

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 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!

UPCOMING FREE ZOOM CLASSES:

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=WDhRUIFDeDQzWnB2S3FzRlVPOW1RUT09>

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=MzloZVFJSFpSQi9rZzEyTVhpekQzd09>

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=dUd6TEpOREsvWGxRTkFxeINUczc2Zz09>

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=TmJtYWt2Umc0dFJIMVRqN01ReFRXZz09>

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=OGRiREpVWDFqUUdEMHhqaXIZcmJBZz09)

<https://zoom.us/j/93224467317?pwd=OGRiREpVWDFqUUdEMHhqaXIZcmJBZz09>
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=Z3UwWDM2bndMYzNkQjJOZEPRiJzZz09)

<https://zoom.us/j/93698042166?pwd=Z3UwWDM2bndMYzNkQjJOZEPRiJzZz09>
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=UWczaE1TZ3pxMIVZQWdkWEZ3ZHhYdz09)

<https://zoom.us/j/94071222800?pwd=UWczaE1TZ3pxMIVZQWdkWEZ3ZHhYdz09>
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 galley@m@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.

