



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



OCTOBER 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



Health Insurance Fair

**Wednesday, October 27th &
Monday, November 15th
1:30 - 3:00 pm**

Explore various health insurance options at today's fair. Representatives will have plan information and applications for 2022.

You do not need to register to attend.

- ♦ BlueCross/BlueShield
- ♦ Independent Health
- ♦ United Healthcare
- ♦ Aetna
- ♦ Univera
- ♦ EPIC (Elderly Pharmaceutical Insurance Coverage).
- ♦ HIICAP (Health Insurance Info., Counseling & Assistance)

*Notes from Debbie . . .***TIME TO RENEW YOUR MEMBERSHIP!!!**

All 2021 memberships (resident and non-resident) will expire on December 31st.

Memberships may be renewed at the front desk Monday through Friday between 10 am and 2 pm.

Your membership entitles you to classes, clubs, events, programs and use of our 50,000+ square foot facility.

Our facility includes a large dining room, cafe, billiard room, dance room, art room, a library (with books, puzzles, dvd's, cd's, and laptops), three large classrooms, fitness room, and gymnasium.

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

Why not invite a friend or neighbor to join the center?

Monthly newsletters are available in the senior center and on the town website for information.



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



Driver Safety

AARP Driver Safety has cancelled all in person classes until the end of the year due to the continued spread of COVID-19 variants and unknowns regarding the future of vaccine boosters.

2022 AARP Driver Safety course dates are not scheduled at this time. Please wait until the date is posted in the newsletter to call the center to register.

AARP Smart Driver continues to offer an online course with a special 25% off discount until the end of the year for those who may have to take it online now.

Website: www.aarpdriversafety.org

Promo code for 25% discount: **DRIVINGSKILLS**



Harvest Fest Dinner

Thursday, October 7th at 5:00 pm

See back page of newsletter for additional information. 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 10:00 am

Come join BC/BS representative, John Weatherby as he discusses Medicare 101 (all questions welcome), test your knowledge and play a fun game of Medicare. Register at the front desk.

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.

Internet Safety - Staying Safe Online

Wednesday, October 13th at 1:00 pm

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, Orchard Park Info. Tech. Dept. Manager. Register at the front desk.



Wegmans Flu Shot Clinic

Thursday, October 14th 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.

Computer Literacy

Thursday, October 14th at 12:45 pm

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

**SAFETY
AND
SECURITY**

Emergency Action Plan for your Safety & Security

with OP Police Captain Fitzgerald

Friday, October 15th at 12:30 pm

Do you know what to do in case of an evacuation, lockdown or shelter in place? Captain Fitzgerald of the OP Police Department will discuss these topics as well as others that pertain to your safety and security in the facility as well as in your community. We strongly encourage all members to attend so you are informed. Register at the front desk to attend.

October Birthday Bag

Monday, October 18th between 1:00 - 2:00 pm

THANK YOU Univera for sponsoring this event.

If it is your birthday month register with the office to receive a birthday bag as supplies are limited.

Internet Fraud Targeting Seniors

Wednesday, October 20th at 10:00 am

The senior population is online more today than ever before. This presentation will be geared towards teaching seniors on what to look for and how to interact when confronted with questionable emails, social media posts and false claims. Presenter, Paul Pepero, OP IT Dept. Manager. 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 w/ Medicaid Laws

Friday, October 22nd at 10:00 am

Learn how to preserve your assets if 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



Erie County Picnic

Wednesday, October 27th at Noon

This picnic is also a welcome back to congregate dining! A catered quarter BBQ Chicken lunch with potato salad, tomato, pepper, onion salad, watermelon and dessert will be served.

Cost \$3.00 and you must register in the senior center office with Debbie or Maria, space is limited.

Health Insurance Fair 1:30 - 3:00 pm
Wed., October 27th & Mon., November 15th



EPIC (Elderly Pharmaceutical Insurance Coverage), Univera, BlueCross/Blue Shield, Aetna, Univera, and HICAP (Health Insurance Information, Counseling and Assistance). Explore various health insurance options at today's fair. Representatives will have plan information and applications for 2022. You do not need to register to attend.



Halloween Party

Friday, October 29th at 12:30 pm

Put on your costume and join us for a "bewitching" time at our Halloween Party. A costume contest will be held and prizes awarded. Test your skills with Pumpkin Golf, Pumpkin Pong, Cornhole or just dance the afternoon away to music by the Hastings Duo. Register at the front desk to attend this free event.

UPCOMING EVENTS IN NOVEMBER . . .

Journal Making Class

Friday, November 5th & 12th 12:30 – 1:30 PM

Writing is a great way to express yourself, keep track of books that you have read, record dreams or create the next new novel. Writing in a personalized journal creates a sense of ownership. Design your own personalized journal with pictures, sayings and stickers. These personalized journals also make wonderful holiday/birthday gifts. Blank journals will be provided.

Cost is \$3.00 (to cover the cost of journal).

Register and pay in the office and to receive a list of materials to bring to class.

Afternoon Board Games

Thursday, November 18th from 1-3pm

Do you enjoy board games and card games (checkers, connect four, UNO, and monopoly to name a few)? This is the day to play and have some fun. Take a break from the stresses of everyday life, socialize, and partake in Game Day.



Thanksgiving Dinner Drive-Thru

Tuesday, November 23rd

Drive up and pick up your meal in front of the center between 1:00 – 1:30 pm.

MENU: Slow cooked turkey breast, homemade stuffing, homemade mashed potatoes, gravy, cranberry sauce and vegetable.

Meals will be frozen with reheating directions.

\$8.00 Per Meal. All meals must be pre-paid in the O.P. senior center office by Friday, November 12th at noon.

Door Decorating Contest

Tuesday, November 30th

Let's start the Holidays early and get creative! Join as a team or by yourself and choose a door to decorate. We will have some supplies available or bring your own.

Prizes will be awarded to the best decorated door.

Voting will take place Friday, December 10th.

UNIVERSITY EXPRESS CLASSES

REGISTER AT THE FRONT DESK TO ATTEND

****MASKS & SOCIAL DISTANCING REQUIRED TO ATTEND UNIVERSITY EXPRESS CLASSES****

Safe Dating Practices

Friday, October 1st at 1:30 pm

A presentation which will discuss how dating has changed a lot over the years including, safe sex, catfishing, scams, and other scenarios you may encounter while dating. Instructor: Erie County Department of Health

Am I eligible?

Monday, October 4th at 1:30 pm

We'll talk about the common benefits that older adults commonly qualify for, such as SNAP and HEAP. You will learn about the eligibility guidelines, application process, and how to get the most out of these benefits. Come prepared with an idea of your household income. Instructor: Rachael Vega, Aging Disability Resource Representative, Erie County Department of Senior Services

Wastewater Based Epidemiology

Tuesday, October 5th at 1:30 pm

There is a lot that can be learned from human wastes. Find out about the topic of "wastewater based epidemiology" and specifically how Erie County and the University at Buffalo have employed wastewater based epidemiology to better understand COVID-19 impacts locally and how these methods might be used in the future to monitor community health. 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

Ever wonder where the news comes from that you read in the newspaper, see on television or hear on the radio? Ever wonder how journalists gather their stories and then decide how to present them? This class will provide a lesson in the background of news seldom seen by readers, viewers and listeners. 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

This lecture will not only focus on the political, sectarian, ethnic and socio-economic causes behind this ten-year conflict, but also the far-reaching consequences the ensuing human tragedy has had on the region in general, and US foreign policy in particular. Instructor: York Norman, PhD, Professor, Dept. of History and Social Studies Education, Buffalo State

Beer Through the Years

Monday, October 18th at 1:30 pm

We'll journey through the history of beer in Western New York starting with prohibition and ending with where we are today. Instructor: Tim Herzog, Founder, Flying Bison Brewing

UNIVERSITY EXPRESS CLASSES*REGISTER AT THE FRONT DESK TO ATTEND (MASKS & SOCIAL DISTANCING REQUIRED TO ATTEND THESE CLASSES)***Medical Encounters: How to Make the Most of Your Visit
Tuesday, October 19th at 1:30 pm**

Are you ever unsure of what questions to ask your doctor about your health or how to ask? Learn from the experiences of two retired physicians on how to create a successful partnership with your doctor. You can submit your general questions and concerns before the session. Instructors: Lito Gutierrez, MD, Member of the NYS Public Health and Health Planning Council; Elisabeth Zausmer, MD, FACP

Buffalo's Tourism Development Thur., Oct. 21st at 1:30 pm

Buffalo is experiencing a remarkable transformation. We'll talk about the recent developments and get excited for what is yet to come for The City of Good Neighbors. Instructor: Patrick Kaler, President/CEO, Visit Buffalo Niagara

Abraham Lincoln in WNY Friday, October 22nd at 1:30 pm

Many Buffalonians are aware of our two resident presidents, Millard Fillmore and Grover Cleveland. There are many memorials to Lincoln around the city and region, but people are surprised to hear he actually visited Buffalo on four distinct occasions. Bren T. Price, a retired educator, Explore Buffalo master docent and Buffalo Presidential Center Board Trustee, will share his research and many stories related to those Lincoln visits. Instructor: Bren T. Price Sr., Retired Educator; Trustee, Bflo Presidential Ctr; Master Docent, Explore Buffalo

Shakespeare: Behind the Curtain Mon., Oct. 25th at 10:30 am

Join Shakespeare in Delaware Park for Behind the Curtain: From the Director's Chair, as we chat with directors past and present of Shakespeare Hill in Delaware Park. This discussion style panel will explore the ways in which a director approaches a Shakespearean script, and how this unique, artistic point of view experiences Shakespeare's text differently than that of a performer. Instructor: Shakespeare in Delaware Park

The Library of Congress Monday, October 25th at 1:30 pm

Library of Congress in Washington has had a storied past. It rose from the ashes of war - literally - to become the largest and most renowned library in the history of the world. The people who built it and brought it to prominence were real American heroes, and the artists and architects who molded its physical entities are worthy of celebration. This is an exciting story of a legacy fitting our national cultural heritage. Instructor: Judith Greer, retired educator and librarian, Erie Community College

The Perception of Time Tuesday, October 26th at 1:30 pm

What is time? How we perceive time is a fascinating mix of psychology and philosophy combined with the mingling of our consciousness and our memories. Learn more about how time is mentally constructed and significantly personalized as it ebbs and flows throughout our life. Instructor: John Harrigan, PhD, Professor, SUNY Erie

Computer Basics Wednesday, October 27th at 10:30 am

In this beginner's course on computers, learn how to operate a computer, identify parts of a computer, and use various basic, but useful software programs. Additionally, receive tips on purchasing a computer that fits your needs. Instructor: The Buffalo & Erie County Public Library's TechKnow Lab

Swinging in the 21st Century Tuesday, Nov. 2nd 1:30 pm

Instructor: George Scott, Former President, Colored Musicians Club; Chairman, Michigan Street African American Heritage Corridor Commission

Diversity in WNY Thursday, Nov. 4th 1:30 pm

Instructor: May Shogan, director of international exchanges and education, International Institute of Buffalo

History of North Tonawanda Amusement**Fri., Nov. 5th 1:30 pm**

Instructor: Herschell Carrousel Factory Museum

Crypto Currency: What's The Latest?**Mon., Nov. 8th at 1:30 pm**

Instructor: Adam Goldfarb, ChFC, Financial Advisor, RJFS; chief sustainability officer, Goldfarb Financial Team

Should I Turn Things Over? Joint Accounts, Life Estates, and Powers of Attorney Tues., Nov. 9th at 1:30 pm

Instructor: Valerie Stanek, Esq., CFP, attorney at law; certified financial planner

Kabuki: Japan's Extraordinary Theater**Fri., Nov. 12th at 10:30 am**

Instructor: Thomas W. Burkman, PhD, Research Professor of Asian Studies, Emeritus, University at Buffalo

Activities to Maintain Independence**Fri., Nov. 12th at 1:30 pm**

Instructor: Jill Bronsky, Owner, Forward Fitness Inc.; Author

America & China: What's on the Horizon?**Tue., Nov. 16th at 1:30 pm**

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

Lost Downtown...the Story of Urban Renewal in Buffalo**Fri., Nov. 19th at 10:30 am**

Instructor: Angela M. Keppel, AICP, project planner, Buffalo Place

Violence Behind the Battle for Women's Suffrage: A Rarely Told Story Fri., Nov. 19th at 1:30 pm

Instructor: Linda Drajem, PhD, retired English teacher and current memoirist

Erie County's Top 10 Events! Mon., Nov. 22nd at 1:30 pm

Instructor: Doug Kohler, Erie County Historian

Astronomical Twilight Zone Mon., Nov. 29th at 1:30 pm

Instructor: Rance Solomon, PhD Candidate, Department of Physics, University at Buffalo, SUNY

Living with Anxiety**Tues., Nov. 30th at 1:30 pm**

Instructor: Mark O'Brien, LCSW-R, Commissioner, Erie County Department of Mental Health

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.

Mon 10/4 Boneless Chicken Breast w/Lemon Caper Sauce
Cauliflower & Carrots, Grape Juice, Mushroom Farro Risotto
Chocolate Chip Cookies

Tues 10/5 Tuna Macaroni Salad, Wheat Dinner Roll, Fruit Cocktail

Wed 10/6 Polish Sausage with Sauerkraut, German Potato Salad, Broccoli, Bavarian-filled Chocolate Éclair
Marinated Cucumber & Onion Salad

Thu 10/7 Tortellini w/Meat Sauce, Seasoned Spinach, Italian Mixed Vegetables, Italian Bread, Grapes, Choc. Milk

Fri 10/8 Salisbury Steak w/Onion Gravy, Scalloped Potatoes, Peas, Breakaway Roll, Strawberry Bavarian

Mon 10/11 Senior Center Closed—Columbus Day

Tue 10/12 Beef Pepper Steak Casserole over Rice, Broccoli, Waxed Beans with Carrot, Butterscotch Pudding

Wed 10/13 Penne Pasta, Meatballs w/Sauce, Country Cottage Mixed Vegetables, Pineapple Juice, Ambrosia

Thu 10/14 Roast Pork Loin w/Cranberry Chutney, Sweet Potatoes, Green Beans, Bread, Applesauce, Chocolate Milk

Fri 10/15 Cranberry Chicken Salad, Crackers, Brownie

Mon 10/18 Veal Parmesan w/Sauce, Pasta, Seasoned Spinach, Apple Juice, Chocolate Pudding

Tue 10/19 Broccoli Cheddar Soup, Biscuit, Carrots, Chef Salad, Tropical Fruit

Wed 10/20 Beef Bourguignon, Brown Rice, Cauliflower, French Bean Medley, Oatmeal Raisin Cookies

Thu 10/21 Mediterranean Chicken Salad, Dinner Roll, Banana, Chocolate Milk

Fri 10/22 Ham Steak w/Brown Sugar Glaze, Cheesy Scalloped Potatoes, Brussels Sprouts, Cornbread, Pear Crisp

Mon 10/25 Chicken Vegetable Casserole, Broccoli, Pear

Tue 10/26 Hot Dog w/Baked Beans, Bun, Roasted Red Potatoes, Carrots, Pineapple, Chocolate Milk

Wed 10/27 ERIE COUNTY PICNIC SEE PG. 3

Thu 10/28 Lasagna Roll w/Meat Sauce, California Mixed Vegetables, Grape Juice, Dinner Roll, Lemon Bavarian

Fri 10/29 Breaded Chicken Drumsticks, Cheesy Mashed Potatoes, Peas with Pearl Onions, Marinated Beet & Onion Salad, Dinner Roll, Coconut Cream Pie

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

As of 9/13/21 Erie County Senior Services is requiring all participants of their programs to wear a mask, social distance and answer screening questions prior to attending the program.

Programs affected: Congregate Lunch, Club 99, University Express Classes, Age Mastery, Falls Prevention, Matter of Balance, and Erie County Picnic

Medicare Advantage Plans

Meet one on one with insurance representatives

Univera Healthcare

Monday, October 18th 10:00 am - Noon

Blue Cross / Blue Shield

Tuesday Oct 12th 5:00 PM to 7:00 PM

Aetna

Wednesday, October 13th 10:00 - Noon

United Healthcare

One on One Fri., October 15th 1:30 - 3:00 pm

United Healthcare Presentation Fri., Oct. 15th 10 am

United Healthcare Rep. Ron will help you understand Medicare and how it works and understand the difference between the United Healthcare 2022 plans as well as review benefits that may include: allowance toward eyewear, gym membership, allowance for over the counter, routine hearing exam plus hearing aids. Register at the front desk.

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!

Trips & Meeting Dates are posted on the travel bulletin board at the Senior Center.

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



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 10/6 12 Mighty Orphans* (PG-13) Haunted by his mysterious past, Rusty Russell, a devoted high school football coach, leads a scrawny football team of orphans, The Mighty Mites, to the state championship during the Great Depression and inspires a broken nation along the way.

Wed 10/13 Black Widow (PG-13) Natasha Romanoff confronts the darker parts of her ledger when a dangerous conspiracy with ties to her past arises.

Wed 10/20 Dream Horse* (PG) The film tells the inspiring true story of Dream Alliance, an unlikely race horse bred by small town bartender, Jan Vokes. With very little money and no experience, Jan convinces her neighbors to chip in their meager earnings to help raise Dream and compete with the racing elites. Their investment pays off as Dream rises through the ranks and becomes a beacon of hope in their struggling community.

Wed 10/27 No Movie Today - Sorry

OCTOBER SCHEDULE OF EVENTS

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
9:00 Pool Shooting	8:45 Mens Exercise	8:45 Mens Exercise	8:45 Mens Exercise	8:45 Cardio Drum
9:00 Medit. & Yoga	9:00 Pool Shooting	9:00 Pool Shooting	9:00 Pool Shooting	9:00 Pool Shooting
9:00 Ladies Exercise	9:00 Shuffleboard	9:00 55+ Beginner Pickleball <i>In gymnasium</i>	9:30 Dominoes	9:00 Ladies Exercise
10:00 Age Mastery <i>Sept. 27th - December 6th</i>	10:00 Beg Watercolor	9:00 Ladies Exercise	10:00 Interm. Tap	10:00 Disco Zumba
10:30 Wii Bowling	10:30 Int Line Dance	9:30 Hand & Foot	10:30 Club 99	10:00 Matter of Balance <i>Sept. 17th – November 5th</i>
10:30 Learn to Play 55+ Pickleball 10/4 & 10/25 <i>w/an instructor</i>	10:30 Club 99	11:15 Beg. Tai Chi	10:30 Beginner 55+ Pickleball	10:00 Euchre
NOON LUNCH	10:30 55+ Pickleball <i>*no pickleball 10/26*</i>	11:30 Yoga	NOON LUNCH	10:30 55+ Pickleball
12:30 Bridge	NOON LUNCH	NOON LUNCH	12:45 Mah Jong	10:30 Art w/ Friends
12:45 Arthritis Tai Chi	12:00 Tap for Fun	12:45 Learn to Ballroom Dance	1:00 Adv. Tai Chi	NOON LUNCH
1:00 Mind Aerobics	1:00 Bingo	1:00 Movie		12:45 MahJong
1:30 55+ Pickleball	1:00 Int Watercolor	1:00 Wed. Bridge		12:45 Arthritis TaiChi
	1:00 Corn Hole	1:30 55+ Pickleball		1:00 Pinochle
	1:15 Stretch Strength Barre			1:30 55+ Pickleball
	<u>Evening Class</u> 5:15 Disco Zumba	<u>Evening Class</u> 6:15 55+ Pickleball	<u>Evening Class</u> 6:30 Cardio Drum	

OCTOBER SPECIAL EVENTS CALENDAR

Fridays 10/1 & 10/8 at 10:30 am Crocheting Snowflakes Craft

Mon., 10/4 at 12:45 pm Documentary: The Minimalist

Thur., 10/7 at 5:00 pm Harvest Fest Dinner

Thurs., 10/7 at 10:00 am Medicare 101

Fri., 10/8 at 10:00 am Fifteen Ways to Avoid Probate

Mon. 10/11 Senior Center Closed — Columbus Day

Tue. 10/12 at 10:30 am Book Group
The Memory Keeper's Daughter

Wed., 10/13 at 1:00 pm Internet Safety - Staying Safe

Thur., 10/14 Wegmans Flu Shot Clinic *appt required*

Thurs., 10/14 at 12:45pm Computer Literacy

Fri., 10/15 at 12:30 pm Emergency Action Plan for your
Safety & Security
with OP Police Captain Fitzgerald

Mon., 10/18 1:00 - 2:00 pm October Birthday Bag

Wed., 10/20 at 10:00 am Internet Fraud Targeting Seniors

Thur., 10/21 at 12:45 pm America Says

Fri., 10/22 at 10:00 am 14 Ways to Preserve Your
Assets with the Medicaid Laws

Tues., 10/26 at 10:45am Falls Prevention Seminar

Wed., 10/27 at Noon Erie County Picnic

Wed., 10/27 1:30-3pm Health Insurance Fair

Fri., 10/29 at Noon Halloween Luncheon

UNIVERSITY EXPRESS CLASSES

SEE PAGE 5 & 6
FOR DATES & TIMES

Open Walking in Gym:

Monday - Friday
9:00 am - 10:00 am
11:30 am - 2:30 pm

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.

October Session 4 weeks 10/5 - 10/28 Cost \$24.00
November Session 4 weeks 11/2 - 11/30 Cost \$22.00
no class 11/11 & 11/25

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.

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.

Oct./Nov. 6 weeks 10/7 - 11/18 Cost \$35.00
no class 11/11 & 11/25

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)

Both Wednesday & Thursday classes are filled - Sorry

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

Tai Chi for Arthritis Fridays Only 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.
This class will be a pre-recorded class shown on the TV.

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.

Oct./Nov. Session 5 weeks 10/14 - 11/18 Cost \$20.00
no class 11/11 & 11/25

Cardio Drumming Fridays at 8:45 am

Oct./Nov. Session 6 weeks 10/8 - 11/19 Cost \$24.00
no class 10/15 & 11/26

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.

Oct./Nov. Session 7 weeks 10/6 - 11/17 Cost \$28.00
no class 11/24

Disco Zumba 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. Instructor, Marilyn Ciavarella
Oct./Nov. Session 7 weeks 10/8 - 11/19 Cost \$28.00
no class 11/26

Zumba Disco EVENING CLASS Tuesdays at 5:15 pm

Oct./Nov. Session 7 weeks 10/12 - 11/30 Cost \$28.00
no class 11/23

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.

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.

ADDITIONAL WEEKLY SCHEDULED EVENTS**Inter. Line Dance Tuesdays at 10:30 am**

Cost is \$3.00 per class.

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.

CornHole Tuesdays at 1:00 pm**Shuffleboard Tuesdays at 9:00 am****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.

Open Walking in the Gymnasium

Monday - Friday 9:00 am - 10:00 am

Monday - Friday 11:30 am - 2:30 pm

Book Group

Tuesday, October 12th at 10:30 am
The Memory Keeper's Daughter
by Kim Edwards



*Tells the story of a man who gives away
 his newborn daughter, who has Down syndrome,
 to one of the nurses.*

Monday, November 15th Book Group
 Lone Survivor: The Eyewitness Account of Operation
 Redwing and the Lost Heroes of SEAL Team 10
 by Marcus Luttrell

Documentary Film & Discussion:
Mondays at 12:45 pm

Join Theresa Wiater who will lead a discussion after viewing the film. Episodes are approximately 45 minutes in length followed by a discussion.

Oct. 4th The Minimalist - Less is Now: They've built a movement out of minimalism. Longtime friends share how our lives can be better with less.

Nov. 8th Inside Bill's Brain – part 2: The connections that shaped Bill's life come into focus, including a childhood friendship and his unique bond with Microsoft co-founder Paul Allen.

Nov. 15th Dirty Money - Wagon Wheel: Wells Fargo was long seen as the "golden child" of banking. Former employees detail the ruthless and fraudulent practices that fueled its growth.

FITNESS ROOM**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

**PICKLEBALL**

All members must register prior to the day with the senior center office to attend - no walk ins.
Cost per session \$4.00, please pay at desk and bring exact payment.



Learn to Play Pickleball
Monday, October 4th & 25th
10:30 - 12:30 pm

Our instructor, Carl will teach you the rules of the game and the 5 fundamentals of pickleball. Space is limited. Cost is \$4.00.

Pickleball 55+ (Open & Beginner)
 See page 7 for days and times

Evening 55+ Pickleball
Wednesdays 6:15 - 8:00 pm

Please check the monthly calendar as class days and times may change

ART CLASSES

Material lists available in the office.



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.

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**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

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

**Drive-Thru Thanksgiving Dinner
Tuesday, November 23rd**

Drive up and pick up your meal in front of the center between 1:00 – 1:30 pm



MENU

Slow cooked turkey breast, homemade stuffing, homemade mashed potatoes, gravy, cranberry sauce and vegetable

Meals will be frozen with reheating directions.

\$8.00 Per Meal. All meals must be pre-paid in the O.P. senior center office by Friday, November 12th at noon.

New Year Party

***at Salvatore's Italian Garden
Wednesday, December 29th***

Don't miss the event of the season!

Share the afternoon with friends and celebrate the New Year. For your listening pleasure, music will be provided by the Hastings Duo. Complimentary hors D'oeuvres & punch served from 12:00 - 1:00 pm.

Entrée Choices: Prime Rib, Poached Salmon or Chicken Française. Meal includes twice baked potatoe, roasted vegetables, salad, rolls/butter, coffee & tea, and dessert.

Cost for this event is \$40.00

Register with payment in the senior center



**Afternoon Dance with Two of a Kind
Tuesday, November 30th at
2:00 - 4:00 pm**



Join us for an afternoon of entertainment, dancing, and socializing with Two of a Kind . Pizza and beverages will be available for purchase at the concession stand.

Cost for this event is \$4.00

Orchard Park Senior Center

4520 California Road

Orchard Park, NY 14127
