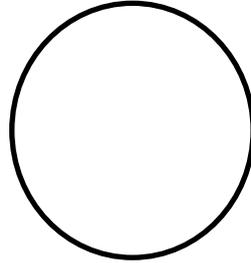
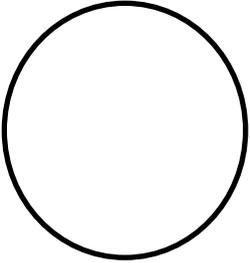


Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, NY 14228-1142

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Amherst Center for Senior Services Newsletter

January 2024



AmherstCenterForSeniorServices.com



Facebook.com/amherstnyseniorcenter/



716-636-3050

Information in this issue was correct at time of printing



ABOUT US

IMPORTANT PHONE NUMBERS

Main Line 636-3050
Registration 636-3051
Amherst Meals on Wheels 636-3065
Amherst Senior Transportation 636-3075
Senior Outreach Services 636-3070
Support Group Information 636-3050

AMHERST TOWN BOARD

Brian Kulpa, Supervisor
Jaqueline Berger
Shawn Lavin
Angela Marinucci
Michael Szukala

TOWN PROGRAM LOCATIONS

Amherst Senior Center

370 John James Audubon Parkway, Amherst 14228

Clearfield Community Center

730 Hopkins Road, Williamsville 14221

Harlem Road Community Center

4255 Harlem Road, Amherst 14226

Northwest Amherst Community Center

220 Northpointe Parkway, Amherst 14228

Northtown Center at Amherst

1615 Amherst Manor Drive, Williamsville 14221

North Forest Park

85 North Forest Road, Williamsville 14221

Williamsville Youth and Family Center

5005 Sheridan Drive, Williamsville 14221

AMHERST MEALS ON WHEELS

Delivers nutritionally balanced meals to seniors and disabled adults living in the Town of Amherst.

AmherstMealsOnWheels.org | 716-636-3065

AMHERST SENIOR TRANSPORTATION SERVICES

Provides rides to the Amherst Senior Center, health-related visits, and grocery shopping.

AmherstVans.org | 716-636-3075

MONTHLY NEWSLETTER

The Center tries to be fiscally and environmentally conscious.

If you have online access, we kindly ask that you view the newsletter online at AmherstCenterforSeniorServices.com. To have the newsletter delivered to your home annually, send a \$10 check (payable to the Amherst Center for Senior Services) and your name, address, and telephone number to:

Amherst Center for Senior Services, Attn: Nancy LeClair
370 John James Audubon Parkway
Amherst, New York 14228

ABOUT THE CENTER

The Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst New York 14228
716-636-3050

AmherstCenterForSeniorServices.com

The Center is a 53,000 square foot facility that includes:

- Art Gallery—*Monthly Art is sponsored by Asbury Pointe*
- Audubon Café—*Sponsored by Independent Health Open Tuesdays, Wednesdays and Fridays from 10:30-1:00pm*
- Billiard Room
- Card Room
- Dance Room—*Sponsored by Univera*
- Gift Shop—*Sponsored by Blue Cross Blue Shield*
- Health & Wellness Rooms
- Library
- Music Room—*Sponsored by Susan Grelick in honor of her parents*
- Nutrition Room—*Sponsored by Highmark Blue Cross Blue Shield*

KEY STAFF CONTRIBUTORS

Melissa Abel, Director, mabel@amherst.ny.us
Tammy Jacobs, Program Coordinator: tjacobs@amherst.ny.us
John Jones, Social Caseworker: jjones@amherst.ny.us
Jodi Kwarta, Director of Volunteers: jkwarta@amherst.ny.us
Jennifer Lazarz, Program Leader: jbono@amherst.ny.us
Karen Lisiecki, Project Coordinator: klisiecki@amherst.ny.us
Angelo Lorenzo, Program Leader: alorenzo@amherst.ny.us
Jamie Sullivan, Interim Kitchen Manager: jesullivan@amherst.ny.us
Greg Potter, Program Leader: gpotter@amherst.ny.us
Vijaya Tomar, Social Worker: vtomar@amherst.ny.us
Cindy Weiss, Class Coordinator: cweiss@amherst.ny.us
Barb White, Recreation Leader: bwhite@amherst.ny.us

*The Network is coordinated by Christina Yensan,
Public Relations Coordinator: cyensan@amherst.ny.us*

REGISTRATION/CANCELLATION

Registration is mandatory for all classes, programs, and clubs. There are three ways to register:

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk

Class registration and payment is mandatory. Those who participate in a class that they have not paid for will risk a suspension of their membership. So if you see a class you are interested in, register as soon as possible.

If you have registered for any activity at the Center and do not plan on attending, please cancel so someone may take your spot.

WIFI PASSWORD: RainStorm20

MEMBERSHIP



Town of **AMHERST**

Senior Center

The Town of Amherst Center for Senior Services is a human service agency serving the community's older residents and their families. The Department's mission is to foster the physical and mental well-being of senior citizens by providing educational and recreational activities, nutritional, health-related, social and support services, and opportunities for volunteerism. The Department is an advocate for senior citizens and seeks to promote and sustain independence and an optimal level of well-being.

HOURS OF OPERATION

Monday, Wednesday, Friday: 8:30 am-4:30 pm

Members are asked to vacate building by 4:15 pm in order for staff to complete closing procedures

Tuesday, Thursday, 8:30 am-7:30 pm

On January 2 and 4, we will be closing at 4:15 pm and on January 9 we are closing at 6:00 pm

We are closed on January 1 and January 15

MEMBERSHIP DUES

Amherst Residents—Lifetime Membership

- \$30/Individual Membership
- \$50/Couple or Household Membership

Non-Resident—Renewal

- \$30/Individual Membership
- \$50/Couple or Household Membership

A household is defined as two people living together at the same address.

To join the Center online:

Go to AmherstCenterforSeniorServices.com/membership-plans

To join the Center in-person:

Stop at the Center's Reception Desk and we'll provide you with an application to complete.

We have temporarily suspended accepting NEW non Amherst resident memberships for 2024. We appreciate your understanding

CALLING ALL NEW MEMBERS-MEMBERSHIP 101

Tuesday, January 9 at 3:30pm or

Thursday, January 11 at 10:30am

So you have taken the step of becoming a member, now what? Find out ways to get involved, how to sign up for Classes or Programs and where to find information on what is happening at the Center. Those attending the 10:30am session are invited to stay for a complimentary lunch at 12:00pm and if you are attending the 3:30pm you are invited to stay for a complimentary dinner at 5:00pm. Reservations are required for both.

NOTARY PUBLIC

As a convenience to our Senior Center members only, we have a licensed public notary on staff by appointment only. Please call 636-3055, ext. 3172 for your appointment.

DIRECTOR'S NOTE

As 2023 came to an end and we begin 2024, we have so much to be thankful for. I am thankful for our entire community who supports us. I am thankful for each of our members who enjoy and look forward to coming to the senior center each week to stay active and healthy. I am thankful for my wonderful staff and volunteers who dedicate their days to providing the best possible programs and services we can.

2023 provided us with so many positive highlights from our Grand Opening of the Northwest Amherst Community Center to our major renovation project of replacing our rug to our hugely successful year of filling our classes faster than we ever have! 2024 looks to be a fantastic year. Plans include adding additional classes to meet our growing need, renovating the front end of the building for a new café/Gift Shop, our rooftop HVAC system will be replaced, and renovating the former adult day space to create the new Wellness Center sponsored by Kaleida Health. This sponsorship will continue to grow our partnership with Kaleida Health by creating a space that will offer us endless opportunity to provide additional health and wellness programs to keep all of our older adults in the Amherst community active and healthy. There will be increased health programs, support groups, health clinics, classes, and fairs.

We continue to grow our Nutrition program. Food costs were a challenge in 2023. The Kitchen staff is hard at work coming up with ways to continue to save on food costs while maintaining the nutritious and delicious meals they serve each day. We are committed to providing a welcoming dining experience that offers everyone the opportunity to eat and visit with each other.

With the growing senior population, we continue to strive to provide programs and services to meet the growing needs in our community. With that comes much success and challenges. We know our classes fill up fast and that can be frustrating. Please support the process and know there are other classes to choose from, we are planning on adding more, and we encourage you to try new things.

Melissa Abel, Executive Director

FIRE DRILLS:

If the center's emergency alarm goes off, you need to vacate the building through the emergency doors.

ONLINE REGISTRATION



To Register for a Class, Club or Program in the New Version of MyActiveCenter:

Sign in to MyActiveCenter.com

- The Search Box and Filters are on the left side
- Once you have found the Class, Club or Program that you wish to Register for, click on the name. This will open a more detailed view of the activity. Listed below will be the Upcoming Events schedule.
- For classes with two sessions, each session is listed separately and requires separate registration.
- **To Register click on Add to Cart**
 - ⇒ A small box will appear to let you know that this has been reserved in your Cart.
 - ⇒ If this is the only activity that you wish to Register for you can click the Go to Cart button **OR** click on any area not in the pop-up box to continue shopping.
 - ⇒ **In order to complete the Registration process you must finish your order by going to your Shopping Cart.**
- ◇ If registering for a Class click Pay for selected items. Input your credit card information and click Pay to finish.
- ◇ If registering for a Club or Program click Register for selected items.



AMHERST CENTER FOR SENIOR SERVICES 2023-2024

CANCELLATION GUIDE

The safety and well-being of our members and visitors is a primary concern.

The following information is for your reference.

STANDARD OPERATING HOURS:

Monday, Wednesday and Friday,
8:30am-4:30pm
Tuesday and Thursday
8:30am-7:30pm

STORM CLOSINGS:

If Amherst, Sweet Home, or Williamsville school districts are closed, Center classes, clubs, and programs will be cancelled.

If you want to know if the building or activities are cancelled during bad weather, please watch "WEATHER CLOSING" announcements on:

TV Stations:

Spectrum-Channel 1
WGRZ-Channel 2
WIVB-Channel 4
WKBW-Channel 7

Only upon notification by the Amherst Town Supervisor can the Amherst Center for Senior Services be officially closed.

**Amherst Center for
Senior Services
370 John James Audubon Parkway
Amherst, NY 14228**

AmherstCenterforSeniorServices.com

716-636-3050

PROGRAMS

BOOK LOVERS

Thursday, January 4 at 11:00 am

Have you read a great book lately and want to share the title with fellow book lovers?

KARAOKE PARTY

Monday, January 8 at 1:00 pm

Join us and sing your favorite tune or just come to listen

MIND TEASERS

Wednesday, January 10 at 11:00 am

Exercise your brain and have some fun

VIRTUAL MUSEUM TOUR

Friday, January 12 at 10:30am

Enjoy the final 2 parts of 'Sister Wendy's: Story of Painting.'

WII SPORTS - Bowling

Tuesday, January 16 at 1:00 pm

Play a fun, easy, and interactive virtual bowling game and perform the actual motions of this sport

TRIVIA NIGHT

Tuesday, January 16 at 6:00 pm

Compete against teams. Bring snacks for your table and your thinking caps

COOKING WITH JEN



Wednesday, January 17 at 11:00 am

Freezer Bag Chicken Noodle Soup. Fee is \$8. RSVP starting 1/2. No refunds after 1/12

ELDERLY PHARMACEUTICAL INSURANCE COVERAGE (EPIC) INFORMATION TABLE

Wednesday, January 17 from 11:00-1:00 pm

BINGO

Thursday, January 18 at 1:30 pm

Bring something white like snow from the Dollar Store!

BLIND TASTE TEST

Friday, January 19 at 11am

Sample and guess a variety of tasty treats. Whoever guesses the most right wins a prize!

SPIN THE WHEEL FITNESS CLASS

Tuesday, January 23 at 1:00 pm

Come try a fun and different way to exercise. Exercises include strength, balance, and flexibility. *Bring your own weights if you have them*

TALK AND TASTE

Wednesday, January 24 at 1:00 pm

Boston Cream Poke Cake. No walk ins please

PIZZA AND GAME NIGHT

Thursday, January 25 at 5:00 pm

Pizza and salad from *John and Mary's* followed by a game of *Family Feud*. Paid reservations by 1/23. No refunds after

COOKING WITH THE FORSTERS

Monday, January 29 at 10:30 am

We will make *Easy Lava Cakes* for Valentines Day. Fee is \$5. RSVP by 1/25. No refunds after

USELESS FACT AND PASTA PARTY

Wednesday, January 31 at 12:00 pm

Bring a useless fact and enjoy a bowl of pasta with a variety of sauces. Fee is \$3. No refunds after 1/29

HEALTH

WHAT YOUR SURVIVORS NEED TO KNOW

Thursday, January 11 at 1:00 pm

This presentation is not about planning your estate or answering legal or financial questions. It is about creating your personal, informational repository-a document you can hand down to your survivors. *Presented by Jim Bardot*

OPEN PING PONG

- Mondays from 1:00-4:00 pm
- Tuesdays from 2:00-6:00 pm
- Fridays from 1:00-4:00 pm

OPEN PICKLEBALL

- Tuesdays, January 9, 16, 23, 30 from 12:00-2:00pm, 2:00-4:00pm and 5:00-7:00pm (not available on January 9) (1 court)
- Wednesdays, January 10, 24 from 12:00-2:00pm and 2:00-4:00pm
- Wednesdays, January 17 from 12:00-2:00pm (Gentlemen) and 2:00-4:00pm (Ladies)
- Wednesdays, January 31 from 12:00-2:00pm (Intermediate) and 2:00-4:00pm (Beginner)
- Thursdays, January 11 from 12:30-2:30 (Beginner) and 2:30-4:30pm (Intermediate)
- Thursdays, January 18, 25 from 3:34-5:30pm
- Fridays, January 12, 19 from 12:00-2:00pm and 2:00-4:00pm
- Fridays, January 26 from 12:00-2:00pm (Ladies) and 2:00-4:00pm (Gentlemen)

**REGISTRATION REQUIRED FOR ALL CLASSES, PROGRAMS, CLUBS AND SUPPORT GROUPS.
NO WALK INS.**

PROGRAMS

MOVIES



Popcorn will
be available
for sale

Afternoon

Monday, January 8 at 1:00 pm
The Retirement Plan Rated R 103 min

Monday January 22 at 1:00 pm
The Marsh King's Daughter Rated R 108 min

Monday, January 29 at 1:00 pm
Bank of Dave Rated PG-13 107 min

Evening

Tuesday, January 16 at 5:30 pm
A Haunting in Venice PG-13 104 min

Tuesday, January 23 at 5:30 pm
The Marsh King's Daughter Rated R 108 min

Tuesday, January 30 at 5:30 pm
Bank of Dave Rated PG-13 107 min

CLASSIC MOVIE

Friday, January 5 at 1:00 pm
Somewhere in Time PG 1 hour 43 min

OPERA HOUR

Friday, January 12 at 1:00 pm
Andrew Lloyd Webber's, *The Phantom of the Opera*
141 min

FOREIGN FILM

Thursday, January 18 at 5:30 pm
Women on the 6th floor Femmes du 6ème étage 104 min

DOCUMENTARY HOUR

Friday, January 19 at 1:00 am
Live to 100: Secrets of the Blue Zone (3 episodes 118 min total)

BOOK AND MOVIE COMPARISON

Friday, January 26 at 1:00 pm
The Guernsey Literary and Potato Peel Pie Society NR 2 hours
and 4 min. Based on the book by Mary Ann Shaffer and Annie
Barrows

PARTNER PROGRAMS

SILVER PRIDE TEA



Friday, January 5 from 10:00am -12:00pm
This is an opportunity for LGBTQ seniors to
come together and enjoy a morning of refresh-
ments and conversation. ALL are welcome.
Hosted by the Pride Center of WNY



FINANCIAL -Town of Amherst Assessor's Office

Wednesday, January 10 from 10:00 -12:00 pm
and Friday, January 19 from 10:00 - 12:00 pm
Representatives from the Assessor's Office will
be on site to assist you with your tax exempt
forms



BETTER BREATHERS GROUP

Tuesday, January 23 at 1:00 pm
If you, or someone you know, is
living with a chronic lung disease
like COPD, asthma, pulmonary
fibrosis, or lung cancer, consider joining us at this
welcoming support group. Learn better ways to cope
with your diagnosis and live life to the fullest.
*Facilitated by: Jeremy Voorhees, American Lung
Association Certified*



FACEBOOK

The Amherst Center for Senior Services has a new Facebook
page. Please make sure and like or follow our page AND more
importantly, please make sure and like or follow the *correct*
page. There are several variations which has caused
confusion, so let's get the word out there about OUR page.

<https://www.facebook.com/amherstnyseniorcenter/>

**REGISTRATION REQUIRED FOR ALL CLASSES, PROGRAMS, CLUBS AND SUPPORT GROUPS.
NO WALK INS.**

CLASSES

Register now!

Winter
classes begin
on January 8.

WINTER CLASS CATALOG

A full description of all 70+ classes offered are in the Winter Class Catalog which is available in hard copy at the Center, Amherst Libraries and online at

AmherstCenterforSeniorServices.com.

REGISTRATION PROCEDURES



ONLINE registration on MyActiveCenter.com



TELEPHONE registration at 636-3051



MAIL OR DROP OFF registrations



WALK IN registration. Please bring completed form with exact payment by credit card, cash or check.

AUDIT A CLASS

If you are uncertain about a particular class, we encourage you to observe the class by obtaining a guest pass at the Reception Desk.

REFUNDS

If you are uncertain a particular course is for you, we encourage you to audit the class prior to registration. Requests for refunds or transfers will be honored only if a member makes the request at least 5 full business days prior to the scheduled class start date. The refund will equal the cost of the class minus a \$5 processing fee (per class). Refunds will be credited within 72 hours to your Senior Center Account. Sorry, no exceptions.

DEFENSIVE DRIVING CLASS:

AARP Smart Driver

(\$25 for AARP Member/\$30 for Non AARP member)

1/17 or 2/21 from 9:00-4:00pm

Reservations required by calling 636-3051



Want to stay in the warmth and coziness of your home but still keep active? Consider registering for one of our Virtual Classes. Full descriptions of ALL classes, including day, time and price, will be in our Winter Class Catalog.

ZOOM CLASS HIGHLIGHTS:

ART HISTORY ZOOM-The New York School (\$30)

Thursday, 1/11-2/29 (8x), 10:00am-11:15am

CURRENT EVENTS ZOOM (\$20)

Wednesday, 1/10-4/17 (15x), 10:00am -11:30am

EINE KLEINE ZAUBERMUSIKZ: Mozart's Magic Musical Theatre Zoom (\$56)

Tuesday, 1/9-4/9 (14x), 1:00pm-3:00pm

FUNCTIONAL LIVING EVERYDAY EXERCISE (FLEE) ZOOM (\$20)

Monday, 1/8-2/26 (6x), no class 1/15, 2/19, 9:30am-10:25am

Monday, 3/11-4/15 (6x), 9:30am-10:25am

YOGA AND MEDITATION ZOOM

Tuesday, 1/9-2/13 (6x), 11:00am-12:00pm (\$18)

Tuesday, 3/5-4/16 (7x), 11:00am-12:00pm (\$20)

YOGA ZOOM (\$24) All Levels

Wednesday, 1/10-2/21 (7x), 9:00am-10:15am

Wednesday, 3/6-4/17 (7x), 9:00 am-10:15am

INSTRUCTORS NEEDED

The Amherst Center for Senior Services hires only the finest individuals to teach our classes.



WE ARE ALWAYS LOOKING FOR NEW INDIVIDUALS TO SHARE THEIR EDUCATION AND EXPERIENCE.

If you have a special skill or talent that you would like to share, consider joining our team. We welcome new ideas and the Center is always looking for language, local history, and fitness instructors.

Please contact our Class Coordinator, Cindy Weiss at cweiss@amherst.ny.us with your course proposal and if you are interested in teaching a day or evening class. We look forward to hearing from you.

REGISTRATION REQUIRED FOR ALL CLASSES, PROGRAMS, CLUBS AND SUPPORT GROUPS.

NO WALK INS.

RESOURCES

SUPPORT GROUPS: SENIOR CENTER

The common experience among members of a support group often means they have similar feelings, worries, and everyday problems. Participating in a group provides you with an opportunity to be with people who are likely to have a common purpose and likely to understand one another. Some benefits are:

- Feeling less lonely, isolated or judged
- Reducing distress, depression, anxiety or fatigue
- Improving skills to cope with challenges
- Gaining a sense of empowerment, control or hope
- Improving understanding of a disease

Widow/Widowers Group

Tuesday, January 9 at 11:00 am

Loss & Grief Group

Thursdays at 11:00 am

This group will meet every Thursday for six weeks. *This group began on December 14 and will end January 18.*

Men's Group

Tuesday, January 16 at 11:00 am

"Getting to know us: A man's perspective"
Talk about issues that are specific to men.

Caregivers Group

Wednesday, January 17 at 1:00 pm

Parkinson's Group:

Thursday, January 25th at 2:00 pm

If you or a loved one have received a diagnosis of Parkinson's disease, you may wonder what to expect. Join us and feel more in control.

Grandparent Kinship Group: See page 12

DEATH CAFÉ

Wednesdays, Jan 10, Jan 17, Jan 24, Jan 31 from 2:30-4:00pm

What is a Death Café? A Death Café is a scheduled get together where people can discuss their thoughts and beliefs on death. These meetings are to educate you and allow you to become more familiar with the end of life. We plan to discuss our own mortality with no intention of leading participants to any conclusion. Presently there are 15,000 Death Cafes in 85 countries. This group will be limited to twenty participants. Registration required. Attendance at all 4 sessions is required. Facilitated by: John Jones

SENIOR OUTREACH SERVICES 636-3070

Through a partnership with Erie County Department of Senior Services, the Center has an in-house senior outreach program. Trained staff are available to provide assessments for home and community-based services, such as Meals on Wheels, Home Care, Adult Day Care, and Personal Emergency Response Buttons. There may even be funds available to assist in the cost of services. Call Senior Outreach Services.

FRIENDS HELPING FRIENDS SHORT TERM FOOD ASSISTANCE

If you or someone you know is in need of non perishable food items, we have on-site assistance. Please contact a Social Caseworker to make arrangements.



The Home Energy Assistance Program (HEAP)

HEAP is a federally funded program, which is administered by New York State to assist low-income families with their energy needs. Multiple components are available to apply for heating assistance or services while the funding is available. To see if you are eligible, please contact the Senior Outreach Services.



HEAP Outreach Event

Wednesday, January 17 from 9:00-3:00pm

Stop in and see if you are eligible for assistance with heating your home this winter. National Grid and National Fuel will be onsite for utility issues. Walk-ins only.

The Supplemental Nutrition Assistance Program (SNAP)

Monthly benefits can be used to purchase food at authorized retail food stores. If you are eligible, an Electronic Benefit Transfer (EBT) account is set up for you, and every month your benefits will be deposited right into your account. To see if you are eligible, please contact the Senior Outreach Services.

ACCESSIBLE PARKING TAG

If you need assistance with an application, we are available by appointment only and are available some evenings. Please contact a Social Case Worker at to schedule your appointment

YOUTHWORK\$

Youthworks is a service that works as a liaison between residents and Amherst youth ages 12-20. Jobs include: yardwork, gardening, weeding, mowing, raking, and snow removal. To hire a youth, please contact Robin Erwin at 631-7217.

**REGISTRATION REQUIRED FOR ALL CLASSES, PROGRAMS, CLUBS AND SUPPORT GROUPS.
NO WALK INS.**

VOLUNTEER and CLUB INFORMATION

SERVICE HOURS

Volunteers, please submit your service hours, both inside the Center and those performed out in the Community, on a monthly basis. See staff for assistance, if needed.

THANK YOU MEMBERS

We sincerely thank all of our members who made donations and /or purchased gifts for the "Love-a-Veteran" collection, the "School #30 Giving Tree", and the "Senior Snow Angel" collection drives. We're certain that the recipients enjoyed a merrier holiday season due to your thoughtfulness and generosity.

CAFÉ SUBSTITUTES

The Café is currently open Tuesdays, Wednesdays and Fridays from 10:30 to 1:00 pm. We are looking for 2-3 new volunteers to fill in when one of our "regulars" cannot come in. There is usually several days notice for an anticipated absence, which makes it convenient for planning purposes for the potential substitutes. Volunteers must be comfortable handling cash and using a simple cash register. Training and strong staff support provided.

DINING ROOM ASSISTANCE NEEDED

We are looking for new volunteers to assist the kitchen staff on Tuesday evening dinners and / or Friday lunches. You would work along other volunteers and also help serve meal trays to guests and other duties as necessary. Shift is generally about 60-90 minutes long, making it a great opportunity for potential volunteers looking to serve regularly, but without a huge time commitment. Contact Sue in the Nutrition Department or Jodi in the Volunteer Department.

BAKERS RACK SALE

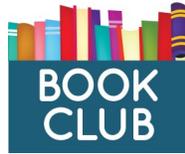
This month's Bakers Rack Sale will take place on January 18th. Proceeds benefit the Center.

GIFT SHOP & CAFE

The Gift Shop and Café will be closed during the last week of December and the first week in January for annual maintenance (12/25 through 1/5). They will both reopen on their regular schedules the week of January 8, 2024. Sorry for any inconvenience.

CLUB MEMBERS

You must register prior to attending your meeting. Swiping in at the kiosk is not registering.



BOOK CLUB

The book selection for the January 22nd Book Club meeting is: *All the Beauty in the World*, by Patrick Brinkley.

All participants are required to pre-register for the meeting. Comprehensive book selection lists can be found at the Senior Center on the racks across from the Wellness Room.

POETRY FAN?

By member request, we are hoping to start a new Poetry Reading Club. If you have ever encountered a remarkable poem, a poem that seems to speak to you or inspires you and you'd like to share your love of reading poetry aloud, please contact us to indicate your interest. If enough members are committed to participating on a regular basis, we can move forward with starting the club. Possible meeting days/times are yet to be determined.

WALKING CLUB (MALL WALK)

Walking Club



The Walking Club that meets on Thursday mornings will no longer be meeting during the winter months. Please stay tuned for more information about the possibility of resuming the club as spring approaches. If interested in co-leading this club in the future, please contact us to discuss the role/responsibilities of club leadership.

ALL CLUBS

There will be no Club meetings during the last week of December and the first week in January for annual maintenance (12/25 through 1/5). Clubs can resume on their regular schedules the week of January 8, 2024. Sorry for any inconvenience.

IS THERE SOMETHING YOU WANT ON THE CLUB LIST?

If you are interested in forming a new Club, please contact Jodi at jkwarta@amherst.ny.us. She will see if there is interest from our membership base.

If there are ten or more people interested, she can work with you to get your club started!

**REGISTRATION REQUIRED FOR ALL CLASSES, PROGRAMS, CLUBS AND SUPPORT GROUPS.
NO WALK INS.**

CLUBS

If you are interested in more information or joining a Club, please register and go to the next meeting to speak with the leader. Phone numbers are no longer listed for the security of our Club Leaders.

For a description of clubs, go to AmherstCenterforSeniorServices.com or pick up a brochure at the Center.

Am-Center Photography Club	2nd and 4th Tuesday of the month, 1:00 –3:00
Amherst Rocky Blues Band Club	Fridays, 12:30
Amherst Senior Singers Club	Wednesdays, 1:00-3:00
Art Club	Mondays, 1-3:30
Bike Club	Wednesdays, 9:30-11:30
Board Game Club-Afternoons	Wednesdays and Thursdays, 12:30-4:00
Board Game Club-Evenings	Wednesday or Thursday nights at Northtown Center from 6:30-10:00. See MyActiveCenter.com for schedules
Book Club	4th Monday, 1:00
Bridge Club	Tuesdays, 2:00-4:00
Canasta Club	Thursdays, 1:00-4:00
Chess Club	Tuesdays, 12:15-4:15
Community Service Sewing Projects Club	Mondays, 8:30-11:00
Creative Writers Club	1st & 3rd Mondays, 10:00-12:00
Dinner Club	Information on rack across from the Wellness Room
Dominos Club	Mondays, 12:30-3:00
Duplicate Bridge Club (Mon)	Mondays, 12:30-4:00
Duplicate Bridge Club (Fri)	Fridays, 12:30
Euchre Club	Tuesdays, 1:00
Indian Senior Citizens Club	2nd Thursday of the month, 4:30
Genealogy Club	1st and 2nd Tuesday of month, 10:30
Knitting Club	Tuesdays, 9:30-11:30
Mah Jong Club	Tuesdays, 1:00-3:30
Men's Golf Club	Information on rack across from the Wellness Room
News & Views ZOOM Club	Fridays, 10:00-11:30, must be on Club roster to receive weekly link
Pathfinders Club	Fridays, 9:00-11:00
Pinochle Club (Mon)	Mondays, 12:45
Pinochle Club (Wed)	Wednesdays, 12:45-3:30
Reader's Theater Club	Mondays, 1:30
Rummikub Club	Fridays, 1:00-4:00
Scrabble Club	Tuesdays, 10:00-12:30
Spanish ZOOM Club	Thursdays, 1:30
Stained Glass Club	Thursdays, 9:00-12:30
Tai Chi Club	Wednesdays & Fridays, 1:30-2:30
Tuesday Afternoon Music Club	Tuesday, 1:00
Upholstery Club	Wednesdays, 9:00-12:00
Wood Carving Club	Tuesdays, 9:00-11:30

**You must
register to attend
a club meeting.
Space is limited!**

**REGISTRATION REQUIRED FOR ALL CLASSES, PROGRAMS, CLUBS AND SUPPORT GROUPS.
NO WALK INS.**

JANUARY NUTRITION



The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. Lunch is served Monday-Friday, 12:00-1:00 pm and dinner is served at 5:00 pm on Tuesday evenings. Reservations must be made at least 24 hours in advance by going on MyActiveCenter.com or by calling 636-3051.

There are NO walk-ins accepted. The Erie County Nutrition Program is open to anyone 60 years of age or older at a suggested contribution of \$3. Guests under 60 are welcome for \$5.

<u>VEGAN OPTIONS</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Lentil soup Small salad Bread Dessert	1 	2 Spaghetti & meatballs Cauliflower Green beans Italian bread Diced peaches	3 BBQ ribette Potato wedge Mixed vegetables Hoagie roll Mandarin orange	4 Chicken Rice pilaf Carrots Wheat bread Apple	5 Salisbury steak w/ gravy Mashed potatoes Mixed vegetables Italian bread Fresh fruit
Garden burger Roll Potato Vegetable Dessert	8 Polish sausage Lazy pierogi Mixed vegetables Roll Pears	9 Beefaroni Corn Italian bread Angel food cake	10 Pulled pork Garden rice Carrots Hoagie roll Diced peaches	11 Roast beef w/gravy Oven potatoes Green beans Roll Cookie	12 Breaded chicken Baked beans Spinach Corn muffin Apple pie
	15 	16 Cabbage roll Mashed potatoes Mixed vegetables Dinner roll Brownie	17 Chicken Rice pilaf Carrots What dinner roll Apple	18 Macaroni & cheese Stewed tomatoes Broccoli White bread Diced pears	19 Spaghetti & meatballs Cauliflower Green beans Italian bread Banana
Vegetable stir fry Rice Bread Dessert	22 Stuffed pepper Mashed potatoes Cranberry juice Rye bread Pineapple chunk	23 BBQ ribette Potato wedge Mixed vegetables Hoagie roll Mandarin orange	24 Chicken leg Sweet potato Spinach Muffin Apple crisp	25 Pasta & meat bake Carrots Broccoli Italian bread Carmel pop cakes	26 Tuna noodle casserole Mixed vegetables Dinner roll Apricots
Vegetable chili Potato Vegetables Dessert	29 Open faced turkey sandwich Mashed potatoes Carrots Diced pears	30 Pork chop w/gravy Roasted potatoes Peas Multigrain bread Chocolate chip cookie	31 Turkey ala king Mashed potatoes Mixed vegetables Biscuit Peaches		

Dinner is served at 5:00pm

- 1/9-Hot open faced turkey sandwich, potato, vegetable, dessert
- 1/16-Cheese burger with lettuce and tomato, baked beans, tater tots, dessert
- 1/23-Breaded chicken sandwich with lettuce and tomato, potato salad, carrots, dessert
- 1/30-Pasta bake, side salad, garlic knots, dessert

MONTHLY MENU IS SUBJECT TO CHANGE

RESERVATIONS MUST BE MADE IN ADVANCE ON MYACTIVECENTER.COM OR BY CALLING 636-3051

NORTHWEST AMHERST COMMUNITY CENTER PROGRAMS



FITNESS ROOM ORIENTATIONS

Wednesday, January 3 at 10:30
Friday, January 5 at 10:30 am
Monday, January 8 at 6:00 pm
Friday, January 26 at 10:30 am
Learn the ins and outs of our new fitness room at North-West. We will

show you how to use the various workout equipment, safety procedures, and a rundown of everything we have to offer.

TALK AND TASTE

Monday, January 8 at 10:30 am
Sample a taste of Cinnamon Roll Cake.
RSVP by 1/5.



SAVING STRATEGIES FOR THE NEW YEAR

Tuesday, January 9 at 10:30 am
Learn ways to save on groceries, travel and entertainment, driving, lawn and garden and more.
Presented by Parachute Credit Counseling

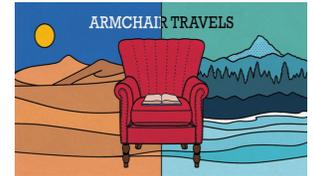
EVENING BINGO

Monday, January 22, 6:00 pm
Please bring something from the Dollar Store



ARMCHAIR TRAVELER

Monday, January 29 at 5:30
A look at the people, sites and animals of Bora Bora, Tahiti, Tubuai, Rangiora and Samoa. 60 min



GRANDPARENT KINSHIP SUPPORT GROUP

Wednesday January 10 at 11:00 am
Are you “parenting for the second time?” If this is you, consider coming to this support group to share ideas, get support, comfort and resources. You are not alone.

Facilitated by John Jones, Social Case Worker

NWACC OPEN PICKLEBALL

Reservations required. Please cancel if unable to attend.

Wednesday, January 3
10:00-12:00pm (Members vs. Staff)

Friday, January
10:00-12:00pm (All levels)

Monday, January 8, 22, 29
10:00am-12:00pm (Intermediate)
12:00-2:00pm (Beginner)
5:30-7:30pm (All Levels)



A NOTE FROM YOUTH & RECREATION

Happy New Year! Since I am writing this in December, I am going to go out on a limb and say how grateful I am that we did not start 2024 the way we started 2023 – with a crippling blizzard! Hopefully we all learned some lessons from last year and are more prepared for the winter weather that may come our way. If not, Assemblymember Karen McMahon will be hosting another Department of Homeland Security Emergency Preparedness Workshop at the Northwest Amherst Community Center on January 18. Watch your weekly email for more information and registration information.

Commit to a healthy 2024 by joining us on January 1 for a First Day Walk/Hike at Veterans’ Canal Park. The walk is open to all ages and abilities, so bring the whole family. There will be free swag from the NYS Office of Parks, Recreation and Historic Preservation and rumor has it there may be alpacas as well! Free registration at www.amherstyouthandrec.org
Looking forward to the coming year with new programs, classes and staff!

Mary Diana Pouli, Executive Director, Youth and Recreation

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NO WALK INS.**