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
Debbie Santiago
Tree Trimming, Cookie Decorating & Sing Along
Friday, December 1st at 10:30 am
Join us to kick off the holiday season! We will trim the tree, decorate cookies and enjoy a sing along led by John Renna. Please sign up in the office.

Ugly Christmas Sweater Party
Monday, December 4th at 12:45 pm
Ugly sweaters and good cheer. It’s that wonderful time of year. Join us for entertainment provided by Tom Bender and light refreshments. Prizes awarded for the “ugliest Christmas Sweater”. However, your welcome in your warmest sweater or favorite holiday sweater too! Receive your free ticket in the office by Dec. 1st.

Free Holiday Ornament Craft
Tuesday, December 5th at 9:30 am
Join Maria in painting ceramic holiday ornaments. Paints and ornaments provided. Register up in the office.

Twelve Days of Christmas
Thursday, Dec. 7th - Friday, Dec. 22nd
In the spirit of the holiday season and giving, each day one lucky participant in the Stay Fit Dining Program will receive a gift. Sign up for lunch with Jeanne.

Ladies First Quartet Christmas Concert
Tuesday, December 12th at 12:45 pm
Join us today for Ladies First Quartet, a female barbershop quartet created in 2013. Light refreshments will be served. Please register in the office by Friday, December 8th to receive your free ticket.

Christmas Shopping In Buffalo
Wednesday, December 13th at 10:30 am
Do you remember being in downtown Buffalo at Christmastime? This presentation will bring back memories of getting dressed up, spending the day shopping in the wonderful stores, looking at the department store window decorations, eating at the AM&A’s top floor restaurant and so much more! We’ll also discuss all the great retailers that made Buffalo their home. Register in the office.

Christmas Bingo Bash
Tuesday, December 19th at 1:00 pm
Refreshments will be served and prizes will be awarded. $1.00 per board. Everyone is Welcome!

Christmas Luncheon
Wednesday, December 20th at Noon
Celebrate the holidays at the Senior Center Christmas Luncheon. Today’s menu includes Chicken Cordon Bleu, vegetables, and Chocolate Cream Pie. The suggested donation for lunch is $3.00. Space is limited. Sign up with Nutrition by Tues. Dec. 12th.

Game Day
Thursday, December 14th at 12:45 pm
Do you enjoy board games and card games (checkers, scrabble, connect four, and rummy to name a few)? This is the day to play and have some fun. Take a break from the stresses of everyday life and partake in Game Day.

Birthday Bash Let’s Celebrate!!
Tuesday, December 19th at 12:30 pm
Jeanne Zablotsky, our Site Manager invites those who have a December birthday to submit a photo of yourself in your younger days by 12/15. Everyone is welcome and will enjoy a delicious birthday dessert.

2017 New Year Party at Salvatore’s Italian Garden
Thursday, December 28, 2017
Hors D’oeuvrnes & Punch at Noon
Dinner at 1:00 pm
Entrée Choices: Prime Rib, Poached Salmon or Chicken Francaise. Meal includes roasted rosemary red potatoes, chef’s blend of roasted vegetables, salad, rolls/butter, coffee & tea, and dessert.
Entertainment by: Formula Band
Performing the hits From 40’s, 50’s and 60’s
Cost: $39.00 (includes transportation)

Our warmest thoughts and best wishes for a wonderful Holiday season and a very Happy and Healthy New Year!
~ Debbie, Maria & Jeanne

A special Thank You to our volunteers who assisted in the preparation and presentation for Veteran’s Day. Wanda Schwab demonstrated her superb baking skill by creating a delicious cake which was enjoyed by everyone who attended. Don Schwab, a Marine veteran, set up all the flags in the dining room and Roger Weiss, Army veteran assisted with the presentation on Veteran’s Day. Thank You Wanda, Don and Roger!
It’s A Wonderful Life
Thursday, December 21st at 1:00 pm
Seven decades after its release, It’s a Wonderful Life has solid standing as a holiday-season tradition for many. Join us today for this holiday classic! Following the movie cookies and hot chocolate will be served.

The Center is Closed
Monday, December 25th, Tuesday, December 26th

2017 New Year Party
at Salvatore’s Italian Garden
Thursday, December 28, 2017 at Noon
Don’t miss the event of the season! Share the afternoon with friends and celebrate the New Year. *see page 2 for additional details*

Looking Ahead...

The Center is Closed - Happy New Year
Monday, January 1st

Game Day
Thursday, January 4th at 12:45 pm
Do you enjoy board games and card games (checkers, connect four, Uno, and rummy to name a few)? This is the day to play and have some fun. Take a break from the stresses of everyday life and partake in Game Day.

Happy Birthday Elvis “The King”
Wednesday, January 10th at 1pm
Get rid of your winter blues and join us in celebrating “the King of Rock n’ Roll” with a winter beach party featuring “Follow That Dream”. Following the movie, join us for desserts and refreshments. Please register in the office.

Learn to Play Mexican Train Dominoes
Thursday, January 11th at 10:00 am - Noon
Mexican Train Dominoes is a wonderful game of skill and strategy. If you would like to learn the game or brush up on your skills attend this class is for you. Nancy Buczkowski will help you learn the basics of this fun and entertaining game. Space is limited. Register in the office.

Ice Bridges
Thursday, January 11th at 1:00 pm
Come learn about Ice Bridges on the Niagara River! A representative from the Niagara Region New York State Parks will be out with fascinating artifacts and will talk about the science and history of the ice bridges. Please register in the office.

The Center is Closed - Martin Luther King
Monday, January 15th

It’s Your Life!
Tuesday, January 16th at 9:00 am
This is a seminar for proactive seniors! The presentation will discuss the importance of establishing a will, the importance of advanced planning and the value of planning. Light breakfast served courtesy of Joe Miller, Dangler, Roberts, Perna Funeral Home. Please register in the office.

Treasures of the Niagara Aerospace Museum
January 19th at 1:00 pm
Walter Gordon, local historian, AIAA Niagara Frontier Section chair and president of the museum, will discuss the historical significance of the major items in the museum’s collection. The discussion will include 1910 Curtiss Pusher Biplane, Bell P-39 Airacobra lost during World War II recently recovered from a lake in Russia, and the Bell 47 to name a few. Register in the office.

National Pie Day
Monday, January 23rd at 12:45 pm
Let’s celebrate National Pie Day! Why not? Pies have always been a sweet treat to warm the cold winter days and with the holiday celebrations a fading memory, this is a great way to warm up a January cold snap. Join us today for a slice of pie and entertainment by John Renna. Cost for this event is $3.00, purchase your ticket in the office.

Knitter / Crochet Refresher
Thursday, January 25th at 1:00 - 3:00 pm
Whether you are just learning how to knit or crochet or need a refresher course, you can learn the basic techniques. Join Linda and Grace as they sit beside you and give you hints and tips on knitting and crocheting. Beginners please bring a skein of yarn, size 7 or 8 knitting needles or a size 6 crochet hook.

Diet and Exercise: What's the Cancer Connection?
Monday, January 29th at 12:45 pm
Diet and physical activity — what’s the cancer connection? Research shows that only a small portion of cancers are hereditary. This means that the lifestyle choices we make can directly affect our cancer risk. Join us as we discuss the small, real-world changes we can make to reduce our cancer risk. Jennifer Johnson, BC/BS Health Promotion Coordinator will discuss simple changes you can make to reduce your cancer risk. Register in the office.

Senior Citizens Night Out 2018
Spaghetti Western
Thursday, March 1st, 2018 at 4:00 pm
The Class of 2018 from Orchard Park High School is sponsoring the Annual Senior Citizens Night Out. An Olive Garden spaghetti dinner, dessert and coffee will be served. Cost is $2.50. You can make your reservation with payment at the Senior Center by Tuesday, January 30th.

AARP Tax Aide
AARP Foundation Tax-Aide Program is a volunteer run tax assistance and preparation service. It is free to taxpayers with low and moderate income, with special attention to those 60 and older. Contact the Senior Center 662-6452 to set up an appointment.

Free Help for your Smartphone, IPad or Kindle
Are you having problems using your smartphone, IPad or Kindle? Help is on the way! A volunteer is available to answer your questions for free. Contact the Center at 662-6452 to set up an appointment.

One on One Cell phone assistance by the Orchard Park High School Education Outreach Club
Wednesday, Dec. 6th, 13th & 20th 2:30 – 3:30 pm
Contact the Center to set up an appointment 662-6452.
CLASSES OFFERED AT THE
ORCHARD PARK SENIOR CENTER

Sign up and pay at the center.

Reminder: Please register early to prevent class
cancellation. If the class does not meet its minimum
quota there is a chance it will be cancelled.

Pickle Ball
Tuesdays, Thursdays & Fridays 11:00 — 1:00pm
at South Towns Tennis Center

Pickle Ball is the hottest game around! A fun sport that
combines many elements of tennis, badminton and ping-
pong. The rules are simple and the game is easy for
beginners to learn. Pickle ball is played at the South
Towns Tennis Center. Please contact the Senior Center
for more information 662-6452.

Join Club 99 Tuesday & Thursday at 10:45 am
The Erie County Dept. of Senior Services and Senior
Nutrition Program have teamed up to present 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.
Everyone is welcome!

Advanced Tai Chi
Wednesday, November 1st – Dec. 20th at 1:00 pm
Cost is $30.00 for a 8 week session.

Tai Chi for Arthritis Program
Tuesdays & Thursdays 2:30 pm — 3:30 pm
Tuesday, November 28th - Thursday, February 1st
Arthritis Tai Chi is now widely practiced for its healing
benefits for the entire body, which include increased
strength, balance and posture, reduce stress, increased
relaxation and improve mind, body and spirit. Please
register in the office for this FREE eight week session.

Men’s Fitness
October 17th - December 21st
Tuesday, Wednesday & Thursday 9:00 - 10:00 am
Cost is $40.00 for a 10 week session.

Ladies Exercise Program
Monday, Wednesday and Friday 9:00 - 10:00 am

Evening Zumba
Tuesday, November 14th – Dec. 12th at 6:00 pm
Cost is $22.00 for a 6 week session.

Chair Yoga & Thursday Zumba
Classes will resume in 2018.

Yoga
Wed., 11/29, 12/6, 12/13, 12/20 at 11:30 am
Fridays, 12/1, 12/8, 12/15, 12/22 at 9:00 am
$5.00 drop in classes

Tuesday Evening Yoga
November 7th - December 19th at 5:00 pm
Classes are held at Dharma Dog Yoga Studio.
Registration with payment is required before attending the
session. Cost for the six week session is $22.00.

Beg. Line Dance Every Wednesday at 10:15 am
Inter. Line Dance Every Tuesday at 10:30 am
Instructor is Lois Steck. Cost is $2.50 pay as you go.

Tap Dancing For Fun
Monday, December 4th – Dec. 18th at 9:30 am
Cost is $12.00 for a 3 week session.

Intermediate Tap Dance
Thursday, Nov. 2nd – Dec. 14th at 10:00 am
Cost is $30.00 for a 8 week session.

Mind Aerobics
Mondays at 1:00 pm
Join us for a fun filled hour! Research has shown
brainteasers, word puzzles, critical thinking, and trivia often
delay the onset of Alzheimer’s. Join the group for laughs
and a mental workout which will keep you fit.
Everyone is Welcome!!

ART CLASSES AT THE CENTER . . . . .
Sketch, Acrylic, and Watercolor Painting
classes will resume January 2018

CARDS & GAMES:

Bridge Mondays at 12:30 pm
Euchre Fridays at 10:15 am
Mah Jong Fridays at 1:00 pm
Pinochle Fridays at 1:00 pm
Asian Mah Jong Monday 12/4 at 1:00 pm

B I N G O !! Tuesdays at 1:00 pm
Bring a friend and join us for a fun filled hour of bingo.
All boards are $1.00. All are welcome!
** 12/12 Bingo at 2:15 pm **

Card Tournaments:
Duplicate Bridge Monday, Dec. 4th at 12:30 pm
Euchre Tournament Friday, Dec. 15th at 10:15 am
*sign up in the office for the Euchre Tournament*
Pinochle Friday, Dec. 15th at 1:00 pm
*sign up in the office for the Pinochle Tournament*

Duplicate Bridge November Tournament:
First Place: Jose Justicia-Linde & Judy Ford
Second Place: Mimi Vitale & Ester Binis
Third Place: Mary Ann Martin & Eleanor Hoffmann

Meet the Artist of the Month:
This month we will showcase the artwork
of Maria Albrecht.
Please stop in, view the artist’s artwork, and
their bio in the dining room.

Yoga
Wed., 11/29, 12/6, 12/13, 12/20 at 11:30 am
Fridays, 12/1, 12/8, 12/15, 12/22 at 9:00 am
$5.00 drop in classes
Buffalo Philharmonic Orchestra

**Classical Christmas**
Friday, December 8th - 10:30 am performance
The bus departs the Center at 8:30 am with lunch at Pearl Street Grill.

**John Morris Russell’s Holiday Pops**
Friday, December 15th - 10:30 am performance
The bus departs the Center at 8:30 am with lunch at the Lafayette Room.

**Glenn Miller Orchestra**
Friday, February 16th
10:30 am performance
With its unique sound, the Glenn Miller Orchestra is considered to be one of the greatest bands of all time. Add the amazing big band talents of the brass and winds in the BPO, and the rich depth of the strings, and you’ve got one fantastic concert! The bus departs the Center at 8:30 am. With family style lunch at Ilio DiPaolo’s. Cost is $70.00 (includes transportation, concert and lunch). Registration with payment begins on Tuesday, December 5th.

2018 **Star Spangled Spectacular 2018**
Friday, May 25th - 10:30 am performance
Stefan Sanders leads the BPO and Buffalo Philharmonic Chorus in our annual celebration of all that makes our country special.

**A.A.R.P. Driver Safety Program**
Offered at the Orchard Park Senior Center 1:00 - 4:00 pm. Classes will be held:
- **Thursday, December 14th & Friday, December 15th**
- **Thursday, January 25th & Friday, January 26th**
  (You must attend both days)
Cost is $20.00 for AARP members and $25.00 for non-AARP members. Checks only please. Registration is required by calling the Center at 662-6452.

**Medicare Advantage Plan**
Sales Representatives will be at the Center:
- **United Healthcare**
  Friday, December 1st 1:00 pm - 4:00 pm
  *meet one on one*
- **Univera Healthcare**
  Wednesday, December 6th 10:00 am - Noon
  *meet one on one*

**SCOOP MONTHLY NEWSLETTER**
The monthly publication provides news of upcoming programs and events and other important information about the Orchard Park Senior Center.
- You can receive a copy of the newsletter via email. Send your email address to opsenior@orchardparkny.org.
- The newsletter is also available online. Go to townoforchardparkny.org click on Department, Senior Center and click on Newsletter, it’s that easy!
- The newsletter is also available at the Senior Center, Town Hall, and Library.

**A Note from Jackie Briggs, Community Activity Council of Orchard Park, Inc. President**
On November 14th, the people who attended the first official fundraiser by John Kearns & Associates were given the pleasure of seeing the floor plan for the Community Activity Center of Orchard Park. If you are interested in making a donation or know of someone who would like to be contacted regarding a donation contact John Kearns & Associates at 667-1553.

~ Jackie

**Spend an afternoon at the movies.**
Reserve lunch by calling 662-6452 and then stay for the movie at 1 pm.

50 cents includes popcorn and drink

**Wed. Dec. 6th** Wind River Starring: Kelsey Asbille & Jeremy Renner This tense thriller follows a wildlife officer and a female FBI agent as they probe a murder at Wyoming's Wind River Native American reservation. In order to crack the case, the pair must brave the harsh winter terrain and the local criminal underworld. (Crime / Mystery) *Encore Thursday 12/7*

**Wed. Dec. 13** Kidnap Starring: Halle Berry & Sage Correa A mother stops at nothing to recover her kidnapped son. (Action / Mystery)

**Wed. Dec. 20** No Movie will be shown today

**Thurs. Dec. 21st** It’s A Wonderful Life Starring: James Stewart & Donna Reed An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed. (Drama / Family)

**Wed. Dec. 27** Greater Starring: Neal McDonough & Leslie Easterbrook The story of Brandon Burlsworth, possibly the greatest walk-on in the history of college football. (Biography / Sport)

**Book Group**
The Book Group meets the last Wednesday of every month at 10:00 am at the Senior Center. The following books are scheduled for discussion:
- **January 2018** - Seven Million by Gary Craig
- **February 2018** - Killer of Flower Moon by David Grann

Members are encouraged to read the book prior to attending the meetings. Everyone is welcome to join the discussion.
### Orchard Park Senior Center December 2017 Meal Calendar

**Phone 662-6452 (option #3) for reservations**

If you are unable to make your lunch reservation please contact the center as soon as possible to cancel your lunch. Thank You!

<table>
<thead>
<tr>
<th>Date</th>
<th>Meal Description</th>
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<tbody>
<tr>
<td>Dec 1</td>
<td>Ham &amp; Cheese Strata w/ Cheese Sauce, Scalloped Apples &amp; Cranberries, Broccoli, Roll, Ambrosia</td>
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<tr>
<td>Dec 4</td>
<td>Cheddar Beef Macaroni Casserole, Cauliflower, Corn, Dinner Roll, Diced Peaches</td>
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<td>Dec 5</td>
<td>Br Veal Patty w/ Gravy, Mashed Potatoes, Blend Vegetables, Roll, Apple Oatmeal Bar</td>
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<td>Dec 6</td>
<td>Two Br Chicken Drumsticks, Squash, Broccoli, Bread, Fresh Orange</td>
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<td>Dec 7</td>
<td>Sl. Roast Pork w/ Gravy, German Potato Salad, Brussels Sprouts, Roll, Brownie w/ Chocolate Frost</td>
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<td>Dec 8</td>
<td>Stuffed Pepper w/ Sauce, AuGratin Diced Potatoes, Green Peas, Bread, Cherry Gelatin w/ Fruit Cocktail</td>
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<tr>
<td>Dec 11</td>
<td>Turkey Burger w/ Gravy, Carrots, Broccoli Cheese Rice Casserole, Hamburger Roll, Pineapple Tidbits</td>
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<tr>
<td>Dec 12</td>
<td>Knockwurst w/ Sauerkraut, Mashed Potatoes, Green Beans w/ Red Pepper, Roll, Choc.Pudding</td>
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<tr>
<td>Dec 13</td>
<td>Sloppy Joe, Zucchini Medley, Minestra Soup, Hamburger Roll, Baked Apple Crisp</td>
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<tr>
<td>Dec 14</td>
<td>Sweet and Sour Chicken, Seasoned Spinach, Wax Beans, White Rice, Oatmeal Raisin Cookies</td>
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<tr>
<td>Dec 15</td>
<td>Beef &amp; Rice Patty w/ Sauce, Mashed Potatoes, Cabbage/ Savory Sauce, Roll, Peaches</td>
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<tr>
<td>Dec 18</td>
<td>BBQ Pork Ribbette, Potato Salad, Green Beans, Hot Dog Roll, Butterscotch Pudding</td>
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<tr>
<td>Dec 19</td>
<td>Beef Macaroni Casserole, Peas, Carrots, Wheat Dinner Roll, Orange</td>
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<tr>
<td>Dec 20</td>
<td>XMAS LUNCH: Chicken Cordon Bleu Over White Rice, Brussels Sprouts, Roll, Baked Apples w/ Cran &amp; Cinn., Chocolate Cream Pie</td>
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<tr>
<td>Dec 21</td>
<td>Meatloaf w/ Gravy, Scalloped Potatoes, Broccoli Rye Bread, Marble Cake w/ Van. Frosting</td>
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<tr>
<td>Dec 22</td>
<td>Breaded Fish, Seasoned Spinach, Coleslaw, Macaroni &amp; Cheese, Strawberry Oatmeal Bar</td>
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<tr>
<td>Dec 25</td>
<td>Center Closed</td>
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<tr>
<td>Dec 26</td>
<td>Center Closed</td>
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</tbody>
</table>

| Dec 27     | Meatballs w/ German Sauce, California Blend Vegetables, Grape Juice, Oatmeal Raisin Cookies |
| Dec 28     | Cheese Omelet w/ Cheese Sauce, Home Fries, Spinach, Blueberry Muffin Square, Orange   |
| Dec 29     | NEW YEAR LUNCH: Br. Bone-In Pork Chop, Green Bean Casserole, Cauliflower, Cranberry Salad, Bread Stuffing, Coconut Cream Pie |

### Seniors 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!

**Armor Seniors:**
Meet the 2nd and 4th Thursday of the month at 1:30 pm at St. Bernadette’s Church 5930 South Abbott Rd. Arlene Schlief, President 649-5845.
For travel contact Fran Ritz at 648-7526.

**Hillcrest Seniors:**
Meet at 10:00 am the 2nd and 4th Thursday of the month at the American Legion Post, N. Buffalo Rd. Orchard Park. President is Maura Krause 825-3399.
Richard Jones, travel consultant 827-7074.

**Orchard Park Senior Citizens:**
Meet at 11:00 am the 1st and 3rd Wednesday at American Legion Post, N. Buffalo Rd. Orchard Park. Jim Twist, President 674-8661 For travel contact Ruth Duffy 649-7026.

**Sacred Heart Seniors:**
Meet at noon the 2nd and 4th Tuesday of the month in the lower hall at Our Lady of Sacred Heart Church on Abbott Road. Esther Marcin-Cullis, President 649-6850.

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

**St. John Vianney Seniors:**
Meets the 2nd and 4th Tuesday at 12:45 pm in St. John Vianney Parish Church, 724 South Abbott Rd. Dorothy Dzikowski, President 674-1645.
For travel contact Cindy Crawley 675-1104.

### 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.

No Dinner Club for December.
Join us for a New Year’s Party at Salvatore’s on Thursday, December 28th. **see page 2 for details**

The next meeting is Tuesday, January 2nd at 10:00am at the Orchard Park Senior Center. **Everyone is welcome!**

### 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 is $3.00.
Please call Jeanne at 662-6452 by Tuesday 10:00 am to make reservations for the upcoming week.

Please call the Center at 662-6452 as early as possible if you are unable to keep your reservation so that the meal can be cancelled or given to someone else.
Thank You!

### Need A Ride? CALL 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. To register to become a rider or to volunteer please call 662-8378.

### Call Going Places VAN

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

We’re on FACEBOOK
Check us out . . .
Orchard Park Senior Center
Like & Share!
### Monday

- **10:00** Pool Shooting
- **10:00** Men's Fitness
- **9:00** Ladies Exercise
- **10:15** Beginner Line Dancing
- **10:30** Watercolor
- **12:00** Stay Fit Dining
- **1:00** Adv. Tai Chi
- **1:00** Sketch

### Tuesday

- **10:00** Pool Shooting
- **10:00** Men's Fitness
- **9:00** Ladies Exercise
- **10:00** Mah Jong / Pinochle
- **10:15** Euchre
- **10:30** Watercolor
- **11:00** Mah Jong / Pinochle
- **1:00** Mah Jong / Pinochle

### Wednesday

- **10:00** Pool Shooting
- **10:00** Men's Fitness
- **9:30** Tap Dance
- **10:30** Inter Line Dancing
- **10:45** Club 99 Exercise
- **12:00** Stay Fit Dining
- **1:00** Arthritis Tai Chi
- **1:00** Mind Aerobics

### Thursday

- **10:00** Pool Shooting
- **10:00** Men's Fitness
- **9:30** Holiday Ornament Craft
- **11:30** Yoga
- **12:00** Stay Fit Dining
- **12:15** Acrylic Painting
- **1:00** Asian Mah Jong
- **1:00** Mind Aerobics

### Friday

- **10:00** Pool Shooting
- **10:00** Men's Fitness
- **9:00** Ladies Exercise
- **9:00** Yoga
- **10:15** Euchre
- **10:30** Watercolor
- **12:00** Stay Fit Dining
- **1:00** Mind Aerobics

### Saturday

- **10:00** Pool Shooting
- **10:00** Men's Fitness
- **9:00** Ladies Exercise
- **9:00** Yoga
- **10:15** Euchre Tournament
- **10:30** Watercolor
- **12:00** Stay Fit Dining
- **1:00** Mah Jong

### Sunday

- **10:00** Pool Shooting
- **10:00** Ladies Exercise
- **9:00** Yoga
- **10:15** Beginner Line Dancing
- **11:30** Yoga
- **12:00** Stay Fit Dining
- **1:00** Movie
- **1:00** Sketch

### Special Events

- **MONDAY**
  - **10:30 Tree Trim, Cookie Decor & Sing Along**
- **TUESDAY**
  - **10:30 Holiday Pops**
  - **bus departs**
- **WEDNESDAY**
  - **10:45 Club 99 Exercise**
- **THURSDAY**
  - **10:15 Beginner Line Dancing**
- **FRIDAY**
  - **10:15 Euchre Tournament**
- **SATURDAY**
  - **10:00 Men's Fitness**
- **SUNDAY**
  - **10:15 Beginner Line Dancing**
  - **12:15 Acrylic Painting**

### Holiday Events

- **CHRISTMAS EVE**
  - **8:00 Pool Shooting**
  - **10:00 Men's Fitness**
  - **10:00 Mah Jong**
  - **10:15 Euchre Tournament**
  - **10:30 Watercolor**
  - **12:00 Stay Fit Dining**
  - **1:00 Mah Jong / Pinochle**

- **CHRISTMAS DAY**
  - **8:00 Pool Shooting**
  - **10:00 Men's Fitness**
  - **10:00 Mah Jong**
  - **10:15 Euchre Tournament**
  - **10:30 Watercolor**
  - **12:00 Stay Fit Dining**
  - **1:00 Mah Jong / Pinochle**

### New Years Eve

- **NEW YEAR'S EVE PARTY**
  - **8:00 Pool Shooting**
  - **9:00 Ladies Exercise**
  - **9:00 Yoga**
  - **10:15 Beginner Line Dancing**
  - **10:30 Watercolor**
  - **12:00 Stay Fit Dining**
  - **1:00 Movie**
  - **1:00 Sketch**

### New Years Day

- **NEW YEAR'S DAY**
  - **8:00 Pool Shooting**
  - **9:00 Ladies Exercise**
  - **9:00 Yoga**
  - **10:15 Beginner Line Dancing**
  - **10:30 Watercolor**
  - **12:00 Stay Fit Dining**
  - **1:00 Movie**
  - **1:00 Sketch**

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**Note:** Hours and activities may vary. Please check the schedule for specific dates and times.