



Orchard Park Senior Center

70 Linwood Avenue
Orchard Park, NY 14127



JANUARY 2019 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



**Wishing you joy, happiness,
good health, and a
prosperous New Year!!**

Notes from Debbie . . .

Looking back at 2018 it was a year filled with activity. As time marches on and we all get a little older, we become more concerned with staying fit both physically and mentally. As a result classes in Yoga, Ladies and Men's Fitness, Zumba and Resistance Band Exercise have seen an increase in attendance. The University Express Spring and Fall session which offer programs in history, humanities, and current events continues to attract people throughout Erie County. Orchard Park was fortunate to be one of the first sites to host this program back in 2007 and now offer 20+ classes at both the spring and fall sessions. The lunch program continues to evolve as people are favoring nutritious and healthy meal options. The monthly birthday celebration is an event that everyone looks forward to. Learn more about this and join in the festivities by contacting Jeanne at 662-6452 (option #3). AARP Safe Driving Program, AARP Tax Preparation Program and Transportation services are also some of the services offered by the Center.

Check out our monthly newsletter and stay up to date on all that is happening at your Center.

**Community Activity Council of
Orchard Park
MONTHLY PRIZE RAFFLE
\$50.00 VISA GIFT CARD
Donated by Hillcrest Travel**

The Activity Council is raising funds to furnish the new Community Activity Center. Show your support by purchasing a chance to win the \$50.00 VISA gift card.

Each chance is \$1.00 per ticket.

You can buy the tickets in the senior center office or at the travel group meetings.

Winner will be drawn on Feb. 1st.

All proceeds benefit the Community Activity Center.

Each month the Council will raffle a \$50.00 gift card .

**Lancaster Opera House
Dinner Theatre at Ripa's**

**Finnegan's Farewell
Sunday, March 17th
1:30 pm (depart center)**

It's time to say goodbye to Patrick James Finnegan, a mailman who won 2.5 million dollars playing the slots at Atlantic City before he conveniently (for someone) dropped dead. Eat, drink, and be merry with Paddy's family at this authentic Irish-American wake, complete with traditional Irish drinking songs, dinner, beverages, and lots of lively step-dancing.

**Space is limited. Cost is \$60.00
which includes ticket and transportation.**

Last day to purchase a ticket is Feb. 15, 2019.

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. 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?

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

I am looking forward to a new year which will bring us closer to moving into a new building. The additional space will allow rooms to remain set-up rather than office staff re-setting rooms.

I am also looking forward to watching the new building being built and watching our dream coming true.

I'd like to take this opportunity to wish you a happy, healthy, and prosperous New Year!

~ Jackie



Journey To A Healthier You

An essential part of becoming A Healthier You is making healthy choices.

A New Years resolution is a tradition, in which a person resolves to change an undesired trait or behavior, to accomplish a personal goal or otherwise improve their life. The top resolutions are to: exercise more, lose weight, eat more healthily, and take a more active approach to health.

To assist you with your resolutions to become a "Healthier You" we have teamed up with Blue Cross Blue Shield of WNY to offer:

"A Healthier You" presentation series:

Well Being:

The Many Ways to Look at Health Thursday, January 10th at 12:45 pm

Take a holistic view of your health. You will learn about the five dimensions of well-being, physical, emotional, social, financial, and environmental and how they are connected.

Nutrition Traps

Thursday, January 17th at 12:45 pm

This program discusses the importance of minimizing sodium and added sugars in the diet, and the "sneaky" places where they hide.

Vitamins and Supplements: What You Need to Know

Thursday, January 24th at 12:45 pm

We're often encouraged to supplement our diet with a variety of vitamins, minerals, herbal supplements, and more. Learn what makes the most sense for you.

Simple Changes for a Healthier You Thursday, January 31st at 12:45 pm

This interactive program teaches ways to make overwhelming health goals manageable and shows the value in making small behavior changes.

**If you would like to attend one or all of the
"Healthier You" presentations above
please register with the office 662-6452.**

**The Center is Closed
Tuesday, January 1st - Happy New Year**

Erie County Caseworker

Thursday, January 3rd 11:00 am - 1:00 pm

Dorothy Mehrent, ECSS case worker will assist with short-term counseling, community service outreach / linkage and benefits and entitlements (local, state and federal ie. Medicare, SSI, SNAP, HEAP).
No appointment necessary.

Happy Birthday Elvis "The King"

Wednesday, January 9th at 1:00 pm

Get rid of your winter blues and join us in celebrating "the King of Rock n' Roll" in Viva Las Vegas.
Following the movie, join us for light refreshments.
Please register in the office.

The Art of Meditation & Yoga Presentation

Monday, January 14th at 9:00 am

Are you interested in learning how the practice of yoga and meditation can reduce stress and improve your overall well-being? Join Irene Kulbecki-CYT as she teaches you the basic philosophy behind the ancient tradition of yoga and meditation and give you the resources to explore starting your own practice.
Please register in the office.

Root Beer Floats & Game Day

Monday, January 14th at 12:45 pm

Do you enjoy board games and card games or just socializing? This is the day to play, have some fun and socialize. Take a break from the stresses of everyday life and partake in Game Day.
Please register in the office.

Reducing Inflammation with Food

Friday, January 18th at 12:45 pm

Learn about foods and diet to reduce inflammation and to promote good health with Betsy our Erie County Dietician. Please register in the office.

**The Center is Closed
Mon., Jan. 21st Martin Luther King Jr. Day**

Evening Yoga Class

Tuesdays at 5:00 pm

January 22nd - February 12th

The Center is offering a NEW Tuesday Yoga class for those who want to improve their balance, flexibility and relieve stress. Join Adam Schifferli, Joy Wheel Yoga & Wellness for a 4 week session. Cost is \$16.00.

**Please dress in loose, comfortable clothing
and bring a yoga mat.*

Pie Baking Contest**Wednesday, January 23rd**

Calling all pie bakers! Enter your favorite homemade pie for a chance to win prizes! (All pies **must** be 100% homemade - including the crust). A contest will be held and prizes will be awarded at our

National Pie Day celebration (see below). ***Drop off your pie by 11:00 a.m. so our panel of judges can rank each pie and determine the top pies for prizes.*** Register in the office if you wish to enter a pie in the contest.

National Pie Day**Wednesday, January 23rd at 1:00 pm**

Let's celebrate National Pie Day? Why not? Pies have always been a sweet treat to warm the cold winter days and with the holiday celebrations a fading memory, this is a great way to warm up a January cold snap. Cost is \$2.00, *purchase your ticket in the office.*

January Birthday Bash**Friday, January 25th at 12:30 pm**

Let's Celebrate!! Jeanne Zablotsky our Site Manager invites those who have a January birthday. Submit a photo of yourself in your younger days by 1/23. Everyone is welcome and will enjoy a delicious birthday dessert.

**Meditation & Gentle/Restorative
Yoga Class****Mondays at 8:45 am****January 28th - February 25th**

This NEW class will combine the calming benefits of meditation with gentle stretching and yoga postures. Join Irene Kulbacki-CYT (our current Wednesday yoga instructor) as she guides you through a seated meditation followed by yoga postures that will help to improve your flexibility, strength, and balance.

(chair modifications available). Cost is \$16.00 for a 4 week session. Register in the office.

**Please dress in loose, comfortable clothing and bring a yoga mat.*

Wildlife Adaptations for the Winter**Tuesday, January 29th at 1:00 pm**

Carol Rogers, Park Naturalist, NY State Parks, Recreation & Historic Preservation will discuss how wildlife get through the harsh winter months. The presentation will include animals that hibernate as well as those that remain active during the winter. It is a time of true survival of the fittest!! Please register in the office.

Jeanne's Lunch**Wednesday, January 30th at Noon**

Enjoy a winter favorite Grilled Cheese, Tomato Soup, chips, beverage and dessert. Cost is \$2.00. Space is limited. Must register and pay in the office by Friday, January 25th.

LOOKING AHEAD TO FEBRUARY**Valentines for Vets****Friday, February 1st at 12:30 pm**

Join us to create a personal Valentine Day card for Veterans. Cards will be sent to the Veterans Hospital. Supplies will be provided. Please register in the office.

Senior Center Dinner Club at**Fuji Grill (4151 McKinley Pkwy)****Thursday, February 7th at Noon****Hibachi Lunch**

Separate checks (meal cost ranges from \$8.25 - \$12.25 plus tax & gratuity).

Please contact Dixie Bileschi at 674-9348 by January 28th to reserve a seat. A final head count for the restaurant is required to reserve seating. Everyone is Welcome to attend!

Cancer Prevention**Friday, February 8th at 12:45 pm**

The National Cancer institute reports as many as 80% of all cancers are due to identified factors and are potentially preventable. Making small changes in everyday lifestyle behaviors, having regular screenings, and check-ups may help reduce risk.

Learn how to increase your chance of early detection of cancer, when treatment is more likely to be successful. Please register in the office.

Looking for Laughter**Monday, February 11th at 12:45 pm**

Laughter is the best medicine! Join Debbie and Maria as we have fun getting to know each other with ice breaker questions. Ice breaker questions are fun, funny and you are sure to laugh. Light refreshments will be served. Register in the office.

Valentine Bingo Breakfast**Wednesday, February 13th at 9:00 am**

Join us for breakfast and bingo. Cost is \$3.00 and will include your breakfast and your first board. Additional boards \$1.00. Everyone is Welcome! Register and pay in the office.





Valentine's Day Lunch Thursday, February 14th at Noon

Be a sweetheart and join us for a Valentine's celebration and luncheon. Suggested donation for lunch is \$3.00. Space is limited.
Contact nutrition to register for lunch.

Love Is In The Air Thursday, February 14th at 1:00 pm

Take a break from the cold weather and come inside and be entertained. Peter VanScozza, violinist will play your favorite love songs and you will enjoy homemade cookies generously donated by teachers in the Orchard Park School District. Cost is \$2.00, please register and pay in the office.

Senior Center Closed - President's Day Monday, February 18th

Metabolic Syndrome

Friday, February 22nd at 12:45 pm

Metabolic Syndrome is a serious health condition. According to the American Heart Association, it affects approximately one in three adults. It's a group of risk factors that, when clustered together, may increase your risk of developing heart disease, diabetes and stroke. Please register in the office.

Strength & Balance Exercise Class Monday, February 25th at 12:45 pm

Exercising can improve your balance and strength. Join Kathleen Schoell, Physical Therapist, Buffalo Rehab Group as she will teach you a combination of exercises which will improve your strength, mobility, and balance. Please wear comfortable clothes to participate in this exercise class. Space is limited.
Please register in the office.

Bell Aerospace Vehicle Development History Thursday, February 28th at 12:45 pm

Did you know Bell Aerospace is responsible for the current concept design of the present day Landing Craft Air Cushion which began in the early 1970s with the full-scale Amphibious Assault Landing Craft test vehicle? Hugh Neeson, development Director of Niagara Aerospace Museum will discuss Bell Aerospace's vehicle development story.
Please register in the office.

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, sleight 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!

**Space is limited. Cost is \$53.00
which includes ticket and transportation.**

Last day to purchase a ticket is Jan. 2, 2019.



AARP Tax Aide

AARP Foundation Tax-Aide Program is a volunteer run tax assistance and preparation service. It is free to taxpayers with low and moderate income, with special attention to those 60 and older.

NEW THIS YEAR: The taxpayer and spouse (if applicable) must be present during tax preparation.

The taxpayer (and spouse) must bring the following to their appointment for tax preparation:

- * Social Security Cards for all persons on the tax return
- * Last year's tax return with supporting documentation
- * Picture ID for the taxpayer (and spouse)
- * Income Information such as: Form W-2 (wage statement), 1099'S (Interest Income, Dividend Income, Pension Income, IRA Income, Brokerage Statement*, etc) Social Security income or Railroad Retirement Benefits
- * *Reminder: Brokerage statements are rarely sent out before February 15th.*
- * If you itemize: Documentation of medical expenses, real estate taxes, home mortgage interest, charitable contributions, etc.
- * Blank check for information for direct deposit/debit of refund/payment due (if applicable). Deposit slip is not acceptable

Appointments will be accepted after January 1st.
Please contact the Senior Center to schedule an appointment at 662-6452.

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.

Tue 1/1 Senior Center Closed - Happy New Year

Wed 1/2 Br. Chicken Breast w/Gravy, Mashed Sweet Potatoes, Green Bean Casserole, Roll, Cookie

Thu 1/3 Hot Dog, Macaroni & Cheese, Blend Vegetables, Tropical Fruit Cup

Fri 1/4 Lasagna Roll w/sauce, Chef Salad, Cauliflower, Italian Bread, Strawberry Bavarian

Mon 1/7 Boneless Chicken Breast w/Marsala Sauce Cauliflower, Mixed Vegetables, Roll, Cookies

Tue 1/8 Julienne Salad, Wheat Dinner Roll, Fruit Cocktail

Wed 1/9 Polish Sausage w/Sauerkraut, Red-skin Potato, Carrots, Frosted Cherry Cake

Thu 1/10 Tortellini w/ Meatsauce, Chef Salad, Italian Mixed Vegetables, Bread, Orange, Choc. Milk

Fri 1/11 Salisbury Steak w/Gravy, Scalloped Potatoes, Peas, Roll, Lorna Doones

Mon 1/14 Sl. Turkey w/Gravy, Mashed Potatoes, Carrots, Dinner Roll, Sugar Cookies

Tue 1/15 Beef Pepper Steak Casserole w/Rice, Broccoli, Wax Beans, Strawberry Bavarian

Wed 1/16 Pasta with Meatballs & Sauce, Mixed Vegetables, Pineapple Juice, Ambrosia

Thu 1/17 Roast Pork Loin w/Cran. Chutney, Sweet Potato, Peas, Wheat Bread, Applesauce

Fri 1/18 Baked Tilapia with Creole Sauce, Red Skin Potato, Collard Greens & Cornbread, Banana Cr.Pie

Mon 1/21 Senior Center Closed - Martin Luther King Day

Tue 1/22 Chicken Caesar Salad, Multigrain Bread, Tropical Fruit

Wed 1/23 Beef Stroganoff w/Brown Rice, Cauliflower French Bean Medley, Oatmeal Raisin Cookies

Thur 1/24 Chicken Pasta Primavera, Italian Vegetables, Dinner Roll, Fresh Fruit, Choc. Milk

Fri 1/25 Ham Steak w/Maple Glaze, Scalloped Potatoes, Brussels Sprouts, Cornbread, Pear Crisp

Mon 1/28 Chicken Biscuit Pie, Brussels Sprouts, Banana

Tue 1/29 Veggie Burger w/Wheat Bun, Roasted Red Potato, Spinach, Pineapple, Chocolate Milk

Wed 1/30 Jeanne's Lunch: Grilled Cheese Sandwich, Tomato Soup, Chips, Beverage & Dessert (Register & pay in the senior center office. Cost \$2.00)

Thu 1/31 Meatloaf w/ Swiss Gravy, Mashed Potatoes, Peas, Wheat Bread, Brownie

Fri 2/1 Lasagna Roll w/meatsauce, Mixed Vegetables, Chef Salad, Roll, Lemon Bavarian

Thursdays in January: 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. 1/2 Mission Impossible - Fallout (PG-13 -

Action) *Starring: Tom Cruise & Henry Cavill*

Ethan Hunt and his IMF team, along with some familiar allies, race against time after a mission gone wrong.

Wed. 1/9 Little Italy (R – Comedy) *Starring: Hayden*

Christensen & Emma Roberts). A young couple must navigate a blossoming romance, amidst a war between their families' competing pizza restaurants.

Wed. 1/16 Operation Finale (PG-13 - Biography,

Drama) *Starring: Ben Kingsley & Oscar Isaac*

A team of secret agents set out to track down the Nazi officer who masterminded the Holocaust.

Wed. 1/23 No Movie Today Join us for National Pie Day **see page 4 for details**

Wed. 1/30 The House with a Clock in Its Walls

(PG - Comedy, Fantasy) *Starring: Jack Black & Cate*

Blanchett. A young orphan named Lewis Barnavelt aids his magical uncle in locating a clock with the power to bring about the end of the world.

CARDS & GAMES:

Everyone is welcome to attend!!



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, Jan 7th at 12:30 pm

Euchre Tournament Friday, Jan. 18th at 10:00 am

Pinochle Tournaments will return in April

Please sign up in the office if you plan on attending the card tournaments.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>01</p> <p>Senior Center Closed</p> 	<p>02</p> <p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:15 Beg Line Dance 12:00 Stay Fit Dining 1:00 Movie</p>	<p>03</p> <p>9:00 Pool Shooting 9:00 Men's Fitness 10:00 Int. Tap 10:45 Club 99 Exer. 11:00 EC Caseworker 12:00 Stay Fit Dining 1:00 Knitter/Crochet</p>	<p>04</p> <p>9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle</p>
<p>07</p> <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 Tourm. 1:00 Mind Aerobics</p>	<p>08</p> <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 Tap Dance 12:00 Stay Fit Dining 1:00 Bingo</p>	<p>09</p> <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: Elvis 1:00 Adv. Tai Chi 1:00 Sketch</p>	<p>10</p> <p>9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 12:00 Stay Fit Dining 12:45 Well Being 1:00 Knitter/Crochet 1:00 Beg. Tai Chi</p>	<p>11</p> <p>9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle</p>
<p>14</p> <p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Art of Meditation & Yoga Pres. 10:15 Wii Bowling 10:15 Acrylic Painting 12:00 Stay Fit Dining 12:30 Bridge 1:00 Mind Aerobics 1:00 Game Day & Root Beer Floats</p>	<p>15</p> <p>9:00 Pool Shooting 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Tap Dance 12:00 Stay Fit Dining 1:00 Bingo</p>	<p>16</p> <p>9:00 Pool Shooting 9:00 Ladies Exercise 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>	<p>17</p> <p>9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 12:00 Stay Fit Dining 12:45 Nutrition Traps 1:00 Knitter/Crochet 1:00 Beg. Tai Chi</p>	<p>18</p> <p>9:00 Pool Shooting 9:00 Ladies Exercise 10:00 EuchreTourn. 10:30 Watercolor 12:00 Stay Fit Dining 12:45 Reducing Inflammation 1:00 Mah Jong 1:00 Pinochle</p>
<p>21</p> <p>Senior Center Closed</p> 	<p>22</p> <p>9:00 Pool Shooting 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Tap Dance 12:00 Stay Fit Dining 1:00 Bingo</p> <p>5:00 Evening Yoga New 6:00 Evening Zumba</p>	<p>23</p> <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 Adv. Tai Chi 1:00 Sketch 1:00 National Pie Day</p>	<p>24</p> <p>9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Int. Tap 10:45 Club 99 Exer. 12:00 Stay Fit Dining 12:45 Vitamins & Supplements 1:00 Knitter/Crochet 1:00 Beg. Tai Chi MB 1:00 AARP Driving</p>	<p>25</p> <p>9:00 Pool Shooting 9:00 Ladies Exercise 10:00 EuchreTourn. 10:30 Watercolor 12:00 Stay Fit Dining 12:30 Birthday Bash 1:00 Mah Jong 1:00 Pinochle 1:00 AARP Driving</p>
<p>28</p> <p>8:45 Meditation & Gentle Yoga New 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 Mind Aerobics</p>	<p>29</p> <p>9:00 Pool Shooting 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Tap Dance 12:00 Stay Fit Dining 1:00 Wildlife Adapt. 2:00 Bingo 2:30 Arthritis Tai Chi 5:00 Evening Yoga New 6:00 Evening Zumba</p>	<p>30</p> <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 Jeanne's Lunch 1:00 Movie 1:00 Adv. Tai Chi 1:00 Sketch</p>	<p>31</p> <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 12:00 Stay Fit Dining 12:45 Simple Changes 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 2:30 Arthritis Tai Chi</p>	<p>February 1st</p> <p>9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 12:45 Valentine's for Vets 1:00 Mah Jong 1:00 Pinochle</p>

CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

Reminder: Please register early to prevent class cancellation.

**Meditation & Gentle/
Restorative Yoga** \$16.00 – 4 week session
Mondays at 8:45 am 1/28 – 2/25

Yoga \$35.00 – 10 week session
Wednesdays at 11:30 am 1/9 – 3/13

Tap Dance \$30.00 – 8 week session
Tuesdays at Noon 1/8 – 2/26

Inter. Tap Dance \$30.00 – 8 week session
Thursdays at 10:00 am 1/3 – 2/21

Zumba \$30.00 – 8 week session
Thursdays at 11:00 am 1/31 – 3/2

Beginner Tai Chi \$30.00 – 8 week session
Thursdays at 1:00 pm 1/10 - 3/7

Tai Chi for Arthritis Free Class 1/29 - 3/27
Tuesdays & Thursdays at 2:30 pm

Advanced Tai Chi \$30.00 – 8 week session
Wednesdays at 1:00 pm 1/9 – 2/27

Men's Fitness \$40.00 – 10 week session
Tues. - Thurs. at 9:00 am 1/2 – 3/7

Ladies Exercise Free Class
Monday, Wednesday and Friday at 9:00 am
**Please wear comfortable clothes and bring a mat.*

Beg. Line Dance \$2.50 per class
Wednesdays at 10:15 am

Inter. Line Dance \$2.50 per class
Tuesdays at 10:30 am

EVENING CLASSES:

Yoga \$16.00 – 4 week session
Tuesdays at 5:00 pm 1/22 – 2/12

Zumba \$30.00 – 8 week session
Tuesdays at 6:00 pm 1/22 – 3/21

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.

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. Join the group for laughs and a mental workout which will keep you fit. Everyone is Welcome!!

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!

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 ***

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.

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 \$25.00 - 6 week session
Mondays at 10:15 am 1/7—2/25
No class 1/21 & 2/18

Sketch Class \$25.00 - 6 week session
Wednesdays at 1:00 pm 1/9—2/13

Watercolor Painting \$25.00 - 6 week session
Fridays at 10:30 am 1/11—2/15

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. OP
Sally Stoner, President 861-2246
For travel contact Richard Jones 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.
Mary Ann Notto, President 825-6460
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.
Alan Groth, President 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, January 24th &
Friday, January 25th
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, February 21st & Friday, February 22nd
Thursday, March 28th & Friday, March 29th
Thursday, April 25th & Friday, April 26th*

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

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

Mon., January 7th 1:00 - 3:00 pm

United Healthcare

Thursday, January 17th 10:00 – Noon

Fidelis Healthcare

Wednesday, January 9th 9:30 - 11:30 am

Blue Cross / Blue Shield

Thursday, January 17th 1:00 - 3:00 pm

Aetna

Monday, January 14th 10:00 - Noon

**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.

Senior Center Art Display for December:

Please stop by and view the Senior Center artist's artwork featuring owls in the dining room.

**Book Group**

**"Indianapolis" by Lynn Vincent & Sara Vladic
Wednesday, January 30th 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.

February Book:

Eleanor & Hick: The Love Affair that Shaped a First Lady by Susan Quinn

**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.



Pie Baking Contest Wednesday, January 23rd

Calling all pie bakers! Enter your favorite homemade pie for a chance to win prizes!
(All pies **must** be 100% homemade). Please contact the office to register your award winning pie.

National Pie Day Wednesday, January 23rd at 1:00 pm

Let's celebrate National Pie Day? Why not? Pies have always been a sweet treat to warm the cold winter days and with the holiday celebrations a fading memory, this is a great way to warm up a January cold snap.

See page 4 for additional information on the above events.

Orchard Park Senior Center

70 Linwood Avenue

Orchard Park, NY 14127

Orchard Park High School is Sponsoring:

Senior Citizens Night Out 2019 "Disco Dinner"

At the Orchard Park High School

4040 Baker Road

Thursday, February 28th, 2018

3:30 pm (doors open)

The Class of 2019 from Orchard Park High School is sponsoring the Annual Senior Citizens Night Out "Disco Dinner". An Olive Garden spaghetti dinner with dessert and coffee will be served. Cost is \$3.00. Space is limited. Reservations and payment will be accepted (first come first serve) at the Senior Center.
