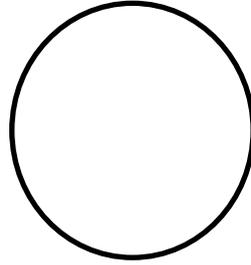
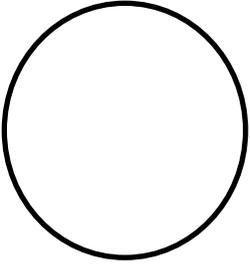




Amherst Center for Senior Services  
370 John James Audubon Parkway  
Amherst, NY 14228-1142

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The Monthly Newsletter of the  
Amherst Center for Senior Services  
January 2023



AmherstCenterForSeniorServices.com



/AmherstSeniorServices



716-636-3050



**JANUARY**



# DIRECTOR'S NOTE

## IMPORTANT PHONE NUMBERS

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

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## KEY STAFF CONTRIBUTORS

Melissa Abel, Director, [mabel@amherst.ny.us](mailto:mabel@amherst.ny.us)  
Tammy Jacobs, Program Coordinator: [tjacobs@amherst.ny.us](mailto:tjacobs@amherst.ny.us)  
Jodi Kwart, Director of Volunteers: [jkwarta@amherst.ny.us](mailto:jkwarta@amherst.ny.us)  
Jennifer Lazarz, Program Leader: [jbono@amherst.ny.us](mailto:jbono@amherst.ny.us)  
Karen Lisiecki, Project Coordinator: [klisiecki@amherst.ny.us](mailto:klisiecki@amherst.ny.us)  
Donna Muck, Kitchen Manager: [dmuck@amherst.ny.us](mailto:dmuck@amherst.ny.us)  
John Jones, Social Caseworker: [jjones@amherst.ny.us](mailto:jjones@amherst.ny.us)  
Vijaya Tomar, Social Worker: [vtomar@amherst.ny.us](mailto:vtomar@amherst.ny.us)  
Cindy Weiss, Class Coordinator: [cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us)  
Barb White, Recreation Leader: [bwhite@amherst.ny.us](mailto:bwhite@amherst.ny.us)

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

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## 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

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## 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](http://AmherstMealsOnWheels.org) | 716-636-3065

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## AMHERST SENIOR TRANSPORTATION SERVICES

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

[AmherstVans.org](http://AmherstVans.org) | 716-636-3075

Happy New Year! Most people enter the new year with resolutions that they usually break by February. My hope for everyone is that we look at the new year and just inspire to be happy and healthy. I know this is sometimes hard in the winter. The cold temperatures, shorter days, and lack of sunlight can cause the winter blues. The inability to enjoy the outdoors decreases our physical activity. Neither of these situations have to be your situation. The Center consistently offers programs and classes to exercise your mind and body. It is a place for you to socialize and surround yourself with your peers and a staff that is here for you.

If you do find yourself in need of some support, consider attending one of our support groups offered by our Social Work staff. We offer several support groups including : Caregivers, Widow and Widowers, Loss and Grief, Men's Group, and Grandparent Kinship. You can find additional information on Page 8.

As of this past December 1<sup>st</sup>, Kaleida Health has closed their adult day services program at our location. Kaleida Health determined that they needed to consolidate services into its Wheatfield location. We are grateful for the many years that we partnered with Kaleida in providing services here to seniors and their families and caregivers. With this change comes an opportunity for us to repurpose the space left vacant. We are in the planning stages of creating a Wellness Center that will provide increased opportunities for health screenings, vaccination clinics, health and wellness programming, mindfulness and meditation, mental health programming, and more. This is an exciting venture for us and the amazing opportunities that will be provided to our members in the near future.

My wish for you for this winter and into the new year is to remain active and healthy. We Buffalonians know the winter can be long but none of us have to do it alone.

*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

***On the weeks of January 3 and January 10-we will close at 4:30 pm each day.***

## 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 Wednesdays from 10:30-1:30 pm*
- Billiard Room
- Card Room
- Computer Lab
- Dance Room—*Sponsored by Univera Healthcare*
- 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](http://AmherstCenterforSeniorServices.com/membership-plans)

To join the Center in-person:

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

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

## CALLING ALL NEW MEMBERS

### NEW MEMBER 101

Thursday, January 12 at 11:00am or

Tuesday, January 24 at 4:00 pm

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. 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 for both program and lunch or dinner.

**AMHERST CENTER FOR SENIOR SERVICES MAIN LINE 636-3050**

## JANUARY HIGHLIGHTS

### SENIOR CITIZENS LOW INCOME TAX EXEMPTION

Tuesday, January 10, 10:00-2:00 pm

Thursday, January 26, 10:00-2:00 pm

The Town Assessors Office will be available to assist with completion of renewal applications. Renewal applications have been sent out to those who have qualified in the past. Please bring your application and 2021 income documents. Use a 2021 tax return or your 1099s for proof of income. If you have an IRA, bring the 2021 year end statement showing interest and dividends earned on the account



### CHINESE NEW YEAR

Chinese New Year begins on the new moon that appears between January 21 and February 20. This is one of the most important holidays in Chinese culture. 2023 is the *Year of the Rabbit*. Please join us as we celebrate Chinese culture!

### CHINESE NEW YEAR CELEBRATION

Wednesday, January 25 at 11:00 am

Our Chinese Square Dancing Group will dance and sing as we celebrate the Chinese New Year

### ARMCHAIR TRAVELER

Friday, January 27 at 2:00 pm

*Explore China* 60 minutes

## Hello Winter!

### HOW TO AVOID THE WINTER BLUES

Wednesday, January 11 at 1:00 pm

Educate yourself on fun ways to beat what many people call the *Winter Blues*.

*Presented by John Jones, Social Case Worker*

### WINTER SAFETY

Friday, January 13 at 11:00 am

Our Buffalo winters are known to get the best of us-physically and emotionally! In preparation, learn techniques to minimize risks of falling, how to prepare your home and car for the long winter months and how to keep yourself healthy

*Presented by Lauren Grawe, Physical Therapist*

### EMERGENCY PREPAREDNESS

Tuesday, January 24 at 6:00 pm

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions.

*Presented by NYS Department of Homeland Security*



## A NOTE FROM YOUTH AND RECREATION

Happy New Year! If you are like me, you have likely made some resolutions to usher in the new year. If you are also like me, by the end of the month, you may have broken or given up on many of them! Accordingly to a survey of over 2,000 adults in the United Kingdom, the top 3 resolutions for 2022 were 1) lose weight, 2) eat a healthier diet, and 3) exercise more. I'm guessing that those were probably the same (or at least in the top 5) for the United States as well, and they certainly were for me. Since I wasn't really committed to resolutions #2 and #3, however, it's no surprise that resolution #1 was a bust! Still, I am going to try again for 2023.

Research shows that it's much easier to achieve a goal if you have support and encouragement along the way and our department is here to help! Start the new year off right by joining us for an all-ages New Year's Day Snowshoe/Hike at Amherst State Park from 3:00-4:30pm. Sign up for pickleball, tennis, archery, dance, yoga, tai chi – you name it, the Center offers it! Check the winter course catalog for days and times. If it's a healthier diet you're after, make a commitment to join us for lunch each day and dinner on Tuesdays. Our kitchen staff does a fabulous job of providing meals that are both healthy and delicious! If you have a difficult time getting here during the winter months, explore our frozen meal options as a healthier alternative to take-out. Join one of our many clubs to beat the winter blahs, which can lead to mindless eating. The possibilities are endless!

Hopefully, I will take my own advice and be able to report some progress next year at this time. In the meantime, best wishes to all for a happy and healthy new year, and please take a minute on January 17<sup>th</sup> to wish a very Happy Birthday to our Director, Melissa Abel, one of my favorite people!

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

# PROGRAMS

## PROGRAM REGISTRATION



AmherstCenterForSeniorServices.com/Register



716-636-3051



In person at the Center's Reception Desk

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### MUSICAL MEMORIES CAFÉ *by West Falls Art Center*

Tuesday, January 3 and 17 at 2:00pm

Join us for an enjoyable time with your loved one for entertainment, socialization, reminiscing and refreshments. Please make reservations by calling Carolyn at 570-6520 or email [westfallsartcenter@gmail.com](mailto:westfallsartcenter@gmail.com)

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### VICK'S VAPOR RUB SHOWER MELTS

Wednesday, January 4 at 11:00 am

Please bring a large Tupperware container. Fee is \$5.00. Paid reservations by 1/2. No refunds after.

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### 2022 IN REVIEW

Thursday, January 5 at 11:00 am

Rewind the year with a cup of coffee



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### SILVER PRIDE TEA

Friday, January 6 from 10:00am -12:00pm

This is an opportunity for LGBTQ seniors to come together and enjoy a morning of refreshments and conversation. ALL are welcome.  
*Hosted by the Pride Center of WNY*

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### TALK AND TASTE

Friday, January 6 at 1:00 pm

Stop by for a taste of Jen's Lazy Black Forest Cake

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### MIND TEASERS

Tuesday, January 10 at 11:00 am

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### TACO'S AND TRIVIA

Wednesday, January 11 at 12:00 pm

Enjoy taco in a bag and trivia for \$4.00. Paid reservations by 1/9. No refunds after

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### WINTER BINGO

Thursday, January 12 at 1:00 pm

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### PAULA'S DONUTS & COFFEE

Wednesday, January 18 at 9:30 am Fee is \$3.00. Paid reservations by 1/16. No refunds after

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### NATIONAL POPCORN DAY

Thursday, January 19 at 11:00 am

Grab a bag and gab

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### ROSE TOPIARY

Thursday, January 19 at 1:00 pm

Stop by the Reception Desk to see a sample. Fee is \$10.00. Paid reservations by 1/17. No refunds after  
*Presented by Member, Rena Kantenwein*

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### ARE YOU SMARTER THAN A 5<sup>th</sup> GRADER?

Friday, January 20 at 11:00 am

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### 20 QUESTIONS WITH JOHN

Monday, January 23 at 9:30 am

Have you met our new Social Worker John Jones? Join us for breakfast and get to know the Center's newest addition. John is making his signature Mountain Man Breakfast. Fee is \$4.00. Paid reservations by 1/21. No refunds after

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### PALEOLITHIC ART

Tuesday, January 24 at 1:00 pm

This one-hour PowerPoint program will present many colored images to portray the sudden appearance of art approximately 35,000 years ago and show its extent around the world. Topics include cave paintings from the well-known caves of Altamira, Lascaux, and Chauvet, as well as a few lesser-known caves. The discussion will also include etchings, sculptures, spear throwers, jewelry, and the popular Venus figures. There will also be books available for the audience to review



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### COOKING WITH JEN

Wednesday, January 25 at 1:00 pm

We will be making Crockpot Baked Potato Soup. Please bring a large Tupperware container to bring home your soup. Fee is \$7.00. Paid reservations by 1/18. No refunds after

**RESERVATIONS REQUIRED FOR ALL PROGRAMS**

# PROGRAMS

## PROGRAM REGISTRATION

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

 716-636-3051

 In person at the Center's Reception Desk

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### PIZZA AND GAME NIGHT

Thursday, January 26 at 5:00 pm  
Pizza and salad from John and Mary's followed by a game of America Says. Fee is \$7.00. Paid reservations by 1/24.  
No refunds after

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### NETFLIX CHAT (ZOOM)

Tuesday, January 31 at 11:00 am  
Share what you have been binge watching

---

### BOOK AND MOVIE DISCUSSIONS

Thursday, January 26 at 1:00 pm  
*Little Women* and by Louisa May Alcott

Wednesday, February 22 at 1:00 pm  
*The Noel Diary* by Richard Paul Evans

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### HEALTH:

#### KNEE PAIN: HOW TO STAY ACTIVE WITH EXERCISE

Tuesday, January 17 at 11:00 am  
Stop letting sore knees slow you down-even if you have arthritis. Learn everything you need to know to keep moving and doing the things you love  
*Presented by Physical Therapist, Tina Hines, PT DPT*

### BETTER BREATHERS GROUP

Wednesday, January 25, 1:00 pm

First Meeting!

Better Breathers Club members learn better ways to cope with lung conditions such as COPD, pulmonary fibrosis, and asthma while getting the support of others in similar situations. Better Breathers Club meetings offer a fun and stimulating combination of guest speakers, problem-solving discussions, and social activities. Led by trained facilitators, these

in-person adult support groups give you the tools you need to stay active and healthy, living the best quality of life you can.

NEW

### HEALTH INSURANCE:

To schedule your personal appointment call the representative listed

**Clarity Group** 9:00-12:00pm

Lisa at 716-864-4886

**Univera** Monday, January 30 from 10:00-1:00 pm

Michele at 716-572-8315

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### MOVIES:

#### Afternoon

Monday, January 9 at 1:00 pm  
*Mack and Rita* PG-13 95 minutes

Monday, January 23 at 1:00 pm  
*Father of the Bride (2022)* PG-13 118 minutes

Monday, January 30 at 1:00 pm  
*Bandit R* 126 minutes

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#### Evening

Tuesday, January 17 at 5:30 pm  
*Mack and Rita* PG-13 95 minutes

Tuesday January 24 at 5:30 pm  
*Father of the Bride (2022)* PG-13 118 minutes

Tuesday, January 31 at 5:30 pm  
*Bandit R* 126 minutes

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### FOREIGN FILM

Friday, January 13 at 1:00 pm  
*Meng zhong ren (Dream lovers)* Chinese 93 minutes

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### CLASSIC MOVIE

Thursday, January 16 at 5:30 pm  
*It Happened One Night* Not Rated 105 minutes

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### FRIDAY FUNNIES

Friday, January 20 at 2:00 pm  
*The Andy Griffith Show* 102 minutes

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### INFORMATION TABLES:

#### CLEAR CAPTIONS

Tuesday, January 10 from 11:00 -1:00 pm

#### YOUR LIFE PATIENT ADVOCACY

Wednesday, January 18 from 11:00 -1:00 pm

#### HEARTS AND HANDS

Thursday, January 19 from 11am-1pm

#### EPIC

Monday, January 23 from 11:00-1:00pm

## CLASSES

Register now.  
Classes begin  
January 3.

### CLASS REGISTRATION

 AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Reception Desk

### WINTER CLASS CATALOG!

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

### AUDIT A CLASS

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

### REFUNDS

If you are uncertain a particular course is for you, we encourage you to audit the class prior to registration. Requests for refunds or transfers will be honored only if a member makes the request at least 4 full business days prior to the scheduled class start date.

**A \$5 processing fee will be applied for withdrawals or transfers.** After the session begins, **NO** refunds are granted except for medical reasons and/or the advice of the instructor. Refunds will be credited to your Senior Center account.

### DEFENSIVE DRIVING CLASS:

**AARP Smart Driver**

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

Wednesday, 1/18 or Wednesday, 2/15 from  
9:00 am-4:00 pm

**Checks made payable to AARP Smart Driver.**

Write your AARP membership number on your check and class registration form. No fee waiver.

*Checks are held and submitted to the instructor on the day of the class*



### CLASS HIGHLIGHTS:

*Below is a select list of classes being offered this coming Winter. Full descriptions of **ALL** classes, including day, time and price, are in the Winter Class Catalog*

#### ART HISTORY ZOOM – Landmarks in Art History

We will discuss one landmark work of art per week, focusing on context, stylistic developments, historical reception and provenance of each. The class will be chronological, beginning in the 14<sup>th</sup> century, and ending in the 20<sup>th</sup>. Those artist presented will include Jan van Eyck, Edouard Manet, Grant Wood and Andy Warhol.

#### ALL THE NEWS & ISSUES ZOOM/ CURRENT EVENTS ZOOM

These weekly discussion groups will touch upon local, national and world events and topics.

#### FOUNDATIONS OF MINDFULNESS

This class will provide an overview of the foundational concepts, principles and practices of mindfulness. Explore both informal and formal mindfulness practices including finding compassion within and enhancing resilience. No prior experience necessary.

#### FUNCTIONAL LIVING EVERYDAY EXERCISE (FLEE) ZOOM

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.

#### 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.

#### UNDERSTANDING HOCKEY 101

What's a blue line, red line, slap shot, or power play? Learn the basics of how hockey is played from its history to the game of today. This class takes the mystery out of what's happening on the ice and will help you understand and enjoy this fast-paced game.

Register for classes online at [MyActiveCenter.com/register](http://MyActiveCenter.com/register), by mail, walk-in or by calling 636-3051

## SENIOR SERVICES

### SUPPORT GROUPS REGISTRATION

 MyActiveCenter.com

 716-636-3051

 In person at the Center's Reception Desk

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#### SUPPORT GROUPS:

##### WIDOW/WIDOWERS SUPPORT GROUP

Tuesday, January 10 at 11:00 am

If you are facing a stressful life change due to losing your spouse, you don't have to go through it alone. Join our monthly support group. This 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, January 11 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*

---

##### LOSS AND GRIEF GROUP

Thursdays at 11:00 am

This group will meet every Thursday for six weeks. Next series will start on January 12<sup>th</sup> and run until February 16<sup>th</sup>. We will discuss coping strategies, healing techniques, and stages of loss and grief.

---

##### MEN'S SUPPORT GROUP

Tuesday, January 17 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!

---

##### CAREGIVERS SUPPORT GROUP

Wednesday, January 18 at 1:00 pm

Caregiving can be overwhelming and we are here to offer support.

### SENIOR OUTREACH SERVICES

Through a partnership with Erie County Department of Senior Services, the Center has an in-house senior outreach program. Trained staff are available to provide assessments for home and community-based services, such as Meals on Wheels, Home Care, Adult Day Care, and Personal Emergency Response Buttons. There may even be funds available to assist in the cost of services. Call Senior Outreach Services at 636-3070.

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#### 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 Services.

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#### The Supplemental Nutrition Assistance Program (SNAP)

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

---

#### ACCESSIBLE PARKING TAG

If you need assistance with an application or paperwork, we are available on the second Monday of each month from 10:00 am-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.

---

#### YOUTHWORKS

Youthworks is a service that works as a liaison between residents and Amherst youth ages 12-20. Jobs include: yardwork, gardening, weeding, mowing, raking, and snow removal. To hire a youth, please contact Robin Erwin at 631-7217. The Youthworks service may be provided to you free for up to 30 hours per year if you qualify for the Senior Fund program.

**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 in-person, telephone, or virtual visits by appointment only*

# VOLUNTEER INFORMATION

## THANK YOU MEMBERS

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

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## GENTLE REMINDER

If you have not already done so, please remember to submit your 2022 volunteer hours into the 'My Senior Center' kiosk when you swipe in as you arrive in the building to volunteer, no later than December 30<sup>th</sup>. We will still accept your volunteer service hours that you have completed since the beginning of the year as well; please don't hesitate to submit those just because the time has come & gone, because it is important for us to be able to count all of your service hours amongst our yearly totals. For those of you who volunteer outside the Center and don't have an opportunity to report your volunteer hours at the kiosk, please call us and we'll be happy to take care of that for you. Not sure if what you do counts as volunteer service? Give us a call and we'll be happy to discuss it with you!

---

## AARP TAX APPOINTMENT VOLUNTEERS NEEDED

Tax time will be here before we know it and we may still need volunteers to answer the phone to schedule appointments on behalf of AARP. This role will be ongoing throughout tax prep season. If you have some weekly availability and would enjoy serving in this capacity, please give us a call to secure a weekly shift.

---

## GIFT SHOP INVENTORY VOLUNTEERS NEEDED

We are looking for a couple of volunteers to assist the Amherst Generations Foundation with preparing the annual inventory of items in the Gift Shop. The inventory process usually takes several days and is traditionally done the first week of the new year. This would be a great short-term project for a couple of friends to work on together. Instructions will be provided.

---

## GIFT SHOP

The Gift Shop will be closed for inventory purposes the first week in January.

## NEW VOLUNTEER OPPORTUNITIES

With a new year, there often comes changes and chances to accomplish new things. It is our great desire to be able to offer new volunteer opportunities in 2023. If you are interested in volunteering in the year ahead, please stay tuned. We will continue posting open positions on the bulletin board outside the Volunteer Office, as well as sharing them in this monthly publication and in emails that go out to our members.

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## HOT DOG SALE

Considering the notoriously frigid temperatures this time of year and in an effort to keep our volunteers safe and warm, there will not be a hot dog sale during the month of January.

## CLUBS

### AMCS PHOTOGRAPHY CLUB

Tuesday, January 10 from 1:00-3:00 pm  
"Black and White to Print" by Steve Dent.

Tuesday, January 24 from 1:00-3:00 pm  
"Members Present Black and White Images"  
*Club Members can present color to black and white and discuss how and why they made their choice. Members may submit up to 8 photos by Sunday, January 22, 6pm. An outside judge will critique Club Member photos.*

---

## BAKERS RACK SALE

Wednesday, January 18 while supplies last

## OPEN PICKLEBALL:

- Tuesdays from 1:00-4:00pm, January 10, 17, 24, 31  
(Only one court will be available on these Tuesdays)
- Wednesdays from 1:00-4:00pm, January 11, 18, 25
- Thursdays from 1:00-4:00pm, January 12, 19
- Thursday from 4:00-5:30pm, January 26
- Friday from 1:00-4:00pm, January 20, 27

# CLUBS

## CLUB REGISTRATION

 AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Registration Desk

Clubs are an excellent way to meet new friends and socialize with people with similar interests. If you are interested in more information or joining a Club, please contact the Club Leader.

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	December 19 at 1:00
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, 12:15-4:15
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
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	Fridays, 1:00
Euchre Club	Bob Peluso	689-0094	Tuesdays, 1:00
Gateway Board Game 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	2nd Thursday of the month, 4:30
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	sawandjmp@cs.com or 741-3623	Thursdays, 1:30
Stained Glass Club	Tom Richards	832-5641	Thursdays, 9:00-12:30
Strategic Board Game 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, 9:00-12:00
Walking Club (Walton Woods)	Sue Clark	smc916@verizon.net	Thursdays, 9:30 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

# JANUARY 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> <b>CLOSED</b>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
		<b>3</b> Spaghetti & meatballs Cauliflower Grape juice Italian bread Fruit cocktail	<b>4</b> Ham & pineapple Scalloped potatoes Carrots Dinner roll Cake	<b>5</b> Breaded chicken Baked beans Spinach Corn muffin Cookie	<b>6</b> Taco Rice Corn Spumoni ice cream
Lentil soup Small salad Bread Dessert	<b>9</b> Polish sausage Sauerkraut Lazy pierogi Mixed vegetables Roll Pears	<b>10</b> Build your own salad! Italian bread Angel food cake	<b>11</b> Pulled pork Garden rice Carrots Hoagie roll Diced peaches	<b>12</b> Roast beef w/ gravy Oven potato Green beans Roll Cookie	<b>13</b> Breaded chicken Baked beans Spinach Corn muffin Pecan pie
	<b>16</b> <b>CLOSED</b> 	<b>17</b> Cabbage roll Mashed potatoes Mixed vegetables Dinner roll Cookie	<b>18</b> Chicken Rice pilaf Carrots Wheat dinner roll Apple	<b>19</b> Mac & cheese Stewed tomatoes Broccoli White bread Diced pears	<b>20</b> Julienne salad Vegetable beef soup Fruit punch Italian bread Banana
Garden burger Roll Potato Vegetable Dessert	<b>23</b> Reuben sandwich Garden vegetable Cranberry juice Rye bread Pineapple chunk	<b>24</b> BBQ rib Potato wedge Mixed vegetables Hoagie roll Mandarin orange	<b>25</b> Chicken leg Sweet potato casserole Spinach Corn muffin Apple crisp	<b>26</b> Lasagna roll Meatballs Chef salad Broccoli Italian bread Lemon ice	<b>27</b> Breaded fish Wild rice Mixed vegetables Dinner roll Apricots
Vegetable stir fry Rice Bread Dessert	<b>30</b> Turkey sandwich Soup Cranberry juice Sherbet	<b>31</b> Pork chop w/gravy Mashed potatoes Peas Multigrain bread Choc chip cookie			

### 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.

Dinners will NOT be served on  
January 3 or January 10.



Dinners will be served on  
January 17, January 24, and January 31.

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

# 2022/2023 CANCELLATION GUIDE

## THE TOWN OF AMHERST CENTER FOR SENIOR SERVICES



The safety and well-being of our members and visitors is a primary concern.  
The following information is for your reference.

### STANDARD OPERATING HOURS:

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

### STORM CLOSINGS:

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

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

**TV Stations:** WGRZ-Channel 2, WIVB-Channel 4, and WKBW-Channel 7

**Radio Stations:** WBEN 930AM, WNED 94.5FM, WNYM 970AM, WGR 550AM, WKSE 98.5FM, and WTSS 102.5FM.

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

### PLEASE NOTE:

IF YOU ARE REGISTERED FOR A CLASS AT THE CENTER AND IT IS CANCELLED, YOU WILL RECEIVE AN AUTOMATED CALL



Attention to all our members who use Amherst Senior Transportation Services!

They have a *NEW* look thanks to the generosity of Highmark Blue Cross Blue Shield of WNY.

So when you're waiting for your ride, make sure you look for the new style van.