Hello Everyone!!

I hope everyone is enjoying the beautiful weather! As I have mentioned in previous emails, although the senior center is closed Maria and I are in the office. If during our shut down you need any assistance or have any questions please contact Maria or I. We can be reached at 662-6452 during business hours Monday – Friday 8:30 am – 4:00 pm. Also, reach out to us via email [opsenior@orchardparkny.org](mailto:opsenior@orchardparkny.org) or via Facebook (orchard park senior center).

This past week you should have received an email which had an Orchard Park Senior Center Re-Opening Survey attached. The survey is to help us gauge your comfort level, intentions and concerns as we look to re-open in the future. If you did not receive an email with the attached survey please send me an email (opsenior@orchardparkny.org) and I will respond with the survey attached. Thank you to everyone who took the time to complete. The information is beneficial as we continue working on our re-opening plan.

In the past week we have seen several new people sign in to our **FREE** Zoom classes. This is a great way to see and participate in a new class. I know what you are thinking, I have never used Zoom; I can’t do this. YES, YOU CAN! You may log on to a Zoom Meeting via your computer, tablet, smart phone or you can even call in on a land line. The classes are free and easy to access. If you would like assistance accessing our Zoom classes please contact the center (prior to the class time) for assistance. We are able to walk you through the process over the phone.

Take Care – We miss everyone and cannot wait to see everyone again!

**U P C O M I N G F R E E Z O O M C L A S S E S:**

*Please make sure you sign into the zoom class on time. All classes require the instructor to admit the participants into their class. Arriving after the start time delays your participation.*

**Zoom Arthritis Tai Chi with Donna**

**Monday, June 22nd at 12:45 pm**

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.

Join Zoom Arthritis Tai Chi with Donna

https://zoom.us/j/93829339962?pwd=WDhRUlFDeDQzWnB2S3FzRlVPOW1RUT09

Meeting ID: 938 2933 9962 Password: 031099

**Zoom Tap Dance for Fun with Jenn**

**Tuesday, June 23rd at Noon**

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

Join Zoom Tap Dance for Fun with Jen Meeting

https://us02web.zoom.us/j/4413133148?pwd=MzloZVFJSFpSQi9rZzEyTVhpekQzdz09

Meeting ID: 441 313 3148 Password: jen2020

**BINGO Live on Facebook**

**Tuesday, June 23rd at 1:00 - 1:30 pm**

Virtual BINGO is a bit different from regular Bingo.

Once Maria has gone live, you will comment you want to play. She will send you a number between 1 and 15. Maria will explain the rest of the rules each time a new game will start.

**Zoom Beginner Line Dance Class**

**Wednesday, June 24th at 10:15 am**

Join our center instructor Sandy for line dance from the comfort of your home. Line dancing is a great way to stay active and exercise.

Debbie Santiago is inviting you to a scheduled Zoom meeting.

Join Zoom Beginner Line Dance Class Meeting

https://zoom.us/j/98831642764?pwd=dUd6TEpOREsvWGxRTkFxelNUczc2Zz09

Meeting ID: 988 3164 2764 Password: 094250

**Zoom Yoga with Irene**

**Wednesday, June 24th at 11:30 am**

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.

Join Zoom Yoga with Irene

https://zoom.us/j/97014003982?pwd=TmJtYWt2Umc0dFJlMVRqN01ReFRXZz09

Meeting ID: 970 1400 3982 Password: 377345

**Zoom Men’s Exercise Class with Trish**

**Thursday, June 25th at 9:15 am**

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 joining Trish for the Men’s Fitness program.

Join Zoom Men’s Exercise Class with Trish

https://zoom.us/j/92661117717?pwd=aDZFbDNhaVB1d2x0NVZSSXRsM2wvdz09

Meeting ID: 926 6111 7717 Password: 480553

**Zoom Intermediate Tap Dance with Trish**

**Thursday, June 25th at 10:00 am**

This class is for those who have some experience tap dancing. Learn to tap to some of the great Broadway tunes as you burn calories, and get an aerobic workout while tapping.

Join Zoom Intermediate Tap Dance with Trish

https://zoom.us/j/93224467317?pwd=OGRiREpVWDFqUUdEMHhqaXlZcmJBZz09

Meeting ID: 932 2446 7317 Password: 216650

**Zoom Cardio and Tone with Marilyn**

**Friday, June 26th at 10:00 am**

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.

Join Zoom Cardio and Tone with Marilyn

https://zoom.us/j/93698042166?pwd=Z3UwWDM2bndMYzNkQjJOZEpPRlJzZz09

Meeting ID: 936 9804 2166 Password: 917692

**Zoom Coffee & Conversation**

**Friday, June 26th at 11:00 am**

Are you new to the center or miss seeing your friends? Grab a coffee, tea or your choice beverage and join Debbie, Maria to introduce ourselves and get to know one another.

Join Zoom Coffee & Conversation

https://zoom.us/j/94071222800?pwd=UWczaE1TZ3pxMlVZQWdkWEZ3ZHhYdz09

Meeting ID: 940 7122 2800 Password: 745913

**WALKING CHALLENGE** continues ….

Walk Across America 6- Week Walk at Home Challenge!

Track your steps or the amount of time you are physically active each day from Monday, June 22nd to Sunday, June 28th. Turn your weekly steps into Maria at galleym@orchardparkny.org on Monday to be entered for weekly prizes. It is never too late to begin the challenge! Contact Maria for additional details and to participate.