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
Patrick J. Keem D.D.S.

Council Members
Eugene Majchrzak
Michael Sherry

Senior Center Director
Anna Willems

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

Hello Summer!
Notes From Anna

- The tulips are blooming, and the bright yellow forsythia has turned to a colorful green. It’s been a short spring but June is here and with it warmer and longer days. Summer begins June 21st, and don’t forget to fly the flag on Flag Day June 14th. June 15th we celebrate Father’s Day and all the men who had an influence in our lives and our upbringing. According to an article in HISTORY, during the 1920s and 1930s, a movement arose to scrap Mother’s Day and Father’s Day altogether in favor of a single holiday, “Parents’ Day”. A group felt that “Parents’ Day” was more appropriate and “that both parents should be loved and respected together.” However, the Depression derailed this effort to combine and de-commercialize the holidays. Struggling retailers and advertisers focused their efforts to make Father’s Day a “second Christmas” for men, promoting neckties, hats, socks, pipes, golf clubs, greeting cards etc. When WWII began, advertisers began to argue that celebrating Father’s Day was a way to honor American troops and support the war effort. By the end of the war, Father’s Day may not have been a federal holiday, but it was a national institution. Did you know that it wasn’t until 1972 that, Richard Nixon signed a proclamation making Father’s Day a federal holiday? Today, estimates are that Americans spend more than $1 billion each year on Father’s Day gifts. Our fathers are our role models and our inspirations. Times have changed and today men play a greater role in raising children as evidence that many preschoolers are looked after by stay at home dads, while their mothers are at work. Father’s Day is an opportunity to express gratitude to our fathers, stepfathers and those who are like fathers to us and let them know how much they are loved and appreciated. For myself this Father’s Day will be a time to reflect and remember a man who always put others, that is, his children, his wife, siblings, and good friends before himself. A simple man whose hobby was working to ensure a better life for his family. That man was my dad. A man who was loved by many and who at the age of 93 passed away this past Easter. He took great pride in his family, and in return he was admired and respected by his children and everyone in the community. He taught us that when you work hard you will succeed. Thank you for your many cards and kind words of sympathy, and Happy Father’s Day to all the dads.

- The Senior Summer Games will be held July 7th through 11th. Pick up an entry form available at the Center from June 26 through July 03. Sign up and compete in the many activities such as Bocce, Nine Ball Pool, chair volleyball, horseshoe toss, minute to win challenge, and more.

- Please remember when entering the Senior Center to sign the sign-in-book.

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<tr>
<th>University Express Program Keeps Rolling...</th>
<th>University Express ....continued</th>
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<tr>
<td>The University Express Program sponsored by Erie County Department of Senior Services RSVP (Retired Senior Volunteer Program) brings stimulating academic classes to older adults. Classes are free and open to seniors 55+ years. Listed are the classes scheduled at the Orchard Park Senior Center.</td>
<td>Thursday June 19, 1:00pm—Warp of Evil, Weft of Beauty: Nazi Germany During the 1930s, instructor: Judith Geer, retired educator and librarian, ECC.</td>
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<td>Thursday May 22, 1:00pm—Health Care Reform-What to Know presented Don Ingalls, Vice President State and Federal Relations, BlueCross BlueShield of WNY.</td>
<td>Thursday June 19, 1,00pm—Warp of Evil, Weft of Beauty: Nazi Germany During the 1930s, instructor: Judith Geer, retired educator and librarian, ECC.</td>
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<td>Thursday May 22, 3:00pm—Human Trafficking, Instructor: Sophie Feal.</td>
<td>A note from the Orchard Park Senior Council President, Jacqueline Briggs: The Victorian Luncheon/Tea held on Saturday May 10th, was a great success. Everyone enjoyed the vintage fashion show with clothing dating back to 1919. This event was possible because of the hard work and dedication of everyone involved. Thank you to those who made the delicious salads and baked goods. To the ladies who helped in the dressing room and the girls who modeled the outfits, thank you! Also those who set up tables, dried dishes, prepared tea, and everyone who had a hand in this event, thank you. Also a special thank you to Nativity of Our Lord School for allowing us to use their cafeteria. The Senior Council continues to fund raise with the next event a Golf Tournament at the East Aurora Country Club on June 16th. Working the Bills Stadium Concession Stand during home games is one of our best fundraisers and if you or your family would like to volunteer please contact me. If you purchase from Schwan’s Frozen Food now through June 15th the Council receives 20% of the profits. To place an order call 1-855-870-7208 (option 2), or go to <a href="http://www.schwanscares.com">www.schwanscares.com</a> and look for campaign #8498, or call Jane Reukauf (716-663-4635). Catalogues are available at the Senior Center and orders are delivered to your home. For more information on the Senior Council contact me Jackie at 662-3982. Thank you for your support it’s greatly appreciated!</td>
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<td>Friday May 30, 1:00pm—UN on the Niagara River, Instructor: William H. Siener, historian and retired Executive Director of Buffalo History Museum.</td>
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<td>Monday June 2, 1:00pm Mormonism, Instructor: Jeannette Ludwig, Associate Professor, Dept of Romance Languages and Literature, SUNY at Buffalo.</td>
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<td>Tuesday June 3, 1:00pm—Emily Dickinson, Instructor—Linda Drajem, retired English Instructor, Buffalo State</td>
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<td>Thursday June 5, 1:00pm—Restorative Justice: Healing Harm, Restoring Communities, Instructor: Ashley Westbrook, Attorney, Legal Aid Bureau of Buffalo.</td>
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<td>Monday June 9, 1:00pm—Evolution instructor Pulp Tenser, retired Professor of Biology, ECC.</td>
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<td>Thursday June 12, 1:00pm—Intergenerational Relations and Aging, instructor Susan E. Mason, PhD., Professor of Psychology:Director, Gerontology Center, Niagara Univ.</td>
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Feeling Stressed? Here’s the Answer….

Did you know that geriatric massages can increase blood circulation, combat depression, and release muscle tension? Michelle Wright LMT offers chair massages Wednesday June 11 and Wednesday June 25, 9:00-12:00noon. A fifteen minute chair massage is $10.00 (payable to therapist). Contact the center at 662-6452 to set up an appointment.

Duplicate Bridge Tournament — The First Monday of Every Month, Next Tournament is June 2, 12:30pm

Congratulations to the May Winners
First Place: Fred Howe & Mary Lou Buster
Second Place: MaryAnn Martin & Doris Sullivan
Third Place: Winnie Bergner & Mimi Vitale

Join us for the next tournament Monday June 2,
Pinochle Tournament Friday June 20 at 1:00pm. Please register for the tournament by calling 662-6452
Cash prizes will be awarded to the first, second and third place winners. April winners were:
First Place: Carol Crossan
Second Place: Esther Binisszkewicz
Third Place: Ruth Duffy

Everyone is welcome!

Euchre Tournament is the first Tuesday of every month. Next tournament is June 3, 1:00pm
The winners of the May tournament are:
First: Pete Stang
Second: Roy Duffy
Third—Ruth Duffy

Congratulations to all the players. Bring your friends and play Euchre every Tuesday 1:00pm at the Senior Center.

Men’s Fitness
June 10—August 7- eight week Program
August 12—October 2—eight week Program
Tuesday, Wednesday & Thursday 9:00-10:00am
For those who would like to enjoy the summer months and are out golfing, here’s a fitness class that fits your busy schedule. An 8 week course. You’ll notice regular exercising with others motivates you to work toward a healthy lifestyle. Take the first step in living a healthily life by showing up for the men’s Fitness Program. Cost for each 8 week program is $25.00.
****Senior Computer Tutoring

Many seniors come from different background experiences when it comes to learning about computers, therefore, the computer instructions will take a different format. Classes are tailored to your need. You get to choose the topic for your one hour class. Classes are held once a week on an alternating Monday or Wednesday. Choose one of these hours for your class: Morning session 10:00 or 11:00am. Afternoon sessions: 1:00 or 2:00pm. Learn more about the following:
 ⇒ Buying a Computer, Navigating the Internet
 ⇒ Keyboarding, Slides, Negatives and Photos
 ⇒ PC Tune Up, E-mail, Digital Camera, Saving Stuff,
 ⇒ E-Bay Sell or Buy, Windows 7 & 8
 ⇒ Microsoft Excel, Skype and much more. Contact the Center at 662-6452 to register. One hour of class instruction: $5.00

If you have a laptop you are encouraged to bring it to class.

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

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

For The iPad and iPad mini User
Tuesday, June 3 1:00pm

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

Book Group
The Book Group meets the last Wednesday of every month at 10:00am at the Senior Center. The following books are scheduled for discussion:
May 28, —Snow Child—Eowyn Ivey
June 25, —The Light Between Oceans: A Novel by author M.L. Stedman
July 30—To Be Announced
August 27, Boneshaker, by Jeff Shober. Jeff will be attending the August discussion group

There is no fee to join the Book Group, but members are encouraged to read the books prior to attending the

Hand and Foot
Some of you have expressed an interest in the Hand and Foot card game. If you are interested in starting up a Hand and Foot game, please sign the sign up sheet found in the lobby. If there is enough interest we'll schedule a time and a date for Hand and Foot.

SHEA’S PERFORMING ARTS CENTER 2014 and 2015

The Center is scheduling the following theater outings:
Joseph and the Technicolor Dreamcoat—Sunday October 12, 2:00pm
Motown—Sunday January 25, 2:00pm
Phantom of the Opera—Thursday March 19, 1:00pm
Chicago—Sunday February 22, 2015, 2:00pm
Kinky Boots—Sunday April 25, 2:00pm

BUFFALO PHILHARMONIC ORCHESTRA 2014 and 2015

The Hit Men featuring former stars of Frankie Valli & The Four Seasons—Friday October 24, 10:30am
Max Returns—Friday November 14, 10:30am concert. Maximiano Valdes, conductor Tai Murray, violin.

Classical Christmas Messiah, Friday December 12, 10:30 am concert, Erin Freeman, conductor Buffalo Philharmonic Chorus

Holiday Pops, Friday December 19, 10:30am
Steve Lippia and Sinatra, Friday February 13, 10:30am

Patriotic Pops—Friday, May 22, 10:30am

Check the upcoming newsletter for more information on Shea’s and Buffalo Philharmonic events.

Other Tours

Hidden Valley Animal Adventure & The Windmills, Tuesday July 22, 2014

Join us as we make our way to Varysburg with a short side trip to a windmill farm to learn about windmills how they work, and their impact on western New York economy. We’ll then go onto Hidden Valley Animal Adventure in Varysburg, have lunch and then take the hour-long trolley ride through the park. You will get the chance to have an up-close and personal interaction with exotic animals like camels, zebra, llama’s and more. Cost: $49.00 per person includes transportation from the Senior Center; last day for sign-up is June 30th.

Bison’s Baseball Games

It’s that time of year...that’s right baseball! Through the generosity of Mark Stevens Financial LLC who has donated baseball tickets to see the Bison’s, you will have a choice of either attending a 1:00pm game on Thursday July 31 or Thursday August 14 at 1:00pm. Mark assured us we have great seats for the game. As in previous years a bus will leave the Center at approximately 12:00 noon and returning at 4:00pm. Upon return to the Center pizza and wings, dessert will be served. Cost is $15.00

Come join our Sing-a-Long. The Last Friday of every month at 10:30am.

Enjoy and hour of fun as we sing some of your favorite Broadway tunes.
**Coming Up...**

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

**Opera Anyone??**  
**Friday June 20, 11:00am-12:00noon**  
The Senior Center is thrilled to have James Wright from the Nickel City Opera perform at the Senior Center. James, a baritone, has performed as a soloist in Handel’s Messiah with the Olean Academy Orchestra and the Buffalo Philharmonic Chorus. He has performed for Nickel City Opera, Opera Sacra, Rochester Lyric Opera, and Amherst Symphony Orchestra. Currently he is an adjunct professor of voice at SUNY Fredonia and Canisius College. He serves as the Artistic Administrator of Nickel City Opera. Pick up your free ticket for this event today.

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

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

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

**Remembering When? Wednesday June 18, 1:00pm**  
If you have experienced a recent loss then you are invited to an afternoon of coffee and remember when. If a certain person, or pet had an impact on your life, and is no longer here, how you are coping with the loss? This is free and everyone is welcome.

**SENIOR GROUPS**  
In addition to the Senior Center activities and programs, the following groups offer social events, escorted trips  
**Armor Seniors** meet every 2nd and 4th Thursday of the month at 1:30 pm at Armor Bible Presbyterian Church, 5650 Powers Rd. President is Arlene Schlierf and can be reached at 649-5845. For trip information, contact Shirley Doyle at 823-0197

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

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

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

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

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

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

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

**Thursday July 10**, Glen Iris in Letchworth State Park—Nancy Barrett is the contact person

The next Dinner Club Meeting is **Tuesday June 3 at 10:00am at the Orchard Park Senior Center**

**Let’s Talk**  
Confused about what’s going on in the world today? Reading the newspapers, or listening to the news, are you baffled with the information being presented? If so you may want to join our group. If you have a topic that you would like to have researched bring it to the office no later than Wednesday before the group meets.

**Due to the University Programs scheduled on Fridays the next discussion is Friday June 20th 1:00pm and Friday July 18th, 1:00pm**

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

**Meal Calendar—June 2014**

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<tr>
<th>Mon 02</th>
<th>Turkey Stew, broccoli, biscuit, butterscotch pudding</th>
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<td>Tues 03</td>
<td>Penne pasta w/meatballs, tomato sauce, Italian beans, cinnamon applesauce</td>
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<td>Wed 04</td>
<td>Ham steak w/Polynesian sauce, potatoes, peas, chocolate cake w/frosting</td>
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<td>Thurs 05</td>
<td>Salisbury steak w/gravy, mashed potatoes, carrots, fruit (ice-cream sundae*)</td>
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<td>Fri 06</td>
<td>Boneless breaded chicken breast w/gravy, home fries, apples &amp; cranberries, tropical fruit</td>
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<td>Mon 09</td>
<td>Beef stroganoff over noodles, broccoli, carrots, apple delight cookie</td>
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<td>Tues 10</td>
<td>Shredded BBQ turkey, cauliflower, corn, pineapple</td>
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<td>Wed 11</td>
<td>Lasagna Roll w/meat sauce, Italian bean medley, chef salad, tropical fruit</td>
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<td>Thurs 12</td>
<td>Roast beef w/gravy, au gratin potatoes, spinach, strawberry Bavarian</td>
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<td>Fri 13</td>
<td><strong>Father's Day Lunch</strong> Breaded pork chop w/gravy, sweet potatoes, peas, chocolate cake with (ice-cream*-compliments of Sr. Ctr)</td>
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<td>Mon 16</td>
<td>Knockwurst w/sauerkraut, mashed potatoes, vegetables, chocolate pudding</td>
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<td>Tues 17</td>
<td>Beef macaroni caserolle, zucchini &amp; summer squash, green beans, fruit, (hot fudge sundae)*</td>
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<td>Wed 18</td>
<td>Pork loin w/apple glaze, scalloped potatoes, broccoli, chocolate chip cookie bar</td>
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<td>Thurs 19</td>
<td><strong>Julienne salad</strong>, pineapple velvet</td>
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<td>Fri 20</td>
<td>Cabbage bake w/sauce, red skin potatoes, wax beans, apple kuchen</td>
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<td>Mon 23</td>
<td>BBQ pulled pork, corn, grin beans, tropical fruit</td>
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<td>Tues 24</td>
<td>Roasted chicken thigh w/au jus, oven browned potatoes, broccoli (chocolate torte)*</td>
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<td>Wed 25</td>
<td>Turkey w/gravy, mashed sweet potatoes, Brussels sprouts, marble cake</td>
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<td>Thurs 26</td>
<td>Meatloaf w/gravy, mashed potatoes, carrots, pineapple</td>
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<td>Fri 27</td>
<td>Stuffed shells w/meat sauce, cauliflower, chef salad, cookie</td>
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<td>Mon 30</td>
<td>Veal Parmesan over penne pasta w/tomato sauce, green beans lemon/vanilla pudding</td>
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<td>Tues 01</td>
<td>Chicken breast, rice pilaf, peas, squash, fruit</td>
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<td>Wed 02</td>
<td>Cheese Omelet, potatoes, carrots, fruit gelatin</td>
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<td>Thu 03</td>
<td>Hamburger w/bun, baked beans, broccoli salad, (macaroni salad*), brownie with (ice-cream)*</td>
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*designates item compliments of Senior Ctr.

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**A.A.R.P. Driver Safety Program**

Offered at the Orchard Park Senior Center the last Thursday and Friday of every month

1:00-4:00 pm. Classes will be held:

**Thursday, June 26 and Friday June 27**

And

**Thursday, July 24 and Friday, July 25**

*(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.

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**FREE BLOOD PRESSURE SCREENING**

**EVERY MONDAY 1:00-3:00pm**

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**Still Mine**—starring Michael McGowan. Stars in this exquisitely crafted and deeply affecting love story about a couple in their twilight years. Based on true events and laced with wry humor, Still Mine tells the heartfelt tale of Craig Morrison who comes up against the system when he sets out to build a more suitable house for his wife. Drama

**Non-Stop** Starring Liam Neeson. During a transatlantic flight from New York City to London, U.S. Air Marshal receives a series of cryptic text messages demanding that the airline transfer $150 million into an off-shore account. Until he secures the money, a passenger will be killed every 20 minutes. Action & suspense

**The Grand Budapest Hotel** Starring Ralph Fiennes. Grand Budapest Hotel recounts the adventures of Gustave H. a legendary concierge at a famous European hotel between the wars, and Zero Moustafa, the lobby boy whom becomes his best friend. Drama

**Frozen**—Starring Kristen Bell. Frozen is the coolest comedy-adventure ever to hit the big screen. When a prophecy traps a kingdom in eternal winter, Anna a fear less optimist teams up with extreme mountain man and his side kick reindeer. A journey to end the icy spell. Animation, Family

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**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*

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**GOING PLACES VAN**

Need a ride into Buffalo for medical appointments, physical therapy or other human services? call 858-7433.
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**Designates FREE University Express Program**