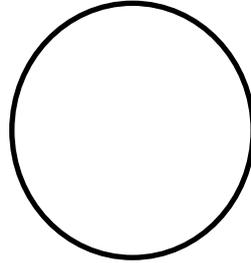
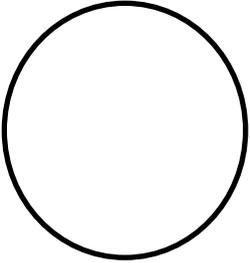




Amherst Center for Senior Services  
370 John James Audubon Parkway  
Amherst, NY 14228-1142

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The Monthly Newsletter of the  
Amherst Center for Senior Services  
February 2023



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



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



716-636-3050

*Heart Health Month is  
sponsored by:*



*February 2023*



# DIRECTOR'S NOTE

## IMPORTANT PHONE NUMBERS

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

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## KEY STAFF CONTRIBUTORS

Melissa Abel, Director, [mabel@amherst.ny.us](mailto:mabel@amherst.ny.us)  
Tammy Jacobs, Program Coordinator: [tjacobs@amherst.ny.us](mailto:tjacobs@amherst.ny.us)  
Jodi Kwart, Director of Volunteers: [jkwarta@amherst.ny.us](mailto:jkwarta@amherst.ny.us)  
Jennifer Lazarz, Program Leader: [jbono@amherst.ny.us](mailto:jbono@amherst.ny.us)  
Karen Lisiecki, Project Coordinator: [klisiecki@amherst.ny.us](mailto:klisiecki@amherst.ny.us)  
Donna Muck, Kitchen Manager: [dmuck@amherst.ny.us](mailto:dmuck@amherst.ny.us)  
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Vijaya Tomar, Social Worker: [vtomar@amherst.ny.us](mailto:vtomar@amherst.ny.us)  
Cindy Weiss, Class Coordinator: [cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us)  
Barb White, Recreation Leader: [bwhite@amherst.ny.us](mailto:bwhite@amherst.ny.us)

*The Network is arranged and designed by Christina Yensan,  
Public Relations Coordinator: [cyensan@amherst.ny.us](mailto:cyensan@amherst.ny.us)*

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## AMHERST TOWN BOARD

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

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## AMHERST MEALS ON WHEELS

Delivers nutritionally balanced meals to seniors and disabled adults living in the Town of Amherst. Our menu is approved by the Erie County Department of Senior Services. All meals are prepared and packaged fresh each weekday at the Amherst Center for Senior Services.  
[AmherstMealsOnWheels.org](http://AmherstMealsOnWheels.org) | 716-636-3065

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## AMHERST SENIOR TRANSPORTATION SERVICES

Provides rides to the Amherst Senior Center, health-related visits, and grocery shopping.  
[AmherstVans.org](http://AmherstVans.org) | 716-636-3075

Many thanks to our staff that worked at the shelter during the blizzard, assisted with phone calls to check on clients and referrals, and helped with meal prep and delivery for the Amherst Meals on Wheels program. I am so grateful to have an amazing staff who are dedicated in what they do.

February is National Heart Health Month and our program department has scheduled many activities led by experts to keep you educated and informed on this important topic. Heart Health is vital to everyone at every age. Please plan on registering for one, many or all of these sessions highlighted on page 4. I would also like to thank our sponsor for this month, Independent Health.

Last month, football fans across the country had a big scare after the sudden collapse of Damar Hamlin during the Bills and Bengal's game on January 2. Quick action by the medical team led to Damar receiving both CPR and an automated external defibrillator. To help educate more people on the importance of CPR, we have a program scheduled with the Town's Emergency Services Department to provide a class on *Hands Only CPR* on February 2<sup>nd</sup>.

February is also Black History Month and our chance to honor the triumphs and struggles of African Americans throughout U.S history. We will showcase stories on Rosa Parks, Maya Angelou, Dr. Martin Luther King Jr, Jackie Robinson and some of the great comedians and their cultural influence on American society. For dates and times, see page 7.

Updates to the senior center building are planned for this year. The rug will be replaced in the Billiard Room, bathrooms and our HVAC system will be updated, and we have an exciting new Café' and Gift Shop planned! Its going to be a busy year!

Please welcome Brianna Henry as our new PT caseworker in Senior Outreach!

*Melissa*

*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.*

# 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.

## HOURS OF OPERATION

Monday, Wednesday, Friday: 8:30 am-4:30 pm  
Tuesday, Thursday, 8:30 am-7:30 pm

## 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 Open Wednesdays from 10:30-1:30 pm*
- Billiard Room
- Card Room
- Computer Lab
- Dance Room—*Sponsored by Univera Healthcare*
- Gift Shop—*Sponsored by Blue Cross Blue Shield*
- Health & Wellness Rooms—*Sponsored by Independent Health*
- Library
- Nutrition Room—*Sponsored by Blue Cross Blue Shield*

## NETWORK SUBSCRIPTIONS

To have the Network Newsletter delivered to your home annually, 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

*Information in this issue was correct at time of printing*

## MEMBERSHIP DUES

### Amherst Residents—Lifetime Membership

- \$30/Individual Membership
- \$50/Couple or Household Membership

### Non-Resident—Annual Membership

- \$30/Individual Membership
- \$50/Couple or Household Membership

### Non-Resident—Lifetime Membership

- \$100/Individual Membership
- \$150/Couple or Household Membership

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

To join the Center online:

Go to [AmherstCenterforSeniorServices.com/membership-plans](http://AmherstCenterforSeniorServices.com/membership-plans)

To join the Center in-person:

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

Payments can be made by cash, check or credit card. After joining, you will be given an opportunity to sign up for a tour.

## CALLING ALL NEW MEMBERS

### MEMBERSHIP 101

Tuesday, February 14 at 4:00 pm or  
Friday, February 17 at 11:00 am.

So you have taken the step of becoming a member, now what? Find out ways to get involved, how to sign up for classes or programs, where to find information on what is happening at the Center. Those attending the 11:00am session are invited to stay for a complimentary lunch at 12:00pm and those attending the 4:00pm session are invited to stay for a complimentary dinner at 5:00pm. Reservations are Required for both program and lunch or dinner.

**AMHERST CENTER FOR SENIOR SERVICES MAIN LINE 636-3050**

# HEART HEALTH MONTH



## WALKING CHALLENGE

Wednesday, February 1 and 15 at 3:00 pm at the  
*Boulevard Mall (Meet at fountain)*

Wednesday, February 8 and 22 at 3:00 pm at the  
*Eastern Hills Mall (Meet in front of JCPenney's)*

## HANDS ONLY CPR DEMONSTRATION

Thursday, February 2 at 11:00 am

The administration of CPR saved Buffalo Bill, Damar Hamlin's life. Learn when CPR should be performed and the technique that is used for adults, children and infants. This is not a certification class, this is a demonstration to increase awareness.

*Presented by Town of Amherst Emergency Services*

## INFORMATION TABLES

### Heart Healthy Foods

Wednesday, February 15 from 10:00-12:00 pm

*Provided by Erie County Nutritionist*

### Assure Advantage HMO C-SNP Plan

Wednesday, February 22 from 11:00-1:00pm

Receive information on Medicare Advantage Special Needs Plan for Erie County residents who have chronic heart failure

*Provided by Independent Health Representative*

*Heart Health Month is sponsored by:*



## BETTER BREATHERS GROUP

Wednesday, February 22 at 1:00

If you or someone you know is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis or lung cancer, consider joining us at this welcoming support group. Learn better ways to cope with your diagnosis during these free monthly educational programs.

*Led by Jeremy Voorhees, American Lung Association trained facilitator*

## BALANCE AND FALL PREVENTION

Thursday, February 23 at 11:00 am

This class will provide you with simple ways you can improve your balance and help prevent falls. We will go through a series of movements using chair and table supports. and you will learn about low-impact exercise options as well as additional tips for improving balance

*Presented by Lana Shapiro, Holistic Life Coach*

## HEART HEALTHY DIET

Monday, February 27 at 1:00 pm

Attend this informative presentation on a heart healthy diet, staying active, maintaining a healthy weight, minimizing unnecessary stress, and controlling high blood pressure, high cholesterol, and diabetes.

*Presented by Dietician, Fallon Health*

## A NOTE FROM YOUTH AND RECREATION

Welcome to February! I hope everyone had a good start to their new year. Kudos to all of the staff who helped with blizzard relief efforts at the end of December and into January. From preparing extra food to staffing the town's emergency shelter to keeping folks updated via social media to delivering Meals on Wheels to checking on members and clients, everyone pitched in for the safety of our residents. We owe them all a big debt of gratitude and let's hope we never have to go through that again!

Speaking of staff, we officially welcome Brianna Henry part-time to our social work department. Brianna stepped in temporarily this fall to assist during a staff shortage and we are thrilled that we are able to keep her on in a more permanent capacity. We will also be adding some new faces in the program department this quarter – stay tuned and if you know anyone who would like to work with us, please let Melissa or Tammy know!

Modifications have finally begun to the new Northwest Amherst Community Center and we look forward to welcoming everyone at an Open House in late spring/early summer. In addition, we have some big plans for the Café and Gift Shop – watch this space for future developments!

*Mary-Diana Pouli, Executive Director, Youth & Recreation Department*

# PROGRAMS

## PROGRAM REGISTRATION



AmherstCenterForSeniorServices.com/Register



716-636-3051



In person at the Center's Reception Desk

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### ART SHOW OPENING

Thursday, February 2 from 5:00-7:00pm

Enjoy the artwork of Senior Center members from Acrylic/Oil Painting and Watercolor classes

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### ICE CREAM SOCIAL

Thursday, February 2 at 6:00 pm

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### MUSICAL MEMORIES CAFÉ

Tuesday, February 7 and February 28 at 2:00pm

Join us for an enjoyable time with your loved one for entertainment, socialization, reminiscing and refreshments. Please make reservations by calling

Carolyn at 570-6520 or email

[westfallsartcenter@gmail.com](mailto:westfallsartcenter@gmail.com)

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### SILVER PRIDE TEA

Friday, February 3 from 10:00am -12:00pm

This is an opportunity for LGBTQ seniors to come together and enjoy a morning of refreshments and conversation. ALL are welcome.

*Hosted by the Pride Center of WNY*

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### FAMILY FEUD

Wednesday, February 8 at 11:00 am

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### SUPERBOWL LUNCH

Friday, February 10 at 12:00 pm

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### CANDY GRAM

Monday, February 13-Friday, February 17

Send a \$1.00 candy gram to a special someone in the building. Payments can be made online or at the Front Desk. Be sure to fill out a Candy Gram form

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### COOKING WITH JEN *Heart Shaped Cherry Hand Pies*

Monday, February 13 at 11:00 am

Please bring a baking sheet. Fee is \$5.00. Paid reservations by 2/9, no refunds after

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### TALK AND TASTE

Tuesday, February 14 at 9:30 am

Stop by for a taste of Red Velvet Pancakes

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### VALENTINES LUNCH

Tuesday, February 14 noon

Enjoy a delicious lunch and listen to the sounds of *Violinist, Max Zelikman*

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### BINGO

Tuesday, February 14 at 1:00 pm

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### ASK THE REALTOR

Wednesday, February 15 at 11:00

Ann Kader with WNY Metro Roberts Realty

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### FACT OR FICTION

Thursday, February 16 at 11:00 am

If you start in Argentina, you could theoretically "dig a hole to China?" Find out!

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### MARDI GRAS

Tuesday, February 21 at 1:00 pm

Beads, Snacks, and Trivia

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### ARMCHAIR TRAVELER

Tuesday, February 21 at 2:30pm

*New Orleans* 60 minutes

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### BOOK AND MOVIE DISCUSSION

Wednesday, February 22 at 1:00 pm

*The Noel Diary* by Richard Paul Evans

Friday, March 31 at 1:00 pm

*Death on the Nile* by Agatha Christie

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### PIZZA AND GAME NIGHT

Thursday, February 23 at 5:00 pm

Pizza and salad from John and Mary's followed by a game of Chain Reaction. Fee is \$7.00. Paid reservations by 2/21. No refunds after.

---

### MIND TEASERS

Monday, February 27 at 11:00 am

**RESERVATIONS REQUIRED FOR ALL PROGRAMS**

# PROGRAMS

## PROGRAM REGISTRATION

 AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Reception Desk

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### BISTRO BOOKERS

Tuesday, February 28 at 4:00 pm

*City of My Heart* will be discussed by its author, Mark Goldman. Goldman's life has been intertwined with the city of Buffalo. His work as a historian, teacher, creator of the Calumet Arts Café and the Allen Street Hardware Café, in addition to his engagement in the most important public policy debates of our times, has provided him with unique insights into the recent history of our city

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### MOVIES

#### Afternoon:

Monday, February 6 at 1:00 pm

*The Minute you Wake Up Dead* Rated R 90 min

Monday, February 13 at 1:00 pm

*Ticket to Paradise* PG-13 104 min

Monday, February 27 at 1:00 pm

*The Estate* Rated R 91 min

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#### Evening:

Tuesday, February 7 at 5:30 pm

*The Minute you Wake Up Dead* Rated R 90 min

Tuesday, February 14 at 5:30 pm

*Ticket to Paradise* PG-13 104 min

Tuesday February 21 at 5:30 pm

*Paradise City* rated R 93 min

Tuesday, February 28 at 5:30 pm

*The Estate* Rated R 91 min

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### NFL GREATEST FOLLIES

Friday, February 10 at 1:00 pm

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### CLASSIC MOVIE

Thursday, February 16 at 5:30 pm

*On Golden Pond* Rated PG 1 hour 49 min

## FINANCIAL

### AARP TAX PREPARATION

Tuesday, January 31-Thursday, April 6, 10:00am-2:00pm

This appointment will be when you will drop off all of your documents for your taxes to be prepared. At that appointment you will be given a date and time to return to pick up your completed tax forms.

Appointments will be in the former Adult Day room, please enter the building at the small blue awning.

*To schedule an appointment, please call 636-3055 ext. 3108 on Tuesdays, Wednesdays or Thursdays between 10:00am and 1:00pm. Please do not leave a voice message to request an appointment, calls will not be returned.*

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### SENIOR CITIZENS LOW INCOME TAX EXEMPTION

Tuesdays, February 7 and February 16, 10:00-2:00pm

The Town Assessors Office will be available to assist with completion of renewal applications. Renewal applications have been sent out to those who have qualified in the past. Please bring your application and 2021 income documents. Use a 2021 tax return or your 1099s for proof of income. If you have an IRA, bring the 2021 year end statement showing interest and dividends earned on the account

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### MANAGING MONEY – A GUIDE FOR CAREGIVERS

Thursday, February 9 at 4:00 pm

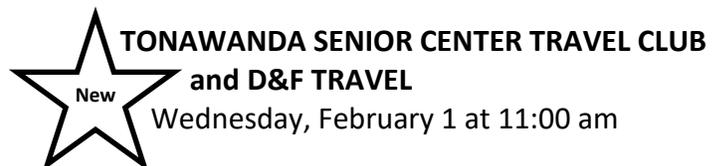
If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. *Presented by the Alzheimer's Association*

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### INFORMATION TABLES

#### JBM Health & Wealth Consulting

Thursday, February 9, 11:00am – 1:00pm



# PROGRAMS

## PROGRAM REGISTRATION



AmherstCenterForSeniorServices.com/Register  
716-636-3051



In person at the Center's Reception Desk

## HEALTH INSURANCE

### GET THE MOST OUT OF YOUR MEDICARE PLAN

Thursday, February 16 at 1:00 pm or 6:00 pm  
Do you know about all the benefits you have through your Medicare plan? Join us for a session to explore the benefits that you could be taking advantage of  
*Presented by Lisa Giancarlo, Clarity Group*

*To schedule your personal appointment call the representative listed*

**Clarity Group** Lisa at 716-864-4886  
Thursday, February 16, 3:00-5:00pm

**Highmark BCBS** Rachel at 716-658-8676  
Thursday, February 9, 9:00-11:00am

**Independent Health** Amanda at 716-635-4999  
Monday, February 6, 2:00-3:00pm

**Univera** Michele at 716-572-8315  
Monday, February 27, 10:00-1:00pm

## BLACK HISTORY MONTH

### THE ROSA PARKS STORY

Wednesday, February 1 at 1:00 pm, Rated PG 1 hr 37 min

### MAYA ANGELOU AND STILL I RISE

Wednesday, February 8 at 1:00 pm, Rated 1 hr 54 min

### DR. MARTIN LUTHER KING JR. A HISTORICAL PERSPECTIVE

Friday, February 17 at 1:00 pm, Not Rated 1 hr

### THE JACKIE ROBINSON STORY

Friday, February 24 at 1:00 pm, Not Rated 77 min

### FRIDAY FUNNIES Why We Laugh

Friday, February 3 at 1:00 pm  
Celebrate African-American comedians and their cultural influence on American society. Includes performances, interviews, and insights from some of the most celebrated and outspoken comedians of all time

## 2023 CANCELLATION GUIDE

### THE TOWN OF AMHERST CENTER FOR SENIOR SERVICES



The safety and well-being of our members and visitors is a primary concern. The following information is for your reference.

#### STANDARD OPERATING HOURS:

Monday, Wednesday and Friday, 8:30am -4:30pm and Tuesday and Thursday, 8:30am-7:30pm

#### STORM CLOSINGS:

If Amherst, Sweet Home, or Williamsville school districts are closed, Center classes, clubs, and programs will be cancelled. The Nutrition Lunch Program will be available.

If you want to know if the building or activities are cancelled during bad weather, please listen for "WEATHER CLOSING" announcements on:

**TV Stations:** WGRZ-Channel 2, WIVB-Channel 4, and WKBW-Channel 7

**Radio Stations:** WBEN 930AM, WNED 94.5FM, WNYM 970AM, WGR 550AM, WKSE 98.5FM, and WTSS 102.5FM.

Only upon notification by the Amherst Town Supervisor can the Amherst Center for Senior Services be officially closed.

#### PLEASE NOTE:

IF YOU ARE REGISTERED FOR A CLASS AT THE CENTER AND IT IS CANCELLED, YOU WILL RECEIVE AN AUTOMATED CALL

## CLASSES

### CLASS REGISTRATION

 AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Reception Desk

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### 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.

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### REFUNDS

If you are uncertain a particular course is for you, we encourage you to audit the class prior to registration. Requests for refunds or transfers will be honored only if a member makes the request at least 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.

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### DEFENSIVE DRIVING CLASS:

#### AARP Smart Driver

(\$25 for AARP Member/\$30 for Non AARP Member)  
Wednesdays, 2/15 or 3/15 from 9:00 am-4:00 pm  
Refresh your driving skills and your knowledge of the rules and hazards of the road. Instructor provided by AARP. Check with your insurance company if they will give you a multi-year discount on your premium upon completing the course. All-day course includes a 40 minute break for lunch.

Reservations required by calling 636-3051. \*Payment due to instructor on the day of the class. If paying by check please make out to AARP Smart Driver and include your AARP membership number.

*Consider joining us for lunch when we take a break. For individuals 60 and over the cost is a suggested donation of \$3.00. Reservations for lunch must be made at least 24 hours in advance by calling 636-3051 or when registering for the class.*

### WINTER CLASS CATALOG!

The Winter Class Catalog is available in hard copy at the Center, Amherst Libraries and online at:

**AmherstCenterforSeniorServices.com.**



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### TWO NEW CLASSES RECENTLY ADDED:

#### PSYANKY

Thursday, 2/2-2/23 (4x) 2:00-4:00 pm (\$10)

Learn psyanky – the Ukrainian craft of decorating eggs for Easter. It's easier than you think. You will learn a little history of this tradition while you wax and dye your own Easter eggs. Understand what the individual colors, patterns, and symbols represent as you decorate. Limited space available. \$5 lab fee payable to the instructor at the first class. Please bring a rag to class.

*Theone Oblamski, Instructor*

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#### ANCIENT TEXT BIBLICAL HEBREW WORKSHOP

Friday, 3/24 (1x) 10:00-11:00am (No Fee)

Do you want to learn about the ancient Hebrew language while improving your mental health and brain activity? Then join us for this free 1 hour workshop on ancient Hebrew biblical text. You may have heard it's a difficult language to master, but with the right instruction and resources it can easily be learned. We will view a video, by instructor Miles Van Pelt, Professor of Old Testament and Biblical Languages, and practice writing the Hebrew alphabet along with learning each letter's name, form and sound.

*Sandra Koerber, Facilitator*

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### WINTER SECOND SESSION

The second session for many of the winter classes begins in late February, early March. Now is the time to register. Please check with the Reception Desk to see if there are still openings in classes you may have an interest in.

**Register for classes online at [MyActiveCenter.com/register](http://MyActiveCenter.com/register), by mail, walk-in or by calling 636-3051**

## SENIOR SERVICES

### SUPPORT GROUPS REGISTRATION

 MyActiveCenter.com

 716-636-3051

 In person at the Center's Reception Desk

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#### SUPPORT GROUPS:

##### GRANDPARENT KINSHIP SUPPORT GROUP

Wednesday, February 8 at 11:00 am

Are you "parenting for the 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 new support group to share ideas, get support, comfort and resources. You are not alone, so join others to talk and share ideas! *Co Facilitators: Mike Frysz and John Jones*

---

##### WIDOW/WIDOWERS SUPPORT GROUP

Tuesday, February 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. Join our monthly support group. This group can help you to learn coping skills and give you an opportunity to share personal experiences and coping strategies.

---

##### CAREGIVERS SUPPORT GROUP

Wednesday, February 15 at 1:00 pm

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

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##### LOSS AND GRIEF GROUP

Thursdays at 11:00 am

This group will meet every Thursday for six weeks. Series began on January 12<sup>th</sup> and run until February 16<sup>th</sup>. We will discuss coping strategies, healing techniques, and stages of loss and grief.

---

##### MEN'S SUPPORT GROUP

Tuesday, February 21 at 2:30pm

"Getting To Know Us: A man's perspective"

Talk about issues that are specific to men. An opportunity to help ourselves and each other!

### 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. Call Senior Outreach Services at 636-3070.

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#### Home Energy Assistance Program (HEAP)

The HEAP Program is a federally funded program by the New York State Department of Social Services. It is administered on the local level and provides financial assistance to eligible households for energy needs. Clients should have the following proof information: Income, Residency, Resources, Personal Identification. For more information or to make an appointment for application assistance, please contact Senior Outreach Services.

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#### The Supplemental Nutrition Assistance Program (SNAP)

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

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#### ACCESSIBLE PARKING TAG

If you need assistance with an application or paperwork, we are available on the second Monday of each month from 10:00 am-12:00 pm and the third Thursday from 1:00-3:00 pm. Please call a Social Caseworker for an appointment if these times do not work for you.

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#### YOUTHWORKS

Youthworks is a service that works as a liaison between residents and Amherst youth ages 12-20. Jobs include: yardwork, gardening, weeding, mowing, raking, and snow removal. To hire a youth, please contact Robin Erwin at 631-7217. The Youthworks service may be provided to you free for up to 30 hours per year if you qualify for the Senior Fund program.

**SOCIAL CASEWORKERS: VIJAYA TOMAR, MSW, 636-3055, EXT. 3165 or vtomar@amherst.ny.us and JOHN JONES at 636-3055, EXT. 3129 or jjones@amherst.ny.us**

*We are available to meet in-person, telephone, or virtual visits by appointment only*

## VOLUNTEER INFORMATION

### ST. JOSEPH'S DAY LUNCHEON

It's back! With the St. Joseph's Table coming up on Tuesday, March 21<sup>st</sup>, it's never too soon to begin recruiting volunteers. Please be advised that most of the volunteer roles for this event will necessitate a great deal of active time on your feet assisting our guests and working closely with other volunteers and Center staff. Even though the event is several weeks away, experience tells us we will require many volunteers to make the event a successful one, so if you are interested, please contact us early to reserve your spot on this year's team.

### CAFÉ RE-BOOT

The Café is reopening and it will offer slightly different options than it has in the past. The Café is now more of a "take and go" entity than a "sit & stay a while" one. Items purchased can be eaten in our Gallery area or taken home to enjoy later. The volunteer role will include assisting customers and operating a simple cash register, taking an inventory of items available for purchase at the beginning of each shift and counting the money at end of shift. Must be comfortable handling money and have excellent customer service skills. Shifts will be once per week on a Tuesday, Wednesday, or Friday from 10:30 to 1:00. Training and great staff support provided. **New volunteers are encouraged to apply.** (Also looking for substitutes in case one of the 'regular' volunteers cannot be available on any particular day.)

### AARP TAX APPOINTMENT VOLUNTEERS

With tax season upon us, we may still need volunteers to accept phone calls and schedule appointments on behalf of AARP. Volunteer assignments would be one time per week for a 2-3 hour shift, throughout tax season. If interested, please give us a call to let us know so we can get you on the schedule.

### GIFT SHOP HOURS

Regular Shop hours are 10:00 to 1:00, daily, when a volunteer is available. If you are planning to come to the Center specifically to peruse the Gift Shop, we encourage you to call the Main number to confirm we have a volunteer that particular day and the shop will indeed be open.

## CLUBS

### BAKERS RACK SALE

Tuesday, February 14, while supplies last.  
Proceeds benefit the Center.

### AMHERST SENIOR SINGERS

Tuesday, February 14 from 11:00-11:45am  
Enjoy a sing-a-long of love songs!

### AM-CENTER PHOTOGRAPHY CLUB

Tuesday, February 14 from 1pm - 3pm  
"Why We Like Waterfalls", presented by Raymond Landsdale.

*Note: February 14 is the deadline to submit your framed photos.*

Tuesday, February 28, 2023 from 1pm - 3pm  
"Judging for the Amherst Center Photography Club Print Show". All framed photos will be judged by a selected team of qualified judges from NFRCC.

### BOOK CLUB: *The Love of my Life* by Rosie Walsh

Monday, February 27 at 1:00 pm

Emma loves her husband and daughter. But almost everything's she's told them about herself is a lie. When she suffers a serious illness, her husband copes by researching and writing about his wife's life. As he starts to unravel the truth, he discovers the woman he loves doesn't really exist. When the darkest moments of her past emerge, she must prove that she is the woman he thought she was...But first, she must tell him about the other love of her life.

### GATEWAY BOARD GAME CLUB

Our Club offers vintage family board games from the 60's such as *Acquire*, *Backgammon*, *Careers*, *Easy Money*, *Life*, and *Monopoly*? We also play games similar to *Battleship*, *Checkers*, and *Clue*. Discover gateway (newer easy to teach) tile laying games like *Azul*, *Blokus*, *Carcassonne*, *Qwirkle*, *Indigo*, *Nile*, and *Tsuro*. We meet the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday from 12:30-3:30 pm. Call Ed Sapienza at 550-6329 for more info.

New

### OPEN PICKLEBALL

- Tuesdays, 1:00-4:00pm, February 7, 14, 21 (1 court)
- Wednesdays, 1:00-4:00pm, February 1, 8, 15, 22
- Thursdays, 4:00-5:30pm, February 2, 9, 16
- Thursday, 4:00-7:00 pm, February 23
- Fridays, 1:00-4:00pm, February 3, 10, 17, 24

**JODI KWARTA, DIRECTOR OF VOLUNTEER SERVICES 636-3055, EXT. 3126**

# CLUBS

## CLUB REGISTRATION

 [AmherstCenterForSeniorServices.com/Register](http://AmherstCenterForSeniorServices.com/Register)

 716-636-3051

 In person at the Center's Registration Desk

Clubs are an excellent way to meet new friends and socialize with people with similar interests. If you are interested in more information or joining a Club, please contact the Club Leader.

|  |                 |                                |  |
|--|-----------------|--------------------------------|--|
| Am-Center Photography Club             | Claire Kaymon   | 650-1551 or gckaymon@yahoo.com | 2nd and 4th Tuesday of the month, 1:00 –3:00   |
| Amherst Rocky Blues Band               | Andy Finley     | 807-5161                       | Fridays, 12:30   |
| Amherst Senior Singers                 | Carol Mayo      | 632-3929                       | Wednesdays, 1:00-3:00  |
| Art Club                               | Joann Jarmusz   | 565-3332                       | Mondays & Tuesdays, 1-3:30   |
| Bike Club                              | Joann Stepien   | 254-2614                       | Wednesdays, 9:30-11:30   |
| Book Club                              | Donna DeLeon    | donnadeleon@yahoo.com          | See page 9 for date and book selection   |
| Bridge Club                            | Mary Ann Devlin | 839-1858                       | Tuesdays, 2:00-5:00  |
| Canasta Club                           | Mary Ann Devlin | 839-1858                       | Thursdays, 1:00-4:00   |
| Chess Club                             | Bill Rich       | 908-9223                       | Tuesdays, 12:15-4:15   |
| Community Service Sewing Projects Club | Rena            | 574-8010                       | Mondays, 8:30-11:00  |
| Creative Writers Club                  | Carolyn Takach  | 632-7478                       | 1st & 3rd Mondays, 10:00-12:00   |
| Dinner Club                            | Mary Bashore    | 691-6714 or mrybash@gmail.com  | Info on rack across from Wellness Room   |
| Dominos Club                           | Jean Hallac     | 688-6895                       | Mondays, 12:30-3:00  |
| Duplicate Bridge (Mon)                 | Bruce Brown     | 352-9878                       | Mondays, 12:30-4:00  |
| Duplicate Bridge (Fri)                 | George Mayers   | 957-4408                       | Fridays, 1:00  |
| Euchre Club                            | Bob Peluso      | 689-0094                       | Tuesdays, 1:00   |
| Gateway Board Game Club                | Ed Sapienza     | 550-6329                       | 2nd and 4th Wednesdays of the month, 12:30-3:30 <span style="border: 1px solid black; padding: 2px;">New time</span> |
| Indian Senior Citizens Club            | Inder Malik     | 908-3707                       | 2nd Thursday of the month, 4:30  |
| Genealogy Club                         | Sally Clements  | 835-9248                       | 1st and 2nd Tuesday of month, 10:30  |
| Knitting Club                          | Marylou         | 688-4023                       | Tuesdays, 9:30-11:30   |
| Mah Jong Club                          | Hillary Hurwitz | 837-5810                       | Tuesdays, 1:00-3:30  |
| Pathfinders                            | Joann Stepien   | 254-2614                       | Fridays, 9:00-11:00  |
| Pinochle Club (Mon)                    | Leonard Ciappa  | 691-6713                       | Mondays, 12:45   |
| Pinochle Club (Wed)                    | Joanne Hall     | 880-8075                       | Wednesdays, 12:45-3:30   |
| Quilting Club                          | Jan             | 836-8580                       | 1st & 3rd Mondays, 12:30-2:00  |
| Reader's Theater                       | Pam Williams    | 912-0053                       | Mondays, 1:30  |
| Rummikub Club                          | Mary Migliore   | marmig44@yahoo.com             | Fridays, 1:00-4:00   |
| Scrabble Club                          | Carol Hensel    | 689-7417                       | Tuesdays, 10:00-12:30  |
| Spanish ZOOM Club                      | Susan Willavize | sawandjmp@cs.com or 741-3623   | Thursdays, 1:30  |
| Stained Glass Club                     | Tom Richards    | 832-5641                       | Thursdays, 9:00-12:30  |
| Strategic Board Game Club              | Ed Sapienza     | 550-6329                       | Thursdays, 12:30-4:30 <span style="border: 1px solid black; padding: 2px;">New time</span>                           |
| Tai Chi Club                           | Frank Chi       | 688-6680                       | Wednesdays & Fridays, 1:30-2:30  |
| Tuesday Afternoon Music Club           | Ed Morgan       | 633-4309                       | Tuesday, 1:00  |
| Upholstery Club                        | Kate Wagner     | 836-2439                       | Wednesdays, 9:00-12:00   |
| Walking Club (Walton Woods)            | Sue Clark       | smc916@verizon.net             | Thursdays, 9:30 in Lobby   |
| Wood Carving Club                      | Bill MacDougall | 208-4631                       | Tuesdays, 9:00-11:30   |
| Women's Golf Club                      | Carole Mathews  | 691-7625                       |  |

\$3 suggested donation

## FEBRUARY 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 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.

| <u>MONDAY</u><br><i>Vegan Options</i>                   | <u>MONDAY</u>  | <u>TUESDAY</u>  | <u>WEDNESDAY</u>  | <u>THURSDAY</u>   | <u>FRIDAY</u>   |
|---|--|---|---|---|---|
|   |  |   | <b>1</b><br>Chicken w/gravy<br>Sweet potato fries<br>Creamed spinach<br>Corn muffin<br>Apple-cran crisp | <b>2</b><br>Tacos<br>Mexican rice<br>Refried beans<br>Cookies                                     | <b>3</b><br>Macaroni & cheese<br>Stewed tomatoes<br>Green beans<br>Rye bread<br>Jello |
| Lentil soup<br>Small salad<br>Bread<br>Dessert          | <b>6</b><br>Hamburger w/roll<br>Potato wedge<br>Mixed vegetables<br>Pear                                       | <b>7</b><br>Cabbage roll<br>Mashed potatoes<br>Peas<br>Dinner roll<br>Brownies                    | <b>8</b><br>Turkey ala king<br>Mashed potatoes<br>Mixed vegetables<br>Biscuit<br>Peaches                | <b>9</b><br>Roast beef w/<br>gravy<br>Mashed potatoes<br>Mixed vegetables<br>Dinner roll<br>Pie   | <b>10</b><br>Pizza<br>Chicken<br>Celery<br>Carrots<br>Grape juice<br>Fruit            |
| Garden burger<br>Roll<br>Potato<br>Vegetable<br>Dessert | <b>13</b><br>Salisbury steak w/<br>gravy<br>Mashed potatoes<br>Mixed vegetables<br>Wheat bread<br>Pudding      | <b>14</b><br>Lasagna roll<br>Meatballs<br>Green beans<br>Dinner roll<br>Cookie                    | <b>15</b><br>Pulled pork<br>Tater tots<br>Carrots<br>Roll<br>Fruit cocktail                             | <b>16</b><br>Beef stew<br>Stew vegetables<br>Mashed potatoes<br>Biscuit<br>Cake                   | <b>17</b><br>Chicken w/gravy<br>Rice<br>Mixed vegetables<br>Rye bread<br>Apple pie    |
| Vegetable stir fry<br>Rice<br>Bread<br>Dessert          | <b>20</b> <b>CLOSED</b><br> | <b>21</b><br>Turkey w/gravy<br>Sweet potato<br>Green beans<br>Dinner roll<br>Diced pears          | <b>22</b><br>Tilapia<br>Rice<br>Mixed vegetables<br>Multi grain bread<br>Peanut butter<br>cookies       | <b>23</b><br>Cabbage roll<br>Mashed potatoes<br>Mixed vegetables<br>Dinner roll<br>Tropical fruit | <b>24</b><br>Macaroni & cheese<br>Stewed tomatoes<br>Peas<br>White bread<br>Fruit     |
| Vegetarian chili<br>Baked potato<br>Bread<br>Dessert    | <b>27</b><br>Ribette<br>Potato<br>Mixed vegetables<br>Hoagie roll<br>Applesauce                                | <b>28</b><br>Salisbury steak<br>Mashed potatoes<br>Green beans<br>Multigrain bread<br>Diced pears |   |   |   |

### DINNERS:

Dinner is served every Tuesday night at 5:00 pm. The menu was not available at time of printing. Please check on-line version at [AmherstCenterforSeniorServices.com/newsletter](http://AmherstCenterforSeniorServices.com/newsletter)

### 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.

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