



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



NOVEMBER 2023

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

MONDAY- FRIDAY

8:30 a.m. – 4:00 p.m.

Director

Maria Galley

Assistant Director

Kayla Turner

Kitchen Manager

Kevin Kornowicz

Receptionists

Bob

Bonnie

Maggie

Town Supervisor

Eugene Majchrzak

Council Members

Conor Flynn

Joseph Liberti

Julia Mombrea

Scott Honer



On Veterans Day we honor all,
Who answered to a service call.
Soldiers young, and soldiers old,
Fought for freedom, brave and bold.
Some have lived, while others died,
And all of them deserve our pride.
We're proud of all the soldiers who,
Kept thinking of red, white, and blue.
They fought for us and all our rights,
They fought through many days and nights.
And though we may not know each name,
We thank ALL veterans just the same.
By Cheryl Dyson

Notes From Maria.....

I am writing to you today with a heavy heart. We lost one of our special volunteers Jerry Kornowicz, who worked along side Kevin for the past 2 years in the kitchen. He taught me many things over the years but the one thing that sticks out about him was his kindness. Jerry will be remembered for his friendly smile and making everyone feel welcome. He will be missed .

This month's special message is about kindness. I believe that kindness is one of the most important things in life. You have each lived long and full lives, and you have so much wisdom and experience to share. You deserve to be treated with respect and kindness, everyday of the year. ***On Thanksgiving, and everyday, I encourage you to be kind to yourselves and to others. Remember that you never know what someone else is going through.*** Even on our best days, we can all use a little kindness. A simple smile to say hello, offering to help someone that you see in need or listening to their stories and share your own can go a long way. Kindness is contagious. When you are kind to others, it inspires them to be kind to others as well. Let's make the world a kinder place, starting with the Senior Center.



Happy Thanksgiving from our family at the center to yours!

We are excited to welcome Kayla, our new assistant director at the Orchard Park Senior Center. Please join us for Meet and Greet on Wednesday, November 1st. Join us at 10am for a chance to meet Kayla, learn more about her and ask questions you may have. We'll also have coffee, tea and snacks available. Kayla is a warm and friendly person who is passionate about helping seniors. She is excited to get to know the members of the Orchard Park Senior Center and learn more about their needs. She is also looking forward to sharing her ideas and expertise to help the center continue to provide valuable services to seniors!



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 membership orientation as an appointment is required.



Are you interested in volunteering?

We offer a variety of volunteer opportunities.

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

New volunteer opportunities are posted on the board throughout the month.

**We are currently in need of Volunteers to help in the kitchen or serving anytime between 11am to 1pm.
Pick your time to help!**

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

Rural Transit is a non-profit transportation organization for seniors, disabled, or income eligible residents of Southern Erie County. Riders are transported to therapy, nutrition sites, grocery shopping, with medical trips taking priority. Trips are free, but donations are accepted. Contact Rural Transit to become a rider or to volunteer.

Going Places Van 858-7433

Need a ride into Buffalo for medical appointments, physical therapy or other human services? Contact the Going Places Van!

AUDIT A CLASS

Are you interested in signing up for a class, but you are unsure if you will like it? We encourage you to observe a class you may be interested in with a one time guest pass. You may obtain your guest pass by speaking with Maria in the office.

REFUND POLICY

Requests for refunds will be honored only if a member makes a request 5 full business days prior to the scheduled class/event start date. A \$5.00 processing fee will be applied to all class refunds.

After the session begins, NO refunds are granted except for medical reasons and/or the advice of the instructor.

A FULL refund/ or funds may be placed into a member's My Senior Center Wallet for a course that is cancelled due to low registration. You will be notified by phone prior to the start date of the class.



**PRE-REGISTRATION IS REQUIRED
IN ADVANCE FOR ALL
PRESENTATIONS AND ACTIVITIES.**

Joyful Journey Series

Healthy Alternatives Through Healing Arts

Is a local nonprofit who works with the Exhale initiatives providing respite programs for family caregivers. They are very excited to be working with our center. They offer programs that assist the caregivers in reducing their stress levels and increase resiliency. The programs are all designed so you have a wonderful experience the day of, but you also leave with some new tools to take home for when respite is not available. Although it is geared for the Caregiver, all are welcome to attend these free programs.



Laughter Yoga –FREE November 3rd from 2-4pm

Join Caren Kolerski, a Certified Laughter Yoga Teacher for 10 years, to experience the fun, interactive world-wide practice of Laughter Yoga Wellness. Mind, body and spirit are engaged as participants combine laughter exercises with yoga breath, gentle stretching, childlike playfulness and positivity, all to experience stress relief, joy, well-being and connection. As unconditional laughter awakens within you, it soon becomes real and contagious laughter, realizing what Dr. Maden-Kataria, founder, says: "When you laugh, you change. When you change, the world around you changes." No yoga experience needed. Dress comfortably, and layered. Most exercises can be done seated if necessary.

Let the Rainbow of Colors Enhance Your Life! November 20th 10:30am—12:30PM

Color has the ability to touch us emotionally, mentally, physically and spiritually. Color permeates our language, culture and health. We say things like "we're in the pink" when energized or "kind of blue" when down or depressed. Let the rainbow of colors enhance your life!
Presented by Charlene Kane



Fourteen Ways to Preserve Your Assets

Wednesday, November 1st at 1:00pm

Attorney Robert Friedman of Friedman & Ranzenhofer, PC, drawing on over forty-four years of estate planning legal experience, will be presenting "Learn how to preserve your assets 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.

Learn to Play Bridge Monday, 11/6 —12/4 from 10am - 12:00pm

No experience necessary. Five introductory lessons to help you learn bidding and play of the hand.

Class size limited to 12 participants.

Cost \$10.00



Confused by Medicaid and Medicare? You are not alone!

Monday, November 6th at 1:00pm

Join us for an educational workshop with Rich Lash and Valerie Stanek, Esq. to discuss the topics of Social Security, Medicaid, and Medicare, as well as estate planning. Rich has been in the insurance field since 1987 and has specialized in Medicare Insurance since 2013. He frequently hosts workshops on these topics throughout Western New York. Valerie Stanek is an attorney practicing in the areas of wills, trusts, and estates, as well as a Certified Financial Planning® professional with over 30 years of experience. Questions are welcomed and encouraged.

Veterans Day Entertainment and Ceremony Thursday, November 9th at 10:30am

Today we honor those who have served our country. Ladies First Quartet will entertain us with patriotic songs at 10:30am. Following the entertainment we will have a special presentation in tribute to Veterans at 11:40am (prior to lunch) Register for this event at the front desk.

Challenge your Brain with "America Says" Monday, November 13th at 10:30am

Join Maria, Kayla and Maggie for a morning of fun playing 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. Challenge your brain and register to attend.

Tablet for \$23.00 Free Internet

Tuesday, November 14th at 10:00am

To Qualify: you must make under \$70,000 per year. Please bring proof of income such as your social security awards letter or taxes. Call to make an appointment.

Today's Real Estate and Mortgage Updates (Should I Sell or Hold)

Tuesday, November 14th at 12:45pm

Join us to learn about the real estate market focusing on interest rates, how to position your home for sale, what to expect from your real estate agent, what will my house be worth next year.



Health Insurance Fair Tuesday, November 14th 1:30-3:30pm

- EPIC (Elderly Pharmaceutical Insurance Coverage)
- Univera
- Highmark of Western NY
- Aetna
- United Healthcare
- Independent Health
- HIICAP (Health Insurance Information, Counseling and Assistance).

Explore various health insurance options at today's fair. Representatives will have plan information and applications.

Friendsgiving Potluck

Wednesday, November 15th at 4:00pm



Everyone is welcome to this evening of food and friendship! The center will provide the Turkey & dessert. Bring your favorite entrée or side dish to pass. You must contact the center to register with the dish you plan to bring.

November Birthday Bash

Friday, November 17th at 12:30pm

Let's Celebrate! Maria our Director invites those who have a November Birthday to submit a photo of yourself in your younger days by November 15th. Everyone is welcome and will enjoy a delicious birthday dessert.

WINTER WONDERLAND DANCE

Tuesday, November 28th from 1:00 - 2:30pm

Let's welcome this merry winter at our winter wonderland dance! Join us for an enchanted afternoon filled with entertainment, dancing and socializing with Sentimental Journey. Pizza will be available for purchase at the concession stand. Cost \$2.00



Tree Trimming and Decorating

Thursday, November 30th at 12:30pm

Join us to kick off the holiday season! Do you enjoy trimming the tree, singing Christmas songs? Together we will decorate the tree, the dining room and sharing in holiday cheer. Please register at the front desk.

Minute to Win It! Holiday Games!

Monday, December 4th at 10:30am

You've watched the game show now you get to participate. You will participate and compete against each other in 60 second challenges. Join us for this fun event contacting the center and reserving your spot!

Holiday Candy Make & Take

Friday, December 8th at 1:00pm

Join us as we follow an easy recipe to create flavored hard candy. Decorate your own jar and fill with your delicious holiday treat! Cost \$5.00
Limited to 12 participants.

University Express Presentations Fall 2023

REGISTER AT THE FRONT DESK TO ATTEND

Please see University Express Catalog for additional presentations offered at OPSC

Thurs. 11/2 At 1:30	Positive Attitude: Living Bitter to Better	Gain insight into living with a positive attitude after challenging and life changing events. Instructor: Sister Judith Beiswanger, Sister of St. Francis, Director of Faith Formation, Retired Teacher.
Fri., 11/3 At 1:30pm	Cooking with the Commissioner— Holiday Style!	Join our favorite Commissioner - Senior Services own Angela Marinucci - as she shares some of her favorite holiday recipes that will have all your guests asking for seconds. She will even bring some samples to share. This is one class you won't want to miss! *Feel free to bring your favorite holiday recipe to share.
Mon., 11/6 At 10:30am	A History of Radio Reading Services for the Blind	Learn why radio reading services started, how they function, the status of services across the USA, and how people access them. We'll cover copyright laws and other countries with similar services too! Instructor: J. Mark Robinson Outreach/Development, Niagara Frontier Radio Reading Service.
Thurs., 11/9 At 1:30pm	Protecting Water at It's Source	Learn what the Buffalo Niagara Waterkeeper is doing to protect the sources of streams and rivers that serve as a filter for drinking water flowing into Lake Erie, the Niagara River, and Lake Ontario. By preserving this critical acreage, the health of the entire region will be protected for future generations. Instructor: Jeanne Beiter, Senior Program Manager, Buffalo Niagara Waterkeeper
Mon., 11/13 At 1:30pm	The Five Star Admirals That Won World War II	They worked together to overcome the Axis Powers in both the Atlantic and Pacific oceans. Instructor: Shane Stephenson, Director of Museum Collections, Buffalo Naval Park.
Thurs., 11/16 At 10:30am	Radium Girls: The Walking Dead	In 1898, Marie Curie discovered radium, which is used in the battle to fight cancer. During World War I, radium was painted on the dials of airplanes so that pilots could see the gauges as they "glowed in the dark". Women were happy to be employed, at a good wage, to paint the dials on gauges, clocks and wristwatches. Why then, were so many of these women mysteriously dying? Instructor: Theresa Wiater, Theresa is a retired teacher of gifted education and grade 5 from Clarence School District.
Mon., 11/27 At 10:30am	When the Foot Hits the Ground	A basic introduction to the force imparted on the various joints with simple activities such as walking. Instructor: Michael Massaro, Physical Therapist with Excelsior Orthopedics.
Wed., 11/29 At 1:30pm	Let's Learn More About Buffalo's LGBTQ+ Community	The Pride Center of WNY is committed to providing education, advocacy & support to our community. Engagement and Education Coordinator Taylor Blake, who will lead our educational discussion, oversees the agency's Health and Human Services program, which features social and support groups, community outreach, and cultural competency training for local organizations.

November Book Club**Monday, November 20th at 10:30am**

11/22/63 by Stephen King On November 22, 1963 three shots rang out in Dallas, President Kennedy died, and the world changed. What if you could change it back? Stephen King's heart-stoppingly dramatic new novel is about a man who travels back in time to prevent the JFK assassination—a thousand page tour de force.

Calling all Readers! We are looking for your book suggestions. Share your love of literature with others and contact Maria with your great suggestions for book club. All genres welcome.

NO DECEMBER BOOK CLUB**Chess Club****Wednesdays At 1:00pm**

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. Please register at the front desk.

Helping Hands Sewing, Crochet and Knitting Group

2nd and 4th Wednesdays of the Month
9am – 1:30pm

You are welcome to give as much time as you wish within this time frame ... Calling all experienced sewers to join this Sewing Group who work specifically on sewing projects for donations to Children's Hospital, Family Justice Center, Roswell etc. All levels of sewers, Knitters and Crocheters are welcome to join! You are not required to stay the entire time but are more than welcome to.

Bring your own crocheting and knitting supplies. Bring your own sewing machine if possible.

**Safe Driver Academy****9:00 - 3:00 pm**

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, November 17th 9:00 - 3:00 pm
Friday, December 1st 9:00 - 3:00 pm
Friday, January 26th 9:00 - 3:00pm
Friday, February 23rd 9:00 - 3:00pm

**Mondays at 10:30am**

Have you ever played Wii Bowling? The Orchard Park Senior Center is starting a Monday Morning Wii Bowling League.

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

If you are interested please sign up in the office with Maria.

**Shuffleboard****Tuesdays 9:00-10:30am**

Shuffleboard rules are easy to learn and understand. They are designed to keep the game fun! The winner

is the first person to reach a pre-defined target, or the player with highest score after 20 frames. No Registration Required, just join in the fun!

CORNHOLE IS BACK!!**Beginner & Intermediate CORNHOLE
Wednesdays from 1:00pm - 3:00pm**

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!!

Bridge	Mondays at 12:30pm
Five Crown	Mondays at 10:30am
Shuffleboard	Tuesdays at 9:00am
Bingo	Tuesday at 1:00pm
Card Bingo	Tuesday at 2:00pm
Hand & Foot	Wednesdays at 9:30am
Cards/Games	Wednesdays at 12:30pm
Chess	Wednesdays at 1:00pm
Cornhole	Wednesdays at 1:00pm
Dominoes	Thursdays at 9:30 am
Euchre	Fridays at 10:00am
Mah Jong	Fridays at 12:45pm
Pinochle	Fridays at 1:00pm

Monday - Bridge Lessons

2 week session 12/11 - 12/18 \$5.00
Improve your bidding with the following mini lessons:
Negative Doubles on December 11th and December 18th
from 10:00am - 12:00pm

These are intermediate lessons and you should have a knowledge of bridge to participate.

Stay Fit Dining Program in the 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.

Wed 11/1 Baked Rigatoni with Italian Sausage, Tomato Sauce & Shredded Mozzarella, Broccoli Florets, Chef Salad with Dressing
Dinner Roll, Peach Bavarian

Thurs 11/2 Boneless Chicken Breast with Red Pepper Cream Sauce, Mashed Potatoes, Carrots, Salad

Whole Wheat Dinner Roll, Pears & Mandarin Oranges

Fri 11/3 Teriyaki-Seasoned Beef Strips over Rice
Oriental Mixed Vegetables, Orange-Pineapple Juice, Fresh Apple, Chocolate Milk

Mon 11/6 Pork Ribette with BBQ Sauce on a Bun, Cheesy Potatoes, Peas with Red Pepper
Dinner Roll, Gingersnap Cookies

Tues 11/7 Stuffed Shells with Tomato Meat Sauce & Mozzarella, Chef Salad ,Cauliflower, Italian Bread, Chocolate Bavarian

Wed 11/8 Breaded Chicken Breast with Creole Sauce
Spanish Rice, French Bean Medley, Dinner Roll, Fresh Grapes, Chocolate Milk

Thurs 11/9 Roast Beef with Onion Gravy & Horseradish, Ranch-seasoned Mashed Potatoes, Broccoli Florets, Chef Salad, Whole Wheat Roll, Lemon Meringue Pie

Fri 11/10 CENTER CLOSED

Mon 11/13 Ham Steak with Pineapple Topping, Sweet Potatoes, Creamy Cabbage with Dill, Wheat Dinner Roll, Shortbread Cookies

Tues 11/14 Beef Stew, Mashed Potatoes, Harvard Beets
Warm Biscuit, Cinnamon Applesauce

Wed 11/15 Cheese Tortellini in Cream Sauce with Diced Chicken, Carrots, Italian Mixed Vegetables, Italian Bread
Fresh Banana , Chocolate Milk

Thurs 11/16 Julienne Salad with Dressing, Multigrain Bread
Strawberry Bavarian

Fri 11/17 Stuffed Pepper with Tomato Meat Sauce, Mashed Potatoes, Broccoli Florets, Dinner Roll, Fruit Compote

Mon 11/20 Polynesian Chicken over White Rice, California Blend Vegetables, Zucchini & Summer Squash, Cake with Frosting

Tues 11/21 Roasted Turkey with Stuffing & Gravy, Sweet Potatoes with Brown Sugar, Green Bean Casserole, Molded Cranberry, Dinner Roll, Pumpkin Pie with Whipped Topping

Wed 11/22 Cheese Ravioli with Sauce & Mozzarella, Cauliflower, Chef Salad , Italian Bread, Fresh Pear, Ch Milk

Thurs 11/23 CLOSED

Fri 11/24 CLOSED

Mon 11/27 Swedish Meatballs over Rotini Pasta, Brussels Sprouts, Grape Juice, Fruit Cocktail

Tues 11/28 Breaded Chicken Breast with Buffalo-Style Sauce on a Bun, Fiesta Corn, Broccoli Florets, Butterscotch Pudding

Wed 11/29 Grilled Chicken, Mandarin Orange & Sunflower Salad, Multigrain Bread, Sugar Cookies

Thurs 11/30 Chili con Carne with Cheddar Cheese, Carrots, Fruit Punch, Salad, Cornbread, Fresh Apple

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

United Health Care

Wednesday, November 8th from 10am-12pm

Highmark of WNY

Wednesday, November 29th from 10am - 12pm

Health Insurance Fair

Tuesday, November 14th

1:30-3:30pm

See page 3 for more details.

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

at 1:00 pm

Spend an afternoon at the movies.

\$1.00 per person—pay day of movie

Includes bag of chips or popcorn

Nov 1 or Nov 2 Gran Turismo: Based on true story. The unbelievable true story that proves nothing is impossible when you're fueled from within.

Nov 8 or Nov 9 The Little Mermaid In this breathtaking live-action reimagining of the beloved animated musical classic, a spirited young mermaid must follow her heart. She makes a deal with an evil sea witch that allows her to experience life on land, but that ultimately puts her life in jeopardy.


Nov 15 or Nov 16 My Big Fat Greek Wedding 3 Join the Portokalos family as they travel to a family reunion in Greece for a heartwarming and hilarious trip full of love, twists and turns.

Nov 22 Mamma Mia! Here We Go Again Join the celebration, sing and dance, and discover how it all began! Ten years after Mamma Mia! The Movie, the film's original cast returns in this musical sequel.

Nov 29 or Nov 30 Barbie to live in Barbie Land is to be a perfect being in a perfect place. Unless you have a full-on existential crisis. Or you're a Ken.

NOVEMBER SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Fitness Room 9:00 Pool Shooting 9:00 Medit. & Yoga 9:00 Ladies Exercise 9:30 55+ Pickleball 10:30 Learn to Play Pickleball 10:30 Five Crowns 10:30 Wii Bowling 11:00 Gentle Hatha Yoga w/Barb 11:00 Learn to Play Bridge NOON LUNCH 12:30 Bridge 12:30 UMA MOVES 1:30 55+ Pickleball <u>Evening Class</u> 5:30 20.20.20</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Fitness Room Closed Wednesdays 12:30-1:30pm Fridays 12:00- 1:00pm</p> </div>	<p>8:30 Fitness Room 8:45 Mens Exercise 9:00 Bocce/Shuffleboard 9:00 Pool Shooting 9:00 55+ Pickleball 10:00 Beg. Watercolor 10:15 Int. Line Dance 10:30 Club 99 11:30 55+ Pickleball 12:00 Tap for Fun NOON LUNCH 1:00 Inter. Watercolor 1:00 Bingo 1:15 Stretch and Barre 2:00 Card Bingo 2:00 Beginner Pickleball <u>Evening Classes</u> 5:30 Cardio Drumming</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> <p>Billiards Room Closed 8-Ball Tournament Tuesdays 12:30pm - 2:30pm</p> </div>	<p>8:30 Fitness Room 8:45 Mens Exercise 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 55+ Pickleball 9:30 Hand & Foot 10:00 Beginner Line Dance 10:00 Beginner Tai Chi 10:30 Sit and Get Fit 11:15 Inter. Tai Chi 11:15 Intro to Line Dance 11:30 Yoga NOON LUNCH 12:30 OpenCards/Games 12:30 Strength Training 1:00 Movie 1:00 Chess Club 1:00 Cornhole 1:30 55+ Pickleball</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> <p>Open Walking In the GYM: Monday - Friday</p> </div>	<p>8:30 Fitness Room 8:45 Mens Exercise 9-3 Game Room 9:00 Pool Shooting 9:00 55+ Pickleball 9:30 Dominoes 10:00 UMA MOVES 10:30 Club 99 11:30 55+ Pickleball NOON LUNCH 1:00 Adv. Tai Chi 1:30 55+ Pickleball</p> <p style="text-align: center;"><u>Evening Classes</u></p> <p>5:15 Evening Yoga with Marie 6:30 Cardio Drumming</p> <p style="text-align: center; color: green;"><i>Happy Thanksgiving Center is Closed Thursday, Nov. 23rd And Friday, Nov. 24th</i></p>	<p>8:30 Fitness Room 8:45 Cardio Drum 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Euchre 10:00 Zumba 10:30 Art w/ Friends 10:45 BAM NOON LUNCH 12-2 55+ Pickleball 12:00 Circuit Training 12:45 MahJong 1:00 Pinochle 2:00-4 55+ Pickleball</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> <p>Basketball Free Throw Bring your own ball and shoot some hoops. Mon - Fri 8:30 - 9:30am</p> </div>



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

Monday, November 6th at 12:45pm
 King of Collectibles: The Golden Touch Collectibles
 The Golden Ticket

Monday, November 20th at 12:45pm
 King of Collectibles: The Golden Touch Collectibles
 Puerto Rico



PICKLEBALL



All members must sign up using MyActiveCenter.com or by filling out a registration form at the front desk. See days and times above.

Cost per session \$5.00,
 Please pay at desk the day of session and **bring exact payment.**

No Entry to pickleball courts more than 15 minutes prior to play. Please be respectful of play times and do not over extend the play.

Holiday Food Drive

November 13th—December 15th

Help us help those in our community who are in need this holiday season! Collection bins will be in the main Lobby of the Community Activity Center.

Recommended Items: Canned Foods, Soups, Cereals, Pastas, Common Seasonings, Juice Boxes, Kid Friendly Meals, Individual Snacks, Hand Soap, Shampoo, Paper Towels

LEARN TO PLAY PICKLEBALL

Mondays at 10:30am 8 week session
 10/23 - 12/18 Cost \$48.00

No class 10/30

Who Should Consider Lessons With Carl:

1. Those who have never played pickle ball
2. Those who have not played in a year or more and want to refresh their game.

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

(chair modifications available).

4 week session 11/6 - 11/27 Cost \$ 20.00

Pay as you go 12/4, 12/11, 12/18 \$5.00 each class

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 Wednesdays at 11:30 am

4 week session 11/1 - 11/22 Cost \$20.00

4 week session 11/29 - 12/20 Cost \$20.00

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.

GENTLE HATHA YOGA Mondays at 11:00 am

6 week session 10/23 - 11/27 Cost \$30.00

Pay as you go 12/4, 12/11, 12/18 \$5.00 each

class Hatha yoga focuses on posture and breathing techniques, traditionally to channel vital energy source.

EVENING YOGA with MARIE Thursdays at 5:15 pm

5 week session 10/19 - 11/16 Cost \$25.00

3 week session 12/7 - 12/21 Cost \$15.00

Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching. 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.

Beginner Tai Chi Wednesdays at 10:00 am

Classes resume in January

Intermediate Tai Chi Wednesdays at 11:15 am

Classes resume in January

Join Cynthia 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.

Advanced Tai Chi Thursdays at 1:00 pm

8 week session 9/28-11/30 Cost \$45.00

No class 11/23

Instructor Bill Adams will teach Tai Chi a form of fluid movements that builds endurance, increases flexibility and balance. This one hour program is for those with some Tai Chi experience, but new students are welcome.

BAM! – Balance and Mobility Class

Fridays at 10:45am -NEW TIME

6 week session 11/3 - 1/5 \$30.00

no class 11/10, 11/17, 11/24, 12/29

BAM! incorporates strength, balance and mobility exercises that prepare your body for everyday activities. This class includes multiple-muscle and multiple-joint movements that will help you do real-life, everyday things like lift, bend, twist, squat and haul! We'll end every class with a fun obstacle course and some flexibility exercises.

Tap Dance for Fun Tuesdays at Noon

6 week session 10/17 - 11/28 Cost \$30.00 no class 11/21

Pay as you go 12/5, 12/12, 12/19 \$5.00 per class

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

6 week session 10/17 - 11/28 Cost \$30.00 no class 11/21

Pay as you go 12/5, 12/12, 12/19 \$5.00 per class

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.

Cardio Drumming Fridays at 8:45 am

3 week session 10/20 - 11/3 Cost \$18.00

4 week session 12/1 - 12/22 Cost \$24.00

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. Proper footwear such as sneakers is required.



Cardio Drumming Evening Thursdays at 6:30 pm

4 week session 11/30 - 12/21 Cost 24.00

Cardio Drumming Evening Tuesdays at 5:30 pm

4 week session 10/17 - 11/7 Cost \$24.00

4 week session 11/28 - 12/19 Cost \$24.00

Zumba Fridays at 10:00 am

3 week session 10/20 - 11/3 Cost \$15.00

4 week session 12/1 - 12/22 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.

20/20/20 Monday at 5:30 pm

4 week session 11/27 - 12/18 Cost \$20.00

Join us for 20 minutes of cardio, including some Zumba movements, 20 minutes of resistance, strength training/weights, and 20 minutes of stretching. Improve your tone, endurance and balance with inspiration! Oh, don't forget, burn calories too! Please bring hand weights and a floor mat to class.

UMA MOVES Mondays at 12:30-1:45pm

Thursdays at 10-11:15am

Cost is \$5.00 per class – pay the instructor

Uma Moves is an eclectic mix of kundalini yoga, Chi Gong, body tapping and brain gym that is choreographed to beautiful music. This class addresses core strength, flexibility and balance. There is floor work so you will need to be able to get on and off the floor, and you will need to bring a yoga mat. Although all levels are welcome, a reasonable level of fitness/mobility is required. Extensive arm and shoulder mobility required. The class is 1 hour and 15 minutes long.

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.

**Men's Fitness Tue, Wed, & Thur. at 8:45 am
No Class 10/24-11/7**

This Free class helps motivate you to work toward a healthy lifestyle. Take the first step in living a healthy life by showing up for Men's Fitness.

Sit and Get Fit With Kayla**Wednesdays at 10:30am –11:15am Starting 11/8**

Get moving and join us for an upbeat seated exercise class! Enjoy a full body workout designed to improve your strength, flexibility and range of motion while seated in a beginner friendly class. Please bring your own hand weights and stretch bands with you to class. This *free class* is suited for people of all fitness levels.

FITNESS ROOM**Monday - Friday 9:00 am - 4:00pm****Mon., Tues., & Thurs. 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****Personal Training Appointments****Cost \$40.00 per hour****Call the center to schedule**

Personal training sessions will be available to members in the Fitness Center. Members can meet one-on-one with a personal trainer to set fitness goals, learn how to use equipment or create an exercise program designed for your needs. Sessions will be semi-private - other members may be using the fitness center at the same time, but the trainer will be working only with you. Individuals or couples welcome. Trainer: Jennifer Johnson

Circuit Training Fridays at Noon-1:00pm**6 week session 11/3 - 1/5 Cost \$48.00****no class 11/10, 11/17, 11/24, 12/29**

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****Starting in January**

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 judgment-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. * **Signed fitness waiver required prior to start date.**

Introduction to Line Dance Step Class**Wednesdays at 11:15am — 12:00pm****Cost \$2.00 per class - pay the instructor**

Is Line Dance for you? Now is the time to give it a try! This basic steps class will help you become familiar with terms and steps. Build experience and confidence. Learn a few basic dances! All are Welcome!

**ART CLASSES**

Late registrations will not be accepted for instructed classes.

Watercolor– Try Before you Buy!**Instructor Dan Meyer****Tuesday's at 10am - Noon****6 week session 10/31 - 12/5 Cost \$45.00**

Paint a landscape in watercolor - **supplies included.** Experience hands on, step by step instruction learning basic watercolor techniques in a relaxed environment. Explore this fascinating medium with all supplies needed to complete your masterpiece before investing in your personal set of materials. **Spots are Limited.**

Intermediate Watercolor - Instructor Dan Meyer**Tuesdays at 1:00 pm – 3:00 pm****6 week session 10/31 - 12/5 Cost \$36.00**

Continue to explore the fascinating world of watercolor as you go beyond the basics. Photo reference will be provided. Each subject rendered will be demonstrated, step-by-step by the instructor, followed by student participation. Advanced watercolorists will enjoy this course as well. Find the materials list at www.danmeyerwatercolors.com

*supply list for classes available at the front desk***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.

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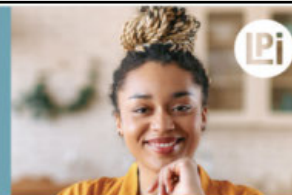
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Buffalo Bells Concert

Thursday, December 7th at 7:00pm

Buffalo Bells presents *Winter Wonderland*
Please join us for a Family - Friendly Handbell Concert featuring Traditional Christmas Songs and Holiday Favorites. Refreshments will be served following the performance. Register at the front desk.



GRINCH MAS Dinner Bingo Bash

Wednesday, December 13th

at 3:00pm

What if Christmas, he thought, doesn't come from a store.
What if Christmas, perhaps, means a little bit more.

Why not brighten up your holiday spirit and join us for a **GRINCH MAS** Bingo Party!

Tonight we will serve pizza, salad and dessert for **\$10.00**. We will play 3 games of Round Robins and a few other special games in between! Cash prizes and gifts will be awarded to the winners. To attend this event you must Sign up and pay at the front desk by Friday, December 8th. Additional boards will be available for \$1.00.

Ugly Sweater Contest

With The Sounds of Christmas

Thursday, December 14th

at 10:30am

Join us today before the Christmas Luncheon for all your favorite Christmas songs by Merry and Michael. Don't forget to wear your Ugly sweater to be included for a chance to win a prize. Ugly sweaters and good cheer. It's that wonderful time of year. Prizes awarded for the "Ugliest Christmas Sweater." However, you're welcome in your warmest sweater or favorite holiday sweater too! The winner of the "Ugly sweater contest" will be announced before lunch.



Gingerbread Houses

Monday, December 18th

at 1:00pm

Enjoy an afternoon with friends as we decorate gingerbread houses. We will supply supplies. Houses will be on display in the foyer for all to enjoy! Register at the front desk to participate in this **FREE** event.



New Year Party

at Salvatore's Italian Garden

Thursday, January 4th

Noon - 3:30 pm

We're ringing in the New Year at Salvatore's Italian Garden. Join us for a celebratory afternoon with friends as we Welcome 2024. For your listening pleasure, music will be provided by the Hastings Duo. A photo booth will be on site with props to create poses and capture the moment. In addition complimentary hors d'oeuvres & punch served from 12-1:00.

Entree Choices:

Prime Rib, Poached Salmon or Chicken Francoise. Meal includes potatoes, seasoned vegetables, salad, rolls/butter, coffee & tea, and dessert.

Tickets are \$46.00



Reiki Session with Reiki Master

Friday, November 17th

9am - 11am

Reiki which was developed in the 1900's is a Japanese relaxation technique using energy that aims to harmonize the body, mind and spirit.

Call 716-662-6452 to make your half hour appointment with Reiki Master.

Practitioner, Carolyn.

First session—no charge, but tips are appreciated! More appointments coming in the fall.

Paid appointments available upon request for 1/2hr \$25.00 or 1hr \$50.00



Orchard Park Senior Center Closing Information

If you want to know if Center activities will be cancelled during bad weather, listen for "weather closing" announcements on WGRZ-TV, WKBW-TV, WIVB-TV and WBEN radio. You may also call the Center at 662-6452 or the Supervisor's office at 662-6400 to learn if the Center is closed.

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



BPO Buffalo Philharmonic

Coffee Concert

Joann's Classical Christmas



Friday, December 8th bus departs at 8:15 am for a 10:30 am performance

The bus departs the Center at 8:15 am with lunch at Pearl Street Grille. Cost including transportation, concert and lunch is \$90.00.

Limited seats available.

Registration with payment in the office