



# Orchard Park Senior Center

4520 California Road  
Orchard Park, NY 14127



## OCTOBER 2020 NEWSLETTER

### PHONE

716-662-6452

### EMAIL

[opsenior@orchardparkny.org](mailto: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 . . .*

Happy October! It has been wonderful seeing everyone returning to the Center to participate in your favorite activities and classes. Maria, Kevin and I would like to thank you for your unwavering support as we've navigated what are unquestionably trying times for everyone. You're the reason we're here today, and we will forever be grateful for your outpouring of good faith, patience and understanding during the crisis. As we continue to add additional programs and classes please make sure you remain vigilant in following the guidelines set forth by the CDC, Erie County, and Forward NY so we can continue to offer our programming.

*A big **Thank You** to the Community Activity Council !! The generosity of donors allowed the Community Activity council to purchase two portable shuffleboard courts for the center and all the fitness equipment in the fitness room.*

**Before you come to the center you must be able to answer NO to all these questions:**

Am I currently experiencing, or have experienced in the past 14 days, any of following symptoms (fever, cough, shortness of breath or difficulty breathing, sore throat, new loss of taste or smell, chills, head or muscle aches, nausea, diarrhea, or vomiting)?

In the past 14 days have I been in close proximity (within 6') to someone who was experiencing any of the above symptoms?

In the past 14 days have been in close proximity to anyone who has tested positive for COVID-19?

In the past 14 days have I been on a commercial flight or traveled outside of the US, or are returning from a state requiring a 14 day quarantine based on the Governor's directive?

If you answer yes to any of the above, YOU SHOULD NOT COME to the senior center. You are putting us all at risk and we ask that you stay home until you can answer NO to all of them.

**When entering the building please remember to bring your My Senior Center Membership Tag to show staff when registering.**



**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

**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/>

**TRANSPORTATION: Rural Transit**

(Orchard Park, East Aurora & Boston) is now operating their vans. If you have need of van transportation please contact their office at 662-8378, leave a message and they will return your call.

**We're on FACEBOOK !!**

Facebook has been an amazing way for us to stay connected, see our friends, and to share senior center opportunities and events! LIKE & SHARE and stay connected!





**Wegmans Pharmacy  
Flu & Pneumonia Shot Clinic  
Wed., October 14th 10:00 am - Noon**  
(appointment required)

Wegmans pharmacists will be administering flu and pneumonia shots at the Senior Center.

Wegmans accepts almost all major regional and national insurances (Medicare Part B, Univera, Independent Health, Blue Cross and Blue Shield).

Please bring your insurance card with you.

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



**BOOK GROUP**

Theresa Wiater, retired teacher, Clarence Center Elementary School and excellent instructor for University Express generously offered to be our new book group facilitator to lead the discussion. Register with the office if you plan on attending.

**October Book Group  
Monday, October 26th at 10:30 am  
The Cay by Theodore Taylor**

The Cay is a novel written by Theodore Taylor published in 1969. Taylor based the character of the boy in his book on a child who was aboard the Hato, when it was torpedoed, who drifts out to sea on a lifeboat. *Contact the center to borrow this book.*

**November Book Group  
Monday, November 30th at 10:30 am  
Giver of Stars by JoJo Mosie**

Set in Depression-era America, a breathtaking story of five extraordinary women and their remarkable journey through the mountains of Kentucky and beyond, from the author of Me Before You.

**Halloween Luncheon  
Friday, October 30th 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. Arrive by 11:30 am so we can have our costume contest by 11:50 am. Don't miss out on this fun event.

**Sign up with Kevin, Kitchen Manager to attend the luncheon by no later than Tuesday, October 20th.**



**It's Magic of Course  
Friday, October 30th  
at 1:15 pm**

Join Magician, Ted Burzynski and his special style of magic. Free event however, pre-registration is required as space is limited.



Prior to the center closing we were actively accepting and processing membership forms. We are now adhering to all of our participants being members.

Becoming a member is easy ... all you have to do is complete a form. Resident's membership fee is waived (proof of residency required) and non-residents pay \$30.00 per calendar year. For 2020, the non-resident fee will be pro-rated to \$20.00. Your membership fee can be waived if you have either Silver Sneakers or Silver and Fit. To have your membership fee waived using your Silver Sneakers or Silver & Fit benefit, please bring your fitness id # (you receive this id # from your health insurance carrier) with you when you complete your membership application

**6 Week Walking Across America Challenge!  
October 5th - November 15th**

Use your pedometer to track your steps or track the amount of time you are physically active each day from Monday, October 5th to Sunday, November 15th.

Turn your weekly steps into Maria at [galley@morchardparkny.org](mailto:galley@morchardparkny.org) on Mondays to be entered for weekly prizes.

Contact Maria for additional details and to participate.

**Medicare Advantage Plans**

*A sales representative will be at the Center to meet one on one and answer any questions you may have. You must register for an appointment to meet with the rep. and wear a face covering during the meeting.*

**Univera Healthcare**

Tues. 10/6, Tue. 11/10 & Tue. 12/1 @ 10:00 - 12:30 pm  
Contact Univera Rep. Michele at 572-8315 to schedule an appointment.

**Blue Cross / Blue Shield**

Mon. 10/19 & Mon. 11/9 & Mon. 11/30 @ 2:00 - 4:00 pm  
Contact the senior center to schedule an appointment.

**United Healthcare**

Thurs. 10/22, Fri. 11/13 & Fri. 11/20 @ 1:00 - 3:00 pm  
Contact the senior center to schedule an appointment.

**Independent Health**

Thur. 11/12 @ 9:00 - Noon  
Contact the senior center to schedule an appointment.

**Aetna**

Mon 11/16 & Thur. 12/3 @ 12:30 - 2:30 pm  
Contact Aetna Rep. Anthony Argenti at 585-362-1242 to schedule an appointment

**\*\*See back page of newsletter for Health Insurance Fair information\*\***



## University Express Fall 2020 HYBRID Class Information

The Fall 2020 University Express semester will be hybrid. No in-person lecturing will be offered. Instead, instructors will be live streaming at least one new topic every weekday during the semester starting on 10/1 and ending on 12/11.

**The Orchard Park Senior Center is going to host viewing parties for the live streaming session. Participants must register to attend the live stream of the presentation at the senior center by calling 662-6452 or email us at [opsenior@orchardparkny.org](mailto:opsenior@orchardparkny.org). Limited seats available**

*\*All participants of will be required to wear a mask during the viewing party at the senior center\**

### UNIVERSITY EXPRESS LIVE STREAMING VIEWING PARTIES AT ORCHARD PARK SENIOR CENTER

#### **Thursday, October 1<sup>st</sup> at 10:00 am** **Early Buffalo Planning and Development**

How did Buffalo go from being a small pioneer town to the nation's ninth largest city? Examine the first 100 years of its growth and development. Instructor: Angela M. Keppel, AICP, project planner, Buffalo Place

#### **Friday, October 2<sup>nd</sup> at 10:00 am** **Poetry Defies Definition**

Discuss the various types and review the figures of speech necessary to write a poem. Bring something to write with.

Instructor: Jim Banko, retired English teacher, Buffalo Public Schools

#### **Monday, October 5<sup>th</sup> at 10:00 am** **The Hat As Art!**

We'll focus on the neck up in several views of unusual headwear from fashion history. Wear a favorite hat and a story to share. Instructor: Jean Serusa, BS, MS, certified New York State art educator

#### **Tuesday, October 6<sup>th</sup> at 2:00 pm** **Breast Cancer: What You Need to Know**

Learn more about breast cancer diagnosis, the importance of screening, and today's treatment advances. Instructor:

Nikia Clark, health education specialist, Office of Community Outreach and Engagement at Roswell Park Comprehensive Cancer Center

#### **Wednesday, October 7<sup>th</sup> at 10:00 am** **Healthy State of Mind: Creating Overall Well-Being**

Learn about common myths, warning signs, available support, and ways to proactively manage your mental health. Instructor: Jocelyn Bos-Fisher, LCSW

#### **Thursday, October 8<sup>th</sup> at 10:00 am** **Football 201**

You've learned the basics in Football 101, now it's time to learn what the pros are seeing each and every play.

Instructor: Ryan Gadzo, research analyst, Erie County Department of Senior Services

#### **Thursday, October 8<sup>th</sup> at 2:00 pm** **Strength Training for Seniors**

We'll cover the benefits of strength training, myths, specific exercises, and how to add strength training into your routine. Instructor: Miranda Zagorski, health coach, BlueCross BlueShield of Western New York

#### **Friday, October 9<sup>th</sup> at 10:00 am** **Influence: The Art of Persuasion**

Every personal encounter is an opportunity to persuade someone positively. Learn ways to get what you want using proven techniques. Instructor: Rob Kubiak, creative problem-solving strategist

#### **Tuesday, October 13<sup>th</sup> at 10:00 am** **Wrapping Up the Gardening Season**

Learn how to garden without harming the environment, including how to preserve resources like water and fertile soil.

Instructor: Lyn Chimera, Master Gardener, Cornell Cooperative Extension; Owner, Lessons from Nature

#### **Wednesday, October 14<sup>th</sup> at 10:00 am** **Upheaval in the Middle East**

Analyze the current state of the Irani-American relationship, along with the changing balance of power between Iran and

Saudi Arabia. Instructor: Faizan Haq, communication department faculty, Buffalo State College; founding president, Western New York Muslims

#### **Wednesday, October 14<sup>th</sup> at 2:00 pm** **Systemic Racism and Its Impact on Health Disparities**

This lecture will look at how systemic racism has and continues to be a driving factor in the social determinants of health. As a result, African-Americans are suffering disproportionately from chronic diseases which lead to poor health outcomes. Finally, we will talk about some direct-action steps to bring health equity into the region.

Instructor: George F. Nicholas, Senior Pastor Lincoln Memorial United Church, Chair of the Buffalo Center for Health Equity

#### **Thursday, October 15<sup>th</sup> at 2:00 pm** **COVID-19, The Flu, and You**

We'll discuss the status of COVID-19 and the flu season.

We'll also cover the different signs and symptoms and practical tips for trying to stay healthy.

Instructor: Pati Aine Guzinski, training coordinator, Public Health Emergency Preparedness Division, Erie County Department of Health

#### **Friday, October 6<sup>th</sup> at 10:00 am African American Artists**

It's time to visit the roots of the culture and influence in American Art and the people behind the images and storytelling in a variety of media. We'll view the artworks and you can respond to what you see in this engaging presentation.

Instructor: Jean Serusa, BS, MS, certified NYS art educator

**Monday, October 19<sup>th</sup> at 10:00 am**  
**Gardening for a Sustainable Future**

Learn how to garden without harming the environment, including how to preserve resources like water and fertile soil.

Instructor: Lyn Chimera, Master Gardener, Cornell Cooperative Extension; Owner, Lessons from Nature

**Tuesday, October 20<sup>th</sup> at 10:00 am**  
**Brain Games**

Enjoy an hour of fun games that challenge your brain and learn some strategies to think in a different way. Instructor: Theresa Wiater, retired teacher, Clarence Center Elementary School

**Wednesday, October 21<sup>st</sup> at 10:00 am**  
**"We Are All in this Together":**

**The Shared Experiences of Loss, Grief and COVID-19**

Myriad experiences of loss have become universal during the months of the COVID-19 pandemic often leading us to feel sadness, uncertainty and grief. This class will identify the numerous non-death losses that have accompanied the "new normal" including fears of becoming or actually being sick with the coronavirus; the isolation of quarantine, social distancing and closures of favorite places; the inability to visit loved ones in long term care facilities; financial challenges; and caregiving. We will discuss losses that result in disenfranchised, ambiguous, and complicated grief. Normal responses to loss and symptoms that may indicate the need to seek professional help will be identified. Ideas, suggestions and resources for self-care and wellness will be shared.

Instructor: Deborah Waldrop, PhD, Professor, University at Buffalo School of Social Work

**Thursday, October 22<sup>nd</sup> at 10:00 am**  
**Diversity in WNY**

Learn the difference between refugees, immigrants, and asylum seekers; the process they go through to come to the US; and the challenges when they arrive. Instructor: May Shogan, director of international exchanges and education, International Institute of Buffalo

**Friday, October 23<sup>rd</sup> at 10:00 am**  
**Healthy Eating Basics and Healthy Aging**

Discuss how nutritional needs change as we age and discover how to eat healthy for life. Instructor: Jenny LeGrand, registered dietitian nutritionist, Wegmans nutritionist

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**Monday, October 26<sup>th</sup> at 10:00 am**  
**Wisdom of the Dying: Death, Dying, and the Meaning of Life**

Explore wisdom in an end-of-life context and learn what brings meaning to our lives. Instructor: Pei C. Grant, PhD, director, Research, Hospice and Palliative Care Buffalo

**Tuesday, October 27<sup>th</sup> at 10:00 am**  
**The Road to the White House 2020**

We'll discuss what it is going to take to win the election. Instructor: Len Lenihan, political analyst, WIVB; former community and political leader

**Thursday, October 29<sup>th</sup> at 10:00 AM**

**Overwhelmed by All Your Health Insurance Options?**

Receive unbiased information on Medicare Advantage plans. Discuss supplemental plans, options to pay for prescription drugs, and low-cost care options. Instructor: Erie County Department of Senior Services, Insurance Resource Center

**Thursday, October 29<sup>th</sup> at 2:00 PM**  
**The Language of Flowers**

Hear how the meanings of flowers have changed throughout history. Instructor: Pati Aine Guzinski, master gardener, Cornell Cooperative Extension

**Friday, October 30<sup>th</sup> at 10:00 am Vampires, Werewolves, Witches, and Other Creatures of the Night**

Cultures throughout history have believed dangerous beings roam in search of human victims. We'll look at examples of such beliefs and explanations for them.

Instructor: Phillips Stevens, PhD, associate professor of Anthropology emeritus, University at Buffalo

**Additional live streaming viewing parties**  
**at the OP Senior Center November & December**

- Wed., Nov. 4th at 10:00 am Finding Your Female Ancestors  
Instructor: Rhonda Hoffman
- Fri., Nov. 6th at 10:00 am Burchfield Paints the Town  
Instructor: Nancy Barlow
- Tue., Nov. 10th at 10:00 am Understanding Veterans Benefits  
Instructor: Felice Krycia
- Fri., Nov. 13th at 2:00 pm The Buzz about Pollinator Gardens  
Instructor: Carol Ann Harlos
- Mon., Nov. 16th at 10:00 am In the Shadow of the White Oak: Facts behind the Fiction  
Instructor: Rosanne Higgins
- Thur., Nov. 19th at 10:00 am Early History of Buffalo Music and Entertainment  
Instructor: Rick Falkowski
- Mon., Nov. 30th at 10 am A Judge's Journey  
Instructor: Penny Wolfgang
- Mon., Nov. 30th at 2:00 am Food Is Medicine  
Instructor: Dr. Riffat Sadiq
- Tue., Dec. 1st at 10:00 am What's Going on with That Project? Recent Buffalo Construction Updates  
Instructor: Angela M. Keppel
- Tue., Dec. 1st at 2:00 pm The Human Experience of Trauma  
Instructor: Thane Schulz
- Tue., Dec. 8th at 10:00 am Awesome Omegas  
Instructor: Jenny LeGrand

### **Stay Fit Dining Program**

Lunch is served at noon Monday through Friday. The suggested contribution is \$3.00.

**You must register for lunch by calling Kevin at 662-6452 (option #3), or email [kornowicz@orchardparknyc.org](mailto:kornowicz@orchardparknyc.org) or text 716-341-6235 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!

### **OCTOBER LUNCH MENU**

Thu 10/1 Bratwurst with Baked Beans, Bun, Vegetable Pasta Salad, Roasted Potatoes, Mixed Vegetables, Mandarin Oranges

Fri 10/2 Stuffed Pepper w/ Meat Sauce, Mashed Potatoes, California Mixed Vegetables, Dinner Roll, Peach Bavarian

Mon 10/5 Boneless Chicken Breast w/ Marsala Sauce, Rice Pilaf, Cauliflower & Carrots, Grape Juice, Chocolate Chip Cookies

Tue 10/6 Macaroni & Cheese, Zucchini & Tomatoes, Green Beans, Whole Wheat Dinner Roll, Fruit Cocktail

Wed 10/7 Julienne Salad, Dinner Roll, Rice Krispie Treat

Thu 10/8 Tortellini w/ Meat Sauce, Seasoned Spinach, Italian Mixed Vegetables, Italian Bread, Orange, Chocolate Milk

Fri 10/9 Salisbury Steak w/ Gravy, Scalloped Potatoes, Peas, Breakaway Roll, Strawberry Bavarian

Mon 10/12 SENIOR CENTER CLOSED—COLUMBUS DAY

Tue 10/13 Beef Pepper Steak Casserole over Rice, Broccoli, Wax Beans with Carrot, Butterscotch Pudding

Wed 10/14 Bratwurst with Sauerkraut, Bun, German Potato Salad, Vegetable Medley, Black Forest Cake

Thu 10/15 Roast Pork Loin w/ Cranberry Chutney, Sweet Potatoes, Green Beans, Bread, Cinn. Applesauce, Chocolate Milk

Fri 10/16 Beer-Battered Fish, Au Gratin Potatoes, Stewed Tomatoes with Zucchini, Coleslaw, Rye Bread, Brownie

Mon 10/19 Eggplant Parmesan w/ Meat Sauce over Pasta, Seasoned Spinach, Apple Juice, Chocolate Pudding

Tue 10/20 Grilled Chicken Caesar Salad, Multigrain Bread, Tropical Fruit

Wed 10/21 Beef Stroganoff over Brown Rice, Cauliflower, French Bean Medley, Oatmeal Raisin Cookies

Thu 10/22 Chicken Pasta Primavera, Italian Vegetables, Dinner Roll, Banana, Chocolate Milk

Fri 10/23 Ham Steak w/ Brown Sugar Glaze, Cheesy Scalloped Potatoes, Brussels Sprouts, Rye Bread, Pear Crisp

Mon 10/26 Chicken Vegetable Casserole, Biscuit, Broccoli, Apple, Chocolate Milk

Tue 10/27 Hot Dog with Baked Beans, Bun, Roasted Red Potatoes, Carrots, Pineapple

Wed 10/28 Shredded Pork Loin in Herb-seasoned Gravy, Roll, Creamy Broccoli Cheese Soup, Baked Squash, Cinn. Streusel Cake

Thu 10/29 Lasagna Roll w/ Meat Sauce, California Blend Vegetables, Chef Salad, Dinner Roll, Lemon Bavarian

Fri 10/30 Breaded Chicken Drumsticks, Cheesy Mashed Potatoes, Peas with Pearl Onions, Wheat Bread, Coconut Cream Pie



**MOVIES** We are showing movies on Wednesday and Thursday at 1:15pm. Cost 50¢  
The seating is limited to 15 seats to ensure social distancing. You must pre-register to attend.

**Wed 10/7 & Thu 10/8 Knives Out** (PG-13) On his 85th birthday, crime novelist Harlan Thrombey is found dead in his room with his throat slit. A detective investigates the death of a patriarch of an eccentric, combative family.

**Wed 10/14 & Thu 10/15 Irresistible** (R) A Democratic strategist helps a retired veteran run for mayor in a small, conservative Midwest town.

**Wed 10/21 & Thu 10/22 The Secret Dare to Dream** (PG) A widow struggling to get by meets a stranger who subscribes to a philosophy of positive thinking.

**Thu 10/29 only Jumanji: The Next Level** (PG-13) The gang is back but the game has changed. As they return to rescue one of their own, the players will have to brave parts unknown from arid deserts to snowy mountains, to escape the world's most dangerous game.

# OCTOBER WEEKLY SCHEDULE

To participate in our activities you must register in advance. You can register for all activities by contacting the senior center at 662-6452 or email ([opesenior@orchardparkny.org](mailto:opesenior@orchardparkny.org)). No walk-ins allowed. To maintain control of people entering and exiting the building we will only be using the front entrance (by the flag pole).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Pool Shooting Limit 6	9:00 Pool Shooting Limit 6	9:00 Pool Shooting Limit 6	9:00 Pool Shooting Limit 6	9:00 Pool Shooting Limit 6
9:00 Library/Computer	9:00 Library/Computer	9:00 Library/Computer	9:00 Library/Computer	9:00 Library/Computer
9:00 Shuffleboard Limit 8	9:00 Men's Exercise Limit 23 \$2.00/class	9:00 Men's Exercise Limit 23 \$2.00/class	9:00 Men's Exercise Limit 23 \$2.00/class	9:45 Euchre Limit 16
9:00 Med & Yoga <i>Returns 10/14 limit 18</i>	10:30 Int. Line Dance Limit 18 \$3.00/class	9:00 Shuffleboard Limit 8	9:45 Dominoes Limit 15	10:00 Cardio & Tone Limit 23 \$4.00/class
10:30 Wii Bowling Limit 8	Noon LUNCH Limit 35	9:30 Hand & Foot Limit 8	10:30 Int. Tap Dance Limit 18 \$4.00/class	10:30 Art w/Friends Limit 8
Noon LUNCH Limit 35	12:00 Beg. Tap Dance Limit 23 \$4.00/class	10:00 Beg. Line Dance Limit 23 \$2.50/class	10:30 Club 99 Limit 32 Free Class	Noon LUNCH Limit 35
12:30 Pool Shooting Limit 6	12:30 Pool Shooting Limit 6	11:30 Yoga Limit 18 \$4.00/class	Noon LUNCH Limit 35	12:30 Pool Shooting Limit 6
12:30 Bridge Limit 16	12:30 - 2:30 Pickleball Open play \$4.00	Noon LUNCH Limit 35	12:30 Pool Shooting Limit 6	12:30 - 2:30 Pickleball Open play \$4.00
12:30 - 2:30 Pickleball Open play \$4.00	1:00 Bingo Limit 15 \$1.00/board	12:30 Pool Shooting Limit 6	12:30 - 2:30 Pickleball Open play \$4.00	12:45 Mah Jong Limit 8
12:45 Arthritis Tai Chi *video instruct.*	1:00 Library/Computer	12:30 - 2:30 Pickleball Open play \$4.00	12:45 Knitter Group Limit 8	1:00 Pinochle Limit 16
1:00 Scrabble Limit 8		1:15 Movie Limit 15 \$ .50	1:15 Movie Limit 15 \$ .50	1:00 Library/Computer
1:00 Mind Aerobics Limit 8		1:00 Library/Computer	1:00 Library/Computer	
1:00 Library/Computer				



## FACE MASK / COVERING MUST COVER YOUR NOSE AND MOUTH

All members must wear a face covering when entering and exiting the facility, and in all common areas (entrance, lobby, hallway, restroom, and classrooms). Following the gyms and fitness center guidelines set forth by Governor Cuomo all participants of our exercise and dance classes must wear a face mask/covering while exercising/dancing..



## FITNESS ROOM WILL OPEN TUESDAY, OCTOBER 13TH

The Orchard Park Community Activity Center is designed to give members a clean, safe, and enjoyable place to exercise for general fitness purposes.

All participants must have a signed a fitness room waiver on file, read a copy of the rules and regulations, and complete a fitness room orientation session **before** using the fitness room. Fitness room orientations are scheduled on Tuesdays and Thursdays at 3:30 pm. Please contact the center to register for an orientation.

- ◇ In order to access the fitness room, participants must make a reservation, 45 minutes time slots will be available during open hours (four participants will be permitted in the fitness room at a time).
- ◇ Reservations can be made over the phone or in person.
- ◇ All participants are required to enter through the front doors (by flagpole), check in at front desk to comply with NYS guidelines prior to going to fitness room.
- ◇ Fitness room participants are permitted to make reservations for one time slot per day, or 5 reservations per week. Participants who are unable to attend their reservation should contact the Senior Center in a timely manner.
- ◇ Face masks/coverings are required to be worn in common areas of the Community Activity Center and in the fitness room.
- ◇ Participants are required to use the cleaning wipes provided to disinfect all used equipment before using the equipment and at the completion of their workout.
- ◇ Free weights will not be available for use.
- ◇ Only water bottles or other sports drinks contained in non-breakable spill-proof containers are allowed in the fitness room. Consider bringing a full personal use water bottle(s). Water bottle filling station available - water fountains are closed.



## Senior PICKLEBALL is BACK !! Returning Monday, October 5th

Open Pickleball Play - 4 courts daily  
Monday - Friday 12:30 pm - 2:30 pm  
Cost is a \$4.00 drop in fee



Members must register for open play with the office by phone or in person.

All participants must make a reservation over the phone or in person with the senior center for open pickleball play.

- ◇ Singles can play with no mask. Doubles must wear a mask when playing pickleball.
- ◇ All participants are required to enter through the front doors (by flagpole). Please do not arrive more than 15 minutes before your scheduled open play time.
- ◇ Check in at front desk to comply with NYS guidelines prior to going to gymnasium.
- ◇ Wash your hands with soap and water and bring personal use hand sanitizer to the courts.
- ◇ If using senior center paddles please wipe down paddles before returning to office. Do not share paddles or any other equipment.
- ◇ Bring a full personal use water bottle(s). Water bottle filling station available - water fountains are closed.
- ◇ Consider wearing gloves during play to avoid picking up pickleballs with your hands.



## CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

*Reminder: Registration is required for all classes, activities & events.*

### **Men's Fitness Thursdays 9:00 - 10:00 am**

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. Cost is \$2.00 pay as you go.

### **Cardio and Tone Fridays at 10:00 am**

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.

Cost is \$4.00 pay as you go.

### **Yoga Wednesdays at 11:30 am**

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.

Cost is \$4.00 pay as you go.

### **Beg. Line Dance Wednesdays at 10:00 am**

Those who have always wanted to learn how to line dance but, have not had the time, place or the opportunity to do so, may join. Line dancing is great exercise and a wonderful way to meet new friends.

Cost is \$2.50 pay as you go.

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

Those who have always wanted to learn how to line dance but, have not had the time, place or the opportunity to do so, may join. Line dancing is great exercise and a wonderful way to meet new friends.

Cost is \$3.00 pay as you go.

### **Beginner Tap Dance Tuesdays at Noon**

Classes are designed for those who have always wanted to learn to tap dance, or who have previously tap danced and want to tap again.

Cost is \$4.00 pay as you go.

### **Intermediate Tap Dance Thursdays at 10:00 am**

Classes are designed for those who have previously tap danced and want to tap again.

Cost is \$4.00 pay as you go.

### **Meditation & Gentle/ Restorative Yoga**

#### **Returns 10/19 Mondays at 9:00 am**

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).

**Face mask / covering are required at all times (during game play , card play, exercise classes, dance classes, and fitness room).**

### **Tai Chi for Arthritis DVD Program**

#### **Mondays at 12:45 pm**

#### *Free Class*

Arthritis Tai Chi is now widely practiced for its healing benefits for the entire body, which includes increased strength, balance and posture, reduce stress, increased relaxation and improve mind, body and spirit. Class is free and will be using an instructional video.

### **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**

#### **Thursday at 10:30 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. 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!

### **Shuffleboard Mondays & Wednesdays 9- 10:30 am**

Shuffleboard is a fun game with the objective to use the shuffleboard cue to propel the pucks into the scoring zone in order to win points.

### **Fitness Room Schedule**

#### **Opening Tuesday, October 13th**

#### **Monday - Friday**

*limit of 4 members per time slot*

9:00 - 9:45 am

10:15 - 11:00 am

11:30 - 12:15 pm

12:45 - 1:30 pm

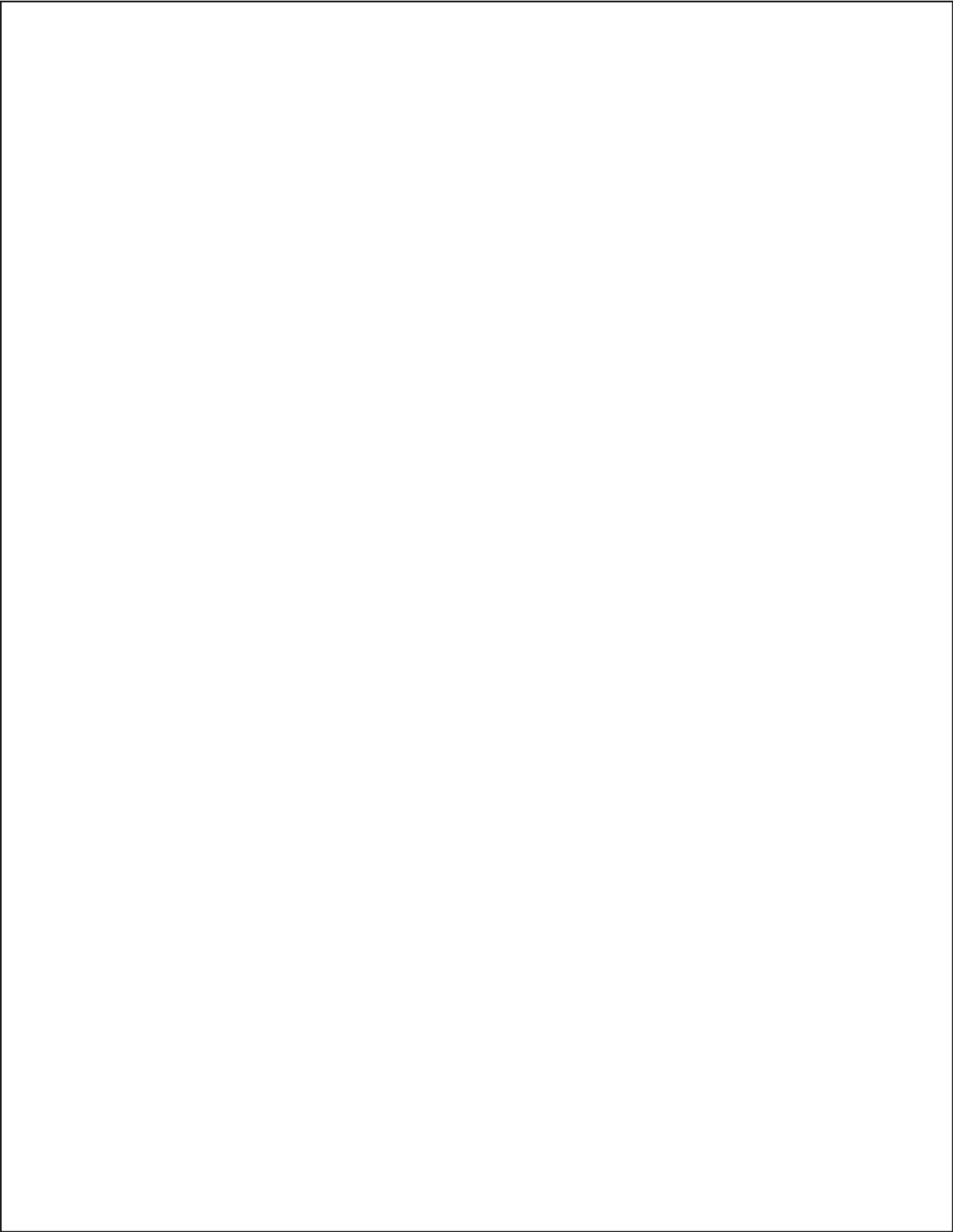
2:00 - 2:45 pm

\*must make a reservation by phone or in person with the senior center.

\*Prior to using the fitness room all participants must have a signed a fitness room waiver on file, read a copy of the rules and regulations, and complete a fitness room orientation session.

**\*\*see page 8 for additional information\*\***





## **UNIVERSITY EXPRESS IS BACK . . . VIRTUALLY!**

The Fall 2020 University Express semester will be hybrid. No in-person lecturing will be offered. Instead, instructors will be live streaming at least one new topic every weekday during the semester starting on 10/1 and ending on 12/11.

### **The Orchard Park Senior Center is going to host viewing parties for the live streaming sessions.**

Participants must register to attend the live stream of all presentations they would like to attend at the senior center. You can register for the viewing party by calling 662-6452 or email us at [opsenior@orchardparkny.org](mailto:opsenior@orchardparkny.org). Limited seats available.

See page 4 & 5 for presentation topics, dates and times.

***\*All participants are required to wear a mask during the viewing party at the senior center\****

## **Health Insurance Fair Wed, October 28th 1:00 – 3:00 pm**

Explore various health insurance options at today's fair.

BlueCross/BlueShield  
United Healthcare  
Fidelis  
Aetna  
Independent Health  
Univera

Health Insurance representatives will have plan information and applications for 2021. Representatives from HIICAP (Health Insurance Information, Counseling and Assistance) and EPIC (Elderly Pharmaceutical Insurance Coverage) will also be available.

*New procedures to attend the Health Insurance Fair this year: Participants will register for a 30 minute timeslot to meet with insurance companies. Contact the center to register.*

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### **Orchard Park Senior Center**

4520 California Road  
Orchard Park, NY 14127

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