



Town of **AMHERST**

Senior Center

AMHERST SENIOR CENTER

370 John James Audubon Parkway
Amherst, NY 14228
716-636-3050

OCTOBER 2024 NEWSLETTER

FEATURED EVENTS:

STAY FIT DINING PROGRAM'S 50TH ANNIVERSARY CELEBRATION

Wednesday, October 2, 12:00pm
Enjoy complimentary lunch. *See page 13 for menu*

ELDER FRAUD PREVENTION

Tuesday, October 15, 2:00pm
Learn about current elder fraud trends and how to avoid becoming a victim
Presented by a member of the United States Attorney's Office, White Collar/General Crimes Division

ASK THE CANDIDATE

Thursday, October 17, 5:30 pm
Come and learn where your local candidates stand on the issues that are important to you. *Hosted by the League of Woman Voters*

SENIOR EXPO

Tuesday, October 22, 4:00pm-6:00pm
Gather helpful information from a variety of vendors who provide services and products for older adults

EXPECT THE BEST, PREPARE FOR THE WORST: What you need to know about medical and legal advanced planning

Thursday, October 24, 4:00pm
Presented by the Center for Elder Law and Justice

WILLIAMSVILLE ART SOCIETY FALL SHOW

Sunday, October 27, 2:00-4:00pm
Come and celebrate the art and artists
Sponsored by Asbury Pointe

EARLY VOTING

Saturday, Oct. 26-Sunday, Nov. 3
Saturdays & Sundays, 9:00am-5:00pm
Monday-Friday, 12:00pm-9:00pm
Early voting will take place in our Wellness Center. We are not a site after November 3

OCTOBER IS HEALTH LITERACY MONTH

Healthy Living



1. STAY SOCIAL
2. MAINTAIN PHYSICAL ACTIVITY
3. EAT HEALTHY
4. SEE DOCTOR REGULARLY



Health Literacy Month is sponsored by the Clarity Group

Check out their upcoming program and learn about Medicare changes

MEDICARE 101 for 2025

Thursday, October 3 at 4:00pm

Presented by Lisa Giancarlo from the Clarity Group

Registration required. Space is limited.

ESTABLISHED IN 1962



Facebook.com/amherstnyseniorcenter/

AmherstCenterForSeniorServices.com

A NOTE FROM THE DIRECTOR

Our Fall classes and programming are off to a great start! We're so happy that our members are staying active. I would like to thank the Clarity Group for sponsoring Health Literacy Month, Beechwood Continuing Care for sponsoring our Halloween program and Wellcare for sponsoring Active Aging Week. We appreciate the commitment that these organizations have made to our senior center.

I would like to inform everyone of a very important update to our Nutrition program. A sewer line will need to be replaced in the kitchen. This is an extensive project which will require us to shut down the kitchen for two weeks in November. While this is not ideal, it is necessary to complete as soon as possible. I want to reassure everyone that we will be working diligently to make plans to continue to serve the Frozen Meal program and the lunch program.

Amherst Meals on Wheels will also continue to serve their clients. I ask for everyone's patience and understanding while we work through this process. Thank you for your understanding.

As we receive further information including the dates and menus, we will communicate these details to you through emails and postings within the building through November.

Melissa Abel, Executive Director

KEY STAFF CONTRIBUTORS

Melissa Abel, Director: mabel@amherst.ny.us
Christin Estrada, Nutrition Site Coordinator: cestrada@amherst.ny.us
Tammy Jacobs, Program Coordinator: tjacobs@amherst.ny.us
John Jones, Social Caseworker: jjones@amherst.ny.us
Jodi Kwarta, Director of Volunteers: jkwarta@amherst.ny.us
Jennifer Lazarz, Program Leader: jbono@amherst.ny.us
Karen Lisiecki, Project Coordinator: klisiecki@amherst.ny.us
Angelo Lorenzo, Program Leader: alorenzo@amherst.ny.us
Jamie Sullivan, Kitchen Manager: jesullivan@amherst.ny.us
Greg Potter, Program Leader: gpotter@amherst.ny.us
Vijaya Tomar, Social Worker: vtomar@amherst.ny.us
Cindy Weiss, Class Coordinator: cweiss@amherst.ny.us
Marc Young, Program Leader: myoung@amherst.ny.us

*The newsletter is coordinated by Christina Yensan,
Public Relations Coordinator: cyensan@amherst.ny.us*

ABOUT US

THE CENTER

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

- Art Gallery—*Monthly Art is sponsored by Asbury Pointe*
- Audubon Café—*Closed until Fall*
- Billiard Room
- Card Room
- Dance Room—*Sponsored by Excellus Blue Cross Blue Shield*
- Gift Shop—*Closed until Fall*
- Health & Fitness Rooms
- Library
- Music Room—*Sponsored by Susan Grelick in honor of her parents*
- Nutrition Room—*Sponsored by Highmark Blue Cross Blue Shield*
- Wellness Center—*Sponsored by Kaleida Health*
- There is an accessible private bathroom located off the hallway by Room 2

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

The Center will be closed on Monday, October 14 in recognition of Columbus Day

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

MEMBERSHIP DUES

Amherst Residents—Lifetime Membership

- \$50/Individual Membership
- \$75/Household Membership*

Non-Resident—Renewal

- \$50/Per Person

Membership is open to adults 55 or older

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

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

TO JOIN THE CENTER:

Go to AmherstCenterforSeniorServices.com/membership-plans and complete the application or sign up in person.

TOWN OF AMHERST

AMHERST TOWN BOARD

- Brian Kulpa, Town Supervisor
- Jacqualine Berger
- Shawn Lavin, Deputy Town Supervisor, Senior Services Liaison
- Angela Marinucci
- Michael Szukala



AMHERST SENIOR CENTER ADVISORY BOARD

- James W. Bardot, Chairperson
- Aaron Carlson
- Reverend Susan Frawley
- Gary Henry
- Ann Nichols, Amherst Town Justice
- Julie Whitbeck-Lewinski

EX-OFFICIO MEMBERS:

- The Honorable Shawn Lavin, Liaison to Senior Services
- Melissa Abel, Executive Director, Amherst Senior Center
- Mary-Diana Pouli, Executive Director, Youth & Recreation
- Assistant Chief Michael Camilleri, Assistant Chief of Amherst Police Department
- Dal Giuliani, Executive Director, Amherst Generations Foundation
- Ms. Del Szczesniak, President, Senior Center Representative Council

TOWN PROGRAM LOCATIONS

Amherst Senior Center

370 John James Audubon Parkway, Amherst 14228

Clearfield Community Center

730 Hopkins Road, Williamsville 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

A NOTE FROM YOUTH & RECREATION

The Senior Center and the Youth & Recreation Department have had adjoining tables at The Market at Bassett this past season. It's been a great way to interact with the public and promote the services Amherst has to offer. Plus, when you're there early, you get to buy fresh-baked pies before the crowds come and they sell out! From my observations, there are three types of folk who stop by the table: those who are already members of the Center who stop by to say hi or pick up the latest newsletter, those who are non-residents who've heard about our wonderful programs and wish that they could join, and those who are clearly of membership age and beyond who say, "we're not old enough". (Okay, they don't stop by willingly, but the staff lures them to the table and won't let them get away without a conversation!). The great thing is, there's usually a member there or walking by who will hear them say that they're not old enough and begin to tell them all about all the different programs and classes they attend. The response is often "but I work during the day", at which point the Center staff tell them about all the evening options on Tuesdays and Thursdays. When they still look skeptical, one of the Youth & Rec staff will usually say, "I'm a member and I take xyz class on my way home from work. You should sign up and come with me". At this point, you begin to see a subtle shift in their expression, and while they may not sign up, they usually take a newsletter or class catalog and start paging through it and then decide there's enough there of interest to take it home with them. Whether they join in a week, a year, or ten years, a seed has been planted.

We've just celebrated Senior Center Month and its theme "Powering Connections" which seems so fitting in light of this story. The Center is not just the building, not just the staff, not just the members, but all of us working together in the community to provide the best possible experience for everyone, whether you're a young senior or an old(er) senior. I always leave the market on Sunday re-energized and very grateful for the opportunities the Center and the department provide!

Speaking of opportunities, mark your calendar for Friday, October 4 for the second annual "Enchanted Forest" Walk next door to the Center at Walton Woods Park. Arrive anytime from 6:00-9:00pm. Festive luminaries will light your way as you stroll down the paved path and/or a nature trail at your own pace. Along the way, you will also encounter local musicians and artists. This is a great event for children and adults alike. No registration necessary!

Mary Diana Pouli, Executive Director, Youth & Recreation

AMHERST GENERATIONS FOUNDATION

- Andrew Napierala, Chair
- Chandra Condon-Daigler, Secretary
- Barry Kantrowitz
- Meghan Reed
- Karen Pusateri
- Cory Zale
- Petrina Sciandra
- Sarah Blankenship

Melissa Abel, Ex-Officio

Executive Director, Dal Giuliani



REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

REGISTRATION PROCEDURES

REGISTRATION/CANCELLATION

Registration is mandatory for all classes, clubs, meals, Programs and support groups. There are three ways to register:

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

CREATING AN ACCOUNT ON MyActiveCenter

myactivecenter

Go to MyActiveCenter.com then click on the New User button and follow the directions. Your MySeniorCenter keytag 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.

TO REGISTER FOR A CLASS, CLUB, MEAL, PROGRAM OR SUPPORT GROUP IN MyActiveCenter:

- Sign in to MyActiveCenter.com
- The Search Box and Filters are on the left side
- Once you have found the Class, Club, Meal 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.

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

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.

NUTRITION

TO REGISTER FOR LUNCH OR DINNER:

Follow same instructions on left. Lunch and Dinner registration opens for the following month on the third Tuesday of each month. Please call to cancel if you are unable to attend.

FROZEN MEAL PROGRAM

Please stop at our front reception desk and pick up an Erie County Registration Form. Completed forms must be returned to our Nutrition Site Coordinator, Christin Estrada. If you have any questions, she can be reached at 716-636-3055 ext. 3131.

ATTENDING THE CENTER

You are required to swipe in at the kiosk each time you enter the Center. This enables us to know who is in the building. You do not have to swipe out.

CANCEL IF YOU CAN'T MAKE IT

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

MEMBERSHIP 101

Tuesday, October 1 at 3:30pm or
Wednesday, October 2 at 10:30am

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 if you are attending the 3:30pm you are invited to stay for a complimentary dinner at 5:00pm. Reservations are required for both.

MEMBERSHIP 101

REGISTRATION IS ALWAYS REQUIRED. SEE ABOVE FOR DETAILS.

PROGRAMS



Remember homecoming week in high school? That week long celebration offered delightful memories to us all. Join us as we celebrate this fall tradition at the Amherst Senior Center!

HOMECOMING SCAVENGER HUNT

Tuesday, October 1 at 1:00 pm

Participants will have two days to find and photograph items and creations from a fun list, with highlights to be showcased at the Homecoming Dance. Show off your creations and discoveries and enjoy a memorable celebration of your efforts! Submissions by 10/2 to: toass2zoom@gmail.com

SPELLING BEE

Wednesday, October 2 at 1:00 pm

Come put your spelling to the test! See if you will be crowned The Amherst Senior Center's Spelling Champion!

HOMECOMING DANCE

Thursday, October 3 from 6:00-7:30 pm

In partnership with Amherst Youth and Recreation. Dust off those dancing shoes and dance the night away. Entertainment by *Serendipity Swing*

NATURE WALKS

Wednesdays, October 2, 16, 23, and 30 from 9:30-11:00 am
Learn all the beauty that Walton Woods has with naturist Carol Rogers

LEARN TEXAS HOLD'EM

Thursdays, October 3, 10, 17 at 1:00 pm

Dive into the world of poker with our introductory Texas Hold'em course. Over three sessions, we'll guide beginners through the game's rules and basic strategies. Join us to learn the essentials and start your poker journey!

JELLYMAKING

Tuesday, October 8 at 2:00 pm

Learn the art of canning and preserving with our hands-on jellymaking workshop. Discover the basics of creating delicious homemade jelly from start to finish, and take home your very own jar of sweet success. Perfect for those eager to dive into the world of preserving!

TALK AND TASTE....with a twist

Wednesday, October 9 at 1:00 pm

Can you guess the secret ingredient? Find out!

COFFEE WITH A COP

Friday October 11 at 11:00 am

Meet an Amherst Police Officer and learn more about what is happening in the community

ADAPTING TO CHANGE: THE KARO TRIBE

Tuesday, October 15th at 1:00 pm

Join Jane Jacobson as she recounts her visit to the Karo tribe in southern Ethiopia. Learn about the impact of the Gibe dam on their once-reliable flood retreat agriculture and discover how this resilient tribe continues to survive despite the changes to their environment



COOKING WITH JEN

Wednesday, October 16 at 11:00 am.

French Toast Casserole Fee is \$6.00 Please bring a 9x13 casserole dish

MIND TEASERS

Thursday, October 17 at 10:30 am

TECH SUPPORT DAY



Tuesday, October 22 at 11:00 am

Bring your device and questions.

Assistance will be available to troubleshoot issues and provide guidance.

Whether it's a phone, tablet, or computer, support will be on hand for your needs!

COOKING WITH THE FORSTERS

Friday, October 25 at 10:30 am

Have you ever wondered what were the differences and similarities between apple crisp, apple cobbler, apple buckle, apple slump, apple grunt, apple brown betty, apple sonker and an apple pandowny. We will taste two of these and talk about the others. Fee is \$2.00 paid by 10/23

HALLOWEEN CANDY CRAFTS

Wednesday, October 30 at 11:00 am

Cookie witches hat, chocolate spider webs and more. Fee is \$5.00 No refunds after 10/28

HALLOWEEN COSTUME CONTEST

Thursday, October 31 at 11:15 am

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

PROGRAMS

MOVIES

1:00pm

Monday, October 7 *Mother's Instinct* R 94 min
Monday, October 21 *Wicked Little Letters* R 100 min
Monday, October 28 *The Bikeriders* R 116 min

5:30pm

Tuesday, October 1 *The Fabulous Four* Rated R 124 min
Tuesday, October 8 *Mother's Instinct* R 94 min
Tuesday, October 15 *Wicked Little Letters* R 100 min
Tuesday, October 29 *The Bikeriders* R 116 min
Thursday, October 31 *World War Z* PG-13 120 mi

OPERA HOUR-*La Traviata*

Friday, October 4 at 1:00 pm, 154 min

DOCUMENTARY-*Life*

Thursday, October 10 at 5:30pm
Come watch Episodes 4 and 5 of the stunning nature documentary, 'Life,' a sequel to Planet Earth.
Narrated by David Attenborough

TRUE STORY-*Back to Black*

Friday October 11 at 1:00 pm, R 122 minutes

FEEL GOOD MOVIE-*Find Me Falling*

Friday, October 18 at 1:00 pm, PG-13 93 min

BOOK AND MOVIE COMPARISON-*All the Light We Cannot See*

Friday, October 25 at 1:00 pm, Part 1 120 min
Friday, November 1 at 1:00 pm, Part 2 120 min

FIELD TRIPS

PAUTLERS

Thursday, October 10 at 12:00 pm
6343 Transit Road, East Amherst. Join us for lunch or ice cream or both! All purchases must be paid for by member

THE BARBIE BUNGIE, HARLEM ROAD COMMUNITY CENTER

Wednesday, October 16 at 2:00 pm
4255 Harlem Road, Amherst, Room 2. Put your science and math skills to the test. In this egg-drop competition, you'll design and build a bungee system to protect a Barbie doll as it makes its daring descent. Creativity meets physics!

BOWLING, TRANSIT LANES

Friday, October 18 at 10:30 am
7850 Transit Rd, Williamsville. \$5 per game (Shoes included). Play as many games as you would like. Enjoy this fun social outing with friends while bowling

PARTNER PROGRAMS

MUSICAL MEMORIES CAFÉ

Tuesdays, October 1 at 2:00 pm
Caregivers are encouraged to join us for an enjoyable time with your loved one for entertainment, socialization, reminiscing and refreshments. Reservations can be made by contacting Carolyn at 570-6520 or westfallsartcenter@gmail.com



SILVER PRIDE TEA

Friday, October 4 from 10:00am -12:00pm
This is an opportunity for LGBTQ+ seniors to come together and enjoy a morning of refreshments and conversation. ALL are welcome. *Hosted by the Pride Center of WNY*

BISTRO BOOKERS *The Covenant of Water*

Tuesday October 15 at 4:00 pm
Robert Poczuk will review book by Abraham Verghese

BETTER BREATHERS GROUP

Tuesday, October 22 at 1:30pm
Learn ways to cope with your diagnosis Led by *American Lung Association trained facilitator Jeremy Voorhees*

BALANCE AND MEMORY CHECK-UP

Thursday, October 24 from 9:30-1:00 pm
Schedule your 30 minute screening with a practitioner from Buffalo Occupational Therapy by contacting Hannah at 716-235-3013 or hannah@buffalooccupationaltherapy.com
Let them know that you want it at the Senior Center.

INFORMATION TABLES

SENATOR RYAN COMMUNITY OUTREACH

Tuesday, October 1 from 10:00-2:00 pm
A representative from the Senator's office will be present

SILVER LININGS-Tuesday, October 15 from 11:00-12:00pm

BUFFALO CURLING CLUB-Wednesday, October 16 from 10:30- 1:00pm

ASK THE REALTOR-Wednesday, October 16 at 11:00am

SENIOR HELPERS-Thursday, October 17 from 11:00-1:00pm

YOUR LIFE PATIENT ADVOCACY-Friday, October 18 from 11:00- 1:00pm

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

PROGRAMS

HEALTH PROGRAMS

FREE CHAIR FITNESS CLASS

Wednesday October 9 from 11:00-11:50am

Wednesday October 23 from 11:00-11:50am

Strength, flexibility, and mobility are all highlighted in this class.

Get a total body workout and have fun doing it.

TOPS PHARMACY VACCINATION CLINICS

Tuesday, October 1 from 9:00-11:30 am

Friday, October 11 from 9:00-11:30

Wednesday, October 23 from 9:00- 11:00am

Get your annual Flu shot and the latest COVID booster. Please bring your insurance card. Appointments can be made online

https://book-ch.appointment-plus.com/d87q3d5c/?employee_id=5549

UNIVERA HEALTHCARE 2025 MEDICARE UPDATES

Tuesday, October 29 12:00pm

Learn about 2025 Medicare Plan updates

HEALTH INSURANCE

To schedule your appointment call the representative listed

Clarity Group- Medicare Plan Center

Lisa at 716-864-4886

Thursday, October 17 from 9:00am-12:00pm

Tuesday, October 29 from 9:00am-12:00pm

Highmark BCBS

Kathy at 716-658-8655

Friday, October 4 from 9:00am-11:00am

Univera

Michele 716-572-8315

Tuesday, October 29 from 1:00pm – 3:00pm

October is Health Literacy Month
Sponsored by our friends at:



HEALTHY AGING

By the National Library of Medicine

People in the U.S. are living longer, and the number of older adults in the population is growing. As we age, our minds and bodies change. Having a healthy lifestyle can help you deal with those changes. A healthy lifestyle for older adults includes:

Healthy eating. As you age, your dietary needs may change. You may need fewer calories, but you still need to get enough nutrients. A healthy eating plan includes

- Eating foods that give you lots of nutrients without a lot of extra calories.
- Avoiding empty calories, such as foods like chips, candy, baked goods, soda, and alcohol
- Eating foods that are low in cholesterol and fat
- Drinking enough liquids, so you don't get dehydrated

Regular physical activity. Being physically active may help you maintain a healthy weight and avoid chronic health problems. If you have not been active, you can start slowly and work up to your goal.

Staying at a healthy weight. Being either overweight or underweight can lead to health problems. Ask your health care professional what a healthy weight for you may be.

Keeping your mind active. Lots of activities can keep your mind active and improve your memory, including learning new skills, reading, and playing games.

Making your mental health a priority. Work on improving your mental health, for example by practicing meditation, relaxation techniques, or gratitude.

- Participating in activities that you enjoy. People who are involved in hobbies and social and leisure activities may be at lower risk for some health problems.

Playing an active role in your health care. Make sure that you get regular checkups and the health screenings that you need.

Not smoking. If you are a smoker, quitting is one of the most important things that you can do for your health.

Taking steps to prevent falls. Older adults have a higher risk of falling. They are also more likely to fracture (break) a bone when they fall. Getting regular eye checkups, getting regular physical activity, and making your house safer can lower your risk of falling.

Following these tips can help you to stay healthy as you age. Even if you have never done them before, it's never too late to start taking care of your health.

<https://medlineplus.gov/healthyaging.html>

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

CLASSES

FALL CLASS CATALOG:

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

DEFENSIVE DRIVING CLASS

AARP Smart Driver

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

Wednesday, October 23 or November 13 from 9:00-4:00pm

Reservations required by calling 636-3051. Payment due to instructor on the day of the class

SPECIAL REQUEST:

If you have registered for a class and do not plan on attending, please let us know. While we can not refund your money, it would be nice if someone could take your spot

HIGHLIGHTS FOR FALL SECOND SESSION

Many fall classes begin in October, early November. Now is the time to register. Check online or with the reception desk for openings. Full descriptions of ALL classes are in the Fall Class Catalog.

Aviation – 10/3

Introduction to Mindfulness – 10/5

Art History Zoom – 10/10

20/20/20 Monday – 10/28

Functional Living Everyday Exercise (FLEE) – 10/28

Get Fit While You Sit – 10/28

Mean Jean Exercise -10/28

The Basics of Wine Appreciation – 10/29

Ballroom Dancing – 10/29

Fall Prevention – 10/30

Intro To Acting – 10/30

Knitting/Crochet – 10/31

Move, Tone & Stretch – 11/4

Computer Skills for Today's World – 11/5

UNIVERSITY EXPRESS CLASSES

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!

SENIOR CENTER:

Tuesday	10/1	6:00 pm	18 Years, 5 Months, 22 Days
Wednesday	10/2	2:00 pm	Queerness in Nature
Tuesday	10/8	2:00 pm	Graycliff: Isabelle & Darwin Martin's Frank Lloyd Wright Designed House
Tuesday	10/8	6:00 pm	The Long Forgotten Cleveland Hill School Fire
Wednesday	10/9	2:00 pm	200th Anniversary of the Erie Canal
Thursday	10/10	2:00 pm	Landlubbing On The Buffalo River
Thursday	10/10	6:00 pm	Body Wisdom: A Self Care Workshop for Caregivers
Wednesday	10/16	2:00 pm	Not Just A Pretty Face (Medicinal Native Plants)
Wednesday	10/23	2:00 pm	Henry Flager's Opening Up Florida
Thursday	10/24	2:00 pm	Books and Censorship: History Repeats Itself
Thursday	10/24	6:00 PM	Haunted Sites in Buffalo
Tuesday	10/29	6:00 pm	What Your Survivors Need to Know
Tuesday	10/29	2:00 pm	Understanding and Coping with Depression
Wednesday	10/30	2:00 pm	Winter Sowing and Native Plants
Thursday	10/31	2:00 pm	Deaf Culture Competency or Resources

NORTHWEST AMHERST COMMUNITY CENTER:

Friday	10/4	10:00 am	Wonderful Words of Shakespeare
Monday	10/7	1:30 pm	CBD Wellness
Friday	10/11	10:00 am	Acting Shakespeare: How the Actor Prepares
Friday	10/18	10:00 am	Storytelling Through Shakespeare
Monday	10/21	1:30 pm	Get Where You are Going
Friday	10/25	10:00 am	Setting Up Home Entertainment Systems
Monday	10/28	1:30 pm	Holiday Language of Flowers

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

VOLUNTEER & CLUB

SERVICE HOURS

Volunteers, please submit your service hours, both inside the Center and those performed out in the Community, on a monthly basis. See staff for assistance, if needed.

AARP TAX-AIDE VOLUNTEER OPPORTUNITIES

AARP Foundation Tax-Aide offers free tax filing help to those who need it most. As an AARP Foundation Tax-Aide volunteer, you'll receive training, support materials and a mentor, learn new skills and connect with people in your community. (No need for financial background or tax experience.) Volunteers needed for the 2025 tax season at the Northwest Community Center, in Amherst. Apply at this web site: <https://www.aarp.org/forms/volunteer-tax-aide/> If you have questions about the application process, please contact Tom Pause (District Coordinator) at 716-689-6118.

CENTER FOR ELDER LAW & JUSTICE VOLUNTEER OPPORTUNITIES

CELJ is launching a new program in conjunction with Lifespan of Rochester to link volunteers with adults over 60 who need help with budgeting, bill paying, managing debt, and other financial wellness services. Volunteers will meet with their assigned client about once per month in their homes to review their mail, their bills, and discuss any other budgeting concerns and help link clients with appropriate community resources. Training & support provided to volunteers. For more information, please contact CELJ at 800-316-5103 or via email at budgethelp@elderjusticeny.org.

BOOK CLUB

The October 28 Book selection is *The Covenant of Water*, by *Abraham Verghese*. You can find a list of the 2024-2025 book selections in the racks across from the Fitness Room. (There is also a ZOOM component for which members must register to receive the automated ZOOM link.)

CLUB MEMBERS

You must register prior to attending your meeting. Swiping in at the kiosk is not registering.

AM-CENTER PHOTOGRAPHY CLUB

Tuesday, Oct. 8 at 1:00 pm Charles Bartolotta, award winning local photographer and member of the Photographic Society of America Worldwide, will present "Memorable Images: Their Stories."

Tuesday, October 22 at 1:00 pm Mike Dziak, member of the Science Museum Camera Club and the Twin City Camera Club and noted and award winning sports photographer will present "Lightroom to Make B&W Photos."

Please pre-register as space is limited.

NEW CLUBS

Speaking Italian Language Club will begin meeting on Friday, October 4th from 1:00 to 2:00 and will be scheduled weekly. If you are fluent and/or studying Italian language in classes or on the computer, you are welcome to participate. This is not a teaching club, but rather an opportunity to practice speaking the beautiful Italian language.

Reading Poetry Aloud Club will begin meeting on Wednesday, October 2nd from 9:00 to 10:00 and will take place weekly. Speaking and listening to poetry dramatizes our shared human experience; exercise your lungs, explore and be inspired by poems. This new club is open to all-no experience necessary.

BAKERS RACK SALE

Thursday, October 31

Proceeds benefit the Amherst Center for Senior Services

HOT DOG SALE

Friday, October 11 at 11:00 am \$1.50 each, while supplies last

OPEN PICKLEBALL & PING PONG

PICKLEBALL

Tuesday, October 1, 8, 29, 2:00-4:00pm or 5:00-7:00pm (1 court)

Wednesday, October 2, 16, 30, 12:00-2:00pm or 2:00-4:00pm

Wednesday, October 9, 12:00-2:00pm (Men) or 2:00-4:00pm (Women)

Wednesday, October 23, 12:00-2:00pm (Women) or 2:00-4:00pm (Men)

Thursday, October 10, 24, 31, 3:45-5:30pm

Friday, October 4, 12:00-2:00pm (Intermediate) or 2:00-4:00pm (Beginner)

Friday, October 11, 12:00-2:00pm or 2:00-4:00pm

Friday, October 18, 12:00-2:00pm (Beginner) or 2:00-4:00pm (Intermediate)

PING PONG

Mondays, 1:00- 4:00pm

Tuesdays, 10/1, 10/8, 10/15, 10/29, 2:00- 6:00pm

Fridays, 1:00- 4:00pm

PICKLEBALL Northwest Amherst Community Center

Mondays, October 7, 21, 28

9:00-11:00am (Intermediate)

11:00am-1:00pm (Beginner)

5:30-7:30pm (All Levels)

You must bring your own paddle

RESOURCES

SUPPORT GROUPS: SENIOR CENTER

The common experience among members of a support group often means they have similar feelings, worries, and everyday problems. Participating in a group provides you with an opportunity to be with people who are likely to have a common purpose and likely to understand you.

Men's Group

Tuesday, October 1 at 10:30 am and

Tuesday, October 15 at 10:30 am

"Getting to know us: A man's perspective"

Talk about issues that are specific to men.

Loss & Grief Group

Thursdays at 10:30 am

This group will meet every Thursday for six weeks, started September 26. We discuss coping strategies, healing techniques, and stages of loss and grief.



Veteran's Coffee Group

Monday, October 7

10:00 am

Come for a cup of coffee and share with others who understand your story and lend support.



Widow/Widowers Group

Tuesday, October 8 at 10:30 am

If you are facing a stressful life change due to losing your spouse, you don't have to go through it alone.

Caregivers Group

Wednesday, October 16 at 1:00 pm

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

Parkinson's Group:

Thursday, October 24 at 2:00 pm

If you or a loved one have received a diagnosis of Parkinson's disease, you may wonder what to expect. Join us and feel more in control.



There is an accessible private bathroom located off the hallway by Room 2 of the Senior Center

Grandparent Kinship Group: See page 12

SENIOR OUTREACH SERVICES 636-3070

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.

ACCESSIBLE PARKING TAG

If you need assistance with an application, we are **available by appointment** only. Evening hours are from 4:00-7:00 pm on October 1 and October 15 .

FRIENDS HELPING FRIENDS SHORT TERM FOOD ASSISTANCE

If you or someone you know is in need of non-perishable food items, we have on-site assistance. Please contact a Social Caseworker to make arrangements.

FROZEN MEAL PROGRAM

If you are an older adult or caregiver and are finding it harder to prepare meals, this Erie County Program may be just what you need. Registration paperwork must be completed prior to participation. Meal pick-ups are only on Fridays. Please call our Nutrition Site Coordinator, Christin Estrada at 716-636-3055 ext. 3131 for more information.



The Home Energy Assistance Program (HEAP)

HEAP is a federally funded program, which is administered by New York State to assist low-income families with their energy needs. Multiple components are available to apply for heating assistance or services while the funding is available. To see if you are eligible, please contact the Senior Outreach Services.

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.

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 John Jones at 716-636-3055, ext. 3129 or Vijaya at ext. 3165.

CLUBS

If you are interested in more information or joining a Club, please register and go to the next meeting to speak with the leader. Phone numbers are no longer listed for the security of our Club Leaders. For a description of clubs, go to AmherstCenterforSeniorServices.com or pick up a brochure at the Center.

Am-Center Photography Club	2nd and 4th Tuesday of the month, 1:00 –3:00
Amherst Men’s Senior Softball League	Fridays, 12:30
Amherst Senior Singers Club	Wednesdays, 1:00-3:00
Art Club	Mondays, 1-3:30
Backgammon Club	Thursdays, 12:30
Biblical Hebrew Grammar Club	1st and 3rd Thursdays, 10:00-12:00
Bike Club	Wednesdays, 9:30-11:30
Board Game Club-Afternoons	Wednesdays and Thursdays, 12:30-4:00
Board Game Club-Evenings	Wednesday or Thursday nights at Northtown Center from 6:30-10:00. See MyActiveCenter.com
Book Club	4th Monday, 1:00
Bridge Club	Tuesdays, 2:00-4:00
Canasta Club	Thursdays, 1:00-4:00
Chess Club	Tuesdays, 12:15-4:15
Community Service Sewing Projects Club	Mondays, 8:30-11:00
Creative Writers Club	1st & 3rd Mondays, 10:00-12:00
Dinner Club	Information on rack across from the Fitness Room
Dominos Club	Mondays, 12:30-3:00
Duplicate Bridge Club (Mon)	Mondays, 12:30-4:00
Duplicate Bridge Club (Fri)	Fridays, 12:30
Euchre Club	Tuesdays, 1:00
French Club	2nd and 4th Mondays, 12:30-2:00
Indian Senior Citizens Club	2nd Thursday of the month, 4:30
Genealogy Club	1st Tuesday, 10:30-12:00, General Meeting, 2nd Tuesday, 9:00-12:00, Research in Computer Rm
Knitting Club	Tuesdays, 9:30-11:30
Mah Jongg <i>Beginner</i> Club	Fridays, 9:30-12:00
Mah Jongg Club	Tuesdays, 1:00-3:30
Men’s Golf Club	Information on rack across from the Fitness Room
News & Views ZOOM Club	Fridays, 10:00-11:30, must be on Club roster to receive weekly link
Pathfinders Club-Hiking and Walking	Tuesdays, 9:00-11:00
Pinochle Club (Mon)	Mondays, 12:45
Pinochle Club (Wed)	Wednesdays, 12:45-3:30
Quilting Club	1st and 3rd Mondays, 9:30
Reader’s Theater Club	Mondays, 1:30
Rocky Blues Band Club	Fridays, 12:30
Rummikub Club	Fridays, 1:00-4:00
Scrabble Club	Tuesdays, 10:00-12:30
Spanish ZOOM Club	Thursdays, 1:30
Stained Glass Club	Thursdays, 9:00-12:30
Tai Chi Club	Wednesdays & Fridays, 1:30-2:30
Tuesday Afternoon Music Club	Tuesday, 1:00
Upholstery Club	Wednesdays, 9:00-12:00
Wood Carving Club	Tuesdays, 9:00-11:30

NORTHWEST AMHERST COMMUNITY CENTER

SOCIAL WORKERS ARE AVAILABLE FOR WALK-IN VISITS AT THE NORTHWEST AMHERST COMMUNITY CENTER

The first and third Tuesday of each month from 9-11:00 am

THE SCIENCE OF HEALTHY LIVING

Learn how adopting an active lifestyle and better eating habits can reduce health risks, increase quality of life and delay the onset of debilitating illness later in life. *Presented by Harold Burton, Retired Professor from UB School of Public Health*

- Tuesday, October 1 at 10:30am Part II: Prevention and Management of these Diseases through Lifestyles Changes
- Tuesday, October 8 at 10:30am Part III: What We Can Learn About Prevention and Management from other Cultures

CIRCUIT FITNESS CLASS

Friday, October 4 at 10:30am

Mondays, October 21 and October 28 at 6:00pm

Try various workout exercises in multiple stations with each station having a different types of exercise. By the end of the circuit, you will have gotten a total body workout!

PUMPKIN CARVING

Monday, October 7 at 10:00am

Fee is \$2 due by Thursday 10/3. Bring your favorite carving tools

BINGO

Monday, October 7 at 6:00pm

Please bring a sweet treat for the prize table

GRANDPARENT KINSHIP SUPPORT GROUP

Wednesday, October 9 at 11:00am

Are you "parenting for the second time?" If this is you, consider coming to share ideas, get support, comfort and resources. You are not alone.

CELEBRITY HEADS

Monday, October 21 at 10:00am

Guess the famous names worn on your forehead by asking the crowd clever yes or no questions

CONNECTIONS & OTHER WORD GAMES

Monday, October 28 at 10:00am

How to play: You're given 16 'random' words and asked to put them into four groups- each group of words are somehow connected. Can you find the connection?

PAULA'S DONUTS & CIDER

Tuesday, October 29 at 10:00am

Fee is \$3 by 10/25. No refunds

HALLOWEEN PARTY

Thursday, October 31 at 10:00 am

Wear your costume and celebrate Halloween with families that attend The Family Room Playgroup



Instructors Needed!

If you have a special skill or talent that you would like to share, consider joining our team. We welcome new ideas and the Center is always looking for language, local history, and fitness instructors.

Please contact our Class Coordinator, Cindy Weiss with your course proposal and if you are interested in teaching day or evening classes.

cweiss@amherst.ny.us

Are you planning on downsizing your home feel overwhelmed?

We offer decluttering, packing, and unpacking services and connect our clients with move-related resources to ensure a smooth transition

Ann Marie Klosko, Owner
(716) 440-0933

Check out our website:
eldertransitionconsulting.com



REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

OCTOBER NUTRITION

LUNCH HOURS

Please note the lunch time change for the week of October 28-November 1. This change is due to early voting in our Wellness Center which will lead to the parking lot being full. We are sorry for the inconvenience.

The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. 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.

Lunch is served Monday-Friday, 12:00-1:00pm and dinner is served at 5:00pm on Tuesday evenings. Reservations must be made at least 24 hours in advance by going on MyActiveCenter.com or by calling 716-636-3051. There are NO walk-ins accepted.

We have had an increase in people not showing up for lunch. If you are not able to attend lunch or dinner, please cancel your reservation.



The numbers on the menu represent the estimated calories/carbohydrates

FROZEN MEAL PROGRAM

Please stop at our front reception desk and pick up an Erie County Registration Form. Completed forms must be returned to our Nutrition Site Coordinator, Christin Estrada. If you have any questions, she can be reached at 716-636-3055 ext. 3131.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Salisbury steak w/gravy Mashed potatoes Broccoli & cauliflower Wheat bread Graham cracker	1 Cabbage roll Mashed potatoes Green beans w/ peppers Dinner roll Donut 767/107	2 50th Anniversary Chicken Cordon Bleu w/ gravy Garden rice California blend vegetables 929/96	3 Rosh Hashanah Roast beef w/gravy Oven potatoes Key largo vegetables Dinner roll Oatmeal crème pie 523/53	4 Hamburger Potato wedges Broccoli florets Chocolate chip cookies 932/92
7 Polish sausage w/roll Buttered noodles Carrots & cabbage Orange 836/78	8 Meatloaf Corn medley Mashed potatoes Italian bread Angel food cake 807/78	9 Marinated grilled chicken Roasted potatoes Broccoli florets Dinner roll Lorna Doones 575/60	10 Pulled pork Potato wedges Carrots & peas Kaiser roll Tropical fruit 667/94	11 Chicken leg Baked beans Brussel sprouts Corn muffin Chocolate chip cookies 1178/115
14 	15 Stuffed peppers Mashed potatoes Carrots Dinner roll Vanilla sandwich cookies 831/101	16 Chicken w/gravy Rice pilaf Pacific blend vegetables Dinner roll Apple 671/79	17 Macaroni & cheese Stewed tomatoes Broccoli florets White bread Orange 654/83	18 Sweet & sour meatballs White rice Green beans w/peppers Italian bread Banana 810/111
21 Chicken leg Sweet potato casserole Spinach Corn muffin Apple crisp 1158/123	22 BBQ ribette w/roll Potato wedges Pacific blend vegetables Mandarin oranges 728/82	23 Reuban sandwich Garden vegetables Cranberry juice Tropical fruit 749/90	24 Lasagna rolls & meatballs Chef salad Broccoli florets Italian bread Lemon ice 824/99	25 Breaded fish Wild rice German blend vegetables Dinner roll Apricots 667/87
28 (11:30-1:00) BBQ hamburger Potato wedges California blend vegetables Diced pears 754/87	29 (11:30-1:00) Omelet Hash browns Broccoli florets Rye bread Oatmeal crème pie 787/72	30 (11:30-1:00) Breaded chicken w/gravy Sweet potato fries Creamed spinach Corn muffin Mandarin oranges 959/94	31 Happy Halloween! (11:30-1:00) Goulash Carrots Peas Multigrain bread Halloween dessert 704/62 +	Registration for meals begins the third Tuesday of each month The menu is subject to change

- Tuesday, October 1-Soup, salad, roll, cake
- Tuesday, October 8-Salisbury steak w/gravy, roasted potatoes, California blend vegetables, fruit cup, dinner roll
- Tuesday, October 15-Chicken stir-fry, broccoli, pudding
- Tuesday, October 22-Lasagna rolls, garlic bread, salad, chocolate pudding
- Tuesday, October 29-Beef stew, mashed potatoes, bread, fresh fruit

Dinner is served at 5:00pm

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

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to take on
the day.

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^ TEJA, Caregiver of a Hospice Patient



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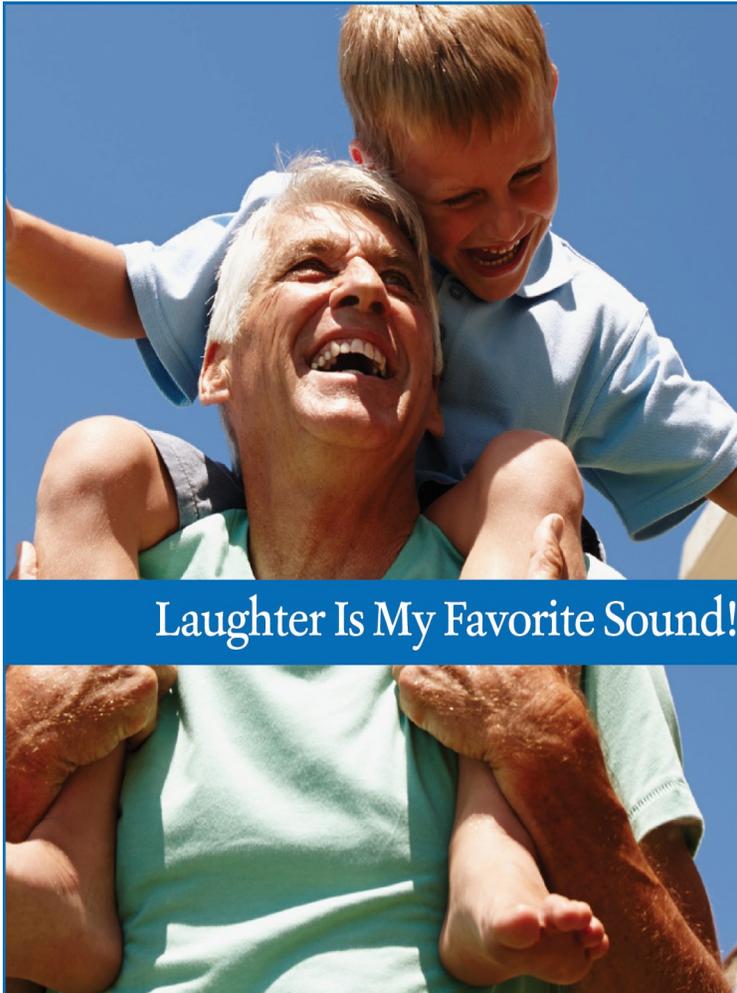
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4 CONVENIENT LOCATIONS

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BUFFALO (716) 885-8318
NIAGARA FALLS (716) 236-7887
WEST SENECA (716) 558-1105



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From luxury independent apartment living to short-term rehabilitation....our communities have something for everyone.



Independent Living Communities

Asbury Pointe Retirement Community

50 Stahl Road, Amherst, NY 14068
716-810-7500

Presbyterian Village at North Church

214 Village Park Drive, Williamsville, NY 14221
716-810-7475



Ken-Ton Presbyterian Village

3735 Delaware Avenue, Kenmore, NY 14217
716-810-7477

Skilled Nursing and Short Term Rehabilitation



Beechwood Homes

2235 Millersport Highway, Amherst, NY 14068
716-810-7000

Wesley Rehabilitation Center

2235 Millersport Highway, Amherst, NY 14068
716-810-7000

Hospice Wells House

2235 Millersport Highway, Amherst, NY 14068
716-810-7000

Please feel free to reach out to learn more about all we have to offer. We are just a phone call away.

www.beechwoodcare.org



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AMHERST CENTER FOR SENIOR SERVICES

OUR VISION

To identify, understand, and create opportunities for improved quality of life for adults as they age.

OUR MISSION

Empower all people with quality of life as they age.

OUR VALUES

ACCESSIBILITY

Ensuring that members can participate and benefit from the many services by providing opportunities for all members to reach their potential and contribute their skills and talents to the Center.

COMMUNITY

Assisting older adults to remain independent by working with families, volunteers, and community partners by building strong bonds through shared objectives.

DIVERSITY

Embracing differences in skills, knowledge, cultural heritage, ethnicity, and gender orientation of older adults and their families.

INCLUSION

Offering individuals a sense of belonging, identity, and support by recognizing, respecting, embracing, celebrating, and valuing the unique abilities, perspectives, and experiences that each individual brings.

KNOWLEDGE

Committed to Life-Long Learning that encourages growth, engagement, and innovation among its members.

SUPPORT

Demonstrating understanding and empathy with the unique needs of our members by providing programs, activities, and services dedicated to ensuring satisfaction and building lasting relationships by extending a helping hand.