

Fall Class Catalog 2023



**“Expand Your Time
Living Independently”**



**AMHERST CENTER FOR
SENIOR SERVICES**

AmherstCenterforSeniorServices.com

370 John James Audubon Parkway · Amherst, NY 14228



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**TOWN FACILITY
LOCATIONS**

**Clearfield
Community Center**
730 Hopkins Road
Williamsville, NY 14221

**Harlem Road
Community Center**
4255 Harlem Road
Amherst, NY 14226

**Northwest Amherst
Community Center**
220 Northpointe Parkway
Amherst, NY 14228

**Northtown Center
at Amherst**
1615 Amherst Manor Drive
Williamsville, NY 14221

Amherst Senior Center
370 John James Audubon Parkway
Amherst, NY 14228

North Forest Park
85 North Forest Road
Williamsville, NY 14221

**Williamsville Youth
and Family Center**
5005 Sheridan Drive
Williamsville, NY 14221

Director's Note

The Amherst Senior Center has been a vital part of the Amherst Community for over 60 years. With our classes, programs, and services, we foster both independence and community. We have worked hard since our current location opened in August of 2000 to provide the best programs and services that we can. We went from 40 classes and programs a month to over 75 classes, over 50 programs and 40 clubs a month by 2010. Our membership began to skyrocket and by 2019 we had our biggest increase in membership, with over 70 seniors joining each month. We began to realize that we were outgrowing our building. Plans then began as to how we would continue to provide our programming with an ever-changing and growing membership. In 2020, the COVID pandemic began and social isolation impacted many. Our Senior Center then went to online and outdoor programming to keep as many seniors connected and active as possible. Since early 2022, our programming has increased once again and we continue to provide not only in person programming, but continue with hybrid and Zoom programming in an effort to keep as many seniors connected to our center as possible.

I am pleased that we are now connecting our Senior Services with other Recreation locations in the Town of Amherst. In addition to what we offer at our current location, we will provide more classes, programs, and services on various days and times at other locations in Amherst, to provide a variety of opportunities for seniors in our community (see page 2). We have already offered and will continue to provide Mindfulness classes at the Harlem Road Community Center, Pickleball at Clearfield, and exercise at local parks. We will have classes and programming on various days and valuable gym time at the new Northwest Amherst Community Center. We are expanding our Outreach efforts to isolated seniors and connecting vulnerable seniors to the community.

As the number of adults age 55 and over continues to grow and become increasingly diverse, the Amherst Senior Center is stepping up to serve the cultural and geographic diversity of seniors, their caregivers, their families, and the community. Senior Centers play an important role in making sure that older adults are engaged in their communities and have access to support systems and resources.

This is a worthwhile investment in our community that will improve opportunities for our residents for years to come. I am deeply proud of my staff and their dedication to providing this programming and support of our seniors to keep them connected to their community. I encourage anyone age 55+ to take advantage of this opportunity to stay active, stay healthy, and stay connected!

In this edition of our Course Catalog, you will see a few changes:

- We have added the location (building) as to where the class will be held. Please refer to page 2 for the list of buildings and their addresses.
- We will no longer list the room the class will be held in. When you check in at the Kiosk, it states what room the class is scheduled in. We made this change because we have changed rooms in the past after the catalog has gone to print. Your most up-to-date room information will be when you check in.

Best,

Melissa

Mission Statement

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.

REGISTRATION BEGINS: MONDAY, AUGUST 7, 2023

MEMBERSHIP IS REQUIRED FOR CLASS REGISTRATION

At 55 years of age, individuals are eligible for membership at the Amherst Center for Senior Services.

Membership Fees:

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

FASTEST WAY TO REGISTER

The fastest way to register for a class is online. Create an account at MyActiveCenter.com. If you don't have your own computer, they are available in the Computer Room to use for registration.

WAYS TO REGISTER

1. ONLINE

Registration on MyActiveCenter.com begins on Monday, August 7 at 8:30am.

To register online, you must be a member and set up an account at MyActiveCenter.com. Payments must be made by Mastercard, VISA, Discover or American Express.

2. TELEPHONE

Registration will begin on Monday, August 7 at 8:30 am. Please call (716) 636-3051 to register with a credit card.

3. MAIL OR DROP OFF

Registrations will be processed beginning on Monday, August 7 at 9:00 am.

A separate form must be filled out for EACH person. If you are using a credit card, make sure to include number, expiration date and CVV number from back of card. Make checks payable to Amherst Center for Senior Services. Mark envelope CLASS REGISTRATION. Include a self-addressed stamped envelope for class confirmation and receipt, if desired.

4. **NO WALK IN** registration on Monday, August 7.
5. **WALK IN** registration begins on Tuesday, August 8 at 10:00 am. Please bring completed form with exact payment by credit card, cash or check.

Registration forms are on pages 24 and 26. Please make sure forms are filled out completely, accurately, and legibly.

- **No new member applications will be processed on Monday, August 7.**
- Class registration is on a first come, first serve basis.

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.

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.

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.

WAIT LIST

If a class is full, when registering by mail, phone or in person, you will automatically be put on a wait list. When registering on MyActiveCenter, if the class is full, please call the Senior Center (716) 636-3051 to be added to the Wait List. When an opening occurs in the class, you will be contacted by phone for confirmation and payment.

REFUND POLICY

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.

A full refund will be processed for a course cancelled due to low registration. You will be notified by phone or email 1-2 business days before the scheduled start date. A refund check or credit to your Senior Center Account may take up to 30 days after cancellation to process. In the event a class is affected due to unforeseen circumstances such as weather and community health concerns, every effort will be made to reschedule the class. In the event that is not possible, credit will be issued to your Senior Center account if two or more classes are unable to take place.

WHY COURSES ARE CANCELLED

- **Minimum Requirement**
All courses are based on a minimum and maximum number of participants. If a course does not meet its minimum quota, it will be cancelled for that trimester. Please register on time in order to prevent cancellations.
- **Instructor Cancels**
If you are registered for a class at the Center and the instructor cancels a session, we will contact you as soon as possible. This could be an automated call. When possible, cancelled classes will be made up by extending the course.
- **Inclement Weather**
If Amherst, Sweet Home, or Williamsville school districts are closed, Center classes, clubs, and programs will be cancelled. If you want to know if the building or activities are cancelled during bad weather, please watch "WEATHER CLOSING" announcements on: TV Stations: Spectrum-Channel 1, WGRZ-Channel 2, WIVB-Channel 4, WKBW-Channel 7

ZOOM CLASS INFORMATION

NEW!

If you have never used Zoom on your device before go to: <https://zoom.us/download> to install it. Select Zoom Desktop Client if you are using a computer.

Links for Zoom Classes will be sent out **1 hour** prior to the class start time. The email will be sent from Amherst Center for Senior Services with the Subject: You have an upcoming Activity.

- Click on the **Click to Join** button in the email no more than 15 minutes before the class is scheduled to begin.



You have an upcoming Activity!

Tammy's Test Zoom Class is starting at 6:00pm



- A new screen will pop up with a blue **JOIN MEETING** button in the upper right corner for you to click.
- On the next screen you will click on **Join Via App or Web**
- You will then click on **Open Zoom Meeting**
- Then select **Join with Computer Audio**
- If you do not see yourself on the screen you may need to click **Start Video**



LEARNING AND SOCIAL

ALL THE NEWS AND ISSUES ZOOM

This weekly discussion group will touch upon local, national and world events and topics. Space is limited.

Carol Hensel, Susan Willavize, Bruce Brown, Leaders

Friday, 9/8-12/15 (13x) no class 11/10, 11/24
10:00-11:30am Zoom \$20

ANCIENT TEXT BIBLICAL HEBREW

You asked for it and we scheduled it! Join us on Fridays as we learn to speak & write Biblical Hebrew. Class will include the Hebrew Alef Bet, Hebrew vowels, syllabification & pronunciation, Hebrew nouns & a class forum to discuss basics of Hebrew writing. Obtaining *Book Basics of Biblical Hebrew Grammar* by Pratico and Van Pelt is recommended (Available on Amazon new or used).

Sandra Koerber, Instructor

Friday, 10/13-11/17 (5x) no class 11/10
10:00-11:00am Senior Center \$15

ART HISTORY ZOOM - Modernist Painting at the Buffalo AKG

The fall session will focus on painting in the recently reopened Buffalo Albright-Knox Art Gallery, focusing on American painters between 1880 and 1940.

Laura Watts Sommer, Instructor

Thursday, 9/7-10/26 (8x) Zoom \$30
10:00-11:15am

AVIATION

Explore the world of aviation from Piper Cubs to 4th generation supersonic fighter jets. Discover the history of early successes and failures, how two wings became one and then became swept back, who controls the arrivals at busy airports, and how separation is ensured. Virtually any aspect and question about aviation can be examined and discussed by the class as the curriculum will be adapted to fit the class interest. Colonel Doug Routt, USAF Ret., has over 5,000 hours in fighter jets and has flown numerous general aviation aircraft as an instructor for the FAA.

Douglas Byrum Routt, Instructor

Thursday, 9/28-10/26 (5x) Senior Center \$28
10:00am-12:00pm

BRIDGE - Basic Part I

Concepts taught are Simple No Trump, Major & Minor Suit opening & responses. This session is designed for new learners or those who have not played for a while and need a re-introduction to the game.

Ruth Nawotniak, Instructor

Monday, 9/25-12/11 (10x) no class 10/9, 11/27
10:00am-12:00pm Senior Center \$40

BRIDGE - Continuing Bridge Concepts

Concepts covered in this 5-week session will be using 2 No Trump, Using Double and some pointers for Declarer Play. Geared towards Advanced Beginners who have completed Basic Bridge Part III.

Ruth Nawotniak, Instructor

Monday, 9/25-10/30 (5x) no class 10/9
12:30-2:30pm Senior Center \$20

BRIDGE - Reviewing Bidding & Card Play

This 5-week session will focus on discussing possible bidding, sequences & card play strategies. Geared toward Advanced Beginners who have completed Basic Bridge Part III.

Ruth Nawotniak, Instructor

Monday, 11/13-12/18 (5x) no class 11/27
12:30-2:30pm Senior Center \$20

CURRENT EVENTS ZOOM

This weekly discussion group will touch upon local, national and world events and topics. The class will regularly meet on Zoom. However, on the first Wednesday of September, October, November and December members can choose to meet in person at the Senior Center or on Zoom. (1st Wednesdays: 9/6, 10/4, 11/1, 12/6.) Each group will meet independently of each other.

Jeff Goodman, Dick Schanley, Leaders

Wednesday, 9/6-12/13 (14x) no class 11/22
10:00-11:30am

Zoom/Senior Center \$20
(on 1st Wednesdays only)

DEFENSIVE DRIVING COURSE

Class dates to be determined. Watch for information in our newsletter or in future emails from the Senior Center.

FRENCH FOR FUN

This is NOT a beginning language class. Prior experience with the French language is optimal. The course goal is to improve French skills in five areas: listening, speaking, reading, writing and Francophone cultural knowledge. Oral communication in the language will be a focus, and the class will be conducted in French, as a general rule. Topical conversations will be featured each class. Participants will read and discuss short readings on various topics. Grammatical topics will be presented and practiced. Other activities are designed to enhance skill development. Optional home assignments help to meet the course goal.

Gary Behrns, Instructor

Friday, 10/6-11/3 (5x)
10:30am-12:00pm Senior Center \$38

INTRODUCTION TO MINDFULNESS

Learn how practicing mindfulness can help you calm the mind, reduce stress, increase awareness and cultivate more kindness and compassion towards yourself and others. Throughout the course we will engage in a variety of mindful practices including guided meditations, breathing practices and mindful movements (all seated). You will receive resources to support you on your journey to developing a consistent mindfulness practice into your life.

Kathy Bragagnola LMSW, Instructor

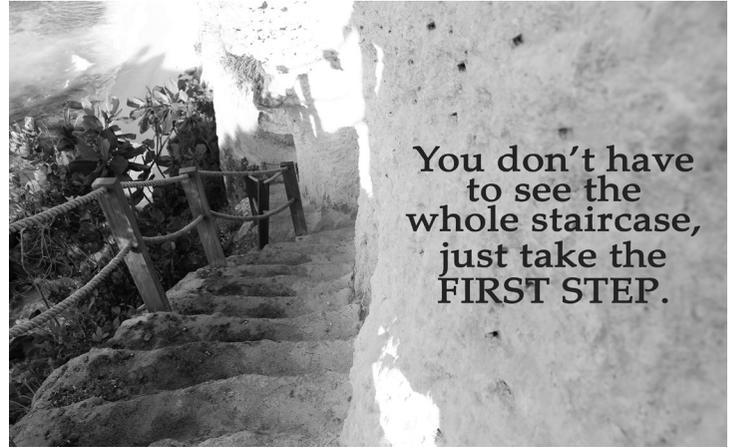
Saturday, 9/23-10/28 (6x)
9:30-10:30am Harlem Road Community Center \$15

ITALIAN FOR BEGINNERS

Welcome to the study of Italian. Learning a new foreign language can be an enjoyable and stimulating experience, especially if you look at it as learning a new way to communicate with other people. This class is for students who have little to no experience with the Italian language and would like to start their journey into being able to read, write and speak Italian at a basic level. We will be using the textbook *Italian Made Easy Level 1* by Lingo Mastery which can be purchased on Amazon.com for \$14.90 new.

Dr. Charles Travagliato, Instructor

Wednesday, 10/25-12/13 (7x) no class 11/22
10:00-11:30am Northwest Amherst
Community Center \$44



MAH JONGG - Beginner

If you have never played Mah Jongg but always wanted to learn, here is your chance. Mah Jongg is a tile-based game of skill, strategy and luck. Learn tactics & adaptive strategies. Space is limited.

Mary Domb, Instructor

Wednesday, 9/20-10/11 (4x)
10:00am-12:00pm Senior Center \$10

UNDERSTANDING FOOTBALL

What's a Down, Special Teams, Red Zone, Two Point Conversion or Shotgun? Impress your family on the next game day with a little knowledge of the basics of America's favorite sport. Once you understand football, you might be surprised to find out you like it, and before you know it you will be shouting "GO BILLS"!

Angelo Lorenzo, Instructor

Thursday, 9/14-9/28 (3x)
1:00-2:00pm Senior Center \$12

LEARNING AND SOCIAL – TECHNOLOGY

COMPUTER SKILLS FOR TODAY'S WORLD

Doing personal business using email and texts on smartphones and computers is almost a necessity in today's digital world. Download, PDFs, attachments, links, and QR codes. Let me help you understand and navigate through it all. If you have a laptop you may bring it to class along with your smartphone and any questions.

Nancy Wise-Reid, Instructor

Tuesdays, 11/14-11/28 (3x)
1:00--3:00pm Senior Center \$34

LEARNING AND SOCIAL-TECHNOLOGY/ARTS AND CULTURE

UNDERSTANDING YOUR ANDROID DEVICE

Tips for Android users – smartphones and tablets. This class will cover the essentials for using these devices, many useful apps and getting notifications. We will practice texting a new picture, adding a new contact, adding calendar events and talking to it. Questions encouraged.

Nancy Wise-Reid, Instructor

Tuesday, 9/5-9/19 (3x) Senior Center \$34
1:00-3:00pm

UNDERSTANDING YOUR IPHONE OR IPAD

Tips for iPhone and iPad users. This class will cover the essentials for using these devices, many useful apps and getting notifications. We will practice texting a new picture, adding a new contact, adding calendar events and talking to it. Questions encouraged.

Nancy Wise-Reid, Instructor

Tuesday, 10/3-10/17 (3x) Senior Center \$34
1:00-3:00pm

ARTS AND CULTURE

ACRYLIC/OIL PAINTING

Learn the fundamentals of painting, working from observation, ideas and references. This is a flexible program to meet participants' needs and interests. Beginners welcome. For questions regarding supplies only, call 716-812-8937.

Elaine Grisanti, Instructor

Monday, 9/11-11/20 (10x) no class 10/9
9:30-11:30am Senior Center \$56

CALLIGRAPHY - Advanced HYBRID

Prerequisite: Knowledge of one calligraphy alphabet or completion of our Beginner Calligraphy class. Brush up on skills and learn new alphabets. Bring to the first class a calligraphy fountain pen with broad, medium and fine nib, ink suitable for a fountain pen, ruler, pencil and other favorite calligraphy tools. **Please Note:** This is a hybrid class. With hybrid you can attend on Zoom or meet in person at the Senior Center.

Mary Jo LaClair, Instructor

Friday, 9/8-10/27 (8x) Senior Center \$53
1:00-3:00pm

CALLIGRAPHY - Beginning/Continuing HYBRID

Learn or refresh your knowledge of this beautiful Italian Renaissance chancery/cursive style of writing. Find ideas for creating your own greeting cards and lettering poems. No experience necessary. A list of supplies needed is available at the Reception Desk at the Senior Center. **Please Note:** This is a hybrid class. With hybrid you can attend on Zoom or meet in person at the Senior Center.

Mary Jo LaClair, Instructor

Friday, 9/22-11/17 (8x) no class 11/10
10:00am-12:00pm Senior Center \$53

CALLIGRAPHY - Pointed Pen Class Extension HYBRID

For those who took the Spring Fine Pointed Pen Class and want a little more, this class is for you. We will focus on flourished capitals, addressing envelopes and writing quotations. Prerequisite: You must have taken last Spring's class or be experienced in fine pointed pen calligraphy. Same supplies as previous fine pointed pen classes. **Please Note:** This is a hybrid class. With hybrid you can attend on Zoom or meet in person at the Senior Center.

Mary Jo LaClair, Instructor

Friday, 9/8-9/15 (2x) Senior Center \$14
10:00am-12:00pm

CARD-MAKING AND PAPER CRAFTS

Delight your family and friends with beautiful, handmade greeting cards. Discover the joys of rubber-stamping, embossing and die-cutting as we transform ink, stamps and cardstock into an array of wonderful greeting cards and paper products which will be suitable for various occasions. No experience necessary. A short list of supplies needed is available at the Reception Desk at the Senior Center. \$10 lab fee payable to the instructor at the first class.

Margaret Watrous, Instructor

Tuesday, 10/10-11/14 (6x) Senior Center \$10
1:30-3:30pm

KNITTING/CROCHET

Learn basic stitches: new stitches and projects are introduced periodically. Work at your own pace on projects of your own choice. Each class has members at different skill levels. Please bring worsted weight yarn and knitting needles (size 8 or 9) or crochet hook (size H or I) to first class.

Mary Ann Belus, Instructor

Thursday, 9/21-10/19 (5x)
9:30-11:30am

Senior Center \$39

Thursday, 11/2-12/7 (5x)
9:30-11:30am

no class 11/23
Senior Center \$39

LEARN TO DRAW

Class introduces basic drawing skills and includes proportionate, contour and perspective drawing. Learn to combine line, shape and form to bring simple objects to life. Each technique will be demonstrated, step-by-step by the instructor, followed by student participation. Find the materials list at www.danmeyerwatercolors.com, select **Classes** at the top of the page and then scroll down the list to the class you are taking and select **Materials List**.

Dan Meyer, Instructor

Thursday, 9/21-11/16 (9x)
12:30-2:30pm

Senior Center \$63

ORIGAMI - The Japanese Art of Paperfolding

Origami is the Japanese art of folding paper into different objects, shapes and animals. Entertain your friends and family by creating simple, fun models from a piece of paper. Origami is believed to bring good luck, helps your memory, is therapeutic for your joints and relaxing for your mind. It's a hobby that can be carried around in your pocket and done anywhere!

Nancy Wise-Reid, Instructor

Monday, 9/25 (1x) \$5
Monday, 10/23 (1x) \$5
Monday 11/13 (1x) \$5
10:30-11:30am

Northwest Amherst
Community Center \$5 each class

WATERCOLOR - Beginner

This class will introduce students to the various techniques used in watercolor painting and how they relate to subjects found in our surroundings. Each technique will be demonstrated, step-by-step by the instructor, followed by student participation. Find the materials list at www.danmeyerwatercolors.com, select **Classes** at the top of the page and then scroll down the list to the class you are taking and select **Materials List**.

Dan Meyer, Instructor

Thursday, 9/21-11/16 (9x)
9:30-11:30am

Senior Center \$63

WATERCOLOR - Intermediate

Continue to explore the fascinating world of watercolor as you go beyond the basics. Photo reference will be provided. Each subject rendered will be demonstrated, step-by-step by the instructor, followed by student participation. Advanced watercolorists will enjoy this course as well. Find the materials list at www.danmeyerwatercolors.com; select **Classes** at the top of the page and then scroll down the list to the class you are taking and select **Materials List**.

Dan Meyer, Instructor

Wednesday, 9/20-12/13 (12x)
9:30-11:30am

no class 11/22
Senior Center \$84

WOODCARVING - All Levels

Carve and paint a 3"x4.5" Holiday Bell that contains a caricature face and bow. With 90% knife work it is a great project for beginners and for experienced carvers who will enjoy this newer style ornament not seen by many others over the years. You get 2 blanks so you can carve a second one to give as a special gift to someone this season. A \$10 material fee is payable to the instructor at the first class.

Bill MacDougall, Instructor

Thursday, 9/21-11/9 (8x)
2:00-4:00pm

Senior Center \$40



ARTS AND CULTURE – MUSIC

DRUMMING CIRCLE

Feel the beat of your own rhythm. Research has shown that group drumming reduces stress, strengthens your immune system, and 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 it in.

Jennifer Nuwer, Instructor

Friday, 9/8-10/20 (7x) Senior Center \$25
9:30-10:30am

Friday, 11/3-12/15 (5x) no class 11/10, 11/24
9:30-10:30am Senior Center \$18

GUITAR, UKULELE, RECORDER LESSONS

If interested in private half-hour lessons please contact Cindy Weiss at 636-3055 x3109.

PIANO LESSONS

Individual half hour private lessons are offered. Lesson times will be assigned.

Jane Cary, Instructor

Thursday, 9/7-10/12 (6x) Senior Center \$75
9:00am-2:30pm

Thursday, 10/26-12/7 (6x) no class 11/23
9:00am-2:30pm Senior Center \$75

*Piano is NOT eligible for a fee waiver and NO refunds for missed classes.

PUCCINI'S ARIAS, DUETS & TRIOS

Dive into the world of amazing opera composer Puccini and his most beautiful romantic arias, duets and trios from his famed operas. Listen and analyze a variety of different artists performing music of Puccini and compare them.

Sebnem Mekinulov, Instructor

Monday, 9/11-12/4 (12x) no class 10/9
1:00-3:00pm Senior Center \$48

TWO HEARTS IN THREE-QUARTER TIME - THE WORLD OF OPERETTA

In the 19th and 20th centuries, the language of love was theatrically expressed by the operetta; it was the vehicle, not just for high romance, but also for social satire and extravagant fantasy. We will salute the great melodic geniuses who glorified the operetta form, including Jacques Offenbach, Arthur Sullivan (with W.S. Gilbert), Johann Strauss II, Franz Lehar, Victor Herbert and Sigmund Romberg. Each session is guaranteed to leave you with a song in your heart!

Michael Harris, Instructor

In-House

Tuesday, 9/5-12/12 (14x) no class 11/7
9:30-11:30am Senior Center \$56

Zoom

Tuesday, 9/5-12/12 (14x) no class 11/7
1:00-3:00pm Zoom \$56

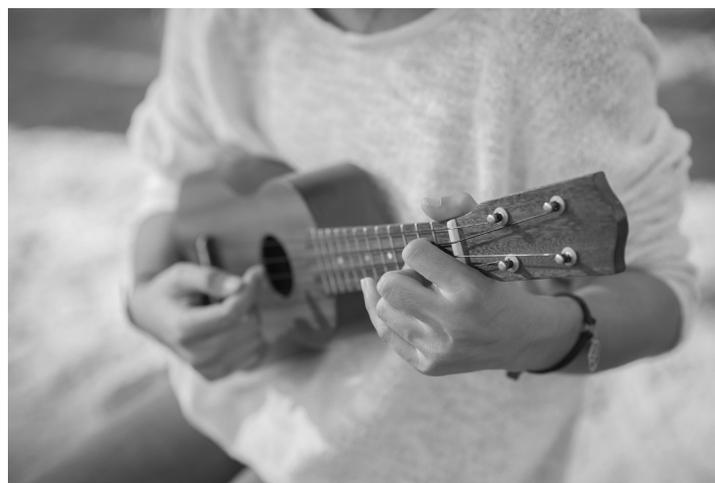
UKULELE SING-A-LONG - Advanced Group Lesson

This course is designed for those who have played the ukulele and are comfortable with 10 or more chords. Ukuleles are still available during in-class time only. We will learn more chords and try different strumming patterns, reading TAB and solo fingerpicking. Of course, we will have fun singing and learning new songs while learning to play the Ukulele. **Please note:** Short nails are necessary to play stringed instruments.

Jennifer May, Instructor

Monday, 9/18-10/23 (5x) no class 10/9
10:00-10:55am Senior Center \$21

Monday, 11/6-12/4 (5x) Senior Center \$21
10:00-10:55am



HEALTH AND FITNESS

CARDIO DRUMMING

Cardio Drumming is an aerobic exercise that takes a simple movement, drumming, and turns it into a full-body workout that will leave you smiling and feeling great. It brings together drumsticks, an exercise ball and stand to create one of the most fun workouts you'll ever do. Beating rhythmically to songs will promote physical health, better coordination and reduce stress. Come join in the fun! Equipment provided.

Marilyn Ciavarella, Instructor

Afternoon

Tuesday, 9/12-10/17 (6x)
12:00-12:50pm Senior Center \$18

Tuesday, 10/31-12/12 (6x)
12:00-12:50 pm no class 11/21
Senior Center \$18

Evening

Thursday, 9/14-10/19 (6x)
4:45-5:35pm Senior Center \$18

Thursday, 11/2-12/14 (6x)
4:45-5:35pm no class 11/23
Senior Center \$18

Dawn Tarbox-Szerbiak, Instructor

Morning

Monday, 9/11-10/16 (5x)
9:30-10:25am no class 10/9
Senior Center \$15

Monday, 10/30-12/11 (7x)
9:30-10:25am Senior Center \$21

Wednesday, 9/13-10/18 (6x)
9:30-10:25am Senior Center \$18

Wednesday, 11/1-12/13 (6x)
9:30-10:25am no class 11/22
Senior Center \$18

FALL PREVENTION - Safe on Your Feet

A series of total-body, muscle-toning routines. It is designed for strength, balance and flexibility, focusing on "Muscle Memory." Your muscles will learn to anticipate a possible problem such as how a fall feels when it begins. The moves range from seated to balancing routines. Fight age with strength.

Jean Widlicka, Instructor

Wednesday, 9/6-10/18 (7x)
9:30-10:25am Senior Center \$17

Wednesday, 11/1-12/13 (6x)
9:30-10:25am no class 11/22
Senior Center \$15

FUNCTIONAL LIVING EVERYDAY EXERCISE (FLEE) ZOOM

This exciting program encourages moderate physical activity to help improve balance, mobility, and strength. Each class provides resistance work, balance training, and range of motion movements that mimic activities of daily life. Perform a variety of balance challenges to help reduce the risk of falls. Join the functional fitness movement and live an independent and active life. Be sure to wear sneakers. Have a chair and resistance band ready.

Jill Bronsky, Instructor

Monday 9/11-10/23 (6x) no class 10/9
9:30-10:25am Zoom \$18

Monday, 11/6-12/11 (6x)
9:30-10:25am Zoom \$18

GET FIT WHILE YOU SIT

A fun and laid-back fitness program designed for beginners and those with back problems or physical conditions which make exercise difficult.

Jean Widlicka, Instructor

Monday, 9/11-10/16 (5x) no class 10/9
10:30-11:25am Senior Center \$13

Monday, 10/30-12/11 (6x) no class 11/20
10:30-11:25am Senior Center \$15

INTRO TO HORSESHOES

Learn everything about this classic backyard game. Ideal for casual gatherings or serious competition. No experience necessary.

Angelo Lorenzo, Instructor

Monday, 9/11-10/23 (6x) no class 10/9
10:30-11:30am North Forest Park
horseshoe pits \$24

KARATE (Modified)

Lessons will include basic punches and kicks, DOJO procedure, self-defense and Seisan kata. Instruction will involve some minimum contact. Good balance and steady feet are necessary to participate. Loose clothing and bare feet are recommended.

Paul Parisi, Instructor

Monday, 9/18-10/30 (6x) no class 10/9
10:00-11:15am Northwest Amherst
Community Center \$10

LINE DANCING - Ultra Beginner

For those who like to dance nice and easy with lots of repetition. Wear comfortable shoes that slide on the floor.

Bonnie Crosby, Instructor

Thursday, 10/5-11/9 (6x) Senior Center \$15
5:50-6:35pm

LINE DANCING - Beginner Plus

For those who want to step up the pace of dances and increase skill level. Great exercise while learning line dance patterns. Wear comfortable shoes that slide on the floor.

Bonnie Crosby, Instructor

Thursday, 10/5-11/9 (6x) Senior Center \$15
6:40-7:30pm

LINE DANCING COUNTRY - Beginner/ Beginner Plus

Designed for the Beginner and Beginner Plus who want to learn or improve their dancing skills. Easy to learn Country Western Dance Steps with a progression to slightly more advanced dance routines. Join in the fun and dance at your own level. Wear comfortable clothing. Cowboy boots are recommended or a shoe that can slide. No sandals, flip flops or rubber soled shoes.

Connie Kaminski, Instructor

Monday, 9/11-11/6 (8x) no class 10/9 Senior Center \$27
1:00-2:30pm

LINE DANCING COUNTRY - Improver

This is the next level after Beginner/Beginner Plus, so let's step it up some! Designed for line dancers that know the basic moves and want to try some dances that are a little more difficult. All steps and dances will be thoroughly taught. The emphasis will be on having FUN! Wear comfortable shoes that slide on the floor.

Bob Gaffney, Instructor

Monday, 9/11-11/20 (8x) no class 10/9, 10/30, 11/6 Senior Center \$18
11:00am-12:00pm

MEAN JEAN'S EXERCISE

Use large leg and arm motions to strengthen small and large muscles. Heart and lungs will benefit and increase joint mobility. Seated and occasional standing exercises performed. Bring your own ball (small-to fit in your hand) and bands to class.

Jean Widlicka, Instructor

Monday, 9/11-10/16 (5x) no class 10/9 Senior Center \$13
9:30-10:25am

Monday, 10/30-12/11 (6x) no class 11/20 Senior Center \$15
9:30-10:25am

Tuesday, 9/5-10/17 (7x) Senior Center \$17
9:30-10:25am

Tuesday, 10/31-12/12 (6x) no class 11/21 Senior Center \$15
9:30-10:25am

Thursday, 9/7-10/19 (7x) Senior Center \$17
9:30am-10:25 am

Thursday, 11/2-12/14 (6x) no class 11/23 Senior Center \$15
9:30-10:25 am

Friday, 9/8-10/20 (7x) Senior Center \$17
9:30-10:25am

Friday, 11/3-12/15 (5x) no class 11/10, 11/24 Senior Center \$13
9:30-10:25am

MOVE, TONE, AND STRETCH

Includes low impact cardio, toning with light weights or bands and some core work. Class will finish with yoga inspired stretching and breathing. This is a fun and low impact way to improve your range of motion, strength, balance and flexibility. Bring light weights (1-2 pound) and a mat to class.

Kathy Bragagnola, Instructor

Monday, 9/11-10/23 (6x) no class 10/9 Northwest Amherst Community Center \$21
6:00-7:00pm

Monday, 11/6-12/11 (6x) Northwest Amherst Community Center \$21
6:00-7:00pm



Save
the
Dates

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SEP
All
Month

National Senior Center Month



SEP
All
Month

Emergency Preparedness Month

SEP
12

Open House
3:00-6:00pm

SEP
18-22

Fall Prevention Week



SEP
30

Harvest Fest at Bassett Park
1:00-4:00pm



OCT
All
Month

Health Literacy Month



OCT
2-8

Active Aging Week



OCT
24

Senior Expo
4:00-6:00pm

NOV
All
Month

**National Caregiver's and
Alzheimer's Awareness Month**

DEC
2

Breakfast with Santa
9:00-11:00am



DEC
15

Holiday Happening
6:00-8:00pm



Look for more details in upcoming newsletters

PICKLEBALL - Beginner

Did you know, Pickleball is the fastest growing sport in the United States? It is a paddle sport that combines elements of tennis, badminton and ping pong. This six-week course is designed for the Beginner. Each week we will begin with instruction and drills, followed by practice and play for the remainder of the class. Members are welcome to bring their own paddle, however, equipment will be provided. Comfortable clothing and sneakers are a must!

Due to class popularity, please sign up for 1 session only.

Greg Potter, Instructor

Morning

Wednesday, 9/20-10/25 (6x) 10:30am-12:00pm Northwest Amherst Community Center \$18

Wednesday, 11/8-12/13 (5x) 10:30am-12:00pm no class 11/22 Northwest Amherst Community Center \$15

Cindy Weiss, Instructor

Afternoon

Thursday, 9/7-10/19 (6x) 1:30-3:30pm no class 9/21 Senior Center \$24

Thursday, 11/2-12/14 (6x) 1:30-3:30pm no class 11/23 Senior Center \$24

Greg Potter, Instructor

Evening

Thursday, 9/7-10/19 (6x) 6:00-7:30pm no class 9/21 Senior Center \$18

Thursday, 11/2-12/14 (6x) 6:00-7:30pm no class 11/23 Senior Center \$18



PICKLEBALL AT CLEARFIELD

Pickleball is a paddle sport that combines elements of tennis, badminton and ping pong. In this session, you will learn the basic rules of the game, along with plenty of opportunity for open play. Instruction is limited. Time will be spent playing to improve your skills and have fun.

Brian Ignaszak, Court Manager

Monday, 9/11-10/23 (6x) 12:45-2:45pm no class 10/9 Clearfield Community Center \$24

Monday, 10/30-12/11 (6x) 12:45-2:45pm no class 11/20 Clearfield Community Center \$24

Wednesday, 9/20-10/25 (6x) 12:45-2:45pm Clearfield Community Center \$24

Wednesday, 11/1-12/13 (6x) 12:45-2:45pm no class 11/22 Clearfield Community Center \$24

Thursday, 9/21-10/26 (6x) 12:45-2:45pm Clearfield Community Center \$24

Thursday, 11/2-12/14 (6x) 12:45-2:45pm no class 11/23 Clearfield Community Center \$24

POOL - Beginning

Learn the basics of playing Pool, including your stance, breaking, bridges & follow-throughs. Playing Pool can also help build your focus & improve your critical thinking skills at the table and in life.

Greg Potter, Instructor

Thursday, 9/14-10/12 (5x) 4:00-5:30pm Senior Center \$15

Thursday, 10/26-11/30 (5x) 4:00-5:30pm no class 11/23 Senior Center \$15

QIGONG and TAI CHI REFINEMENTS

We will explore the various connections of Qigong and Tai Chi. Qigong involves postures and breathing exercises that enhance vitality and well-being. Qigong also has an important effect on the quality of the stretching and fitness one can experience through Tai Chi. The combination of Qigong and Tai Chi will help you get stronger physically, gain greater control over heart rate and pulse through special relaxation techniques, and also soothe the nervous system. Prerequisite for this class is beginning Tai Chi. Class is held 2x a week, Tuesdays & Thursdays.

Robert Sachs, Connie Beroza, Instructors

Tuesday & Thursday, 9/5-12/14 (26x) 12:10-1:10pm no class 10/31, 11/2, 11/21, 11/23 Senior Center \$20

Checklist FOR INDEPENDENT LIVING

KEEP THE HOME WELL-LIT

A home with a lack of sufficient lighting will significantly increase the possibility of falls.

REMOVE ANY TRIPPING HAZARDS

The U.S. Centers for Disease Control and Prevention estimates that more than 9,000 seniors die every year from at-home falls. Minimize this risk by removing all loose objects from the floor.

FIRE SAFETY

Fires are another risk that seniors have to deal with while living on their own. Start by placing a smoke detector and fire extinguisher on every floor.

FALL PREVENTION CHECKLIST

Falling and getting injured is one of the biggest concerns for an elderly person living alone.

Use these tips for safety solutions:

Kitchen Safety

- Put all frequently used items on lower shelves.
- Keep a sturdy stool in the kitchen at all times

Floor Safety

- Keep all walkways free of any furniture/objects.
- Secure all rugs/carpets with nonslip backing.
- Make sure no loose objects are on the floor.
- Keep all wires taped or coiled securely close to walls.

Bedroom Safety

- Lighting needs to be within reach of the bed.
- Nightlights should keep pathway from bedroom to bathroom illuminated during the night.

Bathroom Safety

- Install and use grab bars for bathtub/shower entry and exit.
- Tub/shower floor should feature nonslip rubber mats.
- Place grab bars around the toilet.

Stair Safety

- Fix broken and/or uneven steps.
- Remove any loose objects from the staircase.
- Ensure staircase has sufficient lighting.
- Utilize handrails on both sides of the staircase.
- Have a light switch at the top and bottom of the stairs.

<https://slscommunities.com/checklist-for-elderly-living-alone/>

STRENGTH AND BALANCE

Maintain muscle mass and improve core strength and balance through a series of exercises performed in succession. By modeling the movements of daily life like squatting, reaching, or even carrying a heavy object, building functional strength can help increase your quality of life and reduce your risk of injury.

Angelo Lorenzo, Instructor

Tuesday, 9/12-10/17 (6x)
6:00-6:50pm

Senior Center \$18

Tuesday, 11/7-12/12 (6x)
6:00-6:50pm

Senior Center \$18

TABLE TENNIS (PING PONG)

Interested in trying a new sport? Already have experience, but want to brush up on your skills? Learn the fundamentals of Table Tennis in a fun & relaxed environment with your peers. We will review the rules, singles/doubles play, stroke, spin & finish with free-play matches. Best for Beginner to Intermediate players. No experience needed. Parking and entrance in back of building.

Greg Potter, Instructor

Monday, 9/11-10/16 (5x)
10:30am-12:00pm

no class 10/9
Williamsville Youth &
Family Center \$20

Monday, 10/30-11/27 (5x)
10:30am-12:00pm

Williamsville Youth &
Family Center \$20

TAI CHI - Beginning/Continuing

Interested in learning Tai Chi or just brushing up on your skills? Tai Chi is a Chinese form of exercise for health and relaxation involving 108 slow, natural movements. It takes approximately one year to complete the Beginner Level. Comfortable, loose fitting clothing is recommended. Class is held 2x a week on Tuesdays & Thursdays.

Robert Sachs, Instructor

Tuesday & Thursday, 9/5-12/14 (28x)
11:00am-12:00pm

no class
11/21, 11/23
Senior Center \$20

TAP DANCING - Beginner

Have you ever wanted to take tap but never had the opportunity? Here's your chance to learn the fundamentals of tap dancing. Tap is a great way to exercise the body and the mind in a fun and exciting way. This class will teach you footwork and expression through sound. It is a great way to practice control, coordination and agility. Plus it is a lot of fun! No experience needed, but tap shoes are required. This class can be done standing or sitting.

Dawn Tarbox-Szerbiak, Instructor

Thursday, 9/14-10/19 (6x)
10:40-11:35am Senior Center \$25

Thursday, 11/2-12/14 (6x) no class 11/23
10:40-11:35am Senior Center \$25

TAP DANCING - Intermediate

Lesson time will be split with a half hour of technique to help strengthen your tap dancing skills and continue with a half hour of new dance material and routines.

Dawn Tarbox-Szerbiak, Instructor

Tuesday, 9/12-10/17 (6x)
9:30-10:25am Senior Center \$25

Tuesday, 10/31-12/12 (7x)
9:30-10:25am Senior Center \$28



YOGA

Hatha Yoga is for everyone, whatever your age or flexibility level. Relieve emotional tension and stress through breath awareness and systematic training in natural, healthy diaphragmatic breathing. Variations will be presented for beginner to intermediate so you can work at your own level transitioning from floor to feet. Bring floor mat to class.

Tina Phillips, Instructor

In-House Morning - Beginner

Tuesday, 9/12-10/17 (6x)
9:00-10:15am Senior Center \$18

Tuesday, 10/31-12/12 (6x) no class 11/21
9:00-10:15am Senior Center \$18

Morning - All Levels

Thursday, 9/14-10/19 (6x)
9:00-10:15am Senior Center \$18

Thursday, 11/2-12/14 (5x) no class 11/9, 11/23
9:00-10:15am Senior Center \$16

Afternoon - All Levels

Tuesday, 9/12-10/17 (6x)
4:00-5:00pm Senior Center \$16

Tuesday, 10/31-12/12 (6x) no class 11/21
4:00-5:00pm Senior Center \$16

Zoom - All Levels

Wednesday, 9/13-10/18 (6x)
9:00-10:15am Zoom \$18

Wednesday, 11/1-12/13 (6x) no class 11/22
9:00-10:15am Zoom \$18

YOGA/CHAIR

While sitting in a chair, promote your health and energy level with mindfulness of body and mind, through a variety of safe and relaxing Yoga stretches and postures. Some standing poses are also included.

Jennifer Nuwer, Instructor

Friday, 9/8-10/20 (7x)
11:00am-12:15pm Senior Center \$20

Friday, 11/3-12/15 (5x) no class 11/10, 11/24
11:00am-12:15pm Senior Center \$16

HEALTH AND FITNESS

YOGA/GENTLE MINDFUL

Gentle flow yoga class focusing on mindful movements to help loosen the joints, build strength, balance and increase flexibility. Class will include floor and standing movements with variations for accessibility of the poses. Essential oil aromatherapy will be offered to use during class to enhance a sense of relaxation and stress relief. Bring floor mat and a light blanket.

Kathy Bragagnola, Instructor

Thursday, 9/14-10/19 (6x)
6:00-7:00pm Senior Center \$21

Thursday, 11/2-12/14 (6x) no class 11/23
6:00-7:00pm Senior Center \$21

YOGA AND MEDITATION

The mind and body are interconnected. This will be a combination of meditation and yoga exercise, done from a chair. Some standing poses are also included. The ultimate goal is to achieve a gentle and healing experience.

Jennifer Nuwer, Instructor

In-House

Wednesday, 9/6-10/18 (7x)
11:00am-12:00pm Senior Center \$17

Wednesday, 11/1-12/13 (6x) no class 11/22
11:00am-12:00pm Senior Center \$16

Zoom

Tuesdays, 9/5-10/17 (7x)
11:00am-12:00pm Zoom \$18

Tuesday, 10/31-12/12 (7x)
11:00am-12:00pm Zoom \$18

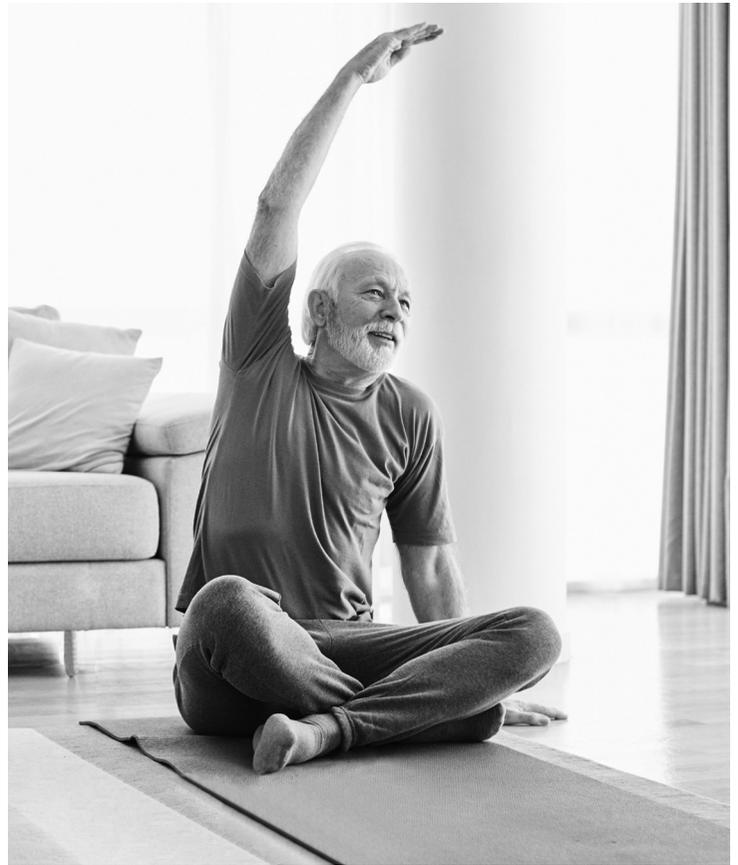
YOGA PLUS

Variations on basic postures are introduced. Breathing exercises and subtle relaxation methods are developed. Breath awareness is encouraged during postures and daily life to facilitate balanced health. Prerequisite: Completion of Beginning Yoga, or previous Yoga experience.

Christina Phillips, Instructor

Tuesday, 9/12-10/17 (6x)
10:30-11:45am Senior Center \$21

Tuesday, 10/31-12/12 (6x) no class 11/21



10:30-11:45am

Senior Center \$21

ZUMBA DISCO

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

Marilyn Ciavarella, Instructor

Thursday, 9/14-10/19 (6x)
12:00-12:50pm Senior Center \$18

Thursday, 11/2-12/14 (6x) no class 11/23
12:00-12:50pm Senior Center \$18



AMHERST
**Senior
Transportation**

**WE CAN DRIVE
YOU TO:**

- Medical Appointments**
- Amherst Senior Center**
- Grocery Shopping**



716-636-3075

Call to see if you qualify

We can take eligible Amherst residents who are 55 and older with advance reservations for a minimum charge.

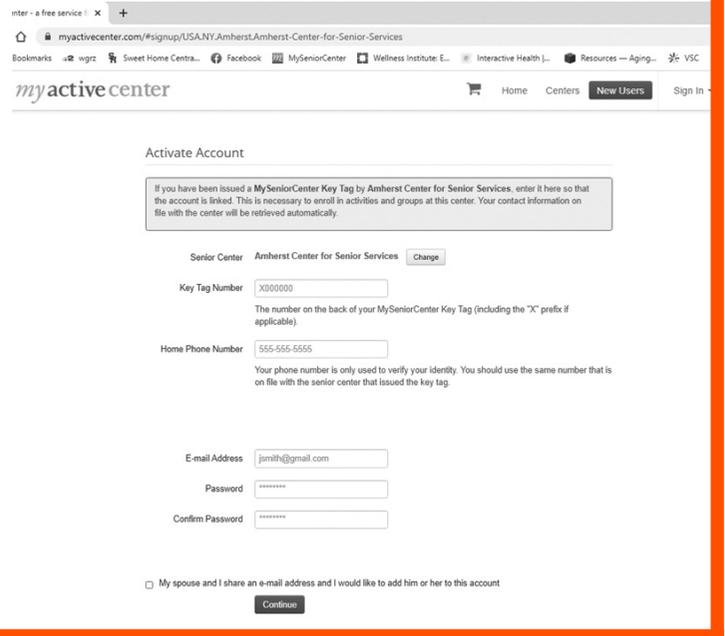
REGISTRATION

The Amherst Center for Senior Services implemented an online registration program for classes and programs. It is called MyActiveCenter.

Thank you to all the members who have already set up your account. **If you have not set up your account, please go to MyActiveCenter.com then click on the New User button and follow the directions.**

Your MySeniorCenter keytag number is needed to set up your account. If you are unable to find your keytag please call (716) 636-3051 and a Senior Center staff member will assist you.

There is also an instructional video on YouTube.com. Search AmherstCenterforSeniorServices and then look for MyActiveCenterDemo.



The screenshot shows the 'Activate Account' page on MyActiveCenter.com. At the top, there is a navigation bar with 'Home', 'Centers', 'New Users', and 'Sign In'. Below the navigation bar, a message box states: 'If you have been issued a MySeniorCenter Key Tag by Amherst Center for Senior Services, enter it here so that the account is linked. This is necessary to enroll in activities and groups at this center. Your contact information on file with the center will be retrieved automatically.' The form includes fields for 'Senior Center' (Amherst Center for Senior Services), 'Key Tag Number' (X000000), 'Home Phone Number' (555-555-5555), 'E-mail Address' (jrnith@gmail.com), 'Password', and 'Confirm Password'. A checkbox at the bottom indicates 'My spouse and I share an e-mail address and I would like to add him or her to this account'. A 'Continue' button is at the bottom right.

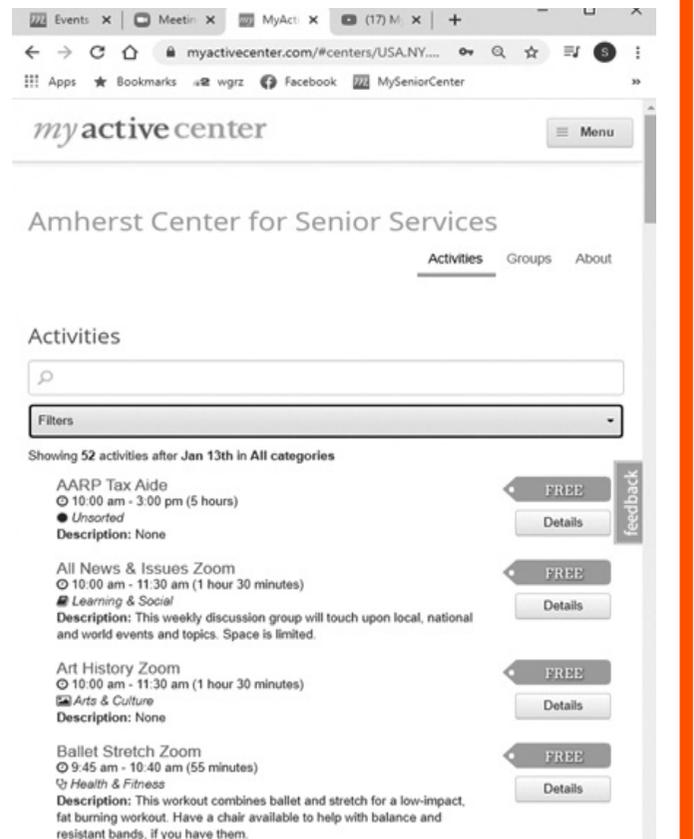
CLASS AND PROGRAM SEARCH

Once you have created your account, you are able to search for upcoming Classes and Programs that are being offered. The listing is in alphabetical order. You can use the Search box to put in the name of a Class or Program the way it is listed in the Network or Class Catalog. You can also use filters to narrow the list.

Once you have found the Class or Program that you are looking for you can click on the name or on the Details button to the right to bring up a description and a calendar that shows the days and times that it is being offered. Classes and Programs are scheduled in different ways. Please review the next pages to learn how to register for a Class.

Classes are set up as a Series which means when you click on a date in the calendar there are multiple days that the class will meet. This does not apply to one day classes.

Programs are set up as single events which means you will click on each date that you would like to sign up for.



The screenshot shows the 'Activities' page on MyActiveCenter.com for the Amherst Center for Senior Services. The page has a search bar and a 'Filters' dropdown menu. Below the search bar, it says 'Showing 52 activities after Jan 13th in All categories'. A list of activities is displayed, each with a 'FREE' tag and a 'Details' button. The activities listed are: 'AARP Tax Aide' (10:00 am - 3:00 pm, 5 hours), 'All News & Issues Zoom' (10:00 am - 11:30 am, 1 hour 30 minutes), 'Art History Zoom' (10:00 am - 11:30 am, 1 hour 30 minutes), and 'Ballet Stretch Zoom' (9:45 am - 10:40 am, 55 minutes). A vertical 'feedback' button is on the right side of the page.

STEPS FOR REGISTERING FOR CLASSES

1 STEP 1

Search the Class that you are interested in and click on the name of the class or Details button.

Click on the **date in the calendar** for the class you wish to take. When you click on the date, it will ask if you would like to register for the series, click **Continue**.

Click the **Add to Cart** button located directly **above** the calendar. You may need to **scroll up** to find it.

The screenshot shows the 'myactivecenter' website interface. At the top, there's a navigation bar with 'Activities', 'Centers', and a user profile 'Hi Tammy'. The main content area displays 'Current Events Zoom' with a 'free to \$20' badge. Below this, there's a calendar for March 2021. The calendar shows dates from 1st to 31st, with specific class times (9:30am - 11:30am) and prices (\$20) indicated for several dates. To the right of the calendar, there are two series options: 'Current Events Zoom series' for Feb 3rd to Feb 24th, 2021 (Total Activities: 4) and 'Current Events Zoom series' for Mar 3rd to May 26th, 2021 (Total Activities: 13). Both series have 'FREE' and '\$20' price tags respectively. A 'Register' button is visible at the bottom right of the calendar area.

2 STEP 2

After clicking the **Add to Cart** button you will get the Activity Registration screen.

This screen lists the classes in the series you are signing up for.

Click the **Add to Cart** button at the bottom.

The screenshot shows the 'Activity Registration' screen. It features a title bar with a close button (X). Below the title, there's a section for 'Selected Activities'. This section contains a table with three columns: 'Name', 'Dates', and 'Price'. The table lists the 'Current Events Zoom series' with dates from Mar 3rd to Apr 14th, 2021, and a price of \$20.00. At the bottom right of the screen, there's a 'Total \$20.00' label and two buttons: 'Cancel' and 'Add to Cart'.

Name	Dates	Price
Current Events Zoom series	Mar 3rd 9:30 am - 11:30 am	\$20.00
	Mar 10th 9:30 am - 11:30 am	
	Mar 17th 9:30 am - 11:30 am	
	Mar 24th 9:30 am - 11:30 am	
	Mar 31st 9:30 am - 11:30 am	
	Apr 7th 9:30 am - 11:30 am	
	Apr 14th 9:30 am - 11:30 am	

MAC ONLINE REGISTRATION PROGRAM

3 STEP 3

Once you click **Add to Cart** you will see this screen.

From here you can click on **Continue Shopping** to add other classes or click on the words **MyActiveCenter shopping cart** to move to the credit card payment screen.

Activity Registration

X

Thank You!

This activity has been added to your MyActiveCenter shopping cart.

Continue Shopping

4 STEP 4

To complete the registration process you need to go to your **MyActiveCenter shopping cart** either by clicking on the words as seen in step 3 or clicking on the shopping cart icon at the top of the page.

In the Shopping Cart you will see the list of the classes that you have selected.

myactivecenter

Amherst Center for Senior Services

Current Events Zoom
Learning & Social
Description: This weekly discussion group will touch upon local, national and world events and topics. Space is limited.

Current Events Zoom series
Wed, Mar 3, 2021 @ 9:30 am - 11:30 am (2 hours)

\$20

Details

Owed \$20.00
Total: \$20.00

Card number: 1234 5678 9012 3456
Expiration Date: 0322 MMYY
CVV: 012 3 digit code

Continue Shopping Pay Now

5 FINAL STEP

To process your credit card payment, fill in the Card Number (no spaces between numbers), Expiration Date, and CVV number from the back of your card.

Click the **Pay Now** button. This process is secure and your card information is not saved.

myactivecenter

Order Details

Checkout Complete

Transaction ID: 61e10e80-83ed-48cd-b37a-cc32402b1c2f

Date: Tue, Feb 9, 2021 4:33:32 pm

Center: Amherst Center for Senior Services

Line Items: \$20.00 Current Events Zoom series - Mar 03, 2021 thru May 26, 2021

Subtotal: \$20.00

Tax: \$0.00

Total: \$20.00

Thanks for using MyActiveCenter!

Print Receipt Continue

When it's your turn to retire, turn to the RedShirts.SM



Go ahead and look forward, we've got your back.

The next chapter of your life is almost here, and there sure is a lot to look forward to. As you approach retirement, know that you've got the RedShirtsSM in your corner. We're here to help you understand Medicare and find the plan that's right for you, so you can make the most of your well-earned retirement.

Before you take the next step,
talk to a Medicare RedShirt[®] expert.
(716) 635-4900 or 1-800-958-4405 (TTY: 711)
Oct. 1–Mar. 31: Mon. – Sun, 8 a.m. – 8 p.m.
Apr. 1–Sept. 30: Mon. – Fri, 8 a.m. – 8 p.m.
RedShirtTreatment.com/Medicare

Independent
Health.

Independent Health is a Medicare Advantage organization with a Medicare contract offering HMO, HMO-POS, HMO-SNP and PPO plans. Enrollment in Independent Health depends on contract renewal. ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-800-665-1502 (TTY: 711). Independent Health complies with applicable Federal civil right laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCION: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-665-1502 (TTY: 711). 注意: 如果您使用繁體中文, 您可以免費獲得語言協助服務。請致電 1-800-665-1502 (TTY: 711).

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REGISTRATION FORM



FALL 2023 CLASS REGISTRATION - Begins on August 7

Registration is on a first-come, first-served basis

All Classes are held at the Amherst Senior Center unless otherwise stated.

Online To register online, you must be a member and set up an account at myactivecenter.com. Payment must be made by Mastercard, VISA, Discover or American Express.

Telephone Please call (716) 636-3051 to register with a credit card.

Mail or Drop Off A separate form must be filled out for **EACH** person. If you are using a credit card, make sure to include number, expiration date and CVV number from the back of the card. Make checks payable to Amherst Center for Senior Services. Mark envelope **CLASS REGISTRATION**. Include a self-addressed stamped envelope for class confirmation and receipt if desired.

Walk In Registration begins on **Tuesday, August 8 at 10:00 am**. Please bring completed form with **EXACT** payment by credit card, cash or check.

Please make sure that all registration forms are filled out completely, accurately and legibly.

Name _____ Email _____

Street _____ City _____ Zip Code _____

Phone Number _____ Has any Information Changed? _____ If so, what? _____

COMPLETE COURSE TITLE	CENTER	ZOOM	DAY	TIME	START DATE	FEE

TOTAL \$ _____

(please circle one) Cash Charge Check Check Number _____

Card Number _____

Expiration Date ____ / ____ CVV Number _____ Total Charge _____

Signature Required _____

**MAIL TO: AMHERST CENTER FOR SENIOR SERVICES
CLASS REGISTRATION
370 John James Audubon Parkway
Amherst, NY 14228
amherstcenterforseniorservices.com**

Office Use Only:
Date: _____
Initials: _____



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Connect with your local Licensed Medicare
Advisor to learn more.

Kathy Murray
Amherst Medicare Center: 6770 Main St. Suite 120
716-658-8655 or 1-888-480-3183 (TTY call 711)
Kathryn.Murray@highmark.com



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Highmark Blue Cross Blue Shield of Western New York is a Medicare Advantage plan with a Medicare contract and enrollment depends on contract renewal.

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Online To register online, you must be a member and set up an account at myactivecenter.com. Payment must be made by Mastercard, VISA, Discover or American Express.

Telephone Please call (716) 636-3051 to register with a credit card.

Mail or Drop Off A separate form must be filled out for **EACH** person. If you are using a credit card, make sure to include number, expiration date and CVV number from the back of the card. Make checks payable to Amherst Center for Senior Services. Mark envelope **CLASS REGISTRATION**. Include a self-addressed stamped envelope for class confirmation and receipt if desired.

Walk In Registration begins on **Tuesday, August 8 at 10:00 am**. Please bring completed form with **EXACT** payment by credit card, cash or check.

Please make sure that all registration forms are filled out completely, accurately and legibly.

Name _____ Email _____

Street _____ City _____ Zip Code _____

Phone Number _____ Has any Information Changed? _____ If so, what? _____

COMPLETE COURSE TITLE	CENTER	ZOOM	DAY	TIME	START DATE	FEE

TOTAL \$ _____

(please circle one) Cash Charge Check Check Number _____

Card Number _____

Expiration Date ____ / ____ CVV Number _____ Total Charge _____

Signature Required _____

**MAIL TO: AMHERST CENTER FOR SENIOR SERVICES
CLASS REGISTRATION
370 John James Audubon Parkway
Amherst, NY 14228
amherstcenterforseniorservices.com**

Office Use Only:
Date: _____
Initials: _____



9 Ways To Expand The Time Living Independently

TAKE THESE STEPS TO STAY IN YOUR HOME OR COMMUNITY AS LONG AS POSSIBLE

1. PREVENT FALLS

Falls are the most common cause of nonfatal, trauma-related hospital admissions for older adults. According to the Centers for Disease Control and Prevention, one-quarter of Americans 65 and older fall every year. A fall can trigger a decline in functioning which may affect your ability to remain independent.

2. WORK WITH EXPERTS

Switching to a geriatrician for primary care, for instance, helps preserve independence. Geriatricians are trained to manage the complexity of multiple complicated health concerns and know the difference between normal aging and more serious illness. They identify what you need help with and assist in finding appropriate services.

3. STAY MENTALLY ACTIVE

Maintaining brain health is key and helps you remain at home. A study in the journal *Brain Imaging and Behavior* showed that mentally stimulating games and activities preserved cognitive functioning in older adults. And a Harvard Medical School study showed that thinking skills, which decrease with age, can be sharpened with brain games.

4. ACCESS SUPPORT SERVICES

To remain at home, it is important for people to feel independent and self-sufficient. To do that, be open to the idea of outsourcing services. Getting groceries delivered can help. If you feel intimidated by apps and online platforms, Instacart offers dedicated “senior support specialists” who help customers order by phone.

5. DISCUSS MEDICAL CARE REDUCTIONS

It sounds counterintuitive to reduce medical care as you age, but we often rely too much on too many health care providers, tests and procedures. These have

complications, especially medications. Cutting back is not a refusal of care – rather an evaluation of the burdens versus the benefits of specific care.

6. MAINTAIN RELATIONSHIPS

Social and family connections support mental health, such as the ability to manage stress and prevent depression. Older adults find ways to both give and receive support. Helping other people can be just as important, and sometimes even more, for our well-being.

7. STAY FLEXIBLE

Change is necessary and rather than it being forced on you, think of taking the lead. Keep your eye on your goal of living independently and be open to possibilities that will help you. A study in *Cell Press* found aging causes the brain to become less adaptive to change. Older people can become resistant to things like taking new medications or making home modifications.

8. START SAVING MONEY

Remaining at home can be expensive. In-home caregiving expenses are very high and a significant factor to be able to continue to stay at home when someone becomes dependent with multiple medical conditions. Rates for nonmedical aides for things like housework, meals and errands range from \$16 to \$28 per hour depending on where you live. Home health care aides may cost up to \$30 per hour.

9. HAVE A PLAN

Staying in your own home requires thinking ahead. If you have chronic conditions, talk with your doctor to understand how the disease could progress, so you can anticipate how to manage it in the future. Plan for how you will get help when needed.

<https://www.nextavenue.org/9-ways-to-extend-the-time-you-spend-living-independently/>



INSTRUCTORS NEEDED

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

We are always looking for new individuals to share their education and experience.

If you have a special skill or talent that you would like to share, consider joining our team and becoming an instructor at our facility. We welcome new ideas and always need fitness instructors.

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