

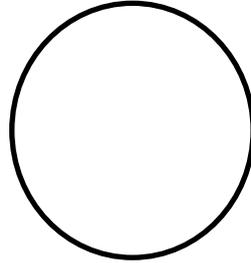
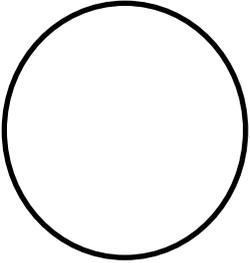


Amherst Center for Senior Services  
370 John James Audubon Parkway  
Amherst, NY 14228-1142

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The Monthly Newsletter of the  
Amherst Center for Senior Services

APRIL 2023



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



[/AmherstSeniorServices](https://www.facebook.com/AmherstSeniorServices)



716-636-3050

*Financial Literacy Month is sponsored by:*



*April is*  
**Financial  
Literacy  
Month**



# 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 Kwarta, 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)  
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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  
Deborah Bucki, Deputy Supervisor, Liaison to  
Senior Services  
Jacqui Berger, Town Board  
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

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## NOTARY PUBLIC

As a convenience to our Senior Center members only, we have a licensed public notary on staff by appointment only. Please call 636-3055, ext. 3172 for your appointment.

I am hoping as I write this in March that we are celebrating beautiful weather in April and are enjoying the start of Spring. April is Financial Literacy Month and I would like to thank Elderwood for sponsoring. We have scheduled programs this month to educate you on the importance of financial literacy and the current trends in scams ( see page 4 ). It is important that you are aware of these current trends to avoid being negatively impacted financially. April is also Stress Awareness Month. It is a national effort to inform people of the dangers of stress, misconceptions, and successful coping strategies. You will find programs on page 6 that will help you learn more about its effects and how to manage stress .

As we continue to increase our health programming each month, we are highlighting National Healthcare Decision Day with a program offered twice on April 11<sup>th</sup>. Speaking about a possible medical crisis with loved ones can be difficult. This program will educate and empower attendees about the importance of advance care planning. I encourage you to attend so you can learn ways to start the conversation with your loved one on what their personal wishes for their healthcare is, particularly at the end of life, with the goal of planning and documenting those wishes in advance. We appreciate Hospice and Palliative Care of Buffalo for presenting on this important topic and for their support of the senior center.

Spring is here and so is the start of registering for Summer Classes on April 3rd! Our course catalog can be picked up at the senior center or you can go online to [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com). There are some amazing classes planned and you must be a member of the senior center to sign up. Please refer to the New Class Registration procedure in the course catalog so you are informed before the start of registration.

As we celebrate National Volunteer Month, I would like to thank our many volunteers for giving their time and energy throughout the year. Our volunteers gave a combined total of 42,481 service hours in 2022-Amazing! Whether you volunteer in our kitchen, deliver meals to seniors, assist with our mailings or Frozen Meal distribution, mentor youth in the community, or volunteer at countless cultural locations, hospitals and nursing homes, the SPCA, and more, I thank you. I thank you for caring to give back to your community and for making a difference in people's lives every day. You provide valuable support to us and the community.

**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  
*Members are asked to vacate the building by 4:15 pm in order for staff to complete closing procedures*

Tuesday, Thursday, 8:30 am-7:30 pm

## ABOUT THE CENTER

The Amherst Center for Senior Services  
370 John James Audubon Parkway  
Amherst New York 14228  
716-636-3050  
AmherstCenterForSeniorServices.com

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

- Art Gallery—*Monthly Art is sponsored by Asbury Pointe*
- Audubon Café—*Sponsored by Independent Health Tuesdays, Wednesdays and Fridays, 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 Highmark Blue Cross Blue Shield*

## NEWSLETTER 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

### MEMBERSHIP 101

Tuesday, April 11 at 4:00 pm or  
Wednesday, April 12 at 10:30 am

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 10:30:00am 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.

**WIFI PASSWORD: RainStorm20**

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

# FINANCIAL LITERACY MONTH

Learning is a lifelong endeavor — especially when it comes to financial literacy. The good news is it's never too late to be financially literate. Older adults have put in their time and deserve a livelihood that is secure, money smart, and comfortable.

Most of us dream about achieving financial freedom by the time we reach our 60s. Unfortunately, this is not always possible... but, it's not all bad news. We actually have the ability to take control of our financial future, no matter how old we are.

The Amherst Center for Senior Services' Financial Literacy Month is sponsored by:



## WHAT TO KNOW ABOUT SENIOR SCAMS

Thursday, April 13, 1:00 pm

Scams are specially designed to catch us off guard, and they can happen to anyone. Learn about the latest set of scams and what you can do if you think you're a victim

*Presented by the Better Business Bureau*



## 14 WAYS TO PRESERVE YOUR ASSETS WITH THE MEDICAID LAWS

Tuesday, April 25 at 4:00pm

Learn how to preserve your assets if nursing home care is necessary and plan for incapacity with powers of attorney, health care proxies, living wills, wills, trusts, transferring your home to family members, long term care insurance, prepaid funeral accounts, IRAs, properly documented gifts, spousal allowances, caregiver agreements, and emergency Medicaid planning

*Presented by Robert Friedman, Attorney*

## LEGACY PLANNING WORKSHOP

Tuesday, April 18, 3:00-6:00pm

Educate yourself on health care proxies, living wills, power of attorney, burial rights, the National Cemetery and much more

*Presented by the Buffalo Vet Center*



## FINANCIAL FITNESS

Thursday, April 27 at 10:30am

Are you concerned about having your identity stolen or experiencing fraud? Do you worry about protecting your assets to ensure your heirs have access to your funds if something happens?

*Presented by Evans Bank*



Register for all programs at [MyActiveCenter.com](http://MyActiveCenter.com) or by calling 636-3051

## A NOTE FROM YOUTH & RECREATION

After a busy March, spring is in the air! Thanks to everyone who donated food throughout the month for our short-term assistance pantry for older adults in our community. With the recent decrease in federal benefits, it is important that we continue to look out for one another. The Center can help on an emergency basis, but if you are facing long term food insecurity, please reach out to our social workers. They can link you with Meals on Wheels, the Erie County frozen meal program, and our Amherst food pantries, all of which can make a big difference long-term. And of course, everyone is welcome to join us each day for our congregate dining program featuring delicious and nutritious meals prepared by our amazing kitchen staff! There is no reason to go hungry in our town.

Speaking of our social workers, March 21<sup>st</sup> was World Social Work Day, which recognizes the hard work and diligence of social workers. We are so grateful for our team here at the Center – Karen, Luci, Pam, Vijaya, John and Brianna! Please take a moment to stop by and thank them for all that they do.

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

# PROGRAMS

## PROGRAM REGISTRATION

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk

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### TONAWANDA TRAVEL CLUB AND D&F TRAVEL

Tuesday, April 4 at 6:00 pm

Check out what trips are planned for 2023

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### BINGO

Wednesday, April 5 at 1:30 pm

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### BIRDS NEST COOKIES

Thursday, April 6 at 11:00 am

Bring a cooking sheet. Fee is \$4.00 by 4/4 no refunds

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### POETRY READING

Thursday, April 6 at 5:30 pm

Bring your poetry for an open mic night. Light refreshments will be served

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### HOT DOG SALE

Wednesday, April 12 at 11:00 am, while supplies last

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### TALK AND TASTE

Thursday, April 13 at 2:00 pm

What better way to celebrate National Peach Cobbler Day. Stop by for a taste!

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### TEA PARTY

Thursday, April 13 at 4:30 pm

Join members of the Indian Senior Citizens Club for tea and light refreshments

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### EVENING BINGO

Thursday, April 13 at 6:00 pm

### WHAT YOUR SURVIVORS NEED TO KNOW:

Give them the gift of information

Friday, April 14, 1:00pm and Tuesday, April 25, 6:00pm

It seems every end-of-life planning event focuses on wills, advanced directives, and power of attorney.

This 90-minute presentation explores information and documents survivors will need to navigate through a life crisis. *Presented by Jim Bardot*



### COOKING WITH JEN

*Chocolate Lasagna Cupcakes*

Monday, April 17 at 11:00 am

Please bring a muffin pan. Fee is \$5.00 by 4/13 no refunds. Signup begins 4/1

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### MUSICAL MEMORIES CAFÉ BY WEST FALLS ART

Tuesday, April 18 at 2:00 pm

Caregivers join us for an enjoyable time with your loved one for entertainment, socialization and refreshments.

Reservations must be made by calling Carolyn at 570-6520 or [westfallsartcenter@gmail.com](mailto:westfallsartcenter@gmail.com)

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### PAULA'S DONUTS

Wednesday, April 19 at 9:30 am

Fee is \$3.00 includes donut and coffee. Fee due by 4/17

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### MIND TEASERS

Thursday, April 20 at 11:00 am

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### ARMCHAIR TRAVELER

*America's National Parks*

Thursday, April 20 at 2:00 pm

Experience Hawaii's Volcanoes. Roam 6 million mountainous acres in Denali, Alaska and experience the spectacle of Glacier National Parks pristine forests, alpine meadows and glacial lakes. 120 min.

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### SECRET PLACES OF WNY BOOK REVIEW

Thursday, April 20 at 6:00 pm

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

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### ANDERSON'S (6075 Main Street Williamsville)

Friday, April 21 at 12:00 pm

Join us for lunch or ice cream or both!

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### BOOK AND MOVIE DISCUSSION

Wednesday, April 26 at 1:00 pm

*A Man Called Otto (Ove)* by Fredrick Backman

Following the movie will be a brief discussion to discuss the similarities and the differences between the movie and the book

Friday, May 26 at 1:00 pm

*Those Who Wish Me Dead* by David Koryta

**RESERVATIONS REQUIRED FOR ALL PROGRAMS**

# PROGRAMS

## PROGRAM REGISTRATION

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk

### NATIONAL STRESS AWARENESS MONTH

#### STRESS MANAGEMENT

Thursday, April 13 at 11:00 am

Learn about what stress is, how stress affects you physically, emotionally, and mentally and effective stress management techniques.

*Presented by Lana Shapiro*

#### ESSENTIAL OIL DIFFUSER BRACELET

Friday, April 14 at 11:00 am

A diffuser bracelet is wearable and can be imbued with essential oils for aromatherapy. Fee is \$2.00 by 4/12

#### MARBLED CLAY RING BOWL

Monday, April 24 at 11:00 am

Fee is \$5.00 by 4/20. No refunds

#### COLOR YOUR STRESS AWAY

Friday, April 28 at 11:00 am

Coloring is a healthy way to relieve stress. It calms the brain, helps your body relax, improves sleep while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety

### INFORMATION TABLES:

#### SENATOR SEAN RYAN COMMUNITY OUTREACH

Tuesday, April 4 from 10:00-2:00 pm

Share questions or concerns with a member of the Senator's Staff

#### EPIC

Wednesday, April 12 from 11:00 – 1:00 pm

#### YOUR LIFE PATIENT ADVOCACY

Tuesday, April 18 from 11:00 – 1:00 pm

#### ANCHOR HEALTH HOME CARE SERVICES

Wednesday, April 19 from 11:00 – 1:00 pm

#### EARTH DAY

Friday, April 21 at 11:00 am

Questions about recycling or composting? Stop by and find out more!

## MOVIES

### 1:00 PM MOVIES

Monday, April 3 *The Whale* R 117 minutes

Monday, April 10 *Seriously Red* R 98 minutes

Monday, April 17 *The Son* PG-13 123 minutes

Monday, April 24 *Maybe I Do* PG-13 95 minutes

### 5:30 PM MOVIES

Tuesday, April 4 *The Whale* R 117 minutes

Tuesday April 11 *Seriously Red* R 98 minutes

Tuesday, April 18 *The Son* Rated PG-13 123 minutes

Tuesday, April 25 *Maybe I Do* PG-13 95 minutes

### CLASSIC MOVIE

Thursday, April 27 at 5:30 pm

*The Picture of Dorian Gray* 110 minutes NR

### FOREIGN FILM

Friday, April 14 at 1:00pm *Joueuse* (Queen to Play)

French 101 minutes

### FRIDAY FUNNIES

Friday, April 28 at 1:00 pm *The Lucy Show* 51 Minutes

### OPEN PICKLEBALL

Due to the popularity of Pickleball, RESERVATIONS ARE NOW REQUIRED for general play. You may reserve 1 time slot per day. Space is limited. Please cancel if you are not able to come so someone else can take your spot.

- Monday, April 24, 8:30-10:30am or 10:30-12:30pm
- Tuesdays, April 4 and 11, 12:15-2:00pm or 2:00-4:00pm, (1 court)
- Tuesday, April 25, 9:00-11:00am or 11:00-1:00pm
- Wednesdays, April 5, 12, 19 (1 court), 26, 12:00-2:00pm or 2:00-4:00pm
- Thursday, April 6, 4:00-7:00pm
- Thursday, April 13, 20, 4:00-5:30pm
- Thursday, April 27, 9:00-11:00am or 11:00-1:00pm
- Fridays, April 14, 21, 28, 12:00-2:00pm or 2:00-4:00pm

### OPEN PING PONG

Mondays, April 3, 10, 17, 24 from 1:00-4:00 pm

Tuesdays, April 4, 11, 18 (2:30-6:00), 25 from 2:00-6:00

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

**RESERVATIONS REQUIRED FOR ALL PROGRAMS**

# HEALTH PROGRAMS

## PROGRAM REGISTRATION

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk

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## HEALTH INSURANCE

*To schedule your personal appointment call the representative listed*

**Clarity Group** Lisa at 716-864-4886

Thursday, April 13 1:00 – 3:00pm

Thursday, April 27 10:00 – 12:00pm

**Highmark BCBS** Rachel at 716-658-8676

Thursday, April 13 9:00 – 11:00am

**Independent Health** Amanda at 716-635-4999

Monday, April 10 9:00 – 10:00am

**Univera** Michele at 716-572-8315

Tuesday, April 18 10:00 – 12:00pm

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## SAFE USE, SAFE STORAGE AND SAFE DISPOSAL OF MEDICATION

Thursday, April 6 at 1:00pm

Very often unused medications end up in the wrong hands or not properly disposed of. Learn about the need for increased awareness regarding the safe use, safe storage and safe disposal of prescription medicines and over the counter medicines. Please join us for a brief presentation and conversation to share information and solutions

---

## BALANCE AND MEMORY CHECK-UP

Wednesday, April 19, 8:30 – 11:30 am

Schedule your free 30 minute screening with a practitioner from Buffalo Occupational Therapy at 235-3013. Please let them know that you want your appointment at the Amherst Senior Center

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## KNEE PAIN: HOW TO STAY ACTIVE WITH EXERCISE

Wednesday, April 19 at 1:00 pm

Stop letting sore knees slow you down-even if you have arthritis. Join Physical Therapist Tina Hines, PT DPT, as she teaches you everything you need to know to keep moving and doing the things you love

---

## EXERCISES FOR THOSE WITH PARKINSON'S

Friday, April 21 at 11:00 am

In celebration of Parkinson's Awareness Month, Lauren Grawe, Physical Therapist, Brothers of Mercy, will present an exercise program specific to those with Parkinson's Disease. If you or a loved one have Parkinson's Disease, this is a great opportunity to learn to maintain mobility and diminish complaints of stiffness.

---

## BETTER BREATHERS GROUP

Tuesday, April 25 at 1:00 pm

If you, or someone you know, is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer, consider joining us at this welcoming support group. Learn better ways to cope with your diagnosis and live life to the fullest with chronic lung disease during these free monthly educational programs. Plus, it's fun and enriching to connect with others  
*Led by an American Lung Association trained facilitator Jeremy Voorhees*



NATIONAL HEALTHCARE  
DECISIONS DAY  
★ your decisions matter ★

## NATIONAL HEALTHCARE DECISIONS DAY

*Plan Ahead and Make Your Healthcare Wishes Known*

Tuesday, April 11 at 11:00 am or

Tuesday, April 11 at 6:00pm

National Healthcare Decisions Day (NHDD) is recognized on April 16<sup>th</sup>. It exists to inspire, educate, and empower the public to engage in advance care planning. It is never too early to express and document healthcare preferences. Advance care planning involves conversations with your loved ones and healthcare providers to relieve them from guessing what you would want if faced with a medical crisis or advancing illness.

*Presented and Sponsored by our friends at:  
Hospice & Palliative Care Buffalo*

**RESERVATIONS REQUIRED FOR ALL PROGRAMS**

# SPRING & SUMMER CLASSES

## CLASSES

### SPRING/SUMMER CLASS CATALOG:

The Class Catalog is available in hard copy at the Center, Amherst Libraries and online at [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com).

**REGISTRATION FOR SPRING/SUMMER CLASSES BEGINS ON MONDAY, APRIL 3**

NEW

### PROCEDURES FOR SUMMER CLASS REGISTRATION BEGINNING ON APRIL 3:

1. **ONLINE** registration on MyActiveCenter.com begins on Monday, April 3 at 8:30 am.
  2. **TELEPHONE** registration at 636-3051 will begin on Monday, April 3 at 8:30 am.
  3. **MAIL OR DROP OFF** registrations will be processed beginning on Monday, April 3 at 9:30 am.
  4. **NO WALK IN** registration on Monday, April 3
  5. **WALK IN** registration begins on Tuesday, April 4 at 10:00 am. Please bring completed form with exact payment by credit card, cash or check.
- No new member applications will be processed on Monday, April 3.
  - Class registration is on a first come-first serve basis.

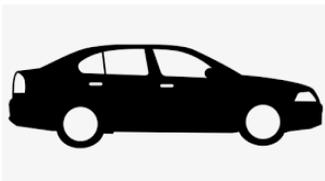
### DEFENSIVE DRIVING CLASS:

#### AARP Smart Driver

(\$25 for AARP Member/\$30 for Non AARP Member)  
Wednesdays, 4/12 or 5/10 from 9:00 am-4:00 pm  
Refresh your driving skills and your knowledge of the rules and hazards of the road. Instructor provided by AARP. Check with your insurance company if they will give you a multi-year discount on your premium upon completing the course. All-day course includes a 40 minute break for lunch.

Reservations required by calling 636-3051. \*Payment due to instructor on the day of the class. If paying by check please make out to AARP Smart Driver and include your AARP membership number.

*Consider joining us for lunch when we take a break. For individuals 60 and over the cost is a suggested donation of \$3.00. Reservations for lunch must be made at least 24 hours in advance by calling 636-3051 or when registering for the class.*



### SPRING/SUMMER SESSION CLASS HIGHLIGHTS:

Full descriptions, including day, time and price, are in the Spring-Summer Class Catalog

#### HOW TO WRITE YOUR LIFE STORY: A Memoir Writing Intensive

Each life is unique; everyone has a story to tell. The secret to a good story is not only the ingredients that go into it, but also the way in which it's told. We will discuss how to take the memories and events from your life and turn them into an interesting story.

#### SHAW GOOD TO BE BACK! – A Preview (And Review) of the 2023 Shaw Festival

“Curtain up! Light the lights!” Now that the pandemic is receding, it's a great time to return to the Shaw Festival, and this course is your handy guide to its upcoming season. We will be reviewing 10 different shows. In short, let Shaw entertain you, and you'll have a real good time.

#### ROMANTIC PIANO AND VIOLIN CONCERTOS

Discover the most passionate and emotional violin and piano concertos. Listen and watch breathtaking violinists and pianists collaboration with legendary conductors of all time.

#### SMARTPHONE PHOTOGRAPHY AND IMAGE POST PROCESSING

Journey into the joy of using your Smartphone to take and process beautiful photos. Explore Smartphone camera features, learn video basics (clipping, trimming), survey useful camera and photo editing applications.

#### BALANCE, BALLS AND BANDS

Enjoy a fun group class that offers a variety of activities to improve mobility and help prevent falls. Small exercise balls are provided to develop strength and increase range of motion. An assortment of resistance bands are used for overall strength.

#### INTRO TO HORSESHOES

Learn everything about this classic backyard game. Ideal for casual gatherings or serious competition.

# SENIOR SERVICES

## SUPPORT GROUP REGISTRATION

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk

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### SUPPORT GROUPS:

#### LOSS AND GRIEF GROUP

Thursdays, March 2-April 6 at 11:00 am

Group began on March 2 and will end on April 6. We will discuss coping strategies, healing techniques, and stages of loss and grief.

---

#### GRANDPARENT KINSHIP SUPPORT GROUP

Special Guest  
Speaker

Wednesday, April 12 at 11:00 am

Learn about laws as it relates to guardianship and Custody.

*Presented by: Elder Law & Justice Center*

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#### MEN'S SUPPORT GROUP

Tuesday, April 18 at 2:30pm

"Getting To Know Us: A man's perspective"

Talk about issues that are specific to men. An opportunity to help ourselves and each other!

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#### WIDOW/WIDOWERS SUPPORT GROUP

Tuesday, April 11 at 11:00 am

If you are facing a stressful life change due to losing your spouse, you don't have to go through it alone. Join our monthly support group. This group can help you to learn coping skills and give you an opportunity to share personal experiences and coping strategies.

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#### CAREGIVERS SUPPORT GROUP

Wednesday, April 19 at 1:00 pm

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

---

#### PARKINSON SUPPORT GROUP

Thursday, April 27 at 2:00 pm

If you or someone you care for are living with Parkinson's Disease please join us.

New  
Group

## 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.

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#### 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.

#### Special April Hours:

**April 11 and April 25 from 4:00-7:00 pm**

Please call a Social Caseworker for an appointment.

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#### 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.

**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*

## CLUBS AND VOLUNTEER INFORMATION

### CLUBS RESUMING

Spring is in the air and several of our outdoor clubs will be resuming this month or very soon after. This includes Walking Club, Pathfinders Club, Bike Club, and both Men's and Women's Golf Clubs. For more information about start dates or other specific details, please contact the appropriate Club leader listed on page 11.

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### GOLF CLUB

Tuesday, April 4, 1:30-2:30 pm MEETING

Join a noncompetitive club that plays nine holes at Audubon Golf Course. Tee times are Mon, Wed, and Fri starting at 7:00 am, May—September. A tournament is played once a month for prize money.

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### BAKERS RACK SALE

Wednesday, April 5 at 9:00, while supplies last

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### AM-CENTER PHOTOGRAPHY CLUB

Tuesday, April 11, 1:00 pm

*Creative Themed Models, which explores portraiture photography.* Speaker: Sue Meier. Members may submit up to 8 photos by 6:00 pm on Saturday, April 8. An outside judge will critique photos.

Tuesday, April 25, 1:00 pm

*Digital Image of the Year-Member's images, submitted during the season, will be judged by 3 qualified judges.*

PRINT SHOW: Running through April 28. Please stop by our Gallery and adjacent hallways to see the impressive photographs produced by our own talented members.

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### CLUB SALE

Monday & Tuesday, April 17 & 18 from 9:00 to 1:00 pm

You can find items to purchase made by the Knitting Club, The Community Service Sewing Projects Club, Quilting Club, Wood Carving Club, and Stained Glass Club

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### GENEALOGY CLUB

Session 1: Thursday, April 20, 6-7:30 pm

Session 2: Thursday, April 27, 6-7:30 pm

The Genealogy Club invite you to a two-week class on "Beginning Your Family Tree". This is a BASIC class on beginning your research using non-computer resources, and computer resources. Please bring a pencil & eraser. Register online at [myactivecenter.com](http://myactivecenter.com).

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### BOOK CLUB

Monday, April 24, 1:00 pm

*The Sixth Extinction: An Unnatural History* by Elizabeth Kolbert. Kolbert tells us why and how human beings have altered life on the planet in a way no species has before. She shows that the sixth extinction is likely to be mankind's most lasting legacy, compelling us to rethink the fundamental question of what it means to be human.

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### UPHOLSTERY CLUB

Attention: would-be upholsterers! Would you be interested in meeting on Tuesdays from 4:00 to 7:00 pm? If so, please call or email the Club Leader, Kate Wagner at #716-799-9417 ([kawbuffalo@gmail.com](mailto:kawbuffalo@gmail.com)) to express your interest. Upholstery Club currently meets on Wednesdays mornings from 9:00 to 12:00 and will continue to do so, but if there is enough interest from potential new club members, Tuesday evening meetings will be added to the schedule. You may work independently on your own project with direction and/or help. Some tools and supplies are available.

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### VOLUNTEER OPPORTUNITIES

Please check future newsletters, emails, and the Volunteer Department bulletin board at the Center for volunteer opportunities that are likely to pop up unexpectedly or as we plan programs & events that will be taking place this spring. With weather improving and more outdoor programming being scheduled, we're sure to need some additional volunteer assistance. Consider stopping by the Volunteer Office to pick up & complete a volunteer application and that way you can be "official" and all set and ready to go when an opportunity arises. If you're not often at the Center, just give us a call and we'll be happy to mail you an application.

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### VOLUNTEER RECOGNITION

We have not forgotten about our volunteers with regard to an annual appreciation celebration. Now that Senior Services and the Youth and Recreation Department are under the same Town umbrella and we are partnering more, you are going to see an exciting event taking place this summer. Stay tuned for more information.

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## CLUBS

### CLUB REGISTRATION

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception 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	Teresa Hayes	907-0715	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	See page 9 for date and book selection
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 and 4th Wednesdays of the month, 12:30-3:30
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	880-0875	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	Thursdays, 12:30-4:30
Tai Chi Club	Frank Chi	688-6680	Wednesdays & Fridays, 1:30-2:30
Tuesday Afternoon Music Club	Teresa Hayes	907-0715	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	

## APRIL NUTRITION

The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. Lunch is served Monday-Friday, 12:00-1:00 pm.

Reservations must be made at least 24 hours in advance by going on MyActiveCenter.com or 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.

VEGAN OPTIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lentil soup Small salad Bread Dessert	<b>3</b> Ham Pineapple sauce Scalloped potato Carrots Dinner roll Cake	<b>4</b> Spaghetti & meatballs Cauliflower Grape juice Italian bread Fruit cocktail	<b>5 EASTER</b> Chicken cordon blue Garden rice Orange glazed carrots Dinner roll Cake	<b>6</b> Taco Rice Corn Spumoni ice cream	<b>7</b> <b>CLOSED</b>  <b>GOOD FRIDAY</b>
Garden burger Roll Potato Vegetable Dessert	<b>10 DINGUS DAY</b> Cabbage roll Mashed potatoes Vegetable mix Dinner roll Donut	<b>11</b> Build your own salad Soup Italian bread Angel food cake	<b>12</b> Pulled pork Garden rice Carrots Hoagie roll Diced peaches	<b>13 PASSOVER</b> Roast beef w/ gravy Oven potato Green beans Roll Cookie	<b>14</b> Breaded chicken Baked beans Spinach Corn muffin Cookie
Vegetable stir fry Rice Bread Dessert	<b>17</b> Polish sausage w/ roll Lazy pierogi Vegetable mix Peaches	<b>18</b> Stuffed pepper Mashed potatoes Vegetable mix Dinner roll Cookie	<b>19</b> Chicken Rice pilaf Carrots Wheat dinner roll Apple	<b>20</b> Macaroni & cheese Stewed tomatoes Broccoli White bread Diced pears	<b>21</b> Julienne salad Vegetable beef soup Fruit punch Italian bread Banana
Vegetarian chili Baked potato Bread Dessert	<b>24</b> Reuben sandwich Garden vegetables Cranberry juice Rye bread Pineapple chunk	<b>25</b> BBQ ribette Potato wedge Vegetable mix Hoagie roll Mandarin orange	<b>26</b> Chicken leg Sweet potato casserole Spinach Corn muffin Apple crisp	<b>27</b> Lasagna rolls Meatballs Chef salad Broccoli Italian bread Lemon ice	<b>28</b> Breaded fish Wild rice Vegetable mix Dinner roll Apricots

**DINNERS:** Dinner is served on Tuesday at 5:00 pm

**April 4** Hot open faced turkey sandwich, Potato, Vegetable, Dessert

**April 11** Chicken Parmesan, Spaghetti, Vegetable, Juice, Dessert

**April 18** Polish sausage on roll, Pierogis, Vegetable, Dessert

**April 25** Reuben, Soup, Dessert



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