

# *Fall Class Catalog 2022*



## **The Importance of Friends as You Age**



**AMHERST CENTER FOR  
SENIOR SERVICES**

[AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com)

[f /AmherstSeniorServices](https://www.facebook.com/AmherstSeniorServices)

370 John James Audubon Parkway • Amherst, NY 14228

## Mission Statement

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



**Established 1962**

370 John James Audubon Parkway • Amherst, NY 14228  
(716) 636-3051 • **AmherstCenterForSeniorServices.com**



## TUESDAY AND THURSDAY NIGHTS ARE NOW OFFERING:

**Open Bridge from 3:00-5:00pm**  
**Open Cards from 4:30-7:30pm**



# WHEATFIELD COMMONS

*A DePaul Senior Living Community*



### Discover what sets us apart:

- Gracious, single-floor living in a well-appointed setting
- Spacious, furnished suites with a choice of floor plan
- Supportive, caring staff
- Personal care services that promote independence and dignity and enhance quality of life
- Full range of quality amenities
- All-inclusive rates; long or short-term stays
- Assisted living and memory care accommodations



**www.depaul.org**

3920 Forest Parkway  
 North Tonawanda, NY  
 (716) 475-7600

wheatfieldinfo@depaul.org



## FROZEN MEALS

We are also pleased to announce that we are offering frozen meals. These can be picked up on Fridays from 11:00am-12:30pm. Bread, milk, and dessert is also included. Orders must be received by calling (716) 636-3051 no later than 3pm Wednesday for pick-up on Friday. You may choose up to seven meals per week. These meals are also provided as part of the Erie County Stay Fit Dining Program at a suggested contribution of \$3. Orders are taken at (716) 636-3051. Some of the meal choices are as follows:

- |                         |                     |
|-------------------------|---------------------|
| • Beef Stew             | • Turkey ala King   |
| • Cabbage Roll          | • Breaded Fish      |
| • Chicken Leg           | • Chicken Breast    |
| • Lasagna Roll          | • Chili             |
| • Meatloaf              | • Macaroni & Cheese |
| • Pork Ribette          | • Pork Chop         |
| • Salisbury Steaks      | • Roast Beef        |
| • Spaghetti & Meatballs |                     |



# REGISTRATION BEGINS MONDAY, AUGUST 15, 2022

### MEMBERSHIP IS REQUIRED FOR CLASS REGISTRATION

At 55 years of age, individuals are eligible for membership at the Amherst Center for Senior Services.

#### Membership Fees:

##### Amherst Residents–Lifetime Membership

\$30/Individual Membership

\$50/Couple or Household Membership

##### Non-Resident–Annual Membership

\$30/Individual Membership

\$50/Couple of Household Membership

##### Non-Resident–Lifetime Membership

\$100/Individual Membership

\$150/Couple of Household Membership

### FASTEST WAY TO REGISTER

The fastest way to register for a class is online. Create an account at MyActiveCenter.com. If you don't have your own computer, computers are available in the Computer Room to use for registration.

### WAYS TO REGISTER

#### 1. Online

To register online, you must be a member and set up an account at myactivecenter.com. Payment must be by Mastercard, VISA, Discover or American Express.

#### 2. By Mail

A separate form must be filled out for EACH person. If you are using a credit card, make sure to include number, expiration date and CVV number from back of card. Make checks payable to Amherst Center for Senior Services. Mark envelope CLASS REGISTRATION. Include a self-addressed stamped envelope for class confirmation and receipt if desired.

#### 3. Walk In

Please bring completed registration form along with EXACT payment by credit card, cash or check.

#### 4. Phone Registration

Please call (716) 636-3051 to register with a credit card.

Registration forms are on pages 26 and 28. Please make sure forms are filled out completely, accurately, and legibly.

- Class registration is on a first come, first served basis.
- Online and telephone registration begins on Monday, August 15 at 8:30am.
- Mail and drop off registrations will be processed beginning at 9:00am.
- Walk-in registrations will also begin at 9:00am

### ATTENDING CLASSES

Paid registration is required to attend classes. Registration is for the entire session, regardless of whether a student is able to attend all classes. Students must register each trimester. Enrollment in a prior course does not guarantee enrollment in subsequent courses.

### FEE WAIVERS

Reduced fees for some courses are available for Amherst Resident Members who have been verified for eligibility in this program. Applications are available in the Social Work Office and should be submitted in advance of registration.

### 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.

### WAIT LIST

If a class is full, when registering by mail, phone or in person, you will automatically be put on a wait list. When registering on MyActiveCenter, if the class is full, please call the Senior Center (716) 636-5051 to be added to the Wait List. When an opening occurs in the class, you will be contacted by phone for confirmation and payment.

### REFUNDS UPDATED POLICY

If you are uncertain a particular course is for you, we encourage you to audit the class prior to registration. Requests for refunds or transfers will be honored only if a member makes the request at least 4 full business days prior to the scheduled class start date. **A \$5 processing fee will be applied for withdrawals or transfers.** After the session begins, **NO** refunds are granted except for medical reasons and/or the advice of the instructor. Refunds will be credited to your Senior Center account.

A full refund will be processed for a course cancelled due to low registration. You will be notified by phone or email 1-2 business days before the scheduled start date. A refund check or credit to your Senior Center Account may take up to 30 days after cancellation to process. In the event a class is affected due to unforeseen circumstances such as weather and

community health concerns, every effort will be made to reschedule the class. In the event that is not possible, credit will be issued to your Senior Center account if two or more classes are unable to take place.

## WHY COURSES ARE CANCELLED

- Minimum Requirement**

All courses are based on a minimum and maximum number of participants. If a course does not meet its minimum quota, it will be canceled for that trimester. Please register on time in order to prevent cancellations.

- Instructor Cancels**

If you are registered for a class at the Center and the instructor cancels a session, we will contact you as soon as possible. This could be an automated call. When possible, canceled classes will be made up by extending the course.

- Inclement Weather**

If Amherst, Sweet Home, or Williamsville school districts are closed, Center classes, clubs, and programs will be cancelled. During bad weather, listen for "WEATHER CLOSING" announcements on: TV Stations: WGRZ-Channel 2, WIVB-Channel 4, and WKBW-Channel 7 or Radio Stations: WBEN 930AM, WNED 94.5FM, WNYM 970AM, WGR 550AM, WKSE 98.5FM, and WTSS 102.5FM.



## TABLE OF CONTENTS

The Importance of Friends as You Age.....	6-8
Learning and Social.....	9
Learning and Social - Technology .....	11
Arts and Culture.....	12-13
Arts and Culture - Music .....	13-15
Health and Fitness.....	15-20
MAC Online Registration Program.....	24-25
Registration Form .....	26, 28





## *The Importance of Friends As You Age*

*Forging new friendships during your golden years may require a little extra effort. As you get older, common life changes such as the loss of a spouse, loss of hearing or vision, retirement, and issues with health and mobility can take their toll on your social life and, by extension, your well-being. Loneliness has been linked to a higher risk of cognitive decline, dementia and depression. It also has been linked to heart disease, stroke and blood pressure. In fact, one 2015 study famously concluded that a lack of social connections was as damaging to a person's health as smoking 15 cigarettes a day. Bottom line? Friends are essential.*

### **GOOD FOR THE MIND AND BODY**

That friendships improve physical and mental health isn't news to John Moore, DO, a medical director and senior health specialist. During his 17 years of practice, he saw a marked difference in the health outcomes of older patients who were socially active compared to those who weren't. The difference was especially clear among people who had complex, chronic conditions like diabetes or emphysema and had to stick to a daily regimen of medications and healthy routines.

"Patients who were socially engaged tended to have better outcomes despite their complex conditions," says Dr. Moore. "They could have diabetes, chronic obstructive pulmonary disease, congestive heart failure, or all three things, and still be doing better because of their improved mental health, their regular social activities, and their dedication to taking care of themselves so that they could continue their regular social activities."

Research supports his observations. Just as loneliness can hurt our health, friendships can actually improve it in far-reaching (and sometimes surprising) ways. Studies have found socializing can strengthen

the immune system. It can help us recover more quickly from illness, lower blood pressure and the risk of heart disease, sharpen memory and even help us get a better night's sleep. Socializing can also improve our odds of living longer. According to one study, people with strong connections to family and friends have a 50% greater chance of outliving those with fewer social ties.

Friends can strengthen our immune system, help us recover more quickly from illness, sharpen our memory and even help us live longer. What's more, friends can motivate us to adopt healthy habits. That's what Marshall Cummings found when he began working out with buddies he made at the gym. "One day, I met a man in the locker room who used to be a gymnast when he was younger, and we hit it off," says the 67-year-old New Jersey resident. "He gave me pointers on working out, and one day a week we'd do supersets together. That's when you do three exercises in a row without stopping. I also started lifting more weight because some other friends encouraged me to. I was lifting more than I ever would have on my own."

Friends can also help you keep your health on track, says Dr. Moore. "It's friends and family who care about you and remind you of things you need to do, like a mammogram or colonoscopy or yearly physicals or eye exams," he says. "They may also notice when you're developing hearing or vision loss or need a walker or cane. And you may not even realize that until they point it out to you."

## MAKING NEW CONNECTIONS

When it comes to building a social circle, experts suggest finding people who are supportive and share your interests. Here are some good ways to meet new people:

- **Volunteer.** Pitching in to help others isn't just good for your community—it's also a chance to get out of the house and enjoy face-to-face interaction. *(If you are interested in learning about local volunteer opportunities, please email the Center's Director of Volunteer Services, Jodi Kwarta at [jkwarta@amherst.ny.us](mailto:jkwarta@amherst.ny.us))*
- **Take a class.** Whether you've always wanted to learn how to speak French or improve your piano playing skills, a class can give your brain a workout and introduce you to potential study buddies. You can frequently find classes by searching online for topics that interest you. *(Or better yet, you're already reviewing the Fall Course Catalog!)*
- **Join a gym.** Local gyms not only keep you fit, they introduce you to a host of new friends. *(Some health care plans include a no-cost membership to a participating gym or fitness location. Check your plan to see if you're eligible.)*
- **Get moving.** If the gym's not your scene, try an activity that will get you out of the house and moving around. Dr. Moore recommends seniors do aerobic exercise three times a week, ideally with a friend. "Take a dance class, go bowling, play golf—do something where you're having a good time and engaging with others," he says. *(The Center not only offers classes, we have over 40 member only clubs and daily programs.)*
- **Get involved with your faith community.** If you're religious, check out events happening at your local place of worship. Many offer social gatherings designed specifically for seniors.
- **Tap into social media.** Sites like Facebook can help you find and reconnect with old friends. *(Check us out on [Facebook.com/seniorservices](https://www.facebook.com/seniorservices).)*
- **Get a part-time job.** Besides keeping your skills sharp, a gig can provide you with an important social outlet.

## KEEPING FRIENDSHIPS ALIVE

Nurturing friendships take effort at any age. To keep yours in good order, it helps to make socializing part of your routine. Claire, for example, regularly texts or calls friends to say she's thinking about them. She's also a big fan of setting up the next get-together when she's

on the first one and believes in establishing standing dates. For instance, she has lunch with a friend from high school every three months, and five times a year attends Philly Pops performances with her husband and another couple.

Socializing is also a top priority for Marshall. After retiring to a town about a half-hour away from his family, friends have become his main source of support. He regularly has lunch or dinner with people from his old job and occasionally vacations with a close friend or two. "Even though I depend a lot on myself," he says, "sometimes I do need that friend to call me up and tell me to get my behind up and go outside, to be more active."

"You know, I think if you've got one good friend in your life, you're a blessed person," he adds. "Because that person will be with you through thick and thin. They'll say, 'I'll be there for you.'"



## 6 REASONS ADULT FRIENDSHIPS ARE VITAL TO HEALTHY AGING

*Having people to connect with socially and personally isn't just fun; it's actually fundamental to promoting a healthy lifestyle throughout the aging process. Let's talk about what friendship might look like during one's golden years and explore a multitude of reasons why prioritizing friendships is so essential to an older adult's well-being.*

### 1. Dynamic friendships help battle senior loneliness and depression.

Human nature is such that we crave engagement with other people, and as we age, it's crucial to take proactive steps to cultivate a healthy social life with friends. This might mean planning shared meals, spending time with neighbors, engaging in local senior events, participating in outreach and volunteer programs, or whatever activities bring you (or the senior in your life) closer to the people around you.

*Continued to page 8*

### ***2. Social engagement promotes mental acuity and cognitive health.***

This is a major reason why the social interaction associated with adult friendships is critical for positive aging outcomes. Older adults should continue to develop existing relationships and create new ones with those around them. Something as simple as playing a card game or learning a new hobby together can have a major impact on boosting cognitive health.

### ***3. Human connection is closely linked to physical health and immunity.***

Another study from psychologist Steve Cole and professionals from UCLA School of Medicine, the University of California at Davis, and the University of Chicago found that loneliness causes abnormalities in the body's monocytes, a white blood cell that helps defend the body against infection. Social isolation causes the monocytes to stay immature, which results in diminished immunity. By maintaining friendships that help stave off senior isolation, there are immense physical health advantages to be gained.

### ***4. Friendships can actually help you live longer.***

Consider that a prospective study of 4,000 women with breast cancer, which looked at every aspect of their lifestyles, showed that the greatest predictor of survival over a 10-year period was the size of their in-person social networks. In addition, people with active, in-person social lives have a 2 to 15-year lifespan advantage. It has been argued that social contact is an even more powerful predictor of health and longevity than physical exercise or even whether or not a person smokes. Senior friendships play a critical role in helping people maintain the necessary social connections that foster longer, healthier lives.

### ***5. Family members often fall into more of a caregiver role.***

It's explained that "the power of friendship on physical and mental health is often ignored when researching older people, because familial relationships are frequently deemed more important for this age group. But family members typically become caregivers for the elderly, and that role can create a sense of obligation. While the relationships are still vital," Chopik says, "they may not provide as much joy in an elderly person's life as long-term friends."

### ***6. Friends motivate each other to adopt healthy habits.***

Ultimately, friends care about each other's well-being, so they are likely to be some of the staunchest reminders of what needs to be done to stay healthy. This could be anything from making necessary health appointments to staying on track with nutrition or managing medications appropriately. They can also alert you to impairments you may not have easily recognized on your own (like strained eyesight or hearing loss) so you can give these concerns the attention they warrant.

At a time in life when it might seem difficult to create new friendships and nurture old ones, it's important for you (or the senior in your life) to foster an environment that supports these types of relationships. One of the many draws to your membership to the Amherst Center for Senior Services is the abundance of community and socialization opportunities available. Here, older adults are in an optimal place to connect, engage and build friendships that feed the soul.



# LEARNING AND SOCIAL

## ALL THE NEWS & ISSUES ZOOM

This weekly discussion group will touch upon local, national and world events and topics. Space is limited.

*Geoffrey McCauley, Carol Hensel, Leaders*

Friday, 9/9-12/16 (13x) no class 11/11, 11/25  
10:00am-11:30am Zoom \$20

## ART HISTORY ZOOM-Renaissance Art in Florence

This course will lay the fundamental stylistic concerns of 15th and 16th century Italian painting and sculpture.

*Laura Watts Sommer, Instructor*

Thursday, 9/8-10/27 (8x) Zoom \$30  
10:00am-11:15am

## AVIATION

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, who controls the arrivals at busy airports, and how separation is ensured. Virtually any aspect and question about aviation can be examined and discussed by the class as the curriculum will be adapted to fit the class interest. Colonel Doug Routt, USAF ret., has over 5,000 hours in fighter jets and has flown numerous general aviation aircraft as an instructor for the FAA.

*Douglas Byrum Routt, Instructor*

Thursday, 9/29-10/27 (5x) Classroom 3 \$28  
10:00am-12:00 noon



## BRIDGE-Beginners Part III

If you are new to Bridge or haven't played for many years, this is the class for you. In this course you will learn the basics for Bridge, designed especially for beginners. The complete course will be given over three trimesters-Winter, Summer and Fall and will cover 12 basic concepts, 4 in each trimester. At the end of the course, you will have the basic skills needed to enjoy playing in any Bridge game or club. Come join in the discussion, play cards, and be mentally challenged in a fun and friendly environment. **Prerequisite: Bridge-Beginners Part I & II**

**Note:** The following concepts will be taught-Stayman Convention, Jacoby Transfers, Strong Openers, and Slam Bidding. If you are not a beginner player, but want to learn these concepts, you are welcome to join the class.

*Ruth Nawotniak, Instructor*

Monday, 10/3-12/12 (10x) no class 10/10  
10:00am-12:00pm Card Room \$40

## BRIDGE-Refresher

This course will focus on refreshing the basic concepts of Bridge. It is geared towards players who would like to refresh their knowledge and skills. Each session will have a brief review of one or two of the basic concepts followed by hand play. This course is not recommended for beginners. Come join in the fun and improve your basic Bridge skills.

*Ruth Nawotniak, Instructor*

Monday, 10/3-12/12 (10x) no class 10/10  
12:30pm-2:30pm Health Room \$40



## CREATIVE WRITING WORKSHOP

This course is intended for serious creative writers familiar with literature to discover writing possibilities and strategies. It will focus on the demands of various genres, including narration, poetry, and drama, exploring the differences in writing for the stage, the movies, and television. Participants will read their work aloud and discuss it with classmates.

*Peter Siedlecki, Instructor*

Thursday, 9/15-11/3 (8x) Classroom 1 \$43  
1:00pm-2:30pm



### INTRODUCTION TO MINDFULNESS

Learn how practicing mindfulness can help you calm the mind, reduce stress, increase awareness and cultivate more kindness and compassion towards yourself and others. Throughout the course we will engage in a variety of mindful practices including guided meditations, breathing practices and mindful movements (all seated). You will receive resources to support you on your journey to developing a consistent mindfulness practice into your life. Class held at the Harlem Road Community Center (HRCC), 4255 Harlem Road, Amherst, NY 14226.

*Kathy Bragagnola LMSW, Instructor*

Saturday, 9/17-10/22 (6x)

9:30am-10:30am HRCC Community Room 2 \$10

### CURRENT EVENTS ZOOM

This weekly discussion group will touch upon local, national and world events and topics. Space is limited. Note: The class will regularly meet on Zoom. On the first Wednesday of every month the class will be Hybrid. With hybrid you can attend on Zoom or meet in person at the Senior Center in Classroom 2. (1st Wednesdays: 9/7, 10/5, 11/2, 12/7)

*Jeff Goodman, Dick Schanley, Leaders*

Wednesday, 9/7-12/21 (15x) no class 11/23  
9:30am-11:30am Zoom/Room 2  
(on 1st Wednesdays only) \$20

### DEFENSIVE DRIVING COURSE

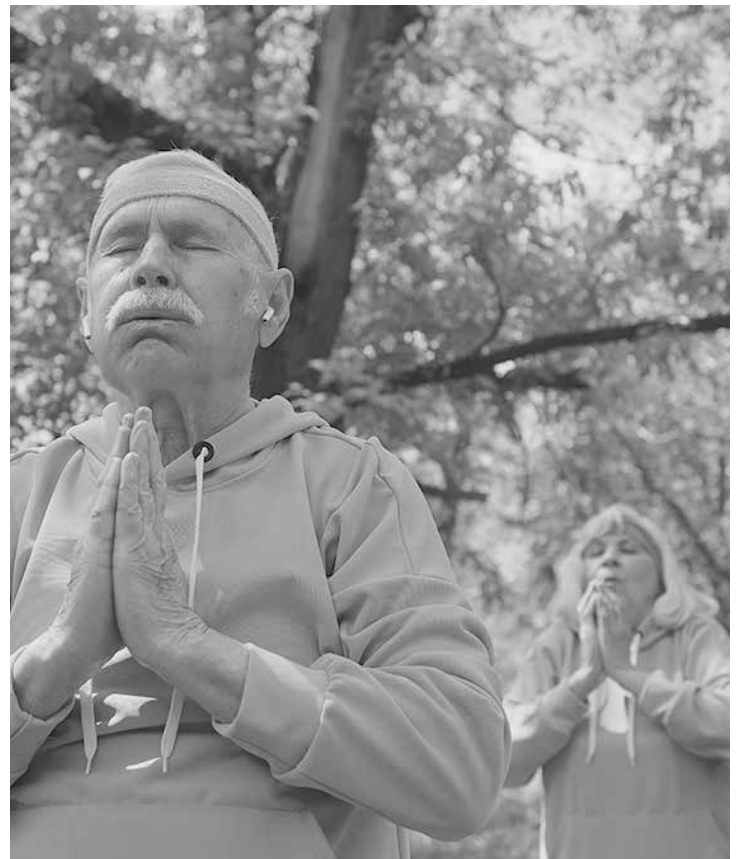
Class dates to be determined. Watch for information in our newsletter the "Network" or in future emails from the Senior Center.

### FRENCH FOR FUN

This is NOT a beginning language class. Prior experience with the French language is optimal. The course goal is to improve French skills in five areas: listening, speaking, reading, writing and Francophone cultural knowledge. Oral communication in the language will be a focus, and the class will be conducted in French, as a general rule. Topical conversations will be featured each class. Participants will read and discuss short readings on various topics. Grammatical topics will be presented and practiced. Other activities are designed to enhance skill development. Optional home assignments help to meet the course goal.

*Gary Behrns, Instructor*

Friday, 10/14-12/2 (5x) no class 11/4, 11/11, 11/25  
10:30am-12:00pm Classroom 1 \$38



### UNDERSTANDING FOOTBALL 101

What's a Down, Special Teams, Red Zone, Two Point Conversion or Shotgun? Impress your family on the next game day with a little knowledge of the basics of America's favorite sport. Once you understand football, you might be surprised to find out you like it and before you know it you will be shouting "GO BILLS!"

*Angelo Lorenzo, Instructor*

Thursday, 9/8-9/22 (3x)  
1:30pm-2:30pm

Classroom 2 \$10

# LEARNING AND SOCIAL-TECHNOLOGY

## ANDROID SMARTPHONE ESSENTIALS

Tips for Android users-smartphones and tablets. This class will cover the essentials for using these devices, many useful apps and getting notifications. We will practice texting a new picture, adding a new contact, adding calendar events and talking to it. Questions encouraged.

*Nancy Wise-Reid, instructor*

Tuesday, 9/13-10/4 (4x)  
5:30pm-7:00pm

Classroom 3 \$34

## IPHONE SMARTPHONE ESSENTIALS

Tips for iPhone and iPad users. This class will cover the essentials for using these devices, many useful apps and getting notifications. We will practice texting a new picture, adding a new contact, adding calendar events and talking to it. Questions encouraged.

*Nancy Wise-Reid, instructor*

Tuesday, 10/18-11/8 (4x)  
5:30pm-7:00pm

Classroom 3 \$34

## TECHNOLOGY FOR OLDER ADULTS

Evidence shows that increased technology use among older individuals leads to a number of health benefits including higher well-being and lower rates of depression. Technology is nearly unavoidable at this point. Whether you are using a smartphone, tablet, computer, or something else, learning how to use these devices properly and safely should be a top priority for you. Each week we will have a different topic and you have the ability to register for only the topics you are interested in. Pick one or pick them all! It's up to you. We encourage you to bring your own devices, but computers will be available for use. Please provide the date and title of each class you would like to register for separately.

- 9/6 **Copy & Paste**-THE ESSENTIAL device skill to master.
- 9/13 **Virtual Keyboard Skills**-Beginning to Advanced skills for Texting, Emailing or typing anywhere on a virtual keyboard, includes dictating.
- 9/20 **Camera App**-Basics, Sharing Pictures and Scanning QR Codes.
- 9/27 **Email with Downloading PDFs**-Lesson handouts will be emailed as PDFs for you to download on your home computer, tablet or smartphone.
- 10/4 **Links**-Links are the blue, underlined characters you use to get more information. Learn to Follow, Copy, and Send links.
- 10/11 **Contacts**-Beginning to Intermediate use of the ESSENTIAL Address Book app.
- 10/18 **Calendar**-A popular favorite-never miss an event-add reminders, your favorite sports teams' schedules, phases of the Moon, and share your schedule with whomever you wish.



- 10/25 **Maps Apps**-Not just for directions-know your ETA, the speed limit and be forewarned of road hazards. Even go back in time with your own Timeline with Google Maps.
- 11/1 **Photos**-If you take or receive pictures, this lesson is Essential for you.
- 11/8 **Settings**-Essential in learning to understand and personalize your own device.
- 11/15 **Accounts & Passwords**-Essential to understanding the connection between your devices and in keeping your data safe. We will learn to create fail-safe passwords.
- 11/22 **Video Calls**-Zoom, GoogleMeet, iPhone's Facetime, Google Duo, and others-Basics to Join or Schedule a video call with a look at many fun features.
- 11/29 **Facebook**-1 hour Q & A session on the popular Facebook app-Facebook account not required.
- 12/6 **Google Docs**-For Gmail account holders only-free typing app where we will type, edit and email a simple letter.
- 12/13 **Emailing**-Beginning to Intermediate skills-receive an email, reply back, editing your reply and attaching a document before scheduling to send.

*Nancy Wise-Read, Instructor*

Tuesdays, 1:00pm-2:00pm

Computer Room \$6  
(per week)

## ARTS AND CULTURE

### ACTING FOR EVERYONE

This workshop will introduce you to the beginning elements of acting for fun and relaxation. It will include improvisational games and exercises stressing sensory awareness, spontaneity, relaxation, imagination, trust, group interaction. We will move towards scene work, developing a short presentation that fits the comfort level of the workshop participants.

*Susan Hodge Anner, Instructor*

Fridays, 9/9-10/14 (6x)  
10:00am-11:30am

Room 2 \$38

### ACRYLIC/OIL PAINTING

Learn the fundamentals of painting, working from observation, ideas and references. This is a flexible program to meet participants' needs and interests. Beginners welcome. For questions regarding supplies only, call (716) 812-8937.

*Elaine Grisanti, Instructor*

Monday, 9/12-11/28 (10x)  
9:30am-11:30am

no class 10/10, 10/31  
Art Room \$56

### CALLIGRAPHY-Advanced

Prerequisite: Knowledge of one calligraphy alphabet or completion of our Beginner Calligraphy class. Brush up on skills and learn new alphabets. Bring to the first class a calligraphy fountain pen with broad, medium and fine nib, ink suitable for a fountain pen, ruler, pencil, and other favorite calligraphy tools.

*Mary Jo LaClair, Instructor*

Friday, 9/9-10/28 (8x)  
1:00pm-3:00pm

Art Room \$53

### CALLIGRAPHY-Beginning/Continuing

Learn or refresh your knowledge of this beautiful Italian Renaissance chancery/cursive style of writing. Find ideas for creating your own greeting cards and lettering poems. No experience necessary. A list of supplies needed is available at the Reception Desk at the Senior Center.

*Mary Jo LaClair, Instructor*

Friday, 9/9-10/21 (7x)  
10:00am-12:00pm

Art Room \$46

### CALLIGRAPHY-Flowers and Flourishes

Create a garden of flowers with a calligraphy pen. Learn to draw beautiful lines, flourishes and flowers. You will be able to use these skills to make great note or special occasion cards. These techniques can also enhance a painting or other art project. No experience with calligraphy or other art techniques needed.

*Mary Jo LaClair, Instructor*

Friday, 10/28-11/18 (3x)  
10:00am-12:00pm

no class 11/11  
Art Room \$20

### CARD-MAKING AND PAPER CRAFTS

Delight your family and friends with beautiful, handmade greeting cards. Discover the joys of rubber-stamping, embossing and die-cutting as we transform ink, stamps and cardstock into an array of wonderful greeting cards and paper products which will be suitable for various occasions. No experience necessary. A short list of supplies needed is available at the Reception Desk at the Senior Center. \$10 lab fee payable to the instructor at the first class.

*Margaret Watrous, Instructor*

Tuesday, 9/27-11/1 (6x)  
1:00pm-3:00pm

Craft Room \$10

### LEARN TO DRAW

Class introduces basic drawing skills and includes proportionate, contour and perspective drawing. Learn to combine line, shape and form to bring simple objects to life. Each technique will be demonstrated, step-by-step by the instructor, followed by student participation. Find the materials list at [www.danmeyerwatercolors.com](http://www.danmeyerwatercolors.com), select **Classes** at the top of the page and then scroll down the list to the class you are taking and select **Materials List**.

*Dan Meyer, Instructor*

Thursday, 9/22-11/17 (9x)  
12:30pm-2:30pm

Craft Room \$63

### KNITTING/CROCHET

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.

*Mary Ann Belus, Instructor*

Thursday, 9/22-10/20 (5x)  
9:30am-11:30am

Classroom 1 \$39

Thursday, 11/3-12/8 (5x)  
9:30am-11:30am

no class 11/24  
Classroom 1 \$39

**QUILTING**

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 Senior Center.

*Jan Brecht, Instructor*

Monday, 9/12-11/28 (11x) no class 10/10  
9:30am-11:30am Classroom 3 \$49

**WATERCOLOR-Beginner**

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. Find the materials list at [www.danmeyerwatercolors.com](http://www.danmeyerwatercolors.com), select Classes at the top of the page and then scroll down the list to the class you are taking and select **Materials List**.

*Dan Meyer, Instructor*

Thursday, 9/22-11/17 (9x)  
9:30am-11:30am Craft Room \$63

**WATERCOLOR-Intermediate**

Continue to explore the fascinating world of watercolor as you go beyond the basics. Photo reference will be provided. Each subject rendered will be demonstrated, step-by-step by the instructor, followed by student participation. Advanced watercolorists will enjoy this course as well. Find the materials list at [www.danmeyerwatercolors.com](http://www.danmeyerwatercolors.com), select **Classes** at the top of the page and then scroll down the list to the class you are taking and select **Materials List**.

*Dan Meyer, Instructor*

Wednesday, 9/14-12/7 (12x) no class 11/23  
9:30am-11:30am Art Room \$84

**WOODCARVING-All Levels**

Students will carve a bear ornament. This is a good project for all levels of carvers. Design layout and tool requirements will be discussed at the first class. A sharp woodcarving knife, protective glove and sharpening stop are required. If you are in need of a good sharp knife, the instructor will be putting in an order by September 15th. If interested contact Cindy at (716) 636-3055 x 3109. The cost of the knife is \$38.

*Debbie Barbour, Instructor*

Thursday, 10/13-12/8 (8x) no class 11/24  
2:00pm-4:00pm Art Room \$40

**ARTS AND CULTURE—MUSIC****CLASSICAL PERIOD OF MUSIC**

Learn more about music from the 18th century into the early 19th century by great composers such as Haydn, Mozart, Beethoven and others. Discover the musical instruments and terms used in this timeless era. Listen and watch symphonies, oratorios, operas and concertos. You are guaranteed a delightful time diving into the detailed history and characteristics of this classical period of music.

*Sebnem Mekinulov, Instructor*

Monday, 9/12-12/5 (12x) no class 10/10  
1:00pm-3:00pm Room 2 \$50

**DRUMMING CIRCLE**

Feel the beat of your own rhythm. Research has shown that group drumming reduces stress, strengthens your immune system, and enhances creativity, self-expression and inner healing. This class is not about performance. The approach is to extend the benefits as a form of recreational music making, regardless of musical experience. Find your own rhythm in a fun, nurturing, supportive environment. Some stretching and a wellness exercise is included. A variety of drums, (including hand held drums), shakers and tambourines are provided. If you have your own drum you are welcomed to bring it in.

*Jennifer Nuwer, Instructor*

Friday, 9/9-10/21 (6x) no class 10/14  
9:30am-10:30am Dance Room \$22

Friday, 11/4-12/16 (5x) no class 11/11, 11/25  
9:30am-10:30am Dance Room \$18





## GUITAR, UKULELE, RECORDER LESSONS

Individual half hour private lessons will be offered in person or virtually. If you have ever thought about learning to play the guitar, ukulele or recorder, now is the time! The basics include learning the parts, how to hold, tune, strum and play chords. A guitar or ukulele can be provided for use during the class time if you do not have your own. No prior musical experience is necessary. Please note: Short nails are necessary to play string instruments. Lesson times will be assigned and lesson books will be available for purchase. In-person or mail-in registration only.

*Jennifer May, Instructor*

Monday, 9/19-10/31 (6x) no class 10/10  
AM/PM time slots available Music Room \$75

Monday, 11/14-12/12 (5x)  
AM/PM time slots available Music Room \$62.50

*\*Make check payable to Jennifer May. Separate check for each session. There is NO fee waiver and NO refunds for missed classes. Check will be held until last class.*

## PIANO LESSONS

Individual half hour private lessons are offered. Lesson times will be assigned. In-person or mail-in registration only.

*Sharon Dittmar, Instructor*

Thursday, 9/8-10/13 (6x)  
9:00am-12:00pm Music Room \$75

Thursday, 10/27-12/8 (6x) no class 11/24  
9:00am-12:00pm Music Room \$75

*\*Make check payable to Sharon Dittmar. Separate check for each session. There is NO fee waiver and NO refunds for missed classes. Check will be held until last class.*

## 'S WONDERFUL,'S MARVELOUS,'S GERSHWIN!-The Man and His Music

"I like a Gershwin tune, how about you?" Music lovers have been saying that for a century and "that certain feeling" should continue into the next one. George Gershwin was our first great crossover artist, with his feet in Tin Pan Alley, Broadway, Hollywood, the concert hall and opera-doing them all supremely well. We'll trace his career from early hits like "Swanee" and "Stairway to Paradise" to Broadway standards like "The Man I Love" and "I Got Rhythm," to concert works like Rhapsody in Blue and An American in Paris, crowned by his unique opera Porgy and Bess. With George's sophisticated music and brother Ira's witty lyrics, "who could ask for anything more?!"

*Michael Harris, Instructor*

### In-House

Tuesday, 9/6-12/13 (14x)  
9:30am-11:30am

no class 11/8  
Classroom 2 \$53

### Zoom

Tuesday, 9/6-12/13 (14x)  
1:00pm-3:00pm

no class 11/8  
Zoom \$53



## UKULELE SING-A-LONG-Advanced Group Lesson

This course is designed for those who have played the ukulele and are comfortable with 10 or more chords. Ukuleles are still available during in-class time only. We will learn more chords and try different strumming patterns, reading TAB and solo fingerpicking. Of course, we will have fun singing and learning new songs while learning to play the ukulele. Please note: Short nails are necessary to play stringed instruments.

*Jennifer May, Instructor*

Monday, 9/19-10/31 (6x)  
10:00am-10:55am

no class 10/10  
Music Room \$25

Monday, 11/14-12/12 (5x)  
10:00am-10:55am

Music Room \$21

## UKULELE SING-A-LONG-Beginning/ Continuing Group Lesson

This course is designed for those who have never played the ukulele (or any instrument), and those who have taken a session or more, to continue to learn to read charts, TAB, melodies, chords, how to change chords, and basic techniques. Learn about the ukulele, and how to play while singing songs and having a laugh or two. Ukuleles are provided for use during in-class time only. Anyone can play the ukulele, come give it a try. Please note: Short nails are necessary to play stringed instruments.

*Jennifer May, Instructor*

Monday, 9/19-10/31 (6x) no class 10/10  
1:00pm-1:55pm Music Room \$25

Monday, 11/14-12/12 (5x)  
1:00pm-1:55pm Music Room \$21

## HEALTH AND FITNESS

### 20/20/20

Join us for 20 minutes of cardio, including some Zumba movements, 20 minutes of resistance, strength training/weights, and 20 minutes of stretching. Improve your tone, endurance and balance-with inspiration! Oh, don't forget, burn calories too! Please bring hand weights and a floor mat to class.

*Marilyn Ciavarella, Instructor*

Wednesday, 9/7-11/2 (9x)  
12:15pm-1:15pm Dance Room \$27

### ARCHERY

Check this item off your bucket list. Learn a new skill shooting compound and recurve bows. Archery is rich in fun and health benefits and is as therapeutic and beneficial to your concentration as yoga. Archery uses your full range of upper body muscles and keeps the mind sharp by working on focus. Learn basic archery skills including safety, shooting form, and scoring. Join others and "Take A Shot!" All equipment provided personal equipment not allowed. Class held at Clearfield Community Center, 730 Hopkins Road, Amherst, NY 14221.

*Angelo Lorenzo, Instructor*

Wednesday, 9/7-10/5 (5x)  
10:30am-11:30am Clearfield Large Gym \$20

or

Wednesday, 10/19-11/16 (5x)  
10:30am-11:30am Clearfield Large Gym \$20

## BALLET STRETCH

This workout combines ballet and stretch for a low-impact, fat burning workout. If you are bored with traditional aerobic exercise, join this fun class which increases circulation, improves overall mobility and is good for all levels. Wear comfortable clothing and ballet shoes or socks. Bring resistance bands and hand weights, if you have them.

*Dawn Tarbox-Szerbiak, Instructor*

Tuesday, 9/6-10/18 (7x)  
10:40am-11:35am Dance Room \$28

Tuesday, 11/1-12/13 (7x)  
10:40am-11:35am Dance Room \$28

Thursday, 9/8-10/20 (7x)  
9:30am-10:25am Dance Room \$28

Thursday, 11/3-12/15 (6x) no class 11/24  
9:30am-10:25am Dance Room \$24

## CARDIO DRUMMING

Cardio Drumming is an aerobic exercise that takes a simple movement-drumming-and turns it into a full-body workout that will leave you smiling and feeling great. It brings together drumsticks, an exercise ball and stand to create one of the most fun workouts you'll ever do. Beating rhythmically to songs will promote physical health, better coordination and reduce stress. Come join in the fun! Equipment provided.

*Marilyn Ciavarella, Instructor*

### Afternoon

Tuesday, 9/6-11/1 (9x)  
12:00pm-12:50pm Dance Room \$27

### Evening

Thursday, 9/8-11/3 (9x)  
4:45pm-5:35pm Dance Room \$27

*Dawn Tarbox-Szerbiak, Instructor*

### Morning

Monday, 9/12-10/17 (5x) no class 10/10  
9:30am-10:25am Dance Room \$15

Monday, 10/31-12/12 (7x)  
9:30am-10:25am Dance Room \$21



## HEALTH AND FITNESS

### CHI KUNG and TAI CHI REFINEMENTS

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. Class is held 2x a week on Tuesdays & Thursdays.

*Robert Sachs, Instructor*

Tuesday & Thursday, 9/6-12/15 (26x)      no class 9/27,  
10/4, 11/22, 11/24  
12:00pm-1:00pm      Health Room \$20

### COUNTRY LINE DANCING-Beginner/ Beginner Plus

Designed for the Beginner and Beginner Plus who want to learn or improve their dancing skills. Easy to learn Country Western Dance Steps with a progression to slightly more advanced dance routines. Join in the fun and dance at your own level. Wear comfortable clothing. Cowboy boots are recommended or a shoe that can slide. No sandals, flip flops or rubber soled shoes.

*Bob Gaffney, Instructor*

Monday, 9/12-11/14 (9x)      no class 10/10  
1:00pm-2:30pm      Dance Room \$30

### FALL PREVENTION-Safe on Your Feet

A 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. Fight age with strength.

*Jean Widlicka, Instructor*

Wednesday, 9/7-10/19 (7x)  
9:30am-10:25am      Activity Room B \$17

Wednesday, 11/2-12/14 (6x)      no class 11/23  
9:30am-10:25am      Activity Room B \$15



### FUNCTIONAL LIVING EVERYDAY EXERCISE (FLEE) ZOOM

This exciting program encourages moderate physical activity to help improve balance, mobility, and strength. Each class provides resistance work, balance training, and range of motion movements that mimic activities of daily life. Perform a variety of balance challenges to help reduce the risk of falls. Join the functional fitness movement and live an independent and active life. Be sure to wear sneakers. Have a chair and resistance band ready.

*Jill Bronsky, Instructor*

Monday 9/12-10/24 (6x)      no class 10/10  
10:00am-10:55am      Zoom \$18

Monday, 11/7-12/12 (6x)  
10:00am-10:55am      Zoom \$18

### GET FIT WHILE YOU SIT

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

*Jean Widlicka, Instructor*

Monday, 9/12-10/17 (5x)      no class 10/10  
10:30am-11:25am      Activity Room B \$13

Monday, 10/31-12/12 (7x)  
10:30am-11:25am      Activity Room B \$17

Wednesday, 9/7-10/19 (7x)  
10:30am-11:25am      Activity Room B \$17

Wednesday, 11/2-12/14 (6x)      no class 11/23  
10:30am-11:25am      Activity Room B \$15

### LINE DANCING-Beginner

No partner needed. Enjoy dancing to a variety of music and rhythms. Great exercise while learning some basic line dance patterns. Wear comfortable shoes that slide on the floor.

*Bonnie Crosby, Instructor*

Thursday, 9/29-11/17 (8x)  
6:30pm-7:30 pm      Dance Room \$20

## MEAN JEAN'S EXERCISE

Use large leg and arm motions to strengthen small and large muscles. Heart and lungs will benefit; increase joint mobility. Bring your own ball and bands to class at the Senior Center.

*Jean Widlicka, Instructor*

Monday, 9/12-10/17 (5x)	no class 10/10
9:30am-10:25am	Activity Room B \$13
Monday, 10/31-12/12 (7x)	
9:30am-10:25am	Activity Room B \$17
Tuesday, 9/6-10/18 (7x)	
9:30am-10:25am	Activity Room B \$17
Tuesday, 11/1-12/13 (6x)	no class 11/22
9:30am-10:25am	Activity Room B \$15
Thursday, 9/8-10/20 (7x)	
9:30am-10:25 am	Activity Room B \$17
Thursday, 11/3-12/15 (6x)	no class 11/24
9:30am-10:25 am	Activity Room B \$15
Friday, 9/9-10/21 (7x)	
9:30am-10:25am	Activity Room B \$17
Friday, 11/4-12/16 (5x)	no class 11/11, 11/25
9:30am-10:25am	Activity Room B \$13



## PICKLEBALL-Beginner

Did you know, Pickleball is the fastest growing sport in the United States? It is a paddle sport that combines elements of tennis, badminton and ping pong. This six-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 welcomed to bring their own paddle, however, equipment will be provided. Wear comfortable clothing and sneakers are a must!

Due to class popularity, please sign up for 1 session only.

*Cindy Weiss, Instructor*

### Afternoon

Thursday, 9/8-10/13 (6x)	
1:30pm-3:30pm	Activity Rooms A & B \$24
Thursday, 10/27-12/8 (6x)	no class 11/24
1:30pm-3:30pm	Activity Rooms A & B \$24

*Angelo Lorenzo, Instructor*

### Evening

Thursday, 9/15-10/20 (6x)	
6:00pm-7:30pm	Activity Rooms A & B \$18
Thursday, 11/3-12/15 (6x)	no class 11/24
6:00pm-7:30pm	Activity Rooms A & B \$18

## STRENGTH TRAINING FOR LIFE

Exercise is important to healthy aging. This class will work on core strength and stability. Optimizing the core musculature can reduce the incidence of falls as well as significantly improve coordination and muscular endurance. Bring resistance bands and hand weights to class, if you have them.

*Angelo Lorenzo, Instructor*

Tuesday, 9/13-10/11 (5x)	
6:00pm-6:50pm	Dance Room \$15
Tuesday, 10/25-11/29 (5x)	no class 11/22
6:00pm-6:50pm	Dance Room \$15



## HEALTH AND FITNESS

### TAI CHI-Beginning/Continuing

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. Comfortable, loose fitting clothing is recommended. Class is held 2x a week on Tuesdays & Thursdays.

*Robert Sachs, Instructor*

Tuesday & Thursday, 9/6-12/15 (26x)    no class 9/27,  
10/4, 11/22, 11/24  
11:00am-12:00pm    Activity Room B \$20



### TAI CHI-Intermediate/Advanced

A Chinese form of exercise for health and relaxation involving 108 slow, natural movements. Prerequisite: Completion of the Beginning Tai Chi class or advanced Tai Chi experience. Class is held 2x a week on Tuesdays & Thursdays.

*Marie Zafron or Elsie Allenby, Leaders*

Tuesday & Thursday 9/6-12/15 (28x)    no class 11/22,  
11/24  
1:30pm-2:30 pm    Dance Room \$20



### TAP DANCING-Intermediate

Lesson time will be split with a half hour of technique to help strengthen your tap dancing skills and continue with a half hour of new dance material and routines.

*Dawn Tarbox-Szerbiak, Instructor*

Tuesday, 9/6-10/18 (7x)    Dance Room \$28  
9:30am-10:25am

Tuesday, 11/1-12/13 (7x)    Dance Room \$28  
9:30am-10:25am

### TENNIS-Beginner

Learn to play Tennis. Instruction on strokes of tennis as well as drills and game play. Class held at Clearfield Community Center Tennis Courts, 730 Hopkins Road, Amherst, NY 14221. Class held inside the community center if it rains.

*Angelo Lorenzo, Instructor*

Monday, 9/12-10/17 (5x)    no class 10/10  
10:00am-11:00am    Clearfield Tennis Courts \$20



**YOGA**

Hatha Yoga is for everyone, whatever your age or flexibility level. Relieve emotional tension and stress through breath awareness and systematic training in natural, healthy diaphragmatic breathing. Variations will be presented for beginner to intermediate, so you can work at your own level, transitioning from floor to feet. Bring floor mat to class.

*Tina Phillips, Instructor*

**In-House****Morning**

Tuesday, 9/13-10/18 (6x)  
9:00am-10:15am Activity A \$18

Tuesday, 11/1-12/13 (6x) no class 11/22  
9:00am-10:15am Activity A \$18

Thursday, 9/15-10/20 (6)  
9:00am-10:15am Activity A \$18

Thursday, 11/3-12/15 (5x) no class 11/10, 11/24  
9:00am-10:15am Activity A \$16

**Afternoon**

Tuesday, 9/13-10/18 (6x)  
4:00pm-5:00pm Dance Room \$16

Tuesday, 11/1-12/13 (6x) no class 11/22  
4:00pm-5:00pm Dance Room \$16

**Zoom**

Wednesday, 9/14-10/19 (6x)  
9:00am-10:15am Zoom \$18

Wednesday, 11/2-12/14 (6x) no class 11/23  
9:00am-10:15am Zoom \$18

**YOGA/CHAIR**

While sitting in a chair, promote your health and energy level with mindfulness of body and mind, through a variety of safe and relaxing Yoga stretches and postures.

*Jennifer Nuwer, Instructor*

Friday, 9/9-10/21 (6x) no class 10/14  
11:00am-12:15pm Dance Room \$18

Friday, 11/4-12/16 (5x) no class 11/11, 11/25  
11:00am-12:15pm Dance Room \$16

**YOGA/GENTLE FOR STRESS RELIEF**

Gentle flow yoga class focusing on mindful movements to help loosen the joints, build strength, balance and increase flexibility. Class will include floor and standing movements with variations for accessibility of the poses. Essential oil aromatherapy will be offered to use during class to enhance a sense of relaxation and stress relief. Bring floor mat and a light blanket.

*Kathy Bragagnola, Instructor*

Thursday, 9/8-10/13 (6x)  
6:00pm-7:00pm Health Room \$20

Thursday, 10/27-12/8 (6x) no class 11/24  
6:00pm-7:00pm Health Room \$20



## YOGA AND MEDITATION

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

*Jennifer Nuwer, Instructor*

### In-House

Wednesday, 9/7-10/19 (6x) no class 10/12  
11:00am-12:00pm Dance Room \$16

Wednesday, 11/2-12/14 (6x) no class 11/23  
11:00am-12:00pm Dance Room \$16

### Zoom

Tuesdays, 9/6-10/18 (6x) no class 10/11  
11:00am-12:00pm Zoom \$16

Tuesday, 11/1-12/13 (7x)  
11:00am-12:00pm Zoom \$18

## YOGA PLUS

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.

*Christina Phillips, Instructor*

Tuesday, 9/13-10/18 (6x)  
10:30am-11:45am Activity Room A \$21

Tuesday, 11/1-12/13 (6x) no class 11/22  
10:30am-11:45am Activity Room A \$21

## ZUMBA DISCO

Great as a workout or dance routine using samba, salsa, rumba, meringue, and cha-cha dance steps. Various types of music are used, including disco. The class is tailored toward mature adults.

*Marilyn Ciavarella, Instructor*

Thursday, 9/8-11/3 (9x)  
12:00pm-12:50pm Dance Room \$27

## ZOOM CLASS INFORMATION

**NEW!**

If you have never used Zoom on your device before go to: <https://zoom.us/download> to install it. Select Zoom Desktop Client if you are using a computer.

Links for Zoom Classes will be sent out **1 hour** prior to the class start time. The email will be sent from Amherst Center for Senior Services with the Subject: You have an upcoming Activity.

- Click on the **Click to Join** button in the email no more than 15 minutes before the class is scheduled to begin.



**Amherst Center for Senior Services**

You have an upcoming Activity!

Tammy's Test Zoom Class is starting at 6:00pm

Click to Join



- A new screen will pop up with a blue **JOIN MEETING** button in the upper right corner for you to click.
- On the next screen you will click on **Join Via App or Web**
- You will then click on **Open Zoom Meeting**
- Then select **Join with Computer Audio**
- If you do not see yourself on the screen you may need to click **Start Video**



# More than just a meal.

**nutritious  
food**

**friendly  
visits**

**safety  
checks**

If you or someone you know is homebound or cannot prepare their own meals, please call us to learn more about Amherst Meals On Wheels.

**We are here to help!**  
**716-636-3065**

Amherst  
Meals on Wheels



[AmherstMealsOnWheels.org](http://AmherstMealsOnWheels.org)

NEED A LIFT TO YOUR CLASS?

*Amherst Senior Transportation Services*

Meeting the transportation needs of older adults



**RESERVATIONS 636-3075**

Reservations to visit the Amherst Center for Senior Services must be made 24 hours in advance.

There is a suggested fee is \$3 each way.

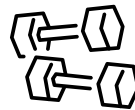
# Don't Settle. Switch to One of Our 5-Star Plans Today.



It's not too late to get the RedShirt® Treatment you deserve. As **WNY's only health plan to achieve 5 Stars\*** on all our Medicare Advantage plans, **you can switch to us at any time** throughout the year.

Choose from a wide variety of Medicare Advantage plans to meet your unique needs and budget, including two \$0 plans. One of them is a give back plan where you get money back in your Social Security check each month.

Plus, with us you can enjoy important benefits like dental, vision, fitness\*\* and an over-the-counter allowance of \$100 – \$400 a year.\*\*\*



## Talk With a Local RedShirt Today

(716) 635-4900 or 1-800-958-4405 (TTY: 711)

Oct. 1 – Mar. 31: Mon. – Sun., 8 a.m. – 8 p.m.;

Apr. 1 – Sept. 30: Mon. – Fri., 8 a.m. – 8 p.m.



[IndependentHealth.com/Medicare](https://IndependentHealth.com/Medicare)

\*Every year, Medicare evaluates plans based on a 5-star rating system. \*\*Must use network providers. Limitations may apply.

\*\*\*Excludes Independent Health's Encompass 65® Edge HMO plan. Allowance is made available by quarter. Allowance does not carry over quarter to quarter or plan year to plan year. Costs over the allowed amount are the member's responsibility. This benefit can only be used for covered items through NationsOTC.®

Independent Health is a Medicare Advantage organization with a Medicare contract offering HMO, HMO-POS, HMO-SNP and PPO plans. Enrollment in Independent Health depends on contract renewal. This information is not a complete description of benefits. Benefits vary by plan.

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-800-665-1502 (TTY: 711). Independent Health complies with applicable Federal civil right laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-665-1502 (TTY: 711). 注意：如果您使用 繁體中文，您可以免費獲得語言援助服務。請致電 1-800-665-1502 (TTY: 711).

Y0042\_C8602\_M Accepted 03082022

©2022 Independent Health Association, Inc. IH31979

# Medicare questions?



**1-800-248-9296 (TTY 711)**



Highmark Blue Cross Blue Shield of Western New York is a trade name of Highmark Western and Northeastern New York Inc., an independent licensee of the Blue Cross Blue Shield Association.

Y0086\_MRK3426rev\_C

## REGISTRATION

The Amherst Center for Senior Services implemented an online registration program for classes and programs. It is called MyActiveCenter.

Thank you to all the members who have already set up your account. **If you have not set up your account, please go to MyActiveCenter.com then click on the New User button and follow the directions.**

Your MySeniorCenter keytag number is needed to set up your account. If you are unable to find your keytag please call 716-636-3051 and a Senior Center staff member will assist you.

There is also an instructional video on YouTube.com. Search AmherstCenterforSeniorServices and then look for MyActiveCenterDemo.

The screenshot shows the 'Activate Account' page on the MyActiveCenter website. The page has a header with the 'myactivecenter' logo and navigation links: Home, Centers, New Users, and Sign In. Below the header, there's a section titled 'Activate Account' with a message: 'If you have been issued a MySeniorCenter Key Tag by Amherst Center for Senior Services, enter it here so that the account is linked. This is necessary to enroll in activities and groups at this center. Your contact information on file with the center will be retrieved automatically.' The form includes fields for 'Senior Center' (set to 'Amherst Center for Senior Services' with a 'Change' button), 'Key Tag Number' (with a placeholder 'X000000' and a note: 'The number on the back of your MySeniorCenter Key Tag (including the "X" prefix if applicable)'), 'Home Phone Number' (with a placeholder '555-555-5555' and a note: 'Your phone number is only used to verify your identity. You should use the same number that is on file with the senior center that issued the key tag.'), 'E-mail Address' (with a placeholder 'jsmith@gmail.com'), 'Password', and 'Confirm Password'. At the bottom, there's a checkbox for 'My spouse and I share an e-mail address and I would like to add him or her to this account' and a 'Continue' button.

## CLASS AND PROGRAM SEARCH

Once you have created your account, you are able to search for upcoming Classes and Programs that are being offered. The listing is in alphabetical order. You can use the Search box to put in the name of a Class or Program the way it is listed in the Network or Class Catalog. You can also use filters to narrow the list.

Once you have found the Class or Program that you are looking for you can click on the name or on the Details button to the right to bring up a description and a calendar that shows the days and times that it is being offered. Classes and Programs are scheduled in different ways. Please review the next pages to learn how to register for a Class.

Classes are set up as a Series which means when you click on a date in the calendar there are multiple days that the class will meet. This does not apply to one day classes.

Programs are set up as single events which means you will click on each date that you would like to sign up for.

The screenshot shows the 'Activities' page on the MyActiveCenter website for the 'Amherst Center for Senior Services'. The page has a header with the 'myactivecenter' logo and a 'Menu' button. Below the header, there's a section titled 'Activities' with a search bar and a 'Filters' dropdown menu. The page displays a list of activities, each with a title, time, duration, and a 'Details' button. The activities listed are: 'AARP Tax Aide' (10:00 am - 3:00 pm, 5 hours, Unsorted, Description: None), 'All News & Issues Zoom' (10:00 am - 11:30 am, 1 hour 30 minutes, Learning & Social, Description: This weekly discussion group will touch upon local, national and world events and topics. Space is limited.), 'Art History Zoom' (10:00 am - 11:30 am, 1 hour 30 minutes, Arts & Culture, Description: None), and 'Ballet Stretch Zoom' (9:45 am - 10:40 am, 55 minutes, Health & Fitness, Description: This workout combines ballet and stretch for a low-impact, fat burning workout. Have a chair available to help with balance and resistant bands, if you have them.). Each activity has a 'FREE' label and a 'Details' button. A 'feedback' button is also visible on the right side of the page.

## STEPS FOR REGISTERING FOR CLASSES

1



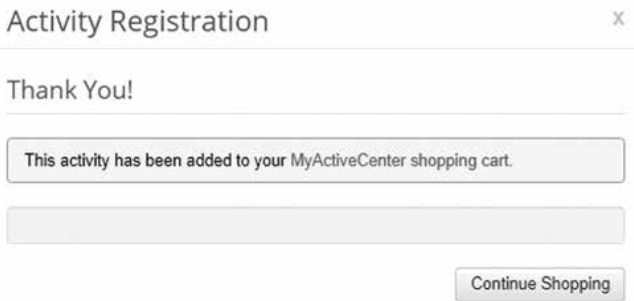
### STEP 1

Search the Class that you are interested in and click on the name of the class or Details button.

Click on the **date in the calendar** for the class you wish to take. When you click on the date, it will ask if you would like to register for the series, click **Continue**.

Click the **Add to Cart** button located directly **above** the calendar. You may need to **scroll up** to find it.

3



### STEP 3

Once you click **Add to Cart** you will see this screen.

From here you can click on **Continue Shopping** to add other classes or click on the words **MyActiveCenter shopping cart** to move to the credit card payment screen.

### FINAL STEP

To process your credit card payment, fill in the Card Number (no spaces between numbers), Expiration Date, and CVV number from the back of your card.

Click the **Pay Now** button. This process is secure and your card information is not saved.

2



### STEP 2

After clicking the **Add to Cart** button you will get the Activity Registration screen.

This screen lists the classes in the series you are signing up for.

Click the **Add to Cart** button at the bottom.

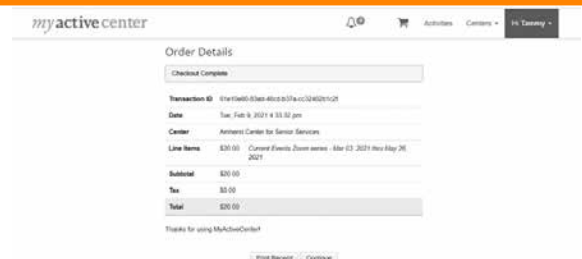
4



### STEP 4

To complete the registration process you need to go to your **MyActiveCenter shopping cart** either by clicking on the words as seen in step 3 or clicking on the shopping cart icon at the top of the page.

In the Shopping Cart you will see the list of the classes that you have selected.



# REGISTRATION FORM



## 2022 FALL CLASS REGISTRATION - Begins on August 15

Registration is on a first-come, first-served basis

All Classes are held at the Amherst Senior Center unless otherwise stated.

**Online** To register online, you must be a member and set up an account at myactivecenter.com. Payment must be by Mastercard, VISA, Discover or American Express.

**By Mail** A separate form must be filled out for **EACH** person. If you are using a credit card, make sure to include number, expiration date and CVV number from the back of the card. Make checks payable to Amherst Center for Senior Services. Mark envelope **CLASS REGISTRATION**. Include a self-addressed stamped envelope for class confirmation and receipt if desired.

**Walk-In** Please bring completed registration form along with **EXACT** payment by credit card, cash or check.

**Telephone** You may call our new reservation line, (716) 636-3051, to make telephone reservations with a credit card.

*Please make sure that all registration forms are filled out completely, accurately and legibly.*

Name \_\_\_\_\_ Email \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number \_\_\_\_\_ Has any Information Changed? \_\_\_\_\_ If so, what? \_\_\_\_\_

COMPLETE COURSE TITLE	CENTER	ZOOM	DAY	TIME	START DATE	FEE

**TOTAL \$** \_\_\_\_\_

(please circle one)    Cash    Charge    Check    Check Number \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_ / \_\_\_\_    CVV Number \_\_\_\_\_    Total Charge \_\_\_\_\_

Signature Required \_\_\_\_\_

**MAIL TO:**    **AMHERST CENTER FOR SENIOR SERVICES**  
**CLASS REGISTRATION**  
370 John James Audubon Parkway  
Amherst, NY 14228  
amherstcenterforseniorservices.com

Office Use Only:

Date: \_\_\_\_\_

Initials: \_\_\_\_\_



***You're never  
alone when  
it comes to  
Medicare.***

If you're retiring or turning 65, it's time to start thinking about Medicare. Turn to the local, caring team at Univera Healthcare to see how **we're making Medicare simpler and more affordable for our neighbors across Western New York.**

**univera**<sup>®</sup>  
H E A L T H C A R E

**M E D I C A R E**

**Click**  
**UniveraForMedicare.com**

**Call** **1-877-406-8562**  
TTY: 711

Open hours: 8:00am – 8:00pm,  
Monday – Friday

Univera Healthcare is an HMO plan with a Medicare contract. Enrollment in Univera Healthcare depends on contract renewal.

Our Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-406-8562 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-877-406-8562 (TTY: 711)。

Y0028\_8363\_C

# REGISTRATION FORM



## 2022 FALL CLASS REGISTRATION - Begins on August 15

Registration is on a first-come, first-served basis

All Classes are held at the Amherst Senior Center unless otherwise stated.

**Online** To register online, you must be a member and set up an account at myactivecenter.com. Payment must be by Mastercard, VISA, Discover or American Express.

**By Mail** A separate form must be filled out for **EACH** person. If you are using a credit card, make sure to include number, expiration date and CVV number from the back of the card. Make checks payable to Amherst Center for Senior Services. Mark envelope **CLASS REGISTRATION**. Include a self-addressed stamped envelope for class confirmation and receipt if desired.

**Walk-In** Please bring completed registration form along with **EXACT** payment by credit card, cash or check.

**Telephone** You may call our new reservation line, (716) 636-3051, to make telephone reservations with a credit card.

*Please make sure that all registration forms are filled out completely, accurately and legibly.*

Name \_\_\_\_\_ Email \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number \_\_\_\_\_ Has any Information Changed? \_\_\_\_\_ If so, what? \_\_\_\_\_

COMPLETE COURSE TITLE	CENTER	ZOOM	DAY	TIME	START DATE	FEE

**TOTAL \$** \_\_\_\_\_

(please circle one)      Cash      Charge      Check      Check Number \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_ / \_\_\_\_      CVV Number \_\_\_\_\_ Total Charge \_\_\_\_\_

Signature Required \_\_\_\_\_

**MAIL TO:**      **AMHERST CENTER FOR SENIOR SERVICES**  
**CLASS REGISTRATION**  
370 John James Audubon Parkway  
Amherst, NY 14228  
amherstcenterforseniorservices.com

Office Use Only:

Date: \_\_\_\_\_

Initials: \_\_\_\_\_

# FALL UPCOMING EVENTS

Enjoy special lunches and holiday programming!

## Halloween BASH

Monday, October 31



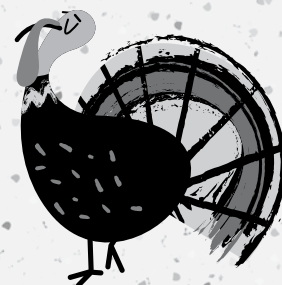
## Veteran's Day Celebration

Thursday, November 10



## Thanksgiving LUNCH

Tuesday, November 22



## Hanukkah LUNCH

Wednesday, December 21



## Christmas LUNCH

Thursday, December 22



# FALL UPCOMING EVENTS



## OUTDOOR CONCERTS



**Tuesday, August 16**  
**from 6:00-8:00 pm**

### **NiteTones**

*Enjoy a full variety of  
hit songs from the '60s, '70s,  
'80s, '90s, and more*

**Tuesday, September 6**  
**from 6:00-8:00 pm**

### **Barnstorm Band**

*5 piece Country Band with male  
& female lead vocalists perform  
current and classic country music*

## COMMUNITY HEALTH *Fair*

**Saturday, August 6th,**  
**9am-12:00pm**

*Presented by:*  
**Senator Ed Rath, Kaleida Health  
and the Amherst Center for Senior Services**

*There will be dozens of vendors offering information on a range of health  
topics, screenings, and free materials available throughout the three-hour event*

# FALL UPCOMING EVENTS

## OPEN HOUSE

### Amherst Center for Senior Services

See what adults 55 and older are talking about! Tour the Center and learn about services and activities offered at the Center.

*No registration required.*

**August 26 • 4-7pm**

Food trucks from 5-7pm

**September 7 • 11am-1pm**

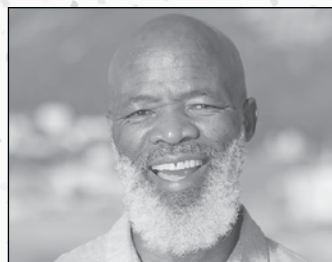
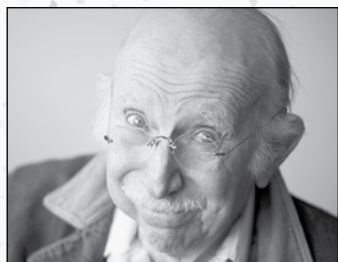
Club Fair and Tours



## NATIONAL SENIOR CENTER MONTH

### September

September is National Senior Center Month—we always use this as our opportunity to showcase our Center and promote a positive image of aging. Make sure and check out the September Network where we will detail some of our special programs and events.





# INSTRUCTORS NEEDED

The Amherst Center for Senior Services hires only the finest individuals to teach our classes. We are always looking for new individuals to share their education and experience.

If you have a special skill or talent that you would like to share, consider joining our team and becoming an instructor at our facility. We welcome new ideas and always need fitness instructors.

Please contact our Class Coordinator, Cindy Weiss, at [cweiss@amherst.ny.us](mailto: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.



## AMHERST CENTER FOR SENIOR SERVICES

**Hours of Operation: Monday, Wednesday, Friday 8:30AM-4:30PM  
Tuesday and Thursday 8:30AM-7:30PM**

*The Center will be offering more programs and classes on Tuesday and Thursday nights. During these open nights our Billiard Room, Wellness Room, Library and Computer Lab will be open for members. The Dining Room will be open on Tuesday nights for dinner at 5:00 pm. If you are a Club Leader and your club would like to begin meeting in the evening, please let us know.*