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

PHONE
716-662-6452

EMAIL
opsenior@orchardparkny.org

CENTER HOURS
8:30 a.m. – 4:00 p.m.

Supervisor
Dr. Patrick Keem

Council Members
Eugene Majchrzak
Michael Sherry

Director
Debbie Santiago

OCTOBER 2016 NEWSLETTER
Notes From Debbie

Fall is upon us so get ready for a great line up of events. University Express Program kicks off it’s Fall Semester. The center will host the 20th Anniversary Mocktail Party on Saturday, October 15th from 2:00 — 5:00 pm with Brian Maciolek on the piano. Brian Maciolek will make the piano “sing” and entertain you as an all around performer for our 20th Anniversary Mocktail Party.

Straddling the line between fall and winter, Halloween is a time of celebration and superstition. From original orgins to today Halloween has turned into a 6 million dollar holiday in the U.S. Celebrate Halloween with us at our 10/31 Halloween Party and dress up in a costume to participate in our best costume contest.

Looking Ahead: To honor our veterans and those who are still serving our country join us for our Veterans Day luncheon Thursday, November 10th. The Senior Center, as in previous years, would like to invite veterans to lunch on November 10th compliments of the Senior Center. Following lunch everyone is invited to our Veteran’s Day Program at 1:00pm which includes entertainment by Maria Angelova.

Save the Date: New Year’s Party at Salvatore’s Italian Gardens Thursday, December 29th

UNIVERSITY EXPRESS

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

Call the Center at 662-6452 to register. Pick up a brochure for a complete listing.

- Monday, 10/3 at 1:30 pm
  Sinclair Lewis and "It Can't Happen Here"

- Friday, 10/7 at 1:30 pm
  The Opiate Epidemic in Erie County

- Friday, 10/14 at 1:30 pm
  Abandoned: Orphanages in America

- Monday, 10/17 at 1:30 pm
  Black Gospel Music - Yesterday and Today

- Friday, 10/21 at 1:30 pm
  Rock N Roll Buffalo

- Monday, 10/24 at 1:30 pm
  Islamic Art

- Friday, 10/28 at 1:30 pm
  Mediterranean Diet

- 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

Hot Topics: Organic Foods
Thursday, October 6th at 1:00 pm

Have you been thinking about going organic? This seminar will help you decide if organic is right for you. We’ll clarify the definitions and standards, weigh the pros and cons, and talk about ways you can save money. Sponsored by BlueCross/BlueShield. Please register in the office.

Buffalo Zoo Tour
Thursday, October 13th 12:30 pm (depart center)

Take a docent led tour of the Buffalo Zoo. Following the tour you will have free time to walk the zoo and visit the three new lion cubs born May 12th. Cost is $13.00 which includes transportation, zoo admission and tour.

Understanding Tinnitus and Tinnitus Management
Wednesday, October 19th at 10:00 am

Carolyn Whitcomb, Au.D. F-AAA, Dir. of Audiology with Hearing Evaluation Services of Buffalo, Inc. will discuss the underlying causes of tinnitus (ringing of the ears), clinical testing for tinnitus and management/treatment options. Please register in the office.

Bingo Bash
Tuesday, October 25th 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.

Halloween Luncheon
Monday, October 31st at Noon

Join us for a Halloween Bash at the Senior Center. Following lunch enjoy entertainment by John Renna. Celebrate the day by dressing up in a Halloween costume. Prizes will be awarded for the best costumes. Sign up in the dining room.

United Healthcare Medicare Plans
Wednesday, November 2nd 3:00 — 4:00 pm

Karen Olsen will give a formal presentation on Medicare Plans for 2017.

Meet the Artist: Judy Rood

This month we will showcase Judy Rood’s artwork. Please stop in, view the artist’s work and their bio in the dining room.
**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 Orchard Park with Club 99. Club 99 is a free fitness program offered to those 60 years of age or older. Ray Steck is the instructor who will explain how using the resist-a-band will tone and build muscle. **Everyone is welcome**

**Beginner Tai Chi**  
Thursday, September 8th — October 27th  
1:00—1:45pm Cost: $30.00  
Learn how Tai Chi can help you reduce falls, help control your balance, improve your balance and help tone your muscles. This class is for beginners. Cost $30.00.

**Advanced Tai Chi**  
Wednesday, September 7th - October 26th  
1:00 pm 8 week session  
Join us for Tai Chi a form of fluid movements that builds endurance, increase flexibility and balance. 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 8th  
Tuesday, Wednesday & Thursday 9:00-10:00 am  
Cost for 10 week program is $40.00.

**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.

**Zumba**  
Thursday, September 15—Nov. 3rd at 11:00 am  
Zumba is one of the best dance and workout routine you’ll ever do. Latin dances such as the samba, merengue, salsa and various types of music are used will help you get physically fit. Cost $30.00 for an 8 week session.

**Tuesday Evening Zumba**  
Tuesday, September 13—November 3rd  6:30 pm  
This program fits into the busy schedule of seniors who are still working, taking care of the grandkids, or prefer to exercise in the evening. Cost $30.00 for an 8 week session.

**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.

**Español OtraVez! Spanish Again!**  
Monday, September 19th—Nov. 21st at 1:00pm  
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 an eight week session is $30.00. Teacher is certified and has many years of teaching experience.

**Yoga**  
**Wednesday, Sept. 14 – Nov 16th at 11:30 am**  
**Friday, Sept. 16—December 2nd at 9:00 am**  
Yoga class for those who want to improve their balance, flexibility and relieve stress. Cost $35.00 for a 10 week session.

**Men’s Yoga**  
**Tuesday, September 13th—November 8th 3:45 pm**  
Cost $30.00 for a 8 week session.

**Tuesday Evening Yoga**  
**Tuesday, Sept. 13th—November 8th at 5:00 pm**  
This program fits into the busy schedule of seniors who are still working, taking care of the grandkds, or prefer to exercise in the evening. Cost $30.00 for an 8 week session.

**Chair Yoga**  
**Monday, September 26 — Nov. 21st 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, Sept. 12th — November 7th  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 8 week session is $20.00.

**Intermediate Tap Dance**  
**Thursday, Sep. 15th — November 3rd 10:00 am**  
Cost for 8 week session is $30.00.

**Acrylic Painting Class**  
**Tuesday, September 27—November 1st 1:00 - 3:00pm**  
Six weeks of instruction in water based acrylic painting. Learn proper application of paint, blending layering, scumbling and palette knife techniques. Students must pick up a supply list from the office. Cost $25.00.

**Sketching with Sharon**  
**Wednesday, Sept. 28 — November 2nd 1:00 - 3:00 pm**  
Class covers perspective, proportion, shading and layout. Students will draw from still-life and photo reference. Students must pick up a supply list from the office.  
Cost $25.00 for a 6 week session.

**Watercolor Painting Class**  
**Friday, September 16th —October 21st**  
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.

**Calligraphy Six Week Class**  
**Monday, October 17th — November 21st 9:00—11:00 am**  
This class covers the basics of Italic and Uncial Alphabets. You will learn to form a beautiful flowing hand—the Art of Fine Writing. Instructor will demonstrate proper form and slant. Students must pick up a supply list from the office.  
Cost: $25.00.

**Mah Jong**  
**Fridays at 1:00 pm**  
Beginners and those who are interested in learning Mah Jong are invited.
Personal Computer Lesson
Tuesday, October 4th and October 25th
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.

Some 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, October 4th, 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, October 25th, 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.

REGISTER FOR THE FOLLOWING PROGRAMS BY CALLING 662-6452

Pickle Ball
Every Tuesday 9:30—11:30am
Pickle Ball is the hottest game around. Similar to tennis
but played at a more relaxed pace with a whiffle ball and a
racquet similar to a squash paddle. Pickle ball will be played
at the South Towns Tennis Center. Please contact
the Senior Center for more information 662-6452.

Shea’s Performing Arts

2016-2017 PERFORMANCE

An American in Paris
Sunday, November 13th, 2:00 pm performance
The most awarded new musical of 2015. This is the
romantic story about an American soldier, and a
mysterious French girl each yearning for a new beginning
in the aftermath of war. Cost $73.50 includes
transportation from Senior Center

2017 SHEA’S PERFORMANCES:

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

Percussion Superstar Stewart Copeland
Friday, October 28th, 10:30 am performance
The bus departs the Center at 8:30 am with lunch at
Templeton Landing. Cost including transportation, concert
and lunch is $70.00. Sign up starts August 2nd.

Classical Christmas
Friday, December 9th, 10:30am performance
The bus departs the Center at 8:30 am with lunch at
Lafayette Room. Cost including transportation, concert
and lunch is $70.00. Sign up starts September 6th.

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.

Duplicate Bridge Tournament
First Monday of Every Month
Next Tournament is Mon., Oct. 3rd at 12:30 pm
Everyone is Welcome!
Winners of September Tournament:
First Place: Dorothy Rey - Colleen Mitchell
Second Place: Carol Culligan - Virginia Sprague
Third Place: Mary Ann Martin - Gerry Moog

Pinochle Tournament
October 21st at 1:00pm
Pinochle is played every Friday at 1:00 pm
Congratulations to the August winners:
First Place: Donna Moore
Second Place: Chris Colarusso
Third Place: Pete Stang

E-Reader, IPad or Kindle? Free Help
Are you having problems using your E-reader, IPad
or Kindle? A volunteer with expertise is available to
answer your questions Free! Contact the Center at
662-6452 to set up an appointment

Birthday Bash
Tuesday, October 18th at 12:30pm
If you have a August birthday lets celebrate! Jeanne Zablotskyy our Site Manager invites
those who have a September birthday to submit a photo of yourself in your younger
days, along with a short story describing a memorable event. Everyone will enjoy
a delicious birthday dessert. Join Us!

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BUFFALO PHILHARMONIC ORCHESTRA

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but played at a more relaxed pace with a whiffle ball and a
racquet similar to a squash paddle. Pickle ball will be played
at the South Towns Tennis Center. Please contact
the Senior Center for more information 662-6452.
**Coming Up...**

**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, Nov. 8th 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.

**Veterans Day Luncheon**  
**Thursday, November 10th at noon**  
The Senior Center would like to invite veterans to lunch on November 10th compliments of the Senior Center. Following lunch everyone is invited to our Veteran’s Day Program at 12:45 pm This Program is to recognize and honor those who have served or are still serving our country. In addition to the program Maria Angelova will be entertaining us with patriotic songs. Please contact the Center at 662-6452 if you plan to attend as space is limited.

**A Note from Jackie Briggs,**  
**Senior Council President**

I want to thank all the guests who came to the French tea and everyone who contributed their time, food and help for the tea. Please buy tickets to our upcoming fundraiser:

**20th Anniversary Mocktail Party**  
**Saturday, October 15th 2:00 - 5:00 pm**  
at Orchard Park Senior Center

**Featuring Brian Maciolek on the Piano**

**Tickets:** $15.00 (tickets available from Jackie Briggs and at the Senior Center)

Enjoy delicious hors d'oeuvres, assorted drinks, door prizes & tour the Senior Center

**Proceeds to benefit The Senior Council of Orchard Park**

**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 — The Last Goodnight: A World War II Story of Espionage** by Howard Blum

**November — Barkskins** by Annie Proulx  
Members are encouraged to read the book prior to attending the meetings. **Everyone is welcome to join the discussion.**

**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 St. Bernadette's Church 5930 South Abbott Rd, Orchard Park 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 Patricia L Davies, Pat can be reached at 675-9084. 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 Esther Marcin Cullis she can be reached at 649-6850.

**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 Dziokowski, 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:

**Thursday, October 6th, Daniel's Restaurant**  
Contact person is Jackie Briggs at 662-3982

**Thursday, November 3rd, Iron Kettle Restaurant**  
Contact person is Jackie Briggs at 662-3982

The next meeting is Monday, October 3rd at 10:00am at the Orchard Park Senior Center. **Everyone is welcome!**

**Lions’ Club Lending Closet:**

Just being released from the hospital and need a wheelchair, cane, tub chair or other device to help you get back on your feet? If so, you may want to check out the Lion's Club Lending Closet.

Contact the Town Clerk's Office at 662-6410 and they will put you in contact with a Lion member who will assist you.
**September 2016 Meal Calendar**

| Mon 03 | Hot Dog w/sauerkraut, red potatoes, vegetables, tropical fruit cup |
| Tues 04 | Roast Turkey w/gravy, sweet potatoes, green beans, fruit gelatin |
| Wed 05 | Beef & Rice Patty w/cabbage, mashed potatoes, chocolate pudding |
| Thurs 06 | Breaded boneless chicken, potatoes, carrots, Mandarin oranges **Jeannes Choice: soup/salad** |
| Fri 07 | Breaded fish patty, mac & cheese, peas,cole slaw, orange pineapple velvet |
| Mon 10 | BBQ pork ribette, mashed potatoes, corn,fig bar sweet & Sour chicken, rice, green beans, apple cranberry crisp |
| Tues 11 | Meatballs w/penne pasta & sauce, salad, gelatin |
| Thur. 13 | Chicken breast, sweet potatoes, cauliflower, rice pudding **Jeannes Choice: soup/salad** |
| Fri. 14 | Roast Beef, mashed potatoes, beets, cookie Turkey w/stuffing, gravy, squash, peas, rice krispy square |
| Mon 17 | German style meatballs, pasta, mixed vegetables, strawberry Bavarian |
| Tues 18 | Chicken breast cacciatore, mashed potatoes, brussel sprouts, chocolate cake |
| Wed 19 | Stuffed peppers, mashed potatoes, wax beans, fruit gelatin **Jeannes Choice: soup/salad** |
| Thurs 20 | Baked fish, spinach, tropical fruit cup Sloppy joe sandwich, carrots, bean medley, pineapple tidbits |
| Fri. 21 | Grilled chicken salad, fruit gelatin Ham steak, lazy pierogi, rye bread, cookie |
| Mon 24 | Boneless chicken breast, red potatoes, cabbage chocolate brownie **Jeannes Choice: soup/salad** |
| Tues 25 | Boneless pork chop, Lyonnaise potatoes, mixed vegetables, wheat roll, citrus fruit gelatin |
| Wed 26 | Halloween Lunch: Breaded veal patty, carrots, cauliflower, bread, special spooky donut |
| Thur 27 | Wednesday, October 5th **Money Monster** — starring George Clooney & Julia Roberts. Lee Gates is a bombastic TV personality whose popular financial network show has made him the money wiz of Wall Street. But after he hawks a high tech stock that mysteriously crashes, an irate investor takes Gates, his crew, and his ace producer hostage live on air. |
| Fri 28 | Thursday, October 12th **Me Before You** — starring Emilia Clarke & Sam Clafin. A girl in a small town forms an unlikely bond with a recently paralyzed man she's taking care of. |
| Mon 31 | October 19th **Love & Friendship** — starring Kate Beckinsale & Tom Bennett. Lady Susan Vernon takes up temporary residence at her in-laws' estate and, while there, is determined to be a matchmaker for her daughter Frederica -- and herself too, naturally. October 26th |
| Tues 03 | October 26th **Ghostbusters** - starring Melissa McCarthy & Kristen Wiig. With paranormal activity on the rise, a Columbia University academic, her ghost-chasing friend, the friend's business partner, and an MTA employee join forces to bust ghosts and save New York. |

**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 for 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.

**FREE BLOOD PRESSURE SCREENING**

**EVERY MONDAY 1:00 — 3:00pm**

**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 27th & Friday, October 28th**

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.