Notes From Anna

⇒ It’s November, can you believe that? As I’m writing this newsletter the weather is 65 degrees and sunny! November brings Election Day, Veterans Day, and of course Thanksgiving. No other country in the world celebrates Thanksgiving as we Americans do with families coming together and specific food; turkey, stuffing, squash, mashed potatoes, cranberry sauce and pie for dessert. When our daughters were young I began the tradition of baking everyone’s favorite pie. Orders had to be in by the beginning of November since pies were made from scratch. Our youngest wanted the traditional pumpkin, there was always a wild blueberry pie, pecan was my husbands favorite and apple pie. One year there was a request for mincemeat, but that was the first and last year we had mincemeat. A couple of friends from the Senior Center were also invited. Since our parents did not live in the area, these friends were like surrogate grandparents. The stories they brought to our Thanksgiving table were laced with memories of living in the South where pecan trees provided the pecans for the pie, making homemade ice-cream, taking the bus to work at Bell Aircraft or coming home from France at the end of WWII. We were fortunate and honored to have them at our table. These friends have passed on but they had a profound impact on our children's lives and we fondly remember them at every Thanksgiving dinner. We have much to be grateful for if only we looked at the positive and not the negative. Recently I saw this quote “A person needs three things to be truly happy in this world...someone to love, something to do and something to hope for”. Happy Thanksgiving and I hope your dinner table is surrounded with good will, good memories and good friends.

⇒ Veterans Day is Wednesday November 11th. The Senior Center, as in previous years, would like to invite veterans to lunch on Tuesday November 10th compliments of the Senior Center. Please contact the Center at 662-6452 if you plan to attend since space is limited. Following lunch everyone is invited to our Veteran’s Day Program at 1:00pm. This Program is to recognize and honor those who have served or are still serving our country. If you would like to participate in the Veteran’s Day Program, please contact Anna.

UNIVERSITY EXPRESS IS ON TRACK!
That’s right, University Express is on track for the Fall Session. Sponsored by Erie County RSVP (Retired Senior Volunteer Program) brings stimulating classes to Senior Centers. Residents 55+years may attend any of the FREE classes. The following is a list of the classes scheduled at the Orchard Park Senior Center. To register contact the Center at 662-6452. (Pick up a complete brochure at the Senior Center.

Monday October 26 3:00pm—United States and the Muslim World
Tuesday October 27, 1:00pm—Norman Rockwell and Grant Wood
Tuesday October 27, 3:00pm—Charles Burchfield
Monday November 2, 1:00pm—Libraries, Ledgers and Graveyards: Buffalo’s Forgotten History
Thursday November 5, 1:00pm—Prosperity and Conflict: Buffalo 1844-1867
Friday November 6, 1:00pm—US-EU Relations
Monday November 9, 1:00pm—The Sinking of the Lusitania 100 Years Ago
Thursday November 12, 3:00pm—What Does an Executor Do?
Friday November 13, 1:00pm—Myths and Truths About Concussions
Tuesday November 17, 1:00pm—Love and Lust in Shakespeare’s Sonnets
Monday November 23, 1:00pm—Discovering Buffalo One Street at a Time: Part2
Monday November 30, 1:00pm—In the Dark Streets of Christmas 1941 to the Glad Tidings of Christmas 1945

Note from: Jackie Briggs, Senior Council President
The Senior Council of Orchard Park is a 501©(3) not-for-profit organization and is able to accept tax deductible contributions. The Council continues to fund raise to make a Senior Center/Community Center become a reality. Note cards depicting Green Lake and Yates Park sketched by local artists are on sale for $8.00 and can be purchased at the Senior Center or the Town Clerk’s Office.

You Are Invited To:
The Orchard Park’s Senior Center
2015 New Year Party
At
Salvatore’s Italian Garden
6461 Transit Rd Depew
When: Wednesday December 30, 2015
Cocktails at 12:00 Dinner at 1:00pm
Entertainment by:
Formula Band
Performing the Hits From 40’s 50’s and 60’s
Enjoy a delicious meal of Prime Rib, Poached Salmon or Chicken Français
Cost: $36.00 (includes transportation)
Reservation with payment accepted November 4th through December 13th at the Orchard Park Senior Center
**CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER**

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

**Men’s Fitness**
November 3-December 17, 6 week Program
Tuesday, Wednesday & Thursday 9:00-10:00am
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. Six weeks: $25.00.

**Intermediate/Advanced Tap Dancing**
November 5–December 17 Thursday 10:00am
For those seniors with some experience tap dancing, this six week class is for you! Learn to tap to some of the great Broadway tunes as you burn calories, and get an aerobic workout. Cost $25.00

**Tai Chi Wednesday 1:15pm**
November 4–December 23 (8 week)
Tai Chi is a form of fluid movements that builds endurance, increase flexibility and balance. This one hour program is for those with some Tai Chi experience, however new students are welcome. Cost: $25.00

**Christmas Gift?**
Wednesday December 2 and Thursday December 3rd, 10am-noon
Here’s a unique gift everyone will appreciate year after year. Hand painted Christmas glass ornaments that can be hung on a tree, or displayed all year around are a great keepsake. Class $10.00 includes two ornaments and painting supplies. Register today, class limit 6 people.

**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.

- **October 28, - Seven Letters From Paris** by Samantha Verant
- **November 25, - The Storied Life of AJ Fikry** by Gabrielle Zevian

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

**Celebrating November and December Birthdays! Friday December 4th**
Do you have a birthday in November or December? If so let’s celebrate at the Senior Center! A free lunch compliments of the Senior Center will be given to seniors who have a December or November Birthday Call Deborah at 662-8378 for more information.

**Watercolor Painting**
Friday November 6–December 18, 10:30am-12:30pm
Students supply their own brushes and watercolor paper 140lb and paints Cost is $25.00 for 6 week

**Sketching**
Wednesday November 4–December 16, 1:00-3:00pm
Learn to sketch using pencil or pastels. This six week program will focus on perspective and techniques of using pastels. Cost: $25.00

**Acrylic Painting**
Tuesday November 3–December 8, 1:00-3:00pm
You will study landscape and still-life, scumbling and palette knife techniques. Cost 6 week $25.00.

**Christmas Cookie Bake**
Thursday December 3, 1:00pm
This is what you’ve been waiting for, the Center’s amazing cookie bake and just in time for Christmas. We’ll be baking and decorating delicious shortbread, gingerbread, walnut crescents and more. Made with real butter and no preservatives. Take home 3 dozen cookies plus a “bonus” for $15.00 all supplies included. Space is limited to ten, sign up today.

**Stressed? Tuesday December 8th 1:00pm**
What is Mindfulness-Based Stress Reduction (MBSR). MBSR has for the past 30 years been providing thousands of participants with new means of managing the everyday challenges of life. With a growing body of scientific research affirming the effectiveness of mindfulness practices in relieving physical and emotional symptoms of stress. This orientation will feature an introduction to the MBSR program, including research based studies, guided meditation and discussion. You’ll be able to sign up for our the six week program starting in January. Please register for this orientation by contacting the center at 662-6452.

**Important Information**

**Orchard Park Senior Center Closings**
With winter here, some of you have asked when are activities at the Center cancelled due to the weather. If you think the Center may be closed because of the weather, closings will be announced on WGRZTV, WKBWTV, 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. We DO NOT follow the Orchard Park School calendar or their closings. Please remember, during poor weather, think of your own safety and don’t risk travelling if it is not necessary. Keep your personal food pantry stocked in preparation for those times of illness or bad weather. Your health and well being is first.

**Double Dominos ….If you are interested in playing Double Dominos or learn how to play, join us Tuesday afternoon at 1:00pm. Everyone is invited.**

The Senior Center provides free Wi-Fi service.
**Senior Computer Tutoring**

Computer Classes in Microsoft and Apple are now tailored to your need. A one hour ($5.00 fee) one on one session with the instructor will be offered to address your computer needs. Class is scheduled once a week on Tuesday November 3, 10, 17, 24, 10:00-11:00am and from 1:00-2:00 and 2:00 to 3:00pm. Some topics to choose from:

- Buying a computer; slides, e-mail, digital camera, PC Tune UP, Microsoft Office, everything you wanted to know about a computer or computer program.
- If you have a laptop you are encouraged to bring it to class.

**Free Ipad Class**

For the new (or not so new) iPads user, sign up for a one hour class Tuesday November 3, 1:00pm. Learn some neat and useful tips and tricks for your iPad. 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.

**New*** IPhone is Coming.....

Starting in January 2016 the senior center will be offering a FREE iPhone class every month. Registration is required so call 662-6452 to reserve your spot.

**E-Reader, Nook or Kindle?**

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 for free. Contact the Center at 662-6452 to set up an appointment.

**Duplicate Bridge Tournament**

The First Monday of Every Month. Next Tournament is Monday November 2, at 12:30pm

Congratulations to the October winners:
- First Place: Thelma Covert and Melanie Wolski
- Second Place: Philip Kitner and Dorothy Ray
- Third Place: Judy Ford and Lillian Etzel

Everyone is Welcome

**Pinochle Tournament**

Friday November 13, 1:00pm

Congratulations to the September winners:
- First Place: Shirley Charles
- Second Place: Steve Smith
- Third Place: Ruth Duffy

Please register for the tournament by calling 662-6452

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

**Contract Bridge Classes Level One**

Monday November 2—December 7, 9:30am-noon.

This six week level one class is for those who have played a number of times and wish to improve their skills without learning too many exotic bidding conventions. Cost 25.00

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**BUFFALO PHILHARMONIC ORCHESTRA 2015 & 2016**

- **Friday November 13, 10:30am** Sounds of Simon & Garfunkel. Sounds of Silence, Scarborough Fair, Mrs. Robinson. Cost: $70.00, lunch at Dinosaur BBQ and Transportation. **Sold Out**.

- **Friday December 11th, 10:30am** JoAnn’s Classical Christmas. JoAnn Falletta, conductor. Lunch at Lafayette. **Reservations with payment accepted Tuesday November 3** until all tickets are gone. Cost: $70.00.

- **Friday December 18, 10:30am** Holiday Pop

John Morris Russell, BPO Principal Pops Designate gets us into the holiday spirit. Lunch at Curly’s. **Sold Out**

**Tickets To Shea’s Performing Arts**

**Make a Great Christmas Gift!**

**Beautiful**—The Carole King Musical—Sunday March 20, 2016. **Reservation with payment accepted Tuesday November 3** until all tickets are gone. Cost: $75.00

**Wizard of Oz**—Thursday April 07 2:00 performance.

This new production of The Wizard of Oz is an enchanting adaptation of the all-time classic. This production contains the beloved songs from the Oscar winning movie plus a few new songs by time Rice and Andrew Lloyd Webber. Cost: $65.00 includes transportation from the Orchard Park Senior Center. **Registration with payment starts December 1st.**

**Dirty Dancing**—Wednesday May 4, 2016, 7:30pm performance. The classic story on stage exploding with heart pounding music featuring songs such as “Hungry Eyes,” “Hey Baby “and I’ve Had The time of My Life”.

Cost: $75.00. **Registration with payment starts December 1st.**

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.

**Sing-A-Long**

- **December 18th, 10:30am**

Join us in our monthly sing-a-long held the last Friday of every month from 10:30am-11:15am. Richard Jones will accompany us on the piano. All voices are welcome! Refreshments will be served. Please note, **November Sing-A-Long is Cancelled.**

**Win A Pie For Thanksgiving**

**Tuesday November 24th, 1:00pm**

Here’s your chance to win a delicious pie for your Thanksgiving dinner. Play Bingo on Tuesday November 24th 1:00pm and have a chance to win either a pumpkin, apple, or cherry pie, or mystery dessert. Everyone welcome

**Pickle Ball….Now Being Offered. For More Info, Contact the Senior Center at 662-6452**
Coming Up...

Danielle DiStefano, Christmas Time
Friday December 4th, 1:30pm
Let Danielle help us get into the Christmas spirit with popular and traditional tunes. Graduating from Fredonia College in voice, Danielle, for the past year has been travelling to Toronto to train with some of the best opera instructors in the world. It’s always great to have Danielle return to the Center. Tickets are free and available November 1st. Light refreshments will be served.

To Kill a Mockingbird
Tuesday November 3 and 10th, 1:00-2:00pm
To Kill a Mockingbird a novel by Harper Lee was published in 1960 and won the Pulitzer prize for literature. Since the novel's publication it has sold over 40,000,000 copies and is a staple in high school and college literature classes. In 2006 British librarians ranked To Kill a Mockingbird ahead of the bible as the one book every adult should read before they die. Jim Banko, retired high school English teacher and students will explore the serious issues raised in the book. This program is free but registration is requested.

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

What’s on Your Mind? Confused about what’s going on in the world today? Reading the newspapers, or listening to the news, are you baffled with the information being presented? If so you may want to join our discussion group and learn the “real story” Friday November 20, 10:00am Everyone is welcome!

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 meet every 2nd and 4th Thursday of the month at 1:30 pm at Armor Bible Presbyterian Church, 5650 Powers Rd. President is Arlene Schlifer 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. Jim Twist is the President and he can be reached at 674-8661. For travel contact Ruth Duffy at 649-7026.

Sacred Heart Seniors meet every 2nd and 4th Tuesday of the month in the lower hall at Our Lady of Sacred Heart Church on Abbott Road. President 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 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. Join us for the following dinner outings:

The next meeting is Tuesday November 3rd 10:00am at the Orchard Park Senior Center Everyone is welcome!
Thursday November 5th— Lunch at Mangia’s in Orchard Park, contact person is Dixie Bileschi
Thursday December 3rd — Fugi Grill — more information to follow.

Veterans Benefits
Friday November 20, 1:00pm
Paul Romesser, the New York State Veteran’s Counselor will be giving a presentation on Veterans Benefits and what their families may be eligible for. Learn more about tax exemptions, pension claims, burials, survivor benefits, Veterans healthcare, disability compensation and other financial benefits. Free presentation, however registration is requested.

If you have a talent, special skill, or speak a foreign language, why not share it and become an instructor!
**Orchard Park Senior Center**  
**Meal Calendar—November 2015**  
*Phone 662-8378 for reservations.*

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<tr>
<th>Mon 02</th>
<th>Swedish meatballs over pasta, Brussel sprouts, carrots, fruit delight cookies</th>
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<tbody>
<tr>
<td>Tues 03</td>
<td>Stuffed shells with meat sauce, cauliflower, chef salad, fruit</td>
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<tr>
<td>Wed 04</td>
<td>Breaded chicken cutlet w/gravy, peas &amp; carrots, stewed tomatoes, chocolate cake</td>
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<td>Thurs 05</td>
<td><strong>Julienne Salad,</strong> pumpkin Bavarian</td>
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<tr>
<td>Fri 06</td>
<td>Breaded fish, soft roll, au gratin potatoes, beets, orange, and <strong>salad bar</strong></td>
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<td>Mon 09</td>
<td>Lasagna roll, w/meat sauce, cauliflower, Italian beans, diced peaches</td>
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<td>Tues 10</td>
<td><strong>Veteran’s Lunch</strong> Breaded Pork chops w/gravy, mashed potatoes, mixed vegetables, apple pie</td>
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<td>Wed 11</td>
<td>Veteran’s Day Senior Center Closed</td>
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<td>Thur 12</td>
<td>Sweet &amp; Sour chicken breast, wheat roll, mashed squash, peas, cookie</td>
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<td>Fri 13</td>
<td>Meatloaf w/gravy, mashed potatoes, orange glazed carrots, chocolate pudding</td>
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<td>Mon 16</td>
<td>Veal parmesan over penne pasta, tomato sauce, broccoli, apple</td>
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<td>Tues 17</td>
<td>Turkey a la king biscuit, mixed vegetables, orange-pineapple velvet</td>
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<td>Wed 18</td>
<td>Boneless chicken breast w/gravy, oven browned potatoes, fruit, <strong>salad bar</strong></td>
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<td>Thurs 19</td>
<td>Diced pork in gravy, sweet potatoes, w/raisins &amp; apples, Italian green beans, frosted brownie</td>
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<tr>
<td>Fri. 20</td>
<td>Beef &amp; Rice patty, cabbage in savory sauce, mashed potatoes, strawberry Bavarian</td>
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<td>Mon 23</td>
<td><strong>Thanksgiving Lunch</strong> Turkey, stuffing w/gravy, cranberries, mashed potatoes, green bean casserole, pumpkin pie w/topping</td>
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<td>Tues 24</td>
<td>BBQ pork ribette, mashed sweet potatoes, mixed vegetables, peach &amp; pear cup</td>
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<tr>
<td>Wed 25</td>
<td>Meatballs, penne pasta w/tomato sauce, peas, chef salad, apple crisp</td>
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<td>Thurs 26</td>
<td><strong>Thanksgiving Holiday Senior Center Closed</strong></td>
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<tr>
<td>Fri 27</td>
<td>Cheese omelet w/creole sauce, home fries w/peppers, peas, blueberry square, pineapple tidbits</td>
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<td>Mon 30</td>
<td>Hamburger w/gravy baked beans, mixed vegetables, fruit gelatin</td>
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<tr>
<td>Dec 01</td>
<td>Roasted chicken thigh, Spanish rice, Brussel sprouts, apple</td>
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### Stay Fit Dining Program

In cooperation with Erie county Department of Senior Services, the town provides a nutritious hot meal, and social opportunities to meet new friends for persons age 60 or over and their spouses Monday through Friday at noon. The suggested contribution is $3.00. Please call Deborah at 662-8378 by Wednesday 10:00am to make reservations for the upcoming week. Also, remember, if you haven’t made a reservation you may contact Deborah to fill a cancellation.

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

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

**November 4 — Jurassic World**  
Starring Chris Pratt  
They now feature a fully functioning dinosaur theme park, Jurassic World. After 10 years operation and visitor rates decline, a new attraction is created to re-spark visitor’s interest, which backfires. Drama

**November 12 (Thursday) — Faith of Our Fathers**  
With the Vietnam War raging, two young fathers report for duty. A man of faith and a doubtful cynic. A quarter-century later, their sons meet as strangers. Guided by handwritten letters from their fathers from the battlefield, they embark on an unforgettable journey. Drama

**November 18— The Grand Seduction**  
Starring Taylor Kitsch  
To survive, a dying Newfoundland fishing village must convince a young doctor to take residence by any means necessary. Comedy

**November 25 — The Gift**  
Starring Jason Bateman  
A young married couple whose life is going just as planned until a chance encounter with a acquaintance from high school sends their world into a harrowing tailspin. Drama

### A.A.R.P. Driver Safety Program

Offered at the Orchard Park Senior Center the last Thursday and Friday of every month from 1:00-4:00 pm. Classes will be held: **Thursday, November 19 and November 20**  
**And Thursday December 17 and Friday December 18 (You must attend both days)**

The course is for 50 years of age and older. Those completing the course qualify for up to a 10% discount on their automobile liability and collision insurance and a 4 point reduction on their driver’s license for accrued moving violations. **Registration** is required by calling the Center at 662-6452 or by dropping by. Program cost: $20.00 for AARP members, $25.00 if you are not a member of AARP. Checks only please.

### NEED A RIDE? CALL RURAL TRANSIT 662-8378

Rural Transit Service (RTS) is a non-profit transportation service. Residents are transported to dialysis clinics, medical offices, physical therapy, pharmacies, nutrition sites, adult day care, grocery stores, banks, salon/barbers, etc., with medical trips taking priority. Trips are free, but donations are accepted. *Volunteers are needed to drive or dispatch*  

******GOING PLACES VAN******

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

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**Rural Transit Service**

- Need a ride into Buffalo for medical appointments, physical therapy or other human services?
- Offering AARP Driver Safety Program
- Services available for a variety of needs including medical appointments, physical therapy, adult day care, and medical trips.