

You will notice on our calendar that not all programs /activities are at the same time or room. More programs will be phased in as we move along. **Probably the biggest change is that we will be operating with an activity by appointment only format and you will have to make a reservation for every activity you plan to attend. To control the traffic in and out of the building we will only use the front entrance to enter and exit for programs. We know these changes are not going to be easy to adjust to but, we must and we will adjust them as needed. Be sure you have a face covering when you enter the senior center, follow social distancing and personal hygiene. By working together we can enjoy the fun and friendships that we have all missed these past months. Thank you for your patience and your support of the staff. CONTACT THE SENIOR CENTER AT 662-6452 OR opsenior@orchardparkny.org TO REGISTER FOR ALL CLASSES, ACTIVITIES AND LUNCHESES.**

WEEKLY SCHEDULE OF CLASSES / ACTIVITIES for week beginning 8/10/20

<u>MONDAY 8-10-20</u>	<u>TUESDAY 8-11-20</u>	<u>WEDNESDAY 8-12-20</u>	<u>THURSDAY 8-13-20</u>	<u>FRIDAY 8-14-20</u>
9:00 - 10:00 Ladies Exercise RM#156	9:00 - 11:00 Pool Shooting RM#110	9:00 - 11:00 Pool Shooting RM#110	9:00 - 10:00 Men's Fitness RM#158	9:00 - 11:00 Pool Shooting RM#110
Noon - 2:00 Pool Shooting RM#110	9:00 - 11:00 Open Bocce @Green Lake	10:00 - 11:00 Beg. Line Dance RM#158	11:15-Noon Club 99 Exercise RM#156	10:00 - 11:00 Cardio & Tone RM#158
12:45 - 1:30 Arthritis Tai Chi RM#158	10:30-11:30 Inter Line Dance RM#158	11:30 - 12:30 Yoga RM#158	10:30-11:30 Interm Tap Dance RM#158	10:30 - 12:30 Art w/ Friends RM#106
	12:00 Tap Dancing Fun RM#158		1:00 - 1:45 Beginner Tai Chi RM#158	

CLASSES WHICH WILL BE ADDED TO THE SCHEDULE FOR WEEK BEGINNING 8/17/20

10:30 - 11:30 Wii Bowling RM#126 <i>Wii Bowling returns 8/17</i>	1:00 - 3:00 Bingo RM#106 <i>Bingo returns 8/18</i>	Noon Stay Fit Lunch <i>Lunch program returns 8/19</i>	Noon Stay Fit Lunch <i>Lunch program returns 8/19</i>	Noon Stay Fit Lunch <i>Lunch program returns 8/19</i>
		1:15 - 4:00 Movie RM#126 <i>Movie returns 8/19 & 8/20</i> <i>"A Beautiful Day in the Neighborhood"</i>	1:15 - 4:00 Movie RM#126 <i>Movie returns 8/19 & 8/20</i> <i>"A Beautiful Day in the Neighborhood"</i>	

STAY FIT DINING PROGRAM BEGINS WEDNESDAY, AUGUST 19TH

****ALL PARTICIPANTS MUST REGISTER IN ADVANCE BY CALLING THE SENIOR CENTER AT 662-6452 (option #3 Nutrition Director) TO ATTEND LUNCH
Lunch Menu for 8/19 - 8/31**

Wed 8/19 Cheese Tortellini w/cream sauce, carrots, italian vegetables, strawberry bavarian
 Thu 8/20 Turkey breast, garlic mashed potatoes, green bean casserole, stuffing, nectarine
 Fri 8/21 Cabbage roll w/sauce, mashed potatoes, mixed vegetables, cherry pie
 Mon 8/24 Polynesian chicken, vegetables, summer squash, rice, chocolate brownie
 Tues 8/25 Sloppy joe, roasted red potatoes, fiesta corn, roll, tropical fruit

Wed 8/26 Sliced roast beef, cheese mashed potatoes, carrots, plum
 Thu 8/27 Vegetable quiche, spinach, beets, roll, mandarin oranges
 Fri 8/28 Beer battered fish, german potatoe salad, vegetables, ambrosia
 Mon 8/31 Rotini w/ Meatballs/sauce,cauliflower, spinach, fruit cocktail