



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



JULY 2021

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

8:30 a.m. – 4:00 p.m.

**Deputy Town
Supervisor**
Joseph Liberti

**Senior Council
Member**
Eugene Majchrzak

Council Member
Conor Flynn

Director
Debbie Santiago

Program Coordinator
Maria Galley

Kitchen Manager
Kevin Kornowicz



Notes from Debbie . . .

We have come along way after closing due to COVID and re-opening with strict guidelines. BUT ... we are there!! We will only require pre-registration for session classes and some events. As you look in the newsletter, please pay special attention to those events, presentations and classes that require pre-registration.

Please look at all the events we continue to offer and feel free to send us suggestions on future events, classes, presentations, and movies. We appreciate your input.



STAY ENGAGED & RENEW YOUR ORCHARD PARK SENIOR CENTER MEMBERSHIP!!!

Becoming a member is easy
All you have to do is complete a membership form!

- ◆ Town of Orchard Park residents 55+ and / or who pay OP town taxes the membership fee is waived.
- ◆ Non-Residents - \$30 annual membership fee. Membership fee can be waived if you have Silver Sneakers or Silver & Fit. Bring your fitness i.d. when becoming a member.
- ◆ 55+ Guest Pass available for \$4.00

Membership applications must be submitted in person at Center.
Appointments are required for all new members.



REMINDER ...

Please remember to bring your My Senior Center Membership Tag when you come to the center. The key tag is required when you sign in for classes / events.
Replacement tags are \$1.00 each.

We're on FACEBOOK !!
Facebook is an amazing way for us to stay connected, see our friends, and to share senior center opportunities and events!
LIKE & SHARE and stay connected!



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
Supervisor's 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.

- The newsletter is available online on the town website <https://www.orchardparkny.org/departments/senior-center/>.
- Give us your email to receive the monthly newsletter

CLASSROOM INFORMATION:

- ◆ Is on a first come first serve basis
- ◆ If you snooze you lose. If a class does not reach its minimum number of students, it will be cancelled.
- ◆ Paid registration is required to attend classes and activities with a fee.
- ◆ Class registration is for the entire session, regardless of whether a student is able to attend all classes.



**Senior Center Closed
MONDAY, JULY 5TH
Happy 4th of July!!**

**Tree I.D Walk in Chestnut Ridge
Wednesday, July 7th at 10:00am**

Take a walk through scenic Chestnut Ridge Park to learn some tips and tricks to identifying our most common species of tree with Environmental Educator, Matthew Nusstein of New York State Parks, Recreation and Historic Preservation. Bring a water bottle and meet Matthew at the Newton Road Parking area.
Register in the office to attend.

Estate Planning

Thursday, July 8th at 10:30am

“Daniel J. Schuller, Esq., a partner with Pfalzgraf Beinhauer Gear Harris Schuller LLP, Western New York’s trusted elder law attorneys, will be speaking about the importance of basic estate planning (Will, Power of Attorney and Health Care Proxy), the use of a Revocable Trust to avoid probate, the use of an Irrevocable Trust to protect assets from future long-term care costs, as well as how to qualify for Medicaid to assist with payment of nursing home bills.” Register in the office to attend.

Summer Picnic

**sponsored by Embark Senior Living
Friday, July 9th at 10:30 am**

Reminder for those who purchased a ticket please arrive no earlier than 10:15 am. Entertainment begins at 10:30 am and lunch is served at noon.

**Thank you Embark Senior Living
for sponsoring this event.**

**30th Annual Orchard Park Senior Games
Monday, July 12th - Friday, July 16th**



Join us for a week filled with friendly competition of fun events. Registration forms available until July 6th at the senior center. See page 5 for a complete list of events with dates and times.

All regularly scheduled programs will be canceled during the week of the senior games.

Thank you BC/BS for sponsoring this event.

July Book Group

Monday, July 19th at 10:30 am

“The Orphan Collector” by Ellen Marie Wiseman

A powerful tale of upheaval—a heartbreaking saga of resilience set in Philadelphia during the 1918 Spanish Flu outbreak—the deadly pandemic that went on to infect one-third of the world’s population. Discussion is led by Theresa Wiater, retired teacher, Clarence Center Elementary School and excellent instructor for University Express.

August Book: *The Lost Apothecary* by Sarah Penner
Register in the office to attend.

July Birthday Bag

Monday, July 19th between 12:30-1:00 pm

Univera Healthcare is sponsoring a birthday bag to help you celebrate your birthday. A Univera rep. will be handing out these bags which include a birthday treat, card and bag. You must register with the office to receive a birthday bag as supplies are limited.

THANK YOU Univera for sponsoring this event which will be offered monthly while supplies last.

Ice Cream Social

featuring The Buffalo Dolls

Thursday, July 22nd at 1:00 pm



Take a break from the heat and join us for an amazing performance from the Buffalo Dolls. The Buffalo Dolls, perform the hits of the 1940s, '50s & '60s in the style of The Andrews Sisters. Following the performance, enjoy an ice cream sundae with all the toppings! **Cost is \$2.00.** register by 7/16. Doors open at 12:45 pm.

Thank you Clear Captions for sponsoring this event.

Coffee with a Cop

Friday, July 23rd at 10:00am

Join Orchard Park Chief of Police, Joseph Wehrfritz for coffee at this event which brings police officers and the community members they serve together. No agendas or speeches, just a chance to ask questions, voice concerns, and get to know the Chief in your community! Register in the office to attend.



Challenge Your Brain with “America Says”

Monday, July 26th at 1:00 pm

Join Debbie and Maria as we team up with members for an afternoon of fun playing America Says. Two teams race against a clock to guess how Americans filled in the blanks on a series of survey questions covering every topic under the sun. Challenge your brain and register to attend.

University Express Live Video Viewing

Caring for Your Houseplants

Wednesday, July 7th at 2:00 pm

Learn how to properly care for your houseplants so they thrive all year long. Instructor: Linda Mayer, master gardener, Cornell Cooperative Extension

Biden’s Administration and New South Asian and Middle Eastern Realities

Wednesday, July 14th at 2:00 pm

Historically close relations with Middle Eastern countries have made a great economic impact on the entire world, raising concerns in Washington, D.C. Instructor: Faizan Haq, communication department faculty, Buffalo State College; founding president, Western New York Muslims

UPCOMING EVENTS IN AUGUST

Four Seasons of The Woods Thursday, August 5th at 1pm

A Reinstein Woods representative will give a presentation about the nature preserve showcasing and featuring stunning photos taken by their staff and volunteers.

Register in the office to attend.



National Root Beer Float Day Friday, August 6th at 1:00 pm

Root beer floats are not just for kids! Today, people around the country will drink up and enjoy a root beer float to celebrate.

Today enjoy a delicious root beer float and entertainment by the Hastings Duo.

Cost \$2.00 and you must register by Friday, July 30th.

Thank You United Health for sponsoring this event.

Summer Game Awards Monday, August 9th at 1:30 pm

For those who participated in the Senior Games you are invited to attend the Senior Game Awards. Register on the senior game form.- August 9th 1:30pm – 3 pm.

Summer Bingo Bash Tuesday, August 10th at 1:00 pm

Join us at the center for an afternoon of Bingo. Prizes will be awarded and light refreshments will be served. Cost is \$1.00 and includes 1 board. Additional boards will be available for purchase for \$1.00 each. Register in the office.

DASH Diet or Mediterranean Diet? Wednesday, August 11th at 11am

Come to the center as we Join Jennifer Johnson virtually for this half hour presentation, which will cover the two most commonly, recommended diets for heart health are the DASH Diet and the Mediterranean Diet, but which one is right for you? Is one better than the other? We will take a look at each and then compare side-by-side to find out. Register in the office to attend.

Erie County Picnic at the Senior Center Tuesday, August 17th at Noon

This picnic is also a welcome back to congregate dining! Chicken dinner, dessert and entertainment provided.

Cost \$3.00. Register and pay in the senior center office begins on Monday, July 19th.

EPIC Presentation Thursday, August 19th at 1:00pm

Elderly Pharmaceutical Insurance Coverage (EPIC) program is a New York State Program for seniors administered by the Department of Health. It helps income-eligible seniors aged 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs. Seniors can apply for EPIC at any time of the year and must be enrolled or eligible to be enrolled in a Medicare Part D drug plan to receive EOPIC benefits and maintain coverage. Register in the office to attend.

What You Can Do to Prevent Falls Monday, August 23rd at 10:30am

The Centers for Disease Control estimates that 1 out of 3 people over the age of 65 fall each year. Learn how to prevent a fall from happening to you. We'll discuss ways to make your home safer and review some exercises you can do at home to reduce your risk of a fall. Enjoy the presentation at the center as we join Jennifer Johnson virtually. Register in the office to attend.

Butterfly and Wildflower Walk at Knox Farm Wednesday, August 25th at 9:00 am

Take a relaxing walk through the butterfly meadow of Knox Farm to enjoy the rich diversity of butterflies in the park. Environmental Educator, the walk will be led by Matthew Nusstein of New York State Parks, Recreation and Historic Preservation. Register in the office and meet at Knox Farms at the main visitor parking area by the red barns. Register in the office to attend.



DISCO ZUMBA 6 week session 7/22 - 8/26 Thursdays at 10:00 am

Zumba has been called exercise in disguise and for good reason. During a class, you'll dance to your favorite disco songs while sneaking in both low- and high-intensity moves. Must register for class prior to the start date in the office. Cost for the 6 week session is \$24.00.

A.A.R.P. Driver Safety Program

Will be offered at the Orchard Park Senior Center on the following days and times:

Wednesday, September 1st (full day)
9:00 am – 4:00 pm

Wed., Sept. 29th and Thur., Sept. 30th (1/2 day)
1 pm – 4 pm (must attend both days)

Wednesday, October 6th (full day)
9:00 am – 4:00 pm

Wed., Oct. 27th and Thur., Oct. 28th (1/2 day)
1 pm – 4 pm (must attend both days)

- ◇ All participants must bring their own pen and beverage if they choose.
- ◇ Arrive no more than 15 minutes before class to ensure timely start
- ◇ Payment in the form of a check payable to AARP is due in class.

Cost is \$25.00 for AARP members and \$30.00 for non-AARP members.

Registration is required by calling the Center at 662-6452.

ANNUAL ORCHARD PARK SENIOR CENTER GAMES MONDAY, JULY 12TH - FRIDAY, JULY 16TH

The Senior Games are Back!

Orchard Park Senior Center would like to invite our members to the

30th Annual Orchard Park Senior Games



Summer Games Award Ceremony Monday, August 9th at 1:30 pm Orchard Park Senior Center

**Register for the Award Ceremony by Friday, July 23rd if you plan on attending.*

Please return completed registration to the Senior Center Office no later than July 6th.

All regularly scheduled programs will be canceled during the week of the senior games.

Thank You BlueCross BlueShield of Western New York for generously sponsoring this event.

EVENTS & TIMES:

Mon 7/12 - Fri 7/16 Walking Challenge
pick up the forms to track your steps by Fri. 7/9 and return completed forms by Mon. 7/19

Monday, July 12th

9:00 am Bocce (couples) at Green Lake
*rain date Mon 7/19
10:15 am Wii Bowling
12:30 pm Duplicate Bridge Tournament
12:30 pm Trivia Daze
1:30 pm Indoor Games (Target Shooting, Javelin Toss, Clothes Challenge, Garbage Can Free Throw Contest)

Tuesday, July 13th

9:00 am Bocce (open) at Green Lake
*rain date Tue 7/22
9:00 am Pickle ball Tournament
1:00pm Shuffleboard Tournament

Wednesday, July 14th

9:30 am Outside Games
(Bean Bag Toss, Putt to the Hole, Ladder Toss, Egg & Spoon Obstacle Course, Marshmallow Drive & Water Balloon Challenge
Rain date Wed. 7/21
1:00 pm Corn Hole Tournament
1:30 pm Hand & Foot Tournament

Thursday, July 15th

9:00 am Mexican Train Dominoe Tournament
1:00 pm Nine Ball Tournament
1:00 pm Minute to Win It Games
(games will be announced at the event)

Friday, July 16th

9:00 am Euchre Tournament
1:00 pm Mah Jong Tournament
1:00 pm Pinochle Tournament



Stay Fit Dining Program in Senior Center

Lunch is served at noon Monday through Friday. The suggested contribution is \$3.00. **You must register for lunch by calling Kevin at 662-6452 (option #3), or email kornowicz@orchardparkny.org 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!

Thu 7/1 Bratwurst w/Sauerkraut, Bun, German Potato Salad, Mixed Vegetables, Mandarin Oranges
Fri 7/2 Chiavetta-marinated Chicken, Cheesy Diced Potatoes, Broccoli, Chef Salad, Roll, Apple Pie

Mon 7/5 Senior Center Closed

Tue 7/6 Breaded Chicken Drumsticks, Macaroni & Cheese, Zucchini & Tomatoes, Tropical Fruit

Wed 7/7 Polish Sausage w/Sauerkraut, Bun, Roasted Red Potatoes, Au Gratin Broccoli, Marinated Tomato Salad, Rice Krispie Treat

Thu 7/8 Tortellini w/Meat Sauce, Italian Mixed Vegetables, Chef Salad, Nectarine, Chocolate Milk

Fri 7/9 No Lunch Available — Special Event

Mon 7/12 Turkey w/Stuffing&Gravy,Mashed Potatoes, Carrots, Lorna Doones

Tue 7/13 Beef Pepper Steak Casserole w/White Rice Wax Beans with Carrot, Broccoli, Ice Cream Bar

Wed 7/14 Penne Pasta w/Meatballs & Sauce, Country Cottage Mixed Vegetables, Chef Salad, Ambrosia

Thu 7/15 Julienne Salad, Whole Wheat Dinner Roll, Cantaloupe, Chocolate Milk

Fri 7/16 Beer-Battered Fish, Au Gratin Potatoes, Zucchini & Stewed Tomatoes, Coleslaw, Brownie

Mon 7/19 Veal Parmesan, Seasoned Spinach, Apple Juice, Chocolate Pudding

Tue 7/20 Tuna Macaroni Salad, Club Crackers, Watermelon, Chocolate Milk

Wed 7/21 Beef Bourguignon w/Brown Rice, Cauliflower, French Bean Medley, Oatmeal Raisin Cookie

Thu 7/22 Baked Ham, Cheesy Scalloped Potatoes, Brussels Sprouts, Cornbread, Chocolate Swirl Ice Cream

Fri 7/23 Chicken Cordon Bleu, Veg. Rice Pilaf, Orange-glazed Carrots, Chef Salad Lemon Meringue Pie

Mon 7/26 Chicken Vegetable Casserole, Biscuit, Broccoli, Plum, Chocolate Milk

Tue 7/27 Hot Dog w/Baked Beans, Corn-on-the-Cob, Fruit Punch, Potato Salad, Watermelon

Wed 7/28 Chicken Caesar Salad, Rye Bread, Ice Cream Sandwich

Thu 7/29 Lasagna Roll w/Meat Sauce, Calif. Mixed Vegetables, Grape Juice, Chef Salad, Lemon Bavarian

Fri 7/30 Meatloaf w/Swiss-style Gravy, Mashed Potatoes, Peas w/Pearl Onions, Wheat Bread, Brownie

If you are unable to keep your reservation, please call the Center **as early as possible** 662-6452 option #3. Thank You!

STAY FIT FROZEN MEALS

We're pleased to offer 3 or 5-pack varieties of Frozen Meals through Erie County Stay Fit Dining Program. A roll, milk & dessert included in each meal. Call Kevin at 662-6452 option #3 for more info.

Weekly reservations must be called in no later than 11:00 am on the Tuesday of the week before.

MEALS WILL THEN NEED TO BE PICKED UP ON MONDAY MORNING BETWEEN 9:00 - 9:30 am AT THE FRONT ENTRANCE OF THE SENIOR CENTER.

Medicare Advantage Plans

Meet one on one with insurance representatives

Univera Healthcare

Monday, July 19th 10:00 am - Noon

Blue Cross / Blue Shield

Contact John for an appointment 716-887-8832

United Healthcare

Thursday, June 22nd 10:00 am - Noon

Aetna

Wednesday July 21st 10:00 - Noon



AN AFTERNOON AT THE MOVIES

Wednesdays at 1:00 pm

Spend an afternoon at the movies.

50¢ includes bag of chips or popcorn

Register in the office to attend.

Wed 7/7 Minari (PG-12) A Korean-American family moves to an Arkansas farm in search of their own American Dream. Amidst the challenges of this new life in the strange and rugged Ozarks, they find the undeniable resilience of family and what really makes a home.

Wed 7/14 No Movie Today

Wed 7/21 The Courier (PG-13) The true story of a British businessman unwittingly recruited into one of the greatest international conflicts in history. Forming an unlikely partnership with a Soviet officer hoping to prevent a nuclear confrontation, the two men work together to provide the crucial intelligence used to defuse the Cuban Missile Crisis.

Wed 7/28 Cruella (PG-13) Estella is a young and clever grifter who's determined to make a name for herself in the fashion world. She soon meets a pair of thieves who appreciate her appetite for mischief, and together they build a life for themselves on the streets of London. However, when Estella befriends fashion legend Baroness von Hellman, she embraces her wicked side to become the raucous and revenge-bent Cruella.

JULY SCHEDULE OF EVENTS AT THE SENIOR CENTER

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
9:00 Pool Shooting	8:45 Mens Exercise	8:45 Mens Exercise	8:45 Mens Exercise	8:45 Cardio Drum
9:00 Bocce@ Green Lake	9:00 Pool Shooting	9:00 Pool Shooting	9:00 Pool Shooting	9:00 Pool Shooting
9:00 Medit. & Yoga	9:00 Bocce@ Green Lake	9:00 Corn Hole	9:30 Dominoes	9:00 Ladies Exercise
9:00 Ladies Exercise	9:00-10:30 Pickleball 55+	9:00 Ladies Exercise	9:00-10:30 Learn to Play Pickleball 55+	10:00 Euchre
10:30 Wii Bowling	10:00 Beg Watercolor	9:30 Hand & Foot	10:00 Disco Zumba	10:00 Cardio&Tone
10:30-Noon Pickleball 55+	10:30 Int Line Dance	10:00 Walking Group	10:00 Acrylic Paint	10:30 Art w/ Friends
NOON LUNCH	10:30 Club 99	10:00 Beg Line Dance	10:30 Club 99	11:00 Yoga
12:30 Pool Shooting	10:45-12:15 Pickleball 55+	11:30 Yoga	10:45-12:15 Beginner Pickleball 55+	NOON LUNCH
12:30 Bridge	NOON LUNCH	NOON LUNCH	NOON LUNCH	12:30 Pool Shooting
12:45 Arthritis Tai Chi	12:30 Pool Shooting	12:30 Pool Shooting	12:30 Pool Shooting	12:45 MahJong
1:00 Mind Aerobics	1:00 Int Watercolor	1:00 Movie	12:45 Mah Jong	12:45 Arthritis TaiChi
	1:00 Bingo	1:00 Wed. Bridge		1:00 Pinochle
	<i>*no pickleball July 13th</i>	<i>*No Pickleball Available</i>	<u>Evening Classes:</u> 5:15 & 6:30 pm Cardio Drumming	<i>*No Pickleball Available</i>

All regularly scheduled programs will be canceled during the week of the senior games

JULY SPECIAL EVENTS CALENDAR **please register for all events below**

Monday, July 5th
Senior Center Closed - Happy 4th of July

Wednesday, July 7th at 10:00am
Tree I.D Walk in Chestnut Ridge

Wednesday, July 7th at 2:00 pm
Univ. Express Virtual Caring for Your Houseplants

Thursday, July 8th at 10:30am
Estate Planning

Friday, July 9th at 10:30 am
Summer Picnic .
Thank you Embark Senior Living for sponsoring this event.

Monday, July 12th - Friday, July 16th
30th Annual Orchard Park Senior Games

Wednesday, July 14th at 2:00 pm
Univ. Express Virtual Biden's Administration and New South Asian and Middle Eastern Realities

Monday, July 19th at 10:30 am
July Book Group "The Orphan Collector" A Heroic Novel of Survival During the 1918 Influenza Pandemic by Ellen Marie Wiseman

Monday, July 19th at 12:30 pm July Birthday Bag

Thursday, July 22nd at 1:00 pm
Ice Cream Social featuring the Buffalo Dolls
Thank you Clear Captions for sponsoring this event.

Friday, July 23rd at 10:00am Coffee with a Cop

Monday, July 26th at 1:00 pm
Challenge your Brain with America Says

IN PERSON CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

Reminder: Pre-registration is required for ALL classes, activities & events. Payment due at registration.

Tai Chi for Arthritis Mondays & Fridays at 12:45 pm

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

Inter. Line Dance Tuesdays at 10:30 am

Line dancing is great exercise and a wonderful way to meet new friends. **Cost is \$3.00 per class.**

Beg. Line Dance Wednesdays at 10:00 am

Line dancing is great exercise and a wonderful way to meet new friends. **Cost is \$2.50 per class**

Club 99 Tuesdays & Thursday at 10:30 am

Club 99 is a free fitness program. This class is a full body workout that can be done standing, seated, or a combination of both. The class uses resistance bands and light weights (bring your own weights and bands to class).

Ladies Exercise

Monday, Wednesday & Fridays at 9:00 am

This program uses stretching, aerobic and floor exercises tailored specifically for the needs of those 60+ years.

Please wear comfortable clothes, bring a mat, light weights, and a stretch band for the class. Free Class.

DISCO ZUMBA

6 week session 7/22 - 8/26
Thursdays at 10:00 am



Zumba has been called exercise in disguise and for good reason. During a class, you'll dance to your favorite disco songs while sneaking in both low- and high-intensity moves. Must register for class prior to the start date in the office. Cost for the 6 week session is \$24.00.

Men's Fitness

Tuesday, Wednesday & Thursday at 8:45 - 9:45 am

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 Men's Fitness.

July Session 4 weeks 7/6 - 7/29 Cost \$24.00

August Session 5 weeks 8/3 - 9/2 Cost \$30.00

Cardio and Tone Fridays 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.

July Session 4 weeks 7/9-7/30 Cost \$16.00

No Classes in August - returning in September

Cardio Drumming Evening Class

(2 Evening Classes Available)

Thursdays at 5:15pm & Thursdays at 6:30 pm

What Is Cardio Drumming? At its core, Cardio Drumming is a cardiovascular based, full-body workout that requires you to move and play drums along to music.

July Session 4 weeks 7/8-7/29 Cost \$16.00

No Classes in August - returning in September

Cardio Drumming Morning Class

Fridays at 8:45 am

July Session 4 weeks 7/9-7/30 Cost \$16.00

No Classes in August - returning in September

Meditation & Gentle Yoga Mondays at 9:00 am

You will be guided you through a seated meditation followed by yoga postures that will help to improve your flexibility, strength, and balance. (chair modifications available).

July Session 3 weeks 7/12-7/26 Cost \$12.00

August Session 5 weeks 8/2-8/30 Cost \$20.00

Yoga Wednesdays 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.

July Session 4 weeks 7/7-7/28 Cost \$16.00

August Session 4 weeks 8/4-8/25 Cost \$16.00

Tap Dance for Fun * Returns in September *

Inter. Tap Dance * Returns in September



ART CLASSES

Material lists available in the office.

Beginner Acrylic Painting - Instructor Linda Hall

Class returns in September

Beginner Watercolor Part 2 - Instructor Dan Meyer

Tuesdays at 10:00 am - Noon

6/15 - 7/27 7 week Session Cost \$35.00

Intermediate Watercolor - Instructor Dan Meyer

Tuesdays at 1:00 pm - 3:00 pm

4 week Session 7/6 - 7/27 Cost \$20.00

Art with Friends

Fridays at 10:30 am - 12:30 pm

Enjoy working on your artwork? Bring your supplies in and work with others at the senior center.

Class registration is on a first come first serve basis. If you snooze you loose - if a class does not reach the minimum number of students the class will be canceled. Paid registration is required to attend classes. Registration is for the entire session, regardless of whether a student is able to attend all classes.



Two courts are available for play with a limit of 6 players per court. Must register in advance to play.

55+ OPEN PICKLEBALL Cost \$4.00
See page 7 for NEW dates and times

LEARN TO PLAY 55+ PICKLEBALL Cost \$4.00
Thursdays at 9:00 - 10:30 am

55+ BEGINNER PICKLEBALL Cost \$4.00
Thursdays at 10:45 - 12:15 pm

All members must register prior to the day with the senior center office to attend. No walk ins.

Bring a 55+ Guest and purchase a Senior Center Guest Pass for \$4.00 / day plus the \$4.00 to play pickle ball

FITNESS ROOM SCHEDULE

9:00 am - Noon
12:30 pm - 4:00 pm

- * As a member of the Orchard Park Senior Center you have the benefit of using the fitness room. Prior to using the fitness room you must complete a fitness room orientation, have a signed fitness room waiver on file, and read a copy of the rules and regulations.
- * Fitness room is closed between noon and 12:30 to sanitize the machines.
- * Contact the office to schedule a fitness room orientation.

BOCCE AT GREEN LAKE!

Couples Team Bocce Mondays at 9:00 am
Open Bocce Tuesdays at 9:00 am
Bocce is played at Green Lake during the summer months. Look for the Bocce Courts across from the Recreation Building at Green Lake and park in the gravel lot.

Stop in the Senior Center office or contact the Center at 662-6452 to register.



Dinner Club Informational Meeting
Wednesday, July 21st at 10:00 am

Inviting all previous dinner club members and new members to attend this informational meeting. The purpose of the meeting is to discuss the future of the Dinner Club Group. Please join us and offer your input at this very important meeting.

Register with 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!

Hillcrest Senior Travel Group

President, Sally Stoner at 861-2246
For Travel info. contact Richard Jones 827-7074

Orchard Park Senior Travel Group

President, MaryAnn Notto at 825-6460
For Travel info. contact Ruth Duffy at 649-7026

CARDS & GAMES

Duplicate Bridge Mondays at 12:30 pm
must arrive with a partner (member of the senior center) or call Jose to ensure a partner 445-6154

Hand & Foot Wednesdays at 9:30 am

Dominoes Thursdays at 9:30 am

Euchre Fridays at 9:45 am

Pinochle Fridays at 1:00 pm

Mah Jong Thurs. & Fri. at 12:45 pm

Wednesday Bridge Wednesdays at 1:00 pm
*This is designed exclusively for beginning bridge players and those who enjoy the game.
No bidding boxes will be used, no duplicate bridge will be played, a simplified method of scoring will be used, and the use of conventions is always optional.*

ADDITIONAL WEEKLY SCHEDULED EVENTS:

BINGO !! Tuesdays at 1:00 pm (all boards \$1.00)

Wii Bowling Mondays at 10:30 am

Mind Aerobics Mondays at 1:00 pm

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.

Walking Group
Wednesdays at 10:00 am



Enjoy a group walk along the woods from the center to the nearby retention pond. We meet inside the center and will follow the gravel/paved path at a moderate pace. Wear comfortable walking shoes (sandals not recommended) and bring a hat, sunglasses and water. Rain will cancel the day's walk.

Summer Picnic

SUMMER PICNIC
sponsored by
EMBARK SENIOR LIVING
Friday, July 9th
at 10:30 am
doors open at 10:15 am

Start your day off enjoying the songs of summer performed by Lyle Stang. Following the entertainment, Embark at Orchard Glen will supply a picnic lunch (chicken salad, fruit salad, chips, roll, cookies and a beverage). Cost is \$3.00.

Must pre-register in the office with Debbie or Maria to attend this event by 6/30.

SPECIAL THANKS TO EMBARK SENIOR LIVING FOR SPONSORING THIS EVENT.



ICE CREAM SOCIAL
featuring
THE BUFFALO DOLLS
Thursday, July 22nd
at 1:00 pm
doors opens at 12:45 pm

Take a break from the heat and join us for an amazing performance from the Buffalo Dolls. The Buffalo Dolls, perform the hits of the 1940s, '50s & '60s in the style of The Andrews Sisters.

Following the performance, enjoy an ice cream sundae with all the toppings! Cost is \$2.00 register by 7/16.

SPECIAL THANKS TO CLEAR CAPTIONS FOR SPONSORING THIS EVENT.



NATIONAL ROOT BEER FLOAT DAY
Friday, August 6th
at 1:00 pm
doors open at 12:45 pm

Root beer floats are not just for kids! Today, people around the country will drink up and enjoy a root beer float to celebrate.

Today enjoy a delicious root beer float and entertainment by Jack Civiletto at the center.

Cost \$2.00 and you must register by Friday, July 30th.

SPECIAL THANKS TO UNITED HEALTH FOR SPONSORING THIS EVENT.

Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127
