

Winter Class Catalog 2026



AMHERST CENTER FOR SENIOR SERVICES

AmherstCenterforSeniorServices.com

[f /AmherstSeniorServices](https://www.facebook.com/AmherstSeniorServices)

370 John James Audubon Parkway · Amherst, NY 14228

ABOUT THE CENTER

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

AmherstCenterForSeniorServices.com

716-636-3050

HOURS OF OPERATION

Monday, 9:00 am-7:00 pm

Wednesday, Friday: 9:00 am-4:00 pm

Tuesday, Thursday: 9:00 am-7:30 pm

Doors open at 8:45am.

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

- Art Gallery - *Monthly Art is sponsored by Asbury Pointe*
- Billiard Room
- Card Room
- Dance Room - *Sponsored by Excellus Blue Cross Blue Shield*
- Wellness Center - *Sponsored by Kaleida Health*
- Library
- Music Room - *Sponsored by Susan Grelick in honor of her parents*
- Nutrition Room - *Sponsored by Highmark Blue Cross Blue Shield*

IMPORTANT PHONE NUMBERS

Main Line **636-3050**

Registration **636-3051**

Amherst Meals on Wheels **636-3065**

Amherst Senior Transportation **636-3075**

Senior Outreach Services **636-3070**

Support Group Information **636-3050**

TOWN PROGRAM LOCATIONS

Amherst Senior Center

370 John James Audubon Parkway, Amherst 14228

Clearfield Community Center

730 Hopkins Road, Williamsville 14221

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

TO JOIN THE CENTER

Go to AmherstCenterforSeniorServices.com/
membership-plans and complete the application or stop
at the Center's Reception desk to sign up in person.

MEMBERSHIP DUES

Amherst Residents–Lifetime Membership

- \$50/Individual Membership
- \$75/Couple or Household Membership
A household is defined as two people living
together at the same address.

Non-Resident Current Member - Renewals Only

- \$50/Per Person

**Membership is open to adults age 50 or older
who live in the Town of Amherst. We are no
longer accepting new non-Amherst resident
memberships. We appreciate your understanding.**

FIRE DRILLS:

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

FACEBOOK

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

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

TABLE OF CONTENTS

Registration Information..... 4
 General Information 5
 MAC Online Registration Program 6
 Learning and Social7-9
 Learning and Social - Technology 9
 Arts and Culture 9-11
 Arts and Culture - Music 11-12
 Health and Fitness 12-19
 Special Events 18
 Registration Form21, 23

AMHERST TOWN BOARD

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

AMHERST MEALS ON WHEELS

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

AMHERST SENIOR TRANSPORTATION SERVICES

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

HOLIDAY CLOSINGS

Thursday, January 1 (New Year’s Day)
 Monday, January 19 (Martin Luther King Jr. Day)
 Monday, February 16 (President’s Day)
 Friday, April 3 (Good Friday)

Director’s Note

The Amherst Senior Center offers a full spectrum of activities and classes from physical fitness... to mental development... to creative outlets... to just plain fun for older adults age 50+. Learn new skills, make friends, develop hidden artistic talent, and broaden your horizons through a variety of classes. Wellness and fitness classes invigorate your body and sense of self-esteem. Learn to draw and paint using a variety of media and explore opportunities to try arts as you learn about their history. Discover current and past cultures, gain knowledge of world affairs, and learn to express yourself through journaling and creative writing. Classes are a mix of contractor, volunteer, or staff-led. This is your time to do what you have always wanted to do. Senior Center classes, programs, and clubs are limited to Amherst Senior Center Members. Classes are offered on-site, while a few are offered via Zoom. Paid registration is required for all classes.

This is our final course catalog in its current format. We look forward to bringing you a more user-friendly publication that provides an overview of everything we offer and what you need to know about the Amherst Senior Center. Look for more information regarding this new publication within this catalog, our monthly newsletter, and email blasts.

If you know someone who may be interested in teaching a class, please send class ideas to Cindy Weiss at cweiss@amherst.ny.us. Stay active, stay engaged, and stay healthy!

Best,
Melissa

Executive Director

NEW POLICY

Dear Non-Resident Senior Center Members:

Please be advised that we are updating our policy for class registration. Starting with the Winter Session, registration for non-residents will open at 12:00 pm on December 17. This is a change from the previous registration process, where non-residents registered at the same time as residents of the Town of Amherst. Resident registration time will open at 8:30 am on December 17.

You can review the full class schedule and register online or over the phone at the new designated time.

We appreciate your understanding and continued participation in our programs and classes.

REGISTRATION BEGINS: WEDNESDAY, DECEMBER 17, 2025

MEMBERSHIP IS REQUIRED FOR CLASS REGISTRATION

At 50 years of age, individuals are eligible for membership at the Amherst Center for Senior Services.

See page 2 for Membership Information.

FASTEST WAY TO REGISTER

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

WAYS TO REGISTER

NEW POLICY: Registration for residents begins at 8:30 am, and at 12:00 noon for non-residents.

1. ONLINE

Registration on MyActiveCenter.com begins on WEDNESDAY, DECEMBER 17, 2025 To register online, you must be a member and set up an account at MyActiveCenter.com. Payments must be made by Mastercard, VISA, Discover, or American Express.

2. TELEPHONE

Registration will begin at 8:30 am. Please call (716) 636-3051 to register with a credit card.

3. MAIL OR DROP OFF

Please have your complete form submitted **BEFORE** Wednesday, December 17, 2025. A separate form must be completed for EACH person. Make checks payable to Amherst Center for Senior Services.

4. WALK IN registration begins on Thursday, December 18, 2025 at 9:00 am. Please bring completed form with exact payment by credit card, cash or check. **PLEASE NOTE: NO WALK IN registration or new member applications will be processed on Wednesday, December 17, 2025.**

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

ATTENDING CLASSES

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

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

AUDIT A CLASS

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

WAIT LIST

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

REFUND POLICY

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

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

FOR QUESTIONS REGARDING CLASSES

Cindy Weiss 636-3055 ext. 3109 or cweiss@amherst.ny.us

FEE WAIVERS

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

WHY COURSES ARE Cancelled

- **Minimum Requirement**
All courses are based on a minimum and maximum number of participants. If a course does not meet its minimum quota, it will be cancelled for that trimester. Please register on time in order to prevent cancellations.
- **Instructor Cancels**
If you are registered for a class at the Center and the instructor cancels a session, we will contact you as soon as possible. This could be an automated call. When possible, cancelled classes will be made up by extending the course.

**AMHERST CENTER FOR SENIOR SERVICES
2025-26 CANCELLATION GUIDE**

The safety and well-being of our members and visitors is a primary concern.
The following information is for your reference.

STANDARD OPERATING HOURS:

Monday 9:00 am-7:00 pm,
Wednesday and Friday 9:00 am-4:00 pm
Tuesday and Thursday 9:00 am-7:30 pm

STORM CLOSINGS:

If Amherst, Sweet Home, or Williamsville school districts are closed due to the weather, Center classes, clubs and programs will be cancelled. This includes activities scheduled at the other Town Buildings.

If you want to know if the building or activities are cancelled during bad weather, please watch "WEATHER CLOSING" announcements on:

TV STATIONS:

Spectrum - Channel 1, WGRZ - Channel 2
WIVB - Channel 4, WKBW - Channel 7

Only upon notification by the Amherst Town Supervisor can the Amherst Center for Senior Services be officially closed.

ZOOM CLASS INFORMATION

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

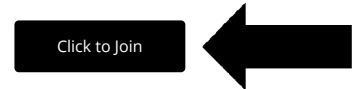
Links for Zoom Classes will be sent out **1 hour** prior to the class start time. The email will be sent from Amherst Center for Senior Services with the Subject: You have an upcoming Activity.

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



You have an upcoming Activity!

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



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

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

****Did you know you can access your Zoom link in MyActiveCenter for all your Zoom classes (exception - Art History)?** Just go to the Bell Icon located at the top of the page next to the Shopping Cart Icon. Click on the bell to see a countdown of the time until you can join. Once that time hits, you will be provided a **JOIN BUTTON** which will connect you straight to the Zoom lobby with participation instructions.

CREATING AN ACCOUNT ON MyActiveCenter

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

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

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

REGISTER

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

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

MyActiveCenter Training

Tuesday, December 9 at 10:30 am

Are you new to using MyActiveCenter to register for classes, clubs, lunch and programs? Do you need help setting up your account or trying to find the class you are interested in? Come learn how to

navigate MyActiveCenter. If are planning to use your tablet, laptop or phone, bring it with you and we will teach you on your own device.

LEARNING AND SOCIAL

ART HISTORY ZOOM- In Search of Paradise

Thursday, 1/8-3/5 (8x) no class 2/19
 10:00-11:15 am Fee \$32
 Zoom

Laura Watts Sommer, Instructor

In this session, we will look at European and American artists who traveled within and around the Atlantic seeking milder climates, freedom from social mores, and new visual solutions. Artists discussed will include Camille Pissarro, Paul Gauguin, Winslow Homer, Charles Demuth, and Georgia O'Keeffe.

AVIATION

Thursday, 1/8-1/29 (4x)
 10:00-11:00 am Fee \$20

Douglas Byrum Rount, Instructor

Explore the world of aviation from Piper Cubs to 4th generation supersonic fighter jets. Virtually any aspect and question about aviation can be examined and discussed by the class as the curriculum will be adapted to fit the class interest. Colonel Doug Rount, USAF ret., has over 5,000 hours in fighter jets and has flown numerous general aviation aircraft as an instructor for the FAA.

BRIDGE BASICS PART II

Monday, 1/5-3/30 (10x) no class 1/19, 2/16, 2/23
 10:00 am-12:00 pm Fee \$71

Ruth Nawotniak, Instructor

Concepts taught are Pre-emptive, Overcalls, Take-out Doubles, and Competitive Bidding. This session is designed for new learners who have taken Basics Part I or those who have not played for a while and need a re-introduction to the game.



BRIDGE-Reviewing, Bidding & Card Play

Monday, 1/5-2/9 (5x) no class 1/19
 12:30-2:00 pm Fee \$30

OR

Monday, 1/5-2/9 (5x) no class 1/19
 2:30-4:00 pm Fee \$30

Monday, 3/2-3/30 (5x)
 12:30-2:00 pm Fee \$30

OR

Monday 3/2-3/30 (5x)
 2:30-4:00 pm Fee \$30

Ruth Nawotniak, Instructor

This 5-week session will continue to focus on discussing possible bidding sequences and card play strategies. Geared towards Advanced Beginners, who have completed Basic Bridge Part III.

COMEDY IMPROV

Wednesday, 1/7-2/18 (7x)
 1:15-2:45 pm Fee \$33

Mike Kowal, Instructor

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

CURRENT EVENTS ZOOM

Wednesday, 1/7-4/15 (15x)
 10:00-11:30 am Fee \$20
 Zoom

Jeff Goodman, Dick Schanley, Leaders

This weekly Zoom discussion group will touch upon local, national and world events and topics. On the following Wednesdays: 1/14, 2/11, 3/11, 4/8 there is an option to meet in person at the Senior Center. The cost to attend only the 4 in-house classes is \$5.00.

NOTE: Registration for in-person only is not available on MyActiveCenter. Please register at the Senior Center Reception Desk or by phone.

All classes are held at the Amherst Senior Center unless otherwise noted.

LEARNING AND SOCIAL

COLORS OF MY LIFE JOURNEY

Tuesday, 3/10 (1x)

9:00-11:30 am

Fee \$15

Robin Curtis, Instructor

This workshop uses a full-spectrum color wheel to connect emotions and memories from ages 5-90. Participants use color as a reflection tool to deepen emotional understanding of life lessons and memories we wish to share with family and friends. Come, let's celebrate!

DEFENSIVE DRIVING COURSE

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

EXPLORING SELF AWARENESS: A Lifetime Process For Personal Growth

Thursday, 1/22-2/26 (6x)

9:15-10:30 am

Fee \$24

Sandra DiPasquale, Instructor

Self-awareness is the ability to understand your own thoughts, emotions and behaviors: and how they align with your values and how others perceive you. We will explore how it develops, why it is important for personal growth and how to increase one's self-awareness. This will be accomplished through a review of developmental milestones, relevant psychosocial concepts, group exercises and self-assessments.

FRENCH FOR TRAVELERS - Introductory

Wednesday, 2/25-4/8 (7x)

10:30 am-12:00 pm

Fee \$44

Tracie Zappia, Instructor

Bonjour! This introductory French course is designed for travelers who want to communicate effectively and confidently while traveling in French-speaking countries. Students will learn vocabulary and phrases for common travel situations such as ordering food, asking for directions, shopping, and hotel accommodations. Emphasis will be placed on speaking and listening. No prior knowledge of French is required. *Allons-y!*

FUN WITH HERBS

Monday, 3/16-3/30 (3x)

4:00-5:00 pm

Fee \$18

Pati Aine Guzinski, Instructor

Learn to grow your own herbs, both in a garden or in containers. This class also includes the history of herbs, how to use them safely, and how to harvest and preserve them.

GREEK MYTHOLOGY AND ART

Monday, 2/2-4/13 (10x)

11:00-11:50 am

no class 2/16

Fee \$30

Vance Watrous, Instructor

We will look at the main gods, goddesses, heroes and legends of Greek Mythology and how they were depicted on contemporary vase painting, sculpture, and wall painting.

HISTORIC PLACES OF BUFFALO & WNY

Thursdays, 3/5-4/2 (5x)

1:45-2:45 pm

Fee \$40

Rick Falkowski, Instructor

The class will provide information and the historical background about 250 locations, buildings, homes, and places in WNY. Discussions will be based on documentation provided in the book *Historic Places of Buffalo & WNY*, which is included in the course tuition. Find out why the Buffalo area is considered one of the most historic and architecturally significant communities in the country.

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

Wednesday, 3/4-4/15 (7x)

1:15-2:45 pm

Fee \$33

Mike Kowal, Instructor

Have some fun exploring your creative side, along with some laughs, and gain confidence in your skills, whether experienced, new to acting, or just want to take the class to experience performing. Topics to be covered include learning lines, auditioning, the skill differences for TV, Film, and Stage, analyzing a script, making strong choices, character development, and improv (to develop acting skills and as its own performance art). Open to new and returning actors. Final class will include a Showcase Performance for interested students.

ITALIAN - BEGINNERS II

Wednesday, 1/28-4/1 (10x)

9:30-11:00 am

Fee \$63

Dr. Charles Travagliato, Instructor

Welcome to the study of the Italian Language. This course is for students who have little to no experience with the Italian Language and want to learn to read, write, and speak Italian at a basic level. The course will use lectures, handouts, audiovisuals, and the book *Italian For Dummies* by Onofri, Moller and Picarazzi, 2nd edition, available on Amazon.com.

ITALIAN - ADVANCED BEGINNERS II

Wednesday, 1/28-4/1 (10x)

11:15 am-12:45 pm

Fee \$63

Dr. Charles Travagliato, Instructor

This course is for students with some experience and a basic understanding of the Italian language. We will start with a review of the basics and then proceed to tenses beyond the present. The class will use lectures, handouts, audiovisuals, and the book *Italian Workbook For Dummies* by Picarazzi, 1st edition, available on Amazon.com.

RISE OF ORGANIZED CRIME

Thursday, 1/15, 2/19, 3/19 (3x)

11:00 am-12:00 pm

\$18

Harriet Grayson, Instructor

This class recalls the years of Prohibition (1920-1933) and the rise of organized crime as seen through the life of the instructor's bootlegger grandfather. Prohibition was responsible for the millions of dollars earned by gangsters such as Lucky Luciano, Meyer Lansky, Frank Castello, Vito Genovese, and Dutch Schultz. These men and women and the movies made about them will be discussed in this class.

THE ROARING TWENTIES 2: Europe Goes Modern!

Tuesday, 1/6-4/7 (14x)

9:30-11:30 am

Fee \$56

Tuesday, 1/6-4/7 (14x)

1:00-3:00 pm

Fee \$56

Zoom

Michael Harris, Instructor

It wasn't just the United States that experienced the tumultuous 1920s - the whole world was transformed in that lively decade. This course looks at the major artistic trends of the European *avant-garde*- Italian Futurism, German Expressionism, Austrian Atonalism, Spanish Surrealism, and many more. Music, Theater, fashion, painting, architecture, literature. We'll examine the full spectrum of cultural modernism, capped by some startling Utopian visions of the future like Huxley's *Brave New World* and *Capek's R.U.R.* (the inventor of the word "robot"!).

LEARNING AND SOCIAL - TECHNOLOGY

USING YOUR PHONE WISELY

iPhone/iPad Users:

Tuesday, 1/13-2/3 (4x)

1:00-3:00 pm

Fee \$50

Android Phone/Tablet Users:

Tuesday, 2/17-3/10 (4x)

1:00-3:00 pm

Fee \$50

iPhone/Android Users:

Tuesday, 3/24-4/14 (4x)

1:00-3:00 pm

Fee \$50

Nancy Wise-Reid, Instructor

This course covers functions of your device, including navigation, texting, photos, calendars, and other fun features. Bring your questions and your sufficiently charged phone or iPad/tablet.

ARTS AND CULTURE

ACRYLIC/OIL PAINTING

Monday, 1/5-4/20 (10x)

no class 1/19, 1/26,
2/2, 2/16, 3/16, 3/23

10:00 am-12:00 pm

Fee \$60

Elaine Grisanti, Instructor

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

CALLIGRAPHY - Advanced/Broadnib Pen

Friday, 1/9-2/27 (8x)

1:00-3:00 pm

Fee \$53

Mary Jo LaClair, Instructor

Prerequisite: Knowledge of one calligraphy alphabet or completion of our Beginner Calligraphy class. Brush up on skills and learn new alphabets. Bring to the first class a calligraphy fountain pen with broad, medium and fine nib, ink suitable for a fountain pen, ruler, pencil, and other favorite calligraphy tools.

All classes are held at the Amherst Senior Center unless otherwise noted.

ARTS AND CULTURE

CALLIGRAPHY - Beginning/Continuing

Friday, 1/9-2/27 (8x)
10:00 am-12:00 pm Fee \$53

Mary Jo LaClair, Instructor

Learn or refresh your knowledge of this beautiful Italian Renaissance chancery/cursive style of writing. Find ideas for creating your own greeting cards and lettering poems. No experience necessary. A list of supplies is available at the Reception Desk at the Senior Center.

CARD-MAKING AND PAPER CRAFTS

Tuesday, 2/3-2/24 (4x)
1:30-3:30 pm Fee \$20

OR

Tuesday, 3/17-4/7 (4x)
1:30-3:30 pm Fee \$20

Margaret Watrous, Instructor

Delight your family and friends with beautiful, handmade greeting cards. Discover the joys of rubber-stamping, embossing, and die-cutting as we transform ink, stamps, and cardstock into an array of wonderful greeting cards and paper products which will be suitable for various occasions. No experience necessary. A short list of supplies needed is available at the Reception Desk at the Senior Center. **Due to the popularity of the class, register for 1 session only!**

KNITTING/CROCHET

Thursday, 1/8-2/5 (5x)
9:30-11:30 am Fee \$39

Thursday, 2/19-4/2 (5x) no class 3/5, 3/12
9:30-11:30 am Fee \$39

Mary Ann Belus, Instructor

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



LEARN TO DRAW MORE

Thursday, 1/15-3/12 (9x)
12:30-2:30 pm Fee \$63

Dan Meyer, Instructor

Continue to learn the art of drawing and shading using pencil, pen, and ink, and the art of working with charcoal. Subjects include still life, landscape, and portrait. Basic drawing skills are helpful. Find the materials list at www.danmeyerwatercolors.com, select **Classes** at the top of the page, and then scroll down the list to the class you are taking and select **Materials List**.

PYSANKY FOR BEGINNERS

Wednesday, 3/4 -3/18 (3x)
12:00-2:00 pm Fee \$18

OR

Wednesday, 3/4 -3/18 (3x)
2:00-4:00 pm Fee \$18

Theone Oblamski, Instructor

Learn pysanky, the Ukrainian craft of decorating eggs for Easter. It's easier than you think. You will learn a little history of this tradition while you wax and dye your own Easter eggs. Understand what the individual colors, patterns, and symbols represent as you decorate. Please bring a rag to class.

QUILTED BLOCK PARTY

Thursday, 1/8, 1/22, 2/5, 2/19, 3/5, 3/19, 4/2, 4/16 (8x)
10:00-11:30 am Fee \$50

Rena M. Kantenwein, Instructor

Join the party and learn new techniques. We will be using the book "A Year of Quilting" by Debbie Shore and Melissa Naylor. The book can be purchased on Amazon or borrowed from the library.

WATERCOLOR - Beginner II

Thursday, 1/15-3/12 (9x)
9:30-11:30 am Fee \$63

Dan Meyer, Instructor

This class is for students who may not feel confident enough to join the intermediate level class but want to use their basic skills and increase watercolor knowledge by creating paintings. Find the materials list at www.danmeyerwatercolors.com, select **Classes** at the top of the page, and then scroll down the list to the class you are taking and select **Materials List**.

WATERCOLOR - Intermediate

Wednesday, 1/14-4/1 (12x)
 9:30-11:30 am Fee \$84
Dan Meyer, Instructor

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

WOODCARVING - Beginner

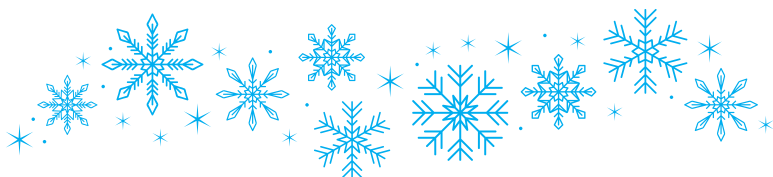
Thursday, 1/8-2/12 (6x)
 2:00-4:00 pm Fee \$40
Bill Scudder, Instructor

A good carving knife, a few small gouges, and a small to medium-sized "V" tool will be used on these projects. A carving glove is a must. Kelvar or some other cut-resistant material. If you don't have tools, there will be a limited number of loaners. Wood will be provided. This is a beginner class, but everyone is welcome. We will review basic knife cuts and complete three beginner carving projects. You can view pictures of the projects at www.scuddeb.com.

WOODCARVING - Intermediate

Thursday, 3/5-4/9 (6x)
 2:00-4:00 pm Fee \$40
Bill Scudder, Instructor

A good carving knife, a few small gouges, and a small to medium-sized "V" tool will be used on these projects. A carving glove is a must. Kelvar or some other cut-resistant material. If you don't have tools, there will be a limited amount of loaners. Wood will be provided. We will carve a bunny. This project will be approximately 3 1/2" x 3 1/2 x 2" wide. This is considered an intermediate project, you should complete the 1/8 -2/12 session or have previous carving experience. You can view pictures of the projects at www.scuddeb.com.



All classes are held at the Amherst Senior Center unless otherwise noted.

WOODEN "HELLO SPRING" SIGN

Tuesday, 3/10 (1x)
 1:00-3:00 pm Fee \$20
Elaine Volker, Instructor

Make this 12" wooden sign using stencils and paint. You can choose from either a tulip pattern or the simple "Hello Spring." All materials will be provided. Just bring your imagination. Samples on display at the Senior Center.

ARTS AND CULTURE - MUSIC

DRUMMING FOR EVERYONE: Uplift Your Spirit Through Creative Sound Expression

Monday, 1/5-2/23 (6x) no class 1/19, 2/16
 1:30-2:30 pm Fee \$24
Lisa Horlein, Instructor

This class is an introduction to how improvisational hand drumming within a group context can benefit one's emotional, physical, and social well-being. You will learn a variety of widely used universal drumming patterns that connect with our internal rhythms, facilitating authentic creative expression, as well as relief from daily stress. No musical expertise is needed. If you have a drum, please bring it to class; otherwise, drums will be provided.

GUITAR LESSONS - Beginner

Wednesday, 1/14-2/18 (6x)
 9:00-9:40 am Fee \$45
 OR

Wednesday, 1/14-2/18 (6x)
 9:45-10:25 am Fee \$45

Wednesday, 3/11-4/15 (6x)
 9:00-9:40 am Fee \$45
 OR

Wednesday, 3/11-4/15 (6x)
 9:45-10:25 am Fee \$45
Greg Potter, Instructor

You will learn the basics of playing the guitar, including how to hold the instrument, strumming patterns, basic chords, and tuning. You must bring your own guitar. Note: Short nails are necessary to play. There will be two (2) students per class.

*** This class is NOT eligible for a fee waiver and NO refunds for missed lessons.**

ARTS AND CULTURE - MUSIC/HEALTH AND FITNESS

TCHAIKOVSKY'S MUSICAL WORKS

Monday, 1/5-4/6 (12x) no class 1/19, 2/16
1:15-3:15 pm Fee \$48

Sebnem Mekinulov, Instructor

This class will explore Tchaikovsky's rich, evocative melodies and dramatic emotional range expressed through his symphonies, ballets, concertos, and operas. Let us feel the passion and the beauty of his works!

UKULELE SING-A-LONG - Beginning Group Lessons

Monday, 1/5-2/23 (6x) no class 1/19, 2/16
11:00-11:55 am Fee \$25

Monday, 3/9-4/13 (6x)
11:00-11:55 am Fee \$25

Jennifer May, Instructor

Learn to play the Ukulele, read charts, TAB, melodies, and chords while singing songs and having a laugh or two. Ukuleles are provided for use during in-class time only. Short nails are necessary for stringed instruments.

UKULELE SING -A-LONG - Intermediate Group Lessons

Monday, 1/5-2/23 (6x) no class 1/19, 2/16
12:00-12:55 pm Fee \$25

Monday, 3/9-4/13 (6x)
12:00-12:55 pm Fee \$25

Jennifer May, Instructor

For those who have played at least one year, are comfortable with songs that have 2 chords, have tried to read TAB, and know a few strum patterns. We will be using Jim Beloff's *Yellow Book* and *Essential Elements level 1 for Ukulele* and handouts. (Extra books are available for use during class time). Short nails are best for string instruments.

UKULELE SING-A-LONG - Advanced Group Lessons

Monday, 1/5-2/23 (6x) no class 1/19, 2/16
10:00-10:55 am Fee \$25

Monday, 3/9-4/13 (6x)
10:00-10:55 am Fee \$25

Jennifer May, Instructor

Geared to those who have been playing for many years and are comfortable with songs that have more than 4 chords, fingerstyle, TAB, and chord melody. Jim Beloff's *Yellow* and *Blue Books* and Handouts. (Extra books are available to use during class time.) Short nails are best for string instruments.

VOICE LESSONS

Friday, 1/9-2/13 (6x)
9:00 am-12:00 pm Fee \$120

Friday, 2/27-4/10 (6x) no class 4/3
9:00 am-12:00 pm Fee \$120

Dale Suckow, Instructor

Individual 45-minute private lessons are available for you to improve your singing voice and share your love of singing. Space is limited.

***Voice is NOT eligible for a fee waiver and NO refunds for missed lessons.**

HEALTH AND FITNESS

20/20/20

Monday, 1/5-3/9 (6x) no class 1/19, 1/26, 2/2, 2/16
11:30 am-12:30 pm Fee \$24

Monday, 3/23-4/20 (5x)
11:30 am-12:30 pm Fee \$20

NEW DAY AND TIME

Thursday, 1/8-2/26 (6x) no class 1/29, 2/5
10:45-11:45 am Fee \$24

Thursday, 3/12-4/16 (6x)
10:45-11:45 am Fee \$24

Marilyn Ciavarella, Instructor

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





ARCHERY - Beginner

Wednesday, 1/14-2/25 (6x) no class 2/18
 10:30-11:30 am Fee \$28
 Clearfield Community Center
 Angelo Lorenzo, Instructor

Thursday, 1/15-2/12 (5x)
 10:30-11:30 am Fee \$24
 Clearfield Community Center

Thursday, 3/12-4/16 (5x) no class 4/9
 10:30-11:30 pm Fee \$24
 Clearfield Community Center
 Greg Potter, Instructor

Learn a new skill, shooting compound and recurve bows. Archery uses your full range of upper body muscles and keeps the mind sharp by working on focus. Learn basic archery skills, including safety, shooting form, and scoring. All equipment provided - personal equipment not allowed. **Due to class popularity, please sign up for 1 session only.**

ARCHERY SHOOT - Advanced

Wednesday, 3/11-4/22 (6x) no class 4/8
 10:30-11:30 am Fee \$28
 Clearfield Community Center
 Angelo Lorenzo, Instructor

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

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

BALLET STRETCH

Monday, 1/5-2/9 (5x) no class 1/19
 10:10-11:05 am Fee \$20

Monday, 3/2-4/13 (6x) no class 4/6
 10:10-11:05 am Fee \$24

Wednesday, 1/7-2/18 (7x)
 10:10-11:05 am Fee \$28

Wednesday, 3/4-4/15 (6x) no class 4/8
 10:10-11:05 am Fee \$24

Dawn Tarbox-Szerbiak, Instructor

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

BALLROOM DANCING - Beginner/Beginner Plus

Tuesday, 1/6-2/10 (6x)
 1:15-2:15 pm Fee \$24

Tuesday, 3/3-4/7 (6x)
 1:15-2:15 pm Fee \$24

Karen Murphy, Instructor

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

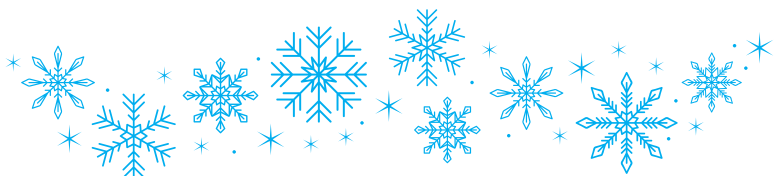
BALLROOM DANCING - Intermediate/Advanced

Tuesday, 1/6-2/10 (6x)
 2:30-3:30 pm Fee \$24

Tuesday, 3/3-4/7 (6x)
 2:30-3:30 pm Fee \$24

Karen Murphy, Instructor

A variety of dances will be taught. Some experience is necessary. No partner needed. Wear sneakers or flat shoes.



All classes are held at the Amherst Senior Center unless otherwise noted.

HEALTH AND FITNESS

CARDIO DRUMMING

Morning

Monday, 1/5-2/9 (5x) no class 1/19
9:00-9:55 am Fee \$20

Monday, 3/2-4/13 (6x) no class 4/6
9:00-9:55 am Fee \$24

Wednesday, 1/7-2/18 (7x)
9:00-9:55 am Fee \$28

Wednesday, 3/4-4/15 (6x) no class 4/8
9:00-9:55 am Fee \$24

Dawn Tarbox-Szerbiak, Instructor

Monday, 1/26-3/2 (5x) no class 2/16
10:00-10:50 am Fee \$20

Greg Potter, Instructor

Afternoon

Tuesday, 1/6-2/24 (6x) no class 1/27, 2/3
12:15-1:05 pm Fee \$24

Tuesday, 3/10-4/21 (5x) no class 3/17, 3/31
12:15-1:05 pm Fee \$20

Evening

Thursday, 1/22-3/5 (5x) no class 1/29, 2/5
4:45-5:35 pm Fee \$20

Thursday, 3/19-4/16 (5x)
4:45-5:35 pm Fee \$20

Marilyn Ciavarella, Instructor

Cardio Drumming is an aerobic exercise that uses drumsticks, an exercise ball, and a stand to create one of the most fun workouts you'll ever do. Beating rhythmically to songs will promote physical health, better coordination, and reduce stress. Equipment provided.

CHAIR FITNESS

Wednesday, 1/14-2/18 (6x)
11:15 am-12:05 pm Fee \$24

Wednesday, 3/4-4/8 (6x)
11:15 am-12:05 pm Fee \$24

Greg Potter, Instructor

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

DUMBBELL FITNESS

Thursday, 1/15-2/26 (6x) no class 2/19
1:45-2:35 pm Fee \$24

Angelo Lorenzo, Instructor

Strength training with dumbbells. Combat age-related muscle loss. Some weights will be provided, but if you have your own set, please bring anywhere between 2 to 5 lb. hand weights.

FALL PREVENTION - Safe on Your Feet

Wednesday, 1/7-2/18 (7x)
9:30-10:25 am Fee \$21

Wednesday, 3/4-4/15 (7x)
9:30-10:25 am Fee \$21

Jean Widlicka, Instructor

Designed for strength, balance, and flexibility, focusing on "Muscle Memory." Your muscles will learn to anticipate a possible problem, such as how a fall feels when it begins. The moves range from seated to balancing routines.

FRIDAY FITNESS

Friday, 1/9-2/6 (5x)
2:30-3:20 pm Fee \$20

Friday, 2/27-3/27 (5x)
2:30-3:20 pm Fee \$20

Joe Weisansal, Instructor

Finish up your week on a STRONG note! Warm up with some stretching, continuing into a total body workout with basic and compound movements. This program is a mix of both seated and standing exercises! Bring your positive energy, as well as light hand weights, if you have your own. Some light hand weights will be provided.

GET FIT WHILE YOU SIT

Monday, 1/5-2/9 (5x) no class 1/19
10:30-11:25 am Fee \$16

Monday, 3/2-4/13 (7x)
10:30-11:25 am Fee \$21

Jean Widlicka, Instructor

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

GROOVE AND MOVE

Tuesday, 1/6-2/17 (7x)
 10:10-10:55 am Fee \$28
 Tuesday, 3/3-4/14 (6x) no class 4/7
 10:10-10:55 am Fee \$24

Dawn Tarbox-Szerbiak, Instructor

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

HIIT TO BE FIT

Tuesday, 1/20-2/24 (5x) no class 2/17
 4:00-4:50 pm Fee \$20
 Tuesday, 3/10-4/14 (6x)
 4:00-4:50 pm Fee \$24
 Friday, 1/9-2/6 (5x)
 10:00-10:50 am Fee \$20
 Friday, 3/6-4/17 (6x) no class 4/3
 10:00-10:50 am Fee \$24

Suzanne Lewis, Instructor

This class is a modified, low-impact high-intensity interval training (HIIT) workout, designed to be safe and effective for older adults of all fitness levels. It alternates between short, challenging bursts of exercise and brief recovery periods, delivering maximum results in minimal time. Bring light hand weights to class.

IT'S A RACKET

Tuesday, 1/13-2/24 (6x) no class 2/17
 10:30-11:30 am Fee \$24

Clearfield Community Center

Angelo Lorenzo, Instructor

This class will include a serving of 2 racket sports: Badminton and Tennis. Three weeks of instruction, drills, and game practice for each.

LINE DANCING -Beginner

Monday, 1/5-2/9 (5x) no class 1/19
 1:00-2:00 pm Fee \$20
 Monday, 3/2-4/6 (6x)
 1:00-2:00 pm Fee \$24

Bonnie Crosby, Instructor

Designed for the Beginner who wants to learn or improve their dancing skills. Great exercise while learning line dance patterns. Wear comfortable clothing and shoes that can slide. No sandals, flip flops, or rubber-soled shoes.

LINE DANCING-Beginner Plus

Monday, 3/2-4/6 (6x)
 2:15-3:15 pm Fee \$24

Bonnie Crosby, instructor

For those who want to step up the pace of dances and increase their skill level. Great exercise while learning line dance patterns. Wear comfortable shoes that slide on the floor.

MEAN JEAN'S EXERCISE

Monday, 1/5-2/9 (5x) no class 1/19
 9:30-10:25 am Fee \$16
 Monday, 3/2-4/13 (7x)
 9:30-10:25 am Fee \$21
 Tuesday, 1/6-2/17 (7x)
 9:30-10:25 am Fee \$21
 Tuesday, 3/3-4/14 (7x)
 9:30-10:25 am Fee \$21
 Thursday, 1/8-2/19 (7x)
 9:30-10:25 am Fee \$21
 Thursday, 3/5-4/16 (7x)
 9:30-10:25 am Fee \$21
 Friday, 1/9-2/20 (7x)
 9:00-9:50 am Fee \$21
 Friday, 3/6-4/17 (6x) no class 4/3
 9:00-9:50 am Fee \$18

Jean Widlicka, Instructor

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

MOVE, TONE, AND STRETCH

Monday, 1/26-3/2 (5x) no class 2/16
 6:00-7:00 pm Fee \$20
 Monday, 3/16-4/20 (6x)
 6:00-7:00 pm Fee \$24

Kathy Bragagnola, Instructor

Includes low-impact cardio, toning with light weights or bands, and some core work. Class will finish with yoga-inspired stretching and breathing. This is a fun and low-impact way to improve your range of motion, strength, balance, and flexibility. Bring light weights (1-2 pounds) and a mat to class.

HEALTH AND FITNESS

PICKLEBALL AT CLEARFIELD

All Levels

Monday, 1/12-3/2 (6x) 12:00-2:00 pm Clearfield Community Center	no class 1/19, 2/16 Fee \$26
Monday, 3/9-4/20 (6x) 12:00-2:00 pm Clearfield Community Center	no class 4/6 Fee \$26
Wednesday, 1/14-2/25 (6x) 12:00-2:00 pm Clearfield Community Center	no class 2/18 Fee \$26
Wednesday, 1/14-2/25 (6x) 2:00-4:00 pm Clearfield Community Center	no class 2/18 Fee \$26
Wednesday, 3/11-4/22 (6x) 12:00-2:00 pm Clearfield Community Center	no class 4/8 Fee \$26
Thursday, 3/12-4/23 (6x) 12:00-2:00 pm Clearfield Community Center	no class 4/9 Fee \$26

Beginner

Thursday, 1/15-2/26 (6x) 12:00-2:00 pm Clearfield Community Center	no class 2/19 Fee \$26
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Intermediate Play

Tuesday, 1/13-2/24 (6x) 12:00-2:00 pm Clearfield Community Center	no class 2/17 Fee \$26
Tuesday, 3/10-4/21 (6x) 12:00-2:00 pm Clearfield Community Center	no class 4/7 Fee \$26
Friday, 1/16-2/27 (6x) 12:00-2:00 pm Clearfield Community Center	no class 2/20 Fee \$26
Friday, 3/6-4/24 (6x) 12:00-2:00 pm Clearfield Community Center	no class 4/3, 4/10 Fee \$26

Brian Ignaszak, Court Manager

Pickleball is a paddle sport that combines elements of tennis, badminton and ping pong. In this session, you will learn the basic rules of the game, along with plenty of opportunity for open play. Instruction is limited. Time will be spent playing to improve your skills and have fun. **Please Note: You can only register for Beginner or Intermediate, not both.**

PICKLEBALL - Beginner

Morning

Tuesday, 1/13-2/17 (6x) 10:30 am-12:00 pm Northwest Amherst Community Center	Fee \$20
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Tuesday, 3/3-4/14 (6x) 10:30 am-12:00 pm Northwest Amherst Community Center	no class 4/7 Fee \$20
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Greg Potter, Instructor

Afternoon

Thursday, 1/8-2/12 (6x) 1:30-3:30 pm	Fee \$26
Thursday, 3/5-4/16 (6x) 1:30-3:30 pm	no class 3/19 Fee \$26

Cindy Weiss, Instructor

Pickleball is a paddle sport that combines elements of tennis, badminton, and ping pong. Each week, we will begin with basic instruction and drills, followed by practice and play for the remainder of the class. Equipment will be provided. Comfortable clothing and sneakers are a must! **Due to class popularity, please sign up for 1 session only.**

PICKLEBALL - Intermediate Instructional

Thursday, 1/22-2/19 (5x) 6:00-7:30 pm	Fee \$24
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Thursday, 3/19-4/16 (5x) 6:00-7:30 pm	Fee \$24
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Greg Potter, Instructor

Learn about Topspin, Slice, Serving technique, Ball Placement, Court Position, Communication, and other situational pickleball theories. Should have one year of prior experience, plus ability in pickleball. Suggested skill level is 3.0+. **Due to class popularity, please sign up for 1 session only.**

QIGONG and TAI CHI REFINEMENTS

Tuesday & Thursday, 1/6-4/16 (30x) 12:00-1:00 pm	Fee \$22
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Robert Sachs, Connie Beroza, Instructors

Qigong involves postures and breathing exercises that enhance vitality and well-being. The combination of Qigong and Tai Chi will help you get stronger physically, gain greater control over heart rate and pulse, and soothe the nervous system. Prerequisite is Tai Chi-Beginning/Continuing class with completion of 108-move Tai Chi set. Class is held 2x a week, Tuesdays & Thursdays.

SELF-DEFENSE AND MARTIAL ARTS FITNESS

Thursday, 1/29-2/26 (5x)

4:00-5:00 pm Fee \$20

Thursday, 3/19-4/16 (5x)

4:00-5:00 pm Fee \$20

Ayad Hussain, Instructor

This class is designed to promote both physical and mental well-being through the combination of physical exercise and mental focus. The program is structured to include exercises for stretching and tension relief, improvement in physical coordination, and light general self-defense techniques, specifically adapted for older adults. The class is suitable for all ages and fitness levels.

SENIOR DANCE

Thursday, 1/8-2/12 (6x)

1:30-2:15 pm Fee \$20

Thursday, 3/5-4/16 (7x)

1:30-2:15 pm Fee \$24

Loretta Kaminsky, Instructor

Come and enjoy a 45-minute low-impact dance class, moving to all music you know and love, individually, both men and women. With easy movements, we promise you will leave smiling.

STABILITY BALL FITNESS

Friday, 1/9-2/6 (5x)

11:10-11:50 am Fee \$20

Friday, 3/6-4/17 (6x) no class 4/3

11:10-11:50 am Fee \$24

Suzanne Lewis, Instructor

Stability Ball Fitness is a fun, energizing class that uses stability balls to improve balance, core strength, and flexibility. **Please Note:** For safety reasons, you must be comfortable sitting and exercising on a stability ball. It is not recommended for those who have difficulty with balance or are at risk of falling. Bring light hand weights to class.

STRENGTH AND BALANCE

Tuesday, 1/20-3/3 (6x) no class 2/17

5:15-6:05 pm Fee \$24

Tuesday, 3/17-4/21 (5x) no class 4/7

5:15-6:05 pm Fee \$20

Angelo Lorenzo, Instructor

Designed to help improve stability, reduce the risk of falls through safe, low-impact exercises using light weights, resistance bands, and body weight movements.

**TABLE TENNIS - Intermediate**

Tuesday, 1/6-2/10 (6x)

1:30-2:30 pm Fee \$24

Tuesday, 2/24-4/21 (7x) no class 3/17, 3/31

1:30-2:30 pm Fee \$28

Glen Gordon, Instructor

This class will focus on table tennis fundamentals, starting with the standard grip, how to serve legally, and building hitting skills. The sessions will consist of short demonstrations, followed by structured practice, covering forehands, backhands, and footwork. Later on, we will work on serve skills and adding and responding to spin on the ball. Most of the time will be spent doing structured drills.

TAI CHI - Beginning/Continuing

Tuesday & Thursday, 1/6-4/16 (30x)

10:45-11:45 am Fee \$22

Robert Sachs, Connie Beroza, Instructors

Tai Chi is a Chinese form of exercise for health and relaxation involving 108 slow, natural movements. It takes approximately one year to complete the Beginner Level. Comfortable, loose-fitting clothing is recommended. Class is held 2x a week, Tuesdays & Thursdays.

TAP DANCING - Beginner

Tuesday, 1/6-2/17 (7x)

11:10 am-12:05 pm Fee \$28

Tuesday, 3/3-4/14 (6x) no class 4/7

11:10 am-12:05 pm Fee \$25

Dawn Tarbox-Szerbiak, Instructor

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

HEALTH AND FITNESS

TAP DANCING - Intermediate

Tuesday, 1/6-2/17 (7x)

9:00-9:55 am Fee \$28

Tuesday, 3/3-4/14 (6x) no class 4/7

9:00-9:55 am Fee \$25

Dawn Tarbox-Szerbiak, Instructor

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

TENNIS - Beginner

Tuesday, 3/10-4/21 (6x) no class 4/7

10:30-11:30 am Fee \$24

Clearfield Community Center

Angelo Lorenzo, Instructor

Learn to play Tennis. Instruction on strokes of tennis as well as drills and game play.

WALKING SOCCER

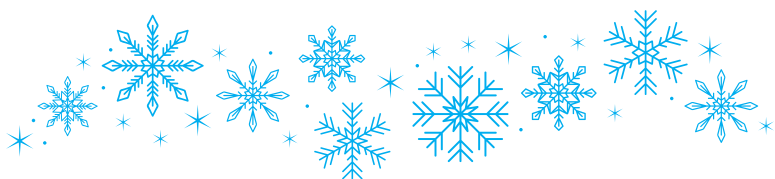
Thursday, 3/12-4/23 (6x) no class 4/9

9:30-10:30 am Fee \$24

Clearfield Community Center

Angelo Lorenzo, Instructor

Just like it sounds. Players can only walk as they pass and kick the ball trying to score a goal. Get your steps in as you play, have fun and socialize.



YOGA

In-House

Morning - Beginner

Tuesday, 1/6-2/17 (7x)

9:00-10:15 am Fee \$28

Tuesday, 3/3-4/14 (7x)

9:00-10:15 am Fee \$28

Morning - All Levels

Thursday, 1/8-2/19 (7x)

9:00-10:15 am Fee \$28

Thursday, 3/5-4/16 (7x)

9:00-10:15 am Fee \$28

Afternoon - All Levels

Tuesday, 1/20-2/17 (5x)

4:00-5:00 pm Fee \$18

Tuesday, 3/3-4/14 (7x)

4:00-5:00 pm Fee \$24

Zoom - All Levels

Wednesday, 1/7-2/18 (7x)

9:00-10:15 am Fee \$28

Wednesday, 3/4-4/15 (7x)

9:00-10:15 am Fee \$28

Tina Phillips, Instructor

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

Special Events

DECEMBER 2025

Breakfast with Santa

Saturday, December 6 9:00 am

\$6 per person, under 3 years old is free.

Town and Village Holiday Market at 5583 Main St.

Saturday, December 6 12:00 - 5:00 pm

Hanukkah Lunch

Wednesday, December 10 12:00 pm

Sweet Home Concert Chorale Holiday

Tuesday, December 16 11:00 am performance

Followed by Christmas Lunch 12:00 pm

Holiday Happening

Friday, December 19 6:00 pm

New Year's Eve Lunch and Celebration

Wednesday, December 31 11:30 am

YOGA/CHAIR

Morning

Friday, 1/9-2/13 (6x)
9:30-10:45 am Fee \$24

OR

Friday, 1/9-2/13 (6x)
11:00-12:15 pm Fee \$24

Friday, 2/27-3/27 (5x)
9:30-10:45 am Fee \$20

OR

Friday, 2/27-3/27 (5x)
11:00-12:15 pm Fee \$20

Colleen Maloney-Berman, Instructor

Chair yoga uses the chair as a prop for sitting and standing poses. The class will include stretches and poses that help alleviate muscle and joint stiffness as well as promote flexibility. Breath work, relaxation techniques, and meditation are part of each class.

YOGA/GENTLE

Thursday, 1/22-2/26 (6x)
6:00-7:00 pm Fee \$24

Thursday, 3/12-4/16 (6x)
6:00-7:00 pm Fee \$24

Kathy Bragagnola, Instructor

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

YOGA-MINDFUL MOVEMENT CHAIR YOGA

Saturday, 3/14-4/18 (5x) no class 4/4
10:00-11:00 am Fee \$20

Harlem Road Community Center

Kathy Bragagnola, Instructor

Experience the calming power of movement and stillness in this gentle chair yoga and mindfulness meditation class. Designed for all abilities, this class combines intentional movements, breath awareness, and meditative practices. Aspects of mindfulness will be discussed throughout the session. No prior yoga experience is necessary, just bring a willingness to breathe, move, and be present.

YOGA PLUS

Tuesday, 1/6-2/17 (7x)
10:30-11:45 am Fee \$28

Tuesday, 3/3-4/14 (7x)
10:30-11:45 am Fee \$28

Christina Phillips, Instructor

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

ZUMBA DISCO

Thursday, 1/8-2/26 (6x) no class 1/29, 2/5
12:00-12:50 pm Fee \$24

Thursday, 3/12-4/16 (6x)
12:00-12:50 pm Fee \$24

Marilyn Ciavarella, Instructor

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



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WINTER 2026 CLASS REGISTRATION - WEDNESDAY, DECEMBER 17, 2025

NEW: Registration for residents begins at 8:30 am and 12:00 pm for non-residents.

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

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

Mail or Drop Off A separate form must be filled out for EACH member. Only checks or money orders will be accepted. Make checks payable to Amherst Center for Senior Services. Mark envelope CLASS REGISTRATION. Include a self-addressed stamped envelope for class confirmation and receipt if desired.

Walk In Registration begins on Thursday, December 18 at 9:00 am. Please bring completed form with EXACT payment by credit card, cash or check.

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

Name _____ Email _____

Street _____ City _____ Zip Code _____

Phone Number _____ Has any information changed? _____ If so, what? _____

Table with 7 columns: COMPLETE COURSE TITLE, CENTER, ZOOM, DAY, TIME, START DATE, FEE. Multiple empty rows for registration details.

Resident Non-Resident

TOTAL \$

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



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Michele Hrichan

Regional Medicare Sales Consultant

716.572.8315

205 Park Club Lane

Buffalo, NY 14221

michele.hrichan@univerahealthcare.com

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Resident Non-Resident

TOTAL \$ _____

MAIL TO: **AMHERST CENTER FOR SENIOR SERVICES**
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Contact: Darlene Wilber, Public Relations Coordinator
dwilber@amherst.ny.us | AmherstCenterforSeniorServices.com

INSTRUCTORS NEEDED

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

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

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

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



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 live as they age.

OUR VALUES

ACCESSIBILITY

Ensuring that members can participate and benefit from the many services by providing 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.