



# AMHERST CENTER FOR SENIOR SERVICES

370 John James Audubon Parkway, Amherst, NY 14228

## August 2025 NEWSLETTER



### India Independence Day Lunch

Friday, August 15 at 12:00pm

*See page 14 for lunch menu*

*See page 10 for Indian Tea Celebration info.*



### Labor Day Entertainment

Friday, August 29 at 11:00 am

Performance by Soundtrax, a six-piece band capturing songs from the 60s and 70s and more!

### Labor Day Picnic

Friday, August 29 at 12:00pm

*See page 14 for lunch menu*

Thank You to  
Family Choice of New York,  
our Labor Day sponsor



Family Choice  
OF NEW YORK



**SUMMER  
CONCERTS**

*Last Show of  
our Series*

**The Nitetones**

**August 19th at 6:00pm**

**Free &  
Open to  
the Public!**

*The Nitetones provide an assortment of music. Performing hit songs from the 50's, 60's, 70's and even 80's.*

Family-friendly. Bring a lawn chair. Food available for purchase.  
The concert will be held outside on the side of the Center.  
For inclement weather, concert will be moved indoors.

## MEMBERSHIP DUES

### Amherst Residents—Lifetime Membership

- \$50/Individual Membership
- \$75/Household Membership\*

### Non-Resident—Annual Renewal

- \$50/Per Person for **current** non resident members only

*Membership is open to adults age 50 or older who live in the Town of Amherst*

*\*A household is defined as two or more people living together at the same address.*

*We are no longer accepting **new** non Amherst resident memberships. We appreciate your understanding.*

## TO JOIN THE CENTER:

Go to [AmherstCenterforSeniorServices.com/membership-plans](https://AmherstCenterforSeniorServices.com/membership-plans) and complete the application or sign up in person.

## IMPORTANT PHONE NUMBERS

### Main Line 636-3050

This is an automated line where you choose an option:  
Press

1. Amherst Senior Transportation
2. Reservations for Classes, Lunches, Programs
3. Social Work appointments and Accessible Tags
4. Senior Outreach Services
5. Meals on Wheels
6. Reception

Direct Lines:

**Registration 636-3051**—To register for Classes, Clubs, Meals, Programs and Support Groups

**Amherst Meals on Wheels 636-3065**

**Amherst Senior Transportation 636-3075**

**Senior Outreach Services 636-3070**

ESTABLISHED IN 1962

[AmherstCenterForSeniorServices.com](https://AmherstCenterForSeniorServices.com)



[Facebook.com/amherstnyseniorcenter/](https://Facebook.com/amherstnyseniorcenter/)

## A NOTE FROM THE DIRECTOR

Let's Celebrate August! Why, you ask? Because there's so much to do! This month, we're offering a variety of activities, including cooking programs, Virtual Reality, Garden Talk (Dried Floral Technique), a presentation on 19th-century Folk Art, as well as Archery, Cornhole, Pickleball tournaments, and field trips to Pautler's Drive-In diner, kayaking, and a bike ride on Grand Island. Whew — and that's just to name a few!

Read through this month's newsletter to see everything we're offering, and sign up early to avoid missing out. Summer goes by so fast. If you haven't already, be sure to visit any — or all — of our wonderful parks in Amherst. Walton Woods, located behind the Senior Center, offers a paved walking path along the pond. Whether you enjoy a quick walk or a longer stroll, this path provides a beautiful setting to enjoy the outdoors.

Our Stay Fit Dining Congregate Lunch and Dinner Program provides nutritious meals and is available to individuals age 60 or older who live in Erie County. Meals are made fresh on-site and served by our dedicated staff and volunteers. Lunch is served Monday–Friday from 12:00–1:00 PM. Dinner is served Tuesday evenings from 5:00–6:00 PM.

You do not need to be a member of the Amherst Senior Center to attend. However, reservations are required at least 24 hours in advance, and we ask that you cancel if you cannot attend.

The Suggested Confidential Contribution is \$3.50. I want to emphasize that this contribution is *confidential*. As long as you have a reservation, you will not be turned away. If someone is unable to contribute, that's perfectly okay. Our goal is to ensure all seniors have access to nutritious meals and understand the importance of good nutrition. Upon arrival and check-in, you will receive a small envelope. Any contribution you choose to place inside — if any — is completely up to you.

Our Frozen Meals are distributed on Fridays. These are convenient to have on hand, especially if you're not feeling well or your caregiver is unavailable to prepare meals. A Suggested Confidential Contribution also applies to each frozen meal. For more details, please contact Christin Estrada at (716) 636-3050, ext. 3131.

Have a great month!

*Melissa Abel*

Melissa Abel, Executive Director

## ABOUT US

### THE CENTER

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

- Art Gallery— *Sponsored by Asbury Pointe*
- Audubon Café- *Closed temporarily for renovations*
- Billiard Room
- Card Room
- Dance Room-*Sponsored by Excellus Blue Cross Blue Shield*
- Gift Shop - *Closed temporarily for renovations*
- Health & Fitness Rooms
- Library
- Music Room-*Sponsored by Susan Grelick in honor of her parents*
- Nutrition Room-*Sponsored by Highmark Blue Cross Blue Shield*
- Wellness Center-*Sponsored by Kaleida Health*
- An accessible private bathroom is located by Room 2

### HOURS OF OPERATION

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

***Members are asked to conclude all activities and exit the building by 4:15 pm to allow staff to complete closing procedures***

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

The Center will be closed on Labor Day, Monday, Sept. 1

Programming is also offered at the Northwest Amherst Community Center. *Please see page 13 for dates and times.*

### KEY STAFF CONTRIBUTORS

Melissa Abel,  
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Marc Young,  
Program Leader  
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# TOWN OF AMHERST

## AMHERST TOWN BOARD

- Brian Kulpa, Town Supervisor
- Shawn Lavin, Deputy Town Supervisor, Senior Services Liaison
- Jacqueline Berger
- Angela Marinucci
- Michael Szukala

## AMHERST SENIOR CENTER ADVISORY BOARD

- James W. Bardot, Chairperson
- Melissa Abel, Executive Director, Senior Center
- Aaron Carlson
- Reverend Susan Frawley
- Lisa Giancarlo
- Gary Henry
- Julie Whitbeck-Lewinski

## EX-OFFICIO MEMBERS:

- The Honorable Shawn Lavin, Liaison to Senior Services
- Michael Camilleri, Assistant Chief of Amherst Police Department
- Ann Nichols, Amherst Town Justice
- Mary-Diana Pouli, Executive Director, Youth & Recreation

## AMHERST GENERATIONS FOUNDATION

- Andrew Napierala, Chair
- Chandra Condon-Daigler, Secretary
- Barry Kantrowitz
- Meghan Reed
- Karen Pusateri
- Cory Zale

Melissa Abel, Ex-Officio

## A NOTE FROM YOUTH & RECREATION

The Amherst Center for Senior Services prides itself on being welcoming to all – which now includes bats!

We are grateful to Dylan Leong who constructed bat houses on our property and along the Walton Woods trail as his Eagle Scout project. A member of Troop 92 out of St. Mary's Church in Swormville, he planned and executed the project including design, fundraising, soliciting volunteers, building and installation.

In case you were wondering why bat houses are important, bats eat mosquitos, the only creatures not welcome at the Center! A big thank you to staff members Elizabeth Graczyk from the Youth & Recreation Department and Steve Janis from the Senior Center for helping make this project happen.

At the dedication ceremony, Dylan's uncle Richard Leong came up to me and introduced himself. It turns out that he was a caseworker for the department back in the early 1970's, under the supervision of founder and director Lucille Kinne. He worked at the old site on Union Road. Although he lives out of state now, he was thrilled to visit our new location and hear about all the wonderful programs and classes the Center offers. He remembers his time at the Center fondly, especially his co-workers, many of whom came to his wedding.

We know that the Center feels like "home" to many (humans and creatures alike), and it was wonderful to meet someone connected to its early days who felt that way as well!

Mary Diana Pouli, Executive Director,  
Youth & Recreation

### PARKING FOR COMBAT WOUNDED VETERANS

The Center has 2 Reserved parking spots for Combat Wounded Veterans in our parking lot.

We ask that you please respect these spots. We acknowledge and honor Purple Heart Recipient Service Men and Women.

Thank you for your service and sacrifice to our country.



### FIRE DRILLS

Your safety is our top priority. If the fire alarms go off in the Senior Center, please exit the building right away.

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**

# REGISTRATION PROCEDURES

## REGISTRATION/CANCELLATION

**Registration is mandatory for all classes, clubs, meals, Programs and support groups. There are three ways to register:**

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

## CREATING AN ACCOUNT ON MyActiveCenter

Go to MyActiveCenter.com then click on the Sign Up button and follow the directions. Your MySeniorCenter keytag 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.

## TO REGISTER FOR A CLASS, CLUB, MEAL, PROGRAM OR SUPPORT GROUP IN MyActiveCenter:

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

## MYACTIVECENTER TRAINING

Monday August 4 at 11:00am

Are you new to using MyActiveCenter to register for classes, clubs, lunch and programs? Do you need help setting up your account or trying to find the class you are interested in? Come learn how to navigate MyActiveCenter. If are planning to use your tablet, laptop or phone bring it with you and we will teach you on your own device.

## SAMPLE A CLASS

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

## REFUNDS

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

## VISITING/ATTENDING THE CENTER

You are required to swipe in at the kiosk each time you enter the Center. This enables us to know who is in the building. You do not have to swipe out.

## CANCEL IF YOU CAN'T MAKE IT

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

## NUTRITION

Lunch is served Monday through Friday from 12:00 to 1:00 pm. Dinner is served Tuesdays from 5:00 to 6:00pm.

## TO REGISTER FOR LUNCH OR DINNER:

Follow MyActiveCenter instructions on left. Lunch and Dinner registration opens for the following month on the third Tuesday of each month. Please call to cancel if you are unable to attend.

## FROZEN MEAL PROGRAM

Please stop at our front reception desk and pick up an Erie County Registration Form. Completed forms must be returned to Christin Estrada. Forms can be mailed to you upon request. If you have questions, Christin can be reached at 716-636-3055 ext. 3131.

## CALLING ALL NEW MEMBERS!!

### MEMBERSHIP 101

Tuesday, August 5 at 3:00pm

So, you have taken the step of becoming a Member, now what? Find out ways to get involved, how to register for Classes or Programs, where to find information on what is happening at the Center. Those attending are invited to stay for a complimentary dinner at 5:00pm. Reservations are required for both.



# PROGRAMS

## TECH SUPPORT

Friday, August 1 at 10:00 am

Bring your devices and questions to our Tech Support Day, where tech savvy staff will be on hand to help you troubleshoot issues and provide guidance. This program is non-instructional – we can answer questions, give quick tutorials, diagnose issues, and provide advice or solutions.



## BOOKS AND BAGELS

Tuesday, August 5 at 9:30 am

Calling all bookaholics! Let's talk books over a bagel. Fee is \$2.00. Please bring a new or used book for a book exchange. No refunds after 8/4.

## VR

Tuesday, August 5 and August 19 at 1:00 pm to 3:00 pm

Explore the world of virtual reality with our VR Headsets in 1 hour individual sessions. Experience this innovative technology and engage in fun, interactive experiences. Whether you're new to VR or curious to try something different, this is a great opportunity to dive into a new digital world. There are two dates this month. Please only sign up for one of the two sessions.

## HAWAIIAN BINGO

Wednesday, August 6 at 11:00 am

Bring an item from the Dollar Store for the prize table.

## ASK THE DIRECTOR

Thursday, August 7 at 11:00 am

Enjoy a cup of coffee with Director Melissa Abel. She will give updates on Senior services and answer your questions.

## GARDEN TALK- DRIED FLORAL TECHNIQUE

Tuesday, August 12 at 10:00 am

Doreen Notaro, Recreation Leader and Smallwood Garden Club member, will share the knowledge she has acquired in preparing florals for drying and arranging to obtain the best results. The use of dried florals is a responsible method of creating beauty from nature.

## BY, FOR, AND OF THE PEOPLE – DAR MUSEUM

Wednesday, August 20 at 1:00 pm

A look at functional as well as decorative objects made by American people for the average citizen, known as folk art, made mostly during the 19<sup>th</sup> century. *Presented by Ann Sawusch, DAR Museum Correspondent Docent.*

## MEMBER VS STAFF WEEK

*Space is limited! Register NOW to participate.*



Monday, August 18

at 10:30 am

Mind Teaser Stations

Tuesday, August 19

at 10:30 am

Corn Hole Tournament



Wednesday, August 20

at 10:30 am

Family Feud

Thursday, August 21

at 10:30 am

Minute to Win It



Friday, August 22

at 1:00 pm

Puzzle Contest

## THE RED PLANET

Thursday, August 21 at 1:30 pm

From imagining canals and little green men to understanding the history of geologic history of Mars, our exploration of Mars has led to an understanding of the rocks and the geologic history of the Red Planet. This presentation will focus on what we have learned from US robotic missions and that have probed the surface of Mars and where this exploration will go in the future. *Presented by Kevin Williams.*

## TACO AND TRIVIA NIGHT

Thursday, August 21 at 5:00 pm

Taco in a bag followed by trivia. Fee is \$7.00. Paid reservations by 8/19. No refunds after.

## LABOR DAY ENTERTAINMENT

Friday, August 29 at 11:00 am.

Soundtrax will perform live at the Center. Soundtrax is a six-piece band capturing songs from the 60s and 70s and more!

# PROGRAMS

## WOMEN'S PICKLEBALL TOURNAMENT

Monday, August 25 at 9:00am

Come play a fun, friendly, and carefree tournament. We will partner you up on the day of the tournament. Round Robin style format.



## MEN'S PICKLEBALL TOURNAMENT

Tuesday, August 26 at 9:00am

Come play a fun, friendly, and carefree tournament. We will partner you up on the day of the tournament. Round Robin style format.



## CO-ED PICKLEBALL TOURNAMENT

Wednesday, August 27 at 9:00am

Come play a fun, friendly, and carefree tournament. We will partner you up on the day of the tournament. Round Robin style format.



## ARCHERY TOURNAMENT OUTSIDE @ CLEARFIELD RECREATION CENTER

Thursday, August 28 at 10:00am-12:30pm

*\*YOU MUST HAVE TAKEN AN ARCHERY CLASS THROUGH THE SENIOR CENTER TO PARTICIPATE\**

There will be two groups. First group of participants will shoot from 10:00-10:40pm. Second group will shoot from 10:50-11:30am. Top 4 participants from each group will advance to the final and will shoot from 11:40am-12:20pm. Please be prepared to be there for the entire time. We will notify you what group you will be shooting in prior to the tournament so you can arrive for your group time.

## ADVANCED VR RESERVATIONS

This program is designed for participants who already have experience using virtual reality (VR) equipment and are comfortable operating it independently. VR headsets may be reserved for use in the Meeting Room on Mondays and Fridays. Sessions are one hour long and must be reserved at least one week in advance. Headsets are picked up at the reserved time and must be returned to the admin office immediately after use. Please note: No staff assistance will be provided during your session. To reserve a time slot, contact Marc at x3117 or [myoung@amherst.ny.us](mailto:myoung@amherst.ny.us).

### A Friendly Reminder

We love animals, but please remember that **Only Service Dogs Are Allowed** at the Senior Center. We kindly ask that you leave pets at home to ensure a safe and comfortable environment for everyone. Thank you for your understanding!



## MOVIES AT THE CENTER

*(movies are selected by recommendations and availability)*

### MONDAYS at 1:00 PM

Monday, August 4 The Love Punch 94 minutes

Monday, August 11 Fog of War 103 minutes

Monday, August 18 The Friend Rated R 120 minutes

Monday, August 25 Blitz PG-13 120 minutes

### TUESDAYS at 3:00 PM

Tuesday, August 26 Blitz PG-13 120 minutes

### TUESDAYS at 5:30 PM

Tuesday, August 5 The Love Punch 94 minutes

Tuesday, August 12 Fog of War 103 minutes

### THURSDAYS at 4:00 PM

Thursday, August 7, 14, 21 The Perfect Couple 120 minutes each day. (Book and Movie Comparison)

### FRIDAY MOVIES 1:00

Friday, August 1 Tumbledown 105 minutes (comedy)

Friday, August 8 Where the Heart Is PG-13 120 minutes (staff pic)

Friday, August 15 The Secret Life of Walter Mitty 118 minutes (adventure)

Friday, August 22 The Luckiest Man in America 90 minutes (true story)

Friday, August 29 Senior Moment 92 minutes (heart warming)

## PING PONG

Mondays 1:00 – 4:00 pm

Tuesdays 2:00 – 6:00 pm

(8/19 ping pong from 2:00-4:00 pm)

Fridays 1:00 – 4:00 pm

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**

# PROGRAMS

## FIELD TRIPS

### **KAYAKING AT NIAGARA & SWEENEY STREETS KAYAK LAUNCH**

Tuesday, August 12 at 10:30 am

We will go for a leisurely kayak from the launch at 471 Sweeney St, North Tonawanda, NY 14120. You must bring your own kayak, paddle, and life vest. Please bring a bagged lunch, water, and a chair for a picnic after. Any questions, email [gpotter@amherst.ny.us](mailto:gpotter@amherst.ny.us).

### **PAUTLERS**

Wednesday, August 13 at 12:00 pm at 6343 Transit Road, East Amherst. Join us for lunch, or ice cream, or both!

### **BIKE RIDE AT Grand Island**

Friday, August 29 at 10:30am

We will go for a leisurely 10-mile bike ride along the Niagara River on Grand Island. We will meet at the parking lot on the river at West River Rd. & Fix Rd., Grand Island, NY 14072. If you type those roads in Google Maps, it will show you directions. If you have trouble locating the intersection, email Greg at [gpotter@amherst.ny.us](mailto:gpotter@amherst.ny.us). Bring water, a helmet, a bagged lunch and a chair for lunch afterwards.

## FINANCIAL

### **SCAM PREVENTION**

Thursday, August 7 at 5:00 pm

Find out about the ways that scammers are trying to take advantage of people in our community. *Presented by the Western New York Law Center (WNYLC)*

## HEALTH

### **MEDITATION AND HEALING**

Thursday, August 7 at 1:00 pm

Relieve stress and improve your health. Would you like to feel calmer and more relaxed? Release burdens and worries? *Presented by Anne Egan, instructor & practitioner of Open Heart Meditation and Secrets of Natural Walking with the Natural Way of Living.*

### **WALKERS UNITE FOR WELLNESS**

Tuesdays August 5, 12, 19, and 26th at 10:00 am

Join Rabbi Yonina on a gentle walk around the lake and on the trails of Walton Woods Park so that we can talk and share how we are doing – a ‘getting to know you’ through walking and wellness. We’ll go as far as you’d like and sit and rest, if necessary, in the hour we have together. Remember your hat, sunscreen, water, and comfy closed-toed shoes or sneakers.



## **PARTNER PROGRAMS**

### **SILVER PRIDE TEA**

Friday, August 1 at 10:00 am

This is an opportunity for LGBTQAI and their allies to spend time together enjoying refreshments and conversation.

*Hosted by the Pride Center of WNY.*



### **BALANCE AND MEMORY CHECK-UP**

Thursday, August 21 9:00 am – 1:00 pm

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

### **SUPPORTING INDEPENDENCE**

Wednesday, August 27 at 1:00 pm

People living with dementia want to remain independent for as long as possible yet caregivers may not know how to balance safety and independence. Learn how dementia changes a person's independence and impacts safety, how to provide the right amount of support, and tips to make every activity meaningful to the person living with dementia. *Presented by the Alzheimer's Association.*

**HEALTH INSURANCE** – To schedule your personal appointment call the representative listed.

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

Tuesday August 8 10:00 am – 12:00 pm

Tuesday August 26 2:00pm – 4:00pm

**KDM Wealth Consultants** — Tiffany at 716-697-3622  
Thursday, August 21 10:00am – 1:00pm

# CLASSES

## \*\*FALL CLASSES REGISTRATION\*\*



Registration for Fall classes begins **Wednesday, August 6 at 9:00am** on [MyActiveCenter.com](https://www.MyActiveCenter.com) or by phone.

Our Fall Class Catalog is available in hard copy at the Center, Amherst Libraries and online at the Town of Amherst Website, [Amherst.ny.us](https://www.Amherst.ny.us), and on our website at [AmherstCenterforSeniorServices.com](https://www.AmherstCenterforSeniorServices.com).

### SPECIAL REQUEST: CALL TO CANCEL

If you have registered for a class and do not plan on attending, please let us know. While we can not refund your money, it will open a spot for someone else to participate.

### COMING UP IN SEPTEMBER!

Picnic at Veterans Canal Park

Thursday, September 18th at 11:00 am

More information coming soon!

**Want to  
teach a class?  
We're Hiring!**

The Amherst Center for Senior Services hires the finest individuals to teach our classes. If you have a special skill or talent that you want to share, consider joining our team!

We welcome new ideas and the Center is always looking for language, local history, and fitness instructors. Please contact our Class Coordinator, Cindy Weiss, at [cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us) with your course proposal and if you are interested in teaching a day or evening class. We looking forward to hearing from you!

### DEFENSIVE DRIVING CLASS—AARP Smart Driver

Wednesday, August 13 or September 17 9:00am-4pm.

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

Reservations required by calling 636-3051. Payment due to instructor on the day of the class.

### FALL TRIMESTER CLASS HIGHLIGHTS

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

- Art History Zoom – Secessionists: Avant-garde Artists
- Art of Ancient Greece
- Aviation
- Basic Wine Appreciation
- Brahm's Remarkable Story and Brilliant Music
- French for Travelers – Introductory
- Genealogy Hunt: A Genealogy Class
- Holiday Rituals and Recipes
- Home Landscape Design
- Self Defense and Martial Arts Fitness
- Senior Dance
- Table Tennis – Intermediate
- The Roaring Twenties
- Understanding Football 101

*Save the Date*

**25<sup>th</sup> Anniversary Dinner**

Tuesday, October 7, 2025

**Celebrating the  
25<sup>th</sup> anniversary of Amherst  
Center for Senior Services  
facility at 370 John James Audubon**

*(We're not accepting reservations at this time.  
More information coming soon.)*

**Amherst Center for Senior Services has been  
proudly serving the community since 1962.**





## RESOURCES

### Social Work Services are Here for You!

Your needs are important to us and we want to assure you that we are still committed to working diligently to provide information and referrals for programs and services. Social Workers are available to meet for office visits

**by appointment only**, by phone, or virtual appointments. Please call the Social Work office at 716-636-3055 ext. 3165 for Vijaya, or John at ext. 3129

### Caregivers Group

Wednesday, Aug. 20 at 1:00pm

Caregiving can be overwhelming and we are here to offer support.

### Loss & Grief Group

A NEW 6-week session started Thursday, July 17 at 10:30am. We discuss coping strategies, healing techniques, and stages of loss and grief. A new 6-week session starts in September.

### Men's Support Group

Tuesdays, Aug. 5 and 19 at 10:30am

"Getting to know us: A man's perspective" Talk about issues that are specific to men.

### Parkinson's Group:

Thursday, Aug. 28 at 2:00pm

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

### Veteran's Coffee Group

Monday, Aug. 4 at 10:00am

Come for a cup of coffee and share with others who understand your story and lend support.

### Widow/Widowers Group

Tuesday, Aug. 12 at 10:30am

Tuesday, Aug. 19 at 6:00pm

If you are facing a stressful life change due to losing your spouse, you don't have to go through it alone.

### Women's Support Group

Wednesday, Aug. 6 at 10:30am

**Kinship Group:** See meetings at Northwest Community Center on page 13

### SENIOR OUTREACH SERVICES (SOS) 636-3070

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

### ACCESSIBLE PARKING TAG

If you need assistance with an application, we are **available by appointment only**. Daytime hours are 8:30am—4:00pm and evening hours are Aug. 19 until 6:00pm and 4:00-7:00pm on Aug. 5.



### FRIENDS HELPING FRIENDS SHORT-TERM FOOD ASSISTANCE

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

### FROZEN MEAL PROGRAM

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

### The Supplemental Nutrition Assistance Program (SNAP)

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

### YOUTHWORK\$

Youthworks is a service that works as a liaison between residents and Amherst youth ages 12-20. Jobs include: yardwork, gardening, weeding, mowing, raking, and snow removal. To hire a youth, please contact John Jones at 716-636-3055, ext. 3129 or Vijaya at ext. 3165.

### INFORMATION TABLES

#### EPIC

Wednesday, August 27

11:00 am – 1:00 pm



There is a private accessible bathroom located off the hallway by Room 2 in the Senior Center.

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**

# VOLUNTEERING & CLUBS

## SERVICE HOURS

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

## BOOK CLUB

Monday, Aug. 25 at 1:00 pm

The book is called "The Heaven and Earth Grocery Store" by James McBride. All participants are required to register for this meeting.

Zoom participants must register 24 hours in advance to receive the automated link. Comprehensive book selection lists can be found at the Senior Center on the racks across from the Fitness Room.

## HOT DOG SALE

Wednesday, Aug. 13, 11:00 am

Enjoy a grilled treat with us! \$1.50 per hot dog.

## INDIAN (TEA) CELEBRATION

The monthly Indian Celebration will **be held** on Friday August 15<sup>th</sup> 1:30-3:30 pm

## KARAOKE CLUB

Check out Karaoke Club on August 21 at 2:30pm in the Music Room. Sign up and enjoy an afternoon of singing classic hits!

## CLUB MEMBERS—Please Be Sure to Sign In!

You must register on [myactivecenter.com](http://myactivecenter.com) prior to attending your meeting.

Swiping in at the kiosk is not registering.

## POOL CLUB

Tournaments for Round Robin and 8-Ball are on Tuesdays in the Billiards Room from 2-5 pm. All levels are welcome. Handicap provided. Please consider joining us for some friendly competition!

## SEEKING VOLUNTEERS FOR NUTRITION PROGRAM

Our Nutrition Department is seeking volunteers to help during the lunch and dinner hours. Lunch substitutes, serving on the line for lunch or dinner, passing trays. Help support the Senior Center as well as your friends and peers! If interested, contact Joe Weisansal at (716) 636-3055 ext. 3126 or email [jweisansal@amherst.ny.us](mailto:jweisansal@amherst.ny.us).

## NEW CLUB INTEREST?

We're always looking for opportunities to create new clubs based on member interest. To start a new club, we need **at least 10 members** who are committed to attending regular meetings. If you have a club idea and know at least 10 members who would like to join, please either: Drop your suggestion in the **Suggestion Box** in the main lobby, or email Joe at [jweisansal@amherst.ny.us](mailto:jweisansal@amherst.ny.us).

# OPEN PICKLEBALL

## OPEN PICKLEBALL

Tuesday, August 5, 12: 2:00-3:45pm, 3:45-5:30pm, or 5:30-7:15pm (1 court)

Tuesday, August 26, 2:00-3:30pm, 3:30-5:00pm, 5:00-6:30pm (1 court)

Wednesday, August 6: 12:00-2:00pm (Intermediate) or 2:00-4:00pm (Beginner)

Wednesday, August, 13: 12:00-2:00pm or 2:00-4:00pm

Wednesday, August 20: 12:00-2:00pm (Beginner) or 2:00-4:00pm (Intermediate)

Wednesday, August 27: 1:00-2:30pm or 2:30-4:00pm

Thursday, August 7, 14, 21: 3:45-5:30pm or 5:30-7:15pm

Friday, August 1: 12:00-2:00pm (Women) or 2:00-4:00pm (Men)

Friday, August 8: 12:00-2:00pm or 2:00-4:00pm

Friday, August 15: 12:00-2:00pm (Men) or 2:00-4:00pm (Women)

Friday, August 22: 12:00-2:00pm or 2:00-4:00pm

Friday, August 29: 2:00-4:00pm

## \*\*\*OPEN PLAY PICKLEBALL GUIDELINES\*\*\*

- Members can sign up for a maximum of 3 time slots PER WEEK for Open Play Pickleball.
- We are seeing large Waitlist numbers for Open Pickleball and want everyone to have a chance to play.
- If you are already signed up for 3 time slots and an Open Pickleball Session is NOT full, you can sign up the DAY OF for that Pickleball session.
- Please cancel when you cannot make a Pickleball time to allow someone else a chance to play!

We're all in this together. Let's respect each other's time and opportunities. Thank you

**For Open Play Pickleball at the Northwest Amherst Community Center, see page 13.**

You must bring your own paddle



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50 Stahl Road, Amherst, NY 14068  
716-810-7500

**Presbyterian Village at North Church**  
214 Village Park Drive, Williamsville, NY 14221  
716-810-7475

**Ken-Ton Presbyterian Village**  
3735 Delaware Avenue, Kenmore, NY 14217  
716-810-7477



## Skilled Nursing and Short Term Rehabilitation

**Beechwood Homes**  
2235 Millersport Highway, Amherst, NY 14068  
716-810-7000

**Wesley Rehabilitation Center**  
2235 Millersport Highway, Amherst, NY 14068  
716-810-7000

**Hospice Wells House**  
2235 Millersport Highway, Amherst, NY 14068  
716-810-7000



*Please feel free to reach out to learn more about all  
we have to offer. We are just a phone call away.*

**[www.beechwoodcare.org](http://www.beechwoodcare.org)**

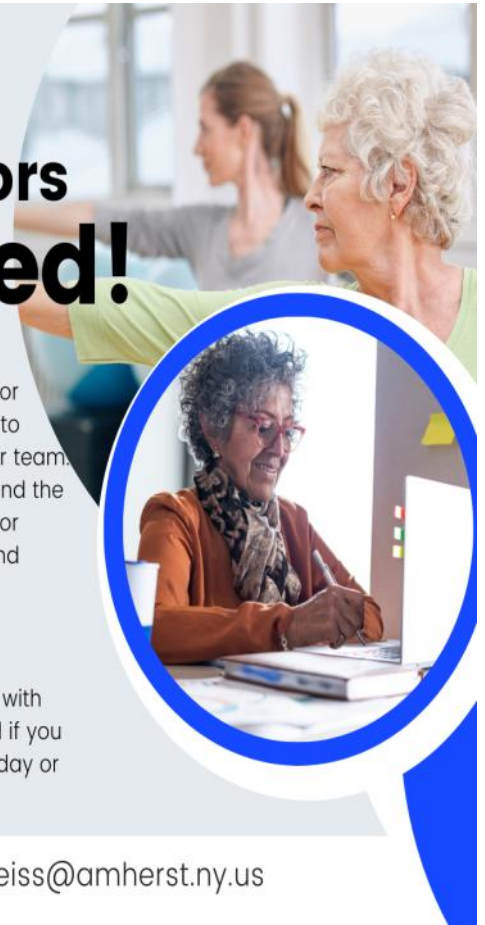


# Instructors Needed!

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

Please contact our Class  
Coordinator, Cindy Weiss with  
your course proposal and if you  
are interested in teaching day or  
evening classes.

Email Cindy at [cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us)



# CLUBS

If you are interested in more information or joining a Club, please register and go to the next meeting to speak with the leader. For a description of clubs, go to [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com) or pick up a brochure at the Center.

<b>Am-Center Photography Club</b> 2nd and 4th Tuesday, 1:00-3:00pm	<b>Dinner Club</b> See Club Info across from Fitness Room	<b>Pool Club</b> Tuesdays, 2:00-5:00pm
<b>Amherst Men's Senior Softball League</b> Games Fridays, 10:30/11:30 am Seasonal	<b>Dominos Club</b> Wednesdays, 12:30-4:00pm	<b>Quilting Club</b> 1st & 3rd Mondays, 1:00-3:30pm
<b>Amherst Senior Singers</b> Wednesdays, 1:00-3:00pm	<b>Duplicate Bridge Club (Monday)</b> Mondays, 12:30-4:00pm	<b>Reader's Theater Club</b> Mondays, 1:00pm
<b>Art Club</b> Mondays, 1:00-3:30pm	<b>Duplicate Bridge Club (Friday)</b> Fridays, 12:30-4:00pm	<b>Reading Poetry Aloud Club</b> Wednesdays, 9:00-10:00am
<b>Backgammon Club</b> Thursdays, 12:30pm	<b>Euchre Club</b> Tuesdays, 1:00pm	<b>Rocky Blues Band</b> Fridays, 12:30pm
<b>Biblical Hebrew Grammar Club</b> Off for the Summer!	<b>French Club</b> 2nd & 4th Mondays, 12:30-2:00pm	<b>Rummikub Club</b> Fridays, 1:00-4:00pm
<b>Bike Club</b> Wednesdays, 9:30-11:30am Seasonal	<b>Hand &amp; Foot Club</b> Thursdays, 3:30-5:00pm	<b>Scrabble Club</b> Tuesdays, 10:00am-12:30pm
<b>Board Game Club-Afternoons</b> Wednesdays & Thursdays, 12:30-3:30pm	<b>Indian Senior Citizens Club</b> 2nd Thursday, 4:30pm	<b>Pinochle Club (Wednesday)</b> Wednesdays, 12:45-4:00pm
<b>Board Game Club— Evenings</b> Thursday, 6:30-10:00pm @ Northtown Ctr.	<b>Genealogy Club</b> 1st Tuesday, 10:30am-12:00pm	<b>Spanish Club on ZOOM</b> Thursdays, 1:30pm
<b>Book Club</b> 4th Monday, 1:00pm	<b>Karaoke Club</b> Thursday, July 17 at 1:00 pm	<b>Speaking Italian Language Club</b> Fridays, 1:00-2:30pm
<b>Bridge Club</b> Tuesdays, 2:00-4:00pm	<b>Knitting Club (non-instructional)</b> Tuesdays, 9:30-11:30am	<b>Stained Glass Club</b> Thursdays, 9:00am-12:00pm
<b>Canasta Club</b> Thursdays, 1:00-4:00pm	<b>Mah Jongg Beginner Club</b> Fridays, 9:30am-12:00pm	<b>Tai Chi Club</b> Wednesdays & Fridays, 1:30-2:30pm
<b>Chess Club</b> Tuesdays, 12:15-4:00pm	<b>Mah Jongg Club</b> Tuesday, 1:00-3:30pm	<b>Tuesday Afternoon Music Club</b> Tuesdays, 1:00pm
<b>Community Service Sewing Projects Club</b> Mondays, 8:30-11:00am	<b>Men's Golf</b> See Club Info across from Fitness Room	<b>Upholstery Club</b> Wednesdays, 9:00am-12:00pm
<b>Craft Club at NWACC</b> Off for the Summer!	<b>News &amp; Views Zoom Club</b> Fridays, 10:00-11:30am	<b>Wood Carving Club</b> Tuesdays, 9:00-12:00pm
<b>Creative Writers Club</b> 1st & 3rd Mondays, 10:00am –12:00pm	<b>Pinochle Club (Monday)</b> Mondays, 12:45-4:00pm	



# NORTHWEST AMHERST COMMUNITY CENTER



**Northwest Amherst Community Center**  
220 Northpointe Parkway, Amherst 14228

## COOKING WITH JEN

Monday, August 4 at 10:00 am

We will make the Nieman Marcus \$250 Chocolate Chip Cookie. Please bring a large mixing bowl. Fee is \$5.00. No refunds after Aug. 1.



## TALK AND TASTE

Monday, August 4 at 6:00 pm

What better way to celebrate National Chocolate Chip Cookie day than by trying the \$250 Nieman Marcus Cookie.

## FRUIT ART

Monday, August 11 at 10:00 am

Arrange a bouquet of Pineapple Flowers. Fee is \$5.00. No refunds after Aug. 7. Please bring your favorite kitchen knife.

## BINGO

Monday, August 11 at 6:00 pm

Please bring an item from the Dollar Store for the prize table.

## KINSHIP SUPPORT GROUP

Wednesday, August 13 at 11:00 am

Are you "parenting for a second time?" Many in today's world find themselves in this situation at a time when maybe you were planning a more relaxed lifestyle. If this is you, consider coming to this support group to share ideas, get support, comfort and resources. You are not alone, so join others to talk and share ideas!

*Have support group questions:* Contact John Jones, Social Worker, at [jjones@amherst.ny.us](mailto:jjones@amherst.ny.us), or call John at (716) 636-3050, ext. 3129 or Vijaya Tomar at ext. 3165, or email [vtomar@amherst.ny.us](mailto:vtomar@amherst.ny.us).

## CIRCUIT FITNESS CLASS

Monday, August 18 at 6:00 pm

Try various workouts with weights. There are multiple stations that have different types of exercises. Strength, Balance, and Cardio are highlighted in these classes.



## PICKLEBALL AT NORTHEAST AMHERST COMMUNITY CENTER

Monday, August 4, 11, 18: 8:00-9:30am or 5:30-7:30pm



## UNIVERSITY EXPRESS

University Express is done for the summer season. It will return in the fall. Details about the fall semester will be available during the middle of September.

**AMHERST CENTER FOR SENIOR SERVICES**



**We Are HIRING!**  
JOIN OUR TEAM

**Full-Time Cook**

**Salary range**  
**\$40,631-\$55,158**

**Qualifications**  
Prior food service experience preferred

**Additional Information:**  
Amherst residency required  
Work Schedule: Monday-Friday  
**APPLY TODAY!**

**COMPLETE THE TOWN APPLICATION AVAILABLE ON THE TOWN OF AMHERST WEBSITE: [AMHERST.NY.US](http://AMHERST.NY.US) (UNDER THE COMMON REQUEST TAB - EMPLOYMENT OPPORTUNITIES)**

**EMAIL APPLICATION TO:**  
**MELISSA ABEL, DIRECTOR**  
**[MABEL@AMHERST.NY.US](mailto:MABEL@AMHERST.NY.US)**



**AmherstCenterforSeniorServices.com** 370 John James Audubon, Amherst, New York 14228

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**

# AUGUST NUTRITION

The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. The Erie County Nutrition Program is open to anyone 60 years of age or older at a suggested contribution of \$3.50. Guests under 60 are welcome for \$5.50.

- **Lunch is served Monday-Friday, 12:00-1:00pm**
- **Dinner is served at 5:00pm on Tuesday evenings**
- **Meal registration begins the 3rd Tuesday of each month. See page 4 for instructions.**
- **We are unable to accept walk-ins.**
- **If you are not able to attend lunch or dinner, please cancel your reservation.**
- **The menu is subject to change.**
- **Estimated calories/carbohydrates are listed for each lunch.**

## FROZEN MEAL PROGRAM

See page 4 for information

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
				1 Julienne Salad Juice Rye Bread Donut 929/109
4 Chicken Cacciatore Pasta California Blend Italian Bread Mixed fruit 514/72	5 Stuffed Pepper Mashed Potatoes Steamed Peas White Dinner Roll Brownies 897/117	6 Chicken Salad on Kaiser Roll Cinnamon Apple Sauce Beet Salad Lorna Doones 699/87	7 Sweet & Sour Meatballs over White Rice German Blend Wheat Dinner Roll Graham Cookie 803/109	8 Grilled BBQ Chicken Sweet Potato Fries Broccoli Corn Muffin Ice Cream 739/90
11 Salisbury Steak with Gravy Mashed Potatoes California Blend Wheat Bread Fudge Pie 750/79	12 Pulled Pork on a Kaiser Roll Tater Tots Green Beans Chocolate Chip Cookies 853/109	13 Crab Pasta Salad over Lettuce with Tomatoes Orange Juice Hawaiian Dinner Roll Tropical Fruit 567/73	14 Beef Stew Mashed Potatoes Biscuit Fruit Cocktail 755/86	15 <b>India</b> <b>Independence Day</b> Chicken Masala White Rice Seasoned Cauliflower Naan Bread Rice Pudding 818/119
18 Polish Sausage on a Roll Buttered Noodles Prince William Blend Pears 861/92	19 Turkey with Gravy Sweet Potato Green Beans Wheat Dinner Roll Snickerdoodle Cookie 578/76	20 Chicken Leg Rice Pilaf Broccoli Dinner Roll Oatmeal Raisin Cookie 865/77	21 Baked Fish Wild Rice Key Largo Vegetable Multi-Grain Bread Apricots 657/89	22 Tuna Salad on a Roll Apple Juice Pineapple Chunks Oreo Cookie 799/100
25 Hamburger on a Roll Roasted Sweet Potato Green Beans Rice Krispies Treat 673/72	26 Breaded Chicken and Herbed Gravy Brussel Spouts Corn Blend Assorted Dinner Roll Lorna Doones 641/75	27 Ham Sandwich on White Bread Fruit Cocktail Marinated Vegetable Salad 570/85	28 Pork Chop with Onion Gravy Roasted Potato Medley Broccoli Multi-Grain Bread Graham Crackers 581/66	29 <b>Labor Day Picnic</b> Hot Dog on a Bun Potato Wedges Corn on the Cob Macaroni Salad Ice Cream Sandwich 914/95

## TUESDAY DINNERS - Dinner Served at 5:00pm

**Aug. 5:** White Pizza with Chicken, Chef Salad, Fresh Fruit

**Aug. 12:** Sweet and Sour Pork, Fried Rice, Asian Medley, Pudding

**Aug. 19:** No dinner due to Summer Concert. *Concert Menu:* Grilled Italian Sausage on a Bun, Assorted Chips, Potato Salad, Assorted Ice Bars, Bottled Water.

**Aug. 26:** 1/2 Corned Beef Reuben, Tomato Basil Soup, Grape Juice, Fresh Melon

### Food Allergy Notice

Please be advised that food preparation in our kitchen may contain these ingredients: Milk, eggs, soybean, peanuts, tree nuts, and shellfish

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**





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## Services

- Companionship
- Memory Care
- Medication reminders
- Meal Prep
- Transportation
- Housekeeping
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- Diabetes Care
- Chronic Conditions Support



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Center for  
Senior Services



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[AmherstCenterforSeniorServices.com](https://www.AmherstCenterforSeniorServices.com)

## Advertise in our monthly newsletter







## AMHERST CENTER FOR SENIOR SERVICES

### OUR VISION

To identify, understand, and create opportunities for improved quality of life for adults as they age.

### OUR MISSION

Empower all people with quality of life as they age.

### OUR VALUES

#### ACCESSIBILITY

Ensuring that members can participate and benefit from the many services by providing opportunities for all members to reach their potential and contribute their skills and talents to the Center.

#### COMMUNITY

Assisting older adults to remain independent by working with families, volunteers, and community partners by building strong bonds through shared objectives.

#### DIVERSITY

Embracing differences in skills, knowledge, cultural heritage, ethnicity, and gender orientation of older adults and their families.

#### INCLUSION

Offering individuals a sense of belonging, identity, and support by recognizing, respecting, embracing, celebrating, and valuing the unique abilities, perspectives, and experiences that each individual brings.

#### KNOWLEDGE

Committed to Life-Long Learning that encourages growth, engagement, and innovation among its members.

#### SUPPORT

Demonstrating understanding and empathy with the unique needs of our members by providing programs, activities, and services dedicated to ensuring satisfaction and building lasting relationships by extending a helping hand.