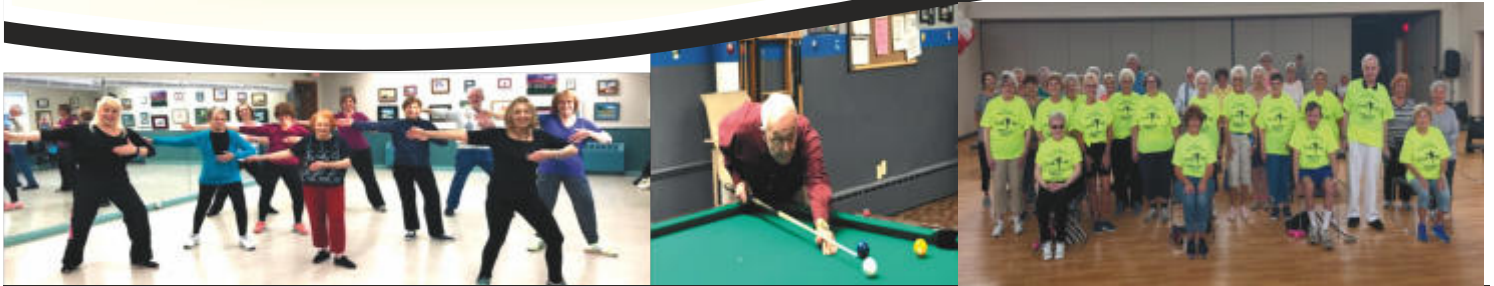




Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



JANUARY 2022

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

8:30 a.m. – 4:00 p.m.

Director

Debbie Santiago

Program Coordinator

Maria Galley

Kitchen Manager

Kevin Kornowicz

Town Supervisor

Eugene Majchrzak

Council Members

Conor Flynn
Joseph Liberti
Julia Mombrea
Scott Honer



**The Orchard Park Senior
Center was voted**



**Favorite Senior Center/Favorite Senior
Entertainment/Favorite Senior Outdoor Space**

&

Favorite Senior Exercise Program (Club 99)

**THANK YOU to everyone who voted for the
Forever Young Faves!**



Are you thinking about making New Year resolutions? Having a sunny outlook can help you make better resolutions and be more successful in achieving them. While a positive mindset is crucial all year round, it is particularly important as we begin to reflect on the past and set our goals for 2022. When thinking about your resolutions, please remember that the Senior Center is here to support you!

We offer so many opportunities to learn, exercise, volunteer, make new friends, and just to have fun! Take full advantage of what your center has to offer during this New Year!

María, Kevin and I would like to thank everyone who gave cards and gifts for the holidays and to wish you all a very Happy & Healthy New Year!



ORCHARD PARK SENIOR CENTER MEMBERSHIP INFORMATION

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.

Please contact the senior center 662-6452 ext 1 to schedule a tour, as an appointment is required.

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



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

Orchard Park Senior Center Closing Information

If you want to know if Center activities will be cancelled during bad weather, listen for "weather closing" announcements on WGRZ-TV, WKBW-TV, WIVB-TV and WBEN radio. You may also call the Center at 662-6452 or the Supervisor's office at 662-6400 to learn if the Center is closed.

We DO NOT follow the Orchard Park School calendar or their closings.

LOOKING

WE ARE CURRENTLY LOOKING FOR INSTRUCTORS TO TEACH YOGA CLASSES AND SILVER SNEAKERS CLASSES.

If you know of anyone certified to teach, please have them contact Debbie at 662-6452.



AARP Tax Aide

AARP Foundation Tax-Aide Program is a volunteer run tax assistance and preparation service. It is free to taxpayers with low and moderate income, with special attention to those 60 and older.

NEW THIS YEAR TO SCHEDULE AN APPOINTMENT:

- ◆ Call 662-6400 ext. 1105
- ◆ Leave your name and phone number
- ◆ A Volunteer will return your call to schedule an appointment

No phone calls accepted before January 18th.

America Says

Monday, January 3rd at 12:45 pm

Challenge your brain as we simulate the popular gameshow "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. Join us for another fun filled hour to challenge your brain. Register at the front desk.

Meal Planning for One or Two

Monday, January 10th at 11:00 am

Join instructor Jennifer Johnson, Wellness Coordinator, Health Care Services, BC/BS of WNY for this presentation virtually. Most recipes are designed for family cooking, which can make it challenging for singles or couples trying to maintain a healthy diet. In this seminar, we'll discuss strategies for menu planning and grocery shopping that make cooking for one or two enjoyable and easy! Instructor: Jennifer Johnson, Wellness Coordinator, Health Care Services, BC/BS of WNY. Register at the front desk.

Afternoon Board Games

Monday, January 10th at 12:30 pm

Do you enjoy board games and card games (checkers, connect four, UNO, and monopoly to name a few)? This is the day to play and have some fun. Take a break from the stresses of everyday life, socialize, and partake in Game Day. Bring your own snack to share with your table. Register at the front desk.



**SENIOR CENTER CLOSED
MARTIN LUTHER KING JR.
MONDAY, JANUARY 17TH**



Pie Baking Contest

Thursday, January 20th at 1:00 pm

Calling all pie bakers! Enter your favorite homemade pie for a chance to win prizes! (All pies must be 100% homemade - including the crust). A contest will be held and prizes will be awarded at our National Pie Day celebration (see below). Drop off your pie by 11:00 a.m. so our panel of judges can rank each pie and determine the top pies for prizes. Register (participant and name of pie) in the office if you wish to enter a pie in the contest.

National Pie Day

Thursday, January 20th at 1:00 pm

Let's celebrate National Pie Day? Why not? Pies have always been a sweet treat to warm the cold winter days and with the holiday celebrations a fading memory, this is a great way to warm up a January cold snap. Cost is \$2.00, Register and pay in the office.



January Birthday Bag

Monday, January 24th 10:00 - 12:00 pm

THANK YOU Univera for sponsoring this event. If it is your birthday month register with the office to receive a birthday bag as supplies are limited.

Minute To Win It

Monday, January 24th at 12:45 pm

You've watched the game show, now you get to participate. You will participate and compete against each other in 60 second challenges. Join us for this fun event! Register at the front desk to attend.

Afternoon Beach Party

Tuesday, January 25th 2:00 - 4:00 pm

It's a little chilly to go to the beach so we are bringing the beach to you. Be a "snowbird" at the center. Live music by the Hasting Duo. Beat the winter blues and stop by to dance and socialize. Tropical Beach attire suggested. Concession stand available with pizza and beverage. Cost is \$4.00, register in the office to attend.



Healthy Eating with High Blood Pressure

Monday, January 31st at 11:00 am

Join instructor Jennifer Johnson, Wellness Coordinator, Health Care Services, BC/BS of WNY for this presentation virtually. 1 in 3 American adults have high blood pressure (or hypertension). In this seminar, we'll discuss nutritional swaps that can help manage blood pressure and some of the commonly recommended eating plans for people with hypertension. Register at the front desk to attend.

LOOKING AHEAD TO FEBRUARY . . .**Shaped by Glaciers****Wednesday, February 2nd at 10:30 am**

Join Matt Nusstein from New York State Parks, Recreation & Historic Preservation as he discusses glaciers! Did you know Western NY is a land sculpted by glaciers. From our lakes and rivers, to our forests and valleys, learn about the glacial history of our region and the species who once roamed here.

Register at the front desk.

Diabetes and Healthy Living**Wednesday, February 9th at 11:00 am**

How do our food choices affect blood sugar control? If you're living with diabetes or pre-diabetes, join us as we discuss ways to eat well and stay healthy, including meal planning, smart snacking and the impact of carbohydrates. Join instructor Jill Conway, BC/BS of WNY for this presentation virtually.

Register at the front desk.

**Love Stinks ...**

Valentines Day Afternoon Dance
Monday, February 14th
2:00 - 4:00 pm

Join DJ Biggs for an afternoon dance with all your favorite music. Pizza and pop will be available for purchase at the concession stand from 2:30-3:30. cost is \$3.00. Register and pay in the office.

Bitter Truth about Sugar**Wednesday, February 23rd at 11:00 am**

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, we'll discuss why sugar hooks us and tips for overcoming sugar dependency. Join instructor Jennifer Johnson, Wellness Coordinator, Health Care Services, BC/BS of WNY for this presentation virtually.

Register at the front desk.

Afternoon Board Games**Monday, February 28th at 12:30 pm**

Do you enjoy board games and card games (checkers, connect four, UNO, and monopoly to name a few)? This is the day to play and have some fun. Take a break from the stresses of everyday life, socialize, and partake in Game Day. Bring your own snack to share with your table.

Register at the front desk.

**Erie County Workshops**

Community workshops available at the OP Senior Center for adults who are ready to make the choice to improve their health today!

Chronic Diabetes Self-Management**Fridays at 9:30 am - Noon****6 Week Workshop March 4th - April 8th**

This 6-week community workshop series is for adults who are ready to make the choice to improve their health today!

This small group meets each week for 2 1/2 hours.

The classes are highly participative which builds mutual support and success to assist you in managing your health to maintain an active and fulfilling life.

Topics covered include weight loss, how to manage pain, eat healthier, and reduce stress, tips to maintain a full and active lifestyle, workshop includes a resource book and relaxation CD and includes a consultation with an registered dietician prior to the 1st workshop for eligible Medicare recipients!

Matter of Balance**Fridays from 10:00 am - Noon****6 Week Workshop March 7th – April 11th**

Do you have concerns about falling? Many older adults experience concerns about falling and restrict their activity. This program was designed to manage falls and increase activity levels.

In workshop you will learn to view falls as controllable, set goals for increasing activity, make changes to decrease fall risks at home, and exercise to increase strength and balance.

Who should attend? Anyone who is concerned about falls, interested in improving balance, flexibility and strength, and who has a history of a fall or has limited activity because of a fall.

Must register in the office to attend-limited space.



CLASS / ACTIVITY REGISTRATION FORM

Class / Activity Registration forms can be found at the front desk. This form will allow the members the convenience of dropping off their form at the center to register for classes or mail the form to the senior center.

Registration is on a first come, first serve basis.

You must be a member of the Orchard Park Senior Center to register.

- ◆ **Register via Walk-In:** Bring your completed registration form along with EXACT payment (cash or check) and drop off at the front desk.
- ◆ **Register by Mail:** A separate form must be filled out for EACH person. Make checks payable to Town of Orchard Park. Mark envelope **CLASS REGISTRATION**. Include a self-addressed stamped envelope for class confirmation and receipt if desired.

Documentary Film & Discussion: Conspiracies Mondays at 12:45 pm

Join Theresa Wiater who will lead a discussion after viewing the film. Episodes are approximately 45 minutes in length followed by a discussion.

Jan. 3rd - Aliens: Experience several alleged alien encounters, including that of Robert Taylor, whose claim was so compelling that police opened an investigation.

Jan. 24th - Assassinations: Delve into the theories surrounding the tragic and untimely deaths of Robert Kennedy, Pope John Paul I and English television presenter Jill Dando.

Jan. 31st - Murder at the Vatican: Explore the many conspiracy theories surrounding the Roman Catholic Church, including whether officials helped Nazi war criminals evade justice.

Feb. 7th - Faking the Moon Landing: One of history's most controversial conspiracy theories that goes under the microscope, as investigators argue whether the moon landing was real or staged.

Feb. 14th - Pearl Harbor Cover-up: Do governments sometimes sacrifice their own people for political gain? Examine several conspiracy theories that allege just that.

Feb. 28th - Drugs, Pop, Punk & Death: In this music-themed episode, experts explore conspiracy theories surrounding Jim Morrison, the Rolling Stones, Led Zeppelin and the Sex Pistols.



Book Group

January Book Group
Monday, January 3rd at 10:30 am

Orphans and Inmates by Rosanne L. Higgins

The story explores the largely ignored origins of the social welfare system through the experiences of those who were most profoundly affected by poverty, namely women and children. It depicts the ruthlessness, depravity, compassion and hope experienced by those forced to seek institutional relief.

February Book Group

Monday, February 7th at 10:30 am

Code Girls – The Untold Story of the American Women Code by Liza Mundy

The award-winning New York Times bestseller about the American women who secretly served as codebreakers during World War II.

FITNESS ROOM

9:00 am - 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. Contact the office to schedule a fitness room orientation.

**** FITNESS ROOM CLOSED ****

Wednesdays 12:30 - 1:30 pm 1/12 - 3/2
Thursdays 11:00 - Noon 1/13 - 3/3



Safe Driver Academy
Friday, January 21st
(waiting list only)
9:00 - 3:00pm

Save money on your car insurance and increase your driving skills by attending a Safe Driving class. The fee for the Safe Driver Academy is \$35, payable the morning of class, cash or checks made out to Safe Driver Academy. Arrive 15 minutes early to complete paperwork as class starts promptly at 9 am.

Contact the Senior Center to register. Consider joining us for lunch. For individuals 60 and over the cost is a suggested donation of \$3.00. Reservations for lunch can be made when registering for the class.

Upcoming Classes:

Friday, February 18th 9:00 - 3:00pm
Friday, March 18th 9:00 - 3:00pm

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 Kornowiczk@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!

Mon 1/3 Boneless Chicken Breast w/Marsala Sauce, Rice Pilaf, Cauliflower & Carrots, Grape Juice, Cookies
Tue 1/4 Macaroni & Cheese, Zucchini & Tomatoes Green Beans, Roll, Fruit Cocktail

Wed 1/5 Julienne Salad, Dinner Roll, Rice Krispie Treat

Thu 1/6 Tortellini w/Meat Sauce, Chef Salad, Italian Mixed Vegetables, Bread, Orange, Chocolate Milk

Fri 1/7 Salisbury Steak w/Onion Gravy, Scalloped Potatoes, Peas, Dinner Roll, Strawberry Bavarian

Mon 1/10 Turkey, Stuffing, Gravy & Cranberry Sauce Mashed Potatoes, Carrots, Lorna Doones

Tue 1/11 Beef Pepper Steak Casserole over Rice Broccoli, Wax Beans with Carrot, Butterscotch Pudding

Wed 1/12 Penne Pasta with Meatballs, Chef Salad, Country Cottage Mix, Grape Juice, Ambrosia

Thu 1/13 Roast Pork Loin w/Cranberry Chutney, Sweet Potatoes, Green Beans, Bread, Applesauce, Choc. Milk

Fri 1/14 Breaded Chicken Drumsticks, AuGratin Potatoes, Seasoned Mixed Greens, Cornbread, Marinated Cucumber & Tomato Salad, Banana Cream Pie

Mon 1/17 Senior Center Closed—MLK Day

Tue 1/18 Ancho Chicken Fajita Skillet w/Peppers, Onions, Salsa, Flour Tortilla, Seasoned Black Beans & Rice, Fiesta Corn, Tropical Fruit

Wed 1/19 Beef Bourguignon, Mashed Potatoes, French Bean Medley, Wheat Bread, Oatmeal Raisin Cookies

Thu 1/20 Turkey Tzatziki Salad, Fresh Salad Greens & Cherry Tomatoes, Pita Bread, Banana, Chocolate Milk

Fri 1/21 Ham Steak w/Br. Sugar Glaze, Cheesy Scalloped Potatoes, Brussels Sprouts, Cornbread, Pear Crisp

Mon 1/24 Caribbean Chicken Stew, Broccoli, Roll Pineapple

Tue 1/25 Hot Dog w/Baked Beans, Bun, Roasted Red Potato, Carrots, Apple, Chocolate Milk

Wed 1/26 Cranberry Chicken Salad, Fresh Salad Greens, Club Crackers, Cinnamon Streusel Cake

Thu 1/27 Lasagna Roll w/Meatsauce, Calif. Mixed Vegetables, Juice, Chef Salad, Roll, Lemon Bavarian

Fri 1/28 Meatloaf w/Swiss Gravy, Mashed Potatoes Peas with Pearl Onions, Wheat Bread, Brownie

Mon 1/31 Cheese Omelet w/ Cheese Sauce, Peppers, Onions & Tomatoes, Tater Tots, Raisin Bread, Fruit Compote

Medicare Advantage Plans

Meet one on one with insurance representatives

Univera Healthcare

Monday, January 24th 10:00 am - Noon

Blue Cross / Blue Shield

Contact John Weatherby at 716-887-8832

United Healthcare

Thursday, January 13th 10:00 - Noon

Aetna

Wednesday, January 19th 10:00 - Noon

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!

Trips & Meeting Dates are posted on the travel bulletin board at the center across from room 118.

Hillcrest Senior Travel Group

Co-Presidents, Sally Stoner at 861-2246
& Maura Kraus at 825-3399

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



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. 1/5 Red Notice (PG-13) An FBI profiler pursuing the world's most wanted art thief becomes his reluctant partner in crime to catch an elusive crook who's always one step ahead.

Wed. 1/12 The Power of the Dog (R) A domineering but charismatic rancher wages a war of intimidation on his brother's new wife and her teen son until long hidden secrets come to light.

Wed. 1/19 The Ugly Truth (R) A single news producer agrees to take dating advice from her disagreeable colleague. To her surprise, his guidance could actually help her find love.

Wed. 1/26 Big Wedding (R) For one chaotic weekend, a long divorced couple pretends to be happily married to impress a special guest at their son's nuptials: his birth mother.

JANUARY SCHEDULE OF EVENTS

| 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 Medit. & Yoga | 9:00 Pool Shooting | 9:00 Pool Shooting | 9:00 Pool Shooting | 9:00 Pool Shooting |
| 9:00 Ladies Exercise | 9:00 Shuffleboard | 9:00 55+ Beginner Pickleball <i>In gymnasium</i> | 9:30 Dominoes | 9:00 Ladies Exercise |
| 9:30 55+ Pickleball <i>In gymnasium</i> | 10:00 Beg Watercolor | 9:00 Ladies Exercise | 10:30 Club 99 | 10:00 Disco Zumba |
| 10:30 Wii Bowling | 10:30 Int Line Dance | 9:30 Hand & Foot | 10:30 Beginner 55+ Pickleball | 10:00 Euchre |
| 10:30 Learn to Play 55+ Pickleball <i>w/instructor</i> | 10:30 Club 99 | 10:00 Beginner Line Dance <i>**begins 1/12**</i> | 11:00 Intro To Strength | 10:30 55+ Pickleball |
| NOON LUNCH | 10:30 55+ Pickleball | 11:15 Beginner Tai Chi | NOON LUNCH | 10:30 Art w/ Friends |
| 12:30 Bridge | NOON LUNCH | 11:30 Yoga | 12:45 Mah Jong | NOON LUNCH |
| 12:45 Arthritis Tai Chi | 12:00 Tap for Fun | NOON LUNCH | 1:00 Adv. Tai Chi | 12:45 MahJong |
| 1:00 Mind Aerobics | 1:00 Bingo | 1:00 Movie | | 12:45 Arthritis Tai Chi |
| 1:30 55+ Pickleball | 1:00 Int Watercolor | 1:00 Pickleball: Next Skill Level <i>w/instructor</i> | | 1:00 Pinochle |
| | 1:00 Corn Hole | | | 1:30 55+ Pickleball |
| | 1:15 Stretch Strength Barre | | | |
| | <u>Evening Class</u> 5:15 Disco Zumba | | <u>Evening Class</u> 6:30 Cardio Drum | <p style="text-align: center;">Open Walking in Gym: Monday - Friday 9:00 am - 10:00 am</p> |

JANUARY SPECIAL EVENTS CALENDAR

| | |
|--|--------------------------------------|
| Mon. 1/3 at 10:30 am | Book Group (Orphans and Inmates) |
| Mon. 1/3 at 12:45 pm | America Says |
| Mon. 1/10 at 11:00am | Meal Planning for One or Two |
| Mon. 1/10 at 12:30pm | Afternoon Board Games |
| Mon. 1/17 Senior Center Closed - Martin Luther King Jr. | |
| Thur. 1/20 at 1:00pm | Pie Baking Contest |
| Thur. 1/20 at 1:00 pm | National Pie Day |
| Fri. 1/21 9 - 3:00 pm | Safe Driver Academy |
| Mon. 1/24 10 - Noon | January Birthday Bag |
| Mon. 1/24 at 12:45 pm | Minute To Win It |
| Tue. 1/25 at 2 - 4:00 pm | Afternoon Beach Party |
| Mon. 1/31 at 11:00am | Healthy Eating w/High Blood Pressure |

2022 Class Session Start Dates

(see page 8 & 9 for additional information and session cost & register before the start date to attend)

| | |
|-----------------------------|---|
| Men's Fitness | Session begins 1/4 - 1/27 |
| Tap Dance for Fun | Session begins 1/11 - 2/15 |
| Meditation & Gentle Yoga | Session begins 1/10 - 2/14 |
| Yoga | Session begins 1/12 - 2/23 |
| Advanced Tai Chi | Session begins ????? |
| Beginner Tai Chi | Session begins 1/12 - 2/23 |
| Stretch and Strength Barre | Session begins 1/11 - 2/15 |
| Cardio Drumming | Evening Session begins 1/20- 2/24 Morning Session begins 1/14 - 2/25 |
| Disco Zumba | Morning Session begins 1/14- 2/25 Evening Session begins 1/11- 2/22 |
| Intro. To Strength Training | Wed. Session begins 1/12 - 3/2 Thur. Session begins 1/13 - 3/3 |
| Evening Yoga with Marie | Session begins 1/13 - 2/24 |

CLASSES

Pre-registration with payment is required for ALL session classes before the start of the class. Payment due at registration. Class registration is on a first come first serve basis. If you snooze you lose - if a class does not reach the minimum number of students the class will be canceled. Registration is for the entire session, regardless of whether a student is able to attend all classes.

Men's Fitness Tue., Wed., & Thur. at 8:45am

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.
4 week session 1/4 - 1/27 Cost \$36.00

Tap Dance for Fun Tuesdays at Noon

For those who love tap and have tapped previously at any age, even as a child or teen, and have a firm grasp on their tap basics.
6 week session 1/11 - 2/15 Cost \$30.00

Meditation & Gentle Yoga Mondays at 9:00 am

You will be guided through a seated meditation followed by yoga postures that will help to improve your flexibility, strength, and balance. (chair modifications available).
5 week session 1/10 - 2/14 Cost \$25.00
No classes: 1/17 & 2/21

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.
7 week session 1/12 - 2/23 Cost \$35.00

Advanced Tai Chi Thursdays at 1:00 pm

Instructor, Bill Adams will teach Tai Chi a form of fluid movements that builds endurance, increase flexibility and balance. This one hour program is for those with some Tai Chi experience, but new students are welcome.
7 week session 1/13 - 2/24 Cost \$35.00

Beginner Tai Chi Wednesdays at 11:15 - 12:15 pm

Join Cynthia Swiech as she teaches you Tai Chi an Ancient Traditional Chinese practice that combines the mind, body and spirit. It is practiced today primarily for its health benefits, stress relief and relaxation. You will learn how to use meditation and deep breathing to move through a series of continuous exercises, called "forms" which resemble slow moving dance movements.
7 week session 1/12 - 2/23 Cost \$35.00

Stretch and Strength Barre Tuesdays at 1:15 pm

Barre class is a blend of classical ballet lines and movement with a mix of gentle muscle toning and stretching. It's a great way of keeping your body moving and opening up stiff joints as well as working on muscle memory and coordination. The foundation of the class will be standing using chairs for your barre and for seated and adapted movements as well. Some across the floor movement for basic cardio work will take place as well for a full head to toe workout.
6 week session 1/11 - 2/15 Cost \$30.00

Cardio Drumming Evening 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.
Drop In Pay as You Go \$5 class: 12/2, 12/9, 12/16
6 week session 1/20 - 2/24 Cost \$30.00

Cardio Drumming Fridays at 8:45 am

Drop In Pay as You Go \$5 class: 12/3 & 12/10
7 week session 1/14 - 2/25 Cost \$35.00

Disco Zumba 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. *Instructor, Marilyn Ciavarella*
7 week session 1/14 - 2/25 Cost \$35.00

Zumba Disco Evening Tuesdays at 5:30 pm

7 week session 1/11 - 2/22 Cost \$35.00

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. Arrive on time as door is closed when class begins.*

Intro. To Strength Training with Cindy Small group (6)

Wednesdays at 12:30 - 1:30 pm
8 week session 1/12 - 3/2 Cost \$64.00

Thursdays at 11:00 - Noon
8 week session 1/13 - 3/3 Cost \$64.00

Are you new to the fitness center? Do you find all those machines and weights intimidating? You probably know that strength training is essential for all stages of life, but is crucial as we age. In addition to maintaining a healthy body weight, strong bones and muscles help you keep your balance to prevent falls! This new class, might be just what you're looking for! In these judgement-free sessions, you'll learn about your different muscle groups and how to exercise all of them safely and efficiently, and in a variety of ways. You'll learn how to set up and use the Synergy machine and the TRX suspension trainer, as well as how and when to use dumbbells, kettlebells or just body weight. Classes will focus on the five basic human movement patterns: Bend & Lift, Single leg movements, Pulling, Pushing, Rotation and Anti-rotation.



NEW CLASSES 2022....

Pre-registration with payment is required for ALL session classes before the start of the class.
Payment due at registration.

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



PICKLEBALL: THE NEXT SKILL LEVEL with an instructor (Carl) Wednesdays at 1:00 pm

This class is for beginners who want to continue to learn. Carl will teach you how to serve with speed, make key shots, anticipate your opponent's shot, develop a backhand, and how to be a good partner on the court.

All members must sign up in person at the front desk prior to the day of play to attend.

No more phone calls, emails or completing registration forms to register.

Cost per session \$4.00, please pay at desk and bring exact payment.



EVENING YOGA with MARIE Thursdays at 5:15 pm

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.

7 week session 1/13 - 2/24 Cost \$35.00

Marie's Bio: Marie began her yoga teacher training in 2004 while she was working as an Occupational Therapist (OTR) in adult rehabilitation. Marie was drawn to yoga to broaden her education and understanding of movement from a yoga perspective. "The exciting part was bringing the body mechanics that I learned in my OTR training to my yoga classes. The flow of my classes include standing balance and general strengthening and stretching postures with an emphasis on optimal alignment. And, I like to end the class with a guided relaxation". Welcome Marie!!

ADDITIONAL WEEKLY SCHEDULED EVENTS

Intermediate Line Dance Tuesdays at 10:30 am
Cost is \$3.00 per class

Beginner Line Dance Wednesdays at 10:00 am
Cost is \$2.50 per class

Club 99 Tuesdays & Thursdays at 10:30 am
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.

CornHole Tuesdays at 1:00 pm

Shuffleboard Tuesdays at 9:00 am

Ladies Exercise Mon, Wed. & Fri. 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.

Open Walking in the Gymnasium
Monday - Friday 9:00 - 10:00 am & 11:30 am - 2:30 pm



PICKLEBALL

All members must sign up in person at the front desk prior to the day of play to attend.
No more phone calls, emails or completing registration forms to register.

Cost per session \$4.00, please pay at desk and bring exact payment.

See page 7 for days and times

ART CLASSES

Material lists available in the office.



Learn to Draw - Instructor Dan Meyer
Tuesdays at 10:00 am - Noon

This class will introduce you to basic drawing skills and includes proportionate, contour and perspective drawing. Learn to combine line, shape and form to bring simple objects to life.

6 Week Session 1/18 - 2/22 Cost \$30.00

Intermediate Watercolor - Instructor Dan Meyer
Tuesdays at 1:00 pm - 3:00 pm

6 Week Session 1/18 - 2/22 Cost \$30.00

supply list for classes available in the office

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.

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**Pie Baking Contest
Thursday, January 20th
at 1:00pm**

Calling all pie bakers! Enter your favorite homemade pie for a chance to win prizes! (All pies must be 100% homemade - including the crust). A contest will be held and prizes will be awarded at our National Pie Day celebration (see below). Register in the office if you wish to enter a pie in the contest.

**National Pie Day
Thursday, January 20th
at 1:00 pm**



Let's celebrate National Pie Day? Why not? Pies have always been a sweet treat to warm the cold winter days and with the holiday celebrations a fading memory, this is a great way to warm up a January cold snap.

Cost is \$2.00, Register and pay in the office.



**Thank you for all who donated items
for the Holiday Food Drive.**

**All the donations were distributed to
local food pantries and shelters.**



Orchard Park Senior Center

4520 California Road

Orchard Park, NY 14127
