



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

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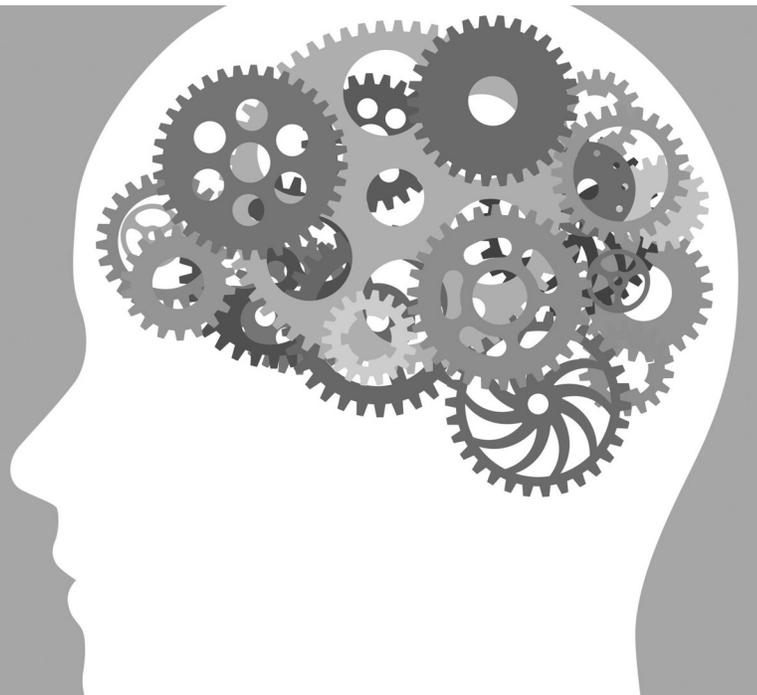
716-636-3050

# THE NETWORK

The Monthly Newsletter of the Amherst Center for Senior Services | June 2021

This Month's Network  
is sponsored by:

alzheimer's   
association™



## JUNE HIGHLIGHTS

### ASK A COP

Wednesday, June 2 at 1:30 pm

Join members of the Amherst Police Department and ask them any questions you may have

### NATIONAL CHOCOLATE ICE CREAM DAY

June 7

Enjoy this sweet treat after lunch!

### NEW MEMBER SOCIAL

WELCOME  
NEW MEMBERS

Thursday, June 10 at 1:00 pm

Are you ready to meet some new people? Join us as we get to know some of the new faces that have become members this year

### HOT DOG SALE

Thursday, June 10 at 11:00 am

\$1.50 per hotdog. While supplies last!

### FATHER'S DAY CELEBRATION

Wednesday, June 16

Sponsored by Aetna

#### CAR SHOW

12:00 pm-2:00 pm

If you are interested in showing your car, please contact Jennifer in Program at 636-3050, ext. 3112



#### LUNCHEON

12:00 pm (See page 13 for menu)

#### VERY SPECIAL EDITION OF FATHER'S DAY BINGO

1:00 pm

Followed by Root Beer floats on the Patio

### ENGAGING LGBT-IDENTIFIES FAMILY MEMBERS, CAREGIVERS AND COMMUNITY PARTNERS

Wednesday, June 16 at 12:00 pm

VIRTUAL

Presented by Tim R. Johnston, PhD, Senior Director of National Project SAGE

Sponsored by Brookdale Senior Living

### JUNETEENTH

Thursday, June 17

In conjunction with the Amherst Diversity Commission



#### WHAT IS THE TRUE MEANING OF JUNETEENTH?

9:30 am

Join us on the patio for Red Velvet Pancakes and coffee as we learn about this special holiday

**Special Guest Speaker: Justin, Daemen College Student Researcher**

#### JUNETEENTH LUNCH

12:00 pm

Town Proclamation from Town Board Member and Senior Center Liaison, Deborah Bucki

New book donations to celebrate Juneteenth are being accepted at the Senior Center and Amherst Library locations. There is a listing of recommended purchases available at the Center and on our website at [amherstCenterforSeniorServices.com](http://amherstCenterforSeniorServices.com)

#### SPECIAL MOVIE PRESENTATION: MISS JUNETEENTH

1:00pm

Rated PG 13, 103 minutes

Miss Juneteenth is a 2020 American. The plot follows a single mom and former teen beauty queen who enters her daughter into a Miss Juneteenth Pageant

### LONGEST DAY OF THE YEAR

Monday, June 21

Join us to celebrate this day with the most light-the summer solstice- on this day people from around the world will fight the darkness of Alzheimer's disease.



#### FOOTLONG HOTDOG SALE

11:00 am

\$3.00 for a footlong hotdog until supplies run out

#### SPECIAL MOVIE PRESENTATION: THE LONGEST DAY

1:00 pm—3:00 pm Drama, Rated PG 13, 90 M

## JUNE HIGHLIGHTS-continued

### JUNE IS ALZHEIMER'S AND BRAIN AWARENESS MONTH

The Senior Center has partnered with Brookdale Senior Living to offer you informative programs on this important topic on Tuesdays this month!



#### HEALTHY BRAIN FOOD PART I (COOKING DEMO)

June 8 at 2:00 pm HYBRID  
Learn about making smart choices with foods rich in nutrients that benefit you. This program will give you an extra incentive to eat right as we will be making fruit smoothies and presenting Not-So-Secret Ingredients for Healthy Seniors  
Presented by: Chef Daryl, Executive Chef Brookdale  
(Recipe will be provided after registration for home viewing)

#### HEALTHY BRAIN FOOD PART II (COOKING DEMO)

June 22 at 2:00 pm HYBRID  
Learn how to eat right for life. Make smart choices when it comes to portion sizes and the variety of food we consume. This program will give you an extra incentive to eat right as we will be making tabbouleh wraps  
Presented by: Chef Daryl, Executive Chef Brookdale  
(Recipe will be provided after registration for home viewing)

#### BRAIN FIT

June 15 at 2:00 pm HYBRID  
Explores the concept of brain health through hands-on activities and classroom learning  
Presented by: Program Staff, Brookdale

#### MINDFULNESS: SELF COMPASSION

June 29 at 11:00 am CENTER  
Dr. Ferretti will teach and guide us on how to practice self-compassion and find the best way to live a productive, healthy, happy life.

### SUMMER CONCERTS

Please bring a chair for viewing concerts

#### THE FORMULA BAND

Wednesday, June 23 at 6:00 pm– 8:00 pm

#### CARNIVAL KIDS DRUM ORCHESTRA

Wednesday, July 21 at 6:00 pm– 8:00 pm  
Sponsored by Aetna

#### THE HOUSE BAND

Wednesday, August 18 at 6:00 pm– 8:00 pm  
Sponsored by Brompton Heights

### NATIONAL CHOCOLATE ECLAIR DAY

June 22  
Enjoy this sweet treat after lunch!

### MOBILE LEGAL UNIT (MLU)

Friday, June 25 from 10:00-12:00 pm  
The MLU is a team of attorneys and paralegals that travel throughout WNY to provide "done in a day" legal assistance, as well as general information about CELJ, and referral information for applicable non-legal services. They will also provide a brief presentation on scam avoidance and are available afterward for any questions.

## In Case You Missed Some of Our May Highlights

OLDER AMERICAN'S MONTH  
Town Council Member and Senior Services Liaison, Deborah Bucki along with Erie County Legislator Jeane Vinal present proclamation to Amherst Senior Center Director, Brian Bray



MOTHER'S DAY TEA  
Members, Rick Piraino and Bob Peloso act as servers with Beverly Fish for the annual Mother's Day Tea

VOLUNTEER RECOGNITION EVENT  
Volunteer Services Director, Jodi Kwarta and Staff Member, Barb White welcome volunteers to the annual Volunteer Recognition Event that was a drive thru this year



# DIRECTOR'S NOTE

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## PHONE NUMBERS

Main Line.....	636-3050
Reservations.....	636-3051
Amherst Meals on Wheels.....	636-3065
Amherst Senior Transportation.....	636-3075
Ralph C. Wilson Jr. Adult Day.....	689-1403
Senior Outreach Services.....	636-3070
Support Group Information.....	636-3050

## KEY STAFF

Brian Bray, Director: [bbray@amherst.ny.us](mailto:bbray@amherst.ny.us)  
Melissa Abel, Deputy Director, [mabel@amherst.ny.us](mailto:mabel@amherst.ny.us)

Tammy Jacobs, Program Coordinator: [tjacobs@amherst.ny.us](mailto:tjacobs@amherst.ny.us)  
Joanne Cole, Program Leader: [jcole@amherst.ny.us](mailto:jcole@amherst.ny.us)  
Jodi Kwartaj, Volunteer Coordinator: [kwartaj@amherst.ny.us](mailto:kwartaj@amherst.ny.us)  
Jennifer Lazarz, Program Leader: [jbona@amherst.ny.us](mailto:jbona@amherst.ny.us)  
Donna Muck, Kitchen Manager: [dmuck@amherst.ny.us](mailto:dmuck@amherst.ny.us)  
Vijaya Tomar, Social Worker: [vtomar@amherst.ny.us](mailto:vtomar@amherst.ny.us)  
Cindy Weiss, Class Coordinator: [cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us)

*The Network is arranged and designed by Christina Yensan,  
Public Relations Director: [cyensan@amherst.ny.us](mailto:cyensan@amherst.ny.us)*

## AMHERST TOWN BOARD

Brian Kulpa, Supervisor  
Jacqui Berger, Town Board / Deputy Supervisor  
Deborah Bucki, Town Board, Liaison to Senior Services  
Shawn Lavin, Town Board  
Michael Szukala, Town Board

## REOPENING GUIDELINES

Please go to [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com) for the most current information regarding our reopening guidelines.

Yes, and... is a concept started in improvisational comedy that has gained popularity as an approach to all facets of life. It is an approach that allows anything to happen. When presented a new idea or opportunity, instead of negating, belittling, or disagreeing with it – you simply agree and then add your own thoughts, perspective, and ideas to it.

The Yes, and... approach is used in improvisational comedy by accepting what a participant presents and then building on that line of thinking. If a participant says, "Can you believe how dirty this kitchen is?," it would be halting for the next participant to say, "No, we are actually in the park." The Yes, and... approach to a participant saying, "Can you believe how dirty this kitchen is?," might be, "Yes, and I will continue my cleaning strike until you buy me flowers!" or "Yes, but look how clean the bathroom is.". Yes, and... is an additive process that accepts what the other person said as true, and allows you to add to that truth.

Yes, and... is not limited to improvisational comedy – it could be used for almost anything. Why? Saying "Yes" validates what someone is trying to communicate to you. Saying "Yes" does not indicate that the other person is correct, only that he or she is speaking their truth. The "And" allows you to add to the truth – providing a middle ground that both people can agree to.

As an example, if my wife said that she thinks it would be fun for us to go to a wine tasting in the Finger Lakes, I could choose to say – No, I don't like wine. However, that would simply negate her feelings – I am sure she would have a fun time going to a wine tasting. Instead, I could say, "Yes, and we can go to the Baseball Hall of Fame too while we are out that way." The end result would go from doing nothing to going on a trip and trying new things. It certainly sounds more fun, doesn't it?

Yes, and... is the opposite of the No, but... thinking that prevents us from trying new things or taking advantage of new opportunities. When presented an opportunity or idea, the No, but... approach starts by letting your potential collaborator know how he or she is wrong, and why you are right. This makes the other person less likely to share ideas with you and decreases the opportunities you have to learn from them. Saying Yes, and... provides an opportunity to let the other person know you value their opinion and you want to work with them.

I think we can all benefit from saying "Yes, and..." more often in life. I hope you do too.

*- Brian Bray, Director*

# MEMBERSHIP



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 or optimal level of well-being.

## ABOUT THE CENTER

The Amherst Center for Senior Services  
370 John James Audubon Parkway  
Amherst New York 14228  
716-636-3050  
[www.AmherstCenterForSeniorServices.com](http://www.AmherstCenterForSeniorServices.com)

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

- Art Gallery—Monthly Art is displayed complements of Asbury Pointe.
- Audubon Café—Sponsored by Independent Health
- Billiard Room
- Card Room
- Craft Room—Sponsored by Independent Health
- Computer Lab—Sponsored by Independent Health
- Gift Shop—Sponsored by Blue Cross Blue Shield
- Health Room—Sponsored by BlueCross BlueShield
- Library
- Wellness Room

## MEMBERSHIP DUES

### Amherst Residents—Lifetime Membership

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

### Non-Resident—Annual Membership

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

### Non-Resident—Lifetime Membership

- \$100/Individual Membership
- \$150/Couple of Household Membership

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

***If you are 55 or older and are interested in joining, please contact Tammy Jacobs at 716-636-3055, ext. 3172 to make an appointment.***

## THANK YOU TO OUR SPONSORS!

### NETWORK SPONSOR



### ALZHEIMER'S & BRAIN AWARENESS MONTH SPONSOR



### FATHER'S DAY SPONSOR JULY CONCERT SPONSOR



## NETWORK SUBSCRIPTIONS

To have the Network Newsletter delivered to your home, please send a \$6 check (payable to the Amherst Center for Senior Services) and your name, address, and telephone number to:

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

*This notice does not apply to members of the Travel and Dinner Club because a portion of their dues covers receiving a copy of the Network in the mail.*

# PROGRAMS

## PROGRAM REGISTRATION

 AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Registration Desk.

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## VIRTUAL PROGRAMS

### HAPPY HOUR

Friday, June 4, 11, and 25 at 3:00 pm  
*Join us as we toast in the weekend*

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### COOKING WITH JEN

Monday, June 7 at 11:00 am  
*Roasted Cherry Tomato Tart with Herbed Ricotta*

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### BOOK LOVERS

Monday, June 7 at 2:00 pm  
*Have you read a great book recently and want to tell fellow book lovers?*

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### BOOK CLUB

Friday, June 11 at 2:00 pm  
*Such Fun Age by Kiley Reid*

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### AMERICA SAYS (GAME)

Monday, June 14 at 11:00 am

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### BIRTHDAY CELEBRATIONS

Thursday, June 24 at 1:00 pm  
*Celebrate all the birthdays in the month of June. Birthday gift bags can be picked up at the Center Reception Desk on Wednesday, June 23 at noon*

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## HYBRID PROGRAMS

### TWO TRUTHS AND A LIE

Thursday, June 3 at 11:00 am  
*Join us with two true facts about yourself and one lie. We will guess which fact is a lie*

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### BINGO

Wednesdays, June 2, 23, 30 at 2:00 pm

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### TRIVIA THURSDAYS *Test your smarts*

June 3, 10 and 24 at 2:00 pm

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### FLASHBACK FRIDAYS

June 4 and 25 at 1:00 pm  
*Take a step back in time to learn about world events*

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### SHEA'S

Wednesday, June 9 at 1:00 pm  
*Explore the newly scheduled hits that will be here! Yes, Hamilton and Frozen are coming, and so are so many more*

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### WHAT YOU CAN DO TO PREVENT FALLS "WATCH PARTY"

Thursday June 10 at 11:00 am  
*Learn how to prevent a fall from happening to you. We'll discuss ways to make your home safer and practice some exercises you can do at home to reduce your risk of a fall*

Presented by Jennifer Johnson, BCBS HealthNow

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## CENTER PROGRAMS

### DISHIN' WITH THE DIRECTOR

Wednesday, June 2 at 10:00 am  
*Join Brian for some casual conversation and discuss Center related topics.*

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### CBD 101

Thursday, June 3 at 1:30 pm  
*Join us for an informational session on the fundamentals of CBD.*

Presented by the CBD MED Center

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### SILVER PRIDE TEA

Friday, June 4 from 10:00 am-12:00 pm  
*Join us for an opportunity for LGBT seniors to come together and enjoy a morning of refreshments and conversation. ALL are welcome.*

Hosted by the Pride Center of WNY

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### JUST ONE (GAME)

Friday, June 4 at 11:00 am

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### PICNIC IN WALTON WOODS

Friday, June 4 at 12:00 pm  
*Please bring a brown bag lunch and chair*

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### MIND TEASERS

Tuesday, June 8 at 1:00 pm

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### PAULA'S DONUTS ON THE PATIO

Friday, June 11 at 9:30 am  
*\$2.00 includes coffee and a donut. Please RSVP by 6/8*

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### ASK THE DIETICIAN

Wednesday, June 23 from 11:00 am-1:00 pm  
*Looking for information on how you can improve your eating habits? Meet with Erie County Dietician Michelle to learn more and ask questions*

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## PROGRAMS

### CENTER PROGRAMS (CONT.)

#### PROGRAM REGISTRATION



AmherstCenterForSeniorServices.com/Register

716-636-3051

In person at the Center's Registration Desk.

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#### FINANCIAL SEMINAR

Thursday June 24 at 10:30 am

Whether you're considering retirement, or already retired, we will address today's ongoing retirement challenges to keep an eye on, including strategies to maximize your Social Security & Medicare benefits.

Presented by Tyler Utz from Equitable Advisors

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#### ARMCHAIR TRAVELER

Thursday, June 24 at 11:00 am

Travel to Africa's South without leaving your seats!

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#### COOKING WITH JEN

Too Good To Stop Eating Strawberry Bread

Monday, June 28 at 1:00 pm

Please bring a bread pan. \$3.00 fee is due to Jen by 6/25.

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### MOVIES

Movies are held at the Center at 1:00 PM.

#### PROMISING YOUNG WOMAN

Monday, June 7

Drama/Thriller, Rated R, 120 M

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#### HIDDEN LIFE

Monday, June 14

Drama, Rated R, 174 M

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#### TRUE JUSTICE: BRYAN STEVENSON'S FIGHT FOR EQUALITY (DOCUMENTARY)

Tuesday, June 15

Rated PG 13, 101 M

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#### THE LONGEST DAY

Monday, June 21

Drama, Rated PG-13, 90 M

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#### THE IMMORTAL LIFE OF HENRIETTA LACKS

Monday, June 28

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#### LIGHT IN THE WATER (DOCUMENTARY)

Tuesday, June 29

Rated PG 13, 74 M

### UNIVERSITY EXPRESS WATCH PARTIES

Watch the classes on Webex from your home computer or join us for a watch party.

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#### WRITING CONNECTING: A MOTHER AND SON ON WRITING A MEMOIR

Tuesday, June 1 at 2:00 pm

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#### WHAT'S THE BIG DEAL WITH 5G?: THE FUTURE OF WIRELESS AND MOBILE TECHNOLOGY

Thursday, June 3 at 10:00 am

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#### MINDFUL EATING WHILE ON THE GO

Monday, June 7 at 2:00 pm

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#### THE WIDE WORLD'S WACKY SPORTS

Friday, June 11 at 10:00 am

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#### FOUR DEPLOYMENTS: PART II

Monday, June 14 at 2:00 pm

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#### CRYSTAL BEACH

Wednesday, June 16 at 2:00 pm

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#### VACCINES: WHAT YOU NEED TO KNOW

Tuesday, June 22 at 10:00 am

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#### UNDERSTANDING, CONDOS, TOWNHOUSES AND PATIO HOMES

Friday, June 25 at 2:00 pm

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#### GREATER BUFFALO RACIAL EQUITY ROUND TABLE

Monday, June 28 at 10:00 am

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#### HIGH BLOOD PRESSURE: KNOW YOUR NUMBERS

Tuesday, June 29 at 10:00 am

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#### THE VANISHING DITCH: THE STORY OF THE ORIGINAL ERIE CANAL

Wednesday, June 30 at 10:00 am

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### DID YOU KNOW?

An estimated 6.2 million Americans age 65 and over are living with Alzheimer's dementia in 2021?

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### HEALTH INSURANCE

#### UNIVERA

Thursday, June 3 from 10:00 am - 12:00 pm

Meet with a Univera Representative to find out about available Medicare plans. Call Michele at 572-8315 for an appointment.

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#### CLARITY GROUP

Friday, June 4 from 9:00 – 11:00 am

Research your Medicare insurance options with an independent broker. Call Lisa at 864-4886 to schedule your appointment.

## PROGRAMS

### CENTER PROGRAMS (CONT.)

#### PROGRAM REGISTRATION

 [www.AmherstCenterForSeniorServices.com/Register](http://www.AmherstCenterForSeniorServices.com/Register)

 716-636-3051

 In person at the Center's Registration Desk.

### SPECIAL HEALTH INSURANCE EVENT

#### ELDERLY PHARMACEUTICAL INSURANCE COVERAGE

**Thursday, June 10, 11:00 am-1:00 pm**

**OR Wednesday, June 23, 11-1:00 pm**

The Elderly Pharmaceutical Insurance Coverage (EPIC) program is a New York State program for seniors administered by the Department of Health. It helps income-eligible seniors aged 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs. Seniors can apply for EPIC **at any time of the year** and must be enrolled or eligible to be enrolled in a Medicare Part D drug plan to receive EPIC benefits and maintain coverage.

#### SHERIDAN BENEFITS: MEDICARE 101

Tuesday, June 15, 10:00 am

*Does Medicare have you puzzled? All attendees will receive a Medicare informational booklet. For more information, please call Maria Schenk at 345-0337.*

#### INDEPENDENT HEALTH

Thursday June 17, 10:00am-11:00am

*Do you have questions about the Medicare plans offered? Meet with a Red Shirt to find out more. Call Amanda at 635-4999 to schedule an appointment.*

#### BLUE CROSS BLUE SHIELD

Thursday June 17, 10:00am

*This presentation will help you learn about the Medicare A, B, C and D's. Personal appointments are available before and after the presentation by calling Meghan at 887-7912.*

**DID YOU KNOW?**  
**Memory loss and confusion are the main symptoms of Alzheimer's disease.**

### AROUND TOWN

#### TUESDAYS AT GARRISON PARK

Tuesday, June 1, 8, 15, 22, and 19

*10:00 am Coffee | 11:00 am Game*

*Bring your own lunch on Tuesday, June 15 at 12:00 PM.*

#### WEDNESDAY AT ISLAND PARK

Wednesday, June 2, 9, 16, 23, and 30

*9:00 am Coffee | 10:00 am Word Up Wednesday*

#### WALKS AT 9:00 AM

Monday, June 7—Ellicott Creek Trailways

Monday, June 14—Walton Woods

Monday, June 21—Ellicott Creek Trailways

Monday, June 28—Walton Woods

#### PAULTER'S

Monday, June 21 at 12:00 pm

*You are responsible for your own purchase.*

### DID YOU KNOW?

**No cure exists for Alzheimer's disease, but medications and management strategies may temporarily improve symptoms.**

### TOWN OF AMHERST EVENTS

#### PUBLIC MARKETS\*

Sunday, June 13, Bassett Park

Sunday, July 11, Bassett Park

Sunday, August 8, Bassett Park

Sunday, September 12, Bassett Park

#### FOOD TRUCK RODEOS\*

Friday, June 25, Veterans Canal Park

Friday, July 23, North Forest Park

Friday, August 20, Walton Woods Park

Friday, September 24, Location TBD

Friday, October 22, Royal Park

*\*Rides are available to members of the Amherst Center for Senior Services through Amherst Senior Transportation Department (ASTD). Please call 636-3075 one week prior for reservations.*

# SUMMER CLASSES

Classes begin June 1. The Summer Class Catalog is available online, at the Center and at Amherst Libraries.

Ways to Register:

1. Online at [AmherstCenterforSeniorServices.com/register](http://AmherstCenterforSeniorServices.com/register)
2. Mail a completed registration form with full payment
3. Walk-into the Center with completed registration form and full payment. Must follow COVID guidelines.
4. Call 636-3051 with credit card payment

**CLASS REGISTRATION IS ON A FIRST COME-FIRST SERVE BASIS:**

**IF YOU SNOOZE YOU LOSE-**If a class does not reach its minimum number of students, it will not be held.

**ATTENDING CLASSES-**Paid registration is required to attend classes. Registration is for the entire session, regardless of whether a student is able to attend all classes. Students must register each trimester. Enrollment in a prior course does not guarantee enrollment in subsequent courses.

**CLASS CANCELATIONS-**If a class is canceled, robo calls will be made to all participants. Please make sure you have provided a correct telephone number.

**FEE WAIVERS –** Reduced fees for some courses are available for Amherst Resident Members who have been verified for eligibility in this program.

Applications are available in the Social Work Office and should be submitted in advance of registration.

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## **Would you be interested in a Creative Writing Workshop?**

This course would be intended for serious creative writers familiar with literature to discover writing possibilities and strategies. It will focus on the demands of the various genres, including narration, poetry, and drama, exploring the differences in writing for the stage, the movies, and television.

Participants would read their work aloud and discuss it with other class members.

**If this is a class that you would be interested in or you would like more information on, please call Cindy at 636-3055 x 3109.**

## **CLASS HIGHLIGHTS**

### **WOODCARVING – All Levels**

Students will carve a saw-whet owl. This is a good project for all levels of carvers. Safety, sharpening and tool requirements will be discussed at the first class. Wood for the project is included in the class fee.

*Debbie Barbour: Instructor*

Thursday, 7/8 – 8/19 (6x) no class 8/12

2:00 – 4:00 pm Art Room \$30

### **DRUMMING CIRCLE**

Feel the beat of your own rhythm. Research has shown that group drumming reduces stress, strengthens your immune system, enhances creativity, self-expression and inner healing. This class is not about performance. The approach is to extend the benefits as a form of recreational music making regardless of musical experience. Find your own rhythm in a fun, nurturing, supportive environment. Some stretching and a wellness exercise is included. A variety of drums, (including hand held drums), shakers and tambourines are provided. If you have your own drum you are welcomed to bring.

*Jennifer Nuwer: Instructor*

Friday, 6/4 – 7/9 (5x) no class 6/18

9:30 – 10:30 am Dance Room \$18

Friday, 7/23 – 8/27 (6x)

9:30 – 10:30 am Dance Room \$20

### **COUNTRY LINE DANCING – Beginner / Beginner Plus**

Designed for the Beginner and Beginner Plus who want to learn or improve their dancing skills. 45 minutes of easy to learn Country Western Dance Steps are followed by 45 minutes of slightly more advanced dance routines. Join in the fun and dance at your own level.

*Connie Kaminski: Instructor*

Monday, 6/7 – 7/19 (6x) no class 7/5

1:15 – 2:45 pm Dance Room \$18

### **ZUMBA**

Great as a workout or dance routine using samba, salsa, rumba, meringue, and cha-cha dance steps. Various types of music are used. The class is tailored toward mature adults.

*Marilyn Ciavarella: Instructor*

Thursday, 6/10 – 7/29 (8x)

12:10 – 1:00 pm Dance Room \$24

## VOLUNTEER

**A HUGE SHOUT OUT OF THANKS** to all of the volunteers who attended our Volunteer Recognition Drive Thru event! You arrived with open minds and open hearts and a willingness to try something new and we hope you had as much fun as we did. Although this event was a great departure from our usual more formal luncheon, it was still a wonderful opportunity for us to thank you for your volunteer service and we are grateful for the opportunity to have done so. Thanks so much for indulging us in this new endeavor and we continue to be grateful for all you do at the Center and in our community that make it such a wonderful place for all of us!

This month, we'd like to highlight an opportunity to be involved at one of the many scheduled **Public Market** events in the Town of Amherst by participating in a **"Read Aloud"** to children. This month's Public Market is scheduled for **Sunday, June 13th** (from 10:00-2:00) and will be held at Bassett Park. We'd like to involve **3 volunteers** to each read a story aloud to children attending the market. Each opportunity will be approximately 20 minutes long, so you'd be free to shop & explore before and/or after reading. What a great opportunity to be outside for a little while on a Sunday, while doing something good and memorable for children in the community. If interested, please contact Jodi directly at 636-3055 ext. 3126 for more information.

**The Amherst Symphony Orchestra** is looking for volunteers! This community icon has served musicians, students, seniors, and the community for over 75 years. To do that requires many hands doing small, but important work and service. There are numerous opportunities to serve. Please call 716-633-4606 or email ASOrch46@gmail.com or to discuss how your time and interests might fit their needs. (Music interest is valuable, but no music background is needed.)

Now that we've re-opened the Café on a limited basis (and currently have only TAKE-OUT available), we know we will need a couple of new volunteers in the future

when we open on daily basis. Potential Café volunteers must be comfortable handling money and using a cash register. All training is provided and you will always have the support of Kitchen and Volunteer Department staff nearby. There is no food preparation involved, but we do require great customer service skills. If interested, please contact Jodi directly at 636-3055 ext. 3126 for more details.

## OPEN PLAY PICKLEBALL

### CLEARFIELD COMMUNITY CENTER LARGE GYM

(730 Hopkins Rd.)

Monday, June 7 from 12:00-2:00 pm

### AMHERST SENIOR CENTER

Wednesday, June 2, June 16, June 23 and June 30 from 2:00 pm-4:00 pm, and

Thursday, June 3, June 10, June 17 and June 24 from 9:00 am-11:00 am

*Reservations are required and masks must be worn at all times. Hand sanitizer will be provided. Space is limited. If you are unable to keep your reservation, please call the Senior Center at 636-3051 to cancel so that someone from the wait list can take your spot.*

## TEN EARLY SIGNS & SYMPTOMS OF ALZHEIMER'S

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

# SENIOR SERVICES

## SERVICES

### AMHERST MEALS ON WHEELS

Amherst Meals on Wheels provides the nutritional support for elderly and disabled adults living in the Town of Amherst to maintain their independence in their home.

AmherstMealsOnWheels.com | 716-636-3065

### AMHERST SENIOR TRANSPORTATION SERVICES

Amherst Senior Transportation Services provides rides to the Amherst Senior Center, health-related visits, and grocery shopping.

AmherstVans.org | 716-636-3075

### RALPH C. WILSON JR. ADULT DAY SERVICES

The Ralph C. Wilson Jr. Adult Day Services provides services to people who need assistance with daily activities or supervision. The hours of operation are 8am—4pm.

VNAWNY.org | 716-689-1403

### SENIOR OUTREACH SERVICES

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. Stop in or call Senior Outreach Services directly at 716-636-3070.

### SOCIAL CASEWORKER

Your needs are important to us and we want to assure you that we are still committed to working diligently to provide information and referrals for programs and services. The Center is currently open for appointments and reservations. Social Work is available to meet for in-person office visits **by appointment only**, as well as telephone or virtual appointments. Please call the Social Work office at 636-3055 ext. 3165 to schedule an appointment.

### FRIENDLY VISITOR PROGRAM

This program provides socialization to isolated home-bound individuals living in Amherst area. Individuals will meet virtually for a visit. If you would like more information on how to become a participant or volunteer please contact the Center's Social Work office.

### MONTHLY SUPPORT MEETINGS

If you are facing an illness or stressful life change, you don't have to go through it alone. A support group can help. A support group provides an opportunity for people to share personal experiences, coping strategies, or firsthand information.

### WIDOW/WIDOWERS

**Tuesday June 8<sup>th</sup> at 11:00 am**

If you are facing a stressful life change due to losing your spouse, you don't have to go it alone. Please join our widow and widower support group on Tuesday June 8<sup>th</sup>. The support group can help you to learn coping skills, give you an opportunity to share personal experiences and coping strategies. This month's discussion topic, is **self-care**.

### CAREGIVERS

We are looking to restart our Caregivers Support Group. If you are interested in attending or have ideas you'd like to share, please contact the Social Work Office

### JUST SAY IT

**Monday, June 28<sup>th</sup> at 10:00 am**

Join us as we respectfully share thoughts and simply talk freely among peers. No worries about being appropriate or speaking carefully in fear of what others will think.

### MONTHLY HIGHLIGHT

**MINDFULNESS: SELF-COMPASSION**

**Tuesday June 29<sup>th</sup> at 11:00 am**

Please join the mindfulness work shop at the center on June 29<sup>th</sup> with Dr. Louise Ferretti. The discussion topic is *Self-Compassion*. Dr. Ferretti will teach and guide us on how to practice self-compassion and find the best way to live a productive, healthy, happy life. Reservation required.

**SOCIAL WORK appointments can be made by calling 636-3055, ext. 3165**

# CLUBS

## CLUB REGISTRATION



AmherstCenterForSeniorServices.com/Register



716-636-3051



In person at the Center's  
Registration Desk

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### AMHERST SENIOR SINGERS CLUB

Leader: Carol Mayo, 632-3929

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### ART CLUB

Leader: JoAnn Jarmusz, 565-3332  
Mondays & Tuesdays, 1:00-3:30 pm

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### BIKE CLUB

Leader: JoAnne Stepien, 837-7993

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### BRIDGE CLUB

*The Bridge Club is looking for a new Leader and Co Leader. If you are interested, please call Tammy at 636-3055, ext. 3172 or email [tjacobs@amherst.ny.us](mailto:tjacobs@amherst.ny.us)*

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### CHESS CLUB

Leader: Bill Rich, 908-9223  
Tuesdays 12:30-2:30 pm

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### COMMUNITY SERVICE CLUB (MON)

Leader: JoAnn Brozyna, 689-2674

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### CREATIVE WRITERS CLUB

Leader: Carolyn Tackach, 632-7478

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### DINNER CLUB

Membership Chair: Mary Bashore, 691-6714 or [mrybash@gmail.com](mailto:mrybash@gmail.com) for more information. *The Senior Center is not currently promoting any dining in restaurants or traveling at this time*

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### DOMINOS CLUB

Leader: Jean Hallac, 688-6895  
Mondays, 12:30-3:00 pm

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### DUPLICATE BRIDGE (THURS)

Leader: Bruce Brown, 352-9878  
Thursdays 9:00 – 11:30 am

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### DUPLICATE BRIDGE (FRI)

Leader: George Mayers, 957-4408  
Fridays, 1:00 – 3:30 pm

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### EUCHRE CLUB

*The Euchre Club is looking for a new Leader and Co Leader. If you are interested, please call Tammy at 636-3055, ext. 3172 or email [tjacobs@amherst.ny.us](mailto:tjacobs@amherst.ny.us)*

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### GENEALOGY CLUB

Leader: Jennifer, 636-3055, ext 3112

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### KNITTING CLUB

Leader: Marylou Urban—688-4023

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### MAH JONG

Leader: Hillary Hurwitz 837-5810  
Starting Tuesday June 1 1:00 – 3:30

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### MEN'S GOLF CLUB

Leader: Jim Pettis, 626-0889  
*Contact Jim with any questions.*  
[jrpettis1@yahoo.com](mailto:jrpettis1@yahoo.com)

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### PATHFINDERS

Leader: JoAnne Stepien, 837-7993

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### PINOCHLE CLUB (MON)

Leader: Grace Milligan, 704-8747  
Mondays at 12:45 pm

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### PINOCHLE CLUB (WED)

Leader: Joanne Hall, 880-0875  
Wednesdays from 1:00-3:30 pm

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### READER'S THEATER

Leader: Pam Williams, 912—0053

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### RUMMIKUB CLUB

Leader: Mary Migliore, 240-1101  
Fridays, 1:00-3:00 pm

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### SCRABBLE

Leader: Carol Hensel, 689-7417  
Tuesdays 10:30 – 12:30

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### STAINED GLASS CLUB

Leader: Tom Richards, 832-5641  
9:00-11:30 am

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### SUPER SAMBA CLUB

Leader: Jan Haltin, 689-8664

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### TAI CHI CLUB

Leader: Frank Chi, 688-6680  
*Club meets every Wednesday and Friday at 1:30 pm.*

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### UPHOLSTRY CLUB

Leader: Kate Wagner, 836-2439  
Meetings are Wednesdays from 9:30-11:30 am

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### WALKING CLUB

Leader: Helen Findlay, 832-8738  
Walks are on Thursdays at 10am.  
*Must meet under the awning.*

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### WOOD CARVING CLUB

Leader: Joanne Cole, 636-3050  
Tuesdays, 9:00-11:30 am

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### WOMEN'S GOLF CLUB

Leader: Mary Ann Young, 639-1169

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The clubs listed above are Current Active Clubs. Joining a club is an excellent way to socialize with people with similar interests. If you are interested in more information or joining the club, simply contact the club leader.

# ALZHEIMER'S ASSOCIATION OF WNY

June is **Alzheimer's & Brain Awareness Month** and the Alzheimer's Association Western New York Chapter is encouraging residents to make brain health an important focus this month.

Here are a few suggestions to achieve that goal:

**Exercise regularly** — Regular cardiovascular exercise helps increase blood flow to the body and brain, and there is strong evidence that regular physical activity is linked to better memory and thinking.

**Maintain a heart-healthy diet** — Stick to a meal schedule full of fruits and vegetables to ensure a well-balanced diet. Some evidence suggests a healthful diet is linked to cognitive performance. The Mediterranean and DASH diets are linked to better cognitive functioning, and help reduce risk of heart disease as well.

**Get proper sleep** — Maintaining a regular, uninterrupted sleep pattern benefits physical and psychological health, and helps clear waste from the brain. Adults should get at least seven hours of sleep each night and try to keep a routine bedtime.

**Stay socially and mentally active** — Meaningful social engagement may support cognitive health, so stay connected with friends and family. Engage your mind by doing activities that stump you, like completing a jigsaw puzzle or playing strategy games. Or volunteer with the Association to make a meaningful and rewarding contribution to help those impacted by dementia in WNY.

To learn more about brain health, visit [alz.org/ABAM](http://alz.org/ABAM) or the WNY chapter website at [alz.org/WNY](http://alz.org/WNY). The Association's 24/7 Helpline is a free service that can address concerns about memory loss, dementia caregiving, local resources and how to volunteer with the Association in your area. That toll-free number is **800-272-3900**.

## Facing Alzheimer's: Understanding Dementia & Healthy Aging

Join the Alzheimer's Association Western New York Chapter at our FREE June virtual (Zoom) presentations to learn more about dementia and what you can do to keep your brain and body healthy as you age!



### Effective Communication Strategies - June 7, 6:00pm

This program will provide practical information and resources to help dementia caregivers learn to decode verbal and behavioral messages.



### Healthy Living Conference - June 8, 10:00am-12:30pm

Science has shown that a healthy lifestyle can reduce your risk of developing Alzheimer's disease or other dementias. Learn how healthy diets, regular physical exercise, and engaging your brain can contribute to reducing your risk.



### Understanding Alzheimer's & Dementia - June 21, 3:00pm

Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and FDA treatments available to address some symptom and Alzheimer's Association resources.



### REGISTRATION REQUIRED

Register easily online at [alz.org/CRF](http://alz.org/CRF) or by calling the Association Helpline at **800-272-3900**.



### QUESTIONS ABOUT ZOOM

Schedule a one-on-one practice session by calling **716-626-0600 ext. 313** or by emailing [program.wny@alz.org](mailto:program.wny@alz.org).

# JUNE NUTRITION

The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. LUNCH is served Monday-Friday, from 12:00 pm-1:00 pm. **Reservations must be made at least 24 hours in advance by calling 636-3051. There are absolutely 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.

## ALTERNATE VEGAN MENU WILL BE OFFERED ON MONDAYS

- June 7-Lentil soup, small salad, bread and dessert
- June 14-Garden burger on roll, potato, vegetable and dessert
- June 21-Vegetable stir fry, rice, bread and dessert
- June 28-Vegetarian chili, baked potato, bread and dessert

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	1 Turkey with gravy Sweet potatoes Green beans Dinner roll Cookie	2 Hot dog with roll Potato wedge Corn Fruit	3 Chicken leg Scalloped potatoes Brussel sprouts Rye bread Banana bread	4 Tilapia Rice Mixed vegetables Multi grain bread Diced peaches
7 <i>National Chocolate Ice Cream Day</i> Sloppy joes with roll Tater tots Carrots Chocolate ice cream	8 Sliced ham Pineapple glaze Scalloped potatoes Broccoli Rye bread Chocolate chip cookies	9 Spaghetti Meatballs Blended juice Green beans Dinner roll Lemon ice	10 Pork chop with gravy Au gratin potatoes Mixed vegetables Dinner roll Cake	11 Omelet Sweet potato fries California blend Blueberry muffin Fruit
14 <i>Flag Day</i> Hot dog with roll Baked beans Potato wedge Corn Cookie	15 Salisbury steak Mashed potatoes Green beans White bread Diced pears	16 <i>Father's Day Lunch</i> Roast beef & gGravy Mashed potatoes Broccoli Multi grain bread Cake	17 <i>Juneteenth</i> Chicken Waffles Cranberry juice Baked peaches Lemon ice box pie	18  <div style="text-align: center;"></div>
21 Hamburger with roll Potato wedge Carrots Cake	22 <i>National Éclair Day</i> Sliced ham Scalloped potatoes Peas Rye bread Chocolate éclair	23 Pork chop Garden rice Mixed vegetables Dinner roll Mandarin oranges	24 Chicken with gravy Oven browned potato Mixed vegetables Dinner roll Cake	25 Omelet Hash brown Broccoli Muffin Pudding
28 Polish sausage Lazy pierogi Peas Roll Pineapple	29 Chicken Caesar salad Cranberry juice Bread stick Cake	30 Sloppy joe with roll Tater tots Mixed vegetables Apricots	1 Beef stew Mashed potatoes Stew vegetables Biscuit Cookie	2 Hot dog with roll Baked beans Potato salad Corn on the cob Ice cream

 SNAP EDUCATION (SNAP-Ed) teaches people to shop for and cook healthy meals. SNAP-Ed can help people learn how to make their SNAP dollars stretch. Please go to [snaped.tns.usda.gov](http://snaped.tns.usda.gov) for more information.