



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



SEPTEMBER 2020 NEWSLETTER

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org



CENTER HOURS

8:30 a.m. – 4:00 p.m.
Monday - Friday

Supervisor

Dr. Patrick Keem

Council Members

Eugene Majchrzak
Conor Flynn

Director

Debbie Santiago

Program Coordinator

Maria Galley

Kitchen Manager

Kevin Kornowicz



POOL SHOOTING at the Center

BOCCE at Green Lake and more
activities . . . look inside!



Notes from Debbie . . .

We had a great re-opening. Slow and steady is our motto to ensure we are enjoying the activities at the center and ensuring we are following the new policies and procedures. We appreciate your patience and understanding in following the new procedures (pre-registering, new sign in procedure when you arrive at the center and most importantly following the social distancing, and hand sanitizing).

We will only utilize the front entrance to maintain control of people entering and exiting the building and we encourage you to arrive 30 minutes before lunch only and 15 minutes before all other activities.

Most importantly please remember you must register for each class you'd like to attend. You can register by calling the center 662-6452 or email opsenior@orchardparkny.org. Face masks will be required to enter the building and in all common areas (entrance, lobby, hallway, restroom).

Before you come to the center you must be able to answer NO to all these questions:

Am I currently experiencing, or have experienced in the past 14 days, any of following symptoms (fever, cough, shortness of breath or difficulty breathing, sore throat, new loss of taste or smell, chills, head or muscle aches, nausea, diarrhea, or vomiting)?

In the past 14 days have I been in close proximity (within 6') to someone who was experiencing any of the above symptoms?

In the past 14 days have been in close proximity to anyone who has tested positive for COVID-19?

In the past 14 days have I been on a commercial flight or traveled outside of the US, or are returning from a state requiring a 14 day quarantine based on the Governor's directive?

If you answer yes to any of the above, YOU SHOULD NOT COME to the senior center. You are putting us all at risk and we ask that you stay home until you can answer NO to all of them.

TRANSPORTATION: Rural Transit

(Orchard Park, East Aurora & Boston) is now operating their vans. If you have need of van transportation please contact their office at 662-8378, leave a message and they will return your call.

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 also available online on the town website <https://www.orchardparkny.org/>

We're on FACEBOOK !!

During the past 5 months Facebook has been an amazing way for us to stay connected, see our friends, and to share senior center opportunities and events! We will continue to utilize Facebook to stay connect so please ... LIKE & SHARE



If you haven't ventured into the world of Facebook, but have a computer or smartphone give it a try! It's easier than you might think to join and have your own account. Our Facebook page is filled with photos, current up-to-date reliable information, links to other pages as well as information on upcoming up-to-date activities and news.



Prior to the center closing we were actively accepting and processing membership forms. We are now adhering to all of our participants being members.

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. For 2020, the non-resident fee will be pro-rated to \$20.00. 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

ORCHARD PARK SENIOR CENTER MEMBERSHIP INFORMATION

RESIDENT MEMBERSHIP: Membership fee is waived

Town of Orchard Park residents 55 and older must submit an application in person and proof of residency is required. This membership allows residents to participate in all activities, including clubs and special events. Additional fees may apply when participating in some activities and classes.

NON- RESIDENT MEMBERSHIP: Non-Residents - \$30 annually

Non-residents may join the Orchard Park Senior Center and pay their membership fee each year. Members must be 55 years of age and older. This membership allows non-residents to participate in all activities, including clubs and special events. Additional fees may apply when participating in some activities and classes.

Resident and Non-Resident applications can be submitted in person at the Center by appointment only. Applications can also be submitted online — please contact the senior center to receive an application and instructions on how to submit to the center.

Please contact the senior center office with any membership questions at 662-6452 or at opsenior@orchardparkny.org.

Orchard Park Senior Center is now a Silver & Fit and Silver Sneakers partner!

Those that are 65 and over may qualify.

How to utilize your Silver Sneaker and Silver & Fit benefits? Stop in the Senior Center office to apply for membership. When applying for membership please bring your insurance card and your fitness id # (if you have received it from your health insurance carrier) and your membership fee will be waived.

Registered, now what? Make fitness part of your daily and weekly routine

How do I check into classes? It is imperative that you register ahead each time you plan to visit.



Wegmans Pharmacy Flu & Pneumonia Shot Clinic **Wednesday, October 14th 10:00 am - Noon** *(appointment required)*

Wegmans pharmacists will be administering flu and pneumonia shots at the Senior 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.

Appointment Required - Contact the Center at 662-6452 to make an appointment.

FREE ZOOM CLASSES ARE STILL AVAILABLE

Although some of our classes have transitioned to in person classes we will still offer Zoom classes for a limited time too. You can connect to the Zoom class online by using your computer, laptop, smartphone, or tablet. Please refer to the weekly email for the links to our Zoom classes.

Arthritis Tai Chi with Donna Mondays at 12:45 pm

Arthritis Tai Chi is now widely practiced for its healing benefits for the entire body, which include increased strength, balance and posture, reduce stress, increased relaxation and improve mind, body and spirit.

Zoom Tap Dance for Fun with Jen Tuesdays at Noon

This class is designed for those who want to learn to tap dance, or who have previously tap danced and want to tap again.

Zoom Beginner Line Dance Class Wednesdays at 10:00 am

Join our center instructor Sandy for line dance from the comfort of your home. Line dancing is a great way to stay active and exercise.

If you would like assistance accessing our Zoom classes please contact the center (prior to the class time) for assistance. We are able to walk you through the process over the phone.

Zoom Yoga with Irene 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.

Zoom Men's Exercise Class with Trish Thursdays at 9:00 am

You'll notice regular exercising with others motivates you to work toward a healthy lifestyle. Take the first step in living a healthy life by joining Trish for the Men's Fitness program.

Zoom Intermediate Tap Dance with Trish Thursdays at 10:30 am

This class is for those who have some experience tap dancing. Learn to tap to some of the great Broadway tunes as you burn calories, and get an aerobic workout while tapping.

Zoom Cardio and Tone with Marilyn 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.

SIMPLE INSTRUCTIONS ON HOW TO USE ZOOM:

**You can connect to Zoom using your smartphone, laptop, computer, or tablet.
If you don't have any of these items you can use your phone to dial in to listen to the class.**

You will receive an invite link to join a class on Zoom (example invite below) from the senior center. By clicking on the link you will enter the ZOOM website.

Join Zoom Senior Center Class ****EXAMPLE INVITE BELOW****

<https://zoom.us/j/93829339962?pwd=WDhRUlFDeDQzWnBzRlVPOW1RUT09> ← **ZOOM LINK - DOUBLE CLICK HERE**

Meeting ID: 938 2933 9962

Password: 031099

Call in using your phone: 1 929 205 6099 *must enter meeting id & password

Meeting ID: 938 2933 9962

Password: 031099

When entering ZOOM choose [Open Zoom Meetings](#), then choose [Launch with Browser](#), then choose [Join with Computer Audio](#). When prompted for your name enter name so it can appear on the screen so others know who you are.

At this point you have entered the class and should see the instructor and you can ask additional questions.

*Please make sure you sign into the zoom class on time. All classes require the instructor to admit the participants into their class. **We will not admit participants 10 minutes after the class has begun as this is disruptive to the class..***

CARDS & GAMES ARE BACK !!!

Euchre, Hand and Foot, Pinochle and Bridge, Dominoes, Scrabble, and MahJong are now added to our weekly activity schedule.

Please remember to register for all the classes you wish to participate in as there are maximum players for each activity. There are a few new rules for these activities too:

- ◇ Face Mask / Covering must be worn during game play.
- ◇ You must sanitize your hands before game play and before you move to another table to continue play.
- ◇ The senior center will supply the games and cards for play. No outside games can be brought in for play.
- ◇ No food can be brought or shared in the room.
- ◇ Waterbottles only (water fountains are closed).
- ◇ You will have a two (2) hour playing time. After your time you will need to depart the room.



B I N G O IS BACK AT THE CENTER!

\$1.00 / board and a few new rules for Bingo too:

- ◇ Face Mask / Covering must be worn during game play.
- ◇ We will hand out all bingo boards and individual cups of bingo chips.
- ◇ You must sanitize your hands before game play and after.
- ◇ The senior center will supply the chips for play. No outside games can be brought in for play.
- ◇ No food can be brought or shared in the classroom.
- ◇ Waterbottles only (water fountains are closed).
- ◇ You will have a one hour playing time. After your time you will need to depart the room.

Down to Earth Documentary Film & Discussion

Call for Dates and Times in September

**Down
To
Earth**

This class is just what it sounds like . . . An episode from “Down to Earth” documentary series is screened here at the Orchard Park Senior Center and Theresa Wiater will lead a discussion of the film. Episodes are approximately 45 minutes in length, leaving about an hour for discussion. Space will be limited to 10 participants.

Down to Earth with Zac Efron features the globe trotting actor in a never before seen role as co-host of a docuseries that follows the growing intersection of environmentalism and travel. Join Efron as he embarks on an inspiring journey around the world with wellness expert and entrepreneur Darin Olien. Together, the two learn about different cultures and how to live a healthy and sustainable life while being kind to Mother Nature. The duo is on a quest to find a collective solution for the climate crisis while highlighting the ways each of us can individually improve the planet for future generations.

Stay Fit Dining Program

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@orchardparknyc.org or text 716-341-6235 by Tuesday 10:00 am for the upcoming week.

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

SEPTEMBER LUNCH MENU

Tue 9/1 Buffalo-Style Breaded Chicken Breast w/ Buffalo-style Sauce on a Bun, Fiesta Corn, Broccoli, Fresh Nectarine

Wed 9/2 Beef Stew, Mashed Potatoes, Biscuit, Chocolate Mousse

Thu 9/3 Breaded Chicken Drumsticks, Au Gratin Potatoes, Normandy Mixed Vegetables, Dinner Roll, Apple Pie

Fri 9/4 Roast Pork with Warm Cinnamon Apples, Mashed Potatoes, Carrots, Wheat Bread, Spice Cake

Mon 9/7 SENIOR CENTER CLOSED — LABOR DAY HOLIDAY

Tue 9/8 Ham Steak with Honey Mustard Sauce, Scalloped Potatoes, Brussels Sprouts, Rye Bread, Lime Sherbet

Wed 9/9 Baked Salmon with Pineapple Salsa, Vegetable Rice Pilaf, Broccoli, Cornbread, Baked Pear Crisp

Thu 9/10 Boneless Breaded Chicken Breast with Tomato Sauce & Mozzarella over Pasta, Wax Beans, Chef Salad, Tropical Fruit

Fri 9/11 Steakhouse Burger w/Gravy, Whole Wheat Bun, Potato Salad, Lima Bean Bake, Fruit Gelatin

Mon 9/14 Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun, Roasted Red Potatoes, Mixed Vegetables, Pineapple

Tue 9/15 Creamy Vegetable Lasagna, Italian Green Beans, Cauliflower, Dinner Roll, Frosted Cherry Cake

Wed 9/16 Julienne Salad (Iceberg & Romaine Lettuce), Cherry Tomatoes & Carrots, Wheat Dinner Roll, Peach Crisp

Thu 9/17 Meatloaf with Gravy, Mashed Potatoes, Broccoli, White Bread, Vanilla Mousse

Fri 9/18 Chili con Carne, Carrots, Fruit Punch, Cornbread, Fresh Plum, Chocolate Milk

Mon 9/21 Pork Ribette w/BBQ Sauce, Bun, Cheesy Mashed Potatoes, Seasoned Mixed Greens, Frosted Lemon Cake

Tue 9/22 Chicken, Mandarin Orange & Sunflower Salad, Whole Grain Crackers, Pumpkin Bavarian

Wed 9/23 Beef Macaroni Casserole, California Mixed Vegetables, Corn, Rye Bread, Fruit Compote, Chocolate Milk

Thu 9/24 Roast Turkey, Stuffing, Gravy, Mashed Potatoes, Peas & Carrots, Cookies, Molded Cranberry Salad

Fri 9/25 Breaded Fish on a Whole Wheat Bun, Macaroni & Cheese, Italian Green Beans, Mandarin Oranges, Coleslaw

Mon 9/28 Cheese Ravioli w/Meat Sauce, Peas, Seasoned Summer Squash, Italian Bread, Peaches, Chocolate Milk

Tue 9/29 Roast Beef with Gravy and Horseradish, Sweet Potatoes, Savory Cabbage, Rye Bread, Frosted Marble Cake

Wed 9/30 Quarter Chicken with Gravy, Mashed Potatoes, Carrots, Whole Wheat Roll, Sugar Cookies

MOVIES We are showing movies on Wednesday and Thursday at 1:15pm. Cost 50¢

The seating is limited to 15 seats to ensure social distancing. You must pre-register to attend.

Wed 9/2 & Thu 9/3 Hamilton The real life of one of America's foremost founding fathers and first Secretary of the Treasury, Alexander Hamilton. Captured live on Broadway. (2 hrs 40 min.)

Wed 9/9 & Thu 9/10 Bombshell (R) A group of women take on Fox News head Roger Ailes and the toxic atmosphere he presided over at the network. (biographical drama)

Wed 9/16 & Thu 9/17 Like a Boss (R) Two best friends with contrasting personalities decide to accept a big buyout offer from a cosmetics mogul to save their company from financial ruin. Drama and hilarity ensue as intellectual property theft places a major strain on their friendship and lifelong ambitions. (comedy)

Wed 9/23 & Thu 9/18 The Way Back (R) An alcoholic who has endured family tragedy works to redeem himself by coaching his high school alma mater's basketball team. But as he's brought back to his glory days as a promising athlete, he's forced to confront the demons that derailed him earlier in life. (drama)

Wed 9/30 & Thu 10/1 Hamilton (encore)

SEPTEMBER WEEKLY SCHEDULE

To participate in our activities you must register in advance. You can register for all activities by contacting the senior center at 662-6452 or email (opesenior@orchardparkny.org).

To maintain control of people entering and exiting the building we will only be using the front entrance (by the flag pole).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Pool Shooting Limit 6	9:00 Pool Shooting Limit 6	9:00 Pool Shooting Limit 6	9:00 Pool Shooting Limit 6	9:00 Pool Shooting Limit 6
10:30 Wii Bowling Limit 8	9:00 Open Bocce at Green Lake *until 9/10*	9:00 Shuffleboard Begins 9/16 Limit 8	9:00 Men's Exercise Outside \$2.00/class	9:45 Euchre Limit 16
Noon LUNCH Limit 35	10:30 Int. Line Dance Limit 18 \$3.00/class	9:30 Hand & Foot Limit 8	9:45 Dominoes Limit 10	10:00 ZOOM Cardio & Tone
12:30 Pool Shooting Limit 6	Noon LUNCH Limit 35	10:00 Beg. Line Dance Limit 18 \$2.50/class	10:30 Int. Tap Dance Limit 18 \$4.00/class	10:30 Art w/Friends Limit 8
12:30 Bridge Limit 16	12:00 Beg. Tap Dance Limit 18 \$4.00/class	11:30 ZOOM Yoga	Noon LUNCH Limit 35	Noon LUNCH Limit 35
2:45 Arthritis Tai Chi *DVD video instruct.*	12:30 Pool Shooting Limit 6	Noon LUNCH Limit 35	12:45 Knitter Group Limit 8	12:30 Pool Shooting Limit 6
1:00 Scrabble Limit 8	1:00 Bingo Limit 15 \$1.00/board	12:30 Pool Shooting Limit 6	12:30 Pool Shooting Limit 6	12:45 Mah Jong Limit 8
		1:15 Movie Limit 15	1:15 Movie Limit 15	1:00 Pinochle Limit 16

Call the office for more information on any of these activities.

All activities listed on the schedule are subject to time and date change and/or cancellation

FACE MASK / COVERING MUST COVER YOUR NOSE AND MOUTH

All members must wear a face covering when entering and exiting the facility, and in all common areas (entrance, lobby, hallway, and restroom).

Following the Gyms and Fitness Center guidelines set forth by Governor Cuomo the Orchard Park Senior Center is requiring all participants of exercise / dance classes to wear a face mask/ covering while exercising and dancing.

Library

Monday - Friday

9am - 11 am & 1pm - 3 pm

Books, Computer and Puzzles

You are welcome register for a time to use the computers and borrow some books or puzzles.

You will need to sanitize your hands before you enter the library and when you leave the library and always wear a face covering when in the library.

CLASS DESCRIPTIONS

Tai Chi for Arthritis DVD Program 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.

Men's Fitness *Outside* Thursday 9:00 - 10:00 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 on ZOOM only 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. Zoom class only.

Yoga on Zoom Wednesday 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 pay as you go.

Beg. Line Dance at the Center 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 pay as you go.

Inter. Line Dance at the Center 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 pay as you go.

Beginner Tap Dance at the Center 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 pay as you go.

Intermediate Tap Dance at the Center Thursdays at 10:00 am

Classes are designed for those who have have previously tap danced and want to tap again. Cost is \$4.00 pay as you go.

EXERCISE CLASSES

Specific details on return dates and times were not available at the time this newsletter was sent to the printer. We will keep you posted and let you know when classes will resume.



SHUFFLEBOARD BEGINS Wednesday, September 16th Wednesdays at 9:00 am - 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.

Space is limited to 8 and participants are required to wear a face mask during game play.

A big Thank You to the Community Activity Council for purchasing two portable shuffleboard courts.

Introduction to Watercolor ZOOM Class Friday, September 11th at 10:30 am – Noon

Participants are encouraged to have their supplies to follow along or have a project they are working on. The instructor will give a demo including samples of materials used and how to do various techniques.

Students can follow along or wait and do their own work. Please contact the senior center if you would like a list of supplies needed, and methods and techniques which will be covered during class, and the ZOOM link to attend the class.

University Express Fall 2020 HYBRID Class Information

The Fall 2020 University Express semester will be hybrid. No in-person lecturing will be offered. Instead, instructors will be live streaming at least one new topic every weekday during the semester starting on 10/1 and ending on 12/11.

The Orchard Park Senior Center is going to host viewing parties for the live streaming session. Participants must register to attend the live stream of the presentation at the senior center by calling 662-6452 or email us at opsenior@orchardparkny.org. Limited seats available

All participants of will be required to wear a mask during the viewing party at the senior center

UNIVERSITY EXPRESS LIVE STREAMING VIEWING PARTIES AT ORCHARD PARK SENIOR CENTER IN OCTOBER

Thursday, October 1st at 10:00 AM
Early Buffalo Planning and Development
Instructor: Angela M. Keppel

Friday, October 2nd at 10:00 AM
Poetry Defies Definition
Instructor: Jim Banko

Monday, October 5th at 10:00 AM
The Hat As Art!
Instructor: Jean Serusa

Tuesday, October 6th at 2:00 PM
Breast Cancer: What You Need to Know
Instructor: Nikia Clark

Wednesday, October 7th at 10:00 AM
Healthy State of Mind: Creating Overall Well-Being
Instructor: Jocelyn Bos-Fisher

Thursday, October 8th at 10:00 AM
Football 201
Instructor: Ryan Gadzo

Thursday, October 8th at 2:00 PM
Strength Training for Seniors
Instructor: Miranda Zagorski

Friday, October 9th at 10:00 AM
Art of Persuasion
Instructor: Ron Kubiak

Tuesday, October 13th at 10:00 AM
Wrapping Up the Gardening Season
Instructor: Peggy Koppman

Wednesday, October 14th at 10:00 AM
Upheaval in the Middle East
Instructor: Faizan Haq

Wednesday, October 14th at 2:00 PM
Systemic Racism and Its Impact on Health Disparities
Instructor: George F. Nicholas

Thursday, October 15th at 2:00 PM
COVID-19, The Flu, and You
Instructor: Pati Aine Guzinski

Friday, October 6th at 10:00 AM
African American Artists
Instructor: Jean Serusa

Monday, October 19th at 10:00 AM
Gardening for a Sustainable Future
Instructor: Lyn Chimera

Tuesday, October 20th at 10:00 AM
Brain Games
Instructor: Theresa Wiater

Wednesday, October 21st 10:00 AM
"We Are All in this Together":
The Shared Experiences of Loss, Grief and COVID-19
Instructor: Deborah Waldrop

Thursday, October 22nd at 10:00 AM
Diversity in WNY
Instructor: May Shogan

Friday, October 23rd at 10:00 AM
Healthy Eating Basics and Healthy Aging
Instructor: Jenny LeGrand

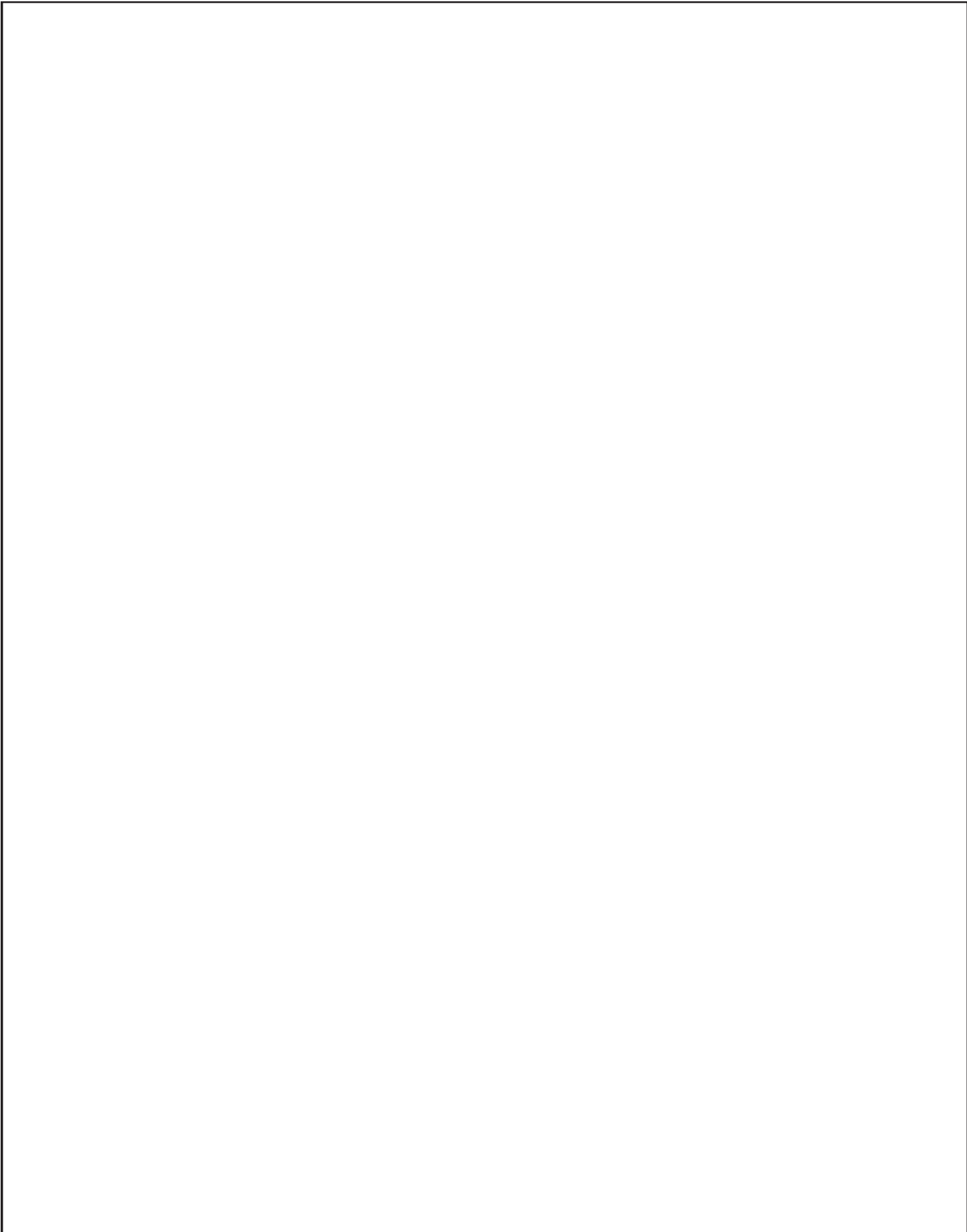
Monday, October 26th at 10:00 AM
Wisdom of the Dying: Death, Dying, and the Meaning of Life
Instructor: Pei Grant

Tuesday, October 27th at 10:00 AM
The Road to the White House 2020
Instructor: Len Lenihan

Thursday, October 29th at 10:00 AM
Overwhelmed by All Your Health Insurance Options?
Instructor: Erie County Senior Services

Thursday, October 29th at 2:00 PM
The Language of Flowers
Instructor: Pati Aine Guzinski

Friday, October 30th at 10:00 AM
Vampires, Werewolves, Witches, and
Other Creatures of the Night
Instructor: Phillips Stevens







**YOU MUST PRE-REGISTER FOR ALL ACTIVITIES,
CLASSES, AND LUNCHES**

To visit the Senior Center and participate in an activity you must pre-register. You can pre-register by calling the center at 662-6452 or send us an email to register (opsenior@orchardparkny.org).

We understand this is a challenge however,
we must control the number of participants.

Thanks you for your understanding and cooperation!

Orchard Park Senior Center

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Orchard Park, NY 14127