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

September is Senior Center Month!
Visit the Senior Center and see all that it has to offer!

Book Group
Health Presentations
Yoga
Tai Chi
Tap Dance
Art Classes
Educational Presentations
Zumba
Nutritional Lunches
Social Events
Notes from Debbie . . .

September is here and it’s back to school time for our children, grandchildren and all the teachers we know. A fresh new school year that will be filled with lots of learning, great lessons and social engagements.

We can look at our senior center as a place of learning and of great lessons and social engagements too! We work hard to bring you great seminars, classes and social events too! We are also happy to be hosting University Express classes this fall and hope you will keep participating in all the health & wellness activities we offer. Staying active and involved helps you age well and definitely gives you a good reason to get up and moving every day.

Congratulations to Maria Galley as she became a full time employee in August. Maria is a hard working dedicated employee and we are blessed to have her as a member of our staff.

SAVE THE DATE . . . .

Health Insurance Fair
Wednesday, October 24th  1:30 – 3:30 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 2019.

Information regarding HIICAP (Health Insurance Information, Counseling and Assistance) and EPIC (Elderly Pharmaceutical Insurance Coverage) programs will also be available.

Medicare Advantage Plans
Sales Representative will be at the Center to meet one on one and answer any questions you may have.

Univera Healthcare
Monday, September 10th  1:00 pm - 3:00 pm

United Healthcare
Wednesday, September 5th  10:00 am - 11:00 am

Fidelis Healthcare
Wednesday, September 19th  9:30 am - 11:30 am

Orchard Park Senior Center & Travel Groups Senior Dance
Friday, September 7th  7:00—10:00 pm
American Legion Post Hall
(N. Buffalo & Webster)
Tickets are $3.00 person.
Purchase tickets with travel groups or at the Senior Center.
Music provided by Hastings/Sampson Duo.
Cash bar available, bring your own snacks.

IMPORTANT PHONE NUMBERS

AARP ................................. 1-800-424-3410
EPIC ................................. 1-800-332-3742
Erie County Adult Protection .......... 858-6877
Erie County Senior Services .......... 858-8526
Social Security ........................ 1-800-647-9195
Town Clerk ............................ 662-6410
Supervisors Office .................... 662-6400
Meals on Wheels ..................... 822-2002

TRANSPORTATION

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. Contact Rural Transit to become a rider or to become a volunteer.

Going Places Van ..................... 858-7433
Need a ride into Buffalo for medical appointments, physical therapy or other human services?

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

I am happy to announce West Herr gave a $50,000 donation to the Community Activity Center fundraising campaign. Donations will be used to furnish and equip our new center. If you are interested in volunteering or donating contact Kearns & Assoc. 667-1553.

In addition to Kearns & Assoc. fundraising efforts, the council is very excited about our upcoming fundraiser - A spaghetti dinner on Thursday, October 18th (see back page of newsletter). The proceeds will be used for the new Community Activity Center.

~ Jackie
Monday, September 3rd  
Senior Center Closed  
Labor Day

Cooking with Seasonal Vegetables  
Thursday, September 6th at 12:45 pm
Join Chef Jack Giardina, Erie County Senior Services as he teaches you to cook with seasonal vegetables. Chef Jack will show you how to use autumn squash, rooted vegetables & pumpkin to create delicious foods. Please register in the office.

Erie County Caseworker  
Thursday, September 13th  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 (local, state and federal ie. Medicare, SSI, SNAP, and HEAP).

Food Synergy: Increasing Vitamin and Mineral Absorption  
Friday, September 14 at 12:45 pm
Miranda Zagorski, Health Coach, will discuss what vitamins and minerals are and their importance, followed by a brief overview of the RDA’s, how to read a nutrition label and what to look for, and lastly we go through different types of food pairing to increase benefits (for example eating iron with Vitamin C to increase iron absorption). Please register in the offices.

Growing Up Italian  
Monday, September 17th at 1:00 pm
Joe Benenati, center member will be here to discuss his experiences growing up in an Italian family in 40’s and 50’s. Joe’s father came from Italy in 1904. He will speak on his experiences, customs, and importance of food and family.

Nonagenarian Celebration  
Tuesday, Sept. 18th at 12:45 p.m.
Reaching the age of 90 is a milestone worthy of a celebration! All nonagenarians-those between the ages of 90 and 99-are invited for a FREE lunch today. Following lunch, everyone is welcome to join us and enjoy cake and ice cream with the nonagenarians.  
If you are 90 or older, please sign up in the office by September 4th.

Potluck Dinner  
Tuesday, September 18th at 4:00 pm
Everyone is welcome to this evening of food and fun! Bring your favorite dish to pass. The Center will be providing dessert and drinks. Please register in the office if you plan on attending.

Housing Fair  
Thursday, September 20th at 1:00 - 2:30 pm
Today local housing facilities will be here with information on their housing options (independent, assisted living, skilled nursing and rehab). Stop by and speak directly to Housing Representatives. Housing Facilities: Clifton Heights, Eden Heights, Peregrine’s Landing, Brookdale Orchard Glen, Fox Run, Elderwood, Southpoinete Senior Apt. and Weinburg Campus, Eaglecrest Senior Village and St. Francis Park.

Celiac Disease - Gluten Free Diet  
Friday, September 21st at 1:00 pm
The gluten free diet - What is it? Who needs it? Is it healthy? What is the importance of early diagnosis of Celiac Disease? Learn the answers to these and other questions from Elaine Rothfus, RN, RD when she speaks on Celiac Disease, the basics and the Diet is the Prescription. Please register in the office.

Wegmans Pharmacy  
Flu & Pneumonia Immunization Program  
Monday, September 24th    9:30am - 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, Blue Cross and Blue Shield). Please bring your insurance card with you. Contact the Center at 662-6452 to make an appointment.

Apple Fest  
Tuesday, September 25th at 1:00 pm
Let’s celebrate the Fall season with an apple dessert and entertainment by Michael Nugent. Michael will entertain us with the greats (Sinatra & Martin). Cost is $3.00. Please register and pay in the office.

THANK YOU ! ! !
Mark Stevens Financial, LLC in Orchard Park  
and Blue Cross/Blue Shield of WNY
For the generous donation of Bison’s Baseball tickets
**Book Group:**

**Three Days in Moscow: Ronald Reagan and the Fall of the Soviet Empire** by Bret Baier

Wednesday, September 26th at 10:00 am

The Book Group meets at 10:00 am the last Wednesday of the month. Members are encouraged to read the book prior to attending the meeting.

**Upcoming books for discussion:**

- **Sept. Lincoln’s Last Trial:** The Murder Case That Propelled Him to the Presidency by Dan Abrams & Dave Fisher
- **Oct. A Cold Day In Hell** by Lissa Redmond

Lissa will be a guest author to discuss her book at the October book group discussion on 10/31.

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**September Birthday Bash**

**Thursday, September 27th at 12:30 pm**

Let's Celebrate!! Jeanne Zablotsky our Site Manager invites those who have a September birthday to submit a photo of yourself in your younger days by 9/24. Everyone is welcome and will enjoy a delicious birthday dessert.

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**Looking Ahead to October ….**

**University Express: Quilt Patterns**

**Monday, October 1st at 1:30 pm**

Log Cabin, Bear Paw, Jacob’s ladder, Seven Sisters – Why are quilt patterns given such unusual names and what do they mean? For decades, women and men have been making heirloom quilts for their family and to give as gifts. Learn the history behind the names of historic quilts and take a look at these patterns in quilts that the instructor has made and collected. Instructor: Theresa Wiater, experienced quilter; retired teacher of gifted education and Grade 5 from Clarence Center Elementary School. Registration required, register at 662-6452.

**University Express: Islam and Clothing**

**Wednesday, October 3rd at 1:30 pm.**

Islamic teachings about modesty are addressed equally to men and women, but the variety of styles and colors have various names depending on the country. For example, Burqas belong to particular areas of the world, where they are considered normal dress. In other parts of the world the dress is totally different. We’ll review common names of Islamic clothing for men and women, and some differences in dress code among Islamic nations. Instructor: Faizan Haq, Asian Studies, SUNY Buffalo; founder and Publisher of WNYMuslims.org

Registration required, register at 662-6452.

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**Senior Center Dinner Club at Rust Belt Bar & Grill**

(3720 Lakeshore Rd., Blasdell)

**Thursday, October 4th at 5:00 pm**

**Meal Choices:**

- Rust Belt Spinach Salad . . . . . . . . $21.00
- Pork Chop . . . . . . . . . . . . . . . . . . . . . $26.00
- Crab Stuffed Haddock . . . . . . . . . $29.00
- Chicken Francaise . . . . . . . . . . . . . . . . . . . . . . . . . . $24.00

All dinners include salad, potato & vegetable, coffee, tea, dessert and tax and gratuity.

Cash bar available.

Reservation with payment and dinner choice is due to Rae Ann Reese (822-8869) by September 25th.

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**University Express: Keeping a Personal Health Care Journal**

**Friday, October 5th at 1:30 pm**

A Personal Health Care Journal helps you to keep track of your upcoming medical appointments, current medications, lab results…just to name a few! Learn how this tool also can be used to keep track of your medical records not only to ensure accurate personal health information and Medicare billing, but also to detect Medicare medical billing errors, suspected abuse or fraud.

Instructor: Bethann Nelson, Outreach Counselor, Senior Medicare Patrol. Registration required, register at 662-6452.

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**University Express: The Bike Path Killer**

**by Michael Beebe and Maki Becker**

**Thursday, October 11th at 1:30 pm**

Altemio Sanchez was a modern-day Jekyll and Hyde - a family man who resided in Buffalo, NY, with a wife and two sons, worked nights as a machinist, and concealed a terrible secret. Once a year, after his shift, he'd make a side trip to a secluded spot where women would ride bikes and jog. He was called "The Bike Path Rapist"- until he crossed the line from rape to murder. Two award-winning reporters from the Buffalo News follow a depraved killer's bloody trail of terror to the bitter end: his horrifying confession.

Instructor: Linda Drajem, retired teacher, writer and poet.

Registration required, register at 662-6452.
University Express:  RFK’s Road to the 1968 Presidential Campaign
Friday, October 12th at 1:30 pm
We'll look back at the RFK, the “runt” of the Kennedy boys who would become the President’s closest political and domestic adviser. We’ll look at what shaped Bobby’s character, his role in brother Jack’s political life, his relationship with LBJ, and why he decided to run against Johnson in the 1968 Presidential campaign, with a special focus on the 82 days of that campaign. Instructor: Len Lenihan, former Democratic comm., Erie County Board of Election; and Norman Mineo, retired banker and history enthusiast. Registration required, register at 662-6452.

University Express: Getting the Upper Hand on Your Hand Pain
Monday, October 15th at 1:30 pm
Let’s face it: you use your hands for a lot! And dealing with hand pain can really get in the way of doing the things you love - knitting, golfing, cooking, and many other aspects of your daily life. Join Dr. Kory Reed, orthopaedic surgeon and Hand Fellow, as he discusses possible causes of pain and both surgical and non-surgical treatment options to help you lessen pain and regain function. Instructor: Dr. Kory Reed, Excelsior Surgeon. Please register at 662-6452.

University Express: America The Beautiful - Landscapes in Art
Thursday, October 18th at 1:30 pm
Images of pristine landscapes of 19th century are revisited through artists whose works served to establish, preserve and protect State and National Parks for future generations to enjoy. Idyllic settings encouraged people and nature to coexist and find relief from encroaching urbanization. Sacred Native American sites were set aside in respect for indigenous culture from whom the lands were taken. Instructor: Jean Serusa, retired NYS certified Art Educator (MS Edu) with 30 years of teaching experience. Please register at 662-6452.

Friday, October 19th at 1:30 pm
The Larkin Company was known for its use of Larkin Secretaries and the club model to expand its reach within communities. Internally the company, known for its tenets of purpose, effort, achievement and blending the gospel of work and life created many progressive initiatives for its employees. Instructor: Shane E. Stephenson, Dir. of Museum Collections, Bflo & Erie County Naval and Military Park; business owner, Archives in the Buff. Registration required, register at 662-6452.

University Express: Yearning to Breathe Free
Monday, October 22nd at 1:30 pm
The Statue of Liberty The Statue of Liberty (Liberty Enlightening the World) is a 151 ft. copper sculpture created by French artists as a gift to America in celebration of the centennial of the Declaration of Independence. It is the iconic subject of many of works of art, as well as a welcoming destination for thousands of immigrants arriving on U.S. shores over 100 years. The National Park Service took over maintaining this destination in 1933 and it still stands as a symbol and tourist ‘must see’ work of art. Instructor: Jean Serusa, retired NYS certified Art Educator (MS Edu) with 30 years of teaching experience. Registration required, register at 662-6452.

University Express: The Past, Present and Future of the Flu
Tuesday, October 23rd at 1:30 pm
We'll look at some pandemics over the past century and the lessons from history about effective public health response to an outbreak. Instructor: Jean Serusa, retired NYS certified Art Educator (MS Edu) with 30 years of teaching experience. Registration required, register at 662-6452.

University Express: Blind Eye by James B. Stewart
Thursday, October 25th at 1:30 pm
A medical thriller about serial killer doctor Michael Swango and the medical community that chose to turn a blind eye on his criminal activities. Wherever he was hired—in Ohio, Illinois, New York, South Dakota—Michael Swango at first seemed the model physician. Then his patients began dying under suspicious circumstances. Instructor: Linda Drajem, retired teacher, writer and poet. Registration req’d 662-6452.

Univ. Exp.: Meal Planning for One or Two.
Friday, October 26th at 1:30 pm
Most recipes are designed for family cooking, which can make it challenging for singles or couples trying to maintain a healthy diet. In this seminar, we'll discuss strategies for menu planning and grocery shopping that make cooking for one or two enjoyable and easy! Instructor: Jennifer Johnson, Wellness Coordinator, Health Care Services, BC/BS of WNY. Registration required, register at 662-6452.

Univ. Exp.: Non-Surgical Pain Relief
Monday, October 29th at 1:30 pm
Instructor: Dr. Jason Matuszak, Excelsior Orthopaedics surgeon. Registration required, register at 662-6452.
Please arrive for lunch by NOON each day or your lunch may be cancelled.

Stay Fit Dining Program
Lunch served at noon Monday through Friday.
The suggested contribution is $3.00.
To make a reservation for lunch please call Jeanne at 662-6452 (option #3) by Tuesday 10:00 am for the upcoming week. If you are unable to keep your reservation, please call the Center as early as possible Thank You!

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

Wed. 9/5 I Feel Pretty  PG-13 Comedy
Starring: Amy Schumer & Michelle Williams
A woman struggling with insecurity wakes from a fall believing she is the most beautiful and capable woman on the planet. Her new confidence empowers her to live fearlessly, but what happens when she realizes her appearance never changed?

Wed 9/12 Book Club  PG1-13 Comedy *Encore*
Starring: Diane Keaton & Jane Fonda
Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club. Encore Showing Thursday, September 13th

Wed 9/19 Overboard  PG-13  Comedy
Starring: Eugenio Derbez & Amy Faris
A spoiled playboy from one of Mexico’s wealthiest families falls overboard off his yacht. He’s then convinced by a single, working-class mom that he’s her husband.

Wed 9/26 Life of the Party  PG-13 Comedy
Starring: Melissa McCarthy & Matt Walsh
After her husband abruptly asks for a divorce, a middle-aged mother returns to college in order to complete her degree.

CARDS & GAMES:
Bridge     Mondays at 12:30 pm
Hand & Foot   Wednesdays at 9:30 am
Dominoes  Thursdays at 9:30 am
Euchre     Fridays at 10:00 am
Mah Jong  Fridays at 1:00 pm
Pinochle     Fridays at 1:00 pm

Card Tournaments:
Duplicate Bridge  Monday, Sept. 10th at 12:30 pm
Euchre Tournament  Friday, Sept. 21st at 10:00 am
Pinochle Tournament Friday, Sept. 21st at 1:00 pm

Thursdays in September : Jeanne’s Choice Soup
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<td>9:00 Pool Shooting</td>
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<td>10:00 Flu &amp; Pneumonia Immunization</td>
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<tr>
<td>Beg. Line Dance</td>
<td>Every Wednesday</td>
<td>10:15 am</td>
<td>Orchard Park</td>
<td>$2.50 per class</td>
</tr>
<tr>
<td>Inter. Line Dance</td>
<td>Every Tuesday</td>
<td>10:30 am</td>
<td>Orchard Park</td>
<td>$2.50 per class</td>
</tr>
<tr>
<td>Yoga</td>
<td>Wednesday, Sept. 12th - Nov. 14th at 11:30 am</td>
<td></td>
<td></td>
<td>$35.00 per session.</td>
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<tr>
<td>Yoga</td>
<td>Friday, Sept. 7th - Nov. 9th at 9:00 am</td>
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<td></td>
<td>$35.00 per session.</td>
</tr>
<tr>
<td>Evening Yoga @ Dharma Dog Yoga Studio</td>
<td>Wednesday, Sept. 12th - Oct. 3rd at 5:00 pm</td>
<td>6435 Webster Rd, OP - 207-7229</td>
<td></td>
<td>$15.00 per session.</td>
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<tr>
<td>Zumba</td>
<td>Thursday, September 13th - Nov. 1st at 11:00 am</td>
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<td>$30.00 per session.</td>
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<tr>
<td>Evening Zumba</td>
<td>Tuesday, September 11th - Oct. 30th at 6:00 pm</td>
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<td></td>
<td>$30.00 per session.</td>
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<tr>
<td>Tap Dancing For Fun</td>
<td><em>NEW DATE &amp; TIME</em> Tuesday, September 11th - Oct. 30th at noon</td>
<td></td>
<td></td>
<td>$30.00 per session.</td>
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<tr>
<td>Intermediate Tap Dance</td>
<td>Thursday, September 6th - Oct. 25th at 10:00 am</td>
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<td></td>
<td>$30.00 per session.</td>
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<tr>
<td>Tai Chi for Arthritis Program</td>
<td>Thursday, August 23rd - Thursday, October 11th Tuesdays &amp; Thursdays 2:30 pm - 3:30 pm</td>
<td></td>
<td></td>
<td>FREE per session.</td>
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<tr>
<td>Men’s Fitness</td>
<td>July 31st - October 4th</td>
<td>9:00 - 10:00 am</td>
<td>Orchard Park</td>
<td>$40.00 per session.</td>
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<tr>
<td>Ladies Exercise Program</td>
<td>9:00 - 10:00 am</td>
<td>Tuesday, Wednesday &amp; Thursday</td>
<td></td>
<td>FREE per session.</td>
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<td>*free class - please wear comfortable clothes and bring a mat.</td>
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<tr>
<td>Spanish Again! Español OtraVez!</td>
<td>Monday, September 10th - Nov. 5th at 1:00 pm</td>
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<td></td>
<td>$30.00 per session.</td>
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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

A.A.R.P. Driver Safety Program
Thursday, Sept. 27th & Friday, Sept. 28th
1:00 - 4:00 pm
AARP Driving course is a great way to save money on your auto insurance. Cost is $20.00 for AARP members and $25.00 for non-AARP members.

Upcoming Classes:
Thursday, October 25th & Friday, October 26th
Thursday, November 29th & Friday, November 30th
Thursday, December 13th & Friday, December 14th

Registration is required by calling the Center at 662-6452.

November’s University Express Presentations at the Orchard Park Senior Center:
The Ships at the Naval Park
Thursday, November 1st at 1:30pm
Instructor: Stephenson, Shane, Director of Museum Collections, Buffalo & Erie County Naval and Military Park; owner, Archives in the Buff.

Historic & Influential People from Buffalo NY
Friday, November 2nd at 1:30pm
Instructor: Rick Falkowski, , founder of the Buffalo Music Hall of Fame and author of the book “History of Buffalo Music & Entertainment”.

Political Civility
Thursday, November 8th at 1:30pm
Instructor: Marian Deutschman, retired professor emerita, Communications, Buffalo State College

The Hubbard Effect
Tuesday, November 13th at 1:30pm
Instructor: Chuck Facklam

Your Own, No-Cost Fitness Program
Friday, November 16th at 9:30am
Instructor: Jill Brodsky, Owner/Author, Forward Fitness Inc.

Genealogy 101
Friday, November 16th at 1:30pm
Instructor: Rhonda Konig, Genealogy Librarian, Buffalo & Erie County Public Library

Origins and Applicatons of Taoist Tai Chi
Monday, November 19th at 1:30pm
Instructor: Jane Rosenfeld, Certified Instructor, Buffalo Center of Taoist Tai Chi Society-USA; Brendan Fallon, an original student of Master Moy-Lin Shin; School librarian, Orchard Park Schools

Grief and Loss
Monday, November 26th at 1:30pm
Instructor: Melanie Washington, Behavioral Health Clinical Coordinator, BC/BS of Western NY.

Owls: Habits and Habitats
Thursday, November 29th at 1:30pm
Instructor: Tom Kerr, Buffalo Audubon naturalist

Registration required for University Express classes, please contact the center at 662-6452.

Senior Center Art Display:
Stop in the dining room to view amazing artwork depicting figures on display created by the Center’s artist's.
Community Activity Council of Orchard Park

Spaghetti Dinner
Thursday, October 18, 2018
4pm - 7pm

American Legion Post
3740 N. Buffalo Rd., Orchard Park

Tickets: $10.00
Tickets can be purchased at the Orchard Park Senior Center.

For additional information please contact MaryAnn Notto at 825-6460.

All proceeds to benefit the Orchard Park Community Activity Center

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