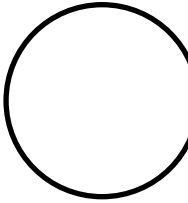
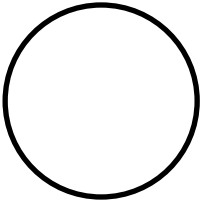







Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, New York 14228-1142

Presorted Standard
U.S. Postage
PAID
Permit No. 4694
Buffalo, NY



 AmherstCenterForSeniorServices.com
 /AmherstSeniorServices
 716-636-3050

This month's Network is sponsored by:



THE NETWORK

The Monthly Newsletter of the Amherst Center for Senior Services/September 2021



September is
National
Senior Center
Month

DIRECTOR'S NOTE

TABLE OF CONTENTS

Class Information.....	9-10
Club News.....	12
Health Insurance.....	8
Mail Subscription.....	3
Membership.....	3
Movies.....	7
Program Information.....	4-8
Social Work.....	11
Volunteer News.....	10

PHONE NUMBERS

Main Line.....	636-3050
Reservations.....	636-3051
Amherst Meals on Wheels.....	636-3065
Amherst Senior Transportation.....	636-3075
Ralph C. Wilson Jr. Adult Day.....	689-1403
Senior Outreach Services.....	636-3070
Support Group Information.....	636-3050

KEY STAFF CONTRIBUTORS

Brian Bray, Director: bbray@amherst.ny.us
Melissa Abel, Deputy Director, mabel@amherst.ny.us

Tammy Jacobs, Program Coordinator: tjacobs@amherst.ny.us
Joanne Cole, Program Leader: jcole@amherst.ny.us
Jodi Kwarta, Director of Volunteers: jkwarta@amherst.ny.us
Jennifer Lazarz, Program Leader: jbono@amherst.ny.us
Karen Lisieki, Outreach Coordinator: klisieki@amherst.ny.us
Donna Muck, Kitchen Manager: dmuck@amherst.ny.us
Vijaya Tomar, Social Worker: vtomar@amherst.ny.us
Maddy Turano, Social Worker: mturano@amherst.ny.us
Cindy Weiss, Class Coordinator: cweiss@amherst.ny.us

*The Network is arranged and designed by Christina Yensan,
Public Relations Director: cyensan@amherst.ny.us*

AMHERST TOWN BOARD

Brian Kulpa, Supervisor
Jacqui Berger, Town Board / Deputy Supervisor
Deborah Bucki, Town Board, Liaison to Senior Services
Shawn Lavin, Town Board
Michael Szukala, Town Board

All of the presentations in this newsletter have been scheduled for educational purposes only. The Town of Amherst and the Amherst Center for Senior Services are not affiliated with any outside organizations.

We are proud to celebrate September as National Senior Center Month. The National Institute of Senior Centers (NISC) picks a theme most years, and senior centers across the country develop activities around that theme. In September 2021, however, the NISC encouraged Senior Centers to choose a theme that reflects the priorities of the community it serves.

The Amherst Center for Senior Services has selected the theme "**Discover What's Next**". We believe this theme speaks to the array of programs and events our Center offers. We thrive on having activities that are beneficial to individuals just turning 55 to individuals who are centenarians. No matter where you are in the aging process, we hope to have your next interest and passion. In addition, as we (hopefully) exit the most difficult portion of this pandemic, many individuals find themselves in a different place in life than they were in the beginning of the pandemic. As expected, our existing members have participated at our Center less since the pandemic began. We have also had significantly fewer members join. For existing members, this September is a great time to re-engage with the Center. For those 55 and older who are not members, September is a great time to join the Center. We can help you discover what's next in the post-pandemic world.

The "**Discover What's Next**" theme also speaks to our evolution as a senior center. As the older adult population in Amherst changes and grows, we are continuously adapting to meet their needs and interests. While our members are discovering what is next for themselves, we are simultaneously working hard to discover what is next for our Center. Our hard-working and dedicated employees are continuously trying new ideas and learning what our membership wants.

We hope to see you in September!

Brian Bray

DISHIN WITH THE DIRECTOR

Friday, September 10 at 11:00am

Join Director, Brian Bray, for casual conversation about the Center

MEMBERSHIP



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

ABOUT THE CENTER

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

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

- Art Gallery—Monthly Art is sponsored by Asbury Pointe
- Audubon Café—Sponsored by Independent Health
- Billiard Room
- Card Room
- Craft Room—Sponsored by Independent Health
- Computer Lab—Sponsored by Independent Health
- Dance Room—Sponsored by Univera
- Gift Shop—Sponsored by Blue Cross Blue Shield
- Library
- Nutrition Room-
- Wellness Room

THANK YOU TO OUR SPONSORS!

NETWORK SPONSOR



NATIONAL SENIOR CENTER MONTH SPONSOR



FALL PREVENTION WEEK SPONSOR



COMMUNITY VOLUNTEER FAIR SPONSOR



MEMBERSHIP DUES

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

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

To join the Center go to:

AmherstCenterforSeniorServices.com/membership-plans,
complete the application, print it out and bring it to the
Center with payment

NETWORK SUBSCRIPTIONS

To have the Network Newsletter delivered to your home, please send a \$6 check (payable to the Amherst Center for Senior Services) and your name, address, and telephone number to:

Amherst Center for Senior Services
Attention: Nancy LeClair
370 John James Audubon Parkway
Amherst, New York 14228

This notice does not apply to members of the Travel and Dinner Club because a portion of their dues covers receiving a copy of the Network in the mail.

IN CASE YOU MISSED THESE AUGUST HIGHLIGHTS



Members vs Staff at Summer Bash

Over 350 attended Senator Rath's Annual Health Fair with Kalieda Health and the Amherst Center for Senior Services (right)



Jim Zymanek, Director of Emergency Services & Safety for the Town discusses Covid one year later with members at Park (right)



Farmer's Market Coupon Drive Thru (right)



SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

National Senior Center month is celebrated every September. September is a fitting month. It marks the beginning of the harvest season, a time of reflection and of gathering strength alongside others to harvest what you have carefully, thoughtfully and conscientiously sown over the course of the past year. The Amherst Center for Senior Services have chosen the 2021 theme to be **Discover What's Next!**

This month's special activities are listed below and are sponsored by



DISCOVER MEDICARE 101

Thursday, September 9, 10:00 am
Learn the basics and benefits of Social Security and how it works hand in hand with Medicare. Understand your options with Medicare Parts A-D and what they cover. Choose the coverage that's right for you.
Presented by: Anthony Argentieri, Aetna

DISCOVER HOW TO EAT HEALTHY

Informational Tables
Thursday, September 16 from 11:00 am-1:00 pm

ASK THE DIETICIAN

Stop and speak with Michelle, Erie County Nutritionist about your diet

ARE YOU ELIGIBLE FOR FREE GROCERIES

Stop and speak with Maddy, Social Case-worker to see if you're eligible for SNAP



DISCOVER SILVER SNEAKERS CLASSIC

Thursday, September 23, 10:30 am
Participate in a full body workout designed to improve strength and increase your overall mobility. Class will include some light and easy-to-follow strength and endurance training. All participants must sign a waiver.
Presented by: Sandra, Tivity Health

DISCOVER HOW TO INCREASE BRAIN HEALTH

Wednesday, September 29, 10:00 am
Brain health is as important to us as our physical health. We will discuss common brain health issues, how to maintain brain health with practice exercises to keep our brain active as we get older.



Presented by: Dr. Shabrin A. Haque, MD, Buffalo Medical Group

RESERVATIONS REQUIRED FOR ALL PROGRAMS

SEPTEMBER HIGHLIGHTS

SILVER PRIDE TEA

Friday, September 3, 10:00 am-12:00 pm
This is an opportunity for LGBTQ seniors to come together and enjoy a morning of refreshments and conversation. *Hosted by the Pride Center of WNY*



JEWISH REPERTORY THEATRE

Tuesday, September 7 at 11:00 am
Learn all about the 3 shows included in the Jewish Repertory Theatre's 2021-2022 season as well as the discoveries and challenges of producing theatrical content last season during the pandemic. Attendees will also have the opportunity to purchase season subscription or individual tickets if interested
Presented by: Adam Yellen, Director of Performing Arts, Jewish Community Center of Greater Buffalo

BAKER'S RACK SALE

Wednesday, September 8, 9:00 am
Stop by early for best selection.
Proceeds benefit the Amherst Center for Senior Services

REMEMBERING 9/11, 20 YEARS LATER

Friday, September 10 at 1:00
Join us as we remember where we were on that day

FALL PREVENTION WEEK

September 20-September 24
More than 1 in 4 older adults in the U.S. report falling each year, according to the CDC. One out of five of those falls causes a serious injury. Here's the good news: Falls are not a normal part of aging and can be prevented.



"SPECIAL FALL PREVENTION CLASS"

Friday, September 24 from 10:30-11:25
Instructor: Jean Widlicka

Sponsored by Univera

KNITTING CLUB & COMMUNITY SERVICE

SEWING CLUB SALE

September 22-September 23 from 8:30 am-2:00 pm
Shop a variety of unique hand knitted, crocheted, and hand-sewn items at excellent prices.
Proceeds from these sales are used to replenish club supplies and/or donated to the Amherst Center for Senior Services and/or its collaborating agencies.

COMMUNITY VOLUNTEER FAIR

Thursday, September 23 from 11:00 am-1:00 pm
If you are looking for an opportunity for volunteer service, either inside the Senior Center or at another venue, please mark your calendars and plan to attend our 7th Annual Community Volunteer Fair. This fair is open to the public and all ages are welcome.
Sponsored by Hearts and Hands

STORYTELLER

Wednesday, September 22, 6:00 pm
An American in Kyoto: Three Stories Set in Japan
Bob Poczik has traveled widely, including six journeys to Japan. He will share three entertaining stories of his experiences there. The stories will include his stay in a Buddhist monastery, his visit to a public bath and his evening of luxury in a traditional Japanese inn in the Gion District of Kyoto, the setting for *Memoirs of a Geisha*.
Make your reservations for dinner at 5:00 pm!

OPEN HOUSE and FOOD TRUCK RODEO

Friday, September 24 from 5:00 pm-8:00 pm

Food:

Food trucks from 5:00-8:00

Open Pickle Ball:

4:00-7:00 pm

Class Demonstrations:

5:00-5:30 Cardio Drumming
5:45-6:15 Zumba

Guided Building Tours:

5:30
6:30
7:30

Entertainment:

5:30-7:00 Music by the *Amherst Rocky Blues Band*
6:00-7:00 Presentation by *Hawk Creek Wildlife Center*
7:00-8:00 *Amherst Senior Singers*

Handcrafted Club Merchandise Sales and Gift Shop will be open

FREE GIFT FOR ALL WHO JOIN DURING THIS EVENT

HISPANIC HERITAGE CELEBRATION

Friday, October 1 from 6:00-8:00 pm

COFFEE WITH THE CANDIDATES

Friday, October 22 at 9:00 am



RESERVATIONS REQUIRED FOR ALL PROGRAMS

PROGRAMS

PROGRAM REGISTRATION



AmherstCenterForSeniorServices.com/Register



716-636-3051



In person at the Center's Registration Desk.

CENTER PROGRAMS

GALLERY ARTWORK

September-October Photography of *Mary Lou Frost*

Meet the Artist on Tuesday, September 14 from 11:00-1:00 pm. She will be available to answer questions and discuss her work

WORD UP

Thursday, September 2 at 11:00 am and Tuesday, September 28 at 2:00 pm

COFFEE & CONVERSATION

Thursday, September 2
1:00 pm

VACCINATED
MEMBERS ONLY

HAPPY HOUR *It's Back!*

Friday, September 3 at 2:00
Join us on the patio for drinks, snacks and friends

FANTASY SPORTS GROUP

Tuesdays, September 7, 14, 21, 28 at 1:00
How did your team fair this past weekend? Let's break down all the football highlights

WHAT IS A MEMORY CAFÉ

Tuesdays, September 7 and 21 at 2:00 pm
Learn about a place for caregivers and their loved ones to relax and enjoy socialization, refreshments, and entertainment. Please call 570-6520 or email westfallsartcenter@gmail.com to reserve your spot

HEARTS AND HANDS INFORMATION TABLE

Wednesday, September 8 from 10:30 am-12:00

ASK A COP

Wednesday, September 8 at 1:30 pm
Join Amherst Police Officers for casual conversation

HOT DOG SALE

Thursday, September 9 at 11:00 am
\$1.50 each while supplies last

PAULA'S DONUTS

Friday, September 10 at 9:30 am
Enjoy a Paula's Donut and a cup of coffee on the patio.
Fee is \$2. RSVP by 9/9

HOLIDAY FACTS

Monday, September 13 at 11:00 am
Learn interesting facts about Rosh Hashanah & Yom Kippur

BOOK DISCUSSION WITH THE BISTRO BOOKERS-*New!*

Wednesday, September 15 at 4:30 pm
Talking to Strangers, Malcolm Gladwell
This group is part of *Buffalo & Erie County Library*

BIRTHDAY CELEBRATION

Celebrate all the birthdays in the month of September.
Birthday gift bags can be picked up at the Reception Desk on Thursday, September 16

MEMBER VS STAFF FAMILY FEUD

Friday, September 17 at 10:30 am
Compete against the staff and see what the survey says! Limited Spots! Reserve your spot now!

ASK THE REALTOR

Friday, September 17 at 11:00 am
Presented by Anne Kader, Olear Team at MJ Peterson

PICNIC IN WALTON WOODS

Friday, September 17 at 12:00 pm
Join us for a picnic lunch in Walton Woods. Please bring a chair and a brown bag lunch

FRIDAY FUNNIES

Friday, September 17 at 1:00 pm
Start the weekend with a laugh with a *Carol Burnett* video

BOOK CLUB


Monday, September 20 at 11:00 am
The Night Watchman by Louise Erdrich


RESERVATIONS REQUIRED FOR ALL PROGRAMS

PROGRAMS

PROGRAM REGISTRATION

 AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Registration Desk.

MINDFULNESS GROUP

Tuesday, September 21 at 11:00 am

Recognizing the connection between body and mind is one of the first steps to mindfulness. Join us as we practice meditation and talk about the benefits of mindfulness. *Presented by: Dr. Louise Ferretti*

MIND TEASERS

Thursday, September 23 at 11:00 am

Test your wits with word games

ARMCHAIR TRAVELER

Thursday, September 23 at 2:00 pm

Video of exotic Mexico with a discussion afterward

MUG MADNESS

Monday, September 27 at 11:00 am.

Please bring a large coffee mug for a surprise treat

TEXTING 101

Tuesday, September 28 at 11:00 am

Questions about how to text? Bring your phone and Jen will show you how

2 TRUTHS AND A LIE

Wednesday, September 29 at 11:00 am

Join us with two facts about yourself and one lie. We will guess which fact is a lie

MEDICARE INFORMATION TABLE

Wednesday, September 29 11:00-1:00 pm

Come and meet Jason Gadley,
Outreach Specialist, Wellcare



PIZZA & GAME NIGHT

Wednesday, September 29 at 5:00 pm

The wait is over! Join us for pizza from John & Mary's followed by a game of Taboo. Fee is \$5. Please make your payment by 9/27. Cash only please

COOKING WITH JEN

Thursday, September 30 at 11:00. We will be making Gluten Free Apple Crisp. Please bring a 9x13 pan. Fee is \$5.00. Limited spots!

MOVIES

Movies held at the Center at 1:00 pm

September 13 *Here Today* PG13, 118 Minutes

September 20 *A Quiet Place Part II* PG13, 97 Minutes

September 27 *The Little Things* R, 120 Minutes

FOREIGN FILM

Thursday, September 9: *Burning = Põning* (Korean)

Jong-soo runs into Hae-mi, a girl who once lived in his neighborhood, and she asks him to watch her cat while she's out of town. When she returns, she introduces him to Ben, a man she met on the trip. Ben proceeds to tell Jong-soo about his hobby. 2 H 48 Minutes

DOCUMENTARIES

Thursdays at 1:00 pm

September 16: *Chasing Portraits*

Moshe Rynecki (1881-1943) was a prolific Warsaw-based artist who painted scenes of the Polish-Jewish community until he was murdered at Majdanek concentration camp. After the Holocaust, Moshe's wife was only able to recover a small fraction of his work, but unbeknownst to the family, many other pieces survived. For more than a decade, his great-granddaughter Elizabeth has searched for the missing art, with remarkable and unexpected success. 78 minutes

September 30: 15: *a quinceañera story*

A "quinceañera" is a coming-of-age celebration for a Latina girl's fifteenth birthday, marking her transition from girl to woman. For many American Latina teenagers, it is an event that means much more, allowing the girls to embrace their chosen identities while still honoring their cultures, traditions and, most of all, the families who have sacrificed so much to give them a good life in the U.S. 110 minutes

FLU SHOT CLINICS:

Tops Pharmacy

Thursday, September 9, 9:00 am-12:00 pm

Walgreens Pharmacy

Wednesday, September 22, 10:00 am – 1:00 pm

Tops Pharmacy


Friday, October 15: 10:00am – 1:00pm

RESERVATIONS REQUIRED FOR ALL PROGRAMS

PROGRAMS

PROGRAM REGISTRATION

 www.AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Registration Desk.

HEALTH INSURANCE

Our health insurance presentations have been scheduled for educational purposes only. The Town of Amherst and the Amherst Center for Senior Services are not affiliated with any health insurance provider or broker

UNIVERA

Thursday, September 2, 10:00 am-12:00 pm
Call Michele at 572-8315 for an appointment

CLARITY GROUP

Monday, September 13, 9:00 am-1:00 pm
Call Lisa at 864-4886 for an appointment

Monday, September 20, 12:00 pm-2:00pm Information Table

EPIC

Monday, September 13, 11:00 am-1:00 pm
Information Table

SHERIDAN BENEFITS

Tuesday, September 21, 10:00 am-12:00 pm
Call Maria at 345-0337 for an appointment

HYBRID PROGRAM

BINGO

Wednesday, September 1, at 2:00 pm
Wednesdays, September 15 and 22 at 1:00 pm

READING THE FOOD LABEL-WATCH PARTY

Thursday, September 9 at 11:00 am
Learn how to make sense of the food label, decipher front-of-package health claims and review changes
Presented by Jennifer Johnson, BC/BS

VIRTUAL PROGRAMS

COOKING WITH JEN ON ZOOM

Wednesday, September 15 at 11:00 am
We will be making Christina's Quick Crab Stew

GRIEF AND LOSS

Thursday, September 30 at 11:00 am
Join us in exploring how different kinds of loss can cause grief, and how best to cope, or help others cope.
Presented by Hospice & Palliative Care Buffalo

AROUND TOWN

PAULTER'S

Monday, September 27 at 12:30 pm
Meet us at 6343 Transit Road. You are responsible for your purchases

FAMILY TREE RESTAURANT:

Tuesday, September 14 at noon.
Meet us at 4346 Bailey Avenue. You are responsible for your purchases.

TOWN OF AMHERST EVENTS

REMEMBERING 9/11 MEMORIAL

Saturday, September 11, 9:30 am
Amherst Memorial Hill Grove

PUBLIC MARKET* 10:00-2:00 pm

Sunday, September 12, Bassett Park

FOOD TRUCK RODEOS* 5:00-8:00 pm

Friday, September 24, Walton Woods Park
Friday, October 22, Royal Park

**Rides are available to members of the Amherst Center for Senior Services through Amherst Senior Transportation Services (ASTS). Please call 636-3075 one week prior for reservations.*

UNIVERSITY EXPRESS

University Express offers free educational classes for older adults in Erie County. The program runs during spring and fall semesters. You will find classes in a variety of categories, including current affairs, history, humanities, finance and medicine.
Mark your calendars: University Express Falls Course will be in person at the *at the Amherst Senior Center*.

Please go to www2erie.gov/universityexpress/ for our October class listing.

Wellcare's health plan for:

- Medicaid
- Child Health Plus
- Essential Plan
- Qualified Health Plans
- Managed Long Term Care



RESERVATIONS REQUIRED FOR ALL PROGRAMS

Classes start
September 7

CLASSES

FALL CLASS CATALOG

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

REGISTRATION

Ways to Register:

1. Online at AmherstCenterforSeniorServices.com/register
2. Mail a completed registration form to the Center with full payment
3. Walk-into the Center with completed registration form and full payment. Must follow COVID guidelines.
4. Call 636-3051 with credit card payment

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

If a class does not reach its minimum number of students, it will not be held.

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.

CANCELLATIONS

If a class is canceled, robo calls will be made to all participants. Please make sure you have provided a correct telephone number.

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.

NEW CLASSES

The Center would like to add additional classes. If you or someone you know is an interested instructor, please contact Cindy at 636-3055, ext. 3109

FALL CLASS HIGHLIGHTS

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

Tuesday, 9/14-11/2 (8x) 12:00pm-12:50pm \$24

(Virtual) FUNCTIONAL LIVING EVERYDAY EXERCISE (FLEE)

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 mimics 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.

Jill Bronsky, Instructor

(Have a chair and resistance band ready)
Monday, 9/13-10/25 (6x) no class 10/11
10:00am-10:55am \$18

This class will be held via ZOOM

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. Bring to the first class: a calligraphy fountain pen with broad, medium and fine nib, ink suitable for a fountain pen, ruler, pencil and a sheet of good quality computer paper. Additional paper and other supplies needed for subsequent classes will be discussed in the first class.

Mary Jo LaClair, Instructor

Friday, 9/24 – 11/12 (8x) 10:00am-12:00pm \$53

Not all Medicare Advantage plans are the same
WellCare Medicare Advantage plans offer you a whole lot more

Whatever your needs – and budget – WellCare has a plan that fits

Contact Jason Gadley at 220-6990 for more info



CLASSES

(Virtual) ART HISTORY – Renaissance contexts

This session will focus on artistic production in Italian Renaissance painting from the early 14th through the 16th centuries. Each lecture will highlight an individual artist, but also that artist's social, cultural and historical context. Among the artists discussed will be Giotto, Massaccio, Sofonisba Anguissola, Lavinia Fontana, Sandro Botticelli, Filippo Brunelleschi, and Giorgio Vasari.

Laura Watts Sommer, Instructor

Thursday, 9/9-11/4 (8x) no class 9/16

10:00am-11:15am

\$28

This class will be held via ZOOM

TAI CHI - Beginner

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.

Robert Sachs, Instructor

Tuesdays, 9/14-12/14 no class 11/23 &

Thursdays, 9/30-12/16 (23x) no class 11/11, 11/25

11:00am-12:00pm

\$20

OPEN PLAY PICKLEBALL

9/2, 9/3, 9/7, 9/8, 9/10, 9/17 from 2:00 – 4:00 pm

9/13, 9/20, 9/27 from 9:00-11:00 am

9/15, 9/29 from 4:00 – 6:00 pm

9/24 from 4:00 – 7:00 pm

HOW MANAGED CARE WORKS

The Plan, Our Providers, and You

Medicaid Managed Care provides a number of services you get in addition to those you get with regular Medicaid

Wellcare will provide or arrange for most services that you will need. You can get a few services, however, without even going through your PCP



VOLUNTEER

TOWN OF AMHERST PUBLIC MARKET “READ ALOUD” AT BASSETT PARK

Sunday, September 12, 10:00 am-2:00 pm

There may still be opportunities to volunteer to “Read Aloud” at the last market. Volunteer time commitment is about 30 minutes. If you enjoy reading to children and can appreciate the impact that intergenerational experiences can make on the participants, you are encouraged to consider taking advantage of this opportunity. You can choose your own children's book to read aloud or one can be chosen for you. Please contact Jodi to secure your preferred time slot.

VOLUNTEER PERFORMANCE CLUBS

Our volunteer performance clubs earn volunteer hours for their performances at the Center and within the community

AMHERST SENIOR SINGERS

Leader: Carol Mayo, 632-3929

Wednesday Rehearsal's at 1:00 pm-3:00 pm

AMHERST ROCKY'S BLUES BAND

Leader: Ed Morgan, 633-4309

Friday Rehearsal's at 12:30 pm

MUSIC COMBO

Leader: Susan 839-3628

Thursday Rehearsal's, 1:00 pm-2:30 pm

Experienced musicians needed. The Music Combo group is looking for a piano player and lead guitarist. Other instruments are also welcome. Performs at the Center and community organizations

READER'S THEATER

Leader: Pam Williams, 912-0053

Currently virtual rehearsal's , Monday's at 1:30 pm

VOLUNTEER SERVICE CLUBS

Our volunteer service clubs earn volunteer hours for their service to the community

COMMUNITY SERVICE SEWING PROJECTS CLUB

Leader: Rena Kantenwein, 574-8010

Mondays from 9:00 am-11:00 am

KNITTING CLUB

Leader: Marylou Urban—688-4023

Tuesdays from 9:00 am-11:00 am

SENIOR SERVICES

AMHERST MEALS ON WHEELS

Provides the nutritional support for elderly and disabled adults living in the Town of Amherst to maintain their independence in their home.

AmherstMealsOnWheels.com | 716-636-3065

AMHERST SENIOR TRANSPORTATION SERVICES

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

AmherstVans.org | 716-636-3075

SENIOR OUTREACH SERVICES

Through a partnership with Erie County Department of Senior Services, the Center has an in-house senior outreach program. Trained staff are available to provide assessments for home and community-based services, such as Meals on Wheels, Home Care, Adult Day Care, and Personal Emergency Response Buttons. There may even be funds available to assist in the cost of services. Stop in or call Senior Outreach Services directly at 716-636-3070

SOCIAL CASEWORKER

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. The Center is currently open for appointments and reservations. Social Work is available to meet for in-person office visits **by appointment only**, as well as telephone or virtual appointments. Please call the Social Work office for your appointment.

ACCESSIBLE PARKING TAGS

If you need assistance with an application and paperwork to get an accessible parking tags, we are available on the second Monday of each month from 10:00-noon and the third Thursday from 1:00-3:00. Must make reservations.

INFORMATION TABLES

September 8, 16, 21 and 27, 11:00 am-1:00 pm Senior Outreach Services (SOS) and the Social Work Department will have information about services that you may be eligible for, upcoming support groups as well as benefits and entitlements. Stop by and say hello.

MONTHLY SUPPORT MEETINGS:

If you are facing an illness or stressful life change, you don't have to go through it alone. A support group can help. A support group provides an opportunity for people to share personal experiences, coping strategies, or firsthand information.

LOSS AND GRIEF GROUP

We are starting a new group where we will talk about different types and stages of loss. The pandemic has created many losses for everyone. We will discuss all types of loss both death and non-death related. This is a six week series that began on August 5 and will end on September 9. The next session will begin mid October.

WIDOW/WIDOWERS SUPPORT GROUP

Tuesday, September 14 at 11:00 am

If you are facing a stressful life change due to losing your spouse, you don't have to go through it alone. Please join our widow and widower support group. The support group can help you to learn coping skills and give you an opportunity to share personal experiences and coping strategies.

CAREGIVERS SUPPORT GROUP

Wednesday, August 15 at 1:00 pm

Caregiving can be overwhelming and we are here to offer support. Please join us and let us help.

YOUTHWORK\$

Are you an Amherst resident in need of assistance with extra jobs around your home?

YouthWork\$ is a year-round service that works as a liaison between residents who need assistance with jobs around their home and Amherst youth ages 12-20 who are interested in working with these residents. Jobs include: yardwork, gardening, weeding, mowing, raking, and snow removal.

To hire a youth through the **YouthWork\$** program, please contact Robin Erwin at 631-7217.

The **YouthWork\$** service may be provided to you free for up to 30 hours per calendar year if you qualify for the **Senior Fund** program. Please call one of our Social Caseworkers for financial assistance.

Please contact Jason Gadley, Outreach Specialist, if you have questions regarding Medicare



Reservations are required for all programs or one-on-one appointments with one of our Social Caseworkers. P can be made by calling 636-3055, ext. 3165 (Vijaya) or 3129 (Maddy)

CLUBS

CLUB REGISTRATION



AmherstCenterForSeniorServices.com/Register



716-636-3051



In person at the Center's
Registration Desk

ART CLUB

Leader: JoAnn Jarmusz, 565-3332
Mondays & Tuesdays, 1:00-3:30 pm

BIKE CLUB

Leader: JoAnne Stepien, 837-7993

BRIDGE CLUB

The Bridge Club is looking for a new Leader and Co Leader. If you are interested, please call Tammy at 636-3055, ext. 3172 or email tjacobs@amherst.ny.us

CAMERA CLUB

Leader: Claire Kaymon, 650-1551 or ckaymon@sbcglobal.net

Meetings are held on the 2nd and 4th Tuesdays of the month:

Tuesday, September 14 at 1:00 pm
Camera Club Season Startup:
"Introduction to Center Camera Club"
Claire Kaymon, Camera Club President
Come join us as we begin our new season.
Cookies and coffee will be served

Tuesday, September 28 at 1:00 pm
"Drone Photography"
Bob Hardwick, Experienced Drone
Photographer

CHESS CLUB

Leader: Bill Rich, 908-9223
Tuesdays 12:30-3:30 pm

CREATIVE WRITERS CLUB

Leader: Carolyn Takach, 632-7478

CRIBBAGE CLUB

Leader: Mark Pascale,
senior.pascale@gmail.com
Thursdays at 12:45

DINNER CLUB

Membership Chair: Mary Bashore,
691-6714 or mrybash@gmail.com

DOMINOS CLUB

Leader: Jean Hallac, 688-6895
Mondays, 12:30-3:00 pm

DUPLICATE BRIDGE (THURS)

Leader: Bruce Brown, 352-9878
Thursdays 9:00 – 12:00 pm

DUPLICATE BRIDGE (FRI)

Leader: George Mayers, 957-4408
Fridays, 1:00 – 4:00 pm

EUCHRE CLUB

Leader: Bob Peluso, 689-0094
Second and fourth Tuesday of each
month at 1:00 pm

GENEALOGY CLUB

Leader: Sally Clements, 835-9248

MAH JONG

Leader: Hillary Hurwitz 837-5810
Tuesday, 1:00 – 3:30 pm

MEN'S GOLF CLUB

Leader: Jim Pettis, 626-0889 or
jrpettis1@yahoo.com

PATHFINDERS

Leader: JoAnne Stepien, 837-7993

PINOCHLE CLUB (MON)

Leader: Grace Milligan, 704-8747
Mondays at 12:45 pm

PINOCHLE CLUB (WED)

Leader: Joanne Hall, 880-0875
Wednesdays from 12:45-3:30 pm

RUMMIKUB CLUB

Leader: Mary Migliore, 240-1101
Fridays, 1:00-3:00 pm

SCRABBLE

Leader: Carol Hensel, 689-7417
Tuesdays 10:00 – 12:30

STAINED GLASS CLUB

Leader: Tom Richards, 832-5641
9:00-11:30 am

SUPER SAMBA CLUB

Leader: Jan Valtin, 689-8664

TAI CHI CLUB

Leader: Frank Chi, 688-6680
Wednesdays and Fridays at 1:30 pm

TRAVEL CLUB

Tuesday, September 21 at 1:00
Leader: Audrey Cherry, 688-7059
It is IMPORTANT that all members and anyone interested in travel, attend to discuss continuing the Club. Agenda will include decisions on when to begin travel, protocols to follow and the interest level of beginning to travel again. We also need to prepare for the required election of officers in November and to assess the willingness of members to help with the many aspects of running the club. All welcome.

UPHOLSTERY CLUB

Leader: Kate Wagner, 836-2439
Meetings are Wednesdays from
9:30-11:30 am

WALKING CLUB

Leader: Bill Albrecht, 565-0634
Walks are on Thursdays at 10am.
Must meet under the awning.

WOOD CARVING CLUB

Leader: Joanne Cole, 636-3050
Tuesdays, 9:00-11:30 am

WOMEN'S GOLF CLUB

Leader: Mary Ann Young, 639-1169

**CLUBS ARE AN EXCELLENT WAY TO MEET NEW FRIENDS WITH SIMILAR INTERESTS
AND STAY SOCIALLY ACTIVE**

Live Better.

Medicare Advantage Plans |
Prescription Drug Plans

We've got you covered.

📞 **716-220-6990**

🖱️ **wellcarenow.com**

Centene, Inc. is an HMO, PPO, PFFS, PDP plan with a Medicare contract and is an approved Part D Sponsor. Our D-SNP plans have a contract with the state Medicaid program. Enrollment in our plans depends on contract renewal.



Get more Medicare benefits for you and your well-being with WellCare

Wellcare Medicare Advantage plans help you take care of your whole well being.

Original Medicare is just a starting point. It only covers doctor visits and hospital stays.

You usually pay a monthly Part B premium, must meet yearly deductibles, and then pay 20% for the cost of your care. There is no limit to your out-of-pocket costs each year.

WellCare Medicare Advantage plans are affordable and provide coverage that goes beyond Original Medicare. WellCare plans give you Part A and Part B coverage, plus valuable extras like:

- Savings
- Money Back
- Prescriptions
- Preventive Coverage
- Over-the-Counter
- Fitness
- Transportation

**Jason Gadley,
Outreach Specialist,
220-6990**

SEPTEMBER NUTRITION

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

DINNER- Wednesday, Sep. 22 at 5:00 pm Menu: TBA	 BREAKFAST- Wednesday, Sep. 15 9:00 am Menu: Scrambled eggs Hash browns Sausage	ALTERNATE VEGAN MENU WILL BE OFFERED ON MONDAYS <ul style="list-style-type: none"> August 2-Lentil soup, small salad, bread and dessert August 9-Garden burger on roll, potato, vegetable and dessert August 16-Vegetable stir fry, rice, bread and dessert August 23-Vegetarian chili, baked potato, bread and dessert August 30-Lentil soup, small salad, bread and dessert
--	---	---

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
		1 Fish Rice Mixed vegetables 12 grain bread Peaches	2 Breaded chicken Baked potato Spinach Corn muffin Pound cake	3 Hamburger w/roll Potato wedge Corn Cookie
6 CLOSED	7 Stuffed pepper Mashed potato Carrots Italian bread Cookie	8 Roast beef w/gravy Oven brown potato Green beans Dinner roll Cake	9 Chicken leg Scalloped potatoes Brussel sprouts Rye bread Banana bread	10 Tilapia Rice Mixed vegetables Multi grain bread Diced peaches
13 Sloppy joes w/roll Tater tots Carrots Apricots	14 Chicken pot pie Mixed vegetables Broccoli Rye bread Chocolate chip cookies	15 Spaghetti & meatballs Blended juice Green beans Dinner roll Lemon ice	16 Pork chop w/gravy Au gratin potato Mixed vegetables Dinner roll Cake	17 Omelet Sweet potato fries California blend Blueberry muffin Fresh fruit
20 Hot dog w/roll Baked beans Potato wedge Mixed vegetables Cookie	21 Salisbury steak Mashed potato Green beans White bread Diced pears	22 Roast beef w/gravy Mashed potatoes Broccoli Multi grain bread Cake	23 Pulled pork Pasta salad Corn Roll Fruit	24 Breaded fish Zucchini & tomatoes Coleslaw Rice pilaf Banana
27 Hamburger w/roll Potato wedge Carrots Cake	28 Sliced ham Scalloped potatoes Peas Rye bread Ice cream	29 Pork chop Garden rieve Mixed vegetables Dinner roll Mandarin orange	30 Chicken w/gravy Oven brown potato Mixed vegetables Dinner roll Cake	<i>This menu is subject to change</i>

Monthly Dinners Are Returning! The first dinner will be on Wed. September 22 at 5:00 pm. The menu will be created by your recipes. Submit a recipe that reminds you of your childhood or something that has been passed down through the years. Submissions can be sent to Donna Muck, Kitchen Manager, at dmuck@amherst.ny.us or placed in the Recipe Box in the Dining Room. If your recipe is selected you will have a designated table for five of your guests-COMPLIMENTARY.