



# Orchard Park Senior Center

4520 California Road  
Orchard Park, NY 14127



**JULY 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



## **32nd Annual Orchard Park Senior Games**

SEE PAGE 3 FOR DETAILS

### *Notes From Maria.....*

It seems like yesterday we were all complaining about the cold weather. It's gone for now, so enjoy the warm weather while it's here! All around Buffalo there are festivals, concerts and fun things to do. Many of which are free! I hope to see you all at the Orchard Park 4th of July parade which starts at the Orchard Park High School Baker Road and proceeds down East Quaker Street turning right and going through the village then left onto South Lincoln Avenue.

Although there are many things happening around town we have plenty to offer you at the senior center. This month is our 32nd Annual Senior Games. Make sure you register today so you don't miss out in the fun. It is so wonderful to see so many members taking advantage of all our activities. When I walk through the center and see all the smiles, hear the laughter and see the friendships formed, I can't help but feel a sense of pride for our members recognizing that belonging to our center can add such joy to their lives!  
Thank you for being a part of our Center family!



#### 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.

**The Senior Games are back!**  
Orchard Park Senior Center would like  
to invite you and your friends to the:



**2023 Orchard Park  
32nd Annual Senior Games  
July 10-18, 2023**

\*Registration forms available at the front desk  
June 12th - July 7th \*

**Events and Times:**

**Mon 7/10-7/14 Walking Challenge**

\*\*Pick up the forms to track your steps by  
Fri 7/7 and return completed forms by 7/14\*\*

**Monday, July 10th**

9:00 am Bocce Couples  
\*rain date Mon 7/18  
9:00 am 5 Five Crowns Tournament  
11:00 am Smarty Pants Trivia Daze  
12:30 pm Duplicate Bridge Tournament

**Tuesday, July 11th**

9:00 am Bocce Open  
\*rain date Tue 7/18  
1:00pm Shuffleboard Tournament  
1:00 pm Chess Tournament

**Wednesday, July 12th**

9:30 am Outside Games  
(*Bean Bag Toss, Putt to the Hole, Ladder  
Toss, Egg & Spoon Obstacle Course,  
Marshmallow Drive & Water Balloon  
Challenge*) \*\*Games indoors if rain  
1:00 pm Corn Hole Tournament  
1:30 pm Hand & Foot Tournament

**Thursday, July 13th**

9:00 am Mexican Train Dominos Tournament  
1:00 pm Nine Ball Tournament  
12:30pm Minute to Win It Games  
(games announced at event)

**Friday, July 14th**

9:00 am Euchre Tournament  
1:00 pm Mah Jong Tournament  
1:00 pm Pinochle Tournament

**Tuesday July 18th**

9:00 am Beginner Pickleball Tournament  
12:30 pm Intermediate Pickelball Tournament

**Thank You!**

**BCBS of Western New York**  
for generously  
sponsoring this event.



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

**Container Gardening for SNAP—Eligible  
Thursday, July 6th at 12:45pm**

Have you ever wanted to garden but don't have the space? No problem! Even if you don't have a front porch or garden for planting your own food, you can still grow produce in the comfort of your own home. Please join us for FREE hands-on Container Gardening Workshops, which will provide easy gardening techniques plus nutrition tips for "growing" healthy habits in all settings. Materials are provided and all skill levels are welcome – plus you'll get to take your container home with you!

**Seating is reserved for SNAP recipients only.**

**Dinner and A Movie at  
the Senior Center  
Tuesday, July 11th  
at 4:00pm**



Join us for dinner and a movie! A Julienne Salad and a Chocolate Covered Ice Cream Bar for desert. Following dinner stay for **Murder Mystery** movie. On a long-awaited trip to Europe, a New York City Cop (Adam Sandler) and his hairdresser wife (Jennifer Aniston) scramble to solve a baffling murder abroad a billionaire yacht.

**Cost is \$4.00**

Register and pay at the front desk by July 3rd to reserve your spot.

**Catholic Health LIFE PACE Program &  
Free Blood Pressure Screenings  
Thursday, July 13th from 11am-12:45pm**

A Catholic Health representative will discuss the new income changes with Medicaid that came out this year, along with benefits that seniors can get and how to access these services. Following the presentation Karen will offer free blood pressure screenings.

**UE: Presidents in Buffalo: More Unusual  
& Unknown Stories - Part II  
Thursday, July 13th at 1:30pm**

Considering Buffalo's rich and unique Presidential history, you will be surprised at how many unusual, unknown, and even weird stories abound. Some may be controversial; others "believe it or not." Presenter: Bren Price, Retired Educator

## Coping with Grief and Loss

**Monday, July 17th at 1:00pm**

Grief is a universal experience we all come to understand in different ways. Join Alzheimer's Association in exploring how different kinds of loss can cause grief, and how best to cope, or help others cope, through the most difficult of times. Practical strategies and useful resources will be available. Presented by Anna Van Dien, LCSW.

## University Express: Pan - O - Rama: Buffalo's Pan-American Exposition

**Tuesday, July 18th at 1:30pm**

The "Pan" was a defining moment for Buffalo and WNY. It was a showcase of technology and progress, but what would a visitor to the Pan American have experienced? Join us to find out! Doug Kohler, Local Historian.

## Online Scams

**Wednesday, July 19th at 10:30am**

Don't fall victim to online scams! Tech Savvy is here to help. Learn about different online and phone scams and discover how to protect your devices. Our tips will keep your personal information secure. Stay tuned for valuable insights on digital safety!

## University Express: Let's Talk Sports

**Thursday, July 20th at 1:30pm**

Veteran local sports media members Budd Bailey and Stu Boyer are ready to give opinions, answer questions, and tell stories about local professional sports. You'll learn a lot and laugh a lot during their presentation.

## Estate, Long Term Care Planning & Asset Protection

**Friday, July 21st at 10:30am**

Whether you have sizable wealth or a modest estate, the cost of long-term care can quickly deplete your estate. Having an estate plan with all the important documents in place is critical. This workshop will review all the basic estate planning documents, asset protection and available options for long-term care. Whether you are planning for your own retirement or caring for an aging family member, planning is key. Presenter: Judy Wagner, Esq.

## IPAD & iPhone Basics

**Monday, July 24th at 1:30pm**

Once you have an iPad or iPhone, your next step should be learning about the physical features of the device and the accessories that come with it. This includes the different buttons and ports, how to turn the device on and off, how to charge the battery, and the importance of protecting the screen. Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo & Erie County Public Library

## Give your Real Estate to Your Kids with No Regrets

**Friday, July 28th at 1:00pm**

There are various ways to pass real estate on to your children. Unfortunately, there are advantages and disadvantages to each. In this presentation, you will learn what those are so that you can choose the method that best meets your goals.

Presenter: Valerie Stanek, Esq.

**Coming Soon....**

## Medical Emergency. Call 911! Then what?

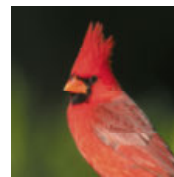
**Tuesday, August 15th at 11:30am**

Find out when you join us at the Orchard Park Senior Center on August 15th 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!**



## Bird Walk at Evangola State Park

**Wednesday, August 23rd at 9:00am**



Join Environmental Educator Nicole Czarnecki as we observe birds on a guided walk at Evangola State Park. Identify different birds and record your findings. Meet at Bathhouse/ Warming area.

## Why Blood Pressure is Important

**Tuesday, August 22nd at 12:45pm**

Presentation presented by Wegmans Pharmacy.

## DOCUMENTARY AND DISCUSSION

**Monday, July 3rd at 12:45pm**

**Bernie Madoff: The Monster of Wall Street: "A Liar, Not a Failure"**

**Monday, July 17th at 12:45pm**

**Bernie Madoff: The Monster of Wall Street: "Don't Ask, Don't Tell"**

**Monday, August 7th at 12:45pm**

**Bernie Madoff: The Monster of Wall Street: "See No Evil"**

**Monday, August 21st at 12:45pm**

**Bernie Madoff: The Monster of Wall Street: "The Price of Trust"**

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

Join Maggie for a free class to learn the basics.

- Monday, July 17th - Letters of the Alphabet, your name
- Monday, July 24th - Calendar, days, months, season, weather
  - Monday, July 31st - Foods

Registration Required to attend.  
Join Maggie for one or all dates!

### July Book Club

**Monday, July 17 at 10:30am**  
"To Kill a Mockingbird"

This book is both a young girl's coming-of-age story and a darker drama about the roots and consequences of racism and prejudice, probing how good and evil can coexist within a single community or individual.

### August Book Club

**Monday, August 14th at 10:30am**

"I'll Always Write Back" By Miranda Ganda

This book is the true story of two pen pals: Caitlin, a typical American teenager and Marin, a poor but incredibly bright and hard-working boy in the African country of Zimbabwe who's struggling to get enough money to stay in school.

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

### 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.*

### 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.

### *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 until the Kings go wild!



### Bocce is at the CENTER!!



**Monday and Tuesday**

**Couples Team Bocce**      **Mondays at 9:00 am**  
**Open Bocce**                **Tuesdays at 9:00 am**

Bocce is a fun game similar to lawn bowling. Players are awarded points for the balls thrown closest to the pallino ball. It's a game of strategy and skill. Look for the Bocce Courts outside of the dining room. Register at the front desk.

*Park down by the dumpster for closest access to the courts!*

### **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, July 28th                9:00 - 3:00 pm    *Waiting List*  
Friday, August 18th            9:00 - 3:00 pm  
Friday, September 22nd      9:00 - 3:00 pm

### ART CLASSES

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



### Learn to Draw – Instructor Dan Meyer NEW!

**Tuesdays at 10:00 am - Noon**

**7 week session 6/6 - 8/1    Cost \$40.00 NO Class 7/4**  
This class will introduce you to basic drawing skills and includes proportionate, contour and perspective drawing. Learn to combine line, shape and form to bring simple objects to life. Pick up Supply List at the FRONT DESK prior to start of class.

### Intermediate Watercolor - Instructor Dan Meyer

**Tuesdays at 1:00 pm – 3:00 pm**

**7 week session 6/6 - 8/1    Cost \$40.00 No Class 7/4**  
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.

### Rock Painting For Fun FREE

**Fridays at 12:30 – 2:30pm**

Bring your own supplies (rocks) and create a masterpiece to keep or hide in the community. NO Instructor. All are Welcome!

### 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 7/3 Breaded Chicken Drumsticks, Baked Beans, Fruit Punch, Vegetable Pasta Salad, Whole Wheat Dinner Roll Ice Cream Sandwich

Tues. 7/4 Building CLOSED

Wed 7/5 Polish Sausage with Sauerkraut & Mustard on a Bun, Seasoned Potatoes, Au Gratin Broccoli, Rice Krispie

Thurs 7/6 Tortellini with Tomato Meat Sauce & Mozzarella Salad, Italian Mixed Veg., Italian Bread, Nectarine, Ch. Milk

Fri 7/7 Salisbury Steak with Onion Gravy, Scalloped Potatoes, Peas, Dinner Roll, Strawberry Bavarian

Mon 7/10 Beef Pepper Steak Casserole over White Rice Broccoli Florets, Waxed Beans, Butterscotch Pudding

Tues 7/11 Turkey with Stuffing & Gravy, Molded Cranberry Salad, Mashed Butternut Squash, Carrots, Lorna Doones

Wed 7/12 Penne Pasta with Meatballs, Tomato Sauce & Mozzarella, Cottage Mixed Vegetables, Chef Salad Fresh Grapes, Chocolate Milk

Thurs 7/13 Roast Pork Loin with Warm Apple Glaze, Sweet Potatoes, Green Beans, Wheat Bread, Ambrosia

Fri 7/14 Fish with Tartar Sauce, Au Gratin Potatoes, Stewed Tomatoes & Zucchini, Coleslaw, Rye Bread, Brownie

Mon 7/17 Breaded Chicken Breast with Buffalo-style Sauce Seasoned Spinach, Corn w/ Red Pepper, Roll, Ch. Pudding

Tues 7/18 Steakhouse Burger with Gravy on a Bun, Cheddar Mashed Potatoes, Lima Bean Bake, Fresh Watermelon

Wed 7/19 Tuna Macaroni Salad on a Bed of Salad Greens w/ Dressing, Club Crackers, Orange Creamsicle

Thurs 7/20 Chicken Breast with Primavera Sauce over Penne Pasta, Italian Vegetables, Apple Juice, Tropical Fruit, Ch. Milk

Fri 7/21 Ham Steak with Brown Sugar Glaze, Cheesy Scalloped Potatoes, Brussels Sprouts, Rye Bread, Pear Crisp

Mon 7/24 Chicken Vegetable Casserole, Mashed Potatoes Broccoli Florets, Warm Biscuit, Cinnamon Streusel Cake

Tues 7/25 Chicken Cordon Bleu with Creamy Herb Sauce, Veg Rice Pilaf, Orange-glazed Carrots, Dinner Roll, Chef Salad

Cherry Cheesecake

Wed 7/26 Hot Dog with Baked Beans & Ketchup on a Bun Tater Tots, Corn-on-the-Cob, Fresh Cantaloupe, Ch Milk

Thurs 7/27 Lasagna Roll with Tomato Meat Sauce & Mozzarella, Mixed Veg., Juice, It. Bread, Lemon Bavarian

Fri 7/28 Julienne Salad with Dressing, Roll, Sugar Cookies

Mon 7/31 Cheese Omelet with peppers, onions and Tomatoes, Cheesy Diced Potatoes, Seasoned Spinach, Raisin Bread, Fruit

Tues 8/1 Chicken Breast with Marsala, Mashed Potatoes, Green Beans, Roll, Chocolate Chip Cookies

### 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*

#### United Healthcare

Thursday, July 13th from 10am - 12pm

#### Aetna

Tuesday, July 25th from 10am - 12pm

### SAVE THE DATE: Health Insurance Fair

Wednesday, October 25th 1:30pm - 3:30pm &

Monday, November 13th 1:30pm - 3:30pm

### Nutrition Outreach & Education

Wednesday, June 21st

Thursday, July 13th

Monday, July 17th

A Nutritional Outreach and Education Program Coordinator at Community Action Services will be at the center to assist with SNAP benefit paperwork.

### SENIOR GROUPS

In addition to the Senior Center activities and programs, the following groups offer social events, escorted trips locally in the U.S and the world!

*Trips are posted on the travel*

*bulletin board at the center across from room 118.*

#### Hillcrest Senior

Meet the 2nd and 4th Thursday of the month at 1:30PM

Co-Presidents, Sally Stoner at 716-861-2246

& Maura Kraus at 716-825-3399

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

#### Orchard Park Senior

Meet the 1st and 3rd Wednesday of the month at 1:30PM

President, MaryAnn Notto 716-825-6460

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

### AN AFTERNOON AT THE MOVIES ....

**at 1:00 pm**

**Spend an afternoon at the movies.**

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

**Includes bag of chips or popcorn**



**7/5 Crismon Tide (1995) ®** On the verge of a possible Armageddon between the USS Alabama and a breakaway Russian republic with nuclear warheads, a young officer must stage a mutiny to prevent a disastrous underwater war.

**7/12 You've Got Mail (1998) PG** Professional rivals threatens to thwart romance when anonymous email pals meet each other.

### **Celebrate Christmas in July with a Us!!**

**7/19 Love Actually ®** This classic holiday romantic comedy interweaves the stories of nine contemporary Londoners, from the handsome bachelor Prime Minister who falls for a junior staffer to a schoolboy with a crush, as they wrestle with love. Stars Laura Linney and Hugh Grant.

**7/26 Madea Christmas PG13** Madea (Tyler Perry) dishes out her own brand of Christmas spirit in a small, rural town.

# JULY SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Fitness Room 9:00 Pool Shooting 9:00 Medit. &amp; Yoga 9:00 Ladies Exercise 9:00 Bocce 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 12:30 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 Bocce 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 1:15 Stretch and Barre 2:00 Beginner Pickleball</p> <p style="text-align: center;"><u>Evening Classes</u> 4:00 Ballroom Dance 5:30 Cardio Drumming</p>	<p>8:30 Fitness Room 8:45 Mens Exercise 9:00 Sewing Club 2nd and 4th wk 9:00 Pool Shooting 9:00 Ladies Exercise 9:30 Hand &amp; Foot 10:00 Beginner Line Dance 10:00 Beginner Tai Chi 10:15 Arthritis Class 11:15 Inter. Tai Chi 11:30 Yoga 11:30 Mobility Matters NOON LUNCH 12:30 OpenCards/Games 12:30 Strength Training 1:00 Movie 1:00 Chess Club 1:30 Pickleball</p>	<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 11:30 55+ Pickleball NOON LUNCH 1:00 Adv. Tai Chi 1:30 Beginner Pickleball</p> <p style="text-align: center;"><u>Evening Classes</u> 5:15 Evening Yoga with Marie 6:30 Cardio Drum</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><u>Open Walking In the Dining:</u> Monday - Friday 8:30 am - 10:30am</p> </div>	<p>8:30 Fitness Room 8:45 Cardio Drum 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:00 Zumba 10:45 BAM (Balance and Mobility Class) 10:30 Art w/ Friends 10:45 Yoga NOON LUNCH 12-2 Pickleball 12:00 Circuit Training 12:30 Rock Painting for Fun 12:45 MahJong 1:00 Pinochle 2:00-4 55+ Pickleball</p>



## Reiki Session with Reiki Master Friday, July 7th 9am - 11am

Reiki which was developed in the 1990's is a Japanese relaxation technique using energy that aims to harmonize the body, mind and spirit. Call Maria or Linda to make your half hour appointment with Reiki Master Practitioner, Carolyn.

**First session—no charge**, but tips are appreciated! More appointments coming in the fall.  
Paid appointments available upon request  
1/2hr \$25.00 or 1hr \$50.00

## 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      8/7-10/2      Cost \$48.00**

**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!

**One Time Class - Spruce up your Skills with Carl  
Monday, July 31st at 10:30am      Cost \$6.00**

Are you looking for a quick pickle ball refresher class? This is just for you!  
Carl will run some drills and then you will use them on the court!

## 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

Pay the Instructor 6/26, 7/3, 7/10, 7/17  
**Cost is \$5.00 per class** (chair modifications available).  
 5 week session 7/31-8/28 Cost \$25.00

### Yoga Wednesdays at 11:30 am

Pay the Instructor 7/5, 7/12, 7/19 Cost is \$5.00 per class  
 6 week session 7/26 - 8/30 Cost \$30.00

### GENTLE HATHA YOGA Mondays at 11:00 am

6 week session 6/12 - 7/17 Cost \$30.00  
 6 week session 7/24 - 8/28 Cost \$30.00

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

### EVENING YOGA with MARIE Thursdays at 5:15 pm

#### See you in September

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.

### Outdoor Beginner Tai Chi Wed. at 10:00 am

4 week 6/28 - 7/19 Cost \$20.00  
 4 week 7/26 - 8/16 Cost \$20.00

Join Cindy as she teaches you Tai Chi at Brush Mountain Park. Develop your concentration, power and balance your inner energy while loving and appreciating our planet. Brush Mountain Park is located right next to our building. If it rains class will be held indoors at the senior center. \* Wear sunscreen and bring water. Kids will be playing at the park during this class.

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

8 week 6/28 - 8/16 Cost \$40.00

Join Cynthia 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 6/8 - 7/27 Cost \$45.00  
 8 week session 8/3 - 9/21 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.

### BAM! – Balance and Mobility Class

#### Fridays at 10:45am -NEW TIME

6 week session 6/9-7/14 Cost \$30.00  
 6 week session 7/21 - 8/25 Cost \$30.00

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

### Tap Dance for Fun Tuesdays at Noon

#### See you in September

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

#### See you in September

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 5/26 - 7/14 Cost \$42.00

no class 6/16

4 week session 7/28 - 8/18 Cost \$24.00

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

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

7 week session 5/25 - 7/13 Cost \$42.00 no class 6/15

4 week session 8/3 - 8/24 Cost \$24.00

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

6 week session 5/23 - 7/11 Cost \$36.00

no class 6/13 and 7/4

4 week session 7/25 - 8/15 Cost \$24.00

### Zumba Fridays at 10:00 am

7week session 5/26 - 7/14 Cost \$35.00

Classes will resume in September

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

6 week session 5/22 - 7/10 Cost \$36.00

4 week session 7/24 - 8/14 Cost \$ 20.00

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.

### UMA MOVES Mon.12:30-1:45pm

Thurs. 10-11:15am

#### Back in July

**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.



**NEW CLASSES!!****Arthritis Class****EVERY Wednesday at 10:15am****Free Class— no registration required**

This is a gentle movement program with some standing and some seated activities. The exercises promotes optimum joint flexibility, strength, endurance, coordination and some balance activities. This is great class for people that really do not exercise much and are looking for a gentle movement program. Taught by a Certified Functional Aging Group Exercise Specialist, Jill Bronsky

**Mobility Matters Wed. at 11:30am****5 week session 7/26 - 8/30 Cost \$25.00 no class 8/23****4 week session 9/6-10/4 Cost \$20.00no class 9/13**

This fun and exciting program encourages physical activity to help improve balance, mobility, and strength. Enjoy an array of equipment as you participate in resistance exercises to help improve lower and upper body strength, balance challenges to help reduce the risk of falls, range of motion activities to improve flexibility, and obstacle course challenges that mimic activities of daily life. The program is designed to reduce the risk for falls, improve physical function, and build confidence. Taught by a Certified Functional Aging Group Exercise Specialist, Jill Bronsky

**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.

**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.

**Circuit Training Fridays at Noon-1:00pm****6 week session****6/9 - 7/14****Cost \$48.00****6 week session****7/21 - 8/25****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****7 week session****5/10 - 6/21****Cost \$56.00****8 week session****6/28 - 8/16****Cost \$68.00**

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 - 4:00pm****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****Introduction to Line Dance Step Class****Wednesdays at 11:15am — 12:00pm****Coming Back in September**

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!  
Instructor: Sandy



**Local help with your Medicare questions.**

**Kathleen Holland**  
 Licensed Sales Agent  
 2187 Buttermilk Lane  
 Lakeview, NY, 14085  
**716-474-9099, TTY 711**  
 UHCMedicareSolutions.com  




Visiting Nursing Association  
 of Western New York

**716-VNA-HOME**  
 www.vnawny.com



*"Serving Orchard Park & Southtowns With Dignity Since 1937"*

THE ALLEN POTTER HOUSE  
 THE ALLEN POTTER HOUSE MUSEUM  
 POTTER'S PARK  
 TIMOTHY J. GARDNER

170 Years  
 of  
 History

East Quaker St. (716) 662-9321



PRESCRIPTION MEDICATIONS  
 IMMUNIZATIONS  
 HEALTH AND BEAUTY PRODUCTS

4328 S. Buffalo St.  
 662-3800

**ADT-Monitored Home Security**

Get 24-Hour Protection  
 From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide




 Authorized Provider | SafeStreets

**833-287-3502**



580 Orchard Park Rd., West Seneca

(716) 677-4242 

www.elderwood.com

**Jennifer Johnson**

- Retirement Coaching
- Wellness Coaching
- Personalized Yoga and Run training



**716-281-8512**  
 newskycoachingwny.com  
 DESIGNED FOR ADULTS AGE 50+

**Place Your Ad Here and Support our Community!**

Instantly create and purchase an ad with



lpicommunities.com/adcreator

**NEVER MISS OUR NEWSLETTER!**

**SUBSCRIBE**

Have our newsletter emailed to you.



VISIT **WWW.MYCOMMUNITYONLINE.COM**



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

14-0488

# SUPPORT THE ADVERTISERS that Support our Community!

## LOCAL Help, DEDICATED Agents

Helping you understand how Medicare works, confirming your eligibility, and finding the right plan from multiple carriers.

*We're local help for your insurance needs!*

Agents in all WNY Counties



(585) 469-1563 | [LegacyMedicareInsurance.com](http://LegacyMedicareInsurance.com)



LEGACY ON MAIN, LLC



## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Rich Fernbach**

[rfernbach@lpicommunities.com](mailto:rfernbach@lpicommunities.com)

(800) 477-4574 x3675



**CLARITY GROUP**

Be clear. Be covered. Be confident.

**Karen A. Olson**

Vice President | Independent Sales Agent

4976 Transit Rd., Depew, NY 14043  
McKinley Mall, Blasdell NY 14219

Direct: 716-713-0294

[kolsonltc@gmail.com](mailto:kolsonltc@gmail.com)

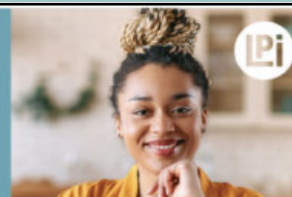
MEDICARE INSURANCE PLANS

## WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
[careers@4lpi.com](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)



4-D-5-5

For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

14-0488

## Grand Lady Narrated Lunch Cruise Tuesday, August 1st

Bus Departs the center at 10:45am

**COST \$78.00**



Join us for a narrated lunch cruise on the Buffalo River and Lake Erie. The cruise will feature live narration of points of interest along our cruise route, which includes the history of Buffalo

Harbor, Elevator Alley, the Erie Canal, as well as the city of Buffalo itself.

*\*guest will need to traverse stairway to get to restrooms. Cruises sail rain or shine. Dining rooms are fully enclosed and climate controlled.*

## Frank Lloyd Wright GrayCliff Tour And Lunch at the SunCliff on the Lake

Thursday, September 7th

Bus Departs the center at 9:00am

**Cost \$50.00**

**Ticket Sales begin July 7th at 9:00am**

Get ready to see some amazing local architecture. We will be going on a tour of the Frank Lloyd Wright Graycliff estate in Derby and enjoying lunch.

Be a guest of the Martin Family, and enjoy a one-hour tour of the gardens, grounds and first floor interior of the main house! Examine the history of Greycliff, from Wright's design, and the Martin's time on the property, through today, while you explore the spaces used to entertain the family and guests.

## Ice Cream Social featuring The Buffalo Dolls



Tuesday, July 25th  
at 1:00 pm

Take a break from the heat and join us for an amazing performance from the Buffalo Dolls. The Buffalo Dolls, perform the hits of the 1940s, '50s & '60s in the style of The Andrews Sisters. After the performance, enjoy an ice cream sundae with all the toppings!

**Cost is \$3.00**

Register at the front desk by 7/14

Doors open at 12:45 pm

**Thank you!! Peregrine Senior Living Facility  
for your generous donation to this event.**

## Root Beer Float Day Monday, August 7th From 1-2:30pm



Root beer floats are not just for kids! Today, people around the country will drink up and enjoy a root beer float to celebrate. Join us for a delicious Root beer float and entertainment by the Hastings Duo.

**Thank you Ray Ammerman from Safe Driver  
for your generous donation towards this event!**



## Bingo Bash with Dinner Tuesday, August 8th At 3:00pm

Tonight we will serve pizza, salad and dessert for **\$5.00**. To attend the dinner you must sign up and pay at the front desk by Friday, August 4th. Additional boards are \$1.00



**BYRNCLIFF**  
2357 Humphrey Rd.  
Varysburg

**Thursday, August 3rd, 2023 @ 5pm**

**Buffet —\$26.00 Buffet with Salad \$33.00**  
(Price inc. Tax & Tip)

**Chicken Parmesan:** Breaded chicken breast w/ melted mozzarella cheese over spaghetti/house-made marinara.

**Oven-Roasted Turkey:** Roasted turkey breast w/ homemade gravy, mashed potatoes, vegetable du jour, coleslaw, macaroni salad & choice of potato.

**Atlantic Cod:** Choice of Beer Battered, Broiled, Cajun Broiled, Lemon Pepper Boiled, Italian Broiled or Parmesan Breaded- w/ Vegetable du jour, coleslaw, macaroni salad and choice of potato.

Coffee, Tea & Soda inc. - Cash Bar Available  
Please call Rae Ann Reese @ 716-822-8869  
By July 20th

## Notes from The Community Activity Council...

With Town Government being prohibited to solicit donations to fund activities at the center. The Community Activity Council of Orchard Park, a 501c3 is a not-for-profit organization formed to raise funds to help support and fund equipment and activities for the OPCAC.

They accept charitable donations to support the Community Center. As of this year the Council purchased fitness equipment, a sound system for the dining room, signage throughout the building and shelving for the library.

As more people discover the Center the Council invites you to volunteer and be a part of the organization

*They need you!*