PHONE
716-662-6452

EMAIL
opsenior@orchardparkny.org

CENTER HOURS
8:30 a.m. – 4:00 p.m.

Supervisor
Patrick J. Keem D.D.S.

Council Members
Eugene Majchrzak
Michael Sherry

Senior Center Director
Anna Willems

Memorial Day
May 26, 2014
Notes From Anna

- Hello Spring! Just when we thought the cold weather would never end, I see tulips and daffodils, peaking through the ground. A sure sign that warmer weather is on the way and with it begins the start of the barbecue season, graduations, weddings, and Mother’s Day celebrations. Mother’s Day has always been bittersweet for me. I often think of my mother who passed away in 1990. She would have turned 90 this year. She was born in Italy, and she would often recount the hardships she endured during the Depression. Her family never went hungry, but there were few luxuries especially sugar or candy which they had on only on special occasions such as Christmas and perhaps on a birthday. Most people were farmers and you ate whatever was in season. Potatoes, turnips, and any other root vegetables tided them over until spring. When it came to helping the family, everyone pitched in, from the youngest child to the oldest. There were seven in her family, four girls and three boys. Since economic times were hard, the girls often left their small towns for the big city seeking work as maids, nannies, cooks or whatever job they could find. At the age of eleven mom left with her uncle and aunt for a three-hour train ride to Turin where for the next five years she worked as a nanny to a family with five children. What courage she had! But like many people who lived through the Depression, times were tough. She returned home at seventeen to help on the farm. Growing up, I remember my mother as a very resourceful person. If my brothers or I needed a new coat, she would take apart an old one and put a little velvet trim on that one she just sewed and you had a new coat. If I saw a dress in a store window I would describe it to her, she would cut out a pattern, purchase some fabric and in a couple of days I had a new dress. She was an amazing cook, always ready to feed anyone who dropped in especially during dinner hour. She took pride in her four children, and I, as the only daughter often draw strength from her life experiences. But I’m sure my mother was not unique. Having met many women who have lived through that period I’m always amazed at their resourcefulness, strength and willingness to endure whatever life throws at them. To all the mothers, step mothers, mother-in-laws, grandmothers, and great-grandmothers thank you for always being their for everyone and I wish you a Mother’s Day filled with love and happiness. You are always in our thoughts and in our hearts.

- Save the Week: July 7—11 are the Senior Games. A week filled with competition in Bocce, Minute To Win It, Chair Volleyball, Ping Pong, Horseshoes, Golf, Card Tournaments, and more. Everyone 55+ years is invited.

A Note From The President of the Senior Council

The following events are scheduled for 2014. Your support is much appreciated.

- Victorian Lunch and Vintage Fashion Show May 10th
  - Tickets $25.00 on sale now at the Senior Center

- Golf Tournament—June Date To Be Announced

- Bill’s Home Game Concession Stand (Volunteers are needed to work the stands)

Thank you for your continuing support.

Jackie Briggs, President
Orchard Park Senior Council (SCOP)
To learn more about the Senior Council or volunteer contact Jackie Briggs at 662-3982.

Update on the University Express Program

The University Express Program sponsored by Erie County Department of Senior Services RSVP (Retired Senior Volunteer Program brings stimulating academic classes to older adults. Classes are free and open to seniors 55+ years) Here’s a preview of upcoming classes at the Orchard Park Senior Center.

- Bats are fascinating animals and the only true flying mammal! - Friday April 25, 1:00pm Instructor Elsi Able, President of Fox Wood Wildlife Rescue, Inc.
- Drones, Counterterrorism Policy and the Future of Warfare—Thursday May 1, 3:00pm Drones or unmanned aerial vehicles (UAVS) play an increasing role in military and intelligence. Instructor: Julia Hall, Attorney, Counterterrorism/human right expert, Amnesty International

University Express Continued...

- Body Language: What is Your body saying to others.—Monday May 5, 1:00pm. We send more messages non-verbally than verbally through our bodily movements, posture, etc. Instructor: Miriam Deutschman
- Light in the Darkness—Monday May 5, 3:00pm. For thousands of years, lighthouses have offered guidance and comfort to sailors. Instructor: Mike Vogel, lighthouse keeper, retired Buffalo News editor
- Understanding Pain and Neuropathy—Pain has a great impact on one’s quality of life and disability. Instructor: Dr. Gil I Wolfe, M.D.Professor and Chair SUNY at Buffalo Medical School, Dept. of Neurology
- The Evolution of French Fashion: From the Second Empire to the Present Day—Thursday May 8, 1:00pm. A short history of French fashion with emphasis on major designers such as Coco Chanel. Instructor: Eileen Angelini., Prof French and Fulbright Scholar; Canisius College
- Watching the Warbles of Springtime: - Tuesday May 13, 9:30am. Spring is season for bird watching with large numbers passing through. Tom Kerr, Audubon naturalist and educator
- Ernest Hemingway—Thursday May 15, 1:00pm
  - Hemingway wrote what he knew spinning tales of his travels into two dozen books. Instructor: Jim Banko, retired English teacher.
- The American Arts and Crafts Movement—Friday May 16, 1:00pm
  - Hard Times in WNY 1812-1844—Monday May 19, 1:00pm
COMPLIMENTARY CARDS
A photo I.D. card entitling elderly, aged 65 years of age and older, to reduction in goods, services and bus fares may be obtained at the Rath Building, 95 Franklin Street, Room 1300, from 9:00 am to 2:00 pm Monday through Friday. Photo I.D. cards are also available for all Erie County residents aged 62.

CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER
To register, call the Senior Center at 662-6452
Or drop by at 70 Linwood, Orchard Park

Duplicate Bridge Tournament — The First Monday of Every Month, Next Tournament is May 5, 12:30pm
Congratulations to the April Winners
First Place: Winnie Bergner & Mimmie Vatale
Second Place: Carol Colligan & Virginia Sprague
Third Place: Melanie Wolski & Thelma Covert
Join us for the next tournament.

Pinochle Tournament Friday May 16 at 1:00pm.
Please register for the tournament by calling 662-6452
Cash prizes will be awarded to the first, second and third place winners. March winners were:
First Place: Carol Crossan
Second Place: Esther Biniszaiewicz
Third Place: Ruth Duffy

Everyone is welcome!

Euchre Tournament — May 6, 1:00pm
The winners of the March tournament are:
First: Hazel Spoonley, Second — Irene Czaroun
Third — Roy Duffy
Congratulations to all the players. Euchre is played every Tuesday 1:00pm at the Senior Center.

Tai Chi — May 14 — July 2, 8 week
Tai Chi is a form of fluid movements that builds endurance, increase flexibility and balance, and promotes alertness of mind and spirit. This eight week program is designed for those with some Tai Chi experience, however new students are welcome.
Cost $30.00.

Watercolor Painting with Friends
Friday April 25 — May 30 10:30-12:30** Free**
While Sharon is on vacation, artists are invited to join other artists in a morning of painting. Whether it's acrylic, watercolor, or sketch bring your art supplies and explore your creativity. There is no formal instructions, but plenty of input and friendly instructions from other artists when requested.

Feeling Stressed? Here’s the Answer….
Did you know that geriatric massages can increase blood circulation, combat depression, and release muscle tension? Michelle Wright LMT offers chair massages Wednesday May 14 and Wednesday May 28, 9:00-12:00 noon. A fifteen minute chair massage is $10.00 (payable to therapist). Contact the center at 662-6452 to set up an appointment.

Stay in Shape This Summer With Zumba
June 26 — August 14
Thursday 10:30-11:30am — 8 week $25.00
Zumba is the best dance and workout routine you will ever do. This energetic program uses Latin dances such as the samba, merengue, salsa and various types of music to dance you way into a healthy lifestyle. Cost for the eight week program is $25.00—sign up today!

Enjoy and hour of fun as we sing some of your favorite Broadway tunes. Refreshments served.

Chair Exercise for the Mind and Body Program
April 14 — June 23, Mondays 11:00am & Wednesday 2:30pm
If you have arthritis or have a limited range of movement, this program is for you. Stretching, using weights, resistant bands, and other items ensures you This is a 10 week program. Classes meet Monday at 11:00am and Wednesday at 2:30pm. Cost is $30.00

Tap Dancing For Fun — Mondays - April 28 — July 7, Intermediate 9:00-10:00am
Beginner 10:00am -11:00am
This ten week beginner and intermediate tap class is designed for those who have always wanted to learn to tap dance, or who have previously tap danced and want to tap again. Tap dancing is a great way of exercising and building leg muscle. Cost for 10-week class is $20.00

Intermediate/Advanced Tap Dancing
Thursday May 1 — June 19 10:00am-11:00am
This class is for those seniors who have some experience tap dancing. This one hour class runs for eight weeks. Learn to tap to some of the great Broadway tunes. Register today! Cost is $25.00

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*****Senior Computer Tutoring

Many seniors come from different background experiences when it comes to learning about computers, the computer instructions will take a different format. Classes are tailored to your need. You will now be able to have a one on one session with the instructor. You get to choose the topic for your one hour class. Classes will be held once a week on an alternating Monday or Wednesday. Choose one of these hours for your class: Morning session 10:00 or 11:00am. Afternoon sessions: 1:00 or 2:00pm. Learn more about the following:

⇒ Buying a Computer, Navigating the Internet
⇒ Keyboarding, Slides, Negatives and Photos
⇒ PC Tune Up, E-mail, Digital Camera, Saving Stuff,
⇒ E-Bay Sell or Buy, Windows 7 & 8
⇒ Microsoft Excel, Skype and much more. Contact the Center at 662-6452 to register. One hour of class instruction: $5.00

If you have a laptop you are encouraged to bring it to class. The Center now offers lessons on the Apple laptop. If you have any questions regarding your Apple Computer please contact the center to set up a class.

Are you having problems using your E-reader, Nook, or Kindle? Well help is on the way. A Volunteer with expertise on these devices will be available to answer your questions. To set up an appointment please call the center at 662-6452 to register.

For The iPad and iPad mini User

Wednesday May 21, 1:00pm

For the new (or not so new) iPads user a one hour FREE class on some neat and useful Tips and Tricks for your iPad. Join us and learn how to make your iPads easier to use. Some of the tips and tricks covered will be customizing Safari browsing and SIRI. Prior experience is NOT required. Contact the Center at 662-6452 to register.

Book Group

The Book Group meets the last Wednesday of every month at 10:00am at the Senior Center. The following books are scheduled for discussion:

April 30, — Angola Horror: The 1867 Train Wreck—Charity Vogel
May 28, — Snow Child—Eowyn Ivey

There is no fee to attend, but members are encouraged to read the books prior to attending the meetings.

Charity Vogel author of Angola Horror: The 1867 Train Wreck will be at the Senior Center on Wednesday April 30 at 10:00am to discuss her book. Everyone is invited.

SHEA’S PERFORMING ARTS CENTER

Evita, Wednesday June 11, 7:30pm Performance
Tim Rice and Andrew Lloyd Webber’s Tony Award winning musical returns. This is the story of Eva Peron, First Lady of Argentina, who became one of the most powerful women in the world. Cost: $65.00 includes transportation from Senior Center. Last day to sign up is extended to April 30.

BUFFALO PHILHARMONIC ORCHESTRA

Star Spangled Pops—Friday May 23, 10:30
Cost $60.00—Sold Out

Other Tours

Inside Silo City—Friday June 6, 9:30am.
Take a 90 minute journey by water and foot to the Perot Malting Plant and Grain Elevators. Hear the story of the Erie Canal; Buffalo’s history as the largest grain port in the world and experience the nation’s largest standing grain elevators from just a few feet away. Following our tour, we’ll make our way to Pearl Street Grill for lunch. Sign up starts Tuesday April 1st. Cost: $54.00 includes transportation from Senior Center.

Hidden Valley Animal Adventure & The Windmills, Tuesday July 22, 2014
We’ll make our way to Vareysburg with a short side trip to a windmill farm to learn about windmills how they work, and their impact on western New York economy. We’ll then go onto Hidden Valley Animal Adventure in Vareysburg, have lunch and then take the hour-long trolley ride through the park. You will get the chance to have an up-close and personal interaction with exotic animals like camels, zebra, llama’s and more. Cost: $49.00 per person includes transportation from the Senior Center; sign Up starts May 6

Bison’s Baseball Games
It’s that time of year...that’s right baseball! Through the generosity of Mark Stevens Financial LLC who has donated baseball tickets to see the Bison’s, you will have a choice of either attending a 1:00pm game on Thursday July 31 or Thursday August 14 at 1:00pm. Mark assured us we have great seats for the game. As in previous years a bus will leave the Center at approximately 12:00 noon and returning at 4:00pm. Upon return to the Center pizza and wings, with dessert will be served. Cost is TBA. Reservations with payments start May 28th.

Health Insurance Information and Counseling Assistance Programs (HIICAP)
Trained volunteers can provide: unbiased information and assistance regarding Medicare, Medicare Supplement Policies (Medigaps) & Long Term Care Insurance. Confidential assistance with claims filing, Referrals to appropriate agencies including legal assistance. To set up an appointment call 662-6452
**Coming Up...**

**Mike Nugent Sings Buble and Sinatra**
Friday May 9, 1:30pm
Here’s an opportunity to listen to some of the great songs such as Summer Wind, New York, New York and more. You won’t want to miss this young wonderful entertainer who sounds like Michael Buble. Refreshments will be served. **Tickets $2.00 now.**

**Strawberry Social and Song**
Friday June 13, 1:30pm
Let Jack Civiletto entertain you with popular tunes and afterward enjoy our fresh homemade Strawberry Shortcake. This is a popular event at the Center and a perfect way to welcome summer. Tickets $4.00 on sale May 6th.

**Tennis or Pickle Ball Anyone?**
The Senior Center has made arrangements to use the Middle School Tennis Courts on Thursday mornings during July and August. If you are interested in Pickle Ball or Tennis please contact Anna.

**Join Club 99 Free *****Free*****Going On Now!**
Tuesday and Thursday Mornings at 11:00am
What is Club 99? The Erie County Department of Senior Services and Senior Nutrition Program are teaming up to present Orchard Park with Club 99. Club 99 is a free fitness program offered to those 60 years of age or older. Ray Steck is the instructor who will explain how using the resist-a-band will tone and build muscle. Come join and learn about this program.

**Bocce is Back...and it’s Free!**
Couples Team — Monday’s at 10:00am
Starting June 16
Mixed Team— Tuesday & Thursday 10:00am
Starting June 17
Bocce is a fun game similar to lawn bowling. There are 4 players on a team which take turns rolling the Bocce ball toward the pallino (a smaller ball). Players are awarded points for the balls thrown closest to the pallino ball. This is a game of strategy and skill, which can only be developed by playing the game. Bocce starts Monday June 16 at 10:00am for couples and Tuesday June 17 10:00am for mixed. Games are played at Green Lake. If you would like to join in the fun sign the sign-up sheet found in the lobby or contact the Center at 662-6452.

**Orchard Park Garden Club**
Annual Spring Plant Sale
Saturday May 17, 2014, 8:00am-2:00pm
At the Orchard Park Railroad Depot (behind the Orchard Park Library).
Annuals, Perennials, Herbs, Vegetables, accent plants and more. To purchase gift certificates contact Sharon at 674-0466.

**SENIOR GROUPS**
In addition to the Senior Center activities and programs, the following groups offer social events, escorted trips

**Armor Seniors** meet every 2nd and 4th Thursday of the month at 1:30 pm at Armor Bible Presbyterian Church, 5650 Powers Rd. President is Arlene Schlierf and can be reached at 649-5845. For trip information, contact Shirley Doyle at 823-0197

**Hillcrest Seniors** meet every 2nd and 4th Thursday at the American Legion Post, North Buffalo Rd., Orchard Park. President is Gerry Klein. He can be reached at 884-4383. Richard Jones is the travel consultant and can be reached at 827-7074

**Orchard Park Senior Citizens** meet every 1st and 3rd Wednesday at the American Legion Post, North Buffalo Rd., Orchard Park. For information call Joe Manuel at 649-7118

**Sacred Heart Seniors** meet every 2nd and 4th Tuesday of the month in the lower hall at Our Lady of Sacred Heart Church on Abbott Road. President Robert Bednarz. He can be reached at 823-7909.

**St. John’s Lutheran Church, Diamonds in the Rough**
meet the first Tuesday of the month at 1:00 pm at St. John’s Lutheran Church, Highland Avenue Orchard Park. For information call Alan Groth at 662-2140.

**St. John’s Vianney Seniors** meet every 2nd and 4th Tuesday at 12:45 pm in St. John Vianney Parish Center on Southwestern Boulevard. The President is Dorothy Dzikowski, and she can be reached at 674-1645. For tour information call Mary Tebo at 662-5021.

**Orchard Park Senior Center Dinner Club**
The Orchard Park Senior Center Dinner Club welcomes new participants. For information contact the Senior Center at 662-6452. Join us for the following dinner outings:

**Thursday May 1, Orazio**, Contact Dixie Bileschi at 674-9348.

**Thursday June 5**, Shimshacks Restaurant. — contact Jackie Briggs at 662-3982

**The next Dinner Club Meeting is Tuesday May 6th at 10:00am at the Orchard Park Senior Center**

**Let’s Talk** Confused about what’s going on in the world today? Reading the newspapers, or listening to the news, are you baffled with the information being presented? If so you may want to join our group. If you have a topic that you would like to have researched bring it to the office no later than Wednesday before the group meets. **Due to the University Programs scheduled on Fridays, the next group discussion will be on Friday May 2 and Friday June 20th 1:00pm**

**Foreign Film— Baaria Friday May 23, 1:00pm —Free**
From the director of Cinema Paradiso comes an epic of Italian life. The story is told of a young boy Peppino a shepherd in the small Sicilian town of Bagheria, nicknamed (Baaria) During the next five decades he discovers a destiny he could have never imagined.
**Orchard Park Senior Center**  
**Meal Calendar—May 2014**

<table>
<thead>
<tr>
<th>Date</th>
<th>Meal Description</th>
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<tbody>
<tr>
<td>Thurs 01</td>
<td>Turkey Vegetable casserole, mashed potatoes, biscuit, cookie</td>
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<tr>
<td>Fri 02</td>
<td>Ham steak w/glaze, mashed sweet potatoes, Brussels sprouts, yellow cake w/frosting</td>
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<tr>
<td>Mon 05</td>
<td>Beef pepper casserole over rice, corn, green beans, pineapple</td>
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<tr>
<td>Tues 06</td>
<td>BBQ turkey burger, garlic mashed potatoes, peas, fruit</td>
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<tr>
<td>Wed 07</td>
<td><strong>Mother’s Day Lunch</strong> Boneless chicken breast, penne pasta w/herbed cream sauce, Glazed carrots, broccoli, lemon cake</td>
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<tr>
<td>Thurs 08</td>
<td>Breaded boneless pork chop w/gravy, mashed Potatoes, beets, peaches</td>
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<tr>
<td>Fri 09</td>
<td>Breaded fish patty, cauliflower, au gratin spinach, chocolate brownie</td>
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<td>Mon 12</td>
<td>Pulled tarragon chicken over penne pasta, broccoli, carrots, chocolate pudding</td>
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<tr>
<td>Tues 13</td>
<td>Polish sausage, red skin potatoes, green beans, fruit</td>
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<tr>
<td>Wed 14</td>
<td>Cheese omelet, browned potatoes, chef salad, strawberry bavarian</td>
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<td>Thurs 15</td>
<td>Stuffed pepper w/sauce, mashed potatoes, mixed vegetables, pears</td>
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<td>Fri 16</td>
<td>Pork Loin w/gravy, peas, lazy pierogi, chocolate cake</td>
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<td>Mon 19</td>
<td>Beef macaroni casserole, green beans, cauliflower, fruit</td>
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<tr>
<td>Tues 20</td>
<td>Breaded chicken breast w/gravy, mashed potatoes, broccoli, butterscotch pudding</td>
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<tr>
<td>Wed 21</td>
<td>Swedish meatballs over noodles, carrots, brussel sprouts, peaches</td>
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<tr>
<td>Thurs 22</td>
<td>Turkey w/gravy, mashed sweet potatoes, stuffing, chef salad, cherry cake</td>
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<tr>
<td>Fri 23</td>
<td><strong>Memorial Day Lunch</strong> Hot dog w/bun, browned potatoes, Mexican corn, pineapple</td>
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<tr>
<td>Mon 26</td>
<td><strong>Memorial Day Holiday Senior Center Closed</strong></td>
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<tr>
<td>Tues 27</td>
<td>Diced pork &amp; gravy over noodles, cauliflower green beans strawberry delight cookie</td>
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<tr>
<td>Wed 28</td>
<td>BBQ turkey burger w/bun, corn peas, fruit</td>
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<tr>
<td>Thurs 29</td>
<td>Meatloaf w/gravy, mashed potatoes, vegetables, chocolate chip cookie</td>
</tr>
<tr>
<td>Fri 30</td>
<td>Grilled chicken salad, orange-pineapple velv</td>
</tr>
</tbody>
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**FREE BLOOD PRESSURE SCREENING**  
**EVERY MONDAY 1:00-3:00pm**

**Stay Fit Dining Program**  
In cooperation with the Erie County Department of Senior Services, The Town provides a nutritious hot meal and many social opportunities for persons age 60 or over and their spouses Monday through Friday at noon. The suggested contribution for each meal is $3.00. Please call Jean at 662-8378 to make your reservation by noon Wednesday for the upcoming week.

**Spend an afternoon at the movies. Reserve lunch with Jean by calling 662-8378 stay for the movie at 1:00pm. 50 cents for popcorn and beverage.**

**May 7—The Secret Life of Walter Mitty**  
A classic story of a day dreamer who escapes his anonymous life by disappearing into a world of fantasies filled with heroism, romance and action.  
**Comedy & Drama**

**May 14—Mandela: Long Walk To Freedom**  
Starring Idris Elba  
The life story of President Mandela early life, coming age, education and the 27 years he spent in prison before becoming President and working to rebuild the country’s society.  
**Drama**

**May 21—Nebraska —Due to Popular Demand**  
Starring Bruce Dern  
After receiving a sweepstake letter in the mail, a cantankerous father thinks he struck it rich, and wrangles his son into taking a road trip to claim the fortune. Nebraska tells the stories of family life in the heartland of America.  
**Comedy & Drama**

**May 28—The Monuments Men**  
Starring George Clooney  
Based on a true story of the greatest treasure hunt. A thriller focusing on an unlikely World War II platoon, tasked by FDR with going into Germany to rescue artistic masterpieces from Nazi thieves and returning them to their rightful owner.  
**Drama/Suspense/Comedy**

**A.A.R.P. Driver Safety Program**  
Offered at the Orchard Park Senior Center the last Thursday and Friday of every month  
1:00-4:00 pm. Classes will be held:  
**Thursday, May 29 and Friday May 30**  
**And**  
**Thursday, June 26 and Friday, June 27**  
(You must attend both days)  
The course is for 50 years of age and older. Those completing the course qualify for up to a 10% discount on their automobile liability and collision insurance and a 4 point reduction on their driver’s license for accrued moving violations. **Registration** is required by calling the Center at 662-6452 or by dropping by. Program cost: $20.00 for AARP members, $25.00 if you are not a member of AARP. Checks only please.

**FREE BLOOD PRESSURE SCREENING**  
**EVERY MONDAY 1:00-3:00pm**

**NEED A RIDE? CALL RURAL TRANSIT 662-8378**  
Rural Transit Service (RTS) is a non-profit transportation service. Residents are transported to dialysis clinics, medical offices, physical therapy, pharmacies, nutrition sites, adult day care, grocery stores, banks, salon/barbers, etc., with medical trips taking priority. Trips are free, but donations are accepted. *Volunteers are needed to drive or dispatch*
<table>
<thead>
<tr>
<th>Monday</th>
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<th>Thursday</th>
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<td>9:00 a.m. Pool Shooting</td>
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<td>9:00 a.m. Ladies Exercise</td>
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<td>10:00 a.m. Intermediate Tap Dance</td>
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<td>11:00 a.m. Club 99 Exercise Program</td>
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<td>12:00 p.m. Stay Fit Dining</td>
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*Designates University Express Program **Free

3:00 p.m. Drones ***