

# Orchard Park Senior Center

70 Linwood Avenue  
Orchard Park, NY 14127



## OCTOBER 2015 NEWSLETTER

### PHONE

716-662-6452

### EMAIL

[opsenior@orchardparkny.org](mailto:opsenior@orchardparkny.org)

### CENTER HOURS

8:30 a.m. – 4:00 p.m.

### Supervisor

**Dr. Patrick Keem**

### Council Members

Eugene Majchrzak  
Michael Sherry

### Director

Anna Willems



HALLOWEEN  
SATURDAY  
OCTOBER 31



---

## Orchard Park Senior Center

70 Linwood Avenue  
Orchard Park, NY 14127

*Notes From Anna*

- ⇒ Welcome to October. The days are getting shorter, nights are cooler and the first day of autumn is September 23rd. Halloween is just around the corner. Halloween in many countries is considered a religious holiday and trick or treating is unheard of. Some people are amazed to learn how it is celebrated in North America. Our custom of parties, decorating your home, playing pranks, lighting bonfires, carving pumpkins into jack-o-lanterns and wearing costumes has developed into a multi million dollar industry. Total spending for this holiday is expected to reach 7.4 billion. This is a far cry from the 1940's, 50's or 60's. Growing up in the 50's costumes were home made, and were large enough for your coat, just in case it snowed. Treats were mostly apples, peanuts and tootsie rolls, and if you were lucky enough to know who gave out the red candied apple and popcorn balls, you made sure that you went to their house first. Many of us dressed as clowns, pirates, witches, cowboys, ghosts and skeletons. If you didn't have a costume your older brother or sister transformed you into a "hobo" a term unheard of today. It was a fun time, an innocent time, when neighborhoods were filled with kids running door to door yelling "trick or treat". Remember and enjoy this fun time.
- ⇒ Veterans Day is Wednesday November 11th. The Senior Center, as in previous years, would like to invite veterans to lunch on 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.

Friday October 2, 10:00am—**The 10 Warning Signs of Alzheimer's Disease.**

Wednesday October 7, 3:00pm—**Create Age-Friendly Communities**

Thursday October 8, 1:00pm **Nelson A. Rockefeller: Almost President Almost Great**

Friday October 9, 10:00am—**Active For Life: Physical Therapy**

Thursday October 15, 3:00pm—**The Supreme Court Ruling and Same Sex Marriage**

Monday October 19, 1:00pm—**The Power of Trains**

Monday October 19, 3:00pm—**Hemingway and the Tip of the Iceberg**

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?**

*University Express cont'd.....*

Monday November 23, 1:00pm—**Discovering Buffalo One Street at a Time: Part 2**

Monday November 30, 1:00pm—**In the Dark Streets of Christmas 1941 to the Glad Tidings of Christmas 1945**

**VNA Immunization Program**

**Friday October 2, 9:00am-2:00pm**

VNA personnel will be administering flu and pneumonia shots on Friday October 2nd at the Center. The following insurance is accepted: Medicare Part B, Univera, Independent Health, Blue Cross and BlueShield. Contact the Center at 662-6452 to make an appointment.

**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.

Join us for an afternoon of great entertainment at our...



**Open House Mocktail Party**  
*Featuring*

**Jack Civiletto Sings Sinatra**

At the Orchard Park Senior Center

Saturday October 17, 2:00-5:00pm

Tickets: \$5.00—available from Jackie Briggs or the Senior Center now through Friday October 16

**Falls Prevention Program, \*\*Free**

**Wednesday October 7th, 12:30pm**

More than 1/3 of people over 65 fall each year. Learn how you can reduce this risk and how simple steps you can take to prevent a fall. Presented by Occupational Therapy Assistant Students from ECC Community College. Come have lunch and stay for this informative presentation.

## 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

### Ladies Exercise Program

October 9—December 23

Monday, Wednesday and Friday 9:00-10:00am

This ten week program, uses stretching, aerobic and floor exercises tailored specifically for the needs of those 65+ years. Exercising with friends encourages you to lead a healthy and more energetic life.

Instructor is Flo Kirkner. Cost 10 week is \$40.00

### 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

### 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 round 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.

September 30, - *Defending Jacob*, by William Landay

October 28, - *Seven Letters From Paris* by Samantha Verant

November 25, - *The Storied Life of AJ Fikry* by Gabrielle Zevein

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 October Birthdays! Friday October 23

Do you have a birthday in October? Let's celebrate at the Senior Center! Everyone who has an October birthday is invited to lunch followed by a birthday celebration. Call Deborah at 662-8378 for more info.



### Watercolor Painting

Friday November 6— December 18, 10:30am-12:30pm

In this six week course Sharon will demonstrate landscape styles and more. Students supply their own brushes and watercolor paper 140lb and paints Cost is \$25.00

### 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 in the kitchen baking and decorating those delicious shortbread, gingerbread, walnut crescents and more. Made with real butter and no preservatives your guests will love them. You'll be able to take home 3 dozen cookies. Cost is \$15.00 all supplies included. Space is limited to ten, sign up today.

### Español OtraVez! Spanish Again!

Monday October 5th, - November 30th 1:00pm

This course is specifically designed for two main groups: those who took Spanish before, even if it was 50 years ago, and for those who took the OPSC courses in Spanish during the last 2 years. Of course everyone is Welcome. The class is designed to help the individual learn more about the world's second most popular language, and to learn and enjoy many aspects of Spanish culture in the USA and the rest of the world. Cost for the eight week course is \$30.00 Teacher is certified and has many years of teaching experience.

\*\*\*\* FREE FREE FREE \*\*\*\*

**Mind Aerobics** offered every Monday at 1:00 p.m., has evolved into a social as well as a challenging one hour program. Research has shown that brainteasers, word puzzles, critical thinking, trivia, learning a new language or taking up ballroom dancing often delays the onset of Alzheimer's. Keeping your mind in tiptop shape will boost your creativity and ability to tackle complex problems. This weekly mental workout will help you keep mentally fit. Join us for a fun filled hour!

### 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.

The Senior Center provides free Wi-Fi service.



**REGISTER FOR THE FOLLOWING PROGRAMS BY CALLING 662-6452**

**\*\*\*\*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 October 6, 13, 20 and 27 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 **FREE class Tuesday October 6, 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 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 October 5th, at 12:30pm**

Congratulations to the September winners:  
 First Place: **Helen Connelly and Val Derenda**  
 Second Place: **Dorothy Rey and Mimi Vitale**  
 Third Place: **Thelma Covert and Melanie Wolski**  
**Everyone is Welcome**

**Pinocle Tournament Friday October 18, 1:00pm**

Congratulations to the August winners:  
 First Place: **Chris Colarusso**  
 Second Place: **Mary Ann Martin**  
 Third Place: **Carol Crossan**  
**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

**BUFFALO PHILHARMONIC ORCHESTRA 2015 & 2016**

**Friday November 13, 10:30am Sounds of Simon & Garfunkel.** A.J. Swearingen and Jonathan Beedle, whose amazing voices re-create Sounds of Silence, Scarborough Fair, Mrs. Robinson and many more. Includes lunch. **Cost: \$70.00 includes** , lunch at Dinosaur BBQ and Transportation. **Few seats left, last day to register is Tuesday October 6th.**

**Friday December 11th, 10:30am JoAnn's Classical Christmas.** JoAnn Falletta, conductor. Lunch at Lafayette. **Reservations with payment start Tuesday September 22.** Cost: \$70.00.

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

John Morris Russell, BPO Principal Pops Designate gets us into the holiday spirit. Russell, has crafted this program just for Buffalo and will appear on the BPO podium for the first time in his new role in what promises to be a spirited show. Tickets \$70.00 include transportation and lunch at Curly's. **Reservation with payment start Tuesday September 22.**

**Shea's 2015 & 2016 Upcoming Performances**

Register for the following performances at Shea's Performing Art Center. For more information please check the upcoming newsletter.

**Matilda —Sunday November 8, 2:00pm** Winner of 50 international awards, including 4 Tony Awards, Matilda is the story of an extraordinary girl who armed with a vivid imagination and sharp mind dares to take a stand and change her own destiny. **Cost: 75.00 Last Day for sign up is Tuesday October 6**

**Beautiful—the Carole King Musical—Sunday March 20, 2016.** Reservation with payment accepted Tuesday November 3. Cost: \$75.00

**Dirty Dancing—Wednesday May 4, 2016.** More info to follow.

**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—**

**Friday October 30, 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! Come join in the fun! Refreshments will be served.



**Stressed?**

What is Mindfulness-Based Stress Reduction (MBSR). MBSR is a program that offers instructions in mindfulness meditation practices for working with chronic pain, illness, and stress. Find out more at this orientation session on Tuesday October 6 at 1:00pm at the Orchard Park Senior Center

## Coming Up...

### Roger Hill Sings Classic Country Friday October 9, 1:30pm

Classic Country Songs are American as apple pie. Roger Hill will return to entertain us with some of the great Country Songs. Delicious apple pie will be served following the performance. **Tickets \$3.00 last day to pick up your ticket is October 2nd.**

### 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. It is truly a classic of American literature. Since the novels 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

**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 October 16 , 1:00pm Everyone is welcome!**

### For Your Info:

#### United Health Care Medicare Plans:

Friday October 23 from 10:30-11:30 Karen Olsen will give a formal presentation on Medicare Plans for 2016.

#### Fidelis Care NY

Tara Koscieski Medicare Sales Representative will be at the Center on Tuesday October 13 from 10:00am-12:00noon to answer any questions you may have concerning Fidelis Care NY.

### Health Enrichment Programs \*\*\*FREE

The following programs are brought to you by Blue Cross and Blue Shield of Western New York. **Please register at the office**

**Thursday October 1st, 1:00pm. Food as Medicine—** Our body has the capacity to heal itself through healthy eating habits, exercises, adequate sleep and stress management. Learn ways to improve health outcomes through a healthy lifestyle and good nutrition. Presented by Dr. April DePriest

**Thursday November 1st, The Food Label—** Understanding food labels is the key to smart shopping. Learn how to make sense of the food label, read the ingredients list and decipher front-of-package health claims. Presented by Kelly Cardamone Registered Dietician

## 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 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. 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 October 6th 10:00am at the Orchard Park Senior Center Everyone is welcome!**

**Thursday October 1, - Waterstone Grill.** Contact person is Jackie Briggs and can be reached at 662-3982  
**Thursday November 5— Lunch at Mangia's in Orchard Park,** contact person is Dixie Bileschi  
**Thursday December 3, - Fugi Grill—more info 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.

**Orchard Park Senior Center  
Meal Calendar—October 2015  
Phone 662-8378 for reservations.**

Thurs 01	Hamburger, mashed potatoes, squash, rice Krispy treat
Fri 02	Chicken Jambalaya casserole, fruit punch, peas & carrots, ice cream sundaes
Mon 05	Pork in gravy, mashed potatoes, orange glazed carrots, vanilla pudding
Tues 06	Boneless chicken breast w/gravy, O'Brien potatoes, squash, pineapple tidbits
Wed 07	Veal parmesan, penne pasta w/tomato sauce, Italian style beans, cauliflower, yellow cake
Thurs 08	Lasagna roll w/vegetables cheese sauce, stewed tomatoes, fruit
Fri 09	Baked fish w/lemon dill sauce, peas & carrots, broccoli, cheese and rice, coleslaw, cookies
Mon 12	Turkey & vegetables casserole, mashed potatoes, buttermilk biscuit, fruit bar
Tues 13	Goulash w/cheese, broccoli, zucchini & summer squash, fruit
Wed 14	Ham steak w/mustard sauce, mashed sweet potatoes, cauliflower, strawberry Bavarian
Thurs 15	<b>ENTRÉE SALAD</b> Grilled chicken breast salad, tropical fruit
Fri 16	Salisbury steak w/gravy, mashed potatoes, stewed tomatoes, chocolate cake
Mon 19	Knockwurst w/sauerkraut, home fries, mixed vegetables, pineapple
Tues 20	Country fried steak w/gravy, Brussel sprouts, carrots, fruited gelatin
Wed 21	Sliced turkey w/gravy & stuffing, mashed potatoes, apples & cranberries, chocolate chip cookies
Thurs 22	Chili con carne w/mozzarella cheese, broccoli, grape juice, rice pudding
Fri 23	Breaded pork loin w/gravy, mashed potatoes, spinach, pumpkin Bavarian
Mon 26	Chicken stew, green beans, biscuit, fruit
Tues 27	Cheese omelet w/cheese sauce, home fries w/ peppers, ratatouille, fruited gelatin
Wed 28	Homemade stuffed peppers w/savory sauce, mashed potatoes, wax beans w/mushrooms, frosted brownie
Thurs 29	Ham & white bean casserole, rice pilaf, apple juice, chocolate pudding
Fri 30	<b>HALLOWEEN LUNCH Chef's Choice— contact Deborah at 662-8378 for info</b>

**Stay Fit Dining Program**

The Town provides a nutritious hot meal for persons age 60 or over and their spouses Monday through Friday at noon. The suggested contribution for each meal 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.**



**October 7 — Cinderella** Starring Lily James The story of Cinderella follows the fortunes of Ella whose merchant father remarries following the death of her mother. Ella welcomes her stepmother and her daughters, but when her father passes she finds herself at the mercy of a jealous and cruel family. Drama

**October 14 — I'll See You In My Dreams** starring Blythe Danner After the death of her beloved dog, a widow grows dissatisfied with her structured routine and decided to make some life changes. Romance

**October 21— The Age of Adaline** Starring Blake Lively After miraculously remaining 29 years old for most eight decades, Adeline Bowman has lived a solitary existence, never allowing herself to get close to anyone who might reveal her secret.. But a philanthropist reignites her passion for life and romance. Suspense

**October 28 — Frankie and Alice** Starring Halle Berry A drama centered on a go-go dancer with multiple personality disorder who struggles to remain her true self and begins working with a psychotherapist to uncover the mystery of the inner ghosts that haunt her. 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, October 29 and October 30**

**And**

**Thursday November 19 and Friday November 20  
(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.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>10:00 Tap Dancing for Fun</p> <p>11:00 Chair Exercise</p> <p>12:00 Stay Fit Dining</p> <p>12:30 Bridge Tournament</p> <p>1:00 Mind Aerobics</p> <p>1:00 Spanish</p> <p>1:00-3:00 Blood Pressure Screening</p>	 <p>9:00 Pool Shooting</p> <p>9:00 Men's Fitness</p> <p>10:30-12:00 Inter Line Dancing</p> <p>11:00 Club 99 Exercise Program</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Bingo</p> <p>1:00 Hand &amp; Foot/Dominos</p> <p>1:00 Acrylic Paint</p> <p>5:00 Yoga</p> <p>6:30 Zumba</p>	<p><b>** Designates Free University Express Program</b></p> <p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>9:00 Men's Fitness</p> <p>10:15 Beginner Line Dance</p> <p>11:30 Yoga</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Tai Chi</p> <p>1:15 Popcorn &amp; Movie</p> <p>2:30 Chair Yoga</p> <p>3:00 <b>Age-Friendly Community*</b></p>	<p>9:00 Pool Shooting</p> <p>9:00 Men's Fitness</p> <p>10:00 Tap Dancing/Inter</p> <p>11:15 Zumba</p> <p>11:00 Club 99 Exercise Prog.</p> <p>12:00 Stay Fit Dining</p> <p><b>1:00 Food as Medicine</b></p> <p>1:00 Knitters Group</p>	<p>9:00-2:00 <b>VNA Flu Clinic</b></p> <p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>10:00 <b>Alzheimer Presentation*</b></p> <p>10:30 Watercolor Painting</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Mah Jong/ Pinochle</p>
<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>10:00 Tap Dancing for Fun</p> <p>11:00 Chair Exercise</p> <p>12:00 Stay Fit Dining</p> <p>12:30 Bridge Tournament</p> <p>1:00 Mind Aerobics</p> <p>1:00 Spanish Class</p> <p>1:00-3:00 Blood Pressure Screen</p> <p>3:00 <b>US &amp; Islamic Nation**</b></p>	<p>9:00 Pool Shooting</p> <p>9:00 Men's Fitness</p> <p>10:30-12:00 Inter Line Dancing</p> <p>11:00 Club 99 Exercise Program</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Bingo/Hand &amp; Foot/Dominos</p> <p>1:00 Acrylic Paint</p> <p>5:00 Yoga</p> <p>6:30 Zumba</p>	<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>9:00 Men's Fitness</p> <p>10:15 Beginner Line Dance</p> <p>11:30 Yoga</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Popcorn &amp; Movie</p> <p>1:15 Tai Chi</p> <p>2:30 Chair Yoga</p>	<p>9:00 Pool Shooting</p> <p>9:00 Men's Fitness</p> <p>10:00 Tap Dancing/Inter</p> <p>11:15 Zumba</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Knitters Group</p> <p><b>3:00 Supreme Court Ruling and Same Sex Marriage**</b></p>	<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>9:00 Yoga</p> <p>10:30 <b>United Health Presentation</b></p> <p>10:30 Watercolor Painting</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Mah Jong</p> <p>1:00 Pinochle Tournament</p> <p>1:00 Current Event</p>
<p><b>COLUMBUS DAY—CENTER CLOSED.</b></p> 	<p>9:00 Pool Shooting</p> <p>9:00 Men's Fitness</p> <p>10:30-12:00 Inter Line Dancing</p> <p>11:00 Club 99 Exercise Program</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Bingo/Hand &amp; Foot/Dominos</p> <p>1:00 Acrylic Paint</p> <p>5:00 Yoga</p> <p>6:30 Zumba</p>	<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>9:00 Men's Fitness</p> <p>10:15 Beginner Line Dance</p> <p>11:30 Yoga</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Popcorn &amp; Movie</p> <p>1:15 Tai Chi</p> <p>2:30 Chair Yoga</p>	<p>9:00 Pool Shooting</p> <p>9:00 Men's Fitness</p> <p>10:00 Tap Dancing/Inter</p> <p>11:15 Zumba</p> <p>11:00 Club 99 Exercise Prog.</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Knitters Group</p> <p><b>3:00 Supreme Court Ruling and Same Sex Marriage**</b></p>	<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>9:00 Yoga</p> <p>10:30 <b>United Health Presentation</b></p> <p>10:30 Watercolor Painting</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Mah Jong</p> <p>1:00 Pinochle</p>
<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>10:00 Tap Dancing for Fun</p> <p>11:00 Chair Exercise</p> <p>12:00 Stay Fit Dining</p> <p>12:30 Bridge</p> <p>1:00 Spanish</p> <p>1:00 <b>Power of Trains**</b></p> <p>1:00-3:00 Blood Pressure Screen</p> <p>3:00 <b>Hemingway &amp; Tip Iceberg*</b></p>	<p>9:00 Pool Shooting</p> <p>9:00 Men's Fitness</p> <p>10:30-12:00 Inter Line Dancing</p> <p>11:00 Club 99 Exercise Program</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Bingo</p> <p>1:00 Hand &amp; Foot or Dominos</p> <p>1:00 Acrylic Paint</p> <p>5:00 Yoga</p> <p>6:30 Zumba</p>	<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>9:00 Men's Exercise</p> <p>10:15 Beginner Line Dancing</p> <p>11:30 Yoga</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Popcorn &amp; Movie</p> <p>1:00 Sketch Class</p> <p>1:15 Tai Chi</p> <p>2:30 Chair Yoga</p>	<p>9:00 Pool Shooting</p> <p>9:00 Men's Fitness</p> <p>10:00 Tap Dancing/Inter</p> <p>11:15 Zumba</p> <p>11:00 Club 99 Exercise Prog.</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Knitters Group</p>	<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>9:00 Yoga</p> <p>10:30 <b>United Health Presentation</b></p> <p>10:30 Watercolor Painting</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Mah Jong</p> <p>1:00 Pinochle</p>
<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>10:00 Tap Dancing for Fun</p> <p>11:00 Chair Exercise</p> <p>12:00 Stay Fit Dining</p> <p>12:30 Bridge</p> <p>1:00 Mind Aerobics</p> <p>1:00 Spanish Class</p> <p>1:00-3:00 Blood Pressure Screen</p> <p>3:00 <b>US &amp; Islamic Nation**</b></p>	<p>9:00 Pool Shooting</p> <p>9:00 Men's Fitness</p> <p>10:30-12:00 Inter Line Dancing</p> <p>11:00 Club 99 Exercise Program</p> <p>12:00 Stay Fit Dining</p> <p><b>1:00 Rockwell &amp; Wood*</b></p> <p>1:00 Bingo/Hand &amp; Foot or Dominos</p> <p>1:00 Acrylic Paint</p> <p>3:00 <b>Charles Burchfield**</b></p> <p>5:00 Yoga</p> <p>6:30 Zumba</p>	<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>9:00 Men's Exercise</p> <p>10:15 Beginner Line Dancing</p> <p>11:30 Yoga</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Popcorn &amp; Movie</p> <p>1:00 Sketch Class</p> <p>1:15 Tai Chi</p> <p>2:30 Chair Yoga</p>	<p>9:00 Pool Shooting</p> <p>9:00 Men's Fitness</p> <p>10:00 Tap Dancing/Inter</p> <p>11:15 Zumba</p> <p>11:00 Club 99 Exercise Prog</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Knitter</p> <p>1:00 A.A.R.P. Safe Driving Course</p>	<p>9:00 Pool Shooting</p> <p>9:00 Ladies Exercise</p> <p>9:00 Yoga</p> <p>10:30 Watercolor Painting</p> <p>10:30 Sing A Long</p> <p>12:00 Stay Fit Dining</p> <p>1:00 Mah Jong &amp; Pinochle</p> <p>1:00 A.A.R.P. Safe Driving Course</p>