



# Orchard Park Senior Center

4520 California Road  
Orchard Park, NY 14127



**NOVEMBER 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

## Health Insurance Fair 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.

## Fall Prevention with Erie County Senior Services 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!

*The Senior Center is CLOSED for  
Veterans Day on Monday, November 11th  
&  
Thanksgiving on November 28th and 29th*

*Notes from Maria....*

**Happy November!** As the days fly by, it's clear that time is truly a precious commodity. This month, let's focus on kindness. It's a simple act that can make a world of difference.

Each of us carries a unique story, and we all deserve to be treated with respect and compassion. Remember, you never know what someone else is going through, even on their happiest days. A simple smile, a helping hand, or a listening ear can go a long way. Kindness is contagious, so let's inspire others to spread positivity. Starting with our Senior Center, let's create a kinder world together.

November is filled with exciting programs at our Senior Center. We encourage you to explore our newsletter and find something that interests you. Join us for fun activities and connect with your community.

As we move into November, we celebrate Veterans Day on Monday, November 11th. A big thank you to all who are currently serving or have served in the U.S. Armed Forces. Then, on Thursday and Friday, November 28th and 29th, we enjoy Thanksgiving. **We will be closed Thursday and Friday.**

I want to thank you for being so kind to us at the center. It is an honor to work for you and offer programs that you enjoy. When the center is full and laughter is around us, and I see everyone socializing I am happy! I will begin programming for 2025 shortly. I am always open to suggestions from our valued members. Feel free to write them down or email them to me at [opsenior@orchardparkny.org](mailto:opsenior@orchardparkny.org).

**Happy Thanksgiving from our family at the center to yours!**

## 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!**



**OPSC Chili Cook- Off  
Tuesday, November 5th  
at Noon**

**Cost \$5.00** Ticket entitles you to a bowl of Chili. Join us for a spicy afternoon of fun and flavor! Whether you're a chili connoisseur or just love a good bowl of hearty food, this event is for you! Enjoy a delicious bowl of chili that was entered into the competition.

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! The winning Chef will take home \$50.00 gift card!! Don't miss this tasty event! Entry Fee waived with chili entry.

**Clerk on the Go**

**Friday, November 1st at 12:30pm**

**Bringing Erie County Clerk's Services Close to You**

Erie County Clerk Mickey Kearns will host an outreach at the senior center. "Ready" for Real ID and Enhanced Driver's License? He will provide Renew local information, Enroll Veterans in the "Thank A VET" discount program (when presented with original military discharge papers) Come to a short presentation and learn all about it!



**Herbal Supplements**

**Wednesday, November 6th at 11am**

This course provides a comprehensive overview of holistic health with a special focus on the role of supplements and vitamins in supporting overall wellness. In this class, you'll learn the fundamentals of key vitamins, minerals, and herbal supplements that can optimize your health, boost energy, and enhance immunity. We will also explore how to choose high-quality products, when supplementation is needed, and how to avoid common pitfalls, such as overuse or poor combinations.

**HEAP Outreach**

**Thursday, November 7th from 9-4pm**

Schedule an appointment at the front desk.

**Grief Yoga**

**Tuesday, November 12th at 12:30pm**

Grief and emotions such as depression and anxiety can overwhelm you and affect not only the mind but the body. Loss such as the passing of a loved one or pet, one's health or living situation can cause these emotions to become stuck within the body. This class not only on gentle yoga but body movement and the use of breath and voice to enable emotions to move, create space and allow for acceptance and the choice to experience more love in your life. A chair will be provided if needed, as the class can be done seated. (Barb Winterborne has completed certification in teaching Grief Yoga through its founder, Paul Denniston)



**Basic Device Maintenance** presented by Brendan Chella

**Tuesday, November 12th from 10-12pm**

This class will go over tips and tricks on how to care and maintain your tech devices. This is a great class for people of all technology levels.

**Friendsgiving Potluck**

**Tuesday, November 12th  
at 3:00pm**

Everyone is welcome to this gathering 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.

**Thank you John from Lawley for your generous donation towards this event!**



**Coffee and Conversation**

**Friday, November 15th  
at 11am**

Join John Weatherby from Lawley Insurance for Coffee & Conversation!

Enjoy light refreshments and chat with John! He has a wealth of knowledge about insurance information!

**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, non-profits, and businesses by providing customizable and personalized educational workshops about finance related topics. We would like to help by providing education within the community. Please join us and bring your questions.

Preventing & Identifying Fraud



**You Are What You Eat- A Deep Dive For Grocery Shopping**

**Wednesday, November 20th at 11am**

Transform the way you approach food with this deep-dive class designed to help you make smarter, healthier choices at the grocery store. In today's world of processed foods and confusing labels, knowing what to put in your cart can feel overwhelming. This course will give you the tools and knowledge to confidently shop for nutrient-rich, whole foods that support your health and well-being. From understanding food labels to selecting fresh produce and choosing high-quality proteins, we'll explore how to navigate grocery stores with intention and mindfulness.

**Aromatherapy: The Oils to Benefit You- Physically, Mentally and Emotionally**

**Wednesday, November 20th from 1- 3pm**

Seasons are changing and there is a cool breeze in the air. Our bodies are feeling change, achy joints, sinus pressure, chest congestion. Learn about what oils can do for you to help and assist you to be a healthier you! Learn which oils will benefit you during these seasonal changes. This class on Aromatherapy will speak about oils & their special powers in healing. You will make 3 products with oils to take home. The class includes handouts. A delicious dessert along with tea, water with infused lemon will be served. **Cost \$30.00.**

## 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**

## Elder Law Presentation

**Friday, November 22nd at 11am**

The Center for Elder Law and Justice will visit the OP Senior Center on November 22 at 11:00am. This agency provides free civil legal advice to adults over 60. A general introduction to their agency will be provided. In addition, CELJ will be discussing their Money Management Program or "Budget Buddies" offered with the support of Lifespan. This program links seniors who wish to remain safely in their homes with adults who assist with mail sorting, budgeting, and money management. If you are interested in learning more about CELJ and this new program as either a client or volunteer.

## Meet the Author –

**Karen Wielinski *Pieces of My Puzzle***

**Monday, November 25th at 10:30am**

Karen is the author of *One on the Ground*, that recounts the devastating tragedy of Flight 3407, which crashed into her family's home on February 12, 2009. Join Karen on a nostalgic journey through her life. From Buffalo to Ohio and back, she shares heartwarming stories of family, faith, and the things that shape us. Discover how the pieces of her puzzle fit together to create a life filled with love and wonder.

## University Express Presentations Fall 2024

*REGISTER AT THE FRONT DESK TO ATTEND*

<b>Pickleball 101</b> Monday, November 4 <sup>th</sup> at 1:30pm	<b>Yoga: The Eight-Limbed Path</b> Thursday, November 21 <sup>st</sup> at 1:30pm
<b>Teachings of the Good Mind</b> Wednesday, November 6 <sup>th</sup> at 10:30am	<b>Introduction to Native Plants</b> Friday, November 22 <sup>nd</sup> at 1:30pm
<b>Us Naval War Production</b> Friday, November 8 <sup>th</sup> at 10:30am	<b>Irish &amp; the Erie Canal</b> Monday, November 25 <sup>th</sup> at 1:30pm
<b>Ask the Genealogist</b> Friday, November 8 <sup>th</sup> at 1:30pm	<b>William Who?</b> Monday, December 2 <sup>nd</sup> at 10:30am
<b>Italian Immigration: Coming to America</b> Wednesday, November 13 <sup>th</sup> at 1:30pm	<b>Why We Love the Element Gold</b> Monday, December 2 <sup>nd</sup> at 1:30pm
<b>Gardening on a Dime on Less Time</b> Friday, November 15 <sup>th</sup> at 10:30am	<b>Indian Boarding Schools</b> Tuesday, December 3 <sup>rd</sup> at 10:00am
<b>Lone Ranger</b> Friday, November 15 <sup>th</sup> at 1:30pm	<b>18 Years, 5 Months, 22 Days</b> Wednesday, December 4 <sup>th</sup> at 10:30am
<b>Landlubbing on the Buffalo River</b> Monday, November 18 <sup>th</sup> at 10:30am	<b>A Time Against Race</b> Friday, December 6 <sup>th</sup> at 1:30pm
<b>Philanthropists and Social Benefactors</b> Monday, November 18 <sup>th</sup> at 1:30pm	<b>Merry Christmas from Buffalo</b> Wednesday, December 11 <sup>th</sup> at 10:30am
<b>Adult Protective Services-What We Can and Cannot Do</b> Wednesday, November 20 <sup>th</sup> at 10:30am	
<b>Basic Table Tennis 101 (Doubles)</b> Thursday, November 21 <sup>st</sup> at 12:30pm	<i>Look for a complete list of UE classes for OPSC at the front desk</i>

**Coming in December....****Scammers, Ripoffs and Fraud.... Oh My!****Tuesday, December 3rd at 11am**

This holiday season, join us in raising awareness about the growing risk of fraud targeting seniors. Attendees will learn valuable strategies to prevent and respond to these scams. We'll cover topics such as gift cards scams, IRS fraud, Social Security scams, and various other tactics used by fraudsters. Together we can make a difference!

**Family Feud**

Friday, December 6th at 10:30am

**Crystals - An Afternoon Retreat to New Beginnings**

Wednesday, December 11th from 1-4pm Cost \$30.00

**Grinchmas Bingo Bash - Cost \$15.00**

Thursday, December 12th at 3:00pm

**Mastering Windows Computers and Built - In Programs**

Thursday, December 12th at 10am

**Instacart with Brendan Chella**

Thursday, December 19th from 1- 3pm



**Calling all Readers! All are welcome to attend!**

**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.

**TRIVIA!**

**Senior Center Trivia**  
**Monday, November 18th**  
**At 12:30pm**

Join Maggie as she leads Senior Center Trivia! Team Orchard Park will compete virtually against other senior centers in Erie County via the magic of computers and technology. Bring a friend and join the fun! This event is FREE but please sign up at the front desk.

**Spanish Class****1:00-2:00pm**

**Friday, November 1st to December 6th no class 11/29**  
**5 week session Cost is \$15.00**

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.

**ART CLASSES**

*Late registrations will not be accepted for instructed classes.*

**Beginner Watercolor - Instructor Dan Meyer****Tuesday at 10am - Noon****6 week 10/29 - 12/17 no class 11/5 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](http://www.danmeyerwatercolors.com) for supply list.

**Intermediate Watercolor - Instructor Dan Meyer****Tuesdays at 1:00 pm - 3:00 pm****6 week 10/29 - 12/17 no class 11/5 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](http://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.

**Reiki Session**

**Friday, November 22nd**  
**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, December 20th 9:00 - 3:00pm  
Friday, January 24th 9:00 - 3:00pm  
Friday, February 14th 9:00 - 3:00pm  
Friday, March 14th 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://www.erie.gov/seniorservices/stay-fit-dining>

**Fri 11/1** Hungarian Goulash over Rotini Pasta

**Mon 11/4** Chicken Breast with Marsala Sauce

**Tues 11/5** Chili Cook Off! Enjoy a bowl of Kevin's Chili or one from one of our contestants in our cook off! Cost is \$5.00

**Wed 11/6** Beef Macaroni Casserole with Cheddar Cheese

**Thurs 11/7 Veterans Day Meal** Thank you Veterans One Stop for your generous donation towards Veteran meals

**Fri 11/8** Cheese Tortellini with Chicken and Cream Sauce

**Mon 11/11 Veterans Day Building Closed**

**Tues 11/12** Hamburger with Onion Gravy on a Bun

**Wed 11/13** Minestrone Soup & Chicken Salad Sandwich

**Thurs 11/14** Breaded Chicken Cutlet w/ Buffalo Style Sauce

**Fri 11/15** Western Quiche w/ Cheese Sauce

**Mon 11/18** Sloppy Joe on a Bun

**Tues 11/19** Hearty—Pork Stew

**Wed 11/20** Lasagna Roll with Tomato Meat Sauce

**Thurs 11/21** Grilled Chicken, Mandarin Orange & Sunflower Salad

**Fri 11/22** Taco Day! Ground Beef

**Mon 11/25** Macaroni and Cheeseburger

**Tues 11/26 Thanksgiving Meal** Roasted Turkey with Stuffing, Gravy, Cranberry Sauce, Sweet Potatoes, Green Bean Casserole, Dinner Roll

**Wed 11/27** Pork Ribette with BBQ Sauce

**Thurs. 11/28 Happy Thanksgiving! Building Closed**

**Fri. 11/29 Building Closed**

**Stop in to get a copy of the full menu, including all the sides!**

### Holiday Food Drive

**November 12th - December 13th**

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



### **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!

### Medicare Advantage Plans

*Meet one on one with insurance representatives*

#### Lawley - John Weatherby

Wednesday, November 20th from 1 - 3:30PM

#### United Healthcare

Friday, November 8th from 12:30 - 2:30PM

Thursday, November 21st from 12:30 - 2:30PM

#### Highmark BCBS of WNY

Tuesday, November 26th from 10 - 12PM

### **Health Insurance Fair**

**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.

**Monday, November 4th at 12:45pm**

### Why Bridges Collapse

A Nova/ PBS documentary— Can new engineering techniques help prevent deadly bridge collapse?



### **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., 11/6 Team Bride** Hannah McKenzie runs a side business in wedding dresses when she's not busy with her job at a salon. When Will Millington, heir to the bridal empire, comes in looking to revamp the brand, these two work together and perhaps even fall in love.

**Wed., 11/13 and Thurs., 11/14 Arthur's Whisky** After discovering her late husband Arthur's secret whisky can reverse aging, Joan and her two best friends relive the exhilaration of youth. But as the whisky begins to run out, they must confront whether fleeting youth can lead to lasting happiness.

**Wed., 11/20 and Thurs., 11/21 The Fabulous Four** "The Fabulous Four" is an uproarious comedy about a group of life-long friends who travel to Key West to be bridesmaids in the surprise wedding of their best college girlfriend. Over the course of one outrageous trip, sisterhoods are rekindled, the past resurfaces, and there are enough sparks, raunch, and romance to change their lives in unexpected ways.

**Wed., 11/27 A Match Made in Manhattan**

When Celeste loses her teaching job, her boss puts her forward for an au-pair job with infamous New York tycoon Richard Trapp.

# NOVEMBER SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Fitness Room 9:00 Pool Shooting 9:00 Medit. &amp; Yoga 9:00 Ladies Exercise 11:00 Gentle Hatha Yoga w/Barb NOON LUNCH 12:15 Beginner Pickleball 12:30 Bridge 12:30 UMA MOVES 2:00 55+ Pickleball <u>Evening Classes</u> 5:30 20.20.20</p> <div style="border: 1px solid black; background-color: #e0e0ff; padding: 5px; margin: 5px 0;"> <p style="text-align: center;"><b>Building Closed</b> 11/11, 11/28 &amp; 11/29</p> </div> <div style="border: 1px solid black; background-color: #ffe0e0; padding: 5px; margin: 5px 0;"> <p style="text-align: center;"><b>Basketball Free</b> 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 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: #e0e0ff; padding: 5px; margin: 5px 0;"> <p style="text-align: center;"><b>Billiards Room Closed</b> 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 9:30 Hand &amp; 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 Corn hole 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 9:00 Sit and Get Fit 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: #e0e0ff; padding: 5px; margin: 5px 0;"> <p style="text-align: center;"><b>Game Room OPEN</b> Tues. &amp; Thurs. 9:00am - 3:00pm</p> </div> <div style="border: 1px solid black; background-color: #fff9c4; padding: 5px; margin: 5px 0;"> <p style="text-align: center;"><b>Open Walking</b> 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: #e0ffe0; padding: 5px; margin: 5px 0;"> <p style="text-align: center;"><b>Fitness Room Closed</b> Wednesdays 12:45-1:45pm Fridays 12:00– 1:00pm</p> </div>


<b>CARDS &amp; GAMES:</b> 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

### Coffee & Conversation

Join us at the Orchard Park Senior Center for our monthly Coffee & Conversation event!

Every second Tuesday at 11 AM, we'll feature a different community member to share their stories and insights. Come enjoy a cup of coffee, make new connections, and have stimulating conversations.

Friday, November 15th - John Weatherby from Lawley  
Tuesday, December 10th - Town of OP Officer Mazur  
Tuesday, January 14th - OPSC Staff  
Tuesday, February 11th - John Glebe from Erie County Senior Services



### Have you ever wanted to try table tennis? Now is your chance!

Join us for the University Express Class:  
“ Basic Table Tennis 101”  
Hosted by Coach Steven Ford  
Thursday, November 21st at 12:30pm

In this informative and engaging session, You'll learn the health benefits, rules terminology and techniques to help you play like a pro! Practice your new skills, on the tables with a partner while Steven guides you through the game.

**Can't make the class? We have 2 tables available for practicing in the GAME ROOM solo or with partners on Tuesdays & Thursdays from 9:30am - 3:00pm.**





### Looking for a fun and social activity?

Join us for a game of billiards in our billiards room! Whether you're a seasoned pro or just starting out, everyone is welcome to come and enjoy a friendly game. It's a great way to meet new friends, have fun, and stay active. So grab your cue and come on down!

**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**

8 week session 10/21 - 12/16 no class 11/11 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**

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 Cost \$25.00  
5 week session 11/18 - 12/16 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 10/8 - 11/12 no class 11/5 Cost \$10.00  
2 week session 11/19 - 11/26 Cost \$5.00  
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**

7 week session 10/8 - 11/26 no class 11/5 Cost \$35.00  
For those who love tap and have tapped previously at any age, even as a child or teen, and have a firm grasp on their tap basics. Shoes Required

**Stretch and Strength Barre Tuesdays at 1:15 pm**

7 week session 10/8 - 11/26 no class 11/5 Cost \$35.00  
Barre class is a blend of classical ballet lines and movement with a mix of gentle muscle toning and stretching. It's a great way of keeping your body moving and opening up stiff joints as well as working on muscle memory and coordination. The foundation of the class will be standing using chairs for your barre and for seated and adapted movements as well. Some across the floor movement for basic cardio work will take place as well for a full head to toe workout.

**Tai Chi with Cindy Wednesday at 11:30am**

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  
4 wk session 11/21 - 12/19 no class 11/28 Cost \$32.00  
The class content will focus on traditional Yang Style Tai Chi Chuan. 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 11/5 - 12/10 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**

7 wk session 11/1– 12/20 no class 11/29 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 11/1 - 12/13 no class 11/29 Cost \$30.00

**Zumba Fridays at 10:00 am**

6 week session 11/1 - 12/13 no class 11/29 Cost \$30.00

**Evening Classes:**

**Cardio Drumming Evening Tuesdays at 5:30 pm**

5 week session 10/29 - 12/10 no class 11/5, 11/26 Cost \$25.00

**Cardio Drumming Evening Thursday at 5:30 pm**

5 wk session 11/7 - 12/12 no class 11/28 Cost \$ 25.00

**EVENING YOGA with MARIE Wednesday at 5:15 pm**

3 week session 11/6 - 11/20 Cost \$15.00

**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 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**

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

**No class 11/5 and 11/6**

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 with Trish (Follow video on 11/6)**

**Thursday at 9-9:45am with Kayla**

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

## UMA MOVES

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.



## 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!

**New Members are Welcome!**



## 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!**

## 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 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. **(Must register for lunch separately with Kevin)**



## Veterans Day Luncheon

Thursday, November 7th at Noon

Join us in honoring our veterans at the Luncheon! Please make your reservation with Kevin at least one week in advance. Due to limited seating (only 100 spots available), this event is expected to fill up quickly.

**We are grateful to Veterans One Stop for their generous donation towards this event**, which will cover the cost of all veterans' lunches. Don't Delay - register today!

**Please note:** Veterans must identify themselves at registration to receive a complimentary lunch.

## 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**

## Winter Wonderland Dance

Tuesday, December 3rd from 2-4 pm

Let's welcome this winter at our winter wonderland dance! Join us for an enchanted afternoon filled with socializing, dancing and entertainment by **Diamond Sound** Featuring Linda D. Pizza will be available for purchase at the concession stand. Cost \$2.00. **Thank you United Healthcare for your generous donation towards this event.**

## Paint with Kayla

Thursday, December 5th at 1:00pm

Unleash your inner artist and join us for an afternoon of artistic fun with friends! We'll paint a winter scene with acrylic paint all while enjoying refreshments. This class is for everyone, no painting experience needed! Supplies will be provided by the center. **Cost \$15.00** per person. Limit 14.



## GRINCH MAS Dinner Bingo Bash

Thursday, December 12th at 3:00pm

Tonight we will serve pizza, salad and dessert for **\$14.00**. 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 6th. Additional boards will be available for purchase.

## Buffalo Bells Concert

Tuesday, December 17th at 6:30pm

Buffalo Bells presents *Winter Wonderland* Please join us for a Family - Friendly Handbell Concert featuring Traditional Christmas Songs and Holiday Favorites. **Thank you ECVA for your generous donation towards this event.**

## Upcoming Adventures

### 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.

### 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 Canalside, Buffalo Christmas Tree at Fountain Plaza, Roswell Tree of Hope, Residential Light Displays. Join us and enjoy this 3 hour trolley ride with a driver and tour guide. Bring your own bottle and enjoy the music, fun and prizes on the Trolley! Limited seats available!



**All Aboard the Ark  
Sight And Sound  
Millennium  
Theatre,  
Lancaster PA**

March 25 - 27, 2025 Tues—Thurs

\$699 per person double

\$660.00 per person triple/ 874.00 Single

Excursion Includes:

- Luxury Motor Coach transportation, driver gratuity
- Two night's hotel accommodations—Eden Resort
- Shady Maple Smorgasbord Dinner
- Two breakfasts at the hotel
- Kitchen Kettle Village
- Day 2 Matinee performance of NOAH at Sight and Sound Theatre
- Hershey Farm Traditional Family Style Dinner
- Hershey Chocolate World on day 3 before heading home

Please See MARIA for additional information about this trip.

## New Year Party

at Salvatore's Italian Garden

Friday, January 3rd 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 2025.

For your listening pleasure, music will be provided. In addition complimentary hors d'oeuvres & punch served from 12-1:00pm.

Entree Choices:

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

**Tickets are \$52.00**