



# Orchard Park Senior Center

4520 California Road  
Orchard Park, NY 14127



**DECEMBER 2024**

## PHONE

716-662-6452

## EMAIL

[opsenior@orchardparkny.org](mailto:opsenior@orchardparkny.org)

## CENTER HOURS MONDAY- FRIDAY

8:30 a.m. – 4:00 p.m.

### Senior Center Staff

**Director** Maria Galley  
**Office Assistant** Maggie  
**Office Assistant** Kayla  
**Kitchen** Kevin  
**Front Desk** Bob  
**Front Desk** Gina  
**Front Desk** Barb  
**Front Desk** Claire

**Town Supervisor**  
Eugene Majchrzak

**Council Members**  
Joseph Liberti  
Julia Mombrea  
Scott Honer  
John Mariano



Sending a note your way to say  
**Season's Greetings**

***Happy Holidays! The Center is CLOSED  
Tuesday, December 24th,  
Wednesday, December 25th and  
Wednesday, January 1st***

### *Notes from Maria....*

As 2024 comes to a close, I want to take a moment and express my deepest gratitude to each and everyone of you for making this year such an incredible journey at the Orchard Park Senior Center. We may dream up amazing programs and events, and keep this building buzzing with activity, but I couldn't do it without the unwavering dedications of our staff and volunteers. **You are the true heart and soul of this place!** Your love, support, and tireless efforts have made all the difference.

From our lively exercise classes and stimulating art workshops to our heartwarming holiday celebrations and thought provoking guest speaker series, every day has been filled with opportunities for connection, learning, and growth. And at the core of it all has been your unwavering support and enthusiasm.

Your willingness to embrace new experiences, share your talents and stories, and simply enjoy each other's company has made this Orchard Park Senior Center a true beacon of joy and camaraderie. It has been an honor and a privilege to serve as your director this past year, and I am incredibly grateful for the opportunity to have witnessed firsthand the transformative power of community.

As we look ahead to 2025, I am filled with excitement for the new adventures that await us. With your continued support, I know that we can make the Orchard Park Senior Center an even more vibrant and enriching place to be. In the meantime, I wish you all a Joyous holiday season and a Peaceful and prosperous New Year. May your homes be filled with love, laughter, and cherished memories.

Thank you for everything, and I look forward to continuing this journey together in 2025!

### 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* \$45 annual fee
- ◆ *Fitness Membership* \$45 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 \$5.00

Membership applications must be submitted in person at the Center.

Appointments are required for all new members.

Please contact the Senior Center  
716-662-6452 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!**

### **University Express: William Who?**

**Monday, December 2<sup>nd</sup> at 10:30am**

In this class, participants will dive into learning about who Shakespeare was in his time and the true stories that inspired some of his greatest works. The class will examine some of his texts to explore how he connects with our understanding of passion, status and whimsy. Participants will engage in a discussion about how we can find ourselves in the stories Shakespeare has written hundreds of years ago.

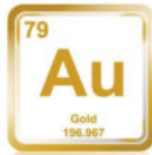
Instructor: Gabriella McKinley

### **University Express: Why We Love the Element Gold**

**Monday, December 2<sup>nd</sup> at 1:30pm**

Learn all about GOLD! Its cosmological origin, its physics, its utilization in art, religion, industry, finance, jewelry, awards, warfare, astronomy. Its mining and refining, etc. Informative, illuminating, compelling, forthright, captivating, and enjoyable!

Instructor: Dr. Francis Lestingi, Co-Founder of the Buffalo Niagara Nikola Tesla Council. Founder of Signs of Gold, Inc., PhD Professor Emeritus of Physics and History of Science, SUNY Buffalo State University



### **University Express: Indian Boarding Schools**

**Tuesday, December 3<sup>rd</sup> at 10:00am**

The history of boarding schools for Native American children as told through the story of the Thomas Indian School on the Cattaraugus Seneca Reservation and the children who attended it for more than one hundred years. This presentation will include photos of the facilities and children. Instructor: Keith Burich, Professor Emeritus of Native American History, Canisius University

### **Scammers, Rip-offs and Fraud.... Oh My!**

**Tuesday, December 3<sup>rd</sup> at 11am**

This holiday season, join Town of Orchard Park IT Director in raising awareness about the growing risk of fraud targeting seniors. Attendees will learn valuable strategies to prevent and respond to these scams. We'll cover topics such as gift card scams, IRS fraud, Social Security scams, and various other tactics used by fraudsters. Together, we can make a difference!

**SCAMS**  
**TARGET YOU**  
**PROTECT YOURSELF**

### **WINTER WONDERLAND DANCE**

**Tuesday, December 3<sup>rd</sup> from 2-4 pm**

Let's welcome this winter at our winter wonderland dance! Join us for an enchanted afternoon filled with socializing, dancing and entertainment by **Diamond Sound** Featuring Linda D.

Pizza will be available for purchase at the concession stand.

**Cost \$2.00.**

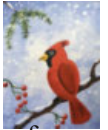
**Thank you United Healthcare for your generous donation towards this event.**

### **University Express: 18 Years, 5 Months, 22 Days**

**Wednesday, December 4<sup>th</sup> at 10:30am**

In 1971, John List murdered his entire family and disappeared for 18 years. After escaping law enforcement and being on the FBI's Most Wanted for almost 2 decades, what led to the killer's capture? Learn the unbelievable reason for the killings and how a talented artist helped apprehend the man hiding in plain sight.

Instructor: Theresa Wiater, Retired Teacher



### **Paint with Kayla**

**Thursday, December 5<sup>th</sup> at 1:00pm**

Unleash your inner artist and join us for an afternoon of artistic fun with friends! We'll paint a winter scene with acrylic paint all while enjoying refreshments. This class is for everyone, no painting experience needed! Supplies will be provided by the center. **Cost \$15.00** per person. Limit 14.

### **University Express: A Time Against Race**

**Friday, December 6<sup>th</sup> at 1:30pm**

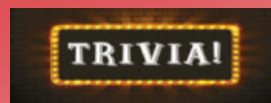
The 8<sup>th</sup> book in the Orphans and Inmates series, focuses on the early 1920's, when the Ku Klux Klan came to Buffalo. We join our favorite characters, plus a few new ones, during prohibition at iconic locations in the African American Heritage Corridor like the Colored Musicians Club.

Instructor: Roseanne Higgins, Adjunct Professor of Anthropology, University at Buffalo

### **Family Feud**

**Friday, December 6<sup>th</sup> at 10:30am**

Channel your inner game show genius at our exciting Family Feud event hosted by Maria! Today's the day! Dust off your knowledge caps and get ready to compete against fellow members in the ultimate battle of wits. Here's how it works: Gather your squad! Teams of five on the day of the event. Think like the masses! Answer survey questions based on popular responses. Buzz in and rack up points! Everyone gets a chance to play! Don't worry if you don't have a team, we'll help you find one. It's time to unleash your inner game show legend! Join us for laughter, friendly competition, and a chance to win bragging rights!



**Senior Center Trivia**  
**Monday, December 9<sup>th</sup>**  
**At 12:30pm**

Join Maggie as she leads Senior Center Trivia! Team Orchard Park will compete virtually against other senior centers in Erie County via the magic of computers and technology. Bring a friend and join the fun!

This event is FREE but please sign up at the front desk.

### **Gingerbread House Make N' Take**

**Monday, December 9<sup>th</sup> at 10am**

Gingerbread houses will be pre-constructed! All you need to do is to bring your holiday spirit and creativity to decorate your house! House and decorating supplies will be provided! Seating is limited to 12! **Cost \$10.00** Light Refreshments will be served!



### Healthy Alternatives through Healing Arts Self Healing— With Janet Deese Monday, December 9th from 1– 3pm

A meditative journey that will result in deep relaxation. This will help you begin the healing process whether mental, emotional or physical. Janet will also provide a mini energy clearing to each participant .

### Coffee and Conversation with Officer Mazur Tuesday, December 10th at 11am

Join us this month as we have Coffee & Conversation with Officer Mazur from the Orchard Park Police Department. Enjoy light refreshments and friendly conversation about local events & topics!

### Crystals— An Afternoon Retreat to a New Beginning—2025 with Pat DePrima Wednesday, December 11th from 1 to 4pm

Holidays are upon us and we are often too busy to take an afternoon off just for us. You will learn about the power of crystals. They have been used for centuries, found in the earth & they're there for you to assist you in your personal growth and development. You will clear your energy field with the use of crystals, bringing balance and harmony to your life. You will make a manifestation board. You will choose your own personal crystals to be added to your board. You will participate in a journey meditation to give you a jump start into 2025.



### UE: Merry Christmas from Buffalo Wednesday, December 11<sup>th</sup> at 10:30am

Despite modern-day commercialism, Christmas here in Buffalo and throughout this nation was first a religious celebration whose roots date back to the Romans and ancient Pagan rites. While it eventually evolved into a general celebration of the birth of Jesus Christ, Christmas was deeply rooted in the specific ethnic origins and traditions of the families celebrating it. Buffalo, with its diverse ethnic population, had an abundance of Christmas traditions that influenced the various ways this holiday was celebrated. Join us to learn how these early Buffalonians brought their unique ethnic and religious traditions to help define a Buffalo Christmas!

### Get Tech Savvy with TECH SAVVY! Master Windows Computers And Built– In Programs! Thursday, December 12th at Noon

Are you a senior looking to boost your tech skills? Tech Savvy is here to help! Our specifically 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. For understanding basic functions to exploring these versatile applications, our patient instructor will ensure you gain confidence and competence.



### GRINCH MAS Dinner Bingo Bash Thursday, December 12th at 3:00pm

Tonight we will serve pizza, salad and dessert for \$14.00. We will play 3 games of Round Robin and a few other special games in between! Cash prizes and gifts will be awarded to the winners. To attend this event you must sign up and pay at the front desk by Friday, December 6th. Additional boards will be available for purchase.



### HEAP Outreach

#### Tuesday, December 17th from 9am to 1pm

HEAP Outreach will be onsite to help community members with the application for 2024-2025. Call to make a reservation. Walk–ins will be welcome.

### Buffalo Bells Concert

#### Tuesday, December 17th Doors open at 6:30pm

Buffalo Bells presents *White Christmas*. Please join us for a Family - Friendly Handbell Concert featuring Traditional Christmas Songs and Holiday Favorites. Concert begins at 7:00pm.

**Thank you ECVA for your generous donation towards this event.**

### Ugly Sweater Contest With The Sounds of Christmas Wednesday, December 18th at 12:45pm



Join us after the Christmas Luncheon for all your **favorite Christmas songs** by **Jack Civiletto**. Don't forget to wear your Ugly sweater to be included for a chance to win a prize. Ugly sweaters are good cheer. It's that wonderful time of year. Prizes awarded for the "Ugliest Christmas Sweater." However, you're welcome in your warmest sweater of favorite holiday too! The winner of the "Ugly Sweater contest" will be announced after lunch.

### Instacart Presentation by Brendan Chella Thursday, December 19th from 1—3pm

Have you ever wanted to learn how to grocery shop on your phone while watching television? We have the class for you! This class will teach you how to set-up Instacart on your device and also how to use the app.

### Birthday Bash

#### Thursday, December 19th at 12:30pm

Let's celebrate! Maria our Director invites those who have a October, November or December Birthday to submit a photo of yourself in your younger days by 12/4. Everyone is welcome and will enjoy a delicious birthday dessert.

### Deepen Your Sense of Peace and Calm Friday, December 20th from 1– 3pm

A rejuvenating workshop designed to help you cultivate inner peace and resilience. You'll learn to release anxiety and tension, focus while under stress and enhance your wellbeing.

## Coming in January.....

### Baking with Mary Ann Notto

Friday, January 17th at 1:30pm

Join us for a special Valentine's Day baking session with Mary Ann. Learn to make a delicious treat that you can recreate at home for your loved ones. A recipe and a taste of the finished product will be provided. Cost \$10.00.

Limited to 14 participants.

### Alzheimer Association Presents: Building Foundation of Caregiving

Thursday, January 23rd at 11am

### Pie Baking Contest

Friday, January 24th at 1:00 pm

Calling all pie bakers! Enter your favorite homemade pie for a chance to win prizes! (All pies must be 100% homemade - including the crust). A contest will be held and prizes will be awarded at our National Pie Day celebration. Drop off your pie by 11:00 a.m. so our panel of judges can rank each pie and determine the top pies for prizes. Register (participant and name of pie) in the office if you wish to enter a pie in the contest.

### Celebrate National Pie Day with Your Friends at The Orchard Park Senior Center

Friday, January 24th at 1:00pm

Cost \$3.00, Register and pay at the front desk.

### Securing Facebook with Brendan Chella

Thursday, January 30th from 1-3pm

## ART CLASSES

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

### Beginner Watercolor - Instructor Dan Meyer

Tuesday at 10am - Noon

6 week 10/29 - 12/17 Cost \$36.00

### Beginner Drawing - Instructor Dan Meyer

Tuesdays at 10am - Noon

8 week 1/14 - 3/4 Cost \$48.00

### Intermediate Watercolor - Instructor Dan Meyer

Tuesdays at 1:00 pm - 3:00 pm

6 week 10/29 - 12/17 Cost \$36.00

8 week 1/14 - 3/4 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](http://www.danmeyerwatercolors.com) supply list for classes available at the front desk

### Art with Friends FREE

Fridays at 10:30 am - 12:30 pm

Enjoy working on your artwork? Bring your supplies in and work with others at the senior center.

All skill levels Welcome! No Instructor.



Calling all Readers! All are welcome to attend!

### December Book Club

Monday, December 9th at 10:30am *Harry Potter and the Sorcerer's Stone* by J.K. Rowling

Harry Potter has no idea how famous he is. That's because he's being raised by his miserable aunt and uncle who are terrified Harry will learn that he's really a wizard, just as his parents were.

But everything changes when Harry is summoned to attend an infamous school for wizards, and he begins to discover some clues about his illustrious birthright. From the surprising way he is greeted by a lovable giant, to the unique curriculum and colorful faculty at his unusual school, Harry finds himself drawn deep inside a mystical world he never knew existed and closer to his own noble destiny.

### January Book Club

Monday, January 13th at 10:30am

Into Thin Air : A Personal Account of the Mount Everest Disaster—Jon Krakauer

A personal account of the Mount Everest Disaster is a 1997 bestselling nonfiction book written by Jon Krakauer. It details Krakauer's experience in the 1996 Mount Everest disaster, in which eight climbers were killed and several others were stranded by a storm.



### Reiki Session

Friday, December 13th

Appointments available from 9am - 11am

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! More appointments coming soon!

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



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, January 24th	9:00 - 3:00pm
Friday, February 14th	9:00 - 3:00pm
Friday, March 14th	9:00 - 3:00pm
Friday, April 18th	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.

Menu can be found at

<https://www.erie.gov/seniorservices/stay-fit-dining>

**Mon 12/2** Chicken & Sausage Paella, Rice with Black Beans, Corn with Red Pepper, Orange Pineapple Juice  
**Tues 12/3** Beef Macaroni Casserole with Mozzarella, Peas & Carrots, Grape Juice, Chef Salad, Multigrain Bread  
**Wed 12/4** Cheese Tortellini with Chicken & Primavera Sauce, Italian Bean Medley, Zucchini & Tomatoes  
**Thurs 12/5** Ham Steak with Maple Glaze, Mashed Sweet Potatoes, Brussels Sprouts, Rye Bread, Straw. Ice Cream  
**Fri 12/6** Beer Battered Fish with Tartar Sauce, Tater Tots Au Gratin Broccoli, Wheat Dinner Roll, Vanilla Pudding  
**Mon 12/9** Chicken Breast with BBQ Sauce, Cheesy Diced Potatoes, Fiesta Corn, Whole Wheat Dinner Roll, Applesauce  
**Tues 12/10** Beef Taco Salad with Shredded Cheddar, Tortilla Strips & Tomato Salsa on a Bed of Fresh Salad  
**Wed 12/11** Cheese Ravioli with Tomato Meat Sauce & Mozzarella, Peas, Grape Juice, Chef Salad with Dressing  
**Thurs 12/12** Chicken Vegetable Casserole, Mashed Potatoes, Green Beans, Warm Biscuit, Pineapple Tidbits  
**Fri 12/13** Salisbury Steak with Gravy, Scalloped Potatoes, Mixed Vegetables, Wheat Bread, Mandarin Oranges

**Mon 12/16** Turkey Tetrizzini, Brussels Sprouts, Apple Juice Wheat Dinner Roll, Lorna Doones  
**Tue 12/17** Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun, Seasoned Potatoes, Au Gratin Spinach  
**Wed 12/18 Christmas Meal** Broccoli-stuffed Chicken with Creamy Herb Gravy, Vegetable Rice Pilaf, Peas with Red Pepper, Chef Salad with Dressing, Dinner Roll, Strawberry Cheesecake  
**Thurs 12/19** Beef Stroganoff over Pasta, Carrots Broccoli Florets, Fresh Orange, Chocolate Milk  
**Fri 12/20 Welcome Winter Luncheon** Roasted Turkey with Stuffing Gravy & Cranberry Sauce, Mashed Potatoes, Mixed Veg, Apple Pie

**Mon 12/23** Cheese Omelet with Creole Sauce, Broccoli  
**Tues 12/24 Center Closed**  
**Wed 12/25 Center Closed**  
**Thurs 12/26** Chicken a la King, Mashed Potatoes, Veg  
**Fri 12/27** Polish Sausage w/ Sauerkraut, Pasta,

**Mon 12/30** Beef Pepper Steak, Casserole over Rice, Zucchini Medley, Broccoli Florets, Fudge Round Cookie  
**Tues 12/31 New Year's Meal** Pork Loin with Stuffing and Cranberry Chutney, Mashed Potatoes with Chives, Brussel



### **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*

#### Lawley - John Weatherby

Wednesday, December 11th 1- 3:30PM

#### United Healthcare

Thursday, December 5th 12:30-2:30PM

#### Highmark BCBS of WNY

Tuesday, December 3rd 10-12PM

### **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

### **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., 12/4 Pain Hustlers** - A down - and - out single mom (Emily Blundt) and a shifty pharma exec (Chris Evans) find a risky path to riches in this razor - sharp film based on real events.

**Wed., 12/11 Hot Frosty** - A kindhearted widow (Lacey Chabert) takes care of everyone but herself. When a dashing snowman comes to life, he helps rebuild her home - and her heart.

**Wed., 12/18 Me and Mr. Christmas** - Zoe needs a client to put her new PR business on the map, so she convinces bookstore owner Sam he should enter MR. Christmas—an annual month - long pageant that has eligible bachelors around town compete in a series of holiday activities. Is it just business or can Sam actually become Zoe's Mr. Christmas?

# DECEMBER SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Fitness Room 9:00 Pool Shooting 9:00 Medit. &amp; Yoga 9:00 Ladies Exercise 11:00 Gentle Hatha Yoga w/Barb NOON LUNCH 12:15 Beginner Pickleball 12:30 Bridge 12:30 UMA MOVES 2:00 55+ Pickleball <u>Evening Classes</u> 5:30 20.20.20</p> <div style="background-color: green; color: white; padding: 5px; text-align: center;"> <b>Building Closed</b> 12/24, 12/25, 1/1         </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b><u>Basketball Free</u></b> 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 Shuffleboard 9:00 Pool Shooting 10:00 Beg. Watercolor 10:00 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 55+ Pickleball <u>Evening Classes</u> 5:30 Cardio Drumming</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b><u>Open Walking</u></b> Monday– Friday 8:30am - 10:30am 2:00pm - 4:00pm</p> </div>	<p>8:30 Fitness Room 8:45 Mens Exercise 9:00 Pool Shooting 9:00 Ladies Exercise 9:30 Hand &amp; Foot 10:00 Beg. Line Dance 10:15 Sit and Get Fit 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 1:00 Corn hole 1:30 55+ Pickleball</p> <p style="text-align: center;"><u>Evening Classes</u> 5:15pm Yoga</p>	<p>8:30 Fitness Room 8:45 Mens Exercise 9:00 Pool Shooting 9:00 55+ Pickleball 9:00 Sit and Get Fit 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</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> <p>Game Room OPEN Tues. &amp; Thurs. 9:00am - 3:00pm Closed 12/26</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> <p>Billiards Room Closed 8-Ball Tournament Thursdays 12:30pm - 2:30pm</p> </div>	<p>8:30 Fitness Room 8:45 Cardio Drum 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:00 Zumba 10:30 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; text-align: center;"> <p><b><u>Fitness Room Closed</u></b> Wednesdays 12:45-1:45pm Fridays 12:00– 1:00pm</p> </div>

## Holiday Food Drive

**November 12th - December 13th**

Help us help those in our community who are in need this holiday season! Collection bins will be in the main Lobby of the Community Activity Center.

Recommended Items: Canned Foods, Soups, Cereals, Pastas, Common Seasonings, Juice Boxes, Kid Friendly Meals,



### Looking for a fun and social activity?

Join us for a game of billiards in our billiards room! Whether you're a seasoned pro or just starting out, everyone is welcome to come and enjoy a friendly game. It's a great way to meet new friends, have fun, and stay active. So grab your cue and come on down!



**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.



## Coffee & Conversation

Join us at the Orchard Park Senior Center for our monthly Coffee & Conversation event!

**Every second Tuesday at 11 AM**, we'll feature a different community member to share their stories and insights. Come enjoy a cup of coffee, make new connections, and have stimulating conversations.

**Tuesday, December 10th - Town of OP Officer Mazur**

**Tuesday, January 14th - OPSC Staff**

**Tuesday, February 11th - John Glebe from Erie County Senior Services**



## Have you ever wanted to try table tennis? Now is your chance!

We have 2 tables available for practicing in the GAME ROOM solo or with partners on Tuesdays & Thursdays from 9:30am - 3:00pm. Room closed on 12/26.



## Christmas Cards for VETERANS

Let's show our appreciation for our local Veterans this holiday season! Join us in creating heartwarming Christmas cards. Simply sign a card and drop it in the bin located in the front vestibule. These cards will be distributed to various Veteran organizations in our community. A small gesture can make a big difference, so let's spread some holiday cheer! A special thank you to Donna, Chris and the Hallmark gals for organizing this wonderful initiative!



**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**

8 week session 10/21 - 12/16 Cost \$ 40.00

6 week session 1/6 - 2/24 no class 1/20 & 2/14 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 11/6 - 12/18 Cost \$30.00

8 week session 1/8 - 2/26 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**

5 week session 11/18 - 12/30 No Class 12/9 & 12/23 Cost \$25.00

5 week session 1/6 - 2/10 Cost \$25.00

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

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

6 week session 1/21-2/25 Cost \$ 15.00

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**

12/3, 12/10, 12/17 Pay as you go Cost \$5.00

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**

12/3, 12/10, 12/17 Pay as you go Cost \$5.00

8 week session 1/7 - 2/21 Cost \$40.00

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 10/30 - 12/4 Cost \$30.00

6 week session 1/8 - 2/12 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**

4 wk session 11/21 - 12/19 Cost \$32.00

6 wk session 1/9 - 2/13 Cost \$48.00

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 11/5 - 12/10 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.

**BAM! – Balance and Mobility Class**

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

7 week session 11/1– 12/20 Cost \$ 35.00

7 week session 1/10 - 2/21 Cost \$ 35.00

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 11/1 - 12/13 no class 11/29 Cost \$30.00

**Zumba Fridays at 10:00 am**

6 week session 11/1 - 12/13 no class 11/29 Cost \$30.00

**Evening Classes:**

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

5 week session 10/29 - 12/10 Cost \$25.00

**Cardio Drumming Evening Thursday at 5:30 pm**

5 wk session 11/7 - 12/12 no class 11/28 Cost \$ 25.00

**EVENING YOGA with MARIE Wednesday at 5:15 pm**

3 week session 12/4 - 12/18 Cost \$15.00

3 week session 12/4 - 12/18 Cost \$15.00

**20.20.20 Monday at 5:30pm**

Starts back in February

**Fitness Room Classes:**

**Strength Training Wednesdays at 12:45pm**

6 week session 1/8 - 2/12 Cost \$45.00

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**

7 week session 11/1 - 12/20 Closed 11/29 Cost \$49.00

7 week session 1/10 - 2/11 Cost \$49.00

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

**No class 11/5 and 11/6**

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 with Trish**

**Thursday at 9-9:45am with Kayla**

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

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.



## Shuffleboard

**Tuesdays 9:00-10:30am**

Shuffleboard rules are easy to learn and understand. They are designed to keep the game fun! The winner is the first person to reach a pre-defined target, or the player with highest score after 20 frames.

No Registration Required, just join in the fun!

**New Members are Welcome!**



## 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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## Upcoming Adventures

### **BYOB Holiday Lights Trolley— Buffalo Saturday, December 7th Bus departs the center at 2:00pm**

Cost \$75.00 per person

We'll be whisked off to see the best holiday landmarks Buffalo has to offer! Possible sights or stops include: Holiday Markets, Curling and Ice Biking at Canalside, Buffalo Christmas Tree at Fountain Plaza, Roswell Tree of Hope, Residential Light Displays. Join us and enjoy this 3 hour trolley ride with a driver and tour guide.

*Bring your own bottle and enjoy the music, fun and prizes on the Trolley!*

Limited seats available!



### **New Year Party at Salvatore's Italian Gardens Friday, January 3rd Noon - 3:30 pm**

We're ringing in the New Year at Salvatore's Italian Gardens. Join us for a celebratory afternoon with friends as we Welcome 2025.

For your listening pleasure, music will be provided by Hastings Duo. A photo booth will be on site with props to create poses and capture the moment.

In addition complimentary hors d'oeuvres & punch served from 12-1:00pm.

#### **Entree Choices:**

Prime Rib, Poached Salmon or Chicken Francoise. Meal includes potatoes, seasoned vegetables, salad, rolls/butter, coffee & tea, and dessert.

**Tickets are \$52.00 for General Members  
and \$60.00 for non- members**

## **Sheas**

### **A Beautiful Noise—Neil Diamond**

Sunday April 13th

Bus departs the center at 12:00pm

More information and registration to come in January



### **All Aboard the Ark Sight And Sound Millennium Theatre, Lancaster PA March 25 – 27, 2025 Tues—Thurs**

**\$699 per person double**

**\$660.00 per person triple/ 874.00 Single**

Excursion Includes:

- Luxury Motor Coach transportation, driver gratuity
- Two night's hotel accommodations—Eden Resort
- Shady Maple Smorgasbord Dinner
- Two breakfasts at the hotel
- Kitchen Kettle Village
- Day 2 Matinee performance of NOAH at Sight and Sound Theatre
- Hershey Farm Traditional Family Style Dinner
- Hershey Chocolate World on day 3 before heading home

**Depart:** March 25th at 7am at the Orchard Park Senior Center. ( note: trip is being shared with Akron Newstead Senior Center)

**Return:** March 27th at Approximately 8:00pm.

Trip, once paid, is non-refundable unless trip protection is purchased and cancellable reason.

Trip Protection is highly recommended and available to purchase <https://nta.aontravelprotect.com>

## **TIME TO RENEW YOUR MEMBERSHIP!!!**

### **Free for all Town of Orchard Park Residents with Proof of Residency**

**All 2024 memberships (resident and non-resident) will expire on December 31st.**

Memberships may be renewed at the front desk Monday through Friday between 10 am and 2 pm

- ♦ **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 \$45 annual fee**
- ♦ **Fitness Membership \$45 annual fee or can be waived if you have:**  
Silver Sneakers, Silver & Fit, Active & Fit or Renew Active

**General Membership Includes:** Art Classes, Billiards Room, Bingo, Cards (Bridge, Hand & Foot, Pinochle, Euchre) Chess, Dominoes, Presentations, Financial Planning, Special Events (Dinners, Dances, Entertainment) Reiki etc.

**Fitness Membership Includes:** Fitness Room, Sit and Get Fit Class, Club 99, Ladies Exercise, Men's Fitness, Open Walking , Shuffleboard, Bocce, Corn hole and **Access to Paid Classes.**