



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

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Buffalo, NY

November 2015
Every **VOTE**
Counts!



THE NETWORK



Pamela M. Krawczyk
Director, Senior Services

Gayle Thornton,
Assistant Director

Barry A. Weinstein, M.D.
Town Supervisor

“When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.” ~Henry Ford

In the past I have written of my love for wildlife. While I love to wake up to the sounds of the birds chirping, I have not quite adjusted to the loud honking of geese which reminds me of a traffic jam near the “blue water tower”! When we purchased our home we had no idea that air traffic controllers would be directing low flying geese to land on and around our neighborhood. Once again, I learn to peacefully co-exist.

Recently, as my in-laws were going through some papers, they gave me the following item that made me see the positive side of my feathered friends (besides that fertilizer for the lawn):

*Lessons From Geese**

Fact 1: As each goose flap its wings it creates an “uplift” for the birds that follow. By flying in a “V” formation, the whole flock adds 71% greater range than if each bird flew alone.

Lesson: People who share a common sense of direction and community can get where they are going quicker and easier because they are traveling on the thrust of one another.

Fact 2: When a goose falls out of formation, it suddenly feels the drag and resistance of flying alone. It quickly moves back into formation to take advantage of the lifting power of the bird immediately in front of it.

Lesson: If we have as much sense as a goose we stay in formation with those headed where we want to go. We are willing to accept their help and give our help to others.

Fact 3: When the lead goose tires, it rotates back into the formation and another goose flies to the point position.

Lesson: It pays to take turns doing the hard tasks and sharing leadership, as with geese, people are interdependent on each other’s skill, capabilities and unique arrangement of gifts, talents or resources.

Fact 4: The geese flying in formation honk to encourage those up front to keep up their speed.

Lesson: We need to make sure our honking is encouraging. In groups where there is encouragement, the productivity is much greater. The power of encouragement (to stand by one’s heart or core values and encourage the heart and core of others) is the quality of honking we seek.

Fact 5: When a goose gets sick, wounded or shot down, two geese drop out of formation and follow it down to help and protect it. They stay until it dies or can fly again. Then they launch out with another formation or catch up with the flock.

Lesson: If we have as much sense as geese, we will stand by each other in difficult times as well as when we are strong.

** “Lessons from Geese” was transcribed from a speech given by Angeles Arrien at the 1991 Organizational Development Network and is based on the work of Milton Olson.*

This Thanksgiving as I count my blessings and give thanks for all those special people and the beauty that surrounds me, I include Mother Nature and the tremendous life lessons she teaches. On behalf of the staff of The Amherst Center for Senior Services, may the good things of life be yours in abundance, not only at Thanksgiving, but throughout the coming year.

Pam

**UPCOMING EVENTS – Make Reservations at Information & Assistance Desk
636-3055 ext. 3108**

FREE TAI CHI LESSONS – Instructor Frank Chi will teach all levels of Tai Chi, **Fridays at 1:30 p.m.** Any questions, contact Frank at 688-6680.

COOKING WITH JEN—Monday, November 2, at 12:45 p.m. *Better Than a Day at the Senior Center Cake*. Fee is \$2.00. Please bring a 9x13 cake pan.

FRIENDSHIP CLUB—Wednesday, November 4, 6-7:00 p.m. in the *Gallery* at the Amherst Senior Center. Please make reservations at Information & Assistance Desk 636-3055 ext. 3108. Light refreshment served. Casual way to get to know someone new.

DINNER AT THE CENTER– Wednesday, November 4—6:00 –6:30 p.m. See page 3 for details.

HORNARAMA—Wednesday, November 4, at 7:00 p.m. Make plans to attend this terrific concert featuring all French Horns with music specially composed or arranged for that instrument. Directed by Lowell “Spike” Shaw, former member of the Buffalo Philharmonic and instructor at the University of Buffalo. Make a reservation at 636-3055 ext. 3108.

DOWNSIZING—Friday, November 6 at 10:45 a.m. Presented by Michael Olear from MJ Peterson Real Estate. Make a reservation at 636-3055 ext. 3108.

“CHAT IT UP”- Monday, November 9 at 10:30 a.m. Join us in the *Gallery* for a freshly brewed cup of coffee and light hearted conversation.

THANK A VET DISCOUNT PROGRAM Tuesday, November 10, 10:30 a. m. – 1:00 p.m. Erie County Clerk’s office is hosting this program where Veterans can receive significant benefits and discounts on purchases and services. All Veterans are invited to stay for a free lunch. Reservations are needed for lunch at 636-3059. Veterans Day Program sponsored by Heathwood Assisted Living.

MUSIC– Tuesday, November 10—In honor of Veterans Day the Amherst Senior Singers will entertain in the *Gallery* from 11:00 –noon.

NEW MEMBER ORIENTATION—Thursday, November 12 at 10:00 a.m. All new members are invited; current members are welcome to attend for a refresher. Meet some of the staff and learn about the programs, clubs, classes, services and volunteer opportunities available. Make a reservation at 636-3055 ext. 3108 for both orientation and lunch.

SIMPLE RECIPE– Monday, November 16 at 12:30 p.m. Pumpkin Muffins with two ingredients. Cost \$1.00 Make reservations at I & A Desk, 636-3055 ext. 3108.

CANDY MAKING in *Room 2* at 12:30 p.m. on Tuesday, November 17. Please make reservations at I & A Desk, 636-3055 ext. 3108.

LEGACY PLANNING -Tuesday, November 17 at 1:00 p.m. Presented by Davis Financial. Make a reservation at 636-3055 ext 3108.

ASTRONOMY- Wednesday, November 18, at 6:00 p.m. Star Light, Star Bright, First Star I See Tonight – Join us for an Astronomy program presented by Naturalist Mary Huges. Please make your reservations at the I&A Desk or call 636-3055, ext. 3108.

SECRETS OF NATURAL WALKING WORKSHOP, Friday, November 20 from 9:00 am – 4:00 pm. Walk your way to health, calmness, and an open heart. Cost is \$125 for seniors (or \$85 to repeat), includes the workshop, lunch, and snacks. To register, contact Gloria Brennan, 699-4125 or email gloriabren8@gmail.com.

CRAFTS WITH JEN – Monday, November 23 at 12:45 p.m. We will be making a No Sew Rice Heating Pad. Fee is \$2.00

FRUIT CAKE SALE begins Monday, November 23.

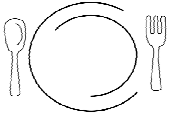
BREAKFAST WITH SANTA – Saturday, December 12 from 9:00 – 11:00 a.m. Pancake breakfast, crafts, games, Mr. No the Balloon Guy, and a visit from Santa himself from 10-11. Open to the community. \$5.00 per person, (under 2 free.) Make reservations at the I&A Desk or call 636-3055, ext. 3108.



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NUTRITION LUNCH PROGRAMS & ANNOUNCEMENTS
636-3059 for Reservations & Cancellations— Call 24 Hours in Advance

LUNCHES ARE SERVED at noon each weekday the Center is open **and require reservations.** at 636-3059 24 hours in advance. *All residents age 60 or older are eligible to participate, but unless you make a reservation for lunch at least 24 hours in advance we cannot guarantee that a lunch will be available.* It is just as important to cancel if you have a reservation and are unable to attend.



Something new- DINNER AT THE CENTER once a month.
On Wednesday November 4- 5:00- 6:30 p.m. come for dinner, then stay for the **Friendship Club** at 6:00 p.m. and /or the **Hornarama Concert** at 7:00 p.m.

We are serving a Hot Turkey Sandwich, Cranberry Sauce, Mixed Vegetables, Chef Salad and a Gingerbread Cake for \$5. Just the Sandwich is \$3.00. Make reservations for the complete dinner or Sandwich only. at **636-3059.**

SPECIAL LUNCHES

Tuesday , November 10, VETERAN’S DAY LUNCH

Thursday, November 12– Celebrate National Pizza Day. Raffle donated by Besta Pizza.

Friday, November 13 at 12:30, after lunch, join us in the *Gallery* for dessert sponsored by Weinberg.

Tuesday, November 24, THANKSGIVING LUNCH with entertainment by violinist Peter Van Scozza. We are having a canned food drive to support the local food pantry. Please bring your canned good to the Thanksgiving lunch, sponsored by Elderwood.

BIRTHDAY LUNCH—Members are entitled to a free lunch the month of their birthday. For your free coupon, see Sue Brackenridge in the Nutrition Office.

LUNCH COST - A confidential, voluntary donation of \$3.00 per person is suggested by the Erie County Department of Senior Services, not the Amherst Senior Center.

OUR SALAD OPTION - We try to serve a salad at lunch once each week. Salad may be ordered by calling 636-3059 or you can stop at the Welcome Desk. Salads are in place of the regular entre.

MENU UPDATE—The current menu is posted at the front Reservation/Reception area where you make your lunch reservations, at the Dining Room entrance, and on the Town of Amherst Website: www.amherst.ny.us. The upcoming week’s menu is also published in the Senior News section of *The Amherst Bee*. When we receive menu information too late to meet our printing deadlines, please check these sources.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breaded Chicken Cutlet On Bun Mashed Potatoes/Gravy Carrots	3 Election Day Center Closed	4 Polish Sausage on Roll Sauerkraut Seasoned Red Potatoes Peas	5 Penne Pasta w Meatballs Tomato Sauce Italian Bean Medley Chef Salad	6 Breaded Fish Patty Macaroni & Cheese Cole Slaw Pineapple <u>Alternate Lunch</u> Pesto Chicken Salad 
9 Cheese Tortellini Parmesan Sauce Seasoned Spinach, Carrots Mandarin Oranges <u>Alternate Lunch</u> Chicken Salad 	10 Roast Beef/ Onion Gravy Scalloped Potatoes Broccoli w Red Pepper Lemon Meringue Pie	11 Veterans’ Day Center Closed	12 Pizza Chef Salad Orange Juice Banana	13 Bnls Chicken Breast Marsala Sauce Cauliflower Mixed Vegetable Brown Rice Pilaf
16 Spaghetti & Meatballs Tomato Sauce Mixed Vegetables Chef Salad Ambrosia	17 Breaded Pork Chop Gravy Stuffing Sweet Potatoes Spiced Apples Spice Cake with Cream Cheese Frosting	18 Breaded Chicken Drumsticks Cheddar Mashed Potatoes Lima Bean Bake Ice Cream	19 Omelet w Cheese Sauce Seasoned Diced Potatoes Carrots Cinnamon Pears <u>Alternate Lunch</u> Chicken Pasta Salad 	20 Beef Pepper Steak Stir Fry Broccoli White Rice Chef Salad Lorna Doones
23 Beef Stroganoff Noodles Cauliflower Baby Carrots Orange	24 Sliced Turkey Breast Gravy/Stuffing Mashed Potatoes Green Bean Casserole Pumpkin Pie	25 Veal Parmesan Penne Pasta, Tomato Sauce Broccoli Chef Salad Fruited Tapioca Pudding	Thanksgiving Holidays Center Closed	
30 Bnls Chicken Breast Gravy Seasoned Spinach Chef Salad Spanish Rice Chocolate Pudding	1 Roast Pork Loin Cranberry Chutney Seasoned Red Potatoes Broccoli Diced Peaches	2 Baked Rigatoni w Meatball Mozzarella & Tomato Sauce Cauliflower wit Parsley Chef Salad Lemon Bavarian	3 Turkey Sandwich with Gravy Mashed Sweet Potatoes Cream Cabbage w Dill Cinnamon Streusel	4 Salisbury Steak Gravy Mashed Potatoes Peas with Onion Chocolate Chip Cookies

HEALTH RELATED NEWS & PROGRAMS

Make reservations at the **Information & Assistance Desk, 636-3055 ext. 3108**

HEALTHY TIDBITS Monday, November 2 at 11:30 a.m. *Healthy Eating for the Holidays*

MINI HEALTH FAIR presented by nursing students from Niagara County Community College. **Wednesday, November 4, 10:00 a.m. -1:00 p.m.** Stop by and get valuable information.

MOBILITY DEVICE ADJUSTMENTS- Thursday, November 5 at 10:45 a.m. Sheridan Surgical will come in and adjust your walker, cane and make sure your equipment is in good working order. Make a reservation at 636-3055 ext. 3108.

Healthy Eating Club Monday, November 9 at 1:00. Make a reservation at 636-3055 ext. 3108..

PNEUMONIA SHOTS, Tuesday, November 10, 10:30 - 12:30 p.m. Presented by Rite Aid.

INSURANCE INFORMATION OPEN ENROLLMENT Saturday, November 14, 10:00 a.m. -1:00 p.m. The following companies will be present: Blue Cross Blue Shield, Independent Health, Univera, United Healthcare and Fidelis. Stop in to decide on the best plan for you.

STAY FIT AND STAY HEALTHY. Join the Slimnastics class on **Wednesday, November 18 at 10:30 a.m.** doing cardio fitness with stretching and toning. Led by Claudia Fries. Open to everyone.

DIABETES INFORMATION SESSION Thursday, November 19 at 10:30 a.m.

STAY SAFE- Thursday, November 19 at 10:30 a.m. Learn about Lively Safety Watch which is a personal alarm. It is new technology that will let you know your loved one is safe and prevent emergencies from happening, 24/7 help whenever it is needed. Make a reservation at 636-3055 ext. 3108.

IN CASE OF ILLNESS OR ACCIDENTS AT THE CENTER: *Please go to the Main Reception Desk immediately and report any problems. Our staff is trained to handle emergency situations and keep the person comfortable until further help arrives.*

SOCIAL DISCUSSION GROUPS

BOOK LOVERS CLUB—Thursday, November 19 at 10:00 a.m. in the *Conference Room*. The book selection for November is The Beautiful Things That Heaven Bears, by Dinaw Mengestu, the story of an Ethiopian immigrant who fled his country's communist revolution. The book follows Sepha Stephanos nearly two decades later, struggling to live the American dream, with a failing convenience store in a gentrifying Washington, D.C., neighborhood. *There is no fee to attend, but members are encouraged to read books prior to attending meetings.*

MEDICATION USE SAFETY TRAINING (MUST Program) Thursday, December 3 at 10:30 a.m. provides the basics of medication safety to help older adults and those who care for them. Learn how to avoid medication misuse, recognize and manage common side effects and more. Presented by UB School of Pharmacy students. Make a reservation at 636-3055 ext. 3108.

HEALTH INSURANCE INFORMATION SEMINARS

Blue Cross Blue Shield

Wednesday, November 4, 1:00 -4:00 p.m.

Wednesday, November 18, 1:00 -4:00 p.m.

Fidelis

Tuesday, November 24, 10:00 – noon

Univera

Wednesday, November 25, 10:00 –12

United Healthcare

Friday, November 20, 10:00 – noon

Independent Health

Monday, November 23, 9:00 -11:00 a.m.

Drop in. You do not need a reservation to attend.

WELLNESS ROOM —*All members are required to participate in an orientation prior to initial workout. A signed waiver from your doctor needs to be returned to Cathy Sommer before you can use any of the equipment. Proper active wear and sneakers should always be worn .*

JOURNEY TO HEALTH 2015

Stay Healthy. Stay Active—Journey to Health helps you stay healthy and keeps you on track. Incentives will be awarded on a quarterly basis to the members who have the highest points. To get started, sign up in the Program Office.

AN ASSISTIVE LISTENING DEVICE is available for programs in the *Lunch Room and Activity Rooms A and B* upon request with a \$25 deposit or your driver's license.**HEALTH RELATED PAMPHLETS** are located in the Health Room for your convenience.

COFFEE KLATCH in *Nutrition* at **9:30 a. m.**
Monday, November 2, Friday, November 6,
Monday, November 9, Friday, November 13,
Tuesday, November 17, Thursday, November 19,
Wednesday, November 25

GAMES WE PLAY

PARTY GAMES

Tuesday, November 17, at 10:45 a.m.- Yahtzee
Friday, November 20 at 10:45 a.m. – Taboo

MOVIE MATINEES - at 12:30 p.m.

Seating is limited. Make reservations at the I & A Desk, 636-3055, ext. 3108 up until 11:00 a.m. the day the movie is scheduled to be shown. **All movies are shown on the projector screen in Activity Room A.** Closed captions are displayed when available. Hearing devices are available with prior notification.

Popcorn is 50¢ per bag prior to the show. *Movies are free and everyone is welcome to attend, but people's tastes vary. Please review the ratings before attending. If a movie is not what you expected, offends you, or makes you uncomfortable, you can certainly leave.*

Thursday, November 12 *Get Hard* starring Will Ferrell and Kevin Hart. When millionaire hedge fund manager James King is nailed for fraud and bound for a stretch in San Quentin, the judge gives him 30 days to get his affairs in order. Desperate he turns to Darnell Lewis to prep him for a life behind bars. Comedy. Rated R. 1 hour and 40 minutes.

CLASSIC, Friday, November 20 *Hang Em High* starring Clint Eastwood. When an innocent man barely survives a lynching, he returns as a lawman determine to bring the vigilantes to justice. Western. PG. 1 hour and 54 minutes.

Saturday, November 14 *Woman in Gold* starring Helen Mirren and Ryan Reynolds. Jewish refugee Maria Altmann is forced to flee Vienna during WWII. Decades later, determined to salvage some dignity from her past, Maria has taken on a mission to reclaim a painting the Nazis stole from her family. Drama. Rated PG 13.1 hour and 49 minutes.

Monday, November 23 *Tomorrow Land* starring George Clooney. Bound by a shared destiny, former boy-genius Frank, jaded by disillusionment, and Casey, a bright, optimistic teen bursting with scientific curiosity, embark on a danger-filled mission to unearth the secrets of an enigmatic place somewhere in time and space known as "Tomorrow Land." Sci Fi. Rated PG. 2 hours and 10 minutes.

Thursday, November 19 *Mr. Holmes* starring Anthony Perkins. In 1947, an aging Sherlock Holmes returns from a journey to Japan, where in search of a rare plant with powerful restorative qualities, he has witnessed the devastation of nuclear warfare. In his remote seaside farmhouse Holmes faces the end of his days tending to his bees. Drama. Rated PG. 1 hour and 45 minutes.

SUNDANCE FILM Monday, November 30 *Obvious Child* starring Jenny Slate. A twenty something comedienne's unplanned pregnancy forces her to confront her independent womanhood for the first time. Comedy/Drama. Rated R. 1 hour and 24 minutes.



STORM CLOSINGS:

To learn whether activities at the Senior Center or Amherst Meals on Wheels will be cancelled, listen for weather closing

Amherst Meals on Wheels, DO NOT come under the jurisdiction of Buffalo and Erie County announcements. Only upon notification of the Amherst Supervisor can the Amherst Center for Senior Services/Senior Center be officially closed.

During stormy weather, think of your own safety and don't risk traveling if it is not urgent. Keep your personal food pantry stocked up in preparation for those times of illness or bad weather. Plan ahead to refill prescriptions and medical supplies before they are depleted, and replace old batteries in household items (remote controls, radios, flash lights, and smoke alarms).

announcements on *Radio Stations WBEN (AM 930), WNED (AM 970), WGR, WKSE and WTSS;* and on *Television Station Channels WGRZ-TV, WIVB-TV and WKBW-TV.*

The Amherst Center for Senior Services and



READ THE NETWORK

and be informed of monthly events at the Amherst Center for Senior Services. The Monthly issue is available to be picked up—FREE—at the Center, at Town Libraries and Adult Living Facilities. The Town of Amherst also posts the newsletter, calendar and menu on the website: www.amherst.ny.us.

This notice does not apply to members of the Travel Club and Senior Supper Club, since a portion of their dues covers receiving a copy of The Network in the mail.

MAILING SUBSCRIPTIONS FOR 2016— You can have The Network delivered to your home for \$6.00 a year. Subscriptions run from January through December. Mail or bring the form below, along with a \$6 check payable to *Amherst Center for Senior Services*, to:

Heidi Kunz, Amherst Center for Senior Services,
370 John James Audubon Parkway, Amherst, NY 14228.

GENERAL MAILING SUBSCRIPTION FOR 2016

Name _____

Address _____

Zip Code _____ **Telephone #** _____

The Center has a Social Worker available to assist members with personal or family concerns, or to provide information and referral to community services. Angela Jones is available at 636-3055, ext. 3129. *The Social Worker can meet with anyone who has a need on a one-to-one basis.*

Some of the services provided include:

- ◆ *Counseling Services*—Discuss any concerns or problems you may face. Confidentiality is strictly maintained.
- ◆ *An Employment Board for Seniors* filled with opportunities for full and part-time employment is located outside of the Social Workers office, across from the Dining Room. Opportunities currently available are posted.
- ◆ *Health Insurance Information Counseling—HIICAP*—A Health Insurance Information Volunteer is available **by appointment only.**
- ◆ *Information and applications for HEAP and EPIC* are available.
- ◆ *Get Well/Thinking of You*—Let staff know if members are sick or hospitalized so we can send a card to remind them they are cared about and missed.
- ◆ *Support Groups* are organized to assist our members through difficult times.

HIGH ELECTRIC BILLS? You may be eligible for the Empower Program from NYSERDA. If you receive HEAP, or your household income is below 60% of the state median income (\$56,951), you live in a building with less than 100 units, and have moderate to high energy bills, call Senior Outreach Services at 636-3070 or Social Work, 636-3055 ext. 3129 for assistance with the application process.



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

(SNAP) is the name for the Food Stamp Program that helps low-income people buy nutritious food. Apply on line at myBenefits.ny.gov. or you can call Senior Outreach Services, 636-3070.

SUPPORT GROUPS

WIDOW/WIDOWERS—Tuesday, November 10 at 11:00 a.m. in the Conference Room.

CAREGIVERS—Wednesday, November 18 at 1:00 p.m. in the Conference Room. Call Angela Jones, 636-3055, ext. 3129 for information.

SANTA IS COMING! SANTA IS COMING! The Senior Center Santa and his elves will be delivering gifts and holiday cheer to the Pre-K children at School 30 in December. We will have a Giving Tree located outside Activity Rooms A & B. Gift tags will be on the tree with a child's name, age and boy or girl. Please choose a special gift tag and purchase a gift for that child. All gifts should be placed in the box next to The Giving Tree with the gift tag attached **no later than Friday December 4.** Please **do not** wrap your gift; Santa's elves will take care of all the wrapping. Gift suggestions to consider: books, games, stuffed animals, small toys. Please limit gifts to no more than \$10 per child.



AMHERST ADULT DAY SERVICES (AADS)

AADS provides services to people who need assistance with daily activities like eating, walking, and personal care, or who need supervision.

Our clients engage in stimulating and entertaining activities and are provided with meals and medication supervision. We will provide loving care for your family member in our clean, secure environment while you run errands, attend to medical appointments, or just take a break from providing care.

Hours of operation are **Monday through Friday, 8 a.m. to 4 p.m.**

For information, call 689-1403. *Ask about a free trial visit.*

Amherst Center for Senior Services Telephone Numbers

Center for Senior Services Offices.....	636-3050
Amherst Adult Day Services	689-1403
Amherst Senior Transportation	
Services Reservations	636-3075
Amherst Meals on Wheels	636-3065
Amherst Senior Citizens	
Foundation, Inc.	636-3055, ext. 3125
Nutrition Lunch	636-3059
Senior Outreach Services	636-3070
Special Event Reservations	636-3055, ext. 3108
Support Groups (information).....	636-3050

IS THAT YOUR COAT – OR MINE? Have you ever noticed how many other coats or jackets look like yours? During the months when everyone wears a coat, it is common for people to accidentally leave the Senior Center with the wrong one. Please consider putting your name and telephone number, or some kind of identification in or on your coat to help prevent mix-ups. Thank you.

VOLUNTEER NEWS—Call Jodi Kwartta at 636-3055, ext. 3126

SPECIAL HELP NEEDED— We are currently recruiting volunteers to assist with helping some of our members from the **Cantalician Center** to take advantage of the programming here at the Center. Scheduling and duties would be *extremely flexible* to meet the needs of the potential volunteers and opportunities vary as well, with a chance to work with members individually, or as part of a group. Training is provided by Cantalician Center Staff. Please see Jodi in the Volunteer Office to learn more, including the process for becoming a volunteer, as there are additional steps beyond signing up.

DID YOU GET YOUR TICKETS YET? Raffle tickets are still available for a chance to win the **Buffalo Bills Afghan** and the **Raggedy Ann doll** made by Abby Preston, from our very own Knitting Club. These items are on display in the Volunteer display cabinet, across from the Dance Room. You will be amazed at the quality of the work that is evident in each item. Each would make an incredible holiday gift or even something special for you. Tickets can be purchased at the Welcome Desk for \$1 each or 6 for \$5. As the old ad says, “You can’t win if you don’t play!”



IN MEMORIAM We extend our sincere sympathy to the families and friends of these members who recently passed away: Dorothy A. Abberger, Lorraine A. Hebler, Linda I. Kendall, Dolores M. Kedge, John J. Kieffer, Rita D. Kirk, Thomas J. Mahoney, Jean McGeein, Mary Nucheren, Arnold T. Pietrzak, Florence N. Rabel, Dorothy M. Sanders, Cleo Sartori, Donald F. Schweizer, Joan A. Silver, Hazel H. Taliaferro, Mary Ann Testa and Ruth M. Warner.

PLEASE REMEMBER OUR VETERANS this month. You will find a specially decorated barrel just inside the main entrance of the Center for the entire month of November. Please deposit **ONLY NEW** items such as socks, underwear, t-shirts, sweatshirts/pants, and personal care items such as hair products, oral hygiene products, soaps, etc. The entire collection will go directly to our local **VA Hospital**. Please remember our female veterans, as well. Your anticipated generosity is greatly appreciated.

FINAL CLUB SALE of the season will be held on November 23 & 24, so take advantage of the opportunity to pick up unique and beautiful knitted, crocheted, and quilted items, as well as ‘Cards by Fran.’

Have some extra Thanksgiving treats on hand by picking up some goodies from our **BAKERS RACK SALE** on **November 24**. You’ll be glad you did!

The Volunteer Department Staff wishes each of our incredible volunteers and your families a fabulous Thanksgiving!! We are grateful for every single one of you!!



HOLIDAY EXTRAVAGANZA

Buffalo Niagara Heritage Village will be celebrating the holidays in our newly renovated Museum Store from **12:00 -4:00 p.m.** on **Saturday, November 21**. We have many unique items and will be featuring local artists and work from our Weavers, Guilt, Lace, and Blacksmith guilds!

SPECIAL NOTICES

CENTER CLOSING: Please conclude your activities by 4 p.m. and be prepared to leave *so that preparations for locking the Center by 4:15 p.m. can be made.*

IN CASE OF ACCIDENT OR ILLNESS... If you are present when a member becomes ill, or falls, please notify a staff member and leave the area so that staff can help the individual.

TO HELP US BETTER ASSIST YOU IN AN EMERGENCY, let us know if you have a *new address, contact information, or health condition.* Information is confidential, and may be given in person or by telephone to a staff member who knows you.

FIRE DRILL & BUILDING EVACUATION PROCEDURES: Diagrams that show evacuation routes are posted in each room. For the safety of all, please act quickly when the alarm sounds. Your cooperation will help insure everyone's safety.

The **LOST AND FOUND AREA** is located at the Welcome Desk. Items are held for 30 days.

The Center is equipped with **SECURITY CAMERAS** which provide 24 hour video recording both inside the premises and outside. *The Amherst Center for Senior Services has been designed to serve senior citizens. For everyone's safety and for liability reasons, we cannot accommodate children in the*

building, except for specifically designated events or by pre-arrangement.

ACCESSIBLE PARKING The accessible parking spaces in the Center lot are for individuals with an accessible license plate or hang tag.

It is illegal to use someone else's permit or park with an expired permit. There is a minimum fine of \$50-\$75 plus a \$30 surcharge for a first offense. When you see the symbol of access on a parking space, be considerate of others' special needs and park in the regular parking spaces. This law is enforced. Amherst Town Clerk staff will be at the Center on **Friday, November 20** from **10:00 a. m.--noon** to provide Accessible Parking Permits. Applications are available at the Welcome Desk **and must be signed by a doctor.**

BOOK & MAGAZINE POLICY

- ◆ We hold periodic sales of donated **Books**
 - ◆ Do not bring in old magazines—we prefer that you recycle.
 - ◆ Magazines for members' use are available in the Library.
- Thank you to the Amherst Senior Citizens Foundation, Inc., whose generosity in paying for the subscriptions makes the magazines available to our members

NOVEMBER EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Computer Lab Open 9:00 Community Srv-Craft Rm 9:30 Coffee Klatch-Nutrition 10:00 Chat it Up-Gallery 10:00 Creative Writing-Room 1 11-12:45 Ping Pong -Dance 11:30 Healthy Tidbits-Nutrition 12:30 Cook with Jen -Room 2 12:30-3 Pool Tournament Billiard Rm 12:45 Mind Teasers-Gallery 12:45 Trivia Pursuit-Room 2 12:45 Mind Teasers-Gallery 12:45 Open Cards- Card Rm 1:00 Tune-Ups-Health Rm 1:00 Dominoes-Rm 3 1:00 Trivia Pursuit-Craft Rm 1:00 Canasta-Card Rm 2:30 Ping Pong-Dance Rm</p>	<p style="text-align: center;">3</p> <div style="text-align: center;">  VOTE </div> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">Election Day Center Closed</p>	<p style="text-align: center;">4</p> <p>8:30-10:15 Ping Pong-Dance Rm 9:30 Coffee Klatch-Nutrition 9:30 Women's Pool- Billiard Rm 10-10:00 Mini Health Fair-Nutrition 11:00 Blood Pressures-Rm 1 10:00 Serendipity -Music Rm 12:30 Community Service-Rm 1 12:30 Amherst Singers-Music Rm 12:45 Pinochle Club, Open Cards -Card Rm 12:45 University Express-AA 1-4 Blue Cross/Shield-Craft Rm 2:30-4:15 Ping Pong-Dance Rm 5-6:30 Dinner- Nutrition 6:00 Friendship Club-Gallery 7:00 Hornarama- AA&B</p>	<p style="text-align: center;">5</p> <p>9:00 Stained Glass— Art Rm 9-12 Duplicate Bridge-Card Rm 10:00 Blood Pressures-Rm 1 10:45 Sheridan Surgical-Rm 3 12:00-1:15 Ping Pong-Dance Rm 12:30 Scrabble, Open Cards, Cribbage-Card Rm 12:45 University Express- AB 2:30-4:15 Ping Pong-Dance Rm 3-6 Williamsville Art Society Drop Off—Gallery</p>	<p style="text-align: center;">6</p> <p>9:30 Coffee Klatch-Nutrition 9:00 Recorder Consort-Music Rm 9:00 Open Cards -Card Rm 10:00 Artwork Judging-Gallery 10:30 Fit & Lean in 2015-Card Rm 10:45 Downsizing-Craft Room 11:30 Music Combo - Music Rm 11:30-4:15 Ping Pong-Dance Rm 12:45 University Express: City Hall-AA 1:00 TaiChi-Health Rm 1:00 Bridge Club - Card Rm 1:00 Reader's Theater- Music Rm 1:00 Rummikub-Rm 1</p>
<p style="text-align: center;">9</p> <p>Computer Lab Open 9:00 Community Srv-Craft Rm 9:30 Coffee Klatch-Nutrition 11:00 Reader's Theatre-Gallery 11-12:45 Ping Pong -Dance Rm 12:30-3:00 Pool Tournament-Billiard Rm 12:45 Open Cards- Card Rm 1:00 Healthy Eating Club-Rm 2 1:00 Tune-Ups-Health Rm 1:00 Dominoes-Rm 3 1:00 Canasta-Card Rm 2:30 Ping Pong-Dance Rm</p>	<p style="text-align: center;">10</p> <p>9:00 Woodcarving-Art Rm 9:00 Knitting-Computer Rm 10:30 Genealogy-Rm 2 10:30-1-Thank a Vet-AA&B 10:30-12:30 Pneumonia Shots-Gallery 11:00 Widow/er-Conference Rm 11:00-1:00 Congress on your side - Craft Rm 12:00 Veteran's Day Lunch-Nutrition 12:30 Chess-Rm 1 12:45 Open Cards, Euchre, MahJong-Card Rm 1:00 Bocce- Bassett Park 1:00 Camera Club-Rm 2</p>	<p style="text-align: center;">11</p> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">Center Closed</p> <div style="text-align: center;">  Veteran's Day </div>	<p style="text-align: center;">12</p> <p>8:45-9:45 Breakfast-Nutrition 9-12 Duplicate Bridge-Card Rm 10:00 Member Orientation-Activity A 10:00 Blood Pressures-Rm 1 10:30-12 Elderwood Info Table-Gallery 12:00-1:15 Ping Pong-Dance Rm 12:00 Pizza Day Lunch-Nutrition 12:30 ScrabbleOpen Cards, Cribbage-Card Rm 12:30 Movie—Get Hard- Activity A 2:30-4:15 Ping Pong-Dance Rm</p>	<p style="text-align: center;">13</p> <p>9:00 Recorder Consort-Music Rm 9:00 Open Cards -Card Rm 9:30 Coffee Klatch-Nutrition 10:30 Fit & Lean in 2015-Card Rm 11:00 Reader's Theatre-Gallery 11:30 Music Combo - Music Rm 11:30-4:15 Ping Pong-Dance Rm 12:30 Weinberg Dessert-Gallery 12:45 Trivial Pursuit-Rm 2 1:00 TaiChi-Health Rm 1:00 Bridge Club - Card Rm 1:00 Reader's Theater- Music Rm 1:00 Rummikub-Rm 1</p>
<p style="font-weight: bold;">Registration Week</p>				
<p style="text-align: center;">16</p> <p>Computer Lab Open 9:00 Community Srv-Craft Rm 10:00 University Express- AA 10:00 Creative Writing-Rm 1 11-12:45 Ping Pong -Dance Rm 12:30 Simple Recipe Cooking-Rm 2 12:30-3:00 Pool Tournament-Billiard Rm 12:30 Quilt Club- Rm 3 12:45 Open Cards- Card Rm 1:00 Tune-Ups-Health Rm 1:00 Dominoes-Rm 3 1:00 Canasta-Card Rm 2:30 Ping Pong-Dance Rm</p>	<p style="text-align: center;">17</p> <p>9:00 Woodcarving-Art Rm 9:00 Knitting-Computer Rm 9:30 Coffee Klatch-Nutrition 10:30 Genealogy-Rm 2 10:45 Game -Gallery 12:30 Chess-Rm 1 12:30 Candy-making- Rm 2 12:45 Open Cards, Euchre, Mah Jong- Card Rm 1:00 Legacy Planning- Craft Rm 1:00 Travel Club Meeting-AA</p>	<p style="text-align: center;">18</p> <p>8:30-10:15 Ping Pong-Dance Rm 8:30 ServSaf-Rm 2 10:00 Serendipity -Music Rm 11:00 Blood Pressures-Rm 1 11:30 Smart Food Choices-Nutrition 12:30 Community Service-Rm 1 12:30 Amherst Singers-Music Rm 12:45 Pinochle Club, Open Cards -Card Rm 1:00 Caregivers -Rm 3 1-4 Blue Cross/Shield-Craft Rm 2:30-4:15 Ping Pong-Dance Rm 3:30 ASTS-Conference Rm 6:00 University Express-AA 6:00 Astronomy-Rm 2 6:00 Camera Club- AB</p>	<p style="text-align: center;">19</p> <p>9:00 Stained Glass— Art Rm 9-12 Duplicate Bridge-Card Rm 9:30 Coffee Klatch-Nutrition 10:00 Book Club- Conference Rm 10:00 Blood Pressures-Rm 1 10:30 Lively Safety Watch 10:30 Diabetes Info Session 12:00-1:15 Ping Pong-Dance Rm 12:30 Movie-Mr. Holmes-AA 12:30 Scrabble, Open Cards, Cribbage-Card Rm 2:30-4:15 Ping Pong-Dance Rm</p>	<p style="text-align: center;">20</p> <p>9:00 Recorder Consort-Music Rm 9:00 Open Cards -Card Rm 10:00 Movie-Hang 'Em High- AA 10:00 Accessible Tags-Craft Rm 10-12 United Healthcare-Conference Rm 10:45 Game-Gallery 11:30 Music Combo - Music Rm 11:30-4:15 Ping Pong-Dance Rm 12:30 Mailing Prep- Rm 3 1:00 Bridge Club - Card Rm 1:00 TaiChi-Health Rm 1:00 Reader's Theater- Music Rm 1:00 Rummikub-Rm 1</p>
<p style="text-align: center;">23</p> <p>Computer Lab Open 9:00 Club Sale 9-11 Independent Health-Health Rm 9:00 Community Srv-Craft Rm 11:00 Craft w Jen-Art Rm 11-12:45 Ping Pong -Dance Rm 12:30 Movie Tomorrow Land-AA 12:30-3:00 Pool Tournament-Billiard Rm 12:30 Quilt Club- Rm 3 12:45 Open Cards- Card Rm 1:00 Tune-ups-Health Rm 1:00 Dominoes-Rm 3 1:00 Canasta-Card Rm 2:30 Ping Pong-Dance Rm</p>	<p style="text-align: center;">24</p> <p>9:00 Bakers's Rack-Gallery 9:00 Club Sale -Gallery 9:00 Woodcarving-Art Rm 9:00 Knitting-Computer Rm 10-12 Fidelis- Craft Rm 10:30 Genealogy-Rm 2 11:45 Thanksgiving Lunch-Nutrition 12:30 Chess-Rm 1 12:30 Mailing-Rm 3 12:45 Open Cards, Euchre, MahJong- Card Rm</p>	<p style="text-align: center;">25</p> <p>8:30-10:15 Ping Pong-Dance Rm 9:30 Coffee Klatch-Nutrition 10-12 Univera- Craft Rm 11:00 Blood Pressures-Rm 1 10:00 Serendipity -Music Rm 12:30 Community Service-Rm 1 12:30 Amherst Singers-Music Rm 12:45 Pinochle Club, Open Cards -Card Rm 1:00 Caregivers -Rm 3 2:30-4:15 Ping Pong-Dance Rm 6:00 Camera Club Mtg -Rm 2 Center closes at 8:00 p.m.</p>	<p style="text-align: center;">26</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">Center Closed</p> <div style="text-align: center;">  Happy Thanksgiving </div>	
<p style="text-align: center;">30</p> <p>Computer Lab Open 9:00 Community Srv-Craft Rm 11-12:45 Ping Pong -Dance Rm 12:30-3:00 Pool Tournament-Billiard Rm 12:30 Quilt Club- Rm 3 12:30 Sundance Movie-AA 12:45 Open Cards- Card Rm 1:00 Tune-Ups-Health Rm 1:00 Dominoes-Rm 3 1:00 Canasta-Card Rm 2:30 Ping Pong-Dance Rm</p>	<p style="text-align: center;">Check this calendar for Special Activities including Movies, Health Programs, and educational programs. Details are on other pages of the newsletter. Most activities (including lunch) require sign-up or reservations. Call the Information & Activities Desk at 636-3055, ext. 3108 for more information.</p>			
<p style="text-align: center; font-weight: bold;">Saturday, November 14— Open 9:30 a.m. -3:00 p.m.</p> <p style="text-align: center;">9:45 Cookie & Coffee Chat 10:00 -1:00 Insurance information -Open enrollment 10:30 Wii Bowling Tournament 11:00 Cooking Class—Apple Crisp- Fee is \$2. Bring a 9x13 pn. 12:00 Noon - Lunch Chicken Chili, Rice, Corn Muffin, Peach Crisp. Full lunch \$3.00, Chili alone \$1.75. Reserve at 636-3059 12:30 Movie <u>Woman in Gold</u> Open Cards and Billiards - All Day</p>				

UNIVERSITY EXPRESS CLASSES

12:45 p.m. Wednesday, November 4, – *Dark Street Christmas 1941 to Glad Tidings Christmas 1945*

12:45 p.m.– Thursday, November 5—*A Memorial to the Great Generation*

10:00 a.m. Monday, November 16—*The World from a Poet's Perspective*

6:00 p.m. Wednesday, November 18—*The Supreme Court Ruling & Same Sex Marriage*

12:45 p.m. Tuesday, December 1—*1946 Montreal-Home to 2 of the greatest Sports Heroes*

12:45 p.m. Thursday, December 3 —*Blood and the Heart: Myth, Magic & Reality*

Look for more information on these classes in the University Express booklet, available in the front literature racks and at the I & A Desk.

Call 636-3055, ext. 3108 to make reservations for these FREE classes.

Sponsored by :Erie County Department of Senior Services RSVP (www.erie.gov/RSVP)

NOVEMBER SCHEDULE OF CLASSES

Unless otherwise indicated all classes run for the entire month of November in the room listed.

MONDAYS

9:30 Quilt Class-Room 3 –Nov 2, 16, 23, 30
9:30 Aerobics-Activity B -Nov 2, 16, 23, 30
9:30. Country Line– Adv -Dance Rm -Nov 2, 16, 23, 30
9:30 Acrylic/Oil– Art Room –Nov 2
10:00 Art History-Room 2– Nov. 2
10:30 Slimnastics– Activity B -Nov 2, 16, 23, 30
10:30 Bridge Review-Card Room Nov 2, 16, 23, 30
11:00 -4:00 Voice Lessons-Music Rm
Individual half hour lessons at an assigned time
12:30 Acrylic/Oil– Art Room –Nov 2
1:00 Fit While You Sit-Activity B -Nov 2, 16, 23, 30
1:00. Country Line– Begin-Dance Room Nov. 2, 16, 23

WEDNESDAYS

9:30 Drawing w Colored Pencils-Craft Room Nov. 4
9:30 Aerobics—Activity B Nov. 4, 18, 25
10:00 Old Time Radio-Room 3—Nov. 4, 18
10:30 Fall Prevention—Dance Room - Nov. 4, 18, 25
10:30 Yoga / Meditation—Activity A—Nov. 4
10:30 Slimnastics– Activity B - Nov. 4, 18, 25
12:00 Tap Dance—Intermed. Dance Rm Nov. 4, 18, 25
12:30 Stretch to Oldies—Activity B - Nov. 4, 18, 25
1:00 Fit While You Sit— Health Room -Nov. 4
Activity A Nov. 18, 25
1:30 Tap Dancing—Begin Dance Room Nov. 4, 18, 25
3:00 Yoga– Beginning-Activity B– Nov. 4, 18
5:00 Zumba—Dance Room—Nov. 4, 18
6 :00 Body Sculpt– Dance Room - Nov. 4, 18

FRIDAYS

9:30 Aerobics—Dance Room -Nov. 6, 13 (make-up), 20
9:30 Marbling Workshop– Art Room– Nov. 20
9:30 All News & Issues—Room 2 Nov. 6, 20
9:30 Computers-Internet & E-Mail–Computer Room—
Nov. 6, 20
10:30 Floor Exercise- Dance Rm -Nov. 6, 20
10:30 Slimnastics—Activity B Nov. 6, 13 (make-up), 20
10:30 French—Rm 1
11:00 Calligraphy (Make-up) Art Rm –Nov. 6
11:30 Smart Phones-Computer Rm—Nov. 20
1:00 Chair Yoga– Health Room Nov. 6

Last minute room changes will be posted in the building.
These classes are only for those who are registered and have paid the required class fees.
See page 8 for more details regarding classes and registration.

TUESDAYS

9:00 Upholstery– Room 3– Nov. 10, 17
9:30 Aerobics– Activity A –Nov. 17 Dance Rm- Nov. 24
9:30 Look Through Paper-Room 1 Nov. 17, 24
9:30 Music Appreciation-Music Room Nov. 10, 17, 24
9:30 Beginning Yoga-Activity B - Nov. 17, 24
10:30 Beginning Bridge– Card Room - Nov. 17, 24
10:30 Super Seniors- Dance Room –Nov. 17, 24
10:30 Strength & Tone for Men—Activity A– Nov.17,
Craft Rm Nov. 24
11:00 Beginning Tai Chi– Activity B—Nov. 17
Health Room-Nov. 24
11:00 Yoga II-Breathing-Health Room— Nov. 17, 24
11:30 Jazz Exercise-Dance Room— Nov. 17, 24
1:00 Music Appreciation-Music Room -Nov. 10, 17, 24
1:30 Int./Advanced Tai Chi-Dance Room - Nov. 17, 24

THURSDAYS

9:00 a.m.-2:00 Piano Lessons - Music Rm - Nov. 5, 19
Individual half hour lessons at an assigned time
9:15 Aqua Media Painting-Craft Room –Nov. 5, 12, 19
9:30 Chair Exercise– Activity B— Nov. 5, 19
9:30 Begin. Yoga-Activity A - Nov. 5, 19
9:30 Knit/Crochet-Computer Room– Nov. 5, 12, 19
10:30 Strength & Tone for Men –Room 2—Nov. 5, 19
11:00 Ballroom Dance– Dance Room Nov. 5, 12, 19
11:00 Beginning Tai Chi– Activity B -Nov. 5, 19
11:00 Yoga Plus-Activity A -Nov. 5, 19
1:30 Int./Advanced Tai Chi-Dance Room Nov. 5, 19

SPECIAL SERVICES

Massage Therapy—Thursday, November 5, 19

10:00 a.m.-1:00 p.m.—Health Room

Individual 25 minute sessions will be scheduled

Registration Update

WINTER 2016 TRIMESTER

Amherst Center for Senior Services COURSE CATALOG IS “ONLINE!”

If you completed a Green Form, requesting a Class Brochure be MAILED to you, you should have received a Brochure on or around October 13. (This form need only be completed once; you are then on our mailing list.)

Winter/Spring 2016 ADVANCE Registration for Amherst Resident Members only, BEGINS MONDAY, NOVEMBER 9. Although no Winter registrations will be processed prior to November 9, for your convenience a “drop-off drum” will be placed in the front entrance of the Senior Center beginning **Monday, November 2**. Please place your **sealed envelope** marked “WINTER 2016 Registration” in the drum. All Registration Forms received that week will be considered the first day’s mail.

OPEN Registration for Non-Members and Non-Amherst Resident Members BEGINS MONDAY, November 30. Please be sure to register on time.

Make checks payable to the Amherst Center for Senior Services and write a separate check for each class you register for. We will accept one check per class from a married couple, if both are registering for the very same class. Please include a self-addressed, stamped business envelope with your registration form, if you would like confirmation,

Please note Wednesday evening classes will not be held during the months of January and February. Wednesday evening classes will resume the evening of March 16.

As always . . . Be sure to check The Network for monthly specials!

HEALTH INSURANCE REINBURSEMENTS:

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

FEE WAIVERS: Are available for members having difficulty meeting class costs. Applications are available in the Social Work Office. **For current fee waiver members: If you have not already verified your 2015/2016 program eligibility, it is necessary to do so prior to registering for our Winter trimester classes.** For more information please contact Angela Jones at 636-3055, ext. 3129. All information will be kept confidential.

FEE STRUCTURE AARP SMART DRIVING PROGRAM: If you are a Senior Center member and

belong to AARP, the fee is \$20. **You must include your AARP membership number on your check and registration form.** If you are not an AARP member, the fee is \$25.

AUDITING A CLASS: Members are invited to audit a class of their choice on a **space available basis** to **observe only**, but not physically participate in the class. Please stop at the I & A Desk and ask for a guest pass. Read our refund policy below:

CLASS REFUNDS: Prior to the first session of class, all course withdrawals and/or transfers will be subject to a **\$5 processing fee. After the session begins, no refunds are granted except for medical reasons or at the advice of the instructor.** *If you are uncertain that a particular course is for you, we encourage you to audit the class, prior to registration.*

The Amherst Center for Senior Services in partnership with the Erie County Department of Senior Services provides a site for UNIVERSITY EXPRESS, which offers stimulating academic classes, free of charge, to older adults. Individual topics in the field of History, Science, Current Affairs, Humanities, Life Enrichment and Wellness will be offered. Please check The Network to see what classes will be presented throughout the Trimester.

Check page 7 for an abbreviated list of **UNIVERSITY EXPRESS CLASSES.** Look for more in the University Express booklet, available at the I & A Desk.

*“The Amherst Center for Senior Services COURSE CATALOG IS ONLINE at www.amherst.ny.us” Class information will be available on these dates:

Winter 2016 Catalog - Oct. 13, 2015

Spring 2016 Catalog – Feb. 9, 2016

Fall 2016 Catalog—June 14, 2016

To have future Course Catalogs mailed to you, fill out a catalog request form available at the Welcome Desk and the Information & Assistance Desk. Completed forms may be mailed to the Center, dropped off with your Registration, or given to your class instructor. If a catalog is already being mailed to you, don’t fill out another form. You are already on the list.



WE WELCOME NEW MEMBERS who recently joined the Senior Center: Carol Altman, Suzanne Barone, Mary Jane Bedore, Bina & Akhilesh Bhatnagar, Lily Bink, Mary Brown, Meggan Bush,

James Carney & Catherine Carey-Carney, Patricia Chiodo, Regina & Ralph Derrico, Thomas & Linda Dey, Marilyn Do Bos, Marsha Falkowski, Loretta & Arthur Faturios, David Fusani, Christina Gorski, Annette & Paul Granville, Deborah Hopkins, Dorothy Janicke, Marie Janicke, Beverly Kaczynski, Sharon Kogutek, Elizabeth La Corte, Lorraine Lesniowski, Mary Lowther, Jill Lucci, Daniel & LouAnn Lynch, Judy & Ronald Lytel, Linda Mayne, Esther Mercurio, Janice Meegan, Stanley Michaloski, John & Laura Molik, Louis Norman, Shirley Parnell, James Patrick, Dorothy & Thomas Putnam, Irene Ryan, Mark Servoss, Dorothy Tao, Annette Tramposch, Concetta Trojanczyk, Heather Turner, Art Wander, Hechen Wang, and Diane Ziarkowski.

Amherst Center for Senior Services
Open Monday-Friday 8:30 a.m.- 4:15 p.m.
Special Evening Hours on Wednesdays
depending on scheduled activities

SENIOR CENTER CLUBS

- AMHERST LADIES GOLF LEAGUE**—Any Questions: Mary Ann Young, 639-1169.
- AMHERST RECORDER CONSORT**—Fridays, 9 a.m. - Call Fern Smith, 633-6325.
- AMHERST SENIOR MEN'S GOLF LEAGUE**—Fridays 7:00 a.m. *Resumes in Spring*. (Make-ups on Mondays). At Oakwood Golf Course. Come and get your exercise and join the competitive challenge and fun. Monthly Tourneys based on handicaps, and lunch. All skill levels welcome. Call Rich Marcille, President, 634-3669.
- AMHERST SENIOR SINGERS**—Wednesdays, 12:45 p.m. Call Carol Mayo, 632-3929.
- AMHERST TUNE-UPS**—Mondays, 1 p.m. Singing songs from the 50's, 60's, & 70's. Call Dan Brown, 692-3660.
- ART CLUB**—Mondays 8:30 a.m.-4:00 p.m. (When Art classes are not scheduled.) Contact JoAnn Jarmusz 565-3332
- BIKERS CLUB**— *Resumes in Spring* Call Pat Pendrak 741-3523.
- BILLIARD ROOM**—Members play pool any time except during Members' Pool Tournaments or on Wednesday mornings on the 2 designated Women's Pool Tables.
- BRIDGE CLUB**—Fridays, 1 p.m. - Terry Florek, 839-3628.
- BOCCE CLUB**—*Resumes in Spring* Tuesdays, 1p.m., Bassett Park. Leader is Linda Goodman, 626-4904.
- BOOK CLUB**—3rd Thursday at 10:00 a.m. Call Janice Dunne, 832-2245.
- CAMERA CLUB**—2nd Tues, 1 p.m. & 4th Wed. at 6:00 p.m. Call Ron Storfer, 633-5203.
- CANASTA CLUB**—Mondays, at 12:30 p.m., Kay Ullman, 634-7580.
- CHESS**—Tuesdays, 12:30 p.m. Call Bill Rich, 634-6884.
- CREATIVE WRITERS GROUP**—1st and 3rd Monday at 10:00 a.m. to noon. Contact Paula at 464-3985.
- CRIBBAGE**—Thursdays, 1 p.m. - Call Al Benz at 688-8786.
- DOMINOES**—Mondays, 12:30 p.m. Jean Hallac, 688-6895.
- DUPLICATE BRIDGE**—Thursdays, 9:00 a.m. No Partner needed. Not ACBL sanctioned. We play for fun. Call Dave Stroud, 633-9338.
- EUCHRE CLUB**—Tuesdays, 1:00 p.m. Dorothy, 639-0430 or Dolores, 636-6147.
- FRIENDSHIP CLUB**—Meets 1st Wednesday of each month from 6:00-7:00 p.m. in the *Gallery*.
- GENEALOGY CLUB** - Meets Tuesday at 10:30 a.m. Questions, contact Ken Blackwell, 634-9651.
- KNITTING CLUB**—Tuesdays, 9:00 a.m. Computer Rm.
- MAH-JONGG CLUB**—Tuesdays, 1 p.m. Kay, 634-7580.
- MUSIC COMBO**—Fridays, 12 Noon. Carol, 688-7679.
- OPEN CARDS**—Monday, Tuesday, Thursday afternoons & Friday mornings. Card Room.
- PING PONG/TABLE TENNIS**—Refer to schedule on Page 8 for days & times. Contact Joanne Cole-Marshall 636-3055 ext. 3107. *Safe, comfortable footwear is required to play.*
- PINOCHLE CLUB**—Wednesdays, 12:45 p.m.- Nancy Haug, 632-2765. **Pinochle Lessons on Tuesdays at 12:30 p.m.** If you want to refresh or learn how to play Pinochle, call Linda 626-4904.
- QUILTING CLUB**—3rd Monday, 12:30 p.m. - Room 3. Call Bea Glatz, 835-9021.
- READER'S THEATER**—Fridays, 1 p.m. - Members perform various skits. Call Carol Ennis, 688-7679.
- RUMMIKUB CLUB**—Fridays at 1:00 p.m. Any questions, contact Mary Migliore at 240-1101.
- SCRABBLE CLUB**—Thursdays, 12:30 p.m. Carol Hensel, 689-7417.
- STAINED GLASS**—Thursdays- 9 a.m. Call Tom Richards, 832-5641.
- TRIVIAL PURSUIT CLUB**—at 12:45 p.m. 1st Monday & 3rd Friday each month. Contact Bob Peluso, 689-0094.
- WOODCARVING**—Tuesdays, 9 a.m. Jean Pierre Aubertin, 632-3540.
- WALKERS GROUP**—Resumes in Spring. They will meet Thursdays, in the lobby promptly at 9:50 a.m. for a 60 minute walk or a 30 minute leisure walk in Walton Woods. Contact Bill Albrecht at 565-0634.



AMHERST CENTER CAMERA CLUB

All interested persons are invited to attend our meetings, share and learn about photography, enjoy the programs and ask questions. Guest speakers will answer basic and advanced questions, so please speak up.

Tuesday, November 10 at 1:00 p.m., Photography, Speaker: Professor Thomas Bittner of the Departments of Philosophy & Geography at SUNY at Buffalo, and a Research Scientist at the New York State Center of Excellence shares his enjoyment of travel and photography. Check his website: http://www.thomasebittner.com/BittnerPersonal/Thomas_Bittner.html.

Wednesday, November 18, 2015 at 6:00 p.m., Snowflakes, Speaker: Douglas Levere, a Photographer with over 20 years of professional experience whose work has been widely published in national magazines. Capturing life in images has been his life for almost two decades and he has assisted some of the world's greatest photographers, gleaned their insights into a style of his own. Douglas was featured in a [Buffalo News](#) article about his fascination with snowflakes and his photography of these unique and beautiful structures.

AMHERST SENIOR TRAVEL CLUB

Travel Club meets the 3rd Tuesday of each month at 1 p.m. at the Center. Membership Forms, Information and flyers are available on the Travel Club Bulletin Board at the Center (across from the Billiard Room).

CHECK FOR FLYERS

Mail Completed Trip flyers to Audrey Cherry, (phone 688-7059) at 90 Hilton Blvd, Amherst, NY 14226.

Annual Membership fees are \$7 for single membership, \$10 for a husband and wife. This covers mailing costs, operational expenses and The Network newsletter mailed to your home. **Make checks payable to Amherst Senior Travel Club.**

DAY TRIPS REQUIRE FULL PAYMENT WITH RESERVATION unless otherwise specified on the flyer. A phone reservation requires full payment within 14 days.

Call Audrey Cherry at 688-7059 for more information and check out the bulletin board for flyers and applications.

Mail Membership forms to: Paul Romanowski (Membership Chair), 20 Kingsbridge Court, Getzville, NY 14068-1196.

*First priority for all trips is reserved for **paid** Travel Club members.*

AMHERST SENIOR TRAVEL CLUB MEMBERSHIP FORM FOR 2016

PLEASE PRINT ALL

Member's Last Name	Member's First Name	Amherst Sr. Ctr. Number
Member's Last Name	Member's First Name	Amherst Sr. Ctr. Number
Street Address	Town	State/Zip
Email Address	Home Phone	Cell Number
Today's Date	Check Number	

AMHERST SENIORS DINNER CLUB

Your Dinner Club membership number is required to receive the member price. Guest price applies to anyone who is not a paid member for the current year. **Membership fees must be renewed each year.** Call Myra Horowitz, 634-9223.

Dinner choices:

1. Roast Beef w Red Potatoes
2. Baked Greek Chicken with Red Potatoes
3. Buffalo Fish Fry

All meals include Rolls & Butter, Coffee, Tea, and Soft Drinks. Ice Cream with Cookie for dessert.

*Tax & Gratuity is included. **Cash Bar.** Only reservations received by mail by November 7 will be accepted. The Senior Center does not forward/process Dinner Club reservations. Make checks payable to: Amherst Seniors Dinner Club.*

Cut out this coupon and MAIL with your check payable to: *Amherst Seniors Dinner Club* to: Bill Albrecht, 24 Union Place Williamsville, NY 14221

Tuesday, November 17—2:00 p.m. (Luncheon)
MILOS Restaurant—5877 Main Street, Williamsville, NY
Members \$25.00—Guests \$28.00

Circle Dinner Choice and Category

Name _____	1	2	3	Member	Guest
2015 Dinner Club Member ID# _____					Phone _____
Name _____	1	2	3	Member	Guest
2015 Dinner Club Member ID# _____					Phone _____

Total Amount Enclosed _____