



# Orchard Park Senior Center

70 Linwood Avenue  
Orchard Park, NY 14127



## AUGUST 2019 NEWSLETTER

### PHONE

716-662-6452

### EMAIL

[opsenior@orchardparkny.org](mailto: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

### Program Coordinator

Maria Galley

### Nutrition Coordinator

Jeanne Zablotzky

## SENIOR GAMES PHOTOS



*Walking Challenge: Bill Chlosta, Diana Weiss, Marcia Rauch, Tina Chlosta, Colleen Mitchell & Mike Dorobiala*



*Bocce: Al Giovannucci, Joe Benenati & Marcia Rauch*



*Wii Bowling: Pat Blando, Carol Crossan, Pat Davies, Colleen Mitchell, Eleanor Sauka & Don Kozacki*

*Notes from Debbie . . .*

Our summer games were a huge success. Over 100 participated in a fun filled week of events. Thanks to BC/BS of WNY for their generous sponsorship toward the event and supporting the seniors of Orchard Park and a big thank you to the volunteers who assisted with the senior games too!

As you walk into the center take a moment to view the flower boxes in front. Darcy Kraull did an amazing job choosing and planting the beautiful flowers, thank you Darcy you are blessed with a green thumb!

Although summer time is a busy time please take a moment to see the activities we have planned. We have made registering for many of our events very easy ... when registering for FREE activities, call the senior center office with your name, phone number and desired event(s). If the event requires payment - we will be happy to accept payment during center hours. ..

**SPECIAL EVENTS ....**

**Bisons Baseball Game**  
**Thursday, August 15th**  
**at 12:15 pm bus depart center**  
 Let's go to a ballgame!

This afternoon cheer on your Buffalo Bisons as they play the Toledo Mud Hens. Tickets generously donated by BlueCross/BlueShield of WNY. Cost for the outing is \$10.00 which includes school bus transportation and your game ticket.

Register and pay in office.

**Senior Center Picnic in Chestnut Ridge Park**  
**Wednesday, September 11th**  
**10:00 am - 2:00 pm**

Enjoy an afternoon with friends at Chestnut Ridge Park (Martin Lodge). Texas Roadhouse will be catering this event. Lunch will consist of a grilled chicken breast, mashed potatoes w/gravy, corn, roll, and dessert.

The afternoon includes entertainment by Tom Hastings, prizes, outdoor games, and bingo. Cost for this event is \$8.00. *Payment is due when registering.*

**Blue Cross/Blue Shield of WNY and Independent Health are generous sponsors toward this event.**

**HarvestFest Dinner**  
**Tuesday, October 1st**  
**at 4:00 pm**



Come enjoy an evening of food and fun. Roger Hill will be entertaining us after a delicious dinner. Dinner includes bratwurst, sauerkraut, german potato salad, carrots and pie for dessert.

Cost for this event is \$10.00.

Register with payment by September 27th.

**Aetna Insurance is a generous sponsor toward this event. Thank You!**

**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  
 Going Places Van ..... 858-7433

**Community Activity Council of  
 Orchard Park  
 AUGUST PRIZE RAFFLE  
 \$50.00 Panera Gift Card  
 Generously Donated by  
 Elderwood Assisted Living  
 at West Seneca**

The Activity Council is raising funds to furnish the new Community Activity Center. *All proceeds benefit the Community Activity Center*

**Each chance is \$1.00 per ticket.**

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

**Winner will be drawn on September 3rd.**

*Correction to June Raffle - \$50.00 Orchard Fresh gift card was donated by Orchard Fresh. We apologize for the error and thank Orchard Fresh for their generous donation.*

**Route 66 Kick Off Party****Thursday, August 1st at 12:45 pm**

It's time to start walking! The Route 66 Walking Challenge and BC/BS facilitator, Jennifer Johnson is back for another season! This year you will compete individually by tracking your steps for six weeks to see how far you can walk along historic Route 66, all without ever leaving your town. Contact the senior center to register.

At the end of the challenge, we'll celebrate with prizes and an awards ceremony. Sponsored by BC/BS of WNY. Contact the senior center to register.

**National Root Beer Float Day****Tuesday, August 6th at 1:00 pm**

Root beer floats are not just for kids! Today, people around the country will drink up and enjoy a root beer float to celebrate. Join us for a delicious root beer float and entertainment by Lyle Stang.

Cost is \$3.00, register and pay in the office.

**Crystal Beach on the Canadian Shore****Friday, August 9th at 12:45 pm**

The Canadian shore from Fort Erie to Point Abino was Buffalo's summer resort location for 100 years. The center of destination was Crystal Beach, made accessible by the historic ship the Canadiana. A historic look at this amusement park, closed in 1989, will generate fond memories for any native Buffalonian. The history of the lake shore, including Erie Beach and Windmill Quarry are lesser known but of interest as well.

Contact the senior center to register.

**True Crime, an American Genre  
Reading & Discussion Series**

*Sponsored by New York Council for the Humanities*  
Join us for a discussion of true crime writing. Using noteworthy examples of true crime writing, we'll delve into the history and literature of American crimes to explore themes, history, and current media, as well as individual insights based on your opinions and experiences. Participants are asked to read the books listed below prior to session.

**Session 1 & 2 The Poisoner's Handbook  
by Deborah Blum****Mon., August 12th & Mon., August 19th  
10:30 am – 12:30 pm****Session 3 & 4 Compulsion by Meyer Levin****Mon., August 26th & Thur., August 29th  
10:30 am – 12:30 pm**

Facilitator: Linda Drajem, writer, teacher, docent. Limited to 15 participants. Books are available for participants to borrow from the site. Contact the center to register and pick up your books in the office.

**Get To Know the Senior Center  
Wednesday, August 14th at 10:15 am**

Are you new to attending events, classes or activities at the senior center? Stop in and learn about what the senior center has to offer. Light refreshments will be served. Contact the senior center to register.

**Ask a Dietician****Wednesday, August 14th at 11:00 am**

Betsy Anderson, Registered Dietician with Erie County Stay Fit Dining program will be available to answer questions about health and nutrition. Take advantage of the opportunity to get good information from an expert. Nutrition counseling is a service provided at no charge and you can also schedule individual appointments with Betsy too.

Contact the senior center to register.

**Chestnut Ridge Nature Walk with a Park Ranger  
Thursday, August 15th at 9:45 am**

Join Park Ranger Bartlett on a guided nature walk of Chestnut Ridge Park. When you sign up you will receive directions of where to meet the park ranger for a morning to enjoy socializing and some light exercise with friends in a beautiful natural setting.

Contact the senior center to register.

**Bisons Baseball Game****Thursday, August 15th depart center at 12:5 pm**

Let's go to a ballgame! Buffalo Bisons vs. the Toledo Mud Hens. Cost \$10.00 See page 2 for details .

**The Big Three****Diabetes, High Cholesterol & High Blood Pressure  
Monday, August 19th at 1:00 pm**

Cindy Will, R.Ph., MTM pharmacist and Christina Manciocchi, PharmD BCACP CDE will review three of the biggest chronic disease states (diabetes, high cholesterol and high blood pressure) and how these chronic diseases significantly increase your risk of heart attack and stroke. They will also have some discussion around lifestyle and tips to prevent and control these chronic conditions.

Contact the senior center to register.

**Jukebox Bingo****Tuesday, August 20th at 1:00 pm**

Jukebox bingo combines bingo and name that tune. Instead of a number in a box there is a song title. After hearing a short clip of a song you fill your board with the corresponding title. You will have fun singing and filling in your bingo card. Boards \$1.00 each.

Everyone is Welcome!

Contact the senior center to register

**Sleep - Wake Up to Good Health!**  
**Thursday, August 22nd at 12:45 pm**

Sleep is a basic necessity of life. So why do so many of us have trouble sleeping? Approximately 60 million Americans experience insomnia, the inability to sleep, each year. Join Jennifer Johnson, BC/BS health promotion coordinator to discuss the basics of sleep and learn to identify "sleep stealers."  
 Contact the senior center to register.

**Your Aging Spine**  
**Friday, August 23rd at 1:00 pm**

Join Kathleen Schoell, Physical Therapist with Buffalo Rehab Group Physical therapy to learn 3 secrets to help prevent (or even reverse) the aging process and reduce low back pain. This class is perfect for anyone who wants to stop low back pain, and get their life back without surgery, medication, or injections.  
 Contact the senior center to register.

**Buffalo Sports in the Years Following WWII**  
**Monday, August 26th at 12:45 pm**

In many ways, Buffalo was still a major sports city in the U.S. in the years following World War II. Buffalo had major venues: Memorial Auditorium, Civic Stadium, and Offermann Stadium. The era of 1945-1970's was quite different from the decades that followed. Facilitator Dan Starr, professor emeritus of history at Canisius College and Buffalo News Columnist. Contact the senior center to register.

**August Birthday Bash**  
**Tuesday, August 27th at 12:30 pm**



Let's Celebrate!! Jeanne Zablotskyy our Site Manager invites those who have a August birthday. Submit a photo of yourself in your younger days by August 22nd. Everyone is welcome and will enjoy a delicious birthday dessert.

**Medicare 101**  
**Thursday, August 29th at 1:00 pm**

Medicare 101, Medicare Bingo and cookies! Be honest, which one are you most excited about? Medicare can be confusing, but it doesn't need to be. Come join BC/BS representative, John Weatherby as he discusses Medicare 101 (all questions welcome), test your knowledge and play a fun game of Medicare Bingo and enjoy cookies.  
 Contact the senior center to register.

**UPCOMING EVENTS IN SEPTEMBER .....**

**Erie County Cooking Demonstration**  
**With Chef Jack**

**Thursday, September 5th at 1:00 pm**  
 Join Chef Jack Giardina, Erie County Senior Services as he teaches you what can be prepared with one rotisserie chicken. Chef Jack will also discuss Healthy Alternatives in cooking for One and Two. Contact the senior center to register.

**Senior Center Dinner Club - Old Orchard Inn**  
*(2095 Blakeley Corners Rd. East Aurora)*  
**Thursday, September 5th at 5:00pm**

Dinner Entrees

Chicken Pot Pie	\$36.00
Tomahawk Pork Chop	\$33.00
Steak Frites	\$26.00

Entrée includes soup or salad, & dessert.  
 Cash bar for all beverages. Price includes tax and gratuity. Please contact Rosemary Tozzo (435-5810) by Monday, August 26th with your entrée selection and payment. The Dinner Group meets at 10:00 am the first Tuesday of the month.  
 New members welcome!

**The Aging Mastery Program (AMP)**  
**FREE 10 week program begins**

**Monday, September 9th at 1:00 - 2:00pm**

In this 10 week program, participants take core and elective classes that combine evidence-informed materials, expert speakers, group discussion, levels of mastery and achievement, and small rewards. All of the courses are designed to provide the skills and tools needed to achieve measurable improvements in managing health, remaining economically secure, and contributing actively in society.

The AMP courses include:

Navigating Longer Lives: The Basics of Aging Mastery  
 Exercise and You  
 Sleep  
 Healthy Eating and Hydration  
 Financial Success  
 Medication Management  
 Advance Planning  
 Healthy Relationships  
 Falls Prevention  
 Community Engagement

Classes will be held on Mondays and Fridays from September 9<sup>th</sup> – October 18<sup>th</sup> at 1:00 pm.  
 Space is limited to 15 participants.  
 Contact the senior center to register.

**How Chiropractic Can Help Relieve Your Pains  
Friday, September 6th at 1:00 pm**

Is chiropractic care right for me? Join Dr. Geller from UB Neurosurgery as he discusses how chiropractic care has evolved over the last decade. Chiropractic is more than "cracking" your back. Learn about gentler and effective treatments which can help alleviate various conditions of the spine and surrounding muscles.

Contact the senior center to register.

**Game Day**

**Monday, September 9th at 12:45 pm**

Do you enjoy board games and card games or just socializing? Bring a game to play or use the centers games for an afternoon of fun. Join the fun at our Game Day by registering to attend with the office.

**Picnic in Chestnut Ridge Park**

**Wed., September 11th 10:00 am - 2:00 pm**

Enjoy an afternoon with friends at Chestnut Ridge Park (Martin Lodge). Texas Roadhouse will be catering this event. Lunch will consist of a grilled chicken breast, mashed potatoes w/gravy, corn, roll, and dessert. The afternoon includes entertainment by Tom Hastings, prizes, outdoor games, and bingo.

Cost for this event is \$8.00.

Payment is due when registering.

Blue Cross/Blue Shield of WNY and Independent Health are generous sponsors toward this event.

**Daredevils of Niagara Falls**

**Thursday, September 12th at 1:00 pm**

Carol Rogers, State Park Naturalist will discuss the many daredevils that made their fame at Niagara Falls. It will include the many tightrope walkers, barrel riders, and other stunts performed back in the day. Join Carol for a fun journey back in times of days of adventure at Niagara! Contact the senior center to register.

**Protecting Your Kidney Health**

**Friday, September 13th at 12:45 pm**

Kidneys play an essential role in your body.

Unfortunately, damage to your kidneys can go undetected. Join a representative from the Kidney Foundation of WNY to learn about risk factors for kidney disease, how to spot problems early and steps for keeping these vital organs healthy.

Contact the senior center to register.

**Know Your Hospice Options**

**Monday, September 16th at 1:00 pm**

Lynn Riker, Hospice & Palliative Care Director of Clinical Outreach will give you tips to discuss health care wishes with physicians and loved ones. You will gain an understanding of advance care planning and become familiar with care option for those faced with serious or life-limiting illness.

Contact the senior center to register.

**Apple Fest**

**Monday, September 23rd at 1:00 pm**

Let's celebrate the Fall season with an apple dessert and entertainment by Tricia Ferraro. Trisha will entertain you with songs by Patsy Cline, Connie Francis, and Linda Rondstat to name a few.

Cost is \$2.00. register and pay in the office by Monday, September 16th.

**Thank you to our generous sponsor Elderwood Assisted Living at West Seneca.**

**Nonagenarian Celebration**

**Tuesday, September 24th at 12:45 p.m.**

Reaching the age of 90 is a milestone worthy of a celebration! All nonagenarians-those between the ages of 90 and 99-are invited for a FREE lunch today. Following lunch, we will celebrate with cake and ice cream.

Everyone is welcome.

If you are 90 or older, please sign up in the office with Debbie or Maria by September 13th.



**Wegmans Pharmacy**

**Flu & Pneumonia Immunization Program**

**Monday, September 30th 9:30 am - 11:30 am**

Wegmans pharmacists will be administering flu and pneumonia shots at the Center. Wegmans accepts almost all major regional and national insurances. (Medicare Part B, Univera, Independent Health, Blue Cross and Blue Shield). Please bring your insurance card with you. Contact the Center at 662-6452 to make an appointment.



**Letchworth State Park Tour & Lunch  
Tuesday, October 8th 8:45 am - 4:00 pm**

Fall is the best time to take a relaxing ride through Letchworth State Park. Join us as we take a docent led tour of the park on a motor coach bus. The tour will include the park and the Nature Center. Following the tour, enjoy a delicious lunch at the Glen Iris Inn. On our return to the center we will stop at Lantz's Bulk Foods.



**2nd TRIP ADDED**



**Letchworth State Park Tour & Lunch  
Wednesday, October 9th 8:45 am - 4:00 pm**

**Registration for both dates with payment begins on Friday, August 2nd at 8:30 am.  
Cost for the outing is \$52.00.**

### 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 8/1 Lasagna Roll w/ Meat Sauce, Calif. Mixed Vegetables, Grape Juice, Roll, Lemon Bavarian
- Fri 8/2 Meatloaf w/Gravy, Mashed Potatoes, Peas, Wheat Bread, Brownie
- Mon 8/5 Cheese Omelet, Hash Brown Potato, Peppers, Onions & Tomatoes, Raisin Bread, Nectarine
- Tue 8/6 Boneless Chicken Breast w/Gravy, Mashed Sweet Potatoes, Peas, Roll, Cinnamon Pear Crisp
- Wed 8/7 Rigatoni with Italian Sausage & Tomato Sauce, Broccoli, Chef Salad, Roll, Peach Bavarian
- Thu 8/8 Breaded Pork Chop w/Gravy, Lazy Pierogi Carrots, Roll, Pineapple & Mandarin Oranges
- Fri 8/9 Cranberry Chicken Salad, Whole Grain Crackers, Melon Cup Medley
- Mon 8/12 Br. Chicken Breast w/Gravy, Roasted Red Skin Potatoes, French Bean Medley, Roll Watermelon, Chocolate Milk
- Tue 8/13 Stuffed Shells w/Meat Sauce, Seasoned Spinach, Cauliflower, Italian Bread, Italian Cookies
- Wed 8/14 Pork Ribette w/BBQ Sauce, Scalloped Potatoes, Peas, Dinner Roll, Chocolate Bavarian
- Thu 8/15 Herb Crusted Tilapia, Zucchini w/Tomatoes, Broccoli Cheese Rice Casserole, Ice Cream
- Fri 8/16 Roast Beef w/Gravy, Roll, Mashed Potatoes Mixed Vegetables, Strawberry Gelatin w/Fruit Cocktail
- Mon 8/19 Beef Stew, Brussels Sprouts, Biscuit, Lorna Doones
- Tue 8/20 Turkey Breast w/Gravy, Mashed Potatoes, Green Bean Casserole, Bread, Strawberry Bavarian
- Wed 8/21 Cabbage Roll w/Meat Sauce, Mashed Potatoes, Corn, Roll, Chocolate Éclair
- Thu 8/22 Ham Steak w/Pineapple, Sweet Potatoes Creamy Cabbage, Roll, Nectarine, Chocolate Milk
- Fri 8/23 Cheese Tortellini w/Chicken Cream Sauce Marinated Tomatoes, Italian Vegetables, Fruit Compote
- Mon 8/26 Polynesian Chicken over Rice, Vegetables, Summer Squash w/Red Pepper, Chocolate Cake
- Tue 8/27 Julienne Salad, Whole Wheat Roll, Ambrosia
- Wed 8/28 Sliced Roast Beef w/Gravy, Rye Bread, Cheesy Mashed Potatoes, Carrots, Watermelon, Choc. Milk
- Thu 8/29 Vegetable Quiche, Spinach, Harvard Beets, Honey Bran Square, Mandarin Oranges
- Fri 8/30 Breaded Chicken Drumsticks, Mixed Vegetables, Chef Salad, Macaroni & Cheese, Strawberry Ice Cream

**Thursdays in August : 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. 8/7 Breakthrough (Drama)** When her 14-year-old son drowns in a lake, a faithful mother prays for him to come back from the brink of death and be healed.

**Wed 8/14 Love Me Tender** Celebrate Elvis Week with Elvis' 1956 Movie

**Wed. 8/21 Poms (Comedy)** After moving to a retirement community, a woman is inspired to relive her high school days and start a cheerleading team with the fellow residents. The team takes off, but a shocking secret about the captain threatens to derail their training in this comedy film.

**Wed 8/28 Best of Enemies (Biography)** Based on a true story of civil rights activist Ann Atwater and C.P. Ellis, Exalted Cyclops of the Klu Klux Klan.



### **BOOK GROUP**

**Wednesday, September 25th at 10:00 am**  
**The Alice Network by Kate Quinn**

"This fast-paced story offers courageous heroines, villains you love to hate, and dramatic life-or-death stakes. A compelling blend of historical fiction, mystery, and women's fiction, Quinn's complex story and engaging characters have something to offer just about everyone." (Library Journal - starred review)

Do you enjoy reading and the company and conversation of others who enjoy reading too? You are welcome to join our book club. which meets monthly to discuss a chosen book and share our thoughts and opinions.

**Everyone is welcome to join!**

### **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

### **Card Tournaments:**

Bridge Monday, August 5th at 12:30 pm

Euchre Friday, August 16th at 10:00 am

Pinochle Friday, August 16th at 1:00 pm

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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>01</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:45 Club 99 Exer. 12:00 Stay Fit Dining <b>12:45 Route 66 Kickoff</b> 1:00 Knitter/Crochet	<b>02</b> 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
<b>05</b> 9:00 Bocce Couples 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge Tourn. 1:00 Mind Aerobics 1:00 Arthritis Tai Chi	<b>06</b> 9:00 Pool Shooting <b>9:00 Bocce Open</b> 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Stay Fit Dining <b>1:00 National Root Beer Float Day</b>	<b>07</b> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:15 Beg Line Dance 1:00 Movie 1:00 Adv. Tai Chi	<b>08</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet	<b>09</b> 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining <b>12:45 Crystal Beach</b> 1:00 Mah Jong 1:00 Pinochle
<b>12</b> 9:00 Bocce Couples 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling <b>10:30 True Crime</b> 12:00 Stay Fit Dining 12:30 Bridge 1:00 Mind Aerobics 1:00 Arthritis Tai Chi	<b>13</b> 9:00 Pool Shooting <b>9:00 Bocce Open</b> 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Bingo	<b>14</b> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:15 Beg Line Dance <b>10:15 Get to Know the Senior Center</b> <b>11:00 Ask a Dietician</b> 1:00 Movie 1:00 Adv. Tai Chi	<b>15</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes <b>9:45 Nature Walk</b> 10:45 Club 99 Exer. 12:00 Stay Fit Dining <b>12:15 Bison Game depart center</b> 1:00 Knitter/Crochet	<b>16</b> 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre Tourn 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle Tourn
<b>19</b> 9:00 Bocce Couples 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling <b>10:30 True Crime</b> 12:00 Stay Fit Dining 12:30 Bridge 1:00 Mind Aerobics <b>1:00 Big Three</b> 1:00 Arthritis Tai Chi	<b>20</b> 9:00 Pool Shooting <b>9:00 Bocce Open</b> 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Stay Fit Dining <b>1:00 Jukebox Bingo</b>	<b>21</b> 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 1:00 Adv. Tai Chi	<b>22</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:45 Club 99 Exer. 12:00 Stay Fit Dining <b>12:45 Sleep Wake up to Good Health</b> 1:00 Knitter/Crochet	<b>23</b> 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 <b>1:00 Your Aging Spine</b>
<b>26</b> 9:00 Bocce Couples 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling <b>10:30 True Crime</b> 12:00 Stay Fit Dining 12:30 Bridge <b>12:45 Buffalo Sports</b> 1:00 Mind Aerobics 1:00 Arthritis Tai Chi	<b>27</b> 9:00 Pool Shooting <b>9:00 Bocce Open</b> 9:00 Men's Fitness 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Stay Fit Dining <b>12:30 Birthday Bash</b> 1:00 Bingo	<b>28</b> 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 1:00 Adv. Tai Chi	<b>29</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes <b>10:30 True Crime</b> 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet <b>1:00 Medicare 101</b>  <b>1 – 4 pm AARP Driving Course</b>	<b>30</b> 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  <b>1 – 4 pm AARP Driving Course</b>

## CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

*Reminder: Please register and pay early to prevent class cancellation.*

### Meditation & Gentle/

**Restorative Yoga**     \$30.00 – 8 week session  
Mondays at 8:45 am     9/9 – 11/4

**Yoga**     \$35.00 – 10 week session  
Wednesdays at 11:30 am     9/4 – 11/13  
\*no class 9/11\*

**Tap Dance**     \$30.00 – 8 week session  
Tuesdays at Noon     9/10 - 10/29  
\*no class 9/11\*

**Inter. Tap Dance**     \$30.00 – 8 week session  
Thursdays at 10:00 am     9/12 - 10/31

**Cardio & Tone**     \$30.00 – 8 week session  
Fridays at 9:00 am     9/6 - 11/1  
\*no class 9/20\*

**Arthritis Tai Chi**     **Free Class**  
Mondays at 1:00 pm     7/29 - 8/26

**Beginner Tai Chi**     \$30.00 – 8 week session  
Thursdays at 1:00 pm     9/12 - 10/31  
\*\* 9/26 & 10/24 class at municipal building \*\*

**Advanced Tai Chi**     \$30.00 – 8 week session  
Wednesdays at 1:00 pm     7/3 – 8/28  
\*no class 7/17\*

**Men's Fitness**     \$40.00 – 10 week session  
Tues. - Thurs. at 9:00 am     8/6 – 10/10

**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

**Spanish**     Mondays at 1:00 pm  
\*Class will return in September\*

### TUESDAY EVENING CLASS:

**Cardio & Tone**     \$30.00 – 8 week session  
Tuesday evening at 6 pm     9/10 - 11/5  
\*no class 9/24\*

### 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.

### 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.

### 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!  
\*\*bingo canceled Tues., August 6th\*\*

### 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 - 7 week session  
Thursdays at 2:15 pm     9/19 - 10/31  
**\*\*new date and time\*\***

**Sketch Class**     \$25.00 - 6 week session  
Wednesdays at 1:00 pm     9/19 - 10/31

**Watercolor Painting**     \$25.00 - 6 week session  
Fridays at 10:30 am     8/9 - 9/13

### **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.  
Co-Presidents - Pat James 649-8466 & Celia Pilbrow 675-1107  
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 Trudy Miller 826-4040

### **A.A.R.P. Driver Safety Program**

**Thursday, Aug. 29th & Friday, Aug. 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.

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

*Next class scheduled for  
Thursday, September 26th & Friday, September 27th*

### **Senior Center Art Display in Dining Room:**

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



### **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**

Monday, August 26th 1:00 - 3:00 pm

#### **Blue Cross / Blue Shield**

Thursday, August 29th 1:00 - 3:00 pm

#### **Independent Health**

Monday, August 19th 1:00 - 3:00 pm

#### **Aetna**

Tuesday, August 20th 12:30 - 2:30 pm

#### **Fidelis Care**

Friday, August 9th 9:00 - 11:00 am

### **Lions' Club Lending Closet:**

Just being released from the hospital and need a wheelchair, cane, tub chair or other device to help you get back on your feet? If so, you may want to check out the Lion's Club Lending Closet.

Contact the Town Clerk's Office at 662-6410 and they will put you in contact with a Lion member who will assist you.

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

The Community Activity Council has been updating its members and recently held their annual Board of directors meeting in June. New officers were installed as well as 3 new members. Jackie Briggs was awarded an honorary membership on the council. Groups from the community had the opportunity to tour the new Community Activity Center on California Road. The town board hopes to hold another open house in the Fall.

Tickets are still being sold for the Supermarket Sweep to be held October 26th. Please contact Mary Ann Notto at 825-6460 to purchase a chance to win groceries or a Tops gift card.

Look for members of the council at their tent during Taste of Orchard Park, July 24th, 5:30-9:30 pm. They will be handing out information on the Community Activity Center along with the council's brand new website. You will be able to purchase super market sweep tickets also.

*~ Audrey Ramage, President*

*Congratulations to the June Prize Raffle winner Charlene Clark. Thank you to everyone who purchased a raffle ticket and our generous donor.*





Upcoming

# EVENTS

**The Aging Mastery Program (AMP)  
FREE 10 week program begins  
Monday, September 9th at 1:00 - 2:00pm**

In this 10 week program, participants take core and elective classes that combine evidence-informed materials, expert speakers, group discussion, levels of mastery and achievement, and small rewards.

The AMP courses include:

- ◆ Navigating Longer Lives: The Basics of Aging Mastery
  - ◆ Exercise and You
  - ◆ Financial Success
  - ◆ Advance Planning
  - ◆ Falls Prevention
  - ◆ Healthy Eating and Hydration
  - ◆ Medication Management
  - ◆ Healthy Relationships
  - ◆ Community Engagement

All of the courses are designed to provide the skills and tools needed to achieve measurable improvements in managing health, remaining economically secure, and contributing actively in society.

Classes will be held on Mondays and Fridays from September 9<sup>th</sup> – October 18<sup>th</sup> at 1:00 pm.  
Space is limited to 15 participants. Contact the senior center to register.

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## **Orchard Park Senior Center**

70 Linwood Avenue

Orchard Park, NY 14127

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