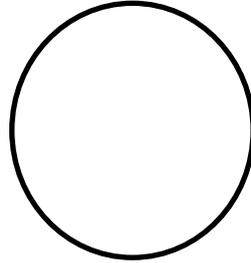
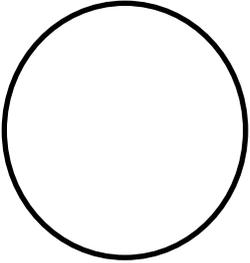




Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, NY 14228-1142

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October 2022



 AmherstCenterForSeniorServices.com

 /AmherstSeniorServices

 716-636-3050

*The October Network is
sponsored by:*



THE NETWORK

The Monthly Newsletter of the Amherst Center for Senior Services/OCT 2022

*See
page 4 for
details*

DIAMOND CELEBRATION

Friday, October 21, 5:30 pm



**Please join us as we celebrate 60 years of the
Amherst Center for Senior Services.**

DIRECTOR'S NOTE

IMPORTANT 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

Melissa Abel, Director, mabel@amherst.ny.us
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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
Donna Muck, Kitchen Manager: dmuck@amherst.ny.us
Vijaya Tomar, Social Worker: vtomar@amherst.ny.us
John Jones, Social Worker: jjones@amherst.ny.us
Cindy Weiss, Class Coordinator: cweiss@amherst.ny.us
Barb White, Recreation Leader: bwhite@amherst.ny.us

*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

AMHERST MEALS ON WHEELS

Delivers nutritionally balanced meals to seniors and disabled adults living in the Town of Amherst. Our menu is approved by the Erie County Department of Senior Services. All meals are prepared and packaged fresh each weekday at the Amherst Center for Senior Services.

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

The Town of Amherst Center for Senior Services is celebrating our 60th Anniversary this year. It is fitting that 60th Anniversaries are associated with Diamonds because they symbolize commitment, strength, and endurance. Sixty years of a commitment to active aging in our community through good nutrition, physical activity, lifelong learning, and socialization. We operate so successfully because of the strength and commitment of our members, our staff, our volunteers, our community partners, and local and state officials. We have a long history to be proud of and we look forward to the future of programming for our senior community. We will continue to grow to meet the needs and desires of future seniors with education, physical activity, volunteer opportunities, nutritional and other support offered throughout the Amherst community. We are honored to be part of the continued reimagining of what it means to Age Successfully. Join us on Friday, October 21st as we celebrate this milestone at our Diamond Celebration (*see page 4*).

We will host dozens of local vendors at our Senior Expo, which will be held on October 25th. Please make this event a priority. You will have the opportunity to browse through the many vendors, obtain materials you need and speak to representatives one-on-one. We have made it a priority to ensure we are offering the latest and most informative programs and classes. Fall registration was so successful that many classes filled within the first few days of registration.

This particular month has many Health, Financial, Cultural, and Entertaining programs for you to choose from. Please sign up early because spaces fill up quickly. Remember to call and cancel if you cannot make a specific program or lunch that you signed up for. Someone else can use that spot.

If you have made the decision to age successfully, you are truly in the right Town and at the right Senior Center!

See you at the Center!

Melissa

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.

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
- 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 annually, 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

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 online:

Go to AmherstCenterforSeniorServices.com/membership-plans

To join the Center in-person:

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

Payments can be made by cash, check or credit card. After joining, you will be given an opportunity to sign up for a tour.

THANK YOU TO THIS MONTH'S SPONSORS

OCTOBER NETWORK *Sponsored by:*



ACTIVE AGING WEEK *Sponsored by:*



DIAMOND CELEBRATION *Sponsored by:*



SENIOR EXPO *Sponsored by:*



SOCIAL MEDIA *Sponsored by:*



AMHERST CENTER FOR SENIOR SERVICES MAIN LINE 636-3050

CALLING ALL NEW MEMBERS

Membership

101

Tuesday, October 11 at 4:00pm
or
Friday, October 14 at 11:00am

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, where to find information on what is happening at the Center and so much more. Those attending the 11:00am session are invited to stay for a complimentary lunch at 12:00pm and those attending the 4:00pm session are invited to stay for a complimentary dinner at 5:00pm. Reservations are required.

DIAMOND CELEBRATION

Friday, October 21
5:30-7:30 pm



Please join us as we celebrate 60 years of the Amherst Center for Senior Services.

Appetizers & Drinks
5:30 pm
Dinner & Entertainment
6:30 pm
Salad, Roast Turkey, Potato, Vegetable, Dessert & Coffee Bar

This event is complimentary

Sponsored by:  **Hearts & Hands**

SENIOR EXPO

Tuesday, October 25
4:00-7:00 pm



Stop by and mingle with our vendors, attend special presentations, and participate in raffles!

This event is free and open to the public. No registration required.

Sponsored by:



A NOTE FROM YOUTH AND RECREATION

During the month of October, the Amherst Youth & Community Coalition is running a campaign called "Take it to the Box", focusing on the safe disposal of prescription medications. Look for lawn signs and advertising around town. The objective of this project is to increase the use of drop boxes, broaden knowledge, increase awareness and address community attitudes. Did you know that there is a secure medication disposal drop box located next to the Center at the Amherst Police Station? It only takes a minute to ensure that your unused and unneeded medications don't fall into the wrong hands. You can also safely dispose of pet medications this way. The Center bathrooms are also equipped with Sharps disposal containers so that you can throw away used needles and syringes safely. Please help us keep our youth and each other safe and healthy!

October is also the month the Center will be celebrating its 60th anniversary! Please join us for special event on October 21 designed to help us celebrate our past while looking towards our future. Kudos to our Director, Melissa Abel and all the staff for their good work over the years! Our Center is the envy of many communities and continues to grow. If you've been away because of Covid or life circumstances, please consider coming back and participating in all the new programs, including a full range of University Express offerings. If that's not an option, please join us on Zoom or at one of our outdoor offerings in the community this fall. Be sure to bring the grandkids to our free Harvest Fest on October 1st from 1:00-4:00pm at Bassett Park.

Finally, thanks to all who donated to our school supply drive and who volunteered at our Pop Up Clothing & School Supply Pantry in August. Over 250 young people benefitted from your generosity!

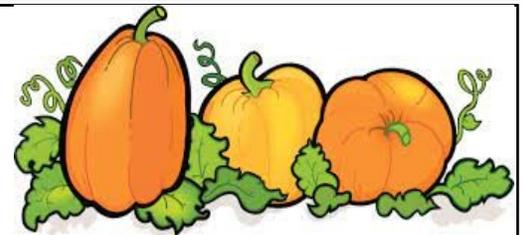
Mary-Diana Pouli, Executive Director, Youth & Recreation Department

This event is free and open to the public!



HARVEST FEST

Saturday, October 1 from 1:00-4:00 pm
Bassett Park
Family fun for all ages



PROGRAMS

PROGRAM REGISTRATION



MyActiveCenter.com



716-636-3051



In person at the Center's Reception 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 members on the waiting list*

HEALTH:

SECRETS OF A GOOD NIGHT'S SLEEP

Hybrid

Thursday, October 13 at 11:00am

Sleep is a basic necessity of life. So why do so many of us have trouble sleeping? Join us as we discuss the basics of sleep and learn to identify "sleep stealers"

Presented by Jennifer Johnson, Highmark BC/BS

WALKING WITH THE RIGHT DEVICE

Tuesday, October 18 at 11:00am

Knowing which kind of walker or cane is best for you can be a challenge. Learn tips on how different devices can assist from Physical Therapist Lauren Grawe

ACTIVE AGING WEEK

SITTING IS THE NEW SMOKING

Tuesday, October 4 at 11:00am

Sitting or lying down for too long can increase your risk of chronic health problems. It can also result in bone damage, loss of muscle strength, and poor mental health. This session will show you ways to move throughout the day and improve your posture with stretching.

Presented by: Physical Therapist Tina Hines, PT DPT

NATURE WALK

Wednesday, October 5 at 9:30am

Take a walk through Walton Woods with Naturist, Carol Rogers

MEMBER VS STAFF MIND TEASERS

Friday, October 7 at 11:00am

Exercising your mind is just as important as exercising your body

Active Aging Week is sponsored by:



AGING MASTERY PROGRAM

This 10 week program developed by the National Council on Aging will help participants look at aspects of their lives and how small changes can lead to great rewards. Topics will include Exercise, Sleep, Healthy Eating and Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medication Management, Falls Prevention and Community Engagement. For October the group will meet at 1:00pm on:

- Wednesday 10/5
- Wednesday 10/12
- Thursday 10/20
- Wednesday 10/26

Presented in collaboration with Erie County Department of Senior Services

HEALTH INSURANCE :

To schedule an appointment call the representative listed

Clarity Group

Lisa 864-4886

Tuesday October 4, 9:00am-12:00pm

Tuesday October 11, 9:00am-12:00pm

Tuesday October 18, 9:00am-12:00pm

Univera

Michele 572-8315

Monday, October 24 1:00pm – 3:00pm

Presentation of 2023 Medicare Plans

Monday, October 24 at 10:00am

Advance registration required by calling 636-3051

Aetna

Presentation of 2023 Medicare Information

Tuesday, October 25 at 10:00am

Advance registration required by calling 636-3051

EPIC INFORMATION TABLE

(no reservations required)

Thursday, October 13, 11:00am – 1:00pm

Medicare Annual Enrollment Period starts
October 15 - Call Clarity Group to review your
options at 716-393-3437.

RESERVATIONS REQUIRED FOR ALL PROGRAMS

PROGRAMS

PROGRAM REGISTRATION



MyActiveCenter.com



716-636-3051



In person at the Center's Registration Desk.

FINANCIAL :

CENTER FOR ELDERLAW & JUSTICE

Thursday, October 6 at 11:00am

Join us for a brief presentation from the Center for Elder Law & Justice. Afterwards, an attorney will be available for free one-on-one legal consultations to assist seniors with most legal matters, and offer legal and financial health check-ups.

Representatives from Assemblymember Karen McMahon's office will also be available for information

BETTER BUSINESS BUREAU

Wednesday, October 19 at 10:00am

Learn about potential scams and gain the knowledge of what to watch for. This is a great way to prevent falling victim .

Program sponsored by Senator Ed Rath



HISPANIC COOKING

Monday, October 3 at 11:00am

We will be making Albondigas (Mexican Meatball Soup). Fee is \$6.00. Please bring a large container for the soup and a container for the meatballs to take home. Paid fee of \$6.00 is due by 9/30 (no refunds)

MOVIE

Monday, October 3 at 1:00pm

Frida A biography of artist Frida Kahlo, who channeled the pain of a crippling injury and her tempestuous marriage into her work. Starring Selma Hayek

FOREIGN FILM

Friday, October 14 at 1:00pm

Vacas (Spanish) 96 min

Turning 65? The Clarity Group can help you with Medicare. Call 716-393-3437.

MOVIES:

(Afternoon)

Monday, October 3, 1:00pm *Frida* R 123 min

Wednesday, October 12, 1:00pm *Elvis* PG-13 159 min

Monday, October 17, 1:00pm *The Cave* (2019) 103 min

Monday, October 31, 1:00pm *Hocus Pocus 2* PG

(EVENING)

Tuesday, October 4, 5:30pm *Frida* R 123 min

Tuesday, October 11, 5:00pm *Elvis* PG-13 159 min

(CLASSIC)

Thursday, October 13, 6:00pm *Casablanca* PG 102 min

IN PERSON:

MUSICAL MEMORIES CAFÉ

Tuesday, October 4 and 18 at 2:00pm

Join representatives from West Falls Art Center for an enjoyable afternoon with your loved one for entertainment, socialization, reminiscing and refreshments. Please make reservations by calling Carolyn at 570-6520 or email westfallsartcenter@gmail.com

GREECE TRIP PRESENTATION

Tuesday, October 4 at 6:00pm

Learn about where local favorite Linda Pellegrino is travelling to next!

Presented by Collette Tours Representative



SILVER PRIDE TEA

Friday, October 7 from 10:00am -12:00pm
Join LGBTQ seniors to come together and enjoy a morning of refreshments and

conversation.

Hosted by the Pride Center of WNY



LGBTQ+ 101

Friday, October 7 at 1:00pm

This program will cover what it means to be part of the LGBTQ+ community. It also includes information about the unique disparities faced at the intersection of homophobia, transphobia, and age-related biases

HOT DOG SALE \$1.50

Wednesday, October 12 at 11:00am

While supplies last

RESERVATIONS REQUIRED FOR ALL PROGRAMS

PROGRAMS

PROGRAM REGISTRATION



MyActiveCenter.com



716-636-3051



In person at the Center's Registration Desk.

CONGRESS ON YOUR CORNER

Thursday, October 13 from 11:00am – 1:00pm
Representatives from Congressman Brian Higgins office will be on site to hear what seniors from the community have to say

TEA PARTY

Thursday, October 13 at 4:30pm
Light refreshments will be served
Hosted by the Indian Senior Citizens Club

PICNIC IN WALTON WOODS

Friday, October 14 at 12:00pm
Bring a chair and a brown bag lunch and join us

COOKING WITH JEN

Monday, October 17 at 11:00am
We will be making Old Fashioned Apple Dumplings.
Please bring a 9x13 pan. Paid fee of \$5.00 due by 10/13.
(no refunds)

BISTRO BOOKERS

Tuesday, October 18 at 4:00pm
City of My Heart will be discussed by its author Mark Goldman

BOOK REVIEW 'SECRET PLACES OF WNY

Tuesday, October 18 at 6:30pm
Secret Places of Western New York: 25 Scenic Hikes is more than a trail guide. Hidden in these pages, you'll uncover what makes these hikes special enough to be a Secret Place.
Presented by Author, Jennifer Hillman

DIY WINE CORK PUMPKIN CRAFT

Wednesday, October 19 at 1:00pm.
Paid fee of \$2.00 is due by 10/14 (*no refunds after*)

Medicare can be confusing. Get Clarity!
Call the Clarity Group at 716-393-3437.

PIZZA AND GAME NIGHT

Thursday, October 20 at 5:00pm
Pizza by John and Mary's followed by a game of *Chain Reaction*. Fee of \$6. is due in cash by 10/18 (no refunds)

WILLIAMSVILLE ART SOCIETY FALL SHOW

Sunday, October 23 from 2:00 – 4:00pm
This is your opportunity to see the variety of pieces displayed and talk with some of the artists about their work. Artwork will be on display October 19 through December 15

THE GREAT GORGE ROUTE

Wednesday, October 26 at 11:00am
The Great Gorge Route was a trolley that once traveled through the Niagara Gorge and over to Canada from 1895-1935. Listen to stories and learn about this once very popular ride.
Presented by Carol Rogers

TALK AND TASTE

Wednesday, October 26 at 2:00pm
Stop by and taste some *Caramel Apple Dip*

ASK THE CANDIDATES

Thursday, October 27 at 6:30pm
Make sure you're well informed before you vote on Election Day!

BOOK AND MOVIE DISCUSSION

Friday, October 28 at 1:00pm
Where the Crawdads Sing by Delia Owens. Watch the movie and discuss the differences between the book and the movie

HALLOWEEN BINGO

Monday, October 31 at 11:00 am

BOOK REVIEW

Young Love An Adoptee's Memoir
Friday, November 4 at 11:00
Author, Bonnie Parsons will be discuss her memoir about her journey to find her birth parents

Have Questions about Medicare? Clarity Group has answers! Call 716-393-3437

RESERVATIONS REQUIRED FOR ALL PROGRAMS

CLASSES

CLASS REGISTRATION



MyActiveCenter.com



716-636-3051



In person at the Center's Reception Desk

FALL CLASS CATALOG

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

FALL SECOND SESSION

The second session for many of the Fall classes begins in late October early November. Now is the time to register. Please check with the Reception Desk to see if there are still openings in the following classes:

- French For Fun
- Functional Living Everyday Exercise (FLEE) Zoom
- Mean Jeans Exercise M, T, TH, F
- Get Fit While You Sit M, W
- Drumming Circle
- Guitar, Ukulele, Recorder Lessons
- Ukulele Sing-A-Long Beg or Adv.
- Ballet Stretch
- Pickleball
- Cardio Drum – Morning
- Yoga (All varieties)

DEFENSIVE DRIVING CLASSES

Safe Driver Academy (\$35)

NYS DMV's only Approved Humor Based Defensive Driving Class

Thursday, 10/27 or Wednesday, 11/30 from 9:00-3:00pm

Checks made payable to Safe Driver Academy.

No fee waiver.

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

Wednesday, 10/19 or 11/16 from 9:00-4:00 pm

Checks made payable to AARP Smart Driver.

Write you 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

UNIVERSITY EXPRESS CLASSES

University Express offers free educational classes for older adults in Erie County. The program runs during spring and fall semesters. You will find classes in a variety of categories, including current affairs, history, humanities, finance and medicine. The Center will be hosting the classes below. For more information, please go to www4.erie.gov/.universityexpress/.

- Tuesday, Oct. 4 at 4:00pm *Amphibians: the Good, the Bad, the Slimy*
- Wednesday, Oct. 5 2:00pm *The Development of the Hero from Odysseus to Harry Potter*
- Thursday, Oct. 6 2:00pm *On the Horizon in Buffalo & Erie County*
- Thursday, Oct. 6 4:00pm *A Guide for Basic Estate Planning*
- Friday, Oct. 7 2:00pm *The Mature Job Seeker Guide*
- Tuesday, Oct. 11 10:30am *Living with Vision Loss (Virtual)*
- Tuesday, Oct. 11 2:00pm *The Importance of Social Connections*
- Tuesday, Oct. 11 6:00pm *How Buffalo Gave Wings to the World*
- Wednesday, Oct. 12 2:00pm *A Pharmacist's Role*
- Thursday, Oct. 13 4:00pm *Planning for a Special Needs Child*
- Friday, Oct. 14 2:00pm *Eating Healthy When You Don't Like to Cook*
- Tuesday, Oct. 18 2:00pm *D.B. Cooper – A Successful Hijacking?*
- Wednesday, Oct. 19 2:00pm *Electric Vehicles*
- Thursday, Oct. 20 2:00pm *Happening Now: Community Climate Action Planning*
- Thursday, Oct. 20 6:00pm *Everything You Wanted to Know About Marijuana*
- Friday, Oct. 21 at 2:00pm *Buffalo Scandals: The Dark Side of Buffalo's Elmwood Avenue*
- Monday, Oct. 24 at 10:30am *United Nations (Virtual)*
- Tuesday, Oct. 25 at 2:00pm *Would You Eat This?*
- Wednesday, Oct. 26 at 2:00pm *Halloween, A Festival with Many Meanings*
- Thursday, Oct. 27 at 2:00pm *Identity Theft and Credit*
- Friday, Oct. 28 at 2:00pm *Let's Talk Sports*

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

SENIOR SERVICES

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.

SUPPORT GROUPS REGISTRATION:



MyActiveCenter.com



716-636-3051



In person at the Center's Reception Desk

SUPPORT GROUPS:

LOSS AND GRIEF GROUP

Thursdays at 11:00 am from September 8-October 13
This group will meet every Thursday for six weeks. We will discuss coping strategies, healing techniques, and stages of loss and grief.

WIDOW/WIDOWERS SUPPORT GROUP

Tuesday, October 11 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. Join our monthly support. This support group can help you to learn coping skills and give you an opportunity to share personal experiences and coping strategies.

GRANDPARENT KINSHIP SUPPORT GROUP

Wednesday, October 12 at 11:00 am
Are you "parenting for the second time?" Many in today's world find themselves in this situation at a time when maybe you were planning a more relaxed lifestyle. If this is you, consider coming to this new support group to share ideas, get support, comfort and resources. You are not alone, so join others to talk and share ideas! *Co Facilitators: Mike Frysz and John Jones*

MENS SUPPORT GROUP

Tuesday, October 18 at 2:30pm
"Getting To Know Us: A man's perspective"
Talk about issues that are specific to men. An opportunity to help ourselves and each other!
Facilitator: John Jones

CAREGIVERS SUPPORT GROUP

Wednesday, October 19 at 1:00 pm
Caregiving can be overwhelming and we are here to offer support.

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.

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 proof information: Income, Residency, Resources, Personal Identification. For more information or to make an appointment for application assistance, please contact Senior Outreach.

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 to apply for SNAP, please contact Senior Outreach.

ACCESSIBLE PARKING TAG

If you need assistance with an application or paperwork, we are available on the second Monday of each month from 10:00-12:00 pm and the third Thursday from 1:00-3:00 pm. Please call a Social Caseworker for an appointment if these times do not work for you.

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.

SOCIAL CASEWORKERS: VIJAYA TOMAR, MSW, 636-3055, EXT. 3165 or vtomar@amherst.ny.us and JOHN JONES at 636-3055, EXT. 3129 or jjones@amherst.ny.us

We are available to meet for in-person office, telephone, or virtual visits by appointment only.

VOLUNTEER

UPDATE: The Gift Shop will now be selling snacks and beverages during open hours.

VOLUNTEER OPPORTUNITIES

COFFEE WITH THE CANDIDATES

Thursday, October 27, beginning at 6:30 pm
(volunteers will need to arrive earlier)

Hosts/hostesses needed to welcome guests and serve light refreshments. The event will last a couple of hours and volunteers will need to be comfortable being on their feet during much of the event.

FROZEN MEAL DISTRIBUTION

Fridays from 10:30 to 12:30 pm

In need of a volunteer to help distribute frozen meals. Must have great organizational skills and a willingness to handle money is necessary. This role involves working directly with another volunteer, as well as Center staff. A team-work attitude is appreciated.

AMHERST PARKS CLEAN-UP BRIGADE

Saturday, October 15 from 10:00 to 11:30 am
Nature View Park, weather permitting. Senior volunteers requested to work alongside Amherst Youth & Recreation volunteers in an effort to beautify the park by picking up trash & debris. This is a great opportunity to spend some time outside while serving in the community.

SLEEP IN HEAVENLY PEACE

Monday, October 17 from 3:30 to 5:00 pm

This is an opportunity for two senior volunteers to help sand the wood used to build beds for children in the Buffalo area who do not currently have a bed. Sleep in Heavenly Peace is located in the Eastern Hills Mall. Electric sanders are used for this process and are provided on site. No experience necessary, as a brief training is provided prior to the sanding process.

CLUB INFORMATION

BAKERS RACK SALE

Monday, October 31, 9:00 *while supplies last*
There will be fresh baked items available to purchase during the Bakers Rack Sale on These old-fashioned bake sales take place monthly, with a hiatus during the summer months. Proceeds benefit the Amherst Center for Senior Services.

AM-CENTER PHOTOGRAPHY CLUB

All meetings are scheduled on the 2nd and 4th Tuesday of the month starting at 1:00 pm ending around 3:00 pm.

Tuesday, October 11-*What Makes Strong Images and Judging Techniques*. Presenter: Janet Lo Presto, South Towns Camera Club and Certified Photography Judge

Tuesday Oct 25, 2022, *Judging Images*

This is a follow-on topic from the October 11 meeting. Club Members may submit up to 4 images for this session; images need to be submitted no later than Sunday, October 23, 5:00pm

Check out the new "Club News" bulletin board across from the Billiards Room!

Beginning this month, **October**, we will welcome the **Tuesday Afternoon Music Club** at 1:00 pm in the Music Room.

Ed Morgan will lead this club for members who wish to play and create music in a cooperative, friendly and helpful environment sympathetic to your needs and interests. Designed to keep up your interest and participation in music after music lessons are over with or as a supplement to ongoing lessons. Singers and instrument players welcome

Please contact Ed at 633-4309 for more information

OPEN PICKLEBALL

Tuesdays from 1:00-4:00pm, October 4, 11, 25 (only 1 court available)

Wednesdays from 1:00-4:00pm, October 5, 12, 19, 26

Thursdays from 4:00-5:30pm, October 6, 13, 20

Thursdays from 4:00-7:00pm, October 27

Fridays from 1:00-4:00pm, October 7, 14, 21, 28

JODI KWARTA, DIRECTOR OF VOLUNTEER SERVICES 636-3055, EXT. 3126

NETWORK SPONSOR

DO YOU HAVE MEDICARE QUESTIONS? GET CLARITY!

Medicare Annual Enrollment Period is October 15 through December 7th. Clarity Group can help you make the right decision for your 2023 Medicare coverage, go over any changes and discuss new options that are available for 2023.

Whether you are looking for a zero premium plan or a Medicare give-back plan that puts more money in your Social Security check, Clarity Group has the information you need. Your agent will discuss what is important to you, including your doctors, prescriptions, travel needs, dental, vision, over the counter products and more. Whatever your circumstance, Clarity Group will help you get the coverage that best suits your needs. Plus, your Clarity Group agent will be there for you all year round.

There's no need to go from company to company gathering information. Clarity Group gives you a one stop shopping experience. Clarity Group offers no cost, no obligation consultations. Appointments are available by phone, virtually or in person. See dates on page five and see when Clarity Group will be at the Center or call 716-393-3437.

Clarity Group has 4 locations, 4976 Transit Rd in Depew, The Boulevard Mall in Amherst, McKinley Mall in Blasdell and 216 E. Main St in Batavia. Visit www.claritygroupny.com for more information.

Be Clear On Your Medicare Options

No One Can Explain Medicare Better
Than Clarity Group

Whether you are new to Medicare
or you want to learn your options for
2023, Clarity Group is here to help.

Medicare Annual
Enrollment Runs
Oct. 15 - Dec. 7

Call Clarity Group today for simple,
direct answers to your questions or stop in
to one of our four convenient locations.

- 4976 Transit Road, Depew
- McKinley Mall, 3701 McKinley PKWY., Blasdell
- Boulevard Mall, 730 Alberta Dr., Amherst
- 216 East Main Street, Suite 29, Batavia

Call 716-393-3437 or visit ClarityGroupNY.com



CLARITY GROUP

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

CLUB REGISTRATION



AmherstCenterForSeniorServices.com/Register

716-636-3051

In person at the Center's Registration Desk

Am-Center Photography Club	Claire Kaymon	650-1551 or gckaymon@yahoo.com	2nd and 4th Tuesday of the month, 1:00 –3:00
Amherst Rocky Blues Band	Andy Finley	807-5161	Fridays, 12:30
Amherst Senior Singers	Carol Mayo	632-3929	Wednesdays, 1:00-3:00
Art Club	Joann Jarmusz	565-3332	Mondays & Tuesdays, 1-3:30
Bike Club	Joann Stepien	254-2614	Wednesdays, 9:30-11:30
Book Club	Donna DeLeon	donnadeleon@yahoo.com	
Bridge Club	Mary Ann Devlin	839-1858	Tuesdays, 2:00-5:00
Canasta Club	Mary Ann Devlin	839-1858	Thursdays, 1:00-4:00
Chess Club	Bill Rich	908-9223	Tuesdays, 12:30-3:30
Community Service Sewing Projects Club	Rena	574-8010	Mondays, 8:30-11:00
Creative Writers Club	Carolyn Takach	632-7478	1st & 3rd Mondays, 10:00-12:00
Cribbage club	Mark Pascale	Senior.pascale@gmail.com	Thursdays, 12:45-3:30
Dinner Club	Mary Bashore	691-6714 or mrybash@gmail.com	Info on rack across from Wellness Room
Dominos Club	Jean Hallac	688-6895	Mondays, 12:30-3:00
Duplicate Bridge (Mon)	Bruce Brown	352-9878	Mondays, 12:30-4:00
Duplicate Bridge (Fri)	George Mayers	957-4408	Tuesdays, 1:00
Euchre Club	Bob Peluso	689-0094	Tuesdays, 1:00
Gateway Board Club	Ed Sapienza	550-6329	2nd Tuesday of the month, 5:30-7:30 and Wednesdays, 12:30-2:30
Indian Senior Citizens Club	Inder Malik	908-3707	
Genealogy Club	Sally Clements	835-9248	1st and 2nd Tuesday of month, 10:30
Knitting Club	Marylou	688-4023	Tuesdays, 9:30-11:30
Mah Jong Club	Hillary Hurwitz	837-5810	Tuesdays, 1:00-3:30
Pathfinders	Joann Stepien	254-2614	Fridays, 9:00-11:00
Pinochle Club (Mon)	Leonard Ciappa	691-6713	Mondays, 12:45
Pinochle Club (Wed)	Joanne Hall	880-8075	Wednesdays, 12:45-3:30
Quilting Club	Jan	836-8580	1st & 3rd Mondays, 12:30-2:00
Reader's Theater	Pam Williams	912-0053	Mondays, 1:30
Rummikub Club	Mary Migliore	marmig44@yahoo.com	Fridays, 1:00-4:00
Scrabble Club	Carol Hensel	689-7417	Tuesdays, 10:00-12:30
Spanish ZOOM Club	Susan Willavize	sawandimp@cs.com or 741-3623	Thursdays, 1:30
Stained Glass Club	Tom Richards	832-5641	Thursdays, 9:00-11:30
Strategic Board Club	Ed Sapienza	550-6329	2nd and 4th Wednesdays, 12:30-4:15
Tai Chi Club	Frank Chi	688-6680	Wednesdays & Fridays, 1:30-2:30
Tuesday Afternoon Music Club	Ed Morgan	633-4309	Tuesday, 1:00
Upholstery Club	Kate Wagner	836-2439	Wednesdays, 9:00-2:00
Walking Club (Walton Woods)	Sue Clark	smc916@verizon.net	Thursdays, 9:50 in Lobby
Wood Carving Club	Bill MacDougall	208-4631	Tuesdays, 9:00-11:30
Women's Golf Club	Carole Mathews	691-7625	

\$3 suggested donation

OCTOBER 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>
Lentil soup Small salad Bread Dessert	3 Scrambled eggs Sausage Pancakes Orange juice Tropical fruit	4 Spaghetti & meatballs Cauliflower Grape juice Italian bread Fruit cocktail	5 Chicken stir fry Stir fry vegetables Carrots Rice Fortune cookie	6 Breaded chicken Baked beans Spinach Corn muffin Cookie	7 Taco Rice Corn Spumoni ice cream
Garden burger Roll Potato Vegetable Dessert	10 CLOSED 	11 Chicken Caesar salad Chili Italian bread Angel food cake	12 Pulled pork Garden rice Coleslaw Hoagie roll Dice peaches	13 Roast beef w/ gravy Oven potato Green beans Roll Cookie	14 Fish Rice Spinach What bread Fresh fruit
Vegetable stir fry Rice Bread Dessert	17 Cabbage roll Mashed potatoes Mixed vegetables Dinner roll Donut	18 Turkey w/gravy Mashed potatoes Mixed vegetables Multigrain bread Cookie	19 Chicken Rice pilaf Carrots Wheat dinner roll Apple	20 Mac & Cheese Stewed tomatoes Broccoli White bread Dice pears	21 Julienne salad Vegetable beef soup Fruit punch Italian bread Banana
Vegetarian chili Baked potato Bread Dessert	24 Reuben sandwich Vegetables Cranberry juice Pineapple chunk	25 BBQ ribette Potato wedge Mixed vegetables Hoagie roll Mandarin oranges	26 Chicken leg Sweet potato casserole Spinach Corn muffin Apple crisp	27 Lasagna roll Meatballs Chef salad Broccoli Italian bread Lemon ice	28 Breaded fish Wild rice Mixed vegetables Dinner roll Apricots
Lentil soup Small salad Bread Dessert	31 Pizza Chicken Carrots Sherbet				<i>This menu is subject to change</i>

Tues. Oct. 4, 5:00 BBQ meat loaf Potato Vegetable Dessert 	Tues. Oct. 11, 5:00 White pizza Salad Dessert 	Tues. Oct. 18, 5:00 Open faced chicken parmesan Pasta Salad	Tues. Oct. 25, 5:00 Meat lasagna Salad Garlic bread Dessert	Call Clarity Group for your complimentary Medicare Plan review at 716-393-3437
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RESERVATIONS MUST BE MADE IN ADVANCE ON MYACTIVECENTER.COM OR BY CALLING 636-3051