



AMHERST SENIOR CENTER

370 John James Audubon Parkway
Amherst, NY 14228

JULY 2025 NEWSLETTER



Welcome Summer!

Senior Day at Old Homes Day

Wednesday, July 16, 2025
Island Park, Williamsville

(Register in advance with Amherst Senior Center)
Amherst Transportation will be providing a shuttle.
Limited spots available. To reserve your spot, call Amherst Transportation at 636-3075.

Summer Concert Dark Horse Run

Tuesday, July 22 at 6:00 pm
Bring a lawn chair.

Family Health Fair

Saturday, July 26 from 9:00 am - 12:00pm
Information tables, screenings, blood drive,
and more!

MEMBERSHIP DUES

Amherst Residents—Lifetime Membership

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

Non-Resident—Annual Renewal

- \$50/Per Person for **current** non resident members only

Membership is open to adults age 50 or older who live in the Town of Amherst

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

We are no longer accepting **new** non Amherst resident memberships. We appreciate your understanding.

TO JOIN THE CENTER:

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

IMPORTANT PHONE NUMBERS

Main Line 636-3050

This is an automated line where you choose an option:
Press

1. Amherst Senior Transportation
2. Reservations for Classes, Lunches, Programs
3. Social Work appointments and Accessible Tags
4. Senior Outreach Services
5. Meals on Wheels
6. Reception

Direct Lines:

Registration 636-3051—To register for Classes, Clubs, Meals, Programs and Support Groups

Amherst Meals on Wheels 636-3065

Amherst Senior Transportation 636-3075

Senior Outreach Services 636-3070

ESTABLISHED IN 1962

AmherstCenterForSeniorServices.com



Facebook.com/amherstnyseniorcenter/

A NOTE FROM THE DIRECTOR

Welcome to summer and all the fun that goes with it! Let me start by extending a special thank you to two local high school students, Nicholas and Gabrielle. They spent time with us each Monday during the school year, assisting with lunch service and cleanup, as well as helping with various projects around the Center. Their smiles and enthusiasm to help were appreciated by everyone, and we wish them a wonderful summer! Another special thank you goes to Dylan, a local Eagle Scout, who designed, built, and installed bat houses in Walton Woods, right behind the Center. Great job, Dylan!

We are once again walking in the **Old Homes Day Parade on July 15th**. Please sign up if you're interested—we provide the candy to toss! **Senior Day at Old Homes Day** will take place on **July 16th from 11:00 AM to 2:00 PM**. Presented by the Jolly Boys, you'll enjoy lawn games, a complimentary lunch, and a concert by Michael Hund. Please bring a chair. I truly appreciate the Jolly Boys for their continued support and for providing such a fun day for our seniors.

A big thank you as well to **Senator Sean Ryan and Assemblywoman Karen McMahon** for sponsoring the **Annual Health Fair**, scheduled for **Saturday, July 26th, from 9:00 AM to 12:00 PM**. This event is open to all ages and will feature free health screenings and numerous vendors offering valuable health information.

Now, here's a few updates about the Senior Center:

HVAC Installation: We're scheduling the installation of new rooftop HVAC units in early September. This major project will take about a week. The Center will remain open, but some programming may be adjusted. We'll share more details once the schedule is finalized.

New Café: We're currently in the Request for Proposals phase and looking forward to opening it this fall.

New Satellite Location: Planning is underway for a satellite location at 4110 Bailey Avenue. As many of you know, we are nearing capacity at our current Center—classes and programs fill up quickly, the parking lot is often full, and lunch reaches capacity most days. This new location will allow us to expand congregate dining, health and cultural programming, and outreach services. We're thrilled about the opportunity to serve the **Eggertsville** area and bring services directly into the neighborhood.

We value our community deeply and remain committed to being a **senior center without walls**—always here to serve the seniors of Amherst. We're excited for what's ahead!

Melissa Abel

Melissa Abel, Executive Director

ABOUT US

THE CENTER

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

- Art Gallery— *Sponsored by Asbury Pointe*
- Audubon Café- *Closed temporarily for renovations*
- Billiard Room
- Card Room
- Dance Room-*Sponsored by Excellus Blue Cross Blue Shield*
- Gift Shop- *Closed temporarily for renovations*
- 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*
- An accessible private bathroom is located off the hallway by Room 2

HOURS OF OPERATION

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

Members are asked to conclude all activities and exit the building by 4:15 pm in order for staff to complete closing procedures

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

The Center is Closed Friday, July 4 in observance of Independence Day.

Programming is offered at the Northwest Amherst Community Center. Please see page 13 for dates and times.

KEY STAFF CONTRIBUTORS

Melissa Abel, Director: mabel@amherst.ny.us

Christin Estrada, Nutrition Coord.: estrada@amherst.ny.us

Tammy Jacobs, Senior Program Coord.: tjacobs@amherst.ny.us

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Cindy Weiss, Class Coord. cweiss@amherst.ny.us

Darlene Wilber, PR Coordinator: dwilber@amherst.ny.us

Joe Weisansal, Recreation Leader: jweisansal@amherst.ny.us

Marc Young, Program Leader: myoung@amherst.ny.us

*This newsletter is coordinated by Darlene Wilber,
Public Relations Coordinator: dwilber@amherst.ny.us.*

TOWN OF AMHERST

AMHERST TOWN BOARD

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

AMHERST SENIOR CENTER ADVISORY BOARD

- James W. Bardot, Chairperson
- Melissa Abel, Executive Director, Senior Center
- Aaron Carlson
- Reverend Susan Frawley
- Lisa Giancarlo
- Gary Henry
- Julie Whitbeck-Lewinski

EX-OFFICIO MEMBERS:

- The Honorable Shawn Lavin, Liaison to Senior Services
- Michael Camilleri, Assistant Chief of Amherst Police Department
- Ann Nichols, Amherst Town Justice
- 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

Melissa Abel, Ex-Officio



A NOTE FROM YOUTH & RECREATION

This 4th of July marks 249 years of American independence. We invite everyone to celebrate with us at our annual Independence Day concert featuring the Erie County Wind Ensemble at 7:00pm at Bassett Park.

Come early and bring a picnic, fish in the ponds, admire Tanglewood (our public art sculpture on loan from the Buffalo AKG) or throw around a Frisbee or football.

The concert is free and family-friendly and features all your patriotic favorites plus some light summer fare. Concert ends approximately 8:30pm which gives you just enough time to get somewhere for fireworks, stop for ice cream on your way home, or call it an early night.

We hope to see you there and Happy Birthday USA!

Mary Diana Pouli, Executive Director,
Youth & Recreation

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

FIRE DRILLS

Your safety is our top priority. If the fire alarms go off in the Senior Center, please exit the building right away.

PARKING FOR COMBAT WOUNDED VETERANS

The Center has 2 Reserved parking spots for Combat Wounded Veterans in our parking lot.

We ask that you please respect these spots. We acknowledge and honor Purple Heart Recipient Service Men and Women.

Thank you for your service and sacrifice to our country.



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

Go to MyActiveCenter.com then click on the Sign Up 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.

PLEASE NOTE—BE SURE TO REGISTER

Class registration and payment is mandatory. Those who participate in a class that they have not paid for will risk a suspension of their membership. So if you see a class you are interested in, register as soon as possible!

SAMPLE 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.

VISITING/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.

NUTRITION

Lunch is served Monday through Friday from 12:00 to 1:00 pm. Dinner is served Tuesdays from 5:00 to 6:00pm.

TO REGISTER FOR LUNCH OR DINNER:

Follow MyActiveCenter 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. Forms can be mailed to you upon request. If you have any questions, Christin can be reached at 716-636-3055 ext. 3131.

CALLING ALL NEW MEMBERS!!

Wednesday, July 9 at 10:30 am

So, you have taken the step of becoming a Member, now what? Find out ways to get involved, how to sign up for Classes or Programs, where to find information on what is happening at the Center. Those attending are invited to stay for a complimentary lunch at 12:00pm. Reservations are required for both.

PROGRAMS

ANNUAL FAMILY HEALTH FAIR

Saturday July 26 from 9:00am – 12:00pm

Presented by Senator Sean Ryan and Assemblywoman Karen McMahon. Over 60 different vendors and organizations will be on hand providing health and wellness information, testing, classes on how to do Hands Only CPR, and donate blood with the Red Cross.

WALKING APPLE SALAD GROUP —NEW!

Every Thursday in July at 9:30 am

Start your day with a walk around Walton Woods pond. We'll begin by offering a fun option: you can choose to stuff an apple with delicious treats to enjoy during the walk. **This treat is optional** — feel free to join us for the walk even if you don't want the apple. **Fee: \$1.00 only if you choose the apple treat** (No fee if you're just joining the walk)

BINGO

Wednesday, July 2 at 10:00 am

Bring something RED, WHITE or BLUE from the Dollar Store for the prize table.

STRAWBERRY FREEZER JELLY

Wednesday, July 2 at 1:00 pm

Learn how to make simple, homemade strawberry freezer jam using a no-cook recipe. This walkthrough covers everything you need to know to create a fresh, fruit spread you can enjoy year-round. No special equipment or prior experience needed. Fee is \$2.00.

4th OF JULY CELEBRATION

Thursday, July 3 at 12:30 pm

Music by the Rocky Blues Group. Please make your lunch reservations separately.

CAMP DAY

Thursday, July 3 at 10:30 am

The Summer Explorers Camp will visit us for a relaxed day of intergenerational connection through outdoor games and crafts. Seniors will have the opportunity to experience classic camp activities alongside the campers .

PIE CONTEST

Tuesday, July 8 at 1:00 pm

Do you have a prize winning pie? If you would like to enter the contest please contact Jennifer in Programing. \$2.00 fee for taste testers. No fee for pie bakers.

HISTORY OF PHOTOGRAPHY

Tuesday, July 8 at 4:00 pm

Master of Photography Milton Ehrenberg will share some of the history of photography and what K.I.S.S means.

ART SHOW OPENING

Tuesday, July 8 at 5:00 pm

View the wonderful photography of Milton Ehrenberg and meet the artist himself!

OPEN CARDS

Thursday, July 10 at 10:00 am

Join us for a relaxed card time with a mix of open play and friendly teaching. Come with friends or find a table to join—everyone's welcome.

AUTHOR TALK

Thursday, July 10 at 11:00 am

Marja Coons-Torn is the author of *The Franklin Key: A Threads of Time* novel. *The Galileo Ducat*, set largely in Tuscany, is the second novel in the Threads of Time Series. Marja is eager to introduce her readers to Aurora Sforzi, whose adventures take her into the company of Galileo, and of course, Leah Goodwell, Franklin's time traveler.

VR

Friday, July 11 and Tuesday, July 29 from 1:00 to 3:00 pm

Explore the world of virtual reality with our VR Headsets. Whether you're new to VR or curious to try something different, this is a great opportunity to dive into a new digital world. There are two dates this month, please sign up for one of the two sessions.

LEARN TO PLAY CRIBBAGE

Thursday, July 17 at 10:00 am

Join us for a relaxed, beginner-friendly walkthrough of this classic card game. We'll cover the basics, the rules, and play a few hands together. No experience needed.

FLOATS AND JOKES

Thursday, July 17 at 6:00 pm

Bring your worst or best jokes and one-liners while enjoying a float.

TECH SUPPORT

Friday, July 18 at 10:00 am

Bring your devices and questions and our tech savvy staff will help you troubleshoot issues and provide guidance. This program is non-instructional – we can answer questions, give quick tutorials, diagnose issues, and provide advice or solutions.



REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

PROGRAMS

WATER BOTTLE ROCKETS

Tuesday, July 22 at 1:00pm

Participants will learn the physics and engineering principles of rocketry, then use a 2-liter bottle and other materials to design, build, and test their own bottle rockets for a friendly outdoor launch competition.

COOKING WITH JEN

July 23 at 11:00am Tomato Pie. Fee is \$6.00.

Payment by 7/21. No refunds after.



August, 14 at 11:00 am Peach Pie. Fee is \$6.00. Payment due by 8/12. Due to popular demand, only register for one.

CHRISTMAS IN JULY DIY DEMO

Thursday, July 24 at 1:00pm

Member Rena Kantenwein will demonstrate her Wreath of Lace.

PIZZA AND TRIVIA

Thursday, July 24 at 5:00pm

Enjoy pizza and salad from John and Mary's followed by a game of Who Am I. Fee is \$7.00 due by 7/22. No refunds after.

BREAKFAST IN WALTON WOODS

Tuesday, July 29 at 9:30am

Enjoy a bacon, egg and cheese croissant, OJ and a sweet treat by the pond with friends. Fee is \$4.00. RSVP by 7/25. No refunds after. Please bring a chair.

FAMILY NIGHT

Tuesday, July 29

5:00pm Dinner (*Reservation required, menu on page 14*)

6:00pm Juggling by Jacob Drops

Bring your whole family to see the impressive juggling skills of Jacob Drops.

GARDEN TALK

Wednesday, July 30 at 10:00am

Come and chat about anything gardening – memories or current experiences.

CONNECTIONS WORD GAME

Wednesday, July 30 at 2:00pm

This game challenges players to find themes between words.

NARCAN TRAINING

Thursday, July 31 at 10:00am

Learn how to administer Narcan and recognize the signs of an overdose. Gain the necessary skills and knowledge to potentially save a life in an emergency situation.

ICE CREAM AND ICE BREAKERS

Thursday, July 31, at 1:00pm

Get to know your fellow members with an ice breakers game of 2 Truths and a Lie followed by ice cream. Fee is \$2.00. No refunds after 7/29.

HEALTH

WALKERS UNITE FOR WELLNESS

Tuesdays July 1, 8, 15, 22, and 29 at 10:00am

Open to all. Join Rabbi Yonina on a leisurely walk around the lake and on the trails of Walton Woods Park for a talk and to share how you're doing – a 'getting to know you' through walking and wellness. We'll go as far as you'd like and sit and rest if necessary in the hour we have together. Remember your hat, sunscreen, water, and comfy closed-toed shoes or sneakers.

FITNESS ROOM RUNDOWN

Wednesday, July 2 at 2:00pm

Come learn all about our Fitness Room: How to operate the machines, what each machine does, and potential workout routines & habits to start your fitness journey.

MEDITATION AND HEALING

Thursday, July 10 at 1:00pm

Relieve stress and improve your health. Would you like to feel calmer and more relaxed? Release burdens and worries? *Presented by Anne Egan, instructor & practitioner of Open Heart Meditation and Secrets of Natural Walking with the Natural Way of Living.*

CHAIR FITNESS

Mondays, July 14 & 28 at 12:30pm

Strength, Flexibility, and Balance are all highlighted in this class. Get a total body workout in and out of the chair. (If you have your own hand weights, please bring them!)

SELF DEFENSE & MARTIAL ARTS FITNESS

Thursday, July 17 at 5:30pm

Learn basic techniques to defend yourself in any situation. Ayad Hussain is a trained professional in Martial Arts, Self Defense and Fitness. This will become a reoccurring class in the Fall, so come check out this demonstration first!

ROTATOR CUFF WORKSHOP

Wednesday, July 23 at 2:00pm

Recurring speaker and Physical Therapist, Nicholas Kehoe, PT, DPT, explains Rotator Cuff pain, injuries, and remedies. This is a great way to ask a professional any questions you have and get a clear, well thought out answer.

PROGRAMS

FINANCIAL

MEDICARE 101

Thursday, July 17 at 5:00 pm

Are you turning 65 or will you be eligible for Medicare in the next 6 months? Learn the difference between Medicare Advantage and Medicare Supplement Plans and how to find the best plan for you. *Presented by KDM Wealth Consultants.*

FACING FINANCIAL CHALLENGES

Thursday, July 24 at 11:00 am

WNYLC helps homeowners facing foreclosure by fighting to keep them in their homes or exploring alternatives, including claiming surplus funds from foreclosure sales. Representation is also available for low-income Western New York tenants in eviction cases, protecting their rights and negotiating settlements to avoid displacement whenever possible. Additionally, the Consumer Debt Defense Department assists clients with debt collections, sues abusive creditors, and advocates for systemic reforms through litigation and policy change. *Presented by the Western New York Law Center.*

GIFTING- CHARITABLE AND INTERFAMILY

Thursday, July 24 at 6:00 pm

This presentation will detail how individuals can gift to charities to generate tax benefits for their current tax year and additional tax benefits for future years. It will also cover gifting between family members to achieve protection of those assets from future creditors and tax benefits to the gift donors. *Presented by James Gembarosky with Bankers Life.*

FIELD TRIPS

OLD HOMES DAY PARADE

Tuesday, July 15 at 5:30 pm.

Are you interested in walking in the parade? The parade starts at Williamsville South High School and ends at Los Robles. (about 1 mile walk) Sign up by contacting Jennifer at 636-3055, ext. 3112 or by email at jlazarz@amherst.ny.us

SENIOR DAY AT OLD HOMES DAY

Wednesday, July 16 from 11:00am-2:00 pm

Enjoy various lawn games, complimentary lunch and a concert by Michael Hund. Please bring a chair. Amherst Transportation is providing a shuttle from Tim Hortons' at the Evans Town Plaza. Limited spots available. Please call Amherst Transportation at 636-3075 to reserve your spot. Lunch will be served from 12:00-1:00pm. **Registration required.**



MOVIES

(movies are selected by recommendations and availability)

MONDAYS at 1:00 PM

July 7 Bridget Jones: Mad About the Boy R 124 minutes
July 14 The Ballad of Wallis Island PG-13 100 minutes
July 21 Fountain of Youth 127 minutes
July 28 Snow White PG 110 minutes

TUESDAYS at 5:30 PM

July 1 Nonnas PG 112 minutes
July 8 Bridget Jones: Mad About the Boy R 124 minutes
July 15 The Ballad of Wallis Island PG-13 100 minutes
July 29 Snow White PG 110 minutes

THURSDAYS

2:00 pm July 3 Hamilton 2 hours 40 minutes
5:30 pm July 31 Fountain of Youth 127 minutes

FOREIGN FILM

Friday, July 11 at 1:00 pm Les Visiteurs (French) 121 minutes

FEEL GOOD (and True Story)

Friday, July 18 at 1:00 pm Bank of Dave PG-13 107 minutes

PARTNER PROGRAMS

SILVER PRIDE TEA



The group is taking July off and will not be meeting.

BALANCE AND MEMORY CHECK-UP – Taking off the months of July and August.

BETTER BREATHERS

Tuesday, July 22 at 1:30 pm

If you or someone you know is living with a chronic lung disease, consider joining this support group. *Facilitated by Jeremy Voorhees, American Lung Association.*

HEALTHY LIVING FOR YOUR BRAIN AND BODY

Wednesday, July 30 at 1:00 pm

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. *Presented by the Alzheimer's Association.*

CLASSES

FALL CLASSES CATALOG

The Fall Classes Catalog will be available in hard copy in late July at the Center, Amherst libraries, Town Hall, and online at AmherstCenterforSeniorServices.com

SUMMER SESSION CLASS HIGHLIGHTS

The second session of several summer classes are starting now. For class openings, check online at myactivecenter.com, or stop by our reception desk.

Full descriptions of ALL classes are in the Spring/Summer Class Catalog.

REGISTER TODAY at myactivecenter.com

- 20/20/20
- Belly Dancing
- Cardio Drumming
- Drumming Circle
- Fall Prevention
- Get Fit While You Sit
- Intro to Acting
- Mean Jean Exercise
- Pickleball Beginner
- Yoga Afternoon
- Yoga ZOOM
- Yoga/Gentle Mindful

DEFENSIVE DRIVING CLASS

AARP Smart Driver

(\$25 for AARP Member/\$30 for Non AARP member)
Wednesday, July 16 or August 13, 9:00am-4:00pm
Reservations required by calling 636-3051. Payment due to instructor on the day of the class.

SPECIAL REQUEST: CALL TO CANCEL

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 will open a spot for someone else to participate.

PING PONG

Mondays 12:00 – 4:00 pm
Tuesdays 2:00 – 6:00pm 7/29 2:00 – 4:00pm
Fridays 7/11 and 7/18 1:00 – 4:00pm
No ping pong Friday 7/4 or 7/25

UNIVERSITY EXPRESS—Free Classes!

Tuesday, July 1 at 2:00 pm: Anthropology of Conspiracy Theories

Tuesday, July 8

2:00 pm: Estate Administration, What to Expect
6:00 pm: Those Spooky Victorians

Wednesday, July 9 at 2:00 pm: What's Happening with Recycling

Thursday, July 10 at 2:00 pm: Funny "ISMs" Illustrated Words of Wisdom and Old Timey Sayings

Tuesday, July 15 at 6:00 pm Fossils of Western New York

Thursday, July 17 at 2:00 pm Basics of Medicaid and Long-term care

See page 13 for additional University Express classes at the Northwest Amherst Community Center.

General Info.—Non classes

HEALTH INSURANCE – To schedule your personal Appointment, call the representative listed.

Aetna Ella at 374-5940

Wednesday July 9 10:00 am – 12:00pm

Wednesday July 30 10:00 am – 2:00pm

Clarity Group – Medicare Plan Center Lisa at 716-864-4886

Thursday July 10 10:00 am – 12:00 pm

Tuesday July 22 2:00 pm – 12:00 pm

KDM Wealth Consultants Roger at 716-471-1559

Thursday, July 17 1:00 pm – 4:00 pm



At Amherst Center for Senior Services

July 22 – Dark Horse Run

Great Country Music, 4 Lead Singers, Playing today's Hits, Yesterday's Classics, and some Oldies

Menu: BBQ chicken sandwich, macaroni salad, assorted ice cream bars and chips. Bottled water.

The concert starts at 6:00 p.m.

Free and open to public, family-friendly. Bring a lawn chair. Shows are held outside on the side of the Center. For inclement weather, concert will be moved indoors.

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

RESOURCES

Social Work Services are Here for You!

Your needs are important to us and we want to assure you that we are still committed to working diligently to provide information and referrals for programs and services. Social Workers are available to meet for office visits **by appointment only**, by phone, or virtual appointments. Please call the Social Work office at 716-636-3055 ext. 3165 for Vijaya, or John at ext. 3129

Caregivers Group

Wednesday, July 16 at 1:00pm
Caregiving can be overwhelming and we are here to offer support.

Loss & Grief Group

A NEW 6-week session starts Thursday, July 17 at 10:30am. We will discuss coping strategies, healing techniques, and stages of loss and grief.

Men's Support Group

Tuesdays, July 1 and 15 at 10:30am
"Getting to know us: A man's perspective" Talk about issues that are specific to men.

Parkinson's Group:

Thursday, July 24 at 2:00pm
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.

Veteran's Coffee Group

Monday, July 7 at 10:00am
Come for a cup of coffee and share with others who understand your story and lend support.

Widow/Widowers Group

Tuesday, July 8 at 10:30am
Tuesday, July 15 at 6:00pm
If you are facing a stressful life change due to losing your spouse, you don't have to go through it alone.

Women's Support Group

Wednesday, July 2 at 10:30am

Kinship Group: See page 13

SENIOR OUTREACH SERVICES (SOS) 636-3070

In 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. Financial assistance may be available to help with the cost of services. Call Senior Outreach Services.

ACCESSIBLE PARKING TAG

If you need assistance with an application, we are **available by appointment only**. Hours are 8:30am—4:00pm and evening hours are July 15 until 6:00pm and 4:00-7:00pm on July 22.

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 on Fridays. Please call our Nutrition Site Coordinator, Christin Estrada, at 716-636-3055 ext. 3131 for more information.

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 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.

INFORMATION TABLES

GREENFIELDS OF LANCASTER

Wednesday, July 9 11:00 am – 12:00

ASK THE REALTOR Wednesday, July 16 at 11:00 am

Ann Kader, WNY Metro Roberts Realty

PRIMETIME ENERGY SERVICES

Thursday, July 17 from 11:00 am – 1:00pm

EPIC

Wednesday, July 30

11:00 am – 1:00 pm



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

VOLUNTEERING & CLUBS

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.

HOT DOG SALE

Tuesday, July 8, 11:00 am

Enjoy a grilled treat with us! \$1.50 per hot dog.

SEEKING VOLUNTEERS FOR FOOD SHUTTLE

Food Shuttle of Western New York is looking for friendly volunteers for various roles within the organization. Food Shuttle details can be found at foodshuttlewny.org.

Please call the Food Shuttle Hotline at (716) 688-2527 to learn about opportunities.

BOOK CLUB

Monday, July 28 at 1:00 pm

The book is called "Nothing to Envy; Ordinary Lives in North Korea," by Barbara Demick. All participants are required to register for this meeting.

Zoom participants must register 24 hours in advance to receive the automated link. Comprehensive book selection lists can be found at the Senior Center on the racks across from the Fitness Room.

CLUB MEMBERS

You must register on myactivecenter.com prior to attending your meeting.

Swiping in at the kiosk is not registering.

POOL CLUB

Tournaments are on Tuesdays in the Billiards Room from 2-5 pm. Please consider joining us for some friendly competition!

MENS SOFTBALL GAMES

Come cheer on the mens softball teams. Games are Fridays at 10:00 am and 11:30 am at the Northtown Softball Complex, 1615 Amherst Manor Drive.

IMPORTANT CLUBS NOTICE!

All afternoon club meetings will be cancelled on **FRIDAY, JULY 25** due to set-up for the Family Health Fair.

NEW CLUB INTEREST?

We're always looking for opportunities to create new clubs based on member interest. To start a new club, we need **at least 10 members** who are committed to attending regular meetings. If you have a club idea and know at least 10 members who would like to join, please either: Drop your suggestion in the **Suggestion Box** in the main lobby, or email Joe at jweisansal@amherst.ny.us.

OPEN PICKLEBALL

*****OPEN PLAY PICKLEBALL GUIDELINES*****

- Members can sign up for a maximum of 3 time slots PER WEEK for Open Play Pickleball.
- We are seeing large Waitlist numbers for Open Pickleball and want everyone to have a chance to play.
- If you are already signed up for 3 time slots and an Open Pickleball Session is NOT full, you can sign up the DAY OF that Pickleball session.
- Please cancel when you cannot make a Pickleball time to allow someone else a chance to play!

We're all in this together. Let's respect each other's time and opportunities. Thank you

See page 13 for Open Play Pickleball at the Northwest Amherst Community Center.

You must bring your own paddle

OPEN PICKLEBALL

Tuesday, July 1, 8, 29: 2:00-3:45pm, 3:45-5:30pm, or 5:30-7:15pm (1 court)

Tuesday, July 15: 5:30-7:15pm (Beginner) (1 court)

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

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

Wednesday, July 23: 12:00-2:00pm (Beginner) or 2:00-4:00pm (Intermediate)

Thursday, July 3: 3:45-5:30pm

Thursday, July 10, 17, 24, 31: 3:45-5:30pm or 5:30-7:15pm

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

Friday, July 18: 12:00-2:00pm (Men) or 2:00-4:00pm (Women)

Spotlight on Some of Our Community Partnerships:



Top photo: Knitting Club poses with a donation for the United Way Baby Shower. **Left:** Garden remodeling project. **Right:** Community Sewing Project Clubs' heart-shaped pillows for Millard Fillmore Suburban Hospital.

At the Amherst Center for Senior Services, our mission to enhance the lives of older adults is strengthened through the power of community collaboration. This spring, several meaningful partnerships have helped us uplift not only our members but also the broader Amherst community. One heartwarming example is our ongoing collaboration with

Kaleida Health's Millard Fillmore Suburban Hospital. Through the dedication of our Community Sewing Projects Club, volunteers provide a steady supply of handmade, heart-shaped pillows to patients recovering from surgery—especially those undergoing breast cancer treatment.

These uniquely shaped pillows offer comfort and support, whether they're easing the pressure of a seatbelt or propping up a tired neck. As Colleen Kruzicki, a physical therapist, put it, *"They are in the shape of a heart because they are made with love. The patients are so grateful—these pillows bring happiness to everyone I give them to."* It's a beautiful reminder that healing often begins with kindness—and a touch of handmade care.

On our campus grounds, another inspiring partnership is taking root—literally. The Amherst Youth Consortium has taken on the task of rejuvenating our community garden. These passionate and service-minded students are working to improve soil quality, enhance garden beds, and make the space more accessible.

Their efforts go far beyond beautification. In the coming weeks, the students will be planting various produce including tomatoes, zucchini, squash, and garlic — nutritious vegetables chosen for their versatility and value to families. All of the harvest will be donated to a local food pantry, addressing food insecurity and encouraging healthier lifestyles.

This partnership is a shining example of what happens when generations work hand-in-hand. As students care for our garden, they're building bridges of empathy, cooperation, and mutual respect with our members.

We're also proud to spotlight a special donation made this season by our Knitting and Sewing clubs to the United Way's annual Baby Shower. Understanding that every child deserves a warm welcome into the world, our members either crafted and collected: A variety of baby books, soft, knitted blankets and knitted animals and beautiful, handmade baby sleepers and hats. These heartfelt gifts are shared with new and expectant parents in need, helping to ensure their babies have a cozy and enriching start. It's yet another example of how our seniors use their talents and time to lift up others.

We extend our sincerest thanks to our friends at Millard Fillmore Suburban Hospital, the Amherst Youth Consortium, United Way, and—most importantly—our volunteers. Your time, talent, and love make Amherst a better place for everyone.

Services

- Companionship
- Memory Care
- Medication reminders
- Meal Prep
- Transportation
- Housekeeping
- Arthritis Care
- Diabetes Care
- Chronic Conditions Support

If you want to stay safe at home, Home Instead can help.

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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. 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, 1:00-3:00pm | Dinner Club See Club Info across from Fitness Room | Poker Club 1st and 3rd Thursdays, 1:00-2:30pm. |
| Amherst Men's Senior Softball League Games Fridays, 10:30/11:30 am Seasonal | Dominos Club Wednesdays, 12:30-4:00pm | Pool Club—NEW CLUB Tuesdays, 2:00-5:00pm |
| Amherst Senior Singers Wednesdays, 1:00-3:00pm | Duplicate Bridge Club (Monday) Mondays, 12:30-4:00pm | Quilting Club 1st & 3rd Mondays, 1:00-3:30pm |
| Art Club Mondays, 1:00-3:30pm | Duplicate Bridge Club (Friday) Fridays, 12:30-4:00pm | Reader's Theater Club Mondays, 1:00pm |
| Backgammon Club Thursdays, 12:30pm | Euchre Club Tuesdays, 1:00pm | Reading Poetry Aloud Club Wednesdays, 9:00-10:00am |
| Biblical Hebrew Grammar Club Off for the Summer! | French Club 2nd & 4th Mondays, 12:30-2:00pm | Rocky Blues Band Fridays, 12:30pm |
| Bike Club Wednesdays, 9:30-11:30am Seasonal | Hand & Foot Club Thursdays, 3:30-5:00pm | Rummikub Club Fridays, 1:00-4:00pm |
| Board Game Club-Afternoons Wednesdays & Thursdays, 12:30-3:30pm | Indian Senior Citizens Club 2nd Thursday, 4:30pm | Scrabble Club Tuesdays, 10:00am-12:30pm |
| Board Game Club— Evenings Thursday, 6:30-10:00pm @ Northtown Ctr. | Genealogy Club 1st Tuesday, 10:30am-12:00pm | Pinochle Club (Wednesday) Wednesdays, 12:45-4:00pm |
| Book Club 4th Monday, 1:00pm | Karaoke Club Thursday, July 17 at 1:00 pm | Spanish Club on ZOOM Thursdays, 1:30pm |
| Bridge Club Tuesdays, 2:00-4:00pm | Knitting Club (non-instructional) Tuesdays, 9:30-11:30am | Speaking Italian Language Club Fridays, 1:00-2:30pm |
| Canasta Club Thursdays, 1:00-4:00pm | Mah Jongg Beginner Club Fridays, 9:30am-12:00pm | Stained Glass Club Thursdays, 9:00am-12:00pm |
| Chess Club Tuesdays, 12:15-4:00pm | Mah Jongg Club Tuesday, 1:00-3:30pm | Tai Chi Club Wednesdays & Fridays, 1:30-2:30pm |
| Community Service Sewing Projects Club Mondays, 8:30-11:00am | Men's Golf See Club Info across from Fitness Room | Tuesday Afternoon Music Club Tuesdays, 1:00pm |
| Craft Club at NWACC Off for the Summer! | News & Views Zoom Club Fridays, 10:00-11:30am | Upholstery Club Wednesdays, 9:00am-12:00pm |
| Creative Writers Club 1st & 3rd Mondays, 10:00am –12:00pm | Pinochle Club (Monday) Mondays, 12:45-4:00pm | Wood Carving Club Tuesdays, 9:00-12:00pm |

NORTHWEST AMHERST COMMUNITY CENTER

Northwest Amherst Community Center
220 Northpointe Parkway, Amherst 14228

CARDS SWOOP

Monday, July 7 at 10:00am
Join us for an exciting afternoon of SWOOP, a fast-paced card game that keeps everyone on their toes! In this game, players will strategically play cards from their hand and from face-up piles, aiming to outwit their opponents.

TALK AND TASTE

Monday, July 7 at 6:00pm Celebrate with a slice of strawberry ice cream sandwich cake.

KINSHIP SUPPORT GROUP

Wednesday, July 9 at 11:00am
Are you “parenting for a second time?” Many in today’s world find themselves in this situation at a time when maybe you were planning a more relaxed lifestyle. If this is you, consider coming to this support group to share ideas, get support, comfort and resources. You are not alone, so join others to talk and share ideas!

JUST ONE PARTY GAME

Monday, July 14 at 10:00am

FRUIT ART

Monday, July 21 at 10:00am

Turn a pear into a hedgehog. Fee is \$3.00. No refunds after 7/17.

CIRCUIT FITNESS CLASS

Mondays July 21 & 28 at 6:00pm

Try various workouts with weights. There are multiple stations that have different types of exercises. Strength, Balance, and Cardio are highlighted in these classes.

PICKLEBALL AT NORTHEAST AMHERST COMMUNITY CENTER

Mondays: July 7,14,21,28 from 8:00-9:30am
or 5:30-7:30pm (All Levels)



UNIVERSITY EXPRESS SPRING SEMESTER

University Express offers free educational classes for older adults, ages 55+, in Erie County. Classes are designed to stimulate the mind and provide opportunities to build social networks, thereby reducing social isolations.

Monday, July 7 at 1:30 pm Hands Only CPR/AED

Friday, July 11 at 10:30 am Three Surgeons

Friday, July 18 at 10:30 am Stop the Bleed

Full details are in the University Express Spring 2025 catalog available at the reception desk, or online at <https://www4.erie.gov/universityexpress>.

Details about the Fall semester will be available in September.

**Want to
teach a class?
We're Hiring!**

The Amherst Center for Senior Services hires the finest individuals to teach our classes. If you have a special skill or talent that you want 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, at cweiss@amherst.ny.us with your course proposal and if you are interested in teaching a day or evening class. We looking forward to hearing from you!



Marilyn, one of our members, displays adorable chocolate covered strawberry penguins that were made by members during one of Jen’s cooking classes.

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

JULY NUTRITION

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 \$3.50. Guests under 60 are welcome for \$5.50.



- **Lunch is served Monday-Friday, 12:00-1:00pm**
- **Dinner is served at 5:00pm on Tuesday evenings**
- **Meal registration begins the 3rd Tuesday of each month. See page 4 for instructions.**
- **We are unable to accept walk-ins.**
- **If you are not able to attend lunch or dinner, please cancel your reservation.**
- **The menu is subject to change.**
- **Estimated calories/carbohydrates are listed for each lunch.**

FROZEN MEAL PROGRAM

See page 4 for information

| <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|--|--|---|--|--|
| | 1 Chicken stir fry over white rice Asian blend Dinner roll Graham Cookie 666/95 | 2 Ham sandwich on wheat Pineapple chunk Cranberry juice Lorna doon 664/102 | 3 4th of July lunch Hot dog on a roll Potato wedges German blend Mandarin oranges 783/100 | 4  Center is Closed Today Happy Fourth of July! |
| 7 Italian sausage on a hotdog roll Roasted potatoes Prince William blend Diced pears 681/77 | 8 Mushroom chicken Carrot medley Spinach Corn muffin Chocolate chip cookie 836/97 | 9 Pulled pork on Kaiser roll Vegetable rice Coleslaw Diced peaches 731/110 | 10 Roast beef with gravy Oven browned potato Green beans Dinner roll Oreo cookies 657/78 | 11 Southwest chicken salad over lettuce Mandarin oranges Dinner roll Angel Food cake 811/82 |
| 14 BBQ Ribette on a hoagie roll Potato wedge Key largo Fresh orange 751/90 | 15 Cabbage casserole Mashed potatoes Bahama blend Dinner roll Brownie 803/113 | 16 Cheddar mac & cheese Stewed tomatoes Broccoli White bread Mixed fruit cup 662/88 | 17 Build your own salad Juice Italian bread Oatmeal cookie Varies; at least 573/74 | 18 Chicken leg Rice Pilaf Carrots Wheat dinner roll Fresh apple Dragon juice 826/92 |
| 21 Turkey sandwich on wheat bread 3 bean salad Granola bar Seasonal fresh fruit 689/100 | 22 Hamburger on a roll Potato wedge Italian blend Pineapple chunk 666/69 | 23 BBQ chicken Sweet potato Spinach Muffin Cinnamon apple sauce 838/120 | 24 Pork stew White rice Broccoli Italian bread Apricots 657/86 | 25 Baked fish Roasted potato Peas/peppers/onions Dinner roll Carmel pop cakes 643/79 |
| 28 Open faced turkey sandwich Mashed potato Carrots Brownie 739/97 | 29 Pork chop with onion gravy Roasted potato Peas Multigrain bread Chocolate chip cookie 884/100 | 30 Chicken ala king Mashed potatoes Broccoli/peppers Biscuit Sugar Cookie 653/88 | 31 Chili White rice California blend Dinner roll Fig Newton 860/114 | 1 Julienne salad Juice Rye bread Donut 929/109 |

TUESDAY DINNERS - Dinner Served at 5:00pm

July 1: Chicken Caesar salad with tomatoes, Cranberry Juice, Dinner roll, Ice cream cup

July 8: Chicken parm over pasta, Italian green beans, Garlic Bread, Mixed fruit

July 15: Stuffed rigatoni Florentine, Mixed veggies, Dinner roll, Fresh fruit

July 22: No dinner due to Summer Concert. *Please see Summer Concert menu on page eight.*

July 29: Chicken tenders, Mac & cheese, Steamed broccoli, Pudding (FAMILY NIGHT)

Food Allergy Notice

Please be advised that food preparation in our kitchen may contain these ingredients:
Milk, eggs, soybean, peanuts, tree nuts, and shellfish

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.



Beechwood Continuing Care is a not-for-profit senior care community in Western New York.

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



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.



Email Cindy at cweiss@amherst.ny.us



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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.



**Town of Amherst
Center for
Senior Services**

Advertise in our monthly newsletter



**14,000 + members,
50 and older**



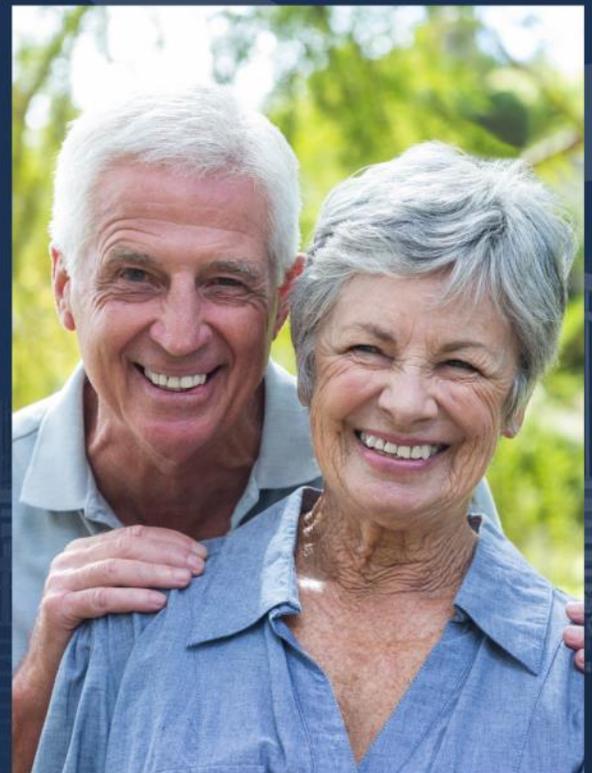
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Contact Darlene Wilber at: dwilber@amherst.ny.us

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