



# Orchard Park Senior Center

4520 California Road



**NOVEMBER 2020**

## **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  
Conor Flynn

## **Director**

Debbie Santiago

## **Program Coordinator**

Maria Galley

## **Kitchen Manager**

Kevin Kornowicz





### Notes from Debbie . . .

At the end of September we said "See You Later" to Don Schwab. Don is an amazing friend, member, and volunteer at the senior center. Don moved down south to be closer to his son and family. As we are sad to see him go, we are happy for him and wish him the best. Don was a dedicated volunteer in our kitchen and for our special events. Don always had a smile on his face and went above and beyond to make everyone feel welcome. Don, a veteran himself of the marine corps was always involved in our Veterans Day program. Don was also our "secret Santa" during the holidays coming fully dressed for our Christmas luncheon. Don will be missed as he added so much to our center by way of volunteering and bringing smiles to everyone he encountered. We wish Don the best and have extended the invitation to always stop back at the senior center when he is in the area.

### 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.



### THANK YOU TO OUR AMAZING VOLUNTEERS!

*A heartfelt thanks to our volunteers in the senior center and the community. We are fortunate to have dedicated volunteers at the Senior Center and can never thank them enough for their time and effort.*

*Thank You For All You Do!*

### Orchard Park Senior Center Closing Information

If you want to know if Center activities will be cancelled during bad weather, listen for "weather closing" announcements on WGRZ-TV, WKBW-TV, WIVB-TV and WBEN radio. You may also call the Center at 662-6452 or the Supervisor's office at 662-6400 to learn if the Center is closed.

**We DO NOT follow the Orchard Park School calendar or their closings.**

### IMPORTANT PHONE NUMBERS

AARP ..... 1-800-424-3410  
 EPIC ..... 1-800-332-3742  
 Erie County Adult Protection ..... 858-6877  
 Erie County Senior Services ..... 858-8526  
 Social Security ..... 1-800-647-9195  
 Town Clerk ..... 662-6410  
 Supervisors Office ..... 662-6400  
 Meals on Wheels ..... 822-2002

### TRANSPORTATION

Rural Transit ..... 662-8378  
 Going Places Van ..... 858-7433

### 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 available online on the town website <https://www.orchardparkny.org/departments/senior-center/>.

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



### We're on FACEBOOK !!

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



## **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**

**Wednesday, November 4th at 10:00 am  
Finding Your Female Ancestors**

Women are often hard to research due to the laws, social norms, and record keeping practices of times past. In this class you will learn about sources and strategies to find your female ancestors. Instructor: Rhonda Hoffman, genealogy specialist, Buffalo and Erie County Public Library

**Friday, November 6th at 10:00 am  
Burchfield Paints the Town**

Charles E. Burchfield painted scenery near his home in his watercolors. The speaker (from Burchfield's hometown) will show what she saw and what he painted. Instructor: Nancy Barlow, retired teacher

**Tuesday, November 10th at 10:00 am  
Understanding Veterans Benefits**

Find out about the federal, state, and local benefits for which veterans, current service members, and their families may be eligible. Instructor: Felice Krycia Veterans Service officer, Erie County Veterans Service Agency

**Friday, November 13th at 2:00 pm  
The Buzz about Pollinator Gardens**

Learn the importance of pollinators and how they make your garden thrive. Instructor: Carol Ann Harlos, master gardener, Cornell Cooperative Extension

**Monday, November 16th at 10:00 am  
In the Shadow of the White Oak:  
Facts behind the Fiction**

Hear about Seneca treaty negotiations, the University of Buffalo's medical department, and the scourge of tuberculosis. Instructor: Rosanne L. Higgins, PhD, adjunct professor of anthropology, University at Buffalo

**Thursday, November 19th at 10:00 am**

**Early History of Buffalo Music and Entertainment**

Look back at the region's rich entertainment history, including early theaters, vaudeville houses, amusement parks, big band nightclubs, and radio stations. Instructor: Rick Falkowski, author, founder, Buffalo Music Hall of Fame

**Monday, November 30th at 10 am  
A Judge's Journey**

Join for a talk about a career protecting our community from the bench. Judge Wolfgang will discuss her journey to the bench and some of her most memorable cases. Instructor: Penny Wolfgang, Retired State Supreme Court Judge; Radio Host

**Monday, November 30th at 2:00 pm  
Food Is Medicine**

From air we breathe to meals we eat, it all affects our energy, health, and bodies. Explore interesting foods for their medicinal effects. Instructor: Dr. Riffat Sadiq, MD, president and CEO of WNY Medical, PC

**Tuesday, December 1st at 10:00 am  
What's Going on with That Project?  
Recent Buffalo Construction Updates**

Get an update on major projects completed in the last decade and a glimpse of projects currently under construction. Instructor: Angela M. Keppel, AICP, project planner, Buffalo Place

**Tuesday, December 1st at 2:00 pm  
The Human Experience of Trauma**

Explore the types of trauma, its global prevalence, and its effects physically and psychologically. Instructor: Thane Schulz, LMSW, ACHP-SW, CMC, palliative care social worker, Erie County Medical Center

**Tuesday, December 8th at 10:00 am  
Awesome Omegas**

Learn about omega-3 fats and their role in keeping you healthy. Discover potential food sources and learn how much of this nutrient you need. Instructor: Jenny LeGrand, registered dietitian nutritionist, Wegmans nutritionist

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



## 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.

### November Book Group

**Monday, November 30th at 10:30 am**

**The Giver of Stars by JoJo Moyes**

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.

### January Book Group

**Monday, January 25th at 10:30 am**

**My Sister's Keeper by Jodi Picoult**

It tells the story of thirteen-year-old Anna Fitzgerald, who sues her parents for medical emancipation when she discovers she is supposed to donate a kidney to her elder sister Kate, who is gradually dying from acute leukemia.

## Documentary Film & Discussion

Join us as we watch a documentary and Theresa Wiater will lead a discussion of the film. Episodes vary in length and leave time for discussion.

Space will be limited to 10 participants.

### Whose Vote Counts Documentary

**3 part docuseries Mondays at 12:45 pm**

**November 2nd - The Right to Vote** (first in the series)

Why is the right to vote in America still a fight? From voter suppressions to disenfranchisement, see the roadblocks that stop voices from being heard.

**November 9th - Can You Buy an Election** (2nd in series) Running for office is expensive, but deep pockets alone can't secure a win. Why are U.S. elections so awash with cash, and what does that money buy?

**November 16th - Whose Vote Counts** (3rd and last) gerrymandering. The Electoral College. In America, some votes count more than others, and the balance of power is unequal. How can the system be fixed?

### Jackie: A Tale of Two Sisters Documentary

**Monday, November 23 at 12:45 pm**

Rachael Stirling narrates this multifaceted portrait of former First Lady Jacqueline Kennedy Onassis and her younger sister, Lee Radzwill.

### 100 Humans Documentary

**Monday, November 30th at 12:45 pm**

The Best Age to be Alive. The hosts make surprising discoveries when 20, 30, 40, 50, and 60- something compete against each other in assembling furniture and other tests.

**PRE-REGISTER FOR ONE OR FOR ALL!**



## COFFEE HOUR

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

We all need to take a little break sit down, enjoy a cup of coffee and chat with friends. Stop by the senior center to enjoy friendship and conversation (socially distanced of course). Orchard Park Councilman Gene Majchrzak will be joining us for our coffee hour too.

Register in the office if you would like to attend. Please bring your own cup of coffee or your favorite beverage.

## 6 Week Walking Across America Challenge! Continues until 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@orchardparkny.org on Mondays to be entered for weekly prizes.

Contact Maria for additional details and to participate.

Increase your steps by joining us for walking times at the center (see pg. 8). With the weather changing the senior center offers a safe space to get out and stretch your legs.

Face masks must be worn when walking.



## JOIN US AS WE CELEBRATE THE HOLIDAYS

### Christmas Wreath Craft

**Friday, December 4th at 12:30 pm**

Help us make our new center feel like home for the holidays. Calling all crafters and non-crafters to make wreaths to hang on the doors of the senior center.

### Twelve Days of Christmas

**Tuesday, December 8th - Wed., December 23rd**  
In the spirit of the holiday season and giving, each day one lucky participant in the Stay Fit Dining Program will receive a gift. Sign up for lunch with Kevin.

### Christmas Songs at the Center

**Wednesday, December 16th at 10:45 am**

Join Richard Jones as he entertains us by playing our favorite Christmas songs on the piano.

*Contact the office to pre-register.*

## FITNESS ROOM INFORMATION

**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.

### **FITNESS ROOM SCHEDULE: 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	

## Senior PICKLEBALL is BACK !!

**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.



### **Learn to Play Pickleball**

**Mondays at 2:00 pm - 4:00 pm - November 2nd and November 9th**

**Fridays at 2:00 - 4:00 pm - November 6th and November 13th**

Paddles and balls available. Cost is a \$4.00 for each learn to play session.

Space is limited. Register with the office to attend.

### 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@orchardparkny.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!

### **Please arrive for lunch by NOON each day or your lunch may be cancelled.**

Mon 11/2 Cheese Omelet w/Peppers, Onions, Tomatoes & Cheese Sauce, Tater Tots, Raisin Bread. Fruit Compote  
Tie 11/3 Boneless Chicken Breast w/Gravy, Mashed Sweet Potatoes, Peas, Dinner Roll, Cinnamon Pear Crisp  
Wed 11/4 Baked Rigatoni w/ Italian Sausage & Sauce, Broccoli, Chef Salad, Dinner Roll, Peach Bavarian  
Thu 11/5 Breaded Pork Chop w/Gravy, Lazy Pierogi, Carrots, Dinner Roll, Pineapple & Mandarin Oranges  
Fri 11/6 Tuna Macaroni Salad, Club Crackers, Apple Chocolate Milk

Mon 11/9 Breaded Chicken Breast w/Gravy, Roasted Red Potatoes, French Bean Medley, Roll, Orange, Choc.Milk  
Tue 11/10 Chicken Breast w/Herbed Cream Sauce, Apple-Cranberry Stuffing, Broccoli, Chef Salad, Boston Cr. Pie

### **Wed 11/11 Center Closed - Veterans Day**

Thu 11/12 Stuffed Shells w/Meat Sauce, Seasoned Spinach with Mushrooms, Cauliflower, Bread, Lorna Doone Cookies

Fri 11/13 Roast Beef w/Gravy, Mashed Potatoes, Mixed Vegetables, Strawberry Gelatin with Fruit Cocktail

Mon 11/16 Ham Steak w/Pineapple Topping, Sweet Potatoes, Creamy Dill Cabbage, Roll, Shortbread Cookies

Tue 11/17 Hearty Beef Stew, Brussels Sprouts, Biscuit, Cinnamon Applesauce, Chocolate Milk

Wed 11/18 Cheese Tortellini w/Chicken & Cream Sauce Carrots, Chef Salad, Italian Bread, Orange

Thu 11/19 Chicken, Mandarin Orange Salad, Whole Grain Crackers, Strawberry Bavarian

Fri 11/20 Stuffed Pepper w/Meat Sauce, Mashed Potatoes, Broccoli, Dinner Roll, Fruit Compote

Mon 11/23 Polynesian Chicken over Rice, California Blend Vegetables, Zucchini & Summer Squash, Chocolate Cake

Tue 11/24 Roasted Turkey w/Stuffing & Gravy, Sweet Potatoes, Green Bean Casserole, Roll, Cranberry Gelatin Salad, Pumpkin Pie

Wed 11/25 Sloppy Joe on a Bun, Cheesy Mashed Potatoes, Carrots, Banana, Chocolate Milk

### **Thu 11/26 Center Closed - Thanksgiving**

### **Fri 11/27 Center Closed - Thanksgiving**

Mon 11/30 Rotini & Meatballs w/Sauce & Mozzarella Cauliflower, Seasoned Spinach, Fruit Cocktail



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

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

**Wed 11/4 & Thu 11/5 Downton Abby** (Drama PG) The Crawley family prepares for an official royal visit to their family house in Yorkshire in 1927. They experience physical, social, and psychological upheavals as King George V, Queen Mary, and their royal entourage descend on the eponymous mansion.

**Thu 11/12 An Imperfect Murder** (Thriller R) An actress's nightmare about killing her ex-boyfriend somehow shows up in reality.

**Wed 11/18 & Thu 11/19 The Ultimate Gift** (Drama PG) A deceased billionaire leaves his spoiled adult grandson a series of odd tasks to perform in order to receive "the ultimate gift," with the resentful grandson having no idea what that might be.

**Wed 11/25 Judy** (PG-13) Legendary performer Judy Garland (Renée Zellweger) arrives in London in the winter of 1968 to perform a series of sold-out concerts.

### **CARDS & GAMES**



#### **All members must register to attend all activities.**

Bridge Mondays at 12:30 pm - 2:30 pm  
*\*Must register ahead for a seat at a table\**

Scrabble Mondays at 1:00 - 3:00 pm

Hand & Foot Wednesdays at 9:30 am - 1:30 am

Dominoes Thursdays at 9:45 am - 11:45 am

Euchre Fridays at 9:45 am - 11:45 am

Mah Jong Fridays at 12:45 pm - 2:45 pm

Pinochle Fridays at 1:00 pm - 3:00 pm

**Masks are required to be worn during the whole game and hand sanitizer is readily available.**



#### **Shuffleboard**

**2 Courts Available for Play  
Mondays & Wednesdays  
9:00 - 10:30 am**

*Register ahead to participate.  
Masks are required to be worn during the whole game and hand sanitizer is readily available.*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02</b> 9:00 Pool Shooting 9:00 Med. & Yoga \$4 9:00 Shuffleboard 10:30 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge 12:30 Pool Shooting 12:30 Pickleball \$4 12:45 Arthritis Tai Chi 1:00 Scrabble 1:00 Mind Aerobics	<b>03</b> 8:45 Men's Fitness \$2 9:00 Pool Shooting 9:30 Ladies Exercise 10:30 Int Line Dance \$3 10:30 Club 99 Exer 12:00 Tap Dance \$4 12:00 Stay Fit Dining 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Bingo \$1/card	<b>04</b> 8:45 Men's Fitness \$2 9:00 Pool Shooting 9:00 Shuffleboard 9:30 Hand & Foot 10:00 Beg Line Dance \$2.50 11:30 Yoga \$4 12:00 Stay Fit Dining 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Movie 50¢	<b>05</b> 8:45 Men's Fitness \$2 9:00 Pool Shooting 9:30 Ladies Exercise 9:45 Dominoes 10:00 Inter. Tap \$4 10:30 Club 99 Exer. 12:00 Stay Fit Dining 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Knitter/Crochet 1:00 Movie 50¢	<b>06</b> 9:00 Pool Shooting 9:30 Ladies Exercise 9:45 Euchre 10:00 Cardio & Tone \$4 10:30 Art w/Friends 11:30 Open Walking 12:00 Stay Fit Dining 12:30 Pool Shooting 12:30 Pickleball \$4 12:45 Mah Jong 1:00 Pinochle
<b>09</b> 9:00 Pool Shooting 9:00 Med. & Yoga \$4 9:00 Shuffleboard 10:30 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge 12:30 Pool Shooting 12:30 Pickleball \$4 12:45 Arthritis Tai Chi 1:00 Scrabble 1:00 Mind Aerobics	<b>10</b> 8:45 Men's Fitness \$2 9:00 Pool Shooting 9:30 Ladies Exercise 10:30 Int Line Dance \$3 10:30 Club 99 Exer. 11:15 Learn Tap Steps \$3 12:00 Tap Dance \$4 12:00 Stay Fit Dining 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Bingo \$1/card	<b>11</b> <b>CENTER CLOSED</b>  Honoring Veterans Day	<b>12</b> 8:45 Men's Fitness \$2 9:00 Pool Shooting 9:30 Ladies Exercise 9:45 Dominoes 10:00 Inter. Tap \$4 10:30 Club 99 Exer. 12:00 Stay Fit Dining 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Knitter/Crochet 1:00 Movie 50¢	<b>13</b> 9:00 Pool Shooting 9:30 Ladies Exercise 9:45 Euchre 10:00 Cardio & Tone \$4 10:30 Art w/Friends 11:30 Open Walking 12:00 Stay Fit Dining 12:30 Pool Shooting 12:30 Pickleball \$4 12:45 Mah Jong 1:00 Pinochle
<b>16</b> 9:00 Pool Shooting 9:00 Med. & Yoga \$4 9:00 Shuffleboard 10:30 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge 12:30 Pool Shooting 12:30 Pickleball \$4 12:45 Arthritis Tai Chi 1:00 Scrabble 1:00 Mind Aerobics	<b>17</b> 8:45 Men's Fitness \$2 9:00 Pool Shooting 9:30 Ladies Exercise 10:30 Int Line Dance \$3 10:30 Club 99 Exer. 11:15 Learn Tap Steps \$3 12:00 Tap Dance \$4 12:00 Stay Fit Dining 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Bingo \$1/card	<b>18</b> 8:45 Men's Fitness \$2 9:00 Pool Shooting 9:00 Shuffleboard 9:30 Hand & Foot 10:00 Beg Line Dance \$2.50 11:30 Yoga \$4 12:00 Stay Fit Dining 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Movie 50¢	<b>19</b> 8:45 Men's Fitness \$2 9:00 Pool Shooting 9:30 Ladies Exercise 9:45 Dominoes 10:00 Inter. Tap \$4 10:30 Club 99 Exer. 12:00 Stay Fit Dining 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Knitter/Crochet 1:00 Movie 50¢	<b>20</b> 9:00 Pool Shooting 9:30 Ladies Exercise 9:45 Euchre 10:30 Art w/Friends 11:30 Open Walking 12:00 Stay Fit Dining 12:30 Pool Shooting 12:30 Pickleball \$4 12:45 Mah Jong 1:00 Pinochle
<b>23</b> 9:00 Pool Shooting 9:00 Med. & Yoga \$4 9:00 Shuffleboard 10:30 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge 12:30 Pool Shooting 12:30 Pickleball \$4 12:45 Arthritis Tai Chi 1:00 Scrabble 1:00 Mind Aerobics	<b>24</b> 8:45 Men's Fitness \$2 9:00 Pool Shooting 9:30 Ladies Exercise 10:30 Int Line Dance \$3 10:30 Club 99 Exer. 11:15 Learn Tap Steps \$3 12:00 Tap Dance \$4 12:00 Stay Fit Dining 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Bingo \$1/card	<b>25</b> 8:45 Men's Fitness \$2 9:00 Pool Shooting 9:00 Shuffleboard 9:30 Hand & Foot 10:00 Beg Line Dance \$2.50 11:30 Yoga \$4 12:00 Stay Fit Dining 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Movie 50¢	<b>26</b> <b>27</b> <b>CENTER CLOSED</b>  <b>Happy Thanksgiving</b>	
<b>30</b> 9:00 Pool Shooting 9:00 Med. & Yoga \$4 9:00 Shuffleboard 10:30 Wii Bowling 12:00 Stay Fit Dining 12:30 Bridge 12:30 Pool Shooting 12:30 Pickleball \$4 12:45 Arthritis Tai Chi 1:00 Scrabble 1:00 Mind Aerobics	 <b>November</b>		<b>FITNESS ROOM</b> Please see pg 5 for Fitness Room Information.  <i>Reminder:</i> <b>All participants            must complete a            fitness room            orientation prior to            registering to use            the fitness room.</b>	<b>FITNESS ROOM            SCHEDULE</b> <b>Monday - Friday</b>  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  <i>limit of 4 members            per time slot</i>

## CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

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

### **Men's Fitness Thursdays 8:45 am *\*new start time\****

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.  
*No Class November 20th. Class returns Dec. 4th.*

### **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 per class.

### **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 per class.

### **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 per class.

### **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 per class.

### **Inter. Tap Dance Thursdays at 10:00 am *\*New time\****

Classes are designed for those who have previously tap danced and want to tap again.  
Cost is \$4.00 per class.

### **Meditation & Gentle/ Restorative Yoga 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. Cost is \$4.00 per class

### **Ladies Exercise Tuesday, Thursday & Friday 9:30 am**

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

### **Tai Chi for Arthritis DVD Program Mondays at 12:45 pm**

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. *Free Class.*

### **Wii Bowling**

### **Mondays at 10:30 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**

### **Tuesdays & Thursdays 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.

### **Beginner Tap Step Class**

### **Mondays at 11:15 am—11:45 am**

***Class begins Tuesday, November 10th***

Want to *learn* how to make music with your feet? In this class you will go back to the basics and learn basic tap steps. Cost is \$3.00 per class.



### **Open Walking**

### **Mondays & Fridays 11:30 am - 12:30 pm**

With the weather changing the senior center offers a safe space to get out and stretch your legs. Face masks must be worn when walking.







### TIME TO RENEW YOUR MEMBERSHIP!!!

All 2020 Orchard Park Senior Center memberships will expire on December 31st. Your membership entitles you to participate in the many classes, programs, activities, and events offered at the Orchard Park Senior Center. Your membership also includes the use of the fitness room too.

Renew your membership before December 31st! Memberships may be renewed in the Center office.

#### Do you know someone who might enjoy being a member of the Senior Center?

Monthly newsletters are available in the office to hand out for information. 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. 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.

### 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 insurance representative and wear a face covering during the meeting.*

#### Univera Healthcare

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

#### United Healthcare

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*



### VOLUNTEER OPPORTUNITIES

Volunteering is a great way to make friends, have fun, and contribute to a worthy cause. Contact Debbie or Maria at the center to discuss volunteer opportunities.

We are blessed to have the dedicated volunteers we have at the senior center! Volunteers allow us to opportunity to add additional activities and classes and most importantly they are smiling faces who greet all our members at the center.

#### Volunteer Opportunities Available

**Kitchen** Monday - Friday 11:30 am - 12:30 pm  
*Meal Prep, Server, and special events and holiday server*

**Newsletter Assistance** One Day per Month  
*Assist with the preparation of newsletters that are be distributed and mailed*

#### **Front Desk Greeter**

Monday - Friday 8:30 am - 10:30 am  
Monday - Friday 9:00 - Noon  
Monday - Friday Noon - 2:30 pm

*Greet Members, facilitate COVID-19 screening forms and procedures*







## **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 hosting 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 3 for presentation topics, dates and times.

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



### **TIME TO RENEW YOUR MEMBERSHIP!!!**

All 2020 Orchard Park Senior Center memberships will expire on December 31st. Your membership entitles you to participate in the many classes, programs, activities, and events offered at the Orchard Park Senior Center and your membership also includes the use of the fitness room too.

**Renew your membership  
before December 31st!**

**Memberships may be renewed  
in the Center office.**

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## **Orchard Park Senior Center**

4520 California Road

Orchard Park, NY 14127

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