

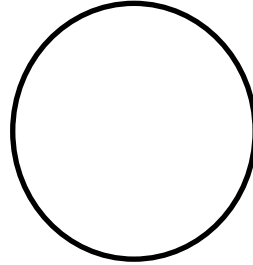
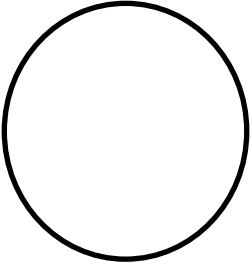


Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, NY 14228-1142

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Amherst Center for Senior Services Newsletter

SEPTEMBER 2023



AmherstCenterForSeniorServices.com



Facebook.com/amherstnyseniorcenter/



716-636-3050

September is Senior Center Month 2023 Theme: Discover Your...



FRIENDSHIPS

HEALTH

PURPOSE

CREATIVITY



DIRECTOR'S NOTE

IMPORTANT PHONE NUMBERS

Main Line 636-3050
Reservations 636-3051
Amherst Meals on Wheels 636-3065
Amherst Senior Transportation 636-3075
Senior Outreach Services 636-3070
Support Group Information 636-3050

KEY STAFF CONTRIBUTORS

Melissa Abel, Director, mabel@amherst.ny.us
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Cindy Weiss, Class Coordinator: cweiss@amherst.ny.us
Barb White, Recreation Leader: bwhite@amherst.ny.us
*The Network is coordinated by Christina Yensan,
Public Relations Coordinator: cyensan@amherst.ny.us*

AMHERST TOWN BOARD

Brian Kulpa, Supervisor
Deborah Bucki, Deputy Supervisor, Liaison to
Senior Services
Jacqui Berger
Shawn Lavin
Michael Szukala

AMHERST MEALS ON WHEELS

Delivers nutritionally balanced meals to seniors and disabled adults living in the Town of Amherst. Our menu is approved by the Erie County Department of Senior Services. All meals are prepared and packaged fresh each weekday at the Amherst Center for Senior Services. AmherstMealsOnWheels.org | 716-636-3065

AMHERST SENIOR TRANSPORTATION SERVICES

Provides rides to the Amherst Senior Center, health-related visits, and grocery shopping.
AmherstVans.org | 716-636-3075

NOTARY PUBLIC

As a convenience to our Senior Center members only, we have a licensed public notary on staff by appointment only. Please call 636-3055, ext. 3172 for your appointment.

September will be a busy and exciting month as we celebrate *National Senior Center Month*. This year's theme is 'Discover Yours'. For us, its discovering Friendship, Health, Purpose, and Creativity. Come to the center this month and discover what's next for you. Our classes for the Fall are beginning, we have fantastic programs scheduled, our clubs are in full swing, join a support group or volunteer, or attend our delicious lunch! There is something for everyone!

Join us on September 10th at 2pm for the Grand Opening of the Northwest Amherst Community Center. This new community center will offer programming for babies, kids, teens, adults, and seniors. We have already had successful pop up events and tours of the new facility and are looking forward to the many opportunities this new center brings to our community. Classes and programs are planned so make sure you read the newsletter each month to see what we have scheduled so you do not miss out. Come and see what this exciting new community center has to offer and discover what everyone is talking about!

Our Open House is planned for September 12th. Bring a friend who is not a member and if they join during the open house, you both will receive a chance to win a gift basket.

Our Emergency Preparedness event is September 21st. This first time event will include various vendors and information to help prepare all of us for the next weather related or other emergency. Emergency preparedness makes sense for everyone. But you need to Plan, Prepare, and Practice to assure a successful and safe outcome.

We will host The New York State Office for Aging when they present their Master Plan for Aging on September 8th. This multi-year plan provides goals and objectives related to assisting older residents, their families, and their caregivers. More details will be available and announced in emails and on Facebook. If you do not currently receive emails from us, please contact Christina at cyensan@amherst.ny.us and let her know that you want to be on our email list.

Melissa

Information in this issue was correct at time of printing

WIFI PASSWORD: RainStorm20

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.

HOURS OF OPERATION

Monday, Wednesday, Friday: 8:30 am-4:30 pm

Members are asked to vacate building by 4:15 pm in order for staff to complete closing procedures

Tuesday, Thursday, 8:30 am-7:30 pm

ABOUT THE CENTER

The Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst New York 14228
716-636-3050
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 Open Tuesdays, Wednesdays and Fridays from 10:30-1:00 pm*
- Billiard Room
- Card Room
- Computer Lab
- Dance Room—*Sponsored by Univera Healthcare*
- Gift Shop—*Sponsored by Blue Cross Blue Shield*
- Health & Wellness Rooms—*Sponsored by Independent Health*
- Library
- Music Room—*Sponsored by Susan Grelick in honor of her parents*
- Nutrition Room—*Sponsored by Blue Cross Blue Shield*

NEWSLETTER SUBSCRIPTIONS

To have the Network Newsletter delivered to your home annually, 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 or Household Membership

Non-Resident—Lifetime Membership

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

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

To join the Center online:

Go to AmherstCenterforSeniorServices.com/membership-plans

To join the Center in-person:

Stop at the Center's Reception Desk and we'll provide you with an application to complete.

Payments can be made by cash, check or credit card.

CALLING ALL NEW MEMBERS MEMBERSHIP 101

Friday, September 22 at 10:30am or

Tuesday, September 26 at 3:30pm

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 and where to find information on what is happening at the Center. Those attending the 10:30am session are invited to stay for a complimentary lunch at 12:00pm and if you are attending the 3:30pm you are invited to stay for a complementary dinner at 5:00pm. Reservations are required for both.

FIRE DRILLS:

If the centers emergency alarm goes off, you need to vacate the building through the emergency doors.

RESERVATIONS REQUIRED FOR ALL CLASSES, PROGRAMS AND CLUBS. NO WALK INS.



FACEBOOK

The Amherst Center for Senior Services has a new Facebook page. Our original page was corrupted which made this necessary. Please make sure and like or follow our page AND more importantly, please make sure and like or follow the *correct* page. There are several variations which has caused confusion, so let's get the word out there about OUR page. Thanks!

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



TOWN PROGRAM LOCATIONS



Amherst Senior Center*

370 John James Audubon Parkway
Amherst 14228

Clearfield Community Center

730 Hopkins Road
Williamsville 14221

Harlem Road Community Center

4255 Harlem Road
Amherst 14226

Northwest Amherst Community Center

220 Northpointe Parkway
Amherst 14228

Northtown Center at Amherst

1615 Amherst Manor Drive
Williamsville 14221

North Forest Park

85 North Forest Road
Williamsville 14221

Williamsville Youth and Family Center

5005 Sheridan Drive
Williamsville 14221

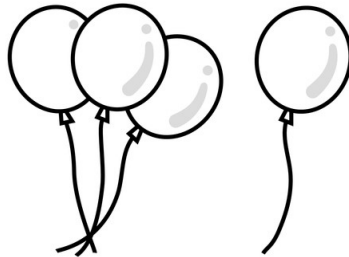
**All programs, classes, and clubs listed in this newsletter will take place at the Senior Center unless otherwise noted.*

GRAND OPENING

There will be a grand opening celebration of the Northwest Amherst Community Center on Sunday, September 10 at 2:00pm

We would love to see our members there.

Watch for details coming out soon.



A NOTE FROM YOUTH AND RECREATION

Welcome to fall! Autumn is always my favorite time of the year, and this year is extra special as we are finally opening the new Northwest Amherst Community Center! Thirty-nine years ago I started my career with the Town of Amherst at the Ellicott Creek Youth Center on North Ellicott Road. Twenty-five years ago, we left this building for a lovely space at the then-Pepsi Center, which could accommodate participants with physical disabilities. Although our programs have flourished at the now-Northtown Center, a part of my heart has always stayed in the northwest section of town. Six years ago, my staff and I toured a building in the Northpointe Office Park. It seemed like a pipedream back then, and, as fate would have it, the location was leased out from under us as we deliberated the pros and cons of relocation. Fast forward to the pandemic, however, and the shrinking need for in-person workers, and the space was once again available. Add a supportive Amherst Town Board, Sweet Home Board of Education, the Amherst IDA and a willing landlord in Zaepfel Development, and the dream began to take shape. Top it off with the partnership between Youth & Recreation and the Senior Center over the past 18 months and we have all the makings of a very successful venture! I know some folks have been skeptical of the new facility, but everyone who has toured it or attended a pop-up program thus far has been very excited. Let me assure you that the new building is not meant to replace the Senior Center, only to enhance it. Those of who have tried to register for some of the Center's more popular classes know how difficult it can sometimes be to get in. The new building will offer us the opportunity to expand our class and program offerings and to develop new programs and services based on our members' needs. At 29,000 square feet, there is space for everyone and we look forward to serving residents of all ages. There will also be plenty of opportunities to volunteer. Everyone is welcome to join us for our Grand Opening on Sunday, September 10 at 2:00pm. The Bills are playing Monday Night Football that week, so there's no excuse! Make a day of it and start out at the final Market at Bassett Park of the year at 10:00am. You won't be sorry!

Mary-Diana Pouli, Executive Director, Youth and Recreation

RESERVATIONS REQUIRED FOR ALL CLASSES, PROGRAMS AND CLUBS. NO WALK INS.

PROGRAMS

PROGRAM REGISTRATION

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk

AMHERST SENIOR CENTER PROGRAMS:

NATURE WALK

Wednesday, September 6, 20 and 27 from 9:30-11:00am
Learn all the beauty that Walton Woods has with
Naturist, Carol Rogers.

VIRTUAL MUSEUM TOUR

Wednesday, September 6 at 11:00am
Come watch 'Sister Wendy: The Story of Painting,' an
entertaining and educational look at some of history's
greatest and most influential art masterpieces.

EVENING BINGO

Thursday, September 7 at 6:00pm

COOKING WITH JEN

Friday, September 8 at 11:00am
Muffin Pan Pizza Bombs. Please bring a 12
count muffin pan. Fee is \$6.00.
RSVP starting 9/1. No refunds after



OPEN HOUSE

Tuesday, September 12, 3:00- 6:00pm
Event will begin at 3:00 with *Get the Scoop* with Senior Center Director,
Melissa Abel. Club representation, infor-
mation, tours and much more! Bring a friend or family
member and if they join you will be eligible to win a
basket.

Free and
open to
the public!

PICNIC AT VETERAN'S CANAL PARK

Wednesday, September 13 at 11:00am
Meet your friends at the park to enjoy a nature walk,
play outdoor games and enjoy a complimentary grilled
hot dog lunch Please bring a chair.

Veteran's Canal Park is located at 1040 Tonawanda Creek Road

HOT DOG SALE \$1.50

Thursday, Sept. 14 at 11:00, while supplies last

SHEA'S PERFORMING ARTS CENTER

Thursday, September 14 at 1:00pm
Find out about the upcoming shows this season
Presented by Mary Oshei with Shea's Performing Arts

BUFFALO BILLS HOME GAME PEP RALLY

Friday, September 15 at 11:00am
The 1st home game of the regular season is this week-
end. Come decked out in your favorite Buffalo Bills gear

SPECIAL UNIVERSITY EXPRESS CLASS

Friday, September 15 at 2:00pm
The Sun, The Moon and You presented by Penn Dixie

MEET WINNIE OUR K9 FRIEND

September 20 at 11:00am
This special therapy dog who is waiting to meet you

EMERGENCY PREPAREDNESS

Thursday, September 21 from 4:00-7:00 pm
Various vendors and information will be provided to
help everyone be prepared for any future emergency
events. Watch for email updates
Presented by Town of Amherst Emergency Services

BOOK AND MOVIE DISCUSSION

Friday, September 22 at 1:00pm
Are you there God it's me, Margaret by Judy Blume
After the movie there will be a brief discussion on the
similarities and differences between the movie & book

COOKING DEMO WITH THE FORSTER'S

Monday, September 25 at 11:00am
Carl and Karen Forster will show us to make their
homemade crepes. Fee is \$2.00. No refunds after 9/21

PUPPY PARADE

Tuesday, September 26 at 6:00pm
Bring your 4-legged friend for a fun and festive walk
around Walton Woods pond. All pets and all people are
welcome (even if you don't have a pet). Awards will be
given out for various contests (best in show, waggiest
tail, best dressed, etc.)

RESERVATIONS REQUIRED FOR ALL CLASSES, PROGRAMS AND CLUBS. NO WALK INS.

PROGRAMS

PROGRAM REGISTRATION

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk

PIZZA AND GAME NIGHT

Thursday, September 28 at 5:00pm
Pizza and salad from John and Mary's followed by a game of Family Feud. Fee is \$7.00. Paid reservations by 9/26. No refunds after

PICNIC IN WALTON WOODS

Friday, September 29 at 12:00pm
Bring a chair and a brown bag lunch and join us by the lake in Walton Woods. Please meet in the front lobby

HISTORICAL REENACTMENT

Tuesday, October 3 at 6:00pm
Dennis Upton will portray *Joseph Ellicott*. Learn where Ellicott Creek, Ellicott Square, the town of Ellicott and the village of Ellicottville received its recognition. A performance not to be missed!

BOOK REVIEW

Thursday, October 5 at 11:00am
Bonnie Parsons will discuss her new book, *Send a Little Love: Sequel to Young Love-An Adoptee's Memoir*. Following her presentation there will be a Q & A session. Autographed copies of both books will be available

INFORMATION TABLES

Erie County Board of Elections

Become an election volunteer or register to vote
Wednesday, September 6 from 11:00am-1:00pm

JBM Health & Wealth Consulting

Tuesday, September 19 11:00am-1:00pm

HEALTH INSURANCE

To schedule your appointment call the representative listed.

Clarity Group Lisa at 716-864-4886

Highmark BCBS Kathy at 716-658-8655

Thursday, September 7 9:00am – 11:00pm

Independent Health Amanda 716-635-4999

Tuesday, September 12 9:00 – 10:00am

MOVIES

DAYTIME MOVIES

Monday, September 11 at 1:00pm

Book Club: The Next Chapter Rated PG-13 108 minutes

Monday September 18 at 1:00pm

About My Father Rated PG-13 90 minutes

Monday, September 25 at 1:00pm

Fool's Paradise Rated R 99 minutes

EVENING MOVIES

Tuesday, September 5 at 5:30pm

Book Club: The Next Chapter Rated PG-13 108 minutes

Tuesday, September 19 at 5:30pm

About My Father Rated PG-13 90 minutes

Tuesday, September 26 at 5:30pm

Fool's Paradise Rated R 99 minutes

FRIDAY FUNNY

Friday, September 1 at 1:00pm

Book Club (Part 1) Rated PG-13 104 minutes

FOREIGN FILM

Friday, September 8 at 1:00pm

Mon oncle (French) 116 minutes

CLASSIC MOVIE

Thursday, September 14 at 5:30pm 105 minutes

It Happened One Night

ARMCHAIR TRAVELER

Friday, September 29 at 1:30pm

Enjoy the beauty of 18 of America's National Parks without leaving your chair (116 minutes)

HEALTH PROGRAMS

DEEP BRAIN STIMULATION

Tuesday, September 19 at 6:00pm

Learn how Deep Brain Stimulation (DBS) can help those with Parkinson's or Essential Tremor. Presented by *UBMD Neurosurgery and Neurology*

PREVENTING FALLS

Thursday, September 21 at 1:30pm

Learn tips and tricks to avoid falling. Presented by *Chris Aquisto, Suburban Chiropractic*

RESERVATIONS REQUIRED FOR ALL CLASSES, PROGRAMS AND CLUBS. NO WALK INS.

PROGRAMS

PROGRAM REGISTRATION

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk

FINANCIAL PROGRAMS

UNDERSTANDING MEDICARE

Thursday, September 14 at 4:00pm

Understand how Medicare works and where you fit in with the Annual Enrollment Period (AEP) from October 15-December 7 every year. Presented by James Gembarosky with *Bankers Life*

SCAMS

Wednesday, September 20 at 1:30pm

Learn about the latest scams, how you can protect yourself from being scammed and what to do if you have been the victim of a scam. Presented by *The Center for Elderlaw and Justice*

AMHERST SENIOR CENTER PARTNER PROGRAMS:

MUSICAL MEMORIES CAFÉ

Tuesday, September 5 and 19 at 2:00 pm

Caregivers are encouraged to join us for an enjoyable time with your loved one for entertainment, socialization, reminiscing and refreshments. Please make reservations by calling Carolyn at 570-6520 or email westfallsartcenter@gmail.com

BISTRO BOOKERS

Tuesday, September 12 at 4:00pm

Timothy J. Redmond will discuss his book *Political Tribalism in America: How Hyper-Partisanship Dumbs Down Democracy and How To Fix It*

BETTER BREATHERS GROUP

Tuesday, September 26 at 1:00pm

If you, or someone you know, is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer, consider joining us at this welcoming support group. Learn better ways to cope with your diagnosis and live life to the fullest. *Led by Jeremy Voorhees, American Lung Association Trained Facilitator*

NORTHWEST COMMUNITY CENTER PROGRAMS

YOGURT PARFAIT BAR

Monday, September 11 at 9:30am

Fee is \$4.00. Enjoy different flavors and toppings

INDOOR GAMES

September 11, 6:00-8:00pm-Corn hole

September 18, 6:00-8:00pm-Kan Jam

September 25, 6:00-8:00pm-Jenga

MIND TEASERS

Monday, September 18 at 11:00 am

FALLS

Wednesday, September 20 at 10:30am

Did you know that 1 in 4 adults will sustain a fall this year? 20% of those falls will cause an injury. Learn ways to minimize your risk of falls as well as the safest way to rise from the floor after having a fall. Presented by *Lauren Grawe, Rehab Services at Brothers of Mercy*

SEATED VOLLEYBALL

Wednesday, September 20 at 12:30 pm

Join us for a hot dog lunch with chips and a drink . Fee is \$3.00 . Volleyball will begin at 1:00

LOTTO TICKET BINGO

Wednesday, September 27 at 1:00pm

Please bring a \$1.00 lottery ticket for the prize table

GENERATOR SAFETY AND WINTER PREPAREDNESS

Wednesday, September 27 6:00pm

Learn what to do to keep your home and family safe the next time a snow storm hits, safe use of generators and risks involved, and other emergencies that you may encounter during a power outage. Presented by *Charles Turner, Turner Engineering*

OPEN PLAY PICKLEBALL AT NWACC

Monday, September 11, 18, 25 from 9:30-11:30am
(Intermediate Level)

Monday, September 11, 18, 25 from 12:00-2:00pm
(Beginner Level)

Monday, September 11, 18, 25 from 6:00-8:00pm
(All Levels) 1 court
Reservations are required.

RESERVATIONS REQUIRED FOR ALL CLASSES, PROGRAMS AND CLUBS. NO WALK INS.

CLASSES BEGIN ON SEPTEMBER 5

CLASS REGISTRATION

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk

FALL CLASS CATALOG

The Class Catalog is available in hard copy at the Center, Amherst Libraries and online at AmherstCenterforSeniorServices.com.

FALL CLASS REGISTRATION PROCEDURES



ONLINE registration on MyActive-Center.com



TELEPHONE registration at 636-3051



MAIL OR DROP OFF



WALK IN Please bring completed form with exact payment by credit card, cash or check.



Class registration is on a first come-first serve basis

DEFENSIVE DRIVING CLASS: AARP Smart Driver

(\$25 for AARP Member/\$30 for Non AARP Member)

9/13 or 10/18 from 9:00 am-4:00 pm

Refresh your driving skills and your knowledge of the rules and hazards of the road. Instructor provided by AARP. Check with your insurance company if they will give you a multi-year discount on your premium upon completing the course. All-day course includes a 40 minute break for lunch.

Reservations required by calling 636-3051. Payment is due to instructor on the day of the class. If paying by check please make out to AARP Smart Driver and include your AARP membership number.

Consider joining us for lunch when we take a break. For individuals 60 and over the cost is a suggested donation of \$3.00. Reservations for lunch must be made at least 24 hours in advance by calling 636-3051 or when registering for the class.

VIRTUAL CLASSES (ZOOM)

For an older adult, online education offers several advantages. One of the primary benefits is increased flexibility and convenience without the commute to a physical classroom. This is particularly beneficial for older adults, who may have mobility issues or other health concerns that make it difficult to travel.

ZOOM CLASS HIGHLIGHTS:

ALL THE NEWS & ISSUES ZOOM (\$20)

Friday, 9/8-12/15 (13x) no class 11/10, 11/24, 10:00am-11:30am

ZOOM ART HISTORY-Modernist Painting at the Buffalo AKG (\$30)

Thursday, 9/7-10/26 (8x), 10:00am-11:15am

ZOOM CURRENT EVENTS (\$20)

Wednesday, 9/6-12/13 (14x) no class 11/22, 10:00am-11:30am

This class will regularly meet on Zoom. However, on the first Wednesday of September, October, November and December members can choose to meet in person at the Senior Center or on Zoom. Each group will meet independently of each other.

ZOOM TWO HEARTS IN THREE-QUARTER TIME – THE WORLD OF OPERETTA (\$56)

Tuesday, 9/5-12/12 (14x) no class 11/7, 1:00pm-3:00pm

ZOOM FUNCTIONAL LIVING EVERYDAY EXERCISE (FLEE) (\$18) Monday 9/11-10/23 (6x) no class 10/9, 9:30am-

10:25am

Monday, 11/6-12/11 (6x), 9:30am-10:25am

ZOOM YOGA AND MEDITATION (\$18)

Tuesdays, 9/5-10/17 (7x), 11:00am-12:00pm

Tuesday, 10/31-12/12 (7x), 11:00am-12:00pm

ZOOM YOGA (\$18) All Levels

Wednesday, 9/13-10/18 (6x), 9:00am-10:15am

Wednesday, 11/1-12/13 (6x) no class 11/22,

9:00am-10:15am

All Fall classes with full descriptions are listed in the Fall Course Catalog

RESERVATIONS REQUIRED FOR ALL CLASSES, PROGRAMS AND CLUBS. NO WALK INS.

SENIOR SERVICES

SUPPORT GROUP REGISTRATION

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk

The common experience among members of a support group often means they have similar feelings, worries, and everyday problems. Participating in a group provides you with an opportunity to be with people who are likely to have a common purpose and likely to understand one another. Some benefits are:

- Feeling less lonely, isolated or judged
- Reducing distress, depression, anxiety or fatigue
- Talking openly and honestly about your feelings
- Improving skills to cope with challenges
- Gaining a sense of empowerment, control or hope
- Improving understanding of a disease and your own experience with it
- Getting feedback about treatment options

SUPPORT GROUPS:

Widow/Widowers Group

Tuesday, September 12 at 11:00 am

Grandparent Kinship Group

Wednesday, September 13 at 11:00 am

Are you "parenting" for the second time? Come and share ideas, get support, comfort and resources.

Men's Group

Tuesday, September 18 at 11:00 am

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

Caregivers Group

Wednesday, September 20 at 1:00 pm

Loss & Grief Group

Thursdays at 11:00 am, through October 5

This group will meet every Thursday for six weeks

Parkinson's Group:

Thursday, September 28 at 2:00 pm

If you or a loved one have received a diagnosis of Parkinson's disease, you may wonder what to expect. Join us and feel more in control.

SENIOR OUTREACH SERVICES 636-3070

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.

FRIENDS HELPING FRIENDS SHORT TERM FOOD ASSISTANCE

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

The Supplemental Nutrition Assistance Program (SNAP)

Monthly benefits can be used to purchase food at authorized retail food stores. If you are eligible, an Electronic Benefit Transfer (EBT) account is set up for you, and every month your benefits will be deposited right into your account. To see if you are eligible, please contact the Senior Outreach Services.

ACCESSIBLE PARKING TAG

If you need assistance with an application, we are available on the second Monday of each month from 10-12:00pm and the third Thursday from 1:00-3:00pm.

YOUTHWORK\$

Youthworks is a service that works as a liaison between residents and Amherst youth ages 12-20. Jobs include: yardwork, gardening, weeding, mowing, raking, and snow removal. To hire a youth, please contact Robin Erwin at 631-7217.



RESERVATIONS REQUIRED FOR ALL CLASSES, PROGRAMS AND CLUBS. NO WALK INS.

VOLUNTEER and CLUB INFORMATION

NORTHWEST AMHERST COMMUNITY CENTER VOLUNTEER RECRUITMENT

We are currently recruiting potential new volunteers to help us out at the new Northwest Community Center, located on Northpoint Parkway, off Sweet Home Road. The new Center will likely provide ideal opportunities for volunteers who live in the neighboring community and wish to be more active closer to home. Detailed volunteer roles will be available soon, but if you'd like to be considered, please let us know so we can begin taking names and we'll be in touch to share in details and how we will move forward with the process in the weeks ahead.

MENTORING OPPORTUNITIES

Once again, we are partnering with Sweet Home High School's Ready Academy and are looking for potential mentors to work 1:1 or with small groups of students to impart knowledge or skills in the areas of business, art, mindfulness, cooking and other skills. If you have a particular skill set or knowledge base of a particular subject, please let us know. Opportunities could be a one-time experience or over the course of several weeks or months, depending upon the subject matter and the mentor's availability. This will be an on-going initiative. If you'd like to participate, but are not ready to begin, we would still love to hear from you.

BAKERS RACK SALE

Wednesday, Sept. 20, while supplies last

AMHERST SENIOR SINGERS

This very tight-knit and social singing group is currently looking to add 3 lady sopranos to their group, who love to sing the "old songs." Rehearsals take place at the Center on Wednesday afternoons. There are usually several performances scheduled throughout the year at the Senior Center, as well as at local assisted living facilities. Please stop by to see Club Leader, Carol, any Wednesday afternoon, beginning in September, as the group takes a break for the summer. (An audition is to be expected.)

CANASTA CLUB

Looking for new members to join them on Thursday afternoons (1:00 to 4:00). Experienced Canasta players or those who just need a refresher are invited to stop by during a regularly scheduled meeting to see if you might like to join them. Please ask for Club Leader, Peggy, upon arrival.

SEE SOMETHING YOU WANT ON THE CLUB LIST?

If you are interested in forming a new Club, please contact Jodi at jkwarda@amherst.ny.us. She will see if there is interest from our membership base. If there are ten or more people interested, she can work with you to get your club started!

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.

OPEN PICKLEBALL AND PING PONG

PICKLEBALL Due to the popularity of Pickleball, RESERVATIONS ARE NOW REQUIRED for general play. Space is limited. Please cancel if you are not able to come so someone else can take your spot.

Tuesday, September 5, 26 from 12:15-2:00 pm or 2:00-4:00 pm (1 court)
Wednesday, September 6 from 12:00-2:00 pm (Beginners) and 2:00-4:00pm (Intermediate)
Wednesday, September 13 from 12:00-2:00pm (Gentlemen) and 2:00-4:00pm (Ladies)
Wednesday, September 20, 27 from 12:00-2:00 pm or 2:00-4:00 pm
Thursday, September 7, 14, 28 from 3:45 – 5:30 pm
Friday, September 1, 8, 15 from 12:00-2:00 pm or 2:00-4:00 pm
Friday, September 22 from 12:00-2:00pm (Intermediate) and from 2:00-4:00pm (Beginners)
Friday, September 29 from 12:00-2:00pm (Ladies) and from 2:00-4:00pm (Gentlemen)

PING PONG

Mondays
1:00-4:00pm

Tuesdays
9/5, 9/19, 9/26
2:00-6:00pm

Fridays
1:00-4:00pm

RESERVATIONS REQUIRED FOR ALL CLASSES, PROGRAMS AND CLUBS. NO WALK INS.

CLUBS

CLUB REGISTRATION

- MyActiveCenter.com
- 716-636-3051
- In person at the Reception Desk

If you are interested in more information or joining a Club, please register and go to the next meeting to speak with the leader or contact Jodi Kwarta (Ext. 3126) or Barb White (ext. 3136). Phone numbers are no longer listed for the security of our Club Leaders. Club leaders phone numbers are no longer listed.

Am-Center Photography Club	2nd and 4th Tuesday of the month, 1:00 –3:00
Amherst Rocky Blues Band Club	Fridays, 12:30
Amherst Senior Singers Club	Wednesdays, 1:00-3:00
Art Club	Mondays & Tuesdays, 1-3:30
Bike Club	Wednesdays, 9:30-11:30
Board Game Club-Afternoons	Wednesdays and Thursdays, 12:30-4:00
Board Game Club-Evenings	Most Thursday nights at Northtown Center from 6:30-10:00. See MyActiveCenter.com for schedules
Book Club	4th Monday, 1:00
Bridge Club	Tuesdays, 2:00-5:00
Canasta Club	Thursdays, 1:00-4:00
Chess Club	Tuesdays, 12:15-4:15
Community Service Sewing Projects Club	Mondays, 8:30-11:00
Creative Writers Club	1st & 3rd Mondays, 10:00-12:00
Dinner Club	Information on rack across from the Wellness Room
Dominos Club	Mondays, 12:30-3:00
Duplicate Bridge Club (Mon)	Mondays, 12:30-4:00
Duplicate Bridge Club (Fri)	Fridays, 12:30
Euchre Club	Tuesdays, 1:00
Indian Senior Citizens Club	2nd Thursday of the month, 4:30
Genealogy Club	1st and 2nd Tuesday of month, 10:30
Knitting Club	Tuesdays, 9:30-11:30
Mah Jong Club	Tuesdays, 1:00-3:30
Men’s Golf Club	Information on rack across from the Wellness Room
Pathfinders Club	Fridays, 9:00-11:00
Pinochle Club (Mon)	Mondays, 12:45
Pinochle Club (Wed)	Wednesdays, 12:45-3:30
Reader’s Theater Club	Mondays, 1:30
Rummikub Club	Fridays, 1:00-4:00
Scrabble Club	Tuesdays, 10:00-12:30
Spanish ZOOM Club	Thursdays, 1:30
Stained Glass Club	Thursdays, 9:00-12:30
Tai Chi Club	Wednesdays & Fridays, 1:30-2:30
Tuesday Afternoon Music Club	Tuesday, 1:00
Upholstery Club	Wednesdays, 9:00-12:00
Walking Club (Walton Woods)	Thursdays, 9:30 in Lobby
Wood Carving Club	Tuesdays, 9:00-11:30

**You must
register to attend
a club meeting.
Space is limited!**

RESERVATIONS REQUIRED FOR ALL CLASSES, PROGRAMS AND CLUBS. NO WALK INS.

SEPTEMBER NUTRITION



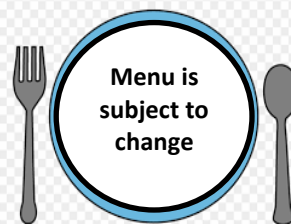
The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. Lunch is served Monday-Friday, 12:00-1:00 pm. Reservations must be made at least 24 hours in advance by going on MyActiveCenter.com or by calling 636-3051. There are NO walk-ins accepted. The Erie County 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>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	4 	5 Hamburger w/roll Potato wedge Vegetable mix Diced peaches	6 Chicken w/gravy Oven potato Vegetable mix Dinner roll Orange	7 Lasagna rolls w/ meatballs Dragon juice Key largo vegetables Rye bread Brownie	8 NATIONAL TV DINNER DAY Salisbury steak Mashed potatoes Corn Brownie Enjoy lunch while watching an episode of <i>Mash</i>
VEGAN OPTIONS Lentil soup Small salad Bread Dessert	11 Polish sausage Lazy pierogi Peas Roll Pineapple chunk	12 Chicken Caesar salad Cranberry juice Green beans Bread stick Cake	13 Omelet Potatoes Vegetable mix Muffin Orange	14 Sloppy Joe w/roll Tater tots Vegetable mix Apricots	15 ROSH HASHANAH Roast beef w/gravy Sweet potato Vegetable mix Multigrain bread Cake
Garden burger Roll Potato Vegetable Dessert	18 Pork ribette Oven potato Vegetable mix Roll Peaches	19 Breakfast sandwich Potato wedge Apples Bread Cookie	20 HISPANIC HERITAGE Cuban sandwich Rice Spanish cauliflower Dinner roll Cake	21 Chicken Garden rice Vegetable mix Dinner roll Cake	22 Mac & cheese Stewed tomatoes Vegetable mix 12 grain bread Orange
Vegetable stir fry Rice Bread Dessert	25 Spaghetti & meatballs Vegetable mix Grape juice Italian bread Fruit	26 Cheeseburger w/roll Potato wedge Corn Cookie	27 Pork chop w/gravy Mashed potatoes Peas Dinner roll Fruit cocktail	28 Chicken Garden rice Creamed spinach Rye bread Cookie	29 Fish Carrots Rice Multi grain bread Cake

UPDATE: Frozen meal pickup times can not be changed once ordered has been placed.

DINNERS

- September 5-Open faced turkey sandwich, mashed potatoes, vegetable, dessert
- September 12-Chicken Pad Thai, rice noodles, mixed vegetables, bread, dessert
- September 19-Breaded chicken sandwich with lettuce and tomato, potato salad, carrots, dessert
- September 26-Polish sausage, roasted potato, vegetable, dessert



RESERVATIONS MUST BE MADE IN ADVANCE ON MYACTIVECENTER.COM OR BY CALLING 636-3051