



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



SEPTEMBER 2023

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

MONDAY- FRIDAY

8:30 a.m. – 4:00 p.m.

Director

Maria Galley

Kitchen Manager

Kevin Kornowicz

Receptionists

Bob

Bonnie

Maggie

Town Supervisor

Eugene Majchrzak

Council Members

Conor Flynn

Joseph Liberti

Julia Mombrea

Scott Honer



September Picnic

**Wednesday, September 13th
from 9:30am-1:30pm**

Enjoy the day with friends at
Chestnut Ridge Park (Martin Lodge).

Lunch will consist of
Chiavetta Chicken and Dessert.

The day includes entertainment by The
Hastings Duo, prizes and outdoor games.

Cost for this event is \$15.00.

Payment is due when registering. Spots are limited.

**Thank you! Highmark Blue Cross/
Blue Shield of WNY and Independent
Health are generous sponsors toward
this event**

**The Senior Center will be CLOSED
Monday, September 4th in observance of Labor Day**

Notes From Maria.....

The days of September bring winds of change. The days will seem to end a little earlier, you'll see kids emerge their homes with backpacks instead of shorts and flip flops. Maybe you'll get a chance to enjoy a picnic or parade on Labor Day, September 4th. Or maybe, you'll connect on a facetime call with your grandkids on September 10th, National Grandparents Day. Or perhaps, even maybe, you won't need to use any device to have a chat! Did you know that 6.1 MILLION US Grandparents had a grandchild living with them? A lot of you are fortunate to enjoy more daily relationships with your grandchildren. The grandparent role (either by family or friendship) has become increasingly important in the lives of children; and we should seize every opportunity to interact with them to have a positive influence.

As we wait for leaves to change, we also wish our colleague, Linda Rankin all the joy, health and happiness on her retirement. Linda has worked with us since April 2022. She will now have all the time in the world to spend with her two grandsons. Congratulations Linda on this exciting new chapter!

We hope you'll have a wonderful September. And as a final hint, if your grandkids start talking about the latest viral tik tok cartoon thing, maybe share stories of growing up without a cell phone, computers, or electronic devices. Compare their favorite summer experiences with some of your own and maybe you'll find that the more things change, the more they stay the same.



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.

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?



Are you interested in volunteering?

We offer a variety of volunteer opportunities.

Stop by the bulletin board outside the office to see what volunteer opportunities we have and sign up.

New volunteer opportunities are posted on the board throughout the month.

We are currently in need of Volunteers to help in the kitchen or serving anytime between 11am to 1pm. Pick your time to help!

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.**

Get Pain Free in 2023

Friday, September 8th at 1:00pm

Your knees or your hips hurt, but do you know the science of why it happens? Dr. Daniel Vargo of Excelsior Orthopaedics explains why your joints hurt and what causes arthritis and osteoarthritis. Learn what to expect if you're considering knee or hip joint replacement surgery. Dr. Vargo will also answer your questions!

Pollinator Walk at Evangola State Park

Monday, September 11th at 11:00am

It is that time of year again when Monarch Butterflies are making their yearly migration. Observe different pollinators on a guided walk at Evangola State Park. Meet at Nature Center.

Health Basics for Optimal Wellness: "Ask Us Anything"

Friday, September 15th at 12:45pm

This presentation will discuss lifestyle, sleep, gut health, diets, exercise and more! The effects on our body with the lifestyle choices we make will also be discussed. Organic, plant based and alternative medicine will be highlighted and any questions relating to health and wellness will be entertained. Presenters: Sharon Ashcraft, Wellness Specialist and Tim Miles, OP Library

Hearing Evaluations Audiology Presentation Presented by:

Hearing Evaluation Services of Buffalo

Tuesday, September 19th at 1:00pm

Do you ever feel dizzy, lightheaded or off-balance? There can be a lot of causes of these kinds of problems, but a common one is a part of the inner ear called the vestibular system. Come learn about the different types of vestibular dizziness, how the vestibular system is evaluated, and commonly recommended treatments.

Niagara Frontier Geology & Fossil

Wednesday, September 27th at 10:30am

Did you know that 400 million years ago NY State was a shallow salt water sea? Discover the natural history of the Niagara Frontier. Join Nicole Czarnecki, NYS Environmental Educator as we examine fossils and rocks from Western New York.



Wegmans Flu Shot Clinic

Thursday, September 28th

11:00am - 1:00pm

Wegmans pharmacists will be administering flu and pneumonia shots at the Center. Wegmans accepts almost all major regional and national insurances. (Medicare Part B, Univera, Independent Health, Blue Cross and Blue Shield).

Please bring your insurance card with you. Register at the front desk for an appointment.

Healthy You in 2023!

No More Dieting!

**Monday, September 25th
at 10:30am**

The positive changes you can make to bring about positive health and wellness. Join Doris



Richardson as she covers the following:

1. Eating foods that are good for your body
2. Stop holding tension in your body that may cause you to overeat.
3. Learn about imbalances, know when you are satisfied, eat only when hungry.
4. The philosophy of mindful eating.
5. Foods that change the body's ability to heal and increase energy level.

Nonagenarian Celebration

Friday, September 29th at 1:00pm

Reaching the age of 90 is a milestone worthy of a celebration! All

nonagenarians—those between the ages of 90 and 99 are invited for a FREE lunch today. Following lunch, we will celebrate with a cupcake. Everyone is welcome. If you are 90 or older, please sign up in the office with Maria by September 19th.



HEAP Clean & Tune Benefit

Thursday, October 5th at 10am

Heap funding is available to help eligible households get their **equipment inspected and cleaned at NO cost to homeowners**. Furnace or boiler tune-ups helps improved energy efficiency and could help save money on future heating costs. You may be eligible if: You are the homeowner, Your primary heating equipment is more than 12 months old, Your primary heating equipment or chimney has not been cleaned within the last 12 months.

You must be HEAP eligible to qualify.

Call the center to schedule an appointment with a representative from HEAP.

15 Ways to Avoid Probate

Tuesday, October 24th at 1:00pm

Attorney Robert Friedman of Friedman & Ranzenhofer, PC drawing on over forty-four years of estate planning legal experience, will be presenting: "Fifteen Ways to Avoid Probate." Learn about estate and asset protection planning techniques, probate legal procedures, the risks and benefits of avoiding probate, the best forms of real estate ownership, common estate planning mistakes, recent changes in estate and gift tax laws, the duties of trustees and executors, myths about living trusts, updating your will, life insurance, IRAs, annuities, joint accounts, payable-on-death accounts, and preventing will contests.

University Express Presentations Fall 2023

REGISTER AT THE FRONT DESK TO ATTEND

(Look for a complete list of UE classes for OPSC at the front desk)

Monday, October 2nd at 1:30pm	The Hands that Rocked the Cradles: Mothers of U.S. Presidents Presenter: Linda Czuba Brigance
Thursday, October 5th at 1:30pm	The Constitution Presenter: Fazian Haq
Friday, October 6th at 1:30pm	The Solar System Presenter: Dr. Kevin Williams
Wednesday, October 11th at 1:30pm	Prigozhin and Putin Presenter: York Norman Ph.D
Friday, October 13th at 1:30pm	Donkeys and Elephants Presenter: Bren Price
Monday, October 16th at 10:30am	WNY Firsts and Some Seconds Presenter: Alan Nowick
Monday, October 16th at 1:30pm	Who was Who on the Avenue Presenter: Marla Bujnick
Thursday, October 19th at 1:30pm	Marc Chagall: Floating Figures, Goats & Violins Presenter: Jean Serusa
Friday, October 20th at 10:30am	Fall is For Gardening Presenter: Lyn Chimera
Friday, October 20th at 1:30pm	Beer Culture and Styles Presenter: Tim Herzog
Monday, October 23rd at 1:30pm	The Latest News on China Presenter: Fazian Haq
Wednesday, October 25th at 1:30pm	Buffalo's East Side Industry Presenter: Shane Stephenson
Friday, October 27th at 10:30am	Meet the Two Charlies- Charles E Burchfield-Charles Rand Penny
Friday, October 27th at 1:30pm	Wright, Martin and 30 years Presenter: Doug Kohler
Monday, October 30th at 1:30pm	Influential Buffalo Women Presenter: Rick Falkowski
Thursday, November 2nd at 1:30pm	Positive Attitude: Living Bitter to Better
Friday, November 3rd at 1:30pm	Cooking with the Commissioner of E.C. Senior Services Presenter: Commissioner, Angela Marinucci
Monday, November 6th at 10:30am	A History of Radio Reading Services for Blind Presenter: Mark J. Robinson
Thursday, November 9th at 1:30pm	Protecting Water at its Source Presenter: Jeanne Beiter

Spanish Class at 1:00pm

5 week session 9/8 - 10/6 Cost \$20.00

Hola! ! Adios! ! Buenos días! These are some of the greetings we will be working on in class, when we begin our next season of Spanish classes.

Pre-Register at the front desk to attend!

September Book Club

Monday, September 18 at 10:30am

The Clan of the Cave Bear chronicles the early life of Ayla. As a young Cro-Magnon girl, Ayla's parents are killed in an earthquake at the beginning of the novel when she was just five years of age. She is rescued by Iza, the clan's medicine woman, and she is brought into the clan.

October Book Club

Monday, October 16th at 10:30am

The Runaway Quilt: An Elm Creek Quilts Novel by Jennifer Chiaverini After learning of her family's ties to the slaveholding South, Sylvia Compton scours her attic for clues and discovers a window into the world of her ancestors: the memoir of her great-grandfather's spinster sister. **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.*

Monday - Mini Bridge Lessons

2 week session 9/25 - 10/2 \$5.00
2 week session 12/11 - 12/18 \$5.00

Improve your bidding with the following 2 mini lessons:

Jacoby 2NT on September 25th and October 2nd
from 10:00am - 12:00pm

Negative Doubles on December 11th and December 18th
from 10:00am - 12:00pm

These are intermediate lessons and you should have a knowledge of bridge to participate.



ART CLASSES

Late registrations will not be accepted for instructed classes.

Intermediate Watercolor - Instructor Dan Meyer

Tuesdays at 1:00 pm - 3:00 pm

8 week session 9/5 - 10/24 Cost \$40.00

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

Beginner Watercolor —Instructor Dan Meyers

Tuesdays at 10am—Noon

8 week session 9/5 - 10/24 Cost \$40.00

This class is directed towards students who may not feel confident enough to join the intermediate level class but want to use their basic skills and increase their watercolor knowledge by creating paintings. Please visit instructor's website at www.danmeyerwatercolors.com for supply list.

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.



Bocce is at the CENTER!!



Monday and Tuesday

Couples Team Bocce
Open Bocce

Mondays at 9:00 am
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 door C 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, September 22nd 9:00 - 3:00 pm

Friday, October 27th 9:00 - 3:00 pm

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 9/1 LABOR DAY LUNCH Breaded Chicken Drumsticks, Corn-on-the-Cob, Au Gratin Broccoli, Whole Wheat Dinner Roll, Macaroni Salad, Strawberry Shortcake

Mon 9/4 NO MEALS SERVED - BLDG CLOSED

Tues 9/5 Beef Cubes in Gravy, Scaloped Potatoes, Brussel Sprouts, Rye Bread, Frosted Lemon Cake

Wed 9/6 Grilled Chicken with Pineapple Salsa, Rice Pilaf Broccoli Florets, Apple Juice, Chocolate-covered Ice Cream
Thurs 9/7 Soup & Salad - Broccoli Cheddar Soup, Carrots, Chef Salad with Garbanzo Beans and Drsg, Biscuit, Fruited Gelatin

Fri 9/8 Chicken Parmesan with Pasta, Tomato Sauce & Mozzarella, Wax Beans, Peas with Red Pepper, Tropical Fruit

Mon 9/11 Steakhouse Burger with Gravy, Mashed Potatoes Peas, Wheat Bread, Vanilla Mousse

Tues 9/12 Hot Dog with Baked Beans & Ketchup on a Bun, Macaroni & Cheese, Zucchini & Tomatoes, Pineapple

Wed 9/13 NO MEAL

SEPTEMBER PICNIC AT CHESTNUT RIDGE

Thurs 9/14 Bone-in Chicken Breast with Herb Gravy Sweet Potatoes, Broccoli & Cauliflower, Dinner Roll, Peach Crisp

Fri 9/15 Chili con Carne with Cheddar Cheese, Carrots Fruit Punch, Chef Salad with Dressing, Cornbread, Fresh Pear

Mon 9/18 Pork Ribette with BBQ Sauce on a Bun Scaloped Potatoes, Seasoned Spinach, Chocolate Cake

Tues 9/19 Turkey with Stuffing & Gravy & Cranberry Sauce Sweet Potatoes, Cauliflower, Vanilla Ice Cream

Wed 9/20 Grilled Chicken, Mandarin Orange & Sunflower Salad with Dressing, Multigrain Bread, Sugar Cookies

Thurs 9/21 Cabbage Roll with Savory Sauce, Ranch-seasoned Mashed Potatoes, G. Beans, Rye Bread, Strawberry Bavarian

Fri 9/22 WELCOME FALL Breaded Bone-in—Pork Chop with Gravy, Mashed Potatoes, Peas with Pearl Onions, Whole Wheat Dinner Roll, Chef Salad, Apple Pie and Whipped Topping

Mon 9/25 Cheese Roll with Tomato Meat Sauce & Mozzarella, Cauliflower, Grape Juice, Dinner Roll, Angel food Cake w/ Pineapple

Tues 9/26 Entrée Salad, Julienne Salad with Dinner Roll, Fresh Grapes

Wed 9/27 Hearty Pork Stew, Mashed Potatoes, Green Beans, Biscuit, Oatmeal Raisin Cookie

Thurs 9/28 Swedish Meatballs with Creamy Sauce over Pasta, Peas, Fruit Punch, Chef Salad, Mandarin Oranges

Fri 9/29 Ancho Chicken Fajita Skillet with Salsa & Shredded Cheddar in a Flour Tortilla, Spanish Rice, Corn, Tropical Fruit

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

Aetna

Tuesday, September 26th from 11am—1pm

SAVE THE DATE: Health Insurance Fair
Wednesday, October 25th 1:30pm - 3:30pm &
Tuesday, November 14th 1:30pm - 3:30pm

EPIC (Elderly Pharmaceutical Insurance Coverage), Univera, BlueCross/Blue Shield, Aetna, Univera, and HII CAP (Health Insurance Information, Counseling and Assistance). Explore various health insurance options at today's fair. Representatives will have plan information and applications for 2024.

You do not need to register to attend.

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

Wed. 9/6 Robots ® Charles is a womanizer while Elaine is a gold digger. The duo learn humanity when forced to team up and pursue robot doubles of themselves.

Wed. 9/13 Love Again PG-13 A romantic comedy about finding love where you least expect it featuring new songs by Celine Dion.


Wed. 9/20 Coming to America 2 PG-13 Akeem and Semmiare back! Set in the lush and royal country of Zamunda, newly crowned King Akeem (Eddie Murphy) and his trusted confidante Semmi (Arsenio Hall) embark on an all new hilarious adventure that has them traversing the globe from their great African nation to the borough of Queens, New York where it all began.

Wed. 9/27 Blended PG-13 Adam Sandler and Drew Barrymore play single parents sharing a suite together with their respective families at a South African resort.



SEPTEMBER SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Fitness Room 9:00 Couples Bocce 9:00 Pool Shooting 9:00 Medit. & Yoga 9:00 Ladies Exercise 9:00 Bocce 9:30 Pickleball 10:30 Learn to Play 55+ Pickleball 10:30 Five Crowns 11:00 Gentle Hatha Yoga w/Barb 11:00 Learn to Play Bridge NOON LUNCH 12:30 Bridge 12:30 UMA MOVES 1:30 55+ Pickleball <u>Evening Class</u> 5:30 20.20.20</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; background-color: #e0f2f1;"> <p><u>Fitness Room Closed</u> Wednesdays 12:30-1:30pm Fridays 12:00- 1:00pm</p> </div>	<p>8:30 Fitness Room 9:00 Bocce 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 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</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; background-color: #ffe0b2;"> <p style="text-align: center;">Billiards Room Closed 8-Ball Tournament Tuesdays 12:30pm - 2:30pm</p> </div>	<p>8:30 Fitness Room 8:45 Mens Exercise 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Pickleball 9:30 Hand & Foot 10:00 Beginner Line Dance no class 9/13 10:15 Arthritis Class 11:15 Inter. Tai Chi 11:15 Intro to Line Dance 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 9-3 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 Beginner Pickleball</p> <p style="text-align: center;"><u>Evening Classes</u></p> <p>5:15 Evening Yoga with Marie 6:30 Cardio Drumming</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; background-color: #fff9c4;"> <p style="text-align: center;"><u>Open Walking In the GYM:</u> Monday - Friday 8:30 am - 2:00pm</p> </div>	<p>8:30 Fitness Room 8:45 Cardio Drum 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:30 Art w/ Friends NOON LUNCH 12-2 Pickleball 12:00 Circuit Training 12:45 MahJong 1:00 Spanish 1:00 Pinochle 2:00-4 55+ Pickleball</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; background-color: #ffe0b2;"> <p style="text-align: center;"><u>Basketball Free Throw</u> Bring your own ball and shoot some hoops. Mon - Fri 8:30 - 9:30am</p> </div>



DOCUMENTARY AND DISCUSSION

Monday, September 11th at 12:45pm
Hail to the King - celebrates the 60 year legacy of world's greatest monster, Godzilla

Monday, October 16th at 12:45pm
King of Collectibles: The Golden Touch Collectibles
Hail to the King

Monday, October 30th at 12:45pm
King of Collectibles: The Golden Touch Collectibles
Number One or Bust



PICKLEBALL



All members must sign up using 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.

Have you ever Played Wii Bowling? The Orchard Park Senior Center is interested in starting a Monday Morning Wii Bowling League. Wii bowling attracts 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.

If you are interested please sign up in the office with Maria.

LEARN TO PLAY PICKLEBALL

Mondays at 10:30am 8 week session
8/14-10/16 NO CLASS 9/4 Cost \$48.00

Who Should Consider Lessons With Carl:

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

Pre- Register at the front desk to reserve your spot!

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

(chair modifications available).

6 week session 9/11 - 10/30 no class 10/2 & 10/9 Cost \$30.00

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 9/6-10/25 No Class 10/4 & 10/11 Cost \$30.00

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

5 week session 9/11 - 10/16 Cost \$25.00

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

EVENING YOGA with MARIE Thursdays at 5:15 pm

6 week session 9/7 - 10/12 Cost \$30.00

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.

Beginner Tai Chi Wednesday at 10:00 am

7 week session 9/6 - 10/18 Cost \$ 35.00

Intermediate Tai Chi Wednesday at 11:15 am

8 week session 8/30 - 10/18 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 8/3 - 9/21 Cost \$45.00

8 week session 9/28-11/16 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 9/8 - 10/27 no class 10/6 \$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

6 week session 9/5 - 10/10 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

6 week session 9/5 - 10/10 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.

Cardio Drumming Fridays at 8:45 am

4 week session 9/15-10/6 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

4 week session 9/14-10/5 Cost \$ 24.00

Cardio Drumming Evening Tuesdays at 5:30 pm

4 week session 9/12-10/3 Cost \$24.00

Zumba Fridays at 10:00 am

4 week session 9/15-10/6 Cost \$20.00

This full body workout uses movement and steps to condition and tone your body. Workout to current hit music and your favorites from the past.

This is a great class for all fitness levels.

20/20/20 Monday at 5:30 pm

4 week session 9/11-10/2 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

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.

NEW CLASSES!!**Arthritis Class****EVERY Wednesday until 9/27 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**3 week session 9/6-9/27 Cost \$15.00 no 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.

Introduction to Line Dance Step Class**Wednesdays at 11:15am — 12:00pm****6 week session 9/20-10/25 Cost \$12.00**

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

Circuit Training Fridays at Noon-1:00pm**6 week session 9/8 - 10/27 no class 10/6 \$30.00**

Circuit training is a fantastic workout that's great for everyone, regardless of fitness level. We will move through a variety of exercises at separate stations and you take on each exercise at your own pace. Each class will be different and may include cardio and weight machines, bodyweight and handheld weight exercises and some mat exercises. Instructor: Jennifer Johnson

Intro. To Strength Training with Cindy*Small group (8)***Wednesdays at 12:30 - 1:30 pm****8 week session 8/30- 10/18 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****Mon. , Tues., & 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

Wednesdays 12:30-1:30pm

Fridays Noon -1:00pm

Personal Training Appointments**Cost \$40.00 per hour****Call the center to schedule**

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

**Reiki Session with Reiki Master****Friday, September 22nd****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 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

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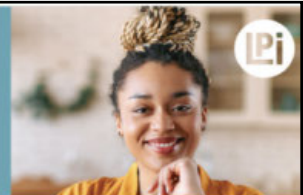
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Birthday Joy

Do you want to bring joy to a fellow senior citizen? Sign a Birthday card to them. To be forwarded to our local Senior organizations.

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.

O'Brien's West End Inn
340 Union Street, Hamburg
Thursday, October 5, 2023 at 5pm

All Entrees includes tax and tip.

1. Raspberry Chicken—\$32

Chicken Breast stuffed with Prosciutto, Cranberry, Goat Cheese and Sage, pan-seared. Finished with a Raspberry drizzle served with seasoned Vegetables & Rice Pilaf.

2. Pot Roast Dinner—\$30

Tender pieces of Beef Roast with savory demi-glaze, Vegetables, Mashed Potatoes/ Gravy.

3. Shrimp Basket—\$28.00

Seven panko-Breaded Shrimp served with French Fries, Coleslaw, Fresh Lemon & cocktail sauce and Dessert of your choice.



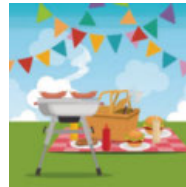
Each meal comes with a dessert of your choice.

Dessert Choices: Gluten Free Cheesecake Mousse topped with Cherries and Whipped Cream, or Heaven in a bowl layers of Chocolate Cake, Chocolate & Vanilla Pudding, Cool Whip & Toffee pieces.

Cost includes Coffee, Tea and Soft Drink

Cash Bar Available

Please call Rae Ann Reese @ 716-822-8869 for reservations before September 23rd



September Picnic **Wednesday, September 13th** **from 9:30am-1:30pm**

Enjoy the day with friends at Chestnut Ridge Park (Martin Lodge).

Lunch will consist of chicken, salads and dessert.

The day includes entertainment by The Hastings Duo, prizes and outdoor games.

Cost for this event is \$15.00.

Payment is due when registering.

Thank you! Highmark Blue Cross/Blue Shield of WNY and Independent Health are generous sponsors toward this event



Apple Fest **Tuesday, September 26th** **at 1:00pm - 3:00pm** **Cost is \$5.00**

What better way to celebrate the Fall season then with a delicious apple dessert? Join us for a afternoon of apple delight and entertainment by Robin Grandin.



Country Western Afternoon **Tuesday, October 17th** **From 1:00-3:30pm**

Hot Country Liners Dance Team
Show 1-1:30pm
Lessons 1:30-2:00pm

Entertainment by the Hastings Duo 2-3:30pm
COST: \$6.00

Dust off those boots and join us for an exciting afternoon of line dance entertainment! The Hot Country Liners Dance Team will get your toes tapping with their show, followed by a lesson for all those who want to give the "Country Kick" a try. Entertainment to follow by the Hastings Duo, Refreshments will be served.

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

The Community Activity Council invites you to the

END OF SUMMER BASH
Featuring The Boys of Summer

At the Community Activity Center

Thursday, August 31st From 6-8pm

A fantastic way to end the summer. Bring a lawn chair and enjoy the company of others.

(Inclement weather will bring the event indoors)

Complimentary Outdoor games and popcorn stand. Beverages available at the concession stand for purchase.