UNIVERSITY EXPRESS IS BACK!!

Join other lifelong learners for free fascinating one-hour classes on history, civics, art and literature, medicine and science.

See page 2 & 3 for topics, dates and times.
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. Join other lifelong learners for free fascinating one-hour classes on history, civics, art and literature, medicine and science. Register for the classes by stopping in or calling the office at 662-6452.

Looking ahead: To honor our veterans and those who are still serving our country join us for our Veterans Day luncheon Thursday, November 9th. The Senior Center, as in previous years, would like to invite veterans to lunch on November 9th compliments of the Senior Center. Following lunch Linda D will entertain us with patriotic songs.

Save the Date: New Year’s Party at Salvatore’s Italian Gardens Thursday, December 28th

University Express: Frida Kahlo & Diego Rivera Monday, October 2nd at 1:30 pm
Instructor: Jean Serusa, Certified NYS Art Educator; Docent at Burchfield Penney Art Center will discuss two of Mexico's most prominent artists. Register in the office.

Univ. Express: Re-Imagining Transportation Thursday, October 5th at 1:30 pm
From car-sharing programs, to autonomous vehicles, to other groundbreaking technological advances, the next 30 years are going to bring a transformational change in public transportation and the auto industry. Uber and Lyft are the newest addition to the menu of transportation options in WNY, along with bike-share, car-share, carpooling, bus, rail, private shuttles, and improved facilities for walking and biking. The basics of how Uber/Lyft works will be discussed. Instructor: Katie O’Sullivan, Trans. Demand Mgmt. Project Coordinator & Outreach Specialist, Greater Bflo-Niagara Regional Trans. Council. Register in the office.

Univ. Express: Good Bugs for Good Health Pt. 2 Friday, October 6th at 1:30 pm
This seminar will focus on lifestyle changes to improve bacterial health, including dietary choices and choosing supplements. Instructor: Jennifer Johnson, BC/BS of WNY.

Bingo Bash Tuesday, October 10th at 1:00 pm
Refreshments will be served and prizes will be awarded.

EPIC (Elderly Pharmaceutical Insurance Coverage) Wednesday, October 11th at 2:30 pm
Gabrielle Dotterweich will discuss the EPIC program and how it will work in the upcoming year. If you are not currently an EPIC member you will learn how you can join and the benefits you could receive. To be eligible for the EPIC program, you must be 65 or older, a NY State resident, have income less than $75,000 if single or less than $100,00 if married, have a Medicare Part D plan as primary coverage, and not be receiving Medicaid.

Erie County Caseworker Thursday, October 12th 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.

Fall Risk Prevention Thurs. Oct.12th at 1:15 pm
Falls put you at risk of serious injury. Prevent falls using simple fall-prevention measures, from reviewing your medications to hazard-proofing your home. ... In fact, falls are a leading cause of injury among older adults. Presented by Catholic Health’s Partners In Rehab. Register in the office.

University Express: From Germany to France to the US and back with the US Army Friday, October 13th at 1:30 pm
Born in Berlin, Germany 1925 of Jewish decent, this is the real life story of a Holocaust survivor. From his life in a war-torn country living in an orphanage, to seeking refuge in France and then to the United States Army where he served as a Soldier whose Division was the first to arrive at Buchenwald; this presentation is about his experiences and the consequences of hatred. Instructor: Stephan H. Lewy, Holocaust survivor. Register in the office.

A Matter of Balance FREE 8 week program Monday, October 16th 9:00 - 11:00 am
Do you have concerns about falling? Join this 8 week program and learn how to set realistic goals for increasing activity, reduce fall risk factors and promote exercise to increase strength and balance. Space is limited. Register in the office.

University Express: Jan Austen at 200 Monday, October 16th at 1:30 pm
Instructor: Jim Banko, retired high school English teacher, Buffalo Public Schools. Register in the office.

University Express: Buffalo City Hall Tuesday, October 17th at 1:30 pm
Instructor: Harry Meyer, Docent and Lecturer of WNY History and Architecture. Register in the office.

Birthday Bash Let’s Celebrate!! Thursday, October 19th at 12:30 pm
Jeanne Zablotsky our Site Manager invites those who have an October birthday to submit a photo of yourself in your younger days by Mon. 10/16. Everyone is welcome and will enjoy a delicious birthday dessert.

What is Pulmonary Rehabilitation? Thursday, October 19th at 1:15 pm
Pulmonary rehabilitation is a program of exercise, education, and support to help you learn to breathe - and function - at the highest level possible. At pulmonary rehabilitation you'll work with a team of specialists who will help you improve your physical condition. Presented by Catholic Health’s Partners In Rehab. Register in the office.

Univ. Express: End of Life Dreams and Visions Friday, October 20th at 1:30 pm
Instructor: Hospice Buffalo/Palliative Care Buffalo Research Team Hospice Buffalo/Palliative Care Buffalo Research Team. Register in the office.
University Express: The Larkin Soap Company  
Monday, October 23rd at 1:30 pm  
Instructor: Shane E. Stepphenson, Business Services specialist in Workforce Development; Library and Archives Technician Buffalo History Museum; business owner, Archives in the Buf.  
Register in the office.

Fraud Protection Guide  
Wednesday, October 25th at 10:15 am  
Erie County Comptroller Stefan Mychajliw will present his recently developed new Fraud Protection Guide which includes an assessment and a list of common scams in our area and contact information for people who believe they’ve been targeted.  
Register in the office.

University Express: Depression  
Thursday, October 26th at 1:30 pm  
Instructor: Melanie Washington, BC/BS of WNY.  
Register in the office.

Health Insurance Information Counseling & Assistance Program (HIICAP)  
Friday, October 27th at 1:00 pm  
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.  
Register in the office.

University Express: The Future of the Saud Family and Saudi Arabia  
Monday, October 30th at 1:30 pm  
Instructor: Faizan Haq, Adjunct Prof., Asian Studies, SUNY Buffalo.  
Register in the office.

Halloween Luncheon  
Tuesday, October 31st at Noon  
Join us for a Halloween Bash at the Senior Center.  
Following lunch enjoy magical entertainment by magician Ted Burzynski.  
Celebrate the day by dressing up in a Halloween costume.  
Prizes will be awarded for the best costumes.  
Sign up in the dining room.

Looking Ahead...  
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.  
Register in the office.

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, 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 of 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 at 662-6452 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.

University Express: Looking Back at JFK’s Legacy on His 100th Birthday  
Thursday, November 16th at 1:30 pm  
Instructors: Len Lenihan, former commissioner, Erie County Board of Elections; former chairman of the Erie County Democratic Committee; and Norman Mineo, retired banker and history enthusiast.  
Register in the office.

University Express: Physical Therapy 101  
Monday, November 20th at 1:30 pm  
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.  
Registration begins Tuesday, October 10th.

University Express: Closest of Companions Franklin & Eleanor Roosevelt and Their Intimate Friends  
Monday, November 27th at 1:30 pm  
Presentation Cancelled

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, 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: Medications and You  
Thursday, November 30th at 1:30 pm  
Instructor: Bruce Small, retired physician, internal medicine.  
Register in the office.
CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER
70 Linwood, Orchard Park

Sign up and pay at the center 662-6452.

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.

Pickle Ball
Tuesdays & Thursdays 11:00 — 1:00 pm
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!

Beginner Tai Chi
Thursday, September 14th – Nov. 2nd at 1:00 pm
Cost is $30.00 for an 8 week session.

Advanced Tai Chi
Wednesday, September 6th – Oct. 25th 1:00 pm
Cost is $30.00 for an 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, September 14th – Nov. 2nd at 11:00 am
Cost is $30.00 for an 8 week session.

*time change* Evening Zumba *time change*
Tuesday, September 12th – Oct. 31st at 6:00 pm
Cost is $30.00 for an 8 week session.

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

Mind Aerobics Mondays at 10:15 am
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
Monday, September 11th – Nov. 13th at 10:45 am
Cost is $30.00 for an 8 week session.

Tap Dancing For Fun
Monday, September 11th – Nov. 6th at 9:30 am
Cost is $30.00 for an 8 week session.

Intermediate Tap Dance
Thursday, September 7th – October 26th 10:00 am
Cost is $30.00 for an 8 week session.

Acrylic Painting Class
Tuesday, September 12th – Oct. 17th at 12:15 pm
Cost $25.00 for a 6 week session.

Sketching Class
Wednesday, September 13th - Oct. 18th at 1:00 pm
Cost $25.00 for a 6 week session.

Watercolor Painting Class
Friday, September 29th - Nov. 3rd at 10:30 am
Cost $25.00 for a 6 week session.

Calligraphy Class
Monday, September 25th – Oct. 16th at 9:00 am
Cost $25.00 for a 6 week session.

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
Coming in November - Mondays at 1:00 pm
Contact Bob Pope to participate at 662-7763

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!

Card Tournaments:
Duplicate Bridge Monday, Oct. 11th at 12:30 pm

Euchre Tournament Friday, Oct. 20th at 10:15 am
*sign up in the office for the Euchre Tournament*

Pinochle Friday, Oct. 20th at 1:00 pm
*sign up in the office for the Pinochle Tournament*

Duplicate Bridge September Tournament:
1st Place: Mary Ann Martin & Eleanor Hoffmann
2nd Place (tie): Jose Justicia-Linde & Judy Ford
2nd Place (tie): Joanne Ruesch & Kay Quinn
**Orchard Park Senior Center**

**Discover Iron Island Tour**
**Tuesday, October 24th  9:30 am – 3:00 pm**
October is the perfect month to take a guided tour of the Iron Island Museum. The Iron Island Museum has been a host to Ghost Labs, Ghost Hunters and was featured in an episode on the Discovery channel in 2010. After the ghost tour you will have a chance to browse the museum. Following the Iron Island Museum tour enjoy a delicious lunch and tour of Saints Peter and Paul Orthodox Church, which is the oldest Orthodox Christian Church in Buffalo, NY. Registration with payment begins Tuesday, September 5th at 8:30 am. Cost for the outing is $23.00

*Please note: There is walking and standing involved on this tour, stair climbing is optional.*

**A Note from Jackie Briggs, Community Activity Council of Orchard Park, Inc. President**

Mickey Kearns, NYS Assemblyman was able to secure a grant from New York State for the Town of Orchard Park for $325,000.00 toward work that will be done in making our dream of a Community Activity Center of Orchard Park a reality. Thank you Mr. Kearns.

~ Jackie

**Buffalo Philharmonic Orchestra**

**Cirque de la Symphonie**
**Friday, October 27th - 10:30 am performance**
*** Sold Out - Waiting List Only ***

**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. **Limited seats available.**

**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. Cost including transportation, concert and lunch is $76.00.

**Medicare Advantage Plan**
**Sales Representatives will be at the Center:**

**EPIC (Elderly Pharmaceutical Insurance Coverage)**
Friday, October 6th 10:00 am-Noon *meet one on one
Wednesday, October 11th at 2:30 pm *presentation

**Univera Healthcare**
Wed., Oct. 18th 10:00am - Noon *meet one on one
Wed., Oct. 25th 3:00pm *presentation

**United Healthcare**
Thurs., Oct. 19th 9:00 am - 11:30 am *meet one on one
Monday, Oct. 30th 9:00 am - Noon *meet one on one

**Blue Cross Blue Shield**
Tuesday, Oct. 24th 9:00 am - 11:10 am *meet one on one

Orchard Park Senior Center
Health Insurance Fair
Friday, November 3rd  2 - 5 pm
See page 3 for details

**A.A.R.P. Driver Safety Program**
Offered at the Orchard Park Senior Center
1:00 - 4:00 pm. Classes will be held:

**Thursday, October 26th and Friday, October 27th & Thursday, November 16th and Friday, November 17th (You must attend both days)**

Cost is $20.00 for AARP members and $25.00 for non-AARP members. **Checks only please. Registration is required by calling the Center at 662-6452.**

**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:

**October - The American Spirit:** Who We are and What We stand by for by David McCullough

**November - The Handmaidens Tale** by Margaret Atwood

**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.**

**Spend an afternoon at the movies.**
Reserve lunch by calling 662-6452 and then stay for the movie at 1 pm.

**50 cents includes popcorn and drink**

**No Encore Movie Showing on Thursdays in October**

**Oct. 4th Megan Leavey** (biography/drama) Based on the true life story of a young Marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq.

**Oct. 11th Life** (sci-fi/thriller) A team of scientists aboard the International Space Station discover a rapidly evolving life form that caused extinction on Mars and now threatens all life on Earth.

**Oct. 18th Wonder Woman** (action/adventure) When a pilot crashes and tells of conflict in the outside world, Diana, an Amazonian warrior in training, leaves home to fight a war, discovering her full powers and true destiny.

**Oct. 25th Beatriz at Dinner** (comedy/drama) A holistic medicine practitioner attends a wealthy client’s dinner party after her car breaks down.
**Orchard Park Senior Center**  
**October 2017 Meal Calendar**  
*Phone 662-6452 for reservations*

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<tr>
<th>Date</th>
<th>Meal</th>
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<tr>
<td>10/2</td>
<td>Br. Chicken/Cacciatori sauce, carrots, peas, pasta, rice krispie square</td>
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<tr>
<td>10/3</td>
<td>Turkey w/gravy, mashed potato, green beans, stuffing, lemon cake</td>
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<tr>
<td>10/4</td>
<td>Meatballs, pasta w/german sauce, California blend, oatmeal raisin cookie, juice</td>
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<tr>
<td>10/5</td>
<td>Cheese omelet w/ cheese sauce, home fries, spinach, blueberry muffin square, orange Jeanne Soup</td>
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<tr>
<td>10/6</td>
<td>Chicken salad w/cranberries, tomatoes, carrots, dinner roll, cherry gelatin w/pineapple</td>
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<tr>
<td>10/9</td>
<td>Turkey pasta, wax beans, broccoli, lorna doones</td>
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<td>10/10</td>
<td>St. Ham Steak, oven browned potatoes, squash, rye bread, cookie</td>
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<td>10/11</td>
<td>Knockwurst w/sauerkraut, beets, egg noodles in cream sauce, peach kuchen, apple juice</td>
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<td>10/12</td>
<td>Egg Salad, chicken noodle soup, peas, roll, pineapple tidbits Jeanne Soup</td>
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<tr>
<td>10/13</td>
<td>Chicken leg quarter w/bbq sauce, mashed potato, carrots, roll, banana</td>
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<tr>
<td>10/16</td>
<td>Pork Stew, mashed potato, vegetable stew, biscuit, tropical fruit cup</td>
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<td>10/17</td>
<td>Veal parmesan w/sauce, cauliflower, pasta, lemon vanilla pudding</td>
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<td>10/18</td>
<td>Br. Chicken drumsticks, scalloped potato, broccoli, rye bread, spice cake</td>
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<td>10/19</td>
<td>Ham Cassoulet, spinach, white bean cassoulet, brown rice, orange Jeanne Soup</td>
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<tr>
<td>10/20</td>
<td>Meatloaf w/gravy, mashed potato, carrots, roll, pumpkin Bavarian</td>
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<tr>
<td>10/23</td>
<td>Polish sausage, au gratin potatoes, red cabbage, roll, apple crisp</td>
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<tr>
<td>10/24</td>
<td>Turkey tetrazzini, broccoli, corn pasta, lorna doones</td>
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<tr>
<td>10/25</td>
<td>Salisbury steak w/gravy, lima bean bake, carrots, roll, mandarin oranges</td>
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<tr>
<td>10/26</td>
<td>Baked chicken thigh, squash, peas, bread dressing, rice pudding Jeanne Soup</td>
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<tr>
<td>10/27</td>
<td>Vegetable quiche w/cheese sauce, home fries, roll, cherry gelatin w/pears</td>
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<tr>
<td>10/30</td>
<td><strong>Halloween:</strong> Beef macaroni casserole, cauliflower, corn, roll, pineapple tidbits</td>
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**Stay Fit Dining Program**
In cooperation with Erie County Department of Senior Services, the town provides a nutritious hot meal, and social opportunities to meet new friends for persons age 60 or over and their spouses Monday through Friday at noon. The suggested contribution is $3.00. Please call 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.

**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.

**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!