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

NOVEMBER 2016 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

Happy Thanksgiving
Notes from Debbie
Welcome to November, before we know it, it will be the start of the holiday season. However, not before Veteran’s Day and Thanksgiving. Veteran’s Day is a day to honor those who were willing to give their life for their country and those who are currently serving. Join us on November 10th for a Veteran’s Day presentation and patriotic songs by Maria Angelova. Veterans are invited to lunch compliments of the senior center. Also, in November join your senior center friends on November 22nd to enjoy a Thanksgiving Luncheon with entertainment by Linda D.

Important Information—Orchard Park Senior Center Closings
With winter here, some of you have asked will activities at the Center be cancelled due to the weather. If you think the Center may be closed because of the weather, closings will be announced on WGRZ-TV, WKBW-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. 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. Your health and well-being is first.

UNIVERSITY EXPRESS
This program provides classes on current affairs, history, science, the arts, wellness and more. Classes are free and available to seniors 55+. Below are the classes offered at the Orchard Park Senior Center. Please call to register.

Friday, 11/4 at 1:30 pm Brexit: What Happens Now?
Monday, 11/7 at 1:30 pm Sodium Savvy
Monday, 11/14 at 1:30 pm Lackawanna, NY 1900-1949
Friday, 11/18 at 1:30 pm About Roundabouts
Monday, 11/21 at 1:30 pm Occupation of France in World War II
Monday, 11/28 at 1:30 pm Statins

United Healthcare Medicare Plans
Wednesday, November 2nd 3:00 — 4:00 pm
Karen Olsen will give a formal presentation on Medicare Plans for 2017.

Univera Medicare Plans
Thursday, November 3rd 1:00 — 3:00 pm
April Romanowski will give a formal presentation on Medicare Plans for 2017.

Taking My Medicine
Thursday, November 3rd at 2:15 pm
Do you take multiple medications each day? Learn some tips and tricks to help manage your medications. Program sponsored by BC/BS. Please register in the office.

HIICAP
Friday, November 4th at 10:00 am
Health Insurance Information Counseling & Assistance Program. A senior case manager with EC Senior Services will provide information and assistance regarding Medicare, Medicare Supplemental (Medigap), Long-Term Care, Managed Care (HMOs), EPIC, Medicaid, and other insurance options. Please register in the office.

Discovering Panama (3 part series)
Tuesday, November 8th, 15th & 22nd at 3:00 pm
Experience Panama’s cuisine, customs, and traditions by joining Tere Piper for a three week series of classes. Cost for 3 week session is $20.00. Register in the office.

Veterans Day Luncheon
Thursday, November 10th at noon
All Veterans are invited to join us for a free lunch. Following lunch everyone is invited to our Veteran’s Day Program honoring our veterans and those still serving. Included in the program is Maria Angelova entertaining us with patriotic songs. Please contact the Center at 662-6452 if you plan to attend as space is limited.

Bone Density Health Screening
Thursday, November 17th 10:00 am — Noon
Nurses from Catholic Health will perform a ultrasound test on the heel of the foot (socks off). It gives an indication of possible osteopenia/osteoporosis. The results of the test will be shared with the your primary care doctor. Please contact the center for an appointment.

** ADDITIONAL EVENTS ON PG. 5 **
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

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
Thursdays at 1:00 pm class will resume in January 2017.

Advanced Tai Chi
Wednesday, November 2nd - December 21st
1:00 pm 8 week session
This one hour program is for those with some Tai Chi experience. New students are welcome Cost: $30.00.

Men’s Fitness
October 4th — December 22nd
Tuesday, Wednesday & Thursday 9:00-10:00 am
Cost for 12 week program is $30.00.

Ladies Exercise Program
October 3rd — December 9th
Monday, Wednesday and Friday 9:00-10:00 am
Cost is $30.00 for a 10 week session.

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

Zumba
Thursdays at 11:00 am and Tuesday evening classes will resume in February 2017

Calligraphy Class
Monday 9:00 am classes will resume in January 2017.

Mah Jong
Fridays at 1:00 pm
Beginners and those who are interested in learning Mah Jong are invited.

**time change** Pickle Ball  **time change**
Every Tuesday 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. A paddle sport created for all ages and skill levels. 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.

Yoga
Wednesday, Sept. 14 – Nov 16th at 11:30 am
Friday, Sept. 16 — November 18th at 9:00 am
After current session cost is $4.00 drop in fee per class:
Wednesday class 11/30, 12/7 & 12/14
Friday class 12/2, 12/9 & 12/16

Tuesday Evening Yoga
Tuesday, Nov. 15th — December 20th at 5:00 pm
Cost $20.00 for an 6 week session.

Chair Yoga
Monday, September 26 — Dec. 5th at 10:45am
While sitting in a chair the instructor will teach you the proper techniques of stretching, breathing and relaxation.
Cost: $30.00 8 week session.

Tap Dancing For Fun
Monday, Nov. 21st — December 19th 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 5 week session is $12.00

Intermediate Tap Dance
Thursday, November 10th — Dec. 22nd 10:00 am
Cost for 6 week session is $20.00.

Acrylic Painting Class
Tuesday, Nov. 8th — December 13th 12:30—2:30 pm
Six weeks of instruction in water based acrylic painting. Learn proper application of paint, blending layering, scumbling and palette knife techniques. Cost $25.00.

Sketching with Sharon
Wednesday, Nov. 16th — Dec. 14th 1:00 - 3:00 pm
Class covers perspective, proportion, shading and layout.
Students will draw from still-life and photo reference. Cost $16.00 for a 4 week session.

Watercolor Painting Class
Friday, November 18th —December 30th 10:30 am
Cost $20.00 for a 5 week session.

**NEW CLASS** Watercolor Painting for Beginners
Tuesday, Nov. 8th - Tuesday, Dec. 13th 2:30 — 4:00 pm
Students will learn the basics of a wash, dry brush technique, wet into wet etc. Class size is limited.
Students must pick up a supply list from the office. Cost $25.00 for a 6 week session.

**NEW CLASS**

A Note from Jackie Briggs, Senior Council President
I would like to thank all the guests who came to the Mocktail Party and all the volunteers who contributed their time and assistance.

The Senior Council of Orchard Park is a 501 (c)(3) not-for-profit organization and is able to accept tax deductible contributions. The Council continues to fund raise to make a Senior Center / Activity Center become a reality. Please remember your annual donation to the United Way Appeal may be directed to the Senior Council of Orchard Park.
Personal Computer Lesson
Tuesday, November 1st and November 29th
10:00-11:00am, 1:00-2:00 and 2:00 to 3:00pm.
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, Word, the Internet, Excel,
Purchasing a computer, Buying and Selling on EBay and
more. If you have a laptop please bring it to class.

FREE iPad Class
Tuesday, November 1st, 1:00—2:00 pm
For the new (or not so new) iPad user. Learn some neat
and useful tips and tricks for your iPad such as customizing
Safari browsing and SIRI. Prior experience is NOT required.

FREE iPhone Class
Tuesday, November 29th, 1:00 pm—2:00 pm
The last Tuesday of the month from 1:00pm-2:00pm the
senior center will be offering a FREE iPhone class.
Space is limited.

Please Note: The Senior Center offers wireless WIFI.
You are welcome to use the Computer Lab
when classes are NOT in session.

FREE COMPUTER CLASSES
Join either (or both) class to learn what you need to
know to help you buy the right product for yourself or
as a gift for someone. Learn what questions to ask
and have your questions answered or hear it all again,
but a little bit slower.

Buying an iPads, iPhones, and wireless printers…
which is right for you!
Wednesday, November 9th, 10:00 — 11:00 am

Buying a desktop, laptop, and wireless printers…
which is right for you!
Wednesday, November 9th, 11:00 — Noon
Please call the Senior Center at 662-6452 to register.

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
to set up an appointment with Liz.

Birthday Bash
Thursday, November 17th at 12:30 pm
Let’s Celebrate!!
Jeanne Zablotsky our Site Manager invites
those who have a November birthday to submit
a photo of yourself in your younger days,
along with a short story describing a memora-
bile event. Everyone will enjoy a delicious
birthday dessert. Join Us!

Shea’s Performing Arts
42nd Street
Sunday, January 22nd, 2:00 pm performance
The quintessential backstage musical comedy
classic, 42nd Street is the song and dance fable of
Broadway with an American Dream story and includes
some of the greatest songs ever written, such as “We’re In
The Money,” “Shuffle Off To Buffalo,” “I Only Have Eyes
For You” and of course “42nd Street.”
Cost $60.00 includes
transportation from Senior Center.

Buffalo Philharmonic Orchestra
Classical Christmas
Friday, December 9th, 10:30am performance
*** Performance is SOLD OUT— waiting list only ***

John Morris Russell’s Holiday Pops
Friday, December 16th, 10:30 am performance
*** Performance is SOLD OUT— waiting list only ***

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.

FREE BLOOD PRESSURE SCREENING
EVERY TUESDAY 11:00 am — 1:00 pm
Thanksgiving Luncheon
Tuesday, November 22nd at noon
Thanksgiving is a good time to surround yourself with good food, good friends and family. Join us today for a Roast Turkey lunch will all the fixings. Following lunch entertainment by Linda D will begin at 12:45 pm. Please contact the Center at 662-6452 if you plan to attend as space is limited.

EPIC
Tuesday, November 29th at 10:00 a.m. — Noon
EPIC is a New York State program that provides secondary drug coverage for those enrolled in Medicare Part D drug plans throughout the year. An EPIC rep. will discuss the program and assist in enrolling seniors. Please bring 2015 income information to apply.

EPIC
Bingo Bash
Tuesday, November 29th at 1:00 p.m.
Join us today for our monthly bingo bash, bring a guest and receive a free card! Refreshments will be served and prizes will be awarded.

Looking Ahead . . . .
Healthy Eating for the Holidays
Thursday, December 1st at 2:15 pm
This session provides practical tips to avoid holiday weight gain. Sponsored by BC/BS. Please register in the office.

Tree Trimming, Cookie Decorating & Sing Along
Friday, December 2nd at 10:30 am
Join us to kick off the holiday season trimming our tree, decorating cookies and a sing along. Please register in the office if you are planning on attending.

Erie County Senior Service Caseworker
Thursday, December 8th at 11:00 am — 1:00 pm
Dorothy Mehrert, ECSS case worker will assist with short-term counseling, community service outreach / linkage and benefits and entitlements (local, state & federal). Dorothy will give an informative presentation followed by time to meet with Dorothy privately.

A case worker will now be available the 2nd Thursday of each month at 11:00 am — 1:00 pm to provide information and referral to community programs / services. First come first serve basis.

Family Feud
Thursday, December 8th at 1:30 pm
Join us as we play the popular gameshow Family Feud. Please register in the office.

Lake Erie Ice Volcanoes
Monday, December 12th at 1:00 pm
Ice Volcanoes are a rare natural spectacle that occurs over the cold winter months. Discover Ice Volcanoes and more spanning the last 10 years of Lake Erie Ice formations. Please register in the office.

Returning Those Holiday Blues
Wednesday, December 14th 10:30am – noon
At a time of year when our culture and communities are telling us to be “happy”; many often are silently experiencing loneliness, sadness, and grief. Annette DeNies, LMSW, will explore what triggers holiday blues and new strategies for working with them. Cost $15.00.

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.

November — Barkskins by Annie Proulx

Book Group will not meet in December
Members are encouraged to read the book prior to attending the meetings. Everyone is welcome to join the discussion.
<table>
<thead>
<tr>
<th>Date</th>
<th>Meal Description</th>
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<tbody>
<tr>
<td>Tues 11/1</td>
<td>Boneless Chicken Breast w/Gravy, potatoes, Squash, Roll, Peach &amp; Pear Cup</td>
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<td>Wed 11/2</td>
<td>Sliced Roast Beef w/Gravy, Ranch Mashed Potatoes, Green Beans, Frosted Gelatin</td>
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<td>Thurs 11/3</td>
<td>Gr. Chicken Breast, Pasta w/Vegetables, Muffin Jeanne’s Choice Soup</td>
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<td>Fri 11/4</td>
<td>Breaded Fish Patty w/ tartar Sauce, Broccoli Peru Rice Casserole, Peas, Ch. Chip cookies</td>
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<td>Mon 11/7</td>
<td>Turkey Veg. Casserole, Mashed Potatoes, Buttermilk Biscuit, Fruit Delight Cookie</td>
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<td>Tues 11/8</td>
<td>Seasoned Meatball, Penne Pasta, Tomato Sauce Mozzarella Cheese, Mixed Veg.</td>
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<td>Wed 11/9</td>
<td>Breaded Chicken Breast w/ Gravy, Mashed Potatoes, Beets, Roll, Frosted Yellow Cake</td>
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<td>Thurs 11/10</td>
<td>Veteran’s Day Lunch Breaded Pork Loin w/ Gravy, Mashed Sweet Potatoes, Cauliflower, Wheat Bread, Apple Pie</td>
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<td>Fri 11/11</td>
<td>Veteran’s Day Holiday! No Meal Served.</td>
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<td>Mon 11/14</td>
<td>Breaded Chicken w/ Gravy, Roll, Mashed Potatoes, Mixed Veg. Butterscotch Pudding</td>
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<td>Tues 11/15</td>
<td>Knockwurst W/ Sauerkraut &amp; Mustard, Hot Dog Bun, Home Fries, Spinach, Pineapple</td>
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<td>Wed 11/16</td>
<td>Homemade Meatloaf w/ Gravy, Creamed Potatoes, Bean Medley, Roll, Frosted Gelatin</td>
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<td>Thurs 11/17</td>
<td>Ham Steak, Sweet Potatoes, Apple w/ Cranberry Compote, W. Roll, Cookies, Jeanne’s Choice Soup</td>
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<td>Fri 11/18</td>
<td>Spanish Rice Casserole, Cornbread, Broccoli, Chef Salad, Peach Bavarian</td>
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<td>Mon 11/21</td>
<td>Swedish Meatballs, w/ Pasta, Brussel Sprouts, Carrot Coins, Ch. Pudding</td>
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<td>Tues 11/22</td>
<td>Thanksgiving Lunch Roast Turkey, &amp; Gravy, Mashed Potatoes, Green Beans, Wonderful Pumpkin Pie</td>
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<td>Wed 11/23</td>
<td>Lasagna w. Meat Sauce, Cheese, Spinach &amp; Mushrooms, Cauliflower, Roll, Fruit Cup</td>
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<td>Thurs 11/24</td>
<td>Thanksgiving Day! No Meal Served</td>
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<td>Fri 11/25</td>
<td>Center Closed No Meal Served</td>
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<td>Mon 11/28</td>
<td>Turkey &amp; Veg. Pasta Toss, Carrot Coins, Broccoli, Fruit Delight Cookie</td>
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<td>Tues 11/29</td>
<td>Ricotta Cheese Shells w/ Meat Sauce, Cauliflower, Green Beans, Frosted Gelatin</td>
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<td>Wed 11/30</td>
<td>Breaded Chicken w/ Gravy, Roll, Sweet Potatoes, Chef Salad, Pineapple Tidbits</td>
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**Spend an afternoon at the movies.**
Reserve lunch by calling 662-8378 and then stay for the movie at 1:00pm. 50 cents includes popcorn and drink.

Nov. 2nd Mr. Church *starring Eddie Murphy & Britt Robertson* "Mr. Church" tells the story of a unique friendship that develops when a little girl and her dying mother retain the services of a talented cook. No encore viewing Thursday, 11/3.

Nov. 9th Wild Oats *starring Jessica Lange & Shirley MacLaine* Everything changes for Eva when she receives a life insurance check accidentally made out for $5,000,000 instead of the expected $50,000. She and her best friend take the money and head out for the adventure of a lifetime. No encore viewing Thursday, 11/10.

Nov. 16th Ithaca *starring Meg Ryan & Tom Hanks* With his older brother off to war, fourteen-year-old telegram messenger Homer Macauley comes of age in the summer of 1942.

Nov. 23rd The Legend of Tarzan Tarzan, having acclimated to life in London, is called back to his former home in the jungle to investigate the activities at a mining encampment.

Nov. 30th The Meddler *starring Susan Sarandon & Rose Byrne* An aging widow from New York City follows her daughter to Los Angeles in hopes of starting a new life after her husband passes away.

**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 17th & Friday, November 18th*
*Thursday, December 15th & Friday, December 16th (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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**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 Wednesday 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.
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<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>NOV. 24TH &amp; 25TH</th>
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<tr>
<td>09:00</td>
<td>Sketch</td>
<td>10:00 Advanced Tai Chi</td>
<td>11:00 Yoga</td>
<td>12:00 Stay Fit Dining</td>
<td>5:00 Evening Yoga</td>
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<td>10:00</td>
<td>Popcorn &amp; Movie</td>
<td>11:00 Pool Shooting</td>
<td>12:00 Spanish</td>
<td>12:00 Stay Fit Dining</td>
<td>5:00 Evening Yoga</td>
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<td>10:15</td>
<td>Beginner Watercolor</td>
<td>11:30 Chair Yoga</td>
<td>12:30 Bridge</td>
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<td>5:00 Evening Yoga</td>
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<td>Inter Line Dancing</td>
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<td>Beginners Group</td>
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<td>5:00 Evening Yoga</td>
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<td>21:00</td>
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<td>12:30 Bridge</td>
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<td>12:30 Bridge</td>
<td>12:30 Bridge</td>
<td>5:00 Evening Yoga</td>
<td>5:00 Evening Yoga</td>
</tr>
</tbody>
</table>

**Senior Center closed...**

**Holiday...**

**Thanksgiving**

**Veteran's Day Lunch**

**What Happens Now?**

**Veteran's Day**

**Center Closed**