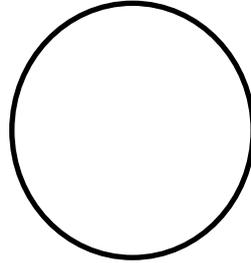
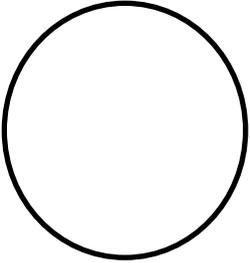




Amherst Center for Senior Services  
370 John James Audubon Parkway  
Amherst, NY 14228-1142

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



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



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



716-636-3050

Older American's Month is sponsored by:



**Heathwood**  
ASSISTED LIVING & MEMORY CARE

THE MONTHLY NEWSLETTER OF THE AMHERST CENTER FOR SENIOR SERVICES

**OLDER  
AMERICANS  
MONTH**



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**AGING UNBOUND: MAY 2023**

# 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)  
Donna Muck, Kitchen Manager: [dmuck@amherst.ny.us](mailto:dmuck@amherst.ny.us)  
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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.

Older American's Month is celebrating its 60<sup>th</sup> Anniversary this month and has designated the theme as *Aging Unbound*. I believe this is something that we embrace each and every day at the Center. It is our goal that our members are offered opportunities to embrace the opportunity to change, explore the rewards of growing older, stay engaged in the community and form relationships. Thank you to this month's sponsor, Heathwood Assisted Living and Memory Care.

Our summer classes begin on May 1 and this is an opportunity for you to try something new. Our class catalogs are available online at [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com) or in hardcopy at the Center.

Do you have a family member, friend, or neighbor who is not a member of the Center? Invite them to our Open House on May 3 from 9:00am-2:00pm, to learn about what we offer. Those that join the Center during the Open House will be entered into a drawing to win a gift basket.

I would have to say that the most rewarding thing that is obtained through our classes, programs, and volunteer opportunities is the chance to form rewarding relationships. Relationships can enhance your wellbeing and improve your physical and mental health. If you are not already involved, please do so. The opportunities we offer you are endless!

*Melissa*

UPDATE:

There is a new private handicap accessible restroom available located off of the hallway by Room 2

*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 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 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*

## 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.

## **VOLUNTEER RECOGNITION:** *Save the date*

Friday evening, July 21<sup>st</sup> from 6:00 to 8:00pm  
Stay tuned for more information about this intergenerational volunteer appreciation event and look for a registration form in next month's Network (and we'll have plenty of extra registration forms available at the Reception Desk at the Center, too).

*Invited volunteers **must** have been registered in our volunteer database and completed and recorded those hours in 2022.*

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

# OLDER AMERICANS MONTH



Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60<sup>th</sup> anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in *Aging Unbound*:

Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.

Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

Spend the day with us!. Enjoy our Spring Open House or attend Membership 101. Both of these events will give you the information and opportunity to embrace change, explore rewards, stay engaged and form relationships through our programs, classes and clubs!

Senior Services' Older American's Month is sponsored by:



## OPEN HOUSE

Wednesday, May 3 from 9:00-2:00pm

- 9:30-11:00am-Nature Walk through Walton Woods Park
- 9:30-10:25am-Fall Prevention class demonstration
- 10:00-10:30am-Cardio Drumming class demonstration
- 10:00-12:00pm-Club Fair
- 12:00-Lunch (reservations required)
- 1:00pm-Get the Scoop with the Director
- 2:00-University Express Class

## MEMBERSHIP 101

Tuesday, May 16 at 3:30 pm or Wednesday, May 17 at 10:30

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 and where to find information on what is happening at the Center. Those attending the 10:30am session are invited to stay for a complimentary lunch at 12:00pm and those attending the 3:30pm session are invited to stay for a complimentary dinner at 5:00pm. Reservations are required for both.

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

## A NOTE FROM YOUTH AND RECREATION

Summer is just around the corner and we are encouraging everyone to get outside and enjoy it! Grab a friend or a grandchild and join us at Amherst State Park on May 13. At noon, we'll be planting the Children's Garden – bring your own gloves and tools, flowers will be provided. Then from 1:00-3:00pm, join in a hunt for everything nature while playing "Nature Bingo". More info can be found at [www.amherstyouthandrec.org](http://www.amherstyouthandrec.org). Follow the Amherst Town Parks Facebook page for information on weekly guided wellness walks and events in parks throughout the town. Planning is also underway for a full season of concerts and outdoor movies – check this space next month for a complete list!

*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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#### MUSICAL MEMORIES CAFÉ

Tuesday, May 2, 2:00pm and Tuesday, May 16, 2:00 pm  
Caregivers are encouraged to attend 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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#### NATURE WALK –

Wednesdays, May 3, 10, 17, 24 and 31, 9:30-11:00 am  
Learn all the beauty that Walton Woods has with naturist Carol Rogers

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#### KENTUCKY DERBY HAT

Make a fabulous hat out of tissue paper!  
Thursday, May 4 at 11:00 am

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#### PIZZA AND GAME NIGHT

Thursday, May 4 at 5:00 pm  
Pizza and salad from John and Mary's followed by a game of Chain Reaction. Fee is \$7. Paid reservations by 5/2. No refunds after

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#### WILLIAMSVILLE ART SOCIETY SHOW OPENING

Sunday, May 7, from 2:00 – 4:00pm  
Enjoy the wonderful artwork and meet the artists

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#### MIND TEASERS

Monday, May 8 at 11:00 am

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#### LOST SOCK DAY

Tuesday, May 9  
Donate a pair of new socks for *Hearts for the Homeless*

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#### BISTRO BOOKERS

Tuesday, May 9 at 4:00pm "Exploring Science and Art: Discovering Connections" by local author Mary Kirsch Boehm

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#### TEA PARTY

Thursday, May 11 at 4:30pm  
Join members of the Indian Senior Citizens Club for tea, light refreshments and a special presentation. Guest Speaker, John Pusateri, *Green Genie*, will speak about how to make the air you breathe in your home cleaner.

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#### MOTHERS DAY PAMPER PARTY

Friday, May 12 at 10:30 am  
Manicures, hand scrubs and light refreshments. You deserve it! Limited spots, please bring nail polish

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#### JUST ONE PARTY GAME

Monday, May 15 at 11:00 am  
*Just One* is a party game in which you work together to discover as many mystery words as possible

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#### ASK A COP

Tuesday, May 16 at 1:30pm  
Ask questions and learn more about the Amherst Police Department

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#### HOT DOG SALE

Wednesday, May 17 at 11:00, while supplies last

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#### WORLD BAKING DAY

Wednesday, May 17 at 1:00 pm  
Jam Filled Butter Cookies Please bring a cookie sheet.  
Fee is \$4.00

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#### VIRTUAL MUSEUM TOUR

Thursday, May 18 at 10:30am  
Join us for a virtual tour of the *Top Ten Paintings in the National Gallery* in London, England

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#### EVENING BINGO

Thursday, May 18 at 6:30 pm

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#### GRILLED CHEESE BAR

Friday, May 19 at 12:00 pm  
Enjoy a grilled cheese with all the fixings and a bowl of tomato soup while we play a game. Fee is \$5. Paid reservations by 5/17. No refunds after

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#### PAULTER'S 6343 Transit Road, East Amherst

Monday, May 22 at 12:00 pm  
Join us for lunch or ice cream or both

**RESERVATIONS REQUIRED FOR ALL PROGRAMS**

# PROGRAMS

## PROGRAM REGISTRATION

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



### COOKING WITH JEN

Thursday, May 25 at 11:00 am  
*Tomato Cheddar Strata with Broccoli*  
Please bring a 9x13 dish. Fee is \$8. Paid reservations by 5/23. No refunds after

### ICE CREAM SOCIAL

Thursday, May 25 at 6:00 pm

### NATIONAL PAPER AIRPLANE DAY

Friday, May 26 at 1:00 Learn how to *fold 'n fly*

### BOOK AND MOVIE DISCUSSION

Following the movie will be a brief discussion on 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

Friday, June 30 at 1:00 pm *The Help* by Kathryn Stockett

### SERENDIPITY SWING

Tuesday, May 30 at 5:30pm  
Enjoy an evening of music

### DOLLAR STORE BINGO

Wednesday, May 31 at 10:30 am  
No fee but please bring a new item from the dollar store for the prize table

### CONGRESS ON YOUR CORNER

Wednesday, May 31 from 11:00am -1:00pm  
Speak with a representative from Congressman Brian Higgins office

### BIKE RIDE *Total of 3.6 miles*

Wednesday, May 31 at 11:00am  
Meet at the UB Bike Path Parking Lot, 1398 North Forest Road. Enjoy a leisurely ride on Ellicott Creek Trailway Bike Path from North Forest Road to UB North and back. Bring your own bike, helmet and lunch. We will have a picnic under the pavilion afterwards

### HEALTH:

#### NON DAIRY MILK OPTIONS AND REFRESHING SUMMER DRINKS

Thursday, May 11 at 1:00pm

There's a lot of hype with all of the non-dairy milk options that have shown up in stores over the past few years. Taste test some of the different options and some summertime favorites

#### WORLD HYPERTENSION DAY

Wednesday, May 17 from 11:00-12:00pm

Stop by and have your blood pressure checked by Walgreens Pharmacy

#### BETTER BREATHERS GROUP

Tuesday, May 23 at 1:00pm

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 during these free monthly educational meetings. *Led by an American Lung Association trained facilitator Jeremy Voorhees*

#### CHOOSE HEALTHY WNY PROGRAM -DIABETES SELF MANAGEMENT

Tuesdays June 13, 20, 27, July 11, 18, 25 from 9:30am-12:00pm

Attendance at all 6 sessions is required

- Meal planning & healthy eating
- Managing stress & other symptoms
- Problem-solving & decision-making skills
- Fitness & exercise
- Setting goals for improving health
- Effectively communicating with your doctor
- FEELING GREAT AGAIN!

Includes a free resource book and relaxation CD

To sign up or for more information:

Call Erie County Senior Services: 716-858-7470  
or e-mail [Janice.Nowak@erie.gov](mailto:Janice.Nowak@erie.gov)

*Spaces are limited*

**RESERVATIONS REQUIRED FOR ALL PROGRAMS**

## PROGRAMS

### PROGRAM REGISTRATION

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

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### FINANCIAL:

**SCAM PREVENTION**-Tuesday, May 9 at 2:00pm

Do you know how to protect yourself from scammers? Learn some tips and tricks that can keep you and your finances safe

Presented by Assistant U.S. Attorney, Craig Gestring, United States Attorney's Office, Chief of the White Collar Division

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### MOVIES:

#### 1:00 pm

Monday, May 1 *Women Talking* PG-13 1 hour 44 min

Monday May 8 *Confess, Fletch* Rated R 1 hour 38 min

Monday, May 15 *Marlowe* Rated R 1 hour and 49 min

Monday, May 22 *Jesus Revolution* PG-13 2 hours

#### 5:30 pm

Tuesday, May 2 *Women Talking* PG-13 1 hour 44 min

Tuesday, May 9 *Confess, Fletch* Rated R 1 hour 38 min

Thursday, May 11 *Living* PG- 13 102 min

Tuesday, May 16 *Marlowe* Rated R 1 hour and 49 min

Tuesday, May 23 *Jesus Revolution* PG-13 2 hours

### CLASSIC MOVIE

Friday, May 12 at 1:00pm *Steel Magnolias*

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### HEALTH INSURANCE:

To schedule your personal appointment call the representative listed

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

Wednesdays, May 10 and May 24 from 9:00-12:00pm

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

Thursday, May 11 from 9:00-11:00am

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

Monday, May 15 from 2:00-3:00pm

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

Tuesday, from 10:00 – 12:00pm

## UNIVERSITY EXPRESS

Tuesday May 2 4:00 PM 200 Years on the Erie Canal

Wednesday May 3 2:00 PM Untold Stories of the Underground Railroad in Buffalo, NY

Thursday May 4 2:00 PM Inflammation and Your Diet

Friday May 5 2:00 PM Famous Women of Forest Lawn

Monday May 8 2:00 PM Hearing, Hearing Loss & Treatment

Tuesday May 9 4:00 PM Niagara River Watershed Headwaters Initiative

Wednesday May 10 2:00 PM Planes, Pianos and Paraphernalia

Thursday May 11 2:00 PM Spot that Scam by Being an Educated Consumer

Thursday May 11 4:00 PM Fireboat Edward M. Cotter

Tuesday May 16 6:00 PM Pan-O-Rama: Buffalo's Pan-American Exposition

Wednesday May 17 2:00 PM Remembrances of the Civil War

Thursday May 18 2:00 PM Music & Memories

Thursday May 18 6:00 PM Discovering Buffalo One Street at a Time

Friday May 19 2:00 PM The Sun, The Moon and You

Tuesday May 23 6:00 PM Buffalo Suzuki Strings

Wednesday May 24 2:00 PM Instacart

Thursday May 25 2:00 PM Coast Guard History: How September 11th Shaped the Modern-Day Coast Guard

Tuesday May 30 4:00 PM Meteorology & Severe Weather Forecasting in WNY

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### INFORMATION TABLES:

#### EPIC

Wednesday, May 17 from 11:00am-1:00pm

#### YOUR LIFE PATIENT ADVOCACY

Tuesday, May 16 from 11:00am-1:00pm

#### JBM HEALTH & WEALTH CONSULTING

Wednesday, May 24 from 11:00-1:00pm

#### ERIE COUNTY CLERK ON THE GO

Thursday, May 25 from 11:00am – 1:00pm

**RESERVATIONS REQUIRED FOR ALL PROGRAMS**

## CLASSES

Register now  
Classes  
begin May 1

### CLASS REGISTRATION

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

### SUMMER CLASS CATALOG:

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

### AUDIT A CLASS

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

### REFUNDS

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

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

### DEFENSIVE DRIVING CLASS:

#### AARP Smart Driver

(\$25 for AARP Member/\$30 for Non AARP Member)  
Wednesdays, 5/10 or 6/14 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.*

### CLASS HIGHLIGHTS:

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

### ALL THE NEWS AND ISSUES/CURRENT EVENTS-ZOOM

These weekly virtual discussions will touch upon local, national and world events and topics.

### ART HISTORY ZOOM – Summer Book Club

This summer class will be organized around group discussions and related lectures to David Batchelor's book, written in the year 2000, titled *Chromaphobia*. We will discuss a chapter at a time in addition to the instructor's commentary and images. Students can purchase the book *Chromaphobia* used or new on Amazon

### GET FIT WHILE YOU SIT

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

### LINE DANCING – Beginner

No partner needed. Enjoy dancing to a variety of music and rhythms. Great exercise while learning some basic line dance patterns. Wear comfortable shoes that slide on the floor.

### MEAN JEAN'S EXERCISE

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

### 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.

### WOODCARVING – All Levels

Carve a whimsical house in cottonwood bark. Suitable for all levels of carvers. A sharp woodcarving knife, protective glove and sharpening strop are required. Please register by June 1<sup>st</sup> so we know how much wood to order.

## 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, May 4-June 8 at 11:00 am

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##### WIDOW/WIDOWERS SUPPORT GROUP

Tuesday, May 9 at 11:00 am

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##### GRANDPARENT KINSHIP SUPPORT GROUP

Wednesday, May 10 at 11:00 am

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##### MEN'S SUPPORT GROUP

Tuesday, May 16 at 2:30pm

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##### CAREGIVERS SUPPORT GROUP

Wednesday, May 17 at 1:00 pm

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##### PARKINSON SUPPORT GROUP

Thursday, May 25 at 2:00 pm

## What is a Death Cafe?

**What is a Death Café?** Most of us reading this would assume it's some morbid event where people dress in black and scare each other with random horror stories. **THIS IS NOT AT ALL WHAT IT IS.**

A Death Café is a scheduled get together where people can discuss their thoughts and beliefs on death. These meetings are to educate you and allow you to become more familiar with the end of life. We plan to discuss our own mortality with no intention of leading participants to any conclusion.

The original idea originated in 2004 by Bernard Crettarz, a Swiss Psychologist. His original café was organized to increase the awareness of death with the idea of helping people to make the most of their time with others. Presently there are 15,000 Death Cafes in 85 countries. The Café will be led by Andre Toth and has been scheduled for the following dates:

Wednesdays, May 3, 10, 17, and 24 from 2:30-4:00 pm.

This group will be limited to ten participants. Registration required. (attendance at all 4 sessions is required)

### 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.

*A Social Caseworker is also available from 4:00-7:00pm on May 2nd and May 16th. Please contact a Social Caseworker to schedule.*

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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**

# VOLUNTEER INFORMATION

## EXPERIENCED DRUMMER NEEDED

Our very own Rocky Blues Band is in need of an experienced drummer. Rehearsals take place on Friday afternoons; outside gigs are occasionally booked. If interested or to learn more, please contact Club Leader, Teresa, at 716-907-0715

## TUESDAY EVENING KITCHEN HELPER

Looking for volunteers willing to provide kitchen help at the Senior Center on Tuesday evenings from about 4:30 to 6:00pm. Volunteers will be asked to help serve in the dining room or on the kitchen serving line, as well as assist in prepping food for the next day

## ACTORS' FOR PROMOTIONAL VIDEO

In search of volunteers interested in being featured in a promotional video clip that will promote a "Day of Play" event later this summer at Veterans Canal Park. Volunteers need to be available for filming on May 16 (rain date May 18) from 10:00 to 12:00 pm and will be featured doing some of the following activities: putting on life vests & preparing to launch kayaks; riding on bikes; grilling on the public grills; walking with alpacas; enjoying a picnic on the grove; playing lawn games. You choose your activity! Each participant must plan to be at the park for up to an hour. Please contact Jodi in the Volunteer Office to register for this unique volunteer opportunity at 636-3055 ext. 3126

## PARK CREEK SENIOR LIVING COMMUNITY

Our friends at Park Creek are looking for compassionate individuals who would like to make a difference by volunteering with the elderly. Please call Sue at 716-632-3000 to learn more about volunteering

## THE WILLIAMSVILLE DEPOT MUSEUM

Be a part of this historic museum! Plan to attend a Volunteer Invitation Night on Tuesday, May 9 from 7:00 to 8:30pm at 86 S. Long Street, Williamsville. They hold many community-based events, including a hayride, car show, touch a truck, concerts, plays and other fun days. Whatever your interests or skills might be, you can be a part of this historic museum

## EXPERIENCE CORPS VOLUNTEERS

People age 50 and older to help children in Pre-K through third grade learn to read. By volunteering as a reading tutor, you can help change a child's future. Info sessions for potential volunteers on Thursday, May 11<sup>th</sup>. Call 716-843-8895 or email ryana@rtsb.org

## BAKERS RACK SALE

Friday, May 12 at 9:00, while supplies last

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

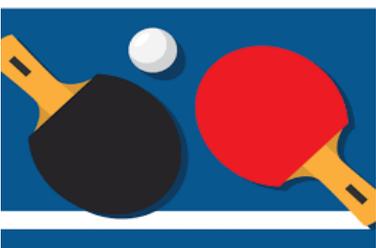
### OPEN PING PONG

Mondays from 1:00-4:00 pm

Tuesdays from 2:00-6:00 pm

Tuesday, May 30 from 2:00-4:30pm

Fridays from 1:00-4:00 pm



### 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.

Tuesdays, May 2, 16, 23, 30 from 2:00-4:00pm

May 9 from 12:15-3:00pm

Wednesdays, 10, 17, 24, 31 from 12:00-1:00 or 2:00-4:00pm

May 3 from 2:00-4:00pm

Thursdays, May 4, 11 (2:00-4:00pm and 4:00-6:00pm), 18, 26 (4:00-7:00pm)

Fridays, May 12, 19, 26 from 12:00-2:00pm or 2:00-4:00pm

# 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	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	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	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	Call leader for times

# MAY 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.

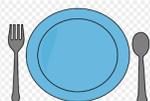
Reservations must be made at least 24 hours in advance by going on MyActiveCenter.com or by calling 636-3051. There are NO walk-ins accepted.

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.

<u>MONDAY</u> <i>Vegan Options</i>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	<b>1</b> Hot turkey sandwich Soup Cranberry juice sherbet	<b>2</b> Pork chop w/gravy Mashed potatoes Peas Multigrain bread Chocolate chip cookie	<b>3</b> Chicken w/gravy Sweet potato fries Creamed spinach Corn muffin Apple cranberry crisp	<b>4</b> Omelet Hash brown Broccoli Rye bread Cookies	<b>5</b> Taco Rice Green beans Cake
Lentil soup Small salad Bread Dessert	<b>8</b> Hamburger w/roll Potato wedge Mixed vegetables Pear	<b>9</b> Cabbage roll Mashed potato Peas Dinner roll Brownies	<b>10</b> Turkey ala king Mashed potato Mixed vegetables Biscuit Peaches	<b>11</b> Mac & Cheese Stewed tomatoes Green beans Multi grain bread Mandarin orange	<b>12 MOTHER'S DAY</b> Roast beef w/gravy Mashed potatoes Mixed vegetables Dinner roll Pie
Garden burger Roll Potato Vegetable Dessert	<b>15</b> Salisbury steak w/gravy Mashed potatoes Mixed vegetables White bread Pudding	<b>16</b> Lasagna roll Meatballs Green beans Dinner roll Cookie	<b>17</b> Pulled pork Tater tots Carrots Roll Fruit cocktail	<b>18</b> Beef stew Stew vegetables Mashed potatoes Biscuit Cake	<b>19</b> Chicken w/gravy Rice Mixed vegetables Rye bread Cookie
Vegetable stir fry Rice Bread Dessert	<b>22</b> Ribette Potato Mixed vegetables Hoagie roll Applesauce	<b>23</b> Turkey w/gravy Sweet potato Green beans Dinner roll Diced pears	<b>24</b> Tilapia Rice Mixed vegetables Multigrain bread Cookie	<b>25</b> Cabbage roll Mashed potatoes Mixed vegetables Dinner roll Tropical fruit	<b>26 MEMORIAL DAY</b> Hot dogs w/roll Baked beans Potato salad Ice cream
Vegetarian chili Baked potato Bread Dessert	<b>29 CLOSED</b> 	<b>30</b> Salisbury steak w/gravy Mashed potatoes Green beans Multigrain bread Diced pears	<b>31</b> Chicken pot pie Cauliflower Carrots Cookie		

### DINNERS:

Dinner is served at 5:00 pm



Tuesday, May 2 - Sweet & sour chicken, vegetables, fried rice, dessert  
 Tuesday, May 9 - Hotdog w/roll, sweet potato fries, corn, dessert  
 Tuesday, May 16 - Julienne salad, soup, bread, dessert  
 Tuesday, May 23 - Chicken rice bowl, black beans, corn, tortilla chips, dessert  
 Tuesday, May 30 - BBQ meatloaf, broccoli, potatoes, bread, dessert

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