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

JANUARY 2018 NEWSLETTER

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
Welcome to January and a New Year! Where has 2017 gone? Looking back at 2017 it was a year filled with activity. As time marches on we become more concerned with staying fit both physically and mentally. Let the Senior Center help you. Want to move more? Join an exercise or dance class. Want to learn something new? We offer art classes and monthly educational presentations. Want to live a healthier lifestyle? We offer health presentations, enjoyable activities to socialize and a daily nutritious lunch. We also offer AARP Safe Driving Program and AARP Tax Preparation Program. Check out our monthly newsletter and stay up to date on all that is happening at your Center.

May 2018 bring a year filled with an abundance of health, an abundance of happiness, and an abundance of good friends. Happy New Year from all of us at the Center!
The Center is Closed
Monday, January 1st

Orchard Park Senior Center

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 to schedule an appointment (662-6452)

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.

French Toast in a Mug
Tuesday, January 9th at 9:30 am
Breakfast on-the-go just got even better! Today Jeanne will show you how to make this decadent breakfast in just about two minutes in the microwave. Please bring your own mug. Ingredients will be supplied. Cost is $1.00. Please register and pay in the office.

Happy Birthday Elvis “The King”
Wednesday, January 10th at 1:00 pm
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 this class is for you. Nancy Buczkowski will help you learn the basics of this fun and entertaining game. Space is limited. Please register in the office.

Erie County Caseworker
Thursday, January 11th 11:00 am - 1:00 pm
Dorothy Mehrent, ECSS case worker will assist with short-term counseling, community service outreach / linkage and benefits and entitlements (local, state and federal ie. Medicare, SSI, SNAP, HEAP). No appointment necessary.

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 - 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
Friday, 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. Please register in the office.

*time change*
National Pie Day  *time change*
Tuesday, January 23rd at 1:30 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 for a slice of pie and entertainment by John Renna. Cost 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.

January Events Continued on page 4
**A.A.R.P. Driver Safety Program**  
*Thursday, Jan. 25th & Friday, Jan. 26th*  
1:00 - 4:00 pm.  
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. **Registration** is required by calling the Center.  
*Next class is February 22nd & 23rd.*

**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.

**January Birthday Bash**  
*Tuesday, January 30th at 12:30 pm*  
Let’s Celebrate!! Jeanne Zablotskyy our Site Manager invites those who have a January birthday to submit a photo of yourself in your younger days by 1/26. Everyone is welcome and will enjoy a delicious birthday dessert.

**Looking Ahead to February . . .**

**Fit & Lean in 2018**  
*Thursday, February 1st - March 8th*  
9:30 am - 11:00 am  
Fit & Lean in 2018 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 Jack Giardina and “Mr. Fitness” Richard Derwald. Register in the office.

**Common Medications used for Depression and Anxiety**  
*Friday, February 2nd at 12:45pm*  
Depression is a true and treatable medical condition, not a normal part of aging. However, older adults are at an increased risk of experiencing depression. Affected seniors are often faced with the decision to take medication for managing depression or anxiety. Frank Pietrantoni, Wegmans Pharmacy will discuss the top classes of medications used. Please register in the office.

**Valentine’s for Vets**  
*Monday, February 5th at 10:30 am*  
Join us to create a personal Valentine’s Day cards for Veterans. Cards will be sent to the Veterans Hospital. Supplies will be provided. Please register in the office.

**Red Velvet Cake in a Mug**  
*Tuesday, February 6th at 9:30 am*  
Do you have a sweet tooth, but you don’t want to make a whole cake? Learn a quick, simple recipe for a personal red velvet cake in the microwave. Please bring your own mug. Ingredients will be supplied. Cost is $1.00.

**Understanding Peripheral Neuropathy**  
*Monday, February 12th at 12:45 pm*  
An estimated 20 million Americans suffer from peripheral neuropathy. In this seminar, we will discuss: the causes and symptoms of peripheral neuropathy, tests and treatments, the latest research on peripheral neuropathy, preventive measures you can take at home. Please register in the office.

**Valentine’s Day Lunch**  
*Wednesday, February 14th at Noon*  
Be a sweetheart and join us for a Valentine’s celebration and luncheon. Following lunch enjoy entertainment by Cresendo, an acapella group. Suggested donation of $3.00. Please register for lunch by Tuesday, February 7th.

**Bingo Bash**  
*Tuesday, February 20th at 1:00 pm*  
Bring a guest and receive a free card! Refreshments will be served and prizes will be awarded.

**National Margarita Day**  
*Thursday, February 22nd*  
Let’s Celebrate! Join us at the Center as we celebrate this fun day! Lyle Stang will entertain us and we will serve light refreshments (non-alcoholic) margaritas and chips & salsa. Cost is $3.00, please register and pay in the office.

**History of Amish Quilts**  
*Monday, February 26th*  
Sally McCarthy will bring a large selection of quilts, wall hangings, handwoven rugs, and small crafts to view. Sally will also discuss the Amish way of life and present the history of quilts and their patterns, as well as the “ten quilt code”. Please register in the office.
**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!!

**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!
**No Bingo January 23rd**

**CARDS & GAMES:**
- **Bridge** Mondays at 1:00 pm
- **Euchre** Fridays at 10:15 am
- **Mah Jong** Fridays at 1:00 pm
- **Pinochle** Fridays at 1:00 pm

**Asian Mah Jong** Monday, January 8th at 1:00 pm

**Card Tournaments:**
- **Duplicate Bridge** Monday, Jan. 8th at 12:30 pm
- **Euchre Tournament** Friday, Jan 19th at 10:15 am
  *sign up in the office for the Euchre Tournament*
- **Pinochle** Friday, Jan. 19th at 1:00 pm
  *sign up in the office for the Pinochle Tournament*

**Duplicate Bridge December Tournament:**
- **First Place:** Jose Justicia-Linde & Judy Ford
- **Second Place:** Virginia Sprague & Alice Wroblewski
- **Third Place:** Mimi Vitale & Ester Binis

**Orchard Park Senior Center Dinner Club**
The Orchard Park Senior Center Dinner Club always welcomes new participants. Join us for the following dinner outings:

- **Thursday, February 8th Polish Villa**
  Contact: Dixie Bileschi 674-9348
  The next meeting is Tuesday, February 6th at 10:00 am at the Orchard Park Senior Center.

  ** Everyone is welcome!**

**SMARTPHONE, IPAD OR KINDLE ASSISTANCE . . .**
Are you having problems using your smartphone, Pad or Kindle? Help is on the way! A volunteer is available to answer your questions for free. Contact the Center to set up an appointment.

**ART CLASSES AT THE CENTER . . . . . . .**
- **Acrylic Painting Class**
  **Tuesday, January 9th - Feb. 13th at 12:15pm**
  Learn proper application of paint, blending layering, scumbling and palette knife techniques. New students must pick up a supply list from the office. Cost $25.00 for a 6 week session.

- **Sketch Class**
  **Wednesday, January 10th - Feb. 14th at 1:00 pm**
  Class covers perspective, proportion, shading and layout. Students will draw from still-life and photo reference. New students must pick up a supply list from the office. Cost $25.00 for a 6 week session.

- **Watercolor Painting Class**
  **Friday, January 12th - Feb. 16th at 10:30 am**
  Students will learn the basics of a wash, dry brush technique, wet into wet etc. Class size is limited. New students must pick up a supply list from the office. Cost $25.00 for a 6 week session.

**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.

**Meet the Artist of the Month:**
This month we will showcase the artwork of **Carolyn deLucia**.
Please stop in the dining room, view the artist’s artwork, and read her bio.
**Stay Fit Dining Program**

Lunch served at noon Monday through Friday. The suggested contribution is $3.00.

To make a reservation for lunch please call Jeanne at 662-6452 (option #3) by Tuesday 10:00 am for the upcoming week. If you are unable to keep your reservation, please call the Center as early as possible.

Thank You!

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**Mon. 1/1 Senior Center Closed - Happy New Year**

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**Tue 1/2 Sloppy Joe, Corn, Beans, Roll, Pineapple**

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**Wed 1/3 Ham Steak, Oven Browned Potatoes, Mashed Squash, Bread Brownie**

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**Thur 1/4 Chicken Leg Quarter w/BBQ, Mashed Potato, Peas, Tapioca Pudding *Jeanne’s Soup**

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**Fri 1/5 Steakhouse Burger w/Gravy, Baked Beans, Carrots, Hamburger Roll, Cherry Gelatin**

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**Mon 1/8 Beef Macaroni Casserole w/cheese, Cauliflower, Corn, Dinner Roll, Pineapple**

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**Tue 1/9 Br. Chicken Breast, Mashed SweetPotatoes, Green Beans, Roll, Peach & Pear Cup**

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**Wed 1/10 Macaroni & Cheese & Chicken, Beets, Chef Salad, Rye Bread, Apple**

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**Thur 1/11 Hamburger w/Gravy, Oven Br. Potatoes Mashed Squash, Choc. Pudding *Jeanne’s Soup**

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**Fri 1/12 Br. Boneless Pork Chop w/Gravy, Potatoes, Spinach, Cornbread, Banana Cream Pie**

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**Mon 1/15 Senior Center Closed - Martin Luther King Jr.**

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**Tue 1/16 Meatballs w/Pasta & Sauce, Peas, Grape Juice,Chocolate Chip Cookies**

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**Wed 1/17 Boneless Chicken Breast w/Gravy, Mashed Sweet Potatoes, Brussels Sprouts, Roll, Thru 1/18 Meatloaf w/Gravy, Mashed Potatoes Mixed Veggies, Rice Pud’ding *Jeanne’s Soup**

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**Fri 1/19 Julienne Salad (Ham, Turkey, Swiss Cheese & Egg), Dinner Roll, Orange**

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**Mon 1/22 Boneless Chicken Breast, Cheesy Mashed Potatoes, Peas, Roll, Buttertschotch Pud’g**

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**Tue 1/23 Breaded Veal Patty w/Past & Sauce, Apple Juice, Spinach, Carnival Sugar Cookies**

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**Wed 1/24 Ham Steak, Mashed Lyonnaise Potatoes Green Beans, Bread, Strawberry Gelatin**

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**Thur 1/25 Hot Dog w/Chili Sauce, Potato Salad, Calf. Blend, Pineapple Tidbits *Jeanne’s Soup**

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**Fri 1/26 Br. Boneless Pork Chop w/Gravy, Mashed Sweet Potatoes, Broccoli, Dinner Roll, Apple**

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**Mon 1/29 Swedish Meatballs w/Pasta & Sauce, Brussel Sprouts, Corn, Chocolate Pudding**

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**Tues 1/30 Br. Chicken Caesar Salad, Grape Juice Dinner Roll, Tropical Fruit Cup**

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**Wed 1/31 Lasagna Roll w/ Sauce, Spinach, Cauliflower,Italian Bread, Lemon Cake**

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**Please arrive for lunch by NOON each day or your lunch may be cancelled.**

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**Spending 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**

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**Wed. 1/3 We’ll Never Have Paris - Comedy/Drama (Starring: Simon Helberg & Melanie Lynskey)**

A man second-guesses his plans to propose to his girlfriend after a pretty coworker hits on him. When his girlfriend flees to Paris, he follows her in a last-ditch effort to salvage their relationship.

**Encore Showing Thur. 1/4**

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**Wed. 1/10 Kingsmen: The Golden Circle - Action/Comedy (Starring: Edward Holcroft & Teron Egerton)**

When their headquarters are destroyed and the world is held hostage, the Kingsman’s journey leads them to the discovery of an allied spy organization in the US. These two elite secret organizations must band together to defeat a common enemy.

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**Wed. 1/17 Home Again - Comedy (Starring: Reese Witherspoon & Michael Sheen)**

Life for a single mom in Los Angeles takes an unexpected turn when she allows three young guys to move in with her.

**Encore Showing Thur. 1/18**

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**Wed. 1/24 Dunkirk - Action/History (Starring: Fionn Whitehead & Damien Bonnard)**

Allied soldiers from Belgium, the British Empire and France are surrounded by the German Army, and evacuated during a fierce battle in World War II.

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**Wed. 1/31 Victoria & Abdul – Biography (Starring: Judi Dench & Ali Fazal)**

Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim.

**Encore Showing Thur. 2/1**

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**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.
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td><em>Senior Center</em></td>
<td><em>Happy New Year 2018</em></td>
<td><em>Martin Luther King Day</em></td>
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<td>9:00 Pool Shooting</td>
<td>9:00 Men’s Fitness</td>
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<td>9:00 Ladies Exercise</td>
<td>10:30 Inter Line</td>
<td>9:00 Ladies Exercise</td>
<td>9:00 Men’s Fitness</td>
<td>9:00 Ladies Exercise</td>
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<td>9:30 Tap Dance</td>
<td>10:45 Club 99 Exer.</td>
<td>9:30 Dessert in a Mug</td>
<td>10:45 Beginner Line</td>
<td>9:00 Men’s Fitness</td>
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<td>9:30 Bridge Tournament</td>
<td>12:00 Stay Fit Dining</td>
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<td>12:00 Crown Club 99</td>
<td>10:00 Inter. Tap</td>
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<td>12:30 Bridge Tournament</td>
<td>1:00 Mind Aerobics</td>
<td>1:00 Knitter/Crochet</td>
<td>10:45 Club 99 Exer.</td>
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<td>1:00 Mind Aerobics</td>
<td>1:00 Evening Yoga</td>
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<td>11:30 Yoga</td>
<td>11:00 EC Caseworker</td>
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<td>5:00 Evening Yoga</td>
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<td>12:00 Stay Fit Dining</td>
<td>1:00 Knitter/Crochet</td>
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<td>9:00 Pool Shooting</td>
<td>9:00 Men’s Fitness</td>
<td>12:00 Stay Fit Dining</td>
<td>1:00 Pinochle</td>
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<td>1:00 Knitter/Crochet</td>
<td>10:45 Pinochle</td>
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<td>10:45 Club 99 Exer.</td>
<td>12:00 Stay Fit Dining</td>
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<td>10:30 Inter Line Dancing</td>
<td>12:00 Stay Fit Dining</td>
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<td>1:00 Knitter/Crochet</td>
<td>1:00 Pinochle</td>
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<td>12:00 Stay Fit Dining</td>
<td>12:15 Acrylic Painting</td>
<td>1:00 Evening Yoga</td>
<td>1:00 Evening Yoga</td>
<td>1:00 AARP Driving Course</td>
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<td>1:00 Evening Yoga</td>
<td>5:00 Evening Yoga</td>
<td>5:00 Evening Yoga</td>
<td>6:00 Zumba</td>
<td>1:00 AARP Driving Course</td>
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<td>2018</td>
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<td>CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER</td>
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<td><strong>Pickle Ball</strong></td>
<td><strong>Yoga</strong></td>
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<td>Tuesdays, Thursdays &amp; Fridays 11:00 - 1:00 pm</td>
<td>Wednesdays Jan. 10th - March 14th at 11:30 am</td>
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<td>at South Towns Tennis Center</td>
<td>Fridays Jan. 12th - March 16th at 9:00 am</td>
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<td>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.</td>
<td>Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching; your body and mind will thank you for it. Cost for each ten week session is $35.00.</td>
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<td><strong>Club 99</strong></td>
<td><strong>Tuesday Evening Yoga</strong></td>
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<td>Tuesday &amp; Thursday at 10:45 am</td>
<td>at Dharma Dog Studio</td>
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<td>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!</td>
<td>January 2nd - January 30th at 5:00 pm</td>
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<td><strong>Advanced Tai Chi</strong></td>
<td><strong>Tap Dancing For Fun</strong></td>
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<td>Wednesday, January 10th – Feb. 28th at 1:00 pm</td>
<td>Monday, January 8th – March 12th at 9:30 am</td>
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<td>Tai Chi is an Ancient Traditional Chinese practice that combines the mind, body and spirit. It is practiced today primarily for its health benefits, stress relief and relaxation. Cost for $30.00 for a 8 week session.</td>
<td>This 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. Cost for a 8 week session is $30.00.</td>
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<td><strong>Men's Fitness</strong></td>
<td><strong>Intermediate Tap Dance</strong></td>
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<td>January 2nd - March 8th</td>
<td>Thursday, January 4th – Feb. 22nd at 10:00 am</td>
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<td>Tuesday, Wednesday &amp; Thursday 9:00 - 10:00 am</td>
<td>For those seniors with some experience tap dancing, this class is for you! Learn to tap to some of the great Broadway tunes as you burn calories, and get an aerobic workout while tapping. Cost for eight week session is $30.00.</td>
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<td>You'll notice regular exercising with others motivates you to work toward a healthy lifestyle. Take the first step in living a healthy life by showing up for the Men's Fitness program. Cost for 10 week session is $40.00.</td>
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<td><strong>Ladies Exercise Program</strong></td>
<td><strong>Tai Chi for Arthritis Program</strong></td>
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<td>Monday, Wednesday and Friday 9:00 - 10:00 am</td>
<td>Tuesday, November 28th - Thursday, Feb. 1st</td>
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<td>This program uses stretching, aerobic and floor exercises tailored specifically for the needs of those 60+ years. Exercising with friends encourages you to lead a healthy and more energetic life.</td>
<td>Tuesdays &amp; Thursdays 2:30 pm - 3:30 pm</td>
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<td><strong>Beg. Line Dance</strong></td>
<td><strong>Zumba</strong></td>
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<td>Every Wednesday at 10:15 am</td>
<td>Thursday, February 13th - April 3rd 11:00 am</td>
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<td>Inter. Line Dance Every Tuesday at 10:30 am</td>
<td>Zumba is the best dance and workout routine you’ll ever do! This energetic program uses various types of music to dance your way into a healthy lifestyle. Cost for 8 week session is $30.00.</td>
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<td>Line dancing is great exercise and a wonderful way to meet new friends. Cost is $2.50 per class - pay as you go.</td>
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<td><strong>Evening Zumba</strong></td>
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<td>Tuesday, January 30th - March 20th 6:00 pm</td>
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<td>Cost for 8 week session is $30.00.</td>
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Reminder: Please register early to prevent class 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!

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

**Hillcrest Seniors:**
Meets 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:**
Meets 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:**
Meets 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 Center on Southwestern Blvd. 
Dorothy Dzikowski, President 674-1645
For travel contact Cindy Crawley 675-1104

**Medicare Advantage Plan**
**Sales Representatives will be at the Center:**

**Univera Healthcare**
Monday, January 8th  1:00 pm - 3:00 pm
*meet one on one with a representative*

**United Healthcare**
Tuesday, January 9th  9:00 am - 11:00 am
*meet one on one with a representative*

**Blue Cross/Blue Shield of WNY**
Wednesday, January 10th  10:00 am - Noon
Monday, January 22nd  10:am - Noon
*meet one on one with a representative*

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**Buffalo Philharmonic Orchestra**

**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). Please register and pay in the office.

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**Star Spangled Spectacular**

**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.

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**Let’s Reminisce**

*The best part about pictures is that even when the people in the photo change, the memory it contains never will.*

Would you like to look back at previous luncheons, special events and trips you took with the Orchard Park Senior Center? Take a walk down memory lane by looking at the numerous photo albums we have here at the center. The photo albums will be set up on a table in the dining room for you to view when the dining room is not in use for other events.

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We're on FACEBOOK
Check us out . . .
Orchard Park Senior Center
Like & Share!
Orchard Park Community Activities Center Campaign
“Building a healthier community for a greater future”

6 Easy Ways to Give

1. **Cash or Check** - Pledge and pay over time, up to five years.

2. **Publicly Traded Securities** - Securities are sold promptly upon receipt. Highly appreciated securities may have added tax value.

3. **Real Estate and Property** - Will be credited as the appraised value of the gift at the time it is accepted, provided there is no restriction on the sale.

4. **IRA’S** - Taxpayers who are age 70 1/2 or older can exclude income up to $100,000 of distributions made from a traditional IRA.

5. **Life Insurance** - You can transfer ownership of a new or existing whole or universal life insurance policy.

6. **Bequests** - Include a cash option, percentage of the estate or a gift of specific property.

If you would like to see the plans and make a donation to name a room, or buy equipment, etc. please call John Kearns & Associates Inc. at 716-667-1553 to make an appointment.