

# Orchard Park Senior Center 4520 California Road Orchard Park, NY 14127



**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

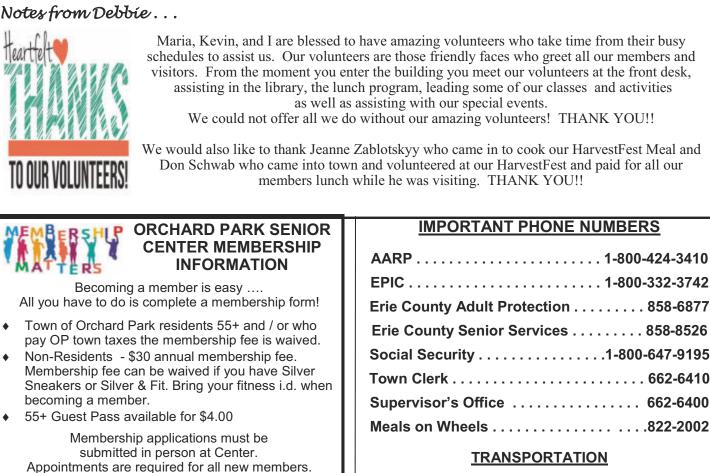
Program Coordinator Maria Galley

> Kitchen Manager Kevin Kornowicz

**NOVEMBER 2021** 



On Veterans Day we honor all, Who answered to a service call. Soldiers young, and soldiers old, Fought for freedom, brave and bold. Some have lived, while others died, And all of them deserve our pride. We're proud of all the soldiers who, Kept thinking of red, white, and blue. They fought for us and all our rights, They fought through many days and nights. And though we may not know each name, We thank ALL veterans just the same.



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!



EPIC	332-3742
rie County Adult Protection	858-6877
Erie County Senior Services	858-8526
Social Security	647-9195
own Clerk	662-6410
Supervisor's Office	662-6400
leals on Wheels	822-2002

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

#### **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.



WE ARE CURRENTLY LOOKING FOR AN ADDITIONAL YOGA INSTRUCTOR AND **INSTRUCTORS TO TEACH** SILVER SNEAKERS CLASSES.

If you know of anyone certified to teach, please have them contact Debbie at 662-6452.

#### Learn to Play Mah Jong Wednesday, November 3rd 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.

#### Health Insurance Information & Counseling Assistance Program (HIICAP) Presentation Thursday, November 4th at 12:45 pm

Are you confused on which health insurance option to choose? Randy a HIICAP volunteer will be here with an unbiased independent consultation to discuss Medicare advance plans vs. original Medicare. Register at the front desk to attend this informative meeting.

#### 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.

#### Veterans Day Entertainment & Presentation Wednesday, November 10th 10:30 - 11:30 Patriotic Music by Skidoo 11:30 Veterans Day Presentation

Today, we honor those who have served our country. 21 Skidoo will be performing patriotic music prior to our Veterans Day presentation at 11:30 am. If you are interested in staying for lunch please register for lunch by contacting the Center at 662-6452 (option #3) to register for lunch.

#### November Birthday Bag Monday,November 8th between 1:00 - 2:00 pm

<u>THANK YOU</u> Univera for sponsoring this event. If it is your birthday month register with the office to receive a birthday bag as supplies are limited.



Veterans Day - Senior Center Closed Thursday, November 11th

#### Health Insurance Fair Monday, November 15th 1:30 - 3:00 pm

EPIC (Elderly Pharmaceutical Insurance Coverage), Univera, BlueCross/Blue Shield, Aetna, Univera, and HIICAP (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. Meet one on one with a Health Insurance Information & Counseling Assistance Program Volunteer (HIICAP) Thursday, November 18th 9:30-11:30 am Are you confused on which health insurance option to choose? Randy, a HIICAP volunteer will offer one on one meetings. You will receive unbiased information and assistance regarding: Medicare advantage plans vs. original medicare, Supplemental policies, Long-term Care insurance, and Assistance with filing claims and referrals to other professionals. Contact the senior center to make an appointment to meet with Randy. Space is limited.

#### 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. Register at the front desk.



Thanksgiving Dinner Drive-Thru by 716 Fresh 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.

#### Thanksgiving - Senior Center Closed Thursday, November 25th & Friday November 26th



#### Tree Decorating / Cookie Decorate Monday, November 29th at 10:00am

Do you enjoy trimming the tree, singing Christmas songs and decorating cookies? Join us to kick off the holiday season! Together we will decorate the three trees, the dining room and share in the holiday cheer. Register at the front desk.

#### Holiday Door Decorating Contest Tuesday, November 30<sup>th</sup>

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.



#### Afternoon Dance with Two of a Kind Tuesday, November 30th 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 \$4.00. Register and pay in the office.

#### LOOKING AHEAD TO DECEMBER

Gingerbread House Contest Wednesday, December 1st at 1pm

We will supply supplies as teams of two compete in a creating and decorating a ginger bread house. Don't worry if you don't have a partner we can find you one. Houses will be on display in the foyer for all to judge. Register at the front desk to participate.

#### Westminster Bell Ringers Thursday, December 2nd at 5:15pm



The Westminster Bell Ringers Handbell Choir who previously performed at a BPO coffee concert will be at the senior center. They provide beautiful music by playing Whitechapel bells and hand chimes. Light refreshments will be served. Cost is \$3.00. Register and pay in the office.

#### Ugly Sweater Contest & Christmas Karaoke Monday, December 6th at 10:30pm

Tis the time of year to enjoy the company of others, great Christmas music and.... an ugly sweater. What's not to love about an ugly Christmas sweater? Today wear your sweater proudly sing with your friends and enjoy light refreshments. Prizes awarded to the "Ugliest Christmas Sweater", however, you're welcome in your warmest sweater or favorite holiday sweater too! Register at the front desk to attend.

#### Holiday Ornament Exchange Wedesday, December 8th at 10am

The holiday season is upon us and its time to gather up our friends and celebrate this wonderful time of year! For this event, everyone brings one, beautifully wrapped ornament to the party within a \$8-10 budget. Once everyone arrives, we will begin the game to see the ornament you will go home with. Register at the front desk to attend and remember to bring your wrapped ornament on the 8th.

#### Make Your Own Peppermint Bark Friday, December 10th at 2:00 pm

Chocolate peppermint bark is a holiday favorite and so easy to make! Join Maria to make your own delicious treat. Cost is \$4.00 Space is limited to 12. Register and pay in the office. Bring your own container to take your delicious treat home.

#### Christmas Bingo Bash Tuesday, December 14th at 1:00pm

Enjoy a good game of Christmas Bingo! Light refreshment served with additional prizes. Cost is \$2.00 which includes your first board (additional boards can be purchased for \$1). Register and pay in the office by Friday, Dec. 10th.

#### UNIVERSITY EXPRESS CLASSES REGISTER AT THE FRONT DESK TO ATTEND

**Swinging in the 21st Century Tue., Nov. 2<sup>nd</sup> 1:30 pm** We'll relive the good old days of big bands and famous clubs throughout this city. Prepare to be transported! Instructor: George Scott, Former President, Colored Musicians Club; Chairman, Michigan Street African American Heritage Corridor Commission

#### Diversity in WNY Thur., Nov. 4<sup>th</sup> 1:30 pm

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

#### History of N. Tonawanda Amusement Fri., Nov. 5<sup>th</sup> 1:30 pm

Join the Herschell Carrousel Factory Museum for a brief history of the four North Tonawanda Amusement Companies, their products, and the legacy they left behind. Also included is the relationship between the Wurlitzer Company and the four amusement companies. The class concludes with how the museum preserves North Tonawanda's amusement history today. Instructor: Herschell Carrousel Factory Museum

#### Crypto Currency: What's The Latest? Mon., Nov. 8<sup>th</sup> at 1:30 pm

Bitcoin has been around since 2017 and new crypto currencies are popping up. Companies are starting to launch new currencies and apps for us to use instead of paper or plastic. Is there a chance banks could go by the wayside? Instructor: Adam Goldfarb, ChFC, Financial Advisor, RJFS; chief sustainability officer, Goldfarb Financial Team

#### Should I Turn Things Over? Joint Accounts, Life Estates, Powers of Attorney Tues., Nov. 9<sup>th</sup> at 1:30 pm We'll relive the good old days of big bands and famous clubs throughout this city. Prepare to be transported! Instructor: Valerie Stanek, Esq., CFP, attorney at law; certified financial planner

#### Kabuki: Japan's Extraordinary Theater Fri., Nov. 12<sup>th</sup> at 10:30 am

Contemporary with the expansion of cities in Japan's Edo Period (1600-1868), a rambunctious drama form arose to entertain the urban masses. Colorful, realistic, and bawdy, kabuki debunks the subtlety commonly associated with the arts of Japan. Men portray women's roles, actors change garments onstage, heads roll in swordplay, and audiences swoon before their favorite stars. Kabuki is still world-class theater today. Instructor: Thomas W. Burkman, PhD, Research Professor of Asian Studies, Emeritus, University at Buffalo

#### UNIVERSITY EXPRESS CLASSES

#### REGISTER AT THE FRONT DESK TO ATTEND (MASKS & SOCIAL DISTANCING REQUIRED TO ATTEND THESE CLASSES)

#### Activities to Maintain Independence

**Fri., Nov. 12<sup>th</sup>** at 1:30 pm Let's change our way of thinking about growing older! We'll talk about exercises and activities you can do at home to help maintain your independence. Instructor: Jill Bronsky, Owner, Forward Fitness Inc.; Author

#### America & China: What's on the Horizon? Tue., Nov. 16<sup>th</sup> at 1:30 pm

Are we friends or foes? What are both powers thinking about the relationship? How can they both shape this world and make it better for everyone? 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. 19<sup>th</sup> at 10:30 am Urban Renewal was a set of policies designed to clear o

Urban Renewal was a set of policies designed to clear out blighted areas. The phrase is typically used to refer to a series of programs used by cities in the middle of the 20th century to address urban decay in cities. Learn how Buffalo's neighborhoods around Downtown were shaped by these urban renewal policies. Instructor: Angela M. Keppel, AICP, project planner, Buffalo Place

Violence Behind the Battle for Women's Suffrage: A Rarely Told Story Fri., Nov. 19<sup>th</sup> at 1:30 pm Since our country's inception the right to vote has been a contested issue. At first only white male property owners had the option of suffrage. It has been and still is a debated right for African Americans. Many demonstrated, were beaten and even died trying to vote. It may not be so well known that during the long struggle for women's suffrage many women were also beaten, tortured and died for that right. Because it happened so long ago, the 19th Amendment was ratified in 1920, we often take it for granted. This presentation will give an overview of the lobbying for suffrage in the 1900's. Under the leadership of Alice Paul and the National Women's Party a fierce

campaign of civil disobedience pushed for the vote. Many demonstrators were tortured in a Virginia prison not far from D.C. The sacrifices of these women should encourage us all to value our precious right to vote. Instructor: Linda Drajem, PhD, retired English teacher and current memoirist

#### Erie County's Top 10 Events! Mon., Nov. 22<sup>nd</sup> at 1:30 pm

What's the most important event in our local history? Was it the completion of the Erie Canal? The Underground Railroad? The Pan-American Exposition? Erie County's history spans over 200 years and includes major military conflicts, significant inventions, three presidents and an assassination! Erie County historian Douglas Kohler has put together his list, but he's always open to discussion about what the key events are that shaped Erie County. Instructor: Doug Kohler, Erie County Historian

#### Astronomical Twilight Zone Mon., Nov. 29<sup>th</sup> at 1:30 pm

Imagine a universe where you are not the main attraction; one where your very existence is as imperceptible to the universe as the universe is invisible to you. This, some would call, is an unnecessarily dramatic but accurate description of today's leading model of the universe. In this course we will discuss the ideas of those invisible things filling our universe -- dark energy and dark matter -- and the arguments which require their existence. Join us as we cross over into the Astronomical Twilight Zone. Instructor: Rance Solomon, PhD Candidate, Department of Physics, University at Buffalo, SUNY

**Living with Anxiety Tues., Nov. 30<sup>th</sup> at 1:30 pm** We'll discuss the types of anxiety, how anxiety may impact us, and ways to cope. Instructor: Mark O'Brien, LCSW-R, Commissioner, Erie County Department of Mental Health

**Mammal Identification** Fri., Dec. 3<sup>rd</sup> at 10:30 am Predator or Prey? Herbivore, carnivore or omnivore? Binocular or Monocular vision? Learn what defines mammals and how to determine what kind of eater they are, what kind of vision they have and how Instructor: Theresa Wiater

**Being Social on Social Media** Fri., Dec. 3<sup>rd</sup> at 1:30 pm Are you looking to learn more about social media platforms like Twitter, Instagram, Facebook, and Tik Tok? Join us for a lesson on what they are used for, how they work, and how you can join. This course will teach you how to stay connected on social media without getting lost in the noise. Instructor: Cassandra Kubiak, M.S., Director of Enrollment Marketing, Niagara University

#### **Getting Involved in Community Climate Action Planning Tue., Dec.** 7<sup>th</sup> at 1:30 pm Climate change is a serious threat to Erie County.

Changes in our climate are already bringing heavier rains, flooding, hotter temperatures, more insects and new diseases to our area which impacts our homes, our health, our jobs, and our beautiful region.

To face these threats, Erie County is developing an equity -centered Community Climate Action Plan and is seeking your input to ensure that the Plan addresses impacts that affect your neighborhood, your backyard and your family. Learn about the County's new climate initiative, and how you can play an active role in the development of the Plan. Climate change affects everyone differently. Even if you only have one minute, you can help make a difference. Instructors: Tracy Skalski, Sustainability Coordinator; Josh Wilson, Pollution Prevention Coordinator, Erie County Department of Environment and Planning

#### Stay Fit Dining Program in Senior Center

Lunch is served at noon Monday through Friday. The <u>suggested</u> contribution is \$3.00.

You must register for lunch by calling Kevin at 662-6452 (option #3), or email kornowiczk@orchardparkny.org by Tuesday 10:00 am for the upcoming week.

Mon 11/1 Cheese Omelet w/Peppers, Onions, Tomatoes Cheese Sauce, Tater Tots, Raisin Bread, Fruit Compote Tue 11/2 Boneless Chicken Breast w/Gravy,Mashed Sweet Potatoes, Peas, Roll, Cinn. Pear Crisp Wed 11/3 Baked Rigatoni w/Italian Sausage w/Sauce Broccoli, Chef Salad, Dinner Roll, Peach Bavarian Thu 11/4 Bean & Ham Soup w/Cornbread, Carrots Chef Salad, Pineapple & MandarinOranges Fri 11/5 Teriyaki Seasoned Beef Strips, Rice, Oriental Mixed Vegetables, Juice, Apple, Chocolate Milk

Mon 11/8 Ancho Chicken Fajita Skillet with Peppers, Onions, & Salsa, Spanish Rice, Corn, Flour Tortilla Orange

Tue 11/9 Stuffed Shells w/Meat Sauce. Seasoned Spinach & Mushrooms, Cauliflower, Italian Bread Shortbread Cookies

Wed 11/10 Breaded Bone-in Pork Chop, Gravy, Scalloped Potatoes, Peas with Red Pepper, Chef Salad Dinner Roll, Cherry Pie with Whipped Topping **Thu 11/11 Center Closed — Veterans Day** Fri 11/12 Roast Beef, Gravy, Roll, Mashed Potatoes Mixed Vegetables, Strawberry Gelatin, Chocolate Milk

Mon 11/15 Ham Steak, Pineapple Topping, Sweet Potatoes, Creamy Dill Cabbage, Roll, Cookies Tue 11/16 Beef Stew, Brussels Sprouts, Biscuit, Cinnamon Applesauce, Chocolate Milk Wed 11/17 Cheese Tortellini w/Chicken, Roasted Red Pepper Sauce, Carrots, Italian Vegetables, Italian Bread Grapes

Thu 11/18 Chicken Caesar Salad, Wheat Bread, Strawberry Bavarian

Fri 11/19 Stuffed Pepper w/Meat Sauce, Mashed Potatoes, Broccoli, Dinner Roll, Fruit Compote

Mon 11/22 Polynesian Chicken, Rice, Calif. Blend Vegetables, Zucchini & Summer Squash Chocolate Cake with Chocolate Frosting Tue 11/23 Turkey, Stuffing, Gravy, Mashed Potatoes, Green Bean Casserole, Roll, Molded Cranberry Salad Pumpkin Pie withWhipped Topping Wed 11/24 Sloppy Joe, Wheat Bun, Cheesy Diced Potatoes, Sliced Carrots, Banana, Chocolate Milk **Thu 11/24 & Fri 11/25 Center Closed Thanksgiving** 

Mon 11/29 Rotini & Meatballs w/Sauce, Cauliflower Spinach, Fruit Cocktail

Tue 11/30 Breaded Chicken Breast w/Bflo Sauce, Bun Fiesta Corn, Broccoli, Tapioca Pudding with Diced Peaches

If you are unable to keep your reservation, please call the Center <u>as early as possible</u> Thank You!

Medicare Advantage Plans Meet one on one with insurance representatives

> Univera Healthcare Monday, November 8th 10:00 am - Noon

Blue Cross / Blue ShieldTuesday, November 2nd5:00 PM to 7:00 PM

<u>Aetna</u> Wednesday, November 10th 10:00 - Noon

United HealthcareFriday, November 12th1:30 - 3:00 pm

HIICAP (Health Ins. Info. & Counseling Assistance)

Wednesday, November 3rd 12:45 presentation Thursday, November 18th meet one on one (*appt. req 'd*)

#### 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 11/3 Wild Oats (PG-13)Everything changes for Eva when she receives a life insurance check accidentally made out for five million dollars instead of the expected fifty thousand dollars. She and her best friend take the money and head out for the adventure of a lifetime.

Wed 11/10 Respect\* (PG-13) Following the rise of Aretha Franklin's career from a young child singing in her father's church's choir to her international superstardom, "Respect" is the remarkable true story of the music icon's journey to find her voice and become the Queen of Soul.

Wed 11/17 Worth (PG-13) An attorney learns a lesson in empathy when he is faced with the near-impossible task of determining how to compensate families who suffered incalculable losses as a result of the September 11th attacks in 2001. Based on true events.

Wed 11/24 The Terminal (PG-13) An Eastern European tourist unexpectedly finds himself stranded in JFK airport, and must take up temporary residence there.

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 In gymnasium	9:30 Dominoes	9:00 Ladies Exercise
9:30 55+ Pickleball In gymnasium	10:00 Beg Watercolor	9:00 Ladies Exercise	10:30 Club 99	10:00 Disco Zumba
<b>10:00 Age Mastery</b> Sept. 27th - December 6th	10:30 Int Line Dance	9:30 Hand & Foot	10:30 Beginner 55+ Pickleball	10:00 Euchre
10:30 Wii Bowling	10:30 Club 99 10:30 55+ Pickleball	11:15 Beg. Tai Chi	11:00 Intro To Strength	10:30 55+ Pickleball 10:30Art w/ Friends
10:30 Learn to Play 55+ Pickleball	NOON LUNCH	11:30 Yoga	NOON LUNCH	NOON LUNCH
w/an instructor	12:00 Tap for Fun	NOON LUNCH 12:30 Intro To Strength	12:45 Mah Jong 1:00 Adv. Tai Chi	12:45 MahJong
12:30 Bridge	1:00 Bingo	1:00 Movie	1.00 Auv. 1ai Chi	1:00 Pinochle
1:00 Mind Aerobics	1:00 Int Watercolor	1:00 Wed. Bridge		1:30 55+ Pickleball
1:30 55+ Pickleball	1:00 Corn Hole	1:30 55+ Pickleball		
	1:15 Stretch Strength Barre			
	<u>Evening Class</u> 5:15 Disco Zumba	<u>Evening Class</u> 6:15 55+ Pickleball		

#### **NOVEMBER SPECIAL EVENTS CALENDAR**

Wed. 11/3 at 12:30 Learn to Play MahJong

Thu. 11/4 at 12:45 pm Health Insurance Information & Counseling Assistance Program (HIICAP)

Fri. 11/5 & 12th 12:30pm Journal Making Class

Mon 11/8 12:45 pm Documentary Inside Bill's Brain

Mon. 11/8 1:00 - 2:00 pm Univera Nov. Birthday Bag

Wed. 11/10 10:30 am Veterans Day Entertainment & Presentation at 11:30 am

Veterans Day Nov. 11th - Senior Center Closed

Mon. 11/15 10:30 am Book Group Lone Survivor

Mon 11/15 12:45 pm Documentary Dirty Money

Mon. 11/15 1:30 - 3:00 pm Health Insurance Fair

Tue. 11/16 at 3 pmExchange Students from Germany,<br/>Pakistan & Palestine

Thu. 11/18 appt. req'dOne on One w/HIICAP Volunteer

Thu/ 11/18 1:00 - 3:00 pm Afternoon Board Games

**Tue. 11/23** Thanksgiving Dinner Drive-Thru by 716 Fresh Meal Pick Up between 1—1:30 pm \*\**All meals must be pre-paid in the OP senior center office by Friday, November 12th at noon* 

Thanksgiving Nov. 25th & 26th - Senior Center Closed

Tue. 11/30 Holiday Door Decorating Contest

Tue. 11/30 2:00 - 4:00 pm Afternoon Dance–Two of a Kind

Mon. 11/29 10:00 am Tree Decorating / Cookie Decorate

#### 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 2pm. Open Walking <u>in Gym</u>:

Monday - Friday

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

### **CLASSES**

Pre-registration with payment 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

#### Men's <u>Fitness</u> 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. November Session 4 weeks 11/2 - 11/30 Cost \$22.00 \*\*no class 11/11 & 11/25\*\*

December Session 4 weeks 12/1 - 12/22 Cost \$20.00

Tap <u>Dance for Fun</u> **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 Drop In \$5 class: 12/7 & 12/14

#### 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). November Session 5 weeks 11/1 - 11/29 Cost \$20.00 Drop In \$5 class: 12/6 & 12/13

#### 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 11/10 - 12/8 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

To avoid conflict with class size, maximum capacity, and attendance we will no longer allow members to register on the start date of a class.

CLASSES ARE SET UP BY SESSIONS AND ALL MEMBERS MUST REGISTER WITH PAYMENT BEFORE THE START DATE OF THE CLASS EITHER IN PERSON WITH DEBBIE OR MARIA OR BY MAIL. THANK YOU!

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\*\* Drop In \$5 class: 12/2, 12/9, 12/16

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\*\* Drop In \$5 class: 12/3 & 12/10

#### Wednesdays at 11:30 am Yoga

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\*\* Drop In \$5 class: 12/1, 12/8 & 12/15

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\*\* Drop In \$5 class: 12/3 & 12/10

Tuesdays at 5:15 pm Zumba Disco EVENING CLASS Oct./Nov. Session 7 weeks 10/12 - 11/30 Cost \$28.00 \*\*no class 11/23\*\* Drop In \$5 class: 12/7 & 12/14

#### 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 Drop In \$5 class: 12/7 & 12/14

them contact Debbie at 662-6452.



WE ARE CURRENTLY LOOKING FOR AN ADDITIONAL YOGA **INSTRUCTOR AND** INSTRUCTORS TO TEACH SILVER SNEAKERS CLASSES. If you know of anyone certified to teach, please have

#### ADDITIONAL WEEKLY SCHEDULED EVENTS

Tuesdays at 10:30 am Inter. Line Dance Cost is \$3.00 per class.

Tuesdays & Thursday at 10:30 am Club 99 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

Mon, Wed. & Fri. at 9:00 am Ladies Exercise This program uses stretching, aerobic and floor exercises tailored specifically for the needs of those 60+ vears. 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

Monday, November 15th at 10:30 am Lone Survivor by Marcus Luttrell The Eyewitness Account of Operation



Redwing and the Lost Heroes of SEAL Team 10 Follow along a Navy SEAL's firsthand account of American heroism during a secret military operation in Afghanistan in this true story of survival and difficult choices.

#### **Book Group and Meet the Author** Monday, Dec. 13th at 10:30 am

Young Love: An Adoptees Memoir by Bonnie Parson Young Love describes the author's lifelong, innate curiosity about her adoption. This memoir will inform and inspire adoptees who are searching. Following the presentation, Bonnie will invite questions and she will also have an autographed book for participants.

#### **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.

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.

#### Dec. 6th at 12:45 - Dirty Money - Dirty Gold

Dec. 13th at 12:45 – Dirty Money - Point Comfort

#### **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 sign up in person at the front desk prior to the day of play to attend. No more phone calls, emails or completing registration forms to register. Cost per session \$4.00, please pay at desk and bring exact payment.



Learn to Play Pickleball w/Instructor Mondays in November 10:30 - 12:30 pm Our instructor, Carl will teach you the rules of the game and the 5 fundamentals of pickleball.

Pickleball 55+ (Open & Beginner) \*no instructor\* See page 7 for days and times

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

\*See page 7 for dates and time and check the monthly

ART CLASSES



Material lists available in the office.

Beginner Watercolor Part 2 - Instructor Dan Meyer Tuesdays at 10:00 am - Noon

7 Week Session 11/2 - 12/14 Cost \$35.00

Intermediate Watercolor - Instructor Dan Meyer Tuesdays at 1:00 pm – 3:00 pm 7 Week Session 11/2 - 12/14 Cost \$35.00

\*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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# Turning 65 or Retiring? **Do you have Medicare questions?** We have answers.

# Michele Hrichan 716-572-8315

Medicare Sales Advisor michele.hrichan@univerahealthcare.com

# Amy Pritchard 716-860-9015

Medicare Sales Advisor amy.pritchard@univerahealthcare.com UniveraMedicare.com/AmyPritchard



Univera Healthcare is an HMO plan with a Medicare contract. Enrollment in Univera Healthcare depends on contract renewal. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-659-1986 (TTY: 1-800-421-1220). 注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-800-659-1986 (TTY: 1-800-421-1220).

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#### HOLIDAY FOOD DRIVE November 8th to December 14th

Please help us by donating non-perishable food items to help benefit those in need. All donations will be donated to local food pantries.

#### Germany, Pakistan & Palestine November 16<sup>th</sup> at 3:00 pm

Exchange students from Germany, Pakistan, and Palestine will be here to give a presentation about their traditions, food, geography, and clothing. After the presentations students will take time for a question and answer period. Please register at the front desk to attend.

#### 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 Meals will be frozen with reheating directions. **\$8.00 Per Meal**. All meals must be pre-paid in the OP senior center office by Friday, November 12th at noon. See pg. 3 for additional details.



#### New Year Party at Salvatore's Italian Garden Wednesday, December 29th Noon - 4:00 pm

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.

In addition to the complimentary hors d'oeurvres & punch served from 12:00 - 1:00 pm we will have a photo booth. The photo booth will allow you and your friends to create poses and include props to capture the moment and have fun.

<u>Entrée Choices</u>: 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 and pay in the senior center office.

# **Orchard Park Senior Center**

4520 California Road Orchard Park, NY 14127