



# Orchard Park Senior Center

70 Linwood Avenue  
Orchard Park, NY 14127



## OCTOBER 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



### Welcome to the Senior Center Monday, October 21st at 10:30 am

Are you new to attending events, classes or activities at the senior center or would you like to learn about the center? If so, you are invited to attend this informational meeting which will include a tour of the facility and light refreshments will be served. Register with the office if you plan on attending.

*Notes from Debbie . . .*

I am writing this note after an amazing picnic at Chestnut Ridge Park. It was our first picnic and a successful one too. I would like to thank Maria Galley who put a lot of hard work into ensuring the picnic was a success. It was successful because of everyone who came and had fun, the volunteers, sponsors (BlueCross/BlueShield and Independent Health) and an amazing job by Maria Galley and Jeanne Zablotsky. Entertainment by the Hastings duo led many people to a makeshift dance floor and even some dancing in their seats. We enjoyed outside games, a delicious lunch catered by Texas Roadhouse, bongo, and most importantly socializing and enjoying the company of others.

For those who did not attend the picnic there are monthly events for you to attend. We have our upcoming New Year party at Salvatore's (see back page for details). We also offer events for you to enjoy an afternoon, try some delicious food, and most importantly spend time with friends and even meet new ones. Hope to see you at the Center!!

*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.**

**Orchard Park High School****Senior Citizens Spaghetti Dinner**

**Thursday, November 7th at 3:30 pm (doors open)**

The Class of 2020 from Orchard Park High School is sponsoring the Annual Senior Citizens Spaghetti Dinner. An Olive Garden spaghetti dinner with dessert and coffee will be served. Cost is \$3.00.

Must register with payment at the Senior Center by Friday, October 18th

**Senior Center Dinner Club****Ilio DiPaolo's**

*(3785 South Park Avenue)*

**Thursday, November 14th at Noon**

**Dinner Entrees**

Boneless Bourbon Glazed Pork Chop	\$21.00
Haddock Italiano	\$26.00
6 oz. Filet Mignon	\$33.00

Entrée includes potatoes, vegetables, soup or salad, coffee/tea, and dessert. Cash bar available.

Price includes tax and gratuity. Please contact Rae Ann Reese (822-8869) by October 25th with your entrée selection and payment. The Dinner Group will meet on Tuesday, Oct. 1st. New members welcome!

**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  
Thursday, December 27, 2019**

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.**

**Erie County Caseworker**

**Thursday, October 24th 10:00 am - Noon**

Debbie Mitchell, 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.



**Coffee and a Cop****Wednesday, October 2nd 10:30 am - 11:30 am**

Join Chief of Police, Joseph Wehrfritz for Coffee and a Cop. Coffee with a Cop brings police officers and the community members they serve together - over coffee - to discuss issues and learn more about each other.

Light refreshments will be served.

**University Express: What's Ahead for Africa?****Thursday, October 3rd at 1:30 pm**

Within the next 35 years, 40 percent of all children on earth will likely call Africa home. The continent has experienced tragic epidemics as well as turbulent years of widespread protests, unrest, civil wars, and insurgencies. At the same time, Africa is experiencing encouraging trends like the growing role of women in economic activity and entrepreneurship, increased access to technology and investment in education, especially for girls. We'll examine the opportunities and challenges that face the next generation of Africa's leaders. Instructor: Claude Welch, Distinguished Service Prof.; Political Science, SUNY Buffalo

Contact the senior center to register.

**University Express: Opioid Epidemic: Where Are We Now?****Friday, October 4th at 1:30 pm**

Join the conversation about the current status of the opioid epidemic in our community and what is being done. We will discuss signs of an opioid overdose and the importance of taking medications as prescribed. You will also learn why you should be consistently looking through your medicine cabinet and how to properly dispose of those old pills.

Instructor: Cheryl Moore, Medical Care Admin., Erie County Department of Health

Contact the senior center to register.

**University Express: Osteoporosis and Falls****Monday, October 7th at 1:30 pm**

Approximately 44 million Americans have osteoporosis and low bone mass – both men and women. Osteoporosis causes bones to become thin, weak, and break easily. Learn what causes older adults to fall more frequently and how osteoporosis and falls are related. Instructor: Jennifer Johnson, Health Promotion Coordinator, BlueCross BlueShield of Western New York.

Contact the senior center to register.

**15 Ways to Avoid Probate****Thursday, October 10th at 1:30 pm**

Robert Friedman, Attorney drawing from forty years of estate planning experience, will explain estate and asset protection planning techniques: the risks and benefits of avoiding probate; the best forms of real estate ownership; the most common estate planning mistakes; recent changes in estate and gift tax laws; the duties of trustees and executors; myths about living trusts; when to update your will; and how to prevent will contests. Contact the senior center to register.

**University Express: Does Communication Technology Divide our Generations?****Friday, October 11th at 1:30 pm**

Technology has changed the way we communicate. Does it improve communication across generations? Does it set up barriers? How can we bridge the gaps and still maintain a level of comfort? The subjects would include email, texting, cell phone use, loss of writing skills, poor face-to-face communication, and difference in communication expectations. Instructor:

Marian Deutschman, PhD, professor emerita of communications, Buffalo State College.

Contact the senior center to register.

**University Express: Who Was That Man?****Thursday, October 17th at 1:30 pm**

As the president's wife, Jacqueline Kennedy was assigned her own Secret Service agent for her personal protection. Who was that man that jumped onto the limousine after the shooting and what were his thoughts on being given the job of securing the safety of the first lady instead of the president? Learn about his tenure with Mrs. Kennedy and about the book he eventually wrote after decades of silence. Based on the book, Mrs. Kennedy and Me, by Clint Hill.

Instructor: Theresa Wiater, retired teacher, Clarence Center Elementary School; experienced quilter.

Contact the senior center to register.

**Univ. Express: International Travel Photography****Friday, October 18th at 1:30 pm**

Discover unique and picturesque locations from around the world in this presentation and discussion of professional travel photography. Learn about interesting areas and cultures from around the world and get insights into picking travel spots. Additionally, strategies will be provided on how to take better pictures while traveling along with other tips on photography so as to more effectively document your experiences. Instructor: John Harrigan, Ph.D., Professor of Communication and Media Arts, SUNY Erie. Contact the senior center to register.

**University Express: Clinical Trials –****Tomorrow's Treatments Today****Monday, October 21st at 1:30 pm**

Clinical trials save lives and advance knowledge every day, yet there are many misconceptions about these treatment options. Clinical trials are based on the most current medical research findings and usually only available at major comprehensive cancer centers.

Learn about clinical trials in general and the innovative trials currently available at Roswell Park.

Instructor: Your speaker will be a clinician or advanced practitioner who is on the front lines of clinical trial development and treatment at Roswell Park. Contact the senior center to register.

**Univ. Exp.: Using Native Plants In Your Garden**  
**Tuesday, October 22nd at 1:30 pm**

What is a native plant and why are they important?

This program covers the relationship of natives to insects, birds, animals and the ecosystem. It covers a large variety of native plants that will grow successfully in our area including trees and shrubs. A power point program with pictures of many native varieties shows the beauty of including natives in your landscape.

Growing natives is not only the home gardener's best way to support nature but it saves time and money too. Instructor: Lyn Chimera, Cornell Cooperative Extension Master Gardener and owner of Lessons from Nature a garden consulting business.

Contact the senior center to register.

**University Express: USA and the Muslim World**  
**Thursday, October 24th at 1:30 pm**

Creating partnerships for peace with Muslim countries and communities is one of the greatest challenges and opportunities facing the US today. Currently, conflict, misunderstanding, and distrust plague U.S. relations with Muslims in many countries, imperiling concerns for all. What strategies on both sides offer the greatest potential for improvements in U.S. security and U.S.-Muslim relations? We'll also examine the history of US relations with the Muslim world to better understand the present situation. Instructor: Faizan Haq, Communication Department Faculty, Buffalo State College, Founding President of WNY Muslims. Contact the senior center to register.

**University Express: The Universal Declaration of Human Rights**

**Monday, October 28th at 1:30 pm**

One of the United Nation's finest hours was when the Universal Declaration of Human Rights was passed in 1948. Its clarion call for the decency and worth of human life is unmatched and its passage is due almost entirely to the work of its main architect and advocate, Eleanor Roosevelt. How and why this document was adopted in the midst of the Cold War is a fascinating story. Instructor: Judith Geer, retired educator and librarian, Erie Community College. Contact the senior center to register.

**VNA (Visiting Nurses Association)**  
**Flu & Pneumonia Immunization Program**  
**Tuesday, October 29th 10:00am - Noon**

Visiting Nurses Association will be administering flu and pneumonia shots at the Center. VNA accepts almost all major regional and national insurances.

Please bring your insurance card with you.

For those without insurance, the cost is \$30.00.

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

**October Birthday Bash**

**Tuesday, October 29th at 12:30 pm**

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



**Bingo Bash Tuesday, October 29th at 1:00 pm**

Join Maria today as we have a bingo bash.

Refreshments will be served and prizes will be awarded. Additional boards \$1.00.

Everyone is Welcome!

**Health Insurance Fair**

**Wednesday, October 30th 1:30 – 3:30 pm**

Explore various health insurance options at today's fair. Representatives from BlueCross/BlueShield, United Healthcare, Fidelis, Aetna, Independent Health, and Univera will have plan information and applications for 2020. Information regarding HICAP (Health Insurance Information, Counseling and Assistance) and EPIC (Elderly Pharmaceutical Insurance Coverage).

**HALLOWEEN LUNCHEON**

**Thursday, October 31st at Noon**

Put on your costume and join us for a "bewitching" time at our Halloween Party. A costume contest will be held after the Halloween luncheon and prizes awarded. After the costume contest stay with us for an afternoon of Halloween inspired Minute To Win It games. Test your skills at Pumpkin Golf, Mouthful of Dirt, and Pumpkin Pong. Don't miss out on this fun event.



**Sign up with Jeanne in Nutrition to attend the luncheon by Tuesday, October 22nd.**

**UPCOMING EVENTS IN NOVEMBER .....**

**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 Veterans 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).



**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 entertainment following lunch provided by Linda D. Space is limited.

**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.

**University Express: 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 place 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.

**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



### 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 10/1 Quarter Chicken w/Gravy, Carrots, Cauliflower, Rice, Sugar Cookies  
Wed 10/2 Roast Beef w/Gravy, Sweet Potatoes, Cabbage, Rye Bread, Frosted Cherry Cake  
Thu 10/3 Bratwurst w/Baked Beans, Bun, Roasted Potatoes, Mixed Vegetables, Mandarin Oranges  
Fri 10/4 Cranberry Chicken Salad, Crackers, Fruit

Mon 10/7 Boneless Chicken Breast w/Marsala Sauce  
Cauliflower, Vegetables, Roll, Oat. Rais. Cookies  
Tue 10/8 Polish Sausage w/Sauerkraut, Bun, German Potato Salad, Carrots, Black Forest Cake  
Wed 10/9 Macaroni & Cheese, Stewed Tomatoes, Broccoli, Wheat Dinner Roll, Fruit Cocktail  
Thu 10/10 Tortellini w/Tomato Meatsauce, Chef Salad, Italian Vegetables, Bread, Orange, Choc. Milk  
Fri 10/11 Salisbury Steak w/Onion Gravy, Scalloped Potatoes, Peas, Roll, Strawberry Bavarian

**Mon 10/14 Center Closed - Columbus Day**  
Tue 10/15 Beef Pepper Steak Casserole, Rice, Broccoli Wax Beans, Spinach, Butterscotch Pudding  
Wed 10/16 Penne Pasta w/Meatballs & Sauce, Country Mixed Vegetables, Pineapple Juice, Brownie  
Thu 10/17 Roast Pork Loin, Sweet Potatoes, Green Beans, Bread, Applesauce, Chocolate Milk  
Fri 10/18 Tuna Macaroni Salad, Crackers, Ambrosia

Mon 10/21 Shredded Pork in Gravy, Bun, Navy Bean Soup, Seasoned Spinach, Chocolate Pudding  
Tue 10/22 Panko Br. Chicken Thigh, Ched. Mashed Potatoes, Lima Bean Bake, Bread, Fruit, Choc. Milk  
Wed 10/23 Beef Stroganoff, Brown Rice, Cauliflower, French Bean Medley, Oatmeal Raisin Cookies  
Thu 10/24 Cabbage Roll w/Meatsauce, Mashed Potatoes, Vegetables, Dinner Roll, Grapes  
Fri 10/25 Ham Steak, Cheesy Scalloped Potatoes Brussels Sprouts, Cornbread, Pear Crisp

Mon 10/28 Chicken Vegetable Casserole, Biscuit, Broccoli, Apple  
Tue 10/29 Julienne Salad, Roll, Pineapple, Choc. Milk  
Wed 10/30 Roasted Pork Loin w/Gravy, Squash, Cr. Cabbage, Rye Bread, Cinnamon Streusel Cake  
Thu 10/31 **HALLOWEEN LUNCHEON:** Br. Chicken Drumsticks, Sweet Potatoes, Green Beans, Dinner Roll, Chocolate Éclair

**Thursdays in October: Jeanne's Choice Soup**



### **Spend an afternoon at the movies.**

Reserve lunch by calling 662-6452 and then stay for the movie at 1 pm.  
**50 cents includes popcorn and drink**

**Wed 10/2 Mary Magdalene** (Drama) In the year 30 AD, when Judea was under the control of the Roman Empire, a woman named Mary from the small town of Magdala begins to follow Jesus of Nazareth, the founder of Christianity. This causes conflict with the other male disciples, including Saint Peter. Mary follows Jesus all the way to the Resurrection.

**Wed 10/9 Armstrong** (Documentary) Dramatic, moving and deeply human. Offers the definitive life story of Neil Armstrong: from his childhood in Ohio to his first steps on the Moon, and beyond.

**Wed 10/16 Men In Black International** (Action) The Men in Black have always protected the Earth from the scum of the universe. In this new adventure, they tackle their biggest threat to date: a mole in the Men in Black organization.

**Wed 10/23 Yesterday** (Comedy) A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed.

**Wed 10/30 No Movie - Health Insurance Fair**



### **BOOK GROUP & MEET THE AUTHOR** **Thursday, October 24th at 10:00 am**

**"A Means to An End" by Lissa Marie Redmond**

*"A Means to an End"* is one of the Cold Case Investigations series by Lisa Marie Redmond. The series follows the investigations of the Cold Case Squad in the Buffalo PD, namely Lauren Riley and her partner Shane Reese

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.

### **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, October 7th at 12:30 pm  
Euchre Friday, October 18th at 10:00 am  
Pinochle Friday, October 18th at 1:00 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>01</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dinner Club 10:30 Int. Line Dance 10:45 Club 99 Exer. 12:00 Stay Fit Dining 12:00 Tap Dance 1:00 Bingo  <b>4:00 HarvestFest Dinner</b>	<b>02</b> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:15 Beg Line Dance <b>10:30 Coffee with a Cop</b> 11:30 Yoga 1:00 Movie 1:00 Adv. Tai Chi	<b>03</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:45 Club 99 Exer. 11:30 Yoga 12:00 Stay Fit Dining 1:00 Knitter/Crochet <b>1:30 UE What's Ahead For Africa</b> 2:15 Acrylic Painting	<b>04</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>1:00 AMP Program</b> <b>1:30 UE Opioid Epidemic</b>
<b>07</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>1:00 AMP Program</b> <b>1:30 UE Osteoporosis &amp; Falls</b> <b>2:30 Begin. Spanish</b>	<b>08</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>Letchworth departs center at 8:45 am</i>	<b>09</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 <i>Letchworth departs center at 8:45 am</i>	<b>10</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Inter. Tap 10:45 Club 99 Exer. 11:30 Yoga 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 Beg. Tai Chi <b>1:30 Avoid Probate</b> 2:15 Acrylic Painting	<b>11</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>1:00 AMP Program</b> <b>1:30 UE Does Technology Divide Our Generations?</b>
<b>14</b> <b>SENIOR CENTER CLOSED</b> 	<b>15</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	<b>16</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>17</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes <b>10:00 EC Caseworker</b> 10:00 Inter. Tap 10:45 Club 99 Exer. 11:30 Yoga 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 Beg. Tai Chi <b>MB</b> <b>1:30 UE That Man?</b> <b>1 - 4 AARP Driving</b>	<b>18</b> 9:00 Pool Shooting 9:00 Cardio & Tone 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>1:00 AMP Grad Lunch</b> <b>1:30 UE Photography</b> <b>1 - 4 AARP Driving</b>
<b>21</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 1:00 Spanish <b>1:30 UE Clinical Trials</b> <b>2:30 Begin. Spanish</b>	<b>22</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>1:30 UE: Native Plants In Garden</b> 6:00 Cardio & Tone	<b>23</b> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:00 Book Group 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>24</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Inter. Tap 10:45 Club 99 Exer. 11:30 Yoga 12:00 Stay Fit Dining 1:00 Knitter/Crochet 1:00 Beg. Tai Chi <b>1:30 UE: US/Muslim</b> 2:15 Acrylic Painting	<b>25</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>28</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 1:00 Spanish <b>1:30 UE: Human Rights</b> <b>2:30 Begin. Spanish</b>	<b>29</b> 9:00 Pool Shooting 9:00 Men's Fitness <b>10:00 Flu &amp; Pneumonia Clinic (VNA)</b> 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 Bash 6:00 Cardio & Tone	<b>30</b> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:00 Book Group 10:15 Beg Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Adv. Tai Chi 1:00 Sketch <b>1:00 Health Ins. Fair</b>	<b>31</b> 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Dominoes 10:00 Inter. Tap 10:45 Club 99 Exer. 11:30 Yoga <b>12:00 HalloweenLunch &amp; Min. To Win It</b> 1:00 Knitter/Crochet 1:00 Beg. Tai Chi 2:15 Acrylic Painting	<b>Nov. 1st</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</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 Returns in Nov.**  
Mondays at 1:00 pm     11/18 - 12/30

**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     9/4 – 10/30  
No class 9/11

**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**     \$30.00 – 8 week session  
Mondays at 1:00 pm     9/16 – 11/18

**Beginner Spanish**     \$30.00 – 8 week session  
Mondays at 2:30 pm     9/16 – 11/18

### TUESDAY EVENING CLASS:

**Cardio & Tone**     \$30.00 – 8 week session  
Tuesday evening at 6 pm     9/10 - 11/5

### 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 Tuesday, October 22nd***

**BINGO BASH TUESDAY, OCTOBER 29th**

### 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  
NO CLASS 10/24     **\*\*new date and time\*\***

**Sketch Class**     \$25.00 - 6 week session  
Wednesdays at 1:00 pm     9/18 - 10/31

**Watercolor Painting**     \$25.00 - 6 week session  
Fridays at 10:30 am     9/20 - 10/25



**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, Oct. 24th & Friday, Oct. 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.

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

*Next class scheduled for  
Thursday, November 21st & Friday, November 22nd*

**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)*

10/4 at 1-3pm - 11/13 at 1-3pm - 12/4 at 1-3pm

**BlueCross/BlueShield** *(meet one on one)*

10/15 at 4-6pm - 11/12 at 9-12 pm - 12/3 at 1-3pm

**Aetna**

12/10 at 10-noon *(meet one on one)*  
Aetna presentation 10/17 at 3pm

**Univera**

10/28 at 3 pm - 11/25 at 3 pm *(meet one on one)*  
Univera presentations 10/28 at 3 pm & 11/25 at 3 pm

**Fidelis** *(meet one on one)*

11/15 at 10-Noon - 12/18 at 10-noon

**United Healthcare**

10/15 at 1:30 – 2:30 pm - 11/12 at 1:30 – 2:30 pm  
11/26 at 10 - Noon - 12/2 at 10– Noon  
United Healthcare presentations  
10/15 at 2:30pm & 11/12 at 2:30pm

**Health Insurance Fair**

**Wednesday, October 30th 1:30 – 3:30 pm**

Explore various health insurance options at today's fair. Representatives from BlueCross/BlueShield, United Healthcare, Fidelis, Aetna, Independent Health, and Univera will have plan information and applications for 2020. Information regarding HICAP (Health Insurance Information, Counseling and Assistance) and EPIC (Elderly Pharmaceutical Insurance Coverage).

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

The Community Activity Council has been working diligently gathering information to complete what is needed and mandated by NY state for non-for-profit organizations. Members of our sub-committee have begun website training given by Bill Evens (The Coming Wave). Private tours of the Community Activity Center are being scheduled by Kearns and associates and Supervisor Keem.

Mary Ann Notto and her Super Market Sweep sub-committee worked at selling these tickets at the Orchard Park Tops supermarket Sept. 8th & 9th from 12-4 pm.

We appreciate all the time and effort she and her committee has devoted for this fundraiser.

**The town board is inviting the Orchard Park community to attend a Community Activity Center open house on Saturday, October 5th from 10 am - 1:00 pm.**

*~ Audrey Ramage, President*









Mark Your Calendars

# EVENTS



## New Year Party at Salvatore's Italian Garden Thursday, 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 \$44.00** *(includes transportation).*

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### Orchard Park Senior Center

70 Linwood Avenue

Orchard Park, NY 14127

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