



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



JULY 2020 NEWSLETTER

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

8:30 a.m. – 4:00 p.m.
Monday - Friday

Supervisor

Dr. Patrick Keem

Council Members

Eugene Majchrzak
Conor Flynn

Director

Debbie Santiago

Program Coordinator

Maria Galley

Kitchen Manager

Kevin Kornowicz



Notes from Debbie . . .

It's hard to believe that just three months ago, we were settling into the new center, planning the University Express Spring semester, summer and early fall events. Life has certainly been upended. Our center closed on 3/16 and all our events were canceled with our hope for them to be re-scheduled in the future. What has not changed is our commitment to caring for our members and to offer educational, social, and recreational activities.

Since the center closed we shifted our ability to remain connected by utilizing phone calls, Facebook, and emails. We make phone calls to say hello, check in and ensure our members needs are being met. For those joining us on Facebook we have posted information regarding the virus, exercise and educational videos, photos, and socially engaging activities. Emails allowed for us to give valuable information and resources and again checking in to say hello. Our latest addition is our online ZOOM classes, coffee hour chat, happy hour, and bingo.

Thank you for your continued support, and I hope that you and your families remain in good health during this difficult time.



Bocce at Green Lake!

OPEN BOCCE

Tuesdays at 9:30 am - 11:00 am

Bocce is a fun game similar to lawn bowling. Players are awarded points for the balls thrown closest to the pallino ball. It's a game of strategy and skill. Bocce will be played at Green Lake.

All participants must register ahead of time to play as space is limited. Social distancing will be followed and we will limit play to two courts to ensure distancing.

**Contact the office to register
at 662-6452.**

Please park in the gravel lot for Bocce.

SENIOR CENTER MONTHLY NEWSLETTER

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

- 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.

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

We're on FACEBOOK
Stay connected, see your friends,
senior center opportunities,
and events at the
Orchard Park Senior Center
LIKE & SHARE



If you haven't ventured into the world of Facebook but have a computer or smartphone give it a try! It's easier than you might think to join and have your own account. If your not interested, ask a family member or friend to watch our Facebook page for you so you can still get our information. Our Facebook page is filled with photos, current up-to-date reliable information, links to other pages as well as information on upcoming activities and news.

During the shutdown of the Senior Center, Facebook is a way for us to stay connected to our members and a way for new members to see the activities, photos, and receive information.

LOOKING AHEAD

Currently Maria and I are working on a re-opening plan. Ultimately we must wait for the local government to advise the mandatory and recommended best practices to open. However, in the meantime, we are putting a plan together which consists of a schedule of events, requirements which must be followed when entering the building, and a sanitation schedule. The health and safety of our members and staff is our first priority.

Unfortunately, at this time I wrote this note (mid June) I did not have a date of when the senior center will re-open. When we open, it will be a very different senior center than we have ever experienced. We will not be able come and go throughout the day. Arriving and departing the senior center will be regimented, class schedules will be reduced, class size will be reduced to ensure social distancing, and PPE will be required, as well as following strict social distancing.

During this downtime we are currently offering several Zoom classes for you to remain engaged and participate in. This is a great way to continue on with a favorite class, instructor and a great way to see a new class to participate in. All our Zoom classes are listed on our monthly calendar on page 5. Zoom is an easy way to connect online using your computer, laptop, smartphone, or tablet. If you would like assistance accessing our Zoom classes please contact the center (prior to the class time) for assistance. We are able to walk you through the process over the phone.

If during our shut down you need any assistance or have any questions please contact Maria or I. We can be reached at 662-6452 during business hours Monday – Friday 8:30 am – 4:00 pm. Also, reach out to us via email opsenior@orchardparkny.org or via Facebook (orchard park senior center).

A Note from ... AARP TAX PREPARATION

The AARP Tax Preparation has determined that it will not re-open for this tax season. The health and safety of our volunteers, staff and taxpayers is our top priority, and the decision not to re-open was made with their protection in mind. AARP Foundation Tax Aide is offering online options to assist taxpayers affected by the suspension of in-person services:

A self-prep option, providing taxpayers with free access to software so they can prepare taxes on their own, is available at signup.

aarpfoundation.org/preparing-your-taxes-online/

For those unable to complete their 2019 tax returns, we plan to hopefully do the returns for both 2019 and 2020 during the coming tax season. It is strongly suggested that if you will owe money to the IRS or the State that you seek out a paid tax preparer to complete your return by the deadline of July 15th.

A Note from ... AARP DRIVER SAFETY

AARP has extended cancellation of all in-person events and activities until December 31, 2020, which will include AARP Driver Safety events, as a precaution against COVID-19 Coronavirus pandemic.

To take the Driver Safety online course go to
<https://www.aarpdriversafety.org/>

This AARP Driver Safety Online course, which lasts a minimum of approximately 360 minutes, is approved by the New York State Department of Motor Vehicles.

Successful completion of this course provides a 10% reduction, for three years, in the base rate of the motorist's current automobile liability, no-fault and collision premiums.* Motorists who complete this course are also eligible to receive point reduction once in 18 months.*



On May 29th the Senior Center distributed 1,000 PPE bags in a drive-by contactless distribution in front of the Community Activity Center. Erie County gave us the supplies and with **amazing volunteers** (Diana Weiss, Roger Weiss, Marilyn Henning, Don Kozacki, and Nicole Tricano), Senior Center Staff, Sue Hemingway and Erie County employees we assembled 1,850+ bags. We assembled 350 bags for other locations in the area at our site too.

The morning of the PPE distribution we were to begin at 10 am however, cars began arriving by 8:30 am. Thankfully the Orchard Park Police were handling the traffic control and did an amazing job keeping everyone in line and safe. Thanks to OP Police the event went well. Supervisor Pat Keem and Councilman Gene Majchrzak were busy handing out 1,000+ bags in a two hour period with the assistance of staff Maria Galley, Sue Hemingway, and Erie County Dietician Betsy Anderson. It was a lot of work in a short amount of time however, we did it! It was an AMAZING GROUP EFFORT! It was a great to see all the activity at the center and the best part of our day was seeing everyone (as briefly as it was) to say hello.

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "G" = "U"*

"EMJ VJBLPJI DYYV ZLXEJO MXO
PYPOJPOJ XP WJEEJL VBPTGBTJ
EMBP EMJ GPVJBLPJI, WGE OEXVV
'EXO PYPOJPOJ.'" — WJPHBQXP DLBPFVXP

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Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

			3	9				
4			6			2		
		3	5		1			
2		5				7	4	
	1	4	7				9	
9				3				
5						4		3
		1			7			
			2	6				

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DIFFICULTY: ★☆☆☆

6	1	5	3	6	2	8	4	7
2	9	8	7	5	4	1	6	3
3	7	4	6	8	1	2	9	5
5	2	1	4	3	8	9	7	6
9	6	3	5	2	7	4	1	8
8	4	7	9	1	6	5	3	2
7	8	9	1	4	5	3	2	6
1	3	2	8	7	6	9	5	4
4	5	6	2	9	3	7	8	1

Answer to Sudoku

ENIGMA CRYPTOGRAM: The learned fool writes his nonsense in better language than the unlearned, but still "tis nonsense" - Benjamin Franklin

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:15 ZOOM Beginner Line Dance With Sandy 11:30 Zoom Yoga Class With Irene 1:00 ZOOM Happy Hour	2 9:00 ZOOM Men's Fitness Class With Trish 10:00 ZOOM Interm. Tap Class	3 Center closed 4th of July Holiday 
	6 12:45 ZOOM Arthritis Tai Chi with Donna	7 12:00 ZOOM Tap Dance For Fun with Jenn 1:00 Facebook Virtual BINGO	8 10:15 ZOOM Beginner Line Dance With Sandy 11:30 Zoom Yoga Class With Irene	9 9:00 ZOOM Men's Fitness Class With Trish 10:00 ZOOM Interm. Tap Class
	13 12:45 ZOOM Arthritis Tai Chi with Donna	14 12:00 ZOOM Tap Dance For Fun with Jenn 1:00 Facebook Virtual BINGO	15 10:15 ZOOM Beginner Line Dance With Sandy 11:30 Zoom Yoga Class With Irene	16 9:00 ZOOM Men's Fitness Class With Trish 10:00 ZOOM Interm. Tap Class
	20 12:45 ZOOM Arthritis Tai Chi with Donna 1:30 ZOOM Happy Hour	21 12:00 ZOOM Tap Dance For Fun with Jenn 1:00 Facebook Virtual BINGO	22 10:15 ZOOM Beginner Line Dance With Sandy 11:30 Zoom Yoga Class With Irene	23 9:00 ZOOM Men's Fitness Class With Trish 10:00 ZOOM Interm. Tap Class
	27 12:45 ZOOM Arthritis Tai Chi with Donna	28 12:00 ZOOM Tap Dance For Fun with Jenn 1:00 Facebook Virtual BINGO	29 10:15 ZOOM Beginner Line Dance With Sandy 11:00 ZOOM Coffee & Conversation 11:30 Zoom Yoga Class With Irene	30 9:00 ZOOM Men's Fitness Class With Trish 10:00 ZOOM Interm. Tap Class
				31 10:00 ZOOM Cardio & Tone with Marilyn

UNIVERSITY EXPRESS SPRING SEMESTER 2020 GOES ONLINE

Popular Lifelong Learning Program Offers Free Online Content

The Erie County Department of Senior Services' Health and Wellness program has announced that the Spring 2020 semester of the University Express lifelong learning program will be taking place exclusively online.

The University Express program is a collaboration of the Erie County Department of Senior Services, BlueCross BlueShield of Western New York, Excelsior Orthopaedics, and Wegmans. Classes are designed to stimulate the mind and provide opportunities to build social networks while reducing social isolation.

No homework or tests, just exciting discussions alongside peers with similar interests!

Check out the website to find pre-recorded presentations and upcoming live streaming presentations at:
<https://www2.erie.gov/universityexpress/index.php?q=current-classes>

Upcoming Live Streaming Presentations: *(registration required to attend)*

Thursday, July 2nd at 10 am Shakespeare in Delaware Park

"Thy eternal summer shall not fade"

Instructor: Lisa Ludwig, Executive Director, Shakespeare in Delaware Park.

Tuesday, July 7th at 10 am Does Communication Technology Divide Our Generations?

Instructor: Marian Deutschman, PhD, Professor Emerita of Communications, Buffalo State College.

Thursday, July 16, 2020 - 2:00pm The Old Man & The Sea

Instructor: Jim Banko, Retired English Teacher, Buffalo Public Schools

**

**check the Erie County Senior Services website for up-to-date information
on all University Express classes recorded and live**

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