



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



NOVEMBER 2022

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

8:30 a.m. – 4:00 p.m.

Director

Maria Galley

Assistant Director

Linda Rankin

Kitchen Manager

Kevin Kornowicz

Receptionists

Bob

Bonnie

Maggie

Town Supervisor

Eugene Majchrzak

Council Members

Conor Flynn

Joseph Liberti

Julia Mombrea

Scott Honer



The Senior Center will be CLOSED on

Thursday, November 24th

&

Friday, November 25th

Notes from Maria...

Welcome to November, before we know it, it will be the start of the holiday season. However, not before Veteran's Day and Thanksgiving. Veteran's Day is a day to honor those who were willing to give their life for their country and those who are currently serving. Join us on November 10th for a Veteran's Day presentation and patriotic songs by Linda D at 10:45am. **Thank you Independent Health for your generous donation towards this event!**

I'm happy to say the Community activity Council Spaghetti Dinner was a success! Huge thank you to all who participated. Whether you were volunteering your time to work in the kitchen, sell dinner tickets, or attend the event you are greatly appreciated! A big THANK YOU to the local businesses for their donations.

Important Information—Orchard Park Senior Center Closings

With winter here, some of you have asked will activities at the Center be cancelled due to the weather. If you think the Center may be closed because of the weather, closings will be announced on WGRZ-TV, WKBW-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. Please remember, during poor weather, think of your own safety and don't risk travelling if it is not necessary. Your health and well-being is first.



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, Prior to the start of class.

**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.

Buffalo Philharmonic Coffee Concert

**John Morris Russell's Holiday Pops
Friday, December 16th bus departs at 8:30 am
for a 10:30 am performance**

The bus departs the Center at 8:30 am with lunch at Pearl Street Grille. Cost including transportation, concert and lunch is \$79.00.

Limited seats available.

SOLD OUT

Call to be added to wait list.





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

Understanding Veterans Benefits Tuesday, November 8th at 12:45pm

Please join Felice Krycia, Veterans Service officer who is a veteran of the US Air Force, she served during the end of the Vietnam Era as a corrosion control specialist working on the missile silos out west. As a service officer, her job is to advocate for the veteran and their family to try and get them the benefits that they are entitled to. Her office has traditionally participated in many of the veteran specific events held in Erie County and we also assist the Veterans One Stop Center, working with their caseworkers.



Veterans Day Entertainment and Ceremony Thursday, November 10th at 10:45am - Noon

Today, we honor those who have served our country. Linda D will entertain us with patriotic songs. Register for this event at the front desk.

Veterans Day Luncheon

Thursday, November 10th at Noon

All Veterans are invited to join us for a free lunch. Please contact Kevin to register for lunch. Spots are limited.

Thank you Independent Health for your generous donation towards this event!

Clerk-On-The-Go Outreach & Seminar Tuesday, November 15th 11am—2pm

Erie County Clerk Michael Kearns will partner with Orchard Park Town Clerk Remy Orffeo and the Orchard Park Senior Center to host an outreach at the senior center.

"Ready" for **REAL ID** and Enhanced Driver's License. Enroll veterans in the "**Thank A Vet**" discount program, and Purple Heart Recipients applications. Assist with Auto Bureau Reservations & Provide passport & passport renewal applications.

Staff will be available to answer all of your County Clerk Service questions and assist you!

**Seminar to begin at 11:30am
Contact the senior center to register.**

Dinner and a Movie

Tuesday, November 15th at 4:00pm

Join us for a Roasted Turkey with Gravy Dinner provided by Erie County and stay for "Where the Craw-dads Sing" Movie. **Cost is \$5.00.**

Please register and pay by November 7th.



SENIOR CENTER CLOSED

LUNCH, ACTIVITIES, FITNESS ROOM, GYM,
AND CLASSES WILL BE CANCELLED.

Friday, November 11th
Thursday, November 24th
&
Friday, November 25th

HEAP Outreach

**Tuesday, November 22nd
from 10:00am—2:00pm**

Applicants should bring photocopies of the following:

Identifications for all household members; proof of all household resources; proof of all income received within the last 30 days; current shutoff notice, if applicable. Schedule an appointment at the front desk.



Door Decorating

Tuesday, November 29th 8:30-4:00pm

Let's start the Holidays early and get creative! Join as a team or by yourself and choose a door to decorate. Voting for the best decorated door will take place on Friday, December 2nd.

Upcoming Events.....

Tree Trimming, Cookie Decorating and Sing Along Thursday, December 1st at 12:45pm

Join us to kick off the holiday season! We will trim the tree, decorate cookies and sing along to all our holiday favorites with music by John Renna.

Please register for this FREE event at the front desk to attend.

Westminster Bell Ringers

Thursday, December 8th at 5:30pm

The Westminster Bell Ringers Handbell Choir who previously performed at the BPO coffee concert will be here at the OP senior center. They provide beautiful music by playing Whitechapel bells and hand chimes. Light Refreshments will be served. Cost is \$6.00

UE: The War on Ukraine

Friday, December 9th at 10:30am

This talk about the ongoing conflict in Ukraine will be focused on not only the military conflict and the tragic consequences for the population there, but also its broader geopolitical and economic impact. Instructor: York Norman, PhD, Professor, Department of History & S.S. Education, SUNY Buffalo State.

Tips on How to Stretch Your Dollars at the Grocery Store

Monday, December 12th at 11:00am

Join us as we learn and share tips on how to stretch your dollars during these challenging economic times. Everyone wants to save money when they shop at the grocery store and we will discuss ways to maximize your grocery store shopping experience.

Ugly Sweater Contest and Entertainment by

**The Ladies First Quartet
Thursday, December 15th
at 12:30**



'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!

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)

Tuesday, November 1st At 1:30pm	Recycling 101	Wondering what you can and cannot recycle? This class is for you! We'll talk about all of the things you can put in your recycle bin and what to do with the things you cannot. Instructors: Gary Carrel, Solid Waste Recycling Specialist; Amy Alduino, Recycling Coordinator, Erie County Department of Environment & Planning, Division of Environmental Compliance Services.
Thursday, November 3rd At 1:30pm	Skin Cancer	Skin cancers are the most common cancer type, affecting more people each year than all other cancers combined. Receive an overview of the various skin cancers, how they can be prevented, and how you can lower your risk. Instructor: Roswell Park Comprehensive Cancer Center.
Friday, November 4th At 10:30am	How Buffalo Gave Wings to the World	People usually think of steel or grain as being the main industries of Buffalo back in the day, but they don't come close to aviation. Learn about the single largest industry that Buffalo has ever had. Instructor: Chuck Banas, Urban Designer and Community Activist.
Friday, November 4th At 1:30pm	USS The Sullivan: Moving Forward after Her Sinking	The USS Sullivan's in April, 2022 was a catastrophic event, not just for the Buffalo Naval Park but can be used as a warning for all museum ships across the country. Come and learn the theories as to her sinking and the extraordinary team assembled as a unified command to get her righted again. Instructor: Shane Stephenson, Director of Museum Collections, Buffalo & Erie County Naval & Military Park; Owners, Archives in the Buffalo.
Monday, November 7th At 10:30am	The Balance of Power in South Asia	How does America balance the power grid in South Asia to protect its interests? Can we bet on India or Pakistan or Bangladesh or all of them? Instructor: Faizan Haq, Communication Department Faculty, SUNY Buffalo State; Founding President, Western New York Muslims.
Monday, November 7th At 1:30pm	Get up to Speed with Electric Vehicles	We'll talk about the science behind electric vehicles and what their future may look like. You'll also learn what Erie County is doing to become more electric vehicle friendly. Instructor: Reed Braman, Director of Energy Development, E.C. Department of Public Works.
Wednesday, November 9th At 10:30am	Preservation Basics	In this workshop, Preservation Buffalo Niagara's Director of Preservation Services Christiana Limniatis, will provide an overview of the history of historic preservation and discuss the different types of historic designations that exist at the local, state, and national levels. Instructor: Christiana Limniatis, Director of Preservation Services, Preservation Buffalo Niagara.
Monday, November 14th At 10:30am	Should I Turn things Over?	Should I Turn Things Over? Joint Accounts, Life Estates, and Powers of Attorney We'll discuss advantages of these tools for estate and financial planning, as well as potential problems that can arise. Instructor: Valerie Stanek, Esq., CFP, Attorney at Law; Certified Financial Planner.
Monday, November 14th At 1:30pm	Buffalo Scandals Millionaires in the 1900s	Hold on to your hat as we go back in time to the Dark Side of Buffalo's Elmwood Avenue. Instructor: Ryan Gadzo, MPA, Research Analyst, Erie County Department of Senior Services
Wednesday, November 16th At 10:30am	The Art & Science of Pruning	Learn how, when and why to prune for best results along with the tools to do a good job. Instructor: Master Gardener, Lyn Chimera, Cornell Cooperative Extension
Thursday, November 17th At 10:30am	Complicated Conversations: How to Understand Each Other When We Don't Understand Each Other	This course will focus on problematic communication situations in both relationships and society. We will discuss a variety of social differences that exasperate negative communication such as political debate, gender roles, and cultural variances. We will then explore techniques that allow for effective communication and mutual understanding. Instructor: John Harrigan, Ph.D., Professor, SUNY Erie
Thursday, November 17th At 1:30pm	The Day the Buffalo River Burned	"The Day The Buffalo River Burned" it did, because of the reckless dumping of deadly chemicals, sewage and other contaminants, killing fish, wildlife and threatening the public health..... until an unlikely hero stepped forward and devoted 40-years of his life fighting for clean water. Instructor: John Zach, Retired Buffalo Broadcast Journalist; Author.
Friday November 18th at 10:30am	Wildlife in the Winter	Winter survival depends on adaptation. Join us to learn more about the wonderful world of winter animals and how they survive and thrive in our climate. Instructor: Park Ranger, Erie County Parks, Recreation, & Forestry
Friday, November 18th At 1:30pm	Understanding Condo & Townhouse & Patio Homes	The answers to commonly asked questions about residential communities and downsizing. Instructor: Michael Olear, MSW, the Olear Team at MJ Peterson.
Monday, November 21st At 10:30am	Strengthening the Canine/ Human Relationships	Why does your dog do what they do? How we can understand each other better and things anyone can do with their dog to enhance the relationship. Instructor plans to bring a few dogs to the presentation for demonstration. Instructor: Dawn Bellere, Canine Obedience Trainer; American Kennel Club Evaluator.

University Express Continued....

2 Presidents & Their His-Story: Abraham Lincoln & Ulysses Grant

Monday, November 21st at 1:30pm

Personal Budgets & Inflation. How to Navigate Increased Prices

Monday, November 28th at 10:30am

Google Photos

Monday, November 28th at 1:30pm

Retirement Transition

Wednesday, November 30th at 10:30am



ART CLASSES

**supply list for classes available at the front desk*
Late registrations will not be accepted for instructed classes.*

Beginner Watercolor—Instructor Dan Meyer

Tuesdays at 10am—Noon

7 week session 11/1 - 12/13 Cost \$35.00

Intermediate Watercolor - Instructor Dan Meyer

Tuesdays at 1:00 pm – 3:00 pm

7 week session 11/1 - 12/13 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.

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.



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, November 18th 9:00 - 3:00pm waiting list

Friday, December 16th 9:00 - 3:00pm

Friday, January 20th 9:00 - 3:00pm



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

Wednesdays in October

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.

Helping Hands Sewing Group

2nd and 4th Wednesdays



9:00am - 1:30pm

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.

Thank you Tere for facilitating this sewing group.

November Book Club

Monday, November 21st at 10:30am

"The Life and Times of the Thunderbolt Kid: A Memoir": Using this persona as a springboard, Bill Bryson re-creates the life of his family and his native city in the 1950's in all its transcendent normality - a life at once completely familiar to us all and as far away and unreachable as another galaxy.

December Book Club

Monday, December 12th at 10:30am

"The Greatest Beer Run Ever" by Chick Donohue
A wildly entertaining, feel-good memoir of an Irish-American New Yorker and former U.S. marine who embarked on a courageous, hare-brained scheme to deliver beer. One night in 1967, twenty-six-year-old John Donohue—known as Chick—was out with friends, drinking in a New York City bar. The friends gathered there had lost loved ones in Vietnam. Now, they watched as anti-war protesters turned on the troops themselves.

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.
Please hand forms in at the front desk.

Tues 11/1 Greek Chicken Salad with Dressing, Dinner Roll, Cinnamon Pear Crisp

Wed 11/2 Rigatoni with Italian Sausage, Tom. Sauce & Mozzarella, Broccoli Florets, Chef Salad w/ drsg, Dinner Roll, Peach Bavarian

Thurs 11/3 Breaded Pork Chop with Gravy, Lazy Pierogi, Carrots, Roll, Pineapple & Mandarin Oranges

Fri 11/4 Teriyaki- Seasoned Beef Strips over Rice, Oriental Mixed Veg, Orange-Pineapple Juice, Fresh Pear, Ch. Milk

Mon 11/7 Breaded Chicken Breast with Herb Gravy, Cheddar Mashed Potatoes, Lima Bean Bake, Roll, Orange, Ch. Milk

Tues 11/8 Stuffed Shells with Tomato Meat Sauce & Mozzarella, Spinach, Cauliflower, Bread, Cookies

Wed 11/9 Pork Riblette w/ BBQ Sauce, Scalloped Potatoes, Peas w/ Red Pepper, Dinner Roll, Bavarian

Thurs 11/10 VETERANS DAY MEAL Roast Beef w/ Pepper & Onion Gravy & Moz. On Roll, Potatoes, Veg. Normandy Salad, Cherry Pie

Fri 11/11 No Meals Served—Center Closed

Mon 11/14 Chicken & Sausage Paella over Rice, Broccoli Florets, Grape Juice, Shortbread Cookies

Tues 11/15 Beef Stew, Brussels Sprouts, Marinated Beet & Onion Salad, Warm Biscuit, Cinnamon Applesauce

Wed 11/16 Ham Steak with Pineapple Topping, Sweet Potatoes, Creamy Cabbage with Dill, Roll, Banana, Ch. Milk

Thurs 11/17 Nacho Chicken Fajita Skillet with Peppers, Onions, Salsa & cheese in a Tortilla, Spanish Rice, Corn, Salad, Straw. Bavarian

Fri 11/18 Stuffed Pepper with Tomato Meat Sauce, Mashed potatoes, Carrots, Roll, Fruit Compote

Mon 11/21 Polynesian Chicken over White Rice, Cali. Veg, Zucchini, & Summer Squash, Ch. Cake

Tues 11/22 THANKSGIVING MEAL Roasted Turkey w/ Stuffing & Gravy, Sweet Potatoes w/ Sugar, Green Bean, Molded Cranberry Salad, Roll, Pumpkin Pie w/ Whipped Topping

Wed 11/23 Soup & Salad Beef Barley Soup, Herbed Potato Wedges, Chef Salad, Rye Bread, Oranges, Ch. Milk

Thurs 11/24 No Meals Served Happy Thanksgiving

Fri 11/25 No Meals Served Center Closed

Mon 11/28 Rotini & Meatballs w/ Tomato Sauce & Mozzarella, Cauliflower, Spinach, Fruit Cocktail

Tues 11/29 Breaded Chicken with Buffalo- Style Sauce on a Bun, Fiesta Corn, Broccoli, Pudding

Wed 11/30 Sloppy Joe on a whole Wheat Bun, Tater tots, Fruit Punch, Chef Salad, Fresh Apple

Thurs 12/1 Entrée Salad Chicken Caesar Salad with Caesar Dressing, Roll, Chocolate Mousse

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

United Healthcare

Thursday, November 3rd 10am –Noon

Wednesday, November 9th 12:30pm - 2:30pm

Highmark BlueCrossBlueShield

Tuesday, November 8th 9-11am

Join us on 11/14/2022 and meet all your health insurance representatives in one event.

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

Nov. 2nd Hocus Pocus 2 The Sanderson sisters are back in "Hocus Pocus 2." In the new film, three high school students accidentally summon a trio of witches on Halloween night. The teenagers must then work together to stop them before they wreak havoc on the town of Salem. Bette Midler, Sarah Jessica Parker, and Kathy Najimy all reprise their roles from the first "Hocus Pocus."

Nov. 9th TopGun- Maverick After thirty years, is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's Elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly.

Nov. 16th Where the Crawdads Sing Abandoned as a girl, Kya raised herself in the dangerous marshlands of North Carolina. For years, rumors of the marsh girl haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, she opens herself to a new and startling world. However, when one of them is found dead, Kya immediately becomes the main suspect. As the case unfolds, the verdict as to what happened becomes increasingly unclear, threatening to reveal many secrets.

Nov. 23rd Last Seen Alive In this gritty action thriller, a man whose marriage is in turmoil desperately searches for his wife after she disappears at a gas station.

Nov. 30th Purple Hearts (TV-14) Crushed by medical bills, a musician marries a Marine for the benefits. Against all odds, they start to fall in love.

NOVEMBER SCHEDULE OF EVENTS

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
9:00 Pool Shooting 9:00 Medit. & Yoga 9:00 Ladies Exercise 9:30 55+ Pickleball 10:30 Learn to Play 55+ Pickleball <i>No class 11/14</i> 11:00 Gentle Hatha Yoga w/Barb NOON LUNCH 12:30 Bridge 12:45 Arthritis Tai Chi <i>No class 11/28/22</i> 12:00 55+ Pickleball <u>Evening Class</u> 5:30 Zumba	8:45 Mens Exercise 9:00 Shuffleboard 9:00 Pool Shooting 9:00 Shuffleboard 10:00 Beg. Watercolor 10:15 Int. Line Dance 10:30 Club 99 10:30 55+ Pickleball NOON LUNCH 12:00 Tap for Fun 1:00 Inter. Watercolor 1:00 Bingo 2:00 Card Bingo 1:00 55+ Pickleball 1:15 Stretch and Barre 4:00 Ballroom Dance 5:30 Cardio Drum	8:45 Mens Exercise 9:00 Sewing Club <i>11/9 & 11/23</i> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Pickleball 9:30 Hand & Foot 10:00 Beginner Line Dance 11:15 Beginner Tai Chi 11:30 Yoga w/ Irene NOON LUNCH 12:00 Beg. Pickleball 12:30 OpenCards/Games 12:30 Strength Training 1:00 Movie 1:00 Corn Hole 1:00 Chess Club 2:00 Inter. Tai Chi <i>OP Travel Group</i> <i>1st and 3rd Wednesday</i> <i>At 1:30</i>	8:45 Mens Exercise 9:00 Pool Shooting 9:00 55+ Pickleball 9:30 Dominoes 10:30 Club 99 11:00 Game Room 11:30 55+ Pickleball NOON LUNCH 12:45 Mah Jong 1:00 Adv. Tai Chi <u>Evening Class</u> 5:15 Evening Yoga with Marie 6:30 Cardio Drum	8:45 Cardio Drum 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Pickleball 10:00 Euchre 10:00 Zumba 10:30 Art w/ Friends 10:45 Yoga Flow 12:00 55+ Pickleball NOON LUNCH 12:00 Circuit Training 12:45 MahJong 12:45 Arthritis Tai Chi 1:00 Pinochle 1:00 Spanish 2:00 55+ Pickleball
<u>Open Walking In the GYM:</u> Monday - Friday 9:00 am - 2:00pm	Billiards Room Closed 8-Ball Tournament Tuesdays 12:30pm - 2:30pm 9/13 - 11/1		<i>Hillcrest Travel</i> <i>2nd and 4th Thursday</i> <i>At 1:30</i>	<u>Fitness Room Closed</u> Wednesdays 12:30-1:30pm Fridays 12:00- 1:00pm

NOVEMBER SPECIAL INFORMATION

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

Holiday Food Drive

November 17th—December 15th

Help us help those in our community who are in need this holiday season! Collection bins will be in the main Lobby of the Community Activity Center.

Recommended Items: Canned Foods, Soups, Cereals, Pastas, Common Seasonings, Juice Boxes, Kid Friendly Meals, Individual Snacks, Hand Soap, Shampoo, Paper Towels,

TIME TO RENEW YOUR MEMBERSHIP!!!

All 2022 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.



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 11/7 - 12/19 Cost \$35.00

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 week class 11/9 - 12/21 Cost \$30.00

No Class 11/2, 11/23



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 10/24- 11/21 Cost \$25.00

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.

EVENING YOGA with MARIE Thursdays at 5:15 pm

6 week session 10/27- 12/8 Cost \$30.00

No Class 11/24

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.

Tai Chi for Arthritis

Mondays and Fridays at 12:45pm (subject to change)

No class 11/28/2022

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.

Intermediate Tai Chi Wednesday at 2:00-3:00pm

8 week session 9/7-11/2 Cost 40.00

6 Week session 11/9-12/21 Cost \$30.00

No class 11/23

Advanced Tai Chi Thursdays at 1:00 pm

7 weeks session 10/27-12/15 Cost \$35.00

No Class 1/24

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

5 week session 11/1- 11/30 Cost \$35.00

4 week session 12/1- 12/29 Cost \$36.00

Closed 12/28

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 10/25 - 12/5 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 10/25 - 12/5 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 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*

Evening Zumba Monday at 5:30 pm

6 week session 10/17- 11/14 Cost \$30.00

No Class 10/31



Cardio Drumming Fridays at 8:45 am

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 10/11-11/1 Cost \$20.00

Back in January

Cardio Drumming Evening Thursdays at 6:30 pm

4 week session 10/20 -11/10 Cost \$20.00

Back in January

FITNESS ROOM

Monday - Friday 9:00 am - 4:00 pm

Monday - Thursday 4:30 pm - 8:00pm

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



NEW CLASSES

Learn to Ballroom Dance

Tuesdays at 4:00pm

6 week session 10/4 - 11/22 Cost \$25.00

No Class 10/18 or 10/25

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**

5 week session 11/18-12/30 Cost 25.00

No class 11/25, 12/23

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**

5 week session 11/18-12/30 Cost \$40.00

No class 11/25, 12/23

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

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

6 week session 11/9 - 12/21 Cost \$48.00

No class 11/23

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 judgment-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.

ADDITIONAL WEEKLY SCHEDULED EVENTS

No Registration required

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**

FREE CLASSES
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 in the pickleball sign up book 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.

Pickleball Lessons with Carl

Cost \$4.00 per session

**Mondays at 10:30am
10/3 and 10/31**

Level 1 (Beginner) - To understand the court, the lines, the line rules, the serve, the game shots

Level 2 - to concentrate on serving skills and game shots in a more consistent manner.

Coming in December Wednesdays at 1:30pm
Intermediate - Focus on perfecting all four game shots as well as both serves, partnering, defense and spinning shots where you need to.

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Health Insurance Fair

Monday, November 14th 1:30pm– 3:30pm

- * EPIC (Elderly Pharmaceutical Insurance Coverage)
 - * Highmark BlueCross/Blue Shield
 - * Independent Health
 - * Univera
 - * United Health
- * HIICAP (Health Insurance Information, Counseling and Assistance).
 - * Fidelis Wellcare
- * 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.



New Year Party at Salvatore's Italian Garden

**Wednesday, December 28th
Noon - 3:30 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'oeuvres & punch served from 12:00 - 1:00 pm

Entrée Choices: Prime Rib, Poached Salmon or Chicken Française. Meal includes pop bar after meal, coffee & tea, and dessert.

Cost for this event is \$47.00
Register and pay in the senior center office no later than Thursday, December 15th.

Bus Transportation is available. Bus will depart the senior center at 10:45 am promptly and you must register in advance to take the bus. Seats are limited.

Orchard Park Senior Center

4520 California Road

Orchard Park, NY 14127