

Fall Class Catalog 2025



Town of Amherst



**CENTER FOR
SENIOR
SERVICES**

AMHERST CENTER FOR SENIOR SERVICES

AmherstCenterforSeniorServices.com

370 John James Audubon Parkway · Amherst, NY 14228

ABOUT THE CENTER

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

AmherstCenterForSeniorServices.com

716-636-3050

HOURS OF OPERATION

Monday, Wednesday, Friday: 9:00am-4:00pm

Tuesday, Thursday: 9:00am-7:30pm

Doors open at 8:45am.

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

- Art Gallery - *Monthly Art is sponsored by Asbury Pointe*
- Billiard Room
- Card Room
- Dance Room - *Sponsored by Excellus Blue Cross Blue Shield*
- Wellness Center - *Sponsored by Kaleida Health*
- Library
- Music Room - *Sponsored by Susan Grelick in honor of her parents*
- Nutrition Room - *Sponsored by Highmark Blue Cross Blue Shield*

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

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

TO JOIN THE CENTER

Go to AmherstCenterforSeniorServices.com/
membership-plans and complete the application or stop
at the Center's Reception desk to sign up in person.

MEMBERSHIP DUES

Amherst Residents—Lifetime Membership

- \$50/Individual Membership
- \$75/Couple or Household Membership
A household is defined as two people living
together at the same address.

Non-Resident Current Member - Renewals Only

- \$50/Per Person

**Membership is open to adults age 50 or older
who live in the Town of Amherst. We are no
longer accepting new non-Amherst resident
memberships. We appreciate your understanding.**

FIRE DRILLS:

If the Center's emergency alarm goes off, you need to
vacate the building through the emergency doors.

FACEBOOK

The Amherst Center for Senior Services have a new
Facebook page. Please make sure to like or follow
our page AND, more importantly, please make sure
to like or follow the correct page. There are several
variations which have caused confusion, so let's get
the word out there about OUR page. Thanks!

<https://www.facebook.com/amherstnyseniorcenter/>

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AMHERST TOWN BOARD

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

AMHERST MEALS ON WHEELS

Delivers nutritionally balanced meals to seniors and disabled adults living in the Town of Amherst.

AmherstMealsOnWheels.org | 716-636-3065

AMHERST SENIOR TRANSPORTATION SERVICES

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

AmherstVans.org | 716-636-3075

HOLIDAY CLOSINGS

Monday, September 1 (Labor Day)
 Monday, October 13 (Columbus Day)
 Tuesday, November 11 (Veteran's Day)
 Thursday, Nov 27 & Fri., Nov. 28 (Thanksgiving)
 Wednesday, December 25 (Christmas)

Director's Note

The Amherst Senior Center offers a full spectrum of activities and classes from physical fitness... to mental development... to creative outlets... to just plain fun for older adults age 50+. Learn new skills, make friends, develop hidden artistic talent, and broaden your horizons through a variety of classes. Wellness and fitness classes invigorate your body and sense of self-esteem. Learn to draw and paint using a variety of media and explore opportunities to try arts as you learn about their history. Discover current and past cultures, gain knowledge of world affairs, and learn to express yourself through journaling and creative writing.

Classes are a mix of contractor, volunteer, or staff-led. This is your time to do what you have always wanted to do. Senior Center classes, programs, and clubs are limited to Amherst Senior Center Members.

Classes are offered on-site while a few are offered via Zoom. Paid registration is required for all classes.

If you know someone who may be interested in teaching a class, please send class ideas to Cindy Weiss at cweiss@amherst.ny.us.

Stay active, stay engaged, and stay healthy!

Best,

Melissa

Exciting Changes Coming to our Classes Catalog!

Starting in January, our seasonal classes catalog and monthly newsletter will be combined into one easy-to-use bi-monthly (every other month) guide.

This new format will provide you with information about

***Classes, Clubs,
 *Programs, Meals,
 *Outreach and Support, &
 other updates all in one place!**

Plus, registration for classes will now be ongoing instead of by semester, giving you more flexibility to join activities when it works best for you.



**AMHERST CENTER
FOR SENIOR SERVICES**

REGISTRATION BEGINS: WEDNESDAY, AUGUST 6, 2025

MEMBERSHIP IS REQUIRED FOR CLASS REGISTRATION

At 50 years of age, individuals are eligible for membership at the Amherst Center for Senior Services.

See page 2 for Membership Information.

FASTEST WAY TO REGISTER

The fastest way to register for a class is online. Create an account at MyActiveCenter.com. If you don't have your own computer, they are available in the Computer Room to use for registration.

WAYS TO REGISTER

1. ONLINE

Registration on MyActiveCenter.com begins on Wednesday, August 6, 2025 at 9:00am. To register online, you must be a member and set up an account at MyActiveCenter.com. Payments must be made by Mastercard, VISA, Discover or American Express.

2. TELEPHONE

Registration will begin on Wednesday, August 6, 2025 at 9:00am. Please call (716) 636-3051 to register with a credit card.

3. MAIL OR DROP OFF

Registrations will be processed beginning on Wednesday, August 6, 2025 at 9:00am. A separate form must be filled out for EACH person. 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.

4. WALK IN registration begins on Thursday, August 7, 2025 at 9:00am. Please bring completed form with exact payment by credit card, cash or check. **PLEASE NOTE: NO WALK IN registration or member applications will be processed on Wednesday, August 6, 2025.**

- Class registration is on a first come, first served basis. Registration forms are on page 23. Please make sure forms are filled out completely, accurately, and legibly.

ATTENDING CLASSES

Paid registration is required to attend classes. Those who participate in a class that they have not paid for will risk a suspension of their membership. Registration is for the entire session, regardless of whether a student is able to attend all classes. Students must register each trimester. Enrollment in a prior course does not guarantee enrollment in subsequent courses. So if you see a class you are interested in, register as soon as possible.

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

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.

WAIT LIST

If a class is full, when registering by mail, phone or in person, you will automatically be put on a wait list. When registering on MyActiveCenter, if the class is full, please call the Senior Center (716) 636-3051 to be added to the Wait List. When an opening occurs in the class, you will be contacted by phone for confirmation and payment.

REFUND POLICY

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 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.

A full refund will be processed for a course cancelled due to low registration. You will be notified by phone or email 1-2 business days before the scheduled start date. A refund check or credit to your Senior Center Account may take up to 30 days after cancellation to process. In the event a class is affected due to unforeseen circumstances such as weather and community health concerns, every effort will be made to reschedule the class. In the event that is not possible, credit will be issued to your Senior Center account if two or more classes are unable to take place.

FOR QUESTIONS REGARDING CLASSES

Cindy Weiss 636-3055 ext. 3109 or cweiss@amherst.ny.us

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.

WHY COURSES ARE CANCELLED

- Minimum Requirement**

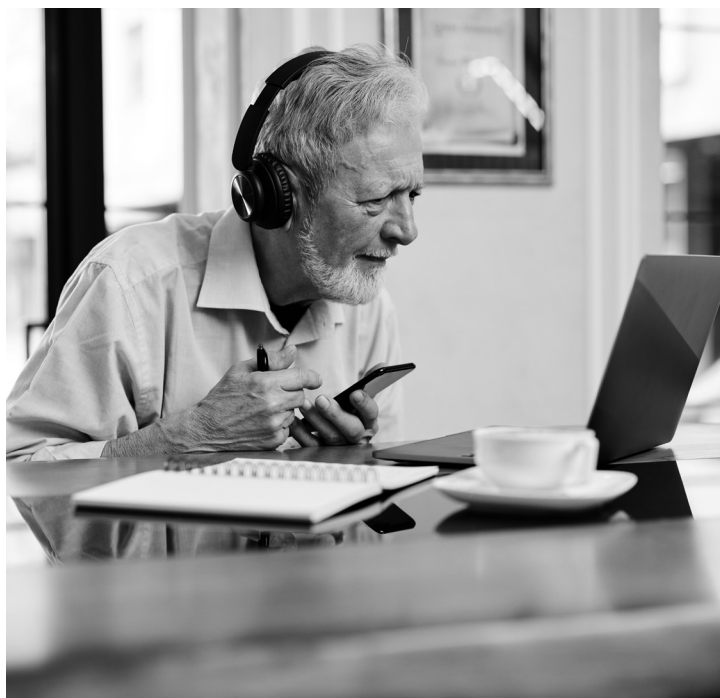
All courses are based on a minimum and maximum number of participants. If a course does not meet its minimum quota, it will be cancelled for that trimester. Please register on time in order to prevent cancellations.

- Instructor Cancels**

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 an automated call. When possible, cancelled 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. If you want to know if the building or activities are cancelled during bad weather, please watch "WEATHER CLOSING" announcements on: TV Stations: Spectrum-Channel 1, WGRZ-Channel 2, WIVB-Channel 4, WKBW-Channel 7



ZOOM CLASS INFORMATION

If you have never used Zoom on your device before go to: <https://zoom.us/download> to install it. Select Zoom Desktop Client if you are using a computer.

Links for Zoom Classes will be sent out **1 hour** prior to the class start time. The email will be sent from Amherst Center for Senior Services with the Subject: You have an upcoming Activity.

- Click on the **Click to Join** button in the email no more than 15 minutes before the class is scheduled to begin.



Amherst Center for Senior Services

You have an upcoming Activity!

Tammy's Test Zoom Class is starting at 6:00pm

Click to Join



- A new screen will pop up with a blue **JOIN MEETING** button in the upper right corner for you to click.
- On the next screen you will click on **Join Via App or Web**
- You will then click on **Open Zoom Meeting**
- Then select **Join with Computer Audio**
- If you do not see yourself on the screen you may need to click **Start Video**

Please Note: Zoom links are sent out 1 hour prior to the start of class (with the exception of Art History which is sent out the day before). If you don't see the link in your email, check your spam or junk folder. If you have any problems call the Center at 716-636-3050.

****Did you know you can access your Zoom link in MyActiveCenter for all your Zoom classes (exception - Art History)?** Just go to the Bell Icon located at the top of the page next to the Shopping Cart Icon. Click on the bell to see a countdown of the time until you can join. Once that time hits, you will be provided a **JOIN BUTTON** which will connect you straight to the Zoom lobby with participation instructions.

CREATING AN ACCOUNT ON MyActiveCenter

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. **If you have not set up your account, please go to MyActiveCenter.com then click on the New User button and follow the directions.**

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.

REGISTER

To Register for a Class, Club or Program in MyActiveCenter:

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

MyActiveCenter Training

Monday August 4 at 11:00am

Are you new to using MyActiveCenter to register for classes, clubs, lunch and programs? Do you need help setting up your account or trying to find the class you are interested in? Come learn how to

navigate MyActiveCenter. If are planning to use your tablet, laptop or phone, bring it with you and we will teach you on your own device.

LEARNING AND SOCIAL

ART HISTORY ZOOM- Secessionists: Avant-Garde Artists

Secessionists, Avant-Garde Artists in the 19th and 20th centuries, we will look closely at those artists who broke from academic structure to forge a new artistic expression. Beginning with the Impressionists, this course will examine the Viennese Secessionists, the Photo-Secession gallery of Alfred Stieglitz, and even the American Regionalists.

Laura Watts Sommer, Instructor

Thursday, 10/16-12/11 (8x) no class 11/27
10:00-11:15am Zoom \$32

ART OF ANCIENT GREECE

After a short introduction to the Art of Egypt and Minoan Crete, classes will look at the sculpture, architecture and vase painting of Classical and Hellenistic Greece. Included will be famous statues of young women (korai) and men (kouroi) and the gods (Venus de Milo, Zeus, Apollo), vase painting scenes (Greek myths), the sanctuary at Delphi, and the acropolis (Parthenon) of Athens.

Vance Watrous, Instructor

Monday, 9/8-10/27 (7x) no class 10/13
11:00-11:50am Senior Center \$24

AVIATION

Explore the world of aviation from Piper Cubs to 4th generation supersonic fighter jets. 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, 9/18-10/16 (5x)
10:00-11:00am Senior Center \$20

BASICS OF WINE APPRECIATION

Learn about wine making and wine types with the goal of feeling comfortable buying wine in a wine shop or ordering wine in a restaurant. We will explore wines from different classic wine regions of the world, define wine tasting terms and techniques, and explain wine names and labels. Suggestions will be made to buy and try wine for homework.

John Pizzuto, Instructor

Tuesday, 9/9-9/30 (4x)
6:00-7:00pm Senior Center \$18

BIRDS AROUND US

Classes will focus on the birds of our region and in your own backyard!

Patricia Szarpa, Instructor

Friday, 10/24, 10/31, 12/12, 12/19 (4x)
10:30-11:30am Senior Center \$16

BRIDGE BASICS PART I

This session is designed for the new learners or those who have not played for a while and need a reintroduction to the game. Concepts taught are Simple No Trump, Major and Minor Suit opening and responses. Basic leading and card playing strategies taught.

Ruth Nawotniak, Instructor

Monday, 9/8-11/24 (10x) no class 10/13, 11/10
10:00am-12:00pm Senior Center \$63

BRIDGE-Reviewing Bidding & Card Play

This 5-week session will continue to focus on discussing possible bidding sequences and card play strategies. Geared towards Advanced Beginners who have completed Basic Bridge Part III.

Ruth Nawotniak, Instructor

Monday, 9/8-10/6 (5x)
12:30-2:00pm Senior Center \$27
OR

Monday, 9/8-10/6 (5x)
2:30-4:00pm Senior Center \$27

Monday, 10/20-11/24 (5x) no class 11/10
12:30-2:30pm Senior Center \$27

OR
Monday 10/20-11/24 (5x) no class 11/10
2:30-4:00pm Senior Center \$27

COMEDY IMPROV

Have some laughs, explore your creative side, and learn Short-Form Comedy Improv in a style similar to *Whose Line Is It Anyway?* and *2nd City*. You will also learn character development, comedic timing, how to create a scene based on the audience suggestions, basic miming techniques, along with overcoming shyness, stage fright, and performance anxiety. Final class will include a Showcase Performance for interested students.

Mike Kowal, Instructor

Wednesday, 9/3-10/15 (7x)
1:00-2:30pm Senior Center \$33

CREATIVE WRITING WORKSHOP: Writing the Memoir

The goal of this beginner's workshop is to build independence and to improve your writing skills. Together we will explore the meaning of memories and events, and by writing about them, we will give these memories life. Please bring a notepad, pen, and a photograph that is special to you to our first class. Class activities and expectations will be discussed during our first meeting.

Robert Pena, Instructor

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

10:00-11:30am

Senior Center \$40

CURRENT EVENTS ZOOM

This weekly Zoom discussion group will touch upon local, national and world events and topics.

Jeff Goodman, Dick Schanley, Leaders

Wednesday, 9/3-12/17 (16x)

10:00-11:30am

Zoom \$20

On the following Wednesdays: 9/10, 10/8, 11/12, 12/10 there is an option to meet in person at the Senior Center. The cost to attend all 4 in-house classes is \$5.00.

NOTE: Registration for in-house classes is not available on MyActiveCenter. Please register at the Senior Center Reception Desk or by phone.

DEFENSIVE DRIVING COURSE

Class dates to be determined. Watch for information in our newsletter or in future emails from the Senior Center.

FRENCH FOR TRAVELERS - Introductory

Bonjour! This introductory French course is designed for travelers who want to communicate effectively and confidently while traveling in French-speaking countries. Students will learn vocabulary and phrases for common travel situations such as ordering food, asking for directions, shopping, and hotel accommodations. Emphasis will be placed on speaking and listening. No prior knowledge of French is required. *Allons-y!*

Tracie Zappia, Instructor

Wednesday, 9/10-11/5 (6x) no class 9/17, 10/1, 10/15

10:00-11:30am

Senior Center \$38

GENEALOGY HUNT: A Genealogy Class

Have you ever been interested in learning your family's story but didn't know where to begin? In this class designed for beginners and intermediate level researchers, you will learn the essential principles and concepts, methodology, organization, strategies and skills to pursue your family's history. Armed with this new knowledge, you will have a solid foundation to embark on your journey in discovering your ancestors and their stories.

Cindy Seitz, Instructor

Thursday, 9/4-10/16 (7x)

6:00-7:30pm

Senior Center \$28

HISTORY OF MYSTERY

Discover the world of mystery writing and the women who wrote them. Beginning in the nineteenth century women became known for writing detective stories. This class explores those women including the Goddess of Mystery, Agatha Christie. Each month the class will read a different woman detective writer. We will discuss writing techniques and styles. Every mystery reader will enjoy this class.

Harriet Grayson, Instructor

Thursday, 9/18, 10/16, 11/20, 12/18 (4x)

11:00am-12:00pm

Senior Center \$20

HOLIDAY RITUALS AND RECIPES

Holidays offer the chance to break our normal routines and have fun! Traditions provide a sense of shared history, connect us with our past, and offer the opportunity to create future memories. In this series of classes, we will explore the origins of common and uncommon fall and winter holidays, traditions, and favorite recipes.

Pati Aine Guzinski, Instructor

Thursday, 10/2-10/23 (4x)

4:00-5:00pm

Senior Center \$18

HOME LANDSCAPE DESIGN

Have you ever dreamed of having a gorgeous yard but didn't know where to begin? Let us show you how. This course covers the principles of landscaping design, site evaluation, detailed discussion of various outdoor plants, and a workshop designing each student's landscape.

Gary Van Houten, Instructor

Friday, 10/10-11/21 (7x)

1:00-3:00pm

Senior Center \$28



Michele Hrichan

Regional Medicare Sales Consultant

716.572.8315

**205 Park Club Lane
Buffalo, NY 14221**

michele.hrichan@univerahealthcare.com

INTRO TO ACTING for fun or profit (but rarely both)

Have some fun exploring your creative side, along with some laughs, and gain confidence in your skills whether experienced, new to acting, or you just want to take the class to experience performing. Topics to be covered include learning lines, auditioning, the skill differences for TV, Film and Stage, analyzing a script, making strong choices, character development and improv (to develop acting skills and as its own performance art). Open to new and returning actors. Final class will include a Showcase Performance for interested students.

Mike Kowal, Instructor

Wednesday, 10/29-12/17 (7x) no class 11/26
1:00-2:30pm Senior Center \$33

ITALIAN - BEGINNERS 1

Welcome to the study of the Italian Language. This course is for students who have little to no experience with the Italian Language and want to learn to read, write and speak Italian at a basic level. The course will use lectures, handouts, audiovisuals, and the book *Italian For Dummies* by Onofri, Moller and Picarazzi, 2nd edition, available on Amazon.com.

Dr. Charles Travagliato, Instructor

New Time:

Wednesday, 9/17-11/19 (10x)
9:30-11:00am Northwest Amherst
Community Center \$63

ITALIAN - ADVANCED BEGINNERS I

This course is for students with some experience and a basic understanding of the Italian language. We will start with a review of the basics and then proceed to tenses beyond the present. The class will use lectures, handouts, audiovisuals, and the book *Italian Workbook For Dummies* by Picarazzi, 1st edition, available on Amazon.com.

Dr. Charles Travagliato, Instructor

New Time:

Wednesday, 9/17-11/19 (10x)
11:15am-12:45pm Northwest Amherst
Community Center \$63

MAH JONGG-Beginner

If you have never played Mah Jongg but always wanted to learn, here is your chance. Mah Jongg is a tile-based game of skill, strategy and luck. Learn tactics & adaptive strategies. Space is limited.

Mary Domb, Karen Awayda, Instructors

Wednesday, 9/24-10/15 (4x)
12:00-2:00pm Senior Center \$16

THE ROARING TWENTIES - A Centennial Backwards Glance

What made the decade of the 1920s roar was the unprecedented speed of change in the post-World War One era. This course will track the many modernist innovations of the time: social (Prohibition), political (Women's right to vote), mass media (radio, cinema), literature (*The Great Gatsby*, *The Waste Land*, *Ulysses*), music (Jazz, Stravinsky, Schoenberg), theatre (Eugene O'Neill), art (Art Deco, Bauhaus) and dance (Charleston, Foxtrot). This fun and frivolous "movable feast" of the '20s, however, came to an abrupt close with the stock market crash of October 1929. We'll see if there are any parallels between the 1920s and our own 2020s.

Michael Harris, Instructor

In House

Tuesday, 9/2-12/16 (13x) no class 9/23, 11/4, 11/11
9:30-11:30am Senior Center \$56

Zoom

Tuesday, 9/2-12/16 (13x) no class 9/23, 11/4, 11/11
1:00-3:00pm Senior Center \$56

UNDERSTANDING FOOTBALL 101

What's a Down, Special Teams, Red Zone, Two Point Conversion or Shotgun? Impress your family on the next game day with a little knowledge of the basics of America's favorite sport. Once you understand football, you might be surprised to find out you like it and before you know it you will be shouting "GO BILLS"!

Angelo Lorenzo, Instructor

Monday, 9/8-9/22 (3x)
1:30-2:30pm Senior Center \$12



WISDOMKEEPER: AGE-ING to SAGE-ING

What does it mean to age, to become an Elder, a Wisdomkeeper? How do we welcome the process even with its inherent challenges and assess our life lessons to pass them on to those we encounter? We will use Jewish texts, breathwork, chant, song, silence, to ground us on our journey. Expect reflection and sharing as we build community and relationships. Class will meet every other Thursday.

Rabbi Yonina Foster of jfswny, Instructor

Thursday, 10/9, 10/23, 11/6, 11/20, 12/4 (5x)
1:00-2:30pm Senior Center \$20

LEARNING AND SOCIAL – TECHNOLOGY

COMPUTER ESSENTIAL SKILLS

Just the basics for beginners-power options, using a mouse and keyboard, understanding and using Windows, using an internet browser and more. Bring your charged laptop, mouse, and questions, and tell your friends.

Nancy Wise-Read, Instructor

Tuesdays, 9/9 (1x)
1:00-2:30pm Senior Center \$10

EMAIL ESSENTIAL SKILLS

Sign up to learn the basic skills needed to use your email wisely. Everyone wants us to do business by email. We will start by exploring our email account and what it has to offer. We will compose an email, send it, mark it as important, wait for a reply back. This is just the beginning. Bring your charged laptop or smartphone and your questions.

Nancy Wise-Read, Instructor

Tuesday, 9/16 (1x)
1:00-2:30pm Senior Center \$10

SMARTPHONE ESSENTIAL SKILLS

A basic class for all smartphone users: Android and iPhones. Learn how to use your smartphone with ease! Our experienced instructor will guide you through the basics of using your device, including navigation, messaging, and more. This class is perfect for seniors who want to stay connected with loved ones.

Nancy Wise-Reid, Instructor

Tuesday, 9/2 (1x)
1:00-2:30pm Senior Center \$10

Special Events

SEPTEMBER

Senior Center Month

Shakespeare In The Senior Center

Tuesday, September 16 6:00pm

Picnic At Veteran's Canal Park

Thursday, September 18 11:00am

OCTOBER

25th Anniversary Dinner for 370 John James Audubon Senior Center Location

Tuesday, October 7 4:30pm

Ask The Candidates

Thursday, October 16 8:30am

Senior Expo

Thursday, October 23 4:00-6:00pm

NOVEMBER

Williamsville Art Society Fall Show

Sunday, November 2 2:00-4:00pm

DECEMBER

Breakfast With Santa

Saturday, December 6 9:00am

Holiday Happening

Friday, December 19 6:00-8:00pm

USING YOUR PHONE WISELY

How can I quickly call or text a contact? I took lots of pictures, what can I do next? How can I find a picture without endless scrolling through all my pictures? I can't remember everything anymore, how can my smartphone help me remember? Where is the flashlight? It has a Calculator? What else? The text is too small to read, how do I change that? Why does the screen darken so quickly? Sign up for answers to these and other common smartphone use questions! Bring your own questions, and don't forget to bring your sufficiently charged smartphone. And, tell your friends!

Nancy Wise-Reid, Instructor

Android Phone Users

Tuesday, 10/14-10/28 (3x)
1:00-3:00pm Senior Center \$34

iPhone Users

Tuesday, 9/23-10/7 (3x)
1:00-3:00pm Senior Center \$34

LEARNING AND SOCIAL - TECHNOLOGY/ARTS AND CULTURE

USING YOUR EMAIL ACCOUNT WISELY

Learn more advanced skills to save you time. Add an automatic signature, schedule when to send emails, keep your inbox clean, and more. This includes other features, such as your address book and calendar.

Nancy Wise-Reid, Instructor

Tuesday, 11/18-11/25 (2x)

1:00-2:30pm

Senior Center \$20

USING YOUR COMPUTER WISELY-Recipe Scenario

Building on your basic computer skills, we will search the internet, copy and paste into WordPad/Notes, saving several documents which we will then organize into folders.

Nancy Wise-Reid, Instructor

Tuesday, 12/2-12/9 (2x)

1:00-2:30pm

Senior Center \$20

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 716-812-8937.

Elaine Grisanti, Instructor

Monday, 9/8-11/17 (10x)

10:00am-12:00pm

no class 10/13

Senior Center \$56

CALLIGRAPHY - Advanced/Broadnib Pen

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, 10/17-11/14 (5x)

1:00-3:00pm

Senior Center \$36

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. No experience necessary. A list of supplies is available at the Reception Desk at the Senior Center.

Mary Jo LaClair, Instructor

Friday, 9/19-11/7 (8x)

10:00am-12:00pm

Senior Center \$53

CALLIGRAPHY-Pointed Pen Flowers, Flourishes and More

Enjoy using a flexible pointed calligraphy pen to make beautiful thick and delicate thin lines. Use these lines to create flowers, flourishes and other abstract or realistic shapes. Use your creations for cards and other art works. An alphabet will not be taught. A supply list is available at the Senior Center Reception Desk or text 716-468-9578. No experience necessary.

Mary Jo LaClair, Instructor

Friday, 9/19-10/10 (4x)

1:00-3:00pm

Senior Center \$29

CARD-MAKING AND PAPER CRAFTS

Delight your family and friends with beautiful, handmade greeting cards. Discover the joys of rubber-stamping, embossing and die-cutting as we transform ink, stamps and cardstock into an array of wonderful greeting cards and paper products which will be suitable for various occasions. No experience necessary. A short list of supplies needed is available at the Reception Desk at the Senior Center. **Due to popularity of class, register for 1 session only!**

Margaret Watrous, Instructor

Tuesday, 9/2-9/16 (3x)

1:30-3:30pm

Senior Center \$15

OR

Tuesday, 9/30-10/14 (3x)

1:30-3:30pm

Senior Center \$15

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, 9/18-10/16 (5x)

9:30-11:30am

Senior Center \$39

Thursday, 10/30-12/4 (5x)

9:30-11:30am

no class 11/27

Senior Center \$39



LEARN TO DRAW

Class introduces basic drawing skills and includes proportionate, contour and perspective drawing. Learn to combine line, shape and form to bring simple objects to life. Each technique 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, 9/25-11/20 (9x)

12:30-2:30pm

Senior Center \$63

QUILTED BLOCK PARTY

Make blocks for place mats, table toppers, table runners and other home décor. If you like, you may bring in your own unfinished project. If you need a machine, bring in or just hand embellish and chat with us. We will start with a short demo of a new project and then get to work. Come and join us! All skill levels welcomed.

Rena M. Kantenwein, Instructor

Thursday, 9/11, 9/25, 10/9, 10/23, 11/6, 11/20, 12/4, 12/18 (8x)

10:00-11:30am

Senior Center \$40

WATERCOLOR - Beginner

This class will introduce students to the various techniques used in watercolor painting and how they relate to subjects found in our surroundings. Each technique 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, 9/25-11/20 (9x)

9:30-11:30am

Senior Center \$63

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, 9/24-12/10 (12x)

9:30-11:30am

Senior Center \$84

Registration Begins: Wednesday, August 6, 2025

WOODEN "GO BILLS" SIGN

Make this 13" round hanging wooden sign with a couple different mediums, paint and vinyl together. Background color can be of your choice. Learn how to use cricut vinyl to make this sign. Supplies will be provided.

Elaine Volker, Instructor

Wednesday, 10/1 (1x)

1:00-3:00pm

Senior Center \$20

WOODCARVING - All Levels

A good carving knife, a few small gouges and a small to medium size "V" tool will be used on these projects. A carving glove is a must. Kelvar or some other cut resistant material. If you don't have tools there will be a limited amount of loaners. Wood will be provided.

Bill Scudder, Instructor

Session 1 will carve a Peeking Mouse. This is a carving of a mouse sitting on a shelf peeking over the edge.

Thursday, 9/11-10/16 (6x)

2:00-4:00pm

Senior Center \$24

Session 2 will carve a standing Gnome. This carving is considered in the round, carved front, back and sides. It will be about 3" across and 7" tall. With a few minor adjustments this could be a Santa or an Elf; you can make your decision as you carve.

Thursday, 10/30-12/11 (6x)

2:00-4:00pm

no class 11/27

Senior Center \$24

ARTS AND CULTURE – MUSIC

BRAHM'S REMARKABLE STORY AND BRILLIANT MUSIC

Learn about the German Romantic composer Johannes Brahms. This course will cover his musical compositions, the influence of gypsy tunes on his work and his attachment to Clara Schumann, wife of his great friend and mentor, Robert Schumann.

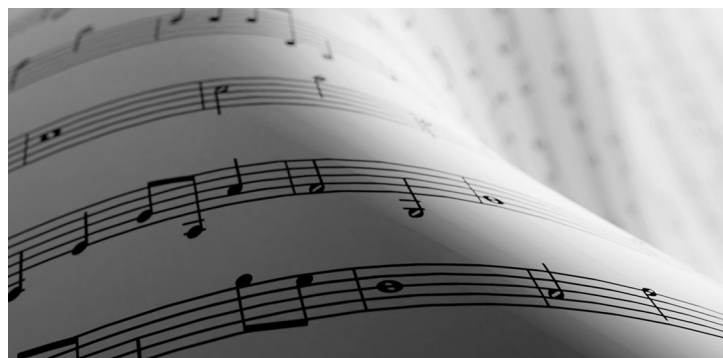
Sebnem Mekinulov, Instructor

Monday, 9/8-11/17 (10x)

1:15-3:15pm

no class 10/13

Senior Center \$40



ARTS AND CULTURE - MUSIC

GUITAR LESSONS-Beginner

In this class you will learn the basics of playing the guitar, including how to hold the instrument, strumming patterns, basic chords and tuning. You must bring your own guitar. **Note:** Short nails are necessary to play. This is a semi-private lesson with (2) students per class.

** This class is NOT eligible for a fee waiver and NO refunds for missed lessons.*

Greg Potter, Instructor

Wednesday, 11/5-12/10 (6x)
9:00-9:30am Senior Center \$42

Or

Wednesday, 11/5-12/10 (6x)
9:35-10:05am Senior Center \$42

GUITAR, UKULELE, RECORDER LESSONS

Individual half hour private lessons will be offered in person. 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 in-class time if needed. No prior musical experience is necessary.

Please note: Short nails are necessary to play string instruments. Lesson times are limited and will be assigned. Lesson books will be available for purchase.

**This class is NOT eligible for a fee waiver and NO refunds for missed classes.*

Jennifer May, Instructor

Monday, 9/8-10/6 (5x)
Limited times available Senior Center \$70

Monday, 11/3-12/1 (5x)
Limited times available Senior Center \$70

UKULELE SING-A-LONG - Beginning Group Lesson

This half hour lesson is designed for those who have never played the Ukulele. Classes will be limited to 4 students. We will work from printed handouts. Reminder that short nails are necessary for stringed instruments. Ukuleles are provided for use during class time if you need one.

Jennifer May, Instructor

Monday, 9/8-10/6 (5x)
11:00-11:30am Senior Center \$21

Monday, 11/3-12/1 (5x)
11:00-11:30pm Senior Center \$21



UKULELE SING -A-LONG- Intermediate Group Lessons

For those who have played at least one year, are comfortable with songs that have 2 chords, have tried to read TAB, and know a few strum patterns. We will be using Jim Beloff's Yellow Book and *Essential Elements Level 1* for Ukulele and handouts. (Extra books are available for use during class time). Reminder that short nails are best for string instruments.

Jennifer May, Instructor

Monday, 9/8-10/6 (5x)
12:00-12:55pm Senior Center \$21

Monday, 11/3-12/1 (5x)
12:00-12:55pm Senior Center \$21

UKULELE SING-A-LONG - Advanced Group Lesson

Geared to those who have been playing a number of years and are comfortable with songs that have more than 4 chords, fingerstyle, TAB, chord melody. Jim Beloff's Yellow and Blue Books and Handouts. (Extra books are available to use during class time.) Reminder that short nails are best for string instruments.

Jennifer May, Instructor

Monday, 9/8-10/6 (5x)
10:00-10:55am Senior Center \$21

Monday, 11/3-12/1 (5x)
10:00-10:55am Senior Center \$21

VOICE LESSONS

Enjoy singing? For your own self-enjoyment or as a member of a chorus or choir? Individual 45-minute private lessons are available for you to improve your singing voice and share your love of singing. Space is limited.

** Voice is NOT eligible for a fee waiver and NO refunds for missed lessons.*

Dale Suckow, Instructor

Friday, 9/5-10/10 (6x)
9:00am-12:00pm Senior Center \$110

Friday, 10/24-12/5 (6x) no class 11/28
9:00am-12:00pm Senior Center \$110

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

Monday, 9/22-10/27 (5x) no class 10/13
11:30am-12:30pm Senior Center \$20

Monday, 11/10-12/15 (6x)
11:30am-12:30pm Senior Center \$24

Wednesday, 9/24-10/29 (6x)
12:15-1:15pm Senior Center \$24

Wednesday, 11/12-12/17 (6x)
12:15-1:15pm Senior Center \$24

ARCHERY-Beginner

Check this item off your bucket list. Learn a new skill shooting compound and recurve bows. Archery is rich in fun and health benefits and is as therapeutic and beneficial to your concentration as yoga. Archery uses your full range of upper body muscles and keeps the mind sharp by working on focus. Learn basic archery skills including safety, shooting form, and scoring. Join others and "Take A Shot"! All equipment provided – personal equipment not allowed. **Due to class popularity, please sign up for 1 session only.**

Angelo Lorenzo, Instructor

Wednesday, 9/17-10/22 (6x)
10:30-11:30am Clearfield Community Center \$28

Greg Potter, Instructor

Thursday, 9/11-10/9 (5x)
10:30-11:30am Clearfield Community Center \$24

Thursday, 10/23-11/20 (5x)
10:30-11:30pm Clearfield Community Center \$24

ARCHERY SHOOT - Advanced

For the Archer who knows how to shoot and has taken beginning Archery.

NOTE: Cannot register for Beginning and Advanced Archery Shoot together.

Angelo Lorenzo, Instructor

Wednesday, 11/5-12/17 (6x) no class 11/26
10:30-11:30am Clearfield Community Center \$28

BALLET STRETCH

This class 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 and hand weights, if you have them.

Dawn Tarbox-Szerbiak, Instructor

New Days

Monday, 9/8-10/20 (6x) no class 10/13
10:10-11:05am Senior Center \$24

Monday, 11/3-12/8 (6x)
10:10-11:05am Senior Center \$24

Wednesday, 9/10-10/22 (7x)
10:10-11:05am Senior Center \$28

Wednesday, 11/5-12/10 (6x)
10:10-11:05am Senior Center \$24



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HEALTH AND FITNESS

BALLROOM DANCING - Beginner/ Beginner Plus

Join us for introductory ballroom lessons. No experience or partner necessary. Wear sneakers or flat shoes.

Karen Murphy, Instructor

Tuesday, 9/9-10/14 (6x) Senior Center \$22
1:15-2:15pm

Tuesday, 10/28-12/9 (6x) no class 11/11
1:15-2:15pm Senior Center \$22

BALLROOM DANCING - Intermediate/ Advanced

A variety of dances will be taught. Some experience necessary. No partner needed. Wear sneakers or flat shoes.

Karen Murphy, Instructor

Tuesday, 9/9-10/14 (6x) Senior Center \$22
2:30-3:30pm

Tuesday, 10/28-12/9 (6x) no class 11/11
2:30-3:30pm Senior Center \$22

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.

Dawn Tarbox-Szerbiak, Instructor

Morning

Monday, 9/8-10/20 (6x) no class 10/13
9:00-9:55am Senior Center \$24

Monday, 11/3-12/8 (6x) Senior Center \$24
9:00-9:55am

Wednesday, 9/10-10/22 (7x) Senior Center \$28
9:00-9:55am

Wednesday, 11/5-12/10 (6x) Senior Center \$24
9:00-9:55am

Marilyn Ciavarella, Instructor

Afternoon

Tuesday, 9/23-12/9 (9x) no class 11/4, 11/11, 11/25
12:15-1:05pm Senior Center \$36

Evening

Thursday, 9/25-10/30 (6x) Senior Center \$24
4:45-5:35pm

Thursday, 11/13-12/18 (5x) no class 11/27
4:45-5:35pm Senior Center \$20

CHAIR FITNESS

Strength, flexibility and balance are highlighted in this class. Get a total body workout both in and out of the chair. If you have your own hand weights, please bring them.

Greg Potter, Instructor

Wednesday, 9/10-10/15 (6x) Senior Center \$24
11:00-11:50am

Wednesday, 11/5-12/10 (6x) Senior Center \$24
11:00-11:50am

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, 9/3-10/15 (7x) Senior Center \$21
9:30-10:25am

Wednesday, 10/29-12/10 (7x) Senior Center \$21
9:30-10:25am

FUNCTIONAL FITNESS

Focuses on strength, mobility, balance and coordination through exercises that mimic everyday movements.

Angelo Lorenzo, Instructor

Tuesday, 9/16-10/21 (6x) Senior Center \$24
5:15-6:05pm

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, 9/8-10/6 (5x) Senior Center \$16
10:30-11:25am

Monday, 10/27-12/8 (7x) Senior Center \$21
10:30-11:25am

GROOVE AND MOVE

Have fun getting cardio fit and dancing your troubles away. This is a groove and move class that lets you dance to your own beat and steps. It's just one big dance party!

Dawn Tarbox-Szerbiak, Instructor

New Day

Tuesday, 9/9-10/21 (7x)	
10:10-10:55am	Senior Center \$28
Tuesday, 11/4-12/9 (5x)	no class 11/11
10:10-10:55am	Senior Center \$20

HIIT TO BE FIT

High Intensity Interval Training could be your next new favorite way to work out! We rotate using light weights and resistance bands in blocks of time. Work out times are alternated with rest periods. There is no running, jumping, or floor work, and all moves can be modified to meet your needs. You'll wonder how you ever lived without this fun class!

Suzanne Lewis, Instructor

Tuesday, 9/2-10/7 (6x)	
4:00-4:50pm	Senior Center \$21
Tuesday, 10/28-12/9 (6x)	no class 11/11
4:00-4:50pm	Senior Center \$21
Friday, 9/5-10/10 (6x)	
10:00-10:50am	Senior Center \$21
Friday, 10/31-12/12 (6x)	no class 11/28
10:00-10:50am	Senior Center \$21



INTRODUCTION TO HORSESHOES

Learn everything about this classic backyard game. Ideal for casual gatherings or serious competition. No experience necessary.

Angelo Lorenzo, Instructor

Thursday, 9/18-10/23 (6x)
10:30-11:30 am

North Forest Park
horseshoe pits \$24

LINE DANCING COUNTRY-Beginner/ Beginner Plus

Designed for the Beginner and Beginner Plus who want to learn or improve their dancing skills. Easy to learn Country Western Dance Steps with a progression to slightly more advanced dance routines. Join in the fun and dance at your own level. Wear comfortable clothing. Cowboy boots are recommended or a shoe that can slide. No sandals, flip flops or rubber soled shoes.

Connie Kaminski, Instructor

Monday, 9/8-10/27 (7x)	no class 10/13
1:00-2:30pm	Senior Center \$26

MEAN JEAN'S EXERCISE

Use large leg and arm motions to strengthen small and large muscles. Heart and lungs will benefit and you'll increase joint mobility. Seated and occasional standing exercises performed. Bring your own ball (small-to fit in your hand) and bands to class.

Jean Widlicka, Instructor

Monday, 9/8-10/6 (5x)	
9:30-10:25am	Senior Center \$16
Monday, 10/27-12/8 (7x)	
9:30-10:25am	Senior Center \$21
Tuesday, 9/2-10/14 (7x)	
9:30-10:25am	Senior Center \$21
Tuesday, 10/28-12/9 (6x)	no class 11/11
9:30-10:25am	Senior Center \$18
Thursday, 9/4-10/16 (7x)	
9:30-10:25am	Senior Center \$21
Thursday, 10/30-12/11 (6x)	no class 11/27
9:30-10:25 am	Senior Center \$18
Friday, 9/5-10/17 (7x)	
9:00-9:50am	Senior Center \$21
Friday, 10/31-12/12 (6x)	no class 11/28
9:00-9:50am	Senior Center \$18

MOVE, TONE AND STRETCH

Includes low impact cardio, toning with light weights or bands and some core work. Class will finish with yoga inspired stretching and breathing. This is a fun and low impact way to improve your range of motion, strength, balance and flexibility. Bring light weights (1-2 pounds) and a mat to class.

Kathy Bragagnola, Instructor

Monday, 9/8-10/20 (6x) no class 10/13
6:00-7:00pm Northwest Amherst
Community Center \$24

Monday, 11/3-12/15 (7x)
6:00-7:00pm Northwest Amherst
Community Center \$28

PICKLEBALL AT CLEARFIELD

Pickleball is a paddle sport that combines elements of tennis, badminton and ping pong. In this session, you will learn the basic rules of the game, along with plenty of opportunity for open play. Instruction is limited. Time will be spent playing to improve your skills and have fun. **Please Note:** Can only register for Beginner or Intermediate, not both.

Brian Ignaszak, Court Manager

All Levels

Monday, 9/8-10/20 (6x) no class 10/13
12:00-2:00pm Clearfield Community Center \$26

Monday, 10/27-12/8 (6x) no class 11/24
12:00-2:00pm Clearfield Community Center \$26

Wednesday, 9/10-10/15 (6x)
12:00-2:00pm Clearfield Community Center \$26

Wednesday, 10/22-12/3 (6x) no class 11/26
12:00-2:00pm Clearfield Community Center \$26

Beginner

Thursday, 9/11-10/16 (6x)
12:00-2:00pm Clearfield Community Center \$26

Thursday, 10/23-12/4 (6x) no class 11/27
12:00-2:00pm Clearfield Community Center \$26

Intermediate Play

Tuesday, 9/9-10/14 (6x)
12:00-2:00pm Clearfield Community Center \$26

Tuesday, 10/21-12/9 (6x) no class 11/11, 11/25
12:00-2:00pm Clearfield Community Center \$26

Friday, 9/12-10/17 (6x)
12:00-2:00pm Clearfield Community Center \$26

Friday, 10/24-12/5 (6x) no class 11/28
12:00-2:00pm Clearfield Community Center \$26

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 welcome to bring their own paddle, however, equipment will be provided. Comfortable clothing and sneakers are a must!

Due to class popularity, please sign up for 1 session only.

Greg Potter, Instructor

Morning

Tuesday, 9/2-10/7 (6x)
10:30am-12:00pm Northwest Amherst
Community Center \$20

Tuesday, 10/21-12/2 (6x) no class 11/11
10:30am-12:00pm Northwest Amherst
Community Center \$20

Cindy Weiss, Instructor

Afternoon

Thursday, 9/4-10/9 (6x)
1:30-3:30pm Senior Center \$26

Thursday, 10/30-12/11 (6x) no class 11/27
1:30-3:30pm Senior Center \$26



PICKLEBALL - Intermediate Instructional

Have you taken the Pickleball class, but want more in-depth instruction? Pickleball Intermediate Instructional Class will pick up where the Beginner Class left off. Learn about Topspin, Slice, Serving Technique, Ball Placement, Court Position, Communication and other situational pickleball theories. Should have prior experience, plus ability in pickleball. Suggested skill level is 3.0+. **First Time Students Only!** **Due to class popularity, please sign up for 1 session only.**

Greg Potter, Instructor

Thursday, 9/18-10/16 (5x)

6:00-7:30pm

Senior Center \$24

Thursday, 11/6-12/11 (5x)

6:00-7:30pm

no class 11/27

Senior Center \$24

QIGONG and TAI CHI REFINEMENTS

We will explore the various connections of Qigong and Tai Chi. Qigong involves postures and breathing exercises that enhance vitality and well-being. Qigong also has an important effect on the quality of the stretching and fitness one can experience through Tai Chi. The combination of Qigong 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 is Tai Chi-Beginning/Continuing class with completion of 108-move Tai Chi set. Class is held 2x a week, Tuesdays & Thursdays.

Robert Sachs, Connie Beroza, Instructors

Tuesday & Thursday, 9/2-12/18 (28x) no class 10/28,

10/30, 11/11, 11/27

12:00-1:00pm

Senior Center \$22

SELF DEFENSE AND MARTIAL ARTS FITNESS

This class is designed to promote both physical and mental well-being through the combination of physical exercise and mental focus. The program is structured to include exercises for stretching and tension relief, improvement to physical coordination and light general self-defense techniques, specifically adapted for older adults. The class is suitable for all ages and fitness levels.

Ayad Hussain, Instructor

Thursday, 9/11-10/9 (5x)

4:00-5:00pm

Senior Center \$20

Thursday, 10/23-12/4 (5x)

4:00-5:00pm

no class 10/30

Senior Center \$20



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SENIOR DANCE

Come and enjoy a 45-minute dance class of all low impact, moving to all music you know and love, individually, both men and women. Easy movements. We promise you will leave smiling.

Loretta Kaminsky, Instructor

Thursday, 9/4-10/9 (6x)

1:30-2:15pm

Senior Center \$20

Thursday, 10/23-12/4 (6x)

1:30-2:15pm

no class 11/27

Senior Center \$20

STRENGTH AND BALANCE

Designed to help improve stability, improve the risk of falls through safe, low impact exercises using light weights, resistance bands and body weight movements.

Angelo Lorenzo, Instructor

Tuesday, 11/4-12/16 (6x)

5:15-6:05pm

no class 11/11

Senior Center \$24

SPECIAL LUNCHES 2025

India Independence Day

Friday, August 15

Labor Day Picnic

Friday, August 29

Hispanic Heritage

Wednesday, September 17

Rosh Hashanah

Wednesday, September 24

Columbus/Indigenous Day/Day of the Race

Friday, October 10

Halloween

Friday, October 31

Veteran's Day

Monday, November 10

Thanksgiving

Tuesday, November 25

Christmas

Tuesday, December 16

Entertainment by Sweet Home

H.S. Concert Chorale

Hanukkah

Friday, December 26

New Year's Eve

Monday, December 31

Music provided by
Serendipity Swing

TABLE TENNIS - Beginner

Interested in trying a new sport? Already have experience but want to brush up on your skills? Learn the fundamentals of Table Tennis in a fun & relaxed environment with your peers. We will review the rules, singles/doubles play, stroke, spin & finish with free-play matches. Best for Beginner to Intermediate players. No experience needed.

Greg Potter, Instructor

Monday, 9/8-10/20 (5x) no class 9/15, 10/13
11:00am-12:15pm Senior Center \$24

TABLE TENNIS - Intermediate

Interested in advancing your table skills? This class will focus on table tennis fundamentals, starting with the standard grip, how to serve legally, and building hitting skills. The sessions will consist of short demonstrations, followed by structured practice, covering forehands, backhands and footwork. Later on we will work on serve skills and adding and responding to spin on the ball. Most of the time will be spent doing structured drills.

Glen Gordon, Instructor

Tuesday, 9/16-11/18 (8x) no class 10/7, 11/11
1:30-2:30pm Senior Center \$28

TAI CHI - Beginning/Continuing

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. Class is held 2x a week, Tuesdays & Thursdays.

Robert Sachs, Connie Beroza, Instructors

Tuesday & Thursday, 9/2-12/18 (28x) no class 11/11,
11/25, 11/27, 12/16
10:45-11:45am Senior Center \$22

TAP DANCING - Beginner

Have you ever wanted to take tap but never had the opportunity? Here's your chance to learn the fundamentals of tap dancing. Tap is a great way to exercise the body and the mind in a fun and exciting way. This class will teach you footwork and expression through sound. It is a great way to practice control, coordination and agility. Plus, it is a lot of fun! No experience needed, but tap shoes are required. This class can be done standing or sitting.

Dawn Tarbox-Szerbiak, Instructor

New Day/Time

Tuesday, 9/9-10/21 (7x)
11:10-12:05am Senior Center \$28

Tuesday, 11/4-12/9 (5x) no class 11/11
11:10-12:05am Senior Center \$22

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

New Time

Tuesday, 9/9-10/21 (7x)
9:00-9:55am Senior Center \$28

Tuesday, 11/4-12/9 (5x) no class 11/11
9:00-9:55am Senior Center \$22

TENNIS - Beginner

Learn to play Tennis. Instruction on strokes of tennis as well as drills and game play.

Angelo Lorenzo, Instructor

Tuesday, 9/16-10/21 (6x)
10:30-11:30am Clearfield Community Center \$24

Tuesday, 11/4-12/16 (6x) no class 11/11
10:30-11:30am Clearfield Community Center \$24

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

Morning - Beginner

Tuesday, 9/9-10/14 (6x)	
9:00-10:15am	Senior Center \$24
Tuesday, 11/4-12/16 (6x)	no class 11/11
9:00-10:15am	Senior Center \$24

Morning - All Levels

Thursday, 9/11-10/16 (6x)	
9:00-10:15am	Senior Center \$24
Thursday, 10/30-12/11 (6x)	no class 11/27
9:00-10:15am	Senior Center \$24

Afternoon - All Levels

Tuesday, 9/9-10/14 (6x)	
4:00-5:00pm	Senior Center \$21
Tuesday, 11/4-12/16 (6x)	no class 11/11
4:00-5:00pm	Senior Center \$21

Zoom - All Levels

Wednesday, 9/10-10/15 (6x)	
9:00-10:15am	Zoom \$24
Wednesday, 10/29-12/10 (7x)	
9:00-10:15am	Zoom \$24

YOGA/CHAIR

Chair yoga uses the chair as a prop for sitting and standing poses. The class will include stretches and poses that help alleviate muscle and joint stiffness as well as promote flexibility. Breath work, relaxation techniques and meditation are part of each class.

Colleen Maloney-Berman, Instructor

Morning

Friday, 9/5-10/10 (6x)	
9:30am-10:45am	Senior Center \$24
OR	
Friday, 9/5-10/10 (6x)	
11:00am-12:15pm	Senior Center \$24
Friday, 10/31-12/12 (6x)	no class 11/28
9:30am-10:45am	Senior Center \$24
OR	
Friday, 10/31-12/12 (6x)	no class 11/28
11:00am-12:15pm	Senior Center \$24

YOGA/GENTLE

Gentle flow yoga class focusing on mindful movements to help loosen the joints, build strength, balance and increase flexibility. Class will include floor and standing movements with variations for accessibility of the poses. Essential oil aromatherapy will be offered to use during class to enhance a sense of relaxation and stress relief. Bring floor mat and a light blanket.

Kathy Bragagnola, Instructor

Thursday, 9/4-10/16 (7x)	
6:00-7:00pm	Senior Center \$28
Thursday, 11/6-12/18 (6x)	no class 11/27
6:00-7:00pm	Senior Center \$24

YOGA-MINDFUL MOVEMENT CHAIR YOGA

Experience the calming power of movement and stillness in this gentle chair yoga and mindfulness meditation class. Designed for all abilities, this class combines intentional movements, breath awareness and meditative practices. Aspects of mindfulness will be discussed throughout the session. No prior yoga experience is necessary, just bring a willingness to breathe, move and be present.

Kathy Bragagnola, Instructor

Saturday, 9/13-10/18 (6x)	
10:00-11:00am	Harlem Road Community Center \$24

YOGA PLUS

Variations on basic postures are introduced. Breathing exercises and subtle relaxation methods are developed. Breath awareness is encouraged during postures and daily life to facilitate balanced health. **Prerequisite:** Completion of Beginning Yoga, or previous Yoga experience.

Christina Phillips, Instructor

Tuesday, 9/9-10/14 (6x)	
10:30-11:45am	Senior Center \$24
Tuesday, 11/4-12/16 (6x)	no class 11/11
10:30-11:45am	Senior Center \$24

ZUMBA DISCO

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

Marilyn Ciavarella, Instructor

Thursday, 9/25-10/30 (6x)	
12:00-12:50pm	Senior Center \$24
Thursday, 11/13-12/18 (5x)	no class 11/27
12:00-12:50pm	Senior Center \$20

Save the Date

Anniversary Dinner

Tuesday, October 7th

Enjoy Dinner, Dessert, and
Live Music



**We'll be celebrating the
25th anniversary of our
facility at
370 John James Audubon
5:00-7:00pm
(Doors open at 4:30pm)**

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



Stay warm and cozy

The Home Energy Assistance Program (HEAP)

HEAP is a federally funded program administered by New York State to assist low-income households with their energy needs. Multiple opportunities are available to apply for heating assistance and services while funding is available. To see if you're eligible, please contact our Senior Outreach Services, 716-636-3070.



HEAP
Home Energy
Assistance Program

A Program of the Office of Temporary and Disability Assistance

W Medicare Advisors
A DIVISION OF REIDENOUER INSURANCE SERVICES, LLC
HELPING SENIORS WITH MEDICARE SINCE 2008

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Are you getting ready to retire?**

IF SO, WE CAN HELP YOU:

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- ✓ Review prescription costs and check for Extra Help or NYS EPIC eligibility



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(716) 296-0022**



(716) 296 - 0022

www.RISAgency.net

Paul@risagency.net

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.



FALL 2025 CLASS REGISTRATION - WEDNESDAY, AUGUST 6, 2025

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

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

Telephone Please call (716) 636-3051 to register with a credit card.

Mail or Drop Off A separate form must be filled out for **EACH** member. Only checks or money orders will be accepted. 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 Registration begins on **Thursday, August 7 at 9:00am**. Please bring completed form with **EXACT** payment by credit card, cash or check.

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 \$						

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

Office Use Only:

Date: _____

Initials: _____

Payment Type: _____



Town of AMHERST

Senior Center

COURSE CATALOG

ADVERTISEMENTS

\$375

1/4 PAGE

- 3.75" x 4.75"
- Black and white

\$700

1/2 PAGE

- 7.75" x 4.75" or
- 3.75" x 9.75"
- Black and white

\$1300

FULL PAGE

- 7.75" x 9.75"
- Black and white

Our catalog is available at the Center and distributed to:

Amherst Libraries | Williamsville Town Hall
and online at www.amherstcenterforseniorservices.com
www.amherst.ny.us

Contact: Darlene Wilber, Public Relations Coordinator
dwilber@amherst.ny.us | AmherstCenterforSeniorServices.com

INSTRUCTORS NEEDED

The Amherst Center for Senior Services hires only the finest individuals to teach our classes.

We are always looking for new individuals to share their education and experience.

If you have a special skill or talent that you would like to share, consider joining our team and becoming an instructor at our facility. We welcome new ideas and always need fitness instructors.

Please contact our Class Coordinator, Cindy Weiss at cweiss@amherst.ny.us with your course proposal and if you are interested in teaching a day or evening class. We look forward to hearing from you.



OUR VISION

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

OUR MISSION

Empower all people with quality of live as they age.

OUR VALUES

ACCESSIBILITY

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

COMMUNITY

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

DIVERSITY

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

INCLUSION

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

KNOWLEDGE

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

SUPPORT

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