



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



AUGUST 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

**Orchard Park Senior Center
OpenHouse!**
Tuesday, August 27th
8:30am-3:00pm
4520 California Rd

Meet the Staff
9:00am
Join us over a cup of coffee to learn about joining the center!

Tour the Center
9:30am, 10:30am,
11:30am, 12:30pm,
1:30pm
Tour our facility and learn about all we have to offer!

BBQ Lunch
12- 1pm
Enjoy a free hot dog, snack and drink!

Meet our Art Instructor
Dan Meyer
from 12:30 - 1:30pm

Entertainment
1-3pm
Bring those dancing shoes and enjoy entertainment from the Brother James Band!



Fitness Demos

Meet our instructors and participate in various demonstrations!

9-9:30	Men's Fitness	Rm 158	with Trish
9-9:30	Gentle Hatha Yoga	Rm 156	with Barb
9:30-10	Cardio Drumming	Rm 158	with Marilyn
10-10:30	Zumba	Rm 156	with Marilyn
10:30-11	Stretch and Barre	Rm 156	with Jenifer
11-11:30	Intermediate Line Dance	Rm 158	with Gloria
11:30-12	20.20.20	Rm 158	with Marilyn
11:45-12:15	Hula Hoop	Rm 156	with Lesta
12:30-1	Beginner Line Dance	Rm 158	with Gloria
3-3:30	Uma Mooves	Rm 158	with Uma
2- 4pm	Open Pickleball - All are Welcome		

*Notes from Maria....***Happy August!**

I'm writing this shortly after a wild week of weather – sunshine one minute, rain and even a tornado! touching down in towns close to our building. It's a good reminder of how quickly things can change and how we need to always be prepared. On a brighter note, we just wrapped up a fantastic Summer Games Week! Congratulations to everyone who put themselves out there and participated in the games. We'll be celebrating you (and maybe even your victories!) on **Thursday, August 1st** with an awards ceremony. Everyone is welcome!

Mark your calendars!

Tuesday, August 20th We'll be celebrating Grandparent's Day a little early. Bring your grandchild or come solo for a root beer float and magic with our favorite magician, Ted Burzynski.

Thursday, September 19th We'll be hosting NYS Preparedness Presentation. They'll be providing free preparedness kit to each family that attends. Remember, it never hurts to be prepared.

As we head into a new month, let's all remember the importance of kindness. A small act of kindness can go a long way in brightening someone's day. So, smile at a stranger, hold the door open, or offer a helping hand. You never know what a difference it might make!

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.

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

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!**



Senior Summer Games Award Ceremony

Thursday, August 1st at 1:30pm

If you participated in the games then you are invited to celebrate! Desserts will be served. Register at the front desk by Thursday, July 25th.

How to Reduce Your Medications Thursday, August 8th at 11:00am

Learn how to reduce your medications so you can save money and reduce your risk of potentially harmful side effects. Dr. Michael Merrill.

Thank you Independent Health for Sponsoring this Presentation!



Eat Right For Life

Monday, August 12th from 1:30pm - 3:30pm

Karen Marie Calandra, RN, holistic nutritional health coach will lead you through a wonderful journey of what our bodies need to heal and stay healthy. Karen is a registered nurse with a background in critical care and pastoral care. Her own personal journey has led her to become board certified holistic, nutritional coach, and her extensive studies have led her to teach about preventative health. She is convinced that our bodies can heal themselves with the proper nutrition and powerful healing methods that can balance the mind, body and spirit for wellness and healing. She works with clients to help them make lifestyle changes that produce real and lasting results.

Buyer and Seller Beware? Demystifying Commission Changes in the Housing Market Thursday, August 15th

at 12:30pm

Join Don Zappia a Licensed Real Estate Salesperson as he informs us on the changes in the National Association of Realtors, Laws Regarding Commissions. How do these Laws affect me when buying or selling my property?



Container Gardens - Grow Your Own Herbs! Thursday, August 15th at 11am

You must be present for entire class to receive materials. Are you 60 years old or older? Come Join us!! You will receive: All necessary equipment to start a small windowsill herb garden. Education for the upkeep of your plants. Education on the benefits of using your herbs and recipes! You must register by August 8th.

Caring For One's Self: Healthy Alternatives Through Healing Arts Workshop

Tuesday, August 20th at 1:00pm

Caring for one's self while caring for others. Introduction to Empowered Self Care via the realm of Flower Essences Colleen Ferrand, LDHS. In this experiential workshop, we will explore through the expressive arts (no experience required), lecture and discussions, the easy application of this beautiful healing modality. You will learn how it can gently and profoundly serve and support you and your well-being as you care for those you love.

Baking with Mary Ann

Friday, August 23rd at 1:30pm

Join Mary Ann for a delightful afternoon filled with fun and flavor! Learn the secrets behind the Sicilian Cuccidate Cookie. Bake as a group and unlock Mary Ann's secret recipe! Enjoy a delicious treat and leave with a smile!
Cost \$8.00 SOLD OUT

CHS Wound Care

Friday, August 23rd at 12:30pm

Dr. Jill Eysaman—Walker specializes in the diagnosis of chronic wounds including venous, arterial and diabetic ulcers. She also practices Hyperbaric Medicine in conjunction with wound care. Dr. Eysaman—Walker received her medical degree at Lake Erie College of Osteopathic Medicine. She completed a residency in Osteopathic Family Medicine at Sisters of Charity Hospital followed by a fellowship in Wound Care at Catholic Health Advanced Wound Healing Centers. She has a strong belief in treating the entire person, not just the patients wound. She believes that wounds affect all aspects of a patients health, mind and body without addressing all facets, true healing cannot occur.

Nutritional Deep Dive

– A Natural Way to Detox

Thursday, August 29th at 11am

Refresh and revitalize your body with our Natural Detox Program tailored for mature adults! Discover gentle yet effective ways to cleanse your body and boost vitality. Join us for an engaging seminar where you'll learn simple strategies to support your body's natural detoxification processes. Explore holistic approaches to wellness and connect with like-minded individuals. Take the first step towards a healthier, rejuvenated you! Reserve your spot today!

Crafting with Maggie!

Calling Wreath Crafters!

Friday, August 30th at 10:30am

It's Fall/Autumn Wreath Time! Join Maggie and create a Fall wreath complete with sunflowers, white pumpkins on a twisted grapevine rattan wreath! Register and pay at the front desk—seating is limited to 10 participants **Cost \$15.00**

Upcoming Hikes.....

**History Walk at Knox Farm
State Park**

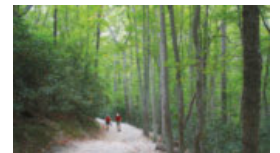
**Wednesday, August 28th at
9:00am**

Reminisce about years gone by. Take a leisurely stroll and discover the history of Knox Farm State Park.

Bird Walk at Buffalo Harbor State Park

Thursday, September 26th at 1:00pm

Enjoy a nice morning walk with a Park naturalist at Buffalo Harbor State Park, observe migrating birds and discover birds that call WNY home.



Pelvic Floor Health

Thursday, September 5th at 12:45pm

Join Dr. Brynn Patterson PT DPT and Rachel Clark PT DPT MPH in a discussion about pelvic floor health. Topics covered include: What is the pelvic floor, normal functioning of the pelvic floor muscles, signs and symptoms of pelvic floor dysfunction and the affects of aging on pelvic floor health. There will be a questions and answer segment. Come away from this course with a solid foundation of knowledge on pelvic floor health. Both Dr. Patterson and Dr. Clark are doctors of Physical Therapy and co- founders of Sana Physical Therapy in East Aurora. Both have extensive training in pelvic floor health through the prestigious Herman & Wallace Institute.

Driver Safety with Office Mazur

Tuesday, September 10th at 11am

Members of the Orchard Park Police Department will be presenting a Safe Driver Class for Seniors.



Topics include:

- Physical changes that affect driving
- Understanding features in your vehicle
- New York State Vehicle and Traffic Law
- What to do if you are in an accident
- Weather conditions and more!

This is not an insurance reduction class, but provides good information to help keep you safe while driving.

Reiki 101

Friday, September 13th at 10:30am

Join Carolyn Potopchuk for a discussion on the benefits of a holistic energy healing practice called Reiki. Learn the benefits of Reiki and how it can promote wellbeing and realign unbalanced energy.

Mental Health Check on Gratitude!

Monday, September 16th at 12:45pm

Cultivate inner peace and well-being with our mental health check! Dive into the transformative power of gratitude and its profound impact on mental well being. Join us for an uplifting seminar where you'll explore the science behind gratitude and learn practical techniques to incorporate gratitude practices into your daily life. Discover how expressing gratitude can reduce stress, enhance resilience and foster a positive outlook. Connect with others in a supportive environment and embark on a journey towards greater emotional wellness. Take the first step towards a happier, more fulfilling life. Preserve your spot now!

Relationship 101

Mondays in September from 10-11am

How to form a more consistent and mutually beneficial bond with family and friends.

The 5 principles of Effective Communication

1. Wear your heart on your sleeve: Express your thoughts and feelings.
2. Focus on your needs.
3. Be specific and detailed when communicating.
4. Don't blame others: Effective Communication is not about highlighting the other persons shortcomings.
5. Be assertive and non apologetic.

NYS Preparedness Corps

Thursday, September 19th at 12:30pm

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. This training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing family emergency plan and stocking up on emergency supplies. Each family that attends will receive one Preparedness kit.

Computer Class

Buying Technology

Monday, August 5th at 12:45pm

Why am I spending thousands of dollars on a fancy gaming computer when all I need is a \$200 model that can get me on the Internet and access my emails? Knowing what technology to buy and what you need it for is just as important as knowing how to use it.

Learn about what to think of before heading to the store or buying online, when and where to buy new technology, and much more.

Master Windows Computers and Built in Programs with Tech Savvy

Tuesday, August 13th at 10am

Are you a senior looking to boost your tech skills? Tech Savvy is here to help! Our specially designed class will guide you through the essentials of using and navigating Windows computers, with a focus on mastering built-in programs like Notepad, File Explorer, and more.

From understanding basic functions to exploring these versatile applications, our patient instructor will ensure you gain confidence and competence. Don't miss this opportunity to enhance your digital skills in a supportive environment. Sign up today and become tech-savvy with Tech Savvy!

Creating a PowerPoint with Theresa Wiater

Tuesday, September 10th, 17th & 24th at 12:30pm

This class will introduce you to the fun of making a Power Point presentation. Learn the basics of setting up a presentation: how to copy and incorporate images from the web, how to change colors of backgrounds, how to choose fun fonts and how to use transitions and animations, just to name a few.

By the end of these 4 classes, you will have an 6-8-page (or more!) PowerPoint to share with family and friends.

All participants must have a basic knowledge of computers. You must also bring an empty thumb drive to all classes.

Have an idea in mind about the topic you'd like to use. For instance, your topic could be about pets, travel, books you like, a hobby or a sport.

Streaming Media

Friday, September 13th at 12:45pm

Learn about the options you have when it comes to streaming media. Learn about pricing, what makes one service better than another, what services offer the titles you are looking for, how to access streaming services, and even what streaming options the library offers.

Smart TV Basics

Monday, September 30th at 12:45pm

Smart TVs have become a common piece of technology in almost every modern home. Learn how they use the Internet to improve your entertainment experience, what to look for when buying one, what can you do with them, and much more.



ART CLASSES

Late registrations will not be accepted for instructed classes.

Try Me Watercolor - Instructor Dan Meyer

Tuesday at 10am - Noon

4 week 9/3 - 9/24 Cost \$42.00

Paint a landscape in watercolor - **supplies included.**

Experience hands on, step by step instruction learning basic watercolor techniques in a relaxed environment. Explore this fascinating medium with all supplies needed to complete your masterpiece before investing in your personal set of materials. **Spots are Limited.**

Intermediate Watercolor - Instructor Dan Meyer

Tuesdays at 1:00 pm – 3:00 pm

8 week 8/27 - 10/15 Cost \$48.00

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.

Spanish Class

Friday, September 13th- October 18th

1:00-2:00pm

6 week session Cost is \$20.00

Have you always wanted to learn another language?

Now is your chance!

Hola! Gracias! Adios! These are some of the expressions we will hear in class, along with some music, culture and snack tasting from Latin countries.



Calling all Readers! All are welcome to attend!

August Book Club

Monday, August 26th at 10:30am

The Giver by Lois Lowry At the age of twelve, Jonas, a young boy from a seemingly utopian, futuristic world, is singled out to receive special training from The Giver, who alone holds the memories of the true joys and pain of life.

September Book Club

Monday, September 23rd at 10:30am

We Need To Talk About Kevin by Lionel Shriver

Lionel Shriver's resonant story of a mother's unsettling quest to understand her teenage son's deadly violence, her own ambivalence toward motherhood, and the explosive link between them reverberates with the haunting power of high hopes shattered by dark realities.

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
Cornhole	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



Bridge Lessons Part II

**5 week session 7/8 - 8/12
Mondays from 10am - noon**

These lessons will expand on basic bidding in the majors, minors and no trump. They will also expand into overall opponents bid. You need a basic understanding of bridge to participate in these lessons.

Cost \$15.00 for this 5 week session



Mulberry Italian Ristorante

64 Jackson Ave., Lackawanna
716-822-4292

Thursday, September 05, 2024 @ Noon

Please Note the Different time for LUNCH

Menu Choices - \$35. (Price includes Tax & Tip)

- 1. Lasagna** (Gluten Free available-Please ask Amy)
- 2. Chicken Parmigiana** w/side of pasta
- 3. Spaghetti & Meatball** (Gluten Free meatball available - Please ask Amy)

CASH BAR AVAILABLE

Please call Amy SanFilippo @

716-627-7772 for Reservations By

August 23, 2024 w/Lunch choice

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.

Thurs. 8/1 Ham Steak with Pineapple Sauce, Au Gratin Potatoes, Broccoli, Rye Bread, Butterscotch Pudding
Fri. 8/2 Cheese Tortellini with Chicken & Red Pepper, Cauliflower, Green Beans, Chef Salad, Roll, Cookie

Mon. 8/5 Caribbean Chicken Casserole, Yellow Rice with Turmeric, Broccoli Florets, Orange-Pineapple Juice

Tues. 8/6 Pork Ribette with BBQ Sauce on a Bun Cheesy Diced Potatoes, Green Beans, Orange, ch. milk

Wed. 8/7 Hamburger with Gravy on a Bun, Mashed Potatoes, Carrots, Chef Salad, Strawberry Jello

Thurs. 8/8 Chicken Parmesan over Pasta with Tomato Sauce, Cauliflower, Peas, Vanilla Pudding

Fri. 8/9 Vegetable Quiche with Cheese Sauce, Harvard Beets, Broccoli Florets, Roll, Strawberry Ice Cream

Mon 8/12 Beef Bourguignon, Garlic Mashed Potatoes, Brussels Sprouts, Dinner Roll, Chocolate Pudding

Tues. 8/13 Chicken Breast with Gravy Broccoli Cheese Rice Casserole, Carrots, Multigrain Bread, Orange, Ch. Milk

Wed. 8/14 Hearty Pork Stew, Mashed Potatoes, Broccoli Florets, Warm Biscuit, Sugar Cookies

Thurs. 8/15 Lasagna Roll with Tomato Meat Sauce & Mozzarella, California Blend Vegetables, Fruit Punch Chef Salad, Roll, Applesauce

Fri. 8/16 Turkey with Gravy & Cranberry Sauce, Squash Peas, Wheat Dinner Roll, Mandarin Oranges

Mon. 8/19 Macaroni & Cheese, Peas with Red Pepper California Blend Vegetables, Roll, Rice Krispie Treat

Tue 8/20 Ground Beef Taco Meat with Shredded Cheddar & Flour Tortilla, Spanish Rice, Fiesta Corn, Fruit

Wed 8/21 Breaded Pork Chop with Warm Cinnamon Apples, Mashed Sweet Potatoes, Brussels Sprouts, Roll Peach Pie with Whipped Topping

Thurs. 8/22 Breaded Chicken Breast with Sauce, Vegetable Rice Pilaf, Broccoli, Chef Salad, Roll

Fri 8/23 Greek Chicken Salad with Mixed Salad Greens & Greek Drsg, Wheat Bread, Pineapple Tidbits, Ch. Milk

Mon. 8/26 Chicken and Sausage Paella Rice and Black beans Corn with Red Pepper, Juice and Diced Peaches

Tues. 8/27 Beef Macaroni with Mozzarella, Peas & Carrots, Juice, Salad, Bread, Orange Creamsicle

Wed. 8/28 Ham Steak with Maple Glaze, Sweet Potatoes, Green Bean Casserole, Bread, Ch. Chip Cookie

Feedmore Farm Truck Every Thursday 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 Thursday of the month!



Medicare Advantage Plans

Meet one on one with insurance representatives

Independent Health - Sarah 716-635-3797

Wednesday, August 14th 10am - 12pm

United Healthcare

Tuesday, September 10th 10 -2 pm

Highmark BCBS of WNY - Kayleigh 716-658-8656

Univera - Michelle

DOCUMENTARY AND DISCUSSION

Drain the Oceans– Nazi Secrets

Monday, August 12th at 12:45pm

Hidden deep underwater is the untold story of how the Nazis waged a secret war across the world's oceans.

Drain the Oceans– Nazi Secrets

Monday, August 26th at 12:45pm

Pirates... Gangsters... Villains... and the worst of humanity. Swallowed up by the sea. Cutting edge technology will reveal the secrets of the sea floor and expose the shaky ground on which we all live.



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. August 7th Poor Things The incredible tale of Bella Baxter (Emma Stone), a young woman brought back to life by a brilliant and unorthodox scientist. Seeking the worldliness she is lacking, Bella runs off on a whirlwind adventure across the continents. Free from the prejudices of her times, Bella grows steadfast in her purpose to stand for equality and liberation.

Wed. August 14th The Long Game Rejected by a Texas country club for his Mexican heritage. A veteran forms a team of underdog golfers to compete in the sport that exclude them.

Wed. August 21st Summer Camp Nora, Ginny and Mary, best friends since their summers spent at sleepaway camp, have drifted apart as the years have passed. But when a summer camp reunion arises, they all seize the chance to reconnect. Albeit with different levels of enthusiasm.

Wed. August 28th The Idea Of You based on the acclaimed, contemporary love story, The Idea of You centers on Solene, a 40 year old single mom who begins an unexpected romance with 24 year old Hayes Campbell, the lead singer of August Moon, the hottest boy band on the planet.

AUGUST 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 10:30 Five Crowns 11:00 Gentle Hatha Yoga w/Barb NOON LUNCH 12:15 Beginner Pickleball 12:30 Bridge 12:30 UMA MOVES 2:00 55+ Pickleball</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Fitness Room Closed Wednesdays 12:45-1:45pm Fridays 12:00- 1:00pm</p> </div>	<p>8:30 Fitness Room 8:45 Mens Exercise 8:45 55+ Pickleball 9:00 Bocce/Shuffleboard 9:00 Pool Shooting 10:00 Beg. Watercolor 10:15 Int. Line Dance 10:30 Club 99 10:45 55+ Pickleball 12:00 Tap for Fun NOON LUNCH 1:00 Inter. Watercolor 1:00 Bingo 1:00 Hula Hoop 1:15 Stretch and Barre 2:00 Card Bingo 2:00 Hula Hoop 2:00 55+ Pickleball <u>Evening Classes</u> 5:30 Cardio Drumming</p>	<p>8:30 Fitness Room 8:45 Mens Exercise 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Sewing Club 2nd and 4th of the month 9:30 Hand & Foot 10:00 Beg. Line Dance 10:15 Sit and Get Fit No class 8/7 11:15 Intro to Line Dance 11:30 Yoga 11:30 Tai Chi w/ Cindy NOON LUNCH 12:30 OpenCards/Games 12:45 Strength Training 1:00 Movie 1:00 Chess Club 1:30 55+ Pickleball 1:30 Orchard Park Travel Group</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 2:00 55+ Pickleball 1:30 Hillcrest Senior Travel Group</p>	<p>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</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Open Walking In the Dining Room Monday- Friday 8:30am - 10:30am 2:00pm - 4:00pm</p> </div>



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, August 23rd 9:00 - 3:00pm
 Friday, September 27th 9:00 - 3:00pm
 Friday, October 25th 9:00 - 3:00pm
 Friday, December 20th 9:00 - 3:00pm



**We're on FACEBOOK! Facebook is an amazing way for us to stay connected, see our friends, and to share senior center opportunities and events!
 LIKE & SHARE and stay connected!**

REMINDER ...



Please remember to bring your My Senior Center Membership Tag when you come to the center. The key tag is required when you sign in for classes/events.

MYACTIVECENTER.COM

REGISTRATION

The Orchard Park Senior Center implemented an online registration program for pickleball, presentations and FREE programs. It is called MyActiveCenter.

To set up your account please go to MyActiveCenter.com then click on the New User button and follow the directions.

You will need your OP Senior Center keytag to set up your account. If you are unable to find your keytag, please call 716 662 6452 and a staff member will assist you.

We are not currently accepting payments online. Therefore, you cannot register for classes or special events with cost at this time.

PROGRAM SEARCH

Once you have created your account, you can search for upcoming Classes and Programs. The listing is in alphabetical order. Use the search box to enter the name of a Class or Program. Enter it the way it is listed in the Network or Class Catalog. You can also use filters to narrow the list. Once you have found the Class or Program that you are looking for, click on the name or on the details button to the right to bring up a description and a calendar that shows the days and times that it is being offered.

Classes and Programs are scheduled in different ways. Programs that are set up as single events means you will click on **each date** that you would like to sign up for.

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

4 week session 7/15 - 8/19 Cost \$ 20.00

5 week session 9/9 - 10/7 Cost \$ 25.00

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

4 week session 7/31 - 8/21 Cost \$20.00

7 week session 9/4 - 10/30 no class 9/11 or 10/9 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 7/1 - 8/5 Cost \$30.00

4 week session 8/12, 8/19, 9/9, 9/16 Cost \$30.00

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

Intro to Tap Dance Tuesdays at 11:30-12:00pm

5 week session 9/3 - 10/1 Cost \$10.00

Classes are designed for those who have previously tap danced and want to reintroduce those skills. Shoes Required

Tap Dance for Fun Tuesdays at Noon

5 week session 9/3 - 10/1 Cost \$25.00

For those who love tap and have tapped previously at any age, even as a child or teen, and have a firm grasp on their tap basics. Shoes Required

Stretch and Strength Barre Tuesdays at 1:15 pm

5 week session 9/3 - 10/1 Cost \$25.00

Barre class is a blend of classical ballet lines and movement with a mix of gentle muscle toning and stretching. It's a great way of keeping your body moving and opening up stiff joints as well as working on muscle memory and coordination. The foundation of the class will be standing using chairs for your barre and for seated and adapted movements as well. Some across the floor movement for basic cardio work will take place as well for a full head to toe workout.

Tai Chi with Cindy Wednesday at 11:30am

6 week session 9/4 - 10/16 no class 9/11 Cost \$ 30.00

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!

Tai Chi w/ Robert Gott Thursdays at 1:00 pm

5 week session 8/1 - 8/29 Cost \$40.00

The class content will focus on traditional Yang Style Tai Chi Chuan. The teaching style follows a traditional approach to learning while providing modern applications to everyday life. Adhering to the essential qualities while following a step-by-step process and encouraging self-practice provides a methodical approach where skills can be acquired gradually. To help students realize that most learning experiences are self-taught and require practice which gives a sense of control over the pace at which we learn. The secret to success? Find Joy in self reflection and practice!

Hula Hoop Tuesdays at 1-2pm

6 week session 9/10-10/15 Cost is \$30.00

Hooping is a fun way to burn calories and increase core strength. At least one new skill will be introduced each class and you are encouraged to practice and play with no pressure to master the skill. Skills to be taught include (but are not limited to) hooping on the waist, passing the hoop, halos, hooping on the hips, turns, lasso, lifts, and swoop. All equipment is provided.



Hooping Beyond the Basics at 2-3pm

6 week session 9/10-10/15 Cost is \$30.00

Have you hula hooped your way to mastery? Get ready to be amazed by the next level skills you'll build upon your hula hoop foundation! This class takes your basic hooping moves to the next level, challenging you and keeping the fun going.

BAM! – Balance and Mobility Class

Fridays at 10:45am -NEW TIME

8 week session 6/7-8/2 Cost \$ 40.00

8 week session 9/6 - 10/25 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 6/14 - 8/2 Cost \$48.00

6 week session 9/13 - 10/18 Cost \$30.00

Zumba Fridays at 10:00 am

7 week session 6/21 - 8/2 Cost \$35.00

6 week session 9/13 - 10/18 Cost \$20.00

Evening Classes:

Cardio Drumming Evening Tuesdays at 5:30 pm

8 week session 6/11 - 7/30 Cost \$48.00

6 week session 9/10 - 10/15 Cost \$30.00

EVENING YOGA with MARIE Wednesday at 5:15 pm

6 week session 9/4 - 10/9 Cost \$30.00

Cardio Drumming Evening Thursdays at 6:30pm

6 week session 9/12 - 10/17 Cost \$30.00

Fitness Room Classes:

Strength Training Wednesdays at 12:45pm

6 week session 9/4 - 10/16 no class 9/11 Cost \$40.00

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. Instructor: Cindy

Circuit Training Fridays at Noon-1:00pm

4 week session 7/12 - 8/2 Cost \$36.00

8 week session 9/6 - 10/25 Cost \$56.00

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

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. Instructor: Gloria

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. Instructor: Trish

Sit and Get Fit With Kayla Wed. at 10:15am –11:00am

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

FITNESS ROOM

Monday - Friday 9:00 am - 4:00pm

Mon. - Thurs. 4:30 pm - 8:00pm

As a member of the Orchard Park Senior Center you have the benefit of using the fitness room. Prior to using the fitness room you must complete a fitness room orientation, have a signed fitness room waiver on file, and read a copy of the rules and regulations. Contact the front desk to schedule a fitness room orientation.

Fitness Room Closed

Wednesday 12:45pm - 1:45pm

Fridays Noon - 1:00pm

Personal Training Appointments

Cost \$45.00 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

UMA MOVES Movement for Life

Monday at 12:30-1:45pm

Or Thursday at 10-11:15am

Cost is \$5.00 per class – pay the instructor

Uma Moves is an eclectic mix of movements inspired by kundalini yoga, Chi Gong, body tapping and brain gym that is choreographed to beautiful music. This class addresses core strength and flexibility.. 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.



Bocce at The OPSC



Couples Bocce

Open Bocce

Monday at 9:00am

Tuesday at 9:00am

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. Bocce is played during the months of May, June, July, August, September and October.

Please park by the dumpster for close access to the courts.



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 on page 7** 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 8 am 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 only if the room is open.
- ◇ Each play time is 2 hours. 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.

Join our new Pickleball Text Alert Group to get updates on all things pickleball at the center! Including when the next schedule drops!

Log into MyActiveCenter.com, Click on Groups under the New Users tab at the top of the page, click Manage Membership and Register!

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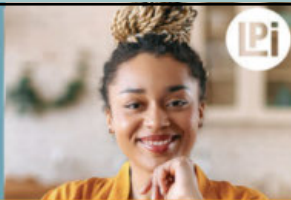
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Sizzle and Swizzle Summer Social!

Tuesday, August 6th at noon

Dust off your dancing shoes and grab your appetite for the Orchard Park Senior Center's Sizzle & Swizzle Summer Social!

Join us at noon for a delicious picnic lunch featuring Sahlen's hot dogs, classic macaroni salad, and refreshing fruit cups.

After lunch, groove to the entertainment by Linda D starting at 12:30 pm and get ready to swizzle your way into summer with a Root Beer Float celebration around 1 pm!

Don't miss this chance to connect with friends, enjoy a delicious meal, and dance the afternoon away!

Pre-register by Tuesday, July 30th!

Cost is \$5.00 - Register by July 30 or Sold Out!

Thank you Lawley Insurance for your generous donation towards this event!

FREE EVENT FOR THE ENTIRE FAMILY

Sponsored by the
Orchard Park Community Activity Council



A FANTASTIC WAY TO END THE SUMMER!

Bring a lawn chair and enjoy the music and company of others.
(Inclement weather will bring the event indoors)

Complimentary outdoor games and popcorn stand.

Beverages available at the concession stand for purchase.

DON'T FORGET
OUR DRIVE-THRU
CHICKEN DINNER
by Remi's Catering and Events
PICK-UP TIME: 4 - 6 pm
PRE-SALE Tickets available
July 22 - 26th • 10 am to 1 pm
at the Community Center
Cost: \$15 per Dinner
Cash or Venmo @CACOP

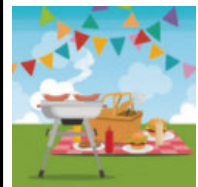


Grandparents Day! A Celebration of Magic & Family

**Tuesday, August 20th
at 1:00pm**

Looking for a delightful way to spend a summer afternoon?

Join us for an early Grandparents' Day celebration at the Senior Center! Bring your grandchild, a loved one of any age, or simply come and enjoy the company of others. We'll be whipping up delicious root beer floats and **marveling at the magical talents of Ted Burzynski**. Fun for all ages guaranteed!



September Picnic Wednesday, September 11th from 10am-1:30pm

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

Lunch will consist of Chiavetta 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 by Wednesday, September 4th.

Thank you! Highmark of WNY and Independent Health are generous sponsors

Your Vascular Health FREE Health Screening By Catholic Health

**Saturday, September 14th
8:00am – 2:00pm**



At the Orchard Park Senior Center
Screenings are open to men and women over 55. Your vascular appointment includes the following health screenings:

Carotid Artery Disease, Abdominal Aortic Aneurysm
Peripheral Arterial Disease, Blood Pressure
Screenings are **FREE** but registration is required.

Upcoming Trips

**Explore Buffalo Bus Tour
Wednesday, August 14th
Bus departs the center at 9:30am
Cost \$55.00 per person.**

**Designing Dish
Friday, September 27th**
(Meet at 11:30am at The Dish in East Aurora)
Join Maggie @ Designing Dish in East Aurora for a fun afternoon of ceramic Painting. Everyone receives a 10oz ceramic mug to paint, decorate/stencil to their heart's desire! Enjoy time with Friends while getting your creative groove on! **Cost \$23.00** per person
Includes mug, paints, supplies and firing.
Approximately 1 week after painting, pick up your mug at Designing Dish!

**Save the Date for Shea's and BPO performances!
More information to follow in September!**

**Hamilton at Shea's
Sunday, October 20th**
Bus departs the center at Noon for a 1:00pm show

**Lion King at Shea's
Saturday, December 28th**
Bus departs the center at 1pm for a 2:00pm show

**Classical Christmas BPO
Friday, December 13th**
Bus departs the center at 8:30am

**Holiday Pops BPO
Friday, December 20th**
Bus departs the center at 8:30am