



# Orchard Park Senior Center

4520 California Road  
Orchard Park, NY 14127



**SEPTEMBER 2022**

## PHONE

716-662-6452

## EMAIL

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

## CENTER HOURS

8:30 a.m. – 4:00 p.m.

### Director

Maria Galley

### Assistant Director

Linda Rankin

### Kitchen Manager

Kevin Kornowicz

### Receptionist

Bob  
Bonnie  
Maggie

### Town Supervisor

Eugene Majchrzak

### Council Members

Conor Flynn  
Joseph Liberti  
Julia Mombrea  
Scott Honer



## September Picnic

Wednesday, September 14th  
from 9:30am-1:30pm

Enjoy the day with friends at Chestnut Ridge Park  
(Martin Lodge).

**716 FRESH** will be catering this event. Lunch will  
consist of a grilled chicken breast, mashed potatoes, mixed  
vegetable, dinner roll, and dessert.

The day includes entertainment by The Hastings Duo,  
prizes and outdoor games.

**Cost for this event is \$13.00.**

*Spots are limited.*

*Payment is due when registering.*

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

**The Orchard Park Senior Center Is CLOSED on  
September 14th**  
for our Annual Picnic at Chestnut Ridge Park.

## Notes from Maria .....

Hello, can you believe it's September? Where has the summer gone? Labor Day is September 5th, kids are back in school September 6th, Autumn begins September 22nd, and Grandparents Day is September 11th. President Jimmy Carter in 1978 signed a federal proclamation declaring the first Sunday after Labor Day as National Grandparents Day. In 2021 according to the US Census Bureau, 6.1 million grandparents had grandchildren under the age of 18 living with them. In the same year 2.7 million grandparents were responsible for the basic needs of one or more grandchildren under age 18 living with them. Grandparents definitely impact grandchildren's lives, and should seize every opportunity to interact with them, (especially at an early age) and have a positive influence. Sharing your stories of growing up without cell phone, computers or electronic devices gives these kids a sense of curiosity of days gone by. If you're not a grandparent, I'm sure you have wonderful memories of your grandparents and how they impacted your life. **Happy Grandparents Day to all!**

Just like the kids going back to school the Senior Center can be a great place for learning and social engagements. We work hard to bring you great seminars, classes and social events too! We have some great University Express presentations in the Fall and hope you participate in all the health and wellness activities we offer. Staying active and involved helps you age well and definitely gives you a good reason to get up and move every day.



### 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 the Center.

Appointments are required for all new members.

**Please contact the senior center  
662-6452 ext 1 to schedule a tour.**

### CLASS / ACTIVITY REGISTRATION FORM

Class/Activity Registration forms can be found at the front desk. This form will allow the member the convenience of dropping off their form at the center to register for classes or mail the form to the Senior Center.

Registration is on a first come, first serve basis.

**You must be a member of the  
Orchard Park Senior Center to register.**

- ♦ **Register via Walk-In:** Bring your completed registration form along with **EXACT** payment (cash or check) and drop off at the front desk.
- ♦ **Register by Mail:** A separate form must be filled out for EACH person. Make checks payable to "Town of Orchard Park". Mark envelope **CLASS REGISTRATION**. Include a self-addressed stamped envelope for class confirmation and receipt if desired.

**Do not use this form to register for pickleball. Use the pickleball registration book at the front desk.**

### 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

### Volunteers Needed!!!!

Volunteering is an opportunity to meet new people and the satisfaction of knowing you are needed. Volunteers are very important to the senior center and the activities we offer. The Orchard Park Senior Center has a need for volunteers for various activities ranging from special events to daily front desk greeters.



Please see all available Volunteer Opportunities on the bulletin board located next to Room 106.



**Rust Belt Bar & Grill**  
 3720 Lakeshore Road., Blasdell, NY  
 716-825-7000  
 Thursday, October 6, 2022 @ 5pm

**Menu Choices- \$32.00 includes tax and tip**

1. San Marzino Salmon served with Vegetable Rice
  2. Chicken Francais—coated in Parmesan Egg Batter, Pan Fried w/ Lemon Butter Sauce, Veg. and Baked Potato
  3. Apple Pork Chops topped w/ Brandy Sauce, Walnuts & Gorgonzola served with Vegetables and Baked Potato
  4. NY Strip 10oz served w/ Veg, Baked Potato
- ALL Dinners served with Salad, Coffee/Tea, Roll & Butter.  
 Dessert—Pistachio Cake w/ Ice Cream

**Reservations due by SEPT. 24th w/ Dinner choice  
 To AMY SANFILIPPO - 716-627-7772**



**PRE-REGISTRATION IS REQUIRED IN  
ADVANCE FOR ALL  
CLASSES AND ACTIVITIES.**

## **Brain Health Series**

### **Know the 10 Warning Signs of Alzheimer's Thursday, September 1st at 12:45pm**

This educational program will help you recognize common signs of the disease in yourself or others and next steps to take, including how to talk to your doctor. Join the WNY Chapter of the Alzheimer's Association to learn about this topic and resources in your community!

### **Stay Sharp, The Health benefits of Reading Thursday, September 8th at 10:30am**

Increased brain connectivity. Support for sleep readiness. Reduction of stress. Lowering of blood pressure and heart rate. Does this sound like a prescription from your doctor? It's actually a prescription that your local librarian can write! One surefire way to stay sharp is through reading - there are many other positive health effects that come right off your bookshelf. Whether you love to read, or wish you could do more of it, this is for you. Learn more about book clubs etc. and see how your next visit to the library might be just the prescription you need to stay on track with you health. Presented by Rob Kubiak, President, Buffalo Men's Book Club

### **Brain Games with Theresa Wiater**

**Friday, September 9th at 12:45pm**

Join Theresa Wiater and challenge your brain with a variety of visual and manual games to make you think in a different way. Bring a pen and/or pencil to the class.

### **Dreams**

**Friday, September 9th at 10:30am**

This class is a continuation of the documentary series - "Dreams". As discussed in the last class, please bring your journal of dreams. We will be using the book "Dream Dictionary for Dummies". If possible, please read Pages 43 thru 54 - "Notice the Dream Zones." Also, please familiarize yourself with Part II - Dictionary of Symbols.

Presenter: Theresa Waiter

### **What is EPIC?**

**Wednesday, September 21st at 10:30am**

EPIC is a New York State program that provides secondary drug coverage for those enrolled in Medicare Part D drug plans throughout the year. This results in additional savings for members to purchase needed medications. Gabrielle Dotterwich, NYS EPIC Outreach Representative will be here to present on the EPIC program, answer questions and help complete the EPIC application. Please bring 2021 and current income information if assistance is needed with the application.

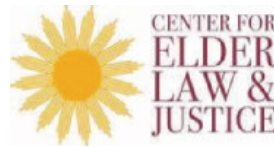
### **Medicare 101 with John Weatherby from Highmark Blue Cross Blue Shield**

**Thursday, September 22nd at 11:00am**

Come join us on Thursday, Sept. 22nd as we discuss everyone's favorite topic - Medicare. If you have questions about what you need to do or are confused about the huge quantities of mail you are receiving, come join us. The presenter will be John Weatherby of Highmark Blue Cross Blue Shield.

### **What to Know When Starting a Budget! Financial Counseling Presented by Center for Elder Law & Justice**

**Monday, September 26th  
from 12:30pm**



Join the Center for Elder Law & Justice (CELJ) for a presentation on the importance and benefits of budgeting! CELJ staff will be available afterwards for questions and to offer free assistance with beginning your budget and saving money.

### **How To Be Safer On the Internet Wednesday, September 28th at 10:30am**



Join presenter Karen Davis, Senior Consumer Frauds Representative of the Attorney Generals' office as she discusses, "How To Be Safer On The Internet."

### **Your Kidneys and You: Protecting Kidney Health Tuesday, September 27th at 12:45pm**

Kidneys play a vital role in the body, but damage to the kidneys can go undetected until it causes major problems. The Kidney Foundation of Western New York will share information about risk factors for kidney disease, steps to protect your health and treatment options.

### **FREE Kidney Screenings**

**Wednesday, October 5th between 1-3:30pm**

Most people who are diagnosed with kidney disease did not know that they were sick. Kidney disease has no symptoms until it is too late and kidneys fail, requiring dialysis or a transplant to stay alive.

**KEEP Healthy assesses participants' risk for kidney disease and through quick tests, determines if they have signs of kidney disease.** During the screening, they also educate patients about ways to keep their kidneys healthy and reduce risk. This is the most immediate way we fight kidney disease and help the community. **In addition to the screening, you will receive a Risk Survey, Blood Pressure check, Body Mass Index (BMI) measurement, and consultation with a clinician.**

Screenings are staffed by volunteers and professionals from the National Kidney Foundation.

### **Do You Suffer From Chronic Pain? Wednesday, October 12th at 11:45am**

Join us for a free educational lunch as Dr. John Swinarski from Revive Spine Center will go over the latest new non-narcotic therapies available to help you get back to feeling your best! These therapies not only address just back/neck pain, but pain from diabetic neuropathy, complex regional pain syndrome and more. Please RSVP as soon as possible as space will be limited.





## University Express Presentations Fall 2022

**REGISTER AT THE FRONT DESK TO ATTEND** (Look for a complete list of UE classes for OPSC at the front desk)

Monday October 3rd At <b>1:30pm</b>	<b>The Making of the Tesla Legacy Corridor</b>	More than a century and a quarter ago, Buffalo became the first city on the planet to be powered by AC electricity through the genius of Nikola Tesla. Yet, it is only now that acknowledgement and appreciation is being shown for what Tesla has done for our civilization. In this dynamic and visualized lecture, see how four private citizens did what no nation, no state, no municipality, nor scientific society has done. Learn how this group indefatigably created the Nikola Tesla Legacy Corridor right here in Western New York, the epicenter of Tesla's great transformational work. Instructor: Francis S. Lestingi, PhD, Professor Emeritus of History of Science and Physics, SUNY Buffalo State; President & Co-Founder, Buffalo Niagara Nikola Tesla Council, Inc.
Thursday October 6th At <b>1:30pm</b>	<b>Hide in Plain Sight</b>	The Hollywood movie, which was filmed in Buffalo and starred the recently deceased James Caan, was inspired by articles written by our own organized crime expert, Lee Coppola. Lee will take us behind the scenes of the filming and production of this movie. His class discussion is sure to include some interesting "tidbits" about James Caan, as only Lee can tell. Instructor: Lee Coppola, Veteran Newspaper & Television Reporter; Retired Dean of St Bonaventure University Journalism School.
Friday October 7th At <b>1:30pm</b>	<b>Yoga For Beginners</b>	Eager to try yoga but unsure where to start? This class will walk you through the commonly available styles of yoga and include a short chair-based yoga practice. No mat needed! Instructor: Jennifer Johnson, New Sky Coaching, LLC.
Wednesday October 12th At <b>10:30am</b>	<b>WNY's German Heritage</b>	Germans were one of the earliest immigrant groups to arrive in Western New York. From farms to breweries, they left a lasting impact on the culture of the region. Join Erie County Historian, Doug Kohler, for a look at the ways in which Germans helped to create the culture of WNY. Instructor: Doug Kohler, Erie County Historian.
Monday October 17th At <b>1:30pm</b>	<b>Presidents in Buffalo: Unusual &amp; Unknown Stories</b>	Considering Buffalo's rich and perhaps unique Presidential history, you will be surprised at how many unusual, unknown, and even weird stories abound. Some may be controversial; others "believe it or not." Instructor: Bren Price, Retired Educator; Trustee of the Buffalo Presidential Center; Explore Buffalo master docent.
Wednesday October 19th At <b>10:30am</b>	<b>An Overview of Revocable &amp; Irrevocable Trusts</b>	We will discuss how a revocable trust can be used to avoid a probate proceeding upon death, and how it can be used to protect assets from Medicaid and long-term care costs. Instructor: Daniel J. Schuller, Esq., Attorney
Friday October 21st At <b>10:30am</b>	<b>Coast Guard History: How 9/11 Shaped the Modern Day Coast Guard</b>	The class will cover a brief history of the Coast Guard dating back to 1790 as the Revenue Cutter Service, ultimately leading to September 11 <sup>th</sup> and how that event shaped our Coast Guard today. Instructor: Andre Clansy, Lieutenant Junior Grade/U.S. Coast Guard
Friday October 21st At <b>1:30pm</b>	<b>Meteorology &amp; Weather Forecasting in WNY</b>	Learn how meteorologists forecast the weather, and how the process has evolved over the years. We'll also be taking a look at the challenges in forecasting weather in Western New York. Instructor: Andrew Baglini, Meteorologist.
Monday October 24th At <b>10:30am</b>	<b>The Mystery of Mona Lisa: A New Look at an Old Masterpiece.</b>	A New Look at an Old Masterpiece. In this hands-on Art presentation you will first review the newest high technology research which reveals the minute details of the world's most famous portrait by Leonardo Da Vinci. Next, we will practice sketching faces, both front and ¾ views. Your new skills can provide extra insight to understand how artists, such as Van Gogh, progressed in confidence while drawing people. For the drawing portion, please bring a sketch pad (or plain copy paper), a #2 pencil and a large eraser. If you have a hand mirror, bring it along! Some extra supplies will be available if you forget!! BEGINNERS ARE WELCOME!! (*Materials for the class will be provided, class size depending) Instructor: Jean Serusa, BS, MS, Certified New York State Art Educator
Monday October 24th At <b>1:30pm</b>	<b>DNA Testing For Genealogy</b>	Are you considering taking a DNA Test to learn about your heritage? Join us to learn about popular genetic genealogy testing companies, what testing can tell you, and how DNA can be applied to genealogy research. Instructor: Rhonda Hoffman, Genealogy Specialist, Buffalo & Erie County Public Library.
Friday October 28th At <b>10:30am</b>	<b>I Have My DNA Genealogy Test Results, Now What?</b>	This class will teach how to sort, search and compare your DNA matches using popular DNA for genealogy websites. Instructor: Rhonda Hoffman, Genealogy Specialist, Buffalo & Erie County Public Library
Friday October 28th At <b>1:30pm</b>	<b>The Latest in Joint Replacements</b>	We will discuss arthritis of the hips and knees and joint replacement options for both parts of the body. Learn about the process, downtime, and recovery, and start imagining a life lived easier without disabling joint pain! Instructor: Daniel Vargo, MD, Orthopedic Surgeon, Excelsior Orthopedics.



## ART CLASSES

*\*supply list for classes available in the front desk\**

### Learn to Draw - Instructor Dan Meyer

**Tuesdays at 10am - Noon**

**7 week session 9/13-10/25 Cost \$35.00**

This class will introduce you to basic drawing skills and includes proportionate, contour and perspective drawing.

Learn to combine line, shape and form to bring simple objects to life.

### Intermediate Watercolor - Instructor Dan Meyer

**Tuesdays at 1:00 pm – 3:00 pm**

**7 week session 9/13-10/25 Cost \$35.00**

### Art with Friends FREE

**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. All skill levels Welcome! No Instructor.



## CARDS & GAMES:



Everyone is welcome to attend!!

**Wii Bowling** Mondays at 10:30am

**Bridge** Mondays at 12:30pm

**Shuffleboard** Tuesdays at 9:00am

**Hand & Foot** Wednesdays at 9:30am

**Cards/Games** Wednesdays at 12:30pm

**Corn Hole** Wednesdays at 1:00pm

**Dominoes** Thursdays at 9:30 am

**Mah Jong** Thursdays at 12:45 pm

**NEW Game Room** Thursdays@ 11:00am - 3:00pm

**Euchre** Fridays at 10:00am

**Smarty Pants** Fridays at 11:00am

**Mah Jong** Fridays at 12:45pm

**Pinochle** Fridays at 1:00pm



CHESS CLUB

## Chess Club

**Wednesdays in September**

**At 1:00pm**

Join us for an opportunity to play a friendly game of chess against your peers in a low stress environment. Learn beginners and advanced chess strategies to get that checkmate. This is for those who want to learn and those who have been playing for years.



## Spanish Class

**Friday, September 16th - October 21st**

**1:00-2:00pm**

**6 week session Cost is \$30.00**

Have you always wanted to learn another language?

Now is your chance!

Hola! Gracias! Adios! These are some of the expressions we will hear in class, along with some music, culture and snack tasting from Latin countries.



## September Book Club

**Monday, September 26th at 10:30am**

*The Invisible Life of Addie LaRue* by V.E. Schwab

France, 1714: in a moment of desperation, a young woman makes a Faustian bargain to live forever and is cursed to be forgotten by everyone she meets. Thus begins the extraordinary life of Addie LaRue, and a dazzling adventure that will play out across centuries and continents, across history and art, as a young woman learns how far she will go to leave her mark on the world. But everything changes when, after nearly 300 years, Addie stumbles across a young man in a hidden bookstore and he remembers her name.

## October Book Club

**Monday, October 17th at 10:30am**

*All But My Life—by Gerda Weissmann Klein*

The unforgettable story of Gerda Weissmann Klein's six-year ordeal as a victim of Nazi cruelty. From her comfortable home in Bielitz (present-day Bielsko) in Poland to her miraculous survival and her liberation by American troops—including the man who was to become her husband—in Volary, Czechoslovakia, in 1945, Gerda takes the reader on a terrifying journey.

## Beginner & Intermediate CORNHOLE

**Wednesdays at 1:00pm**

Cornhole is a fun game that can be played by people of all ages and skill levels. Cornhole can be played as singles or doubles. To play, each player or team takes turns tossing their bags at the board opposite of them. When a player gets a bag in the hole they score. Register at the front desk to join our fun group of cornhole players.



## Helping Hands Sewing Group

**2nd and 4th Wednesdays**

**NEW! 9:00am - 3:00pm**

Calling all experienced sewers to join this new Sewing Group who work specifically on sewing projects for donations to Children's Hospital, Family Justice Center, Roswell etc.

All levels of sewers welcome to join! You are not required to stay the entire time but are more than welcome to. Bring your own sewing machine if possible.



## Safe Driver Academy

**9:00 - 3:00pm**



Save money on your car insurance and increase your driving skills by attending a Safe Driving class. The fee for the Safe Driver Academy is \$35, payable the morning of class, cash or checks made out to "Safe Driver Academy."

Arrive 15 minutes early to complete paperwork as class starts promptly at 9 am.

Contact the Senior Center to register. Consider joining us for lunch. For individuals 60 and over the cost is a suggested donation of \$3.00. Reservations for lunch can be made when registering for the class.

### Upcoming Classes:

Friday, September 23rd 9:00 - 3:00pm waiting list

Friday, October 21st 9:00 - 3:00pm waiting list

Friday, November 18th 9:00 - 3:00pm

**Stay Fit Dining Program in Senior Center**

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

To make a reservation for lunch please call Kevin at  
662-6452 (option #3) or fill out a menu form  
by Tuesday 10:00 am for the upcoming week.

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

Thurs 9/1 Breaded Pork Chop with Gravy, Broccoli Cheese  
Rice Casserole, Carrots, Roll, Chef, Banana Cream Pie  
Fri 9/2 Beef Stew, Mashed Potatoes, Biscuit, Chocolate  
Mousse

**Mon 9/5 NO MEALS CENTER CLOSED**

Tue 9/6 Ham Steak with Maple Glaze, Scalloped Potatoes,  
Peas with Pepper, Bread, Baked Pear Crisp  
Wed 9/7 Tuna Macaroni Salad on a Bed of Lettuce, Club  
Crackers, Chocolate Éclair  
Thurs 9/8 Cream of Mushroom Soup, Roast Beef in Gravy  
on a Whole Wheat Roll, Brussels Sprouts, Fruited Gelatin  
Fri 9/9 Chicken Parmesan over Pasta with Tomato Sauce  
Wax Beans, Chef Salad, Tropical Fruit, Ch. Milk

Mon 9/12 Italian Sausage with Peppers, Onions & Tomato  
Sauce on a Bun, Roasted Potatoes, Mixed Vege., Pineapple  
Tues 9/13 Cream of Potato Soup with Ham, Broccoli, Chef  
Salad, Dinner Roll, Frosted Marble Cake  
Wed 9/14 September Picnic—BLDG CLOSED  
Thurs 9/15 Meatloaf with Gravy, Mashed Potatoes, French  
Beans with Carrot, White Bread, Vanilla Mousse  
Fri 9/16 Chili con Carne, Carrots, Fruit Punch, Cornbread,  
Fresh Pear, Chocolate Milk

Mon 9/19 Pork Ribette with BBQ Sauce on a Bun, Cheesy  
Mashed Potatoes, Mixed Greens, Frosted Lemon Cake  
Tues 9/20 Southwestern Steak Salad, Whole Wheat Dinner  
Roll, Strawberry Bavarian  
Wed 9/21 Beef Macaroni Casserole, California Blend  
Vegetables, Corn, Rye Bread, Fruit Compote, Chocolate Milk  
Thurs 9/22 Roasted Turkey with Stuffing & Gravy, Mashed  
Potatoes, Peas & Carrots, Molded Cranberry Salad  
Apple Pie with Whipped Topping  
Fri 9/23 Breaded Chicken Patty with Buffalo-style Sauce on a  
Bun, Macaroni & Cheese, Green Beans, Mandarin Oranges

Mon 9/26 Cheese Ravioli with Tomato Meat Sauce, Peas,  
Seasoned Squash with Peppers, Italian Bread, Peaches  
Tues 9/27 Breaded Chicken Drumsticks, Cheesy Diced,  
Potatoes, Broccoli, Whole Wheat Dinner Roll, Sugar Cookies  
Wed 9/28 Bratwurst with Baked Beans & Mustard on a Bun  
Roasted Potatoes, Mixed Veg., Mandarin Oranges, Ch Milk  
Thurs 9/29 Broccoli Cheese Soup, Carrots, Chef Salad,  
Biscuit, Fresh Grapes  
Fri 9/30 Roast Beef with Horseradish & Gravy on Deli Rye,  
Sweet Potatoes, Savory Dill Cabbage, Frosted Cherry Cake

**Stay Fit Frozen Meals (Meals will need to be picked  
up on Monday Morning Between 10:00-10:30AM)**

We're pleased to offer 3 or 5 pack varieties of frozen meals  
through Erie County Stay Fit Dining Program. A roll, milk and  
dessert is included with each meal.

Call Kevin at 662-6452 option #3 for more information.

**Medicare Advantage Plans**

*Meet one on one with insurance representatives*

**Univera Healthcare**

Monday, September 12th from 10:00am - 12:00pm

**September Birthday Bag**

Monday, September 12th from 12:00pm - 12:30pm  
Univera Healthcare is sponsoring a birthday bag to help you  
celebrate your birthday. You must register with the office to  
receive a birthday bag as supplies are limited.

**THANK YOU** Univera for sponsoring this event which will  
be offered each month while supplies last.

**Highmark Blue Cross Blue Shield**

Call John at 716-887-8832 to schedule an appointment  
9/22/22 11am Medicare 101

**United Healthcare**

Tuesday, September 13th from 10:00am - 12:00pm

**Aetna**

Call Anthony at 585-362-1242 to schedule an appointment.

**Independent Health**

Call Michelle at 716-635-7860 to schedule an appointment.

**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 are posted on the travel*

*bulletin board at the center across from room 118.*

**Hillcrest Senior**

Meet the 2nd and 4th Thursday of the month at 1:30PM  
Co-Presidents, Sally Stoner at 716-861-2246  
& Maura Kraus at 716-825-3399

For Travel info. contact Richard Jones at 716-827-7074

**Orchard Park Senior**

Meet the 1st and 3rd Wednesday of the month at 1:30PM  
President, MaryAnn Notto 716-825-6460  
For Travel info. contact Al Groth at 716-662-2140

**AN AFTERNOON AT THE MOVIES ....**

**Wednesdays at 1:00 pm**

**Spend an afternoon at the movies.**

**50¢ includes bag of chips or popcorn**

**Pre - register at the front desk to attend**



**9/7 Murder at Yellowstone City (NR)** In a gold-rush  
boomtown gone bust, a prospector strikes gold and is  
murdered. The sheriff assumes the killer to be a  
newcomer, a former slave. As the mystery deepens  
and puts the town in jeopardy, the minister must bring  
the true culprit to justice.

**9/14 BUILDING CLOSED - NO MOVIE**

**9/21 Roped (PG)** A star cowboy in a traveling rodeo  
gets thrown off course when he falls in love with the  
daughter of a tough-minded town councilman.

**9/28 Elvis (PG-13)** From his childhood in Tupelo,  
Mississippi to his rise to stardom starting in Memphis,  
Tennessee and his conquering of Las Vegas, Nevada,  
Elvis Presley becomes the first rock 'n roll star and  
changes the world with his music.



## SEPTEMBER SCHEDULE OF EVENTS

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
<b>9:00 Couples Bocce</b> <i>At Green Lake</i> <b>9:00 Pool Shooting</b> <b>9:00 Medit. &amp; Yoga</b> <b>9:00 Ladies Exercise</b> <b>9:30 55+ Pickleball</b> <b>10:30 Learn to Play 55+ Pickleball</b> <i>w/instructor</i> <b>11:00 Gentle Hatha Yoga w/Barb</b> <b>NOON LUNCH</b> <b>12:30 Bridge</b> <b>12:45 Arthritis Tai Chi</b> <i>Starting 8/22</i> <b>12:15 55+ Pickleball</b> <u><b>Evening Class</b></u> <b>5:30 Zumba</b>	<b>8:45 Mens Exercise</b> <b>9:00 Open Bocce</b> <i>At Green Lake</i> <b>9:00 Pool Shooting</b> <b>9:00 Shuffleboard</b> <b>10:00 Learn to Draw</b> <b>10:15 Int. Line Dance</b> <b>10:30 Club 99</b> <b>10:30 55+ Pickleball</b> <b>NOON LUNCH</b> <b>12:00 Tap for Fun</b> <b>1:00 Inter. Watercolor</b> <b>1:00 Bingo</b> <b>2:00 Card Bingo</b> <b>1:00 55+ Pickleball</b> <b>1:15 Stretch and Barre</b> <b>4:00 Ballroom Dance</b> <b>5:30 Cardio Drum</b>	<b>8:45 Mens Exercise</b> <b>9:00 Sewing Club</b> <i>9/14 and 9/28</i> <b>9:00 Pool Shooting</b> <b>9:00 Ladies Exercise</b> <b>9:00 Pickleball</b> <b>9:30 Hand &amp; Foot</b> <b>10:00 Beginner Line Dance</b> <b>11:15 Beginner Tai Chi</b> <b>11:30 Yoga w/ Irene</b> <b>NOON LUNCH</b> <b>12:00 Beg. Pickleball</b> <b>12:30 OpenCards/Games</b> <b>12:30 Strength Training</b> <b>1:00 Movie</b> <b>1:00 Corn Hole</b> <b>1:00 Chess Club</b> <b>2:00 Inter. Tai Chi</b>  <i>Senior Travel Group</i> <i>1st and 3rd Wednesday</i> <i>At 1:30</i>	<b>8:45 Mens Exercise</b> <b>9:00 Pool Shooting</b> <b>9:00 55+ Pickleball</b> <b>9:30 Dominoes</b> <b>10:30 Club 99</b> <b>11:00 Game Room</b> <b>11:30 55+ Pickleball</b> <b>NOON LUNCH</b> <b>12:45 Mah Jong</b> <b>1:00 Adv. Tai Chi</b>  <u><b>Evening Class</b></u> <b>5:15 Evening Yoga with Marie</b> <b>6:30 Cardio Drum</b>  <i>Hillcrest Travel</i> <i>2nd and 4th Thursday</i> <i>At 1:30</i>	<b>8:45 Run CLUB</b> <b>8:45 Cardio Drum</b> <b>9:00 Pool Shooting</b> <b>9:00 Ladies Exercise</b> <b>9:00 Pickleball</b> <b>10:00 Euchre</b> <b>10:00 Zumba</b> <b>10:30 Art w/ Friends</b> <b>10:45 Yoga Flow</b> <b>12:00 55+ Pickleball</b> <b>NOON LUNCH</b> <b>12:00 Circuit Training</b> <b>12:45 MahJong</b> <b>12:45 Arthritis Tai Chi</b> <i>Starts back 8/26</i> <b>1:00 Pinochle</b> <b>1:00 Spanish</b> <b>2:00 55+ Pickleball</b>
<u><b>Open Walking In the Dining Room:</b></u> Monday - Friday 9:00 am - 10:30 am	<b>Billiards Room Closed</b> <b>8-Ball Tournament</b> Tuesdays 12:30pm - 2:30pm 9/13 - 11/1			<u><b>Fitness Room Closed</b></u> Wednesdays 12:30-1:30pm Fridays 12:00- 1:00pm

## SEPTEMBER SPECIAL EVENTS CALENDAR

**Know the 10 Warning Signs of Alzheimer's**  
Thursday, September. 1st at 12:45pm

**Stay Sharp, The Health benefits of Reading**  
Thursday, September 8th at 10:30am

### Dreams

Friday, September 9th at 10:30am

### September Picnic

Wednesday, September 14th from 9:30am-1:30pm

### What is EPIC?

Wednesday, September 21st at 10:30am

**Medicare 101 with John Weatherby**  
**from Highmark Blue Cross Blue Shield**  
Thursday, September 22nd at 11:00am

**What to Know When Starting a Budget!**  
**Presented by Center for Elder Law & Justice**  
Monday, September 26th from 12:30pm

**Your Kidneys and You: Protecting Kidney Health**  
Tuesday, September 27th at 12:45pm

### Apple Fest

Thursday, September 29th at 1:15pm



The Building will be **CLOSED** on  
September 5th in observance of  
Labor Day

The Senior Center will be **CLOSED** on  
September 14th for our Annual Picnic  
at Chestnut Ridge



### 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!

## 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 will be canceled. Registration is for the entire session, regardless of whether a student is able to attend all classes.**

**Meditation & Gentle Yoga Mondays at 9:00 am**  
**7 week session 9/12– 10/31 Cost \$35.00 No Class 10/10**  
 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).

**Yoga With Irene Wednesdays at 11:30 am**  
**7 weeks session 9/7-10/26 Cost \$ 35.00 No Class 9/14**  
 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.



**GENTLE HATHA YOGA Mondays at 11:00 am**  
**5 week session 8/29 - 10/3 Cost \$25.00 NO class 9/5**  
 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.

**EVENING YOGA with MARIE Thursdays at 5:15 pm**  
**6 week session 9/8 - 10/13 Cost \$30.00**  
 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.

*Marie's Bio: Marie began her yoga teacher training in 2004 while she was working as an Occupational Therapist (OTR) in adult rehabilitation. Marie was drawn to yoga to broaden her education and understanding of movement from a yoga perspective.*

### Tai Chi for Arthritis

**Mondays and Fridays at 12:45pm (subject to change)**  
 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. **Free Class.**  
*Arrive on time as door is closed when class begins.*  
 No registration required for Tai Chi for Arthritis.

**Beginner Tai Chi Wednesdays at 11:15 - 12:15 pm**  
**8 week session 9/7 -11/2 Cost \$40.00 no class 9/14**

**Intermediate Tai Chi Wednesday at 2:00-3:00pm**  
**8 week session 9/7-11/2 Cost 40.00 no class 9/14**

**Advanced Tai Chi Thursdays at 1:00 pm**  
**8 week session 9/1– 10/20 Cost \$40.00**  
 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.

**Men's Fitness Tue, Wed, & Thur. at 8:45am**  
**4 week session 9/1 - 9/29 Cost \$36.00**  
**4 week session 10/4-10/27 Cost \$36.00**

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.

**Tap Dance for Fun Tuesdays at Noon**  
**7 week session 9/6-10/18 Cost \$35.00**  
 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.

**Stretch and Strength Barre Tuesdays at 1:15 pm**  
**7 week session 9/6-10/18 Cost \$ 35.00**  
 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.

**Zumba Fridays at 10:00 am**  
**4 week session 9/16 - 10/7 Cost \$20.00**  
**4 week session 10/14-11/4 Cost \$20.00**

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*

**Zumba Disco Evening Monday at 5:30 pm**  
**6 week session 9/19 - 11/7 Cost \$30.00**  
*No Class 10/10 or 10/31*

**Cardio Drumming Fridays at 8:45 am**  
**4 week session 9/16 - 10/7 Cost \$20.00**  
**4 week session 10/14– 11/4 Cost \$20.00**

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.



**Cardio Drumming Evening Tuesday at 5:30 pm**

**4 week session 9/13 - 10/4 Cost \$20.00**  
**4 week session 10/11-11/1 Cost \$20.00**

**Cardio Drumming Evening Thursdays at 6:30 pm**

**4 week session 9/15 - 10/6 Cost \$20.00**  
**4 week session 10/13 –11/3 Cost \$20.00**

## Intro. To Strength Training with Cindy Small group (8)

**Wednesdays at 12:30 - 1:30 pm**  
**8 week session 9/7– 11/2 cost \$64.00**  
**No class 9/14**

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.





## NEW CLASSES ....

### Learn to Ballroom Dance

**Tuesdays at 4:00pm**

**4 week session 8/30 - 9/20 Cost \$20.00**

Looking to add some new moves to your repertoire? Join Trish SUNYAB Theatre & Dance Major who will teach you the basic dance steps to the Foxtrot, Box Step, Swing, Latin and Waltz. Join to have fun and learn the steps in a comfortable environment.

### Yoga Flow

**Fridays at 10:45am**

**6 week session 9/16 - 10/21 Cost \$30.00**

In this class, we will use breath to link physical yoga postures. Each class is different and postures are sequenced in a way to help increase flexibility, strengthen and tone muscles, and allow you to tune in to your body's own rhythm. Although all levels are welcome, a reasonable level of fitness/mobility is required. Students should bring a mat; a yoga block is optional but recommended.

Instructor: Jennifer Johnson

### Circuit Training

**Fridays at Noon-1:00pm**

**6 weeks session 9/16 - 10/21 Cost \$48.00**

Circuit training is a fantastic workout that's great for everyone, regardless of fitness level. We will move through a variety of exercises at separate stations and you take on each exercise at your own pace. Each class will be different and may include cardio and weight machines, bodyweight and handheld weight exercises and some mat exercises. Instructor: Jennifer Johnson

Johnson

### Beginner Run Club **Fridays at 8:30am**

**6 week session 9/16 - 10/21 Cost \$20.00**

Are you interested in transitioning from walking to running? Are you a former runner who would like to get back into the sport? Join us for this six-week group run club. Participants should be able to walk 2-3 miles at a comfortable pace without stopping. Meet inside the CAC. Instructor Jennifer Johnson

**Meet the Instructor:** Jennifer Johnson is the owner of New Sky Coaching. She is a native Western New Yorker and graduate of Canisius College. Jennifer is a Certified Wellness Coach, Certified Personal Trainer, Certified Group Exercise Instructor and Registered Yoga Teacher. She enjoys farmers' markets, cooking, and reading mystery novels. She lives in Hamburg with her husband, son and two badly-behaved cats.

### **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 front desk to schedule a fitness room orientation.

Fitness Room Closed

Wednesdays 12:30-1:30pm

Fridays Noon-1:00pm

## ADDITIONAL WEEKLY SCHEDULED EVENTS


### Intermediate Line Dance **Tuesdays at 10:15 am**

Cost is \$3.00 per class - pay the instructor  
Line dancing is a fun dance performed solo or in a group to country music. It is typically danced in a line with other dancers, making it excellent for someone without a partner. The line dance has simple steps that look great, only requiring accurate timing and foot placement.

### Beginner Line Dance **Wednesdays at 10:00 am**

Cost is \$2.50 per class - pay the instructor

### Club 99 **Tuesdays & Thursdays at 10:30 am**

 This FREE 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. Please bring your own weights

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

This Free 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 - 10:30 am

Monday-Friday 12:00pm - 3:00pm

## PICKLEBALL

A fun sport that combines many elements of tennis, badminton and ping-pong. Played on a badminton-sized court using paddles and whiffle-type balls.

***All members must sign up in person at the front desk prior to the day of play to attend.***

See Calendar on page 7 for days and times!

***Cost per session \$4.00,  
please pay at desk the day of session  
and bring exact payment.***

***No Entry to pickleball courts more than 15 minutes prior to play.***

### LEARN PICKLEBALL Level

#### One

*With an instructor (Carl)*

**Mondays at 10:30am**

Our instructor, Carl will teach you the rules of the game and the 5 fundamentals of pickleball.

Space is limited.





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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-659-1986 (TTY: 1-800-662-1220). 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: 1-800-662-1220).

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### **Chronic Diabetes Self-Management**

**Fridays at 12:30pm – 3:00pm**

**6 Week Workshop Sept. 30th - Nov. 4th**

This **6-week** community workshop series is for adults who are ready to make the choice to improve their health today!

**This small group meets each week for 2 1/2 hours.**

The classes are highly participative which builds mutual support and success to assist you in managing your health to maintain an active and fulfilling life.

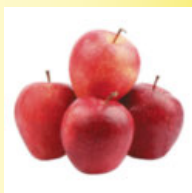
Topics covered include weight loss, how to manage pain, eat healthier, and reduce stress, tips to maintain a full and active lifestyle, workshop includes a resource book and relaxation CD and includes a consultation with an registered dietician prior to the 1st workshop for eligible Medicare recipients!

*Register with Maria to attend.*

### **Apple Fest**

**Thursday, September 29th at 1:15pm**

**Cost is \$3.00**



Let's Celebrate the Fall season with an apple dessert and entertainment by Sentimental Journey. Sentimental Journey will entertain us with music from the Great American Songbook. **Cost is \$3.00.** Registration with payment can be made at the front desk.

### **Country Western Afternoon**

**Tuesday, October 18th**

**from 1-4pm**

**Cost \$5.00**

Hot Country Liners: Dance Team

Show: 1-1:30pm

Lesson 1:30-2:00pm

Dust off those boots and join us for an exciting afternoon of line dance entertainment! The Hot Country Liners Dance team will get our toes tapping with their show, followed by a lesson for all those who want to give the "Country Kick" a try. Entertainment to follow by Robin Grandin. Refreshments will be served.

**Thank You SAFE DRIVER ACADEMY for your generous donation towards this event.**



### **Health Insurance Fair**

**Wednesday, October 26th**

**1:30– 3:30pm**

**And**

**Monday, November 14th 1:30pm– 3:30pm**

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 2023.

**You do not need to register to attend.**

## **Orchard Park Senior Center**

4520 California Road

Orchard Park, NY 14127