



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



OCTOBER 2024

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS MONDAY- FRIDAY

8:30 a.m. – 4:00 p.m.

Senior Center Staff

Director Maria Galley
Office Assistant Maggie
Office Assistant Kayla
Kitchen Kevin
Front Desk Bob
Front Desk Gina
Front Desk Barb
Front Desk Claire

Town Supervisor
Eugene Majchrzak

Council Members
Joseph Liberti
Julia Mombrea
Scott Honer
John Mariano

Trick or Treat Bingo Feast Tuesday, October 29th at 2:00pm

Join us for a spooktacular afternoon of Bingo! Play 20 rounds of card bingo using playing cards (Aces through Kings). Every round is a winner! Prizes include Cash prizes and Treasure Chest goodies like meats, household essentials and more! Winners choose a prize displayed on the prize board. **Cost is \$12.00** and gets you one set of playing cards. Don't miss out on this fun Halloween event! **Register at the front desk to attend this event by Thursday, October 24th.**



Halloween Party Thursday, October 31st 1:00pm - 3:00pm

Don your spookiest attire and join us for a bewitching Halloween bash! Show off your creativity in our costume contest and snag a prize. Or just dance the afternoon away to the tunes of the **Nitetones!**

COST \$3.00.

Register at the front desk to attend this event by Wednesday, October 23rd.

Thank you to Orchard Heights for your Generous donation towards this event.

*The Senior Center is CLOSED for
Columbus Day on Monday, October 14th*

Notes from Maria....

Fall is a beautiful time of year! Enjoy the changing leaves, crisp air, and warm sunshine. With weather changing fall is a great time to come to the Orchard Park Senior Center for Our University Express Classes offered from Erie County. You can pick up a catalog from our center with a full listing of all University Express presentation offered throughout Erie County.

Let's show our hometown pride by cheering on the Buffalo Bills! Join us at the Orchard Park Community Center every day before a game, dress in red, white, and blue or Bill's gear. We support our team on Fridays for Sunday games and Mondays or Thursdays for Monday night or Thursday night games. **GO BILLS!**

FOREVER YOUNG FAVES also makes its return! Be sure to vote online for the Orchard Park Senior Center as your favorite Center!

Our Annual September Picnic was a huge success! Thank you to our generous sponsors, Highmark of Western New York and Independent Health, and to the local merchants who donated door prizes. I am incredibly grateful to our volunteers and staff who make these events possible. Their dedication and hard work are invaluable.

And a special thank you to our staff for their dedication and support. Big thank you to our community council for your generous donation of two new benches in the front of the building.

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 with proof of residency.** Proof of Town of Orchard Park residency can be shown in the form of drivers license, Town of Orchard Park tax bill, utility bill.

Non-Residents -

- ◆ *General Membership* \$40 annual fee
- ◆ *Fitness Membership* \$30 annual fee or can be waived if you have:
 - ◆ Silver Sneakers
 - ◆ Silver & Fit
 - ◆ Active & Fit
 - ◆ Renew Active

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.

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
President 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, Shirley Hunter

For Travel info. contact Al Groth at 716-662-2140

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
Provides transportation for people aged 60 and over who cannot use conventional means of transportation. Reservations for health related trips may be scheduled up to two weeks in advance to the day.

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.
THANK YOU!**

Family Feud

Friday, October 4th at 11am

Channel your inner game show genius at our exciting Family Feud event hosted by the dynamic duo, Maggie and Maria! Today's the day! Dust off your knowledge caps and get ready to compete against fellow members in the ultimate battle of wits. Here's how it works: Gather your squad! Form teams of five on the day of the event. Think like the masses! Answer survey questions based on popular responses. Buzz in and rack up points! The team with the most popular answers wins! Everyone gets a chance to play! Don't worry if you don't have a team, we'll help you find one. It's time to unleash your inner game show legend! Join us for laughter, friendly competition, and a chance to win bragging rights!



Lunch and Learn with Don Zappia The Legal Side of Buying and Selling Tuesday, October 15th at Noon

Buying and selling a home is challenging enough but how do you protect your interests? As mistakes could be very costly, learn your rights as a buyer and a seller from Real Estate Attorney David Weir and Real Estate Advisor Donald Zappia

STOP THE BLEED

**Wednesday, October 16th
from 10am to 11:30am**

STOP THE BLEED® is a national campaign to encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. It is a public/private partnership led by the Department of Defense and many other stakeholders.

This class has you watching a video, then you practice packing a simulated wound, applying a tourniquet on a fake arm or leg. You also will learn about chest seals (for gun shots).



Wegmans Flu Shot Clinic Tuesday, October 8th 10:00am - 12:30pm

Wegmans pharmacists will be administering flu and pneumonia shots at the Center. Wegmans accepts almost all major regional and national insurances. (Medicare Part B, Univera, Independent Health, Blue Cross and Blue Shield).

Please bring your insurance card with you.

Register at the front desk for an appointment.

United Healthcare

Medicare Advantage Member Meeting Thursday, October 10th at 12:30pm

Are you interested in learning more about Medicare Advantage plans? Join us for an informative session hosted by Ron Gniadzowski, a Medicare expert with over 25 years of experience. This meeting is open to everyone, regardless of your current Medicare plan or provider.

During this meeting, Ron will cover:

- Changes to United Healthcare Medicare Advantage plans for 2025
- Major Medicare changes impacting all Advantage and Part D plans in 2025
- General Medicare information and Q&A

Whether you're a current United Healthcare member or just exploring your options, this is a great opportunity to get your questions answered and prepare for the upcoming Annual Election Period (October 15th - December 7th).

MARTY KOHLER

P R E S E N T S



His Collection of Vintage
Baseball Items And
a Hour Long Movie
"When It Was A Game"

**Oct. 22nd
1:30PM
Room 126**

Health Insurance Fair

**Monday, October 28th 1:30pm - 3:30pm &
Wednesday, November 13th 1:30pm - 3:30pm**

EPIC (Elderly Pharmaceutical Insurance Coverage), Univera, United Healthcare, Independent Health, Blue Cross/Blue Shield, Aetna, NY Connects and HIICAP (Health Insurance Information, Counseling and Assistance). Explore various health insurance options at today's fair. Representatives will have plan information and applications for 2025.

TRIVIA!

Senior Center Trivia Monday, October 21st At 12:30pm

Join Maggie and Bob as they lead Senior Center Trivia! Team Orchard Park will compete virtually against other senior centers in Erie County via the magic of computers and technology. This event is FREE but please sign up at the front desk.

OPSC Chili Cook-Off

Tuesday, November 5th at Noon

Cost \$5.00 (Cost waived with Chili Entry)

Ticket entitles you to a bowl of Chili.



Think you've got the best chili in town? Prove it! Enter our Chili Cook-Off and let our judges decide. To participate, simply register to bring your homemade chili in a crockpot at 11am on 11/5. Don't miss out on this exciting competition!

University Express Presentations Fall 2024

REGISTER AT THE FRONT DESK TO ATTEND

(Look for a complete list of UE classes for OPSC at the front desk)

Wednesday, October 2nd at 10:30am	Identity Theft and Credit Presenter: Jennier Andres
Thursday, October 3rd at 12:30pm	Resources for the Deaf, Deaf Blind, Hard of Hearing and Hearing Presenter: David Wantuck
Friday, October 4th at 1:30pm	Get Where You Are Going Presenter: Pati Anne Guzinski
Monday, October 7th at 10:30am	Erie County Parks History Presenter: Park Ranger
Monday, October 7th at 1:30pm	Financial Strategies for Sustainable Retirement Presenter: Adam Goldfarb
Wednesday, October 9th at 10:30am	The Basics of Medicaid & Long Term Care Presenter: Jean Harris
Wednesday, October 9th at 1:30pm	The Long– Forgotten Cleveland Hill School Fire Presenter: John Zach
Friday, October 11th at 10:30am	The Origins and Evolution of Popular Musical Instruments Presenter: Ross Schultz
Friday, October 11th at 1:30pm	Not Just a Pretty Face (Medicinal Native Plants) Presenter: Dr. Kathleen Contrino
Wednesday, October 16th at 10:30am	Health Insurance– Don’t Get Sick Without It Presenter: Bill Daniels
Thursday, October 17th at 12:30pm	Understanding and Coping with Depression Presenter: Mark O’Brien
Thursday, October 17th at 1:30pm	The Lake Erie Ice Boom Presenter: Harry Meyer
Monday, October 21st at 10:30am	The Dirty Story Behind the Birth of 4 Architectural Treasures Presenter: Alan Nowicki
Monday, October 21st at 1:30pm	Waterway of Change: Two Hundred Years on the Erie Canal Presenter: Douglas Kohler
Wednesday, October 23rd at 10:30am	Sciacquada Beyond the Multitude Presenter: Mary Ann Kendron
Wednesday, October 23rd at 1:30pm	The Genius of Charles Burchfield: Seeing the Extraordinary Presenter: Mary Kozub
Friday, October 25th at 1:30pm	Lies, Damn Lies and Statistics Presenter: Kevin Hardwick
Monday, October 28th at 1:30pm	Col Bennet Riley: Defender of Buffalo Presenter: Thomas Schobert
Tuesday, October 29th at 1:30pm	The Future of Technology and Humanity Presenter: Fazian Haq
Wednesday, October 30th at 10:30am	3rd Party and Contested Presidential Elections Presenter: Bren Price
Wednesday, October 30th at 1:30pm	Propaganda Images in Art and Advertising Presenter: Jean Serusa



Calling all Readers! All are welcome to attend!

October Book Club

Monday, October 21st at 10:30am

My Name is Asher Lee by Chaim Potok

In this modern classic from the National Book Award-nominated author of *The Chosen*, a young religious artist is compulsively driven to render the world he sees and feels, even when it leads him to blasphemy.

December Book Club

Monday, December 9th at 10:30am *Harry Potter and the Sorcerer's Stone by J.K. Rowling*

Harry Potter has no idea how famous he is. That's because he's being raised by his miserable aunt and uncle who are terrified Harry will learn that he's really a wizard, just as his parents were. But everything changes when Harry is summoned to attend an infamous school for wizards, and he begins to discover some clues about his illustrious birthright. From the surprising way he is greeted by a lovable giant, to the unique curriculum and colorful faculty at his unusual school, Harry finds himself drawn deep inside a mystical world he never knew existed and closer to his own noble destiny.

Helping Hands Sewing, Crochet and Knitting

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

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



Bridge Lessons

Mondays from 10am - Noon

10/7 - 11/18 no class 10/14 or 11/11

5 week session Cost is \$15.00

Want to improve your bidding and defensive plays in suit no trump contracts? Sign up for Pat Rasmus's Bridge Lessons! These informative sessions will culminate with practical tips on how to play and defend contracts during the Monday afternoon game. Don't miss this opportunity to take your bridge game to the next level.



ART CLASSES

Late registrations will not be accepted for instructed classes.

Try Me Drawing - Instructor Dan Meyer

Tuesday at 10am - Noon

3 week

10/1 - 10/15

Cost \$ 32.00

You say you can't draw a straight line! Learn how to do that and more! Discover basic drawing skills and how to put on paper what your eyes see. This is a 3 week course to spark your curiosity to see if you might want to adventure further with this basic art medium. All supplies are included. Spots are limited.

Beginner Watercolor - Instructor Dan Meyer

Tuesday at 10am - Noon

6 week

10/29 - 12/17

Cost \$36.00

This class is directed towards students who may not feel confident enough to join the intermediate level class but want to use their basic skills and increase their watercolor knowledge by creating paintings. Please visit instructor's website at www.danmeyerwatercolors.com for supply list.

Intermediate Watercolor - Instructor Dan Meyer

Tuesdays at 1:00 pm – 3:00 pm

8 week

8/27 - 10/15

Cost \$48.00

6 week

10/29 - 12/17

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. All skill levels Welcome! No Instructor.

Spanish Class

1:00-2:00pm

Friday, September 20th- October 25th

6 week session Cost is \$20.00

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.

Reiki Session Friday, October 25th

Appointments available from 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 soon!



Paid appointments available upon request for

1/2hr \$25.00 or 1hr \$50.00



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, October 25th 9:00 - 3:00pm Wait List

Friday, December 20th 9:00 - 3:00pm

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.

Menu can be found at
<https://www3.erie.gov/seniorservices/stay-fit-dining>

E.C. Senior Services NY CONNECTS Thursday, October 17th from 9-4pm

NY Connects is your trusted place to go for free, unbiased information about long term services and supports in New York State. A representative from Erie County will be onsite to assist you with filling out SNAP, Medicaid, Veteran's Benefits, SSI, HEAP, EPIC Etc. Please call the center to make your appointment today.



Feedmore Farm Truck Every Thursday from 10am - 11am

Looking for healthy, low cost fruits and vegetables. Any member of the community is welcome to visit the Feedmore Farm Truck! The

Farm Truck accepts cash, credit/debit and SNAP as payment. Fresh produce is available until sold out. Come early, they are here at the Orchard Park Senior Center every Thursday of the month.

CARDS & GAMES:

Everyone is WELCOME to attend!!

Wii Bowling	Monday	At 10:30am
Bridge	Monday	At 12:30pm
Shuffleboard	Tuesday	At 9:00am
Bingo	Tuesday	At 1:00pm
Card Bingo	Tuesday	At 2:00pm
Hand & Foot	Wednesday	At 9:30am
Cards/ Games	Wednesday	At 12:30pm
Chess	Wednesday	At 1:00pm
Cornhole	Wednesday	At 1:00pm
Dominoes	Thursday	At 9:30am
Euchre	Friday	At 10:00am
Mah Jong	Friday	At 12:45pm
Pinochle	Friday	At 1:00pm

Relationship 102

10/7 & 10/21 from 10:30-11:30am

How to form a more consistent and mutually beneficial bond with family and friends.

The 5 principles of Effective Communication

1. Wear your heart on your sleeve: Express your thoughts and feelings.
2. Focus on your needs.
3. Be specific and detailed when communicating.
4. Don't blame others: Effective Communication is not about highlighting the other persons shortcomings.

Medicare Advantage Plans

Meet one on one with insurance representatives

Lawley - John Weatherby

Wednesday, October 9th from 10 - 12

United Healthcare

Wednesday, October 16th 10 -2 pm

Highmark BCBS of WNY

Tuesday, October 22nd 10-12pm

Univera

Presentation Monday, October 28th at 12:30pm

DOCUMENTARY AND **DISCUSSION**

Monday, October 7th at 12:45pm

Drain the Oceans: Investigating the Titanic

The most famous shipwreck in the world, the Titanic, lies more than 12,000 feet down in the icy waters of the Atlantic Ocean. Now, over a century on from this tragic loss, we are able to reveal the overall wreck site by virtually draining the Titanic.

Monday, October 21st at 12:45pm

Iceman Reborn : A 5,000 Year Old Murder Mystery

A NOVA/PBS documentary - Watch as Otzi, a 5000-year-old mummy, is brought to life and preserved with 3D modeling.



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

Wed. 10/2 Luckiest Girl Alive Glamorous job, designer wardrobe. Old-money finance. Ani's built her perfect New York City life. But will secrets from her harrowing past undo everything?

Wed. 10/9 See You on Venus An 18 year old orphaned girl wants to travel to Europe to track down her biological mother, so when she meets a kind- hearted young man reeling from the guilt of a fatal accident, she convinces him to accompany her on the journey.

Wed. 10/16 23 Blast When an illness blinds a high school football hero, he must choose between a life of safety, or defying all odds to return to the gridiron

Wed. 10/23 Madame Web In this action film a clairvoyant paramedic, Dakota Johnson "brings a refreshing, grounded quality to her superhero vibe," raves RogerEbert.com

Web. 10/30 We Have a Ghost A family of four becomes Insta-famous - and attracts the attention of the CIA - after learning their new house is haunted by a good - natured ghost.

OCTOBER SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Fitness Room 9:00 Couples Bocce 9:00 Pool Shooting 9:00 Medit. & Yoga 9:00 Ladies Exercise 11:00 Gentle Hatha Yoga w/Barb NOON LUNCH 12:15 Level 1 Pickleball 12:30 Bridge 12:30 UMA MOVES 2:00 55+ Pickleball No Play on 10/28</p> <div style="border: 1px solid black; background-color: #e6e6fa; padding: 5px; margin: 5px 0;"> <p style="text-align: center;">Building Closed 10/14</p> </div> <div style="border: 1px solid black; background-color: #fff2cc; padding: 5px;"> <p style="text-align: center;">Basketball Free Bring your own ball and shoot some hoops. Mon – Fri 8:30 - 9:30am Mon– Fri 11:30 -12:30pm</p> </div>	<p>8:30 Fitness Room 8:45 Mens Exercise 8:45 55+ Pickleball 9:00 Bocce/Shuffleboard 9:00 Pool Shooting 10:00 Beg. Watercolor 10:00 Int. Line Dance 10:30 Club 99 10:45 55+ Pickleball 12:00 Tap for Fun NOON LUNCH 1:00 Inter. Watercolor 1:00 Bingo 1:00 Hula Hoop 1:15 Stretch and Barre 2:00 Card Bingo 2:00 55+ Pickleball <u>Evening Classes</u> 5:30 Cardio Drumming</p> <div style="border: 1px solid black; background-color: #add8e6; padding: 5px;"> <p style="text-align: center;">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 Sewing Club 2nd and 4th week 9:30 Hand & Foot 10:00 Beg. Line Dance 10:15 Sit and Get Fit 11:15 Intro to Line Dance 11:30 Yoga 11:30 Tai Chi w/ Cindy NOON LUNCH 12:30 OpenCards/Games 12:45 Strength Training 1:00 Movie 1:00 Chess Club 1:00 Cornhole 1:30 55+ Pickleball 1:30 Orchard Park Travel Group <u>Evening Classes</u> 5:15pm Yoga</p>	<p>8:30 Fitness Room 8:45 Mens Exercise 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 2:00 55+ Pickleball 1:30 Hillcrest Senior Travel Group <u>Evening Classes</u> 6:30pm Cardio Drumming</p> <div style="border: 1px solid black; background-color: #add8e6; padding: 5px; margin: 5px 0;"> <p style="text-align: center;">Game Room OPEN 9:00am - 3:00pm</p> </div> <div style="border: 1px solid black; background-color: #fff2cc; padding: 5px;"> <p style="text-align: center;"><u>Open Walking</u> Monday– Friday 8:30am - 10:30am 2:00pm - 4:00pm</p> </div>	<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; background-color: #90ee90; padding: 5px; margin: 5px 0;"> <p style="text-align: center;">Fitness Room Closed Wednesdays 12:45-1:45pm Fridays 12:00– 1:00pm</p> </div>



Joyful Journey Series

Healthy Alternatives Through Healing Arts

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. **All are welcome** to attend these free programs.

Mindful Meditation

Friday, October 4th from 10am - Noon

Explore the ways that being mindful in your meditation can turn into an everyday experience. Mindfulness keeps you in the present moment which leads you to more satisfaction in all that you do.

Qi Gong

Friday, October 18th from 1pm - 3pm

Qigong, while not well known locally, is quickly becoming popular for its ability to help people deal with stress and anxiety, while being gentle and nurturing! The slow rhythmic movements, along with guided imagery or visualizations, helps the body, mind and emotions! It's easy to do, and not complicated to learn, and can be adapted to be done by everyone! Susi Rosinski is the founder of WNY Qigong, and has been teaching Qigong locally for many years.

Get Tech Savvy with TECH SAVVY!
Master Windows Computers And Built– In Programs!
Thursday, October 17th at 10am - 11am

Are you a senior looking to boost your tech skills? Tech Savvy is here to help! Our specifically designed class will guide you through the essentials of using and navigating Windows computers, with a focus on mastering built–in programs like Notepad, File Explorer, and more. For understanding basic functions to exploring these versatile applications, our patient instructor will ensure you gain confidence and competence.

Upcoming in November...

Clerk on the Go

Friday, November 1st at 12:30pm

Erie County Clerk Mickey Kearns will host an outreach at the senior center. "Ready" for Real ID and Enhanced Driver's License? Come to short presentation and learn all about it!

Baking with MaryAnn Fri., Nov. 1st at 1:30pm Cost \$8.00

Herbal Supplements Wed., Nov. 6th at 11am

Falls Prevention with Erie County

Thursday, November 14th at 1:00pm

Do you or someone you know have concerns about falling? Staying informed is one of the best ways to protect yourself from falls. Join us at the OPSC to hear from 3 professionals about what you can do to prevent falls! During this 2 hour seminar, you will hear from a physical therapist, a trauma nurse and a pharmacist about the many ways that you can stay on your feet!

Friendsgiving Potluck

Tuesday, November 12th at 3:00pm

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.

Fraud Protection with Evans Bank

Tuesday, November 19th at 11am

Have you or someone you know been a victim of a scam? Our Financial Fitness team is passionate about the financial health of our community. We serve community members by providing customizable and personalized education workshops about finance related topics. Please join us and bring your questions.

Elder law Presentation Mon., Nov. 22nd at 11am

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

5 week session 9/9 - 10/7 Cost \$ 25.00
8 week session 10/21 - 12/16 Cost \$ 40.00

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

7 week session 9/4 - 10/30 no class 9/11 or 10/9 Cost \$40.00
6 week session 11/6 - 12/18 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.

GENTLE HATHA YOGA Mondays at 11:00 am

5 week session 9/30 - 11/4 no class 10/14 Cost \$25.00

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

Intro to Tap Dance Tuesdays at 11:30-12:00pm

5 week session 9/3 - 10/1 Cost \$10.00
5 week session 10/8 - 11/12 Cost \$10.00

Classes are designed for those who have previously tap danced and want to reintroduce those skills. Shoes Required

Tap Dance for Fun Tuesdays at Noon

5 week session 9/3 - 10/1 Cost \$25.00
7 week session 10/8 - 11/26 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. Shoes Required

Stretch and Strength Barre Tuesdays at 1:15 pm

5 week session 9/3 - 10/1 Cost \$25.00
7 week session 10/8 - 11/26 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.

Tai Chi with Cindy Wednesday at 11:30am

6 week session 9/4 - 10/16 Cost \$30.00
6 week session 10/30 - 12/4 Cost \$30.00

Feeling stiff and sluggish? Join our Tai Chi Class! Flow through gentle movements that improve balance, flexibility, and inner peace. No experience needed, just comfortable clothing and a willingness to try something new. Start your journey to a healthier, happier you today!

Tai Chi w/ Robert Gott Thursdays at 1:00 pm

6 week session 10/3 - 11/7 Cost \$48.00

The class content will focus on traditional Yang Style Tai Chi. The teaching style follows a traditional approach to learning while providing modern applications to everyday life. Adhering to the essential qualities while following a step-by-step process and encouraging self-practice provides a methodical approach where skills can be acquired gradually. To help students realize that most learning experiences are self-taught and require practice which gives a sense of control over the pace at which we learn. The secret to success? Find joy in self reflection and practice!

Hula Hoop Tuesdays at 1-2pm

6 week session 9/10-10/15 Cost is \$30.00

Hooping is a fun way to burn calories and increase core strength. At least one new skill will be introduced each class and you are encouraged to practice and play with no pressure to master the skill. Skills to be taught include (but are not limited to) hooping on the waist, passing the hoop, halos, hooping on the hips, turns, lasso, lifts, and swoop. All equipment is provided.

BAM! – Balance and Mobility Class

Fridays at 10:45am -NEW TIME

8 week session 9/6 - 10/25 Cost \$ 40.00
7 week session 11/1 - 12/20 Cost \$ 35.00

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.

Cardio Drumming Fridays at 8:45 am

6 week session 9/13 - 10/18 Cost \$30.00
6 week session 11/1 - 12/13 Cost \$30.00

Zumba Fridays at 10:00 am

6 week session 9/13 - 10/18 Cost \$20.00
6 week session 11/1 - 12/13 Cost \$30.00

Evening Classes:

Cardio Drumming Evening Tuesdays at 5:30 pm

6 week session 9/10 - 10/15 Cost \$30.00
6 week session 10/29 - 12/10 no class 11/5, 11/25 Cost \$25.00

EVENING YOGA with MARIE Wednesday at 5:15 pm

6 week session 9/4 - 10/9 Cost \$30.00

20.20.20 Monday at 5:30pm

5 week session 10/21 - 11/25 no class 11/11 Cost \$20.00

Fitness Room Classes:

Strength Training Wednesdays at 12:45pm

6 week session 9/4 - 10/16 Cost \$40.00
6 week session 10/30 - 12/4 Cost \$ 40.00

Are you new to the fitness center? Do you find all those machines and weights intimidating? You probably know that strength training is essential for all stages of life, but is crucial as we age. This new class, might be just what you're looking for! In these 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. Instructor: Cindy

Circuit Training Fridays at Noon-1:00pm

8 week session 9/6 - 10/25 Cost \$56.00
7 week session 11/1 - 12/20 Closed 11/29 Cost \$49.00

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

ADDITIONAL WEEKLY SCHEDULED EVENTS*No Registration Required***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

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. Instructor: Trish

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. Instructor: Gloria

Introduction to Line Dance Step Class**Wednesdays at 11:15am — 12:00pm****Cost is \$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! Instructor: Sandy

Beginner Line Dance Wednesdays at 10:00 am**Cost is \$2.50 per class - pay the instructor****Sit and Get Fit****Wed. at 10:15am -11:00am**

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. - Thurs. 4:30 pm - 8:00pm**

With a Fitness membership 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

Wednesday 12:45pm - 1:45pm

Fridays Noon -1:00pm

Personal Training Appointments**Cost \$45.00 per hour**

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

UMA MOVES Movement for Life**Monday at 12:30-1:45pm****Or Thursday at 10-11:15am****Cost is \$5.00 per class - pay the instructor**

Uma Moves is an eclectic mix of movements inspired by kundalini yoga, Chi Gong, body tapping and brain gym that is choreographed to beautiful music. This class addresses core strength and flexibility. 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.

**Bocce at The OPSC****Couples Bocce****Monday at 9:00am****Open Bocce****Tuesday at 9:00am**

Bocce is a fun game similar to lawn bowling.

Players are awarded points for the balls thrown closest to the pallino ball. It's a game of strategy and skill. Bocce is played during the months of May, June, July, August, September and October.

Please park by the dumpster for close access to the courts.

**PICKLEBALL**

Calling all members who love (or want to love!) pickleball! Our program offers plenty of opportunities to hit the court, socialize, and stay active.

- **Sign up easily using Myactivecenter.com** Don't have an account? No problem! Head to the front desk for assistance!
- **See the schedule on page 7** for all available days and times to play. Remember, you can reserve your spot online to secure your playtime.
- **Need to Cancel?** Do so by 8 am on the day of your reservation through Myactivecenter.com or by calling 716-662-6452 **to give someone else a chance to play.**
- **Cost:** Only \$5.00 per session. Please bring exact change as payment is due at the front desk on the day of your play.

Important Notes:

- ◇ Entry on the courts is allowed no more than 15 minutes before your reserved play time only if the room is open.
- ◇ Each play time is 2 hours. Please exit the room at the end time.
- ◇ Please be respectful of your fellow players and stick to your designated schedule.

We are now tracking no shows. Your second no-show in one month will result in a one-week suspension from playing pickleball. ***Don't let your absence prevent others from enjoying the fun!***

Here's why canceling is so important:

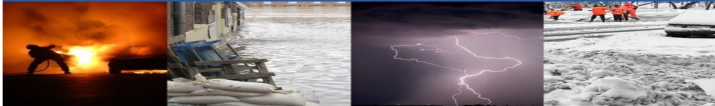
- ⇒ **Fairness:** When you don't cancel, someone else misses out on a chance to play.
- ⇒ **Community:** We're all in this together. Let's respect each other's time and opportunities.

Join our new Pickleball Text Alert Group to get updates on all things pickleball at the center! Including when the next schedule drops!

Log into MyActiveCenter.com, Click on Groups under the New Users tab at the top of the page, CLICK Manage Membership and Register!



Citizen Preparedness Corps



NYS Preparedness Corps Wednesday, October 9th at 5pm

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. This training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing family emergency plans and stocking up on emergency supplies. Each family that attends will receive one Preparedness kit.

Upcoming Adventures

Hamilton at Shea's Sunday, October 20th Cost \$98.00 per person

Cost includes school bus transportation
Bus departs the center at Noon for a 1:00pm show

Joann's Classical Christmas BPO Friday, December 13th Cost \$92.00 per person

Bus departs the center at 8:15am for a 10:30am performance.
Cost includes lunch at Pearl Street Grille, school bus transportation and concert. Limited seats available.
Registration with payment for the trip begins
Thursday, October 3rd at 8:30am

Lion King at Shea's Saturday, December 28th Cost \$92.00 per person

Cost includes school bus transportation
Bus departs the center at 1pm for a 2:00pm show

John Morris Russell's Holiday Pops BPO Friday, December 20th Cost \$92.00 Per Person

Bus departs the center at 8:15am for a 10:30am performance. Cost includes buffet lunch at River Works, school bus transportation, and concert. Limited seats available. Registration with payment for the trip begins Friday, October 11th at 8:30am.

BYOB Holiday Lights Trolley- Buffalo Saturday, December 7th Bus departs the center at 2:00pm

Cost \$75.00 per person
We'll be whisked off to see the best holiday landmarks Buffalo has to offer! Possible sights or stops include: Holiday Markets, Curling and Ice Biking at Canal side, Buffalo Christmas Tree at Fountain Plaza, Roswell Tree of Hope, Residential Light Displays. Registration with payment begins Friday, October 25th at 8:30am



The Roycroft Inn

41 South Grove St.
East Aurora, NY

Thursday, Nov. 7, 2024 @ **NOON**

LIMITED SEATING

Dinner Club Afternoon Tea - \$45.

*A selection of Inn baked scones with
Devonshire cream, Jam and butter
Assorted Seasonal Tea Sandwiches
and Canape*

Assorted Inn made Petite Desserts

Coffee & Cash Bar Available

Please call Amy SanFilippo at

716-627-7772 for Reservations by

October 30, 2024

Veterans Day Entertainment and Ceremony

Thursday, November 7th

at 10:30am

Today we honor those who have served our country. Ladies First Quartet will entertain us with patriotic songs. Register for this event at the front desk.



Autumnal Ambiance Afternoon Dance

Tuesday, November 19th from 1-3pm

Let's dance into the autumn season! Join us for an enchanting afternoon of dancing, entertainment, and socializing at our Autumnal Ambiance dance. Step into a world of cozy charm as we celebrate the changing leaves and crisp air. Enjoy live music from Hastings Duo and indulge in delicious pizza from our concession stand. **Cost \$4.00**

Felt Flower Poinsettia

Bouquet Workshop

Thursday, November 21st
at 1:00pm

Join us for a delightful afternoon of crafting at our Felt Poinsettia Workshop! Gather your friends at the senior center for a fun-filled session of creating beautiful felt poinsettia bouquets under the guidance of Little Blue Ranch Felt Flower Bar. Enjoy cheese and crackers while sipping on your favorite beverage as we guide you through the process of crafting these festive floral arrangements. Perfect for holiday decor or as thoughtful gifts, your poinsettia masterpieces will be a cherished keepsake. **Don't miss out on this heartwarming event!** Bring your own beverage of choice and get ready for an afternoon of creativity and camaraderie. **Cost \$30.00**

