate with prizes and an awards ceremony. Sponsored by BC/BS of WNY.

Contact the senior center to participate.

FREE KEEP Healthy - Kidney Screenings FREE

Tuesday, March 31st 12:30 pm - 2:30 pm

Most people who are diagnosed with kidney disease did not know that they were sick. Often kidney disease has no symptoms until it is too late and kidneys fail, requiring dialysis or a transplant to stay alive. KEEP Healthy assesses participants' risk for kidney disease and through quick tests, determines if they have signs of kidney disease. During the screening, we also educate patients about ways to keep their kidneys healthy and reduce risk. This is the most immediate way we fight kidney disease and help the community. In addition to the screening, you will receive a Risk Survey, Blood Pressure check, Body Mass Index (BMI) measurement, and consultation with a clinician. Screenings are staffed by volunteers and professionals from the Kidney Foundation of WNY. Please contact the senior center to make an appointment for a screening.

Please contact the senior center to participate in all activities - 662-6452.

LOOKING AHEAD TO APRIL

Easter Bonnet Decorating

Monday, April 6th 10:00 am - Noon

Easter bonnets can be whimsical or fantastical with a hint of fabulist, all adding to the magic of the hat. Bring your own bonnet and join Maria to decorate. You can decorate your bonnet to be simple or playful. Maybe even add a bunny ear or two. Wear your bonnet to the

Wednesday, April 8th Easter luncheon.

Contact the center to register. Space is limited.

Spring is Magical!

April 6th at 12:45pm

Join us for a magical afternoon featuring magician, Ted Burzynski. Light refreshments will be served.

Cost is \$3.00, register in the office by April 2nd.

Route 66 6 Week Walking Challenge

April 5th - May 16th

Hand in your steps on Mondays to Maria with your name if you would like to participate in the leaderboard and watch as you walk historic Route 66! Challenge Board will be located for all to see.

Dyngus Day Dinner w/ Entertainment

Tuesday, April 14th at 4:00 pm

Dyngus Day celebrates Polish-American culture and traditions, but you don't need to be Polish to enjoy a Dyngus Day celebration! Enjoy a catered meal (fresh polish sausage, roast beef, sweet & sour cabbage, mashed potatoes, lazy pierogi, salad, rolls, dessert, and beverage) by Zasada's. Following dinner, entertainment will be provided by Polish Pride. They will provide a great mix of Polka, Waltz, American, and other festive music.

Cost is \$15.00, register in the office.

This event is generously sponsored by Elderwood Assisted Living at West Seneca and Elderwood Assisted Living at Hamburg.

Falls Prevention Seminar

Thursday, April 16th 9:00 am - 1:00 pm

Falling is not an inevitable result of aging.

Through practical lifestyle adjustments, falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.

Attend the presentations on nutrition, exercise, home hazards, the vestibular system, and balance.

Following the presentations there will be free bone density and balance testing. Sponsored by Erie County in conjunction with Catholic Health System, ECMC, BC/BS, and Wellness Institute of Buffalo.

Please register in the office for an assessment.

Buffalo News Columnist, Sean Kirst

Wednesday, April 29th at 12:45 pm

Using heart and humor, Buffalo News columnist Sean Kirst will tell the extraordinary and courageous stories of everyday Western New Yorkers.

Please join us to hear Sean tell his story.

Senior Safety and Awareness of Fire Education

Friday, April 24th at 12:45pm

Meet one of the Orchard Park Fire District EMS Paramedics and find out what you can do to take care of yourself or your loved one more efficiently in a time of need. Learn how to perform Hands-Only CPR and use an AED (Automated External Defibrillator).

Brain Health Series

Attend one or all of the presentations in our "Brain Health Series". See the back page for additional presentation dates and times.

Memory Wellness:

Fri. 4/3 at 10:00 am What the Research Tells Us

This session will discuss the factors that can help protect against memory and cognitive decline and provide suggestions to incorporate into your everyday activities. Research updates around the topic of memory wellness will be discussed and local research will be reviewed.

Instructor: Dent Neurologic Institute

Mon. 4/6 at 10:00 am Healthy Body, Healthy Brain

For centuries, we've known the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. We'll focus on cognitive activity, physical health and exercise, diet and nutrition, and social engagement.

Instructor: Alzheimer's Association

Mon. 4/13 at 10:00 am Left Brain Vs. Right Brain

Our brains are composed of two hemispheres and each is responsible for different functions of our body. Although not a doctor or scientist, the instructor will show some basic concepts of each hemisphere, which will help you, understand a bit about yourself and others. We will also challenge our brains with fun games and interesting optical illusions. Instructor: Theresa Wiater

Know the 10 Warning Signs

Fri. 4/17 at 12:45 pm of Alzheimer's

Alzheimer's and other dementias cause memory, thinking, and behavior problems that interfere with daily living. The Alzheimer's Association developed this educational program to help people recognize common signs of the disease and know what to watch for.

Instructor: Alzheimer's Association

SENIOR GROUPS

In addition to the Senior Center activities and programs, the following groups will meet at the Community Activity Center to offer social events and escorted trips locally in the U.S and the world!

Hillcrest Seniors:

Meets at 10:00 am the 2nd and 4th Thursday
President, Sally Stoner 861-2246
Travel Contact, Richard Jones 827-7074

Orchard Park Senior Citizens:

Meets at 11:00 am the 1st and 3rd Wednesday
President, Mary Ann Notto 825-6460
Travel Contact, Ruth Duffy 649-7026

A.A.R.P. Driver Safety Program Thursday 3/26 & Friday 3/27 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.

Upcoming Classes:

April 24th	9:00 am – 4:00 pm (1 day)
May 28th & 29th	1:00 pm – 4:00 pm (2 day)
June 26th	9:00 am – 4:00 pm (1 day)



BOOK GROUP

March Book Group Giver of Stars by JoJo Mosie

Wednesday, March 25th at 10:00 am

Set in Depression-era America, a breathtaking story of five extraordinary women and their remarkable journey through the mountains of Kentucky and beyond, from the author of Me Before You. Everyone is welcome to attend.

April Book Group

The Splendid and the Vile by Erik Larson Wednesday, April 29th at 10:00 am

On Winston Churchill's first day as prime minister, Adolf Hitler invaded Holland and Belgium. Poland and Czechoslovakia had already fallen, and the Dunkirk evacuation was just two weeks away. For the next twelve months, Hitler would wage a relentless bombing campaign, killing 45,000 Britons. It was up to Churchill to hold his country together and persuade President Franklin Roosevelt that Britain was a worthy ally - and willing to fight to the end.

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 Wed. 3/18 from 10 to Noon
BlueCross/BlueShield Tues. 3/17 from 12 - 2 pm
Aetna Tuesday, 3/3 & March 3/10 from 10 - noon
United Healthcare Thursday, 3/12 from 10 – Noon
Univera Thursday, 3/12 from 2:00 - 3:00 pm
Fidelis Tuesday, 3/31 from Noon - 2 pm

Senior Center Dinner Club White Elephant

(1404 Abbott Road, Lackawanna)

Thursday, April 2nd at 5:00 pm

Family Style \$23.50 (includes tax & tip)

Breaded Pork Chops, Beef Roulades, & Herb Roasted Chicken - includes red mashed potatoes, seasonal vegetables, pasta w/sauce, salad, rolls, butter coffee, tea, and dessert. Cash bar available.

Contact Dixi Bileschi (674-9348) by March 21st.

*The Dinner Group will meet on Tuesday, March 3rd.
New members welcome!*



SENIOR BILLARDS ROOM

**8 Ball Challenge beginning March 10th
Tuesdays at 12:40 pm - 2:30 pm**
\$10.00 when entering
Pizza party at end of challenge

**9 Ball Challenge beginning March 12th
Thursdays at 12:30 pm**
\$3.00 when entering



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, March 9th at 12:30 pm
Attend the prior Monday card game to sign up to attend the tournament.

Euchre Friday, March 20th at 10:00 am
Please sign up in the office if you plan on attending.

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 following 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 3/2 Rotini & Meatballs w/Sauce, Cauliflower, Spinach, Fruit Cocktail

Tue 3/3 Br. Chicken Breast w/Bflo Sauce, Bun, Corn, Broccoli, Orange, Chocolate Milk

Wed 3/4 Beef Stew, Mashed Potatoes, Biscuit, Chocolate Mousse

Thu 3/5 Roasted Turkey w/Stuffing, Gravy, Mashed Sweet Potatoes, Peas, Tapioca Pudding with Peaches, Molded Cranberry Salad

Fri 3/6 Tuna Macaroni Salad, Whole Grain Crackers, Frosted Spice Cake

Mon 3/9 Turkey A la King, Mashed Potatoes, Carrots, Biscuit, Chocolate Chip Cookies

Tue 3/10 Julienne Salad, Rye Bread, Lemon Cake

Wed 3/11 Roast Beef w/Gravy, Sweet Potatoes, Brussels Sprouts, Whole Wheat Dinner Roll, Fruited Gelatin

Thu 3/12 Br. Boneless Chicken Breast w/Sauce, over Pasta, Wax Beans, Chef Salad, Tropical Fruit, Choc. Milk

Fri 3/13 Baked Salmon w/Pineapple Salsa, Rice Pilaf, Broccoli, Cornbread, Baked Pear Crisp

Mon 3/16 Italian Sausage w/Peppers, Onions and Tomato Sauce, Roasted Red Potatoes, Mixed Vegetables, Pineapple

Tue 3/17 Corned Beef w/Dill Cabbage, Red Potatoes, Carrots, Rye Bread, Lime Sherbet

Wed 3/18 Boneless Chicken Breast w/Lemon Herb Sauce Sweet Potatoes, Peas, Wheat Dinner Roll, Peach Crisp

Thu 3/19 Cranberry Chicken Salad, Club Crackers, Strawberry Shortcake w/Whipped Topping

Fri 3/20 Vegetable Lasagna with Cream Sauce, Italian Green Beans, Cauliflower, Roll, Frosted Marble Cake

Mon 3/23 Pork Ribette w/BBQ Sauce, Bun, Cheesy Mashed Potatoes, Mixed Greens, Fruit Compote, Chocolate Milk

Tue 3/24 Beef Stew, Brussels Sprouts, Biscuit, Strawberry Bavarian

Wed 3/25 Cabbage Roll w/Meatsauce, Garlic Mashed Potatoes, Corn, Rye Bread, Lemon Cake

Thu 3/26 Roast Turkey w/Gravy, Mashed Potatoes, Peas & Carrots, Roll, Lorna Doones, Molded Cranberry Salad

Fri 3/27 Breaded Fish, Bun, Macaroni & Cheese, Italian Green Beans, Mandarin Oranges, Coleslaw

Mon 3/30 Cheese Ravioli w/Meatsauce, Peas, Summer Squash w/Red Peppers, Italian Bread, Peaches

Tue 3/31 Roasted Chiavetta Quarter Chicken, Brown Rice Pilaf, Carrots, Cauliflower, Sugar Cookies



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 3/4 Harriett (PG-13) The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

Wed 3/11 Ford v Ferrari (PG-13) American car designer Carroll Shelby and driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary race car for Ford and challenge Ferrari at the 24 Hours of Le Mans in 1966.

Wed 3/18 A Beautiful Day in the Neighborhood (PG) Based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod.

Wed 3/25 Midway (PG-13) The story of the Battle of Midway, told by the leaders and the sailors who fought it.

We're on FACEBOOK
Check us out . . .
Orchard Park Senior Center



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. Everyone is welcome!

Mind Aerobics


Mondays at 1:00 pm

Join us for a fun filled hour exercising the most important muscle - your brain! Participants will engage in a variety of fun and challenging activities. You'll be surprised how much fun exercising your brain can be. This program is for everyone!

BINGO !!

Tuesdays at 1:00 pm

Bring a friend and join Kaylene for a fun filled hour of bingo.
All boards are \$1.00. All are welcome!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">02</p> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Meditation & Yoga 10:15 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge Tourn. 1:00 Arthritis Tai Chi 1:00 Mind Aerobics 1:00 Spanish	<p style="text-align: right;">03</p> 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	<p style="text-align: right;">04</p> 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 Movie 1:00 Adv. Tai Chi 1:00 Calligraphy	<p style="text-align: right;">05</p> 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 1:00 Acrylic Painting	<p style="text-align: right;">06</p> 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Cardio & Tone 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle
<p style="text-align: right;">09</p> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Meditation & Yoga 10:15 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge Tourn. 1:00 Arthritis Tai Chi 1:00 Mind Aerobics 1:00 Spanish	<p style="text-align: right;">10</p> 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 1:00 Kidney Health 6:00 Cardio & Tone	<p style="text-align: right;">11</p> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:15 Beg Line Dance 10:30 Spring Clean 11:30 Yoga 12:00 Stay Fit Dining 1:00 Movie 1:00 Adv. Tai Chi 1:00 Calligraphy	<p style="text-align: right;">12</p> 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 12:45 Aging Eye 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 1:00 Acrylic Painting	<p style="text-align: right;">13</p> 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Cardio & Tone 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 12:00 Learn to Play Mah Jong 1:00 Mah Jong 1:00 Pinochle
<p style="text-align: right;">16</p> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Meditation & Yoga 10:15 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge 12:45 Bitter Truth About Sugar 1:00 Arthritis Tai Chi 1:00 Mind Aerobics 1:00 Spanish	<p style="text-align: right;">17</p> 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 12:30 St. Pat Entertainment 1:00 Bingo 6:00 Cardio & Tone	<p style="text-align: right;">18</p> 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 Movie 1:00 Adv. Tai Chi 1:00 Calligraphy	<p style="text-align: right;">19</p> 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 1:00 Acrylic Painting	<p style="text-align: right;">20</p> 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Cardio & Tone 10:00 Euchre Tourn. 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle
<p style="text-align: right;">23</p> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Meditation & Yoga 10:15 Wii Bowling 10:30 Singles Mixer 12:00 Stay Fit Dining 12:30 Bridge 1:00 Arthritis Tai Chi 1:00 Mind Aerobics 1:00 Spanish	<p style="text-align: right;">24</p> 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 Jukebox Bingo 6:00 Cardio & Tone	<p style="text-align: right;">25</p> 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 12:45 AMP Program 1:00 Movie 1:00 Adv. Tai Chi 1:00 Calligraphy	<p style="text-align: right;">26</p> 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 12:45 Diabetes 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 1:00 Acrylic Painting	<p style="text-align: right;">27</p> 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Cardio & Tone 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle <i>BPO bus departs at 8:30 am</i>
<p style="text-align: right;">30</p> 9:00 Pool Shooting 9:00 Meditation & Yoga 9:00 Ladies Exercise 10:15 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge 12:45 Rt 66 Kickoff 1:00 Arthritis Tai Chi 1:00 Mind Aerobics 1:00 Spanish	<p style="text-align: right;">31</p> 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 12:30 Kidney Screen'g 1:00 Bingo 6:00 Cardio & Tone	 <p style="text-align: center;">www.mistifonts.com</p>		

ORCHARD PARK SENIOR CENTER MEMBERSHIP INFORMATION

As of April 1, 2020 the Senior Center will implement a membership application for residents of Orchard Park and non-residents.

You are never too old (or too young) to take part in activities that can enrich your physical, mental, and emotional well-being. The Center offers classes, clubs, presentations, and special events during any one month at the Center. Please see our monthly Newsletter for details.

RESIDENT MEMBERSHIP: Membership fee is waived

Town of Orchard Park residents 55 and older must submit an application in person and proof of residency is required. This membership allows residents to participate in all activities, including clubs and special events. Additional fees may apply when participating in some activities and classes. Applicants must apply in person.

NON- RESIDENT MEMBERSHIP: Non-Residents - \$30 annually

Non-residents may join the Orchard Park Senior Center and pay their membership fee each year. Members must be 55 years of age and older. This membership allows non-residents to participate in all activities, including clubs and special events. Additional fees may apply when participating in some activities and classes. Applicants must apply in person.

Resident and Non-Resident applications must be submitted in person at the Center.
Please contact the senior center office with any membership questions at 662-6452 or at opsenior@orchardparkny.org.

GUEST PASS: \$4.00 per day

Non-residents guests are welcome at many of our programs and events. Guest passes can be purchased in the Senior Center office.

Orchard Park Senior Center is now a Silver & Fit and Silver Sneakers partner!
Those that are 65 and over may qualify.

How to utilize your Silver Sneaker and Silver & Fit benefits? Stop in the Senior Center office to apply for membership. When applying for membership please bring your insurance card and your fitness id # (if you have received it from your health insurance carrier) and your membership fee will be waived.

Registered, now what? Make fitness part of your daily and weekly routine.

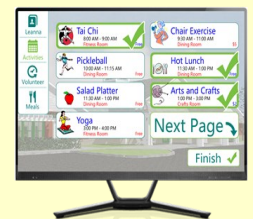
How do I check into classes? It is imperative that you check in each time you visit. Sign up ahead of time to reserve a spot in the class with those with session dates.

The Orchard Park Senior Center is introducing an Automated Check-In System

A new, automated check-in system called MySeniorCenter will be located at the senior center entrance. It's specifically designed to help our staff members manage the various sign-ups and sign-ins, and improve the way we report our services to the town. After you complete your membership application you will receive a "My Senior Center" keytag which you will use on our new touchscreen automated check-in computer system.

A Change for the Better! The new system is extremely easy to use. Here's how it works:

- All members will receive a small keytag. (The card contains no personal information, but it will allow the new system to recognize you.)
- Instead of signing into our book, you'll swipe your keytag at the scanner, or you can enter your name on the touchscreen (see below).
- Press the touchscreen to select the programs you'll be participating in that day.
- Press FINISH.



A Smooth Transition

Even though MySeniorCenter is designed to be user-friendly, staff members and volunteers will be available to assist for the first few weeks to help people operate the new check-in system. We want to make the transition as seamless as possible for everyone.

