



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!

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 Sandy
3-3:30	Uma Mooves	Rm 158	with Uma
2- 4pm	Open Pickleball - All are Welcome		