

Hello Friends!!

Please be advised that the senior center must adjust programming according to the guidelines for yellow, orange and red zone micro-clusters. In the orange zone we can only offer extremely limited programming and if the town designation changes to a red zone micro-cluster the senior center will close.

To adhere to the orange zone guidelines we ask that all member pre-register for all events they are interested in. Pre-registering allows us to ensure we are within the guideline of 10 people per non-essential gathering.

Please make sure you review the information below. These changes were made after the December newsletter was sent to the printer and after the newsletter was mailed. If you have any questions regarding an activity or class that you see in the December newsletter please contact the senior center.

The senior center is permitted to offer the following classes at the senior center:

- Tuesday Intermediate Line Dance
- Tuesday Beginner Tap Steps
- Tuesday Beginner Tap Dance
- Wednesday Beginner Line Dance
- Monday – Friday Open Pickleball
- Monday – Friday Open Walk

The senior center is offering the following classes via ZOOM:

- Club 99
- Yoga
- Meditation & Gentle Yoga
- Arthritis Tai Chi

Due to the new orange micro-cluster guidelines the following classes / activities are paused until further notice:

- Men's Fitness
- Ladies Exercise
- Intermediate Tap Dance
- Cardio & Tone
- Monday – Friday Fitness Center
- Monday – Friday In Person Erie County Lunch Program

The safety and well-being of our members, volunteers, and staff that visit our center is of utmost importance. We are closely monitoring updates about the changeable situation with the COVID-19 pandemic.

Up to date changes and information will be given via email and Facebook. We ask that you follow our emails and Facebook page to keep you up to date with information on the senior center. If you would like to receive update emails and you have not already given us your email address, please contact the center.

Maria and I are here to assist you. Should you have any questions or concerns please do not hesitate to contact us. Maria or I are available Monday – Friday 8:30 am – 4:00 pm. You can contact us by phone 662-6452, email (opsenior@orchardparkny.org) or via Facebook (Orchard Park Senior Center).

Please Take Care and Stay Well!

Debbie Santiago & Maria Galley
12/04/20