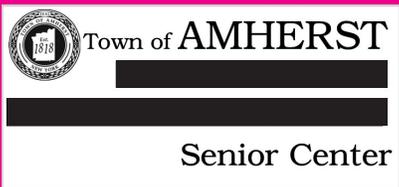


Spring-Summer Class Catalog 2024



"It's Time To Stop and Smell the Roses."



**AMHERST CENTER FOR
SENIOR SERVICES**

AmherstCenterforSeniorServices.com

370 John James Audubon Parkway · Amherst, NY 14228

ABOUT THE CENTER

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; Operated by Amherst Generations Foundation*
- Open Tuesdays, Wednesdays and Fridays from 10:30am-1:00pm*
- Billiard Room
 - Card Room
 - Dance Room - *Sponsored by Excellus Blue Cross Blue Shield*
 - Gift Shop - *Sponsored by Highmark Blue Cross Blue Shield; Operated by Amherst Generations Foundation*
 - Wellness Center - *Sponsored by Kaleida Health*
 - Library
 - Music Room - *Sponsored by Susan Grelick in honor of her parents*
 - Nutrition Room - *Sponsored by Highmark Blue Cross Blue Shield*

HOURS OF OPERATION

Monday, Wednesday, Friday: 8:30am-4:30pm

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

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

MEMBERSHIP DUES

Amherst Residents–Lifetime Membership

- \$50/Individual Membership
- \$75/Couple or Household Membership

Non-Resident - Renewal

- \$50/Per Person

A household is defined as two people living together at the same address.

To join the Center online: Go to [AmherstCenterForSeniorServices.com/membership-plans](https://www.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.

Membership rates are subject to change.

We have temporarily suspended accepting NEW non Amherst resident memberships for 2024. We appreciate your understanding.

The Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, New York 14228

716-636-3050

[AmherstCenterForSeniorServices.com](https://www.amherstcenterforseniorservices.com)

FIRE DRILLS:

If the center's emergency alarm goes off, you need to vacate the building through the emergency doors.

FACEBOOK

The Amherst Center for Senior Services has a new Facebook page. Please make sure to like or follow our page AND more importantly, please make sure to like or follow the correct page. There are several variations which has caused confusion, so let's get the word out there about OUR page. Thanks!

<https://www.facebook.com/amherstnyseniorcenter/>

IMPORTANT PHONE NUMBERS

Main Line 636-3050

Registration 636-3051

Amherst Meals on Wheels 636-3065

Amherst Senior Transportation 636-3075

Senior Outreach Services 636-3070

Support Group Information 636-3050

TOWN PROGRAM LOCATIONS

Amherst Senior Center

370 John James Audubon Parkway, Amherst 14228

Clearfield Community Center

730 Hopkins Road, Williamsville 14221

Garrison Park

Garrison Road and Park Drive, Williamsville, NY 14221

Harlem Road Community Center

4255 Harlem Road, Amherst 14226

Northwest Amherst Community Center

220 Northpointe Parkway, Amherst 14228

Northtown Center at Amherst

1615 Amherst Manor Drive, Williamsville 14221

North Forest Park

85 North Forest Road, Williamsville 14221

Williamsville Youth and Family Center

5005 Sheridan Drive, Williamsville 14221

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AMHERST TOWN BOARD

Brian Kulpa, *Supervisor*
 Jaqueline Berger
 Shawn Lavin, *Senior Services Liaison*
 Angela Marinucci
 Michael Szukala

AMHERST MEALS ON WHEELS

Delivers nutritionally balanced meals to seniors and disabled adults living in the Town of Amherst.
 AmherstMealsOnWheels.org | 716-636-3065

AMHERST SENIOR TRANSPORTATION SERVICES

Provides rides to the Amherst Senior Center, health-related visits, and grocery shopping.
 AmherstVans.org | 716-636-3075

HOLIDAY CLOSINGS

Monday, May 27 (Memorial Day)
 Wednesday, June 19 (Juneteenth)
 Thursday, July 4 (Independence Day)
 Monday, September 2 (Labor Day)

Director's Note

The Amherst Senior Center was established in 1962. In the years since, we have grown to a membership of over 10,000 older adults. We provide those age 55 and older a full schedule of classes, programs, social work and nutritional services, and volunteer opportunities. We provide a wide variety of classes to choose from, including classes in Arts, Music, Wellness, Sports, and Fitness. We offer our classes at the Senior Center, in addition to other recreational locations throughout Amherst. In this brochure, each class offering will state within its description what location the class will be held at. By offering classes and programming at various locations, it gives us the opportunity to increase our offerings to those older adults in our community. For instance, our Senior Center does not have a gym. Instead, we use the gym at the Clearfield Recreation Center and the Northwest Amherst Community Center. As the Town of Amherst 55+ population continues to grow, we will continue to play a vital role in our community by providing a wide range of programming and services to keep older adults active, healthy, and engaged in our community.

We are currently looking for new class ideas and new instructors. Please reach out to Cindy Weiss at cweiss@amherst.ny.us with your ideas. Resumes for those interested in becoming a class instructor can be forwarded to Cindy. With our continued growth, it is an exciting time to be a member of the Amherst Senior Center. We are looking to you to be involved by taking a class, joining a program or event, volunteering, attending lunch, and more! This is your time to do what you have always wanted to do... take an art class, learn a new skill like Archery, get fit with Line Dancing or a Cardio Drumming class. Whatever you register for, always remember to have fun and stop and smell the roses!

Best,
Melissa

LIFELONG LEARNING FOR ADULTS 55+

University Express offers free educational classes for older adults in Erie County. The program runs during spring and fall semesters. You will find classes in a variety of categories, including current affairs, history, humanities, finance and medicine.

Classes are designed to stimulate the mind and provide opportunities to build social networks, thereby reducing social isolation. No homework or tests, just exciting discussions alongside peers with similar interests!

Details for our fall semester are available around mid-September. Details for our spring semester are available around mid-April.

Can't Wait? There are over 180 class recordings on <https://www4.erie.gov/universityexpress/>

REGISTRATION BEGINS: WEDNESDAY, APRIL 10, 2024

MEMBERSHIP IS REQUIRED FOR CLASS REGISTRATION

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

See page 2 for Membership Information.

FASTEST WAY TO REGISTER

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

WAYS TO REGISTER

1. ONLINE

Registration on MyActiveCenter.com begins on Wednesday, April 10, 2024 at 8:30am. To register online, you must be a member and set up an account at MyActiveCenter.com. Payments must be made by Mastercard, VISA, Discover or American Express.

2. TELEPHONE

Registration will begin on Wednesday, April 10, 2024 at 8:30am. Please call (716) 636-3051 to register with a credit card.

3. MAIL OR DROP OFF

Registrations will be processed beginning on Wednesday, April 10, 2024 at 9:00am. A separate form must be filled out for EACH person. If you are using a credit card, make sure to include number, expiration date and CVV number from back of card. Make checks payable to Amherst Center for Senior Services. Mark envelope CLASS REGISTRATION. Include a self-addressed stamped envelope for class confirmation and receipt, if desired.

4. NO WALK IN registration on Wednesday, April 10, 2024.

5. WALK IN registration begins on Thursday, April 11, 2024 at 9:00am. Please bring completed form with exact payment by credit card, cash or check.

Registration forms are on pages 21 and 23. Please make sure forms are filled out completely, accurately, and legibly.

• **No new member applications will be processed on Wednesday, April 10.**

• Class registration is on a first come, first serve basis.

ATTENDING CLASSES

Paid registration is required to attend classes. Those who participate in a class that they have not paid for will risk a suspension of their membership. Registration is for the entire session, regardless of whether a student is able to attend all classes. Students must register each trimester. Enrollment in a prior course does not guarantee enrollment in subsequent courses. So if you see a class you are interested in, register as soon as possible.

If you have registered for any activity at the Center and do not plan on attending, please cancel so someone may take your spot.

AUDIT A CLASS

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

WAIT LIST

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

REFUND POLICY

If you are uncertain a particular course is for you, we encourage you to audit the class prior to registration. Requests for refunds or transfers will be honored only if a member makes the request at least 5 full business days prior to the scheduled class start date. The refund will equal the cost of the class minus a **\$5 processing fee (per class)**. Refunds will be credited within 72 hours to your Senior Center Account. Sorry, no exceptions.

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

FEE WAIVERS

Reduced fees for some courses are available for Amherst Resident Members who have been verified for eligibility in this program. Applications are available in the Social Work Office and should be submitted in advance of registration.

WHY COURSES ARE CANCELLED

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

Stop and smell the roses

(idiomatic) To relax; to take time out of one's busy schedule to enjoy or appreciate the beauty of life.

To stop and smell the roses means intentionally slowing down, lifting your eyes, and paying attention. It's noticing the little things that give life meaning, the moments that make you smile, pointing out what's lovely in the midst of everything else.

While at first glance it may seem frivolous, it's exactly how our souls are meant to live.

Delight in your everyday.

<https://emilylex.com/stop-and-smell-the-roses/>

ZOOM CLASS INFORMATION

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

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

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



You have an upcoming Activity!

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



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

Please Note: Zoom links are sent out 1 hour prior to the start of class (with the exception of Art History which is sent out the day before). If you don't see the link in your email, check your spam or junk folder. If you have any problems call the Center at 716-636-3050.





CREATING AN ACCOUNT ON MyActiveCenter

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

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

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

REGISTER To Register for a Class, Club or Program in MyActiveCenter:

- **Sign in to MyActiveCenter.com**
- The Search Box and Filters are on the left side.
- Once you have found the Class, Club or Program that you wish to Register for, click on the name. This will open a more detailed view of the activity. Listed below will be the Upcoming Events schedule.
- For classes with two sessions, each session is listed separately and requires separate registration.
- **To Register click on Add to Cart**
 - A small box will appear to let you know that this has been reserved in your Cart.
 - If this is the only activity that you wish to Register for you can click the Go to Cart button **OR** click on any area not in the pop-up box to continue shopping.
 - **In order to complete the Registration process you must finish your order by going to your Shopping Cart.**
 - If registering for a Class, click Pay for selected items. Input your credit card information and click Pay to finish.
 - If registering for a Club or Program, click Register for selected items.

LEARNING AND SOCIAL

ART HISTORY ZOOM - Summer Book Club

This summer class will discuss the artist Michael Kimmelman, presented in the book, *The Accidental Masterpiece: On the Art of Life and Vice Versa* (2005), along with other examples of the artistic gesture in daily life. Kimmelman's effortless prose describes how the masterpiece appears around us in unexpected ways. Students can purchase the book used or new on Amazon.

Laura Watts Sommer, Instructor

Thursday, 6/6-7/18 (6x) no class 7/4
10:00-11:15am Zoom \$23

BIRDS AROUND US

Each class will focus on the facts and folklore of our favorite birds who share the world around us. Learn key features to help visually identify and recognize birdsong and vocalizations. The topics for the May session are 1.) Attracting Birds to your Backyard, 2.) They're Back....! The Baltimore Oriole and 3.) What's the Buzz on Hummingbirds.

The topics for the August session are 1.) Goldfinch Frenzy and 2.) Murder and Conspiracy Theories ... the Facts and Folklore of Crows and Ravens.

Patricia Szarpa, Instructor

Friday, 5/10-5/24 (3x) Senior Center \$12
10:30-11:30 am

Friday, 8/9-8/16 (2x) Senior Center \$8
10:30-11:30 am

BRIDGE - Basic Part III

Concepts taught are the Stayman and Jacoby Transfer Conventions; Strong Openings and Responses; Slam Bidding. This session is designed for new learners who have taken Basics Part I and II. It can also be beneficial for those who need a refresher in these concepts.

Ruth Nawotniak, Instructor

Monday, 5/20-7/29 (10x) no class 5/27
10:00am-12:00pm Senior Center \$40

BRIDGE - Continuing Bridge Concepts

Concepts covered in this 5-week session: Jacoby 2NT; Review of Stayman, Jacoby Transfers and Slam Bidding. This session is geared towards Advanced Beginners.

Ruth Nawotniak, Instructor

Monday, 5/20-6/24 (5x) no class 5/27
12:30-2:30pm Senior Center \$20

BRIDGE - Reviewing Bidding & Card Play

This 5-week session will continue to focus on discussing possible bidding sequences and card play strategies. This session is geared toward Advanced Beginners.

Ruth Nawotniak, Instructor

Monday, 7/1-7/29 (5x) Senior Center \$20
12:30-2:30pm



COMEDY IMPROV

Have some laughs, explore your creative side, and learn Short-Form Comedy Improv in a style similar to *Whose Line Is It Anyway?* and 2nd City. You will also learn character development, comedic timing, how to create a scene based on the audience suggestions, basic miming techniques, along with overcoming shyness, stage fright, and performance anxiety. At the end of the session a performing showcase is available for interested students.

Mike Kowal, Instructor

Thursday, 5/30-6/20 (4x) Senior Center \$19
1:00-2:30pm

CURRENT EVENTS ZOOM

This weekly discussion group will touch upon local, national and world events and topics. The class will regularly meet on Zoom. However, on the second Wednesday of May, June, July and August members can choose to meet in person at the Senior Center or on Zoom. (2nd Wednesdays: 5/8, 6/12, 7/10, 8/14). Each group will meet independently of each other. NOTE: Registration for in-person only is not available on MyActiveCenter. Please register at the Senior Center Reception Desk. The cost is \$5 for all four classes.

Jeff Goodman, Dick Schanley, Leaders

Wednesday, 5/8-8/21 (15x) no class 6/19
10:00-11:30am Zoom \$20

DEFENSIVE DRIVING COURSE

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

INTRO TO ACTING for fun or profit (but rarely both)

Have some fun exploring your creative side, gain confidence in your skills whether experienced, new to acting, or just want to take the class to experience performing. Learn skills useful on or off the stage. Topics to be covered include learning lines, auditioning, the skill differences for TV, Film and Stage, analyzing a script, making strong choices, character development and improv (to develop acting skills and as its own performance art). At the end of the session a performing showcase is available for interested students.

Mike Kowal, Instructor

Wednesday, 7/10-7/31 (4x)
1:00-2:30pm

Senior Center \$19

ITALIAN CONVERSATION FOR BEGINNERS

This class is a continuation of Italian for Beginners I and II. Prospective students with some experience in the Italian language are welcome and are not required to have taken either class. This class will center around everyday conversations and emphasize speaking Italian.

Dr. Charles Travagliato, Instructor

Wednesday, 5/8-6/5 (5x)
10:00-11:30am

Northwest Amherst
Community Center \$32

Wednesday, 6/26-7/31 (6x)
10:00-11:30 am

Northwest Amherst
Community Center \$38

THE BASICS OF WINE APPRECIATION

Learn about wine making and wine types with the goal of feeling comfortable buying wine in a wine shop or ordering wine in a restaurant. We will explore wines from the different classic wine regions of the world, understand wine tasting terms and techniques, and explain wine names and labels. Suggestions will be made for wine to buy and try for homework.

John Pizzuto, Instructor

Tuesday, 5/7-6/4 (4x)
6:00-7:00pm

no class 5/28
Senior Center \$16

LEARNING AND SOCIAL - TECHNOLOGY

COMPUTER SKILLS FOR TODAY'S WORLD

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

Nancy Wise-Read, Instructor

Tuesdays, 5/7-5/21 (3x)
1:00-3:00pm

Senior Center \$34

Tuesdays, 8/6-8/20 (3X)
1:00-3:00pm

Senior Center \$34

UNDERSTANDING YOUR ANDROID DEVICE

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

Nancy Wise-Reid, Instructor

Tuesday, 6/4-6/18 (3x)
1:00-3:00pm

Senior Center \$34

UNDERSTANDING YOUR iPhone OR iPad

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

Nancy Wise-Reid, Instructor

Tuesday, 7/9-7/23 (3x)
1:00-3:00pm

Senior Center \$34



ARTS AND CULTURE

ACRYLIC/OIL PAINTING

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

Elaine Grisanti, Instructor

Monday, 5/13-7/22 (10x) no class 5/27
9:30-11:30am Senior Center \$56

CALLIGRAPHY - Advanced/Fine Pointed Pen or Copperplate Style

In this class we will work with a fine pointed pen and the copperplate alphabet. Students will enjoy lettering poems, practicing flourishes and using color. Experience with a fine pointed pen and knowledge of the Copperplate style of calligraphy is required in this class.

Mary Jo LaClair, Instructor

Friday, 5/10--6/7 (5x)
1:00-3:00pm Senior Center \$38

CALLIGRAPHY - Beginning/Continuing Fine Pointed Pen (Script Style)

Impress your friends with this beautiful Victorian style calligraphy. Learn how to use the pointed pen for letters and elegant flourishes. Ideas for art projects or addressing special occasion envelopes are given. No experience needed. A list of supplies needed is available at the Reception Desk at the Senior Center.

Mary Jo LaClair, Instructor

Friday, 5/10-6/7 (5x)
10:00am-12:00pm Senior Center \$38

CARD-MAKING AND PAPER CRAFTS

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

Margaret Watrous, Instructor

Tuesday, 5/7-6/11 (6x)
1:30-3:30pm Senior Center \$20

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H9066_003ADB2024_M

ARTS AND CULTURE

KNITTING/CROCHET

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

Mary Ann Belus, Instructor

Thursday, 5/9-6/6 (5x)
9:30-11:30am

Senior Center \$39

LEARN TO DRAW MORE II

Continue to expand your drawing abilities. Follow the instructor in step by step lessons as we explore new subjects using pencil, pen, ink, and charcoal. Basic drawing skills necessary; previous class instruction helpful. Find the materials list at www.danmeyerwatercolors.com, select **Classes** at the top of the page and then scroll down the list to the class you are taking and select **Materials List**.

Dan Meyer, Instructor

Thursday, 5/30-7/18 (7x)
12:30-2:30pm

no class 7/4
Senior Center \$49

WATERCOLOR - Beginner Part III

Continue to advance your watercolor skills as we explore new subjects. Completion of Beginner Watercolor class preferable. Photo reference will be provided as each subject is rendered by the instructor in a step by step procedure as students follow along. Find the materials you need at www.danmeyerwatercolors.com, select **Classes** at the top of the page and then scroll down the list to the class you are taking and select **Materials List**.

Dan Meyer, Instructor

Thursday, 5/30-7/18 (7x)
9:30-11:30am

no class 7/4
Senior Center \$49

WATERCOLOR - Intermediate

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

Dan Meyer, Instructor

Wednesday, 5/15-7/31 (11x)
9:30-11:30am

no class 6/19
Senior Center \$77



For those facing a serious illness,
help starts *here*.

At Hospice & Palliative Care Buffalo, we honor what is most important to you: quality of life. Offering more than symptom management, our help addresses physical symptoms for patients and eases the social, emotional and spiritual stresses of patients and their loved ones. Our experts are here to support you, no matter where you are in your journey.



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JAMES CONLEY
Lic. Real Estate Salesperson

LAURA NIGHTINGALE
Lic. Assoc. Real Estate Broker

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WOODCARVING - All Levels

Carve a pinecone, made out of basswood, using the technique called chip carving. A chip carving knife is recommended, but not required. For safety, a protective glove is required. A filet glove or Kevlar glove work well. This class is suitable for all levels of carvers.

Deborah Barbour, Instructor

Thursday, 5/9-6/13 (6x) Senior Center \$30
2:00-4:00pm

WOODCARVING - Intermediate

We'll be carving a bear cub on a log. This is an intermediate carver project. A good quality knife is required. Additional gauges will be helpful. Wood and pattern are included in the price of the class.

Deborah Barbour, Instructor

Thursday, 7/11-8/15 (6x) Senior Center \$35
2:00-4:00pm

ARTS AND CULTURE – MUSIC

DRUMMING CIRCLE

Feel the beat of your own rhythm. Research has shown that group drumming reduces stress, strengthens your immune system, and enhances creativity, self-expression and inner healing. This class is not about performance. The approach is to extend the benefits as a form of recreational music making regardless of musical experience. Find your own rhythm in a fun, nurturing, supportive environment. Some stretching and a wellness exercise is included. A variety of drums, (including hand held drums), shakers and tambourines are provided. If you have your own drum you are welcomed to bring it in.

Jennifer Nuwer, Instructor

Friday, 5/10-6/14 (6x) Senior Center \$21
9:30-10:30am

Friday, 6/28-8/9 (7x) Senior Center \$24
9:30-10:30am

GUITAR, UKULELE, RECORDER LESSONS

Individual half hour private lessons will be offered in person or virtually. If you have ever thought about learning to play the guitar, ukulele or recorder, now is the time! The basics include learning the parts, how to hold a tune, strum and play chords. A guitar or ukulele can be provided for use during in-class time if needed. No prior musical experience is necessary. Please note: Short nails are necessary to play string instruments.

Lesson times are limited and will be assigned. Lesson books will be available for purchase. *This class is NOT eligible for a fee waiver and NO refunds for missed classes.

Jennifer May, Instructor

Monday, 5/6-6/17 (6x) no class 5/27
AM limited times available Senior Center \$75

Monday, 7/1-8/5 (6x)
AM limited times available Senior Center \$75

PIANO LESSONS

Individual half hour private lessons are offered. Lesson times will be assigned. *Piano is NOT eligible for a fee waiver and NO refunds for missed classes.

Jane Cary, Instructor

Thursday, 5/09-6/13 (6x) Senior Center \$75
8:30am-2:00pm

ROMANTIC RUSSIAN COMPOSERS AND THEIR WORKS

Experience Russia through music. Recognize Romantic period composers starting with the melody poet Tchaikovsky with his most beautiful tunes in his concertos and symphonies. We'll then continue the journey with Rachmaninov, Borodin and others.

Sebnem Mekinulov, Instructor

Monday, 7/1-8/5 (6x) Senior Center \$25
1:00-3:00pm

SOMETHING FUNNY GOING ON - A HYSTERICAL HISTORY OF MUSICAL HUMOR

We tend to think that great music should be serious, inspiring and romantic—in short: important! It takes, however, just as much craft and ingenuity to make us smile, giggle and chortle. This course celebrates the underrated and rarely rewarded art of the comic mode in music—from the lowest pop music buffoonery to the sophisticated heights of classical wit. We'll salute such heroes of hilarity as Spike Jones, Victor Borge, Tom Lehrer, Anna Russell, P.D.Q. Bach and "Weird Al" Yankovic. This is one college of musical knowledge where you can't fail to laugh—and that's no joke!

Michael Harris, Instructor

In-House

Tuesday, 5/7-7/30 (12x) no class 6/25
9:30-11:30am Senior Center \$48

Zoom

Tuesday, 5/7-7/30 (12x) no class 6/25
1:00-3:00pm Zoom \$48

ARTS AND CULTURE - MUSIC/HEALTH AND FITNESS

UKULELE SING-A-LONG - Advanced Group Lesson

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

Jennifer May, Instructor

Monday, 5/6-6/17 (6x) no class 5/27
10:00-10:55am Senior Center \$25

Monday, 7/1-8/5 (6x)
10:00-10:55am Senior Center \$25



UKULELE SING-A-LONG - Beginning/Continuing Group Lesson

This course is designed for those who have never played the Ukulele (or any instrument), and those who have taken a session or more, to continue to learn to read charts, TAB, melodies, chords, how to change chords, and basic techniques. Learn about the Ukulele, and how to play while singing songs and having a laugh or two. Ukuleles are provided for use during in-class time only. Anyone can play the Ukulele, come give it a try. Please note: Short nails are necessary to play stringed instruments.

Jennifer May, Instructor

Monday, 5/6-6/17(6x) no class 5/27
12:00-12:55pm Senior Center \$25

Monday, 7/1-8/5 (6x)
12:00-12:55pm Senior Center \$25

VOICE LESSONS

Enjoy singing? For your own self-enjoyment or as a member of a chorus or choir? Individual 45 minute private lessons are available for you to improve your singing voice and share your love of singing. Space is limited. *Voice is NOT eligible for a fee waiver and NO refunds for missed classes.

Dale Suckow, Instructor

Friday, 5/10-6/14 (5x) no class 6/7
9:00am-12:00pm Senior Center \$90

Friday, 7/19-8/16 (5x)
9:00am-12:00pm Senior Center \$90

HEALTH AND FITNESS

20/20/20

Join us for 20 minutes of cardio, including some Zumba movements, 20 minutes of resistance, strength training/weights, and 20 minutes of stretching. Improve your tone, endurance and balance - with inspiration! Oh, don't forget, burn calories too! Please bring hand weights and a floor mat to class.

Marilyn Ciavarella, Instructor

Wednesday, 5/8-6/26 (5x) no class 5/29, 6/5, 6/19
12:15-1:15pm Senior Center \$18

Wednesday, 7/10-8/14 (6x)
12:15-1:15pm Senior Center \$21

ARCHERY - Beginning

Check this item off your bucket list. Learn a new skill shooting compound and recurve bows. Archery is rich in fun and health benefits and is as therapeutic and beneficial to your concentration as yoga. Archery uses your full range of upper body muscles and keeps the mind sharp by working on focus. Learn basic archery skills including safety, shooting form, and scoring. Join others and "Take A Shot"! All equipment provided - personal equipment not allowed. **Due to class popularity, please sign up for 1 session only.**

Angelo Lorenzo, Instructor

Wednesday, 5/8-6/12 (6x)
10:30-11:30am Clearfield Community Center \$24

Greg Potter, Instructor

Thursday, 5/9-6/6 (5x)
10:30-11:30am Clearfield Community Center \$20

Tuesday, 7/2-8/6 (5x) no class 7/30
3:00-4:00pm Clearfield Community Center
Outside, Behind Baseball Field \$20

ARCHERY SHOOT - Advanced

For the Archer who knows how to shoot and has taken beginning Archery.

NOTE: Cannot register for Beginning and Advanced Archery Shoot together.

Angelo Lorenzo, Instructor

Tuesday, 5/7-6/11 (6x)
10:30-11:30am Clearfield Community Center \$24

BALLET STRETCH

This class combines ballet and stretch for a low-impact, fat burning workout. If you are bored with traditional aerobic exercise, join this fun class which increases circulation, improves overall mobility and is good for all levels. Wear comfortable clothing and ballet shoes or socks. Bring resistance bands and hand weights if you have them.

Dawn Tarbox-Szerbiak, Instructor

Tuesday, 5/7-6/18 (7x)
10:40-11:35am Senior Center \$28

Tuesday, 7/9-8/13 (6x)
10:40-11:35am Senior Center \$24

Thursday, 5/9-6/20 (7x)
9:30-10:25am Senior Center \$28

Thursday, 7/11-8/15 (6x)
9:30-10:25am Senior Center \$24

BALLROOM DANCING

Join us for introductory ballroom lessons. No experience or partner necessary. Wear sneakers or flat shoes.

Karen Murphy, Instructor

Tuesday, 5/7-6/11 (6x)
1:15-2:15pm Senior Center \$22

Tuesday, 6/25-7/30 (6x)
1:15-2:15pm Senior Center \$22



CARDIO DRUMMING

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

Dawn Tarbox-Szerbiak, Instructor

Morning

Monday, 5/6-6/17 (6x) no class 5/27
9:30-10:25am Senior Center \$21

Monday, 7/8-8/12 (6x)
9:30-10:25am Senior Center \$21

Wednesday, 5/8-6/12 (6x)
9:30-10:25am Senior Center \$21

Wednesday, 7/10-8/14 (6x)
9:30-10:25am Senior Center \$21

Marilyn Ciavarella, Instructor

Afternoon

Tuesday, 5/7-6/25 (6x) no class 5/28, 6/4
12:00-12:50pm Senior Center \$21

Tuesday, 7/9-8/13 (5x) no class 7/23
12:00-12:50pm Senior Center \$18

Evening

Thursday, 5/9-6/27 (6x) no class 5/30, 6/6
4:45-5:35pm Senior Center \$21

Thursday, 7/11-8/15 (6x)
4:45-5:35pm Senior Center \$21

CIRCUIT TRAINING

Increase strength, improve mood and promote muscular endurance where participants go through a series of exercises with short breaks in between.

Angelo Lorenzo, Instructor

Tuesday, 6/25-7/30 (6x)
6:00-6:50 pm Senior Center \$21

FALL PREVENTION - Safe on Your Feet

Exercise to a series of total-body, muscle-toning routines. It is designed for strength, balance and flexibility, focusing on "Muscle Memory." The moves range from seated to balancing routines. Fight age with strength.

Jean Widlicka, Instructor

Wednesday, 5/8-6/12 (6x)
9:30-10:25am Senior Center \$16

Wednesday, 7/10-8/14 (6x)
9:30-10:25am Senior Center \$16

FUNCTIONAL LIVING EVERYDAY EXERCISE (FLEE) ZOOM

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

Jill Bronsky, Instructor

Monday, 5/13-6/24 (6x) no class 5/27
9:30-10:25am Zoom \$20

Monday, 7/8-8/12 (6x)
9:30-10:25am Zoom \$20

GET FIT WHILE YOU SIT

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

Jean Widlicka, Instructor

Monday, 5/6-6/17 (6x) no class 5/27
10:30-11:25am Senior Center \$16

Monday, 7/8-8/12 (6x)
10:30-11:25am Senior Center \$16

GROOVE AND MOVE

Have fun getting cardio fit and dancing your troubles away. This is a groove and move class that lets you dance to your own beat and steps. It's just one big dance party!

Dawn Tarbox-Szerbiak, Instructor

Tuesday, 7/9-8/13 (6x)
9:30-10:25am Senior Center \$24



HIIT FOR SENIORS

This HIIT (High Intensity Interval Training) Class is designed with seniors in mind. It is high intensity, not high impact! Our workout is set in blocks of time—25 seconds of work, 10 seconds of rest—and can be modified as needed. There will be no floor work, no jumping, no running and is suitable for most fitness levels. Bring light hand weights to class, if desired. Join us for this fun yet challenging class!

Suzanne Lewis, Instructor

Friday, 5/10-6/21 (6x) no class 5/31
10:00-10:50am Senior Center \$18

Friday, 7/12-8/16 (6x)
10:00-10:50am Senior Center \$18

IT'S A RACKET

This class will include a serving of 3 racket sports: Badminton, Pickleball and Tennis. Two weeks of instruction drills and game practice for each.

Angelo, Lorenzo, Instructor

Monday, 5/6-6/17 (6x) no class 5/27
10:30-11:30am Clearfield Community Center \$24

LINE DANCING - Beginner Plus/Improver

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

Bonnie Crosby, Instructor

Monday, 5/6-7/1 (8x) no class 5/27
11:00am-12:00pm Senior Center \$22

LINE DANCING COUNTRY - Beginner/Beginner Plus

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

Connie Kaminski, Instructor

Monday, 5/6-6/24 (7x) no class 5/27
1:00-2:30pm Senior Center \$24

MEAN JEAN'S EXERCISE

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

Jean Widlicka, Instructor

Monday, 5/6-6/17 (6x) 9:30-10:25am	no class 5/27 Senior Center \$16
Monday, 7/8-8/12 (6x) 9:30-10:25am	Senior Center \$16
Tuesday, 5/7-6/18 (7x) 9:30-10:25am	Senior Center \$18
Tuesday, 7/9-8/13 (6x) 9:30-10:25am	Senior Center \$16
Thursday, 5/9-6/20 (7x) 9:30-10:25am	Senior Center \$18
Thursday, 7/11-8/15 (6x) 9:30-10:25am	Senior Center \$16
Friday, 5/10-6/21 (7x) 9:30-10:25am	Garrison Park \$18
Friday, 7/12-8/16 (6x) 9:30-10:25am	Garrison Park \$16



*Are you missing one of the
important steps to a healthy lifestyle?*
STOP AND SMELL THE ROSES

Are you missing one of the important steps to a healthy lifestyle?

Are the hectic challenges of daily life keeping you from feeling happy?

It's time to "stop and smell the roses." Time spent in pleasurable activities can help delay the aging process and boost your immune system to assist in fighting illnesses. So, take inventory of your habits and reach out for a healthy lifestyle by creating a plan that will balance your activities.

Physicians often recommend diet and exercise to improve conditions such as obesity, diabetes, heart disease, cancer, depression, and anxiety. However, when you don't feel well, it's difficult to find the motivation to follow through in order to accomplish goals. Unhealthy habits can "snowball," and the biochemical infralimbic cortex of the brain can become impaired, leaving emotional responses weakened, motivation diminished, and interests destroyed.

Pleasurable activity can impact one's overall sense of well-being, reducing stress, enhancing the immune system, increasing mental abilities and expanding problem-solving skills. Whether the choice is a group fitness class with friends or working with a personal trainer, playing golf or just going for a walk, finding time for personal experiences which you enjoy is critical to maintaining a healthy and active lifestyle.

<https://www.retirementresourceguide.com/2016/09/28/stop-and-smell-the-roses/>

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PICKLEBALL - Beginner

Did you know, Pickleball is the fastest growing sport in the United States? It is a paddle sport that combines elements of tennis, badminton and ping pong. This six-week course is designed for the Beginner. Each week we will begin with instruction and drills, followed by practice and play for the remainder of the class. Members are welcome to bring their own paddle, however, equipment will be provided. Comfortable clothing and sneakers are a must! **Due to class popularity, please sign up for 1 session only.**

Greg Potter, Instructor

Morning

Wednesday, 5/8-6/12 (6x)
10:30am-12:00pm

Northwest Amherst
Community Center \$18

Thursday, 6/27-8/15 (6x)
10:30am-12:00pm

no class 7/4, 8/1
Northwest Amherst
Community Center \$18

Cindy Weiss, Instructor

Afternoon

Thursday, 5/9-6/13 (6x)
1:30-3:30pm

Senior Center \$24

Thursday, 7/11-8/15 (6x)
1:30-3:30pm

Senior Center \$24

PICKLEBALL - INTERMEDIATE INSTRUCTIONAL

Have you taken the Pickleball class, but want more in depth instruction? Learn about Topspin, Slice, Serving technique, Ball Placement, Court Position, Communication and other situational pickleball theories. Should have prior experience, plus ability in pickleball. Suggested skill level is 3.0+. **Due to class popularity, please sign up for 1 session only.**

Greg Potter, Instructor

Thursday, 5/9-5/23 (3x)
6:00-7:30pm

Senior Center \$15

Thursday, 6/6-6/20 (3x)
6:00-7:30pm

Senior Center \$15

Wednesday, 7/3-7/17 (3x)
6:00-7:30pm

Clearfield Tennis Courts \$15

Wednesday, 8/7-8/21 (3x)
6:00-7:30pm

Clearfield Tennis Courts \$15

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PICKLEBALL AT CLEARFIELD

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

Brian Ignaszak, Court Manager

All Levels

Monday, 4/22-6/3 (6x) no class 5/27
12:00-2:00pm Clearfield Community Center \$24

Wednesday, 4/17-5/29 (7x)
12:00-2:00pm Clearfield Community Center \$28

Thursday, 4/18-5/30 (7x)
12:00-2:00pm Clearfield Community Center \$28

Intermediate Play

Tuesday, 4/23-6/4 (7x)
12:00-2:00pm Clearfield Community Center \$28

Friday, 5/3-6/14 (7x)
12:15-2:15pm Clearfield Community Center \$28

QIGONG and TAI CHI REFINEMENTS

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

Robert Sachs, Connie Beroza, Instructors

Tuesday & Thursday, 5/7-8/22 (31x) no class 7/4
12:00-1:00pm Senior Center \$22

STRENGTH AND BALANCE

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

Angelo Lorenzo, Instructor

Tuesday, 5/7-6/11 (6x)
6:00-6:50pm Senior Center \$21

TABLE TENNIS (PING PONG)

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

Greg Potter, Instructor

Monday, 5/6-6/17 (5x) no class 5/27, 6/10
11:00am-12:15pm Senior Center \$20

Monday, 7/8-8/12 (5x) no class 7/29
11:00am-12:15pm Senior Center \$20

TAI CHI - Beginning/Continuing

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

Robert Sachs, Connie Beroza, Instructors

Tuesday & Thursday, 5/7-8/22 (30x) no class 7/4, 7/23
10:45-11:45am Senior Center \$22

TAP DANCING - Beginner

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

Dawn Tarbox-Szerbiak, Instructor

Thursday, 5/9-6/20 (7x)
10:40-11:35am Senior Center \$28

TAP DANCING - Intermediate

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

Dawn Tarbox-Szerbiak, Instructor

Tuesday, 5/7-6/18 (7x)
9:30-10:25am Senior Center \$28

HEALTH AND FITNESS

YOGA

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

Tina Phillips, Instructor

Morning - Beginner

Tuesday, 5/7-6/11 (6x)
9:00-10:15am Senior Center \$21

Tuesday, 6/25-8/6 (7x)
9:00-10:15am Senior Center \$24

Morning - All Levels

Thursday, 5/9-6/13 (6x)
9:00-10:15am Senior Center \$21

Thursday, 6/27-8/8 (6x)
9:00-10:15am no class 7/4
Senior Center \$21

Afternoon - All Levels

Tuesday, 5/7-6/11 (6x)
4:00-5:00pm Senior Center \$21

Tuesday, 6/25-8/6 (7x)
4:00-5:00pm Senior Center \$24

Zoom - All Levels

Wednesday, 5/8-6/12 (6x)
9:00-10:15am Zoom \$21

Wednesday, 6/26-8/7 (7x)
9:00-10:15am Zoom \$24

YOGA/CHAIR

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

Jennifer Nuwer, Instructor

Morning

Friday, 5/10-6/14 (6x)
11:00am-12:15pm Senior Center \$21

Friday, 6/28-8/9 (7x)
11:00am-12:15pm Senior Center \$24

Afternoon

Friday, 5/10-6/14 (6x)
12:30-1:45pm Senior Center \$21

Friday, 6/28-8/9 (7x)
12:30-1:45pm Senior Center \$24

YOGA/GENTLE MINDFUL

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

Kathy Bragagnola, Instructor

Thursday, 5/9-6/13 (6x)
6:00-7:00pm Senior Center \$21

Thursday, 6/27-8/8 (6x)
6:00-7:00pm no class 7/4
Senior Center \$21

YOGA AND MEDITATION

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

Jennifer Nuwer, Instructor

Wednesday, 5/8-6/12 (6x)
11:00am-12:00pm Senior Center \$18

Wednesday, 6/26-8/7 (7x)
11:00am-12:00pm Senior Center \$20

YOGA PLUS

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

Christina Phillips, Instructor

Tuesday, 5/7-6/11 (6x)
10:30-11:45am Senior Center \$21

Tuesday, 6/25-8/6 (7x)
10:30-11:45am Senior Center \$24

ZUMBA DISCO

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

Marilyn Ciavarella, Instructor

Thursday, 5/9-6/27 (6x)
12:00-12:50pm no class 5/30, 6/6
Senior Center \$21

Thursday, 7/11-8/15 (6x)
12:00-12:50pm Senior Center \$21

BASSETT PARK FARMER'S MARKET

Held from 10:00am-2:00pm

June 9 August 11
July 14 September 8



Special Events

NATIONAL HEALTHCARE DECISION DAY

Tuesday, April 16, 2024

Sponsored by Hospice & Palliative Care

OLDER AMERICAN'S MONTH

May

Sponsored by Heathwood

MOTHER'S DAY CELEBRATION

Friday, May 10, 2024

Sponsored by PACE

SENIOR HEALTH & FITNESS DAY

Wednesday, May 29, 2024

Sponsored by Friedman
and Ranzenhofer

FATHER'S DAY CELEBRATION

Friday, June 14, 2024

Sponsored by PACE

ANNUAL FAMILY HEALTH FAIR

Saturday, July 27, 2024

9:00am-12:00pm

SENIOR DAY AT OLD HOME DAYS

Sponsored by Family Choice of WNY

Summer Concerts

DANCING QUEEN CITY

Thursday, June 20
6:00pm

GRANDFATHER'S ORCHESTRA

Thursday, July 25
6:00pm

BARNSTORM BAND

Thursday, August 29
6:00pm

BAR-ROOM BUZZARDS

Monday, July 8
1:00pm

Special after lunch concert

SPECIAL LUNCHESES 2024

Dyngus Day

Monday, April 1, 2024

Passover

Tuesday, April 23, 2024

Cinco De Mayo

Friday, May 3, 2024

Mother's Day

Friday, May 10, 2024

Memorial Day Picnic

Friday, May 24, 2024

Father's Day

Friday, June 14, 2024

Fourth of July

Wednesday, July 3, 2024

India Independence

Thursday, August 15, 2024

Labor Day Picnic

Friday, August 30, 2024

Further information will be provided in our monthly newsletter.

Science says you should really stop and smell the roses:

DOING SO CAN GIVE YOUR BRAIN A BOOST WHILE YOU SLEEP

New research reveals that rose-scented incense can enhance your ability to retain information.

On a breezy spring day, there's nothing like taking a few minutes to stop and admire the beautiful blooms around you. As it turns out, stopping and smelling the roses has some pretty impressive cognitive health benefits. A new study, which was published in *Scientific Reports*, found that rose scents can help with information retention and learning success—and sleeping with the scent present can even give your brain a boost overnight.

As part of the study, researchers experimented with 50 sixth grade students who studied for a test. Two groups of students were given the same language lessons, which they studied right before bedtime. One group was instructed to place rose-scented incense on their desks while studying, while the control group studied the very same material without a fragrance nearby. Afterward, the students took a vocabulary test based on the material they reviewed. Researchers placed more rose-scented incense near the test group as a retrieval cue. The students who studied with the rose-scented incense demonstrated stronger information retention than those who did not.

Some students continued to use the rose-scented incense while they slept. When the incense was used during both the study and sleeping phases, the students showed a significant increase in learning success by approximately 30 percent. One particular finding beyond the seminal initial study was that the fragrance also works when it is present all night. "This makes the findings suitable for everyday use."

The final takeaway? By sleeping nearby rose-scented incense, you may actually give your brain a learning boost, which allows you to retain more information that you learned throughout the day.

<https://www.marthastewart.com/7615713/new-study-smell-roses-helps-information-retention-sleeping>



Hearts & Hands is a WNY nonprofit that matches caring, reliable volunteers with older members in our community with essential needs, to aid them in living happy, independent lives.

Neighbors Helping Neighbors

Volunteers are critical to our neighbor-helping-neighbor model, offering much-needed and appreciated human connection to some of the most vulnerable members of our community, at no cost to them.



As a volunteer, you'll:

- ♥ Know in advance who you're helping
- ♥ Know the exact needs you'll be assisting
- ♥ Get to choose your own schedule
- ♥ Receive mileage reimbursement
- ♥ Receive supplemental insurance coverage

Want to learn more about becoming a Hearts & Hands volunteer? Call us (716) 406-8311 or visit volunteerhnh.org

2024 OVERNIGHT TRIPS

DANIEL APRIL 15-16 • \$435 PP Head to Lancaster County, PA and enjoy a unique farm-to-table experience for lunch. Enjoy shopping at Kitchen Kettle Village or the Tanger Outlets. The next day, breakfast, the show and dinner at Miller's Smorgasbord.

AMISH COUNTRY OHIO MAY 13-14 • \$315 PP Sightseeing in Sugarcreek, Charm, Millersburg, Berlin, Walnut Creek, Kidron & Orrville. Package includes overnight in Berlin, 3 meals, Miller's Dry Goods, Heini's Cheese Chalet & more.

SAVANNAH & THE GOLDEN ISLES JUNE 11-16 \$1750 PP Enjoy tours of Tybee, Jekyll & St. Simon Islands. Hop on/hop off tour of Savannah, Gospel Riverboat Cruise, Paula Deen's The Lady and Sons Restaurant, Horse Drawn Carriage Ride.

NY YANKEES & NY METS JULY 23-24 • \$529 PP Includes game ticket in sections 214A, free time in the city and a stop at the Yogi Berra Museum.

RESORTS WORLD-CATSKILLS AUGUST 6-7 • \$380 PP Receive \$50 in free play, \$20 food, "King in Concert" show included.

THOUSAND ISLANDS AUGUST 13-15 • \$675 PP Accommodations at Thompson's Resort: Located directly on the St. Lawrence River. Riverside property with an outdoor pool, restaurant & cruise boats. Uncle Sam Cruises 2.25 hour ride included, plus castles.

ARK ENCOUNTER SEPTEMBER 9-11 • \$579 PP Join us 2 by 2 for a riverboat dinner cruise and an ARK ENCOUNTER. 2 Nights lodging, 1 Riverboat Cruise, 1 Buffet Dinner, 2 Breakfasts, Admission to Museum, Luggage Handling, All Taxes & Meal Tips.

ROUTE 66 OCTOBER 6-17 • \$3650 PP Visit Gateway Arch, Cadillac Ranch, Oklahoma City Memorial, The Balloon Fiesta – 2 nights in Albuquerque, Grand Canyon – 2 nights at the Grand Canyon Railway hotel, enjoy the "Grand" Bus tour of the canyon.

2024 DAY TRIPS

SENECA NIAGARA CASINO APRIL 29, MAY 20, JUNE 17 | BATAVIA DOWNS MAY 6

SYRUP & SLOTS MARCH 25 | SOLAR ECLIPSE APRIL 8

NY YANKEES @ CLEVELAND APRIL 14 | HIDDEN VALLEY ADVENTURE MAY 8

CRUISING CLEVELAND JUNE 26 | NY YANKEES @ TORONTO JUNE 27

CHAUTAUQUA BELLE JULY 10 | WINDMILL FARM JULY 20 | BUFFALO RIVER CRUISE JULY 31

LIGHTHOUSE DAY AUGUST 7 | SKANATELES AUGUST 28

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Details & Full Schedule
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SPRING-SUMMER 2024 CLASS REGISTRATION - WEDNESDAY, APRIL 10, 2024



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

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

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

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

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

Walk In Registration begins on **Thursday, April 11 at 9:00am**. Please bring completed form with **EXACT** payment by credit card, cash or check.

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

Name _____ Email _____

Street _____ City _____ Zip Code _____

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

COMPLETE COURSE TITLE	CENTER	ZOOM	DAY	TIME	START DATE	FEE

TOTAL \$ _____

(please circle one) Cash Charge Check Check Number _____

Card Number _____

Expiration Date ____/____/____ CVV Number _____ Total Charge _____

Signature Required _____

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

Office Use Only:
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 Initials: _____



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Kathryn.Murray@highmark.com



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TOTAL \$ _____

(please circle one) Cash Charge Check Check Number _____

Card Number _____

Expiration Date ____/____/____ CVV Number _____ Total Charge _____

Signature Required _____

**MAIL TO: AMHERST CENTER FOR SENIOR SERVICES
 CLASS REGISTRATION
 370 John James Audubon Parkway
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Center and distributed to:**

Amherst Libraries

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www.amherstcenterforseniorservices.com

www.amherst.ny.us

Contact:

Christina Yensan, Public Relations Coordinator
cyensan@amherst.ny.us

AmherstCenterforSeniorServices.com



INSTRUCTORS NEEDED

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

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

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

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

Mission Statement

The Town of Amherst Center for Senior Services is a human service agency serving the community's older residents and their families. The Department's mission is to foster the physical and mental well-being of senior citizens by providing educational and recreational

activities, nutritional, health-related, social and support services, and opportunities for volunteerism. The Department is an advocate for senior citizens and seeks to promote and sustain independence or optimal level of well-being.