



Town of **AMHERST**

Senior Center

AMHERST SENIOR CENTER

370 John James Audubon Parkway
Amherst, NY 14228

JUNE 2025 NEWSLETTER



June 24 – Boys of Summer

July 22 – Dark Horse Run

August 19 – The Nitetones

At Amherst Center for Senior Services

All concerts start at 6:00 p.m. Free and open to public, family-friendly. Bring a lawn chair.
Concerts are held outdoors. For inclement weather, concert will be moved indoors.
Food will be available - We will provide menu details through emails and social media.

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:

1. Amherst Senior Transportation
2. Reservations for Lunches, Dinners, Frozen Meals
3. Reservations for Classes, Clubs, Programs and Membership Information
4. Amherst Meals On Wheels
5. Social Work appointments and Accessible Tags
6. Senior Outreach Services
7. Reception

Registration 636-3051—direct line 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

Spring and Summer activities are in full swing! June is packed with great classes and programs, so I do hope you are taking advantage of all that we have to offer.



There are numerous craft programs, games, and lawn games to choose from this month, and we even have model rocket building and launching! University Express classes continue with a variety of options on the schedule.

Have you met our new staff person Joe? He works with our volunteers. If you haven't met him, yet, please attend the program *Cup of Joe with Joe* on June 4th at 9:30am.

Also, this month, you will be treated to our free Summer Concert series beginning with the sounds of Boys of Summer performing on June 24th at 6:00pm.

Our concerts are held outside in our side lot, but are moved inside to the senior center if the weather doesn't cooperate. Bring your chairs, family and friends to enjoy some great music! New this year, during the concerts, we have added food items for sale outside. Keep an eye on your email for concert food menu information.

In addition, June is Alzheimer's and Brain Awareness Month. On June 25, the Alzheimer's Association and Attorney Judy Wagner will present on Estate, Long Term Care Planning, and Asset Protection.

Plus, I want to acknowledge our partnership with the staff and students of the Amherst Youth Consortium.

For close to 15 years, we have partnered with this group on having a vegetable garden here at the center that helps to support local food pantries. Youth and senior volunteers assist in the planting, watering, and harvesting of the vegetables, with the students delivering them to the food pantry.

This year, we completed some much needed upgrades to the garden beds and fencing. I cannot thank all of those involved enough for all of their hard work and dedication with this project!

Melissa Abel,

Melissa Abel, Executive Director

FIRE DRILLS

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

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 Wednesday, June 19, 2025 in observance of Juneteenth.

Programming is offered at the Northwest Amherst Community Center, please see page 12 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

John Jones, Social Caseworker: jjones@amherst.ny.us

Jennifer Lazarz, Program Coord.: jbono@amherst.ny.us

Karen Lisiecki, Project Coord.: klisiecki@amherst.ny.us

Angelo Lorenzo, Program Leader: alorenzo@amherst.ny.us

Greg Potter, Program Leader: gpotter@amherst.ny.us

Jamie Sullivan, Kitchen Manager: jesullivan@amherst.ny.us

Vijaya Tomar, Social Worker: vtomar@amherst.ny.us

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

Summer is just around the corner, and with it lots of opportunities to take advantage of the many programs and events our community has to offer!

Help us kick off the season at The Market at Bassett on Sunday, June 8, from 10:00am-2:00pm at Bassett Park. There will be delicious food, good music and lots of interesting things for purchase. Stop by the Senior Center Information Tent at the entrance and say “hi”. The Market continues on the second Sunday of each month through September.

The Clearfield Pool opens for the season on June 19 and the North Forest Pool opens on June 22 — both are free with a town ID card, available at the Northtown Center. Adult Lap Swim will be at North Forest weekday mornings and Senior Swim will be there on Sundays.

Our summer concert season kicks off at Bassett Park on Wednesday evening, July 9 at 7:00pm. Follow our Facebook page at Amherst Youth & Recreation or visit our website at www.amherstyouthandrec.org for a complete concert schedule.

Looking forward to seeing you all around town this summer!

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

PARKING FOR COMBAT WOUNDED VETERANS

We have 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.

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!!

Tuesday, June 17 at 3:00pm

So, you have taken the step of becoming a member, now what? Find out ways to get involved, how to sign up for classes or programs and where to find information on what is happening at the Center. Those attending the 3:00pm session are invited to stay for a complimentary dinner at 5:00 pm. Registration is required for both.

PROGRAMS

BOOKS & BAGELS

Tuesday, June 3 at 9:30am

Calling all bookaholics! Let's talk books over a bagel! Fee is \$2.00. Please bring a new or used wrapped book for a book exchange. No refunds after 6/2.

VR

Wednesday, June 11 and Friday, June 13 at 1:00pm-3:00pm

Explore the world of virtual reality with our VR Headsets. Experience this innovative technology and engage in fun, interactive experiences. Whether you're new to VR or curious to try something different, this is a great opportunity to dive into a new digital world. Please sign up for one 45 minute session a month.

CUP OF JOE WITH JOE

Wednesday, June 4 at 9:30am

Have you met our new Program Leader, Joe Weisansal? Enjoy a cup of Joe with Joe and get to know the new guy!

MIND TEASER STATIONS

Thursday, June 5 at 6:00pm

TECH SUPPORT

Friday, June 6 at 10:00am

Bring your devices and questions for help to troubleshoot issues and provide guidance. This program is non-instructional. We can answer questions, give quick tutorials, diagnose issues, and provide advice or solutions.



PICNIC IN WALTON WOODS

Tuesday, June 10 at 12:00pm

Join us for a picnic in Walton Woods. Please bring a bagged lunch and a chair.

BODIES OF ART

Wednesday, June 11 at 10:00am

Join us as we explore the world of wearable art from tattoos to Tiffany, Tech, and Beyond. The only prerequisite is curiosity.

OPEN CARDS

Thursday, June 12 at 10:00am

Join us for an open card time where you can relax, have fun, and enjoy a variety of social card games in a laid-back, non-competitive environment. You can come with friends to play or join a table that's looking for additional players. If you'd like to learn a new game, we're happy to teach you. Some examples of card games we can play include Rummy, Spades, Hearts, Swoop, and Cribbage.

FATHER'S DAY ENTERTAINMENT

Friday, June 13 at 12:00pm

Enjoy a concert by the Bar Room Buzzards followed by root beer floats.



MUSIC JEOPARDY

Tuesday, June 17 at 11:00am

Put your music knowledge to the test in a Jeopardy style format. Each category is a different genre of music. You will hear a snippet of a song and you will get a chance to name that song!

MODEL ROCKETRY

Build Date: Tuesday, June 17 at 1:00pm

Launch Date: June 25 at 10:00 am at Bassett Park

This two-day program starts at the Senior Center, where participants will receive rocket kits, go over instructions, and begin building together. Help will be available, or kits can be taken home to complete. On the 25th, rockets will be launched at Bassett Park - rain date is June 27th. Fee is \$12.

LAWN GAMES

Friday, June 20 at 10:30am

Come play lawn games on the lawn at the Senior Center. Enjoy a round of Corn Hole, Bocce Ball, and/or Badminton.

KICK OFF TO SUMMER PARTY

Friday, June 20 at 1:00pm

Entertainment by Debbie Sings.

WII GAMES

Tuesday, June 24 at 11:00am

Come play a variety of different Wii Sports video games, where you perform the actual motions of the sport.

KARAOKE PARTY

Thursday, June 26 at 1:00pm

Grab the mic or just sit back and listen.

PIZZA AND TRIVIA NIGHT

Thursday, June 26 at 5:00pm

Pizza and salad from John and Mary's followed by trivia. Fee is \$7.00. Paid reservations by 6/24. No refunds after.

BINGO

Friday, June 27 at 10:00am

Please bring a treat from the Dollar Store for the prize table.

NATURE WALKS

Every Wednesday, 9:30-11:00am. Learn all the beauty that Walton Woods has with naturalist Carol Rogers.

PROGRAMS

FIELDTRIPS

PAR 3 GOLF COURSE

Wednesday, June 18 at 11:00am

Come play a fun, carefree round of golf located at 475 Maple Rd, Williamsville, NY 14221. It is a 9-hole course and every hole is a Par 3. Beginner Friendly. The round of golf takes approximately 1 hour. Bring golf clubs if you have them. Limited golf clubs available if needed. Price - Without a resident card: \$15 (walk). With a resident card: \$12 (walk). Golf carts/pull carts available for extra cost.

BIKE RIDE @ Ellicott Creek Park

Friday, June 27 at 10:30am

It's that time of year again! Meet at Ellicott Creek Park - Niagara Falls Blvd. Entrance (1 Ellicott Creek Rd, Tonawanda, NY 14150) for a leisurely 10 mile bike ride. Bring a bagged lunch for a picnic after.

FINANCIAL

MEDICARE 101

Thursday, June 5 at 10:30am

Medicare is Confusing! What kind of plans might work best for me? *Presented by Jason Myers, Owner of JBM Health & Wealth Consulting, LLC.*

ESTATE, LONG TERM CARE PLANNING AND ASSET PROTECTION

Wednesday, June 25 1:00pm

Whether you have sizable wealth or a modest estate, the cost of long-term care can quickly deplete your estate. Having an estate plan is with all the important documents in place is critical. This workshop will review the basic estate planning documents we all should have and why. It will explain "probate" and how the estate administration process works. We will also discuss options available to pay for long-term care, explain Medicaid eligibility, the rules about transferring assets and other actions that can impact eligibility. We will also discuss legal techniques that can be implemented to protect your assets. Whether you are planning for your own retirement or caring for an aging family member, planning is key. This program will provide basic knowledge necessary to minimize the potentially catastrophic effect the cost of long-term care can have on family wealth. *Presented by Judy Wagner, Esq and the Alzheimer's Association*

HEALTH

WALKERS UNITE FOR WELLNESS

Tuesdays June 3rd, 10th, 17th, and 24th at 10:00am

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

CHAIR FITNESS - FOR MEN (MEN'S HEALTH WEEK)

Wednesday, June 11 at 11:00am

We will go through a Strength program, working out every major muscle group in the body. With warm up and cool down stretches, you will leave this program feeling completely recharged. (If you have your own hand weights, please bring them!)

BREAST, CERVICAL AND COLORECTAL HEALTH

Thursday, June 12 at 1:00pm

The Erie County Cancer Services Program offers education on breast, cervical, and colorectal health. They also provide free mammograms, Pap smears, and colorectal screenings for individuals who qualify. Eligibility includes ages 40–75 for breast and cervical screenings and ages 45–75 for colorectal screenings.

MEDITATION AND HEALING

Tuesday, June 24 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

Wednesday, June 25 at 11:00am

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!)

SAFETY

TARGETED SCAMS & HOW TO PREVENT BECOMING A VICTIM TO THEM

Tuesday, June 17 at 12 noon

Amherst Police Officer Trey Johnson will provide a talk on the latest scams, teach you ways to prevent becoming a victim of fraud, and share what to do if you do experience a scam. This chat will be during lunch so join us for a nutritious meal. You can register for lunch on My Active Center.

PROGRAMS

PARTNER PROGRAMS

SILVER PRIDE TEA

Friday, June 6 from 10:00am -12:00pm
June is PRIDE Month. Join us for some tea. This is an opportunity for LGBTQ+ seniors to come together to enjoy refreshments and conversation. ALL welcome.
Hosted by the Pride Center of WNY



BISTRO BOOKERS

Tuesday, June 17 at 4:00pm
“Demon of Unrest” by Erik Larson will be reviewed by Carol Ann Sackett who is the Co-President of the Clarence Book Review Club. Master storyteller Erik Larson offers a gripping account of the chaotic months between Lincoln’s election and the Confederacy’s shelling of Sumter—a period marked by tragic errors and miscommunications, enflamed egos and craven ambitions, personal tragedies and betrayals. Lincoln himself wrote that the trials of these five months were “so great that, could I have anticipated them, I would not have believed it possible to survive them.”

BETTER BREATHERS GROUP

Tuesday, June 24 at 1:30pm
If you, or someone you know, is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer, consider joining this support group. Learn better ways to cope with your diagnosis and live life to the fullest. *Facilitated by: Jeremy Voorhees, American Lung Association Certified.*

BALANCE AND MEMORY CHECK UP

Thursday, June 26 9:00 – 1:00 pm
Schedule your free 30- minute screening with a practitioner from Buffalo Occupational Therapy by calling 716-235-3013. When calling to reserve a time, let them know that you want it at the Amherst Senior Center.

UNIVERSITY EXPRESS SPRING SEMESTER

Tuesday, June 3

2:00pm Protect Yourself from Elder Abuse and Exploitation
6:00pm You’re Gone...Now What?

Wednesday, June 4

2:00pm Sleep Ergonomics

Thursday, June 5

2:00pm Finding Western New York Holland Land Company Plots

Tuesday, June 10

2:00pm Roughing it with Rich Folks: The Great Camps of the Adirondacks
6:00pm Superstitions and Magical Thinking

Wednesday, June 11

2:00pm No Allergens, No Problem

Thursday, June 12

2:00pm Who Knew

Friday, June 13

2:00pm Elder Abuse Awareness event with Jennifer Andres

Tuesday, June 17

6:00 pm Philanthropists & Social Benefactors

Wednesday, June 18

2:00 pm Low Back Pain Management

Wednesday, June 25

2:00 pm Nature Journaling 101

Thursday, June 26

2:00 pm On the Horizon

See page 12 for additional University Express classes at the Northwest Amherst Community Center.

MOVIES

Mondays at 1:00 PM

June 2 Holland R 110 minutes
June 9 The Last Showgirl R 90 minutes
June 16 Black Bag R 94 minutes
June 23 The Room Next Door PG-13 105 minutes
June 30 Nonnas PG 112 minutes

Tuesdays at 5:30 PM

Tuesday, June 3 Holland R 110 minutes
Tuesday, June 10 The Last Showgirl R 90 minutes
Tuesday, June 17 Black Bag R 94 minutes
Tuesday, July 1 Nonnas PG 112 minutes

Thursday at 4:00 PM

Thursday, June 12 The Brutalist R 200 minutes

STAFF PICK

Friday, June 6 at 1:00 pm Big Fish PG-13 125 minutes

COMEDY

Friday, June 13 at 1:00 pm About My Father PG-13 90 minutes

BASED ON A TRUE STORY

Friday, June 20 at 1:00 pm Ford V Ferrari PG-13 155 minutes

FEEL GOOD

Friday, June 27 at 1:00 pm Letters to Juliet PG 105 minutes

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

CLASSES

SPRING-SUMMER CLASS CATALOG

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

SPRING-SUMMER 2ND SESSION CLASS HIGHLIGHTS

Several of the summer classes have a second session that begins in late June, early July. Now is the time to register! For class openings, check online at myactivecenter.com, or with our reception desk staff. Full descriptions of ALL classes are in the Spring/Summer Class Catalog.

REGISTER TODAY

- Origami – 6/16
- Ballroom Dancing – 6/24
- Cardio Drumming – week of 7/1 and 7/7
- Computer Skills – 7/1
- Yoga Afternoon – 7/1
- Intro to Acting – 7/2
- Yoga Zoom – 7/2
- Mean Jean Exercise – week of 7/7
- Get Fit While You Sit – 7/7
- Fall Prevention – 7/9
- Pickleball Beginner – 7/3 or 7/10
- Pickleball Intermediate – 7/10
- Woodcarving All Levels – 7/10

PING PONG

Mondays 1:00-4:00pm

Tuesdays 2:00-6:00pm

Fridays 1:00-4:00pm (6/20 2:00-4:00pm)

INFORMATION TABLES:

SENATOR RYAN COMMUNITY OUTREACH:

Tuesday, June 3 from 10:00am-2:00pm

TOUCHING HEARTS

Thursday, June 12 from 11:00am-1:00pm

EPIC (Elderly Pharmaceutical Insurance Coverage)

Wednesday, June 12 from 11:00 am – 1:00 pm

DEFENSIVE DRIVING CLASS

AARP Smart Driver

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

Wednesday, June 18 or July 16, 9:00am-4:00pm

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

SPECIAL REQUEST:

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



SUMMER CONCERTS

At Amherst Center for Senior Services

June 24 - Boys of Summer
Buffalo Music Hall of Fame Members
Top 40, Rock, Pop, Dance,
Country, and Oldies



July 22 - Dark Horse Run
Great Country Music, 4 Lead Singers,
Playing today's Hits, Yesterday's
Classics, and some Oldies



August 19 - The Nitetones
The Nitetones provide an
assortment of music. Performing
hit songs from the 50's, 60's, 70's
and even 80's.



All concerts start 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 in-person office visits **by appointment only**, as well as telephone 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, June 18 at 1:00pm

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

Loss & Grief Group

No session June 19. 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, June 3 and 17 at 10:30am

"Getting to know us: A man's perspective" Talk about issues that are specific to men.

Parkinson's Group:

Thursday, June 26 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, June 2 at 10:00am

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

Widow/Widowers Group

Tuesday, June 10 at 10:30am

Tuesday, June 17 at 6:00pm ****NEW Group option**

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, June 4 at 10:30am

Join us for this new group.

Kinship Group: See page 12



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

SENIOR OUTREACH SERVICES 636-3070

Through a partnership with Erie County Department of Senior Services, the Center has an in-house senior outreach program. Trained staff are available to provide assessments for home and community-based services, such as Meals on Wheels, Home Care, Adult Day Care, and Personal Emergency Response Buttons. There may even be funds available to assist in the cost of services. Call Senior Outreach Services.

ACCESSIBLE PARKING TAG

If you need assistance with an application, we are **available by appointment only**. Daytime hours are 8:30—4:00 and evening hours are June 17 until 6:00pm and 4:00-7:00 pm on June 24.

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 right into your account. To see if you are eligible, please contact the Senior Outreach Services.

YOUTHWORKS

Youthworks is a service that works as a liaison between residents and Amherst youth ages 12-20. Jobs include: yardwork, gardening, weeding, mowing, raking, and snow removal. To hire a youth, please contact John Jones at 716-636-3055, ext. 3129 or Vijaya at ext. 3165.

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

Clarity Group: Medicare Plan Center

Lisa at (716) 864-4886

Tuesdays June 10 and June 24 from 9:00am-12:00pm

KDM Wealth Consultants

Andrea at (716) 445-4332

Thursday, June 26 from 1:00pm—4:00pm

VOLUNTEER & CLUB

SERVICE HOURS

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

CLUB MEMBERS

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

HOT DOG SALE

Wednesday, June 11, 11:00 am

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

BAKERS RACK SALE

Wednesday, June 18 at 9:00 am

BOOK CLUB

Monday, June 23 at 1:00 pm

The book is called "Klara and the Sun" by Kazuo Ishiguro. 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.

TUTORING OPPORTUNITY

Do you have 4 hours a week to help change a child's life and gain new friendships? AARP's Read to Succeed is looking for older adult volunteers to train as elementary literacy tutors in Buffalo and Niagara County. Learn more at readtosucceedbuffalo.org.

NEW CLUB INTEREST?

We continue to track member interest to see if we can implement any new clubs. In order to start a new club, we need to have a minimum of 10 interested members who are willing to commit to attending the club meetings on a regular basis. If you have a Club idea and know of at least 10 members who are interested in participating, place the information in the Suggestion Box near the main entrance or email Doreen at dnotaro@amherst.ny.us.

NEW PROGRAM LEADER

Everyone, be sure to say "hello" to Joe, our new Volunteer Director who will be working with our fabulous volunteers. Here's a little bit about him.

Joe is an Amherst native and graduated from Williamsville North High School. He continued his studies at SUNY Oswego, graduating with a Wellness Management and Health Science degree. In his spare time, Joe enjoys golfing, playing board and card games, and even a little pickle-ball sometimes. And, of course, he loves our Buffalo Bills. He is grateful and excited to contribute, and add to the warm, welcoming and positive atmosphere that we have here.

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 12 for Open Play Pickleball at the Northwest Amherst Community Center.

You must bring your own paddle

PICKLEBALL

Tuesday, June 3, 10: 2:00-3:35pm, 3:45-5:30pm, or 5:30-7:15pm(1 court)

Wednesday June 4: 12:00-2:00pm (Beginner) or 2:00-4:00pm (Intermediate)

Wednesday, June 11, 25: 12:00-2:00pm or 2:00-4:00pm
Wednesday, June 18: 2:00-4:00pm (Women)

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

Thursday, June 12,26: 3:45-5:30pm or 5:30-7:15pm

Friday, June 6: 12:00-2:00pm or 2:00-4:00pm

Friday, June 13: 2:00-4:00pm (Men)

Friday, June 20: 12:00-2:00pm or 2:00-4:00pm (1 court)

Friday, June 27: 12:00-2:00pm(Intermediate) or 2:00-4:00pm (beginner)

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 Thursdays, 1:00-2:30pm
Amherst Men's Senior Softball League Fridays, 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, 1:00-4:00pm	Quilting Club 1st & 3rd Mondays, 1:00-3:30pm
Art Club Mondays, 1:00-3:30pm	Duplicate Bridge Club (Friday) Fridays, 1:00-4:00pm	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 1st and 3rd Tuesdays, 6:00-7:30pm	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	Spanish Club on ZOOM Thursdays, 1:30pm
Book Club 4th Monday, 1:00pm	Knitting Club (non-instructional) Tuesdays, 9:30-11:30am	Speaking Italian Language Club Fridays, 1:00-2:30pm
Bridge Club Tuesdays, 2:00-4:00pm	Mah Jongg <i>Beginner</i> Club Fridays, 9:30am-12:00pm	Stained Glass Club Thursdays, 9:00am-12:00pm
Canasta Club Thursdays, 1:00-4:00pm	Mah Jongg Club Tuesday, 1:00-3:30pm	Tai Chi Club Wednesdays & Fridays, 1:30-2:30pm
Chess Club Tuesdays, 12:15-4:00pm	Men's Golf See Club Info across from Fitness Room	Tuesday Afternoon Music Club Tuesdays, 1:00pm
Community Service Sewing Projects Club Mondays, 8:30-11:00am	News & Views Zoom Club Fridays, 10:00-11:30am	Upholstery Club Wednesdays, 9:00am-12:00pm
Craft Club at NWACC Tuesdays, 10:00am-12:00pm	Pinochle Club (Monday) Mondays, 12:45-4:00pm	Wood Carving Club Tuesdays, 9:00-12:00pm
Creative Writers Club 1st & 3rd Mondays, 10:00am –12:00pm	Pinochle Club (Wednesday) Wednesdays, 12:45-4:00pm	

NORTHWEST AMHERST COMMUNITY CENTER

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

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

BINGO

Monday, June 2 at 10:00am and June 16 at 6:00pm
Please bring a Dollar Store item for the prize table.

CIRCUIT FITNESS CLASS

Mondays June 2 & 23 from 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.

STRAWBERRY PENGUINS

Monday, June 9 at 10:00am

Please bring a Tupperware container and a microwave safe bowl. Fee is \$5.00. No refunds after 6/5.

TALK AND TASTE

Monday, June 9 at 6:00pm

Enjoy a slice of Neiman Marcus cake.

KINSHIP SUPPORT GROUP

Wednesday, June 11 at 11:00 am

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!

NWACC CARDS SWOOP

Monday, June 16 at 10:00 am

Join us for an exciting after 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.

NAPKIN JAR DIY

Monday, June 23 at 10:00am

Create a decorative jar for paper napkins. Fee is \$3.00

CODE NAMES GAME

Monday, June 30 at 10:00am

You'll work with a team to make clever word associations and try to guess the right words before your opponents. Give one-word clues to help your team identify their words on the board, while avoiding the other teams' words.

Northwest Amherst Community Center

220 Northpointe Parkway, Amherst 14228

GRILL & GAB

Monday, June 30 at 6:00 pm

Join us outside for relaxed afternoon of conversation and grilled food. Rain or shine, we'll move indoors if necessary.

PICKLEBALL Northwest Amherst Community Center

Mondays: June 2,9,16,23

9:00-11:00am (Intermediate)

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

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

Monday June 30 from 8:00-9:00am or

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

Tuesday, June 3,10 from 8:45-10:15am (All Levels)

UNIVERSITY EXPRESS SPRING SEMESTER

What's Going on with Composting

Friday June 13 at 10:30am

Using Google

Monday, June 16 at 1:30pm



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!

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

JUNE 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—COLD LUNCH</u>
2 Stuffed pepper Mashed potatoes California blend Italian bread Fudge pie 739/87	3 Hamburger on roll Potato wedge Italian mixed veggies Diced peaches 663/67	4 Breaded chicken w/gravy Rice Pilaf Pacific blend Dinner roll Mandarin Oranges 611/71	5 Italian sausage w/ Peppers/onions on a roll Oven browned potato Key Largo veggies Brownie 766/83	6 Chicken Caesar salad w/ 4 cherry tomatoes Grape juice Vegetarian chili soup Muffin Diced pears 974/99
9 BBQ pulled chicken on Kaiser roll Oven browned potato Prince William veggies Mini chocolate chip cookie 908/115	10 Sweet sour chicken over white rice Asian blend Dinner roll Graham Cracker Cookie 716/112	11 Egg salad sandwich Marinated vegetable salad Cranberry juice Apricots 723/75	12 Polish sausage on bun Mushroom rice Peas Pineapple chunk 788/82	13 FATHER'S DAY Roast beef & onion gravy Mashed potatoes California blend Dinner roll Frosted cake 630/73
16 Turkey sub Bean salad Apple juice Jungle animal cookies 708/77	17 Meatloaf w/ gravy Mashed potatoes Green beans/carrots Dinner roll Tropical Fruit 706/66	18 Chicken leg Garden Rice Key Largo veggies Dinner roll Cake 793/72	19 JUNETEENTH CENTER IS CLOSED FOR THE HOLIDAY (18th is holiday lunch)	20 Mac and cheese Stewed tomato (2) California blend Multi-grain bread Oreo 638/82
23 Spaghetti & meatballs Broccoli Grape juice Italian bread Chocolate chip cookie 1004/121	24 Hot dog on a roll Green bean medley Corn Vanilla cream cookie 799/90	25 Pork chop w/gravy Roasted potato Peas Dinner roll Fruit cocktail 620/74	26 Grilled marinated Chicken Rice Pilaf Carrot blend Wheat bread Orange 557/68	27 Scoop of tuna over chef salad Mandarin orange Crackers Sugar cookie 723/72
30 Polish sausage on a roll Buttered noodles Prince William veggies Pears 861/88				

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

TUESDAY DINNERS

Dinner served at 5:00pm

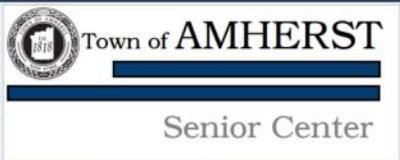
JUNE 3 — Chicken stir fry, Fried rice, Asian mixed vegetables, Assorted cookies

JUNE 10 — Hot dog on a bun, Baked beans, Vegetable pasta salad, Fruit salad

JUNE 17 — 2 scoop salad over lettuce, Egg salad and Tuna salad

JUNE 24 — Mushroom chicken, Garden rice, Broccoli, Dinner roll, Assorted cookies

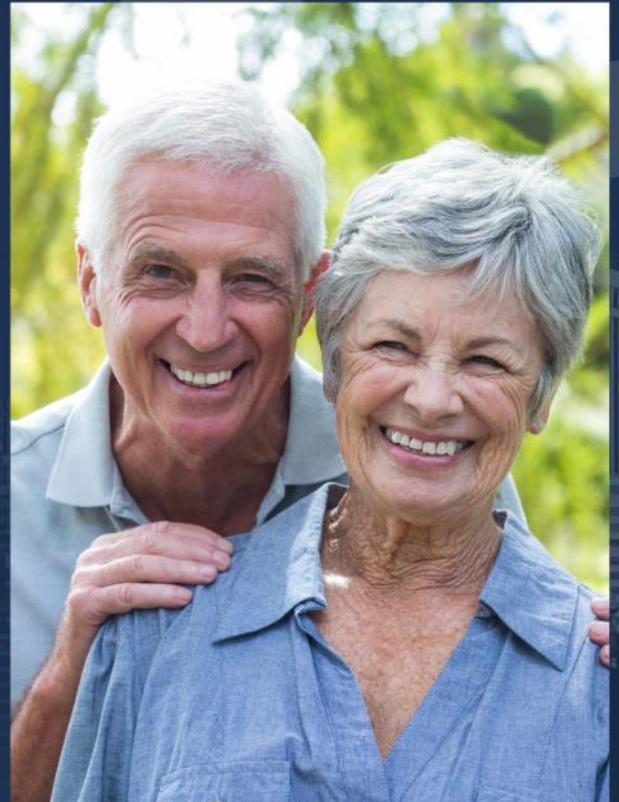
REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.



Advertise in our monthly newsletter

- ✓ 14,000 + members, 50 and older
- ✓ Ads run in print and online
- ✓ Annual ads as low as \$125 per month
- ✓ Ads can be created at no additional charge

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



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



Call (716) 630.0657 or
visit HomeInstead.com/575

Each Home Instead® office is an independently owned and operated franchise of Home Instead, Inc., an Honor Company. © 2024 Home Instead, Inc.

Services

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



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



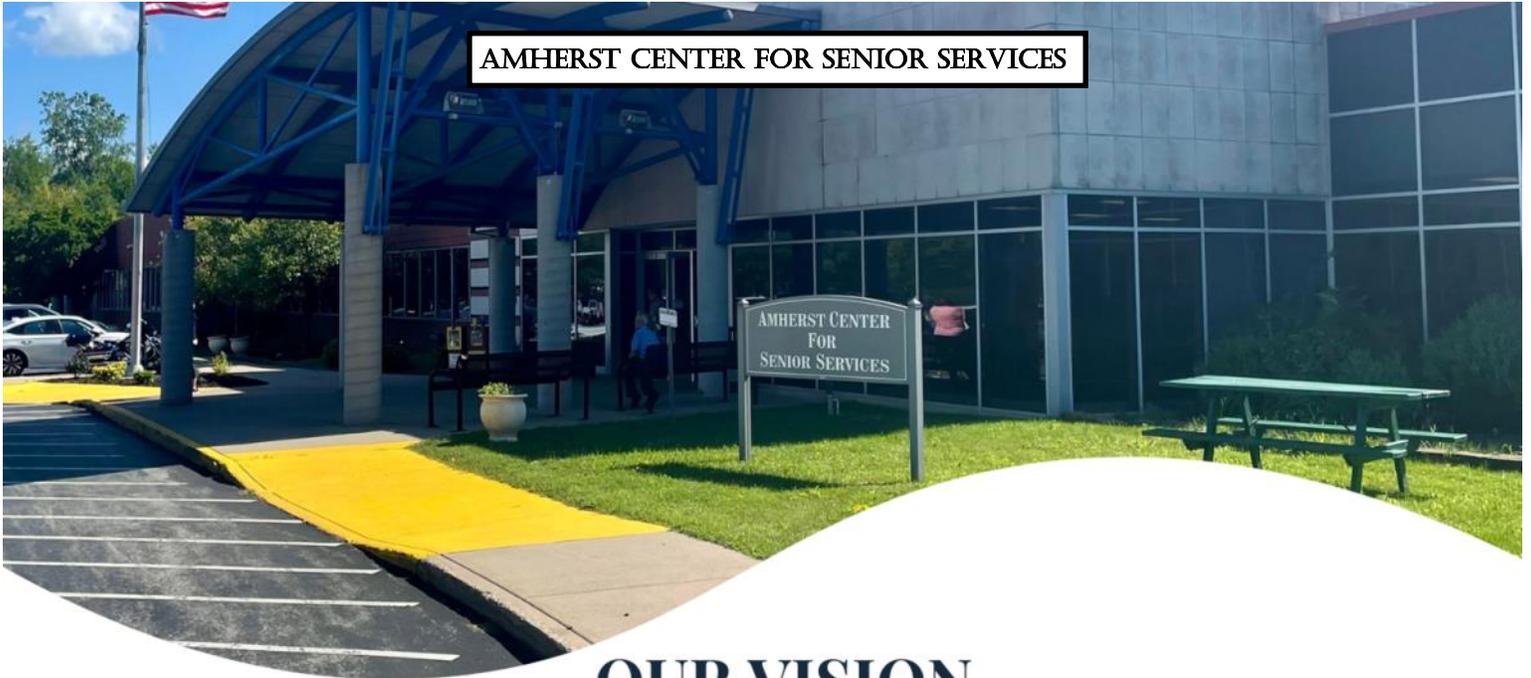
Experience the Ken-Ton Hearing Difference



Learn about all of your Medicare Advantage Options

kentonhearing.com
716-874-1609

Thinking Hearing Aids?
Think Ken-Ton Hearing.
Our doctors and staff work together to provide your best solution and value for your valuable hearing.



AMHERST CENTER FOR SENIOR SERVICES

OUR VISION

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

OUR MISSION

Empower all people with quality of life as they age.

OUR VALUES

ACCESSIBILITY

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

COMMUNITY

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

DIVERSITY

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

INCLUSION

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

KNOWLEDGE

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

SUPPORT

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