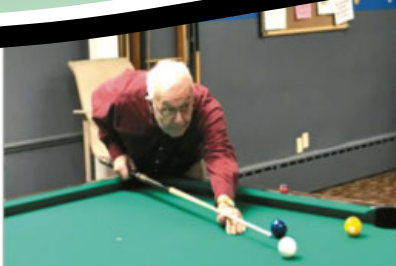




Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



MARCH 2024

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

Kayla Turner

Kitchen Manager

Kevin Kornowicz

Town Supervisor

Eugene Majchrzak

Council Members

Joseph Liberti

Julia Mombrea

Scott Honer

John Mariano



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!

***The Orchard Park Senior Center will be
Closing early on Monday, March 4th at 1:00pm
&
CLOSED Friday, March 29th***

Notes from Maria....

Spring is knocking on our door, and here at the senior center we're bursting with exciting events to help you celebrate the new season!

Irish Blessings abound! Kick things off with our lively St. Patrick's Day Dinner on Wednesday, March 13th. Get ready for delicious corned beef and cabbage, spirited music by Kindred, and some good old fashioned Irish cheer! Don't forget to wear your green!

As Easter approaches, we at the senior center want to extend our warmest wishes filled with hope, joy, and renewal. This holy time reminds us of the power of new beginnings, and we hope you celebrate it with loved ones, cherished traditions, and a warm sense of community. Here are some special ways we'll be celebrating at the center:

- **Easter Egg Hunt:** Dust off your bunny ears and join us for a fun-filled Easter Egg Hunt the week leading up to Easter.
- **Music and Entertainment:** We'll have music and entertainment to bring joy and cheer to our center.

BEYOND THE CENTER: If you're spending Easter with family and friends, cherish the moments of togetherness, share stories, laughter and delicious meals. For those spending Easter alone, remember that you are part of our senior center family. We are here for you, and you are never alone. Reach out if you need a friendly voice or a helping hand. Take some time for reflection and renewal. Easter is a time to appreciate the beauty of life and the hope for new beginnings.

Wishing you a Joyful Easter!

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.

Volunteers Needed!!!!

Volunteering is an opportunity to meet new people and the satisfaction of knowing you are needed. Volunteers are very important to the senior center and the activities we offer. The Orchard Park Senior Center has a need for volunteers for various activities ranging from special events to daily front desk greeters.

Current Opening: Front Desks Greeter Position
Wed., Thurs., or Fri. from 1:30pm– 4:00pm
See Maria or Kayla if you are interested



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.
THANK YOU!**

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.

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.



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.

Solar Eclipse 2024 Presentation

Tuesday, March 12th at 11am

Join us at the center with Dr. Kevin Williams from Buffalo State University to learn more about the upcoming Solar Eclipse phenomenon! We'll discuss how this once in a lifetime experience occurs, and what we should expect to see. This presentation is packed with information that will get you ready to view the amazing event on April 8th!



Furs and Skulls - RESCHEDULED DATE

Thursday, March 14th at 11am

Enjoy a presentation on the wildlife found at Evangola State Park. Observe skulls and touch furs to learn all about animals from New York State.

Leap Year And Leprechaun Treat

Friday, March 15th at 1:00pm

Get ready for a double dose of Irish cheer at the senior center. We're celebrating with a screening of the romantic comedy "Leap Year" with some delightful Leprechaun Treats to satisfy your sweet tooth. Laugh your shamrocks off! **Leap Year** is a lighthearted comedy with heartwarming moments, perfect for an afternoon pick-me-up. **Leap Year (2012)** starring Amy Adams and Matthew Goode. A determined woman travels to Ireland to propose to her boyfriend on Leap Day, encountering hilarious adventures and perhaps finding unexpected love along the way. **Cost \$2.00**

Tablets

March 19th 10am—1pm

Get a new tablet! Check your eligibility for a 10" Tablet for \$23.000 or a Free Android Phone.

Receive a completely FREE monthly data plan with 15 GB for you to surf the web, chat, use social media and stream videos. Qualify with: Medicaid, SNAP, or Income (using Social Security letter, W-2, 1099, Check Stubs)

Improving Kidney Health

Thursday, March 21st at 12:30pm

Kidney disease remains a silent epidemic, affecting one in seven U.S. adults. Better understanding of risk factors, improvement in detection and recent advances in medical treatment can all help to protect kidney health. The Kidney Foundation of Western New York will present updates on kidney care and ways people can safeguard their health.



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!

Mastering the Basics: Using Windows with Tech Savvy

Friday, March 22nd at 12:30pm

Feeling lost in the tech world? Tech Savvy is here to help! Learn the basics of navigating windows, creating shortcuts, and browsing the web at the senior center, followed by one-on-one tech assistance right here! RSVP to secure your spot! For further support or individual service, you can visit their store at 3768 Seneca Street, West Seneca (Additional fees may apply). Get tech savvy with Tech Savvy!

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. Space is limited to 14.



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. **FREE** for general membership members. Non - member fee \$6.00. Must register with front desk prior to dance.



Hop to It! Easter Egg Hunt!**March 25th—March 27th**

Calling all Easter egg detectives! Join us for a clues-tastic Easter egg hunt. Head to the front desk and snag your official Easter egg hunt card. Follow the trail: Unravel the clues leading you to hidden eggs with the staff names scattered throughout the center. Once you've cracked all the clues, turn in your completed card at the front desk. But wait, there's more! Every completed card is entered into a grand prize draw for an amazing Easter Basket, filled with goodies and a Tops gift card! Dust off your detective hats, put on your walking shoes, and get ready for an egg-cellent Easter adventure.

Coming in April**Effective Communication Strategies****Tuesday, April 2nd at 11am**

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Solar Eclipse and Photography Presentation**Thursday, April 4th at 10am**

Join Michael Fairbanks in exploring this celestial phenomenon, from safe viewing practices to capturing stunning photographs. He will cover safe viewing methods, advanced photography techniques and how to get prepared ahead of time.

Cancer Services Presentation**Monday, April 15th at 12:30am**

Join a representative from the department of Erie County Health. They will provide education about breast, cervical and colorectal health-including breast, cervical and colorectal screens to eligible uninsured and underinsured men and women across WNY. Instructor will give out free colorectal screening kits to those ages 45-75 that qualify.

Managing Money: A Caregivers Guide to Finances**Thursday, April 18th at 11am**

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. This free Alzheimer's Association education program will feature tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

Opioid Overview/ Narcan Training**Friday, April 19th at 10:30am**

The Office of Harm Reduction provides free Narcan, harm reduction tools, and educates the community members about the current situation of Opioid Epidemic, and how to address the growing death rate from opioid overdose. The purpose of the Opioid Overview/Narcan Training is to equip our community members with the knowledge and skills to effectively respond to opioid overdoses.

Baking with MaryAnn**Friday, April 19th at 2:00pm**

Join Mary Ann for a delicious afternoon! Share her famous cookies, unlock her secret recipe, and then as a group bake your own batch from scratch! Bring your creativity – this fun event is sure to leave you with a smile (and a sweet treat!). Space is limited to 12 participants and **Cost \$8.00**

Sparkle Smarter: Understanding Jewelry Value**Tuesday, April 23rd at 1:00pm**

Tired of feeling lost in the glittering world of jewelry? Join us for an insider's look at understanding true value and protecting yourself from scams.

CBD 101 w/ Marcy from Your CBD Store**Friday, April 26th at 12:30pm****Internet Basics****Monday, April 29th at 12:30pm****Tuesday, April 30th at 11:00am****Driver Safety with Officer Mazur**

Members of the Orchard Park Police Department will be presenting safe driving tips for Senior drivers. Topics include vehicle and traffic laws, night time and inclement weather driving, vehicle accident information, effects of medication and more. Officers will also be able to answer questions from those in attendance.

The Kentucky Derby A Night at the Races,**Place your bets and join us for a Derby Party****Thursday, May 2nd at 4:00pm**

Cost \$18.00 per member

Calling all fashionistas and racing fans! Break out your finest hats and dapper attire for an evening at the races...with a twist! Join us for a night of friendly competition where YOU take the reins as jockey. Roll the dice, cheer on your chosen steed, and see who crosses the finish line first! **The stakes are high!** Bring your quarters! Best guesser wins quarters, and everyone enjoys a delicious dinner prepared by our culinary champion, Kevin Kornowicz. **Don't miss out on this limited-seating event!** Tickets go on sale March 1st for members, so grab your friends and gallop over to secure your spot! Tables seat up to 6, so get your crew ready for a rootin' tootin' good time!

Thank you Orchard Heights for your generous donation towards this event!

Joyful Journey Series**Healthy Alternatives Through Healing Arts****Re-energize Thursday, 3/14 1-3pm**

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. Instructor: Patricia J. DePrima, Holistic Practitioner

Breathe and Restore Thursday, 3/21 1-3pm

This program will leave you feeling rejuvenated, refreshed and relaxed. Imagine a dimly-lit room, soft music and the soothing sounds of singing bowls. You are about to embark on a journey of healing and self-discovery. We will start with some gentle breathing exercises to help you relax and feel centered. Once you are in a calm state, we will introduce the singing bowls, which produce a sweet and harmonic sound that will resonate with your body, mind, and soul. You will feel the vibrations reverberate through your body, releasing any tension or negative energy. The sound bowl healing and breathing techniques are known to have numerous benefits, such as reducing stress, promoting relaxation, and improving sleep. This event will provide an opportunity to escape the chaos of everyday life, and focus on your well-being. You will leave feeling energized, refreshed and with a renewed sense of purpose.



Book Club

Calling all Readers! All are welcome to attend!

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.

April Book Club

Monday, April 22nd at 10:30am

The Midnight Library by Matt Haig

Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place.

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, March 11th at 12:45pm

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



Beginning Bridge Lessons

Monday 4/1 - 4/29

from 10am—Noon

Stimulate your brain and
learn to play bridge.

No experience necessary.

Helping Hands Sewing, Crochet and Knitting

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

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.

Bring your own crocheting and knitting supplies. Bring your own sewing machine if possible.

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



Illo DiPaolo's Rest.

3785 South Park Ave., Blasdell

Thursday, April 4, 2024 @ 5:30pm

Please note Time change from regular dinner time

\$33.00 includes tax & tip - Family Style

All Attendees will be served same menu:

Salad & Rolls, Pene Pasta w/ Illo's House Sauce,

Oven Roasted Potatoes and Mixed Vegetables

Pork Loin served Madeira Style w/applesauce

Marinated/Roasted Chicken

Spumoni Ice Cream for Dessert

Coffee, Tea & Soft Drinks. Cash Bar available.

Please call RaeAnn Reese @ 716-822-8869

for Reservations before Friday, March 26th.



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, March 22nd	9:00 - 3:00pm
Friday, April 26th	9:00 - 3:00pm

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.

Fri 3/1 Tuna Macaroni Salad on a Bed of Salad Greens
Multigrain Crackers, Oatmeal Round

Mon 3/4 Turkey ala King, Mashed Potatoes, Carrots,
Biscuit, Chocolate Chip Cookies

Tues 3/5 Grilled Chicken Caesar Salad with Parmesan
Cheese and Croutons, Dinner Roll, Sugar Cookie

Wed 3/6 Cabbage Roll with Savory Meat Sauce
Ranch Mashed Potatoes, Wax Beans with Carrot, Jello

Thurs 3/7 Pancakes and Pajamas Day! Lunch at
10:30am. Must pre-register by 3/1 at front desk.

Fri 3/8 Baked Fish with Lemon Butter Parsley Sauce
Vegetable Rice Pilaf, Vegetables, Dinner Roll, Brownie

Mon 3/11 Italian Sausage with Peppers, Onions, and
Sauce on Bun, Roasted Potatoes, Mixed Veg., Pineapple

Tues 3/12 Breaded Chicken Drumsticks, Broccoli
Florets, Salad w/ Dressing, Macaroni & Cheese, Peaches

Wed 3/13 Chili Con Carne w/ Crackers, Salad with
Dressing, Corn, Fruit Punch, Fresh Orange, Ch. Milk

Thurs 3/14 Corned Beef with Cabbage, Buttered
Potatoes, Carrot Coins, Deli Rye Bread, Chocolate Éclair

Fri 3/15 Vegetable Lasagna with Cream Sauce
Bean, Cauliflower, Roll, Chocolate Chip Cookie

Mon 3/18 Pork Ribette with BBQ Sauce on a Bun
Cheesy Potatoes, Seasoned Greens, Oatmeal Cookies

Tues 3/19 Beef Bourguignon, Harvard Beets, Salad,
Brussels Sprouts, Rye Bread, Vanilla Pudding

Wed 3/20 Grilled Chicken, Mandarin Orange, and
Sunflower Seed Salad, Dinner Roll, Lemon Meringue Pie

Thurs 3/21 Roast Turkey with Gravy & Cran. Sauce
Sweet Potatoes, Peas & Carrots, Dinner Roll, Straw. Jello

Fri 3/22 Cheese Omelet with Creole Sauce, Cheesy
Diced Potatoes, Broccoli, Biscuit, Tropical Fruit, Ch. Milk

Mon 3/25 Cheese Ravioli with Tomato Meat Sauce &
Parmesan Cheese, Peas, Summer Squash with Peppers,
It. Bread and Peaches

Tues 3/26 Bratwurst with Baked Beans on a Bun, Tater
Tots with Cheese, Veg, Oranges, Ch. Milk

Wed 3/27 EASTER MEAL Chicken Cordon Bleu, Veg
Rice Pilaf, Veg, Salad, Roll, Cream Pie

Thurs 3/28 Stuffed Pepper with Tomato Meat Sauce,
Mashed Potatoes, Green Beans, Multigrain Bread,
Tropical Fruit

Fri 3/29 CLOSED

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 — Sarah 716-635-3797

Tuesday, March 12th 10am - 12pm

United Healthcare

Friday, March 15th 10am - 12pm

Highmark BCBS of WNY - Kayleigh 716-658-8656

Tuesday, March 19th from 10am - 12pm

Aetna - Roberto 585-557-1179

Monday, March 11th from 10am - 12pm

Univera Healthcare

Friday, March 8th 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



3/6 Belfast PG 13 HD. Kenneth Branagh's poignant
story of love, laughter and loss in one boy's
childhood, amid the music and social tumult of the
late 1960's.

3/13 Something's Gotta Give PG-13 Charming
sexagenarian Harry meets his match in playwright
Erica when he has a heart attack at her beach house
during a romantic romp with her daughter.

3/20 AIR ® From award winning director, Ben Affleck,
AIR reveals the game-changing partnership between a
then undiscovered Michael Jordan and Nike's fledgling
basketball division which revolutionized the world of
sports and culture with the Air Jordan brand. Starring Matt
Damon, Ben Affleck, Jason Bateman.

3/27 or 3/28 Champions Woody Harrelson stars in
the hilarious and heartwarming story of a basketball coach
who is ordered by the court to manage a team of player
with intellectual disabilities.

MARCH SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Fitness Room 9:00 Pool Shooting 9:00 Medit. & Yoga 9:00 Ladies Exercise 9:30 Beginner Pickleball 10:30 Learn to Play Pickleball 10:30 Five Crowns 11:00 Gentle Hatha Yoga w/Barb 11:00 Learn to Play Bridge NOON LUNCH 12:30 Bridge 12:30 UMA MOVES 1:30 55+ Pickleball No Play 3/4 <u>Evening Class</u> 5:30 20.20.20	8:30 Fitness Room 8:45 Mens Exercise 9:00 Bocce/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 12:00 Tap for Fun NOON LUNCH 1:00 Inter. Watercolor 1:00 Bingo 1:15 Stretch and Barre 2:00 Card Bingo 2:00 Beginner Pickleball <u>Evening Classes</u> 5:30 Cardio Drumming	8:30 Fitness Room 8:45 Mens Exercise 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Beginner Pickleball No Play 3/27 9:30 Hand & Foot 10:00 Beginner Line Dance 10:30 Sit and Get Fit 11:15 Intro to Line Dance 11:30 Yoga NOON LUNCH 12:30 OpenCards/Games 12:45 Intro to Circuit Training 1:00 Movie 1:00 Chess Club 1:00 Cornhole 1:30 55+ Pickleball <u>Evening Classes</u> 5:15 Evening Yoga with Marie	8:30 Fitness Room 8:45 Mens Exercise 9-3 Game Room 9:00 Pool Shooting 9:00 55+ Pickleball 9:30 Dominoes 10:00 UMA MOVES 10:30 Club 99 11:30 55+ Pickleball NOON LUNCH 1:00 Adv. Tai Chi 1:30 55+ Pickleball <u>Evening Classes</u> 6:30 Cardio Drumming	8:30 Fitness Room 8:45 Cardio Drum 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:00 Zumba 10:30 Art w/ Friends 10:45 BAM NOON LUNCH 12-2 55+ Pickleball 12:00 Circuit Training 12:45 MahJong 1:00 Pinochle 2:00-4 55+ Pickleball
Fitness Room Closed Wednesdays 12:45-1:45pm Fridays 12:00- 1:00pm	Billiards Room Closed 8-Ball Tournament Tuesdays 12:30pm - 2:30pm		Open Walking In the GYM: Monday - Friday 8:30 am - 2:00pm No Open walking in Gym 4/1-4/5. During this week call the center daily for open walking times.	Basketball Free Throw Bring your own ball and shoot some hoops. Mon - Fri 8:30 - 9:30am



PICKLEBALL



Calling all members who love (or want to love!) pickleball! Our program offers plenty of opportunities to hit the court, socialize, and stay active.

- **Sign up easily using Myactivecenter.com** Don't have an account? No problem! Head to the front desk for assistance!
- **See the schedule above** for all available days and times to play. Remember, you can reserve your spot online to secure your playtime.
- **Need to Cancel?** Do so by 8am on the day of your reservation through Myactivecenter.com or by calling 716-662-6452 **to give someone else a chance to play**
- **Cost:** Only \$5.00 per session. Please bring exact change as payment is due at the front desk on the day of your play.

Important Notes:

- ◇ Entry on the courts is allowed no more than 15 minutes before your reserved play time.
- ◇ End on time and please exit the room at the end time.
- ◇ Please be respectful of your fellow players and stick to your designated schedule.

We are now tracking no shows. Your second no-show in one month will result in a one-week suspension from playing pickleball. **Don't let your absence prevent others from enjoying the fun!**

Here's why canceling is so important:

- ⇒ Fairness: When you don't cancel, someone else misses out on a chance to play.
- ⇒ Community: We're all in this together. Let's respect each other's time and opportunities.

Pack the Pantry

To benefit The Tabernacle Food Pantry

Collection boxes will be available in the Community Activity Center lobby March 18th - March 29th

Please consider donating these specific items of need: Spices, Condiments, baking supplies, cleaning products and hygiene products

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 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!

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.

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
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 2/21 - 3/27 Cost \$20.00

8 week session 4/10 - 5/29 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 week session 3/11 - 4/22 Cost \$30.00

No class 3/18

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

Tap Dance for Fun Tuesdays at Noon

5 week session 2/27 - 3/26 Cost \$25.00

6 week session 4/9 - 5/21 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

5 week session 2/27 - 3/26 Cost \$25.00

6 week session 4/9 - 5/21 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.

Tai Chi with Cindy Wednesday at 11:30am

Pay as you go \$5.00—pay the instructor

Feeling stiff and sluggish? Join our Tai Chi Class Flow through gentle movements that improve balance, flexibility, and inner peace. No experience needed, just comfortable clothing and a willingness to try something new. Start your journey to a healthier, happier you today!

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

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

8 week session 4/12 - 5/31 Cost \$40.00

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

7 week session 4/12 - 5/24 Cost \$42.00

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

7 week session 4/12 - 5/24 Cost \$42.00

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 4/8 - 5/20 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

7 week session 4/9 - 5/21 Cost \$42.00

EVENING YOGA with MARIE Wednesday at 5:15 pm

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.

Cardio Drumming Evening Thursday at 6:30pm

8 week session 3/7 - 4/25 Cost \$48.00

Fitness Room Classes:

Intro to Circuit Training Wednesdays at 12:45pm

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

4 week session 4/10 - 5/1 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

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

4 week session 4/12 - 5/3 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 is \$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. **No class 3/6 or 3/13**

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.

Advanced Tai Chi Thursdays at 1:00 pm

Non Instructional Tai Chi in March

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. No Registration required.

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, March 8th
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—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

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

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.

Calling all art enthusiasts!

Our Very own Artists, will be showcasing their artwork at the Fox Run Art Show in March. Don't miss this exciting opportunity to witness their creativity firsthand and celebrate their artistic journey.

Join for the opening reception on
March 7th

at 6:30pm—7:30pm
at Fox Run.

Call Fox Run to reserve your spot today! Let's show our support and cheer on our artists. Space is limited, so book your spot soon.

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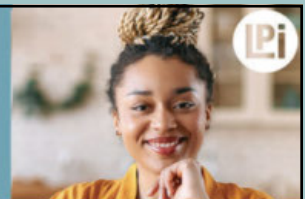
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Solar Eclipse Party

Monday, April 8th from 2:00pm- 4:00pm

Join us for an unforgettable afternoon of celestial wonder as we celebrate the awe-inspiring solar eclipse. Gather in the Center's backyard with fellow stargazers for a dazzling spectacle:

- We'll provide safe, certified eclipse glasses for everyone to marvel at this celestial ballet.
- Get your groove on before and after the eclipse! We'll have upbeat music and plenty of space to dance in the dining room.
- Fuel your eclipse-watching adventures with delicious snacks and refreshments.

Whether you're a seasoned eclipse chaser or a curious newcomer, this party is for you! Come celebrate the universe's majesty and create memories that will last a lifetime. **Cost: \$8.00 per person**

THANK YOU!! Don Zappia from ZAPPIA REAL ESTATE for your generous donation towards this



Afternoon Tea

Wednesday, April 10th 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.

We will enjoy a lovely presentation by Peggy, a Cornell Master Gardener. **Gardening, English Style** this presentation uses photos from Peggy's several visits to England, some English gardening history. And a look at what's going on in today's English gardens and how it relates to American gardeners.

Cost \$10.00

Chronic Pain Self- Management Workshop

**MAKE THE CHOICE TO IMPROVE
YOUR LIFE TODAY**

Orchard Park Senior Center

6 Monday Sessions: April 15th—May 20th ,2024
Time: 10:00am - 12:30pm

You must plan to attend all 6 sessions

Attend this 6 week evidence based workshop to learn more about:

- Coping with pain and fatigue
- Managing Stress and other symptoms
- Problem solving and decision making skills
- Eating well and exercising safely
- Setting goals for improving health
- Effectively communicating with your doctor
- Feeling great again

Includes a FREE Resource book!

Spaces are Limited!

TO SIGN UP or for more information

Call Erie County Senior Services: 716-858-7470

Call Orchard Park Senior Center 716-662-6452

Upcoming Trips

BPO Cirque de la Symphonie

Friday, April 12th

Bus Departs the center at 8:30am

The BPO Coffee Concert series just got a whole lot more thrilling with the Cirque de la Symphonie!

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.

Albright Knox Tour

With Lunch at Coles on Elmwood

Monday, April 29th

Embark on a captivating journey through the Albright Knox Art Gallery with this exciting combination tour! Departing at 9:00 AM, our school bus will whisk you away to the heart of Buffalo's cultural district. Prepare to be immersed in the vibrant world of art as we delve into:

Select masterpieces from the renowned collection housed in the Wilmers Building galleries. Discover a diverse range of artistic styles and periods, from modern classics to contemporary gems.

The captivating special exhibition currently on display in the Gundlach Building. Gain insights into the featured theme and engage with thought-provoking artworks.

To complete this enriching experience, we'll head to Cole's on Elmwood for a delicious lunch (included in the cost).

Limited tickets available! **Secure your spot for \$62.00 per person starting Friday, March 1st .**

BPO Signature Stars and Stripes

With Lunch at Chefs Friday, May 24th

Cost \$96.00 Tickets go on Sale March 8th

Forest Lawn Trolley Tour

With Lunch at Coles on Elmwood

Thursday, June 6th Bus departs the center at 9am

Take a tour on the Forest Lawn Trolley as you hear about the historic and beautifully landscaped grounds. Learn about the history, rural cemetery movement, art and architecture, trees, water and waterways and the residents of the cemetery.

Following the tour, we will be having lunch at Cole's on Elmwood. **Cost \$65.00 per person**

Tickets go on sale 3/19/2024

Botanical Gardens with

Lunch at Ilio DiPaolo's

Thursday, June 27th Bus departs the center at 9am

Cost \$50.00

Tickets go on sale 4/9/2024

Silo Walking Tour and Tiki Boat Ride

With Lunch at Riverworks

Friday, July 26th Bus departs the center at 10:15am

Price TBD per person Tickets go in Sale 4/3/2024