



Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, NY 14228-1142

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July 2019



THE NETWORK

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Pamela M. Krawczyk- Director, Amherst Center for Senior Services
Brian J. Kulpa- Amherst Town Supervisor



Please Note: By request, the following is a copy of the poem read at this year's Annual Volunteer Luncheon. This is not 100% original in that Dr. Seuss quotes were also used in writing. My apologies for taking liberties with the poetic meter.

Unless someone like you cares a whole awful lot,
nothing is going to get better. Its not..

~Theodor Seuss Geisel (Dr. Seuss)

On the wonderful day when you decided to retire,
You knew it was time to do what you desire
Whether your age be fifty-five, sixty-five or even
higher
It was a time to achieve the dreams to which you
aspired.

You know you have brains in your head
And you have feet in your shoes
You can steer yourself in the direction you choose
You are you. That is truer than true
There is no one alive who is Youer than you
You have so much to teach and so much to give
Talents to share and lessons from a life well lived.

Someone mentioned a Center in Amherst
Where people your age always came first
Filled with so much positive energy you could burst!
People were doing so much, for so many,
With nary a penny,
Residents of every generation and every
neighborhood,
Came together and said life is GOOD!
There were smiles on faces as they had fun
And kindness was felt from the moon to the sun!

They told you "Oh the wonderful way you will feel,
you hear?

If you just go out and volunteer...."

A bird...a worm...a guzzle bivit,

Could all use some help if you just give it;

You began to say "No! Not !! No Way!"

"I've nothing to give-not today anyway!"

Then they told you "but you'll see if you look deep
inside of you

You've lots to give! It's true! You do!

You knew you would never be bored when you tried
something new

You learned there's no limit to what you can do

You stepped with care and with great tact

And remembered that life's a great balancing act

The gift of your time was priceless,

But what you received in return were oodles of joy
and niceness.

So valuable is the work you do
And outstanding is how you
always come through!

Loyal, sincere and full of good
cheer

Untiring in your efforts throughout
each year

Notable are the contributions you
make

Trustworthy in every project you
take.

You show eagerness in helping us reach our goals
And so effective in fulfilling every role
So ready to wear a smile
As teeth are always in style
You are like a shining star
Special and wonderful is what you are!

Thanks for making so many hearts feel better
Delivering a meal or knitting a hat or sweater
From there to here or here to there
Volunteers are everywhere
Volunteers are faithful, one hundred percent
Without your time we would not make a dent
To touch the lives of so many in need
We are ever grateful, oh yes indeed
This luncheon is for you and all your great deeds.

~Pam



Please consider donating nonperishable food items, toiletries, cleaning items, and tp to our Friends Helping Friends.

These items help members and their families who need assistance.

MAIN LINE 636-3050

Amherst Meals on Wheels	636-3065
Amherst Senior Foundation	636-3055, EXT 3125
Amherst Senior Transport	636-3075
Event Registration	636-3055, EXT 3108
Nutrition	636-3050
Ralph C Wilson Jr Adult Day	689-1403
Senior Outreach	636-3070
Support Group Info	636-3050

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.

The Amherst Center for Senior Services is a 53,000 square foot facility that includes:

- Art Gallery*
- Audubon Café (10:00-1:00)
- Billiard Room*
- Card Room*
- Gift Shop (9:00-3:00)
- Library*
- Wellness Room*

*Open when Center is open,
8:30am-4:15pm.

MEMBERSHIP DUES

AMHERST RESIDENT

\$30 individual or \$50 couple or household membership **one time fee**

NON-RESIDENTS

\$30 individual or \$50 couple or household membership **annual fee**

Lifetime individual membership is \$100

Lifetime couple or household is \$150

If you are interested in membership, please contact our Membership Office at 636-3055, ext. 3172.

Discover What's Next!



We extend our sympathy to the families and friends of those members who have recently passed. There is a "In Loving Memory" book located at the Front Reception Desk. This book will record the passing of our members as they are recorded by the *Buffalo News*. It is updated by staff and we ask that you do not remove.

Center Closing Times For JULY

July 3-4:15 pm
July 4-CENTER CLOSED
July 10-7:00 pm
July 17-8:00 pm
July 24-7:30 pm
July 31-8:00 pm

RSVP-It's Important!

Please make sure you call our reservation number at 636-3055, ext. 3108 to confirm your spot for any program, activity, event, or movie at least two days in advance.

If we don't think we are going to have enough participation, we will cancel the event. If you are not registered you may miss out!



MAIL PREP FOR THE AUGUST ISSUE WILL BE ON TUES. JULY 16

Thank you to all the volunteers who help us get our Network out each month.

Peace Sponsor: Weinberg Campus **WOODSTOCK 50th ANNIVERSARY** Love Sponsor: Schofield Care

SATURDAY, AUGUST 24, 1:00 PM-4:00 PM

- Live Music from *The House Band*
- Food Trucks
- (Over 500,000 hot dogs and hamburgers were sold and over 400,000 people ate homemade granola that day in 1969!)
- Petting Zoo
- Bring Your Own Shirt Tie-Dye Station!
- Craft stations for children
- Best Woodstock Costume Contests

This event is in collaboration with the Town of Amherst's Senior Center, Youth & Recreation, and Audubon Library.

Cut-offs, tie-dyed shirts, headbands, and jeans encouraged!

Please bring non-perishable items of donation for the Amherst Center for Senior Services "Friends Helping Friends"

PLEASE RSVP ALL EVENTS

ALL programs that include food or drinks must be paid for in advance and THERE ARE NO REFUNDS

Summer Safety "Lunch and Learn" Dining Room

Monday July 1 at 11:00

Learn about summer safety and how to prevent dehydration. Summertime basket to be raffled!



Presented by Jim Zymanek, Town of Amherst Department of Emergency Services

Tasting Tuesday-Gallery

Tuesday, July 2 at 11:00

Mind Teasers-Gallery

Friday, July 5 at 11:00

Happy Hour-Gallery

Monday, July 8 at 2:00

Paula's Donuts-Patio

\$2 Paid reservations by 7/5 NO REFUNDS

Tuesday, July 9 at 9:00

Campfire & Conversation

Wednesday, July 10 and Wednesday, July 17 at 1:30

Join us on the patio around the fire pit as we play laugh out loud games & enjoy a cold drink or two

Coffee & Conversation will resume in the TV lounge in September

Wheel of Fortune-Gallery

Wednesday, July 10 at 11:00, RSVP by 7/8, limited spots

Come and check out the Center's new *WHEEL* for prizes

Car Wash & Hot Dog Sale-Front Lobby

Thursday, July 11 at 11:00



Summer Sundae-Patio

Friday, July 12 following lunch

Sponsored by Aging Well Management, LLC

Candy Making-Room 2

July 15 at 12:30

Old Home Days Parade

Tuesday, July 16

Anyone interested in walking the parade, please contact Jennifer in Program. The parade starts at Williamsville So. High School and finishes at Los Robles

Silver Pride Tea-Room 2

Wednesday, July 17 at 2:30

Discuss current events, issues, personal achievements and struggles, as well as any other support LGBTQ seniors may need. All welcome.



Thirsty Thursday-Gallery

Thursday, July 18 at 2:00

Pictionary-Gallery Members vs Staff

Friday, July 19 at 12:30 Reserve your spot now! Limited spots

We will be playing an exciting game of Pictionary followed by hot fudge sundaes

Pizza and Game Night-Dining Room

Wednesday, July 24 at 5:00 pm

\$7 by July 22 NO REFUNDS

Pizza and salad from John and Mary's then the game will be *Players Choice*

Art Opening: Impact Artist Gallery

Wednesday, July 24 from 6:30 -7:30 pm

Immigration-Room 2

Thursday, July 25 at 1:00.

Attorney from Berardi Immigration Law Office will be here to speak about immigration.

Arm Chair Traveler

Thursday, July 25 at 1:30

Join us in the TV Lounge as we travel to Jerusalem

Grandparent & Me Painting Class

Craft Rm-Friday, July 26 at 10:30

\$20 per painter NO REFUNDS

Pinot's Palette will be here to give step-by-step directions on your painting. Following painting, pizza from *John and Mary's* will be served compliments of The Amherst Senior Citizens Foundation. Stop by the I&A Desk for a sample of the painting and to make your paid cash reservations by July 12. Limited spots.



Breakfast in Walton Woods-Meet in front lobby

Monday, July 29 at 9:00

\$2 fee by 7/25 NO REFUNDS

Enjoy sausage, egg and cheese on a croissant, fruit cup and juice by the pond in Walton Woods. Please bring a chair.

Three Identical Strangers

Monday, July 29 at 1:00 Activity A



Identical triplets become separated at birth and adopted by three different families. Years later, their amazing reunion becomes a global sensation but also unearths an unimaginable secret that has radical repercussions. Rated PG 13 1 hour and 37 min.

In Jest with Nels- Activity A

Wednesday, July 31 at 6:30PM

Enjoy family friendly entertainer, Nels Joss for physical comedy, juggling, acting and other arts.

Presented in partnership with the Audubon Library

RSVP 636-3055 EXT. 3108

PLEASE RSVP ALL EVENTS



2019 Summer Concert Series
Wednesday July 17 from 6:00-8:00
Amherst Center for Senior Services
Back Parking Lot

The Formula Band

Enjoy the sounds of fantastic Italian American music from this band from Buffalo's West Side! Powerful, spicy, and very entertaining. Don't forget your lawn chair!

Dinner will be offered at 5:00. Menu on page 13.

Sponsored by:

CONCERT
FREE & OPEN
TO PUBLIC!



Information Tables -Gallery

- Virtue Companion Homemaker Service- Tuesday, July 9, 10:00 – 12:00
- Riverview Professional Pharmacy- Thursday, July 11, 10:00 – 12:00
- Independent Health Family Choice-Thursday, July 11, 10:00 – 12:00
- Elderwood -Thursday, July 11, 10:00 -12:00
- Hearts and Hands-Thursday, July 11, 10:30-12



Cooking With Jen! Room 2

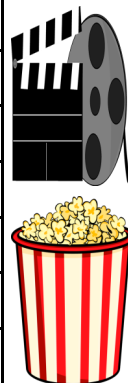
Tuesday, July 30 at 9:30

Waffle Breakfast Sushi

Don't let the name scare you! There is no fish but lots of fresh fruit. Please bring a container. \$4 fee due by 7/25. No refunds.

MOVIES ARE AT 1:00 IN ACTIVITY A. RSVP required. Seating is limited.

Date	Movie	Rating	Genre	Time
Tuesday, July 2	At Eternity's Gate	PG-13	Drama	1 hour, 51 min.
Monday, July 8	The Wife	R	Drama	1 hour, 41 min.
Friday July 12	If Beale Street Could Talk	R	Crime Drama	1 hours, 59 min.
Friday July 19	Apollo 11	G	Documentary	1 hours, 33 min.
Wednesday, July 24	Beautiful Boy	R	Drama	1 hours, 33 min.
Friday, July 26	Leplacard: The Closet	R	French Film	1 hours, 25 min.



UNIVERSITY EXPRESS

FREE lifelong learning for adults ages 55+. RSVP REQUIRED BY CALLING 636-3055 ext. 3108

2:00 PM	Monday, July 1	Breaking the Sugar Habit
2:00 PM	Wednesday, July 3	Fourth of July Signing Their Lives Away
2:00 PM	Tuesday, July 9	The Conversation Project
6:00 PM	Wednesday, July 10	Finding U.S. Passengers List: 1620-1950
2:00 PM	Monday, July 15	The Health Benefits of Reading
2:00 PM	Thursday, July 18	Hero and Heroine in American Literature
2:00 PM	Monday, July 22	Mind's Eye Witness: Murder in North Buffalo
2:00 PM	Tuesday, July 23	Creative Problem Solving: Brainstorming for your Retirement
6:00 PM	Wednesday, July 24	BREXIT: IN or Out? Implications of the EU, the UK and the US
2:00 PM	Tuesday, July 30	H.M.S Bounty: A Mutiny in Paradise

Classes take place in the Dining Room (Tues. July 23 in Activity B)

PLEASE RSVP 636-3055 EXT. 3108

Blood Pressure Monitoring

Wednesdays, 11:00 – 12:00 Health Room

Skin Cancer

Monday, July 8, 10:30 Health Room

Information will be provided on causes, risk factors and prevention of skin cancer.

Presented by Blue Cross Blue Shield.

Resume Writing

Wednesday, July 10, 12:30 Craft Room

This workshop is the initial step in creating a new resume. Fee is \$15.00.

Presented by Robert Durante, Ph. D

Social Security Planning

Thursday, July 11, 1:00 Room 2

Review updated status on the Social Security Trust Fund and what strategies may make the most sense with respect to when and how you access your Social Security benefits.

Presented by Financial Planners Association (FPA)

Financial Scams

Friday, July 12, 10:30 Health Room

Learn how to protect yourself and loved ones from being exploited.

Presented by Adult Protective Services

Ask the Realtor

Wednesday, July 17, 11:00 Craft Room

Presented by Anne Kader Olear Team MJ Peterson

Osteoporosis Support Group-Room 1

Wednesday, July 17, 10:00 -11:30 (*Meets the 3rd Wednesday of each month*) Discussion includes new trends, updates on osteoporosis and healthy living. All welcome. For further information call Betty Ann at 834-1163

Resistance Training

Thursday, July 18, 10:30. Wellness Room

Join a physical therapist from Brothers of Mercy to teach proper use of the equipment in the wellness room.

Melanoma

Monday, July 22, 10:30 Health Room

This seminar will focus on symptoms, signs, and treatment of melanoma.

Presented by Catholic Health

Rheumatoid Arthritis Lunch Seminar

Friday, July 19, 12:00 Health Room

Identify the symptoms and challenges of this disease and what you can do about them.

Presented by Kellie Schwartz, PA Invision Health

Ultraviolet Safety & Skin Cancer Risk

Awareness Month



- **Cover up.** Wear tightly-woven clothing that blocks out light.
- **Use sunscreen.** A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays.
- **Wear a hat.** A wide brim hat is ideal because it protects the neck, ears, eyes, forehead, nose, and scalp.
- **Wear UV-absorbent shades.** Sunglasses don't have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation.

Stories of Work

Wednesday, July 24, 5:00 Craft Room

This workshop will feature readings of short stories and essays about the world of work and the impact.

Fee is \$15 . *Presented by Robert Durante, Ph. D.*

Cover Letter

Thursday, July 25, 12:30 Craft Room

Workshop consists of a power point presentation on a cover letter, explanation of its components and several examples. *Presented by Robert Durante, Ph. D.*

Hearing Loss and Hearing Aids: What's Best for Me?

Monday, July 29 at 10:30 Health Room

Learn about the types of hearing loss and what hearing aid technology is available on the market. Free hearing screenings for attendees.

Presented by Buffalo Hearing & Speech Center

Emotional Intelligence

Wednesday, July 31, 5:00 Craft Room

This is an introduction to the concept of emotional intelligence in the context of its importance for job searching and professional performance. Fee is \$15.

Presented by Robert Durante Ph.D

Health Insurance Information

Univera- Room 1, Wed. July 10, 10:00

Clarity Group -Gallery, Thurs. July 11, 1:00 – 3:00

Independent Health- Craft Rm, Wed. July 17, 1:00 – 3

SAVE THE DATE-Saturday, August 3, 9:00-12:00

Senator Ranzenhofer Hosts Family Health Fair

Over 85 organizations will provide free health information, services, and screenings to participants.

If you have questions, please call 631-8695.

Co-sponsored by: Kaleida Health & Amherst Center for Senior Services.

SOCIAL SERVICES

Social Caseworkers are available to meet with Members on a one-on-one basis to provide assistance with personal and family concerns. A Social Caseworker can also provide information and referrals to community based programs and services. Amherst Center for Senior Services Social Caseworkers are available to meet with members and/or their families Monday-Friday 8:30am-4:30pm.

CONFIDENTIALITY IS A PRIORITY AND WILL ALWAYS BE MAINTAINED.



BENEFITS AND SERVICES SPOTLIGHT **Home Energy Assistance Program (HEAP) Cooling Assistance**

Cooling Assistance is available through HEAP.

Qualifying households may receive an installed air conditioning unit with no out of pocket cost.

Contact one of the Social Caseworkers or Senior Outreach Services for more information or application assistance.

WHAT IS A GRANDFAMILY?

There are two major types of grandfamilies;

- **Three Generation:** a family that consists of a grandparent, parent, and grandchild (ren) all in a single household.
- **Skipped or Split Generation:** a family that consists of a grandparent and a grandchild (ren) in a single household.

Grandfamilies needs vary, however there is a commonality that **grandparent support is needed!** We are looking to start a grandparent support group to address the needs of grandfamilies in our community.

If you or someone you know is interested in becoming part of our group, we would like to hear from you. Contact Angela or Marlene.



Stronger Together

MONTHLY SUPPORT MEETINGS

- **Widow/Widowers** Tuesday, July 9 at 11:00 am, *Conference Rm*
- **Caregivers** Wednesday, July 17 at 1:00 pm, *Conference Rm* (Join us for coffee & dessert)
- **Just Say It** Monday, July 29 at 10:00 am, *Classroom 2*

Join us as we respectfully share thoughts and talk freely amongst peers.

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

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 homes.



AMHERST SENIOR TRANSPORTATION SERVICES (ASTS)

provides rides to the Amherst Senior Center, trips for health related visits, and grocery shopping.



RALPH C. WILSON JR ADULT DAY SERVICES-AMHERST provides services to people who need assistance with daily activities or supervision. The hours of operation are 8-4.

ARE YOU OR SOMEONE YOU KNOW IN NEED OF HOME BASED SERVICES?

Though a partnership with Erie County 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. **Stop in or call Senior Outreach Services directly at 636-3070.**



Summer time is the perfect time to be thinking about how you might want to spend some of your spare time. Volunteering gives one a sense of purpose, a reason to get up, get out of the house & get

going! Did you know that we have volunteer bakers, singers, instrumentalists, sewers, crafters, quilters, and knitters? It's true—volunteering at the Center is much more varied than what you may have thought. Each of our wonderful volunteer groups is made up of talented, creative, friendly people who would love to be able to show you what they do and to have you join them. If any of these volunteer groups sparks your interest, just stop by the Volunteer Office or give us a call to learn more.



The Senator Michael Ranzenhofer Family Health Fair takes place on Saturday, August 3rd and is one of the largest events held at the Center each year. We are in need of

several volunteers to keep this event running as smoothly as it always has in the past. Attendance at this particular health fair grows every year, so we anticipate needing a little extra help. If you're interested, please contact us as soon as possible because we need to have the volunteers for this event lined up well in advance.



Be looking out for posted Volunteer Opportunities for our upcoming **Woodstock 50th Anniversary** event on **Saturday August 24th** (1:00-4:00). As the event gets closer,

we'll know how many volunteer positions we'll have available and we'd love for you to join us in this first-time event. More information coming soon...

BUSINESS HOURS:		
Mon.		to
Tues.		to
Wed.		to
Thur.		to
Fri.		to
Sat.		to
Sun.		to

Just a reminder:

July & August Gift Shop Hours are from **10:00-1:00**, but will return to being open regular hours in September.

Sandy McKenna, Volunteer



- **What are your favorite songs from your teenage years that you still rock out to when nobody else will?**

Return to Sender by Elvis. We played it over and over in our dorm.

- **Who was your childhood actor/actress crush?**
Charlton Heston. I thought he was so handsome in Ben-Hur and all of his other movies.

- **Have you ever met anyone famous?**

I met Fabio at a benefit and had my picture taken with him back in the 90's. He told me I had beautiful eyes. I displayed our picture together for a long time.

- **If you could pick up a new skill in a minute, what would it be?**

I would love to be able to sing and play the piano.

- **What's your favorite place that you've never visited?**

Road trip along the Pacific Coast.

- **You have your own late night talk show, who do you invite as your first guest?**

Oprah Winfrey. She exemplifies what you can accomplish when you work hard and believe in yourself. And she has contributed so much to our fellow man and the poor and underprivileged and influenced so many women.

REGISTER & PAY

You must register and pay prior to attending ANY class. If you are unsure about a class, stop at the I & A Desk for a Guest Pass.

9:30 Aerobics – Activity A July 1, 8, 15, 22, 29
 9:30 Arcrylic Oil– Art Rm July 1, 8, 15, 22, 29
 9:30 Quilting Class – Room 3 July 1, 8, 15, 22, 29
 9:30 Ukulele Continuing – Music Rm July 8, 15, 22, 29
 10:00 JFK Assassination-Room 2 July 8, 15
 10:00 Country Line Dance Int-Dance Rm July 1
 10:00 Be Functional Be Fit-Activity B July 1, 8, 15, 22, 29
 10:30 Fall Prevention– Activity A July 1, 8, 15, 22, 29
 10:30 Bridge Review– Card Rm July 8, 15, 22, 29
 10:30 Ukulele Beginning– Music Rm July 8, 15, 22, 29
 11:30 Guitar – Music Rm July 8, 15, 22, 29
 11:30 Get Fit & Sit – Activity A July 1, 8, 15, 22, 29
 11:45 Zumba– Dance Rm July 1
 1:00 Country Line Dancing Begin-Dance Rm July 1

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9:00 Upholstery-Rm 3 July 3,10,17,24,31
 9:00 AARP-Rm 2 July 24
 9:30 Aerobics – Activity A July 10,17,24,31
 9:30 Watercolor Intermediate – Art Rm July 3,10,17,24
 10:00 Smart Phone Basics-Computer Rm July 17,24,31
 10:30 Fall Prevention – Activity A July 10,17,24,31
 10:30 Yoga & Meditation-Dance Rm July 10,17,24,31
 11:30 Get Fit & Sit-Activity A July 10,17,24,31
 12:30 Yoga & Meditation-Dance Rm July 10,17,24,31
 3:00 Yoga Beginning-Dance Rm July 3,10,17,24,31
 5:00 Zumba-Dance Rm July 3
 6:00 20/20/20-Dance Rm July 3

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9:30 Aerobics – Activity B July 12, 19, 26
 9:30 All News & Issues – Rm 2 July 5, 12, 19, 26
 10:30 Floor Exercise – Activity B July 12, 19, 26
 1:00 Chair Yoga-Dance Rm July 12, 19, 26

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9:30 Watercolor Beginning-Craft Rm July 2,9,16,23
 9:30 Aerobics-Activity B July 2,9,16,30
 9:30 Poets & Playwrights -Rm 2 July 2,9,16,23
 9:30 Current Events—Rm 1 July 2,9,16,23,30
 9:30 Ballet Stretch-Dance Rm July 2
 9:30 Yoga Beg– Activity A July 2,9,16, 30 Dance Rm 23
 10:30 Fall Prevent Begin – Health Rm July 2,9,16,30
 10:30 Bridge Beginning-Card Rm July 9,16,23,30
 10:30 Tap Intermediate-Dance Rm July 2
 11:00 Tai Chi Beginning-Activity B July 2,9,16,30
 11:00 Yoga Plus-Activity A July 2,9,16, 30 Dance Rm 23
 11:30 Jazz Exercise-Dance Rm July 2
 12:00 Chi Kung-Activity B July 2,9,16,30
 1:00 Laughter Yoga-Music Rm July 9,16,23,30
 1:00 Bridge Review Room 3 July 9,16,23,30
 1:00 Poets & Playwrights -Rm 2 July 2,9,16,23
 1:00 Spanish Conversational– Conf. Rm July 2,9,16,23,30
 1:30 Tai Chi Intermediate -Dance Room July 9,16,23,30
 2:00 Guitar Lessons-Music Rm July 9,16,23,30

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9:00 Piano – Music Rm July 11, 18, 25
 9:00 Massage Therapy—Health Rm July 11, 25
 9:30 Yoga Beginning-Activity A July 11, 18, 25
 9:30 Knitting/Crocheting– Rm 1 July 25
 9:30 Chair Exercise –Dance Rm July 11, 18, 25
 11:00 Yoga Plus-Activity A July 11, 18, 25
 11:00 Tai Chi Beginning -Activity B July 11, 18, 25
 12:00 Chi Kung-Activity B July 11, 18, 25
 1:00 Spanish Conversational Lab-Rm 1 July 11, 18, 25
 1:00 Wood Carving-Art Rm July 11, 18, 25
 1:30 Tai Chi Intermediate.-Dance Rm July 11, 18, 25

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FALL 2019 TRIMESTER

Look for the Fall 2019 Course Catalog online at www.amherst.ny.us or stop into the Center. Registration begins Monday, July 8. Forms can be mailed in or dropped off in the front lobby for your convenience.

CLASS REGISTRATION IS ON A FIRST COME – FIRST SERVED BASIS

To avoid delays:

Use the registration form located in the course catalog

Use one form per person

Make checks or money order payable to: AMHERST CENTER FOR SENIOR SERVICES

A Release of Liability/Participant Consent Form is now a part of the class registration form.

This consent form needs to be signed by everyone registering for Health & Fitness Programs

(Dance, Physical Fitness, Yoga Classes)

COST RELATED INFORMATION

Reduced fees are available for Amherst Resident Members who have been verified for eligibility. Applications are available at the Social Work office and should be submitted in advance of registration week.

ATTENDING CLASSES

All courses require paid registration to attend classes. All registrations are 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.

FALL WEDNESDAY EVENING CLASSES:

20/20/20 begins 9/11 from 6:00 – 7:00 p.m.

AARP SMART DRIVER 9/11 & 9/18 (Must attend both classes) from 6:00 – 9:00 p.m.

ART HISTORY – The Art & Architecture of India begins 9/11 from 6:00 – 7:30 p.m.

ZUMBA begins 9/11 from 5:00 – 5:55 p.m.

WOMEN UNDERSTANDING FOOTBALL

What's a Down? Special Teams? Red Zone? Two Point Conversion? 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.

If interested in this upcoming class, or any other class, please call Cindy Weiss at 636-3055, ext. 3109.

real women
watch football

MAILING SUBSCRIPTIONS

You can have The Network delivered to your home for \$6.00 per year. Mail or bring this form, along with check payable to:

Amherst Center for Senior Services and mail to:

HEIDI KUNZ

Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, NY 14228.

This notice does not apply to members of the Travel and Dinner Club, since a portion of their dues covers receiving a copy of The Network in the mail.

GENERAL MAILING SUBSCRIPTION for One Year

Name: _____

Address: _____

Zip Code: _____ Telephone: _____

This monthly issue is available to be picked up at the Center, at Town Libraries and Adult Living Facilities.

The Town of Amherst also posts the newsletter on www.amherst.ny.us.

CLUB NEWS

PATHFINDERS CLUB

July 12- Niagara Gorge
July 19- Lewiston/Artpark Trail
July 26- Buckhorn State Park

All hikes will begin at 9:00 AM



Your **MOTHER'S** Cooking Club-

Monday, July 1 at 9:00 Room 2



Book Club

Thursday, July 18, 10:00
Northland: a 4000 mile journey along
America's forgotten border by Preston Fox.

Travel writer Fox spent three years exploring our northern border from Maine to Washington, traveling by canoe, freighter, car and foot. He blends a deeply riveting account of his travels with the history and current status of the regions through which he travels.
August: Killers of the Flower Moon by David Grann.



CURIOUS ABOUT YOUR ANCESTORS?

Genealogy is more popular than ever!
Join the Genealogy Club for informative discussions and presentations. The club meets on Tuesdays at 10:30 in Classroom 3
(2nd Tuesday of the month in the Computer Room at 9:30)



TRAVEL CLUB-Upcoming Trips

Wednesday, July 17-Sailing on the
Moondance Catamaran in Buffalo's Outer Harbor (\$89)

Tuesday, August 6-Buffalo River History Cruise,
Forest Lawn Tour, and lunch at Chef's (\$95)

Sunday, August 11-Yanks/Blue Jays in Toronto (\$149)

Tuesday, October 8-Carole King Tribute @ Seneca
Niagara Casino (\$75)

Call Audrey at 688-7059 for further information.



AMHERST SENIORS DINNER CLUB

RIPA's 4218 WALDEN AVE

THURSDAY – JULY 25, 2019

DINNER 5:00 PM CASH BAR opens at 4:00 PM
\$29.00 Members/\$31 Guests (Cost includes taxes and gratuity)

DINNER ENTRÉE SELECTIONS:

1. Chicken Marsala Sautéed w/Mushrooms, Onion and Marsala Wine Demi-Glace, Roasted Potatoes, Chef's Seasonal Vegetables
2. Char-Broiled Fish (a house specialty) Marinated w/House Seasonings, Roasted Potatoes, Chef's Seasonal Vegetables
3. Baked Rigatoni Parmigiana w/Meat Sauce, Baked w/Mozzarella, one (1) Meat Ball

All dinners include: Chef Garden Salad (w/choice of 2 dressings on table), Dinner Rolls w/Butter, Coffee, Tea, and Dessert: Peanut Butter Ice Cream Cheesecake w/Chocolate Sauce

Checks are to be made payable to *Amherst Seniors Dinner Club* and mailed to: Ed & Sylvia Stachura
191 Amherston Drive, Williamsville, NY 14221-7003

Payment must be received by U.S postal mail by July 14.
No cancellations or changes after July 14 and please do not call restaurant. Please contact Ed or Sylvia if you have any questions at (716-634-8432 or efs4170@aol.com).

Forms are available at the Center or online at:
www.amherst.ny.us/seniorservices

INFORMATION FOR THE September NETWORK IS DUE BY July 20 to CHRISTINA YENSAN, at cyensan@amherst.ny.us.

OPEN PICKLEBALL



Monday, July 1 from 1:30 -3:30
Tuesday, July 9 from 1:30 – 3:30
Wednesday, July 10 from 4:00 – 7:00
Thursday, July 11 from 1:30 – 3:30
Monday, July 15 from 1:30 – 3:30
Thursday, July 18 from 1:30 – 3:30
Thursday, July 25 from 1:30 – 3:30
Tuesday, July 30 from 1:30 – 3:30
Wednesday, July 31 from 1:30 – 3:30

Open Cards
(Card Room)

Wednesday
8:30-12:00
Friday
8:30-12:00



Open Ping Pong

Dance Room
Monday, 2:45-4:15
Wednesday, 8:30-10
Thursday, 2:45-4:15

Activity B
Friday, 11:45-4:15

The Center's Billiard Room is open to members whenever the Center is open.

There is instructional pool every Wednesday at 9:00, first-come, first-serve.

If you ever wanted to learn to play-it's time!



To join a club, simply go to a meeting or call the Club leader.

Amherst Senior Singers Club	Music Rm	Wed	12:45	Carol Mayo	632-3929
Art Club	Art Rm	Mon & Tues	1:00	JoAnn Jarmusz	565-3332
Bike Club				JoAnn Stepien	837-7993
Blues Group Club	Craft Rm	Fri	12:30	Ed Morgan	633-4309
Board Game Club	See Front Desk	Mon, 2nd & 4th	12:45	Del Szczesniak	835-1131
Book Club	Craft Rm	Thurs-3rd	10:00	Janice Dunne	832-2245
Bridge Club	Card Rm	Fri	1:00	Terry Florek	839-3628
Camera Club	Activity A	Tues. 2nd & 4th	1:00	Claire Kaymon	650-1551
Chess Club	Rm 1	Tues	12:30	Bill Rich	908-9223
Mon. Community Service Club	Craft Rm	Mon	9:00	Joanne Brozyna	689-2674
Wed. Community Service Club	Rm 1	Wed	12:30	Jodi Kwarta	636-3055 ext 3126
Creative Writer's Group Club	Rm 1	Mon-1st & 3rd	10:00	Rita Lankes	580-3562
Cribbage Club	Card Rm	Thurs	12:45	Mark Pascale	Senior.pascale@gmail.com
Dinner Club				Myra Horowitz	634-9223
Dominoes Club	Rm 1	Mon	12:30	Jean Hallac	688-6895
Mon, Duplicate Bridge Club	Card Rm	Mon	12:45	George Mayers (M)	957-4408
Thurs, Duplicate Bridge Club	Card Rm	Thurs	9:00	Bruce Brown (Th)	352-9878
Euchre Club	Card Rm	Tues	1:00	Deloris Rudd	836-0631
Genealogy Club	Rm 3	Tues	10:30	Arlene Neely	688-6174
Knitting Club	Music Rm	Tues	9:00	Marylou Urban	688-4023
Mah-Jong Club	Card Rm	Tues	1:00	Hillary Hurwitz	837-5810
Men's Golf Club				Roy Wixon	868-4828
Mother's Cooking Club-NEW!	Rm 2	One day a month	TBA	Jennifer Larzarz	636-3050
Music Combo Club	Music Rm	Fri	11:30	Sue Birney	839-3628
Pathfinders Club	Front Desk Folder			Dick Mallison	946-4435
Pinochle Club	Card Rm	Mon/Wed	12:45	Grace Milligan 704-8747	Nancy H 632-2765
Quilting Club	Rm 3	Mon-1st & 3rd	12:30	Jan Brecht	836-8580
Reader's Theater Club	Music Rm	Fri	1:00	Barb White	636-3055 ext 3136
Recorder's Consortium Club	Music Rm	Fri	9:00	Fern Smith	395-3964
Rummikub Club	Rm 1	Fri	1:00	Mary Migliore	240-1101
Scrabble Club	Card Rm	Thurs	12:00	Carol Hensel	689-7417
Stained Glass Club	Art Rm	Thurs	9:00	Tom Richards	832-5641
Super Samba Card Club	Rm 1	Mon	12:15	Jan Valtin	689-8664
Tai Chi Club	Health Rm	Wed/Fri	1:30	Frank Chi	688-6680
Travel Club	Activity A	Tues-3rd	1:00	Audrey Cherry	688-7059
Trivial Pursuit Club	See Front Desk	Mon-1st & 3rd	12:45	Bob Peluso	689-0094
Walking Club	Front Lobby	Thurs (May-Nov)	9:50	Helen Findlay	832-8738
Wood Carving Club	Art Rm	Tues	9:00	Ray Didley	472-3338
Woman's Golf Club	Oakwood	Fri.	9:00	Mary Ann Young	639-1169

JULY NUTRITION

July 3 Picnic



July 17 Dinner

- Create Your Own Salad
- Soup
- Bread
- Strawberry Shortcake



Thursday, July 25th

Join us in the Dining room at 11:00 AM to watch *Hope for Christmas* filmed in East Aurora, NY starring Bill Brown Senior Center Volunteer.

Free giveaways at lunch.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1 Breaded chicken leg, Spanish rice, spinach, blueberry muffin, fruit cocktail	2 Tilapia, oven browned potato, mixed vegetable, 12 grain bread, applesauce	3 PICNIC Hot dog w/roll, baked beans, potato salad, corn, strawberry & blueberry shortcake	4 CLOSED 	5 Meat lasagna, cranberry juice, carrots, Italian bread, lemon ice
8 Stuffed peppers, rice pilaf, Brussel sprouts, multigrain bread, fig newton's	9 Scrambled eggs, sausage, pancakes, tropical fruit	10 Hamburger w/ roll, potato wedge, corn, rice krispie treat	11 Turkey w/gravy, mashed potato, peas & onions, stuffing, diced peaches	12 Macaroni & cheese, stewed tomatoes, spinach, wheat bread, chocolate pudding
15 Chicken breast w/gravy, mashed potatoes, green beans, roll, ice cream	16 Spaghetti & meat-balls, broccoli, cauliflower, pasta, applesauce	17 Roast beef sandwich, rice pilaf, mixed vegetables, bread, diced peaches <i>5:00 Dinner See Above</i>	18 BBQ pulled pork, spinach, potato wedge, roll, fruited jello	19 Breaded fish, oven roasted potato, carrots, rye bread, cake
22 Ham w/pineapple glaze, baked potato, carrots, roll, apple crisp	23 Chicken Caesar salad, bread, angel food cake	24 Meatloaf w/gravy, au gratin potatoes, lima bean bake, honey bran bread, tropical fruit	25 CHRISTMAS Pork chops w/gravy, mashed potatoes, peas, dinner roll, chocolate pudding	26 Omelet, rice, green beans, muffin, diced peaches
29 Make your own salad, vegetable beef soup, fruit punch, bread, ice cream	30 Roast beef w/gravy, mashed potato, mixed vegetables, roll, cookie	31 Chicken, rice pilaf, carrots, roll, jello	1 Macaroni & cheese, stewed tomatoes, broccoli, bread, banana	2 Hamburger & hotdog w/rolls, baked beans, corn,

LUNCH is served

Monday-Friday , from 12:00-1:00

Please make reservations 24 hours in advance. 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.



SNAP may provide you a monthly supplement for purchasing nutritious food if you qualify. If you qualify, you'll get a debit card to use for groceries.

Please call our social work department at 636-3050 for questions regarding your qualifications and any assistance you may need with the application process.



FOR MEAL RESERVATIONS OR CANCELLATIONS, PLEASE CALL 636-3050.

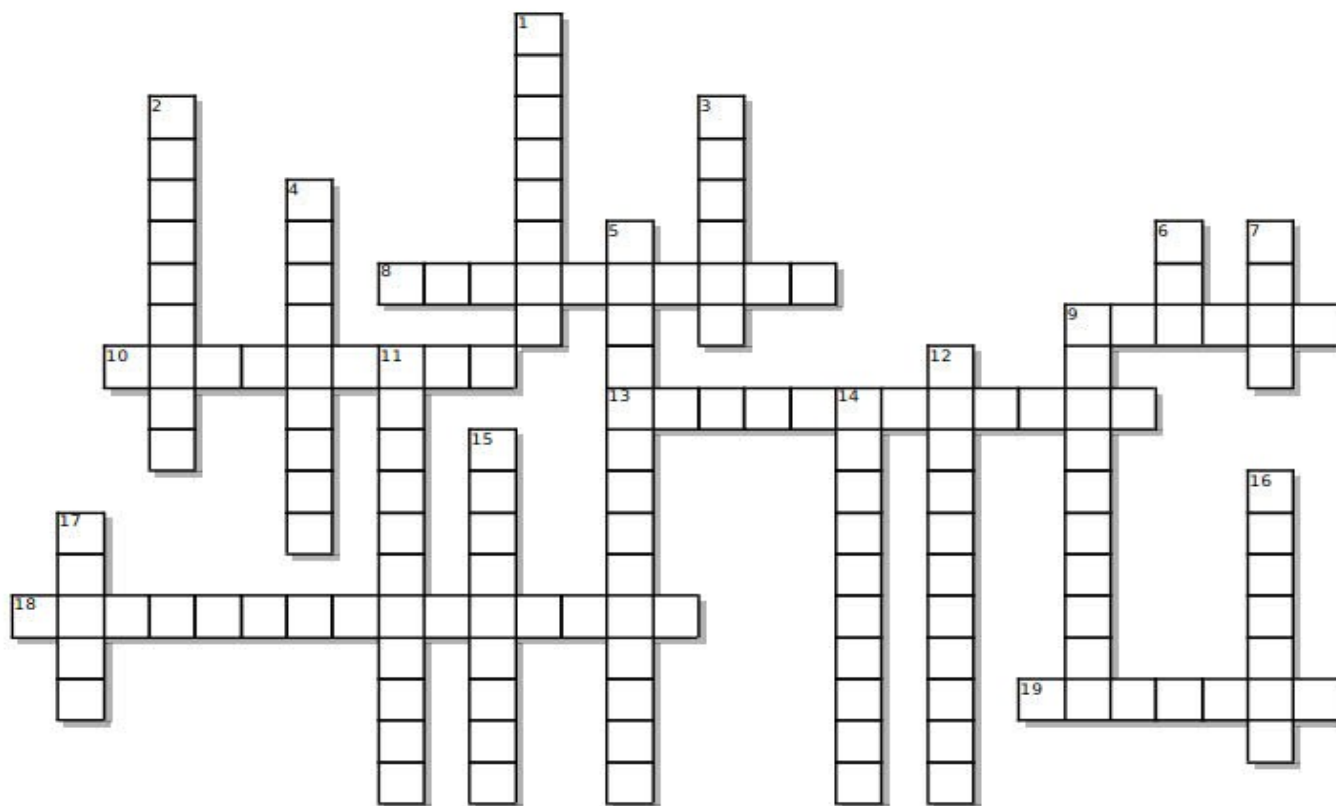
July



Let this crossword puzzle test
your cognitive skills!
Answers will be posted on
July 15 at the Hospitality desk.

JULY NETWORK

DO SOMETHING FUN THIS MONTH



ACROSS

- 8 SENATOR RANZENHOFER HOSTS THIS FAMILY EVENT EACH YEAR
- 9 DESSERT THAT'S GOOD ALL YEAR
- 10 50TH ANNIVERSARY OF THIS EVENT
- 13 DISEASE THAT EFFECTS YOUR BONES
- 18 4TH OF JULY
- 19 "UNLESS SOMEONE LIKE YOU CARES A WHOLE AWFUL LOT, NOTHING IS GOING TO GET BETTER. IT'S NOT"

DOWN

- 1 FALL SPORT THAT MOST WOMEN DO NOT UNDERSTAND
- 2 JOIN THIS CLUB IF YOU'RE INTERESTED IN YOUR ANCESTORS
- 3 BUFFALO'S FAVORITE DONUTS

- 4 HOLIDAY NORMALLY CELEBRATED IN DECEMBER
- 5 BAND PLAYING ON JULY 17 AFTER DINNER
- 6 WE ALL WANT TO COOK WITH HER AT THE CENTER
- 7 COOLING ASSISTANCE IS PROVIDED THROUGH THIS ORGANIZATION
- 9 DISEASE THAT'S PREVALENT IN THE SUMMER MONTHS
- 11 CELEBRATION EVERY JULY IN AMHERST
- 12 FAMILY WITH A GRANDPARENT IN THE HOUSEHOLD
- 14 GAME NAMED AFTER A GREEN VEGETABLE
- 15 BRING THIS TO ENJOY CONCERT
- 16 GET THIS WITH YOUR HOTDOG THIS MONTH
- 17 ANOTHER GREAT WAY TO GET AEROBIC EXERCISE