



# Orchard Park Senior Center

4520 California Road  
Orchard Park, NY 14127



**DECEMBER 2020**

## **PHONE**

716-662-6452

## **EMAIL**

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

## **CENTER HOURS**

8:30 a.m. – 4:00 p.m.

**Deputy Town  
Supervisor  
Joseph Liberti**

**Senior Council  
Member  
Eugene Majchrzak**

**Council Member  
Conor Flynn**

**Director  
Debbie Santiago**

**Program Coordinator  
Maria Galley**

**Kitchen Manager  
Kevin Kornowicz**



## ***Reminder ....***

Due to the COVID-19 pandemic the Orchard Park Senior Center may change and / or cancel recreational activities to ensure we are following ForwardNY guidelines.

*Notes from Debbie . . .*

I was recently scrolling through Facebook and came across a post that said it summed up 2020: "This is not the year to get everything you want. This is the year to appreciate everything you have". I would have to agree. It is unfortunate that at times when a choice is removed is when we look back and appreciate what we had and what we currently have. Earlier this year and currently we are unable to gather, socialize, offer educational and recreational classes and activities at the senior center. This brought to light to be thankful of what we have and more importantly who we have in our lives.

*Merry Christmas and Happy Holidays to all our friends at the Orchard Park Senior Center and a very Happy and Healthy New Year!*  
- Maria, Debbie & Kevin

**COVID-19 Travel Advisory Revised**

Governor Andrew M. Cuomo announced new guidelines allowing out-of-state travelers to New York to "test out" of the mandatory 14-day quarantine. Travelers from states that are contiguous with New York will continue to be exempt from the travel advisory; however, covered travelers must continue to fill out the Traveler Health Form. Essential workers will continue to be exempt as well. The new protocol is effective today.

For any traveler to New York State from out of state, exempting the contiguous states, the new guidelines for travelers to test-out of the mandatory 14-day quarantine are below:

- For travelers who were in another state for more than 24 hours:
  - o Travelers entering New York State after being in another state for 24 hours or longer must take a COVID-19 diagnostic test within three (3) days prior to departure from that state.
  - o The traveler may then enter New York State (even, it appears, if he or she has not yet received the results from the first test) and must quarantine for three days.
  - o On the fourth day in New York State, the traveler must take a second COVID-19 diagnostic test.
  - o The traveler must then continue to quarantine until both test results come back negative; once that occurs, the traveler is no longer required to quarantine.
- For travelers who were in another state for less than 24 hours:
  - o The traveler does not need a test prior to their departure from the other state and does not need to quarantine upon arrival in New York State.
  - o However, the traveler must fill out the traveler information form upon entry into New York State, and take a COVID diagnostic test 4 days after their arrival in New York.

Local health departments will validate tests and if a test comes back positive, will issue isolation orders and initiate contact tracing. The local health department must make contact with the state the traveler came from, to ensure contact tracing proceeds there as well. All travelers must continue to fill out the traveler information form upon arrival into New York State.

**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
Going Places Van . . . . .	858-7433

**SENIOR CENTER MONTHLY NEWSLETTER**

The monthly newsletter provides news of upcoming programs and events and other important information about the Orchard Park Senior Center.

- The newsletter is available online on the town website <https://www.orchardparkny.org/departments/senior-center/>.

**When entering the building please remember to bring your My Senior Center Membership Tag to show staff when registering.**

**We're on FACEBOOK !!**

Facebook is an amazing way for us to stay connected, see our friends, and to share senior center opportunities and events!  
**LIKE & SHARE and stay connected!**



## University Express Fall 2020 HYBRID Class Information

**As of Monday, 11/16, Erie County Senior Services paused any in-person showings of University Express classes until further notice.**

**University Express will now be totally virtual.**

Contact Erie County for directions to view the presentations at 858-8526.

**Tuesday, December 1st at 10:00 am  
What's Going on with That Project?**

**Recent Buffalo Construction Updates**

Instructor: Angela M. Keppel, AICP, project planner,  
Buffalo Place

**Tuesday, December 1st at 2:00 pm  
The Human Experience of Trauma**

: Thane Schulz, LMSW, ACHP-SW, CMC, palliative  
care social worker, Erie County Medical Center

**Tuesday, December 8th at 10:00 am  
Awesome Omegas**

Instructor: Jenny LeGrand, registered dietitian  
nutritionist, Wegmans nutritionist



## BOOK GROUP

Theresa Wiater, retired teacher, Clarence Center Elementary School and excellent instructor for University Express generously offered to be our new book group facilitator to lead the discussion.

Register with the office if you plan on attending.

### No Book Group In December

#### January Book Group

**Monday, January 25th at 10:30 am**

**My Sister's Keeper by Jodi Picoult**

It tells the story of thirteen-year-old Anna Fitzgerald, who sues her parents for medical emancipation when she discovers she is supposed to donate a kidney to her elder sister Kate, who is gradually dying from acute leukemia.

## RESCHEDULED.....

**The documentary film and discussions from November 16th and 23rd were rescheduled to the dates below. If you were previously signed up - you remain on our list to attend. If you like to register, please contact the senior center.**

### Documentary Film & Discussion

Join us as we watch a documentary and Theresa Wiater will lead a discussion of the film. Episodes vary in length and leave time for discussion.

Space will be limited to 10 participants.

#### Whose Vote Counts

**Rescheduled to December 7th at 12:45 pm**

gerrymandering. The Electoral College. In America, some votes count more than others, and the balance of power is unequal. How can the system be fixed?

#### Jackie: A Tale of Two Sisters Documentary

**Rescheduled to Monday, December 14th at 12:45 pm**

Rachael Stirling narrates this multifaceted portrait of former First Lady Jacqueline Kennedy Onassis and her younger sister, Lee Radzwill.

**PRE-REGISTER FOR ONE OR FOR ALL!**



**THANK YOU TO COREY PEPERO,  
OWNER OF 716 FRESH WHO PUT  
TOGETHER A DELICIOUS  
THANKSGIVING TURKEY  
DINNER.**

**STAY TUNED FOR ADDITIONAL  
DINNERS WHICH MAY BE  
OFFERED IN DECEMBER.**



JOIN US AS WE CELEBRATE THE HOLIDAYS  
AT THE SENIOR CENTER



**HOLIDAY FOOD DRIVE / COLLECTION**  
**Tuesday, December 1st - Tuesday, December 15th**

Food drives are a great way to help families in need have a memorable holiday meal. We will have collection bins for non-perishable food items at the center. All collected donations will be donated to local churches in Orchard Park with food pantries.

**Decorate the Center and Tree Trimming                      Wednesday, December 2nd at 1:00 pm**

Join us to kick off the holiday season! Do you enjoy trimming the tree, listening to Christmas songs? Together we will decorate the tree, the dining room and share in the holiday cheer.

**Christmas Wreath Craft                      Friday, December 4th at 12:30 pm**

Help us make our new center feel like home for the holidays. Calling all crafters and non-crafters to make wreaths to hang on the doors of the senior center.

**Twelve Days of Christmas                      Tuesday, December 8th - Wed., December 23rd**

In the spirit of the holiday season and giving, each day one lucky participant who attends the senior center will receive a gift.

**Holiday Jukebox Bingo                      Tuesday, December 8th at 1:00 pm**

Jukebox bingo combines bingo and name that holiday tune. Instead of a number in a box there is a song title. After hearing a short clip of a song you fill your board with the corresponding title. You will enjoy the Christmas tunes while filling in your bingo board. Boards are \$1.00 each. Everyone is Welcome! Space is limited.

**Christmas Songs at the Center                      Wednesday, December 16th at 10:45 am**

Join Richard Jones as he entertains us by playing our favorite Christmas songs on the piano.

**Hot Chocolate with Friends & Ugly Sweater Contest                      Monday, December 21st at 11:00 am**

Ugly sweaters and good cheer. It's that wonderful time of year. Prizes awarded for the "Ugliest Christmas Sweater". However, you're welcome in your warmest sweater or favorite holiday sweater too! The winner of the "ugly sweater contest" will be announced after lunch at 12:30 pm.

*Space is limited at each event and you must wear a mask when participating.  
Contact the office to pre-register.*

## FITNESS ROOM INFORMATION

**The Orchard Park Community Activity Center is designed to give members a clean, safe, and enjoyable place to exercise for general fitness purposes.**

All participants must have signed a fitness room waiver on file, read a copy of the rules and regulations, and complete a fitness room orientation session **before** using the fitness room. Fitness room orientations are scheduled on Tuesdays and Thursdays at 3:30 pm. Please contact the center to register for an orientation.

- ◇ In order to access the fitness room, participants must make a reservation, 45 minutes time slots will be available during open hours (four participants will be permitted in the fitness room at a time).
- ◇ Reservations can be made over the phone or in person.
- ◇ All participants are required to enter through the front doors (by flagpole), check in at front desk to comply with NYS guidelines prior to going to fitness room.
- ◇ Fitness room participants are permitted to make reservations for one time slot per day, or 5 reservations per week. Participants who are unable to attend their reservation should contact the Senior Center in a timely manner.
- ◇ Face masks/coverings are required to be worn in common areas of the Community Activity Center and in the fitness room.
- ◇ Participants are required to use the cleaning wipes provided to disinfect all used equipment before using the equipment and at the completion of their workout.
- ◇ Free weights will not be available for use.

Only water bottles or other sports drinks contained in non-breakable spill-proof containers are allowed in the fitness room. Consider bringing a full personal use water bottle(s). Water bottle filling station available - water fountains are closed.

### FITNESS ROOM SCHEDULE: MONDAY - FRIDAY

*limit of 4 members per time slot*

9:00 - 9:45 am	10:15 - 11:00 am	11:30 - 12:15 pm
12:45 - 1:30 pm	2:00 - 2:45 pm	

## Senior PICKLEBALL !!

**Open Pickleball Play - 4 courts daily Monday - Friday 12:30 pm - 2:30 pm**

Cost is a \$4.00 drop in fee. Members must register for open play with the office by phone or in person.

**Please note: No Pickleball play Monday, December 28th—Friday, January 1st**

All participants must make a reservation over the phone or in person with the senior center for open pickleball play prior to the day you are registering for.

- ◇ Singles can play with no mask. Doubles must wear a mask when playing pickleball.
- ◇ All participants are required to enter through the front doors (by flagpole). Please do not arrive more than 15 minutes before your scheduled open play time.
- ◇ Check in at front desk to comply with NYS guidelines prior to going to gymnasium.
- ◇ Wash your hands with soap and water and bring personal use hand sanitizer to the courts.
- ◇ If using senior center paddles please wipe down paddles before returning to office. Do not share paddles or any other equipment.
- ◇ Bring a full personal use water bottle(s). Water bottle filling station available - water fountains are closed.
- ◇ Consider wearing gloves during play to avoid picking up pickleballs with your hands.



**Learn to Play Pickleball & Beginner Pickleball**  
**Mondays at 2:00 pm - 4:00 pm - December 7th and December 14th**  
**Fridays at 2:00 - 4:00 pm - December 11th and December 18th**

Paddles and balls available. Cost is a \$4.00 for each learn to play and beginner session. Space is limited. Register with the office to attend.



## ERIE COUNTY STAY FIT DINING

As of November 16th Erie County  
paused the Stay Fit Dining  
Program until further notice.

However, **Frozen Meals** will be  
available for curbside pick-up  
once a week.

You have a choice of 3 or 5 frozen  
meals per week.

The suggested contribution is  
\$3 per meal but no one will be  
turned away for lack of ability  
to pay.

If you are interested please  
contact the senior center to  
register for frozen meal program.

Those who participate in the  
program must pick up their meals  
at the senior center on Mondays  
between 9 am - 9:30 am.



### 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 or chips**

**Wed 12/2** Walk the Line (PG-13) A chronicle of country  
music legend Johnny Cash's life, from his early days on an  
Arkansas cotton farm to his rise to fame with Sun Records  
in Memphis, where he recorded alongside Elvis  
Presley, Jerry Lee Lewis, and Carl Perkins.

**Wed 12/9** Double Jeopardy (R) A woman framed for her  
husband's murder suspects he is still alive; as she has  
already been tried for the crime, she can't be re-prosecuted  
if she finds and kills him.

**Wed 12/16** Holiday DVD — To be determined

**Wed 12/23** Holiday DVD — To be determined

**Wed 12/30** August Rush (PG) An orphaed musical  
prodigy uses his gift to try to find his birth parents.

### CARDS & GAMES



**All members must register  
to attend all activities.**

Bridge Mondays at 12:30 pm - 2:30 pm  
*\*Must register ahead for a seat at a table\**

Scrabble Mondays at 1:00 - 3:00 pm

Hand & Foot Wednesdays at 9:30 am - 1:30 am

Dominoes Thursdays at 9:45 am - 11:45 am

Euchre Fridays at 9:45 am - 11:45 am

Mah Jong Fridays at 12:45 pm - 2:45 pm



Pinochle Fridays at 1:00 pm - 3:00 pm

**Masks are required to be worn during the whole  
game and hand sanitizer is readily available.**



**Shuffleboard**  
2 Courts Available for Play  
**Mondays & Wednesdays**  
9:00 - 10:30 am

*Register ahead to participate.  
Masks are required to be worn during the whole  
game and hand sanitizer is readily available.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: right;"><b>01</b></p> 8:45 Men's Fitness\$2 9:00 Pool Shooting 9:30 Ladies Exercise 10:30 Int Line Dance \$3 12:00 Tap Dance \$4 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Bingo \$1/card	<p style="text-align: right;"><b>02</b></p> 8:45 Men's Fitness\$2 9:00 Pool Shooting 9:00 Shuffleboard 9:30 Hand & Foot 10:00 Beg Line Dance \$2.50 11:30 Yoga \$4 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Movie 50¢	<p style="text-align: right;"><b>03</b></p> 8:45 Men'sFitness \$2 9:00 Pool Shooting 9:30 Ladies Exercise 9:45 Dominoes 10:00 Inter. Tap \$4 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Knitter/Crochet 1:00 Movie 50¢	<p style="text-align: right;"><b>04</b></p> 9:00 Pool Shooting 9:30 Ladies Exercise 9:45 Euchre 10:00Cardio&Tone\$4 10:30 Art w/Friends 11:30 Open Walking 12:30 Pool Shooting 12:30 Pickleball \$4 12.45 Mah Jong 1:00 Pinochle
	<p style="text-align: right;"><b>07</b></p> 9:00 Pool Shooting 9:00 Med. & Yoga \$4 9:00 Shuffleboard 10:30 Wii Bowling 12:30 Bridge 12:30 Pool Shooting 12:30 Pickleball \$4 12:45 Arthritis Tai Chi 1:00 Scrabble 1:00 Mind Aerobics <b>9-9:30 Froz. Meal p/u</b>	<p style="text-align: right;"><b>08</b></p> 8:45 Men's Fitness\$2 9:00 Pool Shooting 9:30 Ladies Exercise 10:30 Int Line Dance \$3 11:15 Learn Tap Steps \$3 12:00 Tap Dance \$4 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Bingo \$1/card	<p style="text-align: right;"><b>09</b></p> 8:45 Men's Fitness\$2 9:00 Pool Shooting 9:00 Shuffleboard 9:30 Hand & Foot 10:00 Beg Line Dance \$2.50 11:30 Yoga \$4 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Movie 50¢	<p style="text-align: right;"><b>10</b></p> 8:45 Men'sFitness \$2 9:00 Pool Shooting 9:30 Ladies Exercise 9:45 Dominoes 10:00 Inter. Tap \$4 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Knitter/Crochet 1:00 Movie 50¢
<p style="text-align: right;"><b>14</b></p> 9:00 Pool Shooting 9:00 Med. & Yoga \$4 9:00 Shuffleboard 10:30 Wii Bowling 12:30 Bridge 12:30 Pool Shooting 12:30 Pickleball \$4 12:45 Arthritis Tai Chi 1:00 Scrabble 1:00 Mind Aerobics <b>9-9:30 Froz. Meal p/u</b>	<p style="text-align: right;"><b>15</b></p> 8:45 Men's Fitness\$2 9:00 Pool Shooting 9:30 Ladies Exercise 10:30 Int Line Dance \$3 10:30 Club 99 Exer. 11:15 Learn Tap Steps \$3 12:00 Tap Dance \$4 12:00 Stay Fit Dining 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Bingo \$1/card	<p style="text-align: right;"><b>16</b></p> 8:45 Men's Fitness\$2 9:00 Pool Shooting 9:00 Shuffleboard 9:30 Hand & Foot 10:00 Beg Line Dance \$2.50 11:30 Yoga \$4 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Movie 50¢	<p style="text-align: right;"><b>17</b></p> 8:45 Men'sFitness \$2 9:00 Pool Shooting 9:30 Ladies Exercise 9:45 Dominoes 10:00 Inter. Tap \$4 12:30 Pool Shooting 12:30 Pickleball \$4 1:00 Knitter/Crochet 1:00 Movie 50¢	<p style="text-align: right;"><b>18</b></p> 9:00 Pool Shooting 9:30 Ladies Exercise 9:45 Euchre 10:30 Art w/Friends 11:30 Open Walking 12:30 Pool Shooting 12:30 Pickleball \$4 12.45 Mah Jong 1:00 Pinochle
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<p style="text-align: right;"><b>28</b></p> 9:00 Pool Shooting 9:00 Med. & Yoga \$4 9:00 Shuffleboard 10:30 Wii Bowling 12:30 Bridge 12:30 Pool Shooting 12:45 Arthritis Tai Chi 1:00 Scrabble 1:00 Mind Aerobics <b>9-9:30 Froz. Meal p/u</b>	<p style="text-align: right;"><b>29</b></p> 8:45 Men's Fitness\$2 9:00 Pool Shooting 9:30 Ladies Exercise 10:30 Int Line Dance \$3 11:15 Learn Tap Steps \$3 12:00 Tap Dance \$4 12:30 Pool Shooting 1:00 Bingo \$1/card	<p style="text-align: right;"><b>30</b></p> 8:45 Men's Fitness\$2 9:00 Pool Shooting 9:00 Shuffleboard 9:30 Hand & Foot 10:00 Beg Line Dance \$2.50 11:30 Yoga \$4 12:30 Pool Shooting 1:00 Movie 50¢	<p style="text-align: right;"><b>31</b></p> 8:45 Men'sFitness \$2 9:00 Pool Shooting 9:30 Ladies Exercise 9:45 Dominoes 10:00 Inter. Tap \$4 12:30 Pool Shooting 1:00 Knitter/Crochet 1:00 Movie 50¢	

**CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER**  
**Reminder: Registration is required for ALL classes, activities & events**

**Men's Fitness *\*new start time\****

**Tuesday, Wednesday & Thursdays 8:45 am**

Regular exercising with others motivates you to work toward a healthy lifestyle. Take the first step in living a healthy life by showing up for the Men's Fitness program. Cost is \$2.00 pay as you go.

**Cardio and Tone Fridays at 10:00 am**

This full body workout uses movement and steps to condition and tone your body. Workout to current hit music and your favorites from the past. This is a great class for all fitness levels. Cost is \$4.00 pay as you go.  
*No Class November 20th. Class returns Dec. 4th.*

**Yoga Wednesdays at 11:30 am**

Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching; your body and mind will thank you for it.  
 Cost is \$4.00 per class.

**Beg. Line Dance Wednesdays at 10:00 am**

Those who have always wanted to learn how to line dance but, have not had the time, place or the opportunity to do so, may join. Line dancing is great exercise and a wonderful way to meet new friends.  
 Cost is \$2.50 per class.

**Inter. Line Dance Tuesdays at 10:30 am**

Those who have always wanted to learn how to line dance but, have not had the time, place or the opportunity to do so, may join. Line dancing is great exercise and a wonderful way to meet new friends.  
 Cost is \$3.00 per class.

**Beginner Tap Step Class**

**Tuesdays at 11:15 am—11:45 am**

Want to *learn* how to make music with your feet? In this class you will go back to the basics and learn basic tap steps. Cost is \$3.00 per class.

**Beginner Tap Dance Tuesdays at Noon**

Classes are designed for those who have always wanted to learn to tap dance, or who have previously tap danced and want to tap again.  
 Cost is \$4.00 per class.

**Inter. Tap Dance Thursdays at 10:00 am *\*New time\****

Classes are designed for those who have previously tap danced and want to tap again.  
 Cost is \$4.00 per class.

**Meditation & Gentle/ Restorative Yoga**

**Mondays at 9:00 am**

This class will combine the calming benefits of meditation with gentle stretching and yoga postures. Instructor Irene Kulbacki-CYT will guide you through a seated meditation followed by yoga postures that will help to improve your flexibility, strength, and balance. Cost is \$4.00 per class

**Ladies Exercise Tuesday, Thursday & Friday 9:30 am**

This class uses stretching, aerobic and floor exercised tailored specifically for the needs of those 60+. Exercising with friends encourages you to lead a healthy and more energetic life.

**Tai Chi for Arthritis With Instructor (Donna)  
 Mondays at 12:45 pm**

Arthritis Tai Chi is now widely practiced for its healing benefits for the entire body, which includes increased strength, balance and posture, reduce stress, increased relaxation and improve mind, body and spirit. Class is free and will be using an instructional video. *Free Class.*

**Wii Bowling Mondays at 10:30 am**

Wii bowling attracts the feeling and effects of being in a real bowling alley, right in the senior center. It simulates real-life bowling by using simple motion controls - bowling the ball is as easy as flicking your wrist.

**Mind Aerobics Mondays 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!!

**Club 99 Tuesdays & Thursdays at 10:30 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. Everyone is welcome!

**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!

**Shuffleboard Mondays & Wednesdays 9- 10:30 am**

Shuffleboard is a fun game with the objective to use the shuffleboard cue to propel the pucks into the scoring zone in order to win points.

**Open Walking Mondays & Fridays  
 11:30 am - 12:30 pm**

With the weather changing the senior center offers a safe space to get out and stretch your legs. Face masks must be worn when walking.

***Reminder ....***

Due to the COVID-19 pandemic the Orchard Park Senior Center may change and / or cancel recreational activities to ensure we are following ForwardNY guidelines.





## TIME TO RENEW YOUR MEMBERSHIP!!!

All 2020 Orchard Park Senior Center memberships will expire on December 31st. Your membership entitles you to participate in the many classes, programs, activities, and events offered at the Orchard Park Senior Center. Your membership also includes the use of the fitness room too.

Renew your membership before December 31st! Memberships may be renewed in the Center office.

### Do you know someone who might enjoy being a member of the Senior Center?

Monthly newsletters are available in the office to hand out for information. Becoming a member is easy ... all you have to do is complete a form. Resident's membership fee is waived (proof of residency required) and non-residents pay \$30.00 per calendar year. Your membership fee can be waived if you have either Silver Sneakers or Silver and Fit. To have your membership fee waived using your Silver Sneakers or Silver & Fit benefit, please bring your fitness id # (you receive this id # from your health insurance carrier) with you when you complete your membership application.

### Medicare Advantage Plans

A sales representative will be at the Center to meet one on one and answer any questions you may have. You must register for an appointment to meet with the insurance representative and wear a face covering during the meeting.

#### Univera Healthcare

Tuesday, 12/1 @ 10:00 - 12:30 pm  
Contact Univera Rep. Michele at 572-8315 to schedule an appointment.

#### Blue Cross / Blue Shield

Please contact the insurance company directly as they are not scheduled at the senior center in December.

#### United Healthcare

Wednesday, December 2nd 10:00 - Noon  
Contact the senior center for an appointment.

#### Independent Health

Please contact the insurance company directly as they are not scheduled at the senior center in December.

#### Aetna

Thursday 12/3 @ 12:30 - 2:30 pm  
Contact Aetna Rep. Anthony Argentiore at 585-362-1242 to schedule an appointment



## AARP Tax Aide

**AARP TAX  
(free preparation and assistance)  
HAS NOT CONFIRMED THE  
UPCOMING  
TAX SEASON.**

**Please check the January newsletter for additional information on when and if the program will resume.**

**Do not call the center for additional information as we will not have information on the program until after January 2nd.**



### REFRESHER BRIDGE CLASS Monday, December 7th 12:30 - 2:30 pm

We are offering a single one hour refresher course for those Bridge players who:

- ◆ are returning to Bridge after an absence
- or
- ◆ who are currently playing Bridge elsewhere and would like to know how the game is played at the OP Senior Center.

Some of the topics that will be covered are: Duplicate Bridge, Chicago bridge, current scoring method (ACBL), use of bidding boxes, popular conventions.

NOTE: This is not a class to teach beginners how to play bridge, or to teach experienced players how to improve their game.

*Space is limited to 8 participants.*





## **Orchard Park Senior Center Closing Information**

If you want to know if Center activities will be cancelled during bad weather, listen for “weather closing” announcements on WGRZ-TV, WKBW-TV, WIVB-TV and WBEN radio.

You may also call the Center at 662-6452 or the Supervisor’s office at 662-6400 to learn if the Center is closed. Also, please check our Facebook page.

**We DO NOT follow the Orchard Park School calendar or their closings.**



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before December 31st!**

**Memberships may be renewed  
in the Center office.**

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## **Orchard Park Senior Center**

4520 California Road

Orchard Park, NY 14127

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