

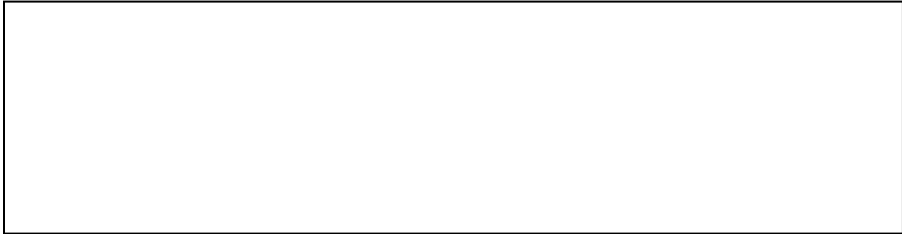


Amherst Center for Senior Services
 370 John James Audubon Parkway
 Amherst, NY 14228-1142

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Network Special Edition **SEPTEMBER 2020**



CENTER HAS SOFT REOPENING

While New York State coronavirus public-health orders have become less restrictive, the Amherst Center for Senior Services will be softly reopening on Monday, September 21. (THIS DATE IS SUBJECT TO CHANGE-Please go to <http://www.amherst.ny.us/pdf/trackus/attachments/20091.pdf> for our most current version).

We are calling it a soft reopening because we will have limitations on many of the activities we have had in the past to keep all our members safe. We will be offering limited attendance activities, classes and programs by reservation only. Reservations are made by calling 636-3050 from 8:30 am-4:00 pm. Voice mails will not be accepted.

We need to get people back to group activities. Social isolation can be detrimental, not only mentally but physically. Many members who do not have a family unit have been isolating at home for quite a while. We hope that our summer popup programs have assisted with this.

Although we know how important socialization is, we would not want to do anything to put our members at risk. We consider the Center a special place that older adults in the community can come and look forward to a time when we can resume all our activities. But for now, we will take things day by day. Employees will be taking a lot of extra precautions to ensure your safety and the safety of those around you. Please see Member Guidelines on page 3.



Brian Bray- Director, Amherst Center for Senior Services
Brian J. Kulpa- Amherst Town Supervisor
Deborah Bucki- Councilmember, Senior Services Liaison





Readers,

The federal government recognizes September as *National Senior Center Month*. This recognition is very timely this year since September is the month we expect to re-open the Amherst Center for Senior Services after what is, hopefully, the most difficult stretch of the COVID-19 pandemic.

The planning process has required us to philosophically consider what we do, how we do it, and why it is important. We are making several tough decisions on what are the most needed activities to re-start and what ones we could or should delay. This is not an easy process, and the decisions are not always going to be popular.

The 2020 theme from the National Council on Aging for National Senior Center Month is *Delivering Vital Connections*. Our work over the last several months could not have been more aligned with this theme. Even as we have practiced physical distancing, we have worked to promote social connection. The programs offered over the previous months promoted social connections as we were able to convene our members in local parks and other outdoor locations. We also connected our members at home using video conferencing technology. We have demonstrated that a Senior Center is more than the building where the members come together, but also the community and connections the members develop.

Of course, we would be remiss if we failed to acknowledge the importance of having the Center available as a facility where members could drop in at and see old friends and make new ones. Our Center helps build that social connection that is difficult to replicate with remote and online programs. The Center is a focal point for programs and services that help our members stay healthy and independent. We know how important it is for us to have our door open to our members once again.

Unfortunately, until the pandemic has subsided, the Center will not be the same. Even after we reopen, members will need to have reservations to enter the building, and we will not allow informal congregating. This will make it more difficult for us to deliver the vital connections that we know are crucial. As long as our members continue to participate, we will continue with online and off-site programming. As we celebrate National Senior Center Month, our team is hard at work making sure we help our members build the vital connections needed for lifelong happiness.

Brian

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Editor's Note: All information was correct when printed. Information may change due to health updates from local and state government.

SENIOR CENTER REOPENING GUIDANCE

We are reopening under new guidelines that must be followed by all members. If you are not comfortable with any of the new guidelines or cannot comply with any of the guidelines, we ask that you do not come to the Center at this time.

The Center staff can refuse entry to anyone who does not meet these guidelines. The Center staff reserve the right to ask someone to leave the building if they do not meet these guidelines.

You are to enter and exit through the Main Doors ONLY (by the flag pole). You must follow all signage as posted.

If you are sick, coughing, or have a fever, do not come to the building. Before you enter the building:

- You will have your temperature taken. Anyone with a fever over 100.0 will not be allowed entry.
- You must have an appointment for an activity to enter.
- You must be able to answer NO to ALL of the following questions:
 - Have you experienced any of the COVID-19 symptoms in the last 14 days?
 - Have you tested positive for COVID-19 in the last 14 days?
 - Have you come in contact with someone with a confirmed case of COVID-19 in the last 14 days?
 - Have you traveled to or been in contact with anyone in the last 14 days who has traveled to any of the states on New York's current required quarantine list?

<https://www.governor.ny.gov/news/governor-cuomo-announces-individuals-traveling-new-york-additional-state-will-be-required>

Face Coverings:

Everyone entering the building must wear a face mask that properly covers your nose and mouth. This must remain on while moving through the building. If you cannot wear a face covering, please do not enter the building. The face covering may be removed during an activity IF there is a safe 6 foot distance maintained. This will be monitored by staff.

Classes and Programs:

Classes and programs are by appointment only and space is limited. You must register by calling 636-3050 from 8:30 am to 4:00 pm. Voice mails will not be accepted.

- There will be **no fee** for classes this Fall.
- A limited number of classes will be offered each week.
- Reservations begin one week prior to the program or class.
- **If a class is held multiple days in a given week you can only register for one of the days.**
- Staff reserves the right to limit the amount of programs that an individual can participate.
- Members should not arrive any earlier than 15 minutes prior to the start of a program or class.
- Once the program or class is complete, we ask that you leave the building.
- Bring your own water bottle. There will be no available water fountains or coffee stations.

Staff will check you in and confirm your appointment. We will utilize this information if needed for contact tracing.

Hand Sanitizer:

You must use hand sanitizer upon entering the building. Additional sanitizer is provided throughout the building. You are also encouraged to bring your own. Please also wash your hands throughout the day.

Social Distancing:

Everyone must social distance at all times while in the building. Those living in the same household may sit together. All seating and table setups will be maintained per social distancing guidelines. Markings will be on the floors where social distancing is mandatory. There will be a limited number of people in the building. The Center staff reserves the right to limit this number. There are no exceptions. *(continued)*



Additional Requirements:

Everyone must have their own equipment and/or supplies needed for an activity, unless otherwise noted. No one will be allowed in a room unless it has been sanitized. Sanitizing will be done per Center policy. There will be no sharing of food or drinks. No one is allowed in the kitchen except staff or designated volunteers.

ACTIVITIES NOT OFFERED AT THIS TIME:

Congregate Dining, All Clubs (within the building), Wellness Room, Computer Lab, Library, Billiard Room, The Audubon Café, Gift Shop, TV Room, and Card Room.

IMPORTANT CONTACT INFORMATION:

The Center has a receptionist answering the phone each morning from 8:30 am-4:00 pm, so please do not hesitate to call if you need assistance at 636-3050.

GO TO THE TOWN OF AMHERST WEBSITE AT AMHERST.NY.US FOR LOCAL INFORMATION



ERIE COUNTY SENIOR SERVICES: <https://www2.erie.gov/seniorservices/>



Erie County Senior Services mission is to promote the well-being of all older adults through coordinated and cost-effective services which enhance their independence, dignity, and quality of life. Visit their site for information on caregiving, wellness, housing, nutrition, volunteer and employment, community resources, services, benefits and transportation.

FRIENDLY CALL PROGRAM:

The Center has developed a Friendly Call Program where volunteers can reach out by telephone to members who may just need to hear a friendly voice. People who wish to receive calls can contact Jodi directly at 636-3055 ext. 3126.

HEALTHY MEALS:

NY Connects Call Center 858-8526 (8:30-4:30 Mon-Fri) Home Delivered Meals, Emergency Food Boxes

Go and Dine Program Expanded 858-8526 (8:30-4:30 Mon-Fri)

Participants receive (8) restaurant vouchers to be used at participating restaurants per month

Supplemental Nutrition Assistance Program (SNAP) Please call Senior Outreach Services at 636-3070

HEAP (Home Energy Assistance Program):

Please call Senior Outreach Services at 636-3070

LEGAL:

The Center for Elder Law & Justice 844-481-0973 (9:00-11:00) E-mail helpline@elderjusticenyc.org with your name and phone number. A licensed attorney will respond to you within 1 business day

MEDICARE SAVINGS PROGRAM: Please call Senior Outreach Services at 636-3070

MENTAL HEALTH:



New Yorkers Coping with COVID-19 Together people are coping with a lot in the face of a global pandemic. Coping Circles are free six-week, home-based support and resilience group sessions to help people who are feeling overwhelmed. The Coping Circle groups are held by video or phone, facilitated by licensed mental health

professionals. While most of the groups are general, there are special circles for individuals with shared experiences, such as first responders, people who have had COVID, or those who have lost a loved one. To register follow the instructions on the link provided. <https://rc-1.nyspi.org/surveys/?s=44YWTJMF3T>

Erie County Warm Line 844-749-3848 or text 392-2221 (Confidential support and information for non-crisis residents of the County)

Mental Health Advocates of WNY 886-1242, for additional information <https://mhawny.org/>

SAMHSA (Substance Abuse and Mental Health Services Administration) 800-662-4357, Distress Hotline 800-985-5990, or text TalkWithUs to 66746

SENIOR OUTREACH SERVICES:

Through a partnership with Erie County 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 to assist in the cost of services. Call Senior Outreach Services directly at 636-3070.

TRANSPORTATION:

The Amherst Senior Transportation Department 636-3075 (Currently driving to and from medical appointments)

Hearts & Hands 406-8311 (Transportation-non-essential, delivery-needed items, and social connections)

VOLUNTEERS:

People who wish to receive calls or make calls can contact Jodi directly at 636-3055 ext. 3126. The Center has developed a Friendly Call Program where volunteers can reach out by telephone to members who may just need to hear a friendly voice.

CLUB UPDATES:

Clubs are operating on their own. As always, it is recommended that you practice appropriate safety measures – social distancing; thorough hand-washing; and wearing appropriate facial covering when necessary.

AMHERST CENTER DINNER CLUB-Tuesday, September 15 RUSSELL'S at 1:00 pm, cash bar at 12:00 pm Beef Filet (\$40/\$42) Chicken Marsala (\$33.5/\$35) or baked rigatoni (\$33.5/\$35) (*member/nonmember*). For further information go to <http://www.amherst.ny.us/pdf/trackus/attachments/dinnerclub.pdf> or contact Ed & Sylvia Stachura at (716-634-8432) or efs4170@aol.com



THE AMHERST TOWN CLERK'S OFFICE IMPORTANT SCHOOL TAX INFORMATION

The Clerk's Office has made changes to the school tax collection process due to COVID-19 restrictions. They know that many of you usually come into the office to pay your taxes, but we are asking you to refrain from doing so this year. It is imperative that everyone tries to be as safe as possible due to the current situation. Thank you in advance for helping to make this year's School Tax Collection an easy, smooth, and safe process.

School Taxes are due, and must be postmarked no later than October 15th, 2020 to avoid late fees. If you have not received your tax bill by September 30th, please contact their office at (716) 631-7021.

Check, money order, or credit card* payments are preferred. For your convenience, they are installing a secure tax drop-off slot located next to the back entrance of Town Hall.

They are asking that you either mail in your tax payment, use the new tax slot, or make an online payment.* **Note: There is a fee for online and credit card payments.*



SEPTEMBER IS NATIONAL SENIOR MONTH

The 2020 theme is: Senior Centers: Delivering Vital Connections!

This year's theme was chosen to highlight how senior centers deliver vital connections to support older adults aging well. Preventing social isolation is vital and a core senior center mission. While the delivery methods have changed during the pandemic, centers have succeeded in continuing to provide knowledge, programming, and resources.

Our key words this celebration are Mind, Body, Spirit, Community.

MIND:

Mindfulness Matters: Mindful Seeing- Friday September 25th at 1:00 pm

Mindful Seeing is consciously noticing everything within your visual field, looking and taking in your world visually. It helps to accept the things you see just as they are, without the need to label or judge them in any way. What you see and how you choose to see can be a source of mindfulness. Join Angela Jones to engage in a Mindful Seeing Discussion and Exercise. Contact Angela at ajones@amherst.ny.us to sign up and receive the link.

BODY:

Please review pages 7 and 8. We are currently offering a vast array of fitness classes.

- Chair Yoga
- FLEE
- Mean Jean's Exercise Class
- Tai Chi
- Tone & Shape with Bands & Weights
- Yoga
- Yoga & Meditation

SPIRIT:

Gifts of Gratitude with Natalie Hoerner-Tuesday September 15th at 10:00 am

Natalie Hoerner grew up in Buffalo, NY. She is a married mom to three adult children. Her second journey has taken her to her true passion of psychology and what it means to live a life of passion and purpose. Natalie is certified and licensed in Positive Psychology, the study of what makes us happy. Of which *Gratitude* plays a major role in creating a happier and healthier life. We will be discussing what gratitude is, the benefits of it, how to practice it and writing postcards of gratitude as a way to say thanks. Please join Natalie under the Amherst Senior Center Tent for a morning of *Gratitude*. Contact Angela at ajones@amherst.ny.us to register. This event is limited to 20 participants.

Friendly Caller Program:

The Center has developed a Friendly Call Program where volunteers can reach out by telephone to members who may just need to hear a friendly voice. People who wish to receive calls (or make calls) can contact Jodi at 636-3055 ext. 3126.

COMMUNITY:

We invite you to write a letter (or a poem) to the Center and tell us how the Center affects your mind, body, and soul. Please mail or email to jlazarz@amherst.ny.us by Friday, September 25. Prizes will be awarded!



Coffee Hour-PREREGISTER

Monday, September 14 at 10:00 am

<https://us02web.zoom.us/meeting/register/tZllcuusqjwqH91yMJveZCn-2T-AhFBnlhNZ>

After registering, you will receive a confirmation email containing information about joining the meeting.

Functional Living Everyday Exercise (FLEE)-PREREGISTER *Instructor: Jill Bronsky*

Mondays, beginning on September 14 at 10:00 am

Enjoy 40 minutes of activities that will help improve balance, mobility, and strength. At the end of each class, enjoy a 10-minute social chat time. Simple in-home equipment is used.

https://us02web.zoom.us/meeting/register/tZMrDQmvqDgoEtWh6iIc1e_vTepSmfy-l6lw

(There is an underscore after e and before v)

If you participated in the summer session we will be using the same Zoom link for the Fall, so there is no need to preregister.

Let's Talk Medicare *Presented by: Lisa Giancarlo, The Clarity Group*

Wednesday, September 16 at 10:30 am

Let the Clarity Group help you understand Medicare and all your options before you make a decision because not all plans work the same. The Clarity Group is the only Medicare brokerage in Western New York where Medicare is all they do. You will always have an agent to help you year round and there is no cost for their services. Please email tjacobs@amherst.ny.us to RSVP and she will send you the link.

Caregivers Virtual Support Group

Wednesday, September 16th at 1:00 pm

The goal of this group is to provide an open judgement free space for caregivers to express thoughts and feelings while sharing advice with each other. Contact Angela at ajones@amherst.ny.us to sign up and receive link.

Art History: American landscape painting with a bit of divergence for the Canadian "Group of Seven" Painters *Instructor: Laura Watts*

Thursdays beginning September 17 at 10:00 am

Please email Cindy at cweiss@amherst.ny.us to RSVP and she will send you the link. *If you participated in the Summer Session we will be using the same Zoom link for the Fall, so there is no need to email Cindy.*

Whole Grains-The Whole Truth

Thursday September 17 at 11:00 am

Health experts advise everyone – children and adults – to include grains in your diet, and that it's important to eat at least half our grains as "whole grains." But what IS a whole grain? And why does it matter? We'll give you the scoop on whole grains and share some tasty recipes for preparing them.

<https://nyhmeetings.webex.com/webappng/sites/nyhmeetings/meeting/info/169308257157957480?MTID=mcb71d2f63c9dc338d0e0baa135732ca4>. Meeting number 131 705 9494. Password

333vdSn358E. To join by phone at 716-795-4033

Fun with Rice Krispi Treats-PREREGISTER

(After you register, you will receive the recipe with ingredients)

- **Monday, September 21 at 11:00 am Peanut Butter Treats**

https://us02web.zoom.us/meeting/register/tZwtdu-prj8vGN24Rgej7_vojsTKN1M8II5x

- **Monday, September 28 at 11:00 am Blackberry Lemon Coffee Cake**

<https://us02web.zoom.us/meeting/register/tZMtc-iurDspE9eljgKgY9ArHm2BC5tOdTvF>

Cooking With Jen-PREREGISTER

- Monday, September 21 at 2:00 “Eggplant Parmesan”
<https://us02web.zoom.us/meeting/register/tZErdyurqjluGtcHnVs8zePYlGot2WVJt6Y0>
- Monday, September 28 at 2:00 pm “Apple Crisp”
<https://us02web.zoom.us/meeting/register/tZAud-2srzgjHNbmujBGsAVZptOxpfYBX-7i>



Both recipes will be sent to you after you register

Ted Talk & Discussion-“Intimate Photos of a Love Triangle”

Wednesday September 23rd at 1:00 pm

We will meet via Zoom and watch the Ted Talk “Intimate Photos of a Love Triangle” with a facilitated discussion to follow. All you need is an open mind and an opinion to share. Contact Angela at ajones@amherst.ny.us to register and receive the link.

“Fourteen Ways to Preserve Your Assets with the Medicaid Laws Webinar”-PREREGISTER

Presented by: Robert Friedman, Friedman & Ranzenhofer, PC Attorneys

Wednesday September 23 from 2:30 to 3:30 pm

Learn how to preserve your assets and plan for incapacity with powers of attorney, health care proxies, living wills, wills, trusts, guardianships, transferring your home to family members, long term care insurance, prepaid funeral accounts, IRAs, pensions, properly documented gifts, spousal allowances and transfers, caregiver agreements and promissory notes. The new lookback period for Medicaid home care will also be discussed. To register: see www.wny-lawyers.com/webinars/ or call (716)631-9999.

Erie County Council for the Prevention of Alcohol and Substance Abuse-PREREGISTER

Presented by: Sally Yageric

Thursday, September 24 at 2:00 pm

Obtain onformation on local resources for seniors and their families

<https://us02web.zoom.us/meeting/register/tZModeCrpz0pHN0XCWbE4D5ISOprdw8InKq4>

After registering, you will receive a confirmation email containing information about joining the meeting.

Just Say It!

Monday, September 28th at 10:00 am

Do you find yourself wanting to say something but unsure if its “appropriate”? Or often “speaking carefully” in fear of what others will think? If so, this is the group for you. Join us as we respectfully share thoughts and simply talk freely amongst peers. Please note; what we talk about in this group stays in this group. Please contact Angela at ajones@amherst.ny.us to RSVP and receive the link.

Current Events *Class Leaders: Dick Mallison, Jeff Goodman, Joann Shafer or Dick Schanley*

Wednesdays, 9:30 – 11:30 am SPACE IS LIMITED.

This weekly discussion group will touch upon local, national and world events and topics. Please contact Cindy at cweiss@amherst.ny.us to see if space is available and to receive the Zoom link.



All The News & Issues *Class Leader: Geoffrey McCauley*

Fridays, 10:00 – 11:30 pm SPACE IS LIMITED.

This weekly discussion group will touch upon local, national and world events and topics. Please contact Cindy at cweiss@amherst.ny.us to see if space is available and to receive the Zoom link.

COMMUNITY PROGRAMS

These events are held outdoors at local establishments, parks, and the Amherst Center for Senior Services.



All of our outdoor events are WEATHER PERMITTING. We ask that:

- You RSVP as requested (this allows Staff to notify you if there are changes)
- Participants maintain six feet of distance
- If there are times when you cannot maintain distance, please wear your mask
- Wear your mask entering and leaving the event
- Do not come if you have any symptoms of fever, cough, and shortness of breath
- If you visited any of the states mentioned in the Governor's Travel Advisory in the last 14 days, you must quarantine and cannot attend

<https://www.governor.ny.gov/news/governor-cuomo-announces-individuals-traveling-new-york-additional-state-will-be-required>

Coffee Hour (Bring a chair and coffee) at 9:00 am

- Tuesday, September 1 (Island Park)
- Thursday, September 3 (Bassett Park)
- Friday, September 4 (Island Park)
- Tuesday, September 8 (Island Park)
- Thursday, September 10 (Amherst State Park)
- Friday, September 11 (Island Park)
- Tuesday, September 15 (Island Park)
- Thursday, September 17 (Dellwood Park)
- Friday, September 18 (Island Park)
- Tuesday, September 22 (Island Park)
- Thursday, September 24 (Ellicott Trailways)
- Friday, September 25 (Island Park)
- Tuesday, September 29 (Island Park)



Brown Bag Lunches (Please bring a brown bag lunch and chair) at 12:00 pm

- Tuesday, September 1 (Island Park)
- Wednesday, September 2 at 12:00 pm (Amherst Senior Center)
- Friday, September 4 (Island Park)
- Tuesday, September 8 (Island Park)
- Wednesday, September 9 at 12:00 pm (Amherst Senior Center)
- Friday, September 11 (Island Park)
- Tuesday, September 15 (Island Park)
- Wednesday, September 16 at 12:00 pm (Amherst Senior Center)
- Friday, September 18 (Island Park)
- Tuesday, September 22 (Island Park)
- Friday, September 25 (Island Park)



- Tuesday, September 29 (Island Park)

Brainteasers (Island Park) Every Tuesday & Friday at 10:30 am (Please bring a chair)

“Mean” Jean’s Exercise (Garrison Park)

Instructor: Jean Widlicka

September 2, 9 & 16 at 9:00 am

September 4, 11, 18 & 25 at 10:30 am

Please bring a chair, water and mask.

Tai Chi (Garrison Park)

Instructor: Robert Sachs

September 2, 4, 9, 11, 16, 18, 25 at 10:00 am

Must have some Tai Chi experience

Wednesday Walks (Ellicott Creek Trailways) at 9:00 am

September 2, 9, 16, 23 and 30

Word up Wednesdays (Amherst Senior Center)

Wednesday, September 2 at 2:00 pm

Wednesday, September 9 at 2:00 pm

Wednesday, September 16 at 2:00 pm



Trivia Thursdays (Amherst Senior Center) (Bring a chair)

Thursdays, September 3 at 1:00 pm

Thursdays, September 17 at 1:00 pm

Friday Walks (Walton Woods) at 10:00 am (Meet in front of Senior Center)

September 4, September 11, September 18 and September 25

Flashback Fridays (Amherst Senior Center) (Bring a chair)

Come and reminisce with us about a past time in history

September 4 at 2:00 pm

September 11 at 2:00 pm

September 18 at 2:00 pm

Snack & Chat (Amherst Senior Center) (Bring a snack and a chair)

Tuesday, September 8 at 1:00 pm

Tuesday, September 15 at 1:00 pm

Lunch at Pautler's (Please bring a chair and mask)

Thursday, September 10 at 12:00

Join us for lunch. You will be responsible for anything you purchase.

Meet up for Lunch at TEDS

Tuesday, September 29 at noon

Everyone is responsible for their own purchases.



Community Addresses:

Amherst Senior Center	370 John James Audubon Parkway
Dellwood Park	387 Ivyhurst Road North
Ellicott Creek Trailway	1398 North Forest Road
Garrison Park	Garrison Road
Island Park	5577 Main Street
Pautlers Drive-In	6343 Transit Road
Teds	4878 Transit Road

AMHERST SENIOR CENTER

These events will all take place based on the Center's Reopening on September 21. Attendance at all events is by reservation only by calling 636-3050 from 8:30am-4:00pm. No voicemails.

Please see Reopening Guidelines on pages 3-4.



"Mean" Jean's Exercise Class *Instructor: Jean Widlicka* (Activity Rm B)

Week 1: Monday, Sep. 21, Wednesday, Sep. 23 or Thursday, Sep. 24 from 9:30–10:30 am

Week 2: Monday, Sep. 28 Wednesday, Sep. 30 or Thursday, Oct. 1 from 9:30 – 10:30 am

Use large leg and arm motions to increase joint mobility, strength, balance and flexibility. You can register for 1 class per week.

Book Review-*American Dirt* by Jeanine Cummins (Room 3)

Monday, September 21, at 10:30

Acrylic/Oil Painting *Instructor: Elaine Grisanti* (Arts & Craft Room)

Mondays, September 21 and September 28 from 10:00 – 11:30 am

Learn the fundamentals of painting, working from observation, ideas and references. This is a flexible program to meet the participants' needs and interests.

Tone & Shape with Bands & Weights *Instructor: Marilyn Ciaravella* (Dance Room)

Week 1: Monday, September 21 or Friday, September 25 from 11:45-12:45 pm

Week 2: Monday, September 28 or Friday, October 2 11:45-12:45 pm

Exercise to improve your tone, endurance, balance and burn calories. Light stretching, resistance, and strength training. Bring your own bands and light weights to class. You can register for 1 class per week.



Welcome Back Brown Bag Lunches at noon (Patio)

Monday, September 21, Wednesday, September 23, Wednesday, September 30

Please bring a brown bag lunch

Yoga *Instructor: Tina Phillips* (Dance Room)

Week 1: Tuesday, September 22 or Wednesday September 23 from 9:00 -10:00 am

Week 2: Tuesday, September 29 or Wednesday September 30 from 9:00 -10:00 am

Relieve emotional tension and stress through breath awareness and systematic training in natural, healthy diaphragmatic breathing. Variations of postures will be presented for beginner to intermediate so you can work at your own level transitioning from floor to feet. You can register for 1 class per week.

Coffee Hour (Room 2)

Tuesday, September 22, at 9:30

Games (Room 2)

- Tuesday, September 22 at 11:00 Family Feud
- Tuesday, September 29, at 11:00 Match Game



Functional Living Everyday Exercise (FLEE) *Instructor: Jill Bronsky (Card Room)*

Tuesdays, September 22 & September 29 from 10:30 – 11:30 am

Physical activities that will help improve balance, mobility, and strength. Discover how functional fitness exercises that mimic activities of daily life can help promote better balance and reduce the risk of falls. Bring your own resistance bands to class.

Snack & Chat (Patio) (Bring a snack)

Tuesday, September 22 at 1:00 pm

Tuesday, September 29 at 1:00 pm

Tai Chi *Instructor: Robert Sachs (Dance Room)*

Tuesdays, September 22 & September 29 from 1:30 - 2:30 pm

For individuals who have taken a class from Robert Sachs before or have some Tai Chi experience.



In House Bingo (Room 3)

Tuesday, September 22, at 2:00.

Please bring a pen to write on your bingo boards.

Word up Wednesdays

Wednesday, September 23 at 11:00 am (Room 3)

Wednesday, September 30 at 2:00 pm (Health Room)

Getting Familiar with ZOOM *Instructor: Nancy Wise (Room 2)*

Wednesday, September 23 from 1:00 – 2:00 pm

Get more comfortable using Zoom so you can sign up for many online classes!

Chair Yoga *Instructor: Jen Nuwer (Card Room)*

Week 1: Wednesday, September 23 from 1:30 – 2:30 pm or Friday September 25 from 2:30 – 3:30 pm

Week 2: Wednesday, September 30 from 1:30 – 2:30 pm or Friday October 2 from 2:30 – 3:30 pm

Yoga stretches and postures from a chair. The ultimate goal is to achieve a gentle and healing experience. You can register for 1 class per week.

In House Mind Teasers (Room 2)

Thursday, September 24 at 11:00 Please bring your own pen.

Trivia Thursday (Room 2)

Thursdays, September 24 at 1:00

Ask the Realtor (Room 1)

Friday, September 25 at 11:00

Anne Kader, Olear Team & MJ Peterson Realty



Flashback Friday (Room 2)

September 25 at 2:00 pm

Morning Chat (Room 3)

Monday, September 28 at 9:30 am

Flu Shots *Provided by: Rite Aid Pharmacy* (Health Room)

Monday, September 28 from 12:00-2:00 pm

Contact Tammy at 636-3055, ext. 3172 for an appointment

“Things That are Not There Anymore” (Room 3)

Enjoy movie followed by group discussion

Monday, September 28 at 1:00 pm

Welcome Back Chat- *Pandemic Life* (Room 2)

Wednesday, September 30^t at 10:00 am

It's been a long time since we've been here in the Center with our Members. We've missed you! Let's catch up. We are open to hearing about the good, bad and everything in between. Join Angela for a facilitated discussion on what's life been like for you during the pandemic. Contact Angela at 636-3055 ext. 3129 to register.

Movie Review: *1917* (Craft Room)

Wednesday, September 30 at 1:00

As a regiment assembles to wage war deep in enemy territory, two soldiers are assigned to race against time and deliver a message that will stop 1,600 men from walking straight into a deadly trap. Please watch the film with us and join us for a discussion.

Understanding Your Device – Computers, iPhones and Androids *Instructor: Nancy Wise* (Room 2)

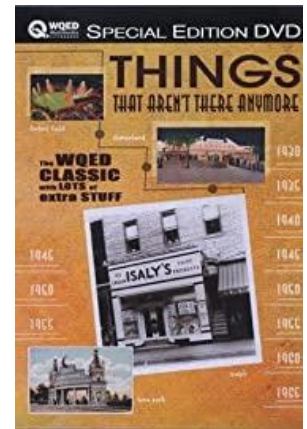
Wednesday, September 30 from 1:00 – 2:00 p.m.

Whether you use a computer, tablet or Android Phone already or just venturing out, this is the place to begin. Learn about Accounts and Passwords, the Cloud (where data is stored), Settings, Notifications and Apps.

Tai Chi Intermediate *Class Leaders: Alberta Heidinger or Marie Zafron* (Dance Room)

Thursday, October 1 from 1:30 – 2:30 pm

Must have completed Beginning Tai Chi Class or advanced Tai Chi Experience



Volunteer Update

It's already time for the September 2020 Network and we find ourselves missing you, our volunteers, greatly! As we begin preparing to reopen and anticipate bringing back our Center-based volunteers, we will be contacting many of you in the coming weeks to see who wishes to return and if you do, in what capacity. There are likely to be new opportunities and we may have to let some of the 'old ones' go, simply due to practical reasons as we adapt to our 'new normal'. We'd love to bring everyone back who wishes to return, but ask for your patience as we figure out the best way to bring you back SAFELY, so please anticipate that not everyone who wishes to return, will do so at the same time. It will be a very deliberate process and we'll speak to you individually, soon. I would also like to share a little more volunteer inspiration and I absolutely love the very last paragraph and I think it may resonate with many of you, too!

~Jodi Kwarta, Volunteer Services Director

"I volunteer at the Arizona Animal Welfare League, which is a privately run no-kill shelter. I started off with the idea of walking dogs in cool weather and sitting with cats when it is too hot to walk. I do not have any animals of my own, so I thought this would be a good outlet for me.

Through my volunteering, I became interested in observing dog behavior and working with “problem” cases. Even though most of my time is spent helping scared and aggressive dogs, it gives me more appreciation for the happy go lucky ones that manage to keep a good attitude despite the confines of a shelter (as nice as AAWL is, a shelter is a tough environment for any animal).

My favorite memory is meeting a female pit bull named Mara. When I first saw her, she spoke to me in the most polite dog language by sitting and putting on a friendly face. I spent lots of time with Mara during her time at the shelter, even taking her home on occasion to give her a little parole at the shelter. I have to admit that it was a very conflicting feeling when I visited the shelter one day to find that she had been adopted. Obviously I am glad for her, and I knew that her family is getting a great dog. Still- I miss her.

I think this is the essence of volunteering—giving of yourself for a greater good. It would always be easier to sleep in on Saturday, but volunteering answers a call within ourselves to be selfless—a lesson that the world can always use.”

~Peter B.

<https://tfsinthecommunity.com/?s=volunteer+stories>