



## AMHERST CENTER FOR SENIOR SERVICES

370 John James Audubon Parkway, Amherst, NY 14228

### MARCH 2026 NEWSLETTER



## MARCH IS NATIONAL NUTRITION MONTH

See our special nutrition-related programs on page 8



**HIGHMARK**



*Thank you to Highmark Blue Cross Blue Shield our National Nutrition Month sponsor and to Heathwood Assisted Living for sponsoring our St. Patrick Day activities!*

ESTABLISHED IN 1962

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



[Facebook.com/amherstnyseniorcenter](https://Facebook.com/amherstnyseniorcenter)

# ABOUT US

## A NOTE FROM THE DIRECTOR

Greetings! I know we are all hoping for Spring to get here quickly. March 20<sup>th</sup> marks the Spring Equinox so brighter days and warmer weather are almost here! As the warmer weather emerges, so do the different opportunities for programs and events.



This month, we will celebrate St. Patrick's Day, St. Joseph's Day, Women's History Month, and National Nutrition Month with some great programs. Also, we're hosting another session of our Boxing fitness program for our Parkinson's Support Group attendees. Boxing provides a vigorous workout that targets key symptoms like balance, coordination, strength, and agility through movements that improve gait, posture, and reaction time. Confidence is strengthened through a series of moves that engages the brain, improves coordination, and decreases stress and depressive symptoms. We look forward to offering boxing classes to our members at a later date.

Looking ahead, our Annual Volunteer Appreciation event is scheduled for April 13th, where we will honor our many volunteers for their commitment to the Senior Center and the Amherst Community. Event details can be found on page 14.

Lastly, thank you to our sponsors for this month, Highmark Blue Cross Blue Shield, Heathwood Assisted Living, and the Amherst Generations Foundation for your continued support of the Senior Center!

## KEY STAFF CONTRIBUTORS

Melissa Abel,  
Director  
[mabel@amherst.ny.us](mailto:mabel@amherst.ny.us)

Greg Potter,  
Program Leader  
[gpotter@amherst.ny.us](mailto:gpotter@amherst.ny.us)

Christin Estrada,  
Nutrition Coordinator  
[cestrada@amherst.ny.us](mailto:cestrada@amherst.ny.us)

Jamie Sullivan,  
Kitchen Manager  
[jesullivan@amherst.ny.us](mailto:jesullivan@amherst.ny.us)

Tammy Jacobs,  
Senior Program Coordinator  
[tjacobs@amherst.ny.us](mailto:tjacobs@amherst.ny.us)

Vijaya Tomar,  
Social Worker  
[vtomar@amherst.ny.us](mailto:vtomar@amherst.ny.us)

John Jones,  
Social Caseworker  
[jjones@amherst.ny.us](mailto:jjones@amherst.ny.us)

Cindy Weiss,  
Class Coordinator  
[cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us)

Jennifer Lazarz,  
Program Coordinator  
[jbono@amherst.ny.us](mailto:jbono@amherst.ny.us)

Darlene Wilber,  
Public Relations Coordinator  
[dwilber@amherst.ny.us](mailto:dwilber@amherst.ny.us)

Karen Lisiecki,  
Project Coordinator  
[klisiecki@amherst.ny.us](mailto:klisiecki@amherst.ny.us)

Joe Weisansal,  
Recreation Leader  
[jweisansal@amherst.ny.us](mailto:jweisansal@amherst.ny.us)

Angelo Lorenzo,  
Program Leader  
[alorenzo@amherst.ny.us](mailto:alorenzo@amherst.ny.us)

Marc Young,  
Program Leader  
[myoung@amherst.ny.us](mailto:myoung@amherst.ny.us)

## THE CENTER

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

- Art Gallery— Sponsored by Asbury Pointe
- Billiard Room
- Café—Coming Soon!
- Card Room
- Dance Room-Sponsored by Excellus Blue Cross Blue Shield
- Health & Fitness Rooms
- Library
- Music Room-Sponsored by Susan Grelick in honor of her parents
- Nutrition Room-Sponsored by Highmark Blue Cross Blue Shield
- Wellness Center-Sponsored by Kaleida Health
- An accessible private bathroom is located by Room 2

## HOURS OF OPERATION

Monday: 9:00 am—7:00 pm

Tuesday & Thursday: 9:00 am—7:30 pm

Wednesday & Friday: 9:00 am—4:00 pm

(Doors open at 8:45 am)

***Please note: Our hours, membership policy, and fees are subject to change.***

## IMPORTANT PHONE NUMBERS

### Main Line 636-3050

This is an automated line where you choose an option:

#### Press

1. Amherst Senior Transportation
2. Reservations for Classes, Lunches, Programs
3. Social Work appointments and Accessible Tags
4. Senior Outreach Services
5. Meals on Wheels
6. Reception

#### Direct Lines:

**Registration 636-3051**—To register for Classes, Clubs, Meals, Programs and Support Groups

**Amherst Meals on Wheels 636-3065**

**Amherst Senior Transportation 636-3075**

**Senior Outreach Services 636-3070**

*This newsletter is coordinated by Darlene Wilber, Public Relations Coordinator, [dwilber@amherst.ny.us](mailto:dwilber@amherst.ny.us).*

*Information in this publication is current at the time of print. It is subject to change after this newsletter is printed.*

# ABOUT US

## MEMBERSHIP DUES

### Amherst Residents—Lifetime Membership

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

### Non-Resident—Annual Renewal

- \$50/Per Person for **current** non resident members only

*Membership is open to adults age 50 or older who live in the Town of Amherst*

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

*\*\*We are no longer accepting **new** non-Amherst resident memberships\*\* Thank you for your understanding.*

*All members and guests are required to follow our **Code of Conduct** which is available on our website. Hard copies are at the Reception Desk. We appreciate your understanding.*

## TO JOIN THE CENTER:

Go to [AmherstCenterforSeniorServices.com/membership-plans](http://AmherstCenterforSeniorServices.com/membership-plans) and complete the application, or sign up in person at our Reception Desk. Please allow 2 business days for online payment processing (holidays may delay processing).

## MEMBER COMMUNICATIONS

### EMAIL

We regularly send emails to our members. Please make sure we have your email on file so you can receive these communications. To submit your email, you can contact our Reception Desk.

### SOCIAL MEDIA: FACEBOOK

We also regularly post information (and photos of our activities) on our Facebook page. Please “like” or “follow” the page and engage with the posts. Our page is available at [facebook.com/amherstnyseniorcenter](http://facebook.com/amherstnyseniorcenter).

## CALLING ALL NEW MEMBERS!!

### MEMBERSHIP 101

Friday, March 13 at 10:30 am

 So, you have taken the step of becoming a Member, now what? Find out ways to get Involved, how to sign up for Classes or Programs, where to find information on what is happening at the Center. Those attending are invited to stay for a complimentary lunch at 12:00 pm. Reservations are required for both.

## FIRE DRILLS

Your safety is our top priority. If the fire alarms go off in the Senior Center, please exit the building right away.

## PARKING: COMBAT WOUNDED VETERANS

The Center has 2 Reserved parking spots for Combat Wounded Veterans in our parking lot. We ask that you please respect these spots. We acknowledge and honor Purple Heart Recipient Service Men and Women.



Thank you for your service and sacrifice to our country.

## ANIMAL POLICY

We love animals, but please remember that **Only Service Dogs Are Allowed** at the Senior Center.

We kindly ask that you leave pets at home to ensure a safe and comfortable environment for everyone.

Thank you for your understanding!.

## ACCESSIBILITY

There is a private accessible bathroom located off the hallway by Room 2.



## AMHERST CENTER FOR SENIOR SERVICES 2026 CANCELLATION GUIDE

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

### STANDARD OPERATING HOURS:

Monday 9:00 am-7:00 pm  
Tuesday and Thursday 9:00 am-7:30 pm  
Wednesday and Friday, 9:00 am-4:00 pm

### STORM CLOSINGS:

If Amherst, Sweet Home, or Williamsville school districts are closed due to weather, Center classes, clubs, and programs will be cancelled. This includes activities scheduled at other Town Buildings.

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

When classes and programs are cancelled, the Senior Center remains open. Only the Amherst Town Supervisor can authorize the Amherst Center for Senior Services to officially close due to weather or other circumstances.

# TOWN OF AMHERST

## AMHERST TOWN BOARD

- Shawn Lavin, Town Supervisor
- John Davis
- Jack Kavanaugh, Liaison to Senior Services
- Angela Marinucci, Deputy Town Supervisor
- Michael Szukala

Questions, concerns, or suggestions. Contact the Town of Amherst by emailing [toainfo@amherst.ny.us](mailto:toainfo@amherst.ny.us) or calling (716) 631-7013.

## AMHERST SENIOR CENTER ADVISORY BOARD

- James W. Bardot, Chairperson
- Melissa Abel, Executive Director, Senior Center
- Reverend Susan Frawley
- Lisa Giancarlo
- Gary Henry
- Julie Whitbeck-Lewinski
- Bob Peluso

## EX-OFFICIO MEMBERS:

- Angela Marinucci, Deputy Town Supervisor
- Michael Camilleri, Asst. Chief of the Amherst Police Dept.
- Ann Nichols, Amherst Town Justice
- Mary-Diana Pouli, Executive Director, Youth & Recreation

## AMHERST GENERATIONS FOUNDATION

- Andrew Napierala, Chair
- Chandra Condon-Daigler, Secretary
- Barry Kantrowitz
- Meghan Reed
- Karen Pusateri
- Cory Zale
- Melissa Abel, Ex-Officio



## 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

Williamsville Youth and Family Center  
5005 Sheridan Drive, Williamsville 14221

## Newsletter Updates Coming in May!

In May 2026, we're launching a new publication. It will be a combination of our seasonal Class Catalog and monthly newsletter. We'll be replacing these two publications to create this single, reader-friendly guide that will be packed with everything we have to offer.

Inside the new guide, you'll find clearly organized sections for classes, programs, clubs, support groups, special events, and more—making it easier than ever to discover what interests you.

The new guide will be published every other month: May–June, July–August, September–October, and November–December.

Hardcopies will be available at the Senior Center. Digital versions will be available on our website and the Town of Amherst website.

## St. Joseph's Table Lunch Thursday, March 19 at 12:00 pm

Omelets with peppers & cheese sauce on the side

Beer-battered fish with tartar sauce

Penne pasta with mixed veggies and Alfredo sauce

Pasta marinara

Lentil soup

Salad (Romaine)

Mandarin orange, olives, tossed in Italian dressing

Ciabatta bread w/butter

Assortment of Italian cookies

Space is limited.  
Reservations Required

Register at  
[myactivecenter.com](http://myactivecenter.com)  
or Call us:  
716-636-3051

Thank you to our sponsor,  
Amherst Generations  
Foundation



**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.**

# REGISTRATION PROCEDURES

## \*\*REGISTRATION POLICY\*\*

As of Dec. 17, 2025, class registration for non-residents will be open at 12:00 pm on registration day. This is a change in the previous process where non-residents registered at the same time as Town of Amherst residents.

## REGISTRATION/CANCELLATION

**Registration is mandatory for all classes, clubs, meals, programs and support groups. There are four ways to register:**

- MyActiveCenter.com (*This is the fastest and easiest way*)
- 716-636-3051
- In person at the Center's Reception Desk
- Mail in a registration form found in the Class Catalog

## CREATING AN ACCOUNT ON MyActiveCenter

Go to MyActiveCenter.com then click on the Sign Up button and follow the directions. Your MySeniorCenter keytag is needed to set up your account. If you are unable to find your keytag, call 716-636-3051 and a Senior Center staff member will assist you.

## REGISTERING FOR A CLASS, CLUB, MEALS,

## PROGRAM OR SUPPORT GROUP IN

### MyActiveCenter:

- Sign in to MyActiveCenter.com
- The Search Box and Filters are on the left side
- Once you have found the Class, Club, Meal or Program that you wish to Register for, click on the name. This will open a more detailed view of the activity. Listed below will be the Upcoming Events schedule.
- For classes with two sessions, each session is listed separately and requires separate registration.

#### To Register, click on Add to Cart

- ⇒ A small box will appear to let you know that this has been reserved in your Cart.
- ⇒ If this is the only activity that you wish to Register for, you can click the Go to Cart button **OR** click on any area not in the pop-up box to continue shopping.
- ⇒ **In order to complete the Registration process you must finish your order by going to your Shopping Cart.**
- ◊ If registering for a Class, click Pay for selected items. Input your credit card information and click Pay to finish.
- ◊ If registering for a Club or Program, click Register for selected items.

## SAMPLE A CLASS

If you are interested in a class but uncertain if it's right for you, we encourage you to observe it—obtain a guest pass at our Reception Desk.

## REFUNDS

Requests for refunds or transfers will be honored only if a member makes the request at least 5 full business days prior to the scheduled class start date. The refund will equal the cost of the class minus a \$5 processing fee (per class). Refunds will be credited within 72 hours to your Senior Center Account. Sorry, no exceptions.

## MEMBERS VISITING THE CENTER

You are required to swipe in at the kiosk each time you enter the Center. This enables us to know who is in the building. You do not have to swipe out.

## CANCEL IF YOU CAN'T MAKE IT

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

## NUTRITION

The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. This program is open to anyone 60 years of age or older at a suggested contribution of \$3.50. Guests under 60 are welcome for the required cost of \$5.50, and it should be paid at the Reception Desk.

Lunch is served Monday through Friday: 12:00 to 1:00 pm. Dinner is served Tuesdays: 5:00 to 6:00 pm.

## TO REGISTER FOR LUNCH OR DINNER:

Follow Registering in MyActiveCenter instructions listed in the left column. Lunch and Dinner registration opens for the following month on the third Tuesday of each month. If your plans change and you are unable to attend, please call us to cancel so we can offer the spot to another person.

## FROZEN MEAL PROGRAM

Eligible residents can order frozen meal packs for pickup. Visit our Reception Desk to obtain an Erie County Registration and Frozen Meals order forms. Completed forms must be returned to our Nutrition Coordinator, Christin Estrada. Forms can be mailed to you upon request. If you have questions, call Christin at 716-636-3055 ext. 3131.

# PROGRAMS

## NY CITIZEN PREPAREDNESS TRAINING PROGRAM

Monday, March 2 at 5:30 pm

Learn about the tools and resources available to prepare for any type of disaster, respond accordingly and recover quickly. Register at

<https://pspapps.dhsses.ny.gov/CitizenPreparednessCorps/views/registrant/add.xhtml?lang=en&eventId=599>

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## SHARE YOUR PARENTING STORY

Tuesday, March 3 at 6:00 pm

Share your funniest, wildest, or most unexpected parenting moments! Your story may inspire laughter (and relief) for parents everywhere. Local author Wendy Mednick is gathering parenting stories for a new book.

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## COFFEE BREAK

Wednesday, March 4 at 10:00 am

Enjoy a cup of coffee with friends.

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## TRIVIA HOUR

Tuesday, March 4 at 1:00 pm

Join us for trivia hour on your smart phone or trivia kiosks.

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## CONNECTIONS WORD GAME

Thursday, March 5 at 1:00 pm

This game challenges players to find common themes between groups of words.

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## BOGGLE

Thursday, March 5 at 6:00 pm

Boggle is a word-find game where players connect letters on a random grid to form unique words for points within a time limit.

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## AGING SUCCESSFULLY SEMINAR

Thursday, March 5 at 2:00 pm

Learn how to create a plan for a healthier, happier future. Presented by Oasis Senior Advisors.

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## TECH SUPPORT

Friday, March 6 at 10:00 am – 12:00 pm

Sign up for an appointment and bring your devices and questions. Our tech savvy staff will be on hand to help you troubleshoot issues and provide guidance. This program is non-instructional. We can answer questions, give quick tutorials, diagnose issues, and provide advice or solutions.



## NATIONAL MEATBALL DAY

Monday, March 9 at 12:30 pm

Sample a few meatballs with different sauces. Fee is \$2.00 by March 5th. No refunds after.

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## SING & REFLECT: A WELLNESS SING-ALONG

Tuesday, March 10 at 11:00 am

Rabbi Yonina offers a session of song, conversation, and wellness to enable you to connect with others, enjoy uplifting music, and explore simple practices for well-being. This session is the perfect opportunity to refresh your body, mind, and spirit.

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## SCATTERGORIES

Tuesday, March 10 at 6:00

Join us for this creative-thinking category-based party game

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## COFFEE WITH A COP

Wednesday, March 11 at 11:00 am

Have a casual discussion with an Amherst Police Officer.

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## DIY CRAFT

Wednesday, March 11 at 1:00 pm

Personalize a coaster. Look for a sample at the front desk. Fee is \$2.00.

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## BOOKS AND BAGELS

Thursday, March 12 at 9:30 am

Calling all bookaholics! Let's talk books over a bagel. Fee is \$1.00.

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## OPEN CARDS

Thursday, March 12 at 10:00 am

Open Cards is a relaxed, non-competitive time to enjoy a variety of card games. Play with friends, join an open table, or learn a new game with help from others.

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## PIE FEST

Friday, March 13 at 1:00 pm

What better way to celebrate National Pi Day than with a slice of pie. Fee is \$1.00. Not hungry? Take a chance and pie a staff member in the face with a whip cream pie. Additional fee of \$1.00 per pie.

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## SWOOP

Monday, March 16 at 10:00 am

Join us for an exciting morning of Swoop, a fast-paced card game that keeps everyone on their toes! In this game, players will strategically play cards from their hand and from face-up piles, aiming to outwit their opponents.

# PROGRAMS

## COOKING WITH JEN

Monday, March 16 at 2:00 pm Fee is \$10.00  
Rueben Ring. Please bring a round pizza pan.



Thursday, April 2 at 10:30 am

Easter No Bake Cheesecake Fee is \$5.00

Reservations for both classes begins 3/2 at 8:45 am. Due to popular demand, you may only register for one. Payment is due 2 days prior to class. No refunds after.

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## TALK AND TASTE

Monday, March 16 at 5:30 pm

Enjoy a taste of Leprechaun Salad

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## IRISH DANCERS

Tuesday, March 17 at 11:00 am

Performance by Rince Na Tiarna School of Irish Dance.

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## SIP, SIP, Hooray

Tuesday, March 17 at 2:00 pm

Join us in the gallery for snacks and shamrock shakes.

Share your favorite Irish toast/blessing.

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## OPEN MIC NIGHT

Tuesday, March 17 at 4:00 pm

Open mic is a celebration of creativity, connection, and joy! Share your favorite songs, instrumental performances, comedy, or prose, or simply come to listen. Sign-ups for performers begin at 3:30 pm in the Dining Room, and the open mic starts at 4:00 pm Refreshments will be served.

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## PODCASTING 101

Thursday, March 19 at 6:00 pm

Podcasting is a form of on-demand audio content (like radio) where listeners can download shows on devices like smartphones, tablets, or computers. This program will explain what podcasting is, how it's created, and where to find and listen to a variety of podcasts tailored to your interests. *This program is presented by "Rockabilly Greg" Greg Hennessey, host of the In the Flamingo Lounge podcast.*

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## VIRTUAL REALITY (VR)

Friday, March 20 -or- Wednesday, March 25

1:00, 2:00, or 3:00 pm

Explore the world of virtual reality with our VR Headsets in 1-hour individual sessions. Experience this innovative technology and engage in fun, interactive experiences. Whether you're new to VR or curious to try something different, this is a great opportunity to dive into a new digital world.



## IN CELEBRATION OF WOMEN'S HISTORY MONTH

### WOMEN ON THE QUARTERS

Tuesday, March 24 at 2:00 pm

From 2022 to 2025, the United States Mint honored 20 trailblazing women on a special series of quarters, celebrating their achievements and lasting impact on American society. Theresa Wiater, a retired educator, will highlight the inspiring stories behind all 20 women, exploring their courage, leadership, and the legacies they created for generations to come. You don't want to miss it!

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## QUIDDLER

Tuesday, March 23 at 11:00 am

Quiddler is a rummy-like word game where players use letter cards to build words each round and score points based on word length and combinations.

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## MIND TEASERS

Tuesday, March 24 6:00 pm

Exercise your brain with some mind teaser stations.

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## TEA TIME

Wednesday, March 25 at 11:00 am

Pinkies out! Enjoy a cup of tea with friends.

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## GARDEN TIME

Thursday, March 26 at 10:00 am.

We'll be discussing the awakening world around us, the progress of our winter sowing; and making a fairy garden flower shelf for your window or table!

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## PIZZA AND TRIVIA NIGHT

Thursday, March 26 at 5:00 pm

5:00 pm 2 slices of pizza and salad from John and Mary's

6:00 pm Table Trivia

RSVP by Tuesday, March 24. Fee is \$7.00. No refunds after.

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## ICE CREAM SOCIAL

Monday, March 30 at 5:30 pm

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## PASSOVER SING-A-LONG

Tuesday, March 31 at 11:00 am

Passover sing-a-long songs for uplift, reflection, fun, and healing with Rabbi Yonina.

**HAVE A PROGRAM IDEA? CONTACT TAMMY OR JENN**

# PROGRAMS

## HEALTH

### NATIONAL NUTRITION MONTH

#### **NUTRITION BINGO**

Friday, March 6 at 10:30 am

Play trivia bingo and win some healthy snacks

#### **ASK THE DIETICIAN**

Thursday, March 12 from 11:00-1:00 pm

Stop by and chat with Leann Bajus from Erie County Department for the Aging Dietician Consultant

#### **DELICIOUSLY DECEPTIVE**

Tuesday, March 24 at 10:00 am

Sample a couple of recipes and see if you can figure out the healthier version.

### **CIRCUIT FITNESS CLASS**

Monday, March 2 and 9 at 5:30 pm

Try various workouts with weights. There are multiple stations that have different types of exercises. Strength, Balance, and Cardio are highlighted in these classes.

### **BOXING WITH PARKINSON'S**

Monday, March 9 and 23 at 1:00 pm

This is a non-contact fitness program using boxing skills to improve balance, strength, agility, coordination, and mood. It is designed to help people with Parkinson's fight the symptoms by promoting full-body movements, confidence, and support. Caregivers welcome! *This program is for people in our Parkinson's Support Group. Boxing class for all members coming soon.* Please consult with your healthcare team before engaging in this fitness class.

### **MEDITATION AND HEALING**

Thursday, March 12 and March 26 at 1:00 pm

Would you like to feel calmer and more relaxed? Release burdens and worries? *Presented by Anne Egan, instructor & practitioner of Open Heart Meditation and Secrets of Natural Walking with the Natural Way of Living*

### **CORNHOLE**

Monday, March 23 at 10:30 am

Come play this fun lawn game, indoors!

### **FITNESS ROOM RUNDOWN**

Monday, March 30 at 11:00 am

Learn about our Fitness Room: How to operate the machines, what each machine does, and potential workout routines & habits to start your fitness journey.

## FINANCIAL

### **WHAT IS EPIC?**

Wednesday March 18 at 10:30 am

The Elderly Pharmaceutical Insurance Coverage Program helps supplement out-of-pocket Medicare Part D drug plan costs. Learn more, see if you may qualify for the program, what it covers and how to enroll.

### **SOCIAL SECURITY**

Thursday, March 19 at 5:00 pm

Social Security is a key part of retirement planning, and this workshop helps answer your most common questions. Learn how Social Security fits into your retirement plan, when to claim, what affects your benefits, tax considerations, and how to file. *Presented by Tiffany Stayer, Retirement & Insurance Advisor at KDM Wealth Consultants.*

### **MANAGING MONEY: A CAREGIVERS GUIDE TO FINANCE**

March 25 at 1:00 pm

Learn tips for managing someone else's finances, preparing for future healthcare costs and the benefits of early planning. *Presented by the Alzheimer's Association.*

### **UNDERSTANDING MEDICARE**

Thursday, March 26 at 1:00 pm

Learn how the federal Medicare program works and receive a general overview of the various Medicare insurance options available to beneficiaries. *Presented by Jason Myers, owner of JBM Health & Wealth Consulting, LLC.*

### **FIELD TRIP**

#### **DRIVING RANGE at THE PADDOCK GOLF DOME**

Friday, March 20 at 10:30 am

175 Brompton Rd, Tonawanda, NY 14150

Hit a bucket of balls inside at the Golf Dome. \$7 for a small bucket/\$10 for a large bucket of golf balls. Also available: a free chip n' putt green, with bunkers to work on your short game. Bring your golf clubs or use the ones provided.

### **PARTNER PROGRAMS**

#### **SILVER PRIDE TEA**

Friday, March 6 at 10:00 am

LGBTQAI and their allies spend time together enjoying refreshments and conversation. *Hosted by the Pride Center of WNY.*

#### **BISTRO BOOKERS**

Tuesday, March 10 at 4:00 pm

"I Heard There Was a Secret Chord: Music as Medicine" by Daniel Levitin reviewed by Kailea Lalka, MS-Education, Program Manager of The Alzheimer's Association of WNY.

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.**

# PICKLEBALL

## OPEN PICKLEBALL

Monday, March 9, 16, 23, 30: 5:00-7:00 pm

Tuesday, March 3, 17, 24, 31: 2:00-3:45 pm,  
3:45-5:30pm, 5:30-7:15 pm (1 court)

Wednesday, March 4: 12:00-2:00 pm (Intermediate),  
2:00-4:00 pm (Beginner)

Wednesday, March 11, 25: 12:00-2:00 pm, 2:00-4:00 pm

Wednesday, March 18: 12:00-2:00 pm (Beginner),  
2:00-4:00 pm (Intermediate)

Thursday, March 5, 12, 19, 26: 3:45-5:30 pm

Friday, March 6, 20: 12:00-2:00 pm, 2:00-4:00 pm

Friday, March 13: 12:00-2:00 pm (Women),  
2:00-4:00 pm (Men)

Friday, March 27: 12:00-2:00 pm (Men),  
2:00-4:00 pm (Women)

## \*\*\*OPEN PLAY PICKLEBALL GUIDELINES\*\*\*

- Members can sign up for a maximum of 3 time slots PER WEEK for Open Play Pickleball.
- We are seeing large Waitlist numbers for Open Pickleball and want everyone to have a chance to play.
- If you are already signed up for 3 time slots and an Open Pickleball Session is NOT full, you can sign up the DAY OF for that Pickleball session.
- Please cancel when you cannot make a Pickleball time to allow someone else a chance to play!
- We're all in this together. Let's respect each other's time and opportunities. Thank you

## PICKLEBALL AT NORTHWEST AMHERST COMMUNITY CENTER

Monday: March 2, 9, 16, 23, 30

9:00 am – 11:00 am (Intermediate)

11:00 am – 1:00 pm (Beginner)



Tuesdays: March 3, 10, 17, 24, 31

8:45 – 10:15 am (All Levels)

You must bring your own paddle



## Experience the Ken-Ton Hearing Difference

Thinking Hearing Aids?  
Think Ken-Ton Hearing.

Our doctors and staff work together to provide you with the best solution and value for your hearing health.



Learn about all of your Medicare Advantage Options

Learn more: [kentonhearing.com](http://kentonhearing.com)

Make an appointment with us!

**716-874-1609**

**FREE MOVIE SHOWINGS  
AT THE CENTER**

*Per our current movie license, we are no longer able to publish the movie titles. A full listing can be found at the Reception Desk. We hope this will be a temporary change until our new license goes into effect in early Spring 2026.*

<b>1:00 PM</b>	<b>4:00 PM</b>
Monday, March 2	Thursday, March 5
Monday, March 9	Thursday, March 26
Monday, March 16	
Monday, March 23	
Monday, March 30	
Friday, March 6	
Friday, March 13	
Friday, March 20	
Friday, March 27	

**EVENING MOVIE**

<b>5:30 PM</b>
Tuesday, March 3
Tuesday, March 10
Tuesday, March 17
Tuesday, March 24
Tuesday, March 31

**PING PONG**

Mondays 1:00 – 4:00 pm  
Tuesdays 2:30 – 6:00 pm  
Fridays 1:00 – 4:00 pm

**Information Tables:**

**SENIOR LIVING RENTAL QUESTIONS**

Friday, March 13 at 11:00 am  
Simon Rosa, MJ Peterson

**ASK THE REALTOR**

Wednesday, March 18 at 11:00 am  
Ann Kader, WNY Metro Roberts Realty

**EPIC**

Wednesday, March 18, 11:30 am – 1:00 pm

**GREENFIELDS OF LANCASTER**

Tuesday, March 24, 11:00 am – 12:00 pm

**HEALTH INSURANCE SUPPORT**

To schedule your personal appointment, call the representative listed below.

**Clarity Group – Medicare Plan Center**

Lisa at 716-864-4886  
Tuesday, March 3, 9:00 am – 12:00 pm  
Thursday, March 19, 9:00 am – 12:00 pm

**Highmark BlueCross BlueShield**

Christina at 716-658-8652  
Wednesday, March 18, 9:00 – 11:00 am

**KDM Wealth Consultants** Tiffany at 716-697-3622

Thursday, March 19, 4:00 – 5:00 pm

## **SUPPORT & RESOURCES**

**Need Help Navigating SNAP Benefits**

Stop by and meet our Social Caseworker Team!

Tuesdays: 3/3, 3/10/3/17, 3/24

11:00 am – 1:00 pm

Our team will be available to answer questions and offer guidance.

No appointment needed

**SENIOR OUTREACH SERVICES (SOS) 716-636-3070**

SOS is entering a new chapter, and will be more visible in the Center and community as funding for the program has shifted from Erie County to the Amherst Center for Senior Services.

Contact the SOS team if you need help with...

- Supplemental Nutrition Assistance (SNAP),
- Home Energy Assistance ( HEAP),
- Medicare Savings Program (MSP),
- Elderly Pharmaceutical Insurance Coverage (EPIC) or locating other resources

**FRIENDS HELPING FRIENDS SHORT-TERM FOOD ASSISTANCE**

If you or someone you know is in need of non-perishable food items, we offer on-site assistance.

Please contact a Social Caseworker to make arrangements.

**NON-PERISHABLE FOODS DONATIONS ACCEPTED**

For our Short-Term Food Assistance program there is a constant need of some non-perishable food items, especially soup, tuna, jelly, crackers, cereal, oatmeal packets, and toilet paper. Please donate, if able.

**SENIOR CENTER ON THE MOVE**

Members of our team will visit your senior living facility and businesses in the community to share information with residents about our Center's offerings. To schedule a visit, contact the SOS team.

**MEALS ON WHEELS**

Amherst Meals on Wheels is a community partner that helps provide nutritional support for older adults with disabilities living in the Town of Amherst. To see if you qualify for their program, call them at (716) 636-3065.

**TRANSPORTATION**

Amherst Senior Transportation is a community partner offering rides to essential locations for eligible older adults. To learn more about its services and see if you qualify for transportation assistance, please call them at 716-636-3075.

# SUPPORT & RESOURCES

## Social Work Services are Here for You!

Your needs matter, and our team is committed to providing timely information, guidance, and referrals to programs and services that support your well-being.

Social Workers are available for office visits **by appointment ONLY**, as well as by phone or virtual meeting. Schedule an appointment by calling the Social Work Office at 716-636-3055. For Vijaya, use ext. 3165; for John, use ext. 3129.

## Caregivers Group

Wednesday, March 18 at 1:00 pm

Caregiving can be overwhelming, join us for support.

## Kinship Group

Tuesday, March 24 at 6:00 pm

Parenting for a second time? Many find themselves in this situation when they were planning for a more relaxed lifestyle. If this is you, consider joining this group.

## Loss & Grief Group

Thursdays from 10:30 –11:30 am

A new 6-week session starts on March 26, 2026

We discuss coping strategies, healing techniques, and stages of loss and grief.

## Men's Support Group

Tuesdays, March 3 & 17 at 10:30 am

"Getting to know us: A man's perspective" Talk about issues that are specific to men.

## Parkinson's Support Group:

Thursday, March 26 at 2:00 pm

If you or a loved one have received a Parkinson's disease diagnosis, you may wonder what to expect. Join us and feel more in control. **\*\*ALSO, SEE BOXING FOR PARKINSON'S ON PAGE 8.**

## Veteran's Coffee Group

Monday, March 2 at 10:00 am

Come for a cup of coffee and share with others who understand your story and lend support.

## Widow/Widowers Group

Tuesday, March 10 at 10:30 am/ March 17 at 6:00 pm

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

## Womens Support Group

Wednesday, March 4 at 10:30 am

Our Women's Support Group offers a welcoming space for older women to connect, share experiences, and encourage one another.

## ACCESSIBLE PARKING TAG

If you need assistance with an application, we are **available by appointment** only. Day time hours are 9:00 am—4:00 pm. Evening hours: March 17 until 6:00 pm and from 4:00-7:00 pm on March 24.



## NUTRITION SUPPORT:

### FROZEN MEAL PROGRAM

If you find it challenging to prepare daily meals, this may be the program for you. This Erie County program is designed to support nutrition and overall well-being. County paperwork must be completed before participation. To learn more or begin the enrollment process, contact our Nutrition Site Coordinator, Christin Estrada, at 716-636-3055 ext. 3131.

## The Supplemental Nutrition Assistance Program (SNAP)

Monthly benefits can be used to purchase food at authorized retail food stores. To see if you are eligible, please contact the Senior Outreach Services team.

## YOUTHWORK\$

Youthworks is a service that works as a liaison between residents and Amherst youth ages 12-20. Jobs include: landscaping and snow removal. To hire a youth, contact John Jones at 716-636-3055, ext. 3129 or Vijaya at ext. 3165.



**Beechwood Continuing Care is a not-for-profit senior care community in Western New York.**

*From luxury independent apartment living to short-term rehabilitation....our communities have something for everyone.*



### Independent Living Communities

**Asbury Pointe Retirement Community**  
50 Stahl Road, Amherst, NY 14068  
716-810-7500

**Presbyterian Village at North Church**  
214 Village Park Drive, Williamsville, NY 14221  
716-810-7475

**Ken-Ton Presbyterian Village**  
3735 Delaware Avenue, Kenmore, NY 14217  
716-810-7477

### Skilled Nursing and Short Term Rehabilitation

**Beechwood Homes**  
2235 Millersport Highway, Amherst, NY 14068  
716-810-7000

**Wesley Rehabilitation Center**  
2235 Millersport Highway, Amherst, NY 14068  
716-810-7000

**Hospice Wells House**  
2235 Millersport Highway, Amherst, NY 14068  
716-810-7000

*Please feel free to reach out to learn more about all we have to offer. We are just a phone call away.*

[www.beechwoodcare.org](http://www.beechwoodcare.org)

# CLASSES

## WINTER CLASS CATALOG

The second session for many of our classes starts THIS MONTH! Check MyActiveCenter or with the Reception Desk for openings. Our Winter Class Catalog is available in hard copy at the Center and on our website at [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com) (Under the Active Aging/Classes tab). Registration is ongoing.

## BE SURE TO REGISTER/SUBMIT PAYMENT

Class registration and payment is mandatory. Those who participate in a class that they have not paid for will risk a suspension of their membership.

## SPECIAL REQUEST: WHEN PLANS CHANGE, CALL TO CANCEL

If you have registered for a class and do not plan on attending, please let us know. While we can not refund your money, it will open a spot for someone else to participate.

## DEFENSIVE DRIVING CLASS — AARP Smart Driver

Wednesday, March 18 and April 22

9:00 am-4:00 pm  
(\$25 for AARP Member/\$30 for Non AARP member)

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



**Want to  
teach a class?  
We're Hiring!**

The Amherst Center for Senior Services is seeking talented instructors to teach engaging classes for older adults. If you have a special skill, expertise, or passion you want to share, we invite you to join our team of outstanding instructors.

### Interested?

Please contact Class Coordinator Cindy Weiss at [cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us) with your course proposal and indicate whether you are interested in teaching a daytime or evening class.

## HIGHLIGHTS FOR THE WINTER SESSION

Below is a select list of classes available this winter. Full descriptions of **ALL** classes, including day, time and price, are in our Winter Class Catalog. The Catalog is available online at [amherstcenterforseniorservices.com](http://amherstcenterforseniorservices.com) and at Amherst.ny.us. Hardcopies are located in the Center.

In May, we'll be offering a new publication that will contain information about May/June classes. Additional information about this new publication are on page 4.

## WINTER SECOND SESSION CLASS HIGHLIGHTS

**\*REGISTER TODAY \* at [myactivecenter.com](http://myactivecenter.com)**

### A SELECTION OF CLASSES STARTING IN END OF FEBRUARY

#### **FRIDAY FITNESS (\$20)**

Friday, 2/27-3/27 (5x) 2:30-3:20 pm

#### **TABLE TENNIS – Intermediate (\$28)**

Tuesday, 2/24-4/21 (7x) 1:30-2:30 pm

#### **FRENCH FOR TRAVELERS (\$44)**

Wednesday, 2/25—4/8 (7x) 10:30 am—12 noon

### A SELECTION OF CLASSES STARTING IN MARCH

#### **20/20 (\$24)**

Thursday, 3/12-4/16 (6x) 10:45-11:45 am

#### **BRIDGE REVIEWING, BIDDING & CARD PLAY (\$30)**

Monday, 3/2-3/30 (5x) 12:30-2:00 pm or 2:30-4:00 pm

#### **COLORS OF MY LIFE JOURNEY (\$15)**

Tuesday, 3/10 (1x) 9:00-11:30 am

#### **HIIT TO BE FIT (\$24)**

Tuesday, 3/10-4/14 (6x) 4:00-4:50 pm

#### **INTRO TO ACTING (\$33)**

Wednesday, 3/4-4/15 (7x) 1:15-2:45 pm

#### **LINE DANCING – Beginner (\$24)**

Monday, 3/2-4/6 (6x) 1:00-2:00pm

#### **LINE DANCING – Beginner Plus (\$24)**

Monday, 3/2-4/6 (6x) 2:15-3:15 pm

#### **SELF DEFENSE and MARTIAL ARTS (\$20)**

Thursday, 3/19-4/16 (5x) **NOTE: NEW TIME 6:00-7:00 pm**

#### **USING YOUR PHONE WISELY – iPhone/Android Users (\$50)**

Tuesday, 3/24-4/14 (4x) 1:00-3:00 pm

#### **WALKING SOCCER (\$24)**

Thursday, 3/12-4/23 (6x) 9:30-10:30 am

Clearfield Community Center

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.**

# MARCH NUTRITION

The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. This nutrition program is open Erie County residents who are 60 years of age or older at a suggested contribution of \$3.50. **Guests under 60 are welcome for a REQUIRED cost of \$5.50. Please pay at the Reception Desk.**

## FROZEN MEAL PROGRAM

For information, See Page 5

- **Lunch** is served **Monday-Friday, 12:00-1:00 pm**; **Dinner** is served on **Tuesday at 5:00 pm**
- February Meal registration begins the 3rd Tuesday of January (Jan. 20). *See page 4 for instructions.*
- WE ARE UNABLE TO ACCEPT WALK-INS. If you have a change of plans and can't attend, please CANCEL your reservation.
- The menu is subject to change with little to no notice.

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
2 Cabbage roll Mashed potatoes Chef blend veggies Italian bread Oreo cookie  709/101	3 Spaghetti w/ meatballs & marinara sauce Steamed broccoli Grape juice Italian bread Apple sauce 715/94	4 Breaded baked fish w/tartar sauce Vegetable Rice Pilaf Pacific blend veggies Dinner roll Fresh orange  685/89	5 Italian sausage w/ peppers & onions on a hot dog roll Oven browned potato Key Largo veggies Brownie  791/85	6 *Caesar salad w/hard boiled egg, parm cheese and tomatoes Grape juice Vegetable bean soup Fruit muffin Diced pears 920/140
9 Turkey w/ gravy Cranberry stuffing Chefs cut mixed veggies White dinner roll Peach crisp  758/97	10 Stuffed pepper w/ tomato sauce Mashed potatoes California mix veggies Italian bread Chocolate hand pie 741/91	11 Sloppy joe on a hamburger bun Tater tots German blend veggies Apricots  714/77	12 Polish sausage on a hotdog roll Mushroom rice Peas, peppers & onions Tropical fruit  790/93	13 *Breaded baked fish w/ tartar sauce Oven baked potato Prince William veggies Multigrain bread Chocolate chip cookie 928/110
16 Meatloaf w/ beef gravy Mashed potatoes Green beans/carrots White dinner roll Angel Food cake 694/74	17 ST. PATRICK'S DAY Sliced corned beef Boiled parsley potato Cabbage/carrots Rye bread Irish apple cake 566/71	18 Oven roasted chicken leg Vegetable rice Key Largo veggies Wheat dinner roll Vanilla crème cookie 931/90	19 ST. JOSEPH'S DAY TABLE  SEE PAGE 4 for details	20 *Three cheese mac & cheese Stewed tomato Peas and pearl onions Hawaiian roll Orange 711/93
23 Pulled BBQ chicken on a bun Roasted potatoes Italian mixed veggies Cinnamon apple sauce  697/122	24 Hamburger on a roll Potato wedge fries Corn Oatmeal raisin cookie  698/73	25 Boneless breaded Pork chop w/gravy Baby bakers potatoes Bean medley w/ peppers Assorted dinner roll Fruit cup 599/73	26 Seasoned grilled chicken Rice Pilaf Carrots Wheat bread Peanut butter cookie  603/74	27 *Beer battered fish w/ tartar sauce Mac & cheese Broccoli/cauliflower mix White bread Fresh fruit  671/77
30 Hot dog on a bun Potato wedge fries German blend veggies Mandarin oranges  612/67	31 PASSOVER LUNCH Sliced roast beef with gravy Oven browned potato California blend Assorted dinner roll Chocolate torte 792/75	Estimated calories/ carbohydrates are listed below each lunch.  *Lenten meals each Friday during Lent		<b>Food Allergy Notice</b> Please be advised that food preparation in our kitchen may contain these ingredients: Milk, eggs, soybean, peanuts, tree nuts, and shellfish

## TUESDAY DINNERS - Dinner Served at 5:00—6:00 pm

March 3: Chicken Milanese, baby bakers potatoes, mixed green salad, spiced pears

March 10: Chicken parm, pasta, mixed veggies, apple crisp

March 24: Egg salad and tuna over lettuce, broccoli cheese soup, wheat bread, pudding cup

March 31: Lasagna, broccoli, garlic bread, fruit parfait

# CLUB ACTIVITIES & VOLUNTEERING

## CLUB MEMBERS—Please Be Sure to Sign In!

You must register on [myactivecenter.com](http://myactivecenter.com) prior to attending your meeting.

Swiping in at the kiosk is not registering.

## SERVICE HOURS

Volunteers, please submit your service hours, both inside the Center and those performed out in the Community, on a monthly basis. See staff for assistance, if needed.

## CHEERS TO YOU VOLUNTEER RECOGNITION CELEBRATION

Monday, April 13 from 2:00—4:00 pm

*April is National Volunteer month, and we are celebrating all of our dedicated volunteers! Each and every volunteer helps to make our center and community a wonderful place to be.*

**VOLUNTEERS:** Please join us for an afternoon of good food and great people.

**REGISTRATION IS REQUIRED** by Thursday, April 2. Register on [MyActiveCenter.com](http://MyActiveCenter.com), or call us at (716) 636-3051 or stop by our Reception Desk.

You MUST have accumulated volunteer services hours in 2025 to attend this year's event.

## WANT TO JOIN A CLUB!

Register for the next meeting to speak with the club leader. Meeting times are available on the next page. If you have any questions, call Joe Weisansal, 716-636-3050, ext. 3126.

## AMHERST CENTER PHOTOGRAPHY CLUB

*Interested in learning more about digital photography?* This club offers opportunities to share images, learn new techniques, hear from guest speakers, and ask questions.

Tuesday, March 10 at 1:00 pm

A virtual presentation from Simon d'Entremont, a Canadian nature photographer, Canon Ambassador, international traveler and instructor.

Tuesday, March 24 at 1:00 pm

Tom Kredo will present a program titled "Becoming a Better Photographer". Tom is a member of the Image City Gallery as well as the Buffalo Science Museum Camera Club; Tom has also won several awards from the New York Erie Canalway Calendars.

## INDIAN SENIOR CITIZENS MEETING

Thursday, March 12 at 4:30 pm

## BAKERS RACK

Tuesday, March 17 at 9:00 am until sold out

Purchase a variety of freshly baked foods with proceeds benefitting our Center.

## KARAOKE PARTY CLUB

Thursday, March 19 at 1:00 pm

Join friends to enjoy a fun afternoon singing classic hits

## BOOK CLUB

Monday, March 23 at 1:00 pm.

*Necessary Lies* by Diane Chamberlain

## READING POETRY ALOUD CLUB

Love poetry or just poetry-curious? Join us Wednesdays at 9:00 a.m. for a fun and welcoming morning of sharing, reading, and exploring all kinds of poetry.

## NEW CLUB INTEREST

To start a new club, we need **at least 10 members** who are committed to attending regular meetings. If you have a club idea and know at least 10 members who want to join, please either: Drop your suggestion in the **Suggestion Box** in the main lobby, or contact Joe Weisansal.

## Knitting Club Pop up Shop!

Tuesday, March 17 & Thursday, March 19

10:00 am—3:00 pm

Looking for the perfect gift for a special occasion, or a little something just for you? Stop by the Knitting Club Pop-Up Shop and browse beautifully handmade goods and gifts, all lovingly created by our talented Knitting Club members.

Every purchase helps the Knitting Club continue their generous tradition of giving back to the community, with donations supporting organizations like Millard Fillmore Suburban Hospital, United Way Baby Shower, Hearts & Hands, and Meals on Wheels.

**MORE THAN 50 CLUBS TO CHOOSE FROM. SEE LIST ON PAGE 14, AND JOIN ONE TODAY.**

# CLUBS

For a description of clubs, go to [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com) or pick up a Club Info Brochure at the Center. Interested in more information or joining a Club? Please register and attend the next meeting to speak with the leader.

**Am-Center Photography Club**

2nd and 4th Tuesday, 1:00-3:00pm

**Amherst Men's Senior Softball League**

Games Fridays, 10:30/11:30am (Seasonal)

**Amherst Senior Singers**

Wednesdays, 1:00-3:00pm

**Art Club**

Mondays, 1:00-3:30pm

**Backgammon Club**

Thursdays, 12:30pm

**Bakers Club**

Wednesday, March 16 at 9:30am

**Biblical Hebrew Grammar Club**

Starting up in April

First and third Tuesdays, 6:00pm

**Bike Club**

Wednesdays, 9:30-11:30am (Seasonal)

**Board Game Club—Afternoons**

Wednesdays & Thursdays, 12:30-3:30pm

**Board Game Club – Evenings**

Thursdays, 6:30-10:00pm @Northtown Ctr.

**Book Club**

4th Monday, 1:00pm

**Bridge Club**

Tuesdays, 2:00-4:00pm

**Canasta Club**

Thursdays, 1:00-4:00pm

**Chess Club**

Tuesdays, 12:15-4:00pm

**Community Service Sewing Projects Club**

Mondays, 9:00-11:00am

**Creative Writers Club**

1st & 3rd Mondays, 10:00am –12:00pm

**Dinner Club**

See Club Info across from Fitness Room

**Dominos Club**

Wednesdays, 12:30-4:00pm

**Drumming Circle - NEW CLUB**

Fridays, 9:30 am—10:30am

**Duplicate Bridge Club (Monday)**

Mondays, 12:30-4:00pm

**Duplicate Bridge Club (Friday)**

Fridays, 12:30-4:00pm

**Euchre Club**

Tuesdays, 1:00pm

**French Club**

2nd & 4th Mondays, 12:30-2:00pm

**Hand & Foot Club**

Thursdays, 3:30-5:00pm

**Indian Senior Citizens Club**

2nd Thursday, 4:30pm

**Genealogy Club**

1st Tuesday, 10:30am-12:00pm

**Karaoke Club**

3rd Thursday at 1:00pm

**Knitting Club (non-instructional)**

Tuesdays, 9:30-11:30am

**Mah Jongg Beginner Club**

Fridays, 9:30 am-12:00pm

**Mah Jongg Club**

Tuesday, 1:00-3:30pm

**Men's Golf**

See Club Info across from Fitness Room

**News & Views ZoomClub**

Fridays, 10:00-11:30am

**Pool Tournament Club**

Tuesdays, 2:00-5:00pm

**Quilting Club**

1st & 3rd Mondays, 1:00-3:30pm

**Reader's Theater Club**

Mondays, 1:30pm

**Reading Poetry Aloud Club**

Wednesdays, 9:00-10:00am

**Rocky Blues Band**

Fridays, 12:30pm

**Rummikub Club**

Fridays, 1:00-4:00pm

**Scrabble Club**

Tuesdays, 10:00am-12:30pm

**Pinochle Club (Monday)**

Mondays, 12:45-4:00pm

**Pinochle Club (Wednesday)**

Wednesdays, 12:45-4:00pm

**Spanish Club on ZOOM**

Thursdays, 1:30pm

**Speaking Italian Language Club**

Fridays, 1:00-2:30pm

**Stained Glass Club**

Thursdays, 9:00 am-12:00pm

**Tai Chi Club**

Wednesdays, 1:30-2:30pm

Fridays, 1:00—2:00 pm

**Tuesday Afternoon Music Club**

Tuesdays, 1:00pm

**Upholstery Club**

Wednesdays, 9:00am-12:00pm

**Wood Carving Club**

Tuesdays, 9:00-12:00pm

# SIMPLY *the* BEST

## WATER & MOLD RESTORATION CLEANING SERVICES

### COMPASSIONATE HELP FOR SENIORS & FAMILIES

Let us take the stress out of home upkeep and transitions.

We offer trusted, reliable, and caring services tailored for seniors and their loved ones.

#### OUR SENIOR SERVICES INCLUDE:

- ✓ Estate Cleanouts - Respectful sorting, organizing & removal
- ✓ Deep Cleaning - Kitchens, bathrooms, windows, baseboards & more
- ✓ Move-In / Move-Out Cleaning - Perfect for downsizing or relocating Declutter & Organize - We help sim
- ✓ Donation Coordination - We ensure items go to good homes
- ✓ Post-Pest Cleaning - Sanitize after pest treatments
- ✓ Nicotine, Smoke & Odor Removal - Freshen your environment

#### WHY CHOOSE US

- ✓ Family-Owned & Local
- ✓ Trusted by Realtors & Families Across WNY
- ✓ Compassionate Team Who Treats Every Home with Care

**716-912-6940**

*We treat every home as if it were our own.*



#### Our Vision

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

#### **ACCESSIBILITY**

Ensuring that members can participate and benefit from the many services by providing opportunities 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.

#### Our Mission

Empower all people with quality of life as they age.

#### Our Values

#### **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.