



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



SEPTEMBER 2021

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

8:30 a.m. – 4:00 p.m.

**Deputy Town
Supervisor**
Joseph Liberti

**Senior Council
Member**
Eugene Majchrzak

Council Member
Conor Flynn

Director
Debbie Santiago

Program Coordinator
Maria Galley

Kitchen Manager
Kevin Kornowicz



INDOOR / OUTDOOR
Senior Center Picnic
Wednesday, September 15th
10:00 am - 2:00 pm

Bring your dancing shoes and enjoy an afternoon of food and fun. In addition to entertainment and lunch we will have outdoor games available (cornhole, ladder toss and putt to the hole). Bring your own lawn chair to sit outside. Lunch provided by Texas Roadhouse (grilled chicken breast, salt potatoes, corn, roll, and dessert).

10:00 - 2:00	Picnic & Outdoor Games
10:00am- Noon	Hastings Duo
12:00pm	Lunch will be served
1:00 pm	Bingo

Cost for this event is \$12.00.
Register in office, payment is due when registering.

**Blue Cross/Blue Shield of WNY and
Independent Health are generous sponsors
toward this event.**

Notes from Debbie . . .

Next time you come to the center check out the new outside chess/checker set. Owen Casto from Orchard Park Boy Scout troop #285 completed the chess set as his Eagle Scout project. With the help of 11 other scouts the outdoor chess/checker board has been built by the main entrance of the Community Activity Center.

Thank you Owen and the scouts who assisted you for this amazing addition to our center!



ORCHARD PARK SENIOR CENTER MEMBERSHIP INFORMATION

Becoming a member is easy

All you have to do is complete a membership form!

- ♦ Town of Orchard Park residents 55+ and / or who pay OP town taxes the membership fee is waived.
- ♦ Non-Residents - \$30 annual membership fee. Membership fee can be waived if you have Silver Sneakers or Silver & Fit. Bring your fitness i.d. when becoming a member.
- ♦ 55+ Guest Pass available for \$4.00

Membership applications must be submitted in person at Center.

Appointments are required for all new members.

**Please contact the senior center
662-6452 ext 1 to schedule a tour,
as an appointment is required.**

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/>.
- Give us your email to receive the monthly newsletter



REMINDER ...

Please remember to bring your My Senior Center Membership Tag when you come to the center. The key tag is required when you sign in for classes / events.
Replacement tags are \$1.00 each.

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!



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
 Supervisor's Office 662-6400
 Meals on Wheels 822-2002

TRANSPORTATION

Rural Transit 662-8378
 Going Places Van 858-7433



Are you interested in volunteering?
 We offer a variety of volunteer opportunities.

Stop by the bulletin board outside Maria's office to see what volunteer opportunities we have and sign up.

New volunteer opportunities are posted on the board throughout the month.



Afternoon with Tom Bender

Thursday, September 2nd 1:00 - 2:30 pm

Join us today for an afternoon of entertainment by Tom Bender, dessert, dancing and socializing. Cost for this event is \$3.00.

Register in office, payment is due when registering.

Seniors for Safe Driving

Mature Driver Improvement Class by the OP Police

Friday, September 3rd at 12:45 pm

Tuesday, September 14th at 5:00 pm

Friday, September 24th at 12:45 pm

Officers of the Orchard Park Police Department will be presenting safe driving tips for Senior drivers. Topics include vehicle and traffic laws, night time and inclement weather driving, vehicle accident information, effects of medication and more. Officers will also be able to answer questions from those in attendance.

This is not a course for insurance reduction. This is an informational class to assist with the safety of community members

Labor Day Monday, September 6th - Center Closed

Tinnitus Wednesday, September 8th at 10:00 am

Tinnitus is when you experience ringing or other noises in one or both of your ears. The presentation reviews the basics about tinnitus, causes and management options.

Presenter: Carolyn Yates, Au.D. F-AAA, Doctor of Audiology, Hearing Evaluation Services of Buffalo.

Register at the front desk.

Identity & Medical Theft

Friday, September 10th at 1:00pm

Karen Davis, Senior Consumer Fraud Rep, Bureau of Consumer Fraud & Protection NYS Attorney General's office will discuss why older Americans are the new target victims of identity theft and that trends show more elder Americans are targeted for their medical identities. Karen

will also discuss scams and frauds directed towards senior populations, what you can do to stop these threats, and how to protect yourself. Register at the front desk.



Indoor / Outdoor Senior Center Picnic

Wednesday, September 15th

10:00 am - 2:00 pm

See the front page of newsletter for additional information. **Cost for this event is \$12.00.**

Register in office, payment is due when registering.

Blue Cross/Blue Shield of WNY and Independent Health are generous sponsors toward this event.

**Crocheting Snowflakes Craft Fridays at 10:30 am
September 17th & 24th and October 1st & 8th**

Patterns and directions will be supplied however, members will need to purchase their own supplies and bring to class (supply list in office). These snowflakes will be starched and a string attached so that they may be hung on Christmas trees. Please note: This class is not for beginners, prior knowledge of crocheting is needed.

Register at the front desk and receive a supply list.

September Birthday Bag

Monday, September 20th between 12:30-1:00 pm

Univera Healthcare is sponsoring a birthday bag to help you celebrate your birthday. Register with the office to receive a birthday bag as supplies are limited.

THANK YOU Univera for sponsoring this event.

Three Identical Strangers

Wednesday, September 22nd at 10:30am

Based on the movie of the same name, learn the incredible story of adopted siblings who found each other after being separated for almost 20 years. Why were they separated? What impact did the separation have on each child? Where are they now, after 40 years?

Presenter: Theresa Wiater. Register at the front desk.

Native Landscaping & Invasive Species

Monday, September 27th at 1:00 pm

A representative from Reinstein Woods Environmental Conservation will discuss the the benefits of landscaping with native plants and how to discourage the spread of harmful invasive species. Register at the front desk.

Afternoon Dance with Hasting Duo

Tuesday, September 28th 2:00 - 4:00 pm

Join us today for an afternoon of entertainment, dancing, and socializing with the Hastings Duo. Pizza and beverages will be available for purchase at the concession stand. Cost for this event is \$4.00.

Register and pay in the office.

Our Changing Forests

Wednesday, September 29th at 10:30am

A look into the past, present and future of our state's forests with Environmental Educator, Matthew Nusstein of New York State Parks, Recreation and Historic Preservation. Register at the front desk.

Learn to Play Mah Jong

Wednesday, September 29th at 12:30 pm

Want to learn how to play the popular Chinese tile game, Mah Jong? Join experienced players as they teach you the intricate rules of the game. Limited to 8.

Must pre-register at the front desk - no walk-ins.



Take Control of your Heart Health!

Thursday, September 30th at 1:00pm

Aortic stenosis is a progressive disease, which means it will get worse over time, and this can be life-threatening. The symptoms of aortic valve disease are commonly misunderstood by patients as normal signs of aging. Patients with severe aortic stenosis may find it hard to participate in regular activities like walking to get the mail or climbing up the stairs. When this happens, your risk for heart failure increases significantly. Take control of your health and your future by exploring your treatment options and when it is time to replace your heart valve. Kimberly Schmittendorf, NP from Mercy Hospital's Structural Heart Team will be providing information to help you and your loved ones learn more about the heart, how the heart valves function, how heart valve disease is diagnosed and the wide variety of treatment options available.

Register at the front desk .

UPCOMING EVENTS IN OCTOBER



Harvest Fest Dinner

Thursday, October 7th at 5:00 pm

Come enjoy an evening of food and fun. The German American Musicians will be entertaining us after a delicious dinner. The German American Musicians are also known as "Buffalo's BIG German Band". They play a variety of traditional music and German music.

Dinner includes bratwurst, sauerkraut, german potato salad, carrots and dessert.

Cost for this event is \$13.00. Register in office, payment is due when registering.

Thank You to Elderwood of West Seneca as our generous sponsor for this event!

Medicare 101

Thursday, October 7th at 1:00 pm

Join BC/BS representative John Weatherby for information on Medicare.

Fifteen Ways to Avoid Probate

Friday, October 8th at 10:00 am

Learn estate and asset protection planning techniques, the risks and benefits of avoiding probate, the best forms of real estate ownership, the most common estate planning mistakes, recent changes in estate and gift tax laws, the duties of trustees and executors, myths about living trusts, when to update your will, and how to prevent will contests. Presenter: Robert Friedman of Friedman & Ranzenhofer, PC Attorneys. Register at the front desk.

Wegmans Flu Shot Clinic

Thursday, October 14th at 10:00am-Noon

Wegmans pharmacists will be administering flu and pneumonia shots at the 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. Register at the front desk for an appointment.

Internet Safety - Staying Safe Online

Wednesday, October 13th at 1:00 pm

Wednesday, October 20th at 10:00 am

Whether you are using Facebook, online banking or making travel arrangements, this presentation will share tips and suggestions on how to safely maneuver around the internet. Presenter, Paul Pepero, OP IT Dept. Manager. Register at the front desk.

Computer Literacy

Thursday, October 14th at 12:45pm

In this class you will learn the terms used, such as browser, search engine, apps, operating systems, Android, tablet, etc and Cathy Hetzler will answer basic questions. Handouts will be available. This class is not for specific questions on how to use your device and is not for experienced users. Register at the front desk.

America Says

Thursday, October 21st at 12:45 pm

Challenge your brain as we simulate the popular gameshow "America Says". Two teams race against a clock to guess how Americans filled in the blanks on a series of survey questions covering every topic under the sun. Join us for another fun filled hour to challenge your brain. Register at the front desk.

14 Ways to Preserve Your Assets with the Medicaid Laws

Friday, October 22nd at 10:00 am

Learn how to preserve your assets of nursing home care is necessary and plan for incapacity with powers of attorney, health care proxies, living wills, trusts, transferring your home to family members, long term care insurance, prepaid funeral accounts, IRAs, pensions, properly documented gifts, spousal allowances and transfers, caregiver agreements, and promissory notes.

Presenter: Robert Friedman of Friedman & Ranzenhofer, PC Attorneys. Register at the front desk.

FREE Falls Prevention Seminar

Tuesday, October 26th at 10:45am

Register at the front desk to attend this seminar which includes several presentations such as:

Home Safety Beth Moses, ECMC Trauma Nurse
Vestibular System David May, Catholic Health Physical Therapist

Exercise Richard Derwald, Fitness Coordinator
Medication & Falls Anthony Pietrzak, Neighborhood Health Pharmacist

Matter of Balance Clarie Solak, Erie County Senior Services

Falls Prevention Tip of the Day – Doreen Russon, BC/BS

Health Insurance Fair

Wednesday, October 27th at 1:30pm – 3:00pm

Explore various health insurance options at today's fair.

Representatives will have plan information and applications for 2022. No need to register to attend - please stop by between 1:30 and 3:00 pm to pick up plan booklets and speak to representatives if you choose.

- * BlueCross/BlueShield
- * United Healthcare
- * Univera
- * EPIC (Elderly Pharmaceutical Insurance Coverage).
- * HIICAP (Health Insurance Information, Counseling and Assistance)
- * Independent Health
- * Aetna

Halloween Luncheon

Friday, October 29th at Noon

Put on your costume and join us for a "bewitching" time at our Halloween Party. A costume contest will be held and prizes awarded. After lunch stay an afternoon of Halloween inspired games to test your skills (Pumpkin Golf, Pumpkin Pong) or just dance the afternoon away to music by the Hastings Duo. Sign up for the Halloween luncheon with Kevin, Kitchen Manager.



University Express In-Person Presentations

Safe Dating Practices

Friday, October 1st at 1:30 pm

Instructor: Erie County Department of Health

Am I eligible?

Monday, October 4th at 1:30 pm

Instructor: Rachael Vega, Aging Disability Resource Representative, Erie County Department of Senior Services

Wastewater Based Epidemiology

Tuesday, October 5th at 1:30 pm

Instructors: Ian Bradley, Ph.D. – Assistant Professor in the Department of Civil, Structural and Environmental Engineering in the University at Buffalo School of Engineering and Applied Sciences; Joseph Fiegl, P.E., BCEE – Deputy Commissioner in the Erie County Department of Environment and Planning, Division of Sewerage Management

The Anatomy of a News Story

Friday, October 8th at 1:30 pm

Instructor: Lee Coppola, Veteran Newspaper and Television Reporter; Retired dean of St. Bonaventure University's Journalism School

The Syrian Civil War (2011-present)

Wednesday, October 13th at 10:30 am

Instructor: York Norman, PhD, Professor, Department of History and Social Studies Education, Buffalo State

Beer Through the Years

Monday, October 18th at 1:30 pm

Instructor: Tim Herzog, Founder, Flying Bison Brewing

Medical Encounters: How to Make the Most of Your Visit

Tuesday, October 19th at 1:30 pm

Instructors: Lito Gutierrez, MD, Member of the NYS Public Health and Health Planning Council; Elisabeth Zausmer, MD, FACP

Buffalo's Tourism Development

Thursday, October 21st at 1:30 pm

Instructor: Patrick Kaler, President/CEO, Visit Buffalo Niagara

Abraham Lincoln in Western New York

Friday, October 22nd at 1:30 pm

Instructor: Bren T. Price Sr., Retired Educator; Trustee, Buffalo Presidential Center; Master Docent, Explore Buffalo

Shakespeare - Behind the Curtain

Monday, October 25th at 10:30 am

Instructor: Shakespeare in Delaware Park

The Library of Congress: Our Nation's Crown Jewel

Monday, October 25th at 1:30 pm

Instructor: Judith Greer, retired educator and librarian, Erie Community College

Computer Basics

Wednesday, October 27th at 10:30 am

Instructor: The Buffalo & Erie County Public Library's TechKnow Lab *Space is limited to 20.*

Documentary Film & Discussion:

Conspiracies Mondays at 12:45 pm

Skeptics and others discuss widely held conspiracy theories involving government cover-ups, secret assassination and other intrigues. Join Theresa Wiater who will lead a discussion after viewing the film. Episodes are approximately 45 minutes in length followed by a discussion.

Sept. 13th The Hollywood Files: Explore the dark side of Hollywood, with theories into the hacking of Soy Pictures, the influence of Scientology and the murder of the Black Dahlia.

Sept. 20th The Royal Family: Explore the claim that members of the British royal family may have helped the Nazis, and look into the untimely death of Prince George, Duke of Kent.

Sept. 27th Inside Bill's (Gates) Brain: Take a trip inside the mind of Bill Gates as the billionaire opens up about those who influenced him and the audacious goals he's still pursuing.

Aging Mastery Program (10 week program)

Mondays from 10:00 - 11:30 am

Classes begin September 27th - December 6th

Join the adventure! This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Space is limited. Register in the office. Classes run for ten weeks, each week you will experience a different topic and presenter.

- ♦ Navigating Longer Lives
- ♦ Exercise and You
- ♦ Sleep
- ♦ Financial Fitness and Advance Planning
- ♦ Medication Management
- ♦ Healthy Relationships
- ♦ Falls Prevention
- ♦ Healthy Eating
- ♦ Community Engagement
- ♦ Luncheon and Awards Ceremony at the end of the program too!

Matter of Balance (8 week program)

Fridays from 10:00 am - Noon

Classes begin September 17th – November 5th

WAITING LIST ONLY SORRY:(

Do you have concerns about falling? Many older adults experience concerns about falling and restrict their activity. This program was designed to manage falls and increase activity levels.

*In class you will learn to: View falls as controllable, set goals for increasing activity, make changes to decrease fall risks at home, and exercise to increase strength and balance

Register in the office to attend-limited space.

Stay Fit Dining Program in Senior Center

**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 by
Tuesday 10:00 am for the upcoming week.**

Wed 9/1 Roast Turkey w/Stuffing & Gravy, Mashed Potatoes, Peas, Molded Cranberry Salad, Grapes

Thu 9/2 Br. Chicken Drumsticks, Corn-on-Cob, Calif. Blend Vegetables, Macaroni Salad, Orange Creamsicle

Fri 9/3 Roast Pork, Mashed Potatoes, Carrots, Wheat Bread, Frosted Spice Cake

Mon 9/6 Senior Center Closed - Labor Day

Tue 9/7 Ham Steak, Scalloped Potatoes, Brussels Sprouts, Rye Bread, Lorna Doones

Wed 9/8 Baked Salmon w/Pineapple Salsa, Vegetable Rice Pilaf, Broccoli, Cornbread, Ice Cream Sandwich

Thu 9/9 Chicken Parmesan w/Pasta, Wax Beans, Chef Salad, Tropical Fruit, Chocolate Milk

Fri 9/10 Julienne Salad, Wheat Dinner Roll, Fruited Gelatin

Mon 9/13 Italian Sausage w/Peppers, Onions, Bun, Roasted Red Potatoes, Mixed Vegetables, Pineapple

Tue 9/14 Vegetable Lasagna w/Cream Sauce, Chef Salad, Cauliflower, Dinner Roll, Frosted Marble Cake

**Wed 9/15 NO Congregate Lunch - Senior Center Picnic
Register and pay with Debbie / Maria**

Thu 9/16 Meatloaf w/Gravy, Mashed Potatoes, Broccoli, White Bread, Vanilla Mousse

Fri 9/17 Chili con Carne, Carrots, Fruit Punch, Chef Salad, Cornbread, Pear, Chocolate Milk

Mon 9/20 Pork Ribette w/BBQ Sauce, Cheesy Mashed Potatoes, Mixed Greens, Glazed Lemon Cake

Tue 9/21 Beef Stew, Biscuit, Brussels Sprouts, Marinated Beet & Onion Salad, Strawberry Bavarian

Wed 9/22 Roasted Turkey. Stuffing & Gravy, Mashed Potatoes, Peas & Carrots, Molded Cranberry Salad Apple Pie with Whipped Topping

Thu 9/23 Beef Macaroni Casserole, Calif. Mixed Vegetables, Corn, Bread, Chef Salad, Fruit Compote

Fri 9/24 Tuna Macaroni Salad, Salad Greens, Club Crackers, Mandarin Oranges, Chocolate Milk

Mon 9/27 Cheese Ravioli w/Meat Sauce, Peas, Seasoned Squash w/Peppers, Italian Bread, Grapes Chocolate Milk

Tue 9/28 Chicken Caesar Salad, Wheat Dinner Roll Sugar Cookies

Wed 9/29 Roast Beef w/Gravy, Sweet Potatoes, Savory Cabbage, Rye Bread, Frosted Cherry Cake

Thur 9/30 Bratwurst with Baked Beans on a Bun, Roasted Potatoes, Harvard Beets, Mandarin Oranges

**If you are unable to keep your reservation, please call
the Center as early as possible. Thank You!**



Dinner Club at Ilio DiPaulo's Thursday, October 14th at 5:00 pm

Menu:

Chicken Piccata & Breaded Pork Chops
Rosemary Red Potatoes, Snap Peas w/Carrots
Dessert, Coffee or Tea
\$26.00 includes tax and gratuity

Please call Gail Freeman 1-248-766-1924 for
reservations before September 10th.

*Please note: If the Dinner Club does not have additional
volunteers to serve as hostess throughout the year this
may be the last dinner offered by the group. For
information on volunteering to keep the group viable
please contact Gail at the above phone number.*

Medicare Advantage Plans

Meet one on one with insurance representatives

Univera Healthcare

Monday, September 20th 10:00 am - Noon

Blue Cross / Blue Shield

Wednesday, September 15th 10:00 - 2:00 pm

United Healthcare

Thursday, September 16th 10:00 - Noon

Aetna

Wednesday, September 8th 10:00 - Noon



AN AFTERNOON AT THE MOVIES

Wednesdays at 1:00 pm

Spend an afternoon at the movies.

50¢ includes bag of chips or popcorn

Register in the office to attend

Wed 9/1 The God Committee* (NR) An organ transplant committee has one hour to decide which of three patients deserves a life-saving heart. Seven years later, the committee members struggle with the consequences of that fateful decision.

Wed 9/8 Hachi: A Dogs Tale(G) When his master dies, his loyal pooch keep vigil for more than a decade at the train station where he once greeted his owner everyday.

Wed 9/15 No Movie Today

Wed 9/22 Queen Bees* (PG-13) After reluctantly agreeing to move in to a senior's home, a woman encounters a clique of mean-spirited women and an amorous widower.

Wed 9/29 Jungle Cruise (PG-13) Based on Disneyland's theme park ride where a small riverboat takes a group of travelers through a jungle filled with dangerous animals and reptiles but with a supernatural element.

SEPTEMBER SCHEDULE OF EVENTS

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
9:00 Pool Shooting 9:00 Medit. & Yoga 9:00 Ladies Exercise 10:00 Age Mastery 10 wk program begins 9/27 10:30 Wii Bowling 10:30 55+ Pickleball NOON LUNCH 12:30 Bridge <i>**must arrive with a partner (member of the senior center) or call Jose to ensure a partner 445-6154**</i> 12:45 Arthritis Tai Chi 1:00 Mind Aerobics 1:30 55+ Pickleball <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Open Walking Monday - Friday 9:00 - 2:30 pm </div>	8:45 Mens Exercise 9:00 Pool Shooting 10:00 Beg Watercolor 10:30 Int Line Dance <i>*no class 9/7*</i> 10:30 Club 99 10:30 55+ Pickleball NOON LUNCH 12:00 Tap for Fun 1:00 Bingo 1:00 Int Watercolor 1:15 Stretch & Strength Barre 5:15 Disco Zumba	8:45 Mens Exercise 9:00 Pool Shooting 9:00 Ladies Exercise 9:30 Hand & Foot 10:00 Walking Group 11:15 Beg. Tai Chi 11:30 Yoga NOON LUNCH 12:45 Learn to Ballroom Dance 1:00 Movie 1:00 Wed. Bridge 1:00 Corn Hole 1:30 55+ Pickleball 6:15 55+ Pickleball	8:45 Mens Exercise 9:00 Pool Shooting 9:30 Dominoes 10:00 Interm. Tap 10:00 Acrylic Painting 10:30 Club 99 10:30 Beginner 55+ Pickleball NOON LUNCH 12:45 Mah Jong 1:00 Adv. Tai Chi 6:30 Cardio Drum	8:45 Cardio Drum 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Disco Zumba 10:00 Matter of Balance 8 wk program begins 9/17 10:00 Euchre 10:30 55+ Pickleball 10:30 Art w/ Friends NOON LUNCH 12:45 MahJong 12:45 Arthritis TaiChi 1:00 Pinochle 1:30 55+ Pickleball

SEPTEMBER SPECIAL EVENTS CALENDAR

Afternoon with Tom Bender Thursday, 9/2 at 1pm

Seniors for Safe Driving 9/3, 9/14, & 9/24

Tinnitus Wednesday, 9/8 at 10 am

Identity & Medical Theft Friday, 9/10 at 1 pm

Book Group Monday, 9/13 at 10:30 am

Senior Center Picnic Wednesday, 9/15 10 - 2:00 pm
Thank you BC/BS WNY and Independent Health for sponsoring this event.

Book Group Monday, 9/13 at 10:30 am

Crocheting Snowflakes Fridays, 9/17 & 9/24 at 10:30 am

September Birthday Bag Monday, 9/20 12:30-1:00 pm

Three Identical Strangers Wednesday, 9/22 at 10:30 am

Native Landscaping & Invasive Species Mon. 9/27 at 1 pm

Afternoon Dance with Hasting Duo Tue., Sept. 28th at 2 pm

Our Changing Forests Wednesday, Sept. 29th at 10:30am

Learn to Play Mah Jong Wednesday, 9/29 at 12:30 pm

Take Control of your Heart Health Thur. 9/30 at 1 pm

New Classes in September

Stretch & Strength Barre begins Tues. 9/8 1:15 pm

Arthritis Tai Chi begins Thurs. 9/9 at 1 pm

Beg. Tai Chi begins Wed. 9/29 at 11:15am

Zumba Disco begins Tuesday, 9/9 at 5:15 pm

Learn to Ballroom Dance begins Wed. 9/8 at 12:45 pm

Evening 55+ Pickleball begins Wed. 9/8 at 6:15 pm

Intro. To Strength Training in Fitness Room
 Wed. 9/29 at 12:30 pm & Thurs. 9/30 11:00 am

CLASSES

Pre-registration is required for ALL session classes before the start of the class. Payment due at registration. Class registration is on a first come first serve basis. If you snooze you lose - if a class does not reach the minimum number of students the class will be canceled.

Men's Fitness Tue., Wed., & Thur. at 8:45am

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 Men's Fitness.

September Session 3 weeks 9/14 - 9/30 Cost \$24.00

October Session 4 weeks 10/5 - 10/28 Cost \$24.00

Tap Dance for Fun Tuesdays at Noon

For those who love tap and have tapped previously at any age, even as a child or teen, and have a firm grasp on their tap basics.

September Session 4 weeks 9/7 - 9/28 Cost \$16.00

Oct./Nov. Session 9 weeks 10/5 - 11/30 Cost \$36.00

Meditation & Gentle Yoga Mondays at 9:00 am

You will be guided through a seated meditation followed by yoga postures that will help to improve your flexibility, strength, and balance. (chair modifications available).

Sept/Oct. Session 6 weeks 9/13 - 10/25 Cost \$24.00

no class 9/6 & 10/11

November Session 5 weeks 11/1 - 11/29 Cost \$20.00

Advanced Tai Chi Thursdays at 1:00 pm

Instructor, Bill Adams will teach 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.

September Session 4 weeks 9/9 - 9/30 Cost \$20.00

Oct./Nov. 6 weeks 10/7 - 11/18 Cost \$30.00

Beginner Tai Chi Wednesdays at 11:15 - 12:15 pm

Join Cynthia Swiech as she teaches you Tai Chi an Ancient Traditional Chinese practice that combines the mind, body and spirit. It is practiced today primarily for its health benefits, stress relief and relaxation. You will learn how to use meditation and deep breathing to move through a series of continuous exercises, called "forms" which resemble slow moving dance movements.

5 week session 9/29 - 10/27 Cost \$20.00

Intro. To Strength Training with Cindy Small group (6)

Wednesdays at 12:30 - 1:30 pm

8 week Session 9/29 - 11/17 Cost \$64.00

Thursdays at 11:00 - Noon

8 week Session 9/30 - 12/2 Cost \$64.00

Are you new to the fitness center? Do you find all those machines and weights intimidating? You probably know that strength training is essential for all stages of life, but is crucial as we age. This new class, might be just what you're looking for! In these judgement-free sessions, you'll

learn about your different muscle groups and how to exercise all of them safely and efficiently, and in a variety of ways. You'll learn how to set up and use the Synergy machine and the TRX suspension trainer, as well as how and when to use dumbbells, kettlebells or just body weight. Classes will focus on the five basic human movement patterns: Bend & Lift, Single leg movements, Pulling, Pushing, Rotation and Anti-rotation.

Inter. Tap Dance Thursdays at 10:00 am

Classes are designed for those who have previously tap danced and want to tap again. ***no class 9/9***

September Session 4 weeks 9/2 - 9/30 Cost \$16.00

Oct/Nov. Session 6 weeks 10/7 - 11/18 Cost \$24.00

Cardio Drumming Evening Class Thursdays at 6:30 pm

What Is Cardio Drumming? At its core, Cardio Drumming is a cardiovascular based, full-body workout that requires you to move and play drums along to music.

September Session 4 weeks 9/9 - 9/30 Cost \$16.00

Oct/Nov. Session TBA contact office for dates

Cardio Drumming Fridays at 8:45 am

September Session 3 weeks 9/10 - 9/24 Cost \$16.00

Oct/Nov. Session TBA contact office for dates

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.

September Session 5 weeks 9/1 - 9/29 Cost \$20.00

Oct./Nov. Session 7 weeks 10/6 - 11/17 Cost \$28.00

Disco Zumba Fridays at 10:00 am

**previously Cardio & Tone* Instructor, Marilyn Ciavarella*

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.

September Session 3 weeks 9/10 - 9/24 Cost \$12.00

Oct/Nov. Session TBA contact office for dates

Zumba Disco EVENING CLASS Tuesdays at 5:15 pm

September Session 4 weeks 9/7 - 9/28 Cost \$16.00

Oct/Nov. Session TBA contact office for dates

Stretch and Strength Barre Tuesdays at 1:15 pm

Barre class is a blend of classical ballet lines and movement with a mix of gentle muscle toning and stretching. It's a great way of keeping your body moving and opening up stiff joints as well as working on muscle memory and coordination. The foundation of the class will be standing using chairs for your barre and for seated and adapted movements as well. Some across the floor movement for basic cardio work will take place as well for a full head to toe workout.

September Session 4 weeks 9/7 - 9/28 Cost \$16.00

Oct. Nov. Session 9 weeks 10/5 - 11/30 Cost \$36.00

Learn to Ballroom Dance Wednesdays at 12:45 pm

Looking to add some new moves to your repertoire? Join Allan and Joanne Smith who will teach you the dance steps to the Waltz, Foxtrot, Rumba, Merengue, and the Cha-cha. You do not need a dance partner to participate. Join to have fun and learn the steps in a comfortable environment. Allan and Joanne have over 30 year experience in adult education classes in the area. Free 8 week session 9/8 - 10/27 Must register in office.



EVENING 55+ PICKLEBALL **Wednesdays 6:15 - 8:00 pm**



Beginning September 8th we will offer evening pickleball for those 55+. All members must pre-register to attend - no walk-ins allowed.

Cost for the 55+ open play is \$4.00.
Please pay at desk and bring exact payment.

September Book Group **Monday, September 13th** **at 10:30 am**



The Immortal Life of Henrietta Lacks

The story of modern medicine and bioethics and, indeed, race relations is refracted beautifully, and movingly.

Tuesday, October 12th Book Group

The Memory Keeper's Daughter by Kim Edwards.



ART CLASSES

Material lists available in the office.

Experimenting in Acrylics - Instructor Linda Hall **Thursdays at 10:00 am – Noon**

This class is open to all levels of painting.
Sept/Oct: 6 Week Session 9/23 - 10/28 Cost \$30.00

Beginner Watercolor - Instructor Dan Meyer **Tuesdays at 10:00 am - Noon**

Sept/Oct: 8 Week Session 9/7 - 10/26 Cost \$40.00

Intermediate Watercolor - Instructor Dan Meyer **Tuesdays at 1:00 pm – 3:00 pm**

Sept/Oct: 8 Week Session 9/7 - 10/26 Cost \$40.00

supply list for classes available in the office

Art with Friends

Fridays at 10:30 am - 12:30 pm

Enjoy working on your artwork? Bring your supplies in and work with others at the senior center.

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!

Hillcrest Senior Travel Group

President, Sally Stoner at 861-2246

For Travel info. contact Richard Jones 827-7074

Orchard Park Senior Travel Group

President, MaryAnn Notto at 825-6460

For Travel info. contact Ruth Duffy at 649-7026

FITNESS ROOM OPEN 9:00 am - 4:00 pm

As a member of the Orchard Park Senior Center you have the benefit of using the fitness room. Prior to using the fitness room you must complete a fitness room orientation, have a signed fitness room waiver on file, and read a copy of the rules and regulations. Contact the office to schedule a fitness room orientation.

**** FITNESS ROOM CLOSED ****

Wednesdays 12:30 - 1:30 pm Sept. 29th to Nov. 17th
Thursdays 11:00 - Noon Sept. 30th to Dec. 2nd

Intro. To Strength Training with Cindy **Wednesdays at 12:30 - 1:30 pm**

8 week Session 9/29 - 11/17 Cost \$64.00

Thursdays at 11:00 - Noon

8 week Session 9/30 - 12/2 Cost \$64.00

see page 8 for additional information

Meet our new Instructor, Cindy: An ACE Certified Personal Trainer, Precision Nutrition Level 1 Nutritional Coach with additional specialties in Weight Management (ACE), Senior Fitness (ACE), and Flexibility (ACE) as well as certified to teach Tai Chi through the Functional Aging Institute. Cindy enjoys working with clients of all ages and fitness levels to help them achieve their fitness goals. Cindy is also a freelance artist and muralist as well as being a mom to two sons.

ADDITIONAL WEEKLY SCHEDULED EVENTS:

Pickleball 55+ (Open & Beginner)

Cost per session \$4.00. See page 7 for days and times.

All members must register prior to the day with the senior center office to attend. No walk ins.

Tai Chi for Arthritis Mondays & Fridays 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.

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

Cost is \$3.00 per class.

Walking Group **Wednesdays at 10:00 am**

We meet inside the center and will follow the gravel/paved path at a moderate pace.

Club 99 **Tuesdays & Thursday at 10:30 am**

This class is a full body workout that can be done standing, seated, or a combination of both. The class uses resistance bands and light weights.

Ladies Exercise **Mon, Wed. & Fri. at 9:00 am**

This program uses stretching, aerobic and floor exercises tailored specifically for the needs of those 60+ years. Please wear comfortable clothes, bring a mat, light weights, and a stretch band for the class.

Afternoon with Tom Bender

Thursday, September 2nd 1:00 - 2:30 pm

Join us today for an afternoon of entertainment by Tom Bender, dessert, dancing and socializing.

Cost for this event is \$3.00.

Register in office, payment is due when registering.



**Indoor / Outdoor
Senior Center Picnic
Wednesday, September 15th
10:00 am - 2:00 pm**

See the front page of newsletter for additional information. **Cost for this event is \$12.00.**

**Blue Cross/Blue Shield of WNY and
Independent Health are generous sponsors**

Afternoon Dance with Hasting Duo

Tuesday, September 28th 2:00 - 4:00 pm

Join us today for an afternoon of entertainment, dancing, and socializing with the Hastings Duo. Pizza and beverages will be available for purchase at the concession stand.

Cost for this event is \$4.00.



HarvestFest

Harvest Fest Dinner

Thursday, October 7th at 5:00 pm

Come enjoy an evening of food and fun. The German American Musicians will be entertaining us after a delicious dinner. The German American Musicians are also known as Buffalo's BIG German Band. They play a variety of traditional music and German music.

**Dinner includes bratwurst, sauerkraut,
german potato salad, carrots and dessert.**

Cost for this event is \$13.00.

**Register with payment by September 27th
or until sold out.**

***Thank You to Elderwood of West Seneca
our generous sponsor for this event!***

Orchard Park Senior Center

4520 California Road

Orchard Park, NY 14127
