



# Orchard Park Senior Center

70 Linwood Avenue  
Orchard Park, NY 14127



## DECEMBER 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



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

Don't miss the event of the season!  
Share the afternoon with friends and celebrate  
the New Year. See page 2 for details.

*Notes from Debbie . . .**Merry Christmas and Happy Holidays to all our friends at the Orchard Park Senior Center and a very Happy and Healthy New Year! ~ Debbie & Maria*

A special Thank You to our volunteers who assisted in the preparation and presentation for our Veteran's Day lunch and celebration. Don Schwab, a Marine veteran, set up all the flags in the dining room and Roger Weiss, Army veteran, assisted with the presentation. A thank you to all our volunteers: nutrition greeters Pat Davies and Betty Welch our kitchen volunteers Joe Kasinski, Don Schwab, Carolyn Minko, Lula McMasters, Diana Weiss, and Betty Welch. Thank You for volunteering your time!

A big thank you to Independent Health for covering the cost of all patrons to our Veterans Day Luncheon!

Thank you to Yvonne Rhodes who donated a handmade red, white and blue patriotic quilt.

All proceed for the quilt we donated to the OP Senior Center activities.



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

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 and include props to capture the moment and have fun.

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

Tickets are \$45.00 (includes transportation).

Last day to purchase a ticket is Mon. December 16th.

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

**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 it's 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**

**Goodbye to Jeanne!**

In November, we sadly said goodbye to Jeanne Zablotzky our Nutrition Coordinator. Jeanne and her husband moved to Yonkers, NY and we wish her and her husband the best. Jeanne worked at the senior center for 4+ years always with a smile on her face and creating delicious meals, baked goods and "Jeannes weekly soup".

Thank you for your time & friendship - you are missed!

**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.

**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.

**Erie County Caseworker**

**Thursday, December 5th 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 - first come first serve.

**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 - Holiday Style!  
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  
*FREE (before lunch entertainment) FREE***

**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.



**December Birthday Bash**

**Monday, December 23rd at 12:30 pm**

Let's Celebrate!! We invite those who have a December birthday to submit a photo of yourself in your younger days by December 18th (submit photos to Maria). Everyone is welcome and will enjoy a delicious birthday dessert.

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

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

**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. Register in the office.



### **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**  
**Class filled—Waiting list only.**

**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 spots available. Register and pay in the office.

**Peppermint Bark Snowflakes**  
**Monday, December 16th at 10:30 am**  
**Class filled—Waiting list only.**

### **Job Posting: Kitchen Manager** **Part-time Monday - Friday** **8:30 - 1:30 pm \$13.50 per hour**

The Orchard Park Senior Center is looking for a part-time Kitchen Manager for the Senior Stay Fit Lunch/ Dining Program. Must have previous food service experience including job related record keeping.

Must have a positive, pleasant attitude; service conscious, and enjoy working with the senior population. If you have a commitment to quality, want to work with great people in a great place, we would like to hear from you.

If interested please e-mail your resume to:  
opsenior@orchardparkny.org, or mail it to Orchard  
Park Senior Center Attn: Debbie Santiago EOE



**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.

## **LOOKING AHEAD TO JANUARY 2020 ...**

### **Board Games & Snack Potluck** **Monday, January 13th at 12:45 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.  
Contact the senior center to register.

### **The Aging Eye**

**Thursday, January 16th at 12:45 pm**

Atwal Eye Care wants you to have good vision for life! This can involve many different issues including, new prescriptions, cataract surgery (if necessary), glaucoma or treatment of macular degeneration. Most people are unfamiliar with these diagnosis and the advances made in Ophthalmology in recent years. Contact the senior center to register.



### **Pie Baking Contest**

**Thursday, January 23rd**

Calling all pie bakers! Enter your favorite homemade pie for a chance to win prizes! (All pies **must** be 100% homemade - including the crust). A contest will be held and prizes will be awarded at our National Pie Day celebration (see below). **Drop off your pie by 11:00 a.m. so our panel of judges can rank each pie and determine the top pies for prizes.**

Register (participant and name of pie) *in the office if you wish to enter a pie in the contest.*

### **National Pie Day**

**Thursday, January 23rd at 1:00 pm**

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

### **January Book Group**

**"When Breath Becomes Air" by Paul Kalanithi**  
**Wednesday, January 29th 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. The Book Group meets the last Wednesday of every month at 10:00am at the Senior Center. to discuss a chosen book and share our thoughts and opinions. Everyone is welcome to attend.

**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, Dec. 19th & Friday, Dec. 20th  
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, January 30th & Friday, January 31st.*

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

Please stop by and view the Senior Center artists 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** Wed., 12/4 from 1 - 3 pm

**BlueCross/BlueShield** Tue., 12/3 from 1 - 3 pm

**Aetna** Tue., 12/10 from 10 - noon

**Fidelis** Wed., 12/18 from 10 - Noon

**United Healthcare** Mon., 12/2 from 10 - Noon

**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.

**We're on FACEBOOK**

**Check us out . . .**

**Orchard Park Senior Center**



We feature pictures of our participants doing fun things at the center, daily events, classes, trips and scheduled speakers. Check us out and "like" our posts.

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

Congratulations to the Supermarket Sweeps Winners! Ellie Hurst was our first place winner. Sergio Trugillo won second prize and Jackie Briggs won third! Sandy Kowal of Hillcrest Seniors group sold the winning ticket. Tops representatives did a wonderful job hosting our winner and a group from our Community Activity Council that morning of the sweep. Ellie's son Rick actually did the running and even grab a bouquet of roses for his mom!

Thank you to Mary Ann Notto for organizing and picking the winners. Thank you to Tops for allowing this supermarket sweep to take place in their store. Everyone present thoroughly enjoyed this event.

*~ Audrey Ramage, President*

### 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 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.**

- Mon 12/2 Beef Macaroni Casserole w/Cheese,  
Cauliflower, Spinach, Fruit Cocktail  
Tue 12/3 Breaded Chicken Breast w/Bflo, Fiesta Corn,  
Broccoli, Orange, Chocolate Milk  
Wed 12/4 Cranberry Chicken Salad, Club Crackers,  
Tapioca Pudding w/Mandarin Oranges  
Thu 12/5 Beef Stew, Mashed Potatoes, Biscuit,  
Chocolate Mousse  
Fri 12/6 Roast Pork, Mashed Potatoes, Carrots,  
Wheat Bread, Frosted Spice Cake
- Mon 12/9 Breaded Chicken Drumsticks, Mashed  
Potatoes, Peas, Biscuit, Chocolate Chip Cookies  
Tue 12/10 Ham Steak w/Maple Glaze, Scalloped Potatoes  
Brussels Sprouts, Rye Bread, Frosted Lemon Cake  
Wed 12/11 Baked Salmon w/Pineapple Salsa, Rice Pilaf,  
Broccoli, Cornbread, Baked Pear Crisp  
Thu 12/12 Cabbage Roll w/Meatsauce, Garlic Mashed  
Potatoes, Green Beans, Roll, Apple Pie  
Fri 12/13 Shredded BBQ Pork on a Bun, Broccoli Cheese  
Soup, Carrots, Mandarin Oranges
- Mon 12/16 Italian Sausage w/Peppers, Onions Roasted  
Red Potatoes, Mixed Vegetables, Marble Cake  
Tue 12/17 Julienne Salad, Dinner Roll, Pineapple  
Wed 12/18 **CHRISTMAS LUNCHEON** Chicken Cordon Bleu  
w/Herbed Cream Sauce, Rice Pilaf, Broccoli, Chef  
Salad, Lemon Meringue Pie  
Thu 12/19 Meatloaf w/Gravy, Mashed Potatoes, Green  
Beans, White Bread, Vanilla Mousse  
Fri 12/20 Chili con Carne, Carrots, Fruit Punch, Apple  
Cornbread, Chocolate Milk
- Mon 12/23 Pork Ribette w/BBQ Sauce, Cheesy Mashed  
Potatoes, Mixed Greens, Glazed Lemon Cake  
**Tue 12/24 CENTER CLOSED CHRISTMAS EVE**  
**Wed 12/25 CENTER CLOSED CHRISTMAS**  
Thu 12/26 Roast Turkey with Gravy & Cranberry Sauce  
Mashed Potatoes, Peas & Carrots, Breakaway Roll  
Sugar Cookies  
Fri 12/27 **CENTER CLOSED** at 10:30 for Salvatore's  
New Year Celebration
- Mon 12/30 Cheese Ravioli w/Meatsauce, Peas, Summer  
Squash with Peppers, Italian Bread, Peaches  
Tue 12/31 **NEW YEAR LUNCHEON** Breaded Bone-In Pork  
Chop w/Gravy, Mashed Potatoes, Vegetable Blend,  
Roll, Strawberry Cheesecake



### **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 12/4 The Art of Racing in the Rain (drama)**

A dog named Enzo wants to be reincarnated into a human. The dog reflects on his life and relationship with a Formula One race car driver who understands that the techniques needed on the racetrack can also be used to successfully navigate everyday life.

#### **Wed 12/11 The Peanut Butter Falcon (comedy/**

drama) Zak, young man with Down syndrome, runs away from his nursing home in order to attend the wrestling school of his idol, The Salt Water Redneck. In his odyssey across the Southeast, he joins forces with a gruff, on-the-run fisherman. Together they navigate obstacles by boat while being pursued by nursing home employee Eleanor. Zak runs away from his care home to make his dream of becoming a wrestler come true.

#### **Wed 12/18 No Movie today - Christmas Luncheon**

#### **Wed 12/25 Center Closed - Merry Christmas!**

### **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, December 2nd at 12:30 pm

Euchre Friday, December 20th 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.

Must sign up in the office by Monday,  
December 23rd to participate.

#### **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.

Must sign up in the office by Monday,  
December 23rd to participate.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02</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 Tourn. <b>12:45 Tree Trim,</b> <b>Cookies &amp; Sing Along</b> 1:00 Arthritis Tai Chi	<b>03</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 <b>4:30 Holiday Appetizer</b> <b>Potluck</b>	<b>04</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	<b>05</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. 12:00 Stay Fit Dining 1:00 Knitter/Crochet	<b>06</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>09</b> 8:45 Meditation& Yoga <i>(drop in \$5)</i> 9:00 Pool Shooting 9:00 Ladies Exercise <b>10:15 Wii Bowling</b> <b>Tournament</b> 12:00 Stay Fit Dining 12:30 Bridge Tourn. 1:00 Arthritis Tai Chi 1:00 Mind Aerobics	<b>10</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>1:00 Holiday Jukebox</b> <b>Bingo</b>	<b>11</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	<b>12</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 <b>12:45 Manage Stress</b> 1:00 Knitter/Crochet	<b>13</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>16</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 <b>12:45 Minute to Win</b> 1:00 Arthritis Tai Chi 1:00 Mind Aerobics	<b>17</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	<b>18</b> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Hand & Foot 10:15 Beg Line Dance <b>10:45 Ladies 1st Enter.</b> 11:30 Yoga <b>12:00 Christmas</b> <b>Luncheon</b> 1:00 Adv. Tai Chi	<b>19</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>1 - 4 AARP Driving</b>	<b>20</b> 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre Tourn 12:00 Stay Fit Dining 1.00 Mah Jong 1:00 Pinochle <b>1 - 4 AARP Driving</b>
<b>23</b> 9:00 Pool Shooting 9:00 Ladies Exercise 10:15 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge <b>12:30 Birthday Bash</b> 1:00 Arthritis Tai Chi 1:00 Mind Aerobics	<b>24</b> <b>25</b> <b>CENTER CLOSED</b> 		<b>26</b> 9:00 Pool Shooting 9:30 Dominoes 10:45 Club 99 Exer. 12:00 Stay Fit Dining 1:00 Knitter/Crochet	<b>27</b> <i>New Year's</i> <i>Party</i> <i>at Salvatore's</i>  <i>Senior Center</i> <i>close at</i> <i>10:30 am</i>
<b>30</b> 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 Mind Aerobics <b>1:00 Board Games &amp;</b> <b>Snack Potluck</b>	<b>31</b> 9:00 Pool Shooting <b>9:30 Holiday Euchre</b> <b>Tournament</b> 10:30 Int. Line Dance 12:00 Tap Dance <b>12:00 New Year</b> <b>Luncheon</b> 12:30 Birthday Bash 1:00 Bingo <b>1:00 Holiday Pinochle</b> <b>Tournament</b>			

## CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

*Register in the office for classes.*

*Reminder: If the class does not meet its minimum quota there is a chance it will be cancelled.*

### **Meditation & Gentle/ Restorative Yoga** **Mondays at 8:45 am 12/2, 12/9 & 12/16**

Drop in classes \$5.00 each *\*bring a yoga mat*  
*Class Returns January 20th, 2020*

This class will combine the calming benefits of meditation with gentle stretching and yoga postures. Instructor Irene Kulbacki-CYT will guide you through a seated meditation followed by yoga postures that will help to improve your flexibility, strength, and balance. (chair modifications available).

### **Yoga**

**Wednesdays at 11:30 am 12/4, 12/11 & 12/18**

Drop in classes \$5.00 each *\*bring a yoga mat*  
*Class Returns January 15th, 2020*

Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching; your body and mind will thank you for it. Instructor: Irene Kulbacki-CYT.

### **Tap Dance**

**Tuesdays at Noon 11/5 - 12/17**

\$26.00 – 7 week session

*Class Returns January 7th, 2020*

This class is designed for those who want to learn to tap dance, or who have previously tap danced and want to tap again. Instructor: Jen Repp

### **Intermediate Tap Dance**

**Thursdays at 10:00 am 11/14 - 12/12**

\$15.00 – 4 week session

*Class Returns January 9th, 2020*

For those seniors with some experience tap dancing, this class is for you! Learn to tap to some of the great

Broadway tunes as you burn calories, and get an aerobic workout while tapping. Instructor: Trish Staszak

### **Cardio & Tone Fridays at 9:00 am**

*Class Returns January 2020*

This full body workout uses movement and steps to condition and tone your body. Workout to current hit music and your favorites from the past. This is a great class for all fitness levels. Instructor: Marilyn Ciaverella

### **TUESDAY EVENING CLASS:**

**Cardio & Tone** Returns January 21, 2020

*Tuesday evening at 6 pm*

Instructor: Marilyn Ciavarella

### **Arthritis Tai Chi** *free class*

**Mondays at 1:00 pm 11/18 - 12/30**

Arthritis Tai Chi is now widely practiced for its healing benefits for the entire body, which include increased strength, balance and posture, reduce stress, increased relaxation and improve mind, body and spirit.

Instructor: Donna Gosciak

### **Beginner Tai Chi**

*Class Returns in January 9th, 2020*

The Center will be offering a 6 week 45 minute beginner Tai Chi. Learn the ten basic moves and what this thousand year form of fitness is all about. Your instructor is Margaret who has been practicing Tai Chi for over ten years. Instructor: Margaret Fabinsky

### **Advanced Tai Chi**

**Wednesdays at 1:00 pm 11/13 – 12/18**

\$23.00 – 6 week session

*Class Returns January 8th, 2020*

Join us for Tai Chi a form of fluid movements that builds endurance, increase flexibility and balance. This one hour program is for those with some Tai Chi experience, but new students are welcome. Instructor: Bill Adams

### **Men's Fitness**

**Tues. - Thurs. at 9:00 am 10/17 – 12/19**

\$40.00 – 10 week session

*Class Returns January 7th, 2020*

You'll notice regular exercising with others motivates you to work toward a healthy lifestyle. Take the first step in living a healthy life by showing up for the Men's Fitness program. Instructor: Trish Staszak

### **Ladies Exercise**

*Free Class*

**Monday, Wednesday and Friday at 9:00 am**

*\*Please wear comfortable clothes and bring a mat.*

This program uses stretching, aerobic and floor exercises tailored specifically for the needs of those 60+ years. Exercising with friends encourages you to lead a healthy and more energetic life.

*Please dress in loose, comfortable clothing,  
appropriate shoes for the class you are  
attending, bring a yoga mat if required for the  
class, and water.*



## CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

*Register in the office for classes.*

*Reminder: If the class does not meet its minimum quota there is a chance it will be cancelled.*

**Beg. Line Dance** Wednesdays at 10:15 am

**Inter. Line Dance** Tuesdays at 10:30 am

Line dancing is great exercise and a wonderful way to meet new friends. The class will teach you many different line dances to all genres of music.

Cost is \$2.50 per class - pay as you go.

### 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!!

**FREE CLASS Club 99 FREE CLASS**

**Tuesday & Thursday at 10:45 am**

Looking for a way to become more active?

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 using resistance bands and light weights. Instructor, Ray Steck will explain how using the resist-a-band which 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!

### 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.

*Please dress in loose, comfortable clothing, appropriate shoes for the class you are attending, bring a yoga mat if required for the class, and water.*

### Language Class:

**Spanish** Returns January 2020

Mondays at 1:00 pm

The class is designed to help the individual learn more about the world's second most popular language. To learn and enjoy the many aspects of Spanish culture in the USA and the rest of the world. Instructor is certified and has many years of teaching experience.

**Beginner Spanish** Returns April 2020

Mondays at 2:30 pm

## ART CLASSES AT THE CENTER . . . . .

**Beginners Welcome!!**

*Stop in or contact the center*

*to pick up a supply list for the art classes.*

New students must pick up a supply list from the office.

**NEW CLASS Calligraphy Class NEW CLASS**

**Wednesday, Jan. 8th - Feb. 12th at 1:00 pm**

Cost \$25.00 for a 6 week session.

This class covers the basics of Italic and Uncial Alphabets. You will learn to form a beautiful flowing hand - the Art of Fine Writing. Instructor will demonstrate proper form and slant.

*Class size limited to 7.*

### Acrylic Painting Class

**Thursday, January 9th - February 20th at 2:15pm**

Cost \$25.00 for a 7 week session.

Learn proper application of paint, blending layering, scumbling and palette knife techniques.

### Watercolor Painting

**Fridays at 10:30 am 11/8 - 12/13**

\$20.00 - 4 week session

**Fridays at 10:30 am 1/10 - 2/14**

\$25.00 - 6 week session

Students will learn the basics of a wash, dry brush technique, wet into wet etc. Class size is limited.

**Reminder: Please register early to prevent class cancellation. If the class does not meet its minimum quota there is a chance it will be cancelled.**







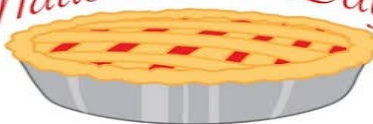


Mark Your Calendars

# EVENTS



*National Pie Day!*



## **National Pie Day**

**Thursday, January 23rd at 1:00 pm**

Let's celebrate National Pie Day? Why not?

Pies have always been a sweet treat to warm the cold winter days and with the holiday celebrations a fading memory, this is a great way to warm up a January cold snap. *(see page 4 for details)*

## **Pie Baking Contest**

**Thursday, January 23rd**

Calling all pie bakers! Enter your favorite homemade pie for a chance to win prizes!

(All pies **must** be 100% homemade - including the crust).

A contest will be held and prizes will be awarded at our National Pie Day celebration. *(see page 4 for details)*

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## **Orchard Park Senior Center**

70 Linwood Avenue

Orchard Park, NY 14127

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