PHONE
716-662-6452

EMAIL
opsenior@orchardparkny.org

CENTER HOURS
8:30 a.m. – 4:00 p.m.

Supervisor
Dr. Patrick Keem

Council Members
Eugene Majchrzak
Michael Sherry

Director
Debbie Santiago

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

HAPPY THANKSGIVING
Notes from Debbie . . .

It’s November, can you believe that? As I’m writing this newsletter the weather is 65 degrees and sunny with a weekend forecast in the high 70’s! Please join us for a presentation to recognize and honor those who served or are still serving our country on Thursday, November 9th (see below for details). “Honoring All Who Served” presented by the Orchard Park Historical Society and Orchard Park Library invite you to attend the exhibit to express their thanks to our veterans in the Orchard Park Library Community Room on 4570 South Buffalo St., Sat. 11/11 and Sun., 11/12 from noon – 4pm. Please contact Estelle Adelman 662-5516 for additional information Enjoy the beautiful weather and Happy Thanksgiving!

I hope your dinner table is surrounded with good will, good memories and good friends.

Erie County Caseworker
Thursday, November 2nd  11:00 am — 1:00 pm
Dorothy Mehrent, ECSS case worker will assist with short-term counseling, community service outreach / linkage to benefits and entitlements.

University Express: Mad House: The Hidden History of Insane Asylums in 19th Century NY
Thursday, November 2nd at 1:30 pm
Instructor: Michael Keene, author and enthusiast of 19th-century Western New York history.
Waiting list only.

Health Insurance Fair
Friday, November 3rd
2:00 – 5:00 p.m.
Explore various health insurance options at today’s fair. Representatives from BlueCross/BlueShield, United Healthcare, Fidelis Care, Independent Health, and Univera will have plan information and applications for 2018. Information regarding HIICAP (Health Insurance Information, Counseling and Assistance) and EPIC (Elderly Pharmaceutical Insurance Coverage) programs will also be available.

University Express: The Death of Fossil Fuels
Monday, November 6th at 1:30 pm
Instructors: Goldfarb Financial Team: Jeffrey Goldfarb, certified financial planner and chartered advisor in philanthropy; Chintan Shukla, investment executive; and Adam Goldfarb, financial advisor and philanthropic consultant. Register in the office.

University Express: 100 Years of Women’s Suffrage in New York State
Tuesday, November 7th at 1:30 pm
Instructor: Marian Deutschman, professor emeritus of Communications, Buffalo State College. Register in the office.

NYS Citizens Preparedness Training
Wednesday, November 8th at 10:15 am
This program will teach residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. Register in the office.

Veterans Day Luncheon
Thursday, November 9th at Noon
Today, we honor those who have served our country. All Veterans are invited to join us for a free lunch. Following lunch, Linda D will entertain us with patriotic songs. Space is limited. Please contact the Center to register for lunch.

University Express: Yemeni Cuisine and Culture
Monday, November 13th at 1:30 pm
Instructor: Gamileh Jamil, ACCESS WNY. Register in the office.

Community Activities Center Campaign
Tuesday, November 14th at 1:30 - 2:30 pm
Please join members of the Community Activities Council of Orchard Park for refreshments and discussion. At this gathering, we will explain The Orchard Park Community Activities Center Capital Campaign, share the important reasons for this new building, and answer your questions regarding our fundraising plans. Please register in the office to attend this presentation.

You Are Invited To:
The Orchard Park Senior Center
2017 New Year Party at
Salvatore’s Italian Garden
6461 Transit Rd Depew
Thursday, December 28, 2017
Hors D’oeuvres & Punch at Noon
Dinner at 1:00 pm
Entrée Choices: Prime Rib, Poached Salmon or Chicken Française. Meal includes roasted rosemary red potatoes, chef’s blend of roasted vegetables, salad, rolls/butter, coffee & tea, and dessert.
Entertainment by: Formula Band
Performing the hits From 40’s, 50’s and 60’s
Cost: $39.00 (includes transportation)
Handmade Christmas Card Craft  
**Thursday, November 16th at 10:00 am**  
Quilling or paper filigree is an art form that involves the use of strips of paper that are rolled, shaped, and glued together to create decorative designs. Join Margaret Pannella as she teaches you the art of quilling while creating a handmade Christmas card. Cost is $12.00 (supplies included). Register and pay in the office. View a sample of a quilled artwork Christmas card at the center.

University Express: Physical Therapy 101  
**Monday, November 20th at 1:30 pm**  
Interactive discussion with our Physical Therapist or Athletic Trainer discussing simple exercises and stretching that can help you to regain strength and mobility. Class will be invited to take part in basic stretching exercises that can be practiced at home to help improve mobility, core strength and fall prevention. Instructor: Excelsior Physical Therapist or Athletic Trainer Register in the office.

**Let Us Entertain You**  
**Tuesday, November 21st at 1:30 pm**  
Take time from your busy schedule to enjoy an afternoon of entertainment provided by Maria Angelova. Cost is $3.00. Light refreshments will be served.

**Happy Thanksgiving - The Center is Closed**  
**Thursday, Nov. 23rd and Friday, Nov. 24th**

**Coping with Grief & Loss at the Holidays**  
**Monday, November 27th at 12:45 pm**  
The holiday season can be challenging for those that have experienced a loss or for those with a seriously ill loved one. A representative from Hospice will provide tips that may assist in coping with the extra demands of the season. Register in the office.

**Birthday Bash Let’s Celebrate!!**  
**Tuesday, November 28th at 12:30 pm**  
Jeanne Zablotskyy our Site Manager invites those who have a November birthday to submit a photo of yourself in your younger days by 11/15. Everyone is welcome and will enjoy a delicious birthday dessert.

University Express: Medications and You  
**Thursday, November 30th at 1:30 pm**  
In this talk we will explore risks of prescription drug use in older people, the decision process your medical provider goes through when ordering a medication, and some of the tools used by clinicians to assess the pros and cons of particular medicines. Learn what questions to ask your provider and what resources are available to help you become an educated consumer. Instructor: Bruce Small, retired physician, internal medicine. Register in the office.

**Looking Ahead. . . .**

**Tree Trimming, Cookie Decorating & Sing Along**  
**Friday, December 1st at 10:30 pm**  
Join us to kick off the holiday season! We will trim the tree, decorate cookies and enjoy a sing along led by John Renna. Please sign up in the office.

**Ugly Christmas Sweater Party**  
**Monday, December 4th at 12:45 pm**  
Ugly sweaters and good cheer. It’s that wonderful time of year. Join us for entertainment provided by Tom Bender, light refreshments and prizes awarded for the ugliest Christmas Sweater. Please register in the office and receive your free ticket.

**Free Holiday Ornament Craft**  
**Tuesday, December 5th at 9:30 am**  
Join Maria in painting ceramic holiday ornaments. Paints and ornaments provided. Register up in the office.

**Ladies First Quartet Christmas Concert**  
**Tuesday, December 12th at 1:00 p.m.**  
Join us today for Ladies First Quartet, a female barbershop quartet created in 2013. Light refreshments will be served. Please register in the office and receive your free ticket.

**Christmas Shopping In Buffalo**  
**Wednesday, December 13th at 10:30 am**  
Do you remember being in downtown Buffalo at Christmastime? This presentation will bring back memories of getting dressed up, spending the day shopping in the wonderful stores, looking at the department store window decorations, eating at the AM&A’s top floor restaurant and so much more! We’ll also discuss all the great retailers that made Buffalo their home. Register in the office.

**Christmas Bingo Bash**  
**Tuesday, December 19th at 1:00 pm**  
Refreshments will be served and prizes will be awarded.

**Orchard Park Senior Center Closing Information**  
If you want to know if Center activities will be cancelled during bad weather, listen for “weather closing” announcements on WGRZ-TV, WKBW-TV, WIVB-TV and WBEN radio. You may also call the Center at 662-6452 or the Supervisor’s office at 662-6400 to learn if the Center is closed.

**We DO NOT follow the Orchard Park School calendar or their closings.**

**Free Help for your Smartphone, IPad or Kindle**  
Are you having problems using your smartphone , IPad or Kindle? Help is on the way! A volunteer is available to answer your questions for free. Contact the Center at 662-6452 to set up an appointment.

**One on One Cell phone assistance by the Orchard Park High School Education Outreach Club**  
**Wednesday, Nov. 1st, 8th at 15th 2:30 – 3:30 pm**  
Contact the Center to set up an appointment 662-6452.
**CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER**

*Sign up and pay at the center.*

*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.*

### Tuesday Evening Yoga
- **New Session begins November 7th at 5:00 pm**
- Classes are held at Dharma Dog Yoga Studio.
- Registration with payment is required before attending the session. Contact the center for session information.

### Tap Dancing For Fun
- **Monday, November 27th – Dec. 18th at 9:30 am**
- Cost is $15.00 for a 4 week session.

### Intermediate Tap Dance
- **Thursday, Nov. 2nd – Dec. 14th at 10:00 am**
- Cost is $30.00 for a 8 week session.

### Acrylic Painting Class
- **Tuesday, October 24th - Nov. 28th at 12:15pm**
- Cost $25.00 for a 6 week session.

### Sketch Class
- **Wednesday, October 25th - Nov. 29th at 1:00 pm**
- Cost $25.00 for a 6 week session.

### Watercolor Painting Class
- **Friday, November 17th - Dec. 29th at 10:30 am**
- Cost $25.00 for a 6 week session.

### Tai Chi for Arthritis Program
- **Tuesdays & Thursdays 2:30 pm – 3:30 pm**
- **Tuesday, November 28th - Thursday, February 1st**
- Arthritis Tai Chi is now widely practiced for its healing benefits for the entire body, which include increased strength, balance and posture, reduce stress, increased relaxation and improve mind, body and spirit. Please register in the office for this **FREE** eight week session.

### 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**  Mondays at 1:00 pm

### 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!
- **Bingo Cancelled 11-21**

### Card Tournaments:

- **Duplicate Bridge**  Monday, Nov. 6th at 12:30 pm
- **Euchre Tournament**  Friday, Nov. 17th at 10:15 am
  - *sign up in the office for the Euchre Tournament*
- **Pinochle**  Friday, Nov. 17th at 1:00 pm
  - *sign up in the office for the Pinochle Tournament*

### Duplicate Bridge October Tournament:
- **First Place:** Helene Connelly & Beth Zampino
- **Second Place:** Jose Justicia-Linde & Mimi Vitale
- **Third Place:** Judy Ford & Rick Latt

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**Pickle Ball**
- **Tuesdays & Thursdays 11:00 — 1:00pm at South Towns Tennis Center**
- Pickle Ball is the hottest game around! A fun sport that combines many elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn. Pickle ball is played at the South Towns Tennis Center. Please contact the Senior Center for more information 662-6452.

**Join Club 99**
- **Tuesday & Thursday at 10:45 am**
- The Erie County Dept. of Senior Services and Senior Nutrition Program have teamed up to present Club 99. Club 99 is a free fitness program offered to those 60 years of age or older. Ray Steck is the instructor who will explain how using the resist-a-band will tone and build muscle.
- **Everyone is welcome!**

**Advanced Tai Chi**
- **Wednesday, November 1st – Dec. 20th at 1:00 pm**
- Cost is $30.00 for a 8 week session.

**Men’s Fitness**
- **October 17th - December 21st**
- **Tuesday, Wednesday & Thursday 9:00 - 10:00 am**
- Cost is $40.00 for a 10 week session.

**Ladies Exercise Program**
- **Monday, Wednesday and Friday 9:00 - 10:00 am**
- **Beg. Line Dance Every Wednesday at 10:15 am**
- **Inter. Line Dance Every Tuesday at 10:30 am**
- Instructor is Lois Steck. Cost is $2.50 pay as you go.

**Zumba**
- **Thursday 11:00 am class**
- Class will resume in 2018.

**Evening Zumba**
- **Tuesday, November 7th – Dec. 12th at 6:00 pm**
- Cost is $22.00 for a 6 week session.

**Spanish Again! Español OtraVez!**
- **Monday, September 11th — Nov. 27th at 1:00pm**
- Cost for a ten week session is $37.00.

**Mind Aerobics**
- **Mondays at 10:15 am in November**
- 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!!**

**Chair Yoga**
- Class will resume in 2018.

**Yoga**
- **Wed. , 11/29, 12/6, 12/13, 12/20 at 11:30 am**
- **Fridays, 12/1, 12/8, 12/15, 12/22 at 9:00 am**
- **$5.00 drop in classes**
Buffalo Philharmonic Orchestra

Classical Christmas
Friday, December 8th - 10:30 am performance
The bus departs the Center at 8:30 am with lunch at Pearl Street Grill. Cost including transportation, concert and lunch is $70.00. Registration with payment ends on Monday, November 13th.

John Morris Russell’s Holiday Pops
Friday, December 15th - 10:30 am performance
The bus departs the Center at 8:30 am with lunch at the Lafayette Room. Sold Out - waiting list only.

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). Registration with payment begins on Tuesday, December 5th.

2018 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.

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:

November - The Handmaiden’s Tale by Margaret Atwood
Book Group will not meet in December
January 2018 - Seven Million by Gary Craig
Members are encouraged to read the book prior to attending the meetings. Everyone is welcome to join the discussion.
Orchard Park Senior Center  
November 2017 Meal Calendar  
Phone 662-6452 for reservations

If you are unable to make your lunch reservation please contact the center as soon as possible to cancel your lunch. Thank You!

11/1 Macaroni, Cheese & Chicken Casserole, Broccoli  
Pineapple Juice, Yrde Bread, Peach and Pear Cu
11/2 Br.Chicken Breast w/ Sauce, Chef Salad, Carrots,  
Wheat Dinner Roll, Orange  Jeanne’s Choice Soup
11/3 Hamburger w/ Gravy, Potatoes w/ Peppers&Onions  
Stewed Tomatoes ,Roll, Strawberry Gelatin
11/6 BBQ Pulled Pork w/ Roll, Scalloped Potatoes  
Mixed Vegetables, Mandarin Oranges
11/7 Meatballs w/ Meat Sauce over Pasta. Peas, Grape  
Juice, Chocolate Chip Cookie
11/8 Breaded Chicken Breast w/ Gravy, Mashed Sweet  
Potatoes, Beets, Wheat Roll, Tropical Fruit Cup
11/9 Veteran’s Day - Br. Bone-In Pork Chop w/ Gravy,  
Mashed Potatoes, Carrots, Bread Stuffing, Apple Pie
11/10 Center Closed
11/13 Br. Chicken Breast w/ Gravy, Cheesy Mashed  
Potatoes, Peas. Roll, Butterscotch Pudding
11/14 Breaded Veal Patty w/ Sauce over Penne Pasta  
Spinach. Cranberry Juice, Sugar Cookie
11/15 Ham Steak w/ Maple Glaze, Mashed Sweet  
Potatoes, Green Beans, Wheat Bread, Gelatin
11/16 Hot Dog, Macaroni Salad, Blend Vegetables, Hot  
Dog Roll, Pineapple Tidbits Jeanne’s Choice Soup
11/17 Br. Boneless Pork Chop w/ Gravy, Mashed  
Potatoes, Carrots, Wheat Roll, Apple
11/20 Swedish Meatballs over Cavtappi, Brussels Sprouts  
Corn, Chocolate Pudding
11/21 Thanksgiving - Sl. Turkey w/ Gravy, Butternut  
Squash, Green Beans, Roll, Bread Stuffing,  
Molded Cranberry Salad, Pumpkin Pie
11/22 Lasagna Roll w/ Sauce, Spinach w/ Mushrooms,  
Cauliflower, Wheat Roll, Strawberry Bavarian
11/23 Center Closed & 11/24 Center Closed
11/27 Beef Pepper Steak Casserole, Green Beans,  
Carrots, White Rice, Lorna Doones
11/28 Stuffed Shells w/ Meat Sauce, Cauliflower, Chef  
Salad, Italian Bread, Pineapple Tidbits
11/29 Br. Chicken Cutlet w/ Gravy, Mashed Sweet  
Potatoes, Mixed Vegetables, Roll, Banana
11/30 Hamburger w/ Gravy, Mashed Potatoes, Stewed  
Tomatoes, Roll, Sugar Cookies Jeanne’s Choice Soup

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 662-6452 by Tuesday 10:00 am to make reservations for the upcoming week. Please call the Center at 662-6452 as early as possible if you are unable to keep your reservation so that the meal can be cancelled or given to someone else. Thank You!

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.

**Hillcrest Seniors**
Meets at 10:00 am the 2nd and 4th Thursday of the month at 10:00 am at Hillcrest Seniors Long, 100 High Rd. Jessica Cross, President 645-7661. For travel contact Fran Ritz 648-7526.

**Go to townoforchardparkny.org click on Department, Senior Center and click on Newsletter, it’s that easy!”

NEED A RIDE?

**CALL RURAL TRANSIT 662-8378**

Rural Transit is a non-profit transportation organization for seniors, disabled, or income eligible residents of Southern Erie County. Riders are transported to therapy, nutrition sites, grocery shopping, with medical trips taking priority. Trips are free, but donations are accepted. **To register to become a rider or to volunteer please call 662-8378.**

**CALL GOING PLACES VAN**

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

**SENIOR CENTER NEWSLETTER IS ON LINE!**

Go to townoforchardparkny.org click on Department, Senior Center and click on Newsletter, it’s that easy!”