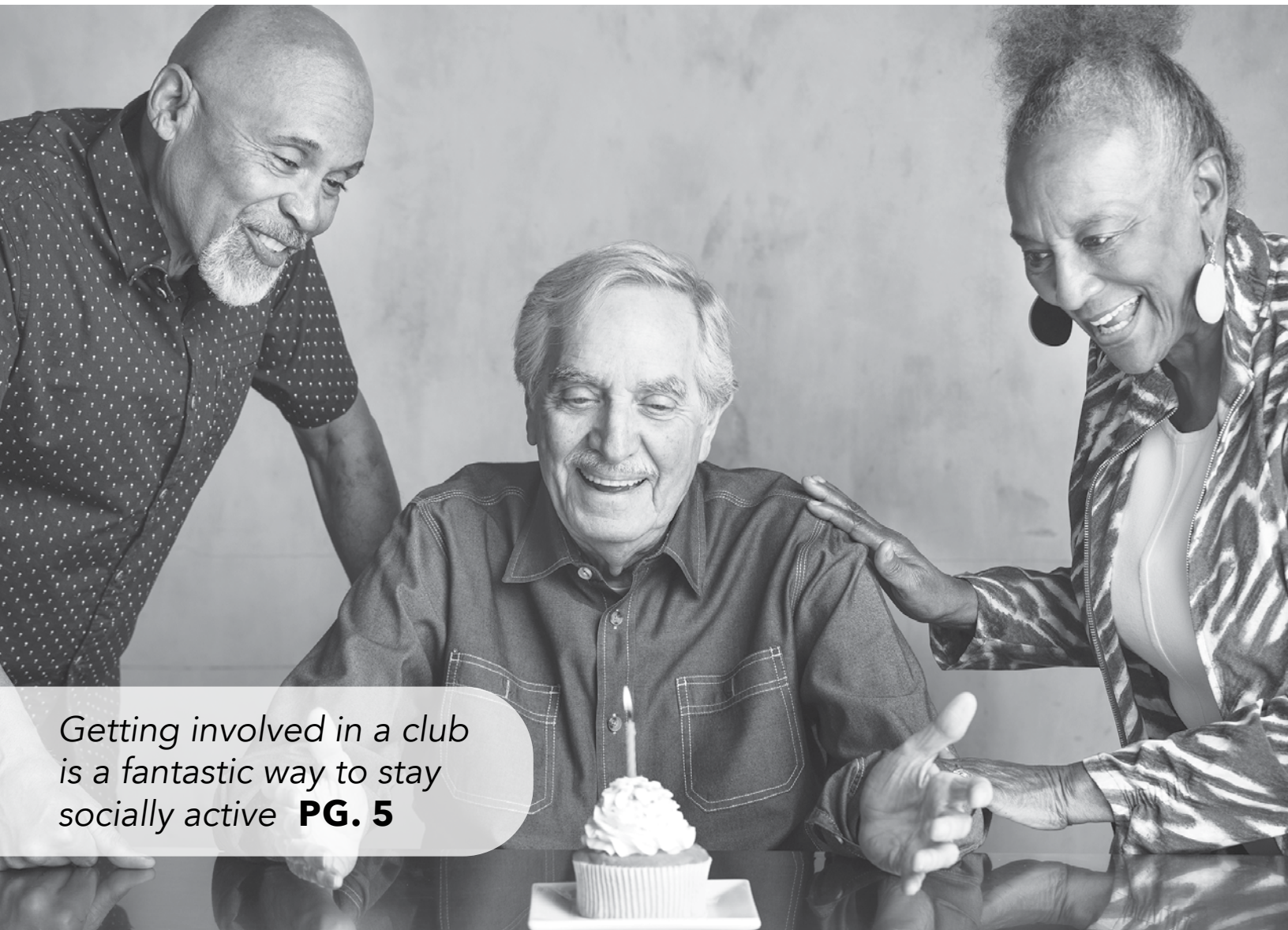


Fall Class Catalog 2021
CLASS IS BACK IN SESSION!



Getting involved in a club
is a fantastic way to stay
socially active **PG. 5**



**AMHERST CENTER FOR
SENIOR SERVICES**

370 John James Audubon Parkway · Amherst, NY 14228



AMHERST CENTER FOR SENIOR SERVICES

Hours of Operation: Monday-Friday 8:30AM-4:30PM



Established 1962

370 John James Audubon Parkway · Amherst, NY 14228

(716) 636-3051 · AmherstCenterForSeniorServices.com

REGISTRATION BEGINS MONDAY, AUGUST 16, 2021

CLASS REGISTRATION IS ON A FIRST COME, FIRST SERVED BASIS.

Ways to Register:

1. Online at:
[AmherstCenterforSeniorServices.com/register](https://www.amherstcenterforseniorservices.com/register)
2. Mail a completed registration form 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

ATTENDING CLASSES

All courses require paid registration to attend classes. All registrations are for the **entire session**, regardless of whether a member is able to attend all classes. Members must register each trimester. Enrollment in a prior course does not guarantee enrollment in subsequent courses. A one-time appointment to observe/audit a class may be made to determine if a course is what you expect.

COST RELATED INFORMATION

- **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 week. Program eligibility needs to be verified each trimester. Please schedule a meeting with the Social Work Department by calling 636-3050.
- **REFUNDS:** *If you are uncertain a particular course is for you, we encourage you to audit the class, prior to registration. There is a \$5.00 processing fee for withdrawals before a class session begins. After the session begins, no refunds are granted except for medical reasons and/or the advice of the instructor. All medical refund requests must be submitted in writing and accompanied by a physician's note. Refund checks may take up to 3 weeks to process.
- **INSURANCE REIMBURSEMENTS:** Check with your insurance carrier to see if a portion of the Physical Fitness, Health and Self-Improvement fees can be reimbursed. If this applies, please enclose a stamped, self-addressed envelope and we will mail you a receipt.

WHY ARE COURSES CANCELED?

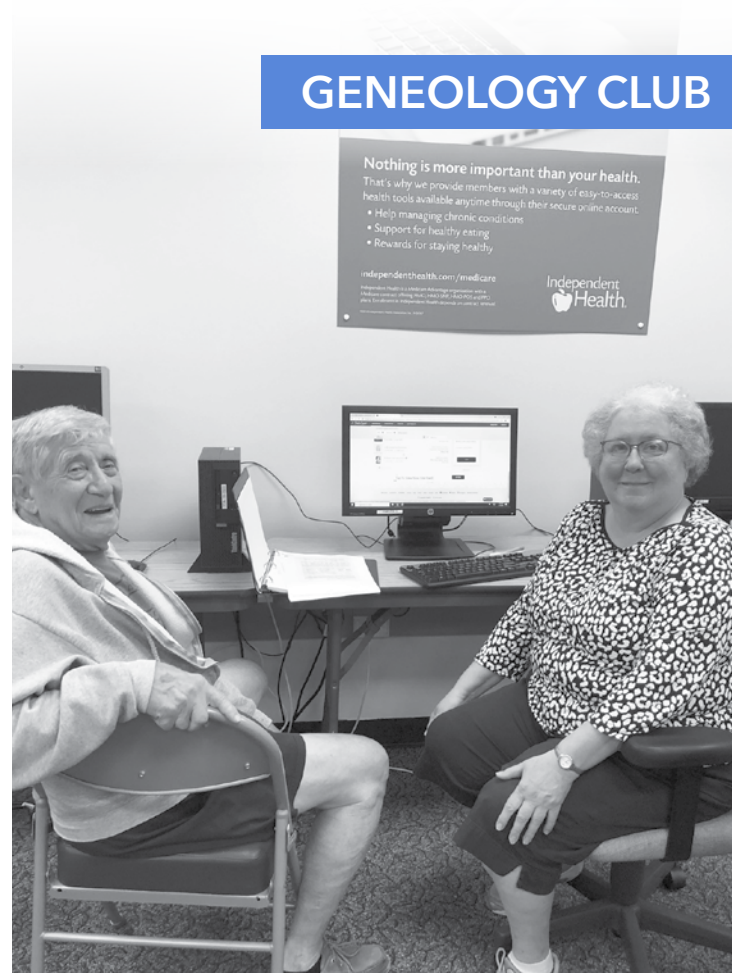
All courses are based on a minimum and maximum number of participants. If a course does not meet its minimum quota, it will be canceled for that trimester. Please register on time in order to prevent cancellations.

WHAT IF A CLASS IS CANCELED DUE TO INSTRUCTOR ILLNESS?

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

INCLEMENT WEATHER

If Amherst, Sweet Home, or Williamsville school districts are closed, Center classes, clubs, and programs will be cancelled. During bad weather, listen for Weather Closings on TV stations WGRZ (2), WIVB (4), WKBW (7), radio stations WBEN 930 AM, WNED 94.5, WNYM 970AM, WGR 550AM, WKSE 98.5, and WTSS 102.5, to find out if the building is closed or activities are cancelled.



MISSION STATEMENT

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

MEMBERSHIP REQUIRED FOR CLASS REGISTRATION

At 55 years of age individuals are eligible for membership in the Amherst Center for Senior Services. Spouses must meet membership eligibility requirements.

MEMBERSHIP FEES

Membership fees for Town of Amherst Residents are \$30 for Individual Lifetime Membership or \$50 Lifetime Couple or Household Membership.

For Non-Town Residents Individual membership is \$30 for 12 month membership, Couple or Household membership (for any two individuals living at the same address) is \$50 for 12 month membership. Lifetime Individual membership is \$100. Lifetime Couple membership is \$150.

HOW TO REGISTER

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

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

Online To register online, you must be a member and set up an account at myactivecenter.com. Payment must be by Mastercard, VISA, Discover or American Express. *Directions are on pages 17 & 18.*

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

Walk-In *(Please follow COVID-19 guidelines)* Please bring completed registration form along with **EXACT** payment by credit card, cash or check.

Phone Registration Please call 716-636-3051 to register with a credit card.

Registration forms are on pages 19 & 21. Please make sure that all registration forms are filled out completely, accurately and legibly.

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DUPLICATE BRIDGE CLUB



AMHERST SENIOR SINGERS CLUB



SOCIAL WELL-BEING FOR OLDER ADULTS:

A Guide to Staying Connected and Making Friends

Social engagement is important for people's well-being, regardless of their age, yet it's probably most vital during a person's senior years because older adults are sometimes more susceptible to social isolation than younger people. Besides, it can be fun and refreshing to take advantage of social opportunities that let you share and connect with others who are in similar situations. Along with helping you navigate all of the changes that come with growing older, taking care of your social well-being provides mental and physical health benefits.

Recreation is important for seniors because having an active social life helps prevent depression as well as Alzheimer's and other types of dementia, and intellectual stimulation helps keep your mind sharp.



PATHFINDERS CLUB

You can learn new knowledge and skills while also having fun. But to do that, you need to find social events that interest you. Thankfully, making senior friends and staying socially active is quite easy if you're willing to venture out and try new things.

Check out the following ideas on how you can maintain social connections and reap the rewards of doing so:

1. Register for an exercise class

According to the World Health Organization, older adults should do at least 150 minutes of moderate aerobic exercise every week. Signing up for an exercise class is an easy way to meet and bond with new people at the same time. Plus, dance, yoga, and tai chi classes offer low-impact ways to boost your strength and flexibility, improve your balance, and prevent falls.

(See page 11 for information on exercise classes)

2. Enroll in an educational class

Taking a class that you *want* to take is much more enjoyable than taking a class that you *have* to take. Registering for an art, music or a technology class is an excellent opportunity to make friends and learn new skills.

(See page 7 for information on classes)

3. JOIN A CLUB

Getting involved in a club is a fantastic way to stay socially active. There are clubs for just about anything you can imagine. Some are general interest and offer a variety of activities, while others concentrate on specific interests. This puts you with people with similar interests.

(See back page for information on the clubs that we offer)

4. Organize a regular game night

Round up a few friends or neighbors and challenge them to card, board, dice, or other types of games once a week or once a month. Games like bridge, canasta, poker, bingo, and charades can inspire lots of laughs in groups and generate plenty of fun.

5. Volunteer

Volunteering can become one of the most fun and meaningful activities you do as a senior. You can get out of the house, meet new people, and make a difference in your community. For example, volunteers at senior homes might play games, make crafts, or swap stories with the residents. Libraries, museums, thrift stores, and soup kitchens also rely on volunteers in order to operate. Plus, many cities have foster grandparent programs in which you get to spend time with at-risk youth who need positive role models in their lives.

VOLUNTEER!

Volunteer opportunities change frequently at the Amherst Center for Senior Services.

Please contact our Director of Volunteer Services, Jodi Kwarta for more information. She can be reached at either 636-3055, ext. 3126 or at jkwarta@amherst.ny.us

6. Join a band

If you play an instrument (or want to learn how to do so), why not join an established band or take a music class? Playing music with other people can be incredibly rewarding. And you don't necessarily even need any musical experience.

7. Get a dog

Walking a dog forces you to get outdoors in the fresh air, and you can easily strike up conversations with other dog owners or animal lovers while you're hanging out at the park. If you live somewhere that doesn't allow pets or you just don't want the full-time responsibility, try volunteering at your local animal shelter.



8. Get active on senior social networking sites

Did you know that, according to Pew Research Center, more than one-third of Americans over age 65 use social media? It's an excellent way to stay connected and engaged without even having to leave your home. Popular sites allow you to create personal profiles, connect with friends and family members of all ages, join groups of like-minded people, and engage in other social activities for seniors near you. A study in *The Journals of Gerontology: Series B* found that adults over 80 who connected with others through technology had better mental well-being than their peers who did not reach out digitally.

Follow us on Facebook, YouTube or Twitter!

9. Take an organized trip

If you're adventurous and want to get out and explore with other seniors, get in touch with travel groups. Sign up for a senior bus tour for a day or a weekend trip to a casino. Or go on a longer in-state, out-of-state, or out-of-country excursion. You can also look into senior RV clubs or cruise lines that offer special rates for older adults.

10. Consider moving into assisted living or senior-only communities

Preventing social isolation can be challenging, especially if you're less mobile than you used to be or can no longer drive. Those are some of the reasons why many older people decide to move into assisted living or senior-only communities. You get to live among people of the same generation, and most places of that type are designed to meet the needs of active seniors. So you could find all kinds of fun events and activities happening right in your own residential community.

STAY CONNECTED

It's clear that maintaining your social well-being can come with a whole host of mental and physical rewards. So use the ideas outlined above for inspiration – and get out there!

<https://www.greatseniorliving.com/health-wellness/social-well-being>

LEARNING AND SOCIAL

AARP SMART DRIVER

Improve driving skills and qualify for a discount on your automobile insurance. Instructor provided by the AARP. All-day course (includes 40 minute break for lunch). In-person or mail-in registration only.

Wednesday, 10/6
9:00am-4:00pm Classroom 2 *25 or \$30

Wednesday, 10/27
9:00am-4:00pm Classroom 2 *25 or \$30

Wednesday, 11/17
9:00am-4:00pm Classroom 2 *25 or \$30

*\$30 for Senior Center members. \$25 for Senior Center members who are also AARP members. **Make check payable to AARP Smart Driver.** Write your AARP membership # on your check and registration form. No fee waiver. Checks are held by the senior center and submitted to the AARP Instructor on the day of the class.

ALL THE NEWS & ISSUES ZOOM

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

Geoffrey McCauley, leader

Friday, 9/3-12/17 (15x) no class 11/26
10:00am-11:30am Zoom \$20

ART HISTORY ZOOM - 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 Zoom \$28

AVIATION

Explore the world of aviation from Piper Cubs to 4th generation supersonic fighter jets. Discover the history of early successes and failures, how two wings became one and then became swept back, who controls the arrivals at busy airports and how separation is ensured. Virtually any aspect and question about aviation can be examined and discussed by the class as the curriculum will be adapted to fit the class interest. Colonel Doug Routt, USAF ret., has over 5,000 hours in fighter jets and has flown numerous general aviation aircraft as an instructor for the FAA.

Douglas Byrum Routt, instructor

Thursday, 10/7-11/4 (5x)
10:00am-12:00noon Classroom 3 \$28.00

BRIDGE - Beginners Part 1

If you have never played Bridge or played bridge 'a long time ago' and want to re-learn, you will learn the basics in this class designed for Beginners. The complete course will be given over three trimesters - Fall, Winter and Spring - and will cover 12 basic concepts, 4 in each trimester. At the end of the course, you will have the basic skills needed to enjoy playing in any bridge game or club. Come join in the discussion, play cards, and be mentally challenged in a fun and friendly environment.

Ruth Nawotniak, instructor

Monday, 9/13-11/22 (10x) no class 10/11
10:00am-12:00pm Card Room \$40

CREATIVE WRITING WORKSHOP

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

Peter Siedlecki, instructor

Thursday, 9/16-11/4 (8x)
1:00pm-2:30pm Classroom 1 \$40

CURRENT EVENTS ZOOM

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

Jeff Goodman, Dick Mallison or Dick Schanley, leaders

Wednesday, 9/1-12/29 (18x)
9:30am-11:30am Zoom \$20

LEARNING AND SOCIAL - TECHNOLOGY

IT TAKES A WOMAN! - Achievement & Excellence from a Female Perspective

Margaret Thatcher once quipped "If you want something said, ask a man; if you want something done, ask a woman." This course will put a spotlight on the mighty deeds of women down through the ages in all walks of life including: politics (Queen Elizabeth I), religion (Mary Baker Eddy), science (Marie Curie), sports (Babe Didrikson Zaharias), literature (Agatha Christie, Toni Morrison) and music (Nadia Boulanger). Though the history books tend to focus on the lives of great men, we will look at the 'her-stories' of the high-achievement ladies who have spectacularly changed our world.

Michael Harris, instructor

In-House

Tuesday, 9/14-12/14 (13x) no class 11/2
9:30am-11:30am Classroom 2 \$41

Zoom

Tuesday, 9/14-12/14 (13x) no class 11/2
1:00pm-3:00pm Zoom \$41

FRENCH FOR FUN

This is NOT a beginning language class. Prior experience with the French language is optimal. Course goals are to improve French skills in five areas: listening, speaking, reading, writing and Francophone cultural knowledge. Oral communication in the language will be a focus, and the class will be conducted in French, as a general rule. Topical conversations will open each class. Then participants will discuss *Le Petit Prince* by Antoine de Saint-Exupéry related to the assigned reading in French. Grammatical topics will be presented and practiced.

Gary Behrns, instructor

Friday, 9/24-12/10 (10x) no class 10/29, 11/26
10:30am-12:00pm Classroom 1 \$54



LEARNING AND SOCIAL - TECHNOLOGY

COMPUTER ESSENTIALS

This course is for all computer users. Everything we do on our computers is done in a Window - copy & paste, save PDFs, download pictures, read documents, watch videos, listen to music, email, take classes, talk to our children... everything! This course will help with it all. Questions encouraged.

Nancy Wise, instructor

Wednesday, 9/1-9/22 (4x)
10:00am-11:30am Computer Room \$34

SMARTPHONE ESSENTIALS

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

Nancy Wise, instructor

Wednesday, 9/29-10/20 (4x)
10:00am-11:30am Computer Room \$34

WEBSITES AND EMAIL ESSENTIALS

Tips for casual and serious Internet users. No matter which device you use or where you use it, there are certain skills needed to get your online business done - download, copy & paste, fill out forms, email, share pictures. Essential Internet Browser, Website, and Email skills will be covered in this course, which not only includes basics, but tips, shortcuts, and more advanced skills. You need your email address and password. Questions encouraged.

Nancy Wise, instructor

Wednesday, 10/27-11/17 (4x)
10:00am-11:30am Computer Room \$34

ARTS AND CULTURE

ACRYLIC/OIL PAINTING

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

Elaine Grisanti, instructor

Monday, 9/13-11/15 (8x) no class 10/11, 11/1
9:30am-11:30am Art Room \$50

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)
10:00 am - 12:00 pm Art Room \$53

CALLIGRAPHY - Advanced

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

Mary Jo LaClair, instructor

Friday, 9/24-11/12 (8x)
1:00pm-3:00pm Art Room \$53

DRAWING - Intermediate

Create a drawing using various techniques. Photo reference will be provided. All classes are directed towards individuals with previous drawing experience. Each subject rendered will be demonstrated, step by step by the instructor, followed by student participation. Find the materials list at www.danmeyerwatercolors.com, select Classes at the top of the page and then scroll down the list to the class you are taking and select Materials List.

Dan Meyer, instructor

Thursday, 9/9-12/9 (12x) no class 11/11, 11/25
9:30am-11:30am Craft Room \$75

KNITTING/CROCHET

Learn basic stitches: new stitches and projects are introduced periodically. Work at your own pace on projects of your own choice. Each class has members at different skill levels. Please bring worsted weight yarn and knitting needles (size 8 or 9) or crochet hook (size H or I) to first class.

Mary Ann Belus, instructor

Thursday, 9/23-10/21 (5x) Classroom 1 \$35
9:30am-11:30am

Thursday, 10/28-12/9 (5x) no class 11/11, 11/25
9:30am-11:30am Classroom 1 \$35

QUILTING

Work on individual projects guided by the instructor. New individual and group projects will be introduced periodically. A short simple supply list will be discussed at the first class. In addition to individual creations, some class members may volunteer to work on a quilt to be raffled, proceeds of which will benefit the Senior Center.

Jan Brecht, instructor

Monday, 9/13-11/29 (11x) no class 10/11
9:30am-11:30am Classroom 3 \$38

WATERCOLOR - Intermediate

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

Dan Meyer, instructor

Wednesday, 9/8-11/24 (12x)
9:30am-11:30am Art Room \$75

WOODCARVING - All Levels

Carve a 6"x2 1/2" Old World Santa ornament just in time for the holidays. Fee includes wood block and printed out step by step instructions. Multi-award-winning instructor, Bill MacDougall, will work along with you sharing his personal carving step-by-step instructions and techniques. Bring your own carving knife and any other tools you have. You can view Bill's Old World Santa's on Facebook at Bill MacDougall's Carvings.

Bill MacDougall, instructor

Thursday, 10/14-12/9 no class 11/11, 11/25
2:00pm-4:00pm Art Room \$40

ARTS AND CULTURE - MUSIC

DRUMMING CIRCLE

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

Jennifer Nuwer, instructor

Friday, 9/10-10/29 (7x) no class 10/15
9:30am-10:30am Dance Room \$23

Friday, 11/5-12/17 (6x) no class 11/26
9:30am-10:30am Dance Room \$20

GUITAR, UKULELE, RECORDER LESSONS

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

Jennifer May, instructor

Monday, 9/13-10/25 (6x) no class 10/11
AM/PM time slots available Music Room \$75

Monday, 11/8-12/6 (5x)
AM/PM time slots available Music Room \$75

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

PIANO LESSONS

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

Sharon Dittmar, instructor

Thursday, 9/9-10/14 (6x)
9:00am-12:00pm Music Room \$75

Thursday, 10/28-12/16 (6x) no class 11/11,11/15
9:00am-12:00pm Music Room \$75

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

UKULELE SING-A-LONG - Beginning

This course is designed for those who have never played the Ukulele (or any instrument). Learn about the Ukulele, and how to play while singing songs and having a laugh or two. Ukuleles are provided for use during class. Anyone can play the Ukulele! Come give it a try.

Jennifer May, instructor

Monday, 9/13-10/25 (6x) no class 10/11
1:00pm-1:55pm Music Room \$25

Monday, 11/8-12/6 (5x)
1:00pm-1:55pm Music Room \$21

UKULELE SING-A-LONG - Continuing

This course is designed for those who have taken the beginner session or have played the Ukulele. Ukuleles are still available during class. We will learn more chords and try different strumming patterns. Of course we will have fun singing and learning new songs, while learning to play the Ukulele.

Jennifer May, instructor

Monday, 9/13-10/25 (6x) no class 10/11
10:00am-10:55am Music Room \$25

Monday, 11/8-12/6 (5x)
10:00am-10:55am Music Room \$21

SAVE THE DATE!!

SENIOR EXPO
October 27
4:00pm - 7:00pm

HEALTH AND FITNESS

20/20/20

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

Marilyn Ciavarella, instructor

Evening

Wednesday, 9/15-10/20 (6x)

5:00pm-6:00pm

Dance Room \$18

BALLET STRETCH

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

Dawn Tarbox-Szerbiak, instructor

Thursday, 9/16-10/21 (6x)

9:30am-10:25am

Dance Room \$24

Thursday, 10/28-12/16 (6x)

no class 11/11, 11/25

9:30am-10:25am

Dance Room \$24

CARDIO DRUMMING

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

Marilyn Ciavarella, instructor

Tuesday, 9/14-11/2 (8x)

12:00pm-12:50pm

Dance Room \$24

CHI KUNG and TAI CHI REFINEMENTS

We will explore the various connections of Chi Kung and Tai Chi. Chi Kung involves postures and breathing exercises that enhance vitality and well-being. Chi Kung also has an important effect on the quality of the stretching and fitness one can experience through Tai Chi. The combination of Chi Kung and Tai Chi will help you get stronger physically, gain greater control over heart rate and pulse through special relaxation techniques, and also soothe the nervous system. Prerequisite for this class is beginning Tai Chi.

Robert Sachs, instructor

Tuesday, 9/14-12/14

no class 11/23 &

Thursday, 9/30-12/16 (23x)

no class 11/11, 11/25

12:00pm-1:00pm

Activity Room B \$20

**COUNTRY LINE DANCING -
Beginner/Beginner Plus**

Designed for the Beginner and Beginner Plus who want to learn or improve their dancing skills. 45 minutes of easy to learn Country Western Dance Steps are followed by 45 minutes of slightly more advanced dance routines. Join in the fun and dance at your own level.

Connie Kaminski, instructor

Monday, 9/27-11/22 (8x)

no class 10/11

1:00pm-2:30pm

Dance Room \$24

DRUMS ALIVE - Drumming for Fitness

A new dimension of fitness which combines traditional aerobic movements with the powerful beat and rhythms of the drums. Unleash your inner rock star as you use a large stability ball and a pair of drumsticks to create a whole body experience - increase your endurance and awaken the brain. You will also have the opportunity to perform a variety of movements and strength exercises while using the stability ball and resistance band. Equipment provided.

Jill Bronsky, instructor

Morning

Wednesday, 11/10-12/15 (6x)

10:40am-11:30am

Dance Room \$18

Evening

Wednesday, 11/10-12/15 (5x)

no class 11/24

6:00pm-6:50pm

Dance Room \$15

HEALTH AND FITNESS

FALL PREVENTION - Safe on Your Feet

A series of total-body, muscle-toning routines. It is designed for strength, balance and flexibility, focusing on "Muscle Memory." Your muscles will learn to anticipate a possible problem such as how a fall feels when it begins. The moves range from seated to balancing routines. Fight age with strength.

Jean Widlicka, instructor

Wednesday, 9/8-10/20 (7x)
9:30am-10:25am Activity Room B \$18

Wednesday, 10/27-12/15 (7x) no class 11/10
9:30am-10:25am Activity Room B \$18

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, range of motion movements, and a fun obstacle course (in-house only) 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

In-House

Wednesday, 11/10-12/15 (6x)
9:30am-10:25am Dance Room \$18

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

Monday, 11/8-12/13 (6x)
10:00am-10:55am Zoom \$18

GET FIT WHILE YOU SIT

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

Jean Widlicka, instructor

Monday, 9/13-11/1 (7x) no class 10/11
10:30am-11:25am Dance Room \$17

Monday, 11/8-12/13 (6x)
10:30 am-11:25am Dance Room \$15

MEAN JEAN'S EXERCISE

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

Jean Widlicka, instructor

Monday, 9/13-11/1 (7x) no class 10/11
9:30am-10:25am Dance Room \$17

Monday, 11/8-12/13 (6x)
9:30am-10:25am Dance Room \$15

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

Tuesday, 10/26-12/14 (7x) no class 11/23
9:30am-10:25am Activity Room B \$17

Thursday, 9/9-10/21 (6x) no class 9/23
9:30am-10:25 am Activity Room B \$15

Thursday, 10/28-12/16 (6x) no class 11/11, 11/25
9:30am-10:25 am Activity Room B \$15

Friday, 9/10-10/15 (6x)
9:30am-10:25am Activity Room B \$15

Friday, 10/29-12/17 (7x) no class 11/26
9:30am-10:25am Activity Room B \$17

PICKLEBALL - Beginner

Did you know Pickleball is the fastest growing sport in the United States? It is a paddle sport that combines elements of tennis, badminton and ping pong. This six-week course is designed for the Beginner. Each week we will begin with instruction and drills, followed by practice and play for the remainder of the class. Members are welcomed to bring their own paddle, however, equipment will be provided. Wear comfortable clothing and sneakers are a must!

Cindy Weiss, instructor

Thursday, 9/30-11/4 (6x)
1:30pm-3:30pm Activity Rooms A & B \$24

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

Tuesday, 9/14-12/14 no class 11/23 &
Thursday, 9/30-12/16 (23x) no class 11/11, 11/25
11:00am-12:00pm Activity Room B \$20

TAI CHI - Intermediate/Advanced

A Chinese form of exercise for health and relaxation involving 108 slow, natural movements. Prerequisite: Completion of the Beginning Tai Chi class or advanced Tai Chi experience.

Marie Zafron or Alberta Heidinger, leaders

Tuesday, 9/7-12/14 no class 11/23 &
 Thursday, 9/9-12/16 (27x) no class 11/11, 11/25
 1:30pm-2:30 pm Dance Room \$20

TAP DANCING - Intermediate

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

Dawn Tarbox-Szerbiak, instructor

Tuesday, 9/14-10/26 (7x)
 9:30am-10:25am Dance Room \$28
 Tuesday, 11/2-12/14 (7x)
 9:30am-10:25am Dance Room \$28

TONE & SHAPE

Exercise to improve your tone, endurance, balance and burn calories. Light stretching, resistance, and strength training. Bring your own bands and light weights to class.

Marilyn Ciavarella, instructor

Monday, 9/13-11/8 (8x) no class 10/11
 12:00pm-12:50pm Dance Room \$24



GOLF CLUB

YOGA

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

Tina Phillips, instructor

In-House

Tuesday, 9/7-10/19 (7x)
 9:00am-10:15am Activity A \$18
 Tuesday, 11/2-12/14 (6x) no class 11/23
 9:00am-10:15am Activity A \$16
 Thursday, 9/9-10/21 (6) no class 9/23
 9:00am-10:15am Activity A \$16
 Thursday, 11/4-12/16 (5x) no class 11/11, 11/25
 9:00am-10:15am Activity A \$14

Zoom

Wednesday, 9/8-10/20 (7x)
 9:00am-10:15am Zoom \$18
 Wednesday, 11/3-12/15 (7x)
 9:00am-10:15am Zoom \$18

YOGA/CHAIR

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

Jennifer Nuwer, instructor

Friday, 9/10-10/29 (7x) no class 10/15
 11:00am-12:15pm Dance Room \$20
 Friday, 11/5-12/17 (6x) no class 11/26
 11:00am-12:15pm Dance Room \$17

CHINESE SQUARE DANCE CLUB



HEALTH AND FITNESS

YOGA AND MEDITATION

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

Jennifer Nuwer, instructor

In-House

Wednesday, 9/8-10/27 (7x) no class 10/13
11:00am-12:00pm Dance Room \$16

Wednesday, 11/3- 12/15 (6x) no class 11/24
11:00am-12:00pm Activity Room B \$14

Zoom

Tuesdays, 9/7-10/26 (7x) no class 10/12
11:00am-12:00pm Zoom \$16

Tuesday, 11/2-12/14 (6x) no class 11/23
11:00am-12:00pm Zoom \$14

ZUMBA

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

Marilyn Ciavarella, instructor

Thursday, 9/16-11/4 (8x)
12:00pm-12:50pm Dance Room \$24



Better Hearing Starts At Buffalo Hearing & Speech Center

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a hearing evaluation.



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Buffalo, New York 14203
www.buffalohearingcenter.com



SEPTEMBER IS NATIONAL
SENIOR CENTER MONTH

Sponsored by Aetna

FALL CALENDAR OF EVENTS

FALL PREVENTION WEEK

is September 20 - September 24

According to the U.S. Centers for Disease Control and Prevention, one-fourth of Americans over the age of 65 falls each year. There are steps you can take to prevent yourself from falling. Get more information about fall prevention tips.

There are steps you can take to reduce your risk. Answer these 12 questions to learn more about fall prevention tips. This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011: 42(6)493-499).

Check to see if you're at risk of falling with NCOA's Falls Free CheckUp tool. Just go to: <https://www.ncoa.org/article/falls-free-checkup>

COMMUNITY VOLUNTEER FAIR

Sponsored by Hearts and Hands

Thursday, September 23

11:00 am-1:00 pm

Have you been thinking about volunteering?

Stop by the Amherst Center for Senior Services and talk to community organizations that need your help and talents!

ACTIVE AGING WEEK

is October 4 - October 10

Sponsored by Aetna

The International Council on Active Aging began the first Active Aging Week in 2003. This week is meant to celebrate how positive the process of aging can truly be. Active Aging Week encourages adults over the age of 50 to take advantage of all that life has to offer. The goal of this week is to promote wellness initiatives and to get bodies up and moving!

NOVEMBER IS NATIONAL CAREGIVER'S MONTH

Sponsored by Family Choice of New York

Caregiving is a tough job. This November, we remember the people who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are friends and loved ones. November is National Family Caregivers Month and this year's theme is "Caregiving Around the Clock." Check out the latest helpful hints and community resources because if you don't take care of yourself, you can't take care of anyone else.

REGISTRATION

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

Thank you to all the members who have already set up your account. **Please use the link below if you have not done so:** <https://myactivecenter.com/#signup/USA.NY.Amherst.Amherst-Center-for-Senior-Services>

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

We have also created an instructional video that is available on YouTube at: <https://www.youtube.com/watch?v=fDrQ3Qoml0> to help walk you through the steps of creating your account.

myactivecenter.com/#signup/USA.NY.Amherst.Amherst-Center-for-Senior-Services

myactivecenter

Activate Account

If you have been issued a MySeniorCenter Key Tag by Amherst Center for Senior Services, enter it here so that the account is linked. This is necessary to enroll in activities and groups at this center. Your contact information on file with the center will be retrieved automatically.

Senior Center: Amherst Center for Senior Services

Key Tag Number:
The number on the back of your MySeniorCenter Key Tag (including the "X" prefix if applicable).

Home Phone Number:
Your phone number is only used to verify your identity. You should use the same number that is on file with the senior center that issued the key tag.

E-mail Address:

Password:

Confirm Password:

My spouse and I share an e-mail address and I would like to add him or her to this account

CLASS AND PROGRAM SEARCH

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

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

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

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

myactivecenter

Amherst Center for Senior Services

Activities Groups About

Activities

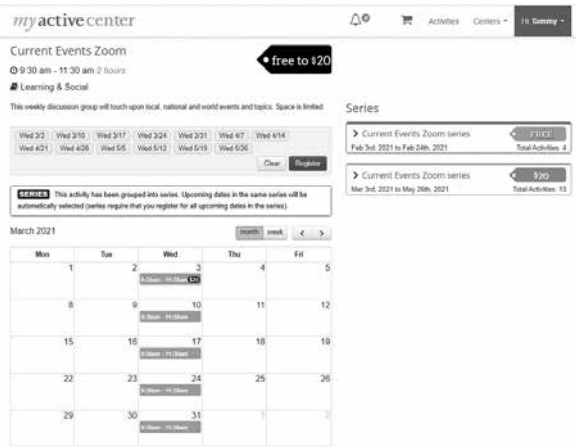
Filters

Showing 52 activities after Jan 13th in All categories

- AARP Tax Aide
 10:00 am - 3:00 pm (5 hours)
 Unsorted
 Description: None
 FREE Details
- All News & Issues Zoom
 10:00 am - 11:30 am (1 hour 30 minutes)
 Learning & Social
 Description: This weekly discussion group will touch upon local, national and world events and topics. Space is limited.
 FREE Details
- Art History Zoom
 10:00 am - 11:30 am (1 hour 30 minutes)
 Arts & Culture
 Description: None
 FREE Details
- Ballet Stretch Zoom
 9:45 am - 10:40 am (55 minutes)
 Health & Fitness
 Description: This workout combines ballet and stretch for a low-impact, fat burning workout. Have a chair available to help with balance and resistant bands, if you have them.
 FREE Details

STEPS FOR REGISTERING FOR CLASSES

1



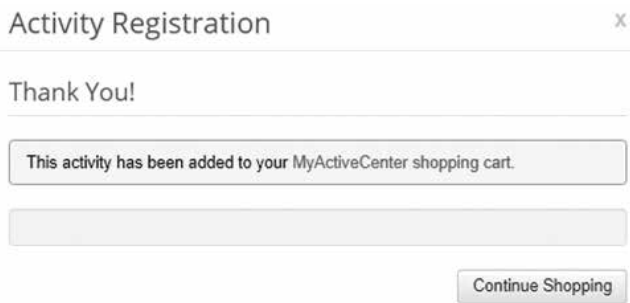
STEP 1

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

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

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

3



STEP 3

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

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

FINAL STEP

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

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

2



STEP 2

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

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

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

4



STEP 4

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

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



2021 FALL CLASS REGISTRATION - *Begins on August 16*

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

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

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

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

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

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

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

Name _____ Email _____

Street _____ City _____ Zip Code _____

Phone Number _____ Has any Information Changed? _____ If so, what? _____

COMPLETE COURSE TITLE	CENTER	ZOOM	DAY	TIME	START DATE	FEE

TOTAL \$ _____

(please circle one) Cash Charge Check Check Number _____

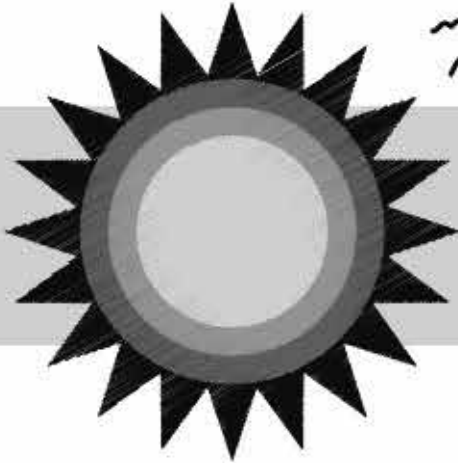
Card Number _____

Expiration Date ____ / ____ CVV Number _____ Total Charge _____

Signature Required _____

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

Office Use Only:
 Date: _____
 Initials: _____



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**nutritious food
friendly visits
safety checks**

716-636-3065

AmherstMealsOnWheels.org

**Amherst
Meals on Wheels**



eat well.



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Name _____ Email _____

Street _____ City _____ Zip Code _____

Phone Number _____ Has any Information Changed? _____ If so, what? _____

COMPLETE COURSE TITLE	CENTER	ZOOM	DAY	TIME	START DATE	FEE

TOTAL \$ _____

(please circle one) Cash Charge Check Check Number _____

Card Number _____

Expiration Date ____/____/____ CVV Number _____ Total Charge _____

Signature Required _____

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

Office Use Only:

Date: _____

Initials: _____

NEED A LIFT TO YOUR CLASS?

*Amherst Senior
Transportation Department*

Meeting the transportation needs of older adults



RESERVATIONS 636-3075

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

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



AMHERST GENERATIONS FOUNDATION

The Foundation raises funds to assist partner organizations that provide essential services supporting the health, independence and dignity of the Amherst aging community.

Over the past 20 years, the Amherst Generations Foundation has provided:

- **Wiring to the Amherst Senior Center with free Wi-Fi access for members throughout the building**
- **New Computer Lab at the Amherst Senior Center that features six computer stations and free Wi-Fi access, allowing additional members to bring in their own laptops and tablets to help others learn computer basics**
- **Expansion of the Senior Center Gift Shop, offering more room for members to shop, while enjoying a wider selection of merchandise**
- **Three new vans for Amherst Senior Transportation Services, helping countless older adults get to and from the Center and medical appointments**
- **Financial support for Amherst Meals on Wheels to help more older adults in need to receive daily nutritional meals**
- **\$20,000 grant for the Amherst Senior Center to purchase exercise equipment for new Wellness Room**
- **Funding for Youths Engaged in Service (YES) to provide services to seniors for home chores like leaf raking, shoveling, etc.**

For more information or to donate please go to amherstseniors.org



CLUBS WE OFFER:

Amherst Senior Singers Club
Art Club
Bike Club
Blues Band
Bridge Club
Camera Club
Chess Club
Chinese Mah Jongg Club
Chinese Square Dance Club
Mon. Community Service Club
Wed. Community Service Club
Creative Writer's Group Club
Cribbage Club

Dinner Club
Dominoes Club
Monday, Duplicate Bridge Club
Thursday, Duplicate
Bridge Club
Euchre Club
Genealogy Club
Knitting Club
Mah-Jong Club
Men's Golf Club
Music Combo Club
Pathfinders Club
Pinochle Club

Quilting Club
Reader's Theater Club
Recorder's Consortium Club
Rummikub Club
Scrabble Club
Stained Glass Club
Super Samba Card Club
Tai Chi Club
Travel Club
Upholstery Club
Wood Carving Club
Woman's Golf Club

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[www.youtube.com/channel/
UCertKsMD11Dk-55bQbR87hA](https://www.youtube.com/channel/UCertKsMD11Dk-55bQbR87hA)