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

Your Vascular Health
FREE Health Screenings FREE
By Catholic Health
Saturday, September 16th
8:00 AM - 2:00 PM
See page 2 for additional information

Orchard Park Senior Center
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Orchard Park, NY 14127

Speed Dating for Seniors
Thursday, September 14th
5:15 pm - 7:30 pm
See page 2 for additional details
Hello, can you believe it’s September? Where has the summer gone? The kids are returning to school, Labor Day is September 4th, and Autumn begins September 22nd. Another day to recognize is Grandparents Day celebrated on September 10th. In 1978, President Jimmy Carter signed a federal proclamation declaring the first Sunday after Labor Day as National Grandparents Day. National Grandparents Day has more than one origin. Some people consider it to have been first proposed by Michael Goldgar who after he visited his aunt in an Atlanta nursing home. Others consider Marian Lucille Herndon McQuade, a housewife in West Virginia, to have been the main driver for the day of observance. Both recognized the important contributions senior citizens made and the contributions that they would be willing to make if asked.

Civil War - Union Volunteers Fife and Drum Corps
Friday, September 1st at 1:00 pm
The Union Volunteers Fife and Drum Corps will recreate historically accurate portrayals. Dressed in the uniforms of northern Union musicians and performing with replica period instruments they will educate and entertain. Following the presentation light refreshments will be served. Cost for this event is $3.00.

Texas Hold’em Tournament
Tuesday, September 5th at 1:00 pm
The afternoon will begin with a brief refresher Texas Hold’em lesson. Following the refresher, the tournament will begin. Cost is $5.00 per person (cost covers the dealer, set up, and chips to facilitate the tournament). Prizes will be awarded to the top players. Please register and pay in the office.

Seasonal Affective Disorder: Beating the Winter Blues
Friday, September 8th at 1:00 pm
Seasonal Affective Disorder (SAD) is a recurrent type of depression that generally begins in the fall, and continues through the winter months. SAD is triggered by a decrease in sunlight, leading to changes in the body’s internal clock, and decreasing chemicals in the body that control mood and levels of alertness. Instructor, Melanie Washington of BC/BS of WNY, will discuss how to recognize whether you have SAD, and what you can do to beat the winter blues. Register in the office.

Apple Fest
Monday, September 11th at 1:30 pm
Let’s celebrate the Fall season with an apple dessert and entertainment by Roger Hill. Roger will entertain us with the great country songs. Tickets are $3.00.

What is Cardiac Rehab?
Thursday, September 14th at 1:15 pm
Cardiac rehab doesn’t change your past, but it can help you improve your heart’s future. A representative from Catholic Health’s Partners in rehab will discuss what cardiac rehab is and the benefits. Register in the office.

Speed Dating for Seniors
Thursday, September 14th 5:15 pm - 7:30 pm
If you’re a senior who has re-entered the dating scene or who is looking for a new friend or companion, you know how hard it can be to meet single members of the opposite sex. This event is organized specifically for older adults, so you can meet men and women in your age range. To participate stop in the office or contact the office.

Your Vascular Health
FREE Health Screenings FREE by Catholic Health
Saturday, September 16th 8:00 am - 2:00 pm
Screenings are open to men and women over 55. Your vascular appointment includes the following health screenings: Carotid Artery Disease, Abdominal Aortic Aneurysm, Peripheral Arterial Disease, Blood Pressure, Cholesterol, Body Mass Index, Pulse Oximetry, Balance Screenings and Bone Density. Screenings are FREE but registration is required. To register for an appointment call HealthConnection at 447-6205.

Strength Training for Older Adults
Tuesday, September 19th at 9:00 am
Did you know that adults start losing muscle mass around age 40? Luckily, doing strength training exercises regularly can slow muscle loss, but it’s important to know which exercises to do and how to do them. Join us for a discussion and demonstration of gentle strength training exercises you can do at home. Please register in the office.

Dizziness & Vertigo
Thursday, September 21st at 1:15 pm
A representative from Catholic Health’s Partners In Rehab will discuss causes and how to treat dizziness and vertigo. Register in the office.

Flu & Pneumonia Immunization Program
Tuesday, September 26th 9:00am - Noon
Wegmans pharmacists will be administering flu and pneumonia shots at the Center. Wegmans accepts almost all major regional and national insurances (Medicare Part B, Univera, Independent Health, BC/BS). Please bring your insurance card with you. Contact the Center at 662-6452 to make an appointment.

Birthday Bash Let’s Celebrate!!
Friday, September 29th at 12:30 pm
Jeanne Zablotsky our Site Manager invites those who have a September birthday to submit a photo of yourself in your younger days by Wed. 9/27. Everyone is welcome and will enjoy a delicious birthday dessert.

Meet the Artist of the Month:
This month we will showcase the artwork of Kevin McGinty. Please stop in, view the artist’s artwork, and their bio in the dining room.
Looking Ahead...  
Letchworth State Park Tour & Lunch  
Tuesday, October 3rd 8:45 am - 4:00 pm  
*** Sold Out - Waiting List Only ***.

Bingo Bash  
Tuesday, October 10th at 1:00 pm  
Bring a guest and receive a free card!  
Refreshments will be served and prizes will be awarded.

Discover Iron Island Tour  
Tuesday, October 24th 9:30 a.m. – 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.

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.

UNIVERSITY EXPRESS IS BACK!!!  
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.

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

Thursday, October 5th at 1:30 pm  
Re-Imagining Transportation  
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. Also, comparing these services to traditional taxi service in terms of safety and cost. Instructor: Katie O’Sullivan, Transportation Demand Management Project Coordinator & Outreach Specialist, Greater Buffalo-Niagara Regional Transportation Council

Good Bugs 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, wellness coordinator, BC/BS of WNY.

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.

Monday, October 16th at 1:30 pm  
Celebrating Pride & Prejudice: Jan Austen's Masterpiece  
Instructor: Jim Banko, retired high school English teacher, Buffalo Public Schools

Tuesday, October 17th at 1:30 pm  
Buffalo City Hall  
Instructor: Harry Meyer, Docent and Lecturer of WNY History and Architecture

Friday, October 20th at 1:30 pm  
End of Life Visions and Dreams  
End-of-life dreams and visions have been documented through the ages, but there has been little understood about their significance. We’ll examine content and significance of these events to the dying person, and whether their occurrence can predict nearness to death. We’ll also discuss how end of life visions and dreams are different from delirium, and how these can help patients to experience and communicate meaning at end of life. Instructor: Hospice Buffalo/Palliative Care Buffalo Research Team

Monday, October 23rd at 1:30 pm Larkin Soap Co.  
Instructor: Shane E. Stephenson, Business Services specialist in Workforce Development; Library and Archives Technician Buffalo History Museum; business owner, Archives in the Buff

Thursday, October 26th at 1:30 pm  
Depression  
Instructor: Melanie Washington, BC/BS of WNY

Monday, October 30th at 1:30 pm  
The Future of the Saud Family and Saudi Arabia  
With tumbling oil prices, Saudi Arabia faces a perfect storm of economic problems, social challenges and foreign policy crises, including the Saud-led war in neighboring Yemen. This year, Saudi Arabia King Salman created rifts in the royal family after bypassing several brothers to position his favorite son in line for the throne. We’ll look at how this political and economic instability may affect Saudi Arabia’s status as one of the two most powerful nations in the Middle East. Instructor: Faizan Haq, Adjunct Prof., Asian Studies, SUNY Buffalo

NOVEMBER UNIVERSITY EXPRESS PRESENTATION DATES & TIMES OFFERED AT THE ORCHARD PARK SENIOR CENTER ON PAGE 5
CLASSES OFFERED AT THE
ORCHARD PARK SENIOR CENTER
70 Linwood, Orchard Park

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.

Yoga
Wednesday, Sept. 6th - Nov. 8th at 11:30 am
Fridays, September 8th - Nov. 17th at 9:00 am
Cost is $35.00 for a 10 week session.

Tuesday Evening Yoga
Tuesday, September 12th – Oct. 24th at 5:00 pm
Classes are held at Dharma Dog Yoga Studio. Registration with payment is required before attending the session. Cost is $30.00 for an 8 week session.

Chair Yoga
Monday, September 11th – Nov. 13th at 10:45am
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 12:15pm
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, August 18th - September 22nd at 10:30 am
Cost $25.00 for a 6 week session.

Calligraphy Class
Monday, September 25th - Oct. 16th at 10:30 am
Cost $25.00 for a 6 week session.

Mind Aerobics
Monday at 1:00 pm
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!! ** No Mind Aerobics on 9/11 **

CARDS & GAMES:
Euchre  Fridays at 10:15 am
Mah Jong  Fridays 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!

Pinochle  Friday, Sept. 15 at 1:00 pm
*sign up in the office for the Pinochle Tournament*

Duplicate Bridge  Mon. Sept. 11th at 12:30 pm

Duplicate Bridge August Tournament:
First Place: Jose Justicia-Linde & Judy Ford
Second Place: Virginia Sprague & Alice Wroblewski
Third Place: Betty Mesel & Linda Hiam
November University Express Presentations at the Orchard Park Senior Center:

- Thur. 11/2 at 1:30 pm — Mad House: The Hidden History of Insane Asylums in 19th Century New York
- Mon. 11/6 at 1:30 pm — The Death of Fossil Fuels
- Tue. 11/7 at 1:30 pm — 100 Years of Women’s Suffrage in New York State
- Mon. 11/13 at 1:30 pm — Yemeni Cuisine and Culture
- Thur. 11/16 at 1:30 pm — Looking Back at JFK’s Legacy on His 100th Birthday
- Mon. 11/20 at 1:30 pm — Physical Therapy 101
- Mon. 11/27 at 1:30 pm — Closest of Companions: Franklin and Eleanor Roosevelt and Their Intimate Friends
- Thur. 11/30 at 1:30 pm — Medications and You

Please register in the office or call 662-6452.

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

**Thursday, September 28th and Friday, Sept. 29th & Thursday, October 26th and Friday, Oct. 27th (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:

- **September** - Commonwealth by Ann Patchett
- **October** - The American Spirit: Who We are and What We Stand for by David McCullough
- **November** - The Handmaiden’s Tale by Margaret Atwood

Members are encouraged to read the book prior to attending the meetings. Everyone is welcome to join the discussion.

Medicare Advantage Plan Sales Representatives will be at the Center:

- **United Healthcare**
  Wednesday, September 27th 10:00 am - 11:30 am

- **Univera Healthcare**
  Thursday, September 21st 1:00 pm - 3:00 pm

- **Fidelis Care of NY**
  Tuesday, September 12th 10:00 am - Noon

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

I recently went to Brush Mountain Park to see if I could see any activity that would show me something is being done for the proposed Community Activity Center. I did see where a very rough start of a road has been worked on. A gate protects the road from anyone trying to drive on it.

~ Jackie

Buffalo Philharmonic Orchestra
Cirque de la Symphonie
Friday, October 27th - 10:30 am performance
The bus departs the Center at 8:30 am with lunch at Chef’s restaurant. *** 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. Registration with payment begins Tuesday, September 12th.

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. Registration with payment begins Tuesday, September 12th.

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

- **Sept. 6th** Going In Style (comedy, crime) Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money. Encore Showing Thursday 9/7

- **Sept 13th** A Man Called Ove (foreign film, comedy, drama) Ove, an ill-tempered, isolated retiree who spends his days enforcing block association rules and visiting his wife’s grave, has finally given up on life just as an unlikely friendship develops with his boisterous new neighbors.

- **Sept 20th** The Ticket (drama) A blind man who regains his vision finds himself becoming metaphorically blinded by his obsession for the superficial.

- **Sept 27th** King Arthur: Legend of the Sword (action, adventure) Robbed of his birthright, Arthur comes up the hard way in the back alleys of the city. But once he pulls the sword from the stone, he is forced to acknowledge his true legacy - whether he likes it or not.
Orchard Park Senior Center
September 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!

9/1 Steakhouse Burger & Bun, Baked Beans, Macaroni & Cheese, Veggie Salad, Cherry Pie

9/4 Labor Day — No meals served Center Closed

9/5 Stuffed shells w/Sauce, Cauliflower, Seasoned Spinach, Italian Bread, Pineapple Tidbits

9/6 Br. Chicken Cutlet w/ Gravy, Mashed Sweet Potatoes, Mixed Veggies, Roll, Banana

9/7 Hamburger w/Gravy, Roll, Mashed Potatoes, Stewed Tomatoes, Sugar Cookies *Jeannes Choice Soup

9/8 Julienne Salad, Wheat Dinner Roll, Ambrosia

9/11 Beef Macaroni Casserole, Cauliflower, Fiesta Corn Dinner Roll, Diced Peaches

9/12 Br. Boneless Chicken Breast w/ Gravy, Squash, Brussels Sprouts, Dinner Roll, Apple Oatmeal Bar

9/13 Breaded Veal Patty w/ Gravy, Mashed Potatoes, Blend Veggies, Bread, Frosted Brownie

9/14 Sl. Roast Pork w/ Gravy, Mashed Sweet Potatoes, Beets, Dinner Roll, Apple *Jeannes Choice Soup

9/15 Stuffed Pepper w/ Sauce, Mashed Potatoes, Chef Salad, Italian Bread, Fruited Gelatin

9/18 Turkey Burger w/ Gravy, Mashed Sweet Potatoes, Broccoli, Roll, Pineapple Tidbits

9/19 Knockwurst w/ Sauerkraut, Bun, Mashed Potatoes, Green Beans w/ Red Pepper, Choc. Pudding

9/20 Egg Salad Sandwich, Wheat Bread, Minestrone soup, Carrot Coins, Baked Apple Crisp

9/21 Sweet & Sour Chicken w/ White Rice, Spinach, Wax Beans, Oat. Raisin Cookies *Jeannes Choice Soup 9/22

9/22 Beef & Rice Patty over Cabbage w/ Savory Sauce, Mashed Potatoes, Dinner Roll, Peaches

9/25 BBQ Pork Ribbette, Mashed Potatoes, Peas, Bun, Butterscotch Pudding

9/26 Beef Macaroni Casserole, Green Beans, Corn, Orange

9/27 Br. Boneless Chicken Breast w/ Gravy, Rice Pilaf, Chef Salad, Carrots, Fruit Cup *Jeannes Choice Soup

9/28 Meatloaf w/ Gravy, Mashed Potatoes, Spinach Bread, Frosted Spice Cake

9/29 Br. Fish Patty, Macaroni & Cheese, Broccoli, Grape Juice, Strawberry Oatmeal Bar

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. Join us for the following dinner outings:

Thursday, September 7th Old Orchard Restaurant
Contact: Joy Turner at 675-6258

Thursday, October 5th Carte Blanche
Contact: Dixie Bileschi at 674-9348

The next meeting is Tuesday, Sept. 5th at 10:00 am at the Orchard Park Senior Center. Everyone is welcome!

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!
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**NOTE:**
- Labor Day: Center Closed
- September: AARP Driving Course, Seasonal Affective Disorder, Texas Hold'em Tournament
- October: Apple Fest, Happy Halloween, Labor Day

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**TABOR DAY**

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**SEPTEMBER**

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**DATE**

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**FRIDAY**

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**THURSDAY**

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**WEDNESDAY**

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**TUESDAY**

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**MONDAY**

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