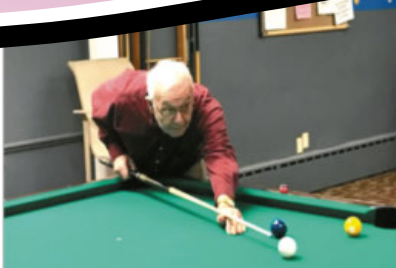




# Orchard Park Senior Center

4520 California Road  
Orchard Park, NY 14127



**FEBRUARY 2024**

## 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

Kayla Turner

### Kitchen Manager

Kevin Kornowicz

### Town Supervisor

Eugene Majchrzak

### Council Members

Joseph Liberti

Julia Mombrea

Scott Honer

John Mariano



## Melt the Ice: A February Mixer

**Wednesday, February 28th  
at 10am**

Spark conversations, share stories, and find familiar faces at the “Melt the Ice” mixer. Your chance to connect and rekindle community spirit this February.

Refreshments will be served.

All are Welcome!

Register at the front desk or on

[Myactivecenter.com](http://Myactivecenter.com)



***The Orchard Park Senior Center  
will be CLOSED on  
Monday, February 19th  
In observation of President's Day***

*Notes From Maria.....*

**Welcome to the short and (hopefully) sweet month of February!** Despite the icy wind and occasional snow flurries, there's a warm spring feeling in the air. With March just around the corner, brighter days and blooming flowers are within reach.

For many, January is a time for resolutions and fresh starts. If getting active and healthy was one of yours, the Senior Center is here to help you thrive! Our February newsletter is brimming with fantastic new programs designed to support your well-being and keep you entertained:

**Fitness Fanatics:** Rev up your routine with our exhilarating new fitness classes! From line dancing to Men's Fitness or Ladies Exercise, there's something for every fitness level. Get your heart pumping and have a blast while you're at it.

**Mind:** Looking for activities that nourish both your mind and body? Explore our expanded selection of enriching classes or presentations.

**Social butterflies:** Seeking ways to connect and make new friends? Join our lively card games, participate in book club discussions, or come to a dance. Laughter, friendly competition, and meaningful connections await! Something for Everyone!

Whether your goal is to get fit, expand your horizons, or simply enjoy the company of friendly faces, the Orchard Park Senior Center has something for everyone. Don't hesitate to browse our comprehensive newsletter for a detailed look at all the exciting programs we offer. We can't wait to welcome you and help make the most of this February!

## 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 with proof of residency.** Proof of Town of Orchard Park residency can be shown in the form of drivers license, Town of Orchard Park tax bill, utility bill

### **Non-Residents -**

- ♦ *General Membership* \$40 annual fee
- ♦ *Fitness Membership* \$30 annual fee or can be waived if you have:
  - ♦ Silver Sneakers
  - ♦ Silver & Fit
  - ♦ Active & Fit
  - ♦ Renew Active

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.



## 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 find weather closures on our Facebook page

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



## 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

Provides transportation for people aged 60 and over who cannot use conventional means of transportation. Reservations for health related trips may be scheduled up to two weeks in advance, to the day.

## 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 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 member's 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  
PRESENTATIONS AND ACTIVITIES.**

### **An introduction to Meditation and Yoga Thursday, February 1st at 10am**

Yoga and meditation have been used for thousands of years to improve well-being and manage stress and anxiety. Yoga and meditation can be practiced by anyone, regardless of age or activity level. Learn more about how to incorporate yoga and meditation into your life and experience the benefits. Presented by Registered Yoga Teacher (RYT) Jennifer Johnson from New Sky Coaching.

### **The 10 Warning Signs of Alzheimer's Thursday, February 1st at 11am**

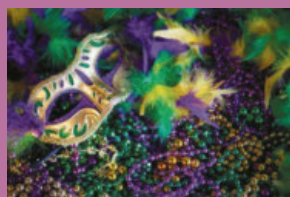
This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

### **An Afternoon of Secrets and Sequins: Mask Extravaganza**

#### **Friday, February 9th at 12:30pm**

Unleash your inner mystery and channel the spirit of Mardi Gras! Come craft your own dazzling masquerade mask for the grand celebration. Glittering feathers, shimmering jewels, and a dash of imagination - the possibilities are endless! Whether you are a seasoned partygoer or a first-time masquerader, this is your chance to create a unique masterpiece to wear or display. **Cost is \$6.00** and covers all materials you'll need to shine. Let's get Mardi Gras ready!

**Pre- Register and Pay at the front desk by Mon. 2/5**



### **Mardi Gras Masquerade**

#### **Tuesday, February 13th 12:00pm - 2:00pm**

It's time to jazz it up! Don your purple, gold and green and join us for a Mardi Gras Masquerade Party on Tuesday, February 13th from 12:00pm-2:00pm.

Lunch will be served at Noon.

Lunch Menu includes: Chicken and Sausage Jambalaya over seasoned Rice, Fiesta Corn, Broccoli Florets, and a Chocolate Éclair.

Following Lunch we'll enjoy music from the Hastings Duo from 12:30pm-2:00pm and dance the afternoon away-New Orleans style! **Cost \$6.00**

(Tickets available for the Dance only, Cost \$4.00)

**Please register for this event at the front desk to attend.**

### **Buffalo Rehab Presents: Strength and Balance**

#### **Tuesday, February 6th at 1:30pm**

Strength and balance are essential to staying safe and healthy as we age. This presentation by Buffalo Rehab includes a demo of their TRAZER technology. TRAZER is a tool used to measure movement asymmetry, reaction time, neuromechanical function, and deceleration metrics with the goal to reduce falls, increase mobility, and improve quality of life.

#### **LEARN TO PLAY....**

**Are you interested in how to play popular card and board games or you would like to brush up on your skills? Join volunteers as they teach you the game. Register at the front desk**

### **Learn to Play Shuffleboard Monday, February 5th at 9am**

Have the winter blahs? Come learn a fun game called shuffleboard. It is easy to learn and minimum skill is needed. Enjoy some fast paced fun with your friends.



### **Learn Sign Language!**

#### **Monday, February 5th at 10:30am**

Join Maggie for a free class to learn the basics.



### **Learn to Play Wii Bowling Monday, February 12th at 10am**

Wii bowling creates the feeling and effects of being in a real bowling alley right in the senior center. It simulates real-life bowling by using simple motion controls—bowling the ball is as simple as flicking the wrist. Join us for a friendly competition to see who can earn the most points!



### **BRIDGE:**

#### **Intermediate Bridge Lessons**

##### **Monday 2/5 —3/4**

##### **From 10am—Noon**

Do you have trouble bidding two suited hands? Learn these two conventions—Michaels and unusual No Trump which will help solve your problems.



#### **Beginning Bridge Lessons**

##### **Monday 4/1 - 4/29 from 10am—Noon**

Stimulate your brain and learn to play bridge. No experience necessary.

### **Learn to Play Euchre!**

#### **Tuesday, March 5th at 10am**

Join us for a Learn to Play Euchre session, where you'll grasp the fundamentals of this strategic and surprisingly social game. No prior experience necessary!





## **Furs & Skulls Presentation**

**Wednesday, February 7th at 10am**

Enjoy a presentation by Nicole Czarnecki, M.S., Environmental educator on the wildlife found at Evangola State Park. Observe skulls and touch furs to learn all about animals from New York State.

## **My Positive Purpose**

**Monday, February 26th at 10am**

If you are sluggish and do not have enough energy to pull yourself out of the "dull winter blues" we will discuss some healthy ways to become more active and healthy.

1. Find some adjustments during "hibernation" and become "unstuck" by prioritizing our lives daily.
2. Learn about imbalances and SAD from lack of sunshine in Buffalo.
3. Eating foods good for your body.
4. Building resiliency through activities with friends and family.
5. Healing methods that help: acupressure, meditation and soulful, creative ideas.

## **January/February Birthday Bash**

**Thursday, February 29th at 12:30pm**

Let's Celebrate! Maria our Director invites those who have a Jan/Feb Birthday to submit a photo of yourself in your younger days by February 23rd. Everyone is welcome and will enjoy a delicious birthday dessert.

## **Upcoming in March.....**

### **Understanding Dementia**

**Tuesday, March 5th at 11:00am**

Understanding Alzheimer's and Dementia: Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

### **Reinstein Woods Presents: Sustainable Living**

**Wednesday, March 6th at 10:30am**

This interactive program helps individuals understand how our lifestyle choices impact the world and how to connect with incentives and resources to make climate-positive changes.

### **Internet Privacy and Safety**

**Monday, March 11th at 12:30pm**

Join Instructor Brendan Chella as we learn ways to keep your personal information safe online and what to be on the lookout for.

### **Hoppy Hour:**

### **Minute to Win It Games, Easter Style**

**Friday, March 22nd at 10:30am**

Calling all competitive chicks and playful bunnies! Dust off your spoons, grab your bunny ears, and join us for an egg-cellent hour of Minute to Win it games with an Easter twist!

## **Joyful Journey Series**

### **Healthy Alternatives Through Healing Arts**

**Renew Thursday, 2/8 FROM 1-3PM**

**Re-energize Thursday, 3/14 FROM 1-3PM**

Do you feel unfocused, fatigued and lack of motivation? If you answer yes to any of the above, this class is for you. Learn easy, practical techniques that will help you to destress, relax and connect spiritually, mentally and emotionally. Learn about Breath Work, Chakra Balancing and body balancing. Each will be demonstrated and there will be practice time on each other. Each class will build on the last class. Attend one or all of the her three classes. Instructor: Patricia J. DePrima, Holistic Practitioner

### **Drum Circle**

**Tuesday, February 20th from 2-4pm**

Introduction to magic, fun, and healing power of recreational music making. No skill required and appropriate for all fitness levels. The program offers unique activities with proven health promoting strategies including self expression, group support, creativity, and wellness through group music making.

### **Hypnosis: The Uses & Benefits Of**

**Tuesday, February 27th 1:00pm - 3:00pm**

Did you know that 20 minutes in hypnosis is the same as 2- 3 hours of the best sleep you ever had?

Certified Hypnotist; what it is and isn't, its beneficial uses from quit smoking, weight loss, overcoming fears and phobias, stress/anxiety management, pain management, more confidence, better sleep and so much more! All your questions will be answered and you will have the opportunity to experience hypnosis to destress from your hectic day. What a perfect way to learn about hypnosis and to experience it.

Lori Ann Redlinski holds a BS degree in Biology, is a Health Physicist and has over 33 years of health care experience. She is also the Vice Chair Board of Advisors for the American Cancer Society. Currently Lori Ann is a consulting Hypnotist and a certified member of the National guild of Hypnotists.

## **DOCUMENTARY AND DISCUSSION**

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

**Monday, Feb. 12th at 12:45pm**

**Truth is Stranger Than Fiction: Get Gotti - Episode 1**

**Monday, Feb. 26th at 12:45pm**

**Truth is Stranger Than Fiction: Get Gotti - Episode 2**

**Monday, March 11th at 12:45pm**

**Truth Is Stranger Than Fiction: Get Gotti - Episode 3**

**Book Club**

**Calling all Readers! All are Welcome to attend!**

**February Book Club**

**Monday, February 26th at 10:30am**

**Pope Joan: A Novel by Donna Woolfolk.** For

a thousand years her existence has been denied. She is the legend that will not die—Pope Joan, the ninth-century woman who disguised herself as a man and rose to become the only female ever to sit on the throne of St.

Peter. Now in this riveting novel, Cross paints a sweeping portrait of an unforgettable heroine who struggles against restrictions she should not accept.

**March Book Club**

**Monday, March 18th at 10:30am**

**None of this is True by Lisa Jewell**

Lisa Jewell returns with a scintillating new psychological thriller about a woman who finds herself the subject of her own popular true crime podcast.

**CARDS & GAMES:**

Everyone is WELCOME to attend!!

Wii Bowling	Monday	At 10:30am
Bridge	Monday	At 12:30pm
Shuffleboard	Tuesday	At 9:00am
Bingo	Tuesday	At 1:00pm
Card Bingo	Tuesday	At 2:00pm
Hand & Foot	Wednesday	At 9:30am
Cards/ Games	Wednesday	At 12:30pm
Chess	Wednesday	At 1:00pm
Corn hole	Wednesday	At 1:00pm
Dominoes	Thursday	At 9:30am
Euchre	Friday	At 10:00am
Mah Jong	Friday	At 12:45pm
Pinochle	Friday	At 1:00pm

**Helping Hands Sewing, Crochet and Knitting 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 Sewing Group who work specifically on sewing projects for donations to Children's Hospital, Family Justice Center, Roswell etc.

All levels of sewers, Knitters and Crocheters are welcome to join!

You are not required to stay the entire time but are more than welcome to.

*Bring your own crocheting and knitting supplies. 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, February 23rd 9:00 - 3:00pm  
Friday, March 22nd 9:00 - 3:00pm  
Friday, April 26th 9:00 - 3:00pm

**Buffalo's Best Grille**

**3700 South Western Blvd.**

**Orchard Park, NY**

**Thursday, March 7, 2024 @ Noon**

**Buffet \$28.00 (Price includes Tax & Tip)**

**Sliced Porkloin w/ Peach Chutney**

**Baked Ziti w/ Broccoli & Alfredo**

**Herb Roasted Baby Reds**

**Wild Rice w/ Vegetables**

**Salad, Dinner Rolls, Ice Cream/Cookie**

**Coffee, Tea & Soda - Cash Bar Available**

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

**for reservations before February 23rd.**

**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.

**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.



Check the Center  
for a Calendar  
of the meals in February

**Stay Fit Frozen Meals**

**ERIE COUNTY STAY FIT DINING  
PROGRAM OFFERING  
FROZEN MEAL OPTION**

Meals will need to be picked up on Monday Morning  
Between 10:00-10:30AM

There is a 3 meal per week and 5 meal per week option. You can pick which option works best for you each week.

This program is available to Seniors all over Erie County, who are able to come and pick up their meals for the week, even if you've never participated in the Stay Fit Dining Program before.

You do NOT get to select your individual meals at this time - they will come in a "meal pack" labeled clearly and will include instructions on how to reheat them. Entrée items will include items such as meatballs & gravy, pulled pork, chicken breast, chicken tenders, and various others that have been tested and freeze well.

Call Kevin at 662-6452 option #3 for more information.  
Weekly reservations must be called in no later than 11:00am on the Tuesday of the week before.

**Feedmore Farm Truck  
Every Tuesday from 10am - 11am**



Looking for healthy, low cost fruits and vegetables! Any member of the community is welcome to visit the Feedmore Farm Truck! The Farm Truck accepts cash, credit/debit and SNAP as payment. Fresh produce is available until sold out! Come Early, they are here at the Orchard Park Senior Center every Tuesday of the month!

**Medicare Advantage Plans**

*Meet one on one with insurance representatives*

**Independent Health**

Tuesday, February 13th from 10am - 12pm

**United Healthcare**

Friday, February 16th 10am - 12pm

**Highmark Blue Cross Blue Shield of WNY**

Tuesday, February 20th from 10am -12pm

**Aetna**

Wednesday, February 21st from 10am- 12pm

**Univera Healthcare**

Tuesday, February 27th 10am - 12pm

**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

President 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, Shirley Hunter

For Travel info. contact Al Groth at 716-662-2140

**AN AFTERNOON AT THE  
MOVIES ....**



**at 1:00 pm**

**Spend an afternoon at the movies.**

***\$1.00 per person—pay day of movie***

***Includes bag of chips or popcorn***

**Wed 2/7 or Thurs 2/8 About My Father PG-13**

Sebastian Maniscalco and two time Oscar winner Robert De Niro star in this hysterical father-son comedy about a clash of cultures between two families at a weekend get-together.

**Wed 2/14 or Thurs 2/15 Just Go With It PG-13**

After telling his girlfriend that he's married as a means of avoiding commitment, a plastic surgeon must recruit a fake family to prove his honesty.

**Wed 2/21 or Thurs 2/22 Oppenheimer ®**

Christopher Nolan's breathtaking global phenomenon about the father of the atomic bomb stars Cillian Murphy, Emily Blunt, Matt Damon, Robert Downey Jr, and Florence Pugh.

**Wed 2/28 or Thurs 2/29 Because I Said So PG-13**

A meddling mother tries to set her daughter up with the right man so her kid won't follow in her footsteps.



# FEBRUARY SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30 Fitness Room</b> <b>9:00 Pool Shooting</b> <b>9:00 Medit. &amp; Yoga</b> <b>9:00 Ladies Exercise</b> <b>9:30 Beginner Pickleball</b> No play 2/19 <b>10:30 Learn to Play Pickleball</b> <b>10:30 Five Crowns</b> <b>10:30 Wii Bowling</b> <b>11:00 Gentle Hatha Yoga w/Barb</b> <b>11:00 Learn to Play Bridge</b> <b>NOON LUNCH</b> <b>12:30 Bridge</b> <b>12:30 UMA MOVES</b> <b>1:30 55+ Pickleball</b> <u><b>Evening Class</b></u> <b>5:30 20.20.20</b> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <b>Fitness Room Closed</b>                      Wednesdays 12:45-1:45pm                      Fridays 12:00-1:00pm                 </div>	<b>8:30 Fitness Room</b> <b>8:45 Mens Exercise</b> <b>9:00 Bocce/Shuffleboard</b> <b>9:00 Pool Shooting</b> <b>9:00 55+ Pickleball</b> <b>10:00 Beg. Watercolor</b> <b>10:15 Int. Line Dance</b> <b>10:30 Club 99</b> <b>11:30 55+ Pickleball</b> <b>12:00 Tap for Fun</b> <b>NOON LUNCH</b> <b>1:00 Inter. Watercolor</b> <b>1:00 Bingo</b> <b>1:15 Stretch and Barre</b> <b>2:00 Card Bingo</b> <b>2:00 Beginner Pickleball</b> <u><b>Evening Classes</b></u> <b>5:30 Cardio Drumming</b> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; background-color: #f0f0f0;"> <b>Billiards Room Closed</b>  <b>8-Ball Tournament</b>                      Tuesdays                      12:30pm - 2:30pm                 </div>	<b>8:30 Fitness Room</b> <b>8:45 Mens Exercise</b> <b>9:00 Pool Shooting</b> <b>9:00 Ladies Exercise</b> <b>9:00 Beginner Pickleball</b> No play 2/21 <b>9:30 Hand &amp; Foot</b> <b>10:00 Beginner Line Dance</b> <b>10:30 Sit and Get Fit</b> <b>11:15 Intro to Line Dance</b> <b>11:30 Yoga</b> <b>NOON LUNCH</b> <b>12:30 OpenCards/Games</b> <b>12:45 Intro to Circuit Training</b> <b>1:00 Movie</b> <b>1:00 Chess Club</b> <b>1:00 Cornhole</b> <b>1:30 55+ Pickleball</b> <u><b>Evening Classes</b></u> <b>5:15 Evening Yoga with Marie</b>	<b>8:30 Fitness Room</b> <b>8:45 Mens Exercise</b> <b>9-3 Game Room</b> Closed 2/22 <b>9:00 Pool Shooting</b> <b>9:00 55+ Pickleball</b> <b>9:30 Dominoes</b> <b>10:00 UMA MOVES</b> <b>10:30 Club 99</b> <b>11:30 55+ Pickleball</b> <b>NOON LUNCH</b> <b>1:00 Adv. Tai Chi</b> <b>1:30 55+ Pickleball</b> <u><b>Evening Classes</b></u> <b>6:30 Cardio Drumming</b> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; background-color: #ffffcc;"> <u><b>Open Walking In the GYM:</b></u>                      Monday - Friday                      8:30 am - 2:00pm                 </div>	<b>8:30 Fitness Room</b> <b>8:45 Cardio Drum</b> <b>9:00 Pool Shooting</b> <b>9:00 Ladies Exercise</b> <b>10:00 Euchre</b> <b>10:00 Zumba</b> <b>10:30 Art w/ Friends</b> <b>10:45 BAM</b> <b>NOON LUNCH</b> <b>12-2 55+ Pickleball</b> <b>12:00 Circuit Training</b> <b>12:45 MahJong</b> <b>1:00 Pinochle</b> <b>2:00-4 55+ Pickleball</b> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; background-color: #ffe0cc;"> <u><b>Basketball Free Throw</b></u>                      Bring your own ball and shoot some hoops.                      Mon - Fri 8:30 - 9:30am                 </div>

## PICKLEBALL

*All members must sign up using [MyActiveCenter.com](http://MyActiveCenter.com) or by filling out a registration form at the front desk. 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.**

**Get ready to ace your game with Orchard Park's brand new Pickleball program led by Pickleball wizard, Coach Carl! Whether you're a fresh-faced rookie or a seasoned court crusher, there's a perfect class for you to unleash your inner champion!**

**Ready to Serve up Some Fun?**

### Beginner Bootcamp:

**Monday, March 18th - April 29th 10:30am - 11:30am**  
**No Class April 1st**  
**Cost \$36.00**

- New to the game? No Worries! Coach Carl will equip you with all the foundational skills and rules you need to step onto the court with confidence. From grips to groundstrokes, you'll be rallying like a pro in no time!
- Think—High fives, laughter, and learning the ropes in a supportive, no-pressure environment.

### Level Up: Pickleball Masters in the Making:

**Monday, March 18th - April 29th 11:30am - 12:30pm**  
**No Class April 1st**  
**Cost \$36.00**

- Already conquered Beginner's Bluff? Time to smash through your skill ceiling with Coach Carl's intermediate—level drills and strategies.
- Master those tricky volleys, whip up devastating dinks, and dominate the court like a level 4 legend.
- Think: Competitive spirit, tactical tips, and taking your game to the next level with Coach Carl as your ultimate weapon.

**Pickleball, sweat and laughter— what's not to love? Join Coach Carl and unlock your Pickleball potential this season! So grab your paddle, get ready to serve up some fun, and let's paint the courts green with excitement! Don't wait, spots are filling up fast! Register today!**

**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

### **Meditation & Gentle Yoga Mondays at 9:00 am**

4 week class 1/22 - 2/12 Cost \$ 20.00  
8 week class 3/4 - 4/29 Cost \$40.00 No class 4/1  
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**

6 week session 1/3 - 2/14 Cost \$30.00  
6 week session 2/21 - 3/27 Cost \$20.00

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 week session 1/22 - 3/4 No Class 2/19 Cost \$30.00  
6 week session 3/11 - 4/15 Cost \$30.00

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

### **Advanced Tai Chi Thursdays at 1:00 pm**

#### **Non Instructional Tai Chi in February**

Join others to practice Tai Chi. Tai chi is a form of fluid movements that builds endurance, increases flexibility and balance. This one hour program is for those with some Tai Chi experience. There is no instructor for the month of January. No Registration required.

### **Tap Dance for Fun Tuesdays at Noon**

6 week session 1/9 - 2/13 Cost \$30.00  
5 week session 2/27 - 3/26 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**

6 week session 1/9 - 2/13 Cost \$30.00  
5 week session 2/27 - 3/26 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.

### **UMA MOVES Mondays at 12:30-1:45pm**

Thursdays at 10-11:15am

Cost is \$5.00 per class – pay the instructor

Uma Moves is an eclectic mix of kundalini yoga, Chi Gong, body tapping and brain gym that is choreographed to beautiful music. This class addresses core strength, flexibility and balance. There is floor work so you will need to be able to get on and off the floor, and you will need to bring a yoga mat. Although all levels are welcome, a reasonable level of fitness/mobility is required. Extensive arm and shoulder mobility required. The class is 1 hour and 15 minutes long.

### **Personal Training Appointments**

Cost \$40.00 per hour

Personal training sessions will be available to members in the Fitness Center. Members can meet one-on-one with a personal trainer to set fitness goals, learn how to use equipment or create an exercise program designed for your needs. Sessions will be semi-private - other members may be using the fitness center at the same time, but the trainer will be working only with you. Individuals or couples welcome.

Trainer: Jennifer Johnson

### **BAM! – Balance and Mobility Class**

Fridays at 10:45am -NEW TIME

6 week session 1/12 - 2/16 Cost \$30.00

4 week session 3/1 - 3/22 Cost \$20.00

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.

### **Cardio Drumming Fridays at 8:45 am**

8 week session 2/2 - 3/22 Cost \$48.00

What Is Cardio Drumming? At its core, Cardio Drumming is a cardiovascular based, full-body workout that requires you to move and tap balance balls with drum stick along to music. Proper footwear such as sneakers is required.



### **Zumba Fridays at 10:00 am**

8 week session 2/2 - 3/22 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 Classes:

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

7 week session 1/29 - 3/18 Cost 35.00

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.

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

8 week session 1/30- 3/19 Cost \$48.00

### **EVENING YOGA with MARIE Wednesday at 5:15 pm**

6 week session 1/10 - 2/14 Cost \$30.00

5 week session 2/28 - 3/27 Cost \$25.00

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.

### Fitness Room Classes:

### **Intro to Circuit Training Wednesdays at 12:45pm**

4 week session 3/6 - 3/27 Cost \$36.00

Feeling lost in the fitness room labyrinth? Circuit Training is your map to shredded confidence! This beginner friendly class is your gateway to understanding they gym's wondrous machines and transforming them into your fitness allies. Each class throws a different workout curveball your way, mixing and matching.

### **Circuit Training Fridays at Noon-1:00pm**

6 week session 1/12 - 2/16 Cost \$ 56.00

4 week session 3/1 - 3/22 Cost \$ 36.00

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



**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.

**Introduction to Line Dance Step Class****Wednesdays at 11:15am — 12:00pm****Cost \$2.00 per class - pay the instructor**

Is Line Dance for you? Now is the time to give it a try! This basic steps class will help you become familiar with terms and steps. Build experience and confidence. Learn a few basic dances! All are Welcome! Instructor: Sandy

**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.

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

This Free class helps motivate you to work toward a healthy lifestyle. Take the first step in living a healthy life by showing up for Men's Fitness.

**Sit and Get Fit With Kayla Wed. at 10:30am–11:15am**

Get moving and join us for an upbeat seated exercise class! Enjoy a full body workout designed to improve your strength, flexibility and range of motion while seated in a beginner friendly class. Please bring your own hand weights and stretch bands with you to class. This *free class* is suited for people of all fitness levels.

**FITNESS ROOM****Monday - Friday      9:00 am - 4:00pm****Mon. - Thurs.      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****Wednesday 12:45pm - 1:45pm****Fridays      Noon – 1:00pm****Reiki Session with Reiki Master**

**Friday, February 16th**  
**Appointments available**  
**from 9am - 11am**

Reiki which was developed in the 1900's is a Japanese relaxation technique using energy that aims to harmonize the body, mind and spirit.

Call 716-662-6452 to make your half hour appointment with Reiki Master.  
 Practitioner, Carolyn.

**First session—no charge**, but tips are appreciated! More appointments coming soon!

**Paid appointments available upon request for**  
**1/2hr \$25.00 or 1hr \$50.00**

**ART CLASSES**

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

**Watercolor— Beginner 2.0      Instructor Dan Meyer**  
**Tuesday's at 10am - Noon**

**8 week session      1/16 - 3/5      Cost \$50.00**  
 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. Find the materials list at [www.danmeyerwatercolors.com](http://www.danmeyerwatercolors.com)  
*supply list for classes available at the front desk*

**Watercolor—Try ME      Tuesdays at 10am—Noon**  
**6 week session      3/12– 4/16      Cost \$50.00**

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. **Spots are Limited.**

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

**8 week session      1/16 - 3/5      Cost \$50.00**  
**7 week session      3/12 - 4-23      Cost \$44.00**  
 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.

**Unleash Creativity! Acrylic Art Teacher Wanted at the Orchard Park Senior Center!**

Calling passionate artists and educators with an experienced understanding of an acrylic painting class. We are looking for an instructor to develop engaging curriculum for all levels. Please see Maria Galley

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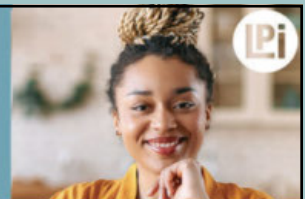
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## Pancakes & Pajamas

**Thursday, March 7th at 10:30am**

Forget the alarm clock, Orchard Park Senior Center Members!

Join us for a pajama pancake brunch!

Rise and Shine with fluffy pancakes! Bring your appetite, your best sleepwear, and smile for a morning full of laughter, good company, and breakfast bliss. This brunch is all about comfort, camaraderie, and celebrating the simple joys! **Cost \$5.00**



## St Patrick's Day Dinner

**Wednesday, March 13th**

**at 4:00pm**



Join us for a wee little party as we celebrate the luck of the Irish for St. Patrick's Day. Enjoy a traditional corned beef and cabbage Irish meal catered by 716 Fresh and entertainment provided by **Kindred**.

**Cost for the evening is \$16.00.** Purchase your ticket at the front desk by 3/4/2024

**THANK YOU! Safe Driver for your generous donation towards this event!**

## Canvas Painting with Kayla

**Thursday, March 21st at 1:00pm**

**Cost \$15.00 per person**

Join us for an afternoon of artistic fun with friends. We'll paint a spring scene on canvas with acrylic paints while enjoying refreshments. This class is for everyone, no painting experience or artistic skill is needed! Supplies will be provided by the center.



## Hip Hop Hooray Easter Dance

**Monday, March 25th**

**From 1:00pm to 3:00pm**

Dust off your dancing shoes, because the Orchard Park Senior Center is hopping into Easter with a foot – stompin' bash you won't want to miss! Music provided by Sentimental Journey! So hop to it and reserve your spot today on myactivecenter.com! Don't forget to wear your Easter best!

Bonus points for Bunny ears and festive attire.



## Bus America

### Pennsylvania Dutch Country Adventure

**\*Daniel at Sight and Sound's Majestic Millennium theatre**

**\*The Confession .. An Amish Love Story at the Bird- in Hand Stage**

**\*Tuesday, May 7th—Thursday, May 9th 2024**

- Deluxe chartered motor coach transportation, including driver expenses and gratuity; accommodations for two nights at the Eden resort in Lancaster including full breakfast each morning.
- Reserved orchestra seats for "Daniel" at Sight and Sound's, Majestic 2,000 seat Millennium Theatre
  - Buffet dinner and "The Confession... An Amish Love Story" at Bird In Hand Stage
    - Dinner at Miller's Smorgasbord Restaurant
- Train Ride on the Middletown & Hummelstown Railroad
  - Visit the September Farm Country Market

Contact Maria at the Orchard Park Senior Center for a complete copy of the itinerary including cost and registration forms.

## Upcoming Trips

### BPO Cirque de la Symphonie

**Friday, April 12th**

The BPO Coffee Concert series just got a whole lot more thrilling with the Cirque de la Symphonie! And guess what? The Orchard Park Senior Center is taking you on an eye-popping trip to witness it all!

Here's what awaits you on this unforgettable adventure: Depart the OPSC at 8:30am and immerse yourselves in a morning of music and acrobatics at the Kleinhans Music Hall. Witness jaw-dropping performances by international aerial flyers, acrobats, contortionists, and jugglers, all synchronized to the magical melodies of the Buffalo Philharmonic Orchestra. Ron Spigelman himself will be at the helm, conducting masterpieces that will leave you breathless.

After the captivating show, refuel your souls with a delicious lunch at the Pearl Street Grill.

Enjoy a great meal and lively conversation amongst your fellow seniors.

**All this for just \$96!** That includes transportation, the BPO Coffee Concert ticket, and a scrumptious lunch at Pearl Street Grill. Register in the office with Maria or Kayla.

### MAMA MIA at Sheas

**Sunday, April 14th at 6:30pm**

**COST \$82.00 (Includes Orchestra Seating and Transportation)** A mother. A daughter. 3 possible dads. And a trip down the aisle you'll never forget.

Set on the Greek island paradise where the sun shines, a tale of love, friendship, and identity is beautifully told through the timeless hits of ABBA. On the eve of her wedding, a daughter's quest to discover the father she's never known brings three men from her mother's past back to the island they last visited decades ago.

### April Botanical Gardens Tour More information to come in March

### April Albright Knox Tour More information to come in March

### BPO Signature Stars and Stripes Friday, May 24th More information to come in March

### Forest Lawn Trolley Tour Thursday, June 6th More information to come in April