



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

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Buffalo, NY

**August 2015**



## THE NETWORK

August 2015



**Pamela M. Krawczyk**  
Director, Senior Services

**Gayle Thornton,**  
Assistant Director

**Barry A. Weinstein, M.D.**  
Town Supervisor

*“Summer is a promissory note signed in June, its long days spent and gone before you know it, and due to be repaid next January.”*

~Hal Borland

Did you hear...the “Dog Days” are scheduled to end on the 11<sup>th</sup> day of August? Well, that is what my Old Farmer’s Almanac Calendar tells me. Wondering where that expression originated, I had to look it up. I thought that maybe it was because of how hot the summer months are, and how it makes dogs lazy and lethargic.

Most dogs are happy just to find a shady place to lie down and relax. Not much different than us humans,

when those temperatures reach the high 90’s and more. For me it is the most wonderful time of the year – it is what gets me through our long, cold winters. Warm summer nights and lazy summer days....love it! Makes sense to me that we’d call it “The Dog Days of Summer”.

The truth is, the saying *The Dog Days of Summer* actually comes from ancient times, when the night sky was lit up by stars instead of city lights and smog. When fireflies sparkle like illusive fairy dust.

It was then when people saw different images light the night. Images of bears

(Ursa Major and Ursa Minor); the twins (Gemini); a bull (Taurus) and others of course including dogs (Canis Major and Canis Minor). The brightest of the Stars in Canis Major is Sirius (the big dog). It is so bright, that the ancient Romans believed the earth received heat from it.

During the summer months (late July to early August) Sirius “the dog star” rises and sets with the sun. The Ancients believed this added to the Sun’s heat creating a long sultry period of hot weather.

Over time the drifting of constellations has changed the location of Sirius and of course we have learned that the heat of the sun does not come from the radiation of a far away star.

Regardless of where the name came from I like it! I love “The Dog Days of Summer” and time passes so quickly. Get out there and enjoy yourself.

*(Continued on page 12)*

*It’s a hot and lazy time of year  
With temperatures rising high  
A body doesn’t want to work  
Doesn’t even want to try*

*It’s time to lie around and rest  
Not exert much energy  
It’s too hot to work but rather  
We want to take it pretty easy  
And if you do have to work  
Either do it early in the morn  
Or after the sun goes down  
Sometime before the dawn*

*Oh how nice it feels  
On these dog days of summer  
When the sun drops down  
The day has turned a bit cooler  
So in the midst of winter time  
When snow is on the hills  
Dog days of summer sound  
Kind of good amongst the chills!  
Marilyn Lott*

**UPCOMING EVENTS – Make Reservations at Information & Assistance Desk  
636-3055 ext. 3108**

**ANNUAL FAMILY HEALTH FAIR Saturday, August 1 from 9:00 a.m.– Noon.** Senator Michael Ranzenhofer’s Family Health Fair is hosted by the Amherst Senior Center in partnership with Assemblywoman Jane Corwin, Assemblyman Raymond Walter, and Kaleida Health. Over 80 participating organizations offer free health screenings and vital information to all who attend. The event is open to the public and is for all ages. Contact Senator Ranzenhofer’s office, 681-8695 for information.

**PIANO RECITAL Tuesday, August 4 at 11:00 a.m.** Join us for a wonderful piano recital presented by our talented members who are students taking piano lessons with Sharon Dittmar. Refreshments will be served.

**CRAFTS WITH JEN – Tuesday, August 11, at 12:45 p.m.** We will be making a Flower Pot Cupcake. Fee is \$1.00. Sign up at the I&A Desk or call 636-3055, ext. 3108.

**NEW MEMBER ORIENTATION-Thursday, August 13 at 10:00 a.m.** All new members are invited; current members are welcome to attend for a refresher. Meet some of the staff and learn about the programs, clubs, classes, services and volunteer opportunities available. Make your reservation at 636-3055 ext. 3108 for both orientation and lunch.

**CAR WASH—Thursday, August 13, 11:00 a.m.-1:00 p.m.** in the Amherst Senior Center Parking lot. Service provided by the Amherst YES program. *Rain date: Friday, August 14.* \$3.00 per car \$4.00 per van/truck/SUV. Proceeds benefit the Amherst Senior Center.

**HEATHWOOD INFORMATION TABLE, Tuesday, August 18, 10:30 a.m. -noon, Gallery.**

**COOKING WITH JEN—Monday, August 24, 12:45 p.m.** We will make Pineapple Upside Down Cupcakes. Members are asked to bring their own cupcake pan and storage container. Fee is \$2.00 Sign up at the I&A Desk, 636-3055, ext. 3108.

Come see us at the **WILLIAMSVILLE FARMERS MARKET** on **Saturday, August 29, 8 a.m.-1 p.m.** The Senior Center will have a display table showcasing all that we have to offer!

**HUMAN ANIMAL BOND Tuesday, August 18 at 12:45 p.m.** Join Gwen Tawny from Therapy Animals of WNY. Learn how we bond from animals for work, service and therapy. Make a reservation at 636-3055 ext. 3108.

**LOOKING FOR RETIRED MUSICIANS** to jam in the *Gallery* on **Friday, August 21 at 12:30 p m.** Bring your instrument and your talent. Make a reservation at 636-3055 ext. 3108.

**THANK A VET DISCOUNT PROGRAM Thursday, August 27, 10:30 a.m. – 1:00 p.m.** Erie County Clerks office is hosting this program where veterans can receive significant benefits and discounts on purchases and services.

**ALL AGES SUMMER EVENTS**

*Pre registration is required for all of the events listed below , due to limited seating. Make reservations at the I & A Desk, 636-3055 ext. 3108*

**JUNGLE SAFARI SCAVENGER HUNT Tuesday, August 4 at 12:30 p.m.** on the Patio. Enjoy Spider dogs in the ice. A scavenger hunt will take place in Walton Woods. Children will need to be accompanied by an adult for a fee of \$4.00 per person includes lunch & all activities.

**DRIVE IN MOVIE: Wednesday, August 12 at 12:30 p.m.** on the Patio. The event will start with each child making his or her own car to sit in while watching the movie *Annie* starring Jamie Foxx, Quvenzhané Wallis, and Cameron Diaz. A foster kid, who lives with her mean foster mom, sees her life change when a business tycoon & NYC mayoral candidate makes a thinly veiled campaign move and takes her in. Rated PG, 118 Minutes. Popcorn, candy and beverages will be available for purchase. Held indoors during inclement weather.

**ACSS CARNIVAL Thursday, August 20, 11:00 a.m. to 1:00 p.m.** Enjoy carnival games, food & a dunk tank. Chances 3 for \$1.00 to dunk your favorite Senior Center Employees in the dunk tank.

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**Amherst Center for Senior Services  
Open Monday-Friday  
8:30 a.m.- 4:15 p.m.  
Special Evening Hours  
on Wednesdays  
depending on scheduled activities**



**HELP US GROW A GARDEN**— We are starting a Community Garden Project. And even if you don't have a green thumb you can help. We are looking for donations of gardening items for the project and need a lot of items such as large pots, bags of soil, gardening gloves and hand tools, etc. Monetary donations would also be appreciated. Contact Melissa at 636-3055, ext. 3111.

**NUTRITION LUNCH PROGRAMS & ANNOUNCEMENTS**  
**636-3059 for Reservations & Cancellations— Call 24 Hours in Advance**

**LUNCHES ARE SERVED at noon** each weekday the Center is open **and require reservations.** at 636-3059 24 hours in advance. *All residents age 60 or older are eligible to participate in the Nutrition Lunch program. Unless you make a reservation for lunch at least 24 hours in advance we cannot guarantee that a lunch will be available.* It is just as important to cancel if you have a reservation and are unable to attend.

**NUTRITION LUNCH PICNICS**



**It's Too Hot Picnic Wednesday, August 5**  
featuring Sunshine Cocktails  
**Labor Day Picnic...Friday, September 4**  
featuring old fashioned lemonade

**Schedule of events:**

- **11:00 a.m.-noon** outdoor games
- **11:30 a.m.** drinks served

**Make reservations.** at 636-3059 24 hours in advance.

**BIRTHDAY LUNCH**—members are entitled to a free lunch the month of their birthday. For your free coupon, please see Sue Brackenridge in the Nutrition Office.

**LUNCH COST** - A confidential, voluntary donation of \$3.00 per person is suggested by the Erie County Department of Senior Services, not the Amherst Senior Center.

**OUR SALAD OPTION** - We try to serve a salad at lunch once each week. Salad may be ordered by calling 636-3059 or you can stop by at the Welcome Desk. Salads are in place of the regular entree.

**MENU UPDATE**—The current menu is posted at the front Reservation/Reception area where you make your lunch reservations, at the Dining Room entrance, and on the Town of Amherst Website: [www.amherst.ny.us](http://www.amherst.ny.us). The upcoming week's menu is also published in the Senior News section of **The Amherst Bee.**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Cutlet Gravy Mashed Potatoes Carrots, Bun Oatmeal Cookies	4 Sliced Roast Beef Gravy Sweet Potato Creamed Cabbage Lemon Bavarian	5 Hot Dog on Bun Baked Beans Au Gratin Potatoes Zucchini & Tomatoes Ice Cream	6 Penne Pasta w Meatballs Tomato Sauce Italian Bean Medley Chef Salad, Italian Bread Orange	7 Breaded Fish Patty Macaroni & Cheese Coleslaw Watermelon <u>Alternate Salad</u> Chicken Pesto Salad
10 Cheese Tortellini/Parmesan Sauce Seasoned Spinach, Carrots Peach <u>Alternate Salad</u> Chicken Salad	11 Meatloaf/Onion Gravy Scalloped Potatoes Broccoli Lorna Doones	12 Polish Sausage Sauerkraut Seasoned Red Potatoes Italian Mixed Vegetables Butterscotch Pudding	13 Stuffed Pepper Meat Sauce Mashed Potato Peas Banana	14 Boneless Chicken Breast Marsala Sauce Cauliflower, Mixed Vegetable Brown Rice Pilaf Chocolate Cake
17 Spaghetti & Meatballs Country Cottage Vegetables Chef Salad Ambrosia	18 Boneless Pork Chop Gravy, Stuffing Sweet Potato, Spiced Apples Ice Cream	19 Sliced Turkey Breast Mashed Potato Green Beans Cranberry Salad	20 Omelet w Cheese Sauce Seasoned Diced Potatoes Carrots, Cantaloupe <u>Alternate Salad</u> Chicken Pasta Salad	21 Beef Pepper Steak Stir Fry Broccoli Chef Salad White Rice Lorna Doones
24 Chicken Drumsticks Cheddar Mashed Potatoes Lima Bean Bake Strawberry Ice Cream	25 Beef Stroganoff Noodles Cauliflower Carrots Plum	26 Veal Parmesan Penne Pasta, Tomato Sauce Chef Salad Tapioca Pudding	27 Seasoned Chicken Strips Corn, Beans & Rice Grape Juice Yellow Cake	28 Vegetable Lasagna W Cheese Sauce, Peas Cinnamon Applesauce <u>Alternate Salad</u> Tuna Salad
31 Bnls Chicken Breast Seasoned Spinach Spanish Rice Chef Salad Chocolate Pudding	1 BBQ Pork Ribette Seasoned Red Potatoes Au Gratin Broccoli Oatmeal Peach Crisp <u>Alternate Salad</u> 3 Scoop Salad	2 Rigatoni w Meatballs Tomato Sauce, Chef Salad Cauliflower w Parsley Lemon Bavarian	3 Turkey Breast Stuffing, Gravy Mashed Sweet Potatoes Brussels Sprouts Cinnamon Streusel	4 Hot Dog on Bun Baked Beans, Corn Zucchini & Summer Squash Chocolate Chip Cookies



A **BIG THANK YOU** to everyone that assisted with the Senior Center Flea Market. It was a **HUGE** success. Thanks to all of you who donated and purchased items, your time and support on this very big undertaking!



**Tuesday, October 6** The **AMHERST MEALS ON WHEELS FUNDRAISER** will be a performance of *In The Heights* at MusicalFare Theatre on the Daemen College Campus in Amherst. More information in our next issue.

## HEALTH RELATED NEWS & PROGRAMS

Make reservations at the **Information & Assistance Desk, 636-3055 ext. 3108**

**Coming Soon**

### WELLNESS FAIR Saturday, September 19 9:00 a.m.-12:00 p.m.

*Come and explore various options on health and wellness including acupuncture, yoga, hearing, healthy eating, fitness and more. No fee.*

#### HEALTHY TIDBITS in Nutrition

**Tuesday, August 11 at 11:30 a.m.**—*Understanding and managing your blood pressure*

**Wednesday, August 26 at 11:30-a.m.** *Fall Prevention exercises*

#### JOURNEY TO HEALTH 2015

**Stay Healthy. Stay Active-** Life is a journey and it's more enjoyable if you are healthy, active and fit. That's what Journey to Health 2015 is all about at the Amherst Center for Senior Services. Journey to Health helps you stay healthy and keeps you on track. Incentives will be awarded on a quarterly basis to the members who have the highest points. To get started... Sign up in the Program Office.

#### HEALTH INSURANCE INFORMATION SEMINARS

##### Blue Cross Blue Shield

**Thursday, August 6, 10:00 am –noon**  
**Tuesday, August 18, 10:00 am – noon**

##### Univera

**Wednesday, August 12, 1:00 pm -3:00 pm**

##### United Healthcare

**Friday, August 21, 10:00 am – noon**

Drop in.

You do not need a reservation to attend.

**HEALTHY EATING CLUB Monday, August 10 at 1:00 p.m.** Join us for a new club that will meet once a month with different discussions, such as healthy recipes, how to shop healthy and ideas you bring.

**IN CASE OF ILLNESS OR ACCIDENTS AT THE CENTER:** Please go to the Main Reception Desk immediately and report any problems. Our staff is trained to handle emergency situations and keep the person comfortable until further help arrives.

### RESERVATIONS ARE NEEDED FOR THE FOLLOWING Make them at the I&A Desk or call 636-3055 ext. 3108

**WHAT NURSING HOMES DON'T WANT YOU TO KNOW– Wednesday, August 5 at 10:30 a.m.** Presented by Bernard Law, Esq.

**ASK THE PHARMACIST** –Trying to cut drug costs or just have drug questions? Wegman's Pharmacy will host an information table to answer questions and give tips on how to save money. Bring your medication bottles. A Wegman's Pharmacist will be here on **Friday, August 7 from 10 a.m. -noon.**

**WHAT HOME CARE SERVICES ARE IMPORTANT TO SENIORS Friday, August 14 at 10:45 a.m.** presented by Maxim Health Care.

**PNEUMONIA VACCINES HOW THEY CAN HELP YOU Tuesday, August 18, 10:30 a.m.-12:30 p.m.** Please attend the pneumonia vaccine clinic by Rite Aid pharmacies.

**DIABETES INFORMATION SESSION Thursday, August 27 at 10:30 a.m.**

**FLU & PNEUMONIA SHOT PROGRAM – Saturday, September 19, from 9:00 a.m. – noon.** By Appointment Only. Provided by VNA Immunization Campaign. Flu shots are \$32.00; Pneumonia Shots are \$55.00 Insurance coverage provided through Medicare Part B, Senior Blue, Univera, Senior Choice, Independent Health, Encompass 65. You must have your insurance care with you. Please call 636-3055, ext. 3108. or stop by the I&A Desk to make your appointment.

**Erie County Stay Fit Dining FIT AND LEAN PROGRAM Fridays September 25 – October 30 .** *Fit and Lean in 2015* is a 6 week group class offered through Erie County Senior Services to promote healthy lifestyle changes through good nutrition and fitness. Classes are led by Janice Nowak, MS, RD, CDN, Erie County dietitian with guest appearances by chef Jim Strusienski and "Mr. Fitness" Richard Derwald. Register by calling 636-3055 ext. 3108

**Make Reservations for all of the above at 636-3055, ext. 3108**

**HEALTH RELATED PAMPHLETS** are located in the Health Room for your convenience.

**AN ASSISTIVE LISTENING DEVICE** is available for programs in the *Lunch Room and Activity Rooms A and B* upon request with a \$25 deposit or your driver's license.

## MOVIE MATINEES - at 12:30 p.m.

Seating is limited; so please make reservations for movies at the I & A Desk, 636-3055, ext. 3108 up until 11:00 a.m. the day the movie is scheduled to be shown. *All movies are shown on the projector screen in Activity Room A.* Closed captions are displayed when available. Hearing devices are available with prior notification. Popcorn is 50 cents per bag prior to the show.

**Thursday, August 6** *Lucy* starring Scarlett Johansson and Morgan Freeman. A woman, accidentally caught in a dark deal, turns the tables on her captors and transforms into a merciless warrior evolved beyond human logic. Rated R, Action Sci-Fi, 89 minutes.

**Monday, August 10** *A Most Violent Year* starring Oscar Isaac, Jessica Chastain and David Oyelowo. In New York City 1981, an ambitious immigrant fights to protect his business and family during the most dangerous year in the city's history. Rated R Drama/Action, 125 minutes.

**Wednesday, August 12** *Annie* starring Jamie Foxx, Adewale Akinnuoye-Agbaje and Carmen Diaz. It's a hard knock life for Annie, an orphan with a big heart, who is temporarily adopted by a wealthy businessman and tries to win over his heart. Rated PG, 118 minutes.

**Monday, August 17** *Unbroken* starring Jack O'Connell, Takamasa Ishara, Domhnall Gleeson. After a near-fatal plane crash in WWII, Olympian Louis Zamperini spends a harrowing 47 days in a raft with two fellow crewmen before he's caught by the Japanese navy and sent to a prisoner of war camp. Rated PG 13, Biography, 137 minutes.

**Wednesday, August 26** *Maps to the Stars* starring Julianne Moore, Mia Wasikowska, and Robert Pattinson. A tour into the heart of a Hollywood family chasing celebrity, one another and the relentless ghosts of their past. Rated R, Comedy/Drama, 111 minutes.

**10:00 a.m. Classic Movie Friday, August 21** *Jaws* starring Roy Schneider, Robert Shaw and Richard Dreyfuss. When a gigantic great white shark begins to menace the small island community of Amity, a police chief, a marine scientist and grizzled fisherman set out to stop it. Rated PG Drama/Thriller 124 minutes.

**Sundance Film Friday, August 28** *Bully* a documentary about peer to peer bullying in schools across America. Rated PG 98 minutes.

**Tuesday, September 1** *Still Alice* starring Julianne Moore and Alec Baldwin. A linguistics professor and her family find their bonds tested when she is diagnosed with Alzheimer's Disease. Rated PG 13, 101 minutes, Drama.

*Movies are free and everyone is welcome to attend, but people's tastes vary. Please review the ratings before attending. If a movie is not what you expected, offends you, or makes you uncomfortable, you can certainly leave.*

## SOCIAL DISCUSSION GROUPS

**BOOK LOVERS CLUB —Thursday, August 20 at 10:00 a.m.**

The book selection for August is: *The Girls of Atomic City* (The Untold Story of the Women Who Helped Win World War II) by Denise Kiernan. Kiernan's focus is on the intimate and often strange details of work and life at Oak Ridge. It's told in a novelistic style and is a vivid look at the experiences of the young women who worked at Oak Ridge and the local residents whose lives were changed by the presence of the project. It explores the human side of the story of Oak Ridge, one of the best-kept secrets in the saga of how the United States built the first nuclear weapons.

Book selection for September: *American Rust* by Philipp Meyer

*There is no fee to attend, but members are encouraged to read books prior to attending meetings.*

### CHAT IT UP

**Wednesday, August 19 at 10:30 a.m.** on the *Patio*. Join us for a casual discussion about whatever comes to mind.

### COFFEE KLATCH

**Friday, August 21 at 11:00 a.m.** in *Nutrition*

## GAMES WE PLAY

### MIND TEASERS

**Wednesday, August 19, at 12:45 p.m.**

### PARTY GAMES

**Friday, August 7, at 12:45 p.m. – Buzzword**

**Friday, August 14, at 11:00 a.m. – Scattergories**

**Tuesday, August 25, at 12:45 p.m. – Word Snag**

### OUTDOOR GAMES - 11:00 a.m.-Noon on the *Patio*

**Wednesday, August 5**

**Thursday, August 6**

**Monday, August 10**

**Thursday, August 13-Front Entrance**

**Thursday, August 27**

Enjoy playing *Washers*, *Ladder Ball* and or *Kan Jam*.

hello my name  
is nice meet  
from hi

### INTRODUCING... THE FRIENDSHIP CLUB

Our first *Meet & Mingle* will be **Wednesday, August 5 from 6:00 p.m.-7:00 p.m.** in the Gallery. Light refreshments to be served. This group is for single seniors who are looking for opportunities to make new friends and to discuss

future outings as a group or on one to one basis.

Make reservations at Information & Assistance Desk, 636-3055 ext. 3108.



### FIELD TRIP FRIDAYS

**11:00 a.m.– 2:00 p.m. Friday, August 21**  
**11:00 a.m.– 2:00 p.m. Friday, September 25**

Enjoy a trip from the Amherst Senior Center to the Buffalo Niagara Heritage Village in an Amherst Senior Transportation Service van complete with a bag lunch.

Meet at the Center at 10:30 a.m. *A maximum of 10 guests can be accommodated, so make your reservations as soon as possible at 636-3055, ext. 3108.* These trips are sponsored by our friends at the Amherst Senior Citizens Foundation, Inc.

### AMHERST ADULT DAY SERVICES (AADS)

AADS provides services to people who need assistance with daily activities like eating, walking, and personal care, or who need supervision.

Our clients engage in stimulating and entertaining activities and are provided with meals and medication supervision. We will provide loving care for your family member in our clean, secure environment while you run errands, attend to medical appointments, or just take a break from providing care.

Hours of operation are **Monday through Friday, 8 a.m. to 4 p.m.**

For information, call Karen Mitchell, Director, at 689-1403. *Ask about our free trial visit.*

### SOCIAL WORKER NEWS—call Angela 636-3055, ext. 3129

The Center has a Social Worker available to assist members with personal or family concerns, or to provide information and referral to community services. Angela Jones is available at 636-3055, ext. 3129. *The Social Worker can meet with anyone who has a need on a one-to-one basis.*

Some of the services provided include:

- ◆ *Counseling Services*—Discuss any concerns or problems you may face. Confidentiality is strictly maintained.
- ◆ *An Employment Board for Seniors* filled with opportunities for full and part-time employment is located outside of the Social Workers office, across from the Dining Room. Opportunities currently available are posted.
- ◆ *Health Insurance Information Counseling—HIICAP*—A Health Insurance Information Volunteer is available **by appointment only.**
- ◆ *Information and applications for HEAP and EPIC* are available.
- ◆ *Get Well/Thinking of You*—Let staff know if members are sick or hospitalized so we can send a card to remind them they are cared about and missed.
- ◆ *Support Groups* are organized to assist our members through difficult times.

**HIGH ELECTRIC BILLS?** You may be eligible for the Empower Program from NYSERDA. If you receive HEAP, or your household income is below 60% of the state median income (\$56,951), you live in a building with less than 100 units, and have moderate to high energy bills, call Senior Outreach Services at 636-3070 or Social Work, 636-3055 ext. 3129 for assistance with the application process.

### SUPPORT GROUPS

**CAREGIVERS—Wednesday, August 19 at 1:00 p.m.** in Room 3. Call Angela Jones, 636-3055, ext. 3129 for information.

**WIDOW/WIDOWERS—Tuesday, August 11 at 11:00 a.m.** In the Conference Room.

**CANCER SUPPORT GROUP**—Will no longer be meeting. Angela Jones ext. 3129 is available for counseling or information as the need arises.



### SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

(SNAP) is the name for the Food Stamp Program that helps low-income people buy nutritious food. Apply on line at [myBenefits.ny.gov](http://myBenefits.ny.gov) or you can call Senior Outreach Services, 636-3070.

## SENIOR CENTER CLUBS

- AMHERST LADIES GOLF LEAGUE** Any Questions call Mary Ann Young, 639-1169.
- AMHERST RECORDER CONSORT - Fridays, 9 a.m.** - Call Fern Smith, 633-6325.
- AMHERST SENIOR MEN'S GOLF LEAGUE**— call Rich Marcille, 634-3669 for questions.
- AMHERST SENIOR SINGERS - Wednesdays, 12:45 p.m.** Call Carol Mayo, 632-3929.
- AMHERST TUNE-UPS- Mondays, 1 p.m.** Singing songs from the 50's, 60's, &70's. Call Dan Brown, 692-3660.
- BIKERS CLUB**— Call Pat Pendrak 741-3523.
- BILLIARD ROOM** Members play pool any time except during Members' Pool Tournaments or on Wednesday mornings on the 2 designated Women's Pool Tables.
- BRIDGE CLUB - Fridays, 1 p.m.** – Terry Florek, 839-3628.
- BOCCIE CLUB - Tuesdays, 1p.m.**, Bassett Park. Leader is Linda Goodman, 626-4904.
- BOOK CLUB - 3<sup>rd</sup> Thursday at 10:00 a.m.** Call Janice Dunne, 832-2245.
- CAMERA CLUB 2<sup>nd</sup> Tues, 1 p.m. & 4<sup>th</sup> Wed. at 6:30 p.m.** Call Ron Storfer, 633-5203.
- CANASTA CLUB - Mondays, at 12:30 p.m.,** - Kay Ullman, 634-7580.
- CHESS - Tuesdays, 12:30 p.m.** –Call Bill Rich, 634-6884.
- CREATIVE WRITERS GROUP 1<sup>st</sup> and 3<sup>rd</sup> Monday at 10:00 a.m. to noon.** Contact Paula at 464-3985.
- CRIBBAGE - Thursdays, 1 p.m.** - Call Al Benz at 688-8786.
- DOMINOES - Mondays, 12:30 p.m.** Jean Hallac, 688-6895.
- DUPLICATE BRIDGE - Thursdays, 9:00 a.m.** No Partner needed. Not ACBL sanctioned. We play for fun. Dave Stroud, 633-9338.
- EUCHRE CLUB - Tuesdays, 1:00 p.m.** Dorothy, 639-0430 or Dolores, 636-6147
- GENEALOGY CLUB**— Meets Tuesday at 10:30 a.m. Questions, contact Ken Blackwell, 634-9651.
- KNITTING CLUB Tuesdays, 9:00 a.m.**— Computer Room.
- MAH-JONGG CLUB Tuesdays, 1 p.m.** Kay, 634-7580.
- MUSIC COMBO Fridays, 12 Noon.** Carol, 688-7679.
- OPEN CARDS Monday, Tuesday, Thursday afternoons & Friday mornings.** Card Room.
- PING PONG/TABLE TENNIS 12:45-4:00 Tuesdays & 9:30 a.m. to noon Wednesdays & Fridays** Contact Joanne Cole-Marshall 636-3055 ext. 3107. *Safe, comfortable footwear is required to play.*
- PINOCHLE CLUB Wednesdays, 12:45 p.m.-** Nancy Haug, 632-2765. **Pinochle Lessons on Tuesdays at 12:30 p.m.** If you want to refresh or learn how to play Pinochle, call AnnMarie 626-5022 or Linda 626-4904.
- QUILTING CLUB 3<sup>rd</sup> Monday, 12:30 p.m.** - Room 3. Call Bea Glatz, 835-9021.
- READER'S THEATER Fridays, 1 p.m.** - Members perform various skits. Call Carol Ennis, 688-7679.
- RUMMIKUB CLUB Fridays at 1:00 p.m.** Any questions, contact Mary Migliore at 240-1101.
- SCRABBLE CLUB Thursdays, 12:30 p.m.** Carol Hensel, 689-7417.
- STAINED GLASS Thursdays- 9 a.m.** Call Tom Richards, 832-5641.
- TRIVIAL PURSUIT CLUB**—at 12:45 p.m. 1<sup>st</sup> Monday & 3<sup>rd</sup> Friday of each month. Contact Bob Peluso, 689-0094 .
- WOODCARVING Tuesdays, 9 a.m.** - Jean Pierre Aubertin, 632-3540.
- WALKERS GROUP** – Meets Thursdays, in the lobby promptly at 9:50 a.m. Join us for a 60 minute walk or a 30 minute leisure walk in Walton Woods. Any questions, contact Bill Albrecht at 565-0634.

## AMHERST SENIORS DINNER CLUB

Your Dinner Club membership number is required to receive the member price. Guest price applies to anyone who is not a paid member for the current year. *Membership fees must be renewed each year.* Call Myra Horowitz, 634-9223.

Due to unforeseen circumstances,  
the August dinner was cancelled.

**Monday Clubs:**

9:00 Community Service-Craft Room  
 11:00 Sr. Moments -Nutrition  
 12:30 Quilting Room3  
 12:45 Open Cards-Card Room  
 1:00 Dominoes-Room 1  
 1:00 Canasta-Card Room  
 1:00 Tune-ups-return on September 14

**Tuesday Clubs**

9:00 Woodcarving-Art Room  
 9:00 Knitting-Computer Room  
 10:30 Genealogy-Room 2  
 12:30 Chess-Room 1  
 12:30 Euchre-Card Room  
 12:30 Mah Jongg-Card Room  
 12:45 Ping Pong-Health Room  
 12:45 Open Cards-Card Room  
 1:00 Bocce- Bassett Park

**Wednesday Clubs:**

9-11:30 Ping Pong-Activity A  
 9:30 Women's Pool- Billiard Rm  
 10:00 Serendipity Swing-Music Rm  
 12:30 Community Service-Room 1  
 12:30 Amherst Singers-Music Rm  
 12:45 Pinochle Club -Card Room

**Thursday Clubs:**

9:00 Stained Glass-Art Room  
 9-12 Duplicate Bridge-Card Rm  
 9:50 Walkers-Lobby  
 12:30 Scrabble-Card Room  
 12:45 Open Cards -Card Room  
 1:00 Cribbage- Card Room

**Friday Clubs:**

8:30 Ping Pong- Health Room  
 9:00 Recorder Consort-Music Room  
 9:00 Open Cards -Card Room  
 11:30 Music Combo - Music Room  
 1:00 Bridge Club - Card Room  
 1:00 Reader's Theater- Music Room  
 1:00 Rummikub-Room 1

Please check notice boards for cancellations & room changes

**LUNCH** is served each day **at noon** in *Nutrition*. Advance registration needed. See detailed information on Page 3.

**BLOOD PRESSURES-** from **11:00—Noon** each **Wednesday and Thursday** in *Room 1* unless otherwise posted.

**AUGUST EVENTS**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
3 Trivia Pursuit Club-Room 2 12:30 Pool Tournament-Billiard Room	4 11:00 Piano Recital— <i>Gallery</i>	5 10:30 –Nursing Homes-What they don't want you to know- <i>Craft Room</i> 11:00 Outdoor Games- <i>Patio</i> 11:30 Sunshine Cocktails 11:30-12:30 Billy LaRue-Music 12:00 Picnic Lunch-Nutrition 6-7 p.m. Friendship Club— <i>Gallery</i>	6 10-noon Blue Cross/Blue Shield—Room 2 11:00 Outdoor Games— <i>Patio</i> 12:30 Movie Activity A	7 10:00-noon Wegman's <i>Craft Room</i> 12:45 Game- Buzzword <i>Gallery</i>
10 11:00 Outdoor Games— <i>Patio</i> 12:30 Movie- Activity A 12:30 Pool Tournament-Billiard Room 1:00 Healthy Eating Club -Room 2	11 11:30 Healthy Tidbits- <i>Nutrition</i> 12:45 Crafts with Jen— <i>Room 2</i> 11:00Widow/er <i>Conference Room</i>	12 12:45 Mind Teaser 12:30 Drive In Movie – <b>Annie</b> - <i>Patio</i> 1:00-3:00 Univera-Craft <i>Room</i>	13 10:00 New Member Orientation- Activity A 10:30-noon Elderwood Info Table- <i>Gallery</i> 11:00-1:00 Car wash— <i>Parking Lot</i> 11:00 Games— <i>Front Entrance</i>	14 10:30 Maxim Healthcare- <i>Craft Room</i> 11:00 Game Scattergories- <i>Gallery</i>
17 12:30 Movie—Activity A 12:30 Pool Tournament-Billiard Room	18 10-noon- Blue Cross/Blue Shield-Craft Room 10:30-12:30 Pneumonia Shots- <i>Gallery</i> 10:30am-noon, Heathwood Information Table, <i>Gallery</i> 12:45 Human Animal Bond- <i>Gallery</i> 1:00 Travel Club- Activity A	19 8:00 Serv Safe-Room 2 10:30 Chat it Up- <i>Patio</i> 12:45 Mindteasers- <i>Gallery</i> 1:00 Caregivers – <i>Conference Rm</i> 3:00-6:00 Chicken BBQ 6-8 p.m. <i>Sugar&amp;Jazz</i> Concert on the <i>Patio</i>	20 Book Club—Room 2 11:00 - 1:00 ACSS Carnival <i>Outside</i>	21 10:00 Classic Movie-Activity A 10-12 United Health Care- <i>Craft Room</i> 11-2 Museum Field Trip 11:00 Coffee Klatch- <i>Nutrition</i> 12:30 Mailing Prep-Room 3 12:30 Jam Session- <i>Patio</i>
24 12:30 Mailing –Room 2 12:30 Pool Tournament-Billiard Room 12:45 Trivia Pursuit 12:45 Cooking with Jen— <i>Patio</i>	25 12:45 Game— Word Snag <i>Gallery</i>	26 11:30 Healthy Tidbits— <i>Nutrition</i> 12:30 Movie-Activity A	27 10:30 Thank a Vet Program- <i>Auditorium</i> 10:30 Diabetes Information Session- <i>Health Room</i> 11:00-noon Outdoor Games – <i>Patio</i>	28 10:00 —noon Accessible Parking Tags <i>Room 1</i> 12:30 Sundance Movie- <b>Bully</b> –Activity A
31 12:30 Pool Tournament-Billiard Room	<b>MEMBERS POOL TOURNAMENT</b> Both men and women are invited to play a handicapped 8 ball pool tournament <b>Monday afternoons 12:30 p.m. to 3:30 p.m. August 3 – October 26</b> . Entries on a first come first served basis and limited by available space. Call Ed Morgan 633-4309 or visit the Billiard Room for details.  Check this calendar for Special Activities including Movies, Health Programs, and educational programs Details are on other pages of the newsletter. Most activities (including lunch) require sign-up or reservations. Call the Information & Activities Desk at 636-3055, ext. 3108 for more information.			Come see us at the Williamsville Farmers Market on Saturday, August 29, 8 a.m.-1 p.m. The Senior Center will have a display table showcasing all that we have to offer!





**SUMMER CONCERT SERIES  
WEDNESDAYS**

**Sugar & Jazz —August 19, 6-8 p.m.**

Enjoy a delicious **PICNIC DINNER**

from **5:00-6:30 p.m.** as you listen to the concert. For only \$5 you will receive a Roasted Chicken Leg, Potato Salad, Coleslaw, Roll & Butter along with a beverage and a large cookie.

The concert is held outdoors on our covered patio. The event will be held indoors during inclement weather.

To ensure adequate food and seating, reservations are required. Make your reservation at 636-3055, ext. 3108 for both the concert and the meal.

*Sponsored by our friends at Canterbury Woods.*

## Registration Update

**REGISTRATION UPDATE: THE FALL TRIMESTER WILL BEGIN on Monday, August 31.** You still have time to register, as there is space in a variety of classes. Please review the Fall Brochure which is now available in hard copy or on-line at [www.amherst.ny.us](http://www.amherst.ny.us). Registration for **Non-Member and Non-Resident members begins Monday, August 3.** If you have a **senior friend or relative** who has always wanted to attend a class here at the Amherst Center for Senior Services but has not been eligible due to their residency, ask them to give us a call at 636-3050 regarding Non-Resident Registration procedures and class listings.

As always... Make checks payable to the *Amherst Center for Senior Services* and write a separate check for each class you register for. **We will accept one check per class from a married couple, when both are registering for the very same class.** If you would like confirmation, please include a self-addressed, stamped business envelope with your registration form.

**It is imperative members register on time in order to prevent class cancelations. All classes are based on a minimum and maximum number of participants. If a particular class does not meet its minimum quota, there is a very good chance the class will be canceled for the trimester.**

### HEALTH INSURANCE REINBURSEMENTS:

Members are responsible for checking with their carrier to see if a portion of their *Physical Fitness, Health and Self-Improvement* fees can be reimbursed. If you plan to submit for reimbursement, please place an **X** in the box on the registration form and *submit a stamped, self-addressed envelope so a receipt can be mailed to you.*

**FEE WAIVERS:** Are available for members having difficulty meeting class costs. Applications are available in the Social Work Office and should be submitted prior to registering for classes. **For current fee waiver members: *If you have not already verified your program eligibility, it is necessary to do so prior to registering for our Fall trimester classes.*** Please schedule a meeting with the Social Work Department by calling 636-3050. For confidentiality, any members who are approved may submit or mail their class registration form directly to the Social Work office.

**FEE STRUCTURE AARP Smart Driving PROGRAM:** If you are a Senior Center member and belong to AARP, the fee is \$20. **You must include your AARP membership number on your check and registration form.** If you are not an AARP member, the fee is \$25.

**AUDITING A CLASS:** Members are invited to audit a class of their choice on a **space available basis to observe only**, but not physically participate in the class. Please stop at the I & A Desk and ask for a guest pass.

**CLASS REFUNDS:** Prior to the first session of class, all course withdrawals and/or transfers will be subject to a **\$5 processing fee. After the session begins, no refunds are granted except for medical reasons or at the advice of the instructor.** *If you are uncertain that a particular course is for you, we encourage you to audit the class, prior to registration.*

*The Amherst Center for Senior Services in partnership with the Erie County Department of Senior Services provides a site for UNIVERSITY EXPRESS, which offers stimulating academic classes, free of charge, to older adults. Individual topics in the field of History, Science, Current Affairs, Humanities, Life Enrichment and Wellness will be offered. Please check The Network to see what classes will be presented throughout the Trimester.*

*To have future Course Catalogs mailed to you, fill out a catalog request form available at the Welcome Desk and the Information & Assistance Desk. Completed forms may be mailed to the Center, dropped off with your Registration, or given to your class instructor. If a catalog is already being mailed to you, don't fill out another form. You are already on the list.*

**\*“The Amherst Center for Senior Services COURSE CATALOG IS ONLINE at [www.amherst.ny.us](http://www.amherst.ny.us)”** Class information will be available on these dates:

**Fall 2015 Catalog—June 9, 2015**

**Winter 2016 Catalog - Oct. 12, 2015**

**Spring/Summer 2016 Catalog – Feb. 9, 2016**

## AMHERST SENIOR TRAVEL CLUB

Travel Club meets the 3rd Tuesday of each month at 1 p.m. at the Center. Membership Forms, Information and flyers are available on the Travel Club Bulletin Board at the Center (across from the Billiard Room).

### CHECK FOR FLYERS

Mail Completed Trip flyers to Audrey Cherry, (phone 688-7059) at 90 Hilton Blvd, Amherst, NY 14226

Annual Membership fees are \$7 for single membership, \$10 for a husband and wife. This covers mailing costs, operational expenses and The Network newsletter mailed to your home. Make checks payable to Amherst Senior Travel Club. Mail Membership forms to: Carol Hughes (Membership Chairman), 66 Layton Avenue, Amherst, NY 14226.

First priority for all trips is reserved for paid Travel Club members.

DAY TRIPS REQUIRE FULL PAYMENT WITH RESERVATION unless otherwise specified on the flyer.

A phone reservation requires full payment within 14 days.

Call Audrey Cherry at 688-7059 for more information and check out the bulletin board for flyers and applications.

## Adirondack Balloon Festival & Lake George



Presented by  
Amherst Travel Club  
September 17-19, 2015...3 days



at the Merry-Go-Round Playhouse on Owasco Lake in Auburn, NY  
**WEDNESDAY, SEPTEMBER 30, 2015** AMHERST SENIOR TRAVEL CLUB  
\$99 per person Make checks payable to the Amherst Senior Travel Club.

**Letchworth Fall Foliage Excursion**  
WEDNESDAY, OCTOBER 7, 2015 AMHERST SENIOR TRAVEL CLUB  
\$69 per person Payment & Registration Form due by Friday, September 18th.  
Please make checks payable to the Amherst Senior Travel Club.



### AMHERST CENTER CAMERA CLUB

Have you wanted to learn more about your digital camera and what it can do? Our new season begins in September and all are welcome to come to our meetings, meet our members, enjoy the programs and ask questions. All presenters will answer basic or advanced ones, so please speak up.

**Tuesday September 8 at 1 p.m.** Dave Valvo –“Judging Photography”. Dave has 60 years experience in many aspects of photography. He has a Masters degree in Image Science. He has worked for Eastman Kodak and holds many design patents. He has taught in Chile, Mexico, Toronto, Rochester NY and at our local Can -Am Photo Expo.

**Wednesday, September 23 at 6 p.m.** Michael Giles will give us a “Photo Tour of South Africa”. This will include photos of birds, animals, people, a school and Victoria Falls. Michael is an amateur photographer, traveler and member of the Canyon Camera Club. Our club is one of 14 which belongs to the Niagara Frontier Regional Camera Clubs organization to which we have belonged since 1975.



**WE WELCOME NEW MEMBERS** who recently joined the Senior Center: Alice & Marquis Atkinson, Maureen Bushorr, Valerie Carle, Edward Carlson, Martha Carlson, Donald Denzel, Margaret Ellis, MaryAnn Emmert, Gerald Emmick, Lonny Gadanyi, David Glian, Kris Griffiths, Alena Hajdu, Lynn Mancuso, Peggy Martin, Kathleen McCormick, Marina Murszewski, Carol Nelson, James O’Neil, Stephen Perfield, Gladys & Robert Robbins, Jerome Romano, Frank & Sandra Schwab, Carol Skora, Camille Spyra, Patricia Stearns, Jacqueline Tindall, Lois Uhteg, Sandra Vanich and Gail Willig-Smith

The Amherst Center for Senior Services values your health and well-being and is a **Smoke Free Zone**. Smoking is not permitted within 25 feet of the building For more information on smoking cessation programs, contact your health insurer or American Cancer Society 101 John James Audubon Pkwy., Amherst, NY 14228 (716) 689-6981.

(Continued from page 1)

Whether that's spending an afternoon on the patio, taking a walk, stopping the car to take in a Little League baseball game, buying an ice cream cone and savoring it as you watch children play in the park, or just enjoying nature and the sound of the buzzing crickets and bull frogs that only come out this time of year. **The Dog Days of Summer truly are wonderful!! Embrace every season and the beauty each bestows.**

*Pam*



### IN MEMORIAM

We extend our sincere sympathy to the families and friends of these members who recently passed away: Carmela Collini, James A. Hausbeck, Joan R. McCollum, John B. Wren and Nancy T. Young.

## VOLUNTEER NEWS—Call Jodi Kwart at 636-3055, ext. 3126

### VOLUNTEER OPPORTUNITIES STILL AVAILABLE

**GIFT SHOP SUMMER HOURS** in August are **10:00 a.m. to 1:00 p.m.** Regular hours (9:00 a.m.-3:00 p.m.) resume after Labor Day.

**CONGRATULATIONS** to Sara (“Sally”) Donnelly for winning the random drawing for making a nonperishable food donation at the Volunteer Recognition Luncheon in May. Many thanks to all the volunteers who donated items at the Luncheon. Your generosity went a very long way in stocking the new Food Pantry at the Town Square for Aging. Congratulations, Sally!

There may still be opportunities available to volunteer for the Senator Ranzenhofer **FAMILY HEALTH FAIR** taking place at the Center on **Saturday, August 1**. If there are still openings by the time you're reading this, then we're in desperate need to fill those spots. Please check with the Volunteer Staff to see if we have a spot that you can slide right into.

**PLAN AHEAD** This is the perfect time of year to begin thinking about how you may want to keep busy this fall and winter now that summer is winding down. If you are not yet a

volunteer, please consider being of service here at the Senior Center. It takes dozens of volunteers every day to help us provide the amazing services, programs and special events we have available to our members. We can also help connect you to outside venues if you're interested in performing your volunteer service just about anywhere else in our community. If you are currently a volunteer at the Center and would like to change things up and try something other than what you've done in the past, come on by and talk to us and we'll see if we can make arrangements for you to try something new.

**THERE'S NO BUSINESS LIKE SHOW BUSINESS** Is there a secret entertainer hiding inside of you just waiting to come out? Did you know that we have several volunteer performance groups that enable you to earn volunteer credit hours while pursuing your passion for performing? We have a variety of groups through which you can explore and share your talents, including: singing, dancing, instrumental, and even acting. Groups rehearse at the Center once per week and perform out in the community at area nursing homes and similar facilities several times throughout the year. If you think you may be interested, stop by the Volunteer Office to learn more.

## SPECIAL NOTICES

**CENTER CLOSING:** Please conclude your activities by 4 p.m. and be prepared to leave *so that preparations for locking the Center by 4:15 p.m. can be made.*

**IN CASE OF ACCIDENT OR ILLNESS...** If you are present when a member becomes ill, or falls, please notify a staff member and leave the area so that staff can help the individual.

**TO HELP US BETTER ASSIST YOU IN AN EMERGENCY,** let us know if you have a *new address, contact information, or health condition.* Information is confidential, and may be given in person or by telephone to a staff member who knows you.

**FIRE DRILL & BUILDING EVACUATION PROCEDURES:** Diagrams that show evacuation routes are posted in each room. For the safety of all, please act quickly when the alarm sounds. Your cooperation will help insure everyone's safety.

The **LOST AND FOUND AREA** is located at the Welcome Desk. Items are held for 30 days.

The Center is equipped with **SECURITY CAMERAS** which provide 24 hour video recording both inside the premises and outside. *The Amherst Center for Senior Services has been designed to serve senior citizens. For everyone's safety and for liability reasons, we cannot accommodate children in the building, except for specifically designated events or by pre-arrangement.*



**ACCESSIBLE PARKING** The accessible parking spaces in the Center lot are for individuals with an accessible license plate or hang tag. It is illegal to use someone else's permit or park with an expired permit. There is a minimum fine of \$50-\$75 plus a \$30 surcharge for a first offense. When you see the symbol of access on a parking space, be considerate of others' special needs and park in the regular parking spaces. This law is enforced. Amherst Town Clerk staff will be at the Center on **Friday, August 28** from **10:00 a.m. -- noon** to provide Accessible Parking Permits. Applications are available at the Welcome Desk **and must be signed by a doctor.**