



# Orchard Park Senior Center

4520 California Road  
Orchard Park, NY 14127



**APRIL 2023**

## PHONE

716-662-6452

## EMAIL

[opsenior@orchardparkny.org](mailto: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



***April is Volunteer Appreciation Month!***

***A HEARTFELT THANK YOU  
to our volunteers in the senior center and  
the community.***

***THANK YOU FOR ALL YOU DO!***

*Notes From Maria.....*

National Volunteer Week is April 17-21! This week is set aside to recognize and encourage people to seek out ways to get involved in their community and to make a difference in people's lives. Without the volunteers at the Center, our Center would not be able to function. I am grateful to those who help at the front desk, in the kitchen, library, direct a class or program, and "pitch in" when help is needed to name a few. Our volunteers selflessly give their time to serve others, I can never thank them enough for their time and effort to make our center the #1 Senior Center in Erie County!

*Have you ever thought of being part of a organization? The Community Activity Council of Orchard Park Inc. is a not for profit organization, dedicated to serving the community and improve the lives of people. They need you!*

*For more information contact Anna at 716-860-1094.*



### 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?

### AUDIT A CLASS

Are you interested in signing up for a class, but you are unsure if you will like it? We encourage you to observe a class you may be interested in with a one time guest pass. You may obtain your guest pass by speaking with Maria or Linda in the office.

### REFUND POLICY

Requests for refunds will be honored only if a member makes a request 5 full business days prior to the scheduled class/event start date. A \$5.00 processing fee will be applied to all class refunds. After the session begins. NO refunds are granted except for medical reasons and or the advice of the instructor. A FULL refund/ or funds may be placed into a members My Senior Center wallet for a course that is cancelled due to low registration. You will be notified by phone prior to the start date of the class.



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

## **Holistic Health Series**

**Join us for one or all presentations!  
It is never too late to  
continue learning and  
enhancing your life!**

### **Green Eats presents Two Simple Smoothies Thursday, April 13th at 10:30am**

Join Joanne Woolsey from Green Eats as she makes two simple smoothies that we all can make at home to fuel your body with vitamins and minerals and boost immunity! And yes they're delicious too! She will be talking about foods that fight inflammation and keep us healthy.

### **Acupuncture: Options For Managing Your Life! Friday, April 14th at 12:45pm**

With today's busy lifestyles Monica Michaels ND, L.Ac from Balance Natural Health and Acupuncture will discuss how acupuncture may help you continue to feel your best from managing pain to relieving stress. Join us to learn more about acupuncture it may be an option to keep you feeling your best!

### **Benefits of Chiropractic Care! Friday, April 21st at 12:45pm**

Join Dr. Leo as he covers the true benefits of chiropractic care and taking care of your body as you age. The brain and nervous system control the functioning of the entire body. A bone out of place in the spine creates and interferes with proper nerve flow which leads to ill health. Come to hear Dr. Leo explain how overall health can be improved under chiropractic care. Who doesn't wish to express their full health potential?

### **Essential Oils For Wellness Friday, April 28th at 12:45pm This is a FREE seminar!**

Have you heard the hype about lavender helping you sleep? Or about Eucalyptus to help your breathing? Join Amanda DeWald, RN for this wellness class about how essential oils can help you achieve your health goals this spring. Essential Oils have been used for thousands of years and can provide you with natural relief and support. She will go over a number of most popular oils and their most common uses. You will leave this seminar with a wider understanding of how to use them. Bring a friend for an extra entry into the door prize!

### **Essential Oil Make N Take Friday, April 28th at 1:45pm**

Following the essential Oil for wellness Seminar, Amanda DeWald, RN will walk you through how to make your own

- Muscle + Joint Balm
- Be Happy Roller

The cost is \$10.00 and covers the instruction as well as all of the necessary ingredients for the DIY. You must register in advance at the front desk. Limited spots available.

## **Lifestyle Changes that Promote Wellness in Mind, Body and Soul**

**Thursday, April 27th at 10am**

This group will focus on stretching and flexing our bodies for better health, balance and movement. The use of sound therapy healing such as meditative bells and bowls will guide us toward becoming a calmer being. The goal is to learn caring ways such as self-massage, breathing skills, tapping and other acupressure techniques that help with stress relief and calmness that includes walking, sitting, grounding and standing meditation.

## **Easter Egg Scavenger Hunt**

**Monday, April 3rd  
from 9am - 11:30am**



Play with your friends or on your own to find all the scrabble pieces hidden in eggs throughout the building. Then meet in the dining room to figure out the puzzle! Treats rewarded for those who complete the puzzle first.

All are welcome to join in the adventure!

## **Tablets for \$10.01 — FREE T— MOBILE INTERNET Tuesday, April 4th 9am – Noon**

To Qualify: you must make under \$70,000 per year. Please BRING proof of income and picture ID to your appointment. Schedule an appointment at the front desk

## **Downsizing 101 Thursday, April 13th at 10am**

Are you thinking of downsizing to a smaller home, an apartment or a senior community? Do you feel like you are unsure about where to begin sorting through all of your years of accumulation in the home? Does the accumulation cause you a lot of stress and anxiety? We can help! Elder Transition Consulting is a full-service business supporting our local seniors and their families with the daunting task of downsizing and supporting them during their move. In this presentation, Ann Marie Klosko (owner) will offer some tips about where to begin and how a Senior Move Manager can support you through this process.

## **Reiki Session with Carolyn Friday, April 14th 9am – 11am Friday, May 12th 9am -- 11am**

Reiki is a Japanese relaxation technique developed in the early 1900's that aims to harmonize the body, mind and spirit. Call to make your half hour appointment with Carolyn a Master REIKI Practitioner.



**What do you do if you have a Medical Emergency??? Call 911! Then what? Tuesday, April 18th at 11:30am**

Find out when you join us at the Orchard Park Senior Center on April 18<sup>th</sup> at 11:30am. Meet one of the Orchard Park Fire District EMS Paramedics and find out what you can do to make taking care of you or your loved one much faster. **Learn how to perform Hands-Only CPR and use an AED (Automated**



**External Defibrillator**). You can also learn how to treat someone who is choking. **FREE CLASS!**

**FBI Perspective on Elder Fraud: Realities, Losses and Prevention Wednesday, April 19th at 10:30am**

Each year, millions of elderly Americans fall victim to some type of financial fraud or confidence scheme, including romance, lottery, and sweepstakes scams, to name a few. With the elderly population growing and seniors racking up more than \$3 billion in losses annually due to these crimes, elder fraud is likely to be a growing problem. Hear directly from an FBI special agent about how these cases are impacting people right here in WNY, and what you can do to prevent yourself and your friends from becoming victims.



**Managing Money: A Caregiver's Guide to Finances Tuesday, April 25th at 1pm - 2:30pm**

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join the Alzheimer's Association for information on legal and financial planning to consider after a dementia diagnosis and what factors to address as you look to the future. Presented by: Judy Wagner, Esq.

**Audiology 101 Wednesday, April 26th at 10am**

"What is an audiologist, and why do I need one". Learn about how common hearing loss is across all ages, the effects of untreated hearing loss, and an update on current trends in hearing aids. Presented by Jill Bernstein, AuD., ABA, CCC-A, Assistant Director of Hearing Evaluation Services of Buffalo.

**Hike at Knox Farm**



**Thursday, April 27th at 1:00pm**  
Meet Nicole by the red barns at Knox Farms for a guided tour of Knox Farm. Reminisce about years gone by. Take a leisurely stroll and discover the history of the Knox Farm State Park.

**Documentary Film & Discussion**

**Mondays at 12:45 pm**

Join Theresa Wiater who will lead a discussion after viewing the film.

**Greatest Events of WWII– Siege of Stalingrad Monday, April 3rd at 12:45pm**

The battle of Stalingrad was one of the bloodiest of the entire war and turned the tide for the Germans.

**Greatest Events of WWII: D-Day Monday, April 17th at 12:45pm**

Under cover of an elaborate deception, the largest seaborne invasion force in history crosses the English Channel to gain a foothold in Normandy.



**April Book Club**

**Monday, April 17th at 10:30am**

**"The Last Bookshop in London by Madeline Martin"**  
This story is about bookstores and a book set during the London Blitz during WWII. Grace Bennett has always wanted to move to the city, but the life she finds is not really what she expected as she hunts for a job, endures air raid shelters, and puts up black-out curtains.

**May Book Club**

**Monday, May 22nd at 10:30am**

**"Educated" by Tara Westover**

This book is a memoir that recounts overcoming the author's survivalist Mormon family in order to go to college, and emphasizes the importance of education in enlarging her world.

**Anyone is invited to come and join in the discussion!**



**The Dove Restaurant**

**3002 Abbott Rd., Orchard Park**

**Thursday, May 4th, 2023 @ 5pm**

**Cost is \$39.00 (Price includes tax and tip)**

**Entrée Choices are: (Please Choose One)**

**\*Shrimp Scampi,**

**\*Chicken Parmigiana**

**Linguini and Broccoli**

**Eggplant Rollentini**

**\*Chicken and Shrimp Caesar Salad**

**All Dinners are served with soup (Pasta Fagioli)**

**Salad, Coffee, Tea, Soft Drink and Dessert.**

**\*indicates can be ordered Gluten Free w/ reservation**

**CASH BAR AVAILABLE**

**Please call Rae Ann Reese @ 716-822-8869**

**For reservations before April 15, 2023**

**Limited Seating!**



## ART CLASSES

*Late registrations will not be accepted for instructed classes.*

### Watercolor– Try Before you Buy! Instructor Dan

Tuesdays at 10am - Noon

4 week session 5/9 - 5/30 Cost \$45.00 **NEW!**

Paint a landscape in watercolor - **supplies included.**  
Experience hands on, step by step instruction learning basic watercolor techniques in a relaxed environment. Explore this fascinating medium with all supplies needed to complete your masterpiece before investing in your personal set of materials.

### Intermediate Watercolor - Instructor Dan Meyer

Tuesdays at 1:00 pm – 3:00 pm

6 week session 4-18 - 5/30 Cost \$35.00

Continue to explore the fascinating world of watercolor as you go beyond the basics. Photo reference will be provided. Each subject rendered will be demonstrated, step-by-step by the instructor, followed by student participation. Advanced watercolorists will enjoy this course as well. Find the materials list at [www.danmeyerwatercolors.com](http://www.danmeyerwatercolors.com)  
*supply list for classes available at the front desk\**

### 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.



### Helping Hands Sewing Group

2nd and 4th Wednesdays of the Month  
9am –1:30pm

You are welcome to give as much time as you wish within this time frame

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.

### 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, April 14th 9:00 - 3:00 pm  
Friday, May 19th 9:00 - 3:00 pm



## CARDS & GAMES:

Everyone is WELCOME to attend!!



<b>Bridge</b>	Mondays at 12:30pm
<b>Shuffleboard</b>	Tuesdays at 9:00am
Bingo	Tuesday at 1:00pm
Card Bingo	Tuesday at 2:00pm
<b>Hand &amp; Foot</b>	Wednesdays at 9:30am
<b>Cards/Games</b>	Wednesdays at 12:30pm
<b>Chess</b>	Wednesdays at 1:00pm
<b>Corn Hole</b>	Wednesdays at 1:00pm
<b>Dominoes</b>	Thursdays at 9:30 am
<b>Mah Jong</b>	Thursdays at 12:45 pm
<b>NEW Game Room</b>	Thursdays from 11-3pm
<b>Euchre</b>	Fridays at 10:00am
<b>Smarty Pants</b>	Fridays at 11:00am
<b>Mah Jong</b>	Fridays at 12:45pm
<b>Pinochle</b>	Fridays at 1:00pm

### Learn to Play Bridge

**Mondays at 11am**

**5 week session 3/27/23 - 4/24/23 Cost \$10.00**

Have you ever wanted to learn how to play bridge, but were afraid to ask? We have the perfect class for you! This class is strictly for beginners that have never played and have no skill set with the card game at all. Learn the basics from our instructor: Pat Rasmus.

### *Play Five Crowns* *Mondays at 10:30am*

**Five Crowns** is a rummy-style card game, which uses a specialized deck of cards with 5 suits and wild cards. The objective is to have the lowest point total after all eleven hands have been completed. The game isn't over till the Kings go wild!

### **Learn to Play Hand and Foot** **Wednesday, April 12th at 12:30pm**

Join our wonderful instructors 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.

### **Learn Sign Language!** **Mondays in April at 1:00pm**

In Honor of National Sign Language Month Join Maggie for a free class to learn the basics.

- 4/3 Letters of the Alphabet, your name
- 4/17 Calendar, days, months, season, weather
- 4/24 Foods

All are Welcome to attend!  
Join Maggie for one or all dates!

**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 4/3** Boneless Chicken breast with Marsala Sauce  
Rice Pilaf, Cauliflower & Carrots, Juice, Fruit Cocktail  
**Tues 4/4** Julienne Salad with Dressing, Whole Wheat  
Dinner Roll, Chocolate Chip Cookies  
**Wed 4/5** Breaded Pork Chop with Herbed Gravy,  
Scalloped Potatoes, Peas with Pearl Onions, Salad, Roll  
Coconut Cream Pie  
**Thurs 4/6** Tortellini with Tomato Meat Sauce &  
Mozzarella  
Chef Salad with Dressing, Italian Mixed Vegetables, Italian  
Bread, Fresh Orange, Chocolate Milk  
**Fri 4/7 CLOSED**
- Mon 4/10** Cabbage Roll with Savory Meat Sauce,  
Mashed Potatoes, Carrots, Dinner Roll, Chocolate Éclair  
**Tues 4/11** Turkey with Stuffing & Gravy, Molded  
Cranberry Salad, Mashed Butternut Squash, Broccoli,  
Lorna Doones  
**Wed 4/12** Penne Pasta with Meatballs, tomato Sauce  
and Mozzarella, Veg, Salad, Grapes, Ch. Milk  
**Thurs 4/13** Pork Loin with Warm Cinnamon Apples,  
sweet Potatoes, Green Beans, Wh Bread, Pudding  
**Fri 4/14** Beer Battered Fish with Tartar Sauce, Au  
Gratin Potatoes, Stewed Tomatoes & Zucchini, Coleslaw,  
Bread
- Mon 4/17** Breaded Chicken Breast with Buffalo-style Sauce  
Seasoned Spinach, Corn with Red Pepper, Roll, Pudding  
**Tues 4/18** Steakhouse Burger with Gravy on a Bun,  
Cheddar Mashed Potatoes, Lima Bean Bake  
**Wed 4/19** Beef Bourguignon over Brown Rice,  
Cauliflower, Harvard Beets, Oatmeal Raisin Cookies  
**Thurs 4/20** Chicken Breast with Primavera Sauce over  
Penne Pasta, Italian Vegetables, Grape Juice, Banana  
**Fri 4/21** Ham Steak with Brown Sugar Glaze, Cheesy  
Scalloped Potatoes, Brussels Sprouts, Bread, Pear Crisp
- Mon 4/24** Chicken Vegetable Casserole, Broccoli  
Florets, Warm Biscuit, Cinnamon Streusel Cake  
**Tues 4/25** Hot Dog with Baked Beans & Ketchup on a  
Bun, Tater Tots, Carrots, Pineapple & Mandarin Oranges  
Chocolate Milk  
**Wed 4/26** Grilled Chicken Caesar Salad with Caesar  
Dressing, Rye Bread, Sugar Cookies  
**Thurs 4/27** Lasagna Roll with Tomato Meat Sauce and  
Mozzarella. California Mixed Veg, Grape Juice, Dinner  
Roll, Lemon Bavarian  
**Fri 4/28** Beef Barley Soup, Corn, Chef Salad with  
Dressing, Wheat Bread, Fruited Gelatin

**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*

**Highmark BlueCrossBlueShield**

Monday, April 3rd from 9am - 11am

**United Healthcare**

Thursday, April 13th from 10am - 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 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

**AN AFTERNOON AT THE MOVIES ....  
at 1:00 pm**

**Spend an afternoon at the movies.**

*50¢ /person includes bag of chips or popcorn*

**Pre - register at the front desk to attend**

**4/5 The Greatest Inheritance (13+)** A group of estranged siblings returns home to bury their mother and claim their rightful inheritance. They quickly discover she hid the deed to the entire estate somewhere on the property forcing them to work together unraveling the clues that will ultimately define their future.

**4/12 or 4/13 Everything Everywhere All At Once (16+)** The fate of the world lies in the hands of an overwhelmed immigrant mother. As bizarre and bewildering dangers emerge from the many possible universes, she must learn to channel her newfound powers and fight to save everyone.

**4/19 Till (PG-13)** In this emotional true story, Mamie Till– Mobley relentlessly pursues justice for her 14 year old son who, in 1955, was lynched while in Mississippi.

**4/26 Heroes (PG)** On a cross– country bus trip, a troubled Vietnam vet bonds with a young women looking to find herself. Henry Winkler, Sally Field and Harrison Ford .



# APRIL SCHEDULE OF EVENTS

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Fitness Room 9:00 Pool Shooting 9:00 Medit. &amp; Yoga 9:00 Ladies Exercise 9:30 55+ Pickleball 10:30 Learn to Play 55+ Pickleball 10:30 Five Crowns 11:00 Gentle Hatha Yoga w/Barb 11:00 Learn to Play Bridge NOON LUNCH 12:30 Bridge 12:00 55+ Pickleball 1:00 Sign Language 2:00 UMA MOVES 1:30 55+ Pickleball</p> <p style="text-align: center;"><u>Evening Class</u> 5:30 20.20.20</p>	<p>8:30 Fitness Room 8:45 Mens Exercise 9:00 Shuffleboard 9:00 Pool Shooting 9:00 55+ Pickleball 10:00 Beg. Watercolor 10:15 Int. Line Dance 10:30 Club 99 11:30 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 2:00 55+ Pickleball</p> <p style="text-align: center;"><u>Evening Classes</u> 4:00 Ballroom Dance 5:30 Cardio Drumming</p> <div style="border: 1px solid black; background-color: #ffffcc; padding: 5px; text-align: center;"> <p><u>Open Walking</u> <u>In the GYM:</u> Monday - Friday 9:00 am - 2:00pm</p> </div>	<p>8:30 Fitness Room 8:45 Mens Exercise 9:00 Sewing Club 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 55+ Pickleball 9:30 Hand &amp; Foot 10:00 Beginner Line Dance 10:00 Beginner Tai Chi 11:15 Inter. Tai Chi 11:30 Yoga NOON LUNCH 12:30 OpenCards/Games 12:30 Strength Training 1:00 Movie 1:00 Corn Hole 1:00 Chess Club 1:30 Pickleball</p> <div style="border: 1px solid black; background-color: #ffe4c4; padding: 5px; text-align: center;"> <p><b>Billiards Room</b> Closed <b>8-Ball Tournament</b> Tuesdays 12:30pm - 2:30pm</p> </div>	<p>8:30 Fitness Room 8:45 Mens Exercise 9:00 Pool Shooting 9:00 55+ Pickleball 9:30 Dominoes 10:00 UMA MOVES 10:30 Club 99 11-3 Game Room 11:30 55+ Pickleball NOON LUNCH 12:45 Mah Jong 1:00 Adv. Tai Chi 2:00 55+ Pickleball</p> <p style="text-align: center;"><u>Evening Classes</u></p> <p>5:15 Evening Yoga with Marie 6:30 Cardio Drum</p> <div style="border: 1px solid black; background-color: #ffe4c4; padding: 5px;"> <p><b>Basketball Free Throw</b> Bring your own ball and shoot some hoops. Mon - Fri 8:30 - 9:30am Mon- Fri 11:30 - 12:30pm</p> </div>	<p>8:30 Fitness Room 8:45 Cardio Drum 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 55+ Pickleball 10:00 Euchre 10:00 Zumba 10:30 Art w/ Friends 10:45 Yoga Flow NOON LUNCH 12:00 55+ Pickleball 12:00 Circuit Training 12:45 MahJong 1:00 Pinochle 1:15 BAM (Balance and Mobility Class) 2:30-4 55+ Pickleball</p> <div style="border: 1px solid black; background-color: #e0f0ff; padding: 5px; text-align: center;"> <p><b>Fitness Room Closed</b> Wednesdays 12:30-1:30pm Fridays 12:00- 1:00pm</p> </div>



## 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 Days and Times above.*

*Cost per session \$5.00,  
please pay at desk the day of session and  
bring exact payment.  
No Entry to pickleball courts more than 15  
minutes prior to play.  
Please be respectful of play times and do not  
over extend the play.*

## LEARN TO PLAY PICKLEBALL

**Mondays at 10:30am**

**8 week session 4/3 - 5/22 Cost \$48.00**

**Pre- Register at the Front Desk with Senior Center Staff**

**Who should Consider Lessons with Carl:**

1. Those who have never played pickleball
2. Those who have not played in a year or more and want to refresh their game.

Instructor Bio: Carl has been playing pickleball for 6 years. He started like everyone else, never playing before and by the 3rd year he was a level 4.0 out of 5! He looks forward to teaching new players the skills to succeed on the court. The best thing about learning from Carl is he cares about his students!



**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 \$2.00 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 3/20 - 4/24 Cost \$30.00  
6 week session 5/1 - 6/19 Cost \$30.00

No Class 5/8 or 5/29

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 3/8 - 4/26 Cost \$40.00

8 week session 5/3 - 6/28 Cost \$40.00 NO Class 6/7  
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

**Coming Back Soon**



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 3/2 - 4/13 Cost \$30.00  
4 week session 4/20 - 5/18 Cost \$20.00

Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching. 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.

### Yoga Flow Fridays at 10:45 am

8 week session 4/14 - 6/2 Cost \$40.00

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.

### Beginner Tai Chi Wednesday at 10:00 am

7 week 3/8 - 4/26 Cost \$35.00  
8 week 5/3 - 6/21 Cost \$40.00

### Intermediate Tai Chi Wednesday at 11:15 am

7 week 3/8 - 4/26 Cost \$35.00  
8 week 5/3 - 6/21 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

8 week session 2/16 - 4/6 Cost \$45.00  
8 week session 4/13 - 6/1 Cost \$45.00

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 8:45 am

6 week session 4/19 - 5/25 Cost \$51.00

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

7 week session 3/7 - 4/25 Cost \$35.00 No Class 4/4  
5 week session 5/2 - 5/30 Cost \$25.00

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

7 week session 3/7 - 4/25 Cost \$35.00 No Class 4/4  
5 week session 5/2 - 5/30 Cost \$25.00

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.

### Cardio Drumming Fridays at 8:45 am

7 week session 3/17 - 5/5 Cost \$40.00 no class 4/7  
8 week session 5/19 - 7/14 Cost \$48.00 no class 6/19

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.

### Cardio Drumming Evening Thursdays at 6:30 pm

8 week session 3/16 - 5/4 Cost \$45.00  
8 week session 5/18 - 7/13 Cost \$45.00 no class 6/15

### Cardio Drumming Evening Tuesdays at 5:30 pm

8 week session 3/14 - 5/2 Cost \$45.00  
7 week session 5/16 - 6/11 Cost \$40.00

NO class 6/13 and 7/4

### Zumba Fridays at 10:00 am

8 week session 3/17 - 5/5 Cost 40.00 no class 4/7  
8 week session 5/19 - 7/14 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.

### 20/20/20 Monday at 5:30 pm

8 week session 3/13 - 5/1 Cost \$40.00  
7 week session 5/15 - 7/10 Cost \$40.00

No class 5/29 and 6/12

Join us for 20 minutes of cardio, including some Zumba movements, 20 minutes of resistance, strength training/weights, and 20 minutes of stretching. Improve your tone, endurance and balance—with inspiration! Oh, don't forget, burn calories too! Please bring hand weights and a floor mat to class.





### Circuit Training

**Fridays at Noon-1:00pm**

**6 wk session 3/3 - 4/21 Cost \$48.00 No class 3/10, 4/7**  
**6 wk session 4/28- 6/2 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

### Intro. To Strength Training with Cindy

*Small group (8)*

**Wednesdays at 12:30 - 1:30 pm**

**8 week session 3/8 - 5/3 Cost \$64.00 No class 3/22**  
**7 week session 5/10 - 6/21 Cost \$56.00**

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.

### 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.

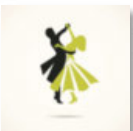
Fitness Room Closed

Wednesdays 12:30-1:30pm

Fridays Noon -1:00pm

### Learn to Ballroom Dance Tuesdays at 4:00 pm

**4 week session 4/25 - 5/16 Cost \$20.00**



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.

### 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.

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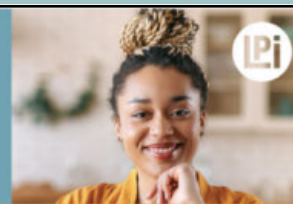


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**Welcome Spring Luncheon & Entertainment by Hastings Duo**

**Thursday, April 20th at 12:00pm**

Enjoy lunch Catered by our Kitchen Manager Kevin.

**Lunch Includes:**

Monte– Cristo Sandwich  
Bean Salad  
Pasta Salad.

Then get your dancing shoes ready to dance the afternoon away with music by the Hastings Duo!

Cost \$ 8.00

Register at the front desk.



**Save the DATE**  
**Afternoon Tea**  
**Tuesday, May 2nd**  
**at 2:00pm**



Bring your favorite tea cup and saucer or borrow one from the center for an afternoon tea. This tea offers fun and friendship during an age old tradition. Join us as we enjoy the afternoon tea, desserts and conversation with others.

**Cost is \$8.00. Payment is due when pre- registering at front desk.**



**Cinco De Mayo Luncheon**  
**Friday, May 5th at 11am**

Start your Friday off with a Fiesta!

Lyle Stang will entertain us from 11-12pm then stay for our Erie County Congregate Dining Meal. Lunch Includes: Ground Beef Taco, Spanish Rice, Fiesta Corn, And Key Lime Pie!

Suggested Donation of \$3.00 will be collected at Lunch.

Pre – Register with Chris by Monday, April 24th.

**Thank you Clear Caption for your generous donation towards this event.**

**Buffalo Philharmonic Orchestra**  
**Patriotic Pops**

**Friday, May 26th 2023**  
**Bus departs at 8:30 am**



A Memorial Day weekend tradition! Join Principal Conductor John Morris Russell and your BPO in red, white and blue musical salute to our nation and the sacrifices of our honorable servicemen and women. We will arrive at 9 am for the complimentary coffee and doughnuts. Following concert, we will make our way to **Chefs** restaurant for lunch.

**Tickets go on sale Tuesday, March 14th at 8:30am**  
**Tickets Cost \$85.00 per person.**  
**Register with Linda or Maria in the office.**

**Orchard Park Senior Center**

4520 California Road

Orchard Park, NY 14127