



# Orchard Park Senior Center

70 Linwood Avenue  
Orchard Park, NY 14127



## NOVEMBER 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 Zablotskyy



**free Veterans Day Entertainment free**  
**Friday, November 8th at 1:00 pm**

Register and receive your ticket for the free patriotic entertainment provided by Linda D. Space is limited.

*Notes from Debbie . . .*

Welcome November! This month we have our Veterans Day presentation to honor our Veterans. You can attend a Veteran's presentation before lunch, enjoy a delicious lunch and stay for the afternoon for entertainment provided by Linda D. A small token of our appreciation for your service to defend our nation and freedom! May God bless and protect all our active military and veterans! Thank you to the many women and men here now and those that have passed- We Will Never Forget!

November also brings us Thanksgiving, a time to come together and give thanks with family and friends. Although we cannot gather together on Thanksgiving we can join together at our "Friendsgiving Potluck". Turkey and desserts will be provided and we ask our guests to bring the side dishes to share. The Friendsgiving Potluck will allow us to share a meal together, socialize, and enjoy the company of others on Tuesday, November 19th at 4 pm. Please make sure you register in the office to attend the potluck.

*Buffalo Philharmonic Orchestra***Joann's Classical Christmas**

**Friday, December 13th bus departs at 8:30 am  
for a 10:30 am performance**

The bus departs the Center at 8:30 am with lunch at Ilio DiPaolo's. Cost including transportation, concert and lunch is \$75.00. Limited seats available.

**John Morris Russell's Holiday Pops**

**Friday, December 20th bus departs at 8:30 am  
for a 10:30 am performance**

The bus departs the Center at 8:30 am with lunch at JP Fitzgeralds. Cost including transportation, concert and lunch is \$75.00. Limited seats available.

**Registration with payment for both shows  
begins Friday, October 4th.**

**We are asking your input in future programming.**

Your comments and suggestions are of great value to us in planning for future programs, activities, and classes. Please take a moment to complete a survey which will be available in the vestibule, dining room, and upstairs offices.

**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.**

**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**



**New Year Party  
at Salvatore's Italian Garden  
Friday, December 27th**

Don't miss the event of the season!  
Share the afternoon with friends and celebrate the New Year. For your listening pleasure, music will be provided by the Hastings Duo. In addition to the complimentary hors d'oeuvres & punch served from 12:00 - 1:00 pm we will have a photo booth. The photo booth will allow you and your friends to create poses, include props to capture the moment and have fun.

**Entrée Choices: Prime Rib, Poached Salmon or  
Chicken Francaise.**

**Tickets are \$45.00 (includes transportation).**

**A special THANK YOU to ClearCaptions  
as a generous sponsor of this event.**

**Univ. Exp.: End-of-Life Dreams and Visions 2.0**  
**Friday, November 1st at 1:30 pm**

Taking a look at the latest research on dreams of the dying and what it means. Instructors: Pei C. Grant, research director; and Kate Levy, clinical researcher, Palliative Care Institute.

Contact the senior center to register.

**University Express: Their Great Adventure:**  
**WNY Women in World War 1**

**Monday, November 4th at 1:30 pm**

Hear Alice Lord O'Brian, Anna Perit Rochester, Doris Kellogg, and Mary Belknap describe in their own words why they volunteered to go abroad with the Red Cross to assist French and American soldiers at canteens. Their experiences were as varied as their personalities. Instructor: Susan Eck, educator and student of local history.

Contact the senior center to register

**University Express: The Conversation Project**  
**Tuesday, November 5th at 1:30 pm**

The Conversation Project is a national campaign to encourage people to talk to loved ones about their wishes for future care, to make sure their end-of-life wishes are expressed and respected. It means talking with family and friends, especially the person who will speak for you if you are unable to speak for yourself in the event of a serious illness or an unexpected event. Instructor: Sandra Lauer, RN, Director of Continuum of Care at ECMC; Elder Wiggins, Chaplain at Terrace View Long Term Care; Juli Chikaraishi, Project Manager, Supportive Care and Palliative Medicine at ECMC." Contact the senior center to register.

**University Express: Four Deployments**  
**Thursday, November 7th at 1:30 pm**

Join me for a discussion about my experiences as part of the emergency medical teams in Desert Storm, the Iraqi Freedom 2003 Initial invasion, Eastern Afghanistan and Kuwait. Instructor: David Shenk, US Army Master Sergeant; Commissioner of Erie County Department of Senior Services. Contact the senior center to register.

**Veterans Day Luncheon**  
**Friday, November 8th at Noon**



Today, we honor those who have served our country. We will have a special presentation in tribute to Veterans at 11:45 am (prior to lunch).

All are invited to join us for a free lunch.

Veterans and anyone else planning on attending must register for lunch (contact the Center at 662-6452 (option #3) to register for lunch).

**Limited Spots Available.**

A special THANK YOU to Independent Health as a generous sponsor of this event.

**free Veterans Day Entertainment free**  
**Friday, November 8th at 1:00 pm**

Stop in the senior center office to register and receive your ticket for the free patriotic entertainment provided by Linda D following lunch. Space is limited. *Please bring a canned or dry good item that will be donated to the Veterans Food Pantry.*

**Monday, November 11th**  
**Center Closed - Veterans Day**



**University Express: Food is Medicine**  
**Wednesday, November 13th at 1:30 pm**

We are what we eat or consume. This presentation explore the idea of treating our food as medicine. Looking at their short term and long term effects. Using the food leverage to enhance the performance of the body and over all wellness. Some interesting but delicious food will be identified for their medicinal effects. Instructor: Riffat Sadiq, MD, President of WNY Medical, PC. Contact the senior center to register.

**University Express: Early Buffalo Residents**  
**Thursday, November 14th at 1:30 pm**

Meet people who influenced the early history of our region, many of whom received national recognition for their accomplishments. Instructor: Rick Falkowski, author Historic & Influential People from Buffalo & WNY. Volume 1 - The 1800s. Contact the senior center to register.

**University Express: Escape from Alcatraz**  
**Friday, November 15th at 1:30 pm**

In June 1962, three men made a daring escape from "The Rock", a supposedly "escape-proof" penitentiary, never to be seen or heard from again. Their bodies were never found. Were they successful in their attempt? How did they pull off one of the greatest escapes in history? Jolene Babyak, the daughter of the assistant warden who lived on the island, wrote "Breaking the Rock", a book about the escape. Instructor: Theresa Wiater, retired teacher, Clarence Center Elementary School; experienced quilter. Contact the senior center to register.

**Univ. Exp.: Fitness Training for Brain Health:**  
**Monday, November 18th at 1:30 pm**

While we know that exercise is good for the body, did you know that it is also good for the brain? Exercise is one of the best ways to boost and retain your memory. Discover how the combination of physical and mental exercises done together can help keep the brain healthy. Even simple arrangements of physical movements and mental activities can help improve memory concentration. Instructor: Jill Bronsky, owner, Forward Fitness Inc. author. Contact the senior center to register.



**University Express: Of Mice and Men**  
**Tuesday, November 19th at 1:30 pm**

The masterpiece of literature tells a story of loneliness, despair, friendship, and the need for peace in our lives.

We will journey with Lenny and George as they discover what their lives and ours are all about.

Instructor: Jim Banko, retired English teacher, Buffalo Public Schools. Contact the senior center to register.



**Friendsgiving Potluck**  
**Tuesday, November 19th at 4 pm**

Everyone is welcome to this evening of food and friendship! The center will provide the turkey & dessert. Bring your favorite entrée or side dish to pass. You must contact the senior center to register to attend.

**Book Group**

**"Sofie & Cecilia" by Katherine Ashenburg**  
**Wednesday, November 20th at 10:00 am**

If you enjoy reading and the company and conversation of others who enjoy reading too - you are welcome to join our book club. Book group meets monthly to discuss a chosen book and share our thoughts and opinions. Everyone is welcome to attend!

**University Express: The Anthropology of Conspiracy Theories**

**Thursday, November 21st at 1:30 pm**

"Conspiracy Theory" is a common phrase in the news these days; what does it mean? Is it something to fear? This talk discusses some of the standard elements in public narratives about hidden evil forces that are working among us to subvert our way of life. Anthropology reveals that such beliefs are absolutely universal, intensify in times of general social anxiety, and probably have their roots in the evolution of human sociality. Instructor: Phillips Stevens, Associate Prof. of Anthropology Emeritus, University at Buffalo  
 Contact the senior center to register.

**Univ. Exp.: Everything You Ever Wanted to Know About Senior Sexuality, But Were Afraid To Ask**  
**Friday, November 22nd at 1:30 pm**

This is not the sex education class you received in school. We will talk about sexuality in older age, safe dating practices in a new world, sex and your health and safe sex practices. You will leave informed and empowered. Instructor: Kelly Asher, Community Coalition Coordinator, Erie County Dept. of Health  
 Contact the senior center to register.

**November Birthday Bash**

**Tuesday, November 26th at 12:30 pm**

Let's Celebrate!! Debbie our Director invites those who have a November birthday to submit a photo of yourself in your younger days by November 20th. Everyone is welcome and will enjoy a delicious birthday dessert.



**Happy Thanksgiving**  
**Center is Closed**  
**Thursday, November 28th**  
**&**  
**Friday, November 29th**

**UPCOMING EVENTS IN DECEMBER.....**

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

**Monday, December 2nd at 12:45 pm**

Join us to kick off the holiday season! Do you enjoy trimming the tree, singing Christmas songs and decorating cookies? Together we will decorate the tree, the dining room and share in the holiday cheer. *Please register in the office.*

**Holiday Appetizer Potluck**

**Tuesday, December 3rd at 4:30 pm**

Join us for an evening of holiday cheer. Bring your favorite holiday dish or appetizer. Please contact the senior center to register.

**Wii Bowling Tournament**

**Monday, December 9th at 10:15 am**

Join us for a light breakfast before a friendly competitive Wii bowling tournament. Prizes awarded for top bowlers. Cost for breakfast and tournament play is \$1.00.

Please register and pay in the office.

**Holiday Jukebox Bingo**

**Tuesday, December 10th at 1:00 pm**

Jukebox bingo combines bingo and name that holiday 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 are \$1.00 each.

Everyone is Welcome! Space is limited. Contact the senior center to register



**Manage Stress Before it Manages You**  
**Thursday, December 12th at 12:45 pm**

Many adults suffer adverse health effects from stress, including heart disease, hypertension, diabetes, depression, headaches and more. Stress can also zap your energy and affect your daily quality of life. Find out the keys to managing stress in today's modern society. Cara Baker, BC/BS will discuss how to identify stress-related symptoms, how to categorize your stressors and when to take action or use coping skills, and quick relaxation techniques. Ready to discover one step you can take this week to manage your stress better? Join us and hear ways to enjoy less stress in your daily life! Contact the senior center to register.

**Minute To Win It!**

**Monday, December 16th at 12:45 pm**

You've watched the game show now you get to participate. You will participate and compete against each other in 60 second challenges. Join us for this fun event by contacting the center and reserving your spot.

**Christmastime with Ladies First Quartet**  
**Wednesday, December 18th at 10:45 am**

Join us today before our Christmas luncheon for all your favorite Christmas songs by the Ladies First Quartet. Stop in the senior center office to register and receive your ticket for this free event.

**Ugly Christmas Sweater Contest**  
**Wednesday, December 18th 10 am - 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! The winner of the "ugly sweater contest" will be announced after lunch at 12:30 pm.

**Christmas Luncheon**

**Wednesday, December 18th at Noon**

Enjoy Chicken Cordon Bleu with Herbed Cream Sauce, Rice Pilaf, Broccoli, Chef Salad and Lemon Meringue Pie for dessert. Space is limited. Sign up with the nutrition coordinator (662-6452 option #3) to attend the luncheon by Tuesday, December 10th or until filled.

**New Year Party at Salvatore's Italian Garden**  
**Friday, December 27th at Noon**

*\* see page 2 for additional details \**

Dinner group is not meeting in December . . .  
 Please join us at our New Year Party.

**Board Games & Snack Potluck**

**Monday, December 30th at 1:00 pm**

Do you enjoy board games and card games (checkers, connect four, UNO, and monopoly 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. Everyone is asked to bring a snack to share with the group.



**New Year's Luncheon at the Center**  
**Tuesday, December 31st at Noon**

Celebrate the coming New Year with your friends at the senior center! The suggested donation for lunch is \$3.00. Space is limited.

Sign up with the nutrition coordinator (662-6452 option #3) to attend the luncheon by Monday, December 23rd or until filled.

**Holiday Crafts**

Join the festivities!

Share your memories of holidays past while making a new Christmas craft.



**Holiday Candy Make & Take**

**Friday, December 6th at 1:00 pm**

Join us as we follow an easy recipe to create flavored hard candy. Decorate your own jar and fill with your delicious holiday treat.

Cost is \$2.00.

Limited to 12 participants.  
 Register and pay in the office.

**Christmas Craft**

**Wednesday, December 11th at 10:15 am**

Create your own "Santa hat" as your container for your holiday treats. All supplies (including treats for the container) are supplied.

Cost is \$2.00.

Limited to 12 participants.  
 Register and pay in the office.

**Peppermint Bark Snowflakes**

**Monday, December 16th at 10:30 am**

Together we will follow an easy recipe as we create a chocolate peppermint bark. Bring a container to take your chocolate home in.

Cost is \$2.00.

Limited to 12 participants.  
 Register and pay in the office.

### 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.**

Fri 11/1 Meatloaf w/Swiss Gravy, Mashed Potatoes, Peas, Wheat Bread, Brownie

Mon 11/4 Cheese Omelet w/Cheese, Tater Tots, Peppers, Onions & Tomatoes, Raisin Bread, Fruit Compote

Tue 11/5 Boneless Chicken Breast w/Gravy, Mashed Sweet Potatoes, Peas, Roll, Cinnamon Pear Crisp

Wed 11/6 Baked Rigatoni, Italian Sausage & Sauce, Broccoli, Chef Salad, Split Top Roll, Peach Bavarian

Thu 11/7 Teriyaki Seasoned Beef over Rice, Oriental Mixed Vegetables, Juice, Pear, Chocolate Milk

Fri 11/8 **VETERANS DAY LUNCHEON:**  
Breaded Bone-In Pork Chop w/Gravy, Mashed Potatoes, Carrots, Roll, Cherry Pie (Space is limited)

Mon 11/11 Center Closed—Veterans Day

Tue 11/12 Stuffed Shells w/Sauce, Seasoned Spinach with Mushrooms, Cauliflower, Italian Bread, Italian Cookies

Wed 11/13 Pork Ribette w/BBQ Sauce, Scalloped Potatoes, Peas, Roll, Chocolate Bavarian

Thu 11/14 Grilled Chicken Caesar Salad, Whole Wheat Dinner Roll, Ice Cream

Fri 11/15 Roast Beef w/Gravy, Roll, Mashed Potatoes, Mixed Vegetables, Strawberry Gelatin w/Fruit Cocktail

Mon 11/18 Breaded Chicken Breast w/Gravy, Garlic Mashed Potatoes, Green Bean Casserole, Bread, Cinnamon Applesauce

Tue 11/19 Beef Stew, Brussels Sprouts, Biscuit, Strawberry Bavarian

Wed 11/20 Cheese Tortellini w/Chicken & Cream Sauce, Carrots, Chef Salad, Italian Bread, Orange, Choc. Milk

Thu 11/21 Ham Steak w/Pineapple Topping, Sweet Potatoes, Creamy Cabbage, Roll, Shortbread Cookies

Fri 11/22 Stuffed Pepper w/Meat Sauce, Mashed Potatoes, Broccoli, Dinner Roll, Fruit Compote

Mon 11/25 Polynesian Chicken over Rice, California Blend, Vegetables, Zucchini & Summer Squash, Chocolate Cake

Tue 11/26 **THANKSGIVING LUNCHEON:** Turkey Breast w/Stuffing & Gravy, Cranberry Gelatin Salad, Mashed Potatoes, Brussels Sprouts, Pumpkin Pie (Space is limited)

Wed 11/27 Sloppy Joe on a Wheat Roll, Roasted Red Potatoes, Broccoli, Banana, Chocolate Milk

**Thu 11/28 CENTER CLOSED - Thanksgiving**

**Fri 11/29 CENTER CLOSED - Thanksgiving**



### **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 11/6 Aladdin** (comedy/family) A street rat pursues the princess of Agrabah with the help of a powerful genie who can grant him three wishes and his pet monkey. His primary opponent is a malevolent sorcerer who serves as the city's grand vizier and the chief advisor to the Sultan.

**Wed 11/13 No Movie Today**

**Wed 11/20 Lion King** (family) A young lion returns to reclaim the throne and the Pride Lands that was stolen from him and his father by his treacherous and fratricidal uncle after spending his adolescence in exile, under the care and supervision of a friendly warthog and meerkat.

**Wed 11/27 Toy Story 4** (family) Major complications ensue when Bonnie turns a spork into a toy (which she names Forky), but he insists on being a eating utensil instead. Woody, Buzz and co. set out into the world to find him, resolve his existential crisis, and reunite with Bonnie.

### **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, November 4th at 12:30 pm

Euchre Friday, November 15th at 10:00 am

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

### **Holiday Euchre Tournament**

**Tuesday, December 31st at 9:30 am**

Register in the office to participate in this tournament.

Cost is \$1.00 and

includes light refreshments.

**&**

### **Holiday Pinochle Tournament**

**Tuesday, December 31st at 1:00 pm**

Register in the office to participate in this tournament

Cost is \$1.00 and

includes light refreshments.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1>November</h1>				<b>01</b> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Cardio & Tone 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle <b>1:30 UE: End of Life Dreams &amp; Visions 2.0</b>
<b>04</b> 8:45 Meditation& Yoga 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge Tourn. 1:00 Spanish <b>1:30 UE: Women in WWI</b> 2:30 Begin. Spanish	<b>05</b> 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 1:30 Bingo <b>1:30 UE:Conversation Project</b> 6:00 Cardio & Tone	<b>06</b> 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	<b>07</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Inter. Tap 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet <b>1:30 UE 4 Deployments</b> 2:15 Acrylic Painting	<b>08</b> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Cardio & Tone <i>drop in \$4</i> 10:00 Euchre 10:30 Watercolor <b>12:00 Veterans Day Luncheon</b> 1:00 Mah Jong 1:00 Pinochle <b>1:00 Veterans Day Entertainment</b>
<b>11</b> <b>CENTER CLOSED</b>  <p>Honoring Veterans Day</p>	<b>12</b> 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 6:00 Cardio & Tone <i>drop in \$4</i>	<b>13</b> 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 <b>1:30 UE: Food is Medicine</b>	<b>14</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Inter. Tap 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet <b>1:30 UE:BfloResidents</b> 2:15 Acrylic Painting	<b>15</b> 9:00 Pool Shooting 9:00 Cardio & Tone <i>drop in \$4</i> 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>1:30 UE: Escape From Alcatraz</b>
<b>18</b> 8:45 Meditation& Yoga <i>(drop in \$5)</i> 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge 1:00 Arthritis Tai Chi 1:00 Spanish <b>1:30 UE: Fitness Training for Brain</b> 2:30 Begin. Spanish	<b>19</b> 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 1:30 Bingo <b>1:30 UE: Of Mice&amp;Men</b> <b>4:00 Friendsgiving Potluck</b> 6:00 Cardio & Tone <i>drop in \$4</i>	<b>20</b> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot <b>10:00 Book Group</b> 10:15 Beg Line Dance 11:30 Yoga <i>(drop in \$5)</i> 12:00 Stay Fit Dining 1:00 Movie 1:00 Adv. Tai Chi 1:00 Sketch	<b>21</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Inter. Tap 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet <b>1:30 UE Consp.Theory</b> <b>1 - 4 AARP Driving</b>	<b>22</b> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Cardio & Tone <i>drop in \$4</i> 10:00 Euchre 10:30 Watercolor 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle <b>1:30 UE: Senior Sexuality</b> <b>1 - 4 AARP Driving</b>
<b>25</b> 8:45 Meditation& Yoga <i>(drop in \$5)</i> 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge 1:00 Arthritis Tai Chi 1:00 Spanish 2:30 Begin. Spanish	<b>26</b> 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 <b>12:30 Birthday Bash</b> 1:00 Bingo	<b>27</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 Adv. Tai Chi 1:00 Sketch	<b>28</b> <b>29</b> <b>CENTER CLOSED</b>  <h2>Happy Thanksgiving</h2>	

## CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

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

### **Meditation & Gentle/**

**Restorative Yoga** Drop in classes \$5.00 each  
Mon. at 8:45 am 11/18, 11/25, 12/2, 12/9 & 12/16

**Yoga** Drop in classes \$5.00 each  
Wednesdays at 11:30 am 11/20, 12/4, 12/11 & 12/18

**Tap Dance** \$26.00 – 7 week session  
Tuesdays at Noon 11/5 - 12/17

**Inter. Tap Dance** \$15.00 – 4 week session  
Thursdays at 10:00 am 11/14 - 12/12

**Cardio & Tone** Drop in classes \$4.00 each  
Fridays at 9:00 am 11/8, 11/15 & 11/22

**Arthritis Tai Chi** *Free Class Returns*  
Mondays at 1:00 pm 11/18 - 12/30

**Beginner Tai Chi** Class Returns in Jan 2020

**Advanced Tai Chi** \$23.00 – 6 week session  
Wednesdays at 1:00 pm 11/13 – 12/18

**Men's Fitness** \$40.00 – 10 week session  
Tues. - Thurs. at 9:00 am 10/17 – 12/19

**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

### **Language Class:**

**Spanish** \$30.00 – 8 week session  
Mondays at 1:00 pm 9/16 – 11/25

**Beginner Spanish** \$30.00 – 8 week session  
Mondays at 2:30 pm 9/16 – 11/25

### **TUESDAY EVENING CLASS:**

**Cardio & Tone** Drop in classes \$4.00 each  
Tuesday evening at 6 pm 11/12 & 11/19

### **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**

*Will return after the University Express Fall Session.*

### **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!

### **BINGO!! 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!

### **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** \$18.00 - 5 week session  
Thursdays at 2:15 pm 11/7 - 12/12  
*No acrylic class 11/28*

**Sketch Class** \$25.00 - 6 week session  
Wednesdays at 1:00 pm 10/30 - 12/4

**Watercolor Painting** \$25.00 - 4 week session  
Fridays at 10:30 am 11/8 - 12/13  
*No class 11/22*



**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.  
Ann Ellis-King, President  
For travel contact Trudy Miller 826-4040

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

**Thursday, Nov. 21st & Friday, Nov. 22nd  
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, December 19th & Friday, December 20th*

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

Please stop by and view the Senior Center artist's artwork featuring still life artwork 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.*

**Independent Health** (meet one on one)  
11/13 from - 3pm & 12/14 from 1 - 3 pm

**BlueCross/BlueShield** (meet one on one)  
11/12 from 9 - Noon & 12/3 from 1 - 3 pm

**Aetna** (meet one on one)  
12/10 from 10 - noon

**Univera** (presentation)  
11/25 at 3 pm

**Fidelis** (meet one on one)  
11/15 from 10 - Noon & 12/18 from 10 - Noon

**United Healthcare** (meet one on one)  
11/12 from 1:30 - 2:30 pm  
11/26 from 10 - Noon - 12/2 from 10 - Noon  
**United Healthcare** (presentation)  
11/12 at 2:30pm

**SENIOR CENTER MONTHLY NEWSLETTER**

The monthly newsletter provides news of upcoming programs and events and other important information about the Orchard Park Senior Center.

- You can receive a copy of the newsletter via email. Send your email address to [opsenior@orchardparkny.org](mailto:opsenior@orchardparkny.org).
- The newsletter is also available online on the town website <https://www.orchardparkny.org/departments/senior-center/>.
- You can also pick up a newsletter at the Senior Center, Town Hall & Library.

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

Great turnout on October 5th for the Community Activity Center's open house. Approximately 450 from our community and surrounding areas toured the new center. Progress is moving ahead of schedule and the building should be turned over to the town in February and hopefully opening sometime early March.

Congratulations to Dorothy Weber, September's Gift Card Raffle winner. Thank you to St. John Vianney Senior Group for donating the Wegman's gift card. The Supermarket Sweep drawing will be held October 10th. Stay tuned!

*~ Audrey Ramage, President*









Mark Your Calendars

# EVENTS



## New Year Party at Salvatore's Italian Garden Friday, December 27th



Don't miss the event of the season!

Share the afternoon with friends and celebrate the New Year.

For your listening pleasure, music will be provided by the Hastings Duo.

In addition to the complimentary hors d'oeuvres & punch served from 12:00 ~ 1:00 pm we will have a photo booth. The photo booth will allow you and your friends to create poses, include props to capture the moment and have fun.

*Entrée Choices: Prime Rib, Poached Salmon or Chicken Française. Meal includes mini Yukon potatoes, seasonal vegetables, salad, rolls/butter, coffee & tea, and dessert.*

**Tickets are \$45.00** *(includes transportation).*

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### Orchard Park Senior Center

70 Linwood Avenue

Orchard Park, NY 14127

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