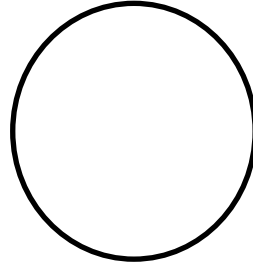
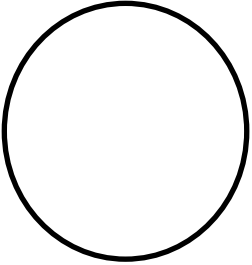




Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, NY 14228-1142

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Amherst Center for Senior Services
Newsletter
JULY 2023



AmherstCenterForSeniorServices.com



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



716-636-3050

Annual Family



Saturday, July 15
9:00am-12:00pm

Over 65 health related organizations
and American Red Cross Blood Drive

*Presented by: Senator Sean Ryan, Assemblywoman Karen McMahon, Kaleida Health and
Amherst Center for Senior Services*

DIRECTOR'S NOTE

IMPORTANT PHONE NUMBERS

Main Line, 636-3050
Reservations, 636-3051
Amherst Meals on Wheels, 636-3065
Amherst Senior Transportation, 636-3075
Senior Outreach Services, 636-3070
Support Group Information, 636-3050

KEY STAFF CONTRIBUTORS

Melissa Abel, Director, mabel@amherst.ny.us
Tammy Jacobs, Program Coordinator: tjacobs@amherst.ny.us
Jodi Kwarta, Director of Volunteers: jkwarta@amherst.ny.us
Jennifer Lazarz, Program Leader: jbono@amherst.ny.us
Karen Lisiecki, Project Coordinator: klisiecki@amherst.ny.us
Donna Muck, Kitchen Manager: dmuck@amherst.ny.us
John Jones, Social Caseworker: jjones@amherst.ny.us
Vijaya Tomar, Social Worker: vtomar@amherst.ny.us
Cindy Weiss, Class Coordinator: cweiss@amherst.ny.us
Barb White, Recreation Leader: bwhite@amherst.ny.us

*The Network is arranged and designed by Christina Yensan,
Public Relations Coordinator: cyensan@amherst.ny.us*

AMHERST TOWN BOARD

Brian Kulpa, Supervisor
Deborah Bucki, Deputy Supervisor, Liaison to
Senior Services
Jacqui Berger
Shawn Lavin
Michael Szukala

AMHERST MEALS ON WHEELS

Delivers nutritionally balanced meals to seniors and disabled adults living in the Town of Amherst. Our menu is approved by the Erie County Department of Senior Services. All meals are prepared and packaged fresh each weekday at the Amherst Center for Senior Services.

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

NOTARY PUBLIC

As a convenience to our Senior Center members only, we have a licensed public notary on staff by appointment only. Please call 636-3055, ext. 3172 for your appointment.

We have another wonderful month planned with indoor and outdoor programs for all of you to enjoy! Please remember that all programs and classes, regardless of fees, need a reservation.

Join us for Senior Day at Old Homes Day on July 13th, 11am-2pm. Thank you to our sponsor, Family Choice, and thank you to the Jolly Boys for working with us to make this event possible this year. We are so excited and hope to make this an annual event.

I would like to clarify our involvement in the new Northwest Amherst Community Center. This is an exciting opportunity to provide more classes, more programs, more services to the tens of thousands of seniors in our community. There is a misconception that we will no longer be a senior center. This is NOT true. I have spent 23+ years working with an amazing staff as a team to build the programs, classes, and services to what we have today. This is your senior center and it will remain a senior center. We are offering you the opportunity to have more choices by scheduling at other locations. Should you have any questions, please reach out to me.

We are looking forward to seeing you at our many events this month!

Happy July 4th!

Melissa

Updates:

The bathroom renovations are complete.

The new rug will be installed throughout the Center in late July/August.

All of the presentations in this newsletter have been scheduled for educational purposes only. The Town of Amherst and the Amherst Center for Senior Services are not affiliated with any outside organizations.

Information in this issue was correct at time of printing

WIFI PASSWORD: RainStorm20

MEMBERSHIP



The Town of Amherst Center for Senior Services is a human service agency serving the community's older residents and their families. The Department's mission is to foster the physical and mental well-being of senior citizens by providing educational and recreational activities, nutritional, health-related, social and support services, and opportunities for volunteerism. The Department is an advocate for senior citizens and seeks to promote and sustain independence or optimal level of well-being.

HOURS OF OPERATION

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

Members are asked to vacate building by 4:15 pm in order for staff to complete closing procedures

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

ABOUT THE CENTER

The Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst New York 14228
716-636-3050
AmherstCenterForSeniorServices.com

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

- Art Gallery—*Monthly Art is sponsored by Asbury Pointe*
- Audubon Café—*Sponsored by Independent Health Open Tuesdays, Wednesdays and Fridays from 10:30-1:00 pm*
- Billiard Room
- Card Room
- Computer Lab
- Dance Room—*Sponsored by Univera Healthcare*
- Gift Shop—*Sponsored by Blue Cross Blue Shield*
- Health & Wellness Rooms—*Sponsored by Independent Health*
- Library
- Nutrition Room—*Sponsored by Blue Cross Blue Shield*

NEWSLETTER SUBSCRIPTIONS

To have the Network Newsletter delivered to your home annually, please send a \$6 check (payable to the Amherst Center for Senior Services) and your name, address, and telephone number to:

Amherst Center for Senior Services
Attention: Nancy LeClair
370 John James Audubon Parkway
Amherst, New York 14228

MEMBERSHIP DUES

Amherst Residents—Lifetime Membership

- \$30/Individual Membership
- \$50/Couple or Household Membership

Non-Resident—Annual Membership

- \$30/Individual Membership
- \$50/Couple or Household Membership

Non-Resident—Lifetime Membership

- \$100/Individual Membership
- \$150/Couple or Household Membership

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

To join the Center online:

Go to AmherstCenterforSeniorServices.com/membership-plans

To join the Center in-person:

Stop at the Center's Reception Desk and we'll provide you with an application to complete.

Payments can be made by cash, check or credit card. After joining, you will be given an opportunity attend Membership 101.

CALLING ALL NEW MEMBERS

MEMBERSHIP 101

Thursday, July 6 at 1:00 pm

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

AMHERST CENTER FOR SENIOR SERVICES MAIN LINE 636-3050

SUMMER HIGHLIGHTS



OLD HOMES DAY PARADE

Tuesday, July 11, 6:00 pm
Are you interested in walking in the parade? The parade starts at Williamsville South High

School and ends at Los Robles. (about 1 mile walk) Sign up by contacting Jennifer by email at: jlazarz@amherst.ny.us

SENIOR DAY AT OLD HOMES DAY

Thursday, July 13 from 11:00 -2:00 pm
Event to be held at Island Park. Enjoy games, complimentary hot dog lunch and a concert by the House Band (12:00-2:00 pm).
There is a mandatory RSVP to attend. Reservations must be made by July 11.
Cash bar will be available.

Amherst Transportation is providing a shuttle from Mill Middle to Island Park. Limited spots available. Please call Amherst Senior Transportation at 636-3075 to reserve your spot by July 11.

SUMMER CONCERT

Tuesday, July 25
6:00- 8:00pm

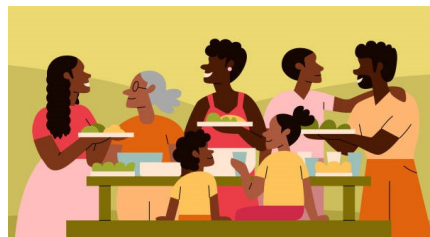
Enjoy a fun night with the *Carnival Kids Steel Drum Band* Don't forget a chair.



Make it a night and enjoy dinner prior at the Center. Reservations required. Menu on page 12.

FAMILY DINNER

Tuesday, August 1 at 5:00 pm
Face painting, games, crafts and more! Fun for all ages! Under the age of 60 is a \$5.00 fee and over the age of 60 is a \$3.00 suggested donation.
Menu: Hamburger or cheeseburger, potato wedges, vegetable, ice cream, milk



Register for all programs at MyActiveCenter.com or by calling 636-3051.

A NOTE FROM YOUTH AND RECREATION

There is something for folks of all ages as we kick off summer at “Amherst’s Day of Play” at Veterans’ Canal Park on July 1st! Everyone is invited to this free event as we relax by the water at this hidden gem located at 146 Brenon Road.

The fun starts at noon and continues until 6:00 pm. Come for all or part of the day and enjoy some great live music. Ed Croft and Cody Barcroft kick us off from noon to 2:00 pm, followed by DJ Norm from 2:00 pm-4:00 pm. The afternoon rounds out with the ever-popular Buffalo Silver Band from 4:00 pm-6:00 pm, sponsored by the Amherst Arts & Culture Committee.

Bring a lunch or grab a bite from Hoagie Rollers Food Truck or Green Acres Ice Cream (They will be on site until 4:00 pm). Fresh snacks and water generously provided by Wegmans.

Trek with an Alpaca (*pre-registration required*) or enjoy lawn games. Bring your kayak or canoe and participate in our flotilla or bring your bike and join us for a slow roll. There will also be guided nature walks and demonstrations by the Amherst Police Department Scuba Division. For more information, please follow Amherst Town Parks on Facebook or contact egraczyk@amherst.ny.us

Mary-Diana Pouli, Executive Director, Youth & Recreation Department

PROGRAMS

PROGRAM REGISTRATION

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk

BREAKFAST WITH STAFF

Wednesday, July 5 at 9:30 am

Have you met the Center's newest staff? Enjoy pancake casserole and meet Greg, our newest Program Leader. Fee is \$5. No refunds after 7/3

LEMONADE STAND

Wednesday, July 5 at 2:00 pm

BAKING WITH JEN

Thursday, July 6 at 11:00 am

We will make Michael's Famous Lemon Cookies. Please bring a cookie sheet. Fee is \$3. RSVP starting 7/1

MEET WINNIE THE DOG!

Thursday, July 6th from 11:00am-12:00pm

Winnie is a therapy dog. She will be hanging out in the gallery on and she would love to meet you!

EVENING BINGO

Thursday, July 6 at 6:00 pm



SILVER PRIDE TEA

Friday, July 7 from 10:00am -12:00pm

This is an opportunity for LGBTQ seniors to come together and enjoy a morning of refreshments and conversation. ALL are welcome.

Hosted by the Pride Center of WNY

FRUIT TASTING

Monday, July 10 at 11:00 am

Have you tried Passion Fruit or Dragon Fruit? Sample some exotic fruit. Fee is \$2. No refunds after 7/6

JUST ONE PARTY GAME

Monday, July 17 at 11:00 am

Just One is a cooperative party game in which you work together to discover as many mystery words as possible. Find the best clue to help your teammate. Be unique, as all identical clues will be cancelled!

MUSICAL MEMORIES CAFÉ

Tuesday, July 18 at 2:00 pm

Caregivers are encouraged to join us for an enjoyable time with your loved one for entertainment, socialization, reminiscing and refreshments. Please make reservations by calling Carolyn at 570-6520 or email westfallsartcenter@gmail.com

CORN HOLE CHALLENGE

Wednesday, July 19 at 11:00 am

Do you think you have good aim? Try your luck at the Corn Hole Challenge. If you sink the bean bag in the hole, you win an ice cream sandwich! Multiple chances to win!

HOT DOG SALE-\$1.50 each

Wednesday, July 19 at 11:00 am while supplies last

INFORMATION TABLE-Hearts & Hands

Wednesday July 19 11:00 am-1:00 pm

ICE CREAM SOCIAL

Thursday, July 20 at 6:00 pm

COOKING WITH JEN-Tomato Pie

Monday, July 24 at 11:00 am

Please bring a pie dish. Fee is \$5. No refunds after 7/20. RSVP starting 7/1

WHAT'S
JEN
COOKING

PICNIC GAME NIGHT

Thursday, July 27 at 5:00 pm

Hot Dog and pasta salad followed by a game of *America Says*. Fee is \$5. due by 7/25. No refunds after

BOOK AND MOVIE DISCUSSION

Friday, July 28, at 1:00 pm-

The Cabin at the End of the World by Paul Tremblay

Friday, August 18 at 1:00 pm

Happiness for Beginners by Katherine Center

Following the movie will be a brief discussion on the similarities and differences between movie and book

PICNIC IN WALTON WOODS

Monday, July 31 at 12:00 pm

Bring a chair and a brown bag lunch and join us by the lake in Walton Woods. Please meet in the front lobby

RESERVATIONS REQUIRED FOR ALL PROGRAMS

PROGRAMS

PROGRAM REGISTRATION

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk



HEALTH

EAT HEALTHY, LIVE LONGER

Tuesday, July 11 at 6:00pm

Author and Member Sylvia Black will share dietary changes that you can make to help you live a healthy lifestyle

WHAT IS PT ?

Thursday, July 19 at 1:00 pm

Learn how physical therapy can help to ease pain and help you function, move, and live better

Presented by Weinberg

IMPORTANCE OF PROPER HYDRATION

Wednesday, July 20 at 1:00 pm

Learn the importance of proper hydration during the summer months as well as the role of water and electrolytes in the body, the dangers of dehydration, signs and symptoms, daily fluid needs, ways to increase water intakes, and science-based information on artificial sweeteners

Presented by Fallon Health

BETTER BREATHERS GROUP

Tuesday, July 25 at 1:00 pm

If you, or someone you know, is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer, consider joining us. Learn ways to cope with your diagnosis and live life to the fullest.

Led by an American Lung Association trained facilitator Jeremy Voorhees

EXERCISE THE RIGHT WAY

Thursday, July 27 at 1:30 pm

Learn about body mechanics and safe ways to exercise and prevent injury

Presented by Dr. Chris Acquisto, Chiropractor

MOVIES

1:00 pm

Monday, July 3 *The Magic Flute* Rated PG-13 124 minutes

Monday July 10 *Rare Objects* Rated R 123 minutes

Monday, July 17 *Moving On* Rated R 85 minutes

Monday, July 24 *Big George Foreman* PG-13 129 minutes

Monday, July 31 *Come Out Fighting* Rated R 95 minutes

5:30 pm

Tuesday, July 11 *Rare Objects* Rated R 123 minutes

Tuesday, July 18 *Moving On* Rated R

FOREIGN FILM

Friday, July 7 at 1:00 pm

Soliaris Solaris (Russian) 169 minutes

FRIDAY FUNNY

Friday, July 21 at 1:00 pm

History of the World Part 1 92 minutes

HEALTH INSURANCE

To schedule your personal appointment call the representative listed

Highmark BCBS

Kathy at 716-658-8655

Friday, July 21 from 9:00 am-12:00 pm

Independent Health

Amanda at 716-635-4999

Friday, July 7 from 9:00 am-10:00 am

RESERVATIONS REQUIRED FOR ALL PROGRAMS

UNIVERSITY EXPRESS

PROGRAM REGISTRATION

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk



UNIVERSITY EXPRESS

University Express offers free educational classes for older adults in Erie County. You will find classes in a variety of categories, including current affairs, history, humanities, finance and medicine.

Wednesday	July 5	2:00	Navigating Medical Bills and Insurance
Thursday	July 6	2:00	Hands Only CPR
Thursday	July 6	4:00	Hands Only CPR
Friday	July 7	2:00	Veterans, Do You Know What You Are Supposed to be Getting?
Monday	July 10	2:00	Balancing the Middle East
Wednesday	July 12	2:00	On the Horizon in Buffalo- Tourism, Conventions and Amateur Sports
Thursday	July 13	2:00	The Making of the Nikola Tesla Legacy Corridor
Friday	July 14	2:00	History of North Tonawanda Amusement
Wednesday	July 19	2:00	Smart Decisions in Down Markets
Thursday	July 20	2:00	Scribblin' for a Living- Mark Twain's Pivotal Period
Wednesday	July 26	2:00	Sleep as We Age

For more information on University Express Classes, locations, and information on the latest program news and updates, go to:

<https://www4.erie.gov/universityexpress/>

OPEN PLAY

OPEN PICKLEBALL:

Due to the popularity of Pickleball, RESERVATIONS ARE NOW REQUIRED for general play. You may reserve one time slot per day. Space is limited. Please cancel if you are not able to come so someone else can take your spot.

Tuesday, July 11, 25 from 12:15-2:00 pm or 2:00-4:00 pm (1 court)

Wednesday, July 5, 12, 26 from 12:00-2:00 pm or 2:00-4:00 pm

Wednesday, July 19 from 12:00-2:00 pm (Beginners only) and 2:00-4:00 pm (Intermediate only)

Thursday, July 6, 13, 20, 27 from 3:45-5:30 pm or 5:30-7:30 pm

Friday, July 7, 28 from 12:00-2:00pm or 2:00-4:00 pm



OPEN PING PONG:

Mondays
1:00-4:00pm

Tuesdays 7/11 & 7/25 2:00-6:00pm
7/18 1:00-5:00pm

Fridays 7/7, 7/21, 7/28 1:00-4:00pm



RESERVATIONS REQUIRED FOR ALL PROGRAMS

CLASSES

CLASS REGISTRATION

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk

REGISTRATION PROCEDURES

There are new procedures being implemented for Fall class registration beginning on August 7.

ONLINE registration on MyActiveCenter.com begins on Monday, August 7 at 8:30 am.

TELEPHONE registration at 636-3051 will begin on Monday, August 7 at 8:30 am.

MAIL OR DROP OFF registrations will be processed beginning on Monday, August 7 at 9:00 am.

NO WALK IN registration on Monday, August 7

WALK IN registration begins on Tuesday, August 8 at 10:00 am. Please bring completed form with exact payment by credit card, cash or check.

No new member applications will be processed on Monday, August 7.

Class registration is on a first come-first serve basis.

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.

DEFENSIVE DRIVING CLASS: AARP Smart Driver

(\$25 for AARP Member/\$30 for Non AARP Member) Wednesdays, 7/12 or 8/16 from 9:00 am-4:00 pm Refresh your driving skills and your knowledge of the rules and hazards of the road. Instructor provided by AARP. Check with your insurance company if they will give you a multi-year discount on your premium upon completing the course. All-day course includes a 40 minute break for lunch.

Reservations required by calling 636-3051. Payment is due to instructor on the day of the class. If paying by check please make out to AARP Smart Driver and include your AARP membership number.

Consider joining us for lunch when we take a break. For individuals 60 and over the cost is a suggested donation of \$3.00. Reservations for lunch must be made at least 24 hours in advance by calling 636-3051 or when registering for the class.

FALL CLASS CATALOG

The Catalog will be available in late July in hard copy at the Center, Amherst Libraries and online at: AmherstCenterforSeniorServices.com.



SUMMER CLASS SECOND SESSION HIGHLIGHTS

Listed below are some classes that begin in late June, early July that still have openings in them:

June 26

Mean Jean Monday

June 27

Mean Jean Tuesday (Garrison Park), Yoga Plus, Yoga Afternoon, Yoga and Meditation Zoom

June 28

Fall Prevention, Yoga Zoom

June 29

Mean Jean Thursday

June 30

Mean Jean Friday (Garrison Park)

July 3

Guitar, Ukulele Lessons, Ukulele Sing-A-Long Beginner & Advanced

July 6

Line Dancing Beginning, Woodcarving

July 10

Balance, Balls and Bands, Functional Living Everyday Exercise (FLEE)

July 12

Intro to Horseshoes

Class descriptions, dates, times and costs are all listed in the Summer 2023 Class Catalog.

FALL CLASSES HIGHLIGHTS

Below is a select list of classes being offered this coming Fall. Full descriptions of **ALL** classes, including day, time and price, are in the Fall Class Catalog.

- Italian For Beginners
- Football 101
- Beginning Tap Dancing
- Origami
- Mah Jongg – Beginners
- Aviation
- Basic Bridge Part 1
- Line Dancing – Ultra Beginner
- Ball Room Dancing
- Puccini's Arias, Duets and Trios
- Intro to Ping Pong

SENIOR SERVICES

SUPPORT GROUP REGISTRATION

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk

The common experience among members of a support group often means they have similar feelings, worries, and everyday problems. Participating in a group provides you with an opportunity to be with people who are likely to have a common purpose and likely to understand one another. Some benefits are:

- Feeling less lonely, isolated or judged
- Reducing distress, depression, anxiety or fatigue
- Talking openly and honestly about your feelings
- Improving skills to cope with challenges
- Gaining a sense of empowerment, control or hope

SUPPORT GROUPS:

Widow/Widowers Group

Tuesday, July 11 at 11:00 am

Grandparent Kinship Group

Wednesday, July 12 at 11:00 am

Are you "parenting" for the second time? Come and share ideas, get support, comfort and resources.

Men's Group

Tuesday, July 18 at 2:30 pm

Caregivers Group

Wednesday July 19 at 1:00 pm

Loss & Grief Group

Thursdays at 11:00 am

This group will meet every Thursday for six weeks. The next session will begin in August and will be listed in the August newsletter.

Parkinson's Group:

Thursday, July 27 at 2:00 pm

If you or a loved one have received a diagnosis of Parkinson's disease, you may wonder what to expect. Join us and feel more in control.

SENIOR OUTREACH SERVICES 636-3070

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

FRIENDS HELPING FRIENDS SHORT TERM FOOD

ASSISTANCE If you or someone you know is in need of non perishable food items, we have on-site assistance. Please contact a Social Caseworker to make arrangements.

Home Energy Assistance Program (HEAP)

The HEAP Program is a federally funded program by the NYS Department of Social Services. It is administered on the local level and provides assistance to eligible households for energy needs. Clients should have proof of income. For more information or to make an appointment for application assistance, please contact Senior Outreach Services.

The Supplemental Nutrition Assistance Program (SNAP)

Monthly benefits can be used to purchase food at authorized retail food stores. If you are eligible, an Electronic Benefit Transfer (EBT) account is set up for you, and every month your benefits will be deposited right into your account. To see if you are eligible, please contact the Senior Outreach Services.

ACCESSIBLE PARKING TAG

If you need assistance with an application, we are available on the second Monday of each month from 10-12:00pm and the third Thursday from 1-3:00pm.

YOUTHWORK\$

Youthworks is a service that works as a liaison between residents and Amherst youth ages 12-20. Jobs include: yardwork, gardening, weeding, mowing, raking, and snow removal. To hire a youth, please contact Robin Erwin at 631-7217.

SOCIAL CASEWORKERS:

VIJAYA TOMAR, MSW, 636-3050, EXT. 3165 or vtomar@amherst.ny.us and

JOHN JONES at 636-3050, EXT. 3129 or jjones@amherst.ny.us

A Social Caseworker is also available from 4:00-7:00pm on July 18. Please contact a Social Caseworker to schedule.

CLUB and VOLUNTEER INFORMATION

READERS THEATER CLUB

Thursday, July 6 at 11:00 am

You will not want to miss a performance by this talented group

THE PATHFINDERS CLUB

Hikes will take place at the following locations in July:

- 7/7- Beaver Island
- 7/14- Reinstein Woods
- 7/21- In front of the dog park at Ellicott Island
- 7/28- Niagara Falls Aquarium.
- Feel free to show up at any of the scheduled hikes

THE BOOK CLUB

Monday, July 24 at 1:00 pm

Horse by Geraldine Brooks

A discarded painting in a junk pile, a skeleton in an attic, and the greatest racehorse in American history: from these strands, a Pulitzer Prize winner braids a sweeping story of spirit, obsession, and injustice across American history. Based on the remarkable true story of the record-breaking thoroughbred Lexington, *Horse* is a novel of art and science, love and obsession, and our unfinished reckoning with racism.

BOARD GAME CLUB

In addition to the afternoon meetings at the Senior Center every Wednesday and Thursday at 12:30pm, this club will also be meeting on *MOST* Thursday evenings *OUTSIDE* the Center at different locations throughout the Town of Amherst. For current evening and location schedule, see the schedule in MyActiveCenter.com

VOLUNTEER:

KITCHEN VOLUNTEERS

We are still in need of additional volunteers to assist the Kitchen Staff on Tuesday evenings from about 4:30 to 6:00 pm. Duties include cupping and prepping food items for the next day's meals, as well as helping to serve the meals on trays to diners in the Dining Room and/or assisting on the serving line. New volunteers are encouraged to apply.

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

VOLUNTEER RECOGNITION EVENT

A barbeque dinner will be held on Friday, July 21 from 6:00-8:00 pm at the Senior Center. The Town of Amherst Senior Services and Youth & Recreation Department will be hosting this event to thank and celebrate all senior and youth volunteers who were registered with their respective departments and submitted at least one hour of service in 2022. This includes service recorded inside and outside the Senior Center, through Amherst Meals on Wheels, youth volunteers from the YES Program and the Amherst Youth Consortium. In an effort to be as ecologically & fiscally responsible as possible, no paper invitations will be mailed for this event, but registration will be required. Please RSVP using the form below or pick one up at the Center. You may drop your registration form off at the front desk or mail to: Jodi Kwarta, Director of Volunteer Services, Amherst Center for Senior Services at 370 John James Audubon Parkway by July 7 at 12:00 pm.

VOLUNTEER RECOGNITION EVENT RESERVATION FORM



Volunteer Attending: _____

Email: _____ Telephone Number: _____

Please submit to front Reception Desk

Additional forms are available at the front Reception Desk and in Meals on Wheels

JODI KWARTA, DIRECTOR OF VOLUNTEER SERVICES 636-3050, EXT. 3126

CLUBS

CLUB REGISTRATION

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk


Clubs are an excellent way to socialize with people with similar interests. If you are interested in more information or joining a Club, please register and go to the next meeting to speak with the leader or contact Jodi Kwarta (Ext. 3126) or Barb White (ext. 3136). Phone numbers are no longer listed for the safety and security of our Club Leaders.

Am-Center Photography Club	Ron Storfer	2nd and 4th Tuesday of the month, 1:00 –3:00
Amherst Rocky Blues Band Club	Dave Weiss	Fridays, 12:30
Amherst Senior Singers Club	Carol Mayo	Wednesdays, 1:00-3:00
Art Club	Joann Jarmusz	Mondays & Tuesdays, 1-3:30
Bike Club	Joann Stepien	Wednesdays, 9:30-11:30
Board Game Club-Afternoons	Ed Sapienza	Wednesdays and Thursdays, 12:30
Board Game Club-Evenings	Ed Sapienza	Most Thursday nights at 6:30-See MyActiveCenter.com for schedules
Book Club	Donna DeLeon	4th Monday, 1:00
Bridge Club	Mary Ann Devlin	Tuesdays, 2:00-5:00
Canasta Club	Mary Ann Devlin	Thursdays, 1:00-4:00
Chess Club	Bill Rich	Tuesdays, 12:15-4:15
Community Service Sewing Projects Club	Rena	Mondays, 8:30-11:00
Creative Writers Club	Carolyn Takach	1st & 3rd Mondays, 10:00-12:00
Dinner Club	Mary Bashore	Info on rack across from Wellness Room
Dominos Club	Jean Hallac	Mondays, 12:30-3:00
Duplicate Bridge Club (Mon)	Bruce Brown	Mondays, 12:30-4:00
Duplicate Bridge Club (Fri)	George Mayers	Fridays, 1:00
Euchre Club	Bob Peluso	Tuesdays, 1:00
Gateway Board Game Club	Ed Sapienza	2nd and 4th Wednesdays of the month, 12:30-3:30
Indian Senior Citizens Club-No July Mtg.	Inder Malik	2nd Thursday of the month, 4:30
Genealogy Club	Sally Clements	1st and 2nd Tuesday of month, 10:30
Knitting Club	Marylou	Tuesdays, 9:30-11:30
Mah Jong Club	Hillary Hurwitz	Tuesdays, 1:00-3:30
Men's Golf Club	Jim Pettis	Call Jodi for to connect with Club Leader
Pathfinders Club	Joann Stepien	Fridays, 9:00-11:00
Pinochle Club (Mon)	Leonard Ciappa	Mondays, 12:45
Pinochle Club (Wed)	Joanne Hall	Wednesdays, 12:45-3:30
Quilting Club	Jan	1st & 3rd Mondays, 12:30-2:00
Reader's Theater Club	Pam Williams	Mondays, 1:30
Rummikub Club	Mary Migliore	Fridays, 1:00-4:00
Scrabble Club	Carol Hensel	Tuesdays, 10:00-12:30
Spanish ZOOM Club	Susan Willavize	Thursdays, 1:30
Stained Glass Club	Tom Richards	Thursdays, 9:00-12:30
Tai Chi Club	Frank Chi	Wednesdays & Fridays, 1:30-2:30
Tuesday Afternoon Music Club	Teresa Hayes	Tuesday, 1:00
Upholstery Club	Kate Wagner	Wednesdays, 9:00-12:00
Walking Club (Walton Woods)	Sue Clark	Thursdays, 9:30 in Lobby
Wood Carving Club	Bill MacDougall	Tuesdays, 9:00-11:30
Women's Golf Club	Carole Mathews	Call Jodi for to connect with Club Leader

JULY NUTRITION

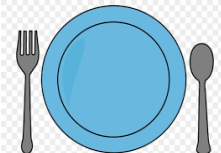


The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. Lunch is served Monday-Friday, 12:00-1:00 pm. Reservations must be made at least 24 hours in advance by going on MyActiveCenter.com or by calling 636-3051. There are NO walk-ins accepted. The Erie County Nutrition Program is open to anyone 60 years of age or older at a suggested contribution of \$3. Guests under 60 are welcome for \$5.

<u>MONDAY</u> <i>Vegan Options</i>	<u>MONDAY</u>	<u>TUESDAY</u> CLOSED	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Lentil soup Small salad Bread Dessert	3 Hamburger w/roll Potato salad Corn Cake	4 	5 Chicken Garden rice Glazed carrots Dinner roll Cake	6 Tacos Rice Corn Spumoni ice cream	7 Ham w/pineapple sauce Carrots Dinner roll Cake
Garden burger Roll Potato Vegetable Dessert	10 Cabbage roll Mashed potatoes Mixed vegetables Dinner roll Donut	11 Build your own salad Soup Italian bread Angel food cake	12 Roast beef w/ gravy Oven potato Green beans Roll Cookie	13 Pulled pork Garden rice Carrots Roll Tropical fruit	14 Breaded chicken Baked beans Brussel sprouts Corn muffin Cookie
Vegetable stir fry Rice Bread Dessert	17 Polish sausage Lazy pierogi Mixed vegetables Roll Peaches	18 Stuffed pepper Mashed potatoes Mixed vegetables Dinner roll Cookie	19 Chicken Rice pilaf Carrots Wheat dinner roll Apple	20 Mac & cheese Stewed tomatoes Broccoli White bread Mandarin oranges	21 Julienne salad Vegetable beef soup Fruit punch Italian bread Banana
Vegetarian chili Baked potato Bread Dessert	24 Reuban Garden vegetables Cranberry juice Rye bread Pineapple chunk	25 BBQ ribette Potato wedge Mixed vegetables Hoagie roll Mandarin oranges	26 Chicken leg Sweet potato casserole Spinach Corn muffin Apple crisp	27 Lasagna roll Meatballs Chef salad Broccoli Italian bread Lemon ice	28 Breaded fish Wild rice Mixed vegetables Dinner roll Apricots
Lentil soup Small salad Bread Dessert	31 Hot turkey sandwich Soup Cranberry juice Sherbet				

Dinners are served at 5:00 pm

July 11-Hamburger on roll, potato wedge, corn, dessert
 July 18-Chicken Caesar salad, soup, bread, dessert
 July 25-Polish sausage on roll, pierogi, vegetable, dessert



RESERVATIONS MUST BE MADE IN ADVANCE ON MYACTIVECENTER.COM OR BY CALLING 636-3051