



AMHERST CENTER FOR SENIOR SERVICES

CLASS REGISTRATION WINTER/SPRING 2018

TRIMESTER: January 3, 2018 - April 27, 2018



Chamber Music



Watercolor



Yoga

IMPORTANT DATES & INFORMATION

**ADVANCE Registration for Amherst Resident Members
BEGINS Monday, November 6, 2017**

- **NO REGISTRATIONS WILL BE PROCESSED PRIOR TO November 6, 2017**
- No mail-in or drop-off registration will be accepted prior to Monday, October 30.
- For your convenience, there will be a "drop-off drum" located inside the front entrance of the Senior Center starting Monday, Oct. 30. Please place your **sealed envelope** marked: "WINTER/SPRING 2018" Registration" in the drum.
- All Registration Forms received the week of October 30, 2017 will be considered the first day's mail.
- **OPEN Registration for Non-Members & Non-Resident Members BEGINS MONDAY, November 27.** Please stop in or call regarding these Registration procedures and class listings.

HOW TO REGISTER

NOTE: Two Registration Forms are included in this catalog.

1. Use one Registration Form per person. Processing of forms will be delayed unless they are filled out **completely and correctly, with correct fee(s) and membership numbers included.**
2. Write **one class** on each line and write a **separate check** for each class. **We will not process Registration if one check is sent for several classes. EXCEPTION: We will accept one check per class from a married couple when both are registering for the very same class.**
3. Make checks/money orders payable to: **AMHERST CENTER FOR SENIOR SERVICES. Do not submit cash. For AARP Smart Driver Class, make check payable to AARP Smart Driver. Please make sure the name of the class is on the bottom left corner of your check.**
4. Mail Registration Form with appropriate fees to:
**WINTER/SPRING 2018 REGISTRATION
AMHERST CENTER FOR SENIOR SERVICES
370 John James Audubon Parkway
Amherst, New York 14228-1142**
5. You are registered for the class(es) you indicated, **unless notified otherwise. If you would like confirmation, please include a self-addressed, stamped business envelope with your Registration Form.**

• **PLEASE DO NOT PHONE THE SENIOR CENTER FOR CONFIRMATION •**


NOTE: If a class is canceled or filled, your check will be returned within 6 weeks

IMPORTANT COURSE CATALOG DISTRIBUTION INFORMATION ON PAGE 18.

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Save The Date

THE AMHERST CENTER FOR
SENIOR SERVICES AND
AMHERST YOUTH & RECREATION

Holiday Happening

**Friday, December 15, 2017
from 6-8:30 pm**

*Enjoy a festive holiday event
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- Crafts • Cookie Decorating
- Caroling • Music
- Food for Sale
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Get in touch with us to schedule
a tour and learn more.

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Cradled in the arms of a Certified National Wildlife Sanctuary, your one or two bedroom luxury apartment will provide years of independence. Your space will be custom designed to embody your taste and lifestyle.

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Beechwood Continuing Care

Beechwood Continuing Care is considered the premier not-for-profit senior care community in WNY. From luxury independent apartment living to state-of-the-art short term rehabilitation...our communities have something for everyone.



ASBURY POINTE

*Independent Retirement Community...
...like a cruise ship that never leaves the dock.*

110 beautifully appointed apartments – all with a balcony or patio. Residents enjoy a luxurious yet neighborly lifestyle complete with 5 star dining service and heated underground parking. Known for its extraordinary décor, verdant campus and attention to personal service, Asbury offers the freedom and security of retirement living.

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*Assisted & Enhanced Living Community...
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Classic elegance in the heart of Williamsville, Blocher offers the perfect alternative for your loved one when they can no longer live at home alone. Residents enjoy daily personal and nursing services by caring professionals. Blocher not only provides traditional assisted living, but enhanced assisted living services as well which enables residents to age in place.



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Make Wesley your first choice!

Wesley's interdisciplinary team of professionals develop a goal-oriented approach with each patient to ensure their rehab stay at Wesley gets them home as soon as possible. All rooms are private with flat screen TV's, phones and homelike amenities. Meals are enjoyed in a beautifully appointed dining room complete with a baby grand player piano! *Your first step toward health and independence.*



BEECHWOOD HOMES

Skilled Care Community – “Welcome Home”

Beechwood Homes is the only skilled care community in WNY that has completely integrated person-centered care in a household setting. Each household has 12-22 residents that enjoy their own living room, country kitchen and dining room including a hospice household. Over 65 nursing homes and assisted living communities from around the country have visited Beechwood to learn how they can make this culture change journey. *Seeing is believing!*



To learn more about any of Beechwood Continuing Care communities, call 716-810-7370.

www.beechwoodcare.org

Proud to be
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community.



AMHERST SENIOR CITIZENS FOUNDATION

COMMONLY ASKED QUESTIONS AND ANSWERS

WHAT'S NEW REGARDING REGISTRATION AND MEMBERSHIP?

There are now three groups of people who may participate in activities at the Amherst Center for Senior Services:

Amherst Resident Membership is a lifetime membership open to all Town of Amherst residents, 55 years of age and older (and their younger spouse). For a very reasonable one-time fee of \$30, upon joining, Amherst Resident Members may take advantage of our **ADVANCE CLASS REGISTRATION** each trimester and are welcome to participate in all activities including clubs and special events.

Non-Resident Membership – The number of Non-Resident Members will be limited to 100 per year, at an annual fee of \$30. They may register for classes at stated prices, on a space-available basis, during **OPEN REGISTRATION only**. The annual fee will also permit Non-Resident Members to participate in all activities, including clubs and special events. Non-Resident Members must meet the same age requirements as Amherst Resident Membership.

Non-Members – Visitors/Guests who live outside the Town of Amherst and are age 55 or older may register for classes at an additional cost of \$5 per class during **OPEN REGISTRATION**. Open Registration is based on a space-available basis. Non-members may only participate in Center activities that are open to the public.

WHAT IS THE DIFFERENCE BETWEEN ADVANCE REGISTRATION VS. OPEN REGISTRATION?

ADVANCE Registration is for **Amherst Resident Members only**. It begins Monday, November 6, 2017.

OPEN Registration is for **Non-Resident Members and Non-Members**. It begins Monday, November 27, 2017.

MUST I BE REGISTERED TO ATTEND CLASSES?

YES. Paid registration is required for all classes. Teachers are instructed not to permit members who are not registered to attend classes. However, you may observe a class by appointment.

IF I ATTEND A CLASS, WILL I HAVE PRIORITY REGISTRATION FOR THE NEXT TRIMESTER?

NO. In order to ensure equal opportunity for all members to attend classes, members must register for each trimester. Enrollment in a prior class will not guarantee enrollment in subsequent classes.

WHAT'S NEW REGARDING CLASS FEES, FEE WAIVERS, REFUNDS, & HEALTH INSURANCE REIMBURSEMENTS?

AARP Smart Driver Course: Please be advised that the fee for Amherst Senior Center members belonging to AARP is \$20.00. However, you must include your AARP membership number on both your check and registration form. If you are not an AARP member, the Driver Safety Class Fee is \$25. ***Please make check payable to: AARP Smart Driver.**

FEE WAIVERS: Are available for Amherst Resident Members having difficult meeting class costs. Applications are available in the Social Work Office and should be submitted in advance of registration week. **For current fee waiver members: if you have not already verified your program eligibility, it is necessary to do so prior to registering for upcoming Trimester classes.** Please schedule a meeting with the Social Work Department by calling 636-3050. **For confidentiality,** any members who are approved may submit or mail their class registration form directly to the Social Work office.

REFUNDS: Prior to the first session of class, all course withdrawals will be subject to a \$5.00 processing fee. After the session begins, Class Transfers are encouraged as No Refunds will be granted except for medical reasons and/or the advice of the instructor. All medical refund requests, must be submitted in writing and accompanied by a physician's note. Refund checks may take up to 6 weeks to process. *If you are uncertain a particular course is for you, we encourage you to audit the class, prior to registration.

INSURANCE REIMBURSEMENTS: Members are responsible for checking with their insurance carrier to see if a portion of the Physical Fitness, Health and Self-Improvement fees can be reimbursed. If you plan to submit for reimbursement, please check the box on the registration form and submit a stamped, self-addressed envelope so a receipt can be mailed to you.

DO I NEED TO PAY FOR THE FULL SESSION IF I CANNOT ATTEND ALL CLASSES?

YES. All registrations are for the **entire session**, regardless of whether a member will be able to attend all classes.

WHAT WOULD PROMPT THE CANCELLATION OF A CLASS?

It is imperative that members register on time in order to prevent class cancellations. All classes are based on a minimum and maximum number of participants. If a particular class does not meet its minimum quota, there is a very good chance the class will be canceled for that trimester.

WHAT IF A CLASS IS CANCELED DUE TO INCLEMENT WEATHER OR INSTRUCTOR ILLNESS?

Canceled classes will be made up by extending the course, **when possible**.

For more information regarding Registration, contact the Program staff at 636-3050

CLASSES & ACTIVITIES

New classes may be added during the year. Please check *THE NETWORK* and the display case in the Main Lobby before you register.



This symbol indicates Evening Class.



ARTS & CRAFTS



ACRYLIC / OIL PAINTING

8 weeks, starting Jan. 8

Randy Godding, instructor

Learn the fundamentals of painting, working from observation, ideas and references. This is a flexible program to meet participants' needs and interests. **For questions regarding supplies only, call 835-2542.**

Monday, 9:30 a.m. - 12:00 p.m.

Fee: \$50.00

Art Room

CALLIGRAPHY - BEGINNING / BROAD NIB PEN

6 weeks, starting Jan. 19

Mary Jo LaClair, instructor

Enjoy learning the beautiful art of calligraphy. The Chancery Alphabet will be featured in this class. Students will also have fun with designs and motifs possible with a broad nib pen. Enhance cards, envelopes, collages etc. with these exciting techniques. This class is open to anyone interested in working with the Chancery alphabet. Call 839-1922 for a list of supplies after registering for the class.

Friday, 10:00 a.m. - 12:00 p.m.

Fee: \$40.00

Art Room

CALLIGRAPHY - CONTINUING

8 weeks starting Jan. 12

Mary Jo LaClair, instructor

Prerequisite: Knowledge of one calligraphy alphabet or completion of our Beginner Calligraphy class. Brush up on skills and learn new alphabets. **Bring to class: ruler, calligraphy fountain pen with at least broad, medium and fine nibs, ink suitable for fountain pen, and other favorite calligraphy tools. Other supplies will be discussed in the first class.**

Friday, 1:00 - 3:00 p.m.

Fee: \$40.00

Art Room

DIGITAL PHOTOGRAPHY - Getting More Out of Your Camera

4 weeks, starting March 21

Mary Lou Frost, instructor

This class will encourage participants to understand and learn to use settings for Aperture, Shutter Speed and ISO. We will continue to evaluate the images we take using histograms and to adjust exposure using exposure compensation. Weather permitting, we will step outside the Center and practice with our cameras. Opportunity will be provided for evaluation of the images members' capture, to enable them to improve their skill at capturing high quality images. Questions can be addressed to Mary Lou Frost at 694-6136 or mlfrost@verizon.net

Wednesday, 11:00 a.m. - 12:30 p.m.

Fee: \$25.00

Computer Room

DRAWING WITH COLORED PENCILS

8 weeks, starting Jan. 10

Randy Godding, instructor

Students will learn techniques like layering, blending, burnishing and modeling to create pleasant results with this exciting and unique medium. Classes consist of short demonstrations followed by one-on-one instructions. Drawing skills not required. **Call Randy, 835-2542, before purchasing pencils.**

Wednesday, 9:30 - 11:30 a.m.

Fee: \$46.00

Craft Room

LEARNING TO USE A CALLIGRAPHY PEN

1 week, starting Jan. 12

Mary Jo LaClair, instructor

Have you always wanted to add calligraphy to your scrap-books, journals or other art pieces? You will learn how to use a calligraphy pen to make letters, flowers and flourishes, a simple alphabet will be introduced. Interested students may continue in the 6-week class. For supply list, call 839-1922

Friday, 10:00 a.m. - 12:00 p.m.

Fee: \$20.00

Art Room

ORIGAMI – The Japanese Art of Paperfolding

1 week, starting Jan. 5

Nancy Wise, instructor

Entertain your friends and family by creating simple, fun models from a piece of paper. Origami is good luck, helps your memory, is therapeutic for your joints and relaxing for your mind. It's a hobby that can be carried around in your pocket and done anywhere!

Friday, 10:00 – 11:00 a.m.

Fee: \$20.00

Computer Room

PHOTO EDITING - The Next Step

4 weeks, starting March 21

Mary Lou Frost, instructor

This class will focus attention on the software techniques that bring the greatest quality to your images. You can bring your laptop or use a computer in the lab. This work can be done in either Photoshop Elements or a full version of Adobe Photoshop. We will explore using Layer Masks (including luminosity masks), Selection Tools, and the free plug-in software for Nik. Contact Mary Lou Frost at 694-6136 or mlfrost@verizon.net

Wednesday, 9:00 – 10:30 a.m.

Fee: \$25.00

Computer Room

WATERCOLOR CLASS - Beginning

10 weeks, starting Jan. 9

Dan Meyer, instructor

This class will introduce students to the various techniques used in watercolor painting and how they relate to subjects found in our surroundings. Each technique will be demonstrated, step by step by the instructor, followed by student participation. You may access a materials list by accessing the instructor's website at www.woodswindwater.com, select Studio at the top of the page and then select Materials List.

Tuesday, 9:30 – 11:30 a.m.

Fee: \$63.00

Craft Room

WATERCOLOR CLASS - Intermediate

13 weeks, starting Jan. 10

Dan Meyer, instructor

Continue to explore the fascinating world of watercolor as you go beyond the basics. Each subject rendered will be demonstrated, step by step by the instructor, followed by student participation. Advanced watercolorists will enjoy this course as well. You may access a materials list by accessing the instructors' website at www.woodswindwater.com, select Studio at the top of the page and then select Materials List.

Wednesday, 9:30 – 11:30 a.m.

Fee: \$72.00

Art Room



WOODCARVING

6 weeks, starting March 14

Ray Didley, instructor

Relief Wood Carving Class – Students will carve two Dogwood blossoms with stems and leaves into a 1" thick Basswood plaque. Required tools include a 3/4" or 3/8" wide gouge and carving knife with a sharp tip. A chip carving knife is recommended. Instructor, Ray Didley has over 50 years of carving experience. A \$10.00 supply fee, for wood and photo is to be paid directly to instructor at first class.

Wednesday, 6:00 – 7:30 p.m.

Fee: \$20.00

Art Room



CARDS



BEGINNING BRIDGE CLASS - PART II

13 weeks, starting Jan. 9

Jini Rizzo, instructor

The second level of Beginning Bridge lessons. If you recently completed Beginning Bridge Part 1 this class is for you.

Tuesday, 10:30 a.m. - 12:30 p.m.

Fee: \$34.00

Card Room

BRIDGE REVIEW

Jini Rizzo, instructor

A refresher course, with play of the hand to sharpen skills. Prerequisite: Bridge knowledge.*

Please specify which class you would like to attend:

Monday, 10:30 a.m. - 12:30 p.m.

11 weeks, starting Jan. 8

Fee: \$31.00

Card Room

or

Tuesday, 1:00 - 3:00 p.m.

13 weeks, starting Jan. 9

Fee: \$37.00

Classroom 3

***Due to the popularity of this class, members who have previously attended this class are encouraged to join the Amherst Senior Services' Thursday Morning Duplicate Bridge or Friday Afternoon Bridge Club.**

This will allow other members a chance to participate.

COMPUTERS / TECHNOLOGY



Amherst Center for Senior Services COMPUTER LAB Instruction: – A maximum of 8 students will be accepted into class at any time. All will be required to use the Center computers unless otherwise indicated. The Center computers are running Windows 7 Professional.

COMPUTER USE FOR EVERYONE

Computer Room

Nancy Wise, instructor

Learn to feel more comfortable using any computer – using the mouse, saving and finding files, searching the web and copy and pasting – are all computer skills everyone needs no matter how you use the computer.

Friday, 9:30 - 11:00 a.m.

Fee: \$40.00

6 weeks, starting Jan. 12

UNDERSTANDING YOUR SMARTPHONE/ TABLET

Computer Room

Nancy Wise, instructor

You will learn the basic “gestures” to control your Smartphone (Apple or Android) or tablet. We will focus on many features such as texting, calendar, calculator and camera. Bring your Smartphone or tablet and your questions to class. This is a small class which will allow for plenty of individual attention.

Session 1: 10:00 - 11:00 a.m.

Fee: \$20.00

3 weeks, starting March 2

or

Session 2: 10:00 - 11:00 a.m.

Fee: \$20.00

3 weeks, starting April 13

DANCING



IMPORTANT NOTICE: *Participants in exercise classes, dancing and sports activities should consider having a physical examination prior to entering strenuous programs. Please check with instructor about proper clothing and shoes necessary for each activity.*

BALLROOM DANCE - New Style Dance Steps

9 weeks, starting Jan. 11

Phyllis (Kippy) Ralabate, instructor

Whether it be young people auditioning because they think they can dance or celebrities competing against each other only to win a "Mirror Ball Trophy" one thing is for certain, Ballroom Dance will never go out of style! So...Come join us for an hour of dancing. Learn various dance steps and leave feeling like you're ready to Dance with the Stars. Everyone is welcomed!

Thursday, 11:00 a.m.-12 noon

Fee: \$28.00

Dance Room

COUNTRY LINE DANCING - Beginner / Beginner Plus

10 weeks, starting Feb. 5

Dottie Ryer, instructor

This class is designed for the Beginner and Beginner Plus member who enjoys country music and wants to learn or improve their dancing skills. The first 45 minutes will focus on easy to learn Country Western Dance Steps. It will be followed by 45 minutes of slightly more advanced dance routines. Everyone is welcomed to join the fun, and dance at their own level.

Monday, 1:00 - 2:30 p.m.

Fee: \$33.00

Dance Room

TAP DANCING - Beginning

11 weeks, starting Jan. 9

Dawn Tarbox-Szerbiak, instructor

If you danced as a child or have always wanted to take Tap Dancing, this class is for you. We will focus on Basic Tap steps and simple dance routines. Everyone is welcome. Come and join the fun.

Tuesday, 9:30 - 10:25 a.m.

Fee: \$46.00

Dance Room

TAP DANCING - Intermediate

11 weeks, starting Jan. 9

Dawn Tarbox-Szerbiak, instructor

Lesson time will be split with a half hour of technique to help strengthen your tap dancing skills. The additional half hour will focus on introducing new dance material and routines. ***Previous Tap Dance experience is required.**

Tuesday, 10:30 a.m. - 11:25 a.m.

Fee: \$39.00

Dance Room



Marilyn Ciavarella, instructor

Zumba is great as a workout and/or dance routine! This lively program uses Latin dance steps such as the samba, salsa, rumba, meringue, and cha-cha. Various types of music will be used while you dance your way to health. The instructor will tailor the class toward the mature adults' ability. So come join the Fun!!!! Please refer to the **Physical Fitness & Health** section of this brochure for more details.



Keep current on the latest news and see photos from the Amherst Center for Senior Services & the Amherst Senior Citizens Foundation by visiting our Facebook page at: <https://www.facebook.com/amherstseniorservices/>

DISCUSSION GROUPS



ALL THE NEWS & ISSUES

15 weeks, starting Jan. 5

One of the following will lead the group each week: Leah Hayes, Carol Hensel, Richard Kayton, Jane Kauffman, Nick Read, Florence Sodus or Lenny Testa. Stay informed. This weekly discussion group will touch upon local, national and world events and topics.

Friday, 9:30 - 11:30 a.m.

Fee: \$20.00

Classroom 2

LOOKING THRU THE PAPERS

13 weeks, starting Jan. 9

One of the following will lead the group each week: Robert Chamberlin, Maureen O'Donnell, Richard Schanley or Joann Shafer. Stay informed. This weekly discussion group will touch upon local, national and world events and topics.

Tuesday, 9:30 - 11:30 a.m.

Fee: \$30.00

Classroom 1

OLD TIME RADIO

Are you into nostalgia? David Converse will present an Old Time Radio class once again this trimester. Relive the golden days of radio. Please refer to *History, Language, Literature & Science* section of this brochure for more details.

FOR THE HOME



UPHOLSTERY

Classroom 3

Andy D'Amato, instructor

Work independently on your own "chair-size" project. (No love seats or sofas due to space limitations.) Bring your project to the first class. It can be left there until completion. **Materials, to be purchased by each student, will be discussed at the first class.** (A fully upholstered chair may require more than a six or seven-week course to complete.) ***Please phone the instructor before registering if you have not attended a prior Upholstery class, 839-0221.**

Session I: Tuesday, 9:00 a.m. - 12:00 p.m.

Fee: \$64.00

6 weeks, starting Jan. 9

Session II: Tuesday, 9:00 a.m. - 12:00 p.m.

Fee: \$64.00

6 weeks, starting Feb. 27

OPEN REGISTRATION FOR NON-MEMBERS

Begins **Monday, November 27, 2017** - Non-Members will pay an additional fee of **\$5 per class**. If you have a senior friend or relative who has always wanted to attend a class here at the Center but has not been eligible due to their residency, ask them to give us a call at 636-3050, ext. 3109.



HISTORY, LANGUAGE, LITERATURE & SCIENCE



ART HISTORY

6 weeks, starting January 18

Laura Watts Sommer, instructor

Baroque Art: 17th Century European Art - The Baroque era originated in Italy, and lasted over a century in some parts of Europe. Baroque artwork fuses dramatic components, beautiful details, and emotionally charged subject matter. Come join us as we explore and discuss this intensely powerful artistic period.

Thursday, 10:00 – 11:30 a.m.

Fee: \$28.00

Classroom 2

ASTROLOGY

6 weeks, starting Jan. 18

Mary Ann Hailand, instructor

In this class we will take a closer look at polarity and angles in our charts. It is something we have discussed briefly in previous classes but now will delve deeper in. If we have time, we will begin to look at the moon's nodes. This is a continuing class but newcomers are welcomed.

Thursday, 10:30 – 11:45 a.m.

Fee: \$29.00

Craft Room

Aviation

6 weeks, starting Feb. 15

Douglas Byrum Routt, instructor

Explore the world of aviation from Piper cubs to 4th generation supersonic fighter jets. Discover the history of early successes and failures, how two wings became one and then became swept back. How do you navigate in the air when you can't see the ground? Who controls the arrivals at busy airports and how separation is insured. Virtually any aspect and question about aviation can be examined and discussed by the class as the curriculum will be adapted to fit the class interest. Colonel Doug Routt, USAF ret., has over 5,000 hours in fighter jets and has flown numerous general aviation aircrafts as an instructor for the FAA.

Thursday, 10 a.m. – 12 p.m.

Fee: \$33.00

Classroom 3

FRENCH - CONTINUING CONVERSATION

7 weeks, starting March 7

Patricia Haguet, instructor

If you ever wanted to learn one of the romance languages, now is your chance. This class will be a continuation of Conversational French. We will explore French culture to enhance your feelings for the language and continue to touch upon grammar and conjugation.

Wednesday, 3:30 - 5:00 p.m.

Fee: \$30.00

Classroom 1

OLD TIME RADIO

6 weeks, starting March 7

David Converse, instructor

Tired of the stress of today's world? How about a little nostalgia? Join us on a trip to a quieter, gentler time. "Those were the days..." "When Jack Benny, Fibber McGee and Molly, The Shadow, Bing Crosby and so many others entertained us all, young and old alike. Are there any special programs you'd like to revisit? We'll do our best to do just that!

Wednesday, 10:00 - 11:30 a.m.

Fee: \$26.00

Classroom 3

SOUND OF INTIMACY - Explorations in Chamber Music.

Delve into the history of chamber music in this informative class taught by Michael Harris. Please refer to the **Music** section for Music Appreciation.

Cynthia Diaz, instructor

For those who wish to broaden their knowledge of Conversational Spanish. In this 1.5 hour weekly session, we will explore culture and traditions to enhance your feeling for the language.

Wednesday, 12:30 - 2:00 p.m.

Fee: \$32.00

Craft Room



MUSIC APPRECIATION

Classroom 2

Michael Harris, instructor

The Sound of Intimacy – Explorations in Chamber Music. If ever the statement “Less is More” were applicable, it would certainly be the case with chamber music. Using just a handful of performers, its musical content is often more moving and profound than many works for orchestra - and yet it’s often overshadowed by music written for large ensembles. We will sample the aural delights of duets, piano trios, string quartets and other small-scale groups - musical conversations in which every player and note is important. The course will take special notice of the repertoire performed this season at the Buffalo Chamber Music Society (Haydn, Mozart, Mendelssohn, and Shostakovich) as well as that annual Western New York institution, the Slee Beethoven String Quartet Cycle. Armed with fresh musical insights, you’ll feel ready when intimacy comes a-calling!

***Please indicate which session you would prefer:**

A.M. Session: Tuesday, 9:30 – 11:30 a.m.

Fee: \$39.00

14 weeks, starting Jan. 9

or

P.M. Session: Tuesday, 1:00 – 3:00 p.m.

Fee: \$39.00

14 weeks, starting Jan. 9

DON'T MISS OUT ON FUTURE COURSE CATALOGS
As we GO GREEN to SAVE GREEN!!
 Please find the Amherst Senior Center Course Catalog online at
www.amherst.ny.us



FUTURE ISSUES:

Spring/Summer 2018 Catalog - Available February 13, 2018

Fall 2018 Catalog - Available June 12, 2018

Winter/Spring 2019 Catalog - Available October 9, 2018

We now mail Course Catalogs only to members who tell us to mail to them. You must fill out a form requesting mailed copies of the catalog. Fill out one single form to guarantee all future mailings.

Please request this form at the Information & Assistance Desk.

A limited number of printed catalogs will be available at the Senior Center.

STOP BY THE INFORMATION DESK FOR DETAILS!

PIANO LESSONS

Music Room

Sharon Dittmar, instructor

Individual one-half hour lessons will be offered. Class time to be assigned. Please include a preference as to a.m. or p.m. class on your registration form.

Session 1: Thursday, 9:00 a.m. - 1:30 p.m. and/or	Fee: \$75.00	6 weeks, starting Jan. 4
Session 2: Thursday, 9:00 a.m. - 1:30 p.m.	Fee: \$75.00 (No Fee Waiver)	6 weeks, starting Feb. 22

UKULELE SING-A-LONG

Music Room

Jennifer May, instructor

Sing familiar tunes while learning to play the Ukulele. An enjoyable hour of singing and learning. The ukuleles and music sheets will be provided for each class. Learn at your own pace, each week we will review the previous weeks' chords and songs and introduce new chords and songs. Anyone can play the Ukulele.

Monday, 10:00 – 11:00 a.m. or Tuesday, 12:30 - 1:30 p.m.	Fee: \$38.00	9 weeks, starting Jan. 22
	Fee: \$38.00	9 weeks, starting Jan. 23

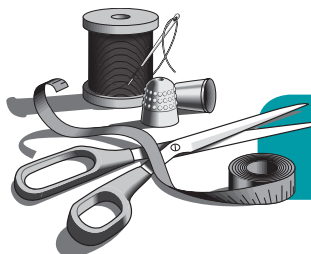
VOICE LESSONS

Music Room

Janet Balloch, instructor

Whether you are a beginner or have studied in the past, take advantage of individual lessons as an excellent opportunity to discover your singing voice. You will develop good technique through vocal exercises and proper breathing, and will sing great songs. The only prerequisite is your desire to sing! **Individual one-half hour lessons will be offered. Class time to be assigned.**

Session 1: Monday, 12:00 - 4:00 p.m. and/or	Fee: \$60.00	6 weeks, starting Jan. 8
Session 2: Monday, 12:00 - 4:00 p.m.	Fee: \$60.00 (No Fee Waiver)	6 weeks, starting March 12



NEEDLECRAFT



KNITTING / CROCHET

Computer Room

Mary Ann Belus, instructor

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

Session 1: Thursday, 9:30 - 11:30 a.m. and/or	Fee: \$29.00	5 weeks, starting Jan. 11
Session 2: Thursday, 9:30 - 11:30 a.m.	Fee: \$29.00	5 weeks, starting Feb. 22

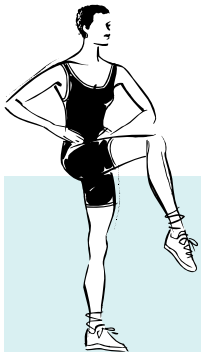
QUILTING

Classroom 3

Jan Brecht, instructor

Work on individual projects guided by the instructor. New individual and group projects will be introduced periodically. **A short simple supply list will be discussed at the first class.** In addition to individual creations, some class members may volunteer to work on a quilt to be raffled, proceeds of which will benefit the Center.

Monday, 9:30 - 11:30 a.m.	Fee: \$36.00	12 weeks, starting Jan. 8
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PHYSICAL FITNESS & HEALTH



EXERCISE CLASSES are offered daily. To assist you in choosing the class(es) which will best meet your needs and lifestyle, a description of each class is listed.

EACH DAY OF WEEK IS CONSIDERED A SEPARATE CLASS.

AEROBICS

Jean Widlicka, instructor

Use large leg and arm motions to strengthen small and large muscles. Heart and lungs will benefit; increase joint mobility. (Wednesday classes will focus on walking).

Monday, 9:30 - 10:20 a.m.	11 weeks, starting Jan. 8	Fee: \$25.00	Activity Room A
Tuesday, 9:30 - 10:20 a.m.	13 weeks, starting Jan. 9	Fee: \$29.00	Activity Room B
Wednesday, 9:30 - 10:20 a.m.	13 weeks, starting Jan. 10	Fee: \$29.00	Activity Room A
Friday, 9:30 - 10:20 a.m.	12 weeks, starting Jan. 12	Fee: \$27.00	Activity Room B

CHAIR EXERCISE - MOVING & GROOVING

Dance Room

Jean Widlicka instructor

Don't let your balance or physical condition deter you from exercising. This easy-to-follow chair exercise program will help you tone up and improve your flexibility.

Thursday, 9:30 - 10:25 a.m.	Fee: \$29.00	13 weeks, starting Jan. 11
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CHI KUNG and TAI CHI REFINEMENTS

Health Room & Activity Room B

Robert Sachs, Ph.D., instructor

We will explore the various connections of Chi Kung and Tai Chi. Chi Kung involves postures and breathing exercises that enhance vitality and well-being. Chi Kung also has an important effect on the quality of the stretching and fitness one can experience through Tai Chi. The combination of Chi Kung and Tai Chi will help you get stronger physically, gain greater control over heart rate and pulse through special relaxation techniques, and also soothe the nervous system. **Prerequisite for this class is beginning Tai Chi.**

Session 1: Tues. & Thurs., 12:00 - 1:00 p.m. and / or	Fee: \$55.00	10 sessions, starting Jan. 9
Session 2: Tues. & Thurs., 12:00 - 1:00 p.m.	Fee: \$55.00	10 sessions, starting Feb. 27

FALL PREVENTION - Safe on Your Feet

Activity Room A

Jean Widlicka instructor

This class is a well-presented series of total-body, muscle-toning routines. It is designed for strength, balance and flexibility, focusing on "Muscle Memory." Your muscles will learn to anticipate a possible problem such as how a fall feels when it begins. The moves range from seated to balancing routines. Join the class and fight age with strength!

Please specify which class you would like to attend:

Monday, 10:30 - 11:20 a.m. and / or	Fee: \$24.00	11 weeks, starting Jan. 8
Wednesday, 10:30 - 11:20 a.m.	Fee: \$29.00	13 weeks, starting Jan. 10

FLOOR EXERCISE

Activity Room B

Jean Widlicka, instructor

Increase flexibility in your muscles and joints, improve coordination; reduce risk of injury with a combination of stretching, resistance and relaxation exercises. **Please bring a floor mat to class.**

Friday, 10:30 - 11:30 a.m.

Fee: \$27.00

12 weeks, starting Jan. 12

GET FIT WHILE YOU SIT

Activity Room A

Jean Widlicka, instructor

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

Monday **and** Wednesday, 11:30 a.m. - 12:20 p.m.

Fee: \$40.00
(covers both days)

24 sessions, starting Jan. 8

JAZZ EXERCISE

Dance Room

Dawn Tarbox-Szerbiak, instructor

Easy-to-follow, fully choreographed routines to a wide variety of music; 40 minutes of aerobics followed by 15 minutes of toning exercises. If you love to dance, this is your road to fitness.

Tuesday, 11:30 a.m. - 12:25 p.m.

Fee: \$28.00

11 weeks, starting Jan. 9

SLIMNASTICS

Claudia Fries, instructor

A fun, easy-to-follow program for everyone, combining cardio-fitness with stretching and toning. Please bring hand weights.

Monday, 10:30 - 11:20 a.m.

9 weeks, starting Jan. 8

Fee: \$20.00

Activity Room B

Wednesday, 10:30 - 11:20 a.m.

11 weeks, starting Jan. 10

Fee: \$23.00

Activity Room B

Friday, 10:30 - 11:20 a.m.

10 weeks, starting Jan. 12

Fee: \$20.00

Dance Room

STRENGTHENING & TONING FOR MEN

Health Room

Jean Widlicka, instructor

A fun, laid-back exercise program, designed especially for men, to improve flexibility and help strengthen and tone.

Tuesday, 10:30 - 11:25 a.m.

Fee: \$42.00

11 weeks, starting Jan. 9

STRETCH TO THE OLDIES

Activity Room B

Claudia Fries, instructor

A flexible muscle is a strong muscle. Find out why, at any age, at any fitness level, PILATES EXERCISE builds a good foundation and gives you better range of motion, flexibility, circulation, posture, abdominal strength, and a decrease in joint pain. An added benefit is personal awareness of how you sit, stand and move on a daily basis that perhaps has caused some aches and pains in the past. Discover how PILATES works the whole body. Come join us and bring an exercise mat and 1 to 3 lb. weights. You'll be surprised to see how quickly this Floor Exercise class flies by as we Stretch & Strengthen while listening to the Oldies!

Wednesday, 12:00 p.m. - 12:55 p.m.

Fee: \$25.00

11 weeks, starting Jan. 10



Keep current on the latest news and see photos from
the Amherst Center for
Senior Services & the Amherst Senior
Citizens Foundation by visiting our Facebook page at:
<https://www.facebook.com/amherstseniorservices/>

TAI CHI - BEGINNING PART III

Activity Room B

Robert Sachs, Ph.D., instructor

Interested in learning Tai Chi or just brushing up on your skills? Tai Chi is a Chinese form of exercise for health and relaxation involving 108 slow, natural movements. It takes approximately one year to complete the Beginner Level. Part III of this three-part series will focus on the third set movements. Don't be left out. Comfortable, loose fitting clothing is recommended.

Tuesday **and** Thursday, 11:00 a.m. - 12 noon

Fee: \$75.00

26 sessions, starting Jan. 9

TAI CHI - INTERMEDIATE / ADVANCED

Dance Room

One of the following will lead the group each week: Alberta Heidinger or Marie Zafron. A Chinese form of exercise for health and relation involving 108 slow, natural movements. **Prerequisite: Completion of the Amherst Center for Senior Services Beginning Tai Chi class or advanced Tai Chi experience.**

Tuesday **and** Thursday, 1:30 - 2:30 p.m.

Fee: \$20.00
(covers both days)

29 sessions, starting Jan. 4

ZUMBA

Dance Room

Marilyn Ciavarella, instructor

Zumba is GREAT AS A WORKOUT AND/OR DANCE ROUTINE! This lively program uses Latin dance steps such as the samba, salsa, rumba, meringue, and cha-cha. Various types of music will be used while you dance your way to health. The instructor will tailor the class toward the mature adults' ability. So come join the Fun!!!!

Monday, 11:45 a.m. - 12:45 p.m.

Fee: \$28.00

10 weeks, starting Jan. 22

and / or



Wednesday, 5:00 - 6:00 p.m.

Fee: \$22.00

6 weeks, starting March 14

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YOGA

(HATHA)

Hatha Yoga is for everyone, whatever your age or flexibility level. Promote your health and energy level through a variety of safe and relaxing Yoga stretches and postures. Relieve emotional tension and stress through breath awareness and systematic training in natural, healthy diaphragmatic breathing. Practice relaxation methods to lead to an inner sense of well-being. Beginning Yoga lays the foundation. Yoga Plus continues the training and explores new Yoga postures. Bring floor mat to class.

BEGINNING YOGA - DAYS

Christina Phillips, instructor

Please specify which class you would like to attend.

Tuesday, 9:30 - 10:45 a.m.	13 weeks, starting Jan. 9	Fee: \$28.00	Activity Room A
Wednesday, 3:00 - 4:15 p.m.	13 weeks, starting Jan. 10	Fee: \$28.00	Dance Room
Thursday, 9:30- 10:45 a.m.	13 weeks, starting Jan. 11	Fee: \$28.00	Activity Room A

CHAIR YOGA

Dance Room

Jennifer Nuwer, instructor

The same as Beginning Yoga, except students perform stretches and postures from a chair rather than sitting or lying on the floor.

Friday, 1:00 - 2:15 p.m.	Fee: \$30.00	13 weeks, starting Jan. 5
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YOGA BASICS

Dance Room

Christina Phillips, instructor

Never tried Yoga, or even looked at a mat? This class is designed to slowly introduce Basic Yoga postures, the use of simple props, proper breathing techniques, and mindfulness, relaxation, and meditation strategies.

Wednesday, 1:45 – 2:45 p.m.	Fee: \$35.00	13 weeks, starting Jan. 10
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YOGA & MEDITATION

Dance Room

Jennifer Nuwer, instructor

The mind and body are interconnected. This 14-week course will be a combination of meditation and yoga exercise, done from a chair. The ultimate goal is to achieve a gentle and healing experience.

Please specify which class you would like to attend: AM or PM

Wednesday, 10:30 -11:30 a.m.	Fee: \$26.00	14 weeks, starting Jan. 3
or		
Wednesday, 12:30 - 1:30 p.m.	Fee: \$26.00	14 weeks, starting Jan. 3

YOGA PLUS

Activity Room A

Christina Phillips, instructor

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

Please specify which class you would like to attend:

Tuesday, 11:00 a.m. - 12:15 p.m.	Fee: \$30.00	13 weeks, starting Jan. 9
or		
Thursday, 11:00 a.m. - 12:15 p.m.	Fee: \$30.00	13 weeks, starting Jan. 11



SPECIAL SERVICES



The Driver Safety program fills up quickly.
Check with your insurance agent to see if your discount is about to expire.

AARP SMART DRIVER

Classroom 2

Improve driving skills. Instructor provided by the AARP. Find out if your insurance company will give discount on liability/collision auto insurance policy when furnished with certificate of course completion.

Register using the underlined DATE(S) of the class.

<u>Wednesday, Jan. 10</u>	9:00 a.m.-4:00 p.m.	All-day course (includes 40 min. break for lunch)
<u>Wednesday, Jan. 31</u>	9:00 a.m.-4:00 p.m.	All-day course (includes 40 min. break for lunch)
<u>Saturday, Feb. 10</u>	8:30 a.m.-3:00 p.m.	All-day course (includes 30 min. break for lunch)

Fee:

\$25 for Senior Center members

\$20 for Senior Center members who are also AARP members -- Your AARP membership number must be written on both your check & registration form.

- Make your check payable to: **AARP Smart Driver**. (No Fee Waiver)
- For your information: Checks will be held and submitted to the AARP Instructor on the day of class.
- Please list your first and second choices for dates and **include a self-addressed, stamped envelope** when registering for an AARP Smart Driver course.

MASSAGE THERAPY

Health Room

Karen Farrell, Licensed Massaged Therapist

Massage promotes relaxation as it soothes away minor aches and pains. It relieves fatigue, reduces tension and anxiety, and promotes a sense of renewed energy. Individual 25-minute massages will be scheduled. Sign up on a one-time, bi-monthly or monthly basis. Please bring a set of sheets with you.

Thursday, Jan. 4	10:00 a.m.- 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, Jan. 18	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, Feb. 1	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, Feb. 15	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, March 1	10:00 a.m.- 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, March 15	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, April 5	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, April 19	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference

Due to a limited schedule and high demand for massage appointments, we are unable to accommodate requests for specific times. Please follow directions by indicating a.m. or p.m. preference only. We will do our best to oblige.

***Fee: \$20 per visit.** Fee is non-refundable except for medical reasons. All Medical refund requests must be accompanied by a physician's note. Make individual check(s) payable to: **Town of Amherst Senior Services. (No Fee Waiver)**



AMHERST CENTER FOR SENIOR SERVICES CLASS REGISTRATION

Use ONE form per person.

ADVANCE REGISTRATION for Amherst Resident Members begins Monday, November 6, 2017. Registration may be mailed in or dropped off beginning Monday, October 30. A drop-off drum will be placed in the front lobby for your convenience. **OPEN REGISTRATION for Non-Resident Members & Non-Members** begins on **Monday, November 27**. OPEN REGISTRATION applications will not be accepted prior to this date. Please have your registration envelope marked clearly with “**WINTER / SPRING 2018 Registration.**”

_____ Last Name _____ First Name _____ M/I _____ Membership # _____

_____ Number and Street _____ Town _____ Zip Code _____

_____ Email _____

Type of Membership (Please X one)

Phone Number _____ Amherst Resident Member _____ Non-Member _____
Non-Resident Member _____ (additional \$5 per class)

COMPLETE COURSE TITLE	DAY	TIME	FEE	Office use only
1)				
2)				
3)				
4)				
5)				

I plan to submit this form to my health insurance carrier for Physical Fitness, Health and Self-Improvement reimbursement.

AARP Member AARP Membership # _____

PLEASE BE SURE TO INCLUDE:

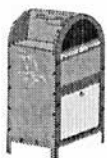
Total amount enclosed: \$ _____
(Separate check for each class)



- Completed Registration Form
- **Separate check or money order for each class**
- Make checks/money orders payable to: *Amherst Center for Senior Services*.
- For **AARP Smart Driver Class**, make check payable to AARP Smart Driver. Include

AARP membership # if applicable.

- Write class name on bottom, left, corner of check.
- **Include stamped, self-addressed business envelope IF you would like a Class Confirmation or plan to submit receipts to insurance company for Physical Fitness reimbursement.**
- **Mark your calendar with dates and times of classes for which you are registering.**



**MAIL TO: WINTER / SPRING 2018 REGISTRATION
AMHERST CENTER FOR SENIOR SERVICES
370 John James Audubon Parkway
Amherst, NY 14228-1142**

Office Use Only:

Date Processed: _____
Staff Initials: _____

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AMHERST CENTER FOR SENIOR SERVICES CLASS REGISTRATION

Use ONE form per person.

ADVANCE REGISTRATION for Amherst Resident Members begins Monday, November 6, 2017. Registration may be mailed in or dropped off beginning Monday, October 30. A drop-off drum will be placed in the front lobby for your convenience. **OPEN REGISTRATION for Non-Resident Members & Non-Members** begins on **Monday, November 27.** OPEN REGISTRATION applications will not be accepted prior to this date. Please have your registration envelope marked clearly with **“WINTER / SPRING 2018 Registration.”**

Last Name _____ First Name _____ M/I _____ Membership # _____

Number and Street _____ Town _____ Zip Code _____

Email _____

Type of Membership (Please X one)

Phone Number _____ Amherst Resident Member _____ Non-Member _____
 Non-Resident Member _____ *(additional \$5 per class)*

COMPLETE COURSE TITLE	DAY	TIME	FEE	Office use only
1)				
2)				
3)				
4)				
5)				

I plan to submit this form to my health insurance carrier for Physical Fitness, Health and Self-Improvement reimbursement.

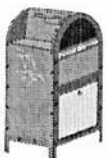
AARP Member AARP Membership # _____

PLEASE BE SURE TO INCLUDE:

Total amount enclosed: \$ _____
 (Separate check for each class)



- Completed Registration Form
- **Separate check or money order for each class**
- Make checks/money orders payable to: *Amherst Center for Senior Services.*
- For **AARP Smart Driver Class**, make check payable to AARP Smart Driver. Include AARP membership # if applicable.
- Write class name on bottom, left, corner of check.
- **Include stamped, self-addressed business envelope IF you would like a Class Confirmation or plan to submit receipts to insurance company for Physical Fitness reimbursement.**
- **Mark your calendar with dates and times of classes for which you are registering.**



MAIL TO: **WINTER / SPRING 2018 REGISTRATION**
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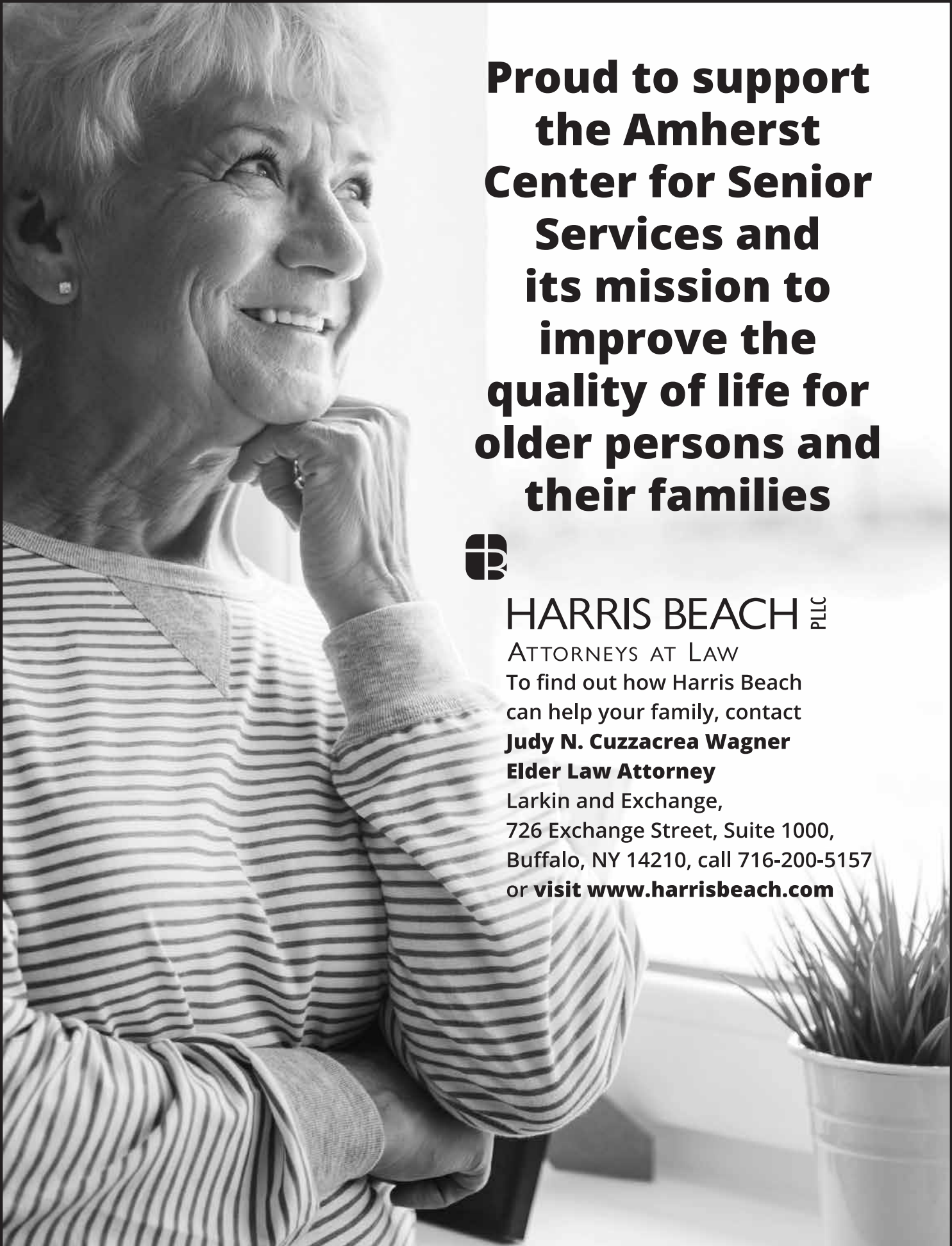
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