



# AMHERST CENTER FOR SENIOR SERVICES

## CLASS REGISTRATION SPRING/SUMMER 2018

TRIMESTER: April 30, 2018 - August 24, 2018



**Computers**



**Woodworking**



**Pickleball**

### IMPORTANT DATES & INFORMATION

#### ***ADVANCE Registration for Amherst Resident Members BEGINS Monday, March 12, 2018***

- No mail in or drop off registration will be accepted prior to Monday, March 12.
- Please write the name of the Trimester, you will be registering for, on the outside of your envelope.
- For your convenience, there will be a "drop-off drum" located inside the front entrance of the Senior Center starting Monday, March 12.

**CLASS REGISTRATION WILL NOW BE ON A FIRST COME- FIRST SERVED BASIS.**

#### **STAFF WILL IMMEDIATELY BEGIN REGISTERING MEMBERS INTO THEIR REQUESTED CLASSES.**

- OPEN Registration for Non-Members & Non-Resident Members BEGINS Monday, April 2. Please stop in or call regarding these Registration procedures and class listings.

### HOW TO REGISTER

**NOTE: A Registration Form is included in this catalog.**

Use one Registration Form per person. To avoid delays in processing, please fill out form completely and **with correct fee(s)**.

Write **one class** on each line and write a **separate check** for each class. **We will not process Registration if one check is sent for several classes. *EXCEPTION: We will accept one check per class from a married couple when both are registering for the very same class.***

Make checks/money orders payable to: **AMHERST CENTER FOR SENIOR SERVICES.**

**Do not submit cash. For AARP Smart Driver Class, make check payable to AARP Smart Driver. Please make sure the name of the class is on the bottom left corner of your check.**

Mail Registration Form with appropriate fees to:

**SPRING/SUMMER 2018 REGISTRATION  
AMHERST CENTER FOR SENIOR SERVICES  
370 John James Audubon Parkway  
Amherst, New York 14228-1142**

You are registered for the class(es) you indicated, unless notified otherwise. ***If you would like confirmation, please include a self-addressed, stamped business envelope with your Registration Form.***

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


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

**See inside for COURSE CATALOG DISTRIBUTION INFORMATION.**

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## OPEN REGISTRATION FOR NON-MEMBERS

Begins **Monday, April 2, 2018** - Non-Members will pay an additional fee of **\$5 per class**. If you have a senior friend or relative who has always wanted to attend a class here at the Center but has not been eligible due to their residency, ask them to give us a call at 636-3050, ext. 3109.

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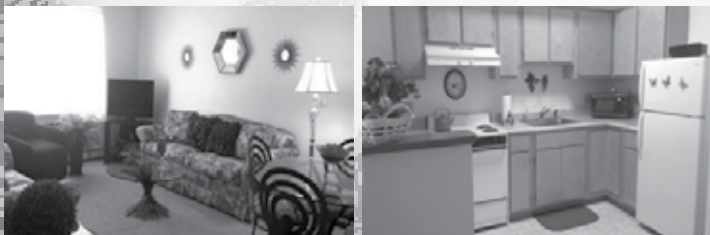
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a tour and learn more.

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# Beechwood Continuing Care

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



## ASBURY POINTE

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

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

## BLOCHER HOMES

*Assisted & Enhanced Living Community...  
...the right place at the right time!*

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



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



## BEECHWOOD HOMES

*Skilled Care Community – “Welcome Home”*

Beechwood Homes is the only skilled care community in WNY that has completely integrated person-centered care in a household setting. Each household has 12-18 residents that enjoy their own living room, country kitchen and dining room including a hospice household. Over 65 nursing homes and assisted living communities from around the country have visited Beechwood to learn how they can make this culture change journey. *Seeing is believing!*



To learn more about any of Beechwood Continuing Care communities, call 716-810-7370.  
[www.beechwoodcare.org](http://www.beechwoodcare.org)

Proud to be  
part of the  
Amherst senior  
community.



AMHERST SENIOR CITIZENS FOUNDATION

# COMMONLY ASKED QUESTIONS AND ANSWERS

## WHAT'S NEW REGARDING REGISTRATION AND MEMBERSHIP?

Three groups of people may participate in activities at the Amherst Center for Senior Services:

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

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

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

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

**ADVANCE Registration** for **Amherst Resident Members**, begins Monday, March 12, 2018. Registration can be mailed-in or dropped off. A drop-off drum will be placed in the front foyer on the morning of March 12. Staff will immediately begin registering members into their requested classes on a first come, first serve basis. **OPEN Registration for Non-Members and Non-Amherst Resident Members** will begin Monday, April 2. Please be sure to register on time.

## MUST I BE REGISTERED TO ATTEND CLASSES?

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

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

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

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

**AARP Smart Driver Course:** The fee for Amherst Senior Center members belonging to AARP is \$20.00. You must include your AARP membership number on both your check and registration form. For non AARP members, the Driver Safety Class Fee is \$25. **\*Please make check payable to: AARP Smart Driver.**

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

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

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

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

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

## WHAT WOULD PROMPT THE CANCELLATION OF A CLASS?

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

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

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

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

# CLASSES & ACTIVITIES

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

## ARTS & CRAFTS

### ACRYLIC / OIL PAINTING

8 weeks, starting May 7

*Randy Godding, instructor*

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

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

Fee: \$50.00

Art Room

### CALLIGRAPHY - BEGINNING / FINE POINTED PEN (SCRIPT STYLE)

5 weeks, starting May 4

*Mary Jo LaClair, instructor*

Impress your friends with this beautiful Victorian style calligraphy. Learn how to use the pointed pen for letters and elegant flourishes. Ideas for art projects or addressing special occasion envelopes are given. No experience needed. Call 839-1922 for a list of supplies.

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

Fee: \$33.00

Art Room

### CALLIGRAPHY - CONTINUING/FINE POINTED PEN OR COPPERPLATE STYLE

5 weeks, starting May 4

*Mary Jo LaClair, instructor*

In this class we will work with a fine pointed pen and the copperplate alphabet. Students will enjoy lettering poems, practicing flourishes and using color. A small book will be made in this class. Experience with a fine pointed pen and knowledge of the Copperplate style of calligraphy is required in this class.

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

Fee: \$25.00

Art Room

### DRAWING WITH COLORED PENCILS

8 weeks, starting May 9

*Randy Godding, instructor*

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

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

Fee: \$46.00

Craft Room

### OUTDOOR PAINTING & SKETCHING WORKSHOP

5 weeks, starting May 24

*Joan Hambleton, instructor*

This is an opportunity to see many different colors in nature and give us time to appreciate the everyday beauty surrounding us. Some experience is recommended, but not necessary. Weather permitting, outdoor painting will be the primary goal, there will be daily demonstrations and critiques. Sketching compositions, color therapy and personal artistic expression will be stressed. You might want to bring a camera, to take some outdoor pictures. In the event of poor weather, participants may work from photos indoors.

Thursday, 10:00 a.m. - 3:00 p.m.

Fee: \$68.00

(Classroom 3 in inclement weather)

(Lunch Break 12:00 noon-12:30 p.m.)

## WATERCOLOR CLASS - Beginning

**11 weeks, starting May 8**

*Dan Meyer, instructor*

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

Tuesday, 9:30 – 11:30 a.m.

Fee: \$69.00

Craft Room

## WATERCOLOR CLASS - Intermediate

**11 weeks, starting May 9**

*Dan Meyer, instructor*

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

Wednesday, 9:30 – 11:30 a.m.

Fee: \$61.00

Art Room



## WOODCARVING

**10 weeks, starting May 2**

*Ray Didley, instructor*

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

Wednesday, 5:30 – 7:30 p.m.

Fee: \$20.00

Art Room

# CARDS

## BEGINNING BRIDGE CLASS - PART III

**14 weeks, starting May 1**

*Jini Rizzo, instructor*

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

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

Fee: \$37.00

Card Room

## BRIDGE Review

*Jini Rizzo, instructor*

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

Please specify which class you would like to attend:

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

13 weeks, starting April 30

Fee: \$37.00

Card Room

**or**

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

14 weeks, starting May 1

Fee: \$39.00

Classroom 3

**\*Due to the popularity of this class, members who have previously attended this class are encouraged to join the Amherst Senior Services' Thursday Morning Duplicate Bridge or Friday Afternoon Bridge Club. This will allow other members a chance to participate.**

# COMPUTERS / TECHNOLOGY

**Amherst Center for Senior Services COMPUTER LAB instruction:-** A maximum of 6 students will be accepted into class at any time. All will be required to use the Center computers unless otherwise indicated. The Center computers are running Windows 7 Professional.

## COMPUTER USE FOR EVERYONE

Computer Room

*Nancy Wise, instructor*

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

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

Fee: \$27.00

4 weeks, starting May 25

## UNDERSTANDING YOUR SMARTPHONE/ TABLET

Computer Room

*Nancy Wise, instructor*

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

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

Fee: \$20.00

3 weeks, starting May 4

or

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

Fee: \$20.00

3 weeks, starting July 20

# DANCING

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

## BALLROOM DANCE - New Style Dance Steps

8 weeks, starting May 10

*Phyllis (Kippy) Ralabate, instructor*

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

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

Fee: \$25.00

Dance Room

## COUNTRY LINE DANCING - Beginner / Beginner Plus

10 weeks, starting May 7

*Connie Kaminski, instructor*

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

Monday, 1:00 – 2:30 p.m.

Fee: \$34.00

Dance Room

## TAP DANCING - Intermediate

14 weeks, starting May 1

*Dawn Tarbox-Szerbiak, instructor*

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

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

Fee: \$50.00

Dance Room



## ZUMBA

*Marilyn Ciavarella, instructor*

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

# DISCUSSION GROUPS

## ALL THE NEWS & ISSUES

16 weeks, starting May 4

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

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

Fee: \$20.00

Classroom 2

## LOOKING THRU THE PAPERS

13 weeks, starting May 8

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

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

Fee: \$30.00

Classroom 1

# FOR THE HOME

## UPHOLSTERY

6 weeks, starting May 1

*Kate Wagner & Richard Snider Co-instructors*

Work independently on your own "chair-size" project. (No love seats or sofas due to space limitations.) Bring your project to the first class. It can be left there until completion. **Materials, to be purchased by each student, will be discussed at the first class.** (A fully upholstered chair may require more than a six or seven-week course to complete.)

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

Fee: \$20.00

Classroom 3

## *Audit a Class*

If you are uncertain a particular class is for you,  
We encourage you to observe the class, prior to registration.  
Stop at the I & A Desk for a guest pass.

# HISTORY, LANGUAGE, LITERATURE & SCIENCE

## **ART HISTORY**

**6 weeks, starting May 3**

*Laura Watts Sommer, instructor*

Please join us as we explore as well as review the 19th Century European Artistic Movements of France, England, Italy and Spain.

Thursday, 10:00 – 11:30 a.m.

Fee: \$28.00

Classroom 2

## **ASTROLOGY**

**6 weeks, starting May 10**

*Mary Ann Hailand, instructor*

The Aspects. Once you understand the signs and houses that your planets and luminaries occupy, it is time to begin to look at how they affect or modify each other. The Sun can be likened to the CEO of the company, (your psyche) and the other planets and luminaries are the board of directors. We will explore how the inherent agenda of these characters affect the intentions and desires of the Sun and each other.

Prerequisite: Previous class participation &/or knowledge of astrology is required.

Thursday, 10:30 – 11:45 a.m.

Fee: \$43.00

Classroom 1

## **AVIATION**

**4 weeks, starting May 3**

*Douglas Byrum Routt, instructor*

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

Thursday, 10 a.m. – 12 p.m.

Fee: \$25.00

Classroom 3

## **FRENCH - CONTINUING CONVERSATION**

*TBA, instructor*

If you ever wanted to learn one of the romance languages, now is your chance. This class will be a continuation of Conversational French. We will explore French culture to enhance your feelings for the language and continue to touch upon grammar. Please call Cindy Weiss at 636-3055, ext. 3109 for further details.

## **ITALIAN - BEGINNING CONVERSATION**

**8 weeks, starting May 2**

*Cynthia Diaz, instructor*

For those who wish to learn Conversational Italian. In this 1.25 hour weekly session, we will explore culture and traditions to enhance your feeling for the language.

Wednesday, 2:15 – 3:30 p.m.

Fee: \$30.00

Craft Room



## POETS & PLAYWRIGHTS

Classroom 2

Michael Harris, instructor

**Shakespeare, Shaw and Other Cultural Icons-A preview of the 2018 Shaw Festival.** When the curtain rises on the 2018 Shaw Festival season, the spotlight will be focused on some of our most significant cultural figures and events. For example, in this centenary observance of the First World War, they'll present the innovative musical Oh, What a Lovely War, the Bernard Shaw wartime comedy O'Flaherty V.C., and a version of Shakespeare's Henry V set in the trenches of WWI. They'll also salute Napoleon Bonaparte in Shaw's rarely seen The Man of Destiny, Sherlock Holmes in the Hound of the Baskervilles, Anton Chekhov in the world premiere of An Orchard (After Chekhov) and Narnia in a brand new adaptation of C.S. Lewis' The Magician's Nephew. Rounded out by the lavish musical Grand Hotel and actor Stephen Fry recounting the ancient Greek legends in his own one-man show Mythos, we'll examine all the productions on the Shaw schedule in a year that rightfully can be called iconic!

Please indicate which session you would prefer:

A.M. Session            Tuesday, 9:30 - 11:30 a.m.            Fee: \$34.00            12 weeks, starting May 8

or

P.M. Session            Tuesday, 1:00 - 3:00 p.m.            Fee: \$34.00            12 weeks, starting May 8

## SPANISH - BEGINNING / CONTINUING CONVERSATION

8 weeks, starting May 2

Cynthia Diaz, instructor

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

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

Fee: \$36.00

Craft Room

# MUSIC

## PIANO LESSONS

Music Room

Sharon Dittmar, instructor

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

**Session 1:** Thursday, 9:00 a.m. - 1:30 p.m.

Fee: \$75.00  
(No Fee Waiver)

6 weeks, starting May 3

and/or

**Session 2:** Thursday, 9:00 a.m. - 1:30 p.m.

Fee: \$88 .00  
(No Fee Waiver)

7 weeks, starting June 28

## UKULELE SING-A-LONG - BEGINNING

Music Room

Jennifer May, instructor

This 10 week course is designed for those who have never played the Ukulele (or any instrument). Learn about the Ukulele, and how to play while singing songs and having a laugh or two... Ukuleles are provided for use during class... Anyone can play the Ukulele come give it a try!

Monday, 11:00 – 11:55 a.m.

Fee: \$42.00

10 weeks, starting April 30

## UKULELE SING-A-LONG - CONTINUING

Music Room

*Jennifer May, instructor*

This 10 week course is designed for those who have taken the beginner session or have played the Ukulele. Ukuleles are still available during class. We will learn more chords and try different strumming patterns. And of course we will have fun singing and learning new songs, while learning to play the Ukulele.

Monday, 9:30 – 10:25 a.m.

Fee: \$42.00

10 weeks, starting April 30

## VOICE LESSONS

Music Room

*Janet Balloch, instructor*

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

**Session 1:** Monday, 12:00 - 4:00 p.m.

Fee: \$60.00

6 weeks, starting April 30

and/or

**Session 2:** Monday, 12:00 - 4:00 p.m.

Fee: \$60.00

6 weeks, starting June 25

# NEEDLECRAFT

## KNITTING/CROCHET

Computer Room

*Mary Ann Belus, instructor*

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

**Session 1:** Thursday, 9:30 - 11:30 a.m.

Fee: \$29.00

5 weeks, starting May 3

and/or

**Session 2:** Thursday, 9:30 - 11:30 a.m.

Fee: \$29.00

5 weeks, starting June 14

## QUILTING

Classroom 3

*Jan Brecht, instructor*

Work on individual projects guided by the instructor. New individual and group projects will be introduced periodically.

**A short simple supply list will be discussed at the first class.** In addition to individual creations, some class members may volunteer to work on a quilt to be raffled, proceeds of which will benefit the Center.

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

Fee: \$39.00

13 weeks, starting April 30

## OPEN REGISTRATION FOR NON-MEMBERS

Begins **Monday, April 2, 2018** - Non-Members will pay an additional fee of **\$5 per class**.

If you have a senior friend or relative who has always wanted to attend a class here at the Center but has not been eligible due to their residency, ask them to give us a call at 636-3050, ext. 3109.

# PHYSICAL FITNESS & HEALTH

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

**EACH DAY OF WEEK IS CONSIDERED A SEPARATE CLASS.**

## **AEROBICS**

*Jean Widlicka, instructor*

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

Monday, 9:30 - 10:20 a.m.	13 weeks, starting April 30	Fee: \$29.00	Activity Room A
Tuesday, 9:30 - 10:20 a.m.	14 weeks, starting May 1	Fee: \$31.00	Activity Room B
Wednesday, 9:30 - 10:20 a.m.	13 weeks, starting May 2	Fee: \$29.00	Activity Room A
Friday, 9:30 - 10:20 a.m.	14 weeks, starting May 4	Fee: \$31.00	Activity Room B

## **CHAIR EXERCISE - MOVING & GROOVING**

**Dance Room**

*Jean Widlicka, instructor*

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

Thursday, 9:30 - 10:25 a.m.	Fee: \$31.00	14 weeks, starting May 3
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## **CHI KUNG and TAI CHI REFINEMENTS**

**Health Room & Activity Room B**

*Robert Sachs, Ph.D., instructor*

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

Tues. & Thurs., 12:00 - 1:00 p.m.	Fee: \$103.00	28 sessions, starting May 1
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## **FALL PREVENTION - Safe on Your Feet**

**Activity Room A**

*Jean Widlicka, instructor*

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

Please specify which class you would like to attend:

Monday, 10:30 - 11:20 a.m.	Fee: \$29.00	13 weeks, starting April 30
and / or		
Wednesday, 10:30 - 11:20 a.m.	Fee: \$29.00	13 weeks, starting May 2

## FLOOR EXERCISE

Activity Room B

Jean Widlicka, instructor

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

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

Fee: \$31.00

14 weeks, starting May 4

## GET FIT WHILE YOU SIT

Activity Room A

Jean Widlicka, instructor

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

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

Fee: \$43.00  
(covers both days)

26 sessions, starting April 30

## JAZZ EXERCISE

Dance Room

Dawn Tarbox-Szerbiak, instructor

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

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

Fee: \$35.00

14 weeks, starting May 1



## PICKLEBALL - BEGINNER

Activity Room A & B

TBA, instructor

Did you know, Pickleball is the fastest growing sport in the United States? It is a racquet sport that combines elements of badminton, tennis, and ping pong. This 6 week course is designed for the Beginner. Each week we will begin with instruction and drills, followed by practice and play for the remainder of the class. Members are welcome to bring their own paddle, however, equipment will be provided. Wear comfortable clothing and sneakers.

Thursday, 2:00 - 4:00 p.m.

Fee: \$20.00

6 weeks, starting May 3

## SLIMNASTICS

Claudia Fries, instructor

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

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

12 weeks, starting April 30

Fee \$25.00

Activity Room B

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

11 weeks, starting May 2

Fee: \$23.00

Activity Room B

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

12 weeks, starting May 4

Fee: \$25.00

Dance Room

## STRENGTHENING & TONING FOR MEN

Health Room

Jean Widlicka, instructor

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

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

Fee: \$32.00

12 weeks, starting May 1



Keep current on the latest news and see photos from the  
Amherst Center for Senior Services & the  
Amherst Senior Citizens Foundation  
by visiting our Facebook page at:

<https://www.facebook.com/amherstseniorservices/>

## **STRETCH TO THE OLDIES**

**Activity Room B**

*Claudia Fries, instructor*

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

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

Fee: \$25.00

11 weeks, starting May 2

## **TAI CHI - BEGINNING PART I**

**Activity Room B**

*Robert Sachs, Ph.D., instructor*

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

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

Fee: \$77.00  
(covers both days)

28 sessions, starting May 1

## **TAI CHI - INTERMEDIATE / ADVANCED**

**Dance Room**

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

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

Fee: \$20.00  
(covers both days)

30 sessions, starting May 1

## **ZUMBA**

**Dance Room**

*Marilyn Ciavarella, instructor*

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

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

Fee: \$28.00

10 weeks, starting April 30

and / or



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

Fee: \$29.00

8 weeks, starting May 23

**DON'T MISS OUT ON FUTURE COURSE CATALOGS**

**As we GO GREEN to SAVE GREEN!!**

*Please find the Amherst Senior Center Course Catalog online at:*

**[www.amherst.ny.us](http://www.amherst.ny.us)**

**FUTURE ISSUES:**

**Fall 2018 Catalog - Available Mid-June 2018**

**Winter/Spring 2019 Catalog - Available Mid-October 2018**

**Spring/Summer 2019 Catalog - Available Mid-February 2019**



*If you would like a Course Catalog mailed to your home, please request and fill out a form at the Information & Assistance Desk. A limited number of printed catalogs will be available at the Senior Center.*

# YOGA

# (HATHA)

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

## BASIC YOGA

**Dance Room**

*Christina Phillips, instructor*

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

Wednesday, 1:45 - 2:45 p.m.

Fee: \$30.00

11 weeks, starting May 2

## Beginning Yoga – Days

*Christina Phillips, instructor*

**Please specify which class you would like to attend.**

Tuesday, 9:30 - 10:45 a.m.

12 weeks, starting May 1

Fee: \$26.00

Activity Room A

Wednesday, 3:00 - 4:15 p.m.

11 weeks, starting May 2

Fee: \$23.00

Dance Room

Thursday, 9:30 - 10:45 a.m.

12 weeks, starting May 3

Fee: \$26.00

Activity Room A

## CHAIR YOGA

**Dance Room**

*Jennifer Nuwer, instructor*

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

Friday, 1:00 - 2:15 p.m.

Fee: \$32.00

14 weeks, starting May 4



## LAUGHTER YOGA

**Music Room**

*Jennifer May, Instructor*

LAUGH FOR HEALTH WITH LAUGHTER YOGA. This class will help to reduce stress and promote well-being. We will focus on Laughter, Yoga Breathing and meditation exercises. Anyone can do it. No experience required. Feel the benefits right from the very first session! No special clothing, can be done sitting or standing. Just need the ability to laugh. Led by Certified Laughter Yoga Leader.

Tuesday, 12:30 - 1:30 p.m.

Fee: \$36.00

10 weeks, starting May 1

## YOGA & MEDITATION

**Dance Room**

*Jennifer Nuwer, instructor*

The mind and body are interconnected. This 13-week course will be a combination of meditation and yoga exercise, done from a chair. The ultimate goal is to achieve a gentle and healing experience.

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

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

Fee: \$24.00

13 weeks, starting May 2

or

Wednesday, 12:30 - 1:30 p.m.

Fee: \$24.00

13 weeks, starting May 2

*Christina Phillips, instructor*

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

**Please specify which class you would like to attend:**

Tuesday, 11:00 a.m. - 12:15 p.m.

Fee: \$28.00

12 weeks, starting May 1

or

Thursday, 11:00 a.m. - 12:15 p.m.

Fee: \$28.00

12 weeks, starting May 3



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# SPECIAL SERVICES

The Driver Safety program fills up quickly.

Check with your insurance agent to see if your discount is about to expire.

## AARP SMART DRIVER

**Classroom 2**

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

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

<u>Wednesday, May 9</u>	9:00 a.m. - 4:00 p.m.	All-day course (includes 40 min. break for lunch)
<u>Wednesday, June 6</u>	9:00 a.m. - 4:00 p.m.	All-day course (includes 40 min. break for lunch)
<u>Wednesday, June 27</u>	9:00 a.m. - 4:00 p.m.	All-day course (includes 40 min. break for lunch)

Fee:

**\$25 for Senior Center members**

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

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

## MASSAGE THERAPY

**Health Room**

*Karen Farrell, Licensed Massage Therapist*

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

Thursday, May 3	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, May 17	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, June 7	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, June 21	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, July 5	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, July 19	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, August 2	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, August 16	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference

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

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





# **Amherst Police Club, Inc.**

Town of Amherst – Erie County

Box 205, Williamsville, New York 14231-0205

716-568-1823

[www.amherstpoliceclub.org](http://www.amherstpoliceclub.org)

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