



Orchard Park Senior Center

70 Linwood Avenue
Orchard Park, NY 14127



NOVEMBER 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



HAPPY THANKSGIVING

Notes from Debbie . . .

I'm happy to say the Community Activity Council Spaghetti Dinner was a success! Many thanks to all who participated...whether you were volunteering your time to work in the kitchen, sell dinner tickets, or attend the event you are greatly appreciated! A big THANK YOU to the local businesses for their donations: Cappelli's Pizzeria, Wegmans, Target, Midstate Bakery, and Paula's Donuts.

Please join us for a presentation to recognize and honor those who served or are still serving our country on Friday, November 9th (see pg. 3 for details).

Maria, Jeanne and I would like to wish you a Happy Thanksgiving! We hope your dinner table is surrounded with good will, good memories and good friends.

**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

Cost: \$41.00 *(includes transportation)*

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

For those of you who may not be familiar with the Community Activity Council I'd like to share a bit of our history ...

We originated as the Senior Council 15+ years ago. In 2012, the Senior Council decided to begin fundraising to raise money for a new senior center. Since 2012, the Senior Council was able to raise \$100,000. The money was raised by dedicated volunteers who saw the need for a new senior center, their fundraising efforts and everyone who attended our fundraising events.

In 2018, the Senior Council changed their name to Community Activity Council and increased their size and scope. The Community Activity Council is comprised of the original Senior Council members, local business leaders and recreation commission representatives.

Together we continue to fundraise to supplement funds for the new Community Activity Center of Orchard Park which broke ground on October 27th.

~ Jackie

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?

**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.

Erie County Caseworker**Thursday, November 1st 11:00 am-1:00 pm**

Dorothy Mehrent, ECSS case worker will assist with short-term counseling, community service outreach / linkage to benefits and entitlements (local, state and federal ie. Medicare, SSI, SNAP, and HEAP).

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

Come learn about the ships docked at the largest inland naval museum in the country. USS The Sullivans and USS Croaker are World War II ships with unique and storied histories. USS Little Rock, as a flagship of the 2nd and 6th Fleet, oversaw many memorable events. Instructor: Shane E. Stephenson, director of Museum Collections, Buffalo & Erie County Naval and Military Park; owner, Archives in the Buff. Register with the office. 662-6452.

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

Meet people from Buffalo's early days who influenced the history of Western New York, including many who received national acclaim for their achievements. We'll talk about noteworthy politicians, businessmen, inventors, and others from the 1800s and early 1900s. This presentation is based on the presenter's research for his new book "Historic & Influential People from Buffalo, NY."

Instructor: Rick Falkowski, founder, Buffalo Music Hall of Fame; author.

Register with the office. 662-6452.

**University Express:
Political Civility****Thursday, November 8th at 1:30 pm**

So frayed has political discourse become that there has even been debate on whether civility is good in the first place. Civility has been dismissed as "political correctness" or "niceness" that robs political protest of its force. We'll examine how civility represents a long tradition of moral virtues including integrity, honesty, and respect for others that are essential to democratic engagement. Instructor:

Marian Deutschman, professor emerita of Communications, Buffalo State College.

Register with the office. 662-6452.

**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 (option #3) to register for lunch.

**Monday, November 12th
Center Closed - Veterans Day**

**University Express: The Hubbard Effect
Tuesday, November 13th at 1:30 pm**

Elbert Hubbard was the key to the Larkin Company's success and Frank Lloyd Wright's story. As chief architect of the early Larkin Company, Hubbard's humanist philosophy was the force guiding both Darwin Martin and William Heath on their quest to find a utopian design for the new Larkin administration building. This scenario also provided Wright, a then struggling young creative architect, the perfect situation to launch his career. We'll examine the complex relationships among Hubbard, Martin, Heath, and Wright. Instructor: Charles Facklam, retired teacher; The Buffalo Transportation Pierce-Arrow Museum; Elma Historical Society; East Aurora Chamber of Commerce Instructor: Chuck Facklam. Register with the office. 662-6452.

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.

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

Discover easy-to-follow activities that will help improve your mobility, balance, strength, and flexibility at little or no cost. See how everyday household items such as plastic bottles, towels, a broom stick, and more can provide you with a functional aging fitness program. You can be your own personal trainer! Instructor: Jill Bronsky, owner, Forward Fitness Inc.; author Register with the office. 662-6452.

**University Express:
Genealogy 101**

Friday, November 16th at 1:30 pm

Jump-start your genealogy with this introduction to family history research. You'll learn basic genealogy concepts, the types of records used, and an overview of the genealogy resources available through the Buffalo & Erie County Public Library System. Instructor: Rhonda Konig, genealogy librarian, Buffalo & Erie County Public Library
Register with the office 662-6452.

University Express:

**Origins and Applications of Taoist Tai Chi
Monday, November 19th at 1:30 pm**

The origins of tai chi extend back centuries, but the story of Taoist tai chi began in 1970. Join us for a demonstration and hear how this Taoist temple art came to Buffalo. Certified instructors will teach the opening moves of the Taoist tai chi set, the practical skill of sitting and rising from a chair with improved balance and flexibility, and "balanced walking" - a valuable aid in preventing falls. Instructor: Jane Rosenfeld, certified instructor, Taoist Tai Chi Society of the USA, Buffalo Center; Brendan Fallon, student of Master Moy-Lin Shin; school librarian, Orchard Park Schools. Register with the office 662-6452.



**Happy Thanksgiving
Center is Closed**

**Thursday, November 22nd &
Friday, November 23rd**

**University Express:
Grief and Loss**

Monday, November 26th at 1:30 pm

Older adults often have to deal with multiple losses at a time or within a short period of time. These can include loss of a partner, social contacts, financial security, independence, and physical strength. Grief is a difficult experience for many people and can be made worse by health problems and a lack of emotional support systems that used to exist. We'll look at the common stages and symptoms of grief. While there is nothing that can eliminate the pain of grief, there are helpful ways to cope and heal from losses Register with the office 662-6452.

November Birthday Bash

Tuesday, November 27th at 12:30 pm

Let's Celebrate!! Jeanne Zablotsky our Site Manager invites those who have a November birthday to submit a photo of yourself in your younger days by 11/21. Everyone is welcome and will enjoy a delicious birthday dessert.



Book Group

Nutshell by Ian McEwan

Wednesday, November 28th at 10:00 am

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.

Dec. No meeting in December

Learn to Play Mexican Train Dominoes

Thursday, November 29th at 9:30 am

Thursday, December 6th at 9:30 am

Mexican Train Dominoes is a wonderful game of skill and strategy. If you would like to learn the game or brush up on your skills, this class is for you. Nancy Buczkowski will help you learn the basics of this fun and entertaining game. Space is limited.
Register in the office.

University Express:

Owls: Habits and Habitats

Thursday, November 29th at 1:30 pm

Owls are intriguing birds that easily capture the attention and curiosity of birders. Unlike other birds of prey, such as hawks or eagles, most owls are nocturnal. Their nighttime activity, quiet flight, and strange calls have made them the subject of many myths and folklores. Learn some fun facts and find out what a hoot owls really are! Instructor: Tom Kerr, Buffalo Audubon naturalist. Register with the office.



**Tree Trimming, Cookie Decorating
& Sing Along**

Friday, November 30th at 10:30 am

Join us to kick off the holiday season! We will trim the tree, decorate cookies and sing along to all our holiday favorites
Please register in the office.

Looking Ahead to December....

Senior Center Dinner Club

The Orchard Park Senior Center Dinner Club welcomes new participants. For information attend a monthly meeting (1st Tuesday of the month).

December Dinner Club: Join us for a New Year's Party at Salvatore's on Thursday, December 27th.

**Please note as of 2019 dinner club guests must attend 4 dinners per year to remain on the mailing list.*

*Everyone is still welcome to attend events, however you will no longer be mailed a notice**

Wii Bowling Tournament

Monday, December 3rd at 9:30 am

Join us for breakfast before a friendly competitive Wii bowling tournament. Prizes awarded for top bowlers. Cost for breakfast and tournament play is \$3.00. Please register and pay in the office.

Healthy Eating for the Holiday

Monday, December 3rd at 12:45 pm

Learn the basics to weight management (or even weight loss) while still enjoying the fun, food, and festivities of the holidays! Jennifer Johnson, BC/BS Wellness Coordinator will give you tips on how to avoid overdoing it, including recipes and ways to make your favorite holiday foods fit into a healthy eating plan. Register in the office.

Christmas Bingo Bash

Tuesday, December 4th at 1:00 pm

Refreshments will be served and prizes will be awarded. \$1.00 per board. Everyone is Welcome!

Christmastime with Danielle DiStefano

Monday, December 10th at 1:00 pm

Join us today as Danielle DiStefano entertains us with our holiday favorites. Light refreshments will be served. Cost is \$3.00.

Please register and pay in the office.

Christmas Shopping In Buffalo

Tuesday, December 11th at 10:30 am

Do you remember being in downtown Buffalo at Christmastime? This presentation will bring back memories of getting dressed up, spending the day shopping in the wonderful stores, looking at the department store window decorations, eating at the AM&A's top floor restaurant and so much more! We'll also discuss all the great retailers that made Buffalo their home. Register in the office.

Board Games & Social Hour

Monday, December 17th at 12:45 pm

Do you enjoy board games and card games (checkers, connect four, Uno, and rummy to name a few)? This is the day to play and have some fun. Take a break from the stresses of everyday life and partake in Game Day, socialize and enjoy light refreshments.

Christmas Luncheon

Wednesday, December 19th at Noon

Celebrate the holidays at the Senior Center Christmas Luncheon. Today's menu includes Chicken Cordon Bleu over Rice Pilaf with Herbed Cream Sauce, Glazed Carrots, Parslied Cauliflower and Cheesecake with Cherry Topping. The suggested donation for lunch is \$3.00. Space is limited.

Ugly Christmas Sweater Contest

Monday, December 21st at Noon

Ugly sweaters and good cheer. It's that wonderful time of year. Prizes awarded for the "Ugliest Christmas Sweater". However, you're welcome in your warmest sweater or favorite holiday sweater too! Join for lunch by calling the center and choosing option #3 and also after lunch to enjoy the holiday favorite National Lampoon's Christmas Vacation movie at 1 pm.



**New Year Party at
Salvatore's Italian Garden
Thursday, December 27, 2018**

see page 2 for details

Medicare Advantage Plans

A sales representative will be at the Center to meet one on one and answer any questions you may have.

Univera Healthcare

Tue., November 6th 1:00 – 3:00 pm *meet 1 on 1*
Tue., November 13th 4:00 - 6:00 pm *presentation*
Mon., December 3rd 1:00 - 3:00 pm *meet 1 on 1*

United Healthcare

Mon., November 5th 10:00 – Noon *meet 1 on 1*
Wed., November 28th 10:00 – Noon *meet 1 on 1*
Thur., December 6th 9:00 – 11:00 am *meet 1 on 1*

Fidelis Healthcare

Wed., November 7th 9:30 - 11:30 am *meet 1 on 1*
Tues., December 4th 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*
Wed., December 5th 9:00 - Noon *meet 1 on 1*

Aetna

Tues., December 4th 4:00 - 6:00 pm *presentation*

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.

- Thu 11/1 Sweet & Sour Chicken w/Rice, Spinach, Wax Beans, Diced Peaches
- Fri 11/2 Beef & Rice Patty over Cabbage w/Sauce, Mashed Potatoes, Dinner Roll, Tapioca Pudding
- Mon 11/5 Pork Ribette w/BBQ Sauce, Mashed Potatoes Zucchini & Summer Squash, Orange, Chocolate Milk
- Tue 11/6 Beef Stew, Mashed Potatoes, Biscuit, Tropical Fruit Cup
- Wed 11/7 Br. Chicken Breast w/Gravy, Rice Pilaf, Broccoli Apple Juice, Peach Bavarian
- Thu 11/8 Meatloaf w/Gravy, AuGratin Potatoes, Peas Wheat Dinner Roll, Gelatin with Fruit
- Fri 11/9 Veterans Day Lunch** Sliced Turkey w/Stuffing & Gravy, Mashed Potatoes, Blend Vegetables, Chocolate Eclair
- Mon 11/12 Center Closed—Veteran's Day**
- Tue 11/13 Meatballs w/Gravy & Pasta, Blend Vegetables Grape Juice, Oatmeal Raisin Cookies
- Wed 11/14 Br. Chicken Drumsticks, Cauliflower, Chef Salad, Cornbread, Rice Krispie Square
- Thu 11/15 Julienne Salad, Wheat Bread, Fresh Orange Chocolate Milk
- Fri 11/16 Stuffed Pepper w/Sauce, Mashed Potatoes, Peas & Carrots, Dinner Roll, Gelatin with Pears
- Mon 11/19 Sloppy Joe, Fiesta Corn, Cauliflower, Lorna Doone Cookies
- Tue 11/20 Thanksgiving Lunch** Turkey w/Stuffing & Gravy, Mashed Potatoes, Green Beans, Roll, Cranberry Gelatin Salad, Pumpkin Pie
- Wed 11/21 Ham Steak, Brussels Sprouts, Mashed Squash, Rye Bread, Chocolate Frosted Brownie
- Thu 11/22 Center Closed - Happy Thanksgiving**
- Fri 11/23 Center Closed - Happy Thanksgiving**
- Mon 11/26 Pork Stew, Mashed Potatoes, Biscuit, Tropical Fruit Cup
- Tue 11/27 Cabbage Roll w/Meatsauce, Mashed Potatoes Green Beans, Bread, Diced Pears
- Wed 11/28 Boneless Chicken Breast w/Gravy, Mashed Sweet Potatoes, Broccoli, Lemon Vanilla Pudding
- Thu 11/29 Roast Beef w/Gravy, Mashed Potatoes, Beets Wheat Dinner Roll, Frosted Yellow Cake
- Fri 11/30 Meatloaf w/Gravy, AuGratin Potatoes, Carrots Wheat Roll, Strawberry Bavarian

Thursdays in November : 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. 11/7 Mamma Mia (PG-13) Starring: Meryl Streep, Pierce Brosnan Five years after the events of Mamma Mia! (2008), Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past.

Wed 11/14 The Catcher was a Spy (R) Starring: Connie Neilson & Paul Rudd Moe Berg, a former Major League Baseball catcher who speaks nine languages, is recruited by the Office of Security Services during World War II to thwart a German scientist's plans to assemble an atomic bomb for the Nazis. Based on a true story.

Wed 11/21 Planes, Trains & Automobiles (R) Starring: Steve Martin & John Candy A man must struggle to travel home for Thanksgiving with an obnoxious slob of a shower curtain ring salesman as his only companion.

Wed 11/28 The Spy Who Dumped Me (R) Starring: Mila Kunis & Justin Theroux Audrey and Morgan are best friends who unwittingly become entangled in an international conspiracy when one of the women discovers the boyfriend who dumped her was actually a spy.

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, Nov. 5th at 12:30 pm
- Euchre Tournament Friday, Nov. 16th at 10:00 am
- Pinochle Tournament Friday, Nov. 16th at 1:00 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p style="text-align: right;">01</p> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 11:00 EC Caseworker 11:00 Zumba 12:00 Stay Fit Dining 1:00 Movie 1:00 Knitter/Crochet 1:30 UE Naval Park	<p style="text-align: right;">02</p> 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 Historic & Influential People in Bflo
<p style="text-align: right;">05</p> 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 United Health. (meet 1 on 1) 10:15 Wii Bowling 10:15 Acrylic Painting 12:00 Stay Fit Dining 12:30 Bridge Tourn. 1:00 Spanish 1:30 BC/BS Present.	<p style="text-align: right;">06</p> 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 1:00 Univera (meet 1 on 1) 6:00 Zumba drop in \$5	<p style="text-align: right;">07</p> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 9:30 Fidelis Ins. (meet 1 on 1) 10:15 Beg Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Movie 1:00 Adv. Tai Chi 1:00 Sketch	<p style="text-align: right;">08</p> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 11:00 Zumba drop in \$5 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:30 UE Political Civility	<p style="text-align: right;">09</p> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining Veterans Day 1.00 Mah Jong 1:00 Pinochle
<p style="text-align: right;">12</p> <p style="text-align: center;">CENTER CLOSED</p> 	<p style="text-align: right;">13</p> 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 1:30 UE Hubbard Effect 4:00 Univera Present. 6:00 Zumba drop in \$5	<p style="text-align: right;">14</p> 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	<p style="text-align: right;">15</p> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 11:00 Zumba drop in \$5 12:00 Stay Fit Dining 12:45 HIICAP 1:00 Knitter/Crochet	<p style="text-align: right;">16</p> 9:00 Pool Shooting 9:00 Yoga 9:30 UE No Cost Fitness 10:00 EuchreTourn. 10:30 Watercolor 12:00 Stay Fit Dining 1.00 Mah Jong 1:00 Pinochle Tourn. 1:30 UE Genealogy
<p style="text-align: right;">19</p> 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 Taoist Tai Chi	<p style="text-align: right;">20</p> 9:00 Pool Shooting 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Stay Fit Dining Thansgiving Lunch 12:00 Tap Dance Fun 1:00 Bingo	<p style="text-align: right;">21</p> 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 Sketch 1:00 Adv Tai	<p style="text-align: right;">22</p> <p style="text-align: center;">CENTER CLOSED</p>	<p style="text-align: right;">23</p> <p style="text-align: center;">CENTER CLOSED</p> 
<p style="text-align: right;">26</p> 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 Grief & Loss	<p style="text-align: right;">27</p> 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 1:00 Bingo	<p style="text-align: right;">28</p> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:00 Book Club 10:00 United (meet 1 on 1) 10:15 Beg Line Dance 11:30 Yoga drop in \$5 12:00 Stay Fit Dining 1:00 Movie 1:00 Adv. Tai Chi 1:00 Sketch	<p style="text-align: right;">29</p> 9:00 Pool Shooting 9:00 Men's Fitness 9:00 BC/BS Meet 1 on 1) 9:30 Learn to Play Mex. Train Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:30 UE Owls Habits & Habitats	<p style="text-align: right;">30</p> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga drop in \$5 10:00 Euchre 10:30 Tree Trim/Sing Along & Cookie Décor. 10:30 Watercolor 12:00 Stay Fit Dining 1.00 Mah Jong 1:00 Pinochle

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

Will Resume in December

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 ***

Wii Bowling

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.

Beginner Tai Chi

Class Resumes in 2019

Advanced Tai Chi

Wednesday, Nov. 21st - Dec 19th at 1:00 pm

Cost for \$19.00 for a 5 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. **no class 11/16***

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.

Wednesday Yoga "Drop In" Classes

11/28, 12/5, 12/12 & 12/19

\$5.00 drop in fee for each class.

Friday Yoga "Drop In" Classes

11/30, 12/7, 12/14, 12/21

\$5.00 drop in fee for each class.

Zumba

Thursday, November 8th & November 15th

\$5.00 drop in fee for each class.

Evening Zumba

Tuesday, November 6th & November 13th

Cost for 8 week session is \$30.00.

Tap Dancing For Fun

Tuesday, November 6th - November 27th at Noon

Cost for 4 week session is \$15.00.

Intermediate Tap Dance

Thursday, November 8th - Dec. 13th at 10:00 am

Cost for 5 week session is \$19.00.

Spanish Again! Español Otra Vez!

Monday, September 10th - Nov. 26th 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, October 29th - December 10th at 10:15am

Cost \$25.00 for a 6 week session.

Sketch Class

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

Friday, November 16th - Dec. 21st 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, Nov. 29th & Friday, Nov. 30th
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, December 13th & Friday, December 14th
Thursday, January 24th & Friday, January 25th**

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.*

John Morris Russell's Holiday Pops Thursday, December 13th

10:30 am performance

The bus departs the Center at 8:30 am with lunch at Chef's Restaurant. Cost including transportation, concert and lunch is \$75.00.
***Sorry this event is SOLD OUT -
WAITING LIST ONLY!***

Riviera Theatre

**Master of Illusion - *Believe the Impossible*
Saturday, February, 16th
1:30 pm (depart center)**

Only the best, most unique, amusing, astounding and amazing performers have been chosen to perform in Masters of Illusion. Masters of Illusion—Believe the Impossible includes grand illusions, levitating women, escapologists, comedy magic, slight of hand, and beautiful dancers. And it's all LIVE! No camera tricks, no computer graphics - just amazing illusions in real time in front of a live audience. Everything you could possibly imagine and performances that you never dreamed possible—all rolled up into a live show! Last day to purchase a ticket is January 2, 2019. Space is limited.

Cost is \$53.00 which includes ticket and transportation

Free Help for your Smartphone, iPad or Kindle

Are you having problems using your smartphone, iPad or Kindle? Help is on the way! A volunteer is available to answer your questions for free.

Contact the Center at 662-6452 to set up an appointment.

Orchard Park Nonagenarians

Reaching the age of 90 is a milestone worthy of a celebration!



Our Nonagenarians pictured above (from left to right) **Flo Kirkner, Bob Yung, Betty Yung, Melvin Zielinski, George Kaczmarek, Loretta Schultz, and Joyce Day** at our September 18th celebration complete with a birthday cake and ice cream.

During our celebration Bob Yung shared a poem:

There's no thrill in easy sailing when the skies are clear and blue. There's no joy in merely doing things that everyone can do but, there is some satisfaction which is mighty sweet to take when you reach your destination you never thought you'd make.

Orchard Park Senior Center

70 Linwood Avenue

Orchard Park, NY 14127
