



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



SEPTEMBER 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

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 toward this event!

The Senior Center is CLOSED for Labor Day on Monday, September 2nd

*Notes from Maria....***September is HERE!**

As the days shorten and the kids head back to school, let's embrace the changing seasons. Enjoy a picnic on Labor Day (September 2nd). Or perhaps a virtual visit with your grandkids on September 8th. And for football fans like me, Let's cheer on the Buffalo Bills! Go Bills!

Kayla's Journey Continues

We wish Kayla all the best as she returns to school to complete her dental hygiene degree. Although she's going back to school, we're fortunate to have her stay on as part of our senior center staff on Thursdays!

New Addition to the Team

Please welcome Claire to our team! Starting in September, she'll be working at the front desk on Mondays and Tuesdays. Claire is familiar to many of you from her work at the community center and summer camp. Let's give her a warm welcome and be patient as she learns the ropes!

We hope you enjoy September and look forward to seeing you at the senior center!

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!**



Holistic Health Series

Join us for our upcoming holistic health series, where we explore natural approaches to well-being. From ancient

healing practices to modern techniques, our experts will guide you on a path to optimal health and vitality. Learn about:

Just Breathe *presented by HAAA*

Friday, September 6th from 1-3pm

Join Kelly Wahl as she leads you through the different breathing techniques, not only calm but to invigorate, circulate and cleanse. In this class we will learn:

- The different style of breathing including: resting, somatic, meditative, cathartic and diaphragmatic
- Discover essential oils to promote good lung health as well as mental clarity and how to use them
- Create a take home "breath bag" to assist the discomfort regarding asthma, RSV, allergies and other ailments
- Using the chakras in everyday life. What they are, how to activate and balance them to incorporate them into your everyday life strength, balance and clarity.

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.

Reiki Session

Friday, September 27th & October 25th

Reiki which was developed in the 1900's is a Japanese relaxation technique using energy that aims to harmonize the body, mind and spirit. Call 716-662-6452 to make your half hour appointment with Reiki Master. Practitioner, Carolyn.

First session—no charge, but tips are appreciated!

Paid appointments available upon request for 1/2hr \$25.00 or 1hr \$50.00

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. Reserve your spot now!

Lovely Lavender

Wednesday, September 18th 1-3pm

Join Pat DePrima as we discover the wonders of lavender. Immerse yourself through smelling lavender by making a lavender sachet to take home. Taste lavender by sipping lavender tea and biscuits.

Limit of 15 people.

COST is \$10



What are my Hands and Feet telling me?

Thursday, September 19th 1-4pm Or

Wednesday, September 25th 1-4pm

They speak to us in our daily lives. They tell us what parts of our body have issues and how we can treat them gently. In this workshop you will learn how to give your hands and feet relief through acupressure points. Each person will receive a foot bath with Epsom salt & essential oils and mini reflexology treatment. Each person will also receive a hand paraffin treatment. Space is limited to 8 people per session.

COST is \$25.00

Crystal Singing Bowls *presented by HAAA*

Monday, September 30th from 1-3pm

A sound bath is an immersion in the sounds and vibrational frequencies quartz singing bowls tuned to the frequency of nature. The session begins with a short guided meditation followed by the tones of the singing bowls.

Your only job is to sit back and relax, and enjoy. Often in a relaxed state, cares and concerns receive direction or clarity for moving forward in the days to come.



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.

July/August/ September Birthday Bash

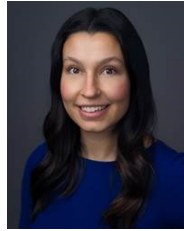
Friday, September 6th at 12:30pm

Let's Celebrate!! Maria our Director invites those who have a July/August/ September Birthday to submit a photo of yourself in your younger days by September 3rd. Everyone is welcome and will enjoy a delicious birthday dessert.

Falls Prevention, Foot Exercises and Good Foot Health

Monday, September 9th at 12:30pm

Have you ever wondered how the health of your feet impacts your overall balance? Learn why strong, healthy feet are essential for maintaining stability and preventing falls. Dr. Sara Davidovich, a skilled podiatrist, is dedicated to providing expert care for various foot and ankle conditions, including diabetic foot ulcers, bunions, hammertoes, plantar fasciitis, and more. Learn how Dr. Davidovich's patient-centered approach can help you achieve optimal foot health and enhance your quality of life.



Driver Safety with Officer 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.



Hearing Evaluations Audiology Presentation Presented by: Hearing Evaluation Services of Buffalo Thursday, September 12th at 11am

Dr. Jill Bernstein will be providing a review of the latest research explaining how hearing loss and tinnitus are related to many other common health conditions. Join her for a collaborative conversation on experiences with these common difficulties and come prepared to join into the Q & A session after the presentation.

Hearing Evaluations Audiology Screenings Thursday, September 12th at Noon

Following the Q & A everyone is invited to stay for a free screening of their hearing. Please register for a time spot for your screening at the front desk.

Hearing Evaluation
Services of Buffalo, Inc. 

STOP THE BLEED

**Wednesday, October 16th
from 10am to 11:30am**

STOP THE BLEED® is a national campaign to encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. It is a public/private partnership led by the Department of Defense and many other stakeholders.

This class has you watching a video, then you practice packing a Simulated wound, applying a tourniquet on a fake arm or leg. You also will learn about chest seals (for gun shots).



Technology Classes

Creating a PowerPoint with Theresa Wiater **Tuesday, September 10th, 17th & 24th October 1st 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 a 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.



Otto's Italian Restaurant

3972 Union Rd., Cheektowaga

Thursday, October 3, 2024 - 5pm

Menu Choices: All meals include salad, rolls & butter. Dessert. Choice of Coffee, Tea or Soft Drinks. Tax & Gratuity included.

CASH BAR AVAILABLE

Shrimp Scampi over Linguine - \$37.00

Chicken Margherita - \$38.00

Chicken cutlets topped w/eggplant, ham, cheese.

Butter w/wine sauce

Veal Parmigiana Combo Platter - \$43.00

Veal w/red sauce, 2 shells, & Lasagna.

**Please call JOY TURNER @ 716-675-6258
for Reservations before September 25, 2024**

Relationship 101 Mondays in September from 10:30-11:30am

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.

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.**

Try Me Drawing - Instructor Dan Meyer

Tuesday at 10am - Noon

3 week 10/1 - 10/15 Cost \$ 32.00

You say you can't draw a straight line! Learn how to do that and more! Discover basic drawing skills and how to put on paper what your eyes see. This is a 3 week course to spark your curiosity to see if you might want to adventure further with this basic art medium. All supplies are included. **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

1:00-2:00pm

Friday, September 13th- October 18th

6 week session Cost is \$20.00

Friday, October 25– November 22nd

5 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.

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



Calling all Readers! All are welcome to attend!

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.

October Book Club

Monday, October 21st at 10:30am

My Name is Asher Lee by Chaim Potok

In this modern classic from the National Book Award-nominated author of *The Chosen*, a young religious artist is compulsively driven to render the world he sees and feels, even when it leads him to blasphemy.

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 27th	9:00 - 3:00pm
Friday, October 25th	9:00 - 3:00pm
Friday, December 20th	9:00 - 3:00pm

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 9/2 Labor Day— Senior Center Closed

Tues 9/3 Chicken Breast with Red Pepper Cream Sauce
Mashed Potatoes, Carrots, Roll, Fresh Orange

Wed 9/4 Cheese Ravioli with Tomato Meat Sauce & Mozzarella, Peas, Grape Juice, Chef Salad, It. Bread

Thurs 9/5 Turkey with Stuffing, Gravy & Cranberry Sauce, Sweet Potatoes, Green Beans, Applesauce

Fri 9/6 Hamburger with Swiss Gravy on a Bun
Scalloped Potatoes, Mixed Vegetables, Mandarin Oranges

Mon 9/9 Beef Stroganoff over Pasta, Broccoli Florets
Carrots, Sugar Cookies

Tues 9/10 Italian Sausage with Peppers, Onions & Sauce on a Bun, Seasoned Potatoes, Au Gratin Spinach

Wed 9/11 September Picnic OFFSITE

Thurs 9/12 Breaded Boneless Pork Chop with Gravy
Ranch Mashed Potatoes, Peas with Pearl Onions

Fri 9/13 Beer Battered Fish with Tartar Sauce
Broccoli Cheese Rice Casserole, Carrots, Fruit Punch, Sherbet

Mon 9/16 Chili con Carne with Shredded Cheddar,
Carrots, Apple Juice, Corn Muffin, Oatmeal Round

Tue 9/17 Breaded Chicken Patty with BBQ Sauce on a Bun, Mashed Potatoes, California Blend Vegetables

Wed 9/18 Broccoli Cheddar Soup, Chef Salad with Garbanzo Beans & Dressing, Green Beans, Dinner Roll, Mandarin Oranges

Thurs 9/19 Bratwurst with Sauerkraut & Mustard on a Bun, German Potato Salad, Au Gratin Spinach, Pineapple

Fri 9/20 Breaded Bone-in Pork Chop with Gravy, Butternut Squash, Broccoli Florets, Chef Salad with Dressing, Roll
Cherry Pie with Whipped Topping

Mon 9/ 23 Lemon Herb Chicken Breast, Scalloped Potatoes, California Mixed Vegetables, Rye Bread, Fudge Round

Tue 9/24 Lasagna Roll with Tomato Meat Sauce & Mozzarella, Cauliflower, Fruit Punch, Chef Salad with Dressing, Roll

Wed 9/25 Garden Chicken Patty Salad with Cheddar Cheese & Ranch Dressing, Dinner Roll, Tropical Fruit

Thurs 9/26 Beef Pepper Steak Casserole over Rice
Peas & Carrots, Green Beans, Fresh Orange, Ch. Milk

Fri 9/27 Cheese Omelet with Cheese Sauce
Potatoes O'Brien, Brussels Sprouts, Wheat Bread

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

United Healthcare

Tuesday, September 10th 10 –2 pm

Highmark BCBS of WNY

Tuesday, September 24th 10-12pm

Health Insurance Fair

Monday, October 28th from 1:30pm—3:30pm

DOCUMENTARY AND DISCUSSION

Monday, September 9th at 12:45pm

Drain the Oceans-Secrets of the Civil War: The Ships that Shaped America

Throughout the American Civil War, technological advances fueled an arms race on America's seas and rivers. Science and graphics drain the oceans to reveal the ships that shaped America.

Monday, September 23rd at 12:45pm

Drain the Oceans-Lost Nukes of the Cold War

CGI (computer-generated imagery) allows us to drain the ocean to reveal evidence of secret nuclear confrontation.



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 9/4 One Perfect Match

A professional matchmaker find that she has unexpectedly fallen for one of her clients.

Wed 9/11 No Movie

Wed 9/18 Her Pen Pal

Event planner Victoria can't wait to attend and plan her best friend's wedding in Paris. But when she finds out her ex is bringing a date, Victoria reconnects with her French Childhood pen pal.

Wed 9/25 The Garfield Movie

Garfield and his canine friend Odie are forced from their perfectly pampered life into joining Vic in a hilarious, high-stakes heist.

Tell Maria your favorite movies and we'll feature them in the upcoming months. Whether it's a classic, a new release, or a hidden gem, we want to hear about it! Let's make movie day even more exciting together.

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 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><u>Basketball Free</u> Bring your own ball and shoot some hoops. Mon – Fri 8:30 - 9:30am Mon– Fri 11:30 -12:30pm</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 No class 9/11 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Sewing Club 9/18 and 9/25 9:30 Hand & Foot 10:00 Beg. Line Dance 10:15 Sit and Get Fit No class 9/11 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 <u>Evening Classes</u> 5:15pm Yoga</p>	<p>8:30 Fitness Room 8:45 Mens Exercise No class 9/12 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 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><u>Fitness Room Closed</u> Wednesdays 12:45-1:45pm Fridays 12:00– 1:00pm</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Game Room OPEN 9:00am - 3:00pm</p> </div> <p><u>Evening Classes</u> 6:30pm Cardio Drumming</p> </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><u>Open Walking</u> Monday– Friday 8:30am - 10:30am 2:00pm - 4:00pm</p> </div>

Helping Hands Sewing, Crochet and Knitting



3rd and 4th Wednesdays of the Month 9am –1:30pm
 Calling all experienced sewers to join this Sewing Group who work specifically on sewing projects for donations to Children's Hospital, Family Justice Center, Roswell etc.
Bring your own crocheting and knitting supplies.

Beginner & Intermediate CORNHOLE Wednesdays at 1:00pm

Cornhole is a fun game that can be played by people of all ages and skill levels. Cornhole can be played as singles or doubles. To play each player or team takes turns tossing their bags at the board opposite them. When a player gets a bag in the hole they score.

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. Cards provided at the front desk.

Greeting cards needed, Please help.
Do you have extra greeting card. Please consider donating them for our fellow senior seniors and Veterans for the Holiday season, Please drop the cards off at the front desk.

Heap Outreach

Thursday, September 19th from 9– 4pm

Throughout the 2024/2025 HEAP Season a member from the HEAP Outreach team will be onsite to answer HEAP related questions & accept clean and tune applications for eligible homeowners.

****HEAP Outreach will not have Regular or Emergency benefit applications available for 2024/2025 HEAP seasons at this time. The anticipated start of the 2024/2025 HEAP season is NOVEMBER.****

Erie County Senior Services NY CONNECTS

Thursday, October 17th from 9-4pm

NY Connects is your trusted place to go for free, unbiased information about long term services and supports in New York State . A representative from Erie County will be on site to assist you with filling out SNAP, Medicaid, Veteran's Benefits, SSI, HEAP, EPIC Etc.. Please call the center to make your appointment today.

Upcoming Hikes.....

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.

Meet educator at Playground Parking Lot.
 Binoculars recommended but not necessary.

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

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

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

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
7 week session 10/8 - 11/26 Cost \$35.00
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
7 week session 10/8 - 11/26 Cost \$35.00
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
6 week session 10/30 - 12/4 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/ Friends Thursdays at 1:00 pm

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! **No Instructor for the month of September.**

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 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

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

Zumba Fridays at 10:00 am

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

Evening Classes:

Cardio Drumming Evening Tuesdays at 5:30 pm

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

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 and some mat exercises. Instructor: Jennifer Johnson

ADDITIONAL WEEKLY SCHEDULED EVENTS*No Registration Required***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

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

No class 9/11

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**

With a Fitness membership 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 Monday at 9:00am
Open Bocce 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!



**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.



**Halloween Party
Thursday, October 31st
1:00pm - 3:00pm**

Don your spookiest attire and join us for a bewitching Halloween bash! Show off your creativity in our costume contest and snag a prize. Or just dance the afternoon away to the tunes of the **Nitetones!**

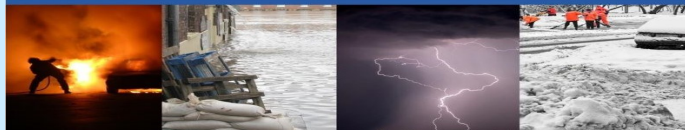
COST \$3.00.

Register at the front desk to attend this event by Wednesday, October 23rd.

Thank you to Orchard Heights for your Generous donation towards this event.



Citizen Preparedness Corps



**NYS Preparedness Corps
Thursday, September 19th at 12:30pm
Or**

Wednesday, October 9th at 5pm

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. Pre-registration Required.



**Wegmans Flu Shot Clinic
Tuesday, October 8th
10:00am - 12:30pm**

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.

**Health Insurance Fair
Monday, October 28th 1:30pm - 3:30pm &
Wednesday, November 13th 1:30pm - 3:30pm**

EPIC (Elderly Pharmaceutical Insurance Coverage), Univera, BlueCross/Blue Shield, Aetna, and HIICAP (Health Insurance Information, Counseling and Assistance). Explore various health insurance options at today's fair. Representatives will have plan information and applications for 2025.

Upcoming Adventures

**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!

**Hamilton at Shea's Sunday, October 20th
Cost \$98.00 per person**

and includes school bus transportation
Bus departs the center at Noon for a 1:00pm show
Spots are limited!

Seats are in Orch1 Section, Row CC,DD,EE.

**Tickets go on Sale
Friday, September 6th at 8:30am
First come, First serve**

More Info coming soon...

**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**

**Holiday Pops BPO
Friday, December 20th**