



Town of AMHERST

Senior Center

AMHERST SENIOR CENTER

370 John James Audubon Parkway

Amherst, NY 14228

716-636-3050

AUGUST 2024 NEWSLETTER

Active
Fun!

BIKE RIDE

Friday August 23, 10:30am
Meet at North Forest Bike Path parking lot, 1398 North Forest Road. 14221. This is roughly a 10 mile ride. Bring a bagged lunch for a picnic after.

LAWN GAMES

Wednesday, August 28, 11:00am
Join us for fun and relaxing games such as Bocce Ball, Corn Hole, and Croquet on the front lawn of the Senior Center.

DISC GOLF

Friday August 30, 10:30am
Meet at Lincoln Park, located at 299 Decatur Road, 14223. We will be playing 9-hole Frisbee golf.

Try to get a Frisbee into a basket in as little throws as possible. It's the same idea as golf, but with a Frisbee. No equipment needed.

PICKLEBALL TOURNAMENT

Tuesday August 27 and Thursday, August 29 from 9:00am-12:00pm
Fun tournament style Pickleball-Round Robin, Semifinal, final and a champion will be crowned.

Last Summer Concert BARNSTORM BAND AUGUST 29, 6:00PM



PLEASE BRING YOUR LAWNCHAIR

CONCERT WILL BE MOVED INDOORS IF INCLEMENT WEATHER

This concert is sponsored by our friends at
Beechwood Continuing Care



AmherstCenterForSeniorServices.com



Facebook.com/amherstnyseniorcenter/

A NOTE FROM THE DIRECTOR

The Center has been busy this summer. July greeted us with some great weather to enjoy many outdoor events, including local walks, bike rides and the Old Homes Day parade. Thank you to the Jolly Boys of Williamsville for inviting us to once again take part in Senior Day at Old Homes Day. We enjoyed lunch, a concert by The Boomers, and outdoor games. A fun time was had by all. A special thank you to Senator Sean Ryan and Assemblywoman Karen McMahon for sponsoring the Annual Family Health Fair. It is always a great success and so beneficial for all of the free health screenings and health information that is offered to hundreds of attendees. Thank you to Beechwood for sponsoring this month's outdoor concert. As always, we appreciate their support.

We are busy planning our new Café, which is still projected to begin in September, and thinking about how we will use the spaces we gain. We have a need to add additional space for the Kitchen, which will now benefit from the vacant former café space. The former gift shop space planning has not been finalized at this point. But believe me, exciting things are happening at the Center!

Please make sure you are signed up in My Active Center before Fall class registration begins (August 7th). The quickest way to register is online. Fall is our busiest time, so classes and programs fill up quick. If you are calling the Center on August 7th, please be patient. Phone lines will be busy.

Be sure to sign up and attend Coffee with Town of Amherst Deputy Supervisor Shawn Lavin on August 21st at 9am.

Special guest will be Senator Sean Ryan.

As we look ahead, we would love your ideas for programs and classes you would like to see next year. It's never too early for us to start planning.

Meanwhile, happy summer to all!!!

Melissa Abel, Executive Director

KEY STAFF CONTRIBUTORS

Melissa Abel, Director, mabel@amherst.ny.us

Christin Estrada, Nutrition Site Coordinator, cestrada@amherst.ny.us

Tammy Jacobs, Program Coordinator: tjacobs@amherst.ny.us

John Jones, Social Caseworker: jjones@amherst.ny.us

Jodi Kwarta, Director of Volunteers: jkwarta@amherst.ny.us

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Karen Lisiecki, Project Coordinator: klisiecki@amherst.ny.us

Angelo Lorenzo, Program Leader: alorenzo@amherst.ny.us

Jamie Sullivan, Kitchen Manager: jesullivan@amherst.ny.us

Greg Potter, Program Leader: gpotter@amherst.ny.us

Vijaya Tomar, Social Worker: vtomar@amherst.ny.us

Cindy Weiss, Class Coordinator: cweiss@amherst.ny.us

*The newsletter is coordinated by Christina Yensan,
Public Relations Coordinator: cyensan@amherst.ny.us*

ABOUT US

THE CENTER

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

- Art Gallery—*Monthly Art is sponsored by Asbury Pointe*
- Audubon Café—*Closed until Fall*
- Billiard Room
- Card Room
- Dance Room—*Sponsored by Excellus Blue Cross Blue Shield*
- Gift Shop—*Closed until Fall*
- 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*
- There is an accessible private bathroom located off the hallway by Room 2

HOURS OF OPERATION

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

Members are asked to vacate building by 4:15 pm in order for staff to complete closing procedures

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

The Center will be closed on Monday, September 2 in observance of Labor Day

IMPORTANT PHONE NUMBERS

Main Line 636-3050

Registration 636-3051

Amherst Meals on Wheels 636-3065

Amherst Senior Transportation 636-3075

Senior Outreach Services 636-3070

Support Group Information 636-3050

MEMBERSHIP DUES

Amherst Residents—Lifetime Membership

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

Non-Resident—Renewal

- \$50/Per Person

Membership is open to adults 55 or older

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

We have temporarily suspended accepting NEW non Amherst resident memberships for 2024. We appreciate your understanding.

TO JOIN THE CENTER:

Go to AmherstCenterforSeniorServices.com/membership-plans and complete the application or sign up in person.

TOWN OF AMHERST

AMHERST TOWN BOARD

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



AMHERST SENIOR CENTER ADVISORY BOARD

- James W. Bardot, Chairperson
- Aaron Carlson
- Reverend Susan Frawley
- Gary Henry
- Ann Nichols, Amherst Town Justice
- Julie Whitbeck-Lewinski

EX-OFFICIO MEMBERS:

- The Honorable Shawn Lavin, Liaison to Senior Services
- Melissa Abel, Executive Director, Amherst Senior Center
- Mary-Diana Pouli, Executive Director, Youth & Recreation
- Assistant Chief Michael Camilleri, Assistant Chief of Amherst Police Department
- Dal Giuliani, Executive Director, Amherst Generations Foundation
- Ms. Del Szczesniak, President, Senior Center Representative Council

AMHERST GENERATIONS FOUNDATION

- Andrew Napierala, Chair
- Leslie H. Fox, Treasurer
- Chandra Condon-Daigler, Secretary
- Barry Kantrowitz
- Meghan Reed
- Karen Pusateri
- Cory Zale
- Petrina Sciandra



Melissa Abel, Ex-Officio
Executive Director, Dal Giuliani

A NOTE FROM YOUTH & RECREATION

Summer is just flying by, but there's still lots of fun to be had! If you haven't had a chance to catch a concert yet, join us at the Center on August 29 at 6:00pm for long-time favorite *The Barnstorm Band* or any Wednesday night at 7:00pm at Bassett Park. The August line-up includes the Celtic Spirit Pipe Band (7/31), Hot Club of Buffalo (8/7) and the Buffalo Wind Symphony (8/14).

Music not your thing? Join us for Shakespeare in the Park's traveling show "A Midsummer Night's Tour" on Monday, August 19 at Bassett Park. The show features an hour long telling of Shakespeare's classic tale of the King and Queen of the fairies, Oberon & Titania, and their sidekick in mischief, Puck, meddling with the lives of four confused lovers, and a ragtag troupe of would be actors.

Grab your grandkids and take in a free Friday Movie in the Park! Trolls is showing on the lawn of Willow Ridge Elementary School on August 2. The Little Mermaid (live action) will be on the lawn of SUNY Erie North (ECC) on August 9. Kung Fu Panda will be at Island Park in Williamsville on August 16 and Paw Patrol: The Might Movie will close out the month at Bassett Park on August 23. Showtime for all four movies is 8:45pm. Bring a lawnchair and some snacks.

On Sunday, August 18 at 2:00pm the Amherst Veterans' Committee will host its annual Unveiling of Names of service members connected to the Town of Amherst on the wall at the Veterans' Memorial in Amherst State Park on Mill Street. Don't miss this moving tribute to those who have proudly served our country. Make sure to bring a blanket or lawnchair. Summer will be over before you know it – make sure you don't miss out. See you around town!

Mary Diana Pouli, Executive Director, Youth & Recreation

TOWN PROGRAM LOCATIONS

Amherst Senior Center

370 John James Audubon Parkway, Amherst 14228

Clearfield Community Center

730 Hopkins Road, Williamsville 14221

Harlem Road Community Center

4255 Harlem Road, Amherst 14226

Northwest Amherst Community Center

220 Northpointe Parkway, Amherst 14228

Northtown Center at Amherst

1615 Amherst Manor Drive, Williamsville 14221

North Forest Park

85 North Forest Road, Williamsville 14221

Williamsville Youth and Family Center

5005 Sheridan Drive, Williamsville 14221

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 New User 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.

PLEASE NOTE

Class registration and payment is mandatory. Those who participate in a class that they have not paid for will risk a suspension of their membership. So if you see a class you are interested in, register as soon as possible.

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

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.

NUTRITION

TO REGISTER FOR LUNCH OR DINNER:

Follow same 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 our Nutrition Site Coordinator, Christin Estrada. If you have any questions, she can be reached at 716-636-3055 ext. 3131.

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

CALLING ALL NEW MEMBERS: MEMBERSHIP 101

Tuesday, August 6 at 3:30pm or
Thursday, August 8 at 10:30am

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 and where to find information on what is happening at the Center. Those attending the 10:30am session are invited to stay for a complimentary lunch at 12:00pm and if you are attending the 3:30pm you are invited to stay for a complementary dinner at 5:00pm. Reservations are required for both.

MEMBERSHIP 101

REGISTRATION IS ALWAYS REQUIRED. SEE ABOVE FOR DETAILS.

PROGRAMS

NATIONAL CHOCOLATE CHIP COOKIE DAY

Thursday, August 1 at 11:00 am

We will make Crumbl Cookie Copycat Chocolate Chip Cookies. Please bring a cookie sheet. Fee is \$5.00. No refunds after 8/1

MEDICARE 101

Monday, August 5 at 10:30 am

Medicare can be confusing, learn how to take the guesswork out of it. *Presented by WNY Medicare Advisors*

COOKING WITH JEN

Tuesday, August 6 at 11:00 am-Banana Split Cake

Please bring a 9x13 pan and a medium mixing bowl. Fee is \$9.00. No refunds after 8/2

Friday, September 13 at 11:00 am-Jen's Famous Apple Crisp

Please bring a 9x13 pan. Fee is \$6.00 No refunds after 9/11
Registration begins 8/1 for both cooking programs. Due to popular demand, you may only register for one

SPOTTING FRAUD

Wednesday, August 7 at 1:00 pm

Learn how to be vigilante with knowing the different ways scammers will try to take your money.

Presented by Jerry Styers, U.S. Postal Inspector

ICE CREAM SOCIAL

Thursday, August 8 at 6:00 pm

Ice cream tastes better with friends to enjoy it with

BOGUS GAME

Friday, August 9 at 10:30 am

The *game* where you bet on what you know and what your friends don't know!

UNDERSTANDING CLINICAL RESEARCH TRIALS

Tuesday, August 13 at 11:00 am

Learn everything you need to know and discuss the keywords to know and how to locate ongoing trials for Alzheimer's Disease/Dementia.

Presented by Patricia Kennedy, RN, BSN

20 QUESTIONS WITH CHRISTIN ESTRADA

Wednesday, August 14 at 1:00 pm

Have you met our Nutrition Coordinator? Enjoy strawberry shortcake after we play 20 questions with her

ASK THE DEPUTY SUPERVISOR SHAWN LAVIN

Thursday August 15 at 9:00 am

Join Shawn and special guest, State Senator Sean Ryan for an open conversation

WII PLAY

Thursday August 15 at 1:00 pm

Play video games such as Billiards, Ping pong, and Duck Hunt

PIZZA AND GAME NIGHT

Thursday, August 15 at 5:00 pm

Pizza and salad from John and Mary's followed by a game of *Family Feud*. Paid reservations by 8/13. No refunds after

CAR WASH (Car washes provided by YES volunteers)

Friday, August 16 from 11:00-1:00 pm

\$4.00 for cars and \$5.00 for SUV's

COOKING DEMO WITH THE FORSTER'S

Monday, August 19 at 10:30 am

Join Carl and Karen Forster and learn to make Corn fritters with an orange marmalade dipping sauce. Fee is \$2.00. No refunds after 8/15

UNIVERSITY EXPRESS: Cooking With the Commish-Angela's Appetizers for Summer Parties

Wednesday, August 21 at 2:00 pm. *Presented by Angela Marinucci, Erie County Senior Services Commissioner*

PLANET EARTH: Life

Thursday August 22 at 10:30 am

Watch the final episode of the Planet Earth series and then start our next documentary: Life

Both narrated by David Attenborough

EVENING BINGO

Thursday, August 22 at 6:00 pm

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

MIND TEASER WITH A TWIST

Friday, August 23 at 10:30 am.

Enjoy mind teasers at various stations

TALK AND TASTE

Friday, August 23 at 1:00 pm

Ever wonder what they are making in Cooking with Jen? Stop by for a taste of her Banana Split Cake. No walk-ins please

CHAIR FITNESS CLASS (FREE)

- Wednesday August 7 from 9:30 – 10:20am
- Monday August 12 from 9:30 – 10:20am
- Wednesday August 14 from 9:30 – 10:20am
- Monday August 19 from 9:30 – 10:20 am
- Wednesday August 21 from 9:30 – 10:20am
- Wednesday August 28 from 9:30 – 10:20am

Strength, flexibility, and mobility are all highlighted in this class. Get a total body workout and have fun doing it

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

PROGRAMS

MOVIES

Thursday, August 1 at 4:00 pm *Oppenheimer* R 180 min.
Monday, August 5 at 1:00 pm *Ruby's Choice* PG-13 117 min.
Monday, August 12 at 1:00 pm *Origin* PG-13 141 min.
Monday, August 19 at 1:00 pm *The Long Game* PG 110 min.
Monday, August 26 at 1:00 pm *Family Affair* PG-13 113 min.

EVENING MOVIES

Tuesday, August 6 at 5:30 pm *Ruby's Choice* PG-13 117 min.
Tuesday, August 13 at 5:30 pm *You People* R 118 min.
Tuesday, August 20 at 5:30 pm *The Long Game* PG 110 min.
Tuesday, August 27 at 5:30 pm *Family Affair* PG-13 113 min.

OPERA HOUR

Friday, August 2 at 1:00 pm, *The Mikado* 150 min.

DOCUMENTARY

Thursday, August 8 at 4:00 pm, *Note by Note: The Making of Steinway* 81 min.

FEEL GOOD MOVIE: *Wonder*

Friday, August 9 at 1:00 pm
An incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters the fifth grade, attending a mainstream elementary school for the first time. Rated PG 113 min.

MUSICAL HOUR

Friday, August 16 at 1:00 pm, *Titanic The Musical* 136 min

COMEDY HOUR

Friday, August 30 at 1:00 pm, *The Last Laugh* Rated TV-MA 1 hour 38 min.

INFORMATION TABLES

YOUR LIFE PATIENT ADVOCACY,

Friday, August 2 from 11:00-1:00 pm

SENATOR RYAN COMMUNITY OUTREACH

Tuesday, August 6 from 10:00-2:00 pm
A representative from the Senator's office will be present

ASK THE REALTOR: Ann Kader, WNY Metro Roberts Realty
Wednesday, August 21 at 11:00 am

Elderly Pharmaceutical Insurance Coverage (EPIC)

Wednesday, August 14 from 11:00-1:00 pm

PARTNER PROGRAMS



SILVER PRIDE TEA

Friday, August 2 from 10:00 am-12:00 pm
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

MUSICAL MEMORIES CAFÉ

Tuesday, August 6 at 2:00 pm
Caregivers are encouraged to 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

BETTER BREATHERS GROUP

Tuesday, August 27 at 1:00 pm
If you, or someone you know, is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer, consider joining us. Learn better ways to cope with your diagnosis and live life to the fullest
Led by an American Lung Association trained facilitator Jeremy Voorhees

BALANCE AND MEMORY CHECK-UP

Thursday, August 29 from 9:30am-1:00 pm
Schedule your free 30 minute screening with a practitioner from Buffalo Occupational Therapy at 716-235-3013 or hannah@buffalooccupationaltherapy.com. When you reserve a time, let them know that you want it at the Amherst Senior Center



HEALTH INSURANCE

To schedule your appointment call the representative listed

Clarity Group-Medicare Plan Center Lisa at 716-864-4886
Tuesday, August 6 from 9:00am – 11:00am

Highmark BCBS Kathy at 716-658-8655
Thursday, August 22 from 9:00am-10:00am

Independent Health Amanda 716-635-4999
Friday, August 16 from 10:00am-11:00am

Univera Michele 716-572-8315
Thursday, August 22 from 10:00-12:00pm

NORTHWEST AMHERST COMMUNITY CENTER

OPEN PICKLEBALL

Monday, August 5, 12, 19, 8:00- 9:30am, 8/26 from 9:30-11

BINGO AT NWACC

Monday, August 5 at 10:00 am

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

DIY LEMON STAMPED TOWEL -

Monday, August 12 at 10:00 am Fee is \$2.00 by 8/8. No refunds

GRANDPARENT KINSHIP SUPPORT GROUP

Wednesday, August 14th 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 support group to share ideas, get support, comfort and resources. You are not alone, so join others to talk and share ideas!

WOULD YOU RATHER

Monday, August 19 at 10:00 am

Would you rather have the ability to see 10 minutes into the future or 150 years into the past?

CIRCUIT FITNESS CLASS

Monday, August 26 at 10:00am

Try various workout exercises in multiple stations. Each station offers different types of exercises. By the end of the circuit, you will have gotten a total body workout!

SOCIAL WORKERS ARE AVAILABLE FOR WALK-IN VISITS AT THE NORTHWEST AMHERST COMMUNITY CENTER

The first and third Tuesday of each month from 9:00-11:00 am



EXERCISE FOR PEOPLE WITH PARKINSONS:

Education & Exercise

[Northwest Amherst Community Center]

August 14, August 21, August 28, September 4 and September 11 from 3:30-5:00pm

Sessions will consist of education related to exercise recommendations, safety instruction and practice of sample exercises. Participants must commit to all five sessions in order to register. SPACE IS LIMITED.

Provided by Daemen University Physical Therapy



CLASSES

Fall
Registration
begins on
August 7

FALL CLASS CATALOG:

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

DEFENSIVE DRIVING CLASS

AARP Smart Driver

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

Wednesday, August 21 or September 25 from 9:00-4:00pm

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

SPECIAL REQUEST:

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 would be nice if someone could take your spot

MYACTIVECENTER TRAINING

Thursday, August 1 from 10:30-11:30am

Need help setting up an account on MyActiveCenter.com? It only takes a few minutes. Stop in the Computer Room during the above date and time for assistance. An account on MyActiveCenter will give you the ability to sign up for classes, programs and lunches on-line from the convenience of your home. Learn the fastest way to register!

HIGHLIGHTS FOR FALL TRIMESTER

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.

- Aviation
- Broadway Baby – Stephen Sondheim's Musical Theatre
- Belly Dancing
- Greek Mythology and Art
- Groove and Move
- HIIT (High Intensity Interval Training)
- Intro To Acting
- Introduction to Mindfulness
- Italian Beginners or Intermediate I
- Poetry Reading
- Scandinavian and Eastern European Composers
- The Basics of Wine Appreciation
- Understanding Football
- Quilting Block Party

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

RESOURCES

SUPPORT GROUPS: SENIOR CENTER

The common experience among members of a support group often means they have similar feelings, worries, and everyday problems. Participating in a group provides you with an opportunity to be with people who are likely to have a common purpose and likely to understand you.

Loss & Grief Group

Thursdays at 10:30 am

This group will meet every Thursday for six weeks, starting **August 1**. We discuss coping strategies, healing techniques, and stages of loss and grief.

Widow/Widowers Group

Tuesday, August 13 at 10:30 am

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

Caregivers Group

Wednesday, August 21 at 1:00 pm

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

Men's Group

Tuesday, August 20 at 10:30 am

"Getting to know us: A man's perspective"

Talk about issues that are specific to men.

Parkinson's Group:

Thursday, August 22 at 2:00 pm

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.

Grandparent Kinship Group: See page 7

SENIOR OUTREACH SERVICES 636-3070

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.

ACCESSIBLE PARKING TAG

If you need assistance with an application, we are available by appointment only and are available in evening from 4:00-7:00 pm on August 13 and August 27.

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 only on Fridays. Please call our Nutrition Site Coordinator, Christin Estrada at 716-636-3055 ext. 3131 for more information.



The Home Energy Assistance Program (HEAP)

HEAP is a federally funded program, which is administered by New York State to assist low-income families with their energy needs. Multiple components are

available to apply for heating assistance or services while the funding is available. To see if you are eligible, please contact the Senior Outreach Services.

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.

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 John Jones at 716-636-3055, ext. 3129 or Vijaya at ext. 3165.



DATE WITH DEATH CLUB: Exploring Mortality in Community

September 25 from 1:00-3:30pm
Hospice, Palliative Care, and End-of-Life Documents, Oh My!

More and more people are using hospice at the end of life and doing so sooner, which can be helpful to them and their loved ones. Yet, most people who want to die at home end up dying in a facility. In this session, we'll explore hospice, palliative care, and end-of-life documents like advance directives

VOLUNTEER & CLUB

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.



MENTORING OPPORTUNITIES

Once again, we will be partnering with Sweet Home High School's Ready Academy and are looking for potential mentors to work 1:1 or with small groups of high school students to impart knowledge or skills in the areas of

business, art, mindfulness, cooking and other life skills. If you have a particular skill set or knowledge base of a particular subject and would like to share it with a handful of local students, please let us know. Opportunities could be a one-time experience or take place on a regular basis over several weeks or months, depending upon the subject matter and the mentor's availability. This will be an ongoing initiative. Please contact us for more information.

NUTRITION & KITCHEN VOLUNTEERS

We are still in need of volunteers to assist in the Kitchen and Dining Room on Tuesdays from about 4:30 to 6:00pm as well as volunteers to assist the staff with packaging for the Frozen Meals Program. Substitutes are always welcome in the Dining Room and for Frozen Meals. Please see Nutrition Coordinator, Christin Estrada for more information or to express interest.

KEYBOARD PLAYER NEEDED

The Tuesday Afternoon Music Club is looking for a new keyboard player. Rehearsals take place on Tuesdays at 1:00 pm. If interested or to learn more, contact club leader, Teresa, at 716-907-0715, or stop by a rehearsal to observe.

AMHERST SENIOR MEN'S SOFTBALL LEAGUE

August Game Schedule: 8/2, 8/9, 8/16, 8/23, 8/30. All games are double headers with the first game beginning at 10:00 am and the second, at 11:20 am. Games are played at the Northtown diamond. Show up for some fun and to support the players!



HOT DOG SALE

Thursday, August 8th at 11:00 am
\$1.50 each, while supplies last

CLUB MEMBERS

You must register prior to attending your meeting. Swiping in at the kiosk is not registering.

PATHFINDERS CLUB

Please connect with Club Leader, Marie, at 716-867-4589 to request carpool options. Walks begin at 9:00 am at the scheduled walk location and will take place as follows:

- 8/6 Reinstein Woods, Depew
- 8/13 Lewiston / Artpark
- 8/20 North Buffalo, Tonawanda Path
- 8/27 Tiff Nature Preserve

READERS THEATER PERFORMANCE

Thursday, August 15 at 11:00 am

Four plays will be performed: *May I Help You?*, *Abbott and Costello-Unemployment Explained*, *The License* and *The Bickersons*. This group welcomes new members to pursue their reading talent in club meetings and public performances.

BOOK CLUB

The August 26th Book Club selection is *Midnight in Chernobyl: The Untold Story of the World's Greatest Nuclear Disaster*, by Adam Higginbotham. A list of monthly book selections is located at the front of the building in the racks across from the Fitness Room. (ZOOM participants must be registered for the meeting to receive the automated ZOOM link.)

OPEN PICKLEBALL Senior Center

- Tuesday, August 6, 13, 20, 27 from 2:00-4:00pm or 5:00-7:00pm (1 court)
- Wednesday, August 7 from 12:00-2:00pm (Beginner)
- Wednesday, August 14 from 12:00-2:00pm (Men) or 2:00-4:00pm (Women)
- Wednesday, August 21 from 12:00-2:00pm or 2:00-4:00pm
- Wednesday, August 28 from 12:00-2:00pm (Beginners) or 2:00-4:00pm (Intermediate)
- Thursday, August 1, 8, 15 from 3:45-5:30pm or 5:30-7:15pm
- Thursday, August 22 from 2:00-4:00pm or 5:00-7:00pm
- Friday, August 2 from 12:00-2:00pm (Intermediate) or 2:00-4:00pm (Beginner)
- Friday, August 9, 16, 30 from 12:00-2:00pm or 2:00-4:00pm
- Friday, August 23 from 12:00-2:00pm (Women) or 2:00-4:00pm (Men)

You must bring your own paddle

OPEN PING PONG

- Mondays 1:00-4:00pm
- Tuesdays 2:00-6:00pm
- Fridays 1:00- 4:00pm

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

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.

Phone numbers are no longer listed for the security of our Club Leaders.

For a description of clubs, go to AmherstCenterforSeniorServices.com or pick up a brochure at the Center.

Am-Center Photography Club	2nd and 4th Tuesday of the month, 1:00 –3:00
Amherst Rocky Blues Band Club	Fridays, 12:30
Amherst Senior Singers Club	Wednesdays, 1:00-3:00
Art Club	Mondays, 1-3:30
Backgammon Club	Thursdays, 12:30
Biblical Hebrew Grammar Club	1st and 3rd Thursdays, 10:00-12:00
Bike Club	Wednesdays, 9:30-11:30
Board Game Club-Afternoons	Wednesdays and Thursdays, 12:30-4:00
Board Game Club-Evenings	Wednesday or Thursday nights at Northtown Center from 6:30-10:00. See MyActiveCenter.com
Book Club	4th Monday, 1:00
Bridge Club	Tuesdays, 2:00-4:00
Canasta Club	Thursdays, 1:00-4:00
Chess Club	Tuesdays, 12:15-4:15
Community Service Sewing Projects Club	Mondays, 8:30-11:00
Creative Writers Club	1st & 3rd Mondays, 10:00-12:00
Dinner Club	Information on rack across from the Fitness Room
Dominos Club	Mondays, 12:30-3:00
Duplicate Bridge Club (Mon)	Mondays, 12:30-4:00
Duplicate Bridge Club (Fri)	Fridays, 12:30
Euchre Club	Tuesdays, 1:00
French Club	2nd and 4th Mondays, 12:30-2:00
Indian Senior Citizens Club	2nd Thursday of the month, 4:30
Genealogy Club	1st Tuesday, 10:30-12:00, General Meeting, 2nd Tuesday, 9:00-12:00, Research in Computer Rm
Knitting Club	Tuesdays, 9:30-11:30
Mah Jongg <i>Beginner</i> Club	Fridays, 9:30-12:00
Mah Jongg Club	Tuesdays, 1:00-3:30
Men's Golf Club	Information on rack across from the Fitness Room
News & Views ZOOM Club	Fridays, 10:00-11:30, must be on Club roster to receive weekly link
Pathfinders Club-Hiking and Walking	Tuesdays, 9:00-11:00
Pinochle Club (Mon)	Mondays, 12:45
Pinochle Club (Wed)	Wednesdays, 12:45-3:30
Quilting Club	1st and 3rd Mondays, 9:30
Reader's Theater Club	Mondays, 1:30
Rummikub Club	Fridays, 1:00-4:00
Scrabble Club	Tuesdays, 10:00-12:30
Spanish ZOOM Club	Thursdays, 1:30
Stained Glass Club	Thursdays, 9:00-12:30
Tai Chi Club	Wednesdays & Fridays, 1:30-2:30
Tuesday Afternoon Music Club	Tuesday, 1:00
Upholstery Club	Wednesdays, 9:00-12:00
Wood Carving Club	Tuesdays, 9:00-11:30

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. Lunch is served Monday-Friday, 12:00-1:00 pm and dinner is served at 5:00 pm on Tuesday evenings. Reservations must be made at least 24 hours in advance by going on MyActiveCenter.com or 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.

We have had an increase in people not showing up for lunch. If you are not able to attend lunch or dinner, kindly cancel your reservation as soon as you know.

Lunch is served from 12:00-1:00pm

FROZEN MEAL PROGRAM

Please stop at our front reception desk and pick up an Erie County Registration Form. Completed forms must be returned to our Nutrition Site Coordinator, Christen Estrada. If you have any questions, she can be reached at 716-636-3055 ext. 3131.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Registration for meals begins the third Tuesday of each month	The menu is subject to change		1 Chili White rice Corn Dinner roll Fig Newton	2 Macaroni & cheese Stewed tomatoes Green beans Rye bread Donut
5 Breaded fish Potato wedges Corn Roll Banana	6 Cabbage roll Mashed potatoes Peas Dinner roll Brownie	7 Chicken w/gravy Sweet potato fries Broccoli Corn muffin Apple cranberry crisp	8 Roast beef w/gravy Mashed potatoes Key Largo vegetables Dinner roll Vanilla sandwich cookie	9 Chicken nuggets Potato wedges Carrots Orange
12 Salisbury steak Mashed potatoes California blend vegetables Wheat bread Fudge pie	13 Pulled pork w/roll Tater tots Green beans Orange	14 Beef stew Stew vegetables Mashed potatoes Biscuit Fruit salad	15 INDIA INDEPENDENCE DAY Chicken masala Rice Curry cauliflower Naan bread Pudding	16 Hot dog w/roll Baked beans Corn medley Lemon ice
19 Chicken Rice pilaf Pacific vegetables Rye bread Apple pie	20 Turkey w/gravy Sweet potato Green beans Dinner roll Diced pears	21 Baked fish Wild rice Ley largo vegetables Multi grain bread Oreos	22 Cabbage roll Mashed potatoes Broccoli Italian bread Apricots	23 Spaghetti & meatballs Broccoli Dinner roll Lorna Doones
26 Ribette w/roll Roasted potato California blend vegetables Applesauce	27 Salisbury steak Mashed potatoes Brussel sprouts Multigrain bread Diced pears	28 Chicken stew Key Largo vegetables Biscuit Chocolate chip cookie	29 Pork chop Sweet potatoes Broccoli Multigrain bread Graham crackers	30 LABOR DAY PICNIC Hamburger w/roll Potato wedges German blend vegetables Orange

Dinner is served on Tuesdays from 5:00-6:00pm

- **FAMILY DINNER** Tuesday, August 6-Hamburger or cheese burger, Potato wedge, Green beans, Fruit pizza
Invite your family to join you for dinner! At 4:30 we will have a Healthy Eats Cooking Demonstration followed by dinner and then at 5:30 we will have Family Activities
- Tuesday, August 13 Chicken Caesar salad, Dinner roll, Vegetable soup, Pudding
- Tuesday, August 20-Chicken salad with pineapple, Dinner roll, Juice, Italian Ice
- Tuesday, August 27-Chicken sandwich, Broccoli, Potato wedge, Mixed fruit cup

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.



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3735 Delaware Avenue, Kenmore, NY 14217
716-810-7477

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716-810-7000

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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



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