

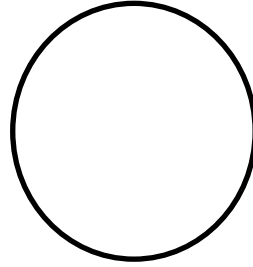
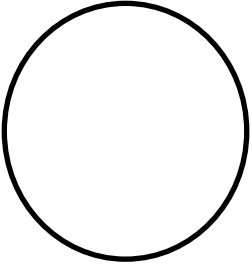


Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, NY 14228-1142


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Amherst Center for Senior Services
Newsletter

AUGUST 2023



 www.AmherstCenterForSeniorServices.com

 716-636-3050



Last Concert of the Season!
DARK HORSE RUN BAND

Tuesday, August 22
6:00pm-8:00pm

Do you like great country music?
Come and enjoy today's hits, yesterdays
classics and some oldies!

Free and open to the public. Don't forget your lawn chair.
Concerts will be moved indoors for inclement weather.

**This concert is sponsored by our friends at Beechwood
Continuing Care!**



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 coordinated 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.

I am pleased that we are now connecting our Senior Services with other Recreation locations in the Town of Amherst. In addition to what we offer at our current location we will provide more classes, programs, and services on various days and times at other locations in Amherst, to provide a variety of opportunities for seniors in our community. We have already offered and will continue to provide Mindfulness classes at the Harlem Road Community Center, Pickelball at Clearfield, and exercise at local parks. We will have classes and programming on various days and valuable gym time at the new Northwest Amherst Community Center. We are expanding our Outreach efforts to isolated seniors and connecting vulnerable seniors to the community.

As the number of adults age 55 and over continues to grow and become increasingly diverse, the Amherst Senior Center is stepping up to serve the cultural and geographic diversity of seniors, their caregivers, their families, and the community. Senior Centers play an important role in making sure that older adults are engaged in their communities and have access to support systems and resources.

This is a worthwhile investment in our community that will improve opportunities for our residents for years to come. I am deeply proud of my staff and their dedication to providing this programming and support of our seniors to keep them connected to their community. I encourage anyone age 55 + to take advantage of this opportunity to stay active, stay healthy, and stay connected!

Make sure and take a look at some of our Fall class highlights on page 9. Registration begins on August 7.

Melissa

Updates:

The new rug will be installed in early August. Classes, Programs, and Clubs may be affected. We apologize for any inconvenience. Notifications regarding changes or cancellations will be made by email, ROBO calls, and/or signage in the building.

Information in this issue was correct at time of printing

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

Wednesday, August 9 at 10:00 am
NORTHWEST AMHERST COMMUNITY CENTER
220 N Pointe Parkway, Amherst NY 14228

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.

WIFI PASSWORD: RainStorm20

AMHERST CENTER FOR SENIOR SERVICES MAIN LINE 636-3050

SOCIAL MEDIA

Not a day goes by when there isn't news about social media. Whether it is a tweet from a politician, headlines about Facebook or viral videos from YouTube, social media has become a regular part of our lives.

Think of social media platforms as web sites where you engage and connect with other people, communities, organizations and businesses. All of the social media platforms are web-based and are accessed via the web or through apps that you install on your iPhones and iPads. Check out the Amherst Center for Senior Services on our social media sites:



AmherstCenterforSeniorServices.com



amherst-center-for-senior-services/



@AmherstSrCenter



@amherstcenterforseniorserv1864



Our Facebook page has been corrupted and is no longer active. By time of print we should have a new page up and running.

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 14226

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

*All programs, classes, and clubs listed in this newsletter will take place at the Amherst Center for Senior Services unless otherwise noted.

A NOTE FROM YOUTH AND RECREATION

Summer is just flying by, but there's still lots of fun to be had!

If you haven't had a chance to catch a concert yet, join us at the Center on August 22 for Dark Horse Run or any Wednesday night at 7pm at Bassett Park. The line-up includes The Friends of Harmony, world-renowned jazz artist Bobby Militello, Dancing Queen City (an ABBA tribute band!) and the Red Blazer Men's Chorus.

Music not your thing? Join us for Shakespeare in the Park's traveling show "Where There's a Will, There's A Play" on Monday, August 21 at Bassett. The show features scenes from some of Shakespeare's most popular plays.

Grab your grandkids and take in a free Friday Movie in the Park! DC League of Super Pets is showing at Bedford Park in Willow Ridge on August 4. The Super Mario Bros. Movie will be at Island Park in Williamsville on August 18 and Vivo will close out the month at Bassett Park on August 25. Showtime for all three is 8:30pm. Bring a lawnchair and some snacks.

Summer will be over before you know it – make sure you don't miss out!

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

PROGRAMS

PROGRAM REGISTRATION

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

AMHERST SENIOR CENTER PROGRAMS:

CAR WASH

Friday, August 11 from 11:00-1:00 pm
\$4.00 for cars and \$5.00 for SUV's

BOOK AND MOVIE DISCUSSION

Friday, August 18 at 1:00 pm
Happiness for Beginners by Katherine Center
Following the movie will be a brief discussion to discuss the similarities and the differences between the movie and the book

SUMMER CONCERT

Tuesday, August 22 from 6:00-8:00 pm
Performance by Dark Horse Run. Don't forget your lawn chair! Regular Tuesday evening dinner will not be served. Hot dogs and snacks will be available for purchase while supplies last.

PICNIC IN WALTON WOODS

Monday, August 28 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

AMHERST SENIOR CENTER PARTNER PROGRAMS:



SILVER PRIDE TEA

Friday, August 4 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

MUSICAL MEMORIES CAFÉ

Tuesday, August 22 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

GARRISON PARK PROGRAMS:

PAINT BY STICKER

Tuesday, August 1 at 10:00 am
It's mesmerizing! Peel the sticker, place the sticker, and watch your painting come to life

BREAKFAST AT THE PARK

Friday, August 4 at 9:30 AM
Enjoy a breakfast sandwich under the gazebo. Fee is \$2.00 by 8/2

PAINTING AT THE PARK

Tuesday, August 8 at 10:00 am
We cleaned out our craft closet! No fee

PAULA'S DONUTS

Friday, August 11 at 9:30 am
Enjoy a Paula's Donut of your choice. Fee is \$3.00 by 8/9

CINNAMON ROLLS

Tuesday, August 15 at 9:30 am
Have you heard about the massive cinnamon rolls from Kaylena Marie's Bakery? Join us under the gazebo for a slice. Fee is \$2.00 by 8/11

BREAKFAST PIZZA AT THE PARK

Friday, August 18 at 9:30 am
Who say's pizza isn't for breakfast? Fee is \$3.00 by 8/16

Food brings people together on many different levels.

It's the nourishment of the soul and body. It's truly love.

Giada de Laurentiis, Chef

NEARBY LOCATION:

PAUTLERS

6343 Transit Road, East Amherst
Wednesday, August 30 at 12:00 pm
Join us for lunch or ice cream or both!

RESERVATIONS REQUIRED FOR ALL PROGRAMS. NO WALK-INS PLEASE

PROGRAMS

PROGRAM REGISTRATION

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

NORTHWEST COMMUNITY CENTER

PROGRAMS:

TOURS OF THE NEW FACILITY

Wednesdays, August 2 and 16 at 10:30 and 11:30 am
You have heard all about the new Community Center, now come take a look at the new space. We would also love to hear your ideas on what we can offer there

KARAOKE PARTY

Monday, August 7 at 1:30 pm
Grab the mic or grab a seat and listen

WATERMELON WREATH CRAFT

Thursday, August 10 at 10:00 am
Fee is \$5.00 due by 8/8

DOLLAR STORE BINGO

Monday, August 14 at 10:30 am
Bring an item from the Dollar Store for the Prize Table.
Limited seating. Please RSVP by 8/10

COFFEE AND CONVERSATION

Monday, August 21 at 10:00 am

The Program Department of the Amherst Center for Senior Services is committed to continually offer educational and enjoyable programs at the Center.

Now that we will have access to other recreation locations in the Town, we will be able to increase our programming to various days and times to provide a variety of opportunities for seniors in our community.

If you have an idea for a program that you would like to see offered at the Senior Center or at other locations, please let us know. Any ideas can be sent to our Program Leader, Jennifer Lazarz at jlazarz@amherst.ny.us.

The Program department would also like to welcome our newest addition to the team, Greg Potter. Greg joins us from the Town of Amherst Youth and Recreation Dept.



Pictured: Greg joins several members on National Senior Health and Wellness Day for a bike ride followed by a picnic lunch.

RESERVATIONS REQUIRED FOR ALL PROGRAMS. NO WALK-INS PLEASE

OPEN PLAY PICKLEBALL AND PING PONG



OPEN PICKLEBALL AND OPEN PING PONG DATES AND TIMES WERE NOT AVAILABLE AT TIME OF PRINTING. EMAILS WITH UPCOMING PLAY WILL BE SENT.

If you are not on the Center email list, please email our Public Relations Coordinator, Christina Yensan at cyensan@amherst.ny.us and she will add you to the list.

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.



VOLUNTEER and CLUB INFORMATION

VOLUNTEER:

VOLUNTEER REGISTRATION/ON-BOARDING

Have you thought about volunteering with us at some point? Consider filling out an application so you can be a registered volunteer with the Senior Center. This will allow us to be prepared as an opening of your interest arises. We foresee many new volunteer opportunities in the coming months. These openings will be at both the Center and the new Northwest Amherst Community Center. To register, complete your application and return it to us. We'll take care of making sure you have the tools you'll need to successfully volunteer by completing the rest of our new volunteer on-boarding process before actually volunteering. Volunteer applications can be found on the wall outside the door of the Volunteer Office, or one can be mailed to you upon request.

SWEET HOME BACK TO SCHOOL SUPPLIES POP-UP

If you're interested in assisting us sort through and organize donated school supplies and clothing for the School Supplies Pop-up, please contact us to get dates and details. (This information was not available at time of printing)

MENTORING OPPORTUNITIES

As our partnership with Sweet Home High School's Ready Academy continues, we are looking for potential mentors to work 1:1 or with small groups of high school students. We are looking to impart knowledge or skills in the areas of business, art, mindfulness, cooking and other life skills. If you have a special skill set or knowledge base of a particular subject and would like to share it with a handful of local students, please let us know. Opportunities could be a one-time experience or take place on a regular basis over several weeks or months, depending upon the subject matter and the mentor's availability. This will be an-going initiative.

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.

CLUBS:

BOOK CLUB

Monday, August 28 at 1:00 pm

The Secret Life of Bees by Sue Monk Kidd

Set in South Carolina in 1964, *The Secret Life of Bees* tells the story of Lily Owens. When Lily's fierce-hearted black "stand-in mother," Rosaleen, insults three of the deepest racists in town, they escape to Tiburon, South Carolina. Taken in by an eccentric trio of black beekeeping sisters, Lily is introduced to their mesmerizing world of bees and honey, and the Black Madonna. This is a remarkable novel about divine female power.

ROCKY BLUES BAND

Drummer Needed

The Rocky Blues Band is need of an experienced drummer. If interested, stop by during a rehearsal any Friday afternoon to meet with the group and gain additional information.

SUMMER HIATUS: CLUBS

Please be advised that some of our clubs take a break during the summer and then resume in the fall. This includes the Amherst Senior Singers; Am-Center Photography Club; Indian Senior Citizens Club; Bakers Rack Sale Club. When in doubt, please check the schedule on MyActiveCenter.com.



BACKGAMMERS WANTED!

We are trying to determine the interest level of starting a new backgammon Club. Please contact Jodi to indicate your interest.



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

CLASSES

CLASS REGISTRATION

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

FALL CLASS CATALOG

The Class Catalog is available in hard copy at the Center, Amherst Libraries and online at AmherstCenterforSeniorServices.com.

FALL CLASS REGISTRATION PROCEDURES



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.

**REGISTRATION FOR FALL CLASSES
BEGINS ON MONDAY, AUGUST 7**

MyActiveCenter TRAINING

Tuesday, August 1 and Thursday, August 3, 10:30am-11:30am
Need help setting up an account on MyActiveCenter.com? It only takes a few minutes. Stop in the Computer Room during the above date and time for assistance. An account on MyActiveCenter will give you the ability to sign up for classes, programs and lunches on-line from the convenience of your home.

REFUNDS

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 4 full business days prior to the scheduled class start date.

A \$5 processing fee will be applied for withdrawals or transfers. After the session begins, **NO** refunds are granted except for medical reasons and/or the advice of the instructor. Refunds will be credited to your Senior Center account.

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 one of our facilities. We welcome new ideas and always need fitness instructors.

Please contact our Class Coordinator with your course proposal and if you are interested in teaching a day or evening class. We look forward to hearing from you.

CLASS IDEA?

If you would like to share an idea for a class you would be interested in us offering, please let our Class Coordinator know.

CINDY WEISS, CLASS COODINATOR, cweiss@amherst.ny.us

FALL CLASS HIGHLIGHTS

CLASS REGISTRATION

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

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

ANCIENT TEXT BIBLICAL HEBREW

Learn to speak and write Biblical Hebrew. Class will include the Hebrew Alef Bet, Hebrew vowels, syllabification & pronunciation, Hebrew nouns and a class forum to discuss basics of Hebrew writing.

ART HISTORY ZOOM

Modernist Painting at the Buffalo AKG

Focus on American painters between 1880 and 1940 that are in the recently reopened Buffalo Albright-Knox Art Gallery.

BALLROOM DANCING

Join us for introductory ballroom lessons. No experience or partner necessary. Dances featured will be Foxtrot, Swing and Rumba.

INTRODUCTION TO MINDFULNESS

Learn how practicing mindfulness can help you calm the mind, reduce stress, increase awareness and cultivate more kindness and compassion towards yourself and others. Engage in a variety of mindful practices including guided meditations, breathing practices and mindful movements (all seated).

ITALIAN FOR BEGINNERS

Learning a new foreign language can be an enjoyable and stimulating experience, especially if you look at it as learning a new way to communicate with other people. This class is for students who have little to no experience with the Italian language and would like to start their journey into being able to read, write and speak Italian at a basic level.

MOVE, TONE, AND STRETCH

Includes low impact cardio, toning with light weights or bands and some core work. Class will finish with yoga inspired stretching and breathing.

TAP DANCING - Beginner

Here's your chance to learn the fundamentals of tap dancing. Tap is a great way to exercise the body and mind in a fun and exciting way. This class will teach you footwork and expression through sound and is a great way to practice control, coordination and agility.

TWO HEARTS IN THREE-QUARTER TIME

The World of Operetta

In the 19th and 20th centuries, the language of love was theatrically expressed by the operetta. We will salute the great melodic geniuses who glorified the operetta form, including Jacques Offenbach, Arthur Sullivan (with W.S. Gilbert), Johann Strauss II, Franz Lehár, Victor Herbert and Sigmund Romberg. Each session is guaranteed to leave you with a song in your heart!

DEFENSIVE DRIVING CLASS: AARP Smart Driver
(\$25 for AARP Member/\$30 for Non AARP Member)
8/16 or 9/13 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.

RESERVATIONS REQUIRED FOR ALL CLASSES

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, August 8 at 11:00 am

Grandparent Kinship Group

Wednesday, August 9 at 11:00 am

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

Men's Group *NEW TIME*

Tuesday, August 15 at 2:30 pm

"Getting to know us: A man's perspective"

Talk about issues that are specific to men.

Caregivers Group

Wednesday, August 16 at 1:00 pm

Loss & Grief Group

Thursdays at 11:00 am, August 31-October 5

This group will meet every Thursday for six weeks

Parkinson's Group:

Thursday, August 24 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.

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 1:00-3:00pm.

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 August 18. Please contact a Social Caseworker to schedule.

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

AUGUST 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>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
		1 Pork chop w/gravy Mashed potatoes Peas Multigrain bread Choc chip cookie	2 Chicken w/gravy Sweet potato fries Creamed spinach Corn muffin Apple cran crisp	3 Omelet Has brown Broccoli Rye bread Cookies	4 Taco Rice Green beans Cake
Lentil soup Small salad Bread Dessert	7 Hamburger Potato wedge Mixed vegetables Pear	8 Cabbage roll Mashed potatoes Peas Dinner roll Brownies	9 Turkey ala king Mashed potatoes Mixed vegetables Biscuit Peaches	10 Macaroni & cheese Stewed tomatoes Green beans Multigrain bread Mandarin orange	11 Roast beef w/gravy Mashed potatoes Mixed vegetables Dinner roll Pie
Garden burger Roll Potato Vegetable Dessert	14 Salisbury steak w/ gravy Mashed potatoes Mixed vegetables Wheat bread Pudding	15 INDIA INDEPENDENCE DAY Chicken masala Rice Curry cauliflower Naan bread Pudding	16 Pulled pork Tater tots Carrots Roll Fruit cocktail	17 Beef stew Stew vegetables Mashed potatoes Biscuit Cake	18 Lasagna roll Meatballs Green beans Dinner roll Cookie
Vegetable stir fry Rice Bread Dessert	21 Ribette Potato Mixed vegetables Hoagie roll Applesauce	22 Turkey w/gravy Sweet potato Green beans Dinner roll Diced pears	23 Tilapia Rice Mixed vegetables Multigrain bread Peanut butter cookie	24 Cabbage roll Mashed potatoes Mixed vegetables Dinner roll Tropical fruit	25 PICNIC Hot dog Baked beans Potato salad Ice cream
Vegetarian chili Baked potato Bread Dessert	28 Stuffed pepper Mashed potatoes Mixed vegetables Italian bread Cookie	29 Salisbury steak Mashed potatoes Green beans Multigrain bread Diced pears	30 Chicken pot pie Cauliflower Carrots Cookies	31 Pork chop Mashed potatoes Broccoli Multigrain bread Banana	1 LABOR DAY PICNIC

FAMILY DINNER

Tuesday, August 1 at 5:00 pm

Face painting, games, crafts and more! Fun for all ages! Under 60 is a \$5.00 contribution.

Menu: Hamburger or cheeseburger, potato wedges, vegetable, ice cream, milk

THIS WILL BE THE ONLY DINNER SERVED IN AUGUST DUE TO CARPET INSTALLATION

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