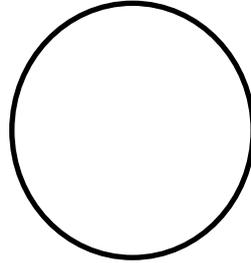
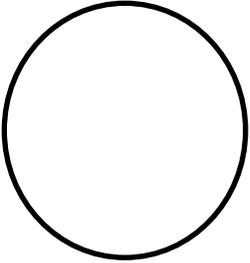




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/AmherstSeniorServices



716-636-3050

This issue of the Network is sponsored by :



Buffalo Hearing & Speech Center
LISTEN, LEARN, COMMUNICATE

THE NETWORK

The Monthly Newsletter of the Amherst Center for Senior Services

*All information was
correct at time of printing*

OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022

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 CONTRIBUTORS

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*The Network is arranged and designed by Christina Yensan,
Public Relations Director: 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

All of the presentations in this newsletter have been scheduled for educational purposes only. The Town of Amherst and the Amherst Center for Senior Services are not affiliated with any outside organizations.



AGE MY WAY: MAY 2022

May is Older Americans Month and the theme is 'Age My Way'. The focus is on Aging in Place and how older adults can stay in their home and live independently for as long as possible.

For decades, the Amherst Senior Center has helped older adults remain active, engaged, and independent in our community. Whether our members are learning a new skill, taking a walk, striking a yoga pose or shooting pool, our mission is to create a socially pleasant and positive experience for everyone. With a growing active aging population, we have responded by encouraging healthy living for each individual that steps in our door and within our community.

If you haven't been participating at the Center recently, we encourage you to do so. Consider joining us for our special programming in honor of *Older American's Month* on page four. With in-person, virtual, hybrid, and community programs, we have something for everyone. We encourage you to join us for the many classes, programs, and services we have to offer you.

Join me for *Lunch with the Director*, on May 11th. Space will be limited. The details are below. I look forward to seeing you.

Melissa

let's do
lunch

Lunch with the Director

Wednesday, May 11th
12:00-1:00pm

Menu:

Assorted sandwiches, salad, cookies
Please bring your suggestions, ideas, concerns.
Space is limited so register early!

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.

HOURS OF OPERATION

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

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 Wednesday's from 10:30-1:30 pm*
- Billiard Room
- Card Room
- Craft Room
- Computer Lab
- Dance Room—*Sponsored by Univera*
- Gift Shop—*Sponsored by Blue Cross Blue Shield*
- Health & Wellness Rooms—*Sponsored by Independent Health*
- Library
- Nutrition Room—*Sponsored by Blue Cross Blue Shield*

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

UPDATE: Please renew your mailing subscription at this time. Any subscription that has expired will not be sent after June 2022.

MEMBERSHIP DUES

Amherst Residents—Lifetime Membership

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

Non-Resident—Annual Membership

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

Non-Resident—Lifetime Membership

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

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

To join the Center go to:

AmherstCenterforSeniorServices.com/membership-plans, or simply stop in and we'll provide you with an application. Payments can be made by cash, check or credit card. After joining, you will be given an opportunity for a tour and to sign up for programs and classes.

NEW MEMBER SOCIAL

Tuesday, May 3, 4:00 pm or
Friday, May 20, 11:00 am

Come to one of these socials to meet some of the newest Senior Center members and find out more about everything the Center has to offer. There will be an opportunity for a tour and to ask any questions that you may have.



THANK YOU TO THIS MONTH'S SPONSORS

Older American's Month—**Elderwood**

Network—**Buffalo Hearing & Speech Center**

Mother's Day Tea—**Aetna**

Social Media—**Weinberg Campus**

National Senior Health & Fitness Day—**Univera**

AMHERST CENTER FOR SENIOR SERVICES MAIN LINE 636-3050

MAY IS OLDER AMERICAN'S MONTH

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is *Age My Way*.



While *Age My Way* will look different for each person, here are common things everyone can consider:

Planning

Engagement

Access

Connection

Please join us for special programming this month which is sponsored by our friends at Elderwood.

PLANNING HOUSING OPTIONS FOR YOUR FUTURE-Thursday, May 5, 11:00 am

Learn about senior living options to help plan for your future

Presented by: *Mary Nelson and Krista Savage, Community Relations Coordinators, Elderwood*

ENGAGEMENT THROUGH VOLUNTEERING - Friday, May 13, 11:00 am

Learn what opportunities are available to meet your needs and interests

Presented by: *Jodi Kwarta, Director of Volunteer Services, Amherst Senior Center and Kathy Daigler, Director of Volunteer Services, Elderwood, Williamsville*

ACCESS TO PROPER NUTRITION (HYBRID)-Friday, May 20, 1:00 pm

Cooking Demonstration by: *Daryl Cronk, Regional Manager Dining Services, Elderwood*

Nutritious food can be fun and easy. Learn a new recipe and options for grocery pickups and deliveries.

Donations of boxed pastas and jarred sauces are being accepted for our Friends Helping Friends food assistance program.

FAMILY FEUD MEMBERS VS CENTER STAFF & ELDERWOOD STAFF-Friday, May 27, 1:00 pm

Join us for game or just come and watch!



ADDITIONAL MAY HIGHLIGHTS

MOTHER'S DAY TEA

Sponsored by Aetna

Friday, May 6 at 11:30 am

Make an afternoon of it and stay for lunch!

OPEN CARDS

Tuesdays and Thursdays from 4:30-7:30 pm

Bring a friend or friends and play your favorite card games!

NATIONAL HEALTH & FITNESS DAY

Sponsored by Univera

Wednesday, May 25

1:00-2:00 MEMBER VS STAFF PICKLEBALL

1:30-2:30 LINE DANCING

Enjoy an hour of dancing to a variety of music and rhythms. Wear comfortable shoes that slide on the floor. *Bonnie Crosby, Instructor*

I am so excited to share with you that the Town of Amherst has signed an agreement to lease a property at 220 Northpointe (off of Sweet Home Road, just north of North French) for the new Northwest Amherst Community Center! This is a 29,000 square foot building that will serve as a hub for community services in that area of town. The west end of the building will be dedicated to the town's childcare and summer camp programs. The east end of the building will house programs of all types for all ages as well as satellite offices for our senior caseworkers and the Sweet Home Family Support Center. The middle building will be converted into a gymnasium with dedicated pickleball courts, half-court basketball and a fitness room. There is plenty of free and convenient parking for all. The building does need renovations, so it will not be fully operational until September of 2023, but we are planning a soft opening of the east side this fall. Everyone is invited to an Open House the weekend of May 14th to get a “sneak peak” and to share ideas for future programs. Please watch your Senior Center emails for all the details!

Mary-Diana Pouli, Executive Director, Youth & Recreation Department

PROGRAMS

PROGRAM REGISTRATION

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

 716-636-3051

 In person at the Center's Registration Desk.

PLEASE NOTE: *Be sure to sign up for Clubs and Programs as space is limited. If you are unable to attend a Program that you have signed up for please contact us or use MyActiveCenter.com to cancel as there are often other members on the waiting list.*

CENTER PROGRAMS

SLEEP IN HEAVENLY PEACE

Tuesday, May 3, 11:00 am

Learn how this local non-profit builds beds for children.

Presented by Jerry Sheldon, Chapter President

MUSICAL MEMORIES CAFÉ

Presented by West Falls Art Center

Tuesdays, May 3 and May 17, 2:00 pm

Enjoy time with your loved one for entertainment, socialization, reminiscing and refreshments. Please make reservations by calling Carolyn at 570-6520 or email westfallsartcenter@gmail.com

GLOBAL AFRICAN VILLAGE

Thursday, May 5, 1:00 pm

Sharon Green will share how this program helps with improving the infrastructure for the Bagishu people in eastern Uganda

SILVER PRIDE TEA

Friday, May 6 from 10-12:00pm

This is 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



CHALLENGES WITH OLDER WOMAN'S HEALTH

Tuesday, May 10, 4:00 pm

Join Maureen Dick, Physician Assistant Buffalo Medical Group as she discusses her passion for managing the complexities of chronic conditions and senior health and wellness

BISTRO BOOKERS

Tuesday May 10 at 4:00pm

Robert Poczik will review: "Leonardo Da Vinci" by Walter Isaacson

HOT DOG SALE *While supplies last*

Wednesday, May 11, 11:00 am \$1.50

ERIE COUNTY COMMUNITY CLIMATE ACTION PLAN

Thursday, May 12, 1:00 pm

This 20 minute presentation covers the efforts being done to help combat climate change, ways to get involved, and the plan itself

Presented by Erie County Department of Environment & Planning

FAMILY NIGHT

Tuesday, May 17, 5:30 pm

The night begins with dinner followed by a cooking demonstration presented by Erie County Senior Services. We will end the evening with a game of *Headbands*. Dinner is \$3. for those over 60 and \$5. for those under 60. Chicken nuggets and potato wedges will be available for children

All ages
welcome

ASK THE REALTOR

Wednesday, May 18 at 11:00 am *Presented by Anne Kader, RSES, Olear Team at MJ Peterson*

COOKING DEMO WITH THE FORSTER'S

Monday, May 16, 11:00 am

Members Karen and Carl Forster will show us how they make manicotti from scratch

MIND TEASERS

Monday, May 23, 11:00 am

ASK THE DIETICIAN

Thursday, May 26, 11:00-12:30pm

A JOURNEY WITH THE USO 1961

Thursday, May 26, 1:00 pm

Judith Denio had one of the lead roles in SUNY Brockport's rendition of *Guys and Dolls* when the cast was offered the opportunity to entertain the troops in Europe. She will share her once in a lifetime experience

RESERVATIONS REQUIRED FOR ALL PROGRAMS

PROGRAMS

PROGRAM REGISTRATION



AmherstCenterForSeniorServices.com/Register



716-636-3051



In person at the Center's Registration Desk.

CENTER PROGRAMS-CONTINUED

PIZZA AND GAME NIGHT Fee is \$6.

Thursday, May 26, 5:00pm

Pizza by John and Mary's followed by a game of *America Says*. Paid reservations in cash by 5/24. No refunds after 5/24

READER'S THEATER PERFORMANCE

Friday, May 27, 11:00 am

COLORING HAND TOWELS Fee is \$1.

Tuesday, May 31, 10:00 am

Member Rena Kantenwein will show us the tricks of decorating your own hand towel

VIRTUAL PROGRAM

WORLD TOUR

Friday, May 13, 2:00pm

Visit far off places without leaving your home

HYBRID PROGRAMS

HEALTHY LIVING STRATEGIES

Thursday, May 14, 11:00 am

Learn how to get and stay healthy by making simple changes *Presented by Jennifer Johnson, BC/BS*

Bingo

Wednesday, May 18, 1:00 pm

BOOK CLUB

Monday, May 23, 1:00 pm

The Book of Hope: A Survival Guide for Trying Times by Jane Goodall

How Does Wearing a Hearing Aid Impact the Quality of Your Life? Mental health disorders are common for those who experience hearing loss. Adults with severe hearing loss are at greater risk for developing depression and anxiety than those who can hear normally.



OUTSIDE PROGRAMS

WALK WALTON WOODS

Wednesdays May 4, 11, 18, 25 at 9:30 am

Enjoy a casual nature walk with Carol Rogers. Meet by the front doors of the Center

PAUTLER'S

Tuesday, May 31 at 12:00 pm

You are responsible for your own purchases

MOVIES

AFTERNOON MOVIES-Monday's at 1:00 pm

Monday, May 2 *The Kings Daughter* Rated PG 94 min

Monday, May 9 *The Power of the Dog* Rated R 2 hrs 5 min

Monday, May 16 *Cyrano* Rated R 2 hrs, 3 min

Monday, May 23 *Here Today* Rated PG-13 1 hr, 57 min

EVENING MOVIES

Tuesday, May 3 at 6:00 pm *Evening Encore*

The Kings Daughter Rated PG 94 min

Tuesday, May 10 at 5:30 pm *Evening Encore*

The Power of the Dog Rated R 2 hrs, 5 min

Thursday, May 19 at 5:30 pm *Evening Encore*

Cyrano Rated R 2 hrs, 3 min

Tuesday, May 24 at 5:00 pm

Special Dinner and a Movie – Enjoy dinner while watching the movie *Scavenger Hunt (1979)* 1 hr 56 min

Tuesday, May 31 at 5:30 pm

Don't Look Up Rated R 2 hrs, 18 min

FRIDAY FUNNYS

Friday, May 6 at 2:00 *Mother's Day* 1 hr, 59 min

FOREIGN FILM

Wednesday, May 11 at 2:00 pm

Cidade dos Homens – City of Men (Portuguese)

Rated R 1hr, 46 min

CLASSIC MOVIE

Thursday, May 12 at 6:00 pm

The African Queen 1 hr , 45 min

ARMCHAIR TRAVELER

Friday, May 27 at 2:00 pm

Escape to French Polynesia

RESERVATIONS REQUIRED FOR ALL PROGRAMS

CLASSES



SPRING SUMMER CLASSES BEGIN IN MAY!

The Summer Class Catalog is available in hard copy at the Center, Amherst Libraries and online at: AmherstCenterforSeniorServices.com.

IF YOU SNOOZE YOU LOSE

If a class does not reach its minimum number of students, it will not be held. REGISTER EARLY!

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 4 full business days prior to the scheduled class start date. A \$5 processing fee will be applied for withdrawals or transfers. After the session begins, NO refunds are granted except for medical reasons and /or the advice of the instructor. Refunds will be credited to your Senior Center account.

UPDATED POLICY

NEW CLASSES ADDED-SPRING/SUMMER TRIMESTER

LINE DANCING – Beginner

No partner needed. Enjoy dancing to a variety of music and rhythms. Wear comfortable shoes that slide on the floor. *Bonnie Crosby, Instructor*

Thursday, 5/12-6/30 (8x) 6:30-7:30pm \$20

COUNTRY LINE DANCING – Beginner/Beginner Plus

Designed for the Beginner and Beginner Plus who want to learn or improve their skills. Easy to learn steps with a progression to slightly more advanced dance routines. Wear comfortable clothing. Cowboy boots are recommended or a shoe that can slide. No sandals, flip flops or rubber soled shoes. *Bob Gaffney, Instructor*

Mondays, 5/9-7/25 (9x)no class 5/30, 6/20, 7/4
1-2:30pm \$30

DEFENSIVE DRIVING CLASSES

AARP Smart Driver (\$25-AARP Member/\$30-Non AARP Member)

Wednesdays, 5/11 or 6/22 from 9:00-4:00 pm

Checks made payable to AARP Smart Driver. Write your AARP membership number on your check and class registration form. No fee waiver. Checks are held and submitted to the instructor on the day of the class.

Safe Driver Academy (\$35)

Wednesdays, 5/26 or 6/29 from 9:00-3:30 pm

Checks made payable to Safe Driver Academy. No fee waiver. Checks are held and submitted to the instructor on the day of the class.

OPEN PICKLEBALL

Wednesdays from 2:00-4:00pm, May 4, 11, 18

Thursdays from 4:00-7:00pm, May 5, 12, 19, 26

Fridays from 2:00-4:00pm, May 6, 13, 20, 27

HEALTH INSURANCE

Clarity Group May 2, 9-11:00 am & May 23, 1-3:00 pm
Call Lisa at 864-4886 to schedule an appointment

Independent Health May 10, 1-3:00pm
Call Amanda at 636-4999 to schedule an appointment

Univera May 11, 10-12:00 pm
Call Michele at 572-8315 to schedule an appointment

EPIC Information Table May 19, 10-12:00 pm

Blue Cross Blue Shield May 19, 9-12:00 pm
Call Meghan at 887-8403 to schedule an appointment

Our health insurance presentations have been scheduled for educational purposes only. The Town of Amherst and the Amherst Center for Senior Services are not affiliated with any health insurance provider or broker.

How Does Wearing a Hearing Aid Impact the Quality of Your Life? Hearing aids can help you hear better in emergency situations and give you the information you need to make a quick decision and react in a timely manner.



Register for classes online at MyActiveCenter.com/register, by mail, walk-in or by calling 636-3051

SENIOR SERVICES

ACCESSIBLE PARKING TAG

If you need assistance with an application and paperwork to get an accessible parking tag, we are available on the second Monday of each month from 10:00-noon and the third Thursday from 1:00-3:00pm. Please call Vijaya Tomar for an appointment if these times do not work for you.

AMHERST MEALS ON WHEELS

Provides the nutritional support for older adults and disabled adults living in the Town of Amherst to maintain their independence in their home.

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

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 Vijaya to make arrangements.

Home Energy Assistance Program (HEAP)

The HEAP Program is a federally funded program by the New York State Department of Social Services. It is administered on the local level and provides financial assistance to eligible households for energy needs.

Clients should have the following information ready:

- Proof of income,
- Proof of Residency
- Proof of Resources
- Proof of Personal Identification

For more information or to make an appointment for application assistance, please contact the Senior Outreach Department at 636-3070.



How Does Wearing a Hearing Aid Impact the Quality of Your Life? You may not realize all of

the benefits that wearing a hearing aid actually has. For instance, did you know that wearing a hearing aid can improve your balance?

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. Call Senior Outreach Services directly at 716-636-3070.

SOCIAL CASE WORKER

Social Work Services are Here for You!

Your needs are important to us and we want to assure you that we are committed to working diligently to provide information and referrals for programs and services. 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 for your appointment.

The Supplemental Nutrition Assistance Program (SNAP)

SNAP monthly benefits can be used to purchase food at authorized retail food stores. SNAP benefits are provided through an Electronic Benefit Transfer (EBT) card, similar to a bank debit card or credit card. If you are eligible, an 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 to apply for SNAP, please contact the Senior Outreach Department at 636-3070.

YOUTHWORK\$

Are you an Amherst resident in need of assistance with extra jobs around your home? Youthworks is a year-round service that works as a liaison between residents and Amherst youth ages 12-20 who are interested in working with these residents. Jobs include: yardwork, gardening, weeding, mowing, raking, and snow removal. To hire a youth through the program, please contact Robin Erwin at 631-7217. The Youthworks service may be provided to you free for up to 30 hours per calendar year if you qualify for the **Senior Fund** program. Please call Vijaya Tomas for financial assistance.

SOCIAL CASEWORKER: VIJAYA TOMAR, MSW, 636-3055, EXT. 3165 or vtomar@amherst.ny.us

SUPPORT GROUPS

WIDOW/WIDOWERS SUPPORT GROUP

Tuesday, May 10 at 11:00 am
If you are facing a stressful life change due to losing your spouse, you don't have to go through it alone. Please join our monthly widow and widower support group on the second Tuesday of the month. This support group can help you to learn coping skills and give you an opportunity to share personal experiences and coping strategies.

CAREGIVERS SUPPORT GROUP

Wednesday, May 18 at 1:00 pm
Caregiving can be overwhelming and we are here to offer support. This month's topic is "Local Aging Services and Resources." Please RSVP to Vijaya Tomar.

LOSS AND GRIEF GROUP

Thursdays, May 26 at 11:00 am
This is a six-week series that begins on May 26. The group will meet every Thursday and conclude on June 30. We will discuss coping strategies, healing techniques and stages of loss and grief. Please RSVP to Vijaya Tomar.

VIJAYA TOMAR, MSW, 636-3055, EXT. 3165 or vtomar@amherst.ny.us

VOLUNTEER

COMMUNITY SERVICE CLUBS

Our community service clubs earn volunteer hours for the time they spend creating items to either sell at the Center or donate within the community. The items made by this group are donated in the community or sold at Club sales, with proceeds to be used to purchase materials.

BAKERS RACK SALE

Wednesday, May 6 beginning 9:00 while supplies last

COMMUNITY SERVICE SEWING PROJECTS CLUB

Leader, Rena-574-8010

KNITTING CLUB

Leader, Marylou-688-4023

QUILTING CLUB

Leader Jan-836-8580

AMHERST PARKS CLEAN-UP BRIGADE

Looking for volunteers who would like to collaborate with the Senior Center and the Town Amherst Youth & Recreation Department, as well as the community at large, to assist with local park clean-up. There will be monthly opportunities throughout the season (excluding July) and a different park will be targeted each time. Volunteers can participate in single events or sign up to serve multiple times. The first opportunity is on Sat. May 21 at Walton Woods. Additional park clean-ups to take place on the following dates: June 25 at Billy Wilson Park; August 20 at Saratoga Park; September 17 at Creekwood Park; October 15 at Nature View Park. Time for all events is from 10-12:00 pm and all are scheduled on Saturday mornings. Please contact Jodi at 636-3055 ext 3126 to learn more or to sign up to participate.

VOLUNTEER PERFORMANCE CLUBS

Our volunteer performance clubs earn volunteer hours for their performances and rehearsals at the Center and within the Community. Donations received are given to the Senior Center.

AMHERST SENIOR SINGERS

Leader: Carol Mayo, 632-3929

Wednesday rehearsals at 1:00 pm-3:00 pm

Performs at the Center and community organizations

AMHERST ROCKY BLUES BAND

Co Leader: Andy Finle, 807-5163

Friday rehearsals at 12:30 pm

Check them out at:

<http://rockyblues.epizy.com/rockyblues.html> or <https://www.youtube.com/watch?v=1JLCK0tvLgg>

MUSIC COMBO

Leader: Susan Florek-Birney, 839-3628

Thursday rehearsals, 1:00 pm-2:30 pm

READER'S THEATER

Leader: Pam Williams, 912-0053

Mondays at 1:30 pm

VOLUNTEER RECOGNITION

We have not forgotten about our volunteers with regard to an annual appreciation celebration. We have however, been dreaming up ways to reinvent that celebration. Now that Senior Services and the Town of Amherst Youth and Recreation Department are under the same Town umbrella and we are partnering more, you are going to see an exciting new event taking place later this summer. Save the date for this volunteer celebration on Saturday, August 13 and stay tuned for more information

CLUBS

CLUB REGISTRATION

 AmherstCenterForSeniorServices.com/
Register

 716-636-3051

 In person at the Center's
Registration Desk

ART CLUB

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

BIKE CLUB

Leader: JoAnne Stepien, 254-2614
May 4, 9:30 am-Amherst Heritage
Museum
May 11, 9:30 am- - Mississippi Mudds
May 18, 9:30 am- Lockport

BRIDGE CLUB

Every Tuesday 3-5:00 pm

CAMERA CLUB

Leader: Claire Kaymon, 650-1551 or
ckaymon@sbcglobal.net
Meetings will resume Sep. 2022

CANASTA CLUB

Leader: Mary Ann Devlin, 839-1858
Thursdays, from 1:00-4:00 pm

CHESS CLUB

Leader: Bill Rich, 908-9223
Tuesdays 12:30-3:30 pm

CREATIVE WRITERS CLUB

Leader: Carolyn Takach, 632-7478
First and Third Mondays, 10-12:00pm

CRIBBAGE CLUB

Leader: Mark Pascale,
senior.pascale@gmail.com
Thursdays at 12:45

DINNER CLUB

Membership Chair: Mary Bashore,
691-6714 or mrybash@gmail.com
New members welcome!

DOMINOS CLUB

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

DUPLICATE BRIDGE (THURS)

Leader: Bruce Brown, 352-9878
Thursdays 9:00 – 12:00 pm

DUPLICATE BRIDGE (FRI)

Leader: George Mayers, 957-4408
Fridays, 1:00 – 4:00 pm

EUCHRE CLUB

Leader: Bob Peluso, 689-0094
Tuesdays, 1:00 pm

GENEALOGY CLUB

Leader: Sally Clements, 835-9248
First Tuesday of month, 10:30 am

MAH JONG

Leader: Hillary Hurwitz 837-5810
Tuesday, 1:00 – 3:30 pm

MEN'S GOLF CLUB

Leader: Lafayette Jones, 688-1636

PATHFINDERS

Leader: JoAnne Stepien, 254-2614
If you are interested in joining, email
jlazarz@amherst.ny.us. Emails are
sent out 1 week prior to the hike
with details. Carpooling from the
Center at 9:00am.
May 6 at 9:30am Amherst Museum
May 13 at 9:30am Outer Harbor
May 20 at 9:30am Buckhorn Grand
Island

PINOCHLE CLUB (MON)

Leader: Leonard Ciappa, 691-6713
Mondays at 12:45 pm

PINOCHLE CLUB (WED)

Leader: Joanne Hall, 880-0875
Wednesdays from 12:45-3:30 pm

RUMMIKUB CLUB

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

SCRABBLE

Leader: Carol Hensel, 689-7417
Tuesdays 10:00 – 12:30

STAINED GLASS CLUB

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

TAI CHI CLUB

Leader: Frank Chi, 688-6680
Wednesdays and Fridays at 1:30 pm

UPHOLSTERY CLUB

Leader: Kate Wagner, 836-2439
Meetings are Wednesdays from
9:00-12:00 pm

WALKING CLUB

Leader: Bill Albrecht, 565-0634
Thursday, May 5, 10:00 am Meet in
the front lobby at 9:50 am

WOOD CARVING CLUB

Leader: Bill MacDougall 208-4631
Tuesdays, 9:00-11:30 am

WOMEN'S GOLF CLUB

Leader: Mary Ann Young, 639-1169
or mamy2944@yahoo.com
Wednesday, May 18, 8:30 am
Meet in the parking lot at the
Audubon Par 3 Golf Course

How Does Wearing a Hearing Aid Impact the Quality of Your Life? There are so many ways in which wearing a hearing aid can improve the quality of your life. Make the decision to take back your hearing and call BHSC today at 716-885-8318.

NETWORK SPONSOR

Buffalo Hearing and Speech

Is It Time to Have a Hearing Evaluation?

When is the last time you had your hearing checked? If you can't remember, then you are probably due for an appointment. Untreated hearing loss can worsen over time and lead to greater health problems down the road.

At Buffalo Hearing and Speech Center (BHSC), we want you to live your life to the highest degree. That is why we regularly perform hearing evaluations and fittings for hearing aids. We offer a range of hearing aid styles and sizes thanks to advancements in digital technology and miniaturization of the internal components. Our licensed audiologists work closely with our patients to ensure that we are providing clear, thorough information and recommendations.

Everyone experiences hearing loss in a different way. That is why we help you throughout every step of the process to ensure you select a hearing aid best suited for your particular hearing loss. BHSC's hearing health services don't end there and our relationship with patients goes beyond just fitting them for a hearing aid. We offer courses on adjusting hearing aids, support groups for people with hearing loss and tinnitus, and we strongly recommend follow up checks to ensure your hearing aid is programmed optimally for your personal and audiological needs.

At BHSC, we strive to create a relationship with our patients to ensure their success for the long term. If you are struggling with hearing loss, call us today at 716-885-8318.



Laughter Is My Favorite Sound!

Better Hearing Starts At Buffalo Hearing & Speech Center

As a not-for-profit organization, we have two goals...
to help you hear better and improve your quality of life
- without breaking the budget.

Choose from a wide selection of high-quality hearing aids. Plus, Free Consultation, 75-Day Risk-Free Trial and a 3-Year Warranty.



4 CONVENIENT LOCATIONS

AMHERST (716) 204-8680
BUFFALO (716) 885-8318
NIAGARA FALLS (716) 236-7887
WEST SENECA (716) 558-1105



\$3 suggested donation

MAY 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 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>MONDAY</u> <i>Vegan Options</i>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	2 Chicken Baked Potato Carrots Dinner roll Diced pears	3 Pork chop w/gravy Mashed potatoes Peas Multigrain bread Choc chip cookie	4 Breakfast sandwich Hash brown Spiced apples Mandarin oranges	5 Tacos Mexican rice Refried beans Cookies	6 Roast beef w/gravy Mashed potatoes Mixed veg Dinner roll Cake
Lentil soup Small salad Bread Dessert	9 Foot long hot dog Potato wedge Mixed veg Roll Pear	10 Cabbage roll Mashed potatoes Peas Dinner roll Brownie	11 Turkey ala king Mashed potatoes Mixed veg Biscuit Peaches	12 Mac & cheese Stewed tomatoes Green beans Rye bread Jello	13 Breaded chicken Baked potato Spinach Corn muffin Tropical fruit
Garden burger Roll Potato, vegetable Dessert	16 Beef stew Stew vegetables Mashed potatoes Biscuit Diced peaches	17 Salisbury steak Mashed potatoes Green beans Dinner roll Cookie	18 Pulled pork Tater tots Carrots Roll Fruit cocktail	19 Chicken leg Scalloped potatoes Brussel sprouts Rye bread Banana bread	20 Hot dog Roll Potato wedge Corn Tropical fruit
Vegetable stir fry Rice Bread Dessert	23 Chicken Tater tots Broccoli Wheat bread Apricots	24 Sliced ham w/ pineapple Scalloped potatoes Carrots Rye bread Choc chip cookie	25 Tilapia Rice Mix vegetables Multi grain bread Peanut butter cookie	26 Pork chop w/gravy Mashed potatoes Mix vegetables Dinner roll Cake	27 Cheeseburger Roll Sweet potato fries California blend Fresh fruit
Vegetarian chili Baked potato Bread Dessert	30 CLOSED 	31 Salisbury steak Mashed potatoes Green beans White bread Dice pears			

What's For Dinner?

Tues. May 3
5:00 pm
Cheeseburger
French fries
Corn
Dessert \$5

Tues. May 10
5:00 pm
Julienne salad
Bread stick
Soup
Pudding

Tues. May 17
5:30 pm
Pork chop
Potato
Vegetables
Dessert

Tues. May 24
5:00 pm
Smothered chicken
(Cheese, mushrooms, onions)
Potato
Vegetable
Dessert \$5

Tues. May 31
5:00 pm
Ribette
Macaroni salad
3 Bean salad
Dessert

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