



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



JANUARY 2023

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

MONDAY- FRIDAY

8:30 a.m. – 4:00 p.m.

Director

Maria Galley

Assistant Director

Linda Rankin

Kitchen Manager

Kevin Kornowicz

Receptionists

Bob
Bonnie
Maggie

Town Supervisor

Eugene Majchrzak

Council Members

Conor Flynn
Joseph Liberti
Julia Mombrea
Scott Honer



*Wishing you joy, happiness,
good health, and a
prosperous New Year!!*

Notes from Maria.....

Welcome to January and a New Year! Looking back at 2022 it was filled with activity. As time marches on we become more concerned with staying fit both physically and mentally. Let the Orchard Park Senior Center help you! Want to move more? Join an exercise or dance class. Want to learn something new? We offer art classes and monthly educational presentations.

Want to live a healthier lifestyle? We offer health presentations, enjoyable activities to socialize and a daily nutritious lunch.

The Staff and I would like to thank everyone who gave cards and gifts for the holidays! We are truly amazed at your kindness and generosity. Thank you!



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 the Center.

Appointments are required for all new members.

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

CLASS / ACTIVITY REGISTRATION FORM

Class/Activity Registration forms can be found at the front desk. This form will allow the member 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, prior to the start of class.

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.

Do not use this form to register for pickleball. Use the pickleball registration book at the front desk.

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

Rural Transit is a non-profit transportation organization for seniors, disabled, or income eligible residents of Southern Erie County. Riders are transported to therapy, nutrition sites, grocery shopping, with medical trips taking priority. Trips are free, but donations are accepted. Contact Rural Transit to become a rider or to volunteer.

Going Places Van 858-7433

Need a ride into Buffalo for medical appointments, physical therapy or other human services?

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.



**PRE-REGISTRATION IS REQUIRED
IN ADVANCE FOR ALL
CLASSES AND ACTIVITIES.
THANK YOU!**

**Whole Life Challenge Cooking Demo
Thursday, January 5th at 6:00pm**

What is the Whole Life Challenge? It's a 6-week health and wellness game that focuses on The 7 Daily Habits.

Throughout the Challenge, we'll practice healthy habits every day — Nutrition, Exercise, Mobility, Sleep, Hydration, Well-Being, and Reflection — with the ultimate goal of incorporating them into your life. The cooking demo will show you how to prepare a few dishes that focus on the anti-inflammatory, Mediterranean diet nutrition concepts used in the challenge. You don't have to commit to the challenge to enjoy the cooking demo! Just come and hear what it is and how it might be right for you while enjoying samples of the dishes prepared. Limited to 15 spots.

Rescheduled DATE

**2 Presidents and Their His-Story: Abraham Lincoln & Ulysses S. Grant
Monday, January 9th at 1:30pm**

President Abraham Lincoln and General Ulysses S. Grant didn't meet often in person, but their mutual respect and trust grew deep over the final year of the Civil War as they together steered America and its armies through the most convulsive period in the nation's history. They will discuss their His-Story together. Instructors: Ed Brodbeck, Reenactor, Impressionist History: Civil War – World War II and David Kreutz, Nationally Known and a 27-year member of A.L.P. The Association of Lincoln Presenters(ALP).

**Popcorn Delight and A Movie
Thursday, January 19th at 1:00pm**

Let's Celebrate National Popcorn day by trying a few varieties of flavored popcorn while enjoying a movie.

Mack and Rita When 30-year-old Mack Martin reluctantly joins a Palm Springs, Calif., bachelorette trip for her best friend Carla, her inner 70-year-old gets released -- literally. The frustrated writer and influencer magically transforms into her future self: Aunt Rita. Freed from the constraints of other people's expectations, Rita comes into her own, becoming an unlikely social media sensation and sparking a tentative romance with Mack's adorable dog-sitter, Jack.

Cost is \$3.00.



**National Pie Day
Monday, January 23rd
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 at the front desk.

Learn to Play Hand and Foot

Wednesday, January 25th at 12:30pm

Join Cindy and Cathy to learn the fun game of Hand and Foot. This card game involves skill, strategy and luck. It is similar to Canasta but different. Please register at the front desk.



Healthy Eating

**When You Don't Feel Like Cooking
Friday, January 27th at 11:00am**

Join Betsy Anderson, E.C. Dietician Consultant as she shares tips for healthy cooking and eating when you just don't feel like cooking.

Rescheduled Date

Google Photos

Friday, January 27th at 1:30pm

Google Photos is the cloud-based storage service that allows users to save their photos online rather than on their devices. Learn about how this service works, the positives and negatives, and other useful features such as their mobile app. Instructor: Brendan Chella, Buffalo & Erie County Public Librarian

**Glaucoma Eye Health Presentation
Monday, January 30th at 10:30am**

Please Join us for a discussion surrounding the eye health of senior citizens. We will focus on cataracts, as this is the most common reason for visual deterioration as we age. Cataract surgery can be a life changing experience, and our goal for the session is to provide you with a basic understanding of what cataracts are, how they are treated and what to expect afterwards. At this informal session our speaker will also discuss Glaucoma, Macular Degeneration and any other eye conditions that are of interest as well. Presented by Dr Nathaniel Simmons of Southtowns Eye Center in Orchard Park.



**White Elephant
1404 Abbott Road**

**Thursday, March 2, 2023
Buffet - \$33.00**

(Price includes Tax & Tip)

Roast beef, Breaded Pork Chop, with Applesauce, roasted Chicken, Glazed Carrots, Penne Pasta, and Herbed Roasted Potatoes, Salad, Rolls, Dessert.

Unlimited coffee, tea, and soda.

**Please call Gail Freeman at 248-766-1924
For reservations before February 16, 2023.**

Assistance is available

Property Tax Discussion for Sr. Citizen Tuesday, February 7th at 12:45pm

Property Tax Alert!!!!

Senior Property Owners, 64 years of age or older, things are changing that may affect your property taxes. The Town of Orchard Park Assessor's Office will be giving an update on those changes as well as an overview of the real property tax system. The discussion will cover two parts. **First the Property valuation process and then property exemptions.**

Reschedule Date

Personal Budgets and Inflation: How to Navigate Increased Prices Wednesday, February 8th at 10:30am

Consumer Credit counseling will be presenting on personal budgets and inflation and how people can navigate the increased prices at this time. Instructor: Robert Dunn, Vice President of Counseling, CCCS of Buffalo, Inc.

Rescheduled Date

Strengthening the Canine Human Relationships

Wednesday, February 15th at 1:30pm

Why does your dog do what they do? How we can understand each other better and things anyone can do with their dog to enhance the relationship.

Instructor plans to bring a few dogs to the presentation for demonstration. Instructor: Dawn Bellere, Canine Obedience Trainer; American Kennel Club Evaluator.

Presidential Connections Thursday, February 16th at 12:45pm

According to NPR host and author of *Dead Presidents: An American Adventure into the Strange Deaths and Surprising Afterlives of our Nation's Leaders*, Brady Carlson states that

"Buffalo is full of inspiration, because it has, next to Washington, the richest presidential history of any city."

Proof of this can be found in none other than Buffalo's Forest Lawn Cemetery! Join historian and Director of Interpretive Programming, Laura Fitzgerald as she shares the rich stories of many of the cemetery's "permanent residents" who had strong ties to this nation's presidents. Learn about prominent Native American, Ely Parker and how he crossed paths with not one, not two but three US Presidents! Celebrate the holidays in the McKinley White House with African American steward, William T Sinclair and learn of the many men and women who knew and interacted with Abraham Lincoln, Theodore Roosevelt, Millard Fillmore and more. Lastly, commemorate the life and accomplishments of trailblazer Shirley Chisholm who ran for President under the Democratic Party in 1972 and the new monument being created in her honor.

Lunch and a Movie Friday, February, 10th At 12:00pm

Join us for Lunch and a Movie! A special lunch consisting of a Muffaletta Sandwich (Salami, Ham and Bologna) and Soup with Banana Foster Dessert! All made by our Kitchen



Manager, Kevin. Following Lunch stay for a little comic relief and enjoy the movie **Ticket to Paradise**. **Ticket to Paradise (PG-13)** George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their love-struck daughter from making the same mistake they once made.

Cost is \$5.00, Register and Pay at the front desk to reserve your spot. Seats are limited.

Documentary Film & Discussion 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. Pre- Register at the front desk.

Greatest Events of WWII: Hiroshima Monday, January, 9

To avoid a protracted ground war, the U.S. uses atomic bombs against Japan, causing unprecedented devastation — and changing the course of history.

Meltdown Three Mile Island: The Accident Monday, January 23rd

In 1979, a plant malfunction causes confusion and a radiation leak. As fear spreads, so does suspicion that the authorities are concealing the truth.

Meltdown Three Mile Island: Women and Children First Monday, February 13th

Panic strikes the community as a full-blow catastrophe looms. Locals mobilize to confront the authorities and protest the nuclear power industry.

Meltdown Three Mile Island: The Whistleblower Monday, February 27th

During cleanup at the plant, insiders claim that cost-cutting measures and intimidation tactics create a danger far worse than the accident itself.

Meltdown Three Mile Island : Fallout Monday, March 13th

Despite disturbing revelations of wrongdoing at Three Mile Island before and after the accident, the utility fights to bring the plant back online.



ART CLASSES

supply list for classes available at the front desk

Late registrations will not be accepted for instructed classes.

Beginner Watercolor 2.0 —Instructor Dan Meyers

Tuesdays at 10am—Noon

6 week session 1/17-2/21 Cost \$35.00

Have you taken Beginner Watercolor and want to explore more watercolor techniques, then this is the class for you! Materials secured for beginner watercolor will be sufficient for this class.

Intermediate Watercolor - Instructor Dan Meyer

Tuesdays at 1:00 pm – 3:00 pm

7 week session 11/1 - 12/13

6 week session 1/17– 2/21 Cost \$35.00

Art with Friends FREE

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. All skill levels Welcome! No Instructor.



CARDS & GAMES:



Everyone is welcome to attend!!

Wii Bowling Mondays at 10:30am

Bridge Mondays at 12:30pm

Shuffleboard Tuesdays at 9:00am

Hand & Foot Wednesdays at 9:30am

Cards/Games Wednesdays at 12:30pm

Corn Hole Wednesdays at 1:00pm

Dominoes Thursdays at 9:30 am

Mah Jong Thursdays at 12:45 pm

NEW Game Room Thursdays from 11-3pm

Euchre Fridays at 10:00am

Smarty Pants Fridays at 11:00am

Mah Jong Fridays at 12:45pm

Pinochle Fridays at 1:00pm

Learn to Play Bridge

Monday 1/9 - 2/13 at 11am

5 wk session Cost \$10.00

CLOSED 1/16

Have you always wanted to learn how to play Bridge? Now is your chance! In this 5 week session, areas covered include:

No trump bidding play, Defense conventions not only for the declarer, but also the defenders. These techniques will improve your level of skills for no trump play and defense.

Instructor: Pat Rasmus



Helping Hands Sewing Group



Call for Dates and Times



Calling all experienced sewers to join this new Sewing Group who work specifically on sewing projects for donations to Children's Hospital, Family Justice Center, Roswell etc.

All levels of sewers welcome to join! You are not required to stay the entire time but are more than welcome to. Bring your own sewing machine if possible.

Thank you Tere for facilitating this sewing group.

Thank you JoAnn Fabrics for your generous donation of a sewing machine and tools for our Sewing group!



Chess Club

Wednesdays At 1:00pm

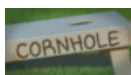
Join us for an opportunity to play a friendly game of chess against your peers in a low stress environment.

Learn beginners and advanced chess strategies to get that checkmate. This is for those who want to learn and those who have been playing for years.

Please register at the front desk.

Beginner & Intermediate CORNHOLE

Wednesdays at 1:00pm



Cornhole is a fun game that can be played by people of all ages and skill levels. Cornhole can be played as singles or doubles. To play, each player or team takes turns tossing their bags at the board opposite of them. When a player gets a bag in the hole they score. Register at the front desk to join our fun group of cornhole players.



January Book Club

Monday, January 23rd at 10:30am

“You Before Me” by Jo Jo Moyes Louisa Clark is an ordinary girl living an exceedingly ordinary life—steady boyfriend, close family—who has barely been farther afield than their tiny village. She takes a badly needed job working for ex–Master of the Universe Will Traynor, who is wheelchair bound after an accident. Will has always lived a huge life—big deals, extreme sports, worldwide travel—and now he’s pretty sure he cannot live the way he is.

February Book Club

Monday February 27th at 10:30am

“A Year Down Yonder” by Richard Peck

This book tells the story of Mary Alice, age 15, who is not excited about spending a whole year living at her Grandma Dowdel's house, but before long she becomes a willing accomplice in her outrageous grandma's schemes to run the town her own way, do good anonymously, help friends, and avenge enemies.

Stay Fit Dining Program in the Senior Center

Lunch is served at noon Monday through Friday.
The suggested contribution is \$3.00.

To make a reservation for lunch please call Kevin at
662-6452 (option #3) or fill out a menu form
by Tuesday 10:00 am for the upcoming week.
Please hand forms in at the front desk.

Mon. 1/2 CENTER CLOSED

Tues. 1/3 Sausage with Sauerkraut & Mustard on a Bun,
Seasoned Potatoes, Au Gratin Broccoli, Rice Krispie Treat
Wed. 1/4 Grilled Chicken, Mandarin Orange & Sunflower
Salad with Dressing, Wheat Dinner Roll, Fruit Cocktail
Ch. Milk

Thurs. 1/5 Tortellini with Tomato Meat Sauce & Mozzarella,
Chef Salad, Lt. Mixed Veg., Punch, Bread, Fresh Orange

Fri. 1/6 Salisbury Steak with Onion Gravy, Scalloped
Potatoes, Peas, Dinner Roll, Strawberry Bavarian

Mon. 1/9 Sliced Turkey with Stuffing, Gravy & Cranberry
Sauce, Mashed Potatoes, Carrots

Tues. 1/10 Beef Pepper Steak Casserole over Rice,
Broccoli Florets, Beans with Carrots, Butterscotch Pudding

Wed. 1/11 Penne Pasta with Meatballs, Tomato Sauce &
Cheese, Chef Salad, Country Cottage Mix, Grape Juice
Ambrosia

Thurs. 1/12 Roast Pork Loin with Warm Cinnamon Apples
Sweet Potatoes, Green Beans, Wheat Bread, Fresh
Grapes, Chocolate Milk

Fri. 1/13 Breaded Chicken Drumsticks, Macaroni & Cheese
Seasoned Mixed Greens, Cornbread, Marinated
Cucumber, Tomato & Onion Salad Banana Cream Pie

Mon. 1/16 CENTER CLOSED

Tues. 1/17 Boneless Chicken Breast with Marsala Sauce
Vegetable Rice Pilaf, Italian Mixed Vegetables, Fruit
Punch, Oatmeal Raisin Cookies

Wed. 1/18 Beef Bourguignon over Brown Rice, Cauliflower
French Bean Medley, Tropical Fruit, Chocolate Milk

Thurs. 1/19 Broccoli Cheddar Soup, Cranberry Chicken
Salad, Carrots, Chef Salad with Dressing, Club Crackers
Fresh Banana

Fri. 1/20 Ham Steak with Brown Sugar Glaze, Cheesy
Scalloped Potatoes, Brussels Sprouts, Rye Bread
Pear Crisp

Mon. 1/23 Chicken Vegetable Casserole with a Biscuit
Broccoli Florets, Peaches & Mandarin Oranges

Tues. 1/24 Hot Dog with Baked Beans & Ketchup on a
Bun, Tater Tots, Carrots, Fresh Orange, Chocolate Milk

Wed. 1/25 Chicken Caesar Salad with Caesar Dressing
Whole Wheat Dinner Roll, Cinnamon Streusel Cake

Thurs. 1/26 Lasagna Roll with Meat Sauce & Shredded
Mozzarella, California Mixed Vegetables, Grape Juice,
Chef Salad, Dinner Roll, Lemon Bavarian

Fri. 1/27 Meatloaf with Swiss Gravy, Mashed Potatoes,
Peas with Pearl Onions, Wheat Bread, Brownie

Mon. 1/30 Boneless Chicken Breast with Gravy, Mashed
Sweet Potatoes, Peas, Dinner Roll, Cinnamon Pear Crisp

Tues. 1/31 KEVINS LUAU LUNCH

Stay Fit Frozen Meals (Meals will need to be picked up on Monday Morning Between 10:00-10:30AM)

We're pleased to offer 3 or 5 pack varieties of frozen meals through Erie County Stay Fit Dining Program. A roll, milk and dessert is included with each meal.

Call Kevin at 662-6452 option #3 for more information.

Medicare Advantage Plans

Meet one on one with insurance representatives

Univera

Thursday, January 19th from 10am -12:00pm

Highmark BlueCrossBlueShield

Wednesday, January, 11th from 9:30am - 11:30am

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 are posted on the travel

bulletin board at the center across from room 118.

Hillcrest Senior

Meet the 2nd and 4th Thursday of the month at 1:30PM
Co-Presidents, Sally Stoner at 716-861-2246
& Maura Kraus at 716-825-3399

For Travel info. contact Richard Jones at 716-827-7074

Orchard Park Senior

Meet the 1st and 3rd Wednesday of the month at 1:30PM
President, MaryAnn Notto 716-825-6460
For Travel info. contact Al Groth at 716-662-2140

**AN AFTERNOON AT THE MOVIES**

Wednesdays at 1:00 pm

Spend an afternoon at the movies.

50¢ includes bag of chips or popcorn

Pre - register at the front desk to attend

1/4 Darling Companion PG-13 A couple in their golden years reunites with their children for their daughter's wedding, and chaos ensues when the husband loses the family dog and everyone must search for it

1/11 Up in the Air ® Ryan Bingham flies around the country firing employees on behalf of companies, but he faces losing the job he savors to recent college grad Natalie. Staring George Clooney.

1/18 Father of the Bride (2022) The story of a father coming to grips with his daughter's upcoming wedding through the prism of multiple relationships with a big, sprawling Cuban American Family.

1/25 Bullet Train ® In Bullet Train, Brad Pitt stars as Ladybug, an unlucky assassin determined to do his job peacefully after one too many gigs gone off the rails. Fate, however, may have other plans, as Ladybug's latest mission puts him on a collision course with lethal adversaries from around the globe – all with connected, yet conflicting, objectives– on the world's fastest train....

JANUARY SCHEDULE OF EVENTS

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
8:30 Fitness Room 9:00 Pool Shooting 9:00 Medit. & Yoga 9:00 Ladies Exercise 9:30 55+ Pickleball 10:30 Learn to Play 55+ Pickleball 11:00 Gentle Hatha Yoga w/Barb NOON LUNCH 12:30 Bridge 12:00 55+ Pickleball <u>Evening Class</u> 5:30 Zumba	8:30 Fitness Room 8:45 Mens Exercise 9:00 Shuffleboard 9:00 Pool Shooting 10:00 Beg. Watercolor 10:15 Int. Line Dance 10:30 Club 99 10:30 55+ Pickleball NOON LUNCH 12:00 Tap for Fun 1:00 Inter. Watercolor 1:00 Bingo 2:00 Card Bingo 1:00 55+ Pickleball 1:15 Stretch and Barre <u>Evening Classes</u> 4:00 Ballroom Dance 5:30 Cardio Drumming	8:30 Fitness Room 8:45 Mens Exercise 9:00 Sewing Club 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Pickleball 9:30 Hand & Foot 10:00 Beginner Line Dance 10:00 Beginner Tai Chi 11:15 Inter. Tai Chi 11:30 Yoga NOON LUNCH 12:00 Beg. Pickleball 12:30 OpenCards/Games 12:30 Strength Training 1:00 Movie 1:00 Corn Hole 1:00 Chess Club 1:30 Intermediate Pickleball w/ Carl	8:30 Fitness Room 8:45 Mens Exercise 9:00 Pool Shooting 9:00 55+ Pickleball 9:30 Dominoes 10:30 Club 99 11-3 Game Room 11:30 55+ Pickleball NOON LUNCH 12:45 Mah Jong 1:00 Adv. Tai Chi <u>Evening Classes</u> 5:15 Evening Yoga with Marie 6:30 Cardio Drum	8:30 Fitness Room 8:45 Cardio Drum 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Pickleball 10:00 Euchre 10:00 Zumba 10:30 Art w/ Friends 10:45 Yoga Flow 12:00 55+ Pickleball NOON LUNCH 12:00 Circuit Training 12:45 MahJong 1:00 Pinochle 1:15 BAM (Balance and Mobility Class) 2:00 55+ Pickleball

Open Walking In the GYM:

Monday - Friday
9:00 am - 2:00pm

Evening Classes

4:00 Ballroom Dance
5:30 Cardio Drumming

Basketball Free Throw

Bring your own ball and shoot some hoops.
Mon – Fri 8:30 - 9:30am
Mon– Fri 11:30 -12:30pm

Fitness Room Closed

Wednesdays 12:30-1:30pm
Fridays 12:00– 1:00pm

Safe Driver Academy 9:00 - 3:00 pm



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, January 20th 9:00 - 3:00 pm wait list
Friday, February 17th 9:00 - 3:00 pm
Friday, March 17th 9:00 - 3:00 pm

TIME TO RENEW YOUR MEMBERSHIP!!!

All 2022 memberships (resident and non-resident) will expire on December 31st. Memberships may be renewed at the front desk Monday through Friday between 10 am and 2 pm.

Your membership entitles you to classes, clubs, events, programs and use of our 50,000+ square foot facility. Our facility includes a large dining room, cafe, billiard room, dance room, art room, a library (with books, puzzles, dvd's, cd's, and laptops), three large classrooms, fitness room, and gymnasium.

\$30.00 Annual Fee
for non- residents of Orchard Park.
Exceptions may apply.



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!



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.

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.

Meditation & Gentle Yoga Mondays at 9:00 am

6 week session 1/23 - 3/6 Cost \$30.00 no class 2/20

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).

Yoga Wednesdays at 11:30 am

8 week session 1/11- 3/1 Cost \$40.00



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.

GENTLE HATHA YOGA Mondays at 11:00 am

6 wk session 1/9 - 2/27 Cost \$30.00 No class 1/16 & 2/20

Hatha yoga focuses on posture and breathing techniques, traditionally to channel vital energy source.

EVENING YOGA with MARIE Thursdays at 5:15 pm

6 week session 1/19-2/23 Cost \$30.00

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.

Yoga Flow Fridays at 10:45 am

5 week session 1/20 - 2/17 Cost \$25.00

In this class, we will use breath to link physical yoga postures. Each class is different and postures are sequenced in a way to help increase flexibility, strengthen and tone muscles, and allow you to tune in to your body's own rhythm. Although all levels are welcome, a reasonable level of fitness/mobility is required. Students should bring a mat; a yoga block is optional but recommended.

Tai Chi for Arthritis

Mondays and Fridays at 12:45pm

No Class January — April

Beginner Tai Chi Wednesday at 10:00 am

8 week session 1/11- 3/1 Cost \$40.00

Intermediate Tai Chi Wednesday at 11:15 am

8 week session 1/11 - 3/1 Cost \$40.00

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.

Advanced Tai Chi Thursdays at 1:00 pm

6 week session 1/5- 2/9 Cost \$30.00

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.

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

4 week session 1/3-1/31 Cost \$39.00

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.

Tap Dance for Fun Tuesdays at Noon

Drop in classes 1/3, 1/10, 1/17

Cost is \$5.00 per class—pay the instructor

6 week session 1/24- 2/28 Cost \$30.00

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.

Stretch and Strength Barre Tuesdays at 1:15 pm

Drop in classes 1/3, 1/10, 1/17

Cost is \$5.00 per class—pay the instructor

6 week session 1/24- 2/28 Cost \$30.00

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.

Learn to Ballroom Dance Tuesdays at 4:00 pm

6 week session 1/17-2/21 Cost \$30.00

Looking to add some new moves to your repertoire? Join Trish SUNYAB Theatre & Dance Major who will teach you the basic dance steps to the Foxtrot, Box Step, Swing, Latin and Waltz. Join to have fun and learn the steps in a comfortable environment.

Cardio Drumming Fridays at 8:45 am

8 week session 1/13 - 3/3 Cost \$45.00

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. Proper footwear such as sneakers is required. December

Cardio Drumming Evening Thursdays at 6:30 pm

8 week session 1/12 - 3/2 Cost \$45.00

Cardio Drumming Evening Tuesdays at 5:30 pm

8 week session 1/10—2/28 Cost \$45.00

Zumba Fridays at 10:00 am

8 week session 1/13 - 3/3 Cost \$40.00

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.

Evening Zumba Monday at 5:30 pm

6 week session 1/9 - 2/27 Cost \$30.00

No Class 1/16 and 2/20



NEW CLASSES

Beginner Tai Chi Wednesday at 10:00am

8 week session 1/11- 3/1 Cost \$40.00

Are you interested in trying Tai Chi, but intimidated by more advanced classes? This class may be a good place to start. Tai Chi is an ancient martial art that concentrates on slow, gentle movements. Numerous benefits of this "moving meditation" include improvements in balance, strength, agility and flexibility, cognitive ability and immune function, along with reductions in blood pressure, joint pain and risk of falls. You will learn movements of the Yang 24 Short Form, along with basic principles, using a relaxed approach to guide you towards achieving the benefits of this ancient art. Wear comfortable clothes that allow you to move. Shoes are optional, but please wear socks!

Circuit Training Fridays at Noon-1:00pm

5 week session 1/20-2/17 Cost \$48.00

Circuit training is a fantastic workout that's great for everyone, regardless of fitness level. We will move through a variety of exercises at separate stations and you take on each exercise at your own pace. Each class will be different and may include cardio and weight machines, bodyweight and handheld weight exercises and some mat exercises.

Instructor: Jennifer Johnson

BAM! – Balance and Mobility Class

Fridays at 1:15 pm

6 week session 1/13 - 2/17 Cost \$30.00

BAM! incorporates strength, balance and mobility exercises that prepare your body for everyday activities. This class includes multiple-muscle and multiple-joint movements that will help you do real-life, everyday things like lift, bend, twist, squat and haul! We'll end every class with a fun obstacle course and some flexibility exercises.

Intro. To Strength Training with Cindy

Small group (8)

Wednesdays at 12:30 - 1:30 pm

8 week session 1/11 - 3/1 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. This new class, might be just what you're looking for! In these judgment-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.



PICKLEBALL

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

Calendar on page 7 for days and times!

Cost per session \$4.00, please pay at desk the day of session and bring exact payment. No Entry to pickleball courts more than 15 minutes prior to play.

Pickleball Lessons with Carl Cost \$4.00 per session
Mondays at 10:30am

Level 1 (Beginner) - To understand the court, the lines, the line rules, the serve, the game shots

Level 2 - to concentrate on serving skills and game shots in a more consistent manner.

Wednesdays at 1:30pm

Intermediate - Focus on perfecting all four game shots as well as both serves, partnering, defense and spinning shots where you need to.

ADDITIONAL WEEKLY SCHEDULED EVENTS

No Registration required

Intermediate Line Dance Tuesdays at 10:15 am

Cost is \$3.00 per class - pay the instructor

Line dancing is a fun dance performed solo or in a group to country music. It is typically danced in a line with other dancers, making it excellent for someone without a partner. The line dance has simple steps that look great, only requiring accurate timing and foot placement.

Beginner Line Dance Wednesdays at 10:00 am

Cost is \$2.50 per class - pay the instructor

Club 99 Tuesdays & Thursdays at 10:30 am

This FREE 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. Please bring your own weights

Ladies Exercise Mon, Wed. & Fri. at 9:00 am

This Free 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 9:00am - 2:00pm

FITNESS ROOM

Monday - Friday 9:00 am - 4:00 pm

Monday - Thursday 4:30 pm - 8:00pm

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 front desk to schedule a fitness room orientation.

Fitness Room Closed

Wednesdays 12:30-1:30pm

Fridays Noon -1:00pm

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Pie Baking Contest

Monday, January 23rd 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
Monday, January 23rd
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 at the front desk.



Luau Luncheon with Entertainment
Tuesday, January 31st
at Noon

It's a little chilly to go to the beach so we are bringing the beach to you. Be a "snowbird" at the center. Enjoy a pulled pork sandwich catered by our Kitchen Manager Kevin. Live music by the Hasting Duo. Beat the winter blues and stop by to eat lunch, dance and socialize. Tropical Beach attire suggested. Limited spots available

Cost is \$5.00, register and pay at the front desk.

Popcorn Delight
&

A Movie

Thursday, January 19th
at 1:00pm

Let's Celebrate National Popcorn day by trying a few varieties of flavored popcorn while enjoying the movie **Mack and Rita**.

Cost is \$3.00,
register and pay at the front desk.



Orchard Park Senior Center

4520 California Road

Orchard Park, NY 14127
