Orchard Park Senior Center
70 Linwood Avenue
Orchard Park, NY 14127

PHONE
716-662-6452

EMAIL
opsenior@orchardparkny.org

CENTER HOURS
8:30 a.m. – 4:00 p.m.

Supervisor
Dr. Patrick Keem

Council Members
Eugene Majchrzak
Michael Sherry

Director
Anna Willems
Orchard Park Senior Center

Notes From Anna

♦ Welcome to Spring! Kids are out playing street hockey, people are out riding their bicycles, mothers walking their babies, and kids are wearing shorts. It must be a sign that we'll have an early summer or is that just wishful thinking?

♦ April 10th to 16th is Volunteer Appreciation Week and over the years I have recognized the volunteers’ hard work at our annual summer barbeque. This year I would like to acknowledge them in our newsletter for their outstanding service to the Center. Some have been volunteering for over fifteen years; quite an accomplishment since the Center will be celebrating 20 years this October. Betty Cash and Chester Kowalski are two very special people who have been volunteering with the Stay Fit Dining Program daily since 1996. This program would not be the same without their help. Wanda Schwab a “rookie” with over 9 years of volunteering can be counted on for all aspects of the lunch program. Others who have more than fifteen years of volunteer service are: Chris Colarusso, Pat Blando, Lois Steck and husband Ray Steck. Don Schwab, Chris Baratta and Joe Kasinski are the “newcomers” with over five years of volunteer service. Carolyn and Stan Minko, and Ron Eberhardt, and Joan Moran also have more than five years of volunteering. Our Library is well organized thanks to the effort of Flo Dunn and Marilyn Henning. Barb Ferraro can often be found in the office answering the phone. Peg Schoell, Gail Major and Linda Makey (all retired nurses) offer free blood pressure screening every Monday from 1:00-3:00pm. Roger Weiss conducts the monthly Pinochle tournaments and Philip Kittner organizes the Monthly Bridge Tournament. Jackie Briggs, is not only president of the Senior Council, but for the past 10 years heads up the Book Club and Dinner Club. Without everyone’s generosity of time, labor and positive attitude the center would not be what it is today, a friendly place where there’s something for everyone. Words cannot express my sincere gratitude for all that you do. THANK YOU! (If I have missed anyone, please accept my apology, as I am fortunate to have so many volunteers that sometimes I lose track of all of them). Having said that if you have volunteered at the Center, please accept my invitation to our Volunteer Recognition Breakfast, Thursday April 14th at 9:30am. Again, thank you!

♦ Everyone at the Center extends their deepest sympathy at the loss of Gerald Klein, President of the Hillcrest Senior Group who recently passed away. Not only did he guide the Hillcrest group to become the success it is today by inviting new members to participate in all that the group and the community has to offer, but also working with the many fund raising events the Senior Council hosted. He will be missed but not forgotten.

The Orchard Park Senior Council Invites You to A

Spaghetti Dinner

On

Thursday April 21st  4:00pm-7:00pm

at

The Orchard Park Senior Center
70 Linwood, Orchard Park

Enjoy delicious spaghetti with your choice of meatballs or Italian sausage, salad, and dessert

Cost: $10.00 per person

Tickets available April 1st, at the Orchard Park Senior Center 70 Linwood

Eat In or Take Out

Proceeds to benefit a new Community Activities Center

A Note from Jackie Briggs, Senior Council President

The Senior Council of Orchard Park is a 501©(3) not-for-profit organization and is able to accept tax deductible contributions. The Council continues to fund raise to make a Senior Center/Community Center become a reality. Plans are under way for the annual Victorian Tea, Spaghetti Dinner and other events. Note cards depicting Green Lake and Yates Park sketched by local artists are on sale for $8.00 and can be purchased at the Senior Center or the Town Clerk’s Office. Note: In your annual United Way Appeal your donation may be directed to The Senior Council of Orchard Park.

“A Day of Mindfulness”

Saturday April 16th, 10:00am-2:30pm

Mindfulness is about becoming fully aware of our lives in the moment without judgement. Annette DeNies, a Mindfulness Instructor and Mindfulness-Based Stress Reduction Teacher will guide us through mindfulness exercises and meditation as we relax into the present moment. The day will include mindfulness meditation, mindful hatha yoga and mindful eating. Cost $40.00 (includes full day program and a lite lunch). Sign up today!

Health Insurance Information and Counseling Assistance Program (HIICAP)

Trained volunteers can provide: unbiased information and assistance regarding Medicare, Medicare Supplement Policies (Medigaps) and Long Term Care Insurance. Confidential assistance with claims filing. Referrals to appropriate agencies including legal assistance. Call 662-6452 for an appointment.

Save the Date:

Victorian Luncheon, Tea and Hat Show

Saturday May 14th, 12:00—2:00pm

Cost: $25.00

Spring Hats and Hats worn at the Kentucky Derby will be modelled.

For more information read our May newsletter.
CLASSES OFFERED AT THE ORCHARD PARK
SENIOR CENTER

To register, call the Senior Center at 662-6452
or drop by 70 Linwood Ave, Orchard Park

Tuesday Night Yoga
April 5—May 24, 5:00-6:00pm (new date)
Here’s a yoga class scheduled specifically for the working senior. Join us on Tuesday nights at 5:00pm. Cost for eight weeks is $30.00. Sign up today

ZUMBA’s Back......
Tuesday May 10—June 28, 6:30-7:30pm
Thursday May 12—June 30th 11:15-12:15
These two 8 week program are one of the best dance and workout routine you’ll ever do. Latin dances such as the samba, merengue, salsa and various types of music are used will help you get physically fit. Cost is $30.00

Ballroom Dancing
Wednesday March 23—April 13, 2:30-3:30pm - 4wk
Here’s an opportunity to brush up on your Waltz, Cha Cha or Samba and perhaps learn the Swing. You do not need a partner. Cost for 4 week $20.00

Yoga for Men Tuesday 3:45—4:45pm
May 3—June 21st,
Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching. Those who practice yoga regularly find they have more energy and are able to handle stress in an effective manner. This program designed specifically for men. Cost 8 weeks: $30.00.

Ladies Exercise Program
March 21—June 01
Monday, Wednesday and Friday 9:00-10:00am
This ten week program, uses stretching, aerobic and floor exercises tailored specifically for the needs of those 65+ years. Exercising with friends encourages you to lead a healthy and more energetic life. Instructor is Flo Kirkner. Cost 10 week is $40.00

New*** Chair Yoga Free Class Monday April 4th
Monday 11:00am-12:00pm
Class start Monday April 11—June 6
Sitting on a chair you will learn proper techniques of stretching, breathing and relaxation. Jane Schmitt, a Registered Yoga Teacher has been teaching yoga to a variety of ages and skill levels for eight years and it is her belief that everyone can benefit from yoga. If you can breath you can do yoga. Effective breathing produces stability and reduces stress. Cost: $30.00—8 week

Yoga:
Wednesdays March 30—June 1,11:30am-12:30pm
Friday April 1—June 03, 9:00am-10:00am
The Center is offering a Wednesday and Friday Yoga class for those who want to improve their balance, flexibility and relieve stress. Cost for each ten-week program is $35.00.

Watercolor Painting
Fridays April 8—May 13, 10:30am-12:30pm
Students supply their own brushes and watercolor paper 140lb and paints Cost is $25.00 for 6 week

Sketching
Wednesday March 30—May 4, 1:00-3:00pm
Learn to sketch using pencil or pastels. This six week program will focus on perspective and techniques of using pastels. Cost: $25.00

Acrylic Painting
Tuesday April 5 –May 10th. 1:00-3:00pm
You will study landscape and still-life, scumbling and palette knife techniques. Cost 6 week $25.00.

Español OtraVez! Spanish Again!
Monday April 11—June 6, 1:00pm
The class is designed to help the individual learn more about the world’s second most popular language, and to learn and enjoy many aspects of Spanish culture in the USA and the rest of the world. Cost for eight week $30.00

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.

March—Go Set A Watchman—author Harper Lee
April—The Nightingale, by Hannah, Kristin
May—The Magic Strings author, Frankie Presto
June—Let the Great World Spin author Colum McCann

Books are available in the office. There is no fee to join the Book Group, but members are encouraged to read the book prior to attending the meetings. Everyone is welcome to join the discussion group.

What’s on Your Mind? 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 discussion group and learn the “real story” Friday April 8 1:00pm. Everyone is welcome!

Relieve Stress through Adult Coloring
Here’s a new way to reduce stress. Join us Tuesday April 12 at 1:00pm bring your books and colors. Explore a great way to relax and meet new friends. This is not a class, it’s very casual and the hope is that it will become a weekly activity. For information call 662-6452

Preview of University Express Program at Orchard Park Senior Center (more to come)

Tuesday May 3, 1:00pm—Hiking he Appalachian Trail
Wednesday May 11, 10:00am—Arthritis and Degenerative Disorders of the Hip and Knee
Friday May 13, 1:30pm— The New World of News
Monday May 16, 1:00pm — The Rise, Fall & Future of Buffalo’s Central Terminal
**Personal Computer Lesson**

Computer lesson designed specifically for you are now offered at the Senior Center in Microsoft and Apple. You tell us what you want to learn and we'll make it happen. If you are new to computers your instructor will provide handouts to guide you through the world of computers. Class is scheduled once a week on **Tuesday April 5, 12, 19, 26, 10:00 -11:00am and from 1:00-2:00 and 2:00 to 3:00pm. Some topics to choose from:**

- Email, Word, the Internet, Excel, Purchasing a computer, Buying and Selling on EBay and more.
- If you have a laptop please bring it to class.

**Free IPad Class**

For the new (or not so new) iPads user, sign up for a one hour **FREE class Tuesday April 5th, 1:00pm.** Learn some neat and useful tips and tricks for your iPad such as customizing Safari browsing and SIRI. Prior experience is not required. Contact the Center at 662-6452 to register.

**New*** IPHONE Class Tuesday April 26**

The last Tuesday of the month from 1:00pm-2:00pm the senior center will be offering a **FREE iPhone class.** Space is limited. Call 662-6452 to register.

**E-Reader, or Kindle?**

Are you having problems using your E-reader, IPad or Kindle? Well help is on the way. Volunteer with expertise will be available to answer your questions Free. Contact the Center at 662-6452 to set up an appointment.

**New** Help in IPad, IPhone, Tablet offered by Orchard Park High School Students every Wednesday at 2:30pm. **Register by contacting the Center at 662-6452**

**Duplicate Bridge Tournament**  **The First Monday of Every Month.** Next Tournament is **Monday April 4, 12:30pm Everyone is Welcome**

The March tournament was cancelled. Join us for the April tournament. Everyone is welcome.

**Pinochle Tournament is Friday April 15, 1:00pm**

Congratulations to the February winners are:

- First Place: Irene Czhornhaus
- Second Place: Pete Stang
- Third Place: Stan Minko

**Please register for the April 15 tournament by calling 662-6452**

Cash prizes awarded to the first, second and third place winners.

**Birthday Bash—Friday April 22**

If you have a April Birthday lets celebrate! Jeanne Zablotskyy our Site Manager invites those who have a April birthday to submit a photo of yourself in your younger days, along with a short story describing a memorable event or it could be something as simple as your favorite dog, cat, food, etc. Everyone will enjoy a delicious birthday dessert. Join Us!

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**Shea’s Performing Arts**

**Dirty Dancing—Wednesday May 4, 2016, 7:30pm performance. Bus Departs from Senior Center 6:30pm. Sold Out**

**2016-2017 PERFORMANCE**

The following shows have been announced for 2016-2017 season;

- Finding Neverland, An American in Paris, A Christmas Story, Gentleman’s Guide, The Sound of Music, Cabaret, Stomp, 42nd Street, Wicked, and The Little Mermaid. You will have the opportunity to vote on which show we will be seeing. Just sign your name along with your phone number under the show you wish to see. The shows with the most signatures will be the ones we’ll attend.

**Buffalo Philharmonic Orchestra**

**Star—Spangled Pops—Friday May 27, 2016 Sold Out.**

**Wednesday May 4, 2016—Preview of 2016 & 2017 Season:**

**John Williams’ Movie Masterworks—**

Saturday September 24 8:00pm.

**Percussion Superstar Stewart Copeland**

Friday October 28, 10:30am

**John Morris Russell’s Holiday Pops**

Friday December 16, 10:30am

**Classical Christmas**

Friday December 9, 10:30am

**Reminder:** Please register early to prevent cancellation. All events and classes are based on a minimum and maximum number of participants. If an event does not meet its minimum quota there is a very good chance it will be cancelled.

**Discovering Buffalo**

**Martin House and Forest Lawn**

Thursday May 12, 9:30—3:00pm Cost: $50.00

We’ll make our way to the Martin House for a 90 minute tour which includes the Martin House, pergola, conservatory, carriage house and the Barton House. Lunch will be at one of the local restaurants. Afterwards we’ll make our way to Forest Lawn where we’ll learn about the history including the rural cemetery movement, and the permanent residents. Last day for sign-up is April 29th.

**Candlelight Tour of Mansions—Cancelled**

**Waterfront and Canal Side Tour—**Thursday July 21st

Our guide will give us an introduction to the Buffalo Harbor with a brief overview of the Canal District Days, a drive down Ohio Street. Following the tour you will have two hours to explore Harbor Front, have lunch at one of the restaurants or just enjoy the scenery. Cost is TBA. Sign up starts May 16th.
Coming Up...

**Tunes with Tom Bender**
Friday April 15, 1:30pm
He’s back! That’s right Tom Bender and his wonderful voice will be at the Center to entertain you with some great tunes from the 50’s, 60’s, and 70’s popularized by Frank Sinatra, Tony Bennett and all the great singers. Enjoy an afternoon of great entertainment. Tickets $3.00 on sale through April 12.

**Roger Hill Returns**
Friday May 6, 1:30pm
Back by popular demand is Country singer Roger Hill. Accompanied by his trusty guitar, Roger will entertain us with famous songs performed by some of the greatest female country singers such as Loretta Lynn, June Carter Cash, Patsy Cline and more. Tickets $3.00 on sale April 12 refreshments served following performance.

**Health Enrichment Programs***Free**
Live a happier, healthier life by attending the following programs brought to you by Blue Cross and Blue shield of Western New York. Please register at the office.

**Diabetes: Learn, Prevent, and Manage**
Thursday April 07, 1:00pm
Are you living with diabetes? Are you at risk for diabetes? You’re not alone—25.8 million Americans have diabetes. Join us as we discuss how to prevent and control diabetes through a healthy lifestyle, including a healthy eating plan, physical activity, and weight management.

**Talking to Your Doctor**
Thursday May 5, 1:00pm
Sometimes visiting the doctor can be confusing and frustrating. It can be hard to understand and remember everything the doctor says. In this seminar, you’ll learn tips for communicating more successfully with your doctor and making the most of every visit.

**United Health Care**
Confused about your Medicare plan? Want to learn the benefits than United Health Care provides? If so, plan to meet with Karen Olsen, Representative with United Health Care on the following dates:
Tuesday April 19th from 10:00-12:00noon

**Blue Cross and Blue Shield Information**
A representative will be here to answer questions you have regarding Blue Cross and Blue Shield coverage.
Monday April 4th, from 10:00-12:00noon

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**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!

**Armour Seniors** meet every 2nd and 4th Thursday of the month at 1:30 pm at Armory Bible Presbyterian Church, 5650 Powers Rd. President is Arlene Schlief 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 Patricia L Davies. Pat can be reached at 675-9084. 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. Jim Twist is the President and he can be reached at 674-8661. For travel contact Ruth Duffy at 649-7026.

**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 Esther Marcin Cullis she can be reached at 649-6850.

**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 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 674-6850. For tour information contact Cindy Crawley 675-1104.

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**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 April 7 —Roycroft Inn, Contact person is Jackie at 662-3982**

**Thursday May 5 To Be Announced**

**Thursday June 2, Carrabba’s—Dixie Bileschi is contact person.**

The next meeting is Tuesday April 5th, at 10:00am at the Orchard Park Senior Center Everyone is welcome!

**** FREE FREE FREE ****

**Mind Aerobics** offered every Monday at 1:00 p.m., has evolved into a social as well as a challenging one hour program. Research has shown that brain teasers, word puzzles, critical thinking, trivia, learning a new language or taking up ballroom dancing often delays the onset of Alzheimer’s. Keeping your mind in tiptop shape will boost your creativity and ability to tackle complex problems. This weekly mental workout will help you keep mentally fit. Join us for a fun filled hour!

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**Sing-A-Long—April 29, 10:30am**
Join us in our monthly sing-a-long held the last Friday of every month from 10:30am-11:15am. Richard Jones will accompany us on the piano. All voices are welcome! Refreshments will be served.
Orchard Park Senior Center

Meal Calendar—April 2016
Phone 662-8378 for reservations.

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<th>Date</th>
<th>Meal</th>
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<tr>
<td>Fri 01</td>
<td>April Fool's Lunch</td>
<td>Ham Steak w/Polynesian sauce, potatoes, mixed vegetables, cherry pie</td>
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<td>Mon 04</td>
<td>Soup &amp; Sandwich</td>
<td>Shredded pork in gravy, pea soup, carrots pineapples upside down cake*</td>
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<td>Tues 05</td>
<td>Boneless chicken breast w/gravy, browned potatoes, squash, squash, pineapple tidbits</td>
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<td>Wed 06</td>
<td>Veal parmesan w/tomato sauce, penne pasta, cauliflower, tapioca pudding</td>
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<td>Thurs 07</td>
<td>Swedish meatballs over white rice, broccoli, frosted yellow cake Jeanne's Soup*</td>
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<td>Fri 08</td>
<td>Breaded fish w/cheese, rice pilaf, peas &amp; carrots, coleslaw, cookies</td>
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<td>Turkey vegetable casserole, mashed potatoes, biscuit, fruit delight cookie</td>
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<td>Tues 12</td>
<td>Goulash w/shredded cheese, broccoli, chef salad, Irish Almond Cake *</td>
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<td>Thurs 14</td>
<td>Entrée Salad</td>
<td>Grilled chicken salad, multigrain bread, fruit cup Jeanne's Soup*</td>
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<td>Fri 15</td>
<td>Salisbury steak w/gravy, mashed potatoes, stewed tomatoes, frosted chocolate cake Knockwurst w/sauerkraut, home fries, mixed vegetables, pineapple tidbits</td>
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<td>TuEs 19</td>
<td>Boneless chicken breast w/gravy, mashed potatoes, lime beans, multigrain bread, sea foam delight</td>
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<td>Wed 20</td>
<td>Sliced turkey w/stuffing &amp; gravy, mashed potatoes, carrots, chocolate chip cookie</td>
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<td>Thurs 21</td>
<td>Chili con carne w/shredded cheese, white rice, broccoli, vanilla pudding, Jeanne's Soup</td>
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<td>Fri 22</td>
<td>Breaded pork loin w/gravy, mashed squash, green beans, fresh fruit</td>
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<td>Chicken &amp; Vegetable stew, mashed potatoes, biscuit, chocolate pudding</td>
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<td>Cheese omelet and sauce, home fries, spinach, multigrain bread, Apricot Lemon Cake</td>
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<td>Wed 27</td>
<td>Beef pepper casserole, white rice, peas &amp; carrots, fruit cocktail</td>
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<td>Sliced turkey w/gravy, mashed potatoes, broccoli, frosted brownie, Jeanne's Soup</td>
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<td>Fri. 29</td>
<td>Stuffed pepper w/sauce, potatoes, wax bean medley, jello</td>
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Stay Fit Dining Program
In cooperation with Erie county Department of Senior Services, the town provides a nutritious hot meal, and social opportunities to meet new friends for persons age 60 or over and their spouses Monday through Friday at noon. The suggested contribution for is $3.00 Please call Jeanne at 662-8378 by Wednesday 10:00am to make reservations for the upcoming week. Also, remember, if you haven’t made a reservation you may contact Jeanne to fill a cancellation.

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

Spend an afternoon at the movies. Reserve lunch by calling 662-8378 and then stay for the movie at 1:00pm. 50 cents includes popcorn and drink.

April 6 — The Big Short — starring Christian Bale, Steve Carell. Four outsiders saw what the big banks, media and government refused to, the global collapse of the economy. Their bold investment leads them into the dark underbelly of modern banking — Drama

April 13 — Creed — starring Sylvester Stallone, Michael B. Jordan. Adonis Johnson, never knew his famous father, world heavyweight champion Apollo Creed, Still there’s no denying that boxing is in his blood. Adonis tracks Rocky Balboa down and asks him to be his trainer. — Drama

April 20 — Room — starring Brie Larson, Jacob Trembley. Room tells the extraordinary story of Jack, a 5 year-old who is looked after by his devoted Ma trapped— confined to a windowless room. Drama

April 27 — Lady In The Van — Maggie Smith, Alex Jennings Based on a true story of Miss Shepherd a woman who “temporarily” parked her van in the driveway and proceeded to live there for 15 years. What begins as a favor becomes a relationship that changes both their lives. Drama

A.A.R.P. Driver Safety Program
Offered at the Orchard Park Senior Center the last Thursday and Friday of every month from 1:00-4:00 pm. Classes will be held:
Thursday, April 28 and Friday, April 29
And
Thursday, May 26 and Friday May 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.

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*

****** GOING PLACES VAN ******
Need a ride into Buffalo for medical appointments, physical therapy or other human services? Call 858-7433.
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