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
Debbie Santiago

Orchard Park Senior Center
70 Linwood Avenue
Orchard Park, NY 14127
Notes from Debbie

Well... with a few weeks into this New Year, we’ve all had an opportunity to make good on our “resolutions”, and maybe some of us have slipped off the wagon a little! That's ok. Let the Senior Center help you. Want to move more? We offer 15+ exercise and dance classes. Want to learn something new? We offer four art classes and a languages class. Want to live a healthier lifestyle? We offer health presentations, enjoyable activities to socialize and a daily nutritious lunch (see page 6 for the menu). Let us help you keep your New Year Resolutions!

I’d love to get your feedback. Please take a few minutes to respond to a short survey. The Senior Center Survey will be used to plan the needs and interest in future programs, services and activities. A copy of the survey can be found at the Center.

Blue Cross Blue Shield
Thursday, February 2nd & 16th  10:00 — Noon
A representative will be here to answer questions you may have regarding Blue Cross and Blue Shied coverage

Vascular Screening
Wednesday, February 8th  10:00 — 2:00 pm
A nurse from Catholic Health will perform a carotid ultrasound. The carotid ultrasound screening is a quick and painless test to look at the arteries in the neck to check for narrowing or blockages that may cause stroke. Please register in the office for a screening appointment.

Erie County Senior Service Caseworker
Thursday, February 9th  11:00 am — 1:00 pm
Dorothy Mehrent, ECSS case worker will assist with short-term counseling, community service outreach / linkage to benefits and entitlements (local, state and federal ie. Medicare, SSI, SNAP, and HEAP).

Learn to Play Euchre
Friday, February 10th & 17th  10:00 — 12:00 pm
Euchre is a fun card game that is relatively easy to learn. You will learn the general tips to “playing your hand”. Please register in the office if you are attending.

Valentine’s Day Lunch
Tuesday, February 14th at Noon
Be a sweetheart and join us for a Valentine’s celebration and luncheon. Suggested donation of $3.00. Please sign up by Tuesday, Feb. 7th.

Love Songs & Anti-Love Songs of Broadway
Tuesday, February 14th at 1:00 pm
David Bondrow, Lancaster Opera House Artistic Director, accompanied on piano by Fran Landis will sing the love songs and the anti-love songs of Broadway. Following the entertainment dessert will be served. Please register in the office for this free event.

Univera Medicare Plans
Wednesday, February 15th  1:00 — 3:00 pm
April Romanowski will be here to answer questions you may have regarding Univera Medicare Plans.

Heart Disease Prevention
Friday, February 17th at 1:00pm
Heart Disease is the leading cause of death in the United States and is a major cause of disability. Learn how to live healthier and reduce your risk of heart attack and stroke by embracing good nutrition, exercise and stress management. Please register in the office.

Monday, February 20th
Center is Closed—President’s Day

Bingo Bash
Tuesday, February 21st at 1:00 pm
Join us today for a bingo bash with a guest caller. Hon. Stefan Mychajliw, Erie County Comptroller will be calling our bingo games today. Bring a guest and receive a free card! Refreshments will be served and prizes will be awarded.

February Birthday Bash
Friday, February 24th at 12:30 pm
Let’s Celebrate!! Jeanne Zablotskyy our Site Manager invites those who have a February birthday to submit a photo of yourself in your younger days. Everyone is welcome and will enjoy a delicious birthday dessert.

Game Day
Friday, February 24th 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.

Meet Theodore “Teddy” Roosevelt
Tuesday, February 28th  1:00 pm
Experience this legendary president and step into his boots. This pioneer conservationist set more land aside than anyone. Listen to his passion for nature. Following the presentation light refreshments will served. Cost is $2.00. Please register and pay in the office.

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 at 662-6452 Monday - Friday 1:00 - 4:00 pm to set up an appointment.

Meet the Artist of the Month:
This month we will showcase the artwork of Elvira Knapp.

Please stop in, view the artist’s artwork and his bio in the dining room.
Orchard Park Senior Center

Looking Ahead...

Know the 10 Warning Signs: Early Detection Matters
Wednesday, March 1st at 10:00 am
The warning signs of Alzheimer’s disease are often dismissed as the side effects of normal aging. If you or someone you know is concerned about memory loss or behavioral changes, this will help learn the 10 Warning Signs of Alzheimer’s disease, separate myth from reality, and hear directly from people impacted by Alzheimer’s.
Presented by Julia Szpyrgada, LMSW, Alzheimer’s Association, WNY Chapter. Please register in the office.

Fit & Lean in 2017
Friday, March 3rd - April 7th 10:00 am - 11:15 am
Fit & Lean in 2017 is a 6-week group class offered through Erie County Senior Services to promote healthy lifestyle changes through good nutrition and fitness! Classes are led by Janice Nowak MS, RD, CDN, Erie County Dietitian with guest appearances by Chef Jim Strusienksi and “Mr. Fitness” Richard Derwald. Register in the office.

Tim Russert’s Office
Monday, March 6th at 1:00 pm
A Buffalo Science Museum docent will give a presentation about the Tim Russert exhibit. The presentation will be based on the museum exhibit showing his office from Meet the Press and his book “Big Russ and Me”. Register in the office for this FREE event.

Bridge Refresher Lessons
8 week session Thursday, March 9th - April 27th 9:45 am - 11:45 am
Would you like an opportunity to brush up on your bridge skills? The refresher lessons are for those who would like to build on their current skills or those returning to bridge after a long absence. The lessons will cover all aspects of bidding and will include several hands to play and discuss. Cost for the eight week session is $25.00. Space is limited.
Please register and pay in the office.

St. Patrick’s Day Dinner
Thursday, March 16th at 4:30 pm
Join us for a wee little party as we celebrate the luck of the Irish for St. Patrick’s Day. Enjoy a traditional corned beef and cabbage Irish meal and entertainment provided by The Kindred. Cost for the evening is $10.00. Purchase your ticket in the office.

Chet the Bread Man
Tuesday, March 21st at 1:00 pm
Change the world one loaf of bread at a time, one act of kindness at a time! Chet will share his “Bread Time Stories” and everyone will receive a loaf of bread. Cost is $3.00. Please register and pay in the office.

The Aging Eye
Thursday, March 30th at 1:00 pm
This information session is designed to help people understand the changes in our eyes and vision as we age. It also helps translate from medical to English! Presented by Elaine Renouf, Patient Education Coordinator, Atwal Eye Care. Please register in the office.

Spend an afternoon at the movies. Reserve lunch by calling 662-8378 and then stay for the movie at 1pm.

50 cents includes popcorn and drink
Feb. 1st Deep Water Horizons (drama/action) Starring: Mark Wahlberg & Kurt Russell
A dramatization of the April 2010 disaster when the offshore drilling rig, Deepwater Horizon, exploded and created the worst oil spill in U.S. history
Feb. 8th Bridget Jones Baby (comedy) Starring: Renee Zellweger & Colin Firth. Bridget’s focus on single life and her career is interrupted when she finds herself pregnant, but with one hitch ... she can only be fifty percent sure of the identity of her baby’s father.
Feb. 15th Snowden (drama) Starring: Joseph Gordon-Levitt & Shailene Woodley. The NSA’s illegal surveillance techniques are leaked to the public by one of the agency’s employees, Edward Snowden, in the form of thousands of classified documents distributed to the press.
As a math savant uncooks the books for a new client, the Treasury Department closes in on his activities and the body count starts to rise.

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, February 2nd
J’s White Elephant Restaurant
(this is a luncheon) Contact Jackie Briggs at 662-3982

Thursday, March 2nd
Reilly Street Station, East Aurora
(this is a luncheon) Contact: Gail Freeman at 248-766-1924 (cell phone number)

The next meeting is Tuesday, February 7th 10:00am at the Orchard Park Senior Center.

Please visit our FACEBOOK page for recent pictures and event information.
Like and Share Orchard Park Senior Center

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.

February - Boys in the Boat by Daniel James Brown
March - When the Phone Rang by Harry Mazer
April - Station Eleven by Emily St. John Mandall

Members are encouraged to read the book prior to attending the meetings. Everyone is welcome to join the discussion.
CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER
70 Linwood, Orchard Park
Sign up and pay at the center 662-6452.
Reminder: Please register early to prevent class cancellation. If the class does not meet its minimum quota there is chance it will be cancelled.

Pickle Ball
Tuesdays & Thursdays 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

Beginner Tai Chi
Thursday, January 5th—March 9th at 1:00 pm
Cost is $30.00 for a 8 week session.

Advanced Tai Chi
Wednesday, January 4th - March 6th  1:00 pm
This one hour program is for those with some Tai Chi experience. New students are welcome. Cost $30.00 for a 8 week session.

Tai Chi for Arthritis Program
Tuesdays & Thursdays 2:30 pm — 3:30 pm
Tuesday, January 10th — Thursday, March 9th
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.

This is a FREE eight week session.

Men's Fitness
January 3rd — March 9th
Tuesday, Wednesday & Thursday 9:00-10:00 am
Cost $40.00 for a 10 week session.

Ladies Exercise Program
January 4th — March 3rd
Monday, Wednesday and Friday 9:00-10:00 am
Cost $30.00 for a 8 week session.

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.

Zumba
Thursday, February 2nd - March 23rd at 11:00 am
Cost $30.00 for a 8 week session.

Evening Zumba
Tuesday, February 7th - March 28th at 6:30 pm
Cost $30.00 for a 8 week session.

Chair Yoga
Monday, January 30th - March 27th at 10:45am
While sitting in a chair the instructor will teach you the proper techniques of stretching, breathing and relaxation Cost $30.00 for 8 week session.

Yoga
Wednesday, Jan. 4th — March 8th at 11:30 am
Friday, Jan. 6th — March 10th at 9:00 am
Cost $35.00 for each 10 week session.

Tuesday Evening Yoga
Tuesday, March 7th - April 25th at 5:00 pm
Cost $30.00 for an 8 week session.

Tap Dancing For Fun
Monday, Jan. 9th — March 13th at 9:30 am
This class is designed for those who want to learn to tap dance, or who have previously tap danced and want to tap again. Cost for 8 week session is $30.00

Intermediate Tap Dance
Thursday, January 5th - February 23rd 10:00 am
Cost $30.00 for 8 week session.

Acrylic Painting Class
Tuesday, February 14th - March 21st at 12:30pm
Learn proper application of paint, blending layering, scumbling and palette knife techniques.
Cost $25.00 for a 6 week session.

New Class Ink & Scratch Board Line Drawing
Wednesday, February 14th - March 21st at 2:30 pm
The first part of this 6 week class will explore drawing with ink and pen. Techniques like hatching, cross-hatching, stipple and scribble will be explained and demonstrated. Then you will learn about scratchboard (a reverse drawing technique) and produce striking black, metallic or black / white renderings. Students must pick up a supply list from the office. Cost $25.00 for a 6 week session.

Sketching Class
Wednesday, February 15th- March 22nd at 1:00 pm
Class covers perspective, proportion, shading and layout. Students will draw from still-life and photo reference.
Cost $25.00 for a 6 week session.

Watercolor Painting Class
Friday, February 24th - March 31st at 10:30 am
Cost $25.00 for a 6 week session.

Spanish Again! Español OtraVez!
Monday, January 23rd—March 20th at 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.
Cost for an eight week session is $30.00.

Mind Aerobics Mondays at 1:00 pm
Join us for a fun filled hour! This group has evolved into a social group as well as a challenging hour. Research has shown brainteasers, word puzzles, critical thinking, and trivia often delays the onset of Alzheimer's. This weekly mental workout will keep you fit. Everyone is Welcome!!
Personal Computer Lesson
Thursday, February 9th & Tuesday, February 14th
10:00-11:00am, 11:00-12:00 and 2:00 to 3:00 pm
Computer lessons designed specifically for you!
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.
Cost is $5.00 per class.
Topics to choose from: Email, Safe Web Surfing, iPad Apps.,
Using SIRI. If you have a laptop please bring it to class.

FREE Android Class:
Creating Contacts
Thursday, February 9th, 1:00 - 2:00 pm
Class will cover adding, customizing, and managing
contacts on your Android device.

FREE iPad Class:
Shoot, Edit, Share Photos & Videos
Tuesday, February 14th, 1:00 - 2:00 pm
Class will cover tips and tricks for shooting, editing, and
sharing photos & videos from and iPad.
Please Note: The Senior Center offers wireless WiFi.
You are welcome to use the Computer Lab when classes are NOT in session.

Duplicate Bridge Tournament
Monday, February 6th at 12:30 pm
Everyone is Welcome!

January Tournament Winners:
First Place: Carol Colligan & Virginia Sprague
Second Place: Mimi Vitale & Joanne Ruesch
Third Place: Jose Justicia-Linde & Maureen Cancilla

Pinochle Tournament
Friday, February 17th at 1:00pm
Pinochle is played every Friday at 1:00 pm
December Tournament Winners:
First Place: Esther Binis
Second Place: Carol Colligan
Third Place: Ruth Duffy

What’s on Your Mind? Current Events Group
Friday, February 10th at 1:00 pm
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”. Everyone is welcome!

Mah Jong
Fridays at 1:00 pm
All are invited to participate.

E-Reader, iPad or Kindle? Free Help
Are you having problems using your E-reader, iPad
or Kindle? A volunteer is available to answer your
questions Free! Contact the Center at 662-6452

Shea’s Performing Arts
Cabaret
Wednesday, April 26th, 7:30 pm performance
Tony Award®-winning production of CABARET. Come
hear some of the most memorable songs in theatre
history, including "Cabaret," "Willkommen" and "Maybe
This Time." Leave your troubles outside - life is beautiful at
Cabaret. Registration begins Tuesday, January 3rd. Cost
is $64.50 includes transportation from Senior Center.

Buffalo Philharmonic Orchestra
The Midtown Men Coffee Concert
Featuring the Original Cast of Jersey Boys
Friday, March 31st, 10:30 am performance
The high-octane musical tour de force that took the
Jersey Boys phenomenon to Broadway and beyond
brings to life the greatest hits of the ’60s. These four
Broadway vets are thrilled to bring their powerhouse
seven-piece band and high-spirited, adrenaline-powered
signature sound to Kleinhans. Following the concert
we’ll make our way for lunch at Curly’s. Cost of concert,
transportation and lunch is $70.00.

Swingin’ Stars and Stripes
Friday, May 26th, 10:30 am performance
** Additional information to follow **

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.

A Note from Jackie Briggs,
Senior Council President
The Senior Council of Orchard Park Inc.
is selling a raffle ticket for two to fly anywhere
in the USA that Jet Blue flies.
One ticket is $25.00 and two for $40.00.
Please support us.
Proceeds to benefit the Community Activity Center.
Drawing March 1, 2017

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, February 23rd & Friday, February 24th
and
Thursday, March 30th & Friday, March 31st
(You must attend both days)
The AARP Driving Course is a great way to save money
on your auto insurance! 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 or by dropping by.

CONTACT THE CENTER TO REGISTER  662-6452
NEWSLETTER IS ON LINE.: Go to townoforchardparkny.org click on Senior Center and click on Newsletter, it’s that easy!
Orchard Park Senior Center
February 2017 Meal Calendar
Phone 662-8378 for reservations

| Wed 2/1   | Lasagna Roll w/ Meat Sauce, Spinach & Mushrooms, cauliflower, Roll, Tropical Fruit Salad |
| Thurs 2/2 | Turkey Breast w/ Gravy & Stuffing, Mashed Potatoes, Carrots, Cranberry Salad (Jeanne’s Choice Soup) |
| Fri 2/3   | Stuffed Pepper w/ Tomato Sauce, Mashed Potatoes, Wax Beans, Roll, Ch. Brownie |
| Mon 2/6   | Turkey w/ Penne Pasta & Cream, Carrot Coins, Broccoli, Fruit Delight Cookie |
| Tues 2/7  | Stuffed Shells w/ Meat Sauce, Cauliflower, Peas, Fruited Gelatin |
| Wed 2/8   | Steakhouse Burger w/ Jardinère Gravy, French Fries, Pickles, Tomato, Lettuce, Roll, Apple Pie |
| Thurs 2/9 | Breaded Chicken w/ Gravy, Roll, Mashed Swiss Potatoes, Chef Salad, Straw. Bavarian (Jeanne’s Choice Soup) |
| Fri 2/10  | Breaded Pork Loin w/ Gravy, Mashed Potatoes, Romano Veg., Roll, Ch. Cake |
| Mon 2/13  | Beef Macaroni Casserole, Cauliflower, Fiesta Corn, Diced Peaches |
| Tues 2/14 | Breaded Boneless Chicken Breast w/gravy, Quinoa, Brussels Sprouts, Cherry Pie |
| Wed 2/15  | Minestrone Soup, Egg Salad, Roll, Mixed Vegetables, Brownie |
| Thurs 2/16| Sliced Roast Pork w/gravy, Mashed Sweet Potatoes, Beets, Wheat Roll, Fresh Fruit (Jeanne’s Choice Soup) |
| Fri 2/17  | Turkey Cobb Salad: Turkey, Bacon Bits, Egg, Croutons, Mixed Greens, Tomatoes, Carrots, Orange |
| Mon 2/20  | CENTER CLOSED—PRESIDENT’S DAY |
| Tues 2/21 | Turkey Burger w/gravy, Mashed Sweet Potatoes, Green Beans, Roll, Fruited Gelatin |
| Wed 2/22  | Beef & Rice Patty over Cabbage, Mashed Potatoes, Roll, Chocolate Pudding |
| Thurs 2/23| Breaded Boneless chicken Breast w/gravy, Caprese, Carrots, Mandarin Oranges (Jeanne’s Choice Soup) |
| Fri 2/24  | Meatloaf w/ Jardiniere gravy, Mashed Potatoes, Peas, Frosted Yellow Cake |
| Mon 2/27  | BBQ Pork Ribette, Chive Mashed Potatoes, Corn, Roll, Fresh Fruit |
| Tues 2/28 | Chicken & Sausage Gumbo over White Rice, Italian Green Beans, Chef Salad, Donut |

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 662-8378 by Tuesday 10:00 am to make reservations for the upcoming week. Also, remember, if you haven’t made a reservation you may contact Jeanne to fill a cancellation.

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**

Meets the 2nd and 4th Thursday of the month at St. Bernadette’s Church 5930 South Abbott Rd.

President is Maura Krause 825-3399.

Richard Jones, travel consultant 827-7074.

**Hillcrest Seniors**

Meets the 2nd and 4th Thursday of the month at the American Legion Post, N. Buffalo Rd. Orchard Park.

President is Maura Krause 825-3399.

**Sacred Heart Seniors**

Meets 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 Center on Southwestern Blvd.

For travel contact Cindy Crawley 675-1104.

Orchard Park Senior Center Closing Information

If you want to know if Center activities will be cancelled due to bad weather, listen for “weather closing” announcements on WGRZ-TV, WKBW-TV, WIVB-TV and WBEN radio. You may also call the Center at 662-6452 or the Supervisor’s office at 662-6400 to learn if the Center is closed. Reminder: We DO NOT follow the Orchard Park School calendar or their closings.

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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<tr>
<td>10:00 Bridge Tournament</td>
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<tr>
<td>10:00 Stay Fit Exercise</td>
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<td>10:00 Acrylic Painting</td>
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<tr>
<td>10:00 Stain, Still Life, Lunch</td>
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<tr>
<td>10:00 Arthritis Tai Chi</td>
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<tr>
<td>10:00 Love Songs of Broadway</td>
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<td>10:00 Love Songs of Broadway</td>
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<tr>
<td>10:00 Ink &amp; Scratch Art Class</td>
<td>10:00 Ink &amp; Scratch Art Class</td>
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<td>10:00 Ink &amp; Scratch Art Class</td>
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<tr>
<td>10:00 Evening Yoga 1:15</td>
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