



Orchard Park Senior Center

70 Linwood Avenue
Orchard Park, NY 14127



OCTOBER 2018 NEWSLETTER

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

8:30 a.m. – 4:00 p.m.

Supervisor

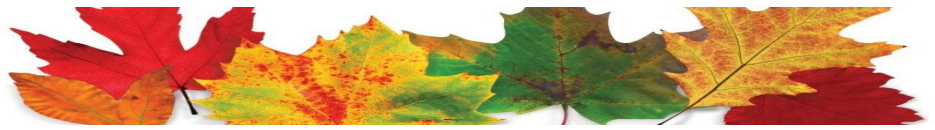
Dr. Patrick Keem

Council Members

Eugene Majchrzak
Michael Sherry

Director

Debbie Santiago



UNIVERSITY EXPRESS IS BACK!!

Join other lifelong learners for free fascinating one-hour classes on current affairs, history, science, the arts, wellness and more!

See page 3 - 5 for topics, dates and times.

Health Insurance Fair

October 24th

1:30 – 3:30 pm

See page 4 for details.



Notes from Debbie . . .

Fall is upon us so get ready for a great line up of events! Look through the following pages for information on our classes, health insurance fair, Halloween Party, Magic Show and Scavenger Hunt.

University Express is back and kicks off it's Fall Semester in October. We invite you to join other lifelong learners for free one-hour classes on current affairs, history, science, the arts, wellness and more!

Please save the date . . . Thursday, October 18th. The Community Activity Center Council is hosting a spaghetti dinner fundraising event (see back page of the newsletter for details)

If you would like to volunteer the day of the event please contact MaryAnn Notto at 825-6460.

You Are Invited To:
The Orchard Park Senior Center
New Year Party at *Salvatore's*
Italian Garden

6461 Transit Rd Depew

Thursday, December 27, 2018

Hors D'oeuvres & Punch at Noon
Dinner at 1:00 pm

Entrée Choices: Prime Rib, Poached Salmon or Chicken Française. Meal includes roasted rosemary red potatoes, chef's blend of roasted vegetables, salad, rolls/butter, coffee & tea, and dessert.

Entertainment by: The Formula Band

Performing the hits from 40's, 50's and 60's

Cost: \$41.00 (includes transportation)

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

Supervisors 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 become a volunteer.

Going Places Van 858-7433

Need a ride into Buffalo for medical appointments, physical therapy or other human services?

VOLUNTEERS NEEDED . . .

AARP Foundation Tax-Aide Program is a volunteer run tax assistance and preparation service. They are looking for friendly individuals to join the local volunteers for the upcoming tax season. Volunteers receive training and continued support. Contact Marie at 655-3883 for additional information and to volunteer.



Orchard Park Senior Center Closing Information

If you want to know if Center activities will be cancelled during bad weather, listen for "weather closing" announcements on WGRZ-TV, WKBW-TV, WIVB-TV and WBEN radio. You may also call the Center at 662-6452 or the Supervisor's office at 662-6400 to learn if the Center is closed.

We DO NOT follow the Orchard Park School calendar or their closings.

A Note from Jackie Briggs, Community Activity Council of Orchard Park, Inc. President

On Wednesday, September 5th at the Orchard Park Town Board meeting, Supervisor Dr. Patrick Keem and Councilmen Michael Sherry voted to build the Orchard Park Community Activity Center. The ground breaking will be in October 2018. The date in October will be announced. Councilmen Eugene Majchrzak voted no to the Community Activity Center. He said that he only wanted a new senior center for the town.

The Community Activity Center of Orchard Park will start being built in Spring 2019.

~ Jackie

**University Express: Quilt Patterns
Monday, October 1st at 1:30 pm**

Log Cabin, Bear Paw, Jacob's ladder, Seven Sisters – Why are quilt patterns given such unusual names and what do they mean? For decades, women and men have been making heirloom quilts for their family and to give as gifts. Learn the history behind the names of historic quilts and take a look at these patterns in quilts that the instructor has made and collected. Instructor: Theresa Wiater, experienced quilter; retired teacher of gifted education and Grade 5 from Clarence Center Elementary School. Registration required, register at 662-6452.

**University Express: Islam and Clothing
Wednesday, October 3rd at 1:30 pm.**

Islamic teachings about modesty are addressed equally to men and women, but the variety of styles and colors have various names depending on the country. For example, Burqas belong to particular areas of the world, where they are considered normal dress. In other parts of the world the dress is totally different. We'll review common names of Islamic clothing for men and women, and some differences in dress code among Islamic nations. Instructor: Faizan Haq, Asian Studies, SUNY Buffalo; founder and Publisher of WNYMuslims.org. Registration required, register at 662-6452.

**University Express:
Keeping a Personal Health Care Journal
Friday, October 5th at 1:30 pm**

A Personal Health Care Journal helps you to keep track of your upcoming medical appointments, current medications, lab results...just to name a few! Learn how this tool also can be used to keep track of your medical records not only to ensure accurate personal health information and Medicare billing, but also to detect Medicare medical billing errors, suspected abuse or fraud. Instructor: Bethann Nelson, Outreach Counselor, Senior Medicare Patrol. Registration req'd 662-6452.

**University Express: The Bike Path Killer
by Michael Beebe and Maki Becker
Thursday, October 11th at 1:30 pm**

Altemio Sanchez was a modern-day Jekyll and Hyde - a family man who resided in Buffalo, NY, with a wife and two sons, worked nights as a machinist, and concealed a terrible secret. Once a year, after his shift, he'd make a side trip to a secluded spot where women would ride bikes and jog. He was called "The Bike Path Rapist"- until he crossed the line from rape to murder. Two award-winning reporters from the Buffalo News follow a depraved killer's bloody trail of terror to the bitter end: his horrifying confession. Instructor: Linda Drajem, retired teacher, writer and poet. Registration at 662-6452.

**University Express: RFK's Road to the 1968
Presidential Campaign**

Friday, October 12th at 1:30 pm

We'll look back at the RFK, the "runt" of the Kennedy boys who would become the President's closest political and domestic adviser. We'll look at what shaped Bobby's character, his role in brother Jack's political life, his relationship with LBJ, and why he decided to run against Johnson in the 1968 Presidential campaign, with a special focus on the 82 days of that campaign. Instructor: Len Lenihan, former Democratic comm., Erie County Board of Election; and Norman Mineo, retired banker and history enthusiast. Reg. req'd, register at 662-6452.

**University Express:
Getting the Upper Hand on Your Hand Pain
Monday, October 15th at 1:30 pm**

Let's face it: you use your hands for a lot! And dealing with hand pain can really get in the way of doing the things you love - knitting, golfing, cooking, and many other aspects of your daily life. Join Dr. Kory Reed, orthopaedic surgeon and Hand Fellow, as he discusses possible causes of pain and both surgical and non-surgical treatment options to help you lessen pain and regain function. Instructor: Dr. Kory Reed, Excelsior Surgeon. Please register at 662-6452.

**University Express:
America The Beautiful - Landscapes in Art
Thursday, October 18th at 1:30 pm**

Images of pristine landscapes of 19th century are revisited through artists whose works served to establish, preserve and protect State and National Parks for future generations to enjoy. Idyllic settings encouraged people and nature to coexist and find relief from encroaching urbanization. Sacred Native American sites were set aside in respect for indigenous culture from whom the lands were taken. Instructor: Jean Serusa, retired NYS certified Art Educator (MS Edu) with 30 years of teaching experience. Please register at 662-6452.

**University Express:
Social Welfare and the Larkin Company
Friday, October 19th at 1:30 pm**

The Larkin Company was known for its use of Larkin Secretaries and the club model to expand its reach within communities. Internally the company, known for its tenets of purpose, effort, achievement and blending the gospel of work and life created many progressive initiatives for its employees. Instructor: Shane E. Stephenson, Dir. of Museum Collections, Bflo & Erie County Naval and Military Park; business owner, Archives in the Buff. Registration required, register at 662-6452.

Univ. Express: Yearning to Breathe Free
Monday, October 22nd at 1:30 pm

The Statue of Liberty The Statue of Liberty (Liberty Enlightening the World) is a 151 ft. copper sculpture created by French artists as a gift to America in celebration of the centennial of the Declaration of Independence. It is the iconic subject of many of works of art, as well as a welcoming destination for thousands of immigrants arriving on U.S. shores over 100 years. The National Park Service took over maintaining this destination in 1933 and it still stands as a symbol and tourist 'must see' work of art. Instructor: Jean Serusa, retired NYS certified Art Educator (MS Edu) with 30 years of teaching experience. Registration req'd, register at 662-6452.

University Express: The Past, Present and Future of the Flu

Tuesday, October 23rd at 1:30 pm

We'll look at some pandemics over the past century and the lessons from history about effective public health response to an outbreak. Instructor: Shauna Zorich, Clinical Assistant Prof. , Epidemiology and Environmental Health, School of Public Health and Health Professions, Univ. at Buffalo. Registration required, register at 662-6452.



Health Insurance Fair

Wed., October 24th 1:30 – 3:30 pm

Explore various health insurance options at today's fair. Representatives from BlueCross/BlueShield, United Healthcare, Fidelis, Aetna, Independent Health, and Univera will have plan information and applications for 2019.

Information regarding HICAP (Health Insurance Information, Counseling and Assistance) and EPIC (Elderly Pharmaceutical Insurance Coverage) programs will also be available.

VNA (Visiting Nurses Association)
Flu & Pneumonia Immunization Program
Thursday, October 25th 9:30am - Noon

Visiting Nurses Association will be administering flu and pneumonia shots at the Center. VNA accepts almost all major regional and national insurances. Please bring your insurance card with you. For those without insurance, the cost is \$30.00.

Contact the Center at 662-6452 to make an appointment.

University Express: Blind Eye
by James B. Stewart.

Thursday, October 25th at 1:30 pm

A medical thriller about serial killer doctor Michael Swango and the medical community that chose to turn a blind eye on his criminal activities. Wherever he was hired - in Ohio, Illinois, New York, South Dakota - Michael Swango at first seemed the model physician. Then his patients began dying under suspicious circumstances. Instructor: Linda Drajem, retired teacher, writer and poet. Registration required, register at 662-6452.

Univ. Exp.: Meal Planning for One or Two.
Friday, October 26th at 1:30 pm

Most recipes are designed for family cooking, which can make it challenging for singles or couples trying to maintain a healthy diet. In this seminar, we'll discuss strategies for menu planning and grocery shopping that make cooking for one or two enjoyable and easy! Instructor: Jennifer Johnson, Wellness Coordinator, Health Care Services, BC/BS of WNY. Registration required, register at 662-6452.

Univ. Exp.:Non-Surgical Pain Relief
Monday, October 29th at 1:30 pm

Whether you are not eligible for surgery or are just looking to stay out of the operating room, PRP (Platelet-Rich Plasma) or BMA (Bone Marrow Aspirate) injections may be the pain relief solution that you've been searching for. Learn how these new treatment options are able to utilize your body's natural ability to heal itself and provide you with lasting pain relief. Instructor: Dr. Jason Matuszak, Excelsior Orthopaedics surgeon. Registration required, register at 662-6452.

October Birthday Bash

Tuesday, October 30th at 12:30 pm

Let's Celebrate!! Jeanne Zablotskyy our Site Manager invites those who have a October birthday to submit a photo of yourself in your younger days by 10/24. Everyone is welcome and will enjoy a delicious birthday dessert.



Scavenger Hunt

Tuesday, October 30th at 1:00 pm

Join us for a fun afternoon of fun! Our Halloween Scavenger Hunt will offer you physical activity, as well as stretching your creativity, critical thinking skills and memory. Register in office to participate in this event.

**Book Group & Meet the Author:
A Cold Day In Hell by Lissa Redmond
Wednesday, October 31st at 10:00 am**

Author, Lissa Redmond will be a guest author to discuss her book. The Book Group meets at 10:00 am the last Wednesday of the month. Members are encouraged to read the book prior to attending the meeting.

Upcoming books for discussion:

Nov. Nutshell by Ian McEwan

Dec. No meeting in December

Halloween Luncheon

Wednesday, October 31st at 11:45 am

Join us for a Halloween luncheon at the Senior Center. Celebrate the day by dressing up in a Halloween costume. Prizes will be awarded for the best costume. To make a reservation for lunch please call Jeanne at 662-6452 (option #3) or stop in and sign up in the dining room.

It's Magic of Course

Wednesday, October 31st at 1:00 pm

Join Magician, Ted Burzynski and his special style of magic. During the performance enjoy a dessert. Cost is \$3.00. Register in the office.

Looking Ahead to November....

**Univ. Express: The Ships at the Naval Park
Thursday, November 1st at 1:30pm**

Instructor: Stephenson, Shane, Director of Museum Collections, Buffalo & Erie County Naval and Military Park; owner, Archives in the Buff.
Register with the office. 662-6452

Senior Center Dinner Club

Water Valley Inn

(6656 Gowanda State Rd., Hamburg)

Thursday, November 1st at Noon

All Meal Choices \$19.00:

Grilled Chicken Coron Blue

Roast Beef Sandwich Platter

Scampi Sautéed with Vegetables over Egg Noodles
(with your choice chicken or shrimp)

Each entrée served with choice of soup or salad,
appropriate sides, beverage and dessert.
Cash bar - Prices include tax and gratuity.

Reservation with payment and dinner choice is due to
Gail Freeman (248-766-1924) by October 25th.

**Univ. Express: Historic & Influential People from
Buffalo NY Friday, November 2nd at 1:30pm**

Instructor Rick Falkowski, founder of the Buffalo Music Hall of Fame and author of the book "History of Buffalo Music & Entertainment".

University Express: Political Civility

Thursday, November 8th at 1:30pm

Instructor Marian Deutschman, retired professor emerita, Communications, Buffalo State College

Veterans Day Luncheon

Friday, November 9th at Noon

Today, we honor those who have served our country. All Veterans are invited to join us for a free lunch. Following lunch, entertainment will be provided by Tom Hastings. Space is limited. *Please contact the Center at 662-6452 to register for lunch.*

University Express: The Hubbard Effect

Tuesday, November 13th at 1:30pm

Instructor: Chuck Facklam

HIICAP Thursday, November 15th at 12:45 pm

Health Insurance Information Counseling & Assistance Program rep. will provide information and assistance regarding Medicare, Medicare Supplemental (Medigap), Long-Term Care, Managed Care (HMOs), EPIC, Medicaid, and other insurance options.
Please register in the office.

**Univ. Express: Your Own, No-Cost Fitness Program
Friday, November 16th at 9:30am**

Instructor Jill Brodsky, Owner/Author, Forward Fitness Inc.

University Express: Genealogy 101

Friday, November 16th at 1:30pm

Instructor Rhonda Konig, Genealogy Librarian, Buffalo & Erie County Public Library

University Express:

Origins and Applications of Taoist Tai Chi

Monday, November 19th at 1:30pm

Instructor Jane Rosenfeld, Certified Instructor, Buffalo Center of Taoist Tai Chi Society-USA; Brendan Fallon, an original student of Master Moy-Lin Shin; School librarian, Orchard Park Schools

University Express: Grief and Loss

Monday, November 26th at 1:30pm

Instructor Melanie Washington, Behavioral Health Clinical Coordinator, BC/BS of Western NY.

University Express: Owls: Habits and Habitats

Thursday, November 29th at 1:30pm

Instructor Tom Kerr, Buffalo Audubon naturalist

Stay Fit Dining Program

Lunch served at noon Monday through Friday.

The suggested contribution is **\$3.00**.

To make a reservation for lunch please call Jeanne at 662-6452 (option #3) by Tuesday 10:00 am for the upcoming week. If you are unable to keep your reservation, please call the Center **as early as possible**
Thank You!

**Please arrive for lunch by NOON each day
or your lunch may be cancelled.**

Mon 10/1 Boneless Chicken Breast, cheesy mashed potatoes, peas, roll, butterscotch pudding
Tues 10/2 Br. Veal Patty w/sauce, pasta, spinach, apple juice, cookies
Wed 10/3 Julienne Salad, Wheat Bread, Fruited Gelatin
Thur 10/4 Hot Dog, bun, macaroni & cheese, blended vegetables, pineapple tidbits
Fri 10/5 Baked Fish, rice pilaf, carrots, grape juice, peach & pear cup

Mon 10/8 Swedish Meatballs w/rice, Brussel sprouts, corn, chocolate pudding
Tue. 10/9 **Oktoberfest:** Polish Sausage, Sauerkraut, German Pot. Salad, carrots, black forest cake
Wed 10/10 lasagna roll w/ sauce, cauliflower, chef salad, oatmeal raisin cookie
Thu. 10/11 Turkey w/stuffing, mashed potatoes, peas, pumpkin Bavarian
Fri 10/12 Burger w/gravy, au gratin potatoes, calif. blended vegetables, orange, choc. Milk

Mon 10/15 Beef Pepper Casserole w/rice, green beans, carrots, cookie
Tue 10/16 Stuffed Shells w/sauce, cauliflower, chef salad, italian bread, fruit cocktail
Wed 10/17 Boneless chicken breast, mashed sweet potatoes, Brussel sprouts, roll, banana
Thu 10/18 Roast Beef w/gravy, garlic mashed potatoes, mixes vegetables, sugar cookies
Fri 10/19 Ham & Cheese Strata w/cheese sauce, scalloped apples, cranberries, broccoli, roll, ambrosia

Mon 10/22 Beef Macaroni Casserole, cauliflower, corn, roll, peaches
Tue 10/23 Chicken leg quarter, mashed squash, Brussel sprouts, roll, pears
Wed 10/24 Tuna Macaroni Salad, bread, choc. Brownie
Thu 10/25 Roast Pork w/ gravy, rice pilaf, Harvard beets, roll, orange, chocolate milk
Fri 10/26 Stuffed Pepper w/sauce, mashed potatoes, wax beans, Italian bread, fruited gelatin

Mon 10/29 Hamburger w/gravy, bun, mashed potatoes, broccoli, apple
Tue 10/30 Chili con carne, carrots, chef salad, cornbread, pineapple tidbits
Wed 10/31 **Halloween Lunch:** Breaded boneless pork chop, mashed squash, green beans, roll, apple pie

Thursdays in October : Jeanne's Choice Soup

Spend an afternoon at the movies.

Reserve lunch by calling 662-6452
and then stay for the movie at 1 pm.



50 cents includes popcorn and drink

Wed 10/3 No Movie (Univ. Express Presentation)

Thur. 10/4 Adrift (PG-13) Action/Drama Starring: Shaileen Woodley & Sam Claflin A young couple who's sailing 4,000 miles across the Pacific Ocean suddenly find themselves approaching a Category 5 storm with no hope of diverting. After losing consciousness, she awakes stranded on their wrecked boat, but with a determined will to survive.

Wed 10/10 Won't You Be My Neighbor Documentary

This documentary paints a portrait of the philosophy and work of cardigan-wearing children's entertainer Fred Rogers, star of the popular show "Mister Rogers' Neighborhood." Mister Rogers creatively communicated themes of empathy and acceptance using a colorful cast of puppets and friends for more than 30 years. Along with archival footage, Rogers' contemporaries and castmates reflect on his legacy.

Wed 10/17 Jurassic World (PG-13) Sci-Fi

Starring: Chris Pratt & Bryce Dallas Howard When the island's dormant volcano begins roaring to life, Owen and Claire mount a campaign to rescue the remaining dinosaurs from this extinction-level event.

Wed 10/24 No Movie (Health Insurance Fair p.4)



Wed. 10/31 No Movie (Halloween Luncheon p. 5)

CARDS & GAMES:

Bridge Mondays at 12:30 pm
Hand & Foot Wednesdays at 9:30 am
Dominoes Thursdays at 9:30 am
Euchre Fridays at 10:00 am
Mah Jong Fridays at 1:00 pm
Pinochle Fridays at 1:00 pm

Tournaments:

Duplicate Bridge Monday, Oct. 1st at 12:30 pm
Euchre Tournament Friday, Oct. 19th at 10:00 am
Pinochle Tournament Friday, Oct. 19th at 1:00 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 10:15 Acrylic Painting 12:00 Stay Fit Dining 12:30 Bridge Tourn. 1:00 Spanish 1:30 UE Quilt Patterns	02 9:00 Pool Shooting 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Bingo 2:30 Arthritis Tai Chi 6:00 Zumba	03 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:15 Beg Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Adv. Tai Chi 1:00 Sketch 1:30 UE Islam & Clothing	04 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 11:00 Zumba 12:00 Stay Fit Dining 1:00 Movie 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 2:30 Arthritis Tai Chi	05 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle 1:30 UE Personal Health Care Journal
08 SENIOR CENTER CLOSED COLUMBUS DAY 	09 9:00 Pool Shooting 9:00 Men's Fitness 10:00 Dinner Club Mtg 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Bingo 2:30 Arthritis Tai Chi 6:00 Zumba	10 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:15 Beg Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Movie 1:00 Adv. Tai Chi 1:00 Sketch	11 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 11:00 Zumba 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 1:30 UE Bike Path 2:30 Arthritis Tai Chi	12 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle 1:30 UE RFK 1968
15 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 10:15 Acrylic Painting 12:00 Stay Fit Dining 12:30 Bridge 1:00 Spanish 1:30 UE Hand Pain	16 9:00 Pool Shooting 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Stay Fit Dining 12:00 Tap Dance Fun 1:00 Bingo 6:00 Zumba	17 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:15 Beg Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Movie 1:00 Adv. Tai Chi 1:00 Sketch	18 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 11:00 Zumba 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 1:30 UE Amer Beautiful	19 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:00 Euchre Tourn. 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle Tourn. 1:30 UE Social Welfare & Larkin Co.
22 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 10:15 Acrylic Painting 12:00 Stay Fit Dining 12:30 Bridge 1:00 Spanish 1:30 UE Yearning to Breathe Free	23 9:00 Pool Shooting 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Stay Fit Dining 12:00 Tap Dance Fun 1:15 Bingo 1:30 UE Past, Present Future of the Flu 6:00 Zumba	24 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:15 Beg Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Sketch 1:00 Adv Tai 1:30 Health Ins. Fair	25 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 9:30 VNA Flu Clinic 10:00 Int. Tap 10:45 Club 99 Exer. 11:00 Zumba 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 1:30 UE Blind Eye	26 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle 1:30 UE Meal Planning for 1 or 2
29 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 10:15 Acrylic Painting 12:00 Stay Fit Dining 12:30 Bridge 1:00 Spanish 1:30 UE Non-Surgical Pain Relief	30 9:00 Pool Shooting 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Stay Fit Dining 12:00 Tap Dance Fun 12:30 Birthday Bash 12:45 Scavenger Hunt 2:00 Bingo 6:00 Zumba	31 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:00 Book Club 10:15 Beg Line Dance 11:30 Yoga 12:00 Stay Fit Dining Halloween Lunch 1:00 Adv. Tai Chi 1:00 Sketch 1:00 It's Magic		

CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

Reminder: Please register early to prevent class cancellation.

Pickle Ball

Tuesdays, Thursdays & Fridays 11:00 - 1:00 pm

Pickle ball is played at the South Towns Tennis Center. Cost payable to tennis center is \$4.00 per day. Please contact the Senior Center if you require additional information 662-6452.

Club 99 Tuesday & Thursday at 10:45 am

The Erie County Dept. of Senior Services and Senior Nutrition Program have teamed up to present Club 99. Club 99 is a free fitness program. Instructor, Ray Steck will explain how using the resist-a-band will tone and build muscle. Everyone is welcome!

Mind Aerobics Mondays at 1:00 pm

Join us for a fun filled hour! Research has shown brainteasers, word puzzles, critical thinking, and trivia often delay the onset of Alzheimer's. Everyone is Welcome!!

B I N G O !! Tuesdays at 1:00 pm

Bring a friend and join us for a fun filled hour of bingo. All boards are \$1.00. All are welcome!
** check calendar for time changes **

Beginner Tai Chi

Thursday, September 13th - Nov. 1st 1:00pm

Cost for 8 week session is \$30.00.

Advanced Tai Chi

Wednesday, Sept. 19th - Nov. 14th at 1:00 pm

Cost for \$30.00 for a 8 week session.

Men's Fitness

October 9th - December 13th

Tuesday, Wednesday & Thursday 9:00 - 10:00 am

Cost for 10 week session is \$40.00.

Ladies Exercise Program 9:00 - 10:00 am

Monday, Wednesday and Friday

free class - Please wear comfortable clothes and bring a mat.

Wii Bowling is Back!!

Mondays at 10:15 am

Wii bowling attracts the feeling and effects of being in a real bowling alley, right in the senior center. It simulates real-life bowling by using simple motion controls - bowling the ball is as easy as flicking your wrist. Register in the office.

Beg. Line Dance Every Wednesday at 10:15 am

Inter. Line Dance Every Tuesday at 10:30 am

Cost is \$2.50 per class - pay as you go.

Yoga

Wednesday, Sept. 12th - Nov. 14th at 11:30 am

Friday, Sept. 7th - Nov. 9th at 9:00 am

Cost for each 10 week session is \$35.00.

Zumba

Thursday, September 13th - Nov. 1st at 11:00 am

Cost for 8 week session is \$30.00.

Evening Zumba

Tuesday, September 11th - Oct. 30th at 6:00 pm

Cost for 8 week session is \$30.00.

Tap Dancing For Fun

Tuesday, September 11th - Oct. 30th at noon

Cost for 8 week session is \$30.00.

Intermediate Tap Dance

Thursday, September 6th - Nov. 1st at 10:00 am

Cost for 8 week session is \$30.00.

Tai Chi for Arthritis Program

Thursday, August 23rd - Thursday, October 11th

Tuesdays & Thursdays 2:30 pm - 3:30 pm

Please register in the office for this FREE class.

Spanish Again! Español OtraVez!

Monday, September 10th - Nov. 5th at 1:00 pm

Cost for a 8 week session is \$30.00.

ART CLASSES AT THE CENTER

Beginners Welcome!! *Stop in or contact the center to pick up a supply list for the art classes.*

Acrylic Painting

Monday, September 10th - Oct. 22nd at 10:15am

Monday, October 29th - December 10th at 10:15am

Cost \$25.00 for a 6 week session.

Sketch Class

Wednesday, September 5th - Oct. 10th at 1:00 pm

Wednesday, October 24th - Nov. 28th at 1:00 pm

Cost \$25.00 for a 6 week session.

Watercolor Painting

Friday, October 5th - November 9th at 10:30 am

Cost \$25.00 for a 6 week session.

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!

Armor Seniors:

Meets the 2nd and 4th Thursday of the month at 1:30 pm at St. Bernadette's Church 5930 South Abbott Rd.
Arlene Schlierf, President 649-5845.
For travel contact Fran Ritz at 648-7526.

Hillcrest Seniors:

Meets at 10:00 am the 2nd and 4th Thursday of the month at the American Legion Post, N. Buffalo Rd. Orchard Park. President is Maura Krause 825-3399
Richard Jones, travel consultant 827-7074

Orchard Park Senior Citizens:

Meets at 11:00 am the 1st and 3rd Wednesday at American Legion Post, N. Buffalo Rd. Orchard Park.
Jim Twist, President 674-8661
For travel contact Ruth Duffy 649-7026

Sacred Heart Seniors:

Meets at noon the 2nd and 4th Tuesday of the month in the lower hall at Our Lady of Sacred Heart Church on Abbott Road
Esther Marcin-Cullis, President 649-6850.

**St. John's Lutheran Church,
Diamonds in the Rough**

Meets the first Tuesday of the month at 1:00 pm at St. John's Lutheran Church, Highland Ave. Orchard Park.
For information contact Alan Groth 662-2140

St. John Vianney Seniors:

Meets the 2nd and 4th Tuesday at 12:45 pm in St. John Vianney Parish Center on Southwestern Blvd.
Dorothy Dzikowski, President 674-1645
For travel contact Cindy Crawley 675-1104

A.A.R.P. Driver Safety Program

**Thursday, Oct. 25th & Friday, Oct. 26th
1:00 - 4:00 pm**

AARP Driving course is a great way to save money on your auto insurance. Cost is \$20.00 for AARP members and \$25.00 for non-AARP members.

Upcoming Classes:

Thursday, November 29th & Friday, November 30th

Thursday, December 13th & Friday, December 14th

Registration is required by calling the Center at 662-6452.

Buffalo Philharmonic Orchestra***Classical Christmas***

Friday, December 7th 10:30 am performance

JoAnn Falletta and the Buffalo Philharmonic Chorus celebrate the season with centuries of classical treasures. Before the concert complimentary coffee and doughnuts are served!

The bus departs the Center at 8:30 am with lunch at Curly's Restaurant. Cost including transportation, concert and lunch is \$75.00. *Limited seats available.*
Registration with payment begins Fri., Oct. 5th.

John Morris Russell's Holiday Pops

Thursday, December 13th 10:30 am performance

This year, JMR is pulling out all the holiday favorites from his Christmas bag. Mr. Christmas will bring together a magical program featuring the Buffalo Philharmonic Chorus as well as local performers to put you in the holiday spirit. You'll hear it all, from Go Tell it on the Mountain to O Holy Night. Before the concert complimentary coffee and doughnuts are served!

The bus departs the Center at 8:30 am with lunch at Chef's Restaurant. Cost including transportation, concert and lunch is \$75.00. *Limited seats available.*
Registration with payment begins Fri., Oct. 5th.

Medicare Advantage Plans

Sales Representative will be at the Center to meet one on one and answer any questions you may have.

Univera Healthcare

Tue., October 16th 4:00 – 6:00 pm *presentation*
Tue., November 6th 1:00 – 3:00 pm *meet 1 on 1*
Tue., November 13th 4:00 - 6:00 pm *presentation*

United Healthcare

Tue., October 16th 2:00 – 4:00 pm *meet 1 on 1
Mon., November 5th 10:00 – Noon *meet 1 on 1
Wed., November 28th 10:00 – Noon *meet 1 on 1

Fidelis Healthcare

Wed., November 7th 9:30 - 11:30 am *meet 1 on 1*

Blue Cross / Blue Shield

Mon., November 5th 1:30 pm *presentation*
Thur., November 29th 9:00 - Noon *meet 1 on 1*

Senior Center Art Display:

Stop in the dining room to view amazing artwork depicting figures on display created by the Center's artist's.



Community Activity Council of Orchard Park



Spaghetti Dinner **Thursday, October 18, 2018** **4pm - 7pm**



American Legion Post
3740 N. Buffalo Rd., Orchard Park

Tickets: \$10.00

Tickets can be purchased at the Orchard Park Senior Center.

For additional information please contact MaryAnn Notto at 825-6460.

All proceeds to benefit the Orchard Park Community Activity Center

Orchard Park Senior Center

70 Linwood Avenue

Orchard Park, NY 14127
