



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

Presorted Standard  
US Postage  
PAID  
Permit No. 4694  
Buffalo, NY

The Monthly Newsletter of the  
Amherst Center for Senior Services  
JUNE 2023



AmherstCenterForSeniorServices.com



/AmherstSeniorServices



716-636-3050



THE MONTHLY NEWSLETTER OF THE AMHERST CENTER FOR SENIOR SERVICES

**JUNETEENTH DINNER**

Tuesday, June 13 at 5:00 pm

*Guest Speaker:* Reverend  
Mark E. Blue, Second Baptist Church,  
President, Buffalo Branch NAACP

*Menu:* Turkey with gravy,  
rosemary potatoes, peach  
halves & lemon pie

Reservations required

## 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](mailto:mabel@amherst.ny.us)  
Tammy Jacobs, Program Coordinator: [tjacobs@amherst.ny.us](mailto:tjacobs@amherst.ny.us)  
Jodi Kwarta, Director of Volunteers: [jkwarta@amherst.ny.us](mailto:jkwarta@amherst.ny.us)  
Jennifer Lazarz, Program Leader: [jbono@amherst.ny.us](mailto:jbono@amherst.ny.us)  
Karen Lisiecki, Project Coordinator: [klisiecki@amherst.ny.us](mailto:klisiecki@amherst.ny.us)  
Donna Muck, Kitchen Manager: [dmuck@amherst.ny.us](mailto:dmuck@amherst.ny.us)  
John Jones, Social Caseworker: [jjones@amherst.ny.us](mailto:jjones@amherst.ny.us)  
Vijaya Tomar, Social Worker: [vtomar@amherst.ny.us](mailto:vtomar@amherst.ny.us)  
Cindy Weiss, Class Coordinator: [cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us)  
Barb White, Recreation Leader: [bwhite@amherst.ny.us](mailto:bwhite@amherst.ny.us)

*The Network is arranged and designed by Christina Yensan,  
Public Relations Coordinator: [cyensan@amherst.ny.us](mailto: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](http://AmherstMealsOnWheels.org) | 716-636-3065

---

### AMHERST SENIOR TRANSPORTATION SERVICES

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

[AmherstVans.org](http://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.

Hello June! This month we will be celebrating Flag Day, Father's Day, and the Summer Solstice. This is also the time of year where we celebrate summer with outdoor programming in the parks, walks, and summer concerts. We will be at The Market at Bassett Park on Sunday, June 11<sup>th</sup>, from 10am-2pm. Come visit our tent! Check out some of the new classes added to the summer schedule ( pg 8 ). We now have Modified Karate, Billiards Fundamentals, Intro to Horseshoes, and more!

We are busy planning some pop up events over the summer at the new Northwest Amherst Community Center, located at 220 Northpointe. Make sure you get our emails and follow us on Facebook to learn more about these programs.

This Fall, in addition to classes and programming at the senior center, we will begin scheduling at the community center as well. This is an exciting venture for us and we are looking forward to all the possibilities. This location will give seniors in Amherst more possibilities to take a class, enjoy cultural and educational programs, play pickleball, and more!

*Melissa*

Updates:

There is a new private handicap accessible restroom available located off of the hallway by Room 2. We have recently updated some of the paint colors throughout the building. We hope you like it! Our new rug will be installed this summer. Look for email updates for installation dates. We will make every attempt to make it as least disruptive as possible.

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

*Information in this issue was correct at time of printing*

---

### PRIMARY EARLY VOTING

Amherst Senior Center Adult Day Entrance  
June 17-June 25, Saturdays and Sundays 9-5pm  
Monday-Friday 12pm-9pm

DO NOT CALL THE CENTER WITH QUESTIONS. Call the Erie County Board of Elections at 858-8891.

# 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
- 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](http://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. After joining, you will be given an opportunity attend Membership 101.

## CALLING ALL NEW MEMBERS

### MEMBERSHIP 101

Tuesday, June 6, 3:30pm or Thursday, June 8, 10:30am  
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 the 10:30am session are invited to stay for a complimentary lunch at 12:00pm and those attending the 3:30pm session are invited to stay for a complimentary dinner at 5:00pm. Reservations are required for both.

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

## JOIN THE GREAT OUTDOORS IN JUNE!

June is known as the Great Outdoors Month! There are many reasons why going outside for some exercise and fresh air is a great choice for anyone. There are many health benefits to getting outdoors

**Your sleep will improve**-Getting fresh air and exposing yourself to natural light daily, especially in the mornings, can help your body's natural sleep cycle to regulate, allowing you to sleep better at night. Regular exercise can also help your body to expend energy and be more ready to rest and relax each night.

**It can help support your mental health**-Getting outside for a walk or to enjoy the fresh air on a regular basis can help increase the release of endorphins like serotonin which can help reduce feelings of anxiety, stress and depression which can in turn improve your overall mood.

**Vitamin D has many health benefits**-Vitamin D is something that most people are low in, so getting outdoors this June will no doubt help to increase your supply. This vitamin is essential in helping your body to maintain a healthy immune system leading to a better defense against things like cancer, osteoporosis and even Alzheimer's disease.

### NATURE WALKS

Wednesdays, June 7, 14, 21, and 28 from 9:30-11:00am  
Learn about all the beauty that Walton Woods has with Naturist, Carol Rogers. Meet in front lobby

### AT THE PARKS

#### LAWN GAMES

Tuesday, June 20 from 10:30am-12:00pm  
Meet us at Billy Wilson Park at 1290 Hopkins Rd  
Enjoy some friendly competition playing a variety of lawn games including bocce ball and cornhole

#### PAULA'S IN THE PARK

Tuesday, June 27 at 10:00am  
Meet us at Garrison Park on Garrison Road in the Village for a Paula's donut  
Fee \$2 due by 6/23 no refunds after

#### PRESSED FLOWER JARS CRAFT

Friday, June 30 at 10:00am  
Meet us at Garrison Park on Garrison Road in the Village  
Fee \$2 due by 6/28 no refunds after

### THE LONGEST DAY

Wednesday, June 21  
9:30 am-Nature Walk (meet in front lobby)  
10:30 am-Bingo  
11:00 am-Hot Dog Sale  
12:00-Nutrition Lunch  
1:00-Suncatcher Craft- Fee is \$2.00  
2:00-University Express  
3:00-Happy Hour Enjoy a snack

*The Longest Day is the day with the most light-the summer solstice. On June 21, thousands of participants from across the world come together to fight the darkness of Alzheimer's through an activity of their choice. Together, they use their creativity and passion to raise awareness for the care, support and research efforts of the Alzheimer's Association.*

### SUMMER CONCERT

Tuesday, June 27 from 6:00-8:00pm  
Enjoy an evening of Elvis and Buddy Holly performed by award winning tribute artist Nathan Pittorf

Register for all programs at [MyActiveCenter.com](http://MyActiveCenter.com) or by calling 636-3051.

## A NOTE FROM YOUTH AND RECREATION

As I write this the sun is (finally!) shining and the promise of summer is right around the corner. We are so fortunate that the Town of Amherst sponsors so many free events for the community during the warmer months. We kick off the summer concert season right here at the Senior Center on June 27<sup>th</sup>! Join us for dinner (reservations required) and a concert featuring tributes to Elvis and Buddy Holly. Next up is the town's annual Independence Day Concert at Bassett Park on July 4<sup>th</sup>, followed by a 7-week Wednesday summer series there beginning July 12. The Town is thrilled to welcome back the Buffalo Philharmonic Orchestra for a free concert at Bassett on Friday, July 7<sup>th</sup> at 8pm. Grab a friend or two and make a night of it! The Amherst Arts & Culture Committee is also sponsoring a "Music on the Move" concert series at various locations throughout the Town, starting with the Buffalo Silver Band on Saturday afternoon, July 1 at Veterans' Canal Park. More information on these events can be found at [www.amherstyouthandrec.org](http://www.amherstyouthandrec.org) New events are constantly being added, so make sure to check out the Center's Facebook page and watch for the weekly emails!

*Mary-Diana Pouli, Executive Director, Youth & Recreation Department*

# PROGRAMS

## PROGRAM REGISTRATION

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

---

### CENTER FUN

#### BINGO

Thursday, June 1 at 4:00pm

---

### SILVER PRIDE TEA

Friday, June 2 from 10:00am -12:00pm

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

*Hosted by the Pride Center of WNY*



---

### MILKSHAKE WALK

Friday, June 2 at 1:00pm

Join us for a walk in Walton Woods followed by a milkshake

---

### KARAOKE PARTY

Monday, June 5 at 1:00pm

Grab the mic or grab a seat and listen

---

### PLANT EXCHANGE

Tuesday, June 6 at 11:00am

Have a plant that just doesn't fit in your yard? Bring it to our plant exchange for something different

---

### MUSICAL MEMORIES CAFÉ

Tuesday, June 6, 2:00pm and Tuesday, June 20, 2:00pm

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](mailto:westfallsartcenter@gmail.com)

---

### TEA PARTY

Thursday, June 8 at 4:30pm

Join members of the Indian Senior Citizens Club for Tea and light refreshments. Guest Speaker Jim Bardot will present *What Your Loved Ones Need to Know*. He explores the information and documents survivors will need to navigate through a life crisis

### PRICE IS RIGHT

Friday, June 9 at 11:00 am COME ON DOWN!

---

### COOKING WITH JEN

Monday, June 12 at 11:00am

Debbie's Strawberry Cake. Please bring a 9 inch deep dish pie pan or 9-inch square pan. Fee is \$5.00. No refunds after 6/8.

Register starting 6/1

WHAT'S  
**JEN**  
COOKING

---

### GET THE SCOOP

Monday, June 12 at 1:00pm

Get the latest updates on the new Northwest Amherst Community Center with Executive Director, Melissa Abel

---

### FATHER'S DAY FLOATS

Wednesday, June 14 at 1:00pm

Celebrate with a root beer float

---

### JUNETEENTH DINNER

Tuesday, June 13 at 5:00 pm

Guest Speaker: Reverend Mark E.

Blue, Second Baptist Church,  
President, Buffalo Branch NAACP

Menu: Turkey with gravy, rosemary  
potatoes, peach halves & lemon pie



---

### MIND TEASERS

Friday, June 16 at 11:00am

---

### BISTRO BOOKERS

Tuesday, June 20 at 4:00pm

Margaret Sullivan will discuss her book, *Newsroom Confidential-Lessons (and Worries) from an Ink Stained Life*

---

### HOT DOG SALE

Wednesday, June 21<sup>st</sup> at 11:00, while supplies last

---

### PIZZA AND GAME NIGHT

Thursday, June 22 at 5:00pm

Pizza and salad from John and Mary's followed by a game of *America Says*. Fee is \$7. No refunds after

**RESERVATIONS REQUIRED FOR ALL PROGRAMS**

# PROGRAMS

## PROGRAM REGISTRATION

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

---

### BOOK REVIEW

Friday, June 23 at 1:00pm

*Wandering Close to Home: A Gay Son and His Feminist Mother's Journey to*

*Transform Themselves and their Family* by Christopher and Linda Drajem. This book charts the path of Christopher, growing up in the 70's and 80's, closeted in a Catholic, traditional family. Soon his very traditional mother finds that societal, religious, and family expectations do not fit anymore. They both work to change themselves and find a new path



---

**ANDERSONS**-6075 Main Street Williamsville

Wednesday, June 28 at 12:00 pm

---

### BOOK AND MOVIE DISCUSSION

Following the movie will be a brief discussion on the similarities and the differences between the movie and the book

Friday, June 30 at 1:00 pm *The Help* by Kathryn Stockett

Friday, July 28, at 1:00 pm *The Cabin at the End of the World* by Paul Tremblay

---

### HEALTH INSURANCE

*To schedule your appointment, call the representative*

**Clarity Group**

Lisa at 716-864-4886

Thursday, June 8 2:30 – 4:00pm

**Highmark BCBS**

Rachel at 716-658-8676

Thursday, June 8 9:00 – 11:00am

**Independent Health**

Amanda 716-635-4999

Wednesday, June 7 2:00 – 3:00pm

**Univera**

Michele at 716-572-8315

Thursday, June 8 10:00 – 12:00pm

### HEALTH

#### CHOOSE HEALTHY WNY PROGRAM -DIABETES SELF MANAGEMENT

Tuesdays, June 13-July 25 from 9:30am-12:00pm

(no class 7/4, attendance at all 6 sessions is required)

Attend this 6-week evidence-based workshop to learn:

- Meal planning & healthy eating
- Managing stress & other symptoms
- Problem-solving & decision-making skills
- Fitness & exercise
- Setting goals for improving health
- Effectively communicating with your doctor

To sign up or for more information: Call Erie County Senior Services: 716-858-7470 or Janice.Nowak@erie.gov

---

#### ACCESSIBILITY SOLUTIONS

Thursday, June 15 at 10:30 am

Are there things you could use in your home such as grab bars, tub bench and raised toilet seats that would make it easier and safer for you to live in your home? Learn about a variety of solutions that are available. *Presented by Accessibility Solutions on WNY*

---

#### BALANCE AND MEMORY CHECK-UP

Wednesday, June 21 from 8:30 – 11:30 am

Schedule your free 30 minute screening with a practitioner from Buffalo Occupational Therapy at 235-3013. Please let them know that you want your appointment at the Amherst Senior Center

---

#### NEW UPDATES TO MEDICAID/MEDICARE FOR ACCESS TO SERVICES

Thursday, June 22 at 10:30am

Learn how your Medicaid or Medicare benefits can help you receive services such as therapies or homecare *Presented by Karen Shalke, LIFE – Living Independently For Elders Program*

---

#### BETTER BREATHERS GROUP

Tuesday, June 27 at 1:00pm

If you, or someone you know, is living with chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer join us to learn better ways to cope with your diagnosis and live life to the fullest. Plus, it's fun and enriching to connect with others *Led by an American Lung Association trained facilitator Jeremy Voorhees*

**RESERVATIONS REQUIRED FOR ALL PROGRAMS**

## PROGRAMS

### PROGRAM REGISTRATION

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

### FINANCIAL

#### GETTING THE MOST OUT OF YOUR MEDICARE BENEFITS

Thursday, June 8 at 1:00pm

explore the Medicare benefits that you have that you might not be taking advantage of

*Presented by Lisa Giancarlo, Clarity Group*

### PROTECTING YOUR ASSETS

Thursday, June 15 at 6:00 pm

Practical tips will be shared on ensuring your legacy passes to those that you love

*Presented by James Gembarosky, Bankers Life*

### MOVIES

#### 1:00pm

Monday, June 5 *80 for Brady* PG-13 98 minutes

Monday June 12 *Mafia Mamma* Rated R 101 minutes

Monday, June 26 *Champions* PG-13 124 minutes

#### 2:00pm

Tuesday, June 27 *Love, Simon* PG-13 1 hour 49 minutes



#### 5:30pm

Tuesday, June 6 *80 for Brady* PG-13 98 minutes

Thursday, June 20 *Champions* PG-13 124 minutes

### DOCUMENTARY

*Slavery and the Making of America*

Friday, June 16 at 1:00pm

Narrated by Morgan Freeman

### CLASSIC MOVIE

*The Best Years of Our Lives*

Thursday, June 29 at 4:30pm

## UNIVERSITY EXPRESS

*University Express offers free educational classes for older adults in Erie County. You will find classes in a variety of categories, including current affairs, history, humanities, finance and medicine.*

Thursday	June 1	2:00	My Career as a Buffalo Radio Journalist
Thursday	June 1	6:00	Let's Get Writing
Friday	June 2	2:00	Who Was Who on the Avenue
Tuesday	June 6	6:00	Banking in Buffalo
Wednesday	June 7	2:00	Albright Knox Art Gallery
Thursday	June 8	2:00	History of the Buffalo Mafia
Thursday	June 8	6:00	I'm Getting a New Knee
Friday	June 9	2:00	Early 1800s in Buffalo
Tuesday	June 13	2:00	Compost is the Next Big Thing
Wednesday	June 14	2:00	Put Your Best Foot Forward
Thursday	June 15	2:00	CEPA Gallery
Friday	June 16	2:00	Sports Medicine 101
Tuesday	June 20	6:00	Board Games for all ages
Wednesday	June 21	2:00	Holistic Healing
Thursday	June 22	2:00	Malaysia, Truly Asia
Thursday	June 22	4:00	Saving Buffalo Baseball
Tuesday	June 27	2:00	Narcan
Wednesday	June 28	2:00	Pickleball Injury Prevention & Recovery
Thursday	June 29	2:00	Telling Stories Through Travel Photography
Thursday	June 29	4:00	All Things Travel with AAA
Friday	June 30	2:00	Artificial intelligence (AI)

### INFORMATION TABLES

#### SENATOR SEAN RYAN COMMUNITY OUTREACH

Tuesday, June 6 from 10:00am-2:00pm

Share questions or concerns with a member of the Senator's staff

#### ASK THE REALTOR Wednesday, June 21 at 11:00am

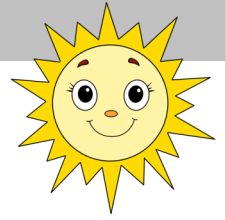
Anne Kadar from WNY Metro Roberts Realty

#### EPIC Wednesday, June 21 from 11:00am-1:00pm

#### CAPTION CALL Wednesday, June 7 from 10:00-12:00pm

**RESERVATIONS REQUIRED FOR ALL PROGRAMS**

# CLASSES



## CLASS REGISTRATION

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

---

### DEFENSIVE DRIVING CLASS: AARP Smart Driver

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

Wednesday, 6/14 or 7/12 from 9:00 am-4:00 pm

All-day course includes a 40 minute break for lunch.

\*Payment 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.

---

### NEW CLASSES NOT LISTED IN CATALOG:

#### MODIFIED KARATE (\$10)

Mondays, 6/5-7/24 (6x) no class 6/19, 7/17

10:00-11:15am

Lessons will include basic punches and kicks, DOJO procedure, self-defense and Seisan kata. Instruction will involve some minimum contact. Good balance and steady feet are necessary to participate. Loose clothing and bare feet are recommended. *Paul Parisi, Instructor*

---

#### BILLIARDS (\$10)

Thursday, 7/6-8/10 (6x) 4:00-5:30pm

Practice techniques that can improve your game, such as how to strike the ball, speed, aiming, bank shots, cutting and more. Beginner to intermediate level players. First half of class will be instructional, with the second half for play, focusing on the lesson of the day. *Greg Potter, Instructor*

---

### OPEN PICKLEBALL:

Due to the popularity of Pickleball, RESERVATIONS ARE NOW REQUIRED for general play. You may reserve 1 time slot per day. Space is limited. Please cancel if you are not able to come so someone else can take your spot.

- Tuesdays, June 6, 27 from 12:15-2:00pm or 2:00-4:00pm (1 court only)
- Tuesday, June 20 from 12:15-2:15pm (1 court only)
- Wednesday, 6/14 from 12: -2:00 (1 court only) 2:00-4:00pm
- Wednesday, 6/21, 6/28 from 12:00-2:00pm or 2:00-4:00pm
- Thursday, 6/1, 6/15, 6/29 from 3:45-5:30pm or 5:30-7:30pm
- Friday, 6/2, 6/16, 6/30 from 12:00-2:00pm or 2:00-4:00pm
- Friday, 6/9 from 12:00-2:00pm (Beginners Only) or 2:00-4:00pm (Intermediate Only)
- Friday, 6/23 from 12:00-2:00pm (Ladies Only) or 2:00-4:00pm (Gentlemen Only)

### SUMMER SECOND SESSION:

Many of the summer classes begins in late June, early July. Now is the time to register. The Summer Class Catalog is available in hard copy at the Center, Amherst Libraries and online at: [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com).

---

### OTHER CLASS HIGHLIGHTS:

#### LEARN TO DRAW MORE II (\$42)

Thursday, 6/1-7/16 (6x) 12:30-2:30pm

Follow the instructor in step by step lessons as we explore new subjects using pencil, pen and ink and charcoal. Basic drawing skills necessary; previous class instruction helpful. Find the materials you need at [www.danmeyerwatercolors.com](http://www.danmeyerwatercolors.com); select Classes at the top of the page and then scroll down the list to the class you are taking and select Material List.

*Dan Meyer, Instructor*

---

#### WOODCARVING – All Levels (\$30)

Thursday, 7/6-8/17 (6x) no class 7/20 2:00-4:00pm

Carve a whimsical house in cottonwood bark. Suitable for all levels of carvers. A sharp woodcarving knife, protective glove and sharpening strop are required. Please register by early June so we know how much wood to order. *Debbie Barbour, Instructor*

---

#### INTRO TO HORSESHOES (\$16)

Wednesday, 7/12-8/2 (4x) 9:30-10:30am

Learn everything about this classic backyard game. Ideal for casual gatherings or serious competition. Meet at the North Forest Park horseshoe pits at 85 North Forest Road in Williamsville. *Angelo Lorenzo, Instructor*

---

### OPEN PING PONG:

Mondays, 6/5, 6/12, 6/26 1:00-4:00 pm

Tuesdays, 6/6, 6/27 2:00-6:00 pm

Fridays, 6/2, 6/9, 6/16, 6/23, 6/30 1:00-4:00 pm



## SENIOR SERVICES

### SUPPORT GROUP REGISTRATION

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

---

#### SUPPORT GROUPS:

##### Widow/Widowers Group:

Tuesday, June 13<sup>th</sup> at 11:00 am

---

##### Caregivers Group:

Wednesday June 21<sup>st</sup> at 1:00 pm

---

##### Loss & Grief Group:

Thursdays at 11:00 am

This group meets every Thursday for six weeks. This group started on May 4<sup>t</sup> and ends on June 8<sup>th</sup>.

---

##### Men's Group:

Tuesday June 20<sup>th</sup> at 2:30pm

---

##### Grandparent Kinship Group:

Wednesday June 14th at 11am

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

---

##### Parkinson's Group:

Thursday, June 22nd 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.



*Signs of Elder Abuse: Isolation, financial abuse, mental health trauma, physical abuse, sexual abuse. Elder abuse is a serious problem requiring attention. If you or someone you know is a victim of abuse, contact the Erie County Adult Protective Services at 858-6877 or speak with one of the Center's social caseworkers.*

***June 15 is World Elder Abuse Awareness Day. Please join us in wearing purple on this day.***

### 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.

---

#### Home Energy Assistance Program (HEAP)

The HEAP Program is a federally funded program by the NYS Department of Social Services. It is administered on the local level and provides assistance to eligible households for energy needs. Clients should have proof of income. For more information or to make an appointment for application assistance, please contact Senior Outreach Services.

---

#### 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 1-3:00pm.

---

#### YOUTHWORKS

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.

#### SOCIAL CASEWORKERS:

**VIJAYA TOMAR, MSW, 636-3055, EXT. 3165 or vtomar@amherst.ny.us and**

**JOHN JONES at 636-3055, EXT. 3129 or jjones@amherst.ny.us**

*A Social Caseworker is also available from 4:00-7:00pm on June 6 and June 13. Please contact a Social Caseworker to schedule.*

## VOLUNTEER INFORMATION

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.

### READ ALOUD VOLUNTEERS

Sunday, June 11 (15 minute slots)

10:30-11:30 am and 12:30 to 1:15pm

The Town of Amherst Tree Board will host a read-aloud to young children during The Market at Bassett Park.

Books and reading chair will be provided. Please contact Jodi in the Volunteer Office to sign up

### CAFÉ SUBSTITUTES

Tuesdays, Wednesdays and Fridays, 10:30am-1:00pm

We are looking for Café volunteers trained in the event one of our “regulars” cannot come in. Training will be provided. Availability would vary, depending on need.

Substitutes must be comfortable handling small amounts of cash and using a simple cash register. Please contact Jodi in the Volunteer Office for more information

### BAKERS RACK SALE

Wednesday, June 14<sup>th</sup> at 9:00, while supplies last

## CLUB INFORMATION

### AMHERST CENTER PHOTOGRAPHY CLUB

Be on the lookout for the new Photography Club Brochure, scheduled to go out in early August. We look forward to next season, which starts on September 12.

### RUMMIKUB CLUB

Now playing two versions of the game. Potential new club members can now find the club meeting in the Card Room on Fridays from 1:00 to 4:00pm

### EXPERIENCED DRUMMER NEEDED

Friday rehearsals after 12:30pm

Our Rocky Blues Band is still in need of an experienced drummer to join their group. Please contact Club Leader, Dave Weiss at 716-548-0210 for more info or stop by a rehearsal

### BOOK CLUB

Monday, June 26, 1:00pm

*Code Talker: A Novel About the Navajo Marines of World War Two* by Joseph Bruchac

## VOLUNTEER RECOGNITION EVENT

*A barbeque dinner will be held on Friday, July 21 from 6:00-8:00 pm at the Senior Center. The Town of Amherst Senior Services and Youth & Recreation Department will be hosting this event to thank and celebrate all senior and youth volunteers who were registered with their respective departments and submitted at least one hour of service in 2022. This includes service recorded inside and outside the Senior Center, through Amherst Meals on Wheels, youth volunteers from the YES Program and the Amherst Youth Consortium. In an effort to be as ecologically & fiscally responsible as possible, no paper invitations will be mailed for this event, but registration will be required. Please RSVP using the form below or pick one up at the Center. You may drop your registration form off at the front desk or mail to: Jodi Kwarta, Director of Volunteer Services, Amherst Center for Senior Services at 370 John James Audubon Parkway by July 7.*

## VOLUNTEER RECOGNITION EVENT RESERVATION FORM



Volunteer Attending: \_\_\_\_\_

Email: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

*Please submit to front Reception Desk*

*Additional forms are available at the front Reception Desk*

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

# CLUBS

## CLUB REGISTRATION

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

Clubs are an excellent way to meet new friends and socialize with people with similar interests. If you are interested in more information or joining a Club, please contact the Club Leader.

Am-Center Photography Club	Claire Kaymon	650-1551 or gckaymon@yahoo.com	2nd and 4th Tuesday of the month, 1:00 –3:00
Amherst Rocky Blues Band	Andy Finley	807-5161	Fridays, 12:30
Amherst Senior Singers	Carol Mayo	632-3929	Wednesdays, 1:00-3:00
Art Club	Joann Jarmusz	565-3332	Mondays & Tuesdays, 1-3:30
Bike Club	Joann Stepien	254-2614	Wednesdays, 9:30-11:30
Book Club	Donna DeLeon	donnadeleon@yahoo.com	4th Monday, 1:00
Bridge Club	Mary Ann Devlin	839-1858	Tuesdays, 2:00-5:00
Canasta Club	Mary Ann Devlin	839-1858	Thursdays, 1:00-4:00
Chess Club	Bill Rich	908-9223	Tuesdays, 12:15-4:15
Community Service Sewing Projects Club	Rena	574-8010	Mondays, 8:30-11:00
Creative Writers Club	Carolyn Takach	632-7478	1st & 3rd Mondays, 10:00-12:00
Dinner Club	Mary Bashore	691-6714 or mrybash@gmail.com	Info on rack across from Wellness Room
Dominos Club	Jean Hallac	688-6895	Mondays, 12:30-3:00
Duplicate Bridge (Mon)	Bruce Brown	352-9878	Mondays, 12:30-4:00
Duplicate Bridge (Fri)	George Mayers	957-4408	Fridays, 1:00
Euchre Club	Bob Peluso	689-0094	Tuesdays, 1:00
Gateway Board Game Club	Ed Sapienza	550-6329	2nd and 4th Wednesdays of the month, 12:30-3:30
Indian Senior Citizens Club	Inder Malik	908-3707	2nd Thursday of the month, 4:30
Genealogy Club	Sally Clements	835-9248	1st and 2nd Tuesday of month, 10:30
Knitting Club	Marylou	688-4023	Tuesdays, 9:30-11:30
Mah Jong Club	Hillary Hurwitz	837-5810	Tuesdays, 1:00-3:30
Pathfinders	Joann Stepien	254-2614	Fridays, 9:00-11:00
Pinochle Club (Mon)	Leonard Ciappa	691-6713	Mondays, 12:45
Pinochle Club (Wed)	Joanne Hall	880-0875	Wednesdays, 12:45-3:30
Quilting Club	Jan	836-8580	1st & 3rd Mondays, 12:30-2:00
Reader's Theater	Pam Williams	912-0053	Mondays, 1:30
Rummikub Club	Mary Migliore		Fridays, 1:00-4:00
Scrabble Club	Carol Hensel	689-7417	Tuesdays, 10:00-12:30
Spanish ZOOM Club	Susan Willavize	sawandjmp@cs.com or 741-3623	Thursdays, 1:30
Stained Glass Club	Tom Richards	832-5641	Thursdays, 9:00-12:30
Strategic Board Game Club	Ed Sapienza	550-6329	Thursdays, 12:30-4:30
Tai Chi Club	Frank Chi	688-6680	Wednesdays & Fridays, 1:30-2:30
Tuesday Afternoon Music Club	Ed Morgan	633-4309	Tuesday, 1:00
Upholstery Club	Kate Wagner	836-2439	Wednesdays, 9:00-12:00
Walking Club (Walton Woods)	Sue Clark	smc916@verizon.net	Thursdays, 9:30 in Lobby
Wood Carving Club	Bill MacDougall	208-4631	Tuesdays, 9:00-11:30
Women's Golf Club	Carole Mathews	691-7625	Call leader for times

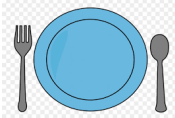
# JUNE NUTRITION

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> <i>Vegan Options</i>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
				<b>1</b> Pork chop Mashed potatoes Broccoli Multigrain bread Banana	<b>2</b> Fish Macaroni salad Corn Roll Cake
Lentil soup Small salad Bread Dessert	<b>5</b> Stuffed pepper Mashed potatoes Mixed vegetables Italian bread Cookie	<b>6</b> Hamburger on roll Potato wedge Mixed vegetables Diced peaches	<b>7</b> Chicken w/ gravy Oven potato Mixed vegetables Dinner roll Orange	<b>8</b> Lasagna roll Meatballs Dragon juice Key largo veg Rye bread Brownie	<b>9</b> Omelet Hash brown Broccoli Muffin Fruit
Garden burger Roll Potato Vegetable Dessert	<b>12</b> Polish sausage Lazy pierogi Peas Roll Pineapple chunk	<b>13</b> Chicken Caesar salad Cranberry juice Bread stick Cake	<b>14 FATHERS DAY</b> Roast beef w/ gravy Mashed potatoes Mixed vegetables Dinner roll Cake	<b>15</b> Sloppy joe w/roll Tater tots Mixed vegetables Apricots	<b>16</b> Fish Rosemary potatoes Brussel sprouts Roll Cookie
	<b>19 CLOSED</b>	<b>20</b> Breakfast sandwich Potato wedge Apples Bread Cookie	<b>21</b> Roast beef w/ gravy Mashed potatoes Green beans Dinner roll Cake	<b>22</b> Chicken Garden rice Mixed vegetables Dinner roll Cake	<b>23</b> Mac & cheese Stewed tomatoes Mixed vegetables 12 grain bread Orange
Vegetarian chili Baked potato Bread Dessert	<b>26</b> Spaghetti & meatballs Mixed vegetables Grape juice Italian bread Fruit juice	<b>27</b> Cheeseburger w/ roll Potato wedge Corn Cookie	<b>28</b> Pork chop w/gravy Mashed potatoes Peas Dinner roll Fruit cocktail	<b>29</b> Chicken Garden rice Creamed spinach Rye bread Cookie	<b>30</b> Fish Carrots Rice Multi grain bread Cake

<p><b>DINNERS:</b> Dinner is served at 5:00 pm</p>		<p>June 5-Chicken parmesan, pasta, grape juice, vegetables and dessert                  June 13-Turkey with gravy, rosemary potatoes, peach halves and lemon pie  <i>(Juneteenth Dinner Celebration on June 13)</i>                  June 20-Italian sausage, macaroni salad, vegetables and dessert                  June 27-Chicken and sausage paella, vegetables, roll and dessert</p>
--	---	--

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