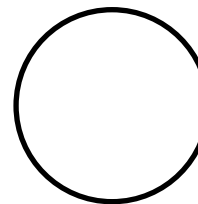
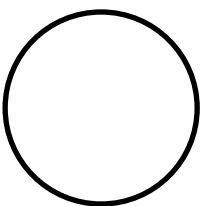




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AmherstCenterForSeniorServices.com



/AmherstSeniorServices



716-636-3050

**MASKS ARE REQUIRED  
TO ATTEND THE CENTER**

# THE NETWORK

The Monthly Newsletter of the Amherst Center for Senior Services/JANUARY 2022



## DIRECTOR'S NOTE

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### PHONE NUMBERS

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

### KEY STAFF CONTRIBUTORS

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

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

Jennifer Lazarz, Program Leader: jbono@amherst.ny.us

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

Donna Muck, Kitchen Manager: dmuck@amherst.ny.us

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

Maddy Turano, Social Worker: mturano@amherst.ny.us

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

Barb White, Recreation Leader: bwhite@amherst.ny.us

*The Network is arranged and designed by Christina Yensan,*

*Public Relations Director: cyensan@amherst.ny.us*

### AMHERST TOWN BOARD

Brian Kulpa, Supervisor

Jacqui Berger, Town Board / Deputy Supervisor

Deborah Bucki, Town Board, Liaison to Senior Services

Shawn Lavin, Town Board

Michael Szukala, Town Board

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

*new year  
new beginnings*

Many people look at the new year as a time to reflect on the previous year. I would like to wish Brian Bray, our former Director, much success in his new endeavor. I am honored and excited to be the new Director of the Senior Center. I have 21 years experience working at the Center and over 30 years experience working with older adults. We have an amazing team and I look forward to what the future holds.

I like to look at January as a new beginning. A way to prompt me towards new goals and annual planning in all areas of my life. Not that our history isn't important but it should be used to learn what makes us happy, healthy, and motivated and also what does not.

Change needs to be embraced as a way to accomplish what makes us more productive and happier with ourselves. You know the old saying, "you cannot do the same things and expect different results." So if the change you want for this year involves a new skill set or practice, this is the year to do it. Consider what you want to accomplish this year. Do you want to become more socially active? Do you want to improve your health? Do you want to strengthen relationships? Decide what you need from yourself to accomplish this.

The Amherst Center for Senior Services will also be entering into an new beginning with the Town's Youth and Recreation Department. This will allow us the opportunity to enhance the array of programs and experiences for you to stay active and motivated. We are also planning more outreach at various locations throughout the town, grandparent and kinship support, new classes, ....so many possibilities. *(Please see page 14 for more information on this new beginning)*

My hope for you is that you set your goal and are able to use our programs, classes, and services to accomplish this. Let's do this together.

Happy New Year!

*Melissa*

## MEMBERSHIP



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

### MASKS ARE REQUIRED TO ATTEND THE AMHERST CENTER FOR SENIOR SERVICES

#### HOURS OF OPERATION

Monday, Wednesday, Friday: 8:30 am-4:30 pm  
Tuesday, Thursday, 8:30 am-7:30 pm  
(beginning January 18)

#### ABOUT THE CENTER

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

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

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

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

#### NETWORK SUBSCRIPTIONS

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

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

#### MEMBERSHIP DUES

##### Amherst Residents—Lifetime Membership

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

##### Non-Resident—Annual Membership

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

##### Non-Resident—Lifetime Membership

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

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

To join the Center go to:

[AmherstCenterforSeniorServices.com/membership-plans](http://AmherstCenterforSeniorServices.com/membership-plans), complete the application, print it out and bring it to the Center with payment or simply stop in.

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

#### DO YOU GET EMAILS FROM THE CENTER?

Please contact our Public Relations Coordinator, Christina at [cyensan@amherst.ny.us](mailto:cyensan@amherst.ny.us) if you are currently not on the email list and would like to be added.



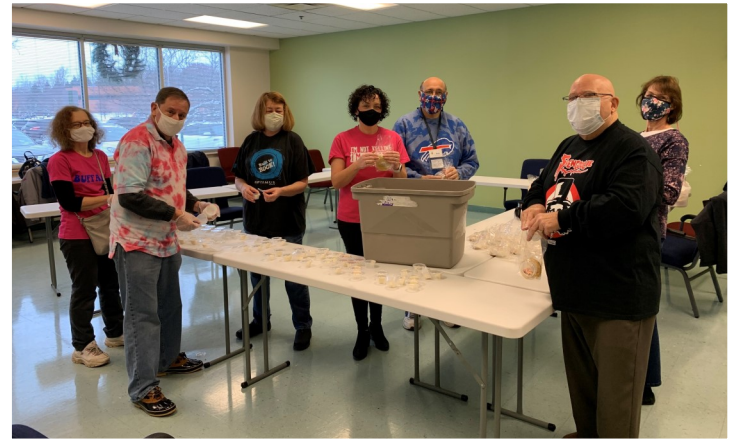
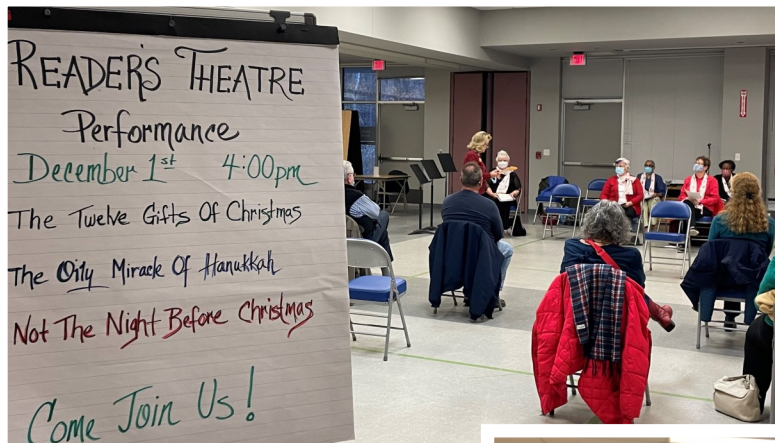
**AMHERST CENTER FOR SENIOR SERVICES MAIN LINE 636-3050**

## DECEMBER HIGHLIGHTS

The Rocky Blues Band has there very own website and even has a video on YouTube.  
Check them out at:  
<http://rockyblues.epizy.com/rockyblues.html>  
<https://www.youtube.com/watch?v=1JLCK0tvLgg>



Members and Staff generously donated holiday gifts to area children and Seniors



Volunteers assist Jen with Holiday Happening Drive Thru preparations

Members of the Chinese Square Dancing Club get ready to practice.



Members are well informed regarding Active Aging thanks to a presentation by Dr. Kenneth Garbarino, MD

## JANUARY HIGHLIGHTS

### ASK A COP

Wednesday, January 5 at 1:30 pm  
Come and meet officers from the Amherst Police Department and ask questions about what is happening in the community

### SILVER PRIDE TEA

Friday, January 7 from 10:00-12:00 pm



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

*Hosted by the Pride Center of WNY*

### HOT DOG SALE

Monday, January 10, 11:00 am  
\$1.50 each while supplies last.

### INFORMATION TABLES

**CLEAR CAPTIONS**-Monday, January 10, 11:00-1:00 pm

*This free service is available for individuals whose hearing loss inhibits their phone use*

**ASK THE DIETICIAN**-Tuesday, January 11, 10:30-12:00 pm

*Ask questions regarding your diet habits or needs*

**BROWN BAG MEDICATIONS**-Wednesday, January 9, 10:30-12:00 pm

*Bring all of your medications and supplements in for a Walgreen's pharmacist to review*

**TRUSTED CHOICE HOMECARE**-Thursday, January 13, 11:00-1:00 pm

*Learn about this program that helps families caring for loved ones*

**HEARTS AND HANDS**-Friday, January 14, 11:00-1:00 pm

*Whether you're interested in volunteering or you need assistance with transportation or friendly visits*

### BREAKFAST WITH FRIENDS

Tuesday, January 11 at 9:30 am



Have you heard the latest French Toast craze? It's made with ice cream! Fee is \$2. Please make your paid reservations by January 10 and no refunds after that date

### LOW INCOME TAX EXEMPTION

Apply for your Renewal Senior Citizen Low Income Exemption by March 1. Please call 636-3070 for an appointment at the Center with an employee from the Town Assessor's office on one of the following dates:

- Tuesday, January 11, 9:00-12:00 pm
- Thursday, January 13, 1:00-3:00 pm
- Tuesday, January 25, 9:00-12:00 pm
- Thursday, January 27, 1:00-3:00 pm

### NEW MEMBER SOCIAL

Tuesday, January 11 at 11:00 am or  
Tuesday, January 25 at 4:00 pm

Come meet some of the newest Senior Center members and find out more about everything the Center has to offer

### BETTER BUSINESS BUREAU

Thursday, January 27 at 11:00 am  
Learn about the latest scams



### AARP TAX PREPARATION

Appointments will be available from January 28 through April 8 on Tuesdays, Thursdays and Fridays from 10:00 am-3:00 pm at the Center. On the day of your appointment, you will drop off all of the required paperwork to have the taxes prepared. Then a day and time will be set for you to return to pick up your completed tax forms. Appointments available by calling 636-3055 ext. 3108 beginning January 18 from 10:00 am-1:00 pm

### NATIONAL DIABETES PREVENTION

Starts Thursday February 10 at 3:00 pm

This is a yearlong lifestyle change program for people who are 60 or older with a diagnosis of pre-diabetes. Contact Janice Nowak at Erie County Senior Services at 716-858-7470 for more information and to see if you qualify to participate

### OPEN PICKLEBALL

2:00 pm-4:00 pm on the below dates:

Tuesdays, January 4, Wednesdays, January 5, 12, 19  
Thursdays, January 6, 13, Fridays, January 7, 14, 21, 28

**RESERVATIONS REQUIRED FOR ALL PROGRAMS**

## PROGRAMS

### PROGRAM REGISTRATION



AmherstCenterForSeniorServices.com/Register

716-636-3051



In person at the Center's Registration Desk.

#### PLEASE NOTE:

Be sure to sign up for Clubs and Programs as space is limited. If you are unable to attend a Program that you have signed up for please contact us or use MyActiveCenter.com to cancel as there are often other members on the waiting list.

### CENTER PROGRAMS

#### GAMES

Jeopardy -Monday, January 3 at 11:00 am

#### MUSICAL MEMORIES CAFÉ

Tuesdays, January 4 and January 18 at 2:00 pm

Join us for an enjoyable time with your loved one for entertainment, socialization, reminiscing and refreshments. Please make reservations by calling 570-6520 or email [westfallsartcenter@gmail.com](mailto:westfallsartcenter@gmail.com)

#### MIND TEASERS

Thursday, January 6 at 11:00 am

#### IN CASE YOU MISSED IT *NEW PROGRAM*

Thursdays, January 6, 13, 20, 27 at 2:00

Have you seen commercials for a tv series that you would like to watch but haven't had a chance? We will offer different series available on DVD starting with Mare of Easttown starring Kate Winslet and Jean Smart. Have a suggestion for a series, let us know!

#### PAULA'S DONUTS

Friday, January 7 at 9:30 am

\$2 fee. Please make your paid reservations at the Front Desk by January 6 and no refunds after that date

#### FRIDAY FUNNIES

Friday, January 7 at 2:00 pm

Bob Hope Comedy Hour

#### COOKING WITH JEN

Thursday, January 13 at 11:00 am

We will be making a Mediterranean Quiche. Please bring a large container. \$3 fee. Please make your paid reservations at the Front Desk by January 11 and no refunds after that date

#### FAMILY FEUD

Friday, January 14 at 11:00 am (Limited spots)

#### HEARTS AND HANDS Information Table

Friday, January 14, 11:00 am-1:00 pm

#### COFFEE HOUR

Wednesday, January 19 at 1:00

Please bring your vaccination card

VACCINATED  
MEMBERS ONLY

#### BLOOD PRESSURE CHECK

Thursday, January 20 from 11:00 am-1:00 pm

Stop and have your blood pressure checked and learn more about Cardio Physical Therapy

#### FIRESIDE CHAT

Thursday, January 20 at 6:00 pm

Join your friends for casual conversation around the fireplace in the Gallery

#### ASK THE REALTOR

Friday, January 21 at 11:00 am

Presented by Anne Kader, RSES, licensed associate real estate broker with the Olear Team at MJ Peterson

#### PIZZA AND GAME NIGHT

Thursday, January 27 at 5:00 pm

Pizza by John and Mary's followed by a game of America Says. \$6 fee. Please make your paid reservations at the Front Desk by January 25 and no refunds after that date

#### NATIONAL HOT CHOCOLATE DAY

Monday, January 31, 11:00 am

VACCINATED  
MEMBERS ONLY



**RESERVATIONS REQUIRED FOR ALL PROGRAMS**

## PROGRAMS

### PROGRAM REGISTRATION



AmherstCenterForSeniorServices.com/Register



716-636-3051



In person at the Center's Registration Desk.

### VIRTUAL PROGRAMS

**TRIVIA** –*It's National Trivia Day!*

Tuesday, January 4 at 11:00 am

#### BOOK LOVERS CLUB

Monday, January 10 at 11:00 am

Have you read a good book lately and want to tell other book lovers? Send your favorite titles to

[jlazarz@amherst.ny.us](mailto:jlazarz@amherst.ny.us)

#### MEAL PLANNING FOR ONE OR TWO

Thursday, January 13, 11:00 am

*Presented by Jennifer Johnson, BC/BS*

#### NETFLIX CHAT

Friday, January 21 at 11:00 am

What have you been watching on Netflix? Let us all know what your latest binge worthy show is!

#### GAME Scattergories

Tuesday, January 25 at 11:00 am

#### COOKING WITH JEN

Wednesday, January 26 at 11:00 am

*One Pot Lemon Artichoke Chicken and Rice*

### HYBRID PROGRAMS

*If you choose to join us virtually, you will receive the link after you register.*

#### BINGO

Wednesday, January 5 at 11:00 am

Wednesday, January 12 at 1:00 pm

Wednesday, January 19 at 11:00 am

Wednesday, January 26 at 1:00 pm

#### BOOK CLUB

Monday, January 24 at 11:00 am

We will discuss *The Searcher* by Tara French

**FLASHBACK FRIDAY** -Friday, January 28 at 11:00 am

### MOVIES

#### MOVIES AT 1:30 pm:

Monday, January 3 *Cruella* PG-13, 2 hr. 14 min.

Monday, January 10 *No Time to Die* PG-13, 163 min.

Monday, January 24 *Spencer* R, 116 min.

Monday, January 31 *The Misfits* R, 1 hr. 34 min.

#### EVENING MOVIES AT 6:00 pm:

Tuesday, January 18 *Dream Horse* PG 1 hr. 53 min

Tuesday, January 25 *Spencer* R, 116 min

Tuesday, February 1 *The Misfits* R 1 hr. 34 min

#### DOCUMENTARY AT 1:30 pm

Friday, January 14

*I am MLK Jr.* Explores the life and career of civil rights activist Martin Luther King, Jr

#### ARMCHAIR TRAVELER

Friday, January 21 at 2:00 pm

Best of Travel – South Africa

#### FOREIGN FILM

Friday, January 28 at 1:30 pm

*The Tunnel* Not Rated 1 hr. 44 min. (Norwegian)

### HEALTH INSURANCE

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

#### Sheridan Benefits

Tuesday, January 18 from 10:00-11:00 am

Call Maria at 716-345-0337 to schedule appointment

#### Univera

Tuesday, January 4 from 10:00-1:00 pm

Tuesday, January 18 from 10:00 -1:00 pm

Call Michele at 716-572-8315 to schedule appointment

#### EPIC Information Table

Wednesday, January 26 11:00 – 1:00

#### Clarity Group

Monday, January 10 from 9:00 – 11:00 am

Call Lisa at 716-864-4886 to schedule an appointment

#### Blue Cross Blue Shield

Thursday, January 20 from 9:00-12:00 pm

Call Meghan at 716-887-8403 to schedule appointment

**RESERVATIONS REQUIRED FOR ALL PROGRAMS**

DO NOT MISS OUT ON CLASSES FOR  
THE NEW YEAR.

## CLASSES

### WINTER 2022 CLASS CATALOG

The Winter Class Catalog is available in hard copy at the Center, Town Hall and Amherst Libraries . It is also available online at: [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com).

### FASTEST WAY TO REGISTER

The fastest way to register for a class is online. Create an account at [MyActiveCenter.com](http://MyActiveCenter.com). If you don't have your own computer, computers are available in the Computer Room to use for registration.

### WAYS TO REGISTER

#### 1. Online

To register online, you must be a member and set up an account at [MyActiveCenter.com](http://MyActiveCenter.com). Payment must be by Mastercard, VISA, Discover or American Express.

#### 2. 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.

#### 3. Walk In (Please follow COVID-19 guidelines)

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

#### 4. Phone Registration

Please call 636-3051 to register with a credit card

### ATTENDING CLASSES

Paid registration is required to attend classes. Registration is for the entire session, regardless of whether a student is able to attend all classes. Students must register each trimester. Enrollment in a prior course does not guarantee enrollment in subsequent courses.

### 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.

### 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 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 three weeks to process.

### 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 canceled 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, 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 CLOSING" announcements on: TV Stations: WGRZ-Channel 2, WIVB-Channel 4, and WKBW-Channel 7 or Radio Stations: WBEN 930AM, WNED 94.5FM, WNYM 970AM, WGR 550AM, WKSE 98.5FM, and WTSS 102.5FM. Some classes may receive robo calls.

## WINTER CLASS HIGHLIGHTS

### CARDIO DRUMMING -Evening

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, and 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*

Thursdays, 1/20-2/24 (6x), 4:45pm-5:35pm \$18

Thursdays, 3/10-4/14 (6x), 4:45pm-5:35pm \$18

### DEFENSIVE DRIVING CLASSES:

Improve your driving skills and qualify for a discount on your automobile insurance. All-day course includes a lunch break. In person or mail-in registration only. Registration forms available at the senior center or in the back of the Winter Class Catalog.

### AARP SMART DRIVER

Wednesday, 1/19, 9:00 am – 4:00 pm or

Wednesday, 2/16, 9:00 am-4:00 pm

\$25 for AARP Member. \$30 for Non AARP Member.

**Checks made payable to AARP Smart Driver.** Write your AARP membership # on your check and class registration form. No fee waiver. Checks are held by the senior center and submitted to the instructor on the day of the class.

### SAFE DRIVER ACADEMY

NYS DMV's only Approved Humor Based Defensive Driving Class

Wednesday, 1/26, 9:00 am-3:30 pm or

Wednesday, 2/23, 9:00 am-3:30 pm

\$35 per person. **Checks made payable to Safe Driver**

**Academy.** No fee waiver. Checks are held by the senior center and submitted to the instructor on the day of the class.

### INTRODUCTION TO MUSIC

This course serves as an introduction into the art of listening to and understanding music in the Western musical tradition. Students will learn the fundamentals of music through the study of melody, rhythm, harmony, texture, form, text relationships and various genres. Pieces discussed will run the expanse of music history, from the Middle Ages through contemporary and popular music. You will be exposed to different forms of art that are accompanied by music such as Ballets, Operas and Musicals. At the end of this course students will be able to develop a musical vocabulary to discuss the listening experience and the qualities of the music.

*Sebnem Mekinulov, Instructor*

Mondays, 1/24-4/18, 1:00-3:00 pm (12x) \$50  
no class 2/21

*Sebnem Mekinulov is a professional soprano who graduated from The Juilliard School. She performed at the Istanbul State Opera in her native Turkey and has performed frequently with the BPO. She currently is a professor at Daemen College.*

### 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](http://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, 3/3-4/7 (6x), 9:30am-11:30am \$43

NEW  
CLASS

## 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 become an instructor at our facility. We welcome new ideas.

Please contact our Class Coordinator, Cindy at [cweiss@amherst.ny.us](mailto: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.

## SENIOR SERVICES

### ACCESSIBLE PARKING TAGS

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

**Must make an appointment.**

---

### AMHERST MEALS ON WHEELS

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

AmherstMealsOnWheels.org | 716-636-3065

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### AMHERST SENIOR TRANSPORTATION SERVICES

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

AmherstVans.org | 716-636-3075

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### FOOD PANTRY

If you or someone you know is in need of non perishable food items, we have an on-site pantry. Please contact a Social Case Worker to make arrangements.

---

### SENIOR OUTREACH SERVICES

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

---

### SOCIAL CASE WORKER

Social Work Services are Here for You!

Your needs are important to us and we want to assure you that we are committed to working diligently to provide information and referrals for programs and services. Social Work is available to meet for in-person office visits **by appointment only**, as well as telephone or virtual appointments. Please call the Social Work office for your appointment.

---

### MINDFULNESS MATTERS

**Special Guest Dr Louise Ferretti.**

**Tuesday January 18<sup>th</sup> at 2:30 pm**

Topic: Becoming More Receptive to Love:

Dr. Louise Ferretti is a Clinical Psychologist serving families in WNY. She has been exploring Mindfulness practices for over 20 years, with experience in Vipassana and Tibetan Meditation. This month Dr. Ferretti will discuss ways to practice and how to embody love on an everyday basis. What are the blocks that keep you from loving, and what can you let go of to let love into your life?

---

### MONTHLY SUPPORT MEETINGS

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

### WIDOW/WIDOWERS SUPPORT GROUP

**Tuesday, January 11 at 11:00 am**

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

---

### CAREGIVERS SUPPORT GROUP

**Wednesday, January 19 at 1:00 pm**

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

---

### LOSS AND GRIEF GROUP

**Thursday, January 6 at 11:00 am**

This group will be starting back in January and will meet every Thursday for six weeks. This series will conclude on February 10<sup>th</sup>. We want to hear your opinion for this next series! There are many topics surrounding loss and grief and we would like to know what members want to focus the next series on. Please contact Maddy with any questions or suggestions.

---

## SOCIAL CASEWORKERS:

**VIJAYA TOMAR, MSW, 636-3055, EXT. 3165 or vtomar@amherst.ny.us and  
MADDY TURANO, LMSW, 636-3055, EXT. 3129 or mturano@amherst.ny.us**

*Reservations are required for all programs or one-on-one appointments .*

# VOLUNTEER

## THANK YOU MEMBERS

We sincerely thank all of our members who made donations and /or purchased gifts for the "Love-a-Veteran" collection, the "School #30 Giving Tree", and the "Senior Snow Angel" collection drives. The recipients of your donations are sure to enjoy a merrier holiday season due to your thoughtfulness and generosity.

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## GENTLE REMINDER

Please remember to submit your monthly volunteer hours into the 'My Senior Center' kiosk when you swipe in as you arrive in the building to volunteer, no later than December 30<sup>th</sup>. After that date, they won't count towards the annual total and we don't want you to miss out on receiving kudos for the hours you've earned and it's important for us to be able to count all of your service hours amongst our yearly totals. For those of you who volunteer outside the Center and don't have an opportunity to report your volunteer hours at the kiosk, please contact us and we can take care of that for you.

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## GIFT SHOP

The Gift Shop will be closed for inventory purposes the first week in January.

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## CLUB UPDATE

**The Rocky Blues Band has there very own website and even has a video on YouTube. Check them out at:**

<http://rockyblues.epizy.com/rockyblues.html>

<https://www.youtube.com/watch?v=1JLCK0tvLgg>

"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another."

– Erma Bombeck

## COMMUNITY SERVICE CLUBS

*Our community service clubs earn volunteer hours for the time they spend creating items to either sell at the Center or donate within the community.*

### BAKERS RACK SALE

Friday, January 14 from 9:00 am-12:30 pm  
*Proceeds benefit the Center*

### COMMUNITY SERVICE SEWING PROJECTS CLUB

New members now being recruited. Simple sewing projects that include tasks such as sewing 'lining' pockets for walker/wheelchair bags, cutting fabric to make masks, cutting ribbon. Kits of various projects can be taken home for volunteers to work on and then be returned upon completion. The items made by this group are donated in the community or sold at Club Sales, with proceeds to be used to purchase additional materials. If you are interested or want to learn more, contact group leader, Rena, at (716) 574-8010

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## VOLUNTEER PERFORMANCE CLUBS

*Our volunteer performance clubs earn volunteer hours for their performances and rehearsals at the Center and within the Community*

### AMHERST SENIOR SINGERS

Leader: Carol Mayo, 632-3929  
Wednesday rehearsals at 1:00 pm-3:00 pm  
Performs at the Center and community organizations

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### AMHERST ROCKY BLUES BAND

Leader: Ed Morgan, 633-4309  
Friday rehearsals at 12:30 pm  
Performs at the Center and community organizations

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### MUSIC COMBO

Leader: Susan Florek-Birney, 839-3628  
Thursday rehearsals, 1:00 pm-2:30 pm  
Performs at the Center and community organizations

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### READER'S THEATER

Leader: Pam Williams, 912-0053  
Monday at 1:30 pm  
Performs at the Center and community organizations

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

## CLUBS

### CLUB REGISTRATION



AmherstCenterForSeniorServices.com/  
Register



716-636-3051



In person at the Center's  
Registration Desk

#### ART CLUB

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

#### BIKE CLUB

Leader: JoAnne Stepien, 837-7993

#### BRIDGE CLUB

*Looking for a new Leader and Co  
Leader. If you are interested, please  
call Tammy at 636-3055, ext. 3172*

#### CAMERA CLUB

Leader: Claire Kaymon, 650-1551 or  
[ckaymon@sbcglobal.net](mailto:ckaymon@sbcglobal.net)

Tuesday, January 11, 1:00 pm  
*Black & White Film to Print*  
Speaker: Steve Dent

Tuesday, January 25, 1:00 pm  
*Show off Your Black & White Images*  
Speakers: Participating Members

*Members may always submit up to  
four photos for critiquing at each  
meeting*

#### CANASTA CLUB

Leader: Mary Ann Devlin, 839-1858  
Thursdays, from 1:00-4:00 pm

#### CHESS CLUB

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

#### CREATIVE WRITERS CLUB

Leader: Carolyn Takach, 632-7478  
First and Third Mondays, 10:00-  
12:00pm

#### CRIBBAGE CLUB

Leader: Mark Pascale,  
[senior.pascale@gmail.com](mailto:senior.pascale@gmail.com)  
Thursdays at 12:45

#### DINNER CLUB

Membership Chair: Mary Bashore,  
691-6714 or [mrybash@gmail.com](mailto:mrybash@gmail.com)  
New members welcome! Please call  
Mary for information on joining.

#### DOMINOS CLUB

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

#### DUPLICATE BRIDGE (THURS)

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

#### DUPLICATE BRIDGE (FRI)

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

#### EUCHRE CLUB

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

#### GENEALOGY CLUB

Leader: Sally Clements, 835-9248

#### MAH JONG

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

#### MEN'S GOLF CLUB

Leader: Jim Pettis, 626-0889 or  
[jrpettis1@yahoo.com](mailto:jrpettis1@yahoo.com)

#### PATHFINDERS

Leader: JoAnne Stepien, 837-7993

#### PINOCHLE CLUB (MON)

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

#### PINOCHLE CLUB (WED)

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

#### RUMMIKUB CLUB

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

#### SCRABBLE

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

#### STAINED GLASS CLUB

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

#### SUPER SAMBA CLUB

Leader: Jan Valtin, 689-8664

#### TAI CHI CLUB

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

#### UPHOLSTERY CLUB

Leader: Kate Wagner, 836-2439  
Meetings are Wednesdays from  
9:00-12:00 pm

#### WALKING CLUB

Leader: Bill Albrecht, 565-0634  
Will resume in May

#### WOOD CARVING CLUB

Leader: Jen Lazarz, 636-3050  
Tuesdays, 9:00-11:30 am

#### WOMEN'S GOLF CLUB


Leader: Mary Ann Young, 639-1169

*See page 12 for Volunteer  
Performance Clubs and  
Volunteer Community Service  
Clubs*

\$3 suggested donation

## JANUARY NUTRITION

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

<u>MONDAY</u> <b>Vegan Option</b>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Lentil soup Small salad Bread Dessert	<b>3</b> Chicken Spanish rice Mixed vegetables Wheat bread Cookie	<b>4</b> Salisbury steak Mashed potatoes Mixed vegetables Rye bread Tropical fruit	<b>5</b> Omelet Garden rice Carrots Dinner roll Cake	<b>6</b> Turkey w/gravy Mashed potato Peas & onions Stuffing Diced peaches	<b>7</b> Fish Potato wedge Broccoli Wheat Banana
Garden burger Roll Potato, vegetable Dessert	<b>10</b> Polish sausage Sauerkraut Pierogi Mixed vegetables Roll Mandarin orange	<b>11</b> Spaghetti Meatballs Broccoli Grape juice Pasta Fruit cocktail	<b>12</b> Chicken stir fry Stir fry vegetables Carrots Rice Fortune cookie	<b>13</b> Scrambled eggs Sausage Pancakes Orange juice Muffin Tropical fruit	<b>14 MLK LUNCH</b> Breaded chicken Beans Spinach Corn muffin Pecan pie
Vegetable stir fry Rice Bread Dessert	<b>17 CLOSED</b> 	<b>18</b> Chicken Caesar Salad Chili Italian bread Angel food cake	<b>19</b> Meatloaf w/gravy Au gratin potatoes Lima bean bake Honey bran bread Tropical fruit	<b>20</b> Pork chop w/gravy Mashed potatoes Peas Dinner roll Chocolate pudding	<b>21</b> Breaded fish Rice Green beans Muffin Diced pears
Vegetarian chili Baked potato Bread Dessert	<b>24</b> Julienne salad Beef soup Fruit punch Italian bread Apple	<b>25</b> Turkey w/gravy Mashed potato Mixed vegetables Dinner roll Cookie	<b>26</b> Chicken Rice pilaf Carrots Wheat dinner roll Orange	<b>27</b> Macaroni & cheese Stewed potatoes Broccoli White bread Banana	<b>28</b> Roast beef w/gravy Mashed potatoes Mixed vegetables Rye bread Cake
Lentil soup Small salad Bread Dessert	<b>31</b> 1/2 Reuben Vegetables Cranberry juice Rye bread Mandarin orange				

Tuesday, January 18, 5:00 pm

Chili, baked potato, chef salad and dessert



Tuesday, January 25, 5:00 pm

Creamy pesto chicken pasta,  
vegetable and dessert

\$5.00

*"I have decided to stick with love. Hate is too great a burden to bear."*

*Dr. Martin Luther King*

**RESERVATIONS MUST BE MADE IN ADVANCE BY CALLING 636-3051**

# A BRIEF INTRODUCTION TO THE NEW TOWN OF AMHERST

## DEPARTMENT OF COMMUNITY SERVICES

With the start of the new year comes an expanded vision of services for residents of the Town of Amherst! The Amherst Center for Senior Services and the Youth & Recreation Department will now be working together under the umbrella of the Department of Community Services. This is an exciting new venture that is designed to strengthen and improve the already exceptional array of services being offered by both departments.

With every new venture come many questions. Over the next few months, we will give you as many answers as possible. Here are a few that have been posed already:

### **Will the Senior Center remain in its current location?**

There are no plans to move the Senior Center. Center members will, however, have greater access to programs at other locations throughout the town.

### **Are there plans to move youth programs into the Senior Center?**

There are no plans to move youth programs into the Center. There are plans, however, to increase support programs for grandparents raising their grandchildren and for intergenerational programs involving grandparents and grandchildren together or perhaps seniors and children “adopting” one another.

### **Will we still have the programs, classes and clubs that we’ve grown used to?**

Not only will the same high quality programming continue, we hope to use our combined resources to expand programming based on member interest.

### **What will be different about the day-to-day operations at the Center?**

Nothing will be different about day-to-day operations. The same Center staff that members hold dear will remain. As time goes on, we hope to bring on additional staff in areas that have been understaffed due to the pandemic and/or the current employment crisis.

### **How does this partnership specifically benefit older adults in Amherst?**

This partnership will benefit older adults through an alignment of resources to better serve all residents of Amherst. The current Center staff have been full of ideas for enhanced programming that have not been able to be realized due to funding and/or staffing restrictions. By combining forces, we will be better able to expand programming and reach more people throughout the town.

This venture will be a work in progress, and member input is welcome and appreciated. Please do not hesitate to reach out to Melissa Abel at the Center or myself, Mary Diana Pouli at [mpouli@amherst.ny.us](mailto:mpouli@amherst.ny.us) or (716) 631-7132 x7532 to share your thoughts and ideas!

## **SENIOR SERVICES 2022 CANCELLATION GUIDE**

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

### **STORM CLOSINGS:**

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 listen for “WEATHER CLOSING” announcements on:

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

**Radio Stations:** WBEN 930AM, WNED 94.5FM, WNYM 970AM, WGR 550AM, WKSE 98.5FM, and WTSS 102.5FM. Only upon notification by the Amherst Town Supervisor can the Amherst Center for Senior Services be officially closed.