



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



APRIL 2025

PHONE

716-662-6452

EMAIL

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 Shannon

Kitchen Kevin

Front Desk Bob

Front Desk Barb

Front Desk Claire

Front Desk Sandy

Town Supervisor

Eugene Majchrzak

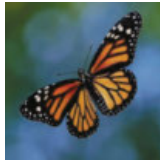
Council Members

Joseph Liberti

Julia Mombrea

Scott Honer

John Mariano



Afternoon Tea & Monarchs

Tuesday, April 8th at 1:30pm

Indulge in a delightful afternoon tea with friends! Bring your favorite teacup and saucer (or borrow one from us) and join us for an elegant and social experience. Enjoy a selection of tea sandwiches, delectable desserts, and lively conversation.

Special Guest Speaker: Dr. Kathleen Contrino will present on "Monarchs and Milkweed: Specialized Relationships in the Natural World." Learn about the crucial role of these specialized relationships in supporting the natural world and how understanding them helps us select the most beneficial native plants for pollinators and wildlife.

Cost: \$16.00 Spots are limited.

Must register and pay by April 1st.

Don't miss this unique opportunity to combine a charming tea party with an insightful presentation on the wonders of the natural world.

**The Senior Center is CLOSED
on Friday, April 18th.**

Notes from Maria....

Get ready to shake off those winter blues, folks! April's here, and you can practically *smell* the magic in the air! Those gentle showers? They're just nature's way of prepping for a floral explosion in May. And speaking of explosions, we're crossing our fingers for a sunshine-filled Easter on the 20th – imagine the Easter Bunny hopping through golden rays!

But the real magic isn't just blooming outside; it's right here at our Senior Center! April is Volunteer Appreciation Month, and we're ready to shout about our amazing volunteers from the rooftops. They're the stardust that makes our center sparkle! From the friendly faces at the front desk to the talented folks leading some of our classes, from the helpful voices on the phone to the lunch heroes bringing smiles with every plate, our volunteers are the heart of our enchanted forest. They're the keepers of joy, the weavers of community, and the bringers of light! So, a HUGE thank you to each and every one of you. Your kindness is like a treasure chest overflowing with precious gems.

Let's all welcome Spring with open arms and hearts full of gratitude. May your days be filled with sunshine, laughter, and a sprinkle of that volunteer magic!



With a warm smile and a spring in our step, we're ready for a fantastic April!

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+ membership fee is waived *with proof of residency.***

Proof of Town of Orchard Park residency accepted:
NY Driver's license with OP residence, OP TOWN
Tax Bill, Utility bill w/ OP address/your name listed.

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 recommended 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.*

Orchard Park Senior

Meet the 1st and 3rd Wednesday of the month at 1:30PM
President, Shirley Hunter
For Travel info. contact MaryAnn Notto

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

IMPORTANT PHONE NUMBERS

| | |
|------------------------------------|----------------|
| AARP | 1-800-424-3410 |
| Are You Okay? | 674-2280 |
| EPIC | 1-800-332-3742 |
| Erie County Adult Protection | 858-6877 |
| Lions Club Loan Closet | 662-0540 |
| Meals on Wheels | 822-2002 |
| NY CONNECTS..... | 858-8526 |
| Social Security | 1-800-647-9195 |
| Supervisor's Office | 662-6400 |

TRANSPORTATION

Rural Transit 662-8378
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 written request 7 full business days prior to the scheduled class/event start date.***

A \$5.00 processing fee will be applied to all class refunds.
A \$1.00 processing fee will be applied to all event refunds.

After the session begins, NO refunds are granted.
A FULL refund/or partial refund may be placed into a member's senior center wallet account for a course that is cancelled due to low registration, teacher illness or weather emergency. You will be notified by either text, email or phone message.

Trips are non-refundable unless we have a waiting list.

**PRE-REGISTRATION IS REQUIRED IN ADVANCE FOR ALL PRESENTATIONS AND ACTIVITIES.
THANK YOU!**

Crafting: Bunny Face - Bud Vase

Tuesday, April 1st at 11am to 12:00pm

Join Maggie to create a cute floral bud vase! The front will be a wood face of a bunny that you paint! Behind the face we will glue the vase! Add your colorful creativity to make it unique! All supplies are provided! Light Refreshments will be served! Cost \$10.00. Seating is limited to 11.

Cricut

**Tuesday, April 1st from 12:30 - 3:30pm &
Tuesday, April 29th from 12:30pm - 3:30pm**

Join us for an introductory Cricut class, perfect for beginners! This class focuses on the absolute basics— from setting up your Cricut machine to creating your first design. The instructor, a technology instruction librarian from the Buffalo & Erie County Public Library will be bringing a Cricut Maker 3 and laptop to demonstrate and for students to explore. Please note: this is not a session for intermediate or advanced skills. However, advanced Cricut users are welcome to attend and share their skills and experience. Whether you're brand new to Cricut or eager to contribute your expertise, this is the perfect space to start crafting and connect!

High Vibrational Food

Wednesday, April 2nd at 10am

Food is more than fuel - it's energy! Join High - Vibrational Foods, a transformative health program that teaches you how to nourish your body with the purest, most life-giving foods. Discover how to elevate your well-being with:

The Power of Vibrational Nutrition—Learn how frequency impacts your mind, body and spirit.
Living, Whole Foods— Embrace organic, raw, and minimally processed ingredients for peak vitality
Colorful, Nutrient-Dense Meals— Fuel your body and elevate your energy.

Hearing Evaluation Services of Buffalo— Tinnitus Presentation

Monday, April 7th at 12:30pm

Dr. Jill Bernstein from Hearing Evaluation Services of Buffalo will be discussing the common causes of tinnitus and the latest treatment options, including the newest device called Lenire. Join her for a collaborative conversation about tinnitus and hearing loss, in general. Come prepared to join the Q & A session during and after the presentation. Following the Q & A session, everyone is invited to stay for a free screening of their hearing. If you are interested in a hearing screening, please make sure you sign up with the front desk.

Healthy Alternatives through Healing Arts (HAHA) presents: Color Therapy

Monday, April 7th at 1:00pm

Color has the ability to touch us emotionally, mentally, physically and spiritually. Color permeates our language, culture and health. We say things like "we're in the pink" when energized or "kind of blue" when down or depressed. Let the rainbow of colors enhance your life!

Coffee & Conversation

Tuesday, April 8th at 11:00am

Join us for a warm cup of coffee and engaging conversation at Orchard Park Senior Center's monthly gathering! This month, we're thrilled to welcome Kitty Turano from Erie County Senior Services. Discover the wealth of resources available to seniors in our community, from essential services to exciting programs like the University Express series. Don't miss this opportunity to learn about all that Erie County Senior Services has to offer!

Advance Planning with Valerie Stanek

Wednesday, April 9th at 10:30am

How to Transfer Real Estate to Your Heirs Without Regrets: This topic covers the various ways to transfer real estate to your children or other heirs with the minimum taxes, expenses and hassle possible.

Better Money Habits with Bank of America

Thursday, April 10th at 11:00am

A Financial Center Manager from Bank of America will be present on April 10th @11am to share information on recent fraud and scams that seem to be on the rise in our communities. Our focus will be to educate our community on the types of scams we are seeing, as well as educating on ways to protect yourself.

Relationship Workshop: How I Became a Better Partner presented by Dory Richardson RN

Thursday, April 10th 12:30-2 pm

1. How to put my relationship first
2. Doing things together
3. Communicating through discussions, not arguments
4. My success story, including failures and finally getting it right
5. The principles of effective communication

Route 66 Walking Challenge

March 10th - April 18th

Dust off those sneakers and get walking!

Join us for a six week walking challenge from March 10th to April 18th as we conquer the Iconic Route 66. We will be counting our steps as a senior center as we walk the Iconic Route 66 together!

- Every Step Counts! Walk anywhere and anytime you would like! Track your miles with the packet you receive at registration and watch our progress board in the front lobby.
- Weekly prizes awarded. Bring us back your step sheet every Friday or the following Monday and get entered to win that week's prize drawing!
- Grand Prize celebration with awards and refreshments at the end to honor our achievements on April 25th at 10am! Sign up at the front desk and get walking!

*Thank you Independent Health &
Runner's Roost for your generous donation
towards this event!*

REAL ID with Mickey Kearns**Friday April 11 at 12:30pm**

Stop by and visit with members of the County Clerk's Office. They will be offering an informational seminar to discuss the REAL ID Law which will take effect on May 7th, 2025.

Learn how the law will impact you. Get a full explanation of what ID will be required to fly domestically in this country, enter federal buildings and military bases. Get individualized assistance on applying for the correct ID that serves you best.

Trivia**Monday, April 14th 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!

**Alzheimer Association Presents: Responding to Dementia Related Behaviors****Thursday, April 17th at 12:30pm**

Responding to Dementia Related Behaviors details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

Get Tech Savvy with Tech Savvy!**Thursday, April 17th at 1:00pm**

Unlock the potential of your tech! Join Tech Savvy representative for an informative hour dedicated to safe and effective use of your technological devices. Learn essential tips and tricks to navigate the digital world with confidence. Whether you're a beginner or looking to enhance your skills, this session will empower you to use technology safely and efficiently.

Lunch and Learn with Don Zappia**Wednesday, April 23rd at 12:00pm**

Thinking of selling but worried about selling and wondering about appraisals vs value vs Assessment? Learn How Value and Assessment differ in home sales.

World War II Combats Story**Wednesday, April 23rd at 1:00pm**

Join Ilion NY native, Jacob "Jake" Cooper of the 493rd Fighter Squadron as he shares his experiences as a Fighter Pilot in World War II. He will share about the missions he flew as well as those of other members of this squadron.

When It Was A Game 2 With Marty Kohler**Thursday, April 24th at 1:00pm**

Step back in time with Marty and relive the golden age of baseball! He'll be showcasing his impressive collection of vintage memorabilia, offering a glimpse into the sport's rich history. Then, settle in for an hour-long screening of "When It Was a Game 2," a captivating film that celebrates the heart and soul of baseball's bygone era. Join us for an afternoon of nostalgia and shared passion for America's favorite pastime.

Healthy Alternatives through Healing Arts**(HABA) Presents: Herbs for Healing****Friday, April 25th from 1:00-3:00pm**

We are all familiar with using herbs for cooking, they add depth and flavor. Did you know that those same herbs can be good for your health? Oregano is commonly used to add flavor to Italian dishes. Yet, it also has great antibiotic properties, helps to reduce inflammation in the body and can reduce cholesterol levels. Join us to learn how common herbs can be used to improve your nutrition and your health.

Grief Yoga**Monday, April 28th at 12:30pm**

Grief and emotions such as depression and anxiety can overwhelm you and affect not only the mind but the body. Loss such as the passing of a loved one or pet, one's health or living situation can cause these emotions to become stuck within the body. This class focuses not only on gentle yoga but body movement and the use of breath and voice to enable emotions to move, create space and allow for acceptance and the choice to experience more love in your life. A chair will be provided if needed, as the class can be done seated.

Preparing for Joint Replacement**Tuesday, April 29th at 11am**

Dr. Gerald Lauria, a retired clinician, is now a certified Health & Wellness Coach. He has had joint replacements of both shoulders and both knees. He will speak on preparing for joint replacements and how to achieve the best outcomes post replacement surgery.

April Showers Dance**featuring the Hastings Duo****Tuesday, April 29th at 12:00pm**

Get ready to shake off those winter blues and spring into action! The Afternoon Dance is exploding with energy, featuring the electrifying Hastings Duo! Enjoy your favorite tunes, your best moves, and a dance floor buzzing with excitement. Fuel up with complimentary coffee and tea, then grab a slice of delicious pizza for just \$5.00! Don't miss out on this epic afternoon of music and fun—pre-register now and let the good times bloom!
Cost \$3.00.

It's Never too Soon to Plan: Legal, Financial, & Healthcare Decisions**Wednesday, April 30th at 10am**

Join us to learn more about planning for your future legal, financial, and health care needs. Current information will be provided to assist you in sharing and documenting your wishes. Having a plan will help to relieve future burden and uncertainty for you, and for your loved ones.

Felt Flower Bouquet Workshop**Wednesday, April 30th At 1:00pm**

Join us for a delightful afternoon of crafting at our felt flower bouquet workshop! Gather your friends at the senior center for a fun-filled session of creating beautiful felt flowers under the guidance of Katie Samland. Enjoy refreshments as she guides you through the process of crafting your arrangement! **Cost \$30.00**



ART CLASSES

Late registrations will not be accepted for instructed classes.

Pick up your supply list at the front desk.



Beginner Watercolor - Instructor Dan Meyer

Tuesday at 10am—Noon

8 week session 3/18 - 5/13 No Class 4/29 Cost \$48.00

Intermediate Watercolor - Instructor Dan Meyer

Tuesdays at 1:00 pm – 3:00 pm

8 week session 3/18 - 5/13 No Class 4/29 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

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.

BEGINNING BRIDGE LESSONS

Mondays April 7th - May 5th (5weeks)

10am - Noon

Have you wanted to learn to play Bridge? This is the class for you! Try something new and exciting! Exercise your brain power, improve your memory and meet new friends. Join us at the OP Senior Center and learn to play bridge. No experience is necessary to learn this engaging card game!

Cost \$15.00



Reiki Session

Friday, April 11th

Appointments available from 9am - 11am

Reiki which was developed in the 1900s 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



Helping Hands Sewing, Crochet and Knitting

2nd 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.

Bring your own sewing machine if possible.



April Book Club

Monday, April 21st at 10:30am

This April, dive into John Grisham's *The Litigators*. Oscar Finley and Wally Figg are in fact just two ambulance chasers who bicker like an old married couple. But now the firm is ready to tackle a case that could make the partners rich—without requiring them to actually practice much law. A class action suit has been brought against Varrick Labs, a pharmaceutical giant with annual sales of \$25 billion, alleging that Krayoxx, its most popular drug, causes heart attacks. Wally smells money. All Finley & Figg has to do is find a handful of Krayoxx users to join the suit. It almost seems too good to be true ... and it is.

May Book Club

Monday, May 19th at 10:30am

An Innocent Client by Scott Pratt A preacher is found brutally murdered in a Tennessee motel room. A beautiful, mysterious young girl is accused. In this bestselling debut, criminal defense lawyer Joe Dillard has become jaded over the years as he tried to balance his career against his conscience. Savvy but cynical, Dillard wants to quit doing criminal defense, but he can't resist the chance to represent someone who might actually be innocent.

Calling all Readers! All are welcome to attend!



Mason's Grille

52 Main Street
Hamburg, NY

Thursday, May 1st, 2025 @ 5pm

LIMITED SEATING

All Dinner choices - \$40. inc. Tax-Tip.
Roasted Red Pepper Soup/warm dinner rolls
1. Chicken Piccata with Lemon white caper sauce over grilled asparagus and Basimati rice.

2. Bourbon Pork Chops with seasonal vegetables and roasted red potatoes.

3. Macademia Crusted Salmon with Dijon mustard sauce and drizzled with raspberry, seasonal vegetables and baby roasted potatoes.

Coffee, Tea, Soda and Dessert inc.

CASH BAR Available

Please call GAIL FREEMAN at
248-766-1924 for Reservations by

April 24, 2025



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 \$3.50. Reservations for lunch can be made when registering for the class.

Upcoming Classes:

Friday, April 25th 9:00 - 3:00pm Wait List

Friday, May 16th 9:00 - 3:00pm Wait List

Friday, June 20th 9:00 - 3:00pm Wait List

Stay Fit Dining Program in the Senior Center

Lunch is served at noon Monday through Friday.

Erie County Services will be increasing the suggested contributions rate for Stay Fit Dining Meals to \$3.50 per meal beginning January 1, 2025. This is the first increase since January 2014. Please note, this remains a SUGGESTED and anonymous contribution.

To make a reservation for lunch please call Kevin at 662-6452 (option #3) or fill out a menu form by Tuesday at 10:00 am for the upcoming week.

Tues 4/1 Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower, Peas, Dinner Roll, Mandarin Oranges, Ch Milk
Wed 4/2 Soup & Salad Broccoli Cheddar Soup, Chef Salad with Garbanzo Beans, Carrots, Fruit Punch, Roll, Lorna Doones
Thurs 4/3 Breaded Boneless Pork Chop with Gravy, Mashed Potatoes with Chives, Mixed Veg., Rye Bread, Ch. Pudding
Fri 4/4 Beer Battered Fish with Tartar Sauce, Cheesy Diced Potatoes, Brussels Sprouts, Multigrain Bread, Strawberry Jello
Mon 4/7 Hearty Beef Stew, Mashed Potatoes, Brussels Sprouts, Warm Biscuit, Vanilla Pudding
Tues 4/8 Breaded Chicken with Buffalo-style Sauce on a Bun, Tater Tots, Au Gratin Broccoli, Banana, Ch Milk
Wed 4/9 Polish Sausage with Sauerkraut & Mustard on a Bun, Ranch Mashed Potatoes, Carrots, Fudge Round Cookie
Thurs 4/10 Roasted Turkey w/ Stuffing, Gravy & Cranberry Sauce, Mashed Butternut Squash, Corn, Chef Salad, Oranges
Fri 4/11 Omelet with Cheese Sauce Potatoes O'Brien, Green Beans, Wheat Bread, Tropical Fruit

Mon 4/14 Lasagna Roll with Tomato Meat Sauce & Mozzarella Spinach, Grape Juice, Italian Bread, Sugar Cookies
Tues 4/15 Swedish Meatballs over Pasta, Green Peas Harvard Beets, Pineapple Tidbits, Ch. Milk
Wed 4/16 Easter Luncheon Chicken Cordón Bleu with Creamy Herb Gravy, Scalloped Potatoes, Normandy Vegetables, Salad, Dinner Roll, Coconut Cream Pie
Thurs 4/17 Hearty Pork Stew, Mashed Potatoes, Carrots Dinner Roll, Strawberry Gelatin
Fri 4/18 Senior Center CLOSED

Mon 4/21 Dyngus Day Cabbage Roll with Savory Meat Sauce, Mashed Potatoes, Corn, Dinner Roll, Boston Cream Pie
Tues 4/22 Beef Pepper Steak Casserole over White Rice, Broccoli Florets, Carrots, Diced Pears
Wed 4/23 Roasted Pork Loin with Warm Cinnamon Apples Sweet Potatoes, Green Beans, Bread, Butterscotch Pudding
Thurs 4/24 Entre Salad Garden Chicken Patty Salad, Multigrain Bread, Banana, Ch. Milk
Fri 4/25 Beer Battered Fish w/ Tartar Sauce, Scalloped Potatoes, Brussel Sprouts, Rye Bread, Mandarin Oranges
Mon 4/28 Turkey a la King, Potatoes, Carrots, Biscuit, Ch. Pudding
Tues 4/29 Omelet with Cheese sauce, Tater Tots, Raisin 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

Independent Health Sara - 716-635-3797
 Tuesday, April 8th from 10am - noon

United Healthcare Ron - 716-316-4370
 Friday, April 11th from 10am - noon

Univera Michele
 Tuesday, April 15th from 10am - noon

Highmark BCBS of WNY Kayleigh - 716-658-8656
 Tuesday, April 22nd from 10am - noon

DOCUMENTARY
 AND
DISCUSSION

Churchill at War

The Gathering of the Storm
 Monday, April 21st at 12:45pm

Examine Winston Churchill's pivotal role in World War II and the formative events that made him an ideal leader for the era.

Churchill at War
The Finest Hour

Monday, April 28th at 12:45pm
 Part 2 of the Churchill at War docuseries.

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., April 2nd 50 First Dates Henry Roth is a man afraid of commitment until he meets the beautiful Lucy. They hit it off and Henry thinks he finally found the girl of his dreams until discovering she has short-term memory loss and forgets him the next day.

Wed., April 9th Two Weeks Notice A lawyer finally gets fed up with her charming but selfish boss and gives notice - but then their feelings for each other begin to change.

Wed., April 16th A Little White Lie Mistaken for a famous reclusive author with the same last name, a hapless man travels to a struggling literary festival to give the keynote address.

Wed., April 23rd Anora A young woman from Brooklyn, gets her chance at a Cinderella story when she meets and impulsively marries the son of an oligarch. Once the news reaches Russia, her fairytale is threatened as the parents set out for New York to get the marriage annulled.

Wed., April 30th A Family Affair A famous writer falls for her daughter's movie star boss in this fizzy rom-com starring Nicole Kidman, Zac Efron, Joey King, Kathy Bates and Liza Koshy.

APRIL SCHEDULE OF EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>8:30 Fitness Room 9:00 Pool Shooting 9:00 Medit. & 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</p> <p style="text-align: center;"><u>Evening Classes</u> 5:30 20.20.20</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Basketball Free Bring your own ball and shoot some hoops. Mon – Fri 8:30 - 9:30am Mon– Fri 11:30 -12:30pm Wednesdays 12:30-1:30pm</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. 11:30 Intro to Tap Steps 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</p> <p style="text-align: center;"><u>Evening Classes</u> 5:30 <i>Cardio Drumming</i></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Open Walking Monday– Friday 8:30am - 10:30am 2:00pm - 4:00pm</p> </div> | <p>8:30 Fitness Room 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Sewing Group (2nd and 4th of the month) 9:30 Hand & 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 2:00 55+ Pickleball</p> <p style="text-align: center;"><u>Evening Classes</u> 5:15pm <i>Yoga</i></p> | <p>8:30 Fitness Room 9:00 Pool Shooting 9:00 55+ Pickleball 9:00 Get Fit with Trish 9:30 Dominoes 10:00 UMA MOVES 10:30 Club 99 12:00 55+ Pickleball NOON LUNCH 1:00 Tai Chi 2:00 55+ Pickleball</p> <p style="text-align: center;"><u>Evening Classes</u> Groove and Move</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Game Room OPEN Tues. & Thurs. 9:00am - 3:00pm Room Closed 4/22 & 4/24</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <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 12:00 55+ Pickleball 12:00 Circuit Training 12:45 MahJong 1:00 Pinochle 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> |

CARDS & GAMES:

Everyone is WELCOME to attend!!

| | | |
|--------------|----------------|------------|
| Bridge | Monday | At 12:30pm |
| Shuffleboard | Tuesday | At 9:00am |
| Bingo | Tuesday | At 1:00pm |
| Card Bingo | Tuesday | At 2:00pm |
| Ping Pong | Tues. & Thurs. | 10-3pm |
| Hand & Foot | Wednesday | At 9:30am |
| Cards/ Games | Wednesday | At 12:30pm |
| Chess | Wednesday | At 1:00pm |
| Corn hole | 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 |

Bocce at The OPSC

Starts back May 5th!!

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.

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 & Thursday from 10am - 12:00pm.

Instructor available on Tuesday at Noon!



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.

Replacement tags are \$2.00 each.



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!

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 4/7 - 4/28 Cost \$20.00

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
8 week session 4/30 - 6/25 no class 6/4 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 4/7 - 4/28 Cost \$20.00

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 3/11 - 4/8 Cost \$12.00
6 week session 4/22 -- 5/27 Cost \$12.00

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 3/11- 4/8 Cost \$25.00
6 week session 4/22 - 5/27 Cost \$30.00

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

Stretch and Strength Barre Tuesdays at 1:15 pm

5 week session 3/11 - 4/8 Cost \$25.00
6 week session 4/22 - 5/27 Cost \$30.00

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

Tai Chi with Cindy Wednesday at 11:30am

6 week session 2/26 - 4/2 Cost \$30.00
6 week session 4/16 - 5/21 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 Thursdays at 1:00 pm

No instructor. Join others to work on your skills.

BAM! – Balance and Mobility Class

Fridays at 10:45am -NEW TIME
6 week session 4/25 - 5/30 Cost \$30.00

BAM! incorporates strength, balance and mobility exercises that prepare your body for everyday activities. This class includes multiple-muscle and multiple-joint movements that will help you do real-life, everyday things like lift, bend, twist, squat and haul! We'll end every class with a fun obstacle course and some flexibility exercises.

Cardio Drumming Fridays at 8:45 am
5 week session 4/25 - 5/23 Cost \$25.00

Cardio drumming is a full body workout that combines drumming, cardio and music. It's low impact exercise that's suitable for all ages and fitness levels. Participants use drumsticks to hit an exercise ball to the beat of the music. Improves your heart rate, rhythm and motor skills. Strengthens upper body and improves hand-eye coordination. Anyone can join this fun class even if you don't play the drums.

Zumba Fridays at 10:00 am
5 week session 4/25 - 5/23 Cost \$25.00

This is a dance-fitness class for active older adults and beginners. It's a lower-intensity version of Zumba that's designed to improve balance, range of motion and coordination.

Evening Classes:

20.20.20 Monday at 5:30pm

5 week session 4/21 - 5/19 Cost \$25.00

Join us for 20 minutes of cardio, including some Zumba movements, 20 minutes of resistance, strength training/weights, and 20 minutes of stretching. Improve your tone, endurance and balance – with inspiration! Oh, don't forget, burn calories too! Please bring hand weights and a floor mat to class.

Cardio Drumming Evening Tuesdays at 5:30 pm
5 week session 4/22- 5/20 Cost \$25.00

EVENING YOGA with MARIE Wednesday at 5:15 pm

7 week session 3/5 - 4/16 Cost \$ 35.00

Groove and Move Thursdays at 5:30 pm

6 week 3/6 - 4/24 no class 4/3 & 4/10 Cost \$30.00
6 week 5/1 - 6/5 Cost \$30.00

Are you ready for a new way to exercise, meet new people and have a ton of fun? Well, then we have the class for you! Welcome to GROOVE AND MOVE. Groove and Move is a NEW dance class that teaches dance routines including a variety of dance styles and music! Routines will incorporate strength moves, balance, and cardio exercise and sequential memory!

Fitness Room Classes:

Strength Training Wednesdays at 12:45pm

6 week session 4/16 - 5/21 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

6 week session 4/25-5/30 Cost \$48.00

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

Club 99 Tuesdays & Thursdays at 10:30 am

This **FREE** class is a full body workout that can be done seated, standing, 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 Tuesdays 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

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

Intermediate Line Dance Tuesdays at 10:00 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

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

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.

Get Fit With Trish Thurs at 9:00am –10:00am**NEW CLASS**

Get moving and join us for an upbeat standing and sitting exercise class! Enjoy a full body workout designed to improve your strength, flexibility and range of motion. Please bring your own hand weights and stretch bands with you to class.

UMA MOVES

Monday at 12:30-1:45pm or Thursday at 10-11:15am

Cost is \$5.00 per class – pay the instructor

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

**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 at Myactivecenter.com.
- **Need to Cancel?** Do so 24 hours in advance of the day of your reservation through Myactivecenter.com or by 8am 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 unoccupied.***
- ◇ Each play time is approx. 2 hours. Please exit the room at the end time. Times listed on myactivecenter.com.
- ◇ Please be respectful of your fellow players and stick to your designated schedule.

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.

Upcoming Hikes

Get ready to explore the wild beauty of Erie County! Join us for thrilling outdoor adventures led by a seasoned New York State environmental educator. Whether you're a seasoned hiker or just looking for a breath of fresh air, we've got something for you. Choose one adventure, or join us for them all! Let's discover nature together.

Hike through History at Knox - Wed., 4/9 at 1pm
Winging' it with Warblers at Evangola State Park
Wed., 5/21 at 11am

Insect Safari at Woodlawn - Mon., 6/23 at 9am
Pollinators and Wildflowers at Knox Farm
Wed., 8/20 at 9am

Bird Walk at Knox Farm - Wed., 9/3 at 10:30am

FITNESS ROOM

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

Monday - Thursday 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.

See calendar for times the Fitness Room is CLOSED for classes

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.

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Kentucky Derby Dinner

Thursday, May 1st at 4:00pm

Cost \$18.00 per member

Calling all fashionistas and Racing fans! Break out your finest hats and dapper attire for an evening at the races... with a twist! Join us for a night of friendly competition where YOU take the reins as a jockey. Roll the dice, cheer on your chosen steed, and see who crosses the finish line! The Stakes are high! Bring your quarters! Best guesser wins quarters, and everyone enjoys a delicious dinner prepared by our culinary champion, Kevin Kornowicz. **Don't miss out on this limited seating event!** Grab your friends and gallop over to secure your spot! Tables seat up to 6, get your crew ready for a rootin' tootin' good time!



Mother's Day Special

Wednesday, May 7th at 12:30pm

Celebrate the amazing women in your life this Mother's Day! Treat yourself to a delightful day with us. We've got good vibes, great company, and the fantastic Tom Bender providing the soundtrack to your favorite 1950's, 60's and 70's songs. Come on down and make some memories!



A Note from the Community Activity Council of Orchard Park, Inc.

SUPERMARKET SWEEP FUNDRAISER

The Community Activity Council of Orchard Park & Tops Markets presents

SUPERMARKET SWEEP

Thursday, October 16, 2025 at 10:00 am

Cost is \$10.00 per ticket. A Supermarket Sweep is a timed race through the grocery store, filling your cart with as many groceries as you can!

For additional information contact Maryann at 825-6460. Purchase tickets at the center on select days in the Lobby.

BPO Patriotic Pops

Friday, May 23rd

COST \$80.00

School bus departs the center at 8:30am

The BPO's Patriotic Pops concert is an annual Memorial Day weekend tradition that pays tribute to the contributions and sacrifices of America's military personnel. Conducted by Bradley Thachuk and featuring the Buffalo Philharmonic Chorus, this concert is a stirring salute to the spirit of America, highlighting the music that has defined and celebrated the country's values over the centuries. Following the concert, we will make our way to Ilio DiPaolo's for lunch!

Tickets go on Sale Friday, March 28th at 8:30am.

Upcoming Travel

Buffalo Double Decker Bus Tour And Lunch Buffet at RiverWorks

Tuesday, June 10th

10am (Bus departs the center)

Our day will begin as the double decker bus arrives at the center to pick us up for the tour. Our host, Irish Cop Officer O'Connor will tell the story of Buffalo's humorous history. His Irish brogue and wit brings to life the story of Buffalo's founding, immigration, growth, downturn and eventual renaissance. The tour includes downtown, architecture and waterfront. It is probable that we'll stop at Richardson Hotel.

Following the tour, it's time for lunch at RiverWorks.

Cost is \$72.00 per person

There are 44 seats on the top of the bus and 21 below. At registration you will be asked where you would like to sit to reserve your spot. Upper seats require climbing stairs. Seat location cannot be guaranteed.

Tickets go on Sale Friday, April 11th at 9:00am.

Murder Mystery

Paddlewheeler Cruise— Canandaigua

Wednesday, July 23rd

Cost \$189.00 per person

Depart the center at 8:00am

Return to the center at 6:30pm

It's summer in the beautiful Finger Lakes Region. All aboard for our popular WHODUNIT MURDER MYSTERY MEAL CRUISE ON THE CANANDAIGUA LADY. Find the answer to these questions and more as you join us for this hilarious interactive Whodunit! We recommend reservations early for this excursion is always a sellout.

Mystery performed by the very talented professional actors from the Mystery Company in Rochester. Join us for some Mystery, Mayhem and Murder. Throw in some jealousy, jilted lovers, deadly secrets and plenty of intrigue, our Authentic Paddle Wheel Boat sets the stage for a devious game of cat and mouse as you search for a killer onboard the boat while cruising on beautiful

Canandaigua Lake and enjoying a BBW chicken or choice Vegetarian Entrée. Our afternoon stop is YE OLD COUNTRY STORE in North COHOCTON. Come in and join us on a journey back in time with over 400 candles, a large selection of locally made crafts and goods, our Olde

World twist of original Lauscha Glass Ornaments, authentic German/ European sweets, and grocery items. Note: Boat is wheelchair accessible. There are no steps to get onto the boat, just a small ramp. The Bathroom is on the first level and does have railings.

Corning Museum

Make Your Own Glass Pumpkin

September 30th

Cost \$187.00

Depart the center at 7:30am

Letchworth Autumn Glory and

Glen Iris Inn

October 14th

Cost TBD

Bus Departs the center at 9:30am