



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



OCTOBER 2023

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

MONDAY- FRIDAY

8:30 a.m. – 4:00 p.m.

Director

Maria Galley

Kitchen Manager

Kevin Kornowicz

Receptionists

Bob

Bonnie

Maggie

Town Supervisor

Eugene Majchrzak

Council Members

Conor Flynn

Joseph Liberti

Julia Mombrea

Scott Honer

Happy Halloween



Halloween Party

Tuesday, October 31st

1:00pm - 3:00pm



Put on your costume and join us for a "bewitching" time at our Halloween Party.

Get creative and join in the Halloween Costume Contest. Prizes will be awarded.

Test your skills with Pumpkin Golf, Pumpkin Pong, Cornhole or just dance the afternoon away to music by the Hastings Duo.

COST \$3.00.

Register at the front desk to attend this event.

CORNHOLE IS BACK!!

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.



**The Center will be CLOSED on
Monday, October 9th Columbus Day**

Notes From Maria.....

Fall is a wonderful time of year. It is a time to recognize the change of seasons, enjoy the foliage, bask in the autumn sun; but still able to enjoy a little chill in the air.

Fall brings us Football games and we love to show our home town team spirit! Every day before a Bills game, we encourage you to join us as we dress in red, white and blue or Bills gear here at the Orchard Park Community Center. If there is a Sunday game, we support our team on Friday; and if there is a Monday night or Thursday night game, we support our team that Monday or Thursday. Dress in RED, WHITE and BLUE or Bills Gear! GO BILLS!!!!

FOREVER YOUNG FAVES also makes it's return! Be sure to vote online for the Orchard Park Senior Center as your favorite Center!

Our Annual September Picnic was a huge success! Hearing the great stories the days following were so rewarding! Thank you to our generous sponsors Highmark Of Western New York BlueCrossBlueShield and Independent Health. Thank you to the local merchants who donated towards our door prizes. On behalf of myself and the senior center team, we would like to send a HUGE thank you to our VOLUNTEERS! The volunteers are the core to our programs. They allow us the ability to enjoy and get to know our seniors at these events. They start the day with us and some end the day with us. They help with setup, parking cars, checking people in, food prep, and cleaning up. Without them these events would not be possible!

Thank you Volunteers!



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 membership orientation
as an appointment is required.



Are you interested in volunteering?

We offer a variety of volunteer opportunities.

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

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

**We are currently in need of Volunteers to help in the kitchen or serving anytime between 11am to 1pm.
Pick your time to help!**

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

Rural Transit is a non-profit transportation organization for seniors, disabled, or income eligible residents of Southern Erie County. Riders are transported to therapy, nutrition sites, grocery shopping, with medical trips taking priority. Trips are free, but donations are accepted. Contact Rural Transit to become a rider or to volunteer.

Going Places Van 858-7433

Need a ride into Buffalo for medical appointments, physical therapy or other human services? Contact the Going Places Van!

AUDIT A CLASS

Are you interested in signing up for a class, but you are unsure if you will like it? We encourage you to observe a class you may be interested in with a one time guest pass. You may obtain your guest pass by speaking with Maria in the office.

REFUND POLICY

Requests for refunds will be honored only if a member makes a request 5 full business days prior to the scheduled class/event start date. A \$5.00 processing fee will be applied to all class refunds.

After the session begins, NO refunds are granted except for medical reasons and/or the advice of the instructor.

A FULL refund/ or funds may be placed into a member's My Senior Center Wallet for a course that is cancelled due to low registration. You will be notified by phone prior to the start date of the class.



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

HEAP Clean & Tune Benefit Thursday, October 5th at 10am

Heap funding is available to help eligible households get their **equipment inspected and cleaned at NO cost to homeowners**. Furnace or boiler tune-ups helps improved energy efficiency and could help save money on future heating costs. You may be eligible if: You are the homeowner, Your primary heating equipment is more than 12 months old, Your primary heating equipment or chimney has not been cleaned within the last 12 months.

You must be HEAP eligible to qualify.

Call the center to schedule an appointment with a representative from HEAP.



Afternoon Board Game Day & Root Beer Floats

Monday, October 16th at 1:00pm

Do you enjoy board games and card games or just socializing? Bring a game to play or use the center's games for an afternoon of fun. Take a break from the stresses of everyday life and partake in our Game Day. Bring a snack to share and join in the fun! Please register at the front desk.

Country Western Afternoon

Tuesday, October 17th From 1:00-3:30pm

See back cover for Additional Information

United Healthcare Presentation Wednesday, October 18th at 1:30pm

United Healthcare Rep. Ron Gniazdowski will help you understand Medicare and how it works and understand the difference between the United Healthcare 2023 plans as well as review benefits that may include: allowance toward eyewear, gym membership, allowance for over the counter, routine hearing exam plus hearing aids. Register at the front desk.

Sounds of Oktoberfest!

Wednesday, October 18th at Noon

Join us today during our Oktoberfest Luncheon for all your favorite German songs by Nador. Register for lunch with the Kitchen Manager, Kevin by Tuesday, October 10th to reserve your spot!

15 Ways to Avoid Probate

Tuesday, October 24th at 1:00pm

Attorney Robert Friedman of Friedman & Ranzenhofer, PC drawing on over forty-four years of estate planning legal experience, will be presenting:

"Fifteen Ways to Avoid Probate." Learn about estate and asset protection planning techniques, probate legal procedures, the risks and benefits of avoiding probate, the best forms of real estate ownership, common estate planning mistakes, recent changes in estate and gift tax laws, the duties of trustees and executors, myths about living trusts, updating your will, life insurance, IRAs, annuities, joint accounts, payable-on-death accounts, and preventing will contests.

Coffee With a Cop

Tuesday, October 24th at 10am

Coffee with a cop brings Orchard Park Police officers and the community members they serve together – over coffee – to discuss and learn more about each other. Light Refreshments will be served. No agendas or speeches, just a chance to ask questions, voice concerns, and get to know the officers in your community.

Health Insurance Fair

**Wednesday, October 25th 1:30pm - 3:30pm &
Tuesday, November 14th 1:30pm - 3:30pm**

- EPIC (Elderly Pharmaceutical Insurance Coverage)
- Univera
- Highmark of Western NY BCBS
- Aetna
- United Healthcare
- Independent Health
- HIICAP (Health Insurance Information, Counseling and Assistance).



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

Fourteen Ways to Preserve your Assets

Wednesday, November 1st at 1:00pm

Attorney Robert Friedman of Friedman & Ranzenhofer, PC, drawing on over forty-four years of estate planning legal experience, will be presenting "Fourteen Ways to Preserve Your Assets with the Medicaid Laws" Learn how to preserve your assets if nursing home care is necessary.

Veterans Day Entertainment and Ceremony

Thursday, November 9th at 10:30am

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



Healthy Alternatives through Healing Arts

Is a local nonprofit who works with the Exhale initiatives providing respite programs for family caregivers.

They are very excited to be working with our center. They offer programs that assist the caregivers in reducing their stress levels and increase resiliency. The programs are all designed so you have a wonderful experience the day of, but you also leave with some new tools to take home for when respite is not available. Although it is geared for the Caregiver, all are welcome to attend.

NEW SERIES beginning in October

Some of the things you can look forward to are

- * Creating Peaceful Moments
- * Drums 4 Health
- * Color Therapy for Health
- * Laughter Wellness
- * Caring for the Caregiver
- * Financial Solutions
- * Qi- Gong

**Living Joy
Laughter Wellness**

**Monday, October 16th
Monday, October 23rd**

Flyer with additional details to follow.

University Express Presentations Fall 2023

REGISTER AT THE FRONT DESK TO ATTEND

(Look for a complete list of UE classes for OPSC at the front desk)

Monday, October 2nd at 1:30pm	The Hands that Rocked the Cradles: Mothers of U.S. Presidents Presenter: Linda Czuba Brigrance
Thursday, October 5th at 1:30pm	The Constitution Presenter: Fazian Haq
Friday, October 6th at 1:30pm	The Solar System Presenter: Dr. Kevin Williams
Wednesday, October 11th at 1:30pm	Prigozhin and Putin Presenter: York Norman Ph.D
Friday, October 13th at 10:30am	Keep On Moving Presenter: Excelsior Orthopedic
Friday, October 13th at 1:30pm	Donkeys and Elephants Presenter: Bren Price
Monday, October 16th at 10:30am	WNY Firsts and Some Seconds Presenter: Alan Nowick
Monday, October 16th at 1:30pm	Who was Who on the Avenue Presenter: Marla Bujnick
Thursday, October 19th at 1:30pm	Marc Chagall: Floating Figures, Goats & Violins Presenter: Jean Serusa
Friday, October 20th at 10:30am	Fall is For Gardening Presenter: Lyn Chimera
Friday, October 20th at 1:30pm	Beer Culture and Styles Presenter: Tim Herzog
Monday, October 23rd at 1:30pm	The Latest News on China Presenter: Fazian Haq
Wednesday, October 25th at 10:30am	Graycliff Presenter: Docent from the Graycliff
Wednesday, October 25th at 1:30pm	Buffalo's East Side Industry Presenter: Shane Stephenson
Friday, October 27th at 10:30am	Meet the Two Charlies- Charles E Burchfield-Charles Rand Penny Presenter: Mary Kozub
Friday, October 27th at 1:30pm	Wright, Martin and 30 Years Presenter: Doug Kohler
Monday, October 30th at 1:30pm	Influential Buffalo Women Presenter: Rick Falkowski
Thursday, November 2nd at 1:30pm	Positive Attitude: Living Bitter to Better Presenter: Sr. Judy B
Friday, November 3rd at 1:30pm	Cooking with the Commissioner of E.C. Senior Services Presenter: Commissioner, Angela Marinucci

Spanish Class at 1:00pm**5 week session 9/8 - 10/6 Cost \$20.00**

Hola! ! Adios! ! Buenos días! These are some of the greetings we will be working on in class, when we begin our next season of Spanish classes.

Pre-Register at the front desk to attend!

October Book Club**Monday, October 16th at 10:30am**

The Runaway Quilt: An Elm Creek Quilts Novel by Jennifer Chiaverini After learning of her family's ties to the slaveholding South, Sylvia Compson scours her attic for clues and discovers a window into the world of her ancestors: the memoir of her great-grandfather's spinster sister.

Anyone is invited to come and join in the discussion!

November Book Club**Monday, November 20th at 10:30am**

11/22/63 by Stephen King On November 22, 1963 three shots rang out in Dallas, President Kennedy died, and the world changed. What if you could change it back? Stephen King's heart-stoppingly dramatic new novel is about a man who travels back in time to prevent the JFK assassination—a thousand page tour de force.

Calling all Readers! We are looking for your book suggestions. Share your love of literature with others and contact Maria with your great

Helping Hands Sewing Group**2nd and 4th Wednesdays of the Month****9am –1:30pm**

You are welcome to give as much time as you wish within this time frame . . . 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.

Monday - Mini Bridge Lessons**2 week session 12/11 - 12/18 \$5.00**

Improve your bidding with the following 2 mini lessons:

Jacoby 2NT on September 25th and October 2nd
from 10:00am - 12:00pm

Negative Doubles on December 11th and December 18th
from 10:00am - 12:00pm

These are intermediate lessons and you should have a knowledge of bridge to participate.

**CARDS & GAMES:**

Everyone is WELCOME to attend!!

Bridge	Mondays at 12:30pm
Shuffleboard	Tuesdays at 9:00am
Bingo	Tuesday at 1:00pm
Card Bingo	Tuesday at 2:00pm
Hand & Foot	Wednesdays at 9:30am
Cards/Games	Wednesdays at 12:30pm
Chess	Wednesdays at 1:00pm
Dominoes	Thursdays at 9:30 am
Euchre	Fridays at 10:00am
Mah Jong	Fridays at 12:45pm
Pinochle	Fridays at 1:00pm

**Shuffleboard**
Tuesdays 9:00-10:30am

Shuffleboard rules are easy to learn and understand. They are designed to keep the game fun! The winner is the first person to reach a pre-defined target, or the player with highest score after 20 frames.

No Registration Required, just join in the fun!

New Members are Welcome!

Safe Driver Academy
9:00 - 3:00 pm

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, October 27th 9:00 - 3:00 pm
Friday, November 17th 9:00 - 3:00 pm
Friday, December 1st 9:00 - 3:00 pm

**Mondays at 10:30am**

Have you ever Played Wii Bowling? The Orchard Park Senior Center is starting a Monday Morning Wii Bowling League in October.

Wii bowling attracts the feeling and effects of being in a real bowling alley right in the senior center. It simulates real-life bowling by using simple motion controls— bowling the ball is as simple as flicking the wrist.

If you are interested please sign up in the office with Maria.

Stay Fit Dining Program in the 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.

Mon 10/2 Boneless Chicken Breast with Marsala Sauce
Rice Pilaf, Carrots, Grape Juice, Chocolate Chip Cookies
Tues 10/3 Creamy Tomato Soup with Croutons, Macaroni & Cheese, 4 Bean Salad, Cauliflower, Fruit Cocktail
Wed 10/4 Cheese Tortellini with Chicken & Cream Sauce, Green Beans, Chef Salad with Dressing, Italian Bread, Mandarin Oranges & Pineapple, Chocolate Milk
Thurs 10/5 Bratwurst with Sauerkraut & Mustard on a Bun
German Potato Salad, Au Gratin Broccoli, Marinated Cucumber Salad, Chocolate Éclair
Fri 10/6 Salisbury Steak with Onion Gravy, Scalloped Potatoes, Peas, Dinner Roll, Strawberry Bavarian

Mon 10/9 CLOSED
Tues 10/10 Beef Pepper Steak Casserole over Rice
Broccoli Florets, Wax Beans w/ Carrot, Butterscotch Pudding
Wed 10/11 Penne Pasta with Tomato Sauce, Meatballs & Shredded Mozzarella, Country Cottage Vegetables
Chef Salad w/ Dressing, Grape Juice, Ambrosia
Thurs 10/12 Roast Pork Loin with Gravy, Sweet Potatoes
Green Beans, Multigrain Bread, Cinnamon Applesauce
Ch. Milk
Fri 10/13 Beer-Battered Fish with Tartar Sauce, Au Gratin Potatoes, Tomatoes & Zucchini, Coleslaw, Rye Bread, Brownie

Mon 10/16 Breaded Chicken w/ Buffalo-style Sauce, Broccoli Rice Casserole, Apple Juice, Ch. Pudding
Tues 10/17 Tuna Macaroni Salad on a Bed of Fresh Salad
Greens with Drsg, Club Crackers, Tropical Fruit, Ch. Milk
Wed 10/18 Beef Bourguignon over Brown Rice, Cauliflower, French Bean Medley, Oatmeal Raisin Cookies
Thurs 10/19 Chicken Pasta Primavera, Zucchini Medley, Peas, Fresh Grapes
Fri 10/20 Lower Sodium Ham Steak with Brown Sugar Glaze
Scalloped Potatoes, Brussels Sprouts, Cornbread, Pear Crisp

Mon 10/23 Chicken Vegetable Casserole, Broccoli Florets, Warm Biscuit, Sugar Cookies
Tues 10/24 Hot Dog with Baked Beans & Ketchup on a Bun
Potatoes with Peppers & Onions, Carrots, Banana, Ch. Milk
Wed 10/25 Grilled Chicken Caesar Salad on Fresh Salad
Greens w/ Caesar Dressing, R. Bread, Cinnamon Streusel Cake
Thurs 10/26 Lasagna Roll w/ Tomato Meat Sauce & Shredded Moz., Cali Veg., Dinner roll, Grape juice, Lemon Bavarian
Fri 10/27 Meatloaf w/ Swiss Gravy, Mashed Potato, Peas with Onions, Wheat Bread, Fruit Cocktail

Mon 10/30 Omelet w/ Cheese Sauce, Peppers, Onions & Tomatoes, Tater Tots, Raisin Bread, Fruit Compote
Tues 10/31 Happy Halloween Breaded Bone-In-Pork Chop w/ Gravy, Scalloped Potatoes, Peas w/ Red Pepper, Marinated Beet & Onion Salad, Dinner Roll, Carmel Drizzled Brownie

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 Health Care

October 18th Presentation at 1:30pm see page 3 for more details.

Health Insurance Fair

Wednesday, October 25th 1:30pm - 3:30pm & Tuesday, November 14th 1:30pm - 3:30pm

EPIC (Elderly Pharmaceutical Insurance Coverage), Univera, BlueCross/Blue Shield, Aetna, 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 2024.

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 **at 1:00 pm**

Spend an afternoon at the movies.
\$1.00 per person—pay day of movie
Includes bag of chips or popcorn

Wed 10/4 Dragnet PG-13 A no-nonsense LAPD detective and his polar-opposite new partner investigate a strange series of thefts in this comedy starring Dan Aykroyd and Tom Hanks

Wed 10/11 and Thurs 10/12 The Sisterhood of the Traveling Pants 2

Having been apart all year, summer plans will take the girls even further along separate paths. It'll take more than treasured pants passed back and forth to keep their lives connected.

Wed 10/18 Guy Ritchie's: The Covenant ® Guy Ritchie's The Covenant follows US Army Sergeant John Kinley and Afghan interpreter Ahmed. After an ambush, Ahmed goes to Herculean lengths to save Kinley's life. When Kinley learns that Ahmed and his family were not given safe passage to America as promised, he must repay his debt by returning to the war zone to retrieve them before the Taliban hunts them down.

Wed 10/25 and Thurs 10/26 Indiana Jones and the Dial of Destiny Harrison Ford returns to the role of the legendary hero archaeologist, Indiana Jones, for this highly anticipated final installment of the iconic franchise— a big, globe trotting, rip roaring adventure!

OCTOBER SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Fitness Room 9:00 Couples Bocce 9:00 Pool Shooting 9:00 Medit. & Yoga 9:00 Ladies Exercise 9:00 Bocce 9:30 55+Pickleball 10:30 Learn to Play Pickleball 10:30 Five Crowns 10:30 Wii Bowling 11:00 Gentle Hatha Yoga w/Barb 11:00 Learn to Play Bridge NOON LUNCH 12:30 Bridge 12:30 UMA MOVES 1:30 55+ Pickleball <u>Evening Class</u> 5:30 20.20.20 <i>Building CLOSED 10/9/23</i>	8:30 Fitness Room 9:00 Bocce 8:45 Mens Exercise 9:00 Bocce/Shuffleboard 9:00 Pool Shooting 9:00 55+ Pickleball 10:00 Beg. Watercolor 10:15 Int. Line Dance 10:30 Club 99 11:30 55+ Pickleball 12:00 Tap for Fun NOON LUNCH 1:00 Inter. Watercolor 1:00 Bingo 1:15 Stretch and Barre 2:00 Card Bingo 2:00 Beginner Pickleball <u>Evening Classes</u> 5:30 Cardio Drumming <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Billiards Room Closed 8-Ball Tournament Tuesdays 12:30pm - 2:30pm </div>	8:30 Fitness Room 8:45 Mens Exercise 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 55+ Pickleball 9:30 Hand & Foot 10:00 Beginner Line Dance 10:00 Beginner Tai Chi 11:15 Inter. Tai Chi 11:15 Intro to Line Dance 11:30 Yoga NOON LUNCH 12:30 OpenCards/Games 12:30 Strength Training 1:00 Movie 1:00 Chess Club 1:30 55+ Pickleball <i>No Play 10/25</i> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Fitness Room Closed Wednesdays 12:30-1:30pm Fridays 12:00- 1:00pm </div>	8:30 Fitness Room 8:45 Mens Exercise 9-3 Game Room 9:00 Pool Shooting 9:00 55+ Pickleball 9:30 Dominoes 10:00 UMA MOVES 10:30 Club 99 11:30 55+ Pickleball NOON LUNCH 1:00 Adv. Tai Chi 1:30 Beginner Pickleball <u>Evening Classes</u> 5:15 Evening Yoga with Marie 6:30 Cardio Drumming <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Open Walking In the GYM: Monday - Friday 8:30 am - 2:00pm </div>	8:30 Fitness Room 8:45 Cardio Drum 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:00 Zumba 10:30 Art w/ Friends 10:45 BAM NOON LUNCH 12-2 55+ Pickleball 12:00 Circuit Training 12:45 MahJong 1:00 Spanish 1:00 Pinochle 2:00-4 55+ Pickleball <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Basketball Free Throw Bring your own ball and shoot some hoops. Mon – Fri 8:30 - 9:30am </div>

DOCUMENTARY AND DISCUSSION

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

Monday, October 16th at 12:45pm
King of Collectibles: The Golden Touch Collectibles
Hail to the King

Monday, October 30th at 12:45pm
King of Collectibles: The Golden Touch Collectibles
Number One or Bust

Monday, November 6th at 12:45pm
King of Collectibles: The Golden Touch Collectibles
The Golden Ticket

Monday, November 20th at 12:45pm
King of Collectibles: The Golden Touch Collectibles
Puerto Rico



PICKLEBALL



All members must sign up using MyActiveCenter.com or by filling out a registration form at the front desk.
See days and times above.

Cost per session \$5.00,
Please pay at desk the day of session and **bring exact payment.**
No Entry to pickleball courts more than 15 minutes prior to play. Please be respectful of play times and do not over extend the play.

LEARN TO PLAY PICKLEBALL

Mondays at 10:30am 8 week session
8/14-10/16 NO CLASS 9/4 Cost \$48.00
10/23 - 12/11 Cost \$48.00

Who Should Consider Lessons With Carl:

1. Those who have never played pickle ball
2. Those who have not played in a year or more and want to refresh their game.

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

(chair modifications available).

6 week session 9/11 - 10/30 no class 10/2 & 10/9 Cost \$30.00

4 week session 11/6 - 11/27 Cost \$ 20.00

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 Wednesdays at 11:30 am

6 week session 9/6-10/25 No Class 10/4 & 10/11 Cost \$30.00

4 week session 11/1 - 11/22 Cost \$20.00

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.

GENTLE HATHA YOGA Mondays at 11:00 am

5 week session 9/11 - 10/16 Cost \$25.00

6 week session 10/23 - 11/27 Cost \$30.00

Hatha yoga focuses on posture and breathing techniques, traditionally to channel vital energy source.

EVENING YOGA with MARIE Thursdays at 5:15 pm

6 week session 9/7 - 10/12 Cost \$30.00

5 week session 10/19 - 11/16 Cost \$25.00

Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching. 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.

Beginner Tai Chi Wednesdays at 10:00 am

7 week session 9/6 - 10/18 Cost \$35.00

6 week session 10/25 - 12/13 Cost \$30.00

No class 11/8 and 11/22

Intermediate Tai Chi Wednesdays at 11:15 am

8 week session 8/30 - 10/18 Cost \$40.00

6 week session 10/25 - 12/13 Cost \$30.00

No class 11/8 and 11/22

Join Cynthia 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.

Advanced Tai Chi Thursdays at 1:00 pm

8 week session 9/28-11/16 Cost \$45.00

Instructor Bill Adams will teach Tai Chi a form of fluid movements that builds endurance, increases flexibility and balance. This one hour program is for those with some Tai Chi experience, but new students are welcome.

BAM! – Balance and Mobility Class

Fridays at 10:45am -NEW TIME

6 week session 9/8 - 10/27 no class 10/6, 10/13

6 week session 11/3 - 12/22 \$30.00

BAM! incorporates strength, balance and mobility exercises that prepare your body for everyday activities. This class includes multiple-muscle and multiple-joint movements that will help you do real-life, everyday things like lift, bend, twist, squat and haul! We'll end every class with a fun obstacle course and some flexibility exercises.

Tap Dance for Fun Tuesdays at Noon

6 week session 9/5 - 10/10 Cost \$30.00

6 week session 10/17 - 11/28 Cost \$30.00 no class 11/21

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

6 week session 9/5 - 10/10 Cost \$30.00

6 week session 10/17 - 11/28 Cost \$30.00 no class 11/21

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.

Cardio Drumming Fridays at 8:45 am

4 week session 9/15-10/6 Cost \$24.00

3 week session 10/20 - 11/3 Cost \$18.00

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. Proper footwear such as sneakers is required.



Cardio Drumming Evening

Thursdays at 6:30 pm

4 week session 9/14-10/5 Cost \$24.00

4 week session 10/19 - 11/9 Cost \$24.00

Cardio Drumming Evening Tuesdays at 5:30 pm

4 week session 9/12-10/3 Cost \$24.00

4 week session 10/17 - 11/7 Cost \$24.00

Zumba Fridays at 10:00 am

4 week session 9/15-10/6 Cost \$20.00

3 week session 10/20 - 11/3 Cost \$15.00

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.

20/20/20 Monday at 5:30 pm

4 week session 9/11-10/2 Cost \$20.00

4 week session 10/16 - 11/6 Cost \$20.00

Join us for 20 minutes of cardio, including some Zumba movements, 20 minutes of resistance, strength training/weights, and 20 minutes of stretching. Improve your tone, endurance and balance with inspiration! Oh, don't forget, burn calories too! Please bring hand weights and a floor mat to class.

UMA MOVES Mondays at 12:30-1:45pm

Thursdays at 10-11:15am

Cost is \$5.00 per class – pay the instructor

Uma Moves is an eclectic mix of kundalini yoga, Chi Gong, body tapping and brain gym that is choreographed to beautiful music. This class addresses core strength, flexibility and balance. There is floor work so you will need to be able to get on and off the floor, and you will need to bring a yoga mat. Although all levels are welcome, a reasonable level of fitness/mobility is required. Extensive arm and shoulder mobility required.

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**

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.

**Men's Fitness Tue, Wed, & Thur. at 8:45 am
No Class 10/24-11/7**

This Free class helps motivate you to work toward a healthy lifestyle. Take the first step in living a healthy life by showing up for Men's Fitness.

Introduction to Line Dance Step Class**Wednesdays at 11:15am — 12:00pm****6 week session 9/20-10/25 **Cost \$12.00****

Is Line Dance for you? Now is the time to give it a try! This basic steps class will help you become familiar with terms and steps. Build experience and confidence. Learn a few basic dances!

Instructor: Sandy

FITNESS ROOM**Monday - Friday 9:00 am - 4:00pm****Mon., Tues., & Thurs. 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 ClosedWednesdays 12:30-1:30pmFridays Noon - 1:00pm**Personal Training Appointments****Cost \$40.00 per hour****Call the center to schedule**

Personal training sessions will be available to members in the Fitness Center. Members can meet one-on-one with a personal trainer to set fitness goals, learn how to use equipment or create an exercise program designed for your needs. Sessions will be semi-private - other members may be using the fitness center at the same time, but the trainer will be working only with you. Individuals or couples welcome. Trainer: Jennifer Johnson

Circuit Training Fridays at Noon-1:00pm**6 week session 9/8 - 10/27 **no class 10/6, 10/13**
6 week session 11/3 - 12/22 **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

Intro. To Strength Training with Cindy**Small group (8)****Wednesdays at 12:30 - 1:30 pm****8 week session 8/30- 10/18 **Cost \$68.00****

8 week session 10/25 - 12/13 **No class 11/18 & 11/22**

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. * **Signed fitness waiver required prior to start date.**

**ART CLASSES**

Late registrations will not be accepted for instructed classes.

Beginner Watercolor - Instructor Dan Meyer**Tuesdays at 10am—Noon****8 week session 9/5 - 10/24 **Cost \$40.00****

This class is directed towards students who may not feel confident enough to join the intermediate level class but want to use their basic skills and increase their watercolor knowledge by creating paintings. Please visit instructor's website at www.danmeyerwatercolors.com for supply list.

Watercolor- Try Before you Buy! Instructor Dan Meyer**Tuesday's at 10am - Noon****6 week session 10/31 - 12/5 **Cost \$45.00****

Paint a landscape in watercolor - **supplies included.** Experience hands on, step by step instruction learning basic watercolor techniques in a relaxed environment. Explore this fascinating medium with all supplies needed to complete your masterpiece before investing in your personal set of materials. **Spots are Limited.**

Intermediate Watercolor - Instructor Dan Meyer**Tuesdays at 1:00 pm – 3:00 pm****8 week session 9/5 - 10/24 **Cost \$40.00******6 week session 10/31 - 12/5 **Cost \$36.00****

Continue to explore the fascinating world of watercolor as you go beyond the basics. Photo reference will be provided. Each subject rendered will be demonstrated, step-by-step by the instructor, followed by student participation. Advanced watercolorists will enjoy this course as well. Find the materials list at www.danmeyerwatercolors.com

supply list for classes available at the front desk

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.

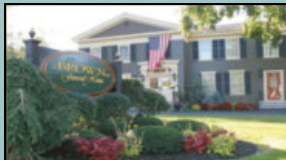
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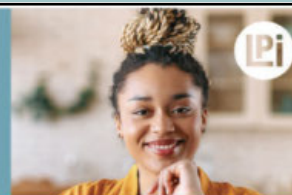
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**Country Western Afternoon
Tuesday, October 17th
From 1:00-3:30pm**

Hot Country Liners Dance Team
Show 1-1:30pm
Lessons 1:30-2:00pm
Entertainment by the Hastings Duo 2-3:30pm
COST: \$6.00

Dust off those boots and join us for an exciting afternoon of line dance entertainment! The Hot Country Liners Dance Team will get your 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 the Hastings Duo, Refreshments will be served.
Thank you Orchard Heights for your generous donation towards this event.



**Reiki Session with Reiki Master
Friday, October 20th
9am - 11am**

Reiki which was developed in the 1900's is a Japanese relaxation technique using energy that aims to harmonize the body, mind and spirit.
Call 716-662-6452 to make your half hour appointment with Reiki Master. Practitioner, Carolyn.
First session—no charge, but tips are appreciated! More appointments coming in the fall.



**Mulberry Italian Ristorante
64 Jackson Ave. Lackawanna**

**Thursday, November 2, 2023 at Noon
Menu Choices - \$33.00 Includes Tax & Tip**

1. Lasagna (Gluten Free Available—Please Ask Amy)
 2. Chicken Parmigiana w/ side of pasta
 3. Eggplant Parmigiana w/ side of pasta
 4. Spaghetti & Meatball (Gluten Free meatball available— Please Ask Amy)
- Cash Bar Available

**Please call Amy SanFlipppo
716-627-7772 for reservations
By October 22nd with lunch choice**

**BPO Buffalo Philharmonic
Coffee Concert**



Joann's Classical Christmas

**Friday, December 8th bus departs at 8:15 am
for a 10:30 am performance**

The bus departs the Center at 8:15 am with lunch at Pearl Street Grille. Cost including transportation, concert and lunch is \$90.00.
Limited seats available.

**Registration with payment for the show
begins Friday, October 6th
Register in the office**

**BPO Buffalo Philharmonic
Coffee Concert**

John Morris Russell's Holiday Pops

**Friday, December 15th bus departs at 8:15 am
for a 10:30 am performance**

The bus departs the Center at 8:15 am with lunch at Pearl Street Grille. Cost including transportation, concert and lunch is \$90.00.
Limited seats available.

**Registration with payment for the show
begins Friday, October 13th
Register in the office**

A Note From....

**The Community Activity Council
Of Orchard Park**

The Community Activity Council of Orchard Park, a 501c3 is a not-for-profit organization formed to raise funds to help support and fund equipment and activities for the OPCAC. **Some** of the donations have gone towards:

*Fitness Equipment \$55,553.38
Dining Hall Sound System \$21,304.96
Wall Pads in Room 156 \$19,000.00
Building Signage \$17,451.00
Game Room Equipment \$7,251.10
Key Fob for Bocce Door \$3,384.84*

As more people discover the Center, the Council invites you to volunteer and be a part of the organization!
Contact Maria at 716-662-6452 for additional information.