



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



OCTOBER 2022

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

8:30 a.m. – 4:00 p.m.

Director

Maria Galley

Assistant Director

Linda Rankin

Kitchen Manager

Kevin Kornowicz

Receptionists

Bob

Bonnie

Maggie

Town Supervisor

Eugene Majchrzak

Council Members

Conor Flynn

Joseph Liberti

Julia Mombrea

Scott Honer

LINE DANCE

Country Western Afternoon

Tuesday, October 18th

from 1-4pm

Cost \$5.00

Hot Country Liners: Dance Team

Show 1-1:30pm

Lesson 1:30-2:00pm

Dust off those boots and join us for an exciting afternoon of line dance entertainment! The Hot Country Liners Dance team will get our toes tapping with their show, followed by a lesson for all those who want to give the "Country Kick" a try.

Entertainment to follow by Robin Grandin.

Refreshments will be served.

Thank You SAFE DRIVER ACADEMY for your generous donation towards this event.

**The Orchard Park Senior Center is
CLOSED on Monday, October 10th**

Notes from Maria...

Our Annual September Picnic was a huge success! Hearing the great stories the days following was so rewarding! Thank you to our generous sponsors Highmark Of Western New York BlueCrossBlueShield and Independent Health. Thank you to the local merchants who donated towards our door prizes Anthony Brown Pharmacy, Avon Michele Taberski, Mighty Taco, Buffalo Bandits, Nino's Pizzeria, Paula's Donuts, Buffalo Sabres, Buffalo Bisons, Russell's Steaks, Chops & More, Delta Sonic, Salvatore's Italian Garden, Ilio DiPaolo's Restaurant, Shanor Electric, Melting Pot, Tops and Valu Home Center. Without the help of our sponsors and volunteers these events would not be possible!

Fall is upon us so get ready for a great line up of events! Look through the following pages for information on our classes, Health Insurance Fair, Halloween Party, and Scavenger Hunt. University Express is back and kicks off it's Fall Semester in October. We invite you to join other lifelong learners for free one-hour classes on current affairs, history, science, the arts, wellness and more!

Please Save the date... The Community Activity Council of Orchard Park is hosting a Spaghetti Dinner Fundraiser On Wednesday, October 26th 4 - 7pm at the Community Activity Center.

Cost is \$15.00 per person and includes a catered spaghetti dinner from Ilio DiPaolo's, drink, and dessert.

You can purchase your tickets to this fundraiser in the Lobby of the Community Activity Center.

Proceeds go to the Community Activity Council of Orchard Park in support of Special programs and facility improvements at the Community Activity Center.



ORCHARD PARK SENIOR CENTER MEMBERSHIP INFORMATION

Becoming a member is easy

All you have to do is complete a membership form!

- ◆ Town of Orchard Park residents 55+ and/or who pay OP town taxes the membership fee is waived.
- ◆ Non-Residents - \$30 annual membership fee. Membership fee can be waived if you have Silver Sneakers or Silver & Fit. Bring your fitness i.d. when becoming a member.
- ◆ 55+ Guest Pass available for \$4.00

Membership applications must be submitted in person at the Center.

Appointments are required for all new members.

Please contact the senior center 662-6452 ext 1 to schedule a tour.

CLASS / ACTIVITY REGISTRATION FORM

Class/Activity Registration forms can be found at the front desk. This form will allow the member the convenience of dropping off their form at the center to register for classes or mail the form to the Senior Center.

Registration is on a first come, first serve basis, Prior to the start of class.

You must be a member of the Orchard Park Senior Center to register.

- ◆ **Register via Walk-In:** Bring your completed registration form along with **EXACT** payment (cash or check) and drop off at the front desk.
- ◆ **Register by Mail:** A separate form must be filled out for **EACH** person. Make checks payable to "Town of Orchard Park". Mark envelope **CLASS REGISTRATION**. Include a self-addressed stamped envelope for class confirmation and receipt if desired.

Do not use this form to register for pickleball. Use the pickleball registration book at the front desk.

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

Volunteers Needed!!!!

Volunteering is an opportunity to meet new people and the satisfaction of knowing you are needed. Volunteers are very important to the senior center and the activities we offer. The Orchard Park Senior Center has a need for volunteers for various activities ranging from special events to daily front desk greeters.



Please see all available Volunteer Opportunities on the bulletin board located next to Room 106.

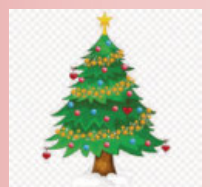
*Buffalo Philharmonic
Coffee Concert*

**John Morris Russell's Holiday Pops
Friday, December 16th bus departs at 8:30 am
for a 10:30 am performance**

The bus departs the Center at 8:30 am with lunch at Pearl Street Grille. Cost including transportation, concert and lunch is \$79.00.

Limited seats available.

Registration with payment for the show begins Friday, October 7th Register with Maria or Linda





**PRE-REGISTRATION IS REQUIRED
IN ADVANCE FOR ALL
CLASSES AND ACTIVITIES.
THANK YOU!**

Chronic Diabetes Self-Management

Fridays at 12:30pm – 3:00pm

6 Week Workshop Sept. 30th - Nov. 4th

This **6-week** community workshop series is for adults who are ready to make the choice to improve their health today!

This small group meets each week for 2 1/2 hours.

The classes are highly participative which builds mutual support and success to assist you in managing your health to maintain an active and fulfilling life.

Topics covered include weight loss, how to manage pain, eat healthier, and reduce stress, tips to maintain a full and active lifestyle, workshop includes a resource book and relaxation CD and includes a consultation with an registered dietician prior to the 1st workshop for eligible Medicare recipients!

**Tablets for \$10.01 — FREE T- MOBILE INTERNET
Tuesday, October 4th 9am – Noon**

To Qualify: you must make under \$70,000 per year. Please BRING proof of income and picture ID to your appointment. Schedule an appointment at the front desk.

**NY Project Hope Emotional Support Groups
Tuesday, October 4th and October 18th at 11am**

We are here for YOU! Join us as we talk about important topics such as grief, anxiety, stress, depression, self-care, and much more. The pandemic has affected us all in different ways and we are here to help you navigate your emotional responses. We often use activities to go along with the topic, including art, music, writing, stretching, and meditation. We hope to see you there!

**Your Kidneys and You: Protecting Kidney Health
FREE Kidney Screenings FREE
Wednesday, October 5th between 1-3:30pm**

Most people who are diagnosed with kidney disease did not know that they were sick. Kidney disease has no symptoms until it is too late and kidneys fail, requiring dialysis or a transplant to stay alive. **KEEP Healthy assesses participants' risk for kidney disease and through quick tests, determines if they have signs of kidney disease.** During the screening, they also educate patients about ways to keep their kidneys healthy and reduce risk. This is the most immediate way we fight kidney disease and help the community.

In addition to the kidney screening

- * you will receive a Risk Survey
- * Blood Pressure check
- * Body Mass Index (BMI) measurement
- * and consultation with a clinician.

Screenings are staffed by volunteers and professionals from the National Kidney Foundation.



Coffee with a Cop

Wednesday, October 5th at 10am

Coffee with a cop brings Orchard Park Police officers and the community members they serve together – over coffee – to discuss and learn more about each other. Light Refreshments will be served. No agendas or speeches, just a chance to ask questions, voice concerns, and get to know the officers in your community.

**Do You Suffer From Chronic Pain?
Wednesday, October 12th
at 11:45am**

Join us for a free educational lunch as Dr. John Swinarski from Revive Spine Center will go over the latest new non-narcotic therapies available to help you get back to feeling your best! These therapies not only address just back/neck pain, but pain from diabetic neuropathy, complex regional pain syndrome and more.

Please RSVP ASAP as space will be limited.



Afternoon Board Games

Thursday, October 20 at 12:30pm

Do you enjoy board games and card games (checkers, connect four, UNO, and monopoly to name a few)? This is the day to play and have some fun. Take a break from the stresses of everyday life, socialize, and partake in Game Day.

Halloween Scavenger Hunt

Monday, October 31st at 10:30am

Join us for a morning of fun! Our Halloween Scavenger Hunt will offer you physical activity, as well as stretching your creativity, thinking skills and memory.

Halloween Party

**Monday, October 31st
12:45-2:15pm**

Put on your costume and join us for a "bewitching" time at our Halloween Party. A costume contest will be held and prizes awarded. Test your skills with Pumpkin Golf, Pumpkin Pong, Cornhole or just dance the afternoon away to music by the Hastings Duo. **Cost \$2.00.** Register and pay at the front desk to attend this free event.



Buffalo's Best Grille

3700 SouthWestern Orchard Park

Thursday, November 3, 2022 @ Noon

Buffet—\$26.00 (Price includes Tax and Tip)

Famous Amos Chicken
Sliced Porkloin w/ Apple Bourbon Glaze
Parsley Butter Boiled Potatoes, Vegetable Medley,
Salad, Dinner Rolls, Butter, Ice Cream Sundae/Cookie
Coffee & Soda inc.. — Cash Bar Available

**Please call Rae Ann at 716-822-8869
For reservations before OCTOBER 24th**

University Express Presentations Fall 2022

REGISTER AT THE FRONT DESK TO ATTEND (Look for a complete list of UE classes for OPSC at the front desk)

Monday October 3rd At 1:30pm	The Making of the Tesla Legacy Corridor	More than a century and a quarter ago, Buffalo became the first city on the planet to be powered by AC electricity through the genius of Nikola Tesla. Yet, it is only now that acknowledgement and appreciation is being shown for what Tesla has done for our civilization. In this dynamic and visualized lecture, see how four private citizens did what no nation, no state, no municipality, nor scientific society has done. Learn how this group indefatigably created the Nikola Tesla Legacy Corridor right here in Western New York, the epicenter of Tesla's great transformational work. Instructor: Francis S. Lestingi, PhD, Professor Emeritus of History of Science and Physics, SUNY Buffalo State; President & Co-Founder, Buffalo Niagara Nikola Tesla Council, Inc.
Thursday October 6th At 1:30pm	Hide in Plain Sight	The Hollywood movie, which was filmed in Buffalo and starred the recently deceased James Caan, was inspired by articles written by our own organized crime expert, Lee Coppola. Lee will take us behind the scenes of the filming and production of this movie. His class discussion is sure to include some interesting "tidbits" about James Caan, as only Lee can tell. Instructor: Lee Coppola, Veteran Newspaper & Television Reporter; Retired Dean of St Bonaventure University Journalism School.
Friday October 7th At 1:30pm	Yoga For Beginners	Eager to try yoga but unsure where to start? This class will walk you through the commonly available styles of yoga and include a short chair-based yoga practice. No mat needed! Instructor: Jennifer Johnson, New Sky Coaching, LLC.
Wednesday October 12th At 10:30am	WNY's German Heritage	Germans were one of the earliest immigrant groups to arrive in Western New York. From farms to breweries, they left a lasting impact on the culture of the region. Join Erie County Historian, Doug Kohler, for a look at the ways in which Germans helped to create the culture of WNY. Instructor: Doug Kohler, Erie County Historian.
Monday October 17th At 1:30pm	Presidents in Buffalo: Unusual & Unknown Stories	Considering Buffalo's rich and perhaps unique Presidential history, you will be surprised at how many unusual, unknown, and even weird stories abound. Some may be controversial; others "believe it or not." Instructor: Bren Price, Retired Educator; Trustee of the Buffalo Presidential Center; Explore Buffalo master docent.
Wednesday October 19th At 10:30am	An Overview of Revocable & Irrevocable Trusts	We will discuss how a revocable trust can be used to avoid a probate proceeding upon death, and how it can be used to protect assets from Medicaid and long-term care costs. Instructor: Daniel J. Schuller, Esq., Attorney
Friday October 21st At 10:30am	Coast Guard History: How 9/11 Shaped the Modern Day Coast Guard	The class will cover a brief history of the Coast Guard dating back to 1790 as the Revenue Cutter Service, ultimately leading to September 11 th and how that event shaped our Coast Guard today. Instructor: Andre Clansy, Lieutenant Junior Grade/U.S. Coast Guard
Friday October 21st At 1:30pm	Meteorology & Weather Forecasting in WNY	Learn how meteorologists forecast the weather, and how the process has evolved over the years. We'll also be taking a look at the challenges in forecasting weather in Western New York. Instructor: Andrew Baglini, Meteorologist.
Monday October 24th At 10:30am	The Mystery of Mona Lisa: A New Look at an Old Masterpiece.	A New Look at an Old Masterpiece. In this hands-on Art presentation you will first review the newest high technology research which reveals the minute details of the world's most famous portrait by Leonardo Da Vinci. Next, we will practice sketching faces, both front and ¾ views. Your new skills can provide extra insight to understand how artists, such as Van Gogh, progressed in confidence while drawing people. For the drawing portion, please bring a sketch pad (or plain copy paper), a #2 pencil and a large eraser. If you have a hand mirror, bring it along! Some extra supplies will be available if you forget!! BEGINNERS ARE WELCOME!! (*Materials for the class will be provided, class size depending) Instructor: Jean Serusa, BS, MS, Certified New York State Art Educator
Monday October 24th At 1:30pm	DNA Testing For Genealogy	Are you considering taking a DNA Test to learn about your heritage? Join us to learn about popular genetic genealogy testing companies, what testing can tell you, and how DNA can be applied to genealogy research. Instructor: Rhonda Hoffman, Genealogy Specialist, Buffalo & Erie County Public Library.
Friday October 28th At 10:30am	I Have My DNA Genealogy Test Results, Now What?	This class will teach how to sort, search and compare your DNA matches using popular DNA for genealogy websites. Instructor: Rhonda Hoffman, Genealogy Specialist, Buffalo & Erie County Public Library
Friday October 28th At 1:30pm	The Latest in Joint Replacements	We will discuss arthritis of the hips and knees and joint replacement options for both parts of the body. Learn about the process, downtime, and recovery, and start imagining a life lived easier without disabling joint pain! Instructor: Daniel Vargo, MD, Orthopedic Surgeon, Excelsior Orthopedics.

ART CLASSES

**supply list for classes available at the front desk*
Late registrations will not be accepted for instructed classes.*

Learn to Draw - Instructor Dan Meyer Tuesdays at 10am - Noon

7 week session 9/13-10/25 Cost \$35.00

Beginner Watercolor—Instructor Dan Meyer Tuesdays at 10am—Noon

7 week session 11/1 - 12/13 Cost \$35.00

Intermediate Watercolor - Instructor Dan Meyer Tuesdays at 1:00 pm – 3:00 pm

7 week session 9/13-10/25 Cost \$35.00

7 week session 11/1 - 12/13 Cost \$35.00

Art with Friends FREE

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. All skill levels Welcome! No Instructor.



Spanish Class

Friday, September 16th - October 21st

1:00-2:00pm

6 week session Cost is \$30.00

Have you always wanted to learn another language?
Now is your chance!

Hola! Gracias! Adios! These are some of the expressions we will hear in class, along with some music, culture and snack tasting from Latin countries.

October Book Club

Monday, October 17th at 10:30am

All But My Life—by Gerda Weissmann Klein

The unforgettable story of Gerda Weissmann Klein's six-year ordeal as a victim of Nazi cruelty. From her comfortable home in Bielitz (present-day Bielsko) in Poland to her miraculous survival and her liberation by American troops--including the man who was to become her husband--in Volary, Czechoslovakia, in 1945, Gerda takes the reader on a terrifying journey.

November Book Club

Monday, November 21st at 10:30am

"The Life and Times of the Thunderbolt Kid: A Memoir": Using this persona as a springboard, Bill Bryson re-creates the life of his family and his native city in the 1950's in all its transcendent normality - a life at once completely familiar to us all and as far away and unreachable as another galaxy.

Beginner & Intermediate CORNHOLE Wednesdays at 1:00pm

Cornhole is a fun game that can be played by people of all ages and skill levels. Cornhole can be played as singles or doubles. To play, each player or team takes turns tossing their bags at the board opposite of them. When a player gets a bag in the hole they score. Register at the front desk to join our fun group of cornhole players.



CARDS & GAMES:



Everyone is welcome to attend!!

Wii Bowling Mondays at 10:30am

Bridge Mondays at 12:30pm

Shuffleboard Tuesdays at 9:00am

Hand & Foot Wednesdays at 9:30am

Cards/Games Wednesdays at 12:30pm

Corn Hole Wednesdays at 1:00pm

Dominoes Thursdays at 9:30 am

Mah Jong Thursdays at 12:45 pm

NEW Game Room Thursdays@ 11:00am - 3:00pm

Euchre Fridays at 10:00am

Smarty Pants Fridays at 11:00am

Mah Jong Fridays at 12:45pm

Pinochle Fridays at 1:00pm

Chess Club

Wednesdays in October

At 1:00pm



CHESS CLUB

Join us for an opportunity to play a friendly game of chess against your peers in a low stress environment. Learn beginners and advanced chess strategies to get that checkmate. This is for those who want to learn and those who have been playing for years.

Helping Hands Sewing Group 2nd and 4th Wednesdays

NEW!

9:00am - 1:30pm

Calling all experienced sewers to join this new Sewing Group who work specifically on sewing projects for donations to Children's Hospital, Family Justice Center, Roswell etc.

All levels of sewers welcome to join! You are not required to stay the entire time but are more than welcome to. Bring your own sewing machine if possible.



Safe Driver Academy

9:00 - 3:00pm



Save money on your car insurance and increase your driving skills by attending a Safe Driving class. The fee for the Safe Driver Academy is \$35, payable the morning of class, cash or checks made out to "Safe Driver Academy."

Arrive 15 minutes early to complete paperwork as class starts promptly at 9 am.

Contact the Senior Center to register. Consider joining us for lunch. For individuals 60 and over the cost is a suggested donation of \$3.00. Reservations for lunch can be made when registering for the class.

Upcoming Classes:

Friday, October 21st 9:00 - 3:00pm waiting list
Friday, November 18th 9:00 - 3:00pm waiting list
Friday, December 16th 9:00 - 3:00pm

Stay Fit Dining Program in Senior Center

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

To make a reservation for lunch please call Kevin at 662-6452 (option #3) or fill out a menu form by Tuesday 10:00 am for the upcoming week. Please hand forms in at the front desk.

If you are unable to keep your reservation, please call the Center as early as possible Thank You!

Mon 10/3 Chicken Breast with Marsala Sauce, Rice Pilaf, Cauliflower & Carrots, Grape Juice, Cookies

Tues 10/4 Creamy Tomato Soup, Macaroni & Cheese
Chef Salad, Broccoli Florets, Fruit Cocktail

Wed 10/5 Breaded Pork Chop with Apples, German Potato Salad, Brussels Sprouts, Marinated Beet & Onion Salad, Dinner Roll, Chocolate Cake with Caramel

Thur 10/6 Tortellini with Chicken & Creamy Roasted Red Pepper, Italian Mixed Vegetables, Chef Salad, Bread, Orange, Ch. Milk

Fri 10/7 Salisbury Steak with Onion Gravy, Scalloped Potatoes, Peas, Dinner Roll, Strawberry Bavarian

Mon 10/10 CLOSED

Tues 10/11 Beef Pepper Steak Casserole over Rice, Broccoli Florets, Wax Beans with Carrot, Butterscotch Pudding

Wed 10/12 Penne Pasta with Tomato Sauce, Meatballs & Shredded Mozzarella, Country Cottage Mixed Vegetables
Chef Salad, Grape Juice, Ambrosia

Thur 10/13 Pork Loin with Cranberry Chutney
Sweet Potatoes, Green Beans, Whole Wheat Bread, Cinnamon Applesauce, Chocolate Milk

Fri 10/14 Fish with Tartar Sauce, Au Gratin, Potatoes, Stewed Tomatoes & Zucchini, Coleslaw, Rye Bread

Mon 10/17 Cabbage Roll with Savory Meat Sauce, Mashed Potatoes, Corn, Multigrain Bread, Chocolate Pudding

Tues 10/18 Julienne Salad with Dressing, Wheat Dinner Roll, Tropical Fruit, Chocolate Milk

Wed 10/19 Beef Bourguignon over Brown Rice, Cauliflower, French Bean Medley, Cookies

Thurs 10/20 Chicken Pasta Primavera, Italian Mixed Veg., Chef Salad, Fresh Grapes.

Fri 10/21 Lower Sodium Ham Steak with Brown Sugar Glaze, Cheesy Scalloped Potatoes, Brussels Sprouts. Roll

Mon 10/24 Chicken veg. Casserole, Broccoli, Warm Biscuit, Fresh Apple, Chocolate Milk

Tue 10/25 Polish Sausage with sauerkraut & Ketchup on a Bun, Seasoned Diced Potatoes, Carrots, Gelatin with Fruit

Wed 10/26 Soup and Sandwich Butternut Squash, Shredded Pork in Gravy on a whole Wheat Roll, Creamy Dill Cabbage, Cake

Thur 10/27 Lasagna Roll with Tomato Meat Sauce & Shredded Mozzarella, Mixed Veg. Chef Salad, Roll, Juice, Lemon Bavarian

Fri 10/28 Meatloaf with Swiss Gravy, Mashed Potatoes, Peas with Pearl Onions, Wheat Bread, Brownie

Mon 10/31 Breaded Chicken Drumsticks, Cheesy Diced Potatoes, Green Beans with Red Peppers, Cucumber and Onion Salad

Stay Fit Frozen Meals (Meals will need to be picked up on Monday Morning Between 10:00-10:30AM)

We're pleased to offer 3 or 5 pack varieties of frozen meals through Erie County Stay Fit Dining Program. A roll, milk and dessert is included with each meal.

Call Kevin at 662-6452 option #3 for more information.

Medicare Advantage Plans

Meet one on one with insurance representatives

Highmark of Western New York BlueCross Blue Shield

Tuesday, October 4th from 9-11am

Health Insurance Fair

Wednesday, October 26th 1:30– 3:30pm And Monday, November 14th 1:30pm– 3:30pm

- * EPIC (Elderly Pharmaceutical Insurance Coverage)
 - * Highmark BlueCross/Blue Shield
 - * Aetna
 - * Univera
 - * United Health
 - * Independent Health
- * HIICAP (Health Insurance Information, Counseling and Assistance).
 - * Fidelis Wellcare
- * Explore various health insurance options at today's fair. Representatives will have plan information and applications for 2023.

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!

Trips are posted on the travel bulletin board at the center across from room 118.

Hillcrest Senior

Meet the 2nd and 4th Thursday of the month at 1:30PM
Co-Presidents, Sally Stoner at 716-861-2246
& Maura Kraus at 716-825-3399

For Travel info. contact Richard Jones at 716-827-7074

Orchard Park Senior

Meet the 1st and 3rd Wednesday of the month at 1:30PM
President, MaryAnn Notto 716-825-6460
For Travel info. contact Al Groth at 716-662-2140

AN AFTERNOON AT THE MOVIES

Wednesdays at 1:00 pm

Spend an afternoon at the movies.

50¢ includes bag of chips or popcorn

Pre - register at the front desk to attend



10/5 Bandit (2022) ® After prison, a charming criminal assumes a new identity and robs 59 banks and jewelry stores while being hunted by police. Based on a true story.

10/12 Dear Viola Katie Miner, a shy accountant at a newspaper, begins penning the advice column "Dear Viola". In the mountain of letters, Katie finds one from Russ, a widower who can't seem to get past the loss of his wife. Through correspondence, Katie falls for Russ, but when he starts dating the knockout new girl in town at "Viola's" advice, Katie has to decide if she should keep her "Viola" secret

10/19 Off the Menu An unlikely heir to a Mexican fast-food franchise goes 'cuisine' hunting for the next culinary big thing, and finds himself in a small, dusty New Mexican town where foodies come from all over to salivate over the culinary treats of a local, authentic, and feisty female chef.

10/26 The Munsters (2022) ® The story of the life of the one hundred-and-fifty-year-old vampire Lily and the seven-foot-tall Herman before they became a couple with a quirky family.

OCTOBER SCHEDULE OF EVENTS

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Pool Shooting 9:00 Medit. & Yoga 9:00 Ladies Exercise 9:30 55+ Pickleball 10:30 Learn to Play 55+ Pickleball <i>w/instructor 10/3 & 10/31</i> 11:00 Gentle Hatha Yoga w/Barb NOON LUNCH 12:30 Bridge 12:45 Arthritis Tai Chi 12:00 55+ Pickleball</p> <p style="text-align: center;"><u>Evening Class</u> 5:30 Zumba</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;"><u>Open Walking In the GYM:</u> Monday - Friday 9:00 am - 2:00pm</p> </div>	<p>8:45 Mens Exercise 9:00 Shuffleboard 9:00 Pool Shooting 9:00 Shuffleboard 10:00 Learn to Draw 10:15 Int. Line Dance 10:30 Club 99 10:30 55+ Pickleball NOON LUNCH 12:00 Tap for Fun 1:00 Inter. Watercolor 1:00 Bingo 2:00 Card Bingo 1:00 55+ Pickleball 1:15 Stretch and Barre 4:00 Ballroom Dance 5:30 Cardio Drum</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; background-color: #f4a460;"> <p style="text-align: center;">Billiards Room Closed 8-Ball Tournament Tuesdays 12:30pm - 2:30pm 9/13 - 11/1</p> </div>	<p>8:45 Mens Exercise 9:00 Sewing Club <i>10/12 & 10/26</i> 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Pickleball 9:30 Hand & Foot 10:00 Beginner Line Dance 11:15 Beginner Tai Chi 11:30 Yoga w/ Irene NOON LUNCH 12:00 Beg. Pickleball 12:30 OpenCards/Games 12:30 Strength Training 1:00 Movie 1:00 Corn Hole 1:00 Chess Club 2:00 Inter. Tai Chi</p> <p style="text-align: center;"><i>Senior Travel Group 1st and 3rd Wednesday At 1:30</i></p>	<p>8:45 Mens Exercise 9:00 Pool Shooting 9:00 55+ Pickleball 9:30 Dominoes 10:30 Club 99 11:00 Game Room 11:30 55+ Pickleball NOON LUNCH 12:45 Mah Jong 1:00 Adv. Tai Chi</p> <p style="text-align: center;"><u>Evening Class</u> 5:15 Evening Yoga with Marie 6:30 Cardio Drum</p> <p style="text-align: center;"><i>Hillcrest Travel 2nd and 4th Thursday At 1:30</i></p>	<p>8:45 Cardio Drum 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Pickleball 10:00 Euchre 10:00 Zumba 10:30 Art w/ Friends 10:45 Yoga Flow 12:00 55+ Pickleball NOON LUNCH 12:00 Circuit Training 12:45 MahJong 12:45 Arthritis Tai Chi <i>No class 10/14</i> 1:00 Pinochle 1:00 Spanish 2:00 55+ Pickleball</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; background-color: #e0f2f7;"> <p style="text-align: center;"><u>Fitness Room Closed</u> Wednesdays 12:30-1:30pm Fridays 12:00- 1:00pm</p> </div>

OCTOBER SPECIAL EVENTS CALENDAR

Documentary Film & Discussion Mondays at 12:45 pm

*Join Theresa Wiater who will lead a discussion
after viewing the film. Episodes are
approximately 45 minutes in length followed by a
discussion.*

10/3 **Happy Accidents, Betrayal and Greed** by **Bob Ross (1.5 Hours long):** A documentary executive produced by Melissa McCarthy and Ben Falcone aims to take viewers inside the life, art and controversial afterlife of "The Joy of Painting" star Bob Ross.

10/17 **Our Great National Parks - Monterey Bay National Marine Sanctuary:** California's vibrant coastline gets its close-up, with an emphasis on the delicate balance struck between wildlife and humanity

TIME TO RENEW YOUR MEMBERSHIP!!!

All 2022 memberships (resident and non-resident) will expire on December 31st. Memberships may be renewed at the front desk Monday through Friday between 10 am and 2 pm.

Your membership entitles you to classes, clubs, events, programs and use of our 50,000+ square foot facility. Our facility includes a large dining room, cafe, billiard room, dance room, art room, a library (with books, puzzles, dvd's, cd's, and laptops), three large classrooms, fitness room, and gymnasium.



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!**

CLASSES

Pre-registration with payment 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. Registration is for the entire session, regardless of whether a student is able to attend all classes.

**Meditation & Gentle Yoga Mondays at 9:00 am
7 week session 9/12- 10/31 Cost \$35.00 No Class 10/10
 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).**

**Yoga With Irene Wednesdays at 11:30 am
7 weeks session 9/7-10/26 Cost \$ 35.00 No Class 9/14
 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.**



**GENTLE HATHA YOGA Mondays at 11:00 am
5 week session 8/29 - 10/3 Cost \$25.00 NO class 9/5
 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.**

**EVENING YOGA with MARIE Thursdays at 5:15 pm
6 week session 9/8 - 10/13 Cost \$30.00
 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.**

Marie's Bio: Marie began her yoga teacher training in 2004 while she was working as an Occupational Therapist (OTR) in adult rehabilitation. Marie was drawn to yoga to broaden her education and understanding of movement from a yoga perspective.

**Tai Chi for Arthritis
Mondays and Fridays at 12:45pm (subject to change)
 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. **Free Class.**
Arrive on time as door is closed when class begins.
 No registration required for Tai Chi for Arthritis.**

**Beginner Tai Chi Wednesdays at 11:15 - 12:15 pm
8 week session 9/7 -11/2 Cost \$40.00 no class 9/14**

**Intermediate Tai Chi Wednesday at 2:00-3:00pm
8 week session 9/7-11/2 Cost 40.00 no class 9/14**

**Advanced Tai Chi Thursdays at 1:00 pm
8 week session 9/1- 10/20 Cost \$40.00
7 weeks session 10/27-12/15 Cost \$35.00
 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.**

**Men's Fitness Tue, Wed, & Thur. at 8:45am
4 week session 10/4-10/27 Cost \$25.00
5 week session 11/1- 11/30 Cost \$35.00**

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.

**Tap Dance for Fun Tuesdays at Noon
7 week session 9/6-10/18 Cost \$35.00
7 week session 10/25 - 12/5 Cost \$35.00
 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.**

**Stretch and Strength Barre Tuesdays at 1:15 pm
7 week session 9/6-10/18 Cost \$ 35.00
7 week session 10/25 - 12/5 Cost \$35.00
 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.**

**Zumba Fridays at 10:00 am
4 week session 9/16 - 10/7 Cost \$20.00
4 week session 10/14-11/4 Cost \$20.00**

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. *Instructor, Marilyn Ciavarella*

**Evening Zumba Monday at 5:30 pm
6 week session 9/26- 11/14 Cost \$30.00
*No Class 10/10 or 10/31***

**Cardio Drumming Fridays at 8:45 am
4 week session 9/16 - 10/7 Cost \$20.00
4 week session 10/14- 11/4 Cost \$20.00**



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.

**Cardio Drumming Evening Tuesday at 5:30 pm
4 week session 9/13 - 10/4 Cost \$20.00
4 week session 10/11-11/1 Cost \$20.00
**Cardio Drumming Evening Thursdays at 6:30 pm
4 week session 9/15 - 10/6 Cost \$20.00****

FITNESS ROOM

Monday - Friday 9:00 am - 4:00 pm
Monday - Thursday 4:30 pm - 8:00pm

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 front desk to schedule a fitness room orientation.

Fitness Room Closed
 Wednesdays 12:30-1:30pm
 Fridays Noon -1:00pm



NEW CLASSES

Learn to Ballroom Dance

Tuesdays at 4:00pm

6 week session 10/4 - 11/22 Cost \$25.00

No Class 10/18 or 10/25

Looking to add some new moves to your repertoire? Join Trish SUNYAB Theatre & Dance Major who will teach you the basic dance steps to the Foxtrot, Box Step, Swing, Latin and Waltz. Join to have fun and learn the steps in a comfortable environment.

Yoga Flow **Fridays at 10:45am**

6 week session 9/16 - 10/21 Cost \$30.00

5 week session 11/18-12/30 Cost 25.00
no class 11/25

In this class, we will use breath to link physical yoga postures. Each class is different and postures are sequenced in a way to help increase flexibility, strengthen and tone muscles, and allow you to tune in to your body's own rhythm. Although all levels are welcome, a reasonable level of fitness/mobility is required. Students should bring a mat; a yoga block is optional but recommended.

Instructor: Jennifer Johnson

Circuit Training **Fridays at Noon-1:00pm**

6 week session 9/16 - 10/21 Cost \$48.00

5 week session 11/18-12/30 Cost \$40.00
no class 11/25

Circuit training is a fantastic workout that's great for everyone, regardless of fitness level. We will move through a variety of exercises at separate stations and you take on each exercise at your own pace. Each class will be different and may include cardio and weight machines, bodyweight and handheld weight exercises and some mat exercises.

Instructor: Jennifer Johnson

Intro. To Strength Training with Cindy

Small group (8)

Wednesdays at 12:30 - 1:30 pm

8 week session 9/7- 11/2 cost \$64.00

No class 9/14

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.

ADDITIONAL WEEKLY SCHEDULED EVENTS

No Registration required

Intermediate Line Dance **Tuesdays at 10:15 am**


Cost is \$3.00 per class - pay the instructor
Line dancing is a fun dance performed solo or in a group to country music. It is typically danced in a line with other dancers, making it excellent for someone without a partner.

The line dance has simple steps that look great, only requiring accurate timing and foot placement.

Beginner Line Dance **Wednesdays at 10:00 am**

Cost is \$2.50 per class - pay the instructor

Club 99 **Tuesdays & Thursdays at 10:30 am**

 This FREE 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. Please bring your own weights

Ladies Exercise **Mon, Wed. & Fri. at 9:00 am**

This Free 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.

Open Walking in the Gymnasium

Monday - Friday 9:00 - 10:30 am

Monday- Friday 12:00pm - 3:00pm



PICKLEBALL



A fun sport that combines many elements of tennis, badminton and ping-pong. Played on a badminton-sized court using paddles and whiffle-type balls.

All members must sign up in person in the pickleball sign up book at the front desk prior to the day of play to attend.

See Calendar on page 7 for days and times!

Cost per session \$4.00, please pay at desk the day of session and bring exact payment. No Entry to pickleball courts more than 15 minutes prior to play.

Pickleball Lessons with Carl

Cost \$4.00 per session

Mondays at 10:30am
10/3 and 10/31

Level 1 (Beginner) - To understand the court, the lines, the line rules, the serve, the game shots
Level 2 - to concentrate on serving skills and game shots in a more consistent manner.

Coming in December Wednesday at 1:30pm
Intermediate - Focus on perfecting all four game shots as well as both serves, partnering, defense and spinning shots where you need to.

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Health Insurance Fair

Wednesday, October 26th 1:30– 3:30pm

And

Monday, November 14th 1:30pm– 3:30pm

- * EPIC (Elderly Pharmaceutical Insurance Coverage)
 - * Univera
- * Highmark BlueCross/Blue Shield
 - * Aetna
 - * Independent Health
 - * Univera
 - * United Health
- * HIICAP (Health Insurance Information, Counseling and Assistance).
 - * Fidelis Wellcare
- * Explore various health insurance options at today's fair. Representatives will have plan information and applications for 2023.



New Year Party *at Salvatore's Italian Garden*

Wednesday, December 28th

Noon - 3:30 pm

Don't miss the event of the season!
Share the afternoon with friends and celebrate the New Year. For your listening pleasure, music will be provided by the Hastings Duo.
In addition to the complimentary hors d'oeuvres & punch served from 12:00 - 1:00 pm

Entrée Choices: Prime Rib, Poached Salmon or Chicken Française. Meal includes pop bar after meal, coffee & tea, and dessert.

Cost for this event is \$47.00
Register and pay in the senior center office no later than Thursday, December 15th.

Bus Transportation is available. Bus will depart the senior center at 10:45 am promptly and you must register in advance to take the bus. Seats are limited.

Orchard Park Senior Center

4520 California Road

Orchard Park, NY 14127
