**PHONE**
716-662-6452

**EMAIL**
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

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**INDOOR / OUTDOOR**
Senior Center Picnic
**Wednesday, September 15th**
10:00 am - 2:00 pm

Bring your dancing shoes and enjoy an afternoon of food and fun. In addition to entertainment and lunch we will have outdoor games available (cornhole, ladder toss and putt to the hole). Bring your own lawn chair to sit outside. Lunch provided by Texas Roadhouse (grilled chicken breast, salt potatoes, corn, roll, and dessert).

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>10:00 – 2:00</td>
<td>Picnic &amp; Outdoor Games</td>
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<tr>
<td>10:00am - Noon</td>
<td>Hastings Duo</td>
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<tr>
<td>12:00pm</td>
<td>Lunch will be served</td>
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<tr>
<td>1:00 pm</td>
<td>Bingo</td>
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</tbody>
</table>

**Cost for this event is $12.00.**
Register in office, payment is due when registering.

Blue Cross/Blue Shield of WNY and Independent Health are generous sponsors toward this event.
Notes from Debbie...

Next time you come to the center check out the new outside chess/checker set. Owen Casto from Orchard Park Boy Scout troop #285 completed the chess set as his Eagle Scout project. With the help of 11 other scouts the outdoor chess/checker board has been built by the main entrance of the Community Activity Center.

Thank you Owen and the scouts who assisted you for this amazing addition to our center!

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
- Supervisor’s Office: 662-6400
- Meals on Wheels: 822-2002

TRANSPORTATION

- Rural Transit: 662-8378
- Going Places Van: 858-7433

REMINDER ...

Please remember to bring your My Senior Center Membership Tag when you come to the center. The key tag is required when you sign in for classes/events. Replacement tags are $1.00 each.

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!

Are you interested in volunteering? We offer a variety of volunteer opportunities.

Stop by the bulletin board outside Maria’s office to see what volunteer opportunities we have and sign up.

New volunteer opportunities are posted on the board throughout the month.
### Orchard Park Senior Center

#### Afternoon with Tom Bender
**Thursday, September 2nd  
1:00 - 2:30 pm**

Join us today for an afternoon of entertainment by Tom Bender, dessert, dancing and socializing. Cost for this event is $3.00. Register in office, payment is due when registering.

#### Seniors for Safe Driving
**Mature Driver Improvement Class by the OP Police**
- **Friday, September 3rd at 12:45 pm**
- **Tuesday, September 14th at 5:00 pm**
- **Friday, September 24th at 12:45 pm**

Officers of the Orchard Park Police Department will be presenting safe driving tips for Senior drivers. Topics include vehicle and traffic laws, night time and inclement weather driving, vehicle accident information, effects of medication and more. Officers will also be able to answer questions from those in attendance.

**This is not a course for insurance reduction. This is an informational class to assist with the safety of community members**

#### Labor Day  
**Monday, September 6th  
- Center Closed**

#### Tinnitus
**Wednesday, September 8th at 10:00 am**

Tinnitus is when you experience ringing or other noises in one or both of your ears. The presentation reviews the basics about tinnitus, causes and management options.


Register at the front desk.

#### Identity & Medical Theft
**Friday, September 10th at 1:00pm**

Karen Davis, Senior Consumer Fraud Rep, Bureau of Consumer Fraud & Protection NYS Attorney General’s office will discuss why older Americans are the new target victims of identity theft and that trends show more elder Americans are targeted for their medical identities. Karen will also discuss scams and frauds directed towards senior populations, what you can do to stop these threats, and how to protect yourself. Register at the front desk.

#### Crocheting Snowflakes Craft
**Fridays at 10:30 am**

September 17th & 24th and October 1st & 8th

Patterns and directions will be supplied however, members will need to purchase their own supplies and bring to class (supply list in office). These snowflakes will be starched and a string attached so that they may be hung on Christmas trees. Please note: This class is not for beginners, prior knowledge of crocheting is needed.

Register at the front desk and receive a supply list.

#### September Birthday Bag
**Monday, September 20th between 12:30-1:00 pm**

Univera Healthcare is sponsoring a birthday bag to help you celebrate your birthday. Register with the office to receive a birthday bag as supplies are limited.

**THANK YOU** Univera for sponsoring this event.

#### Three Identical Strangers
**Wednesday, September 22nd at 10:30am**

Based on the movie of the same name, learn the incredible story of adopted siblings who found each other after being separated for almost 20 years. Why were they separated? What impact did the separation have on each child? Where are they now, after 40 years?

Presenter: Theresa Wiater. Register at the front desk.

#### Native Landscaping & Invasive Species
**Monday, September 27th at 1:00 pm**

A representative from Reinstein Woods Environmental Conservation will discuss the benefits of landscaping with native plants and how to discourage the spread of harmful invasive species. Register at the front desk.

#### Afternoon Dance with Hasting Duo
**Tuesday, September 28th  
2:00 - 4:00 pm**

Join us today for an afternoon of entertainment, dancing, and socializing with the Hastings Duo.

Pizza and beverages will be available for purchase at the concession stand. Cost for this event is $4.00.

Register and pay in the office.

#### Our Changing Forests
**Wednesday, September 29th at 10:30am**

A look into the past, present and future of our state’s forests with Environmental Educator, Matthew Nusstein of New York State Parks, Recreation and Historic Preservation. Register at the front desk.

#### Learn to Play Mah Jong
**Wednesday, September 29th at 12:30 pm**

Want to learn how to play the popular Chinese tile game, Mah Jong? Join experienced players as they teach you the intricate rules of the game. Limited to 8.

Must pre-register at the front desk - no walk-ins.

#### Take Control of Your Heart Health!
**Thursday, September 30th at 1:00pm**

Aortic stenosis is a progressive disease, which means it will get worse over time, and this can be life-threatening. The symptoms of aortic valve disease are commonly misunderstood by patients as normal signs of aging. Patients with severe aortic stenosis may find it hard to participate in regular activities like walking to get the mail or climbing up the stairs. When this happens, your risk for heart failure increases significantly. Take control of your health and your future by exploring your treatment options and when it is time to replace your heart valve. Kimberly Schmittendorf, NP from Mercy Hospital’s Structural Heart Team will be providing information to help you and your loved ones learn more about the heart, how the heart valves function, how heart valve disease is diagnosed and the wide variety of treatment options available.

Register at the front desk.
**UPCOMING EVENTS IN OCTOBER …..**

Harvest Fest Dinner  
**Thursday, October 7th at 5:00 pm**  
Come enjoy an evening of food and fun. The German American Musicians will be entertaining us after a delicious dinner. The German American Musicians are also known as “Buffalo’s BIG German Band”. They play a variety of traditional music and German music. Dinner includes bratwurst, sauerkraut, german potato salad, carrots and dessert. Cost for this event is $13.00. Register in office, payment is due when registering.  
*Thank You to Elderwood of West Seneca as our generous sponsor for this event!*

Medicare 101  
**Thursday, October 7th at 1:00 pm**  
Join BC/BS representative John Weatherby for information on Medicare.

Fifteen Ways to Avoid Probate  
**Friday, October 8th at 10:00 am**  
Learn estate and asset protection planning techniques, the risks and benefits of avoiding probate, the best forms of real estate ownership, the most common estate planning mistakes, recent changes in estate and gift tax laws, the duties of trustees and executors, myths about living trusts, when to update your will, and how to prevent will contests. Presenter: Robert Friedman of Friedman & Ranzenhofer, PC Attorneys. Register at the front desk.

Wegmans Flu Shot Clinic  
**Thursday, October 14th at 10:00am-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, Blue Cross and Blue Shield)*. Please bring your insurance card with you. Register at the front desk for an appointment.

Internet Safety - Staying Safe Online  
**Wednesday, October 13th at 1:00 pm**  
**Wednesday, October 20th at 10:00 am**  
Whether you are using Facebook, online banking or making travel arrangements, this presentation will share tips and suggestions on how to safely maneuver around the internet. Presenter, Paul Pepero, OP IT Dept. Manager. Register at the front desk.

Computer Literacy  
**Thursday, October 14th at 12:45pm**  
In this class you will learn the terms used, such as browser, search engine, apps, operating systems, Android, tablet, etc and Cathy Hetzler will answer basic questions. Handouts will be available. This class is not for specific questions on how to use your device and is not for experienced users. Register at the front desk.

America Says  
**Thursday, October 21st at 12:45 pm**  
Challenge your brain as we simulate the popular gameshow “America Says”. Two teams race against a clock to guess how Americans filled in the blanks on a series of survey questions covering every topic under the sun. Join us for another fun filled hour to challenge your brain. Register at the front desk.

14 Ways to Preserve Your Assets with the Medicaid Laws  
**Friday, October 22nd at 10:00 am**  
Learn how to preserve your assets of nursing home care is necessary and plan for incapacity with powers of attorney, health care proxies, living wills, wills, trusts, transferring your home to family members, long term care insurance, prepaid funeral accounts, IRAs, pensions, properly documented gifts, spousal allowances and transfers, caregiver agreements, and promissory notes. Presenter: Robert Friedman of Friedman & Ranzenhofer, PC Attorneys. Register at the front desk.

FREE Falls Prevention Seminar  
**Tuesday, October 26th at 10:45am**  
Register at the front desk to attend this seminar which includes several presentations such as:  
- **Home Safety**  Beth Moses, ECMC Trauma Nurse  
- **Vestibular System**  David May, Catholic Health Physical Therapist  
- **Exercise**  Richard Derwald, Fitness Coordinator  
- **Medication & Falls**  Anthony Pietrzak, Neighborhood Health Pharmacist  
- **Matter of Balance**  Claire Solak, Erie County Senior Services  
- **Falls Prevention Tip of the Day – Doreen Russon, BC/BS**

Health Insurance Fair  
**Wednesday, October 27th at 1:30pm – 3:00pm**  
Explore various health insurance options at today’s fair. Representatives will have plan information and applications for 2022. No need to register to attend – please stop by between 1:30 and 3:00 pm to pick up plan booklets and speak to representatives if you choose.  
* BlueCross/BlueShield  * Independent Health  
* United Healthcare  * Aetna  
* Univera  
* EPIC (Elderly Pharmaceutical Insurance Coverage).  
* HIICAP (Health Insurance Information, Counseling and Assistance)

Halloween Luncheon  
**Friday, October 29th at Noon**  
Put on your costume and join us for a “bewitching” time at our Halloween Party. A costume contest will be held and prizes awarded. After lunch stay an afternoon away to music by the Hastings Duo. Sign up for the Halloween luncheon with Kevin, Kitchen Manager.
Documentary Film & Discussion: Conspiracies  Mondays at 12:45 pm
Skeptics and others discuss widely held conspiracy theories involving government cover-ups, secret assassination and other intrigues. Join Theresa Wiater who will lead a discussion after viewing the film. Episodes are approximately 45 minutes in length followed by a discussion.

Sept. 13th The Hollywood Files: Explore the dark side of Hollywood, with theories into the hacking of Sony Pictures, the influence of Scientology and the murder of the Black Dahlia.

Sept. 20th The Royal Family: Explore the claim that members of the British royal family may have helped the Nazis, and look into the untimely death of Prince George, Duke of Kent.

Sept. 27th Inside Bill's (Gates) Brain: Take a trip inside the mind of Bill Gates as the billionaire opens up about those who influenced him and the audacious goals he's still pursuing.
AN AFTERNOON AT THE MOVIES ....

Wednesdays at 1:00 pm

Spend an afternoon at the movies.

Register in the office to attend

Wed 9/1  The God Committee* (NR)
An organ transplant committee has one hour to decide which of three patients deserves a life-saving heart. Seven years later, the committee members struggle with the consequences of that fateful decision.

Wed 9/8  Hachi: A Dogs Tale (G)
When his master dies, his loyal pooch keep vigil for more than a decade at the train station where he once greeted his owner everyday.

Wed 9/15  No Movie Today

Wed 9/22  Queen Bees* (PG-13) After reluctantly agreeing to move in to a senior's home, a woman encounters a clique of mean-spirited women and an amorous widower.

Wed 9/29 Jungle Cruise (PG-13) Based on Disneyland's theme park ride where a small riverboat takes a group of travelers through a jungle filled with dangerous animals and reptiles but with a supernatural element.

Stay Fit Dining Program in Senior Center

Lunch is served at noon Monday through Friday. The suggested contribution is $3.00.

You must register for lunch by calling Kevin at 662-6452 (option #3), or email kornowicz@orchardparkny.org by Tuesday 10:00 am for the upcoming week.

Wed 9/1  Roast Turkey w/Stuffing & Gravy, Mashed Potatoes, Peas, Molded Cranberry Salad, Grapes
Thu 9/2  Br. Chicken Drumsticks, Corn-on-Cob, Calif. Blend Vegetables, Macaroni Salad, Orange Creamsicle
Fri 9/3  Roast Pork, Mashed Potatoes, Carrots, Wheat Bread, Frosted Spice Cake

Mon 9/6  Senior Center Closed - Labor Day

Tue 9/7  Ham Steak, Scalloped Potatoes, Brussels Sprouts, Rye Bread, Lorna Doones
Wed 9/8  Baked Salmon w/Pineapple Salsa, Vegetable Rice Pilaf, Broccoli, Cornbread, Ice Cream Sandwich
Thu 9/9  Chicken Parmesan w/Pasta, Wax Beans, Chef Salad, Tropical Fruit, Chocolate Milk
Fri 9/10  Julienne Salad, Wheat Dinner Roll, Fruited Gelatin

Mon 9/13  Italian Sausage w/Peppers, Onions, Bun, Roasted Red Potatoes, Mixed Vegetables, Pineapple Rice Pilaf, Broccoli, Cornbread, Ice Cream Sandwich
Tue 9/14  Vegetable Lasagna w/Cream Sauce, Chef Salad, Cauliflower, Dinner Roll, Frosted Marble Cake

Wed 9/15 NO Congregate Lunch - Senior Center Picnic
Register and pay with Debbie / Maria

Thu 9/16  Meatloaf w/Gravy, Mashed Potatoes, Broccoli, White Bread, Vanilla Mousse
Fri 9/17  Chili con Carne, Carrots, Fruit Punch, Chef Salad, Cornbread, Pear, Chocolate Milk

Mon 9/20  Pork Ribette w/BBQ Sauce, Cheesy Mashed Potatoes, Mixed Greens, Glazed Lemon Cake
Tue 9/21  Beef Stew, Biscuit, Brussels Sprouts, Marinated Beet & Onion Salad, Strawberry Bavarian

Wed 9/22  Roasted Turkey, Stuffing & Gravy, Mashed Potatoes, Peas & Carrots, Molded Cranberry Salad Apple Pie with Whipped Topping
Thu 9/23  Beef Macaroni Casserole, Calif. Mixed Vegetables, Corn, Bread, Chef Salad, Fruit Compote
Fri 9/24  Tuna Macaroni Salad, Salad Greens, Club Crackers, Mandarin Oranges, Chocolate Milk

Mon 9/27  Cheese Ravioli w/Meat Sauce, Peas, Seasoned Squash w/Peppers, Italian Bread, Grapes Chocolate Milk
Tue 9/28  Chicken Caesar Salad, Wheat Dinner Roll Sugar Cookies
Wed 9/29  Roast Beef w/Gravy, Sweet Potatoes, Savory Cabbage, Rye Bread, Frosted Cherry Cake

Thu 9/30  Bratwurst with Baked Beans on a Bun, Roasted Potatoes, Harvard Beets, Mandarin Oranges

Medicare Advantage Plans

Meet one on one with insurance representatives

Univera Healthcare
Monday, September 20th  10:00 am - Noon

Blue Cross / Blue Shield
Wednesday, September 15th  10:00 - 2:00 pm

United Healthcare
Thursday, September 16th  10:00 - Noon

Aetna
Wednesday, September 8th  10:00 - Noon
### SEPTEMBER SCHEDULE OF EVENTS

<table>
<thead>
<tr>
<th>MONDAYS</th>
<th>TUESDAYS</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00  Pool Shooting</td>
<td>8:45 Mens Exercise</td>
<td>8:45 Mens Exercise</td>
<td>8:45 Mens Exercise</td>
<td>8:45 Cardio Drum</td>
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<td>9:00 Medit. &amp; Yoga</td>
<td>9:00 Pool Shooting</td>
<td>9:00 Pool Shooting</td>
<td>9:00 Pool Shooting</td>
<td>9:00 Pool Shooting</td>
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<td>9:00 Ladies Exercise</td>
<td>10:00 Beg Watercolor</td>
<td>9:00 Ladies Exercise</td>
<td>9:30 Dominoes</td>
<td>9:00 Ladies Exercise</td>
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<td>10:00 Age Mastery</td>
<td>10:30 Int Line Dance</td>
<td>9:30 Hand &amp; Foot</td>
<td>10:00 Interm. Tap</td>
<td>9:00 Disco Exercise</td>
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<tr>
<td>10 wk program begins 9/27</td>
<td><em>no class 9/7</em></td>
<td>10:00 Walking Group</td>
<td>10:00 Acrylic Painting</td>
<td>10:00 Disco Exercise</td>
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<td>10:30 55+ Pickleball</td>
<td>NOON LUNCH</td>
<td>11:30 Yoga</td>
<td>10:30 Beginner 55+ Pickleball</td>
<td>10:00 Euchre</td>
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<td>NOON LUNCH</td>
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<td>10:30 55+ Pickleball</td>
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<tr>
<td>12:30 Bridge</td>
<td>12:00 Tap for Fun</td>
<td>12:45 Learn to Ballroom Dance</td>
<td>NOON LUNCH</td>
<td>10:30 Art w/ Friends</td>
</tr>
<tr>
<td><strong>must arrive with a partner</strong> (member of the senior center) or call Jose to ensure a partner <strong>445-6154</strong></td>
<td>1:00 Bingo</td>
<td>12:45 Mah Jong</td>
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<td>10:30 NOON LUNCH</td>
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<tr>
<td>12:45 Arthritis Tai Chi</td>
<td>1:00 Int Watercolor</td>
<td>1:00 Movie</td>
<td>1:00 Adv. Tai Chi</td>
<td>12:45 MahJong</td>
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<tr>
<td>1:00 Mind Aerobics</td>
<td>1:15 Stretch &amp; Strength Barre</td>
<td>1:00 Wed. Bridge</td>
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<td>12:45 Arthritis TaiChi</td>
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<td>1:30 55+ Pickleball</td>
<td>5:15 Disco Zumba</td>
<td>1:00 Corn Hole</td>
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<td>1:00 Pinochle</td>
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<td>6:15 55+ Pickleball</td>
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<td>1:30 55+ Pickleball</td>
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#### SEPTEMBER SPECIAL EVENTS CALENDAR

- **Afternoon with Tom Bender**  Thursday, 9/2 at 1pm
- **Seniors for Safe Driving**  9/3, 9/14, & 9/24
- **Tinnitus**  Wednesday, 9/8 at 10 am
- **Identity & Medical Theft**  Friday, 9/10 at 1 pm
- **Book Group**  Monday, 9/13 at 10:30 am
- **Senior Center Picnic**  Wednesday, 9/15 10 - 2:00 pm
- **Crocheting Snowflakes**  Fridays, 9/17 & 9/24 at 10:30 am
- **September Birthday Bag**  Monday, 9/20 12:30-1:00 pm
- **Three Identical Strangers**  Wednesday, 9/22 at 10:30 am
- **Native Landscaping & Invasive Species**  Mon. 9/27 at 1 pm
- **Afternoon Dance with Hasting Duo**  Tue., Sept. 28th at 2 pm
- **Our Changing Forests**  Wednesday, Sept. 29th at 10:30 am
- **Learn to Play Mah Jong**  Wednesday, 9/29 at 12:30 pm
- **Take Control of your Heart Health**  Thur. 9/30 at 1 pm

#### New Classes in September

- **Stretch & Strength Barre begins** Tues. 9/8 1:15 pm
- **Arthritis Tai Chi begins** Thurs. 9/9 at 1 pm
- **Beg. Tai Chi begins** Wed. 9/29 at 11:15 am
- **Zumba Disco begins** Tuesday, 9/9 at 5:15 pm
- **Learn to Ballroom Dance begins** Wed. 9/8 at 12:45 pm
- **Evening 55+ Pickleball begins** Wed. 9/8 at 6:15 pm
- **Intro. To Strength Training in Fitness Room**  Wed. 9/29 at 12:30 pm & Thurs. 9/30 11:00 am

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**Open Walking**  Monday - Friday  9:00 - 2:30 pm

**Thank you BC/BS WNY and Independent Health for sponsoring this event.**
CLASSES
Pre-registration is required for ALL session classes before the start of the class. Payment due at registration. Class registration is on a first come first serve basis. If you snooze you lose - if a class does not reach the minimum number of students the class will be canceled.

Men's Fitness  Tue., Wed., & Thur. at 8:45am
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 Men's Fitness.
September Session 3 weeks 9/14 - 9/30 Cost $24.00
October Session 4 weeks 10/5 - 10/28 Cost $24.00

Tap Dance for Fun  Tuesdays at Noon
For those who love tap and have tapped previously at any age, even as a child or teen, and have a firm grasp on their tap basics.
September Session 4 weeks 9/7 - 9/28 Cost $16.00
Oct./Nov. Session 9 weeks 10/5 - 11/30 Cost $36.00

Meditation & Gentle Yoga  Mondays at 9:00 am
You will be guided through a seated meditation followed by yoga postures that will help to improve your flexibility, strength, and balance. (chair modifications available).
**no class 9/6 & 10/11**
November Session 5 weeks 11/1 - 11/29 Cost $20.00

Advanced Tai Chi  Thursdays at 1:00 pm
Instructor, Bill Adams will teach Tai Chi a form of fluid movements that builds endurance, increase flexibility and balance. This one hour program is for those with some Tai Chi experience, but new students are welcome.
September Session 4 weeks 9/9 - 9/30 Cost $20.00
Oct./Nov. 6 weeks 10/7 - 11/18 Cost $30.00

Beginner Tai Chi  Wednesdays at 11:15 - 12:15 pm
Join Cynthia Swiech as she teaches you Tai Chi an Ancient Traditional Chinese practice that combines the mind, body and spirit. It is practiced today primarily for its health benefits, stress relief and relaxation. You will learn how to use meditation and deep breathing to move through a series of continuous exercises, called “forms” which resemble slow moving dance movements.
5 week session 9/29 - 10/27 Cost $20.00

Intro. To Strength Training with Cindy  Small group (6)
Wednesdays at 12:30 - 1:30 pm
8 week Session 9/29 - 11/17 Cost $64.00

Thursdays at 11:00 - Noon
8 week Session 9/30 - 12/2 Cost $64.00
Are you new to the fitness center? Do you find all those machines and weights intimidating? You probably know that strength training is essential for all stages of life, but is crucial as we age. This new class, might be just what you’re looking for! In these judgement-free sessions, you’ll learn about your different muscle groups and how to exercise all of them safely and efficiently, and in a variety of ways. You’ll learn how to set up and use the Synergy machine and the TRX suspension trainer, as well as how and when to use dumbbells, kettlebells or just body weight. Classes will focus on the five basic human movement patterns: Bend & Lift, Single leg movements, Pulling, Pushing, Rotation and Anti-rotation.

Inter. Tap Dance  Thursdays at 10:00 am
Classes are designed for those who have previously tap danced and want to tap again. **no class 9/9**
September Session 4 weeks 9/2 - 9/30 Cost $16.00
Oct./Nov. Session 6 weeks 10/7 - 11/18 Cost $24.00

Cardio Drumming  Evening Class  Thursdays at 6:30 pm
What Is Cardio Drumming? At its core, Cardio Drumming is a cardiovascular based, full-body workout that requires you to move and play drums along to music.
September Session 4 weeks 9/9 - 9/30 Cost $16.00
Oct./Nov. Session TBA contact office for dates

Cardio Drumming  Fridays at 8:45 am
September Session 3 weeks 9/10 - 9/24 Cost $16.00
Oct./Nov. Session TBA contact office for dates

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.
September Session 5 weeks 9/1 - 9/29 Cost $20.00
Oct./Nov. Session 7 weeks 10/6 - 11/17 Cost $28.00

Disco Zumba  Fridays at 10:00 am
*previously Cardio & Tone*  Instructor, Marilyn Ciavarella
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.
September Session 3 weeks 9/10 - 9/24 Cost $12.00
Oct./Nov. Session TBA contact office for dates

Zumba Disco  EVENING CLASS  Tuesdays at 5:15 pm
September Session 4 weeks 9/7 - 9/28 Cost $16.00
Oct./Nov. Session TBA contact office for dates

Stretch and Strength Barre  Tuesdays at 1:15 pm
Barre class is a blend of classical ballet lines and movement with a mix of gentle muscle toning and stretching. It’s a great way of keeping your body moving and opening up stiff joints as well as working on muscle memory and coordination. The foundation of the class will be standing using chairs for your barre and for seated and adapted movements as well. Some across the floor movement for basic cardio work will take place as well for a full head to toe workout.
September Session 4 weeks 9/7 - 9/28 Cost $16.00
Oct. Nov. Session 9 weeks 10/5 - 11/30 Cost $36.00

Learn to Ballroom Dance  Wednesdays at 12:45 pm
Looking to add some new moves to your repertoire? Join Allan and Joanne Smith who will teach you the dance steps to the Waltz, Foxtrot, Rumba, Merengue, and the Cha-cha. You do not need a dance partner to participate. Join to have fun and learn the steps in a comfortable environment. Allan and Joanne have over 30 year experience in adult education classes in the area.
Free 8 week session 9/8 - 10/27 Must register in office.
EVENING 55+ PICKLEBALL
Wednesdays 6:15 - 8:00 pm
Beginning September 8th we will offer evening pickleball for those 55+. All members must pre-register to attend - no walk-ins allowed.

Cost for the 55+ open play is $4.00. Please pay at desk and bring exact payment.

September Book Group
Monday, September 13th at 10:30 am
The Immortal Life of Henrietta Lacks
The story of modern medicine and bioethics and, indeed, race relations is refracted beautifully, and movingly.

Tuesday, October 12th Book Group
The Memory Keeper’s Daughter by Kim Edwards.

ART CLASSES
Material lists available in the office.

Experimenting in Acrylics - Instructor Linda Hall
Thursdays at 10:00 am – Noon
This class is open to all levels of painting.
Sept/Oct: 6 Week Session 9/23 - 10/28 Cost $30.00

Beginner Watercolor - Instructor Dan Meyer
Tuesdays at 10:00 am - Noon
Sept/Oct: 8 Week Session 9/7 - 10/26 Cost $40.00

Intermediate Watercolor - Instructor Dan Meyer
Tuesdays at 1:00 pm – 3:00 pm
Sept/Oct: 8 Week Session 9/7 - 10/26 Cost $40.00
*supply list for classes available in the office*

Art with Friends
Fridays at 10:30 am - 12:30 pm
Enjoy working on your artwork? Bring your supplies in and work with others at the senior center.

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!

Hillcrest Senior Travel Group
President, Sally Stoner at 861-2246
For Travel info. contact Richard Jones 827-7074

Orchard Park Senior Travel Group
President, MaryAnn Notto at 825-6460
For Travel info. contact Ruth Duffy at 649-7026

FITNESS ROOM OPEN 9:00 am - 4:00 pm
As a member of the Orchard Park Senior Center you have the benefit of using the fitness room. Prior to using the fitness room you must complete a fitness room orientation, have a signed fitness room waiver on file, and read a copy of the rules and regulations. Contact the office to schedule a fitness room orientation.

** FITNESS ROOM CLOSED **
Wednesdays 12:30 - 1:30 pm Sept. 29th to Nov. 17th
Thursdays 11:00 - Noon Sept. 30th to Dec. 2nd

Intro. To Strength Training with Cindy
Wednesdays at 12:30 - 1:30 pm
8 week Session 9/29 - 11/17 Cost $64.00
Thursdays at 11:00 - Noon
8 week Session 9/30 - 12/2 Cost $64.00
*see page 8 for additional information*

Meet our new Instructor, Cindy: An ACE Certified Personal Trainer, Precision Nutrition Level 1 Nutritional Coach with additional specialties in Weight Management (ACE), Senior Fitness (ACE), and Flexibility (ACE) as well as certified to teach Tai Chi through the Functional Aging Institute. Cindy enjoys working with clients of all ages and fitness levels to help them achieve their fitness goals. Cindy is also a freelance artist and muralist as well as being a mom to two sons.

ADDITIONAL WEEKLY SCHEDULED EVENTS:

Pickleball 55+ (Open & Beginner)
Cost per session $4.00. See page 7 for days and times. All members must register prior to the day with the senior center office to attend. No walk ins.

Tai Chi for Arthritis Mondays & Fridays 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.

Inter. Line Dance Tuesdays at 10:30 am
Cost is $3.00 per class.

Walking Group Wednesdays at 10:00 am
We meet inside the center and will follow the gravel/paved path at a moderate pace.

Club 99 Tuesdays & Thursday at 10:30 am
This class is a full body workout that can be done standing, seated, or a combination of both. The class uses resistance bands and light weights.

Ladies Exercise Mon, Wed. & Fri. at 9:00 am
This program uses stretching, aerobic and floor exercises tailored specifically for the needs of those 60+ years. Please wear comfortable clothes, bring a mat, light weights, and a stretch band for the class.
Afternoon with Tom Bender  
Thursday, September 2nd  1:00 - 2:30 pm  
Join us today for an afternoon of entertainment by Tom Bender, dessert, dancing and socializing. **Cost for this event is $3.00.**  
Register in office, payment is due when registering.

Indoor / Outdoor Senior Center Picnic  
Wednesday, September 15th  
10:00 am - 2:00 pm  
See the front page of newsletter for additional information. **Cost for this event is $12.00.**

Blue Cross/Blue Shield of WNY and Independent Health are generous sponsors

Afternoon Dance with Hasting Duo  
Tuesday, September 28th  2:00 - 4:00 pm  
Join us today for an afternoon of entertainment, dancing, and socializing with the Hastings Duo. Pizza and beverages will be available for purchase at the concession stand.  
**Cost for this event is $4.00.**

Harvest Fest Dinner  
Thursday, October 7th at 5:00 pm  
Come enjoy an evening of food and fun. The German American Musicians will be entertaining us after a delicious dinner. The German American Musicians are also known as Buffalo’s BIG German Band. They play a variety of traditional music and German music.  
**Dinner includes bratwurst, sauerkraut, german potato salad, carrots and dessert. Cost for this event is $13.00.**  
Register with payment by September 27th or until sold out.  
*Thank You to Elderwood of West Seneca our generous sponsor for this event!*

Orchard Park Senior Center  
4520 California Road  
Orchard Park, NY 14127