


Solar TOTAL ECLIPSE 2024

MONDAY, APRIL 8th 2024


Be prepared for the Eclipse on April 8th. If you haven't already, get your solar viewing glasses so you are able to safely view this once in a lifetime event. This area will see up to one million more visitors on that day. Watch from the safety of your own home. Traffic will be very difficult if not impossible throughout the day. Please be sure you have stocked up on groceries and medications. The senior center will not be open on this day. Enjoy this celestial experience that most people will not see again until 2045!

April is Volunteer Appreciation Month


Healthcare Decision Day is April 16

 AmherstCenterForSeniorServices.com

 Facebook.com/amherstnyseniorcenter/

 716-636-3050

WIFI PASSWORD: RainStorm20

 Town of AMHERST
[Redacted]
[Redacted]
Senior Center

BUFFALO

ABOUT US

IMPORTANT PHONE NUMBERS

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

AMHERST TOWN BOARD

Brian Kulpa, Supervisor
Jaqueline Berger
Shawn Lavin, Senior Services Liaison
Angela Marinucci
Michael Szukala

TOWN PROGRAM LOCATIONS

Amherst Senior Center

370 John James Audubon Parkway, Amherst 14228

Clearfield Community Center

730 Hopkins Road, Williamsville 14221

Harlem Road Community Center

4255 Harlem Road, Amherst 14226

Northwest Amherst Community Center

220 Northpointe Parkway, Amherst 14228

Northtown Center at Amherst

1615 Amherst Manor Drive, Williamsville 14221

North Forest Park

85 North Forest Road, Williamsville 14221

Williamsville Youth and Family Center

5005 Sheridan Drive, Williamsville 14221

AMHERST MEALS ON WHEELS

Delivers nutritionally balanced meals to seniors and disabled adults living in the Town of Amherst.

AmherstMealsOnWheels.org | 716-636-3065

AMHERST SENIOR TRANSPORTATION SERVICES

Provides rides to the Amherst Senior Center, health-related visits, and grocery shopping.

AmherstVans.org | 716-636-3075

MONTHLY NEWSLETTER

The Center tries to be fiscally and environmentally conscious.

If you have online access, we kindly ask that you view the newsletter online at AmherstCenterforSeniorServices.com. To have the newsletter delivered to your home annually, send a \$10 check (payable to the Amherst Center for Senior Services) and your name, address, and telephone number to:

Amherst Center for Senior Services
Attn: Newsletter Subscription
370 John James Audubon Parkway
Amherst, New York 14228

ABOUT THE CENTER

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

AmherstCenterForSeniorServices.com

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

- Art Gallery—*Monthly Art is sponsored by Asbury Pointe*
- Audubon Café—*Operated by Amherst Generations Foundation*
Open Tuesdays, Wednesdays and Fridays from 10:30-1:00pm
- Billiard Room
- Card Room
- Dance Room—*Sponsored by Excellus Blue Cross Blue Shield*
- Gift Shop—*Operated by Amherst Generations Foundation*
- Health & Fitness Rooms
- Library
- Music Room—*Sponsored by Susan Grelick in honor of her parents*
- Nutrition Room—*Sponsored by Highmark Blue Cross Blue Shield*
- Wellness Center—*Sponsored by Kaleida Health*

KEY STAFF CONTRIBUTORS

Melissa Abel, Director, mabel@amherst.ny.us
Christen Estrada, Nutrition Site Coordinator, cestrada@amherst.ny.us
Tammy Jacobs, Program Coordinator: tjacobs@amherst.ny.us
John Jones, Social Caseworker: jjones@amherst.ny.us
Jodi Kwarta, Director of Volunteers: jkwarta@amherst.ny.us
Jennifer Lazarz, Program Leader: jbono@amherst.ny.us
Karen Lisiecki, Project Coordinator: klisiecki@amherst.ny.us
Angelo Lorenzo, Program Leader: alorenzo@amherst.ny.us
Jamie Sullivan, Kitchen Manager: jesullivan@amherst.ny.us
Greg Potter, Program Leader: gpotter@amherst.ny.us
Vijaya Tomar, Social Worker: vtomar@amherst.ny.us
Cindy Weiss, Class Coordinator: cweiss@amherst.ny.us

*The newsletter is coordinated by Christina Yensan,
Public Relations Coordinator: cyensan@amherst.ny.us*

REGISTRATION/CANCELLATION

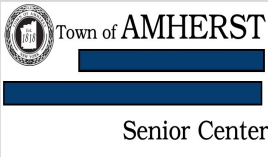
Registration is mandatory for all classes, programs, and clubs. There are three ways to register:

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

Class registration and payment is mandatory. Those who participate in a class that they have not paid for will risk a suspension of their membership. So if you see a class you are interested in, register as soon as possible.

If you have registered for any activity at the Center and do not plan on attending, please cancel so someone may take your spot.

MEMBERSHIP



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

HOURS OF OPERATION

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

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

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

MEMBERSHIP DUES

Amherst Residents—Lifetime Membership

- \$50/Individual Membership
- \$75/Couple or Household Membership

Non-Resident—Renewal

- \$50/Per Person

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

To join the Center online:

Go to AmherstCenterforSeniorServices.com/membership-plans

To join the Center in-person:

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

We have temporarily suspended accepting NEW non Amherst resident memberships for 2024. We appreciate your understanding

CALLING ALL NEW MEMBERS-MEMBERSHIP 101

Tuesday, April 2 at 3:30 pm or

Wednesday, April 3 at 10:30 am

So you have taken the step of becoming a member, now what? Find out ways to get involved, how to sign up for classes or programs and where to find information on what is happening at the Center. Those attending the 10:30am session are invited to stay for a complimentary lunch at 12:00pm and if you are attending the 3:30pm you are invited to stay for a complimentary dinner at 5:00pm. Reservations are required for both.

NOTARY PUBLIC

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

FIRE DRILLS:

If the Center's emergency alarm goes off, you need to vacate the building through the emergency doors.

DIRECTOR'S NOTE

This month we celebrate National Volunteer Month. We could not offer what we do without our volunteers and cannot thank all of you enough. Whether you volunteer serving lunch or dinner, give your time working an event or conducting a class, donating hand sewn or knitted items to local schools and nursing homes, helping with the mailing of the newsletter or weekly distribution of our frozen meals, you are a valuable part of what makes the Amherst Senior Center shine! Your commitment to the Amherst community unites all of us and makes a positive impact. The opportunities to volunteer in our community are seemingly endless. Students gain real world experience, those still working apply their skills to helping local organizations strive, and older adults improve their health and longevity.

No matter what age or stage you are in life, volunteering gives everyone the joy of giving back. Our partnership with Sweet Home Schools Ready Academy is an example of older adults giving their time and skills to teach students who take those skills with them when they graduate high school. Together, they learn from each other and are building lasting relationships. We are proud to be part of this initiative and will continue to build on it.

Our sponsors this month are Hearts and Hands, Hospice and Palliative Care Buffalo and Pflzgraf & Beinhauer. Hearts and Hands exists because of volunteers. Whether you help with transportation, household chores, or socialization, giving your time to this amazing organization will assure that many older adults in our community can remain in their own home and age in place. Please reach out to them if you are interested in volunteering at (716) 406-8311. Hospice and Palliative Care provides comfort-focused medical care and social, emotional and spiritual support for patients and their loved ones. And Pflzgraf & Beinhauer has dedicated their business to elder law and serving older adults in preparing for the future so they can focus on what's most important—living. Thank you all for your support of our Center.

Together, we celebrate National Volunteer Month. We celebrate that even small acts of kindness spreads large amounts of joy to so many in the community. If you haven't already, join the movement and volunteer. There are many local non for profits and other groups that need volunteers. In addition to helping others, you will share the same passion with other volunteers and make new friends along the way! And congratulations to our new Food Service Manager, Jamie Sullivan and please welcome our new Nutrition Site Coordinator Christin Estrada.

Melissa Abel, Executive Director

ONLINE REGISTRATION

To Register for a Class, Club or Program in the New Version of MyActiveCenter:



Sign in to MyActiveCenter.com

- The Search Box and Filters are on the left side
- Once you have found the Class, Club or Program that you wish to Register for, click on the name. This will open a more detailed view of the activity. Listed below will be the Upcoming Events schedule.
- For classes with two sessions, each session is listed separately and requires separate registration.
- **To Register click on Add to Cart**
 - ⇒ A small box will appear to let you know that this has been reserved in your Cart.
 - ⇒ If this is the only activity that you wish to Register for you can click the Go to Cart button **OR** click on any area not in the pop-up box to continue shopping.
 - ⇒ **In order to complete the Registration process you must finish your order by going to your Shopping Cart.**
- ◇ If registering for a Class click Pay for selected items. Input your credit card information and click Pay to finish.
- ◇ If registering for a Club or Program click Register for selected items.

PROGRAMS

MYACTIVECENTER TRAINING

Monday April 1 at 11:00am or Tuesday April 2 at 1:00pm
Learn how to register for Classes, Clubs and Programs on MyActiveCenter.com

FITNESS JENGA

Tuesday, April 2 at 1:00pm
Two teams play the game Jenga, but each Jenga block has an exercise on it. If your team knocks over the Jenga Tower, your team goes through "The Gauntlet" exercise

SPRING CLEAN BINGO

Wednesday, April 3 at 1:00pm
Bring a cleaning supply or something Springy from the Dollar Store

MARY BURNETT TALBERT PRESENTATION

Thursday, April 4 at 11:00am
Mary Burnett Talbert was an American orator, activist, suffragist and reformer. In 2005, Talbert was inducted into the National Women's Hall of Fame. Get to know her through fellow member and great, great niece, Jean Stachelski

TRIVIA NIGHT

Tuesday, April 9 at 6:00 pm. Bring snacks for your table and work as a team. Don't forget your thinking caps!

BUFFALO CURLING CLUB

Wednesday April 10 at 10:30am
Curling is available for adults of all ages and abilities. The Buffalo Curling Club is offering a daytime curling program for seniors. Join us and meet Darrell Skelton, Buffalo Curling Club, USCA Level 1 Curling Instructor

MIND TEASERS

Thursday, April 11 at 11:00am

WII SPORTS – BASEBALL: Homerun Derby

Thursday, April 11 at 3:00pm
Play in a fun, easy, and interactive virtual baseball homerun Derby! You will be performing the actual hitting motions

ASK THE DOWNSIZERS

Wednesday, April 17 from 10-12:00pm
Fellow members Sandy and Kevin Powell have recently downsized and will be available to answer any questions

COOKING WITH JEN

Thursday, April 18 at 11:00am
Flower Garden Vegetable Tart. Fee is \$10 No refunds after 4/16. Please bring a baking sheet
Thursday, May 23 at 11:00am
Cheesecake Stuffed Strawberries. Fee is \$6. No refunds after 5/21. Please bring a Tupperware container to take your strawberries home.
Registration begins 4/1 for both cooking programs. Due to popular demand, you may only register for one

ICE CREAM AND ICE BREAKERS

Wednesday, April 24 at 1:00pm
Meet new friends for an ice breaker game and hot fudge sundae

PIZZA AND GAME NIGHT

Thursday, April 25 at 5:00pm
Pizza and salad from John and Mary's followed by a game of *Family Feud*. Paid reservations by 4/23. No refunds after

**REGISTRATION REQUIRED FOR ALL CLASSES, PROGRAMS, CLUBS AND SUPPORT GROUPS.
NO WALK INS. PLEASE CANCEL IF YOU ARE UNABLE TO ATTEND.**

PROGRAMS

TULIP HUNT

Friday, April 26 at 2:00pm

How well do you really know the Senior Center? Join us for a tulip scavenger hunt with clues about the Center

COOKING DEMO WITH THE FORSTER'S

Monday, April 29 at 10:30am

Members, Carl and Karen Forster, will show us how they make Vegan Peanut Butter Cookies. Fee is \$2. RSVP starting 4/1. No refunds after 4/25

HEALTH

WELLNESS FOR ALL

Tuesday, April 2 at 10:30am

Learn about current Medicaid rules, pooled trust, home care services and benefits that you may be entitled to.

Presented by Laura Shriver-Brown

FINANCIAL

Tuesday, April 2 at 1:00pm

Financial Literacy Day

BASICS OF ESTATE PLANNING AND MEDICAID

LONG-TERM CARE: Protecting & Preserving Assets

Learn the ins and outs of basic estate planning, advance directives and protection of assets for avoidance of costly and time-consuming probate proceedings upon death. We will also focus on strategies to preserve and protect assets in the event that there is a need for long-term care during life. Learn how to protect your assets and ensure that you are provided with good care for the rest of your life—even if you are unable to get through the five-year Medicaid “look back” period.

Presented to you by our friends at
Pfalzgraf and Beinbauer



NORTHWEST BANK: Have a partnership with your bank?

Friday, April 12 at 10:30am

We like to be able to offer information on the latest scams, is it a good idea to have a 2nd authorized signer on your account, what documents are important to have on file with your bank as you age to protect your money. What questions do you have about your banking relationship?

PROTECTING AND PRESERVING YOUR ASSETS

Thursday, April 18 at 6:00pm

Learn steps that individuals can take to ensure that their assets pass to their heirs and beneficiary instead of being diminished by claims. Presented by James Gembarosky

HEALTH INSURANCE

Clarity Group-Medicare Plan Center Lisa at 716-864-4886

Tuesday, April 9 1:00-3:00pm and Tuesday, April 16 9:00-11:00am

Highmark BCBS Kathy at 716-658-8655

Friday, April 5 9:00-11:00am

Independent Health Amanda 716-635-4999

Friday, April 26 10:00-11:00am

Univera

Tuesday, April 9 10:00-12:00pm

INFORMATION TABLES

EPIC-Wednesday, April 10, 11:00-1:00pm

AMHERST RECYCLING & WASTE COMMITTEE-Monday, April 22, 11:00 – 1:00pm

Learn about composting, waste and recycling

ASK THE REALTOR-Wednesday, April 17 at 11:00am

Ann Kader, WNY Metro Roberts Realty

Tuesday, April 16 at 1:00pm



**NATIONAL HEALTHCARE
DECISIONS DAY**
★ your decisions matter ★

Join Americans across the country in making your healthcare wishes known to loved ones and healthcare providers. In the event you are unable to make decisions for yourself, those close to you, and those caring for you, must know what is important to you. You can't plan for everything, but you can think about, talk about, and document your healthcare wishes. It's a gift you give yourself and those you love.

*Sponsored by our friends at Hospice and
Palliative Care*



HOSPICE BUFFALO
Care for them. Comfort for you.

FOOD SAFETY BASICS, PART 2: SAFE FOOD HANDLER

Wednesday April 17 at 10:00 am

Presented by Dr. Lori L. Till, Associate Professor, Buffalo State University, Owner, Food Safety Plus www.foodsafetyplus.org

INCORPORATING MINDFULNESS INTO EVERYDAY LIFE

Thursday, April 25 at 10:30am

Learn about daily activities that reduce stress and anxiety, improve performance and productivity and increase happiness with a greater sense of peace and overall well-being. Presented by Jennifer Johnson, Certified Wellness Coach from New Sky Coaching

FITNESS ROOM RUNDOWN

Tuesday, April 30 at 1:00pm

If you're new to working out or want a better understanding of the Fitness Machines, come learn how to safely and properly workout and use the equipment at the Center

**REGISTRATION REQUIRED FOR ALL CLASSES, PROGRAMS, CLUBS AND SUPPORT GROUPS.
NO WALK INS. PLEASE CANCEL IF YOU ARE UNABLE TO ATTEND.**

PROGRAMS

MOVIES

AFTERNOON MOVIES (1:00pm)

Monday, April 1 *Wonka* PG 1 hour 57 min

Monday, April 15 *Dream Scenario* R 1 hour 42 min

Monday, April 22 *Past Lives* PG-13 1 hour 46 min

Monday, April 29 *Maestro* R 2 hours 11 min

EVENING MOVIES (5:30pm)

Tuesday, April 2 *Wonka* PG 1 hour 57 min

Tuesday, April 16 *Dream Scenario* R 1 hour 42 min

Tuesday, April 23 *Past Lives* PG-13 1 hour 46 min

Tuesday, April 30 *Maestro* R 2 hours 11 min

OPERA HOUR

Friday, April 5 at 1:00pm *Madame Butterfly* 2 hours 9 min

BASED ON A TRUE STORY: NYAD

Friday, April 12 at 1:00 pm PG-13 2 hours

The story of athlete, Diana Nyad who, at the age of 60, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida

MUSICAL MOVIE

Friday, April 19 at 1:00pm *Rocketman* Rated R 2 hours

PLANET EARTH: Nature Documentary Episode 2 of 11

(Mountains) Friday, April 26 at 10:30am

This episode examines forces that shaped the land and its mountain chains. Narrated by David Attenborough

BOOK AND MOVIE COMPARISON

Friday, April 26 at 1:00pm *Rebecca* by Daphne du Maurier

OPEN PICKLEBALL

RESERVATIONS ARE REQUIRED. Please cancel if you are not able to come so someone else can take your spot.

- Tuesdays, April 2, 9, 23, 2:00-4:00pm and 5:00-7:00pm (1 court)
- Wednesday, April 3, 17, 12:00-2:00pm and 2:00-4:00pm
- Wednesday, April 10, 12:00-2:00pm (Gentlemen) and 2:00-4:00pm (Ladies)
- Wednesday, April 24, 12:00-2:00pm (Ladies) and 2:00-4:00pm (Gentlemen)
- Thursday, April 4, 3:45-5:30pm
- Thursday, April 11, 18, 25, 3:45-5:30pm and 5:30-7:15pm
- Friday, April 5, 12:00-2:00pm (Beginners) and 2:00-4:00pm (Intermediate)
- Friday, April 12, 26 from 12:00-2:00pm and 2:00-4:00pm
- Friday, April 19 from 12:00-2:00pm (Intermediate) and 2:00-4:00pm (Beginners)

OPEN PING PONG

- Mondays from 1:00-4:00 pm, April 1, 15, 22, 29
- Tuesdays from 2:00-6:00 pm
- Fridays from 1:00- 4:00 pm

PARTNER PROGRAMS



SILVER PRIDE TEA

Friday, April 5 from 10:00am-12:00pm

This is an opportunity for LGBTQ seniors to come together and enjoy a morning of refreshments and conversation. *ALL are welcome. Hosted by the Pride Center of WNY*

MUSICAL MEMORIES CAFÉ

Tuesday, April 16 at 2:00 pm

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

westfallsartcenter@gmail.com

BISTRO BOOKERS

Tuesday, April 16 at 4:00pm

Katie Campos will review the book " Under The White Sky: The Nature of the Future" by Elizabeth Gilbert

BETTER BREATHERS GROUP

Tuesday, April 23 at 1:00pm

If you, or someone you know, is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer, consider joining us and learn better ways to cope with your diagnosis and live life to the fullest . *Led by an American Lung Association Trained Facilitator , Jeremy Voorhees*

BALANCE AND MEMORY CHECK-UP

Thursday, April 25 from 9:30-12:00pm

Schedule your free 30 minute screening with a practitioner from Buffalo Occupational Therapy by calling 716-235-3013. When calling to reserve a time, let them know that you want it at the Amherst Senior Center

**REGISTRATION REQUIRED FOR ALL CLASSES, PROGRAMS, CLUBS AND SUPPORT GROUPS.
NO WALK INS. PLEASE CANCEL IF YOU ARE UNABLE TO ATTEND.**

CLASSES



SPRING/SUMMER CLASS CATALOG:

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

REGISTRATION
BEGINS ON WEDNESDAY,
APRIL 10

REGISTRATION PROCEDURES



ONLINE registration on MyActiveCenter.com begins on Wednesday, April 10 at 8:30am



TELEPHONE registration at 636-3051 begins Wednesday, April 10 at 8:30am



MAIL OR DROP OFF registrations begins on Wednesday, April 10 at 9:00am



WALK IN registration. Please bring completed form with exact payment by credit card, cash or check beginning on Thursday, April 11 at 9:00am

No new member applications will be processed on Wednesday, April 10

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

AUDIT A CLASS

If you are uncertain about a particular class, we encourage you to observe the class by obtaining a guest pass at the Reception Desk.

REFUNDS

If you are uncertain a particular course is for you, we encourage you to audit the class prior to registration. Requests for refunds or transfers will be honored only if a member makes the request at least 5 full business days prior to the scheduled class start date. The refund will equal the cost of the class minus a \$5 processing fee (per class). Refunds will be credited within 72 hours to your Senior Center Account. Sorry, no exceptions.

DEFENSIVE DRIVING CLASS

AARP Smart Driver

(\$25 for AARP Member/\$30 for Non AARP member)

Friday, 4/19 and Monday, 5/13 from 9:00-4:00pm

Reservations required by calling 636-3051



HIGHLIGHTS FOR SPRING/SUMMER TRIMESTER

Below is a select list of classes being offered this coming Spring/Summer. Full descriptions of ALL classes, including day, time and price, will be in our Spring/Summer Class Catalog.

- Birds Around Us
- Comedy Improv
- Intro To Acting
- The Basics of Wine Appreciation
- Romantic Russian Composers and Their Works
- Something Funny Going On: A Hysterical History of Musical Humor
- Circuit Training
- Groove and Move
- HIIT for Seniors
- It's A Racket
- Pickleball – Intermediate Instructional



SHOWCASE PERFORMANCE

Wednesday, April 24 at 1:30pm

Be entertained with Comedy Improv and Acting from members of our Intro To Acting Class. Come join in the fun and have a few laughs. Please register at the Reception Desk.

JOIN OUR TEAM

WE'RE HIRING

The Amherst Center for Senior Services hires only the finest individuals to teach our classes.

If you have a special skill or talent that you would like to share, consider joining our team. We welcome new ideas and the Center is always looking for language, local history, and fitness instructors.

Please contact our Class Coordinator, Cindy Weiss at cweiss@amherst.ny.us with your course proposal and if you are interested in teaching a day or evening class. We look forward to hearing from you.

**REGISTRATION REQUIRED FOR ALL CLASSES, PROGRAMS, CLUBS AND SUPPORT GROUPS.
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RESOURCES

SUPPORT GROUPS: SENIOR CENTER

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

- Feeling less lonely, isolated or judged
- Reducing distress, depression, anxiety or fatigue
- Improving skills to cope with challenges
- Gaining a sense of empowerment, control or hope
- Improving understanding of a disease

Loss & Grief Group

Thursdays at 10:30 am, beginning April 4

This group will meet every Thursday for six weeks.

Widow/Widowers Group

Tuesday, April 8 at 10:30 am

Men's Group

Tuesday, April 16 at 11:00 am

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

Talk about issues that are specific to men.

Caregivers Group

Wednesday, April 17 at 1:00 pm

Parkinson's Group:

Thursday, April 25 at 2:00 pm

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

Grandparent Kinship Group: See page 12

Are you one of the growing number of people who wants to face the fact of our human mortality with less fear and more curiosity?

We will be putting together a *Date with Death* group very soon. This group will learn, share and deepen your own understanding of what death means to you and how you want to approach death.

If this group is something you are interested in exploring, please contact John Jones, Social Case Worker by Friday, April 4 at jjones@amherst.ny.us

SENIOR OUTREACH SERVICES 636-3070

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

ACCESSIBLE PARKING TAG

If you need assistance with an application, we are available by appointment only and are available some evenings. Please contact a Social Case Worker to schedule your appointment.

FRIENDS HELPING FRIENDS SHORT TERM FOOD ASSISTANCE

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

FROZEN MEAL PROGRAM

If you are an older adult or caregiver and are finding it harder to prepare meals, this Erie County Program may be just what you need. Registration paperwork must be completed prior to participation. Meals pick-ups are only on Fridays. Please call our Nutrition Site Coordinator, Christen Estrada at 716-636-3055 ext. 3131 for more information.

The Home Energy Assistance Program (HEAP)

HEAP is a federally funded program, which is administered by New York State to assist low-income families with their energy needs. Multiple components are available to apply for heating assistance or services while the funding is available. To see if you are eligible, please contact the Senior Outreach Services.



The Supplemental Nutrition Assistance Program (SNAP)

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

YOUTHWORK\$

Youthworks is a service that works as a liaison between residents and Amherst youth ages 12-20. Jobs include: yardwork, gardening, weeding, mowing, raking, and snow removal. To hire a youth, please contact Robin Erwin at 716-631-7217.

**REGISTRATION REQUIRED FOR ALL CLASSES, PROGRAMS, CLUBS AND SUPPORT GROUPS.
NO WALK INS. PLEASE CANCEL IF YOU ARE UNABLE TO ATTEND.**

APRIL IS VOLUNTEER APPRECIATION MONTH

SERVICE HOURS

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

HEARTS & HANDS INFORMATION TABLE

Friday, April 19 from 11:00-1:00pm

You can impact the life of a neighbor in your own neighborhood by volunteering as little or as much as your time allows. Volunteering with Hearts and Hands is easy and flexible. Our volunteers love our scheduling portal. *Hearts and Hands is our Volunteer Appreciation Day sponsor*

Stop by the Gallery

VOLUNTEER APPRECIATION

April is **National Volunteer Appreciation Month** and we have not forgotten about our volunteers with regard to our annual summer appreciation celebration. We are planning an exciting event that you'll be hearing more about in the coming months. And while April may be the official month to recognize volunteers, we'd like to thank you **every day** for what you are doing in our community, as well as at the Center! **THANK YOU, VOLUNTEERS!!!**

VOLUNTEER OPPORTUNITIES

Please check future newsletters, emails, and the Volunteer Department bulletin board for volunteer opportunities that pop up unexpectedly or as we plan programs and events that will be taking place this spring. If you have not completed an application, stop by the Volunteer Office to pick up and complete an application so that you are all set and ready to go when an opportunity arises.

We are currently taking names of potential volunteers who are interested in being a greeters/receptionists at the North-west Amherst Community Center. As we schedule more programs there, we will need new volunteers.

BAKERS RACK SALE

Tuesday, April 16 at 9:00, while supplies last
Treat yourself to some home baked goods! Proceeds benefit the Center

CLUB SALE

April 30th and May 1st. 9:00 to 1:00pm
Purchase hand-made items lovingly crafted by some of the Senior Center's own club members. Featuring items made by the Knitting Club and the Monday Community Service Sewing Projects Club. You won't be disappointed.

CLUB MEMBERS

You must register prior to attending your meeting. Swiping in at the kiosk is not registering.

AM-CENTER PHOTOGRAPHY CLUB PRINT SHOW

Prints displayed through April 26. Please stop by our Gallery and adjacent hallways to see the impressive photographs produced by our own talented members.

BOOK CLUB

April 24 book selection is The Underground Railroad, by Colson Whitehead. This club also provides a ZOOM option, but you must pre-register to receive the ZOOM link so that you can participate in the group discussion

PATHFINDERS CLUB

- Resuming on April 23 (first walk of the season) Niawanda Path (across from Mississippi Mudds)
- April 30 Delaware Park/ History Museum
- May 7 Amherst State Park/ Glen Park
- May 14 Beaver Island Park
- May 21 Wehrle Drive Path
- May 28 Outer Harbor Path

Additional dates and locations will be provided as the season progresses. This club is now meeting on TUESDAYS and has rebranded itself as a WALKING group only, no hiking. Walks are about 3 miles each. For those participants who wish to carpool, meet at the Senior Center at 9:00am and the walks begin at 9:30am at the designated weekly location.

BIKE CLUB

The Bike Club will **not** be taking on new members at this time. It has reached its maximum number of members to keep it manageable for the club leaders. If you are still interested in joining this club, please contact the Volunteer Department to see if any openings may have become available throughout the season. For current Bike Club members, opening day is May 1 at 9:30am at the North Forest Bike Path.

EVENING WALKING CLUB

We are currently taking names of folks interested in starting a new Evening Walking Club that will meet on Tuesdays and Thursdays from 6:00-7:00pm. Walks will take place at Walton Woods and the neighboring paths, behind the Center. You do **not** need to commit to both evenings. You must be able to walk for about one hour and to keep up with the group. Please contact Jodi at jkwarta@amherst.ny.us to express your interest. This club could begin as early as April 23rd.

**REGISTRATION REQUIRED FOR ALL CLASSES, PROGRAMS, CLUBS AND SUPPORT GROUPS.
NO WALK INS. PLEASE CANCEL IF YOU ARE UNABLE TO ATTEND.**

CLUBS

If you are interested in more information or joining a Club, please register and go to the next meeting to speak with the leader. Phone numbers are no longer listed for the security of our Club Leaders.

For a description of clubs, go to AmherstCenterforSeniorServices.com or pick up a brochure at the Center.

Am-Center Photography Club	2nd and 4th Tuesday of the month, 1:00 –3:00
Amherst Rocky Blues Band Club	Fridays, 12:30
Amherst Senior Singers Club	Wednesdays, 1:00-3:00
Art Club	Mondays, 1-3:30
Biblical Hebrew Grammar Club	1st and 3rd Thursdays, 10:00-12:00
Bike Club	Wednesdays, 9:30-11:30
Board Game Club-Afternoons	Wednesdays and Thursdays, 12:30-4:00
Board Game Club-Evenings	Wednesday or Thursday nights at Northtown Center from 6:30-10:00. See MyActiveCenter.com for schedules
Book Club	4th Monday, 1:00
Bridge Club	Tuesdays, 2:00-4:00
Canasta Club	Thursdays, 1:00-4:00
Chess Club	Tuesdays, 12:15-4:15
Community Service Sewing Projects Club	Mondays, 8:30-11:00
Creative Writers Club	1st & 3rd Mondays, 10:00-12:00
Dinner Club	Information on rack across from the Wellness Room
Dominos Club	Mondays, 12:30-3:00
Duplicate Bridge Club (Mon)	Mondays, 12:30-4:00
Duplicate Bridge Club (Fri)	Fridays, 12:30
Euchre Club	Tuesdays, 1:00
French Club	2nd and 4th Mondays, 12:30-2:00
Indian Senior Citizens Club	2nd Thursday of the month, 4:30
Genealogy Club	1st and 2nd Tuesday of month, 10:30
Knitting Club	Tuesdays, 9:30-11:30
Mah Jongg <i>Beginner</i> Club	Fridays, 9:30-12:00
Mah Jongg Club	Tuesdays, 1:00-3:30
Men's Golf Club	Information on rack across from the Wellness Room
News & Views ZOOM Club	Fridays, 10:00-11:30, must be on Club roster to receive weekly link
Pathfinders Club-Hiking and Walking	Tuesdays, 9:00-11:00
Pinochle Club (Mon)	Mondays, 12:45
Pinochle Club (Wed)	Wednesdays, 12:45-3:30
Reader's Theater Club	Mondays, 1:30
Rummikub Club	Fridays, 1:00-4:00
Scrabble Club	Tuesdays, 10:00-12:30
Spanish ZOOM Club	Thursdays, 1:30
Stained Glass Club	Thursdays, 9:00-12:30
Tai Chi Club	Wednesdays & Fridays, 1:30-2:30
Tuesday Afternoon Music Club	Tuesday, 1:00
Upholstery Club	Wednesdays, 9:00-12:00
Wood Carving Club	Tuesdays, 9:00-11:30

**You must
register to attend
a club meeting.
Space is limited.**





APRIL NUTRITION

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

We have had an increase in people not showing up for lunch. If you are not able to attend lunch or dinner, kindly cancel your reservation as soon as you know.

This Menu is subject to change.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1 DYNGUS DAY Cabbage roll Mashed potatoes Carrots Dinner roll Pound cake	2 Spaghetti & meatballs Broccoli Grape juice Italian bread Fruit cocktail	3 Chicken Garden rice Green beans w/peppers Dinner roll Chocolate pudding	4 Salisbury steak Mashed potatoes Key Largo vegetables Wheat bread Chocolate chip cookies	5 Omelet Hash browns Stewed tomatoes Dinner roll Graham cookies
8 CLOSED 	9 Build your own salad Soup Italian bread Angel food cake	10 Roast beef w/gravy Oven potato Green beans Dinner roll Brownie	11 Pulled pork w/roll Potato wedge Carrots Tropical fruit	12 Chicken stir fry White rice Broccoli Dinner roll Graham cookies
15 Meatloaf Mashed potatoes Vegetable blend Rye bread Tropical fruit	16 Stuffed pepper Mashed potatoes Peas Dinner roll Oreos	17 Chicken leg Au gratin potatoes Brussel sprouts Dinner roll Apple	18 Macaroni & cheese Stewed tomatoes Broccoli White bread Diced pears	19 Hamburger Potato wedge Fiesta corn Banana
22 BBQ ribette Potato wedge California vegetables Hoagie roll Mandarin oranges	23 PASSOVER Chicken Sweet potato casserole Brussel sprouts Muffin Pudding	24 1/2 Reuban sandwich Garden vegetables Cranberry juice Rye bread Pineapple	25 Lasagna rolls Meatballs Broccoli Italian bread Caramel cake	26 Breaded fish Wild rice Mediterranean vegetable blend Dinner roll Apricots
29 Open faced turkey sandwich Roasted potato wedge Carrots Fruit cocktail	30 Pork chop w/gravy Rice California vegetables Multi grain bread Chocolate chip cookies			

FROZEN MEAL PROGRAM

If you are an older adult or caregiver and are finding it harder to prepare meals, this Erie County Program may be just what you need. Please call our Nutrition Site Coordinator, Christen Estrada at 716-636-3055 ext. 3131 for more information.

DINNER IS SERVED AT 5:00 PM

- Tuesday, April 2-Potpie pie, mixed vegetables, mashed potatoes, dessert
- Tuesday, April 9-Veggie burger, side salad, potato, dessert
- Tuesday, April 16-Corned beef Reuben, soup, juice, dessert
- Tuesday, April 23-Mushroom chicken, rice, vegetable, bread, dessert
- Tuesday, April 30-Cheeseburger, potato wedge, corn, dessert

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

NORTHWEST AMHERST COMMUNITY CENTER PROGRAMS

TWO TRUTHS AND A LIE-April Fool's Edition

Monday, April 1 at 6:00pm

Come with your best: two things that are true about you, that people wouldn't know, and one lie about yourself, and people have to guess which is the lie

CLARITY GROUP MEDICARE INFORMATION TABLE

Friday, April 5 from 9:00-11:00am

Call Linda at 716-304-2460 to schedule an appointment



Grandparent Kinship Support Group:

Wednesday, April 10
11:00 am

Are you "parenting for the second time?" If this is you, consider coming to this support group to

share ideas, get support, comfort and resources. You are not alone.

PLANNING FOR THE UNEXPECTED

Monday April 15 at 10:30am

Planning ahead can help you save money and avoid serious financial setbacks or consequences. Learn some of the most common ways to safeguard your wellbeing should the unexpected occur and offer some cautions to protect yourself from Presented by Parachute Credit Counseling

EVENING BINGO

Monday, April 15 at 6:00pm

Please bring an item from the Dollar Store for the prize Table

DIY FABRIC FLOWER POT Monday, April 22 at 10:30am

Fee is \$2. No refunds after 4/18. Stop at the Front Desk of the Senior Center to see a sample

ARMCHAIR TRAVELER

Monday, April 22 at 6:00pm

Oceanography: Exploring Earth's Final Wilderness 90 minutes

CIRCUIT FITNESS CLASS at NW FITNESS ROOM

Monday, April 29 at 6:00pm Try various workout exercises in what's called a 'circuit,' multiple stations, and each station has different types of exercises. By the end of the circuit, you will have gotten a total body workout!

OPEN PICKLEBALL

Monday, April 1, 15, 22, 29

- 10:00am-12:00pm (Intermediate)
- 12:00-2:00pm (Beginner)
- 5:30-7:30pm (All Levels)

Reservations are required

A NOTE FROM YOUTH & RECREATION

After a busy March, spring is in the air! We hope you have all been enjoying the classes and programs held in the new Wellness Center (formerly Adult Day Services) which is sponsored by Kaleida Health. Access to this space will be a bit restricted for the month of April due to early voting for two special elections, one on April 2 and one on April 30. We are working on a long-term solution for early voting that won't take away program space, but in the meantime, please be patient with us, and of course, take the opportunity to vote while you're at the Center participating in other activities!

We welcome everyone to join us during the month of April for weekly walks at Walton Woods on Sundays and Wednesdays at 11:00am. Please register at www.amherstyouthandrec.org (this way we can let you know if a walk is cancelled due to weather) or just show up if the spirit moves you. This is a great activity for the whole family!

Mary Diana Pouli, Executive Director, Youth and Recreation

ALL ACTIVITIES CANCELLED MONDAY, APRIL 8

REGISTRATION REQUIRED FOR ALL CLASSES, PROGRAMS, CLUBS AND SUPPORT GROUPS.
NO WALK INS. PLEASE CANCEL IF YOU ARE UNABLE TO ATTEND.