

Spring-Summer Class Catalog 2022



**Make Smart
Food Choices
for Healthy
Aging**



**AMHERST CENTER FOR
SENIOR SERVICES**

AmherstCenterforSeniorServices.com

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370 John James Audubon Parkway · Amherst, NY 14228



AMHERST CENTER FOR SENIOR SERVICES

*Hours of Operation: Monday, Wednesday, Friday 8:30AM-4:30PM
Tuesday and Thursday 8:30AM-7:30PM*

The Center will be offering more programs and classes on Tuesday and Thursday nights. During these open nights our Billiard Room, Wellness Room, Library and Computer Lab will be open for members. The Dining Room will be open on Tuesday nights for dinner at 5:00 pm. If you are a Club Leader and your club would like to begin meeting in the evening, please let us know.



Established 1962

370 John James Audubon Parkway · Amherst, NY 14228
(716) 636-3051 · AmherstCenterForSeniorServices.com

Presented by the Town of
Amherst Libraries, Police,
Senior Services, and Youth
& Recreation Departments



SPRING FLING

Saturday, April 23 from 1:00-3:30 pm

Join us for an afternoon of activities for all ages including; crafts, nature hunts, police and fire vehicles, refreshments and more!

**Amherst Center for Senior Services
370 John James Audubon Parkway**

We will be accepting *new* items for teens; fidget spinners, journals, adult coloring books, colored pencils and fleece blankets. Donations will go to the Child Advocacy Center.



This event is free and open to the public.
No registration needed.

REGISTRATION BEGINS MONDAY, APRIL 11, 2022

MEMBERSHIP IS REQUIRED FOR CLASS REGISTRATION

At 55 years of age, individuals are eligible for membership at the Amherst Center for Senior Services.

Membership Fees:

Amherst Residents–Lifetime Membership

\$30/Individual Membership

\$50/Couple or Household Membership

Non-Resident–Annual Membership

\$30/Individual Membership

\$50/Couple of Household Membership

Non-Resident–Lifetime Membership

\$100/Individual Membership

\$150/Couple of Household Membership

FASTEST WAY TO REGISTER

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

WAYS TO REGISTER

1. Online

To register online, you must be a member and set up an account at myactivecenter.com. Payment must be by Mastercard, VISA, Discover or American Express.

2. By Mail

A separate form must be filled out for EACH person. If you are using a credit card, make sure to include number, expiration date and CVV number from back of card. Make checks payable to Amherst Center for Senior Services. Mark envelope CLASS REGISTRATION. Include a self-addressed stamped envelope for class confirmation and receipt if desired.

3. Walk In

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

4. Phone Registration

Please call (716) 636-3051 to register with a credit card.

Registration forms are on pages 23 and 25. Please make sure forms are filled out completely, accurately, and legibly.

- Class registration is on a first come, first served basis.
- Online and telephone registration begins on Monday, April 11 at 8:30 am.
- Mail and drop off registrations will be processed beginning at 9:00 am.
- Walk-in registrations will also begin at 9:00 am

ATTENDING CLASSES

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

FEE WAIVERS

Reduced fees for some courses are available for Amherst Resident Members who have been verified for eligibility in this program. Applications are available in the Social Work Office and should be submitted in advance of registration.

AUDIT A CLASS

If you are uncertain about a particular class, we encourage you to observe the class by obtaining a guest pass at the Reception Desk.

REFUNDS UPDATED POLICY

If you are uncertain a particular course is for you, we encourage you to audit the class prior to registration. Requests for refunds or transfers will be honored only if a member makes the request at least 4 full business days prior to the scheduled class start date. **A \$5 processing fee will be applied for withdrawals or transfers.** After the session begins, **NO** refunds are granted except for medical reasons and/or the advice of the instructor. Refunds will be credited to your Senior Center account.

A full refund will be processed for a course cancelled due to low registration. You will be notified by phone or email 1-2 business days before the scheduled start date. A refund check or credit to your Senior Center Account may take up to 30 days after cancellation to process. In the event a class is affected due to unforeseen circumstances such as weather and

community health concerns, every effort will be made to reschedule the class. In the event that is not possible, credit will be issued to your Senior Center account if two or more classes are unable to take place.

WHY COURSES ARE CANCELLED

- Minimum Requirement**
All courses are based on a minimum and maximum number of participants. If a course does not meet its minimum quota, it will be canceled for that trimester. Please register on time in order to prevent cancellations.
- Instructor Cancels**
If you are registered for a class at the Center and the instructor cancels a session, we will contact you as soon as possible. This could be an automated call. When possible, canceled classes will be made up by extending the course.
- Inclement Weather**
If Amherst, Sweet Home, or Williamsville school districts are closed, Center classes, clubs, and programs will be cancelled. During bad weather, listen for "WEATHER CLOSING" announcements on: TV Stations: WGRZ-Channel 2, WIVB-Channel 4, and WKBW-Channel 7 or Radio Stations: WBEN 930AM, WNED 94.5FM, WNYM 970AM, WGR 550AM, WKSE 98.5FM, and WTSS 102.5FM.



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HEALTHY MEAL PLANNING: TIPS FOR OLDER ADULTS

Eating healthfully and having an active lifestyle can support healthy aging. Use the resources below to learn about different patterns of healthy eating and ways to create a nutritious meal plan.

OLDER ADULTS' UNIQUE NUTRITION NEEDS

Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:

Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.

To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals. Learn more about protein and other important nutrients.

Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.

Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement. Learn more about key vitamins and minerals.

Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.

Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.

It can be hard for some people to follow through on smart food choices.

USDA Food Patterns

Eating habits can change as we grow older. The USDA has developed Food Patterns to help people understand different ways they can eat healthy. The food patterns include:

Healthy U.S.-Style Eating Pattern: This is based on the types of foods Americans typically consume. The main types of food in this eating pattern include a variety of vegetables, fruits, whole grains, fat-free or low-fat dairy, seafood, poultry, and meat, as well as eggs, nuts, seeds, and soy products.

Healthy Mediterranean-Style Eating Pattern: This one contains more fruits and seafood and less dairy than the Healthy U.S.-Style Eating Pattern.

Healthy Vegetarian Eating Pattern: This pattern contains no meat, poultry, or seafood, but does contain fat-free or low-fat dairy. Compared with the Healthy U.S.-Style Eating Pattern, it contains more soy products, eggs, beans and peas, nuts and seeds, and whole grains.

Visit the USDA Food Pattern's webpage for more information on each eating pattern and recommended daily intake amounts for each food group.

LEARNING AND SOCIAL

ALL THE NEWS & ISSUES ZOOM

This weekly discussion group will touch upon local, national and world events and topics. Space is limited. Note: The class will regularly meet on Zoom. On the 2nd Friday of every month the class will be Hybrid. With hybrid you can attend on Zoom or meet in person at the Senior Center in Classroom 2. (2nd Fridays: 5/13, 6/10, 7/8, 8/12)

Geoffrey McCauley, Carol Hensel, leaders

Friday, 5/6-8/26 (17x)

10:00am-11:30am Zoom/Room 2 \$20
(on 2nd Fridays only)

ART HISTORY ZOOM - Summer Book Club

This summer class will be organized around group discussions and related lectures to Margot and Rudolf Wittkower's 1963 book, *Born Under Saturn*. Art historian Meyer Schapiro wrote of the book "An enthralling story of the changing behavior of artists throughout the centuries." We will discuss a chapter at a time in addition to the instructor's commentary and images. Students can purchase the book *Born Under Saturn: The Character and Conduct of Artists* by Margot and Rudolf Wittkower used or new on Amazon.

Laura Watts Sommer, instructor

Thursday, 6/9-7/28 (8x)

10:00am-11:15am Zoom \$28

BRIDGE - Beginners Part II

If you are new to Bridge or haven't played for many years, this is the class for you. In this course you will learn the basics for Bridge, designed especially for beginners. The complete course will be given over three trimesters - Winter, Summer and Fall - and will cover 12 basic concepts, 4 in each trimester. At the end of the course, you will have the basic skills needed to enjoy playing in any bridge game or club. Come join in the discussion, play cards, and be mentally challenged in a fun and friendly environment. **Prerequisite: Bridge-Beginners Part I**

Ruth Nawotniak, instructor

Monday, 5/2-8/1 (10x) no class 5/30, 6/20, 7/4, 7/18

10:00am-12:00pm Card Room \$40



BRIDGE - Refresher

This course will focus on refreshing the basic concepts of bridge. It is geared towards players who would like to refresh their knowledge and skills. Each session will have a brief review of one or two of the basic concepts followed by hand play. This course is not recommended for beginners. Come join in the fun and improve your basic bridge skills.

Ruth Nawotniak, instructor

Monday, 5/2-8/1 (10x) no class 5/30, 6/20, 7/4, 7/18

12:30pm-2:30pm Health Room \$40

CURRENT EVENTS ZOOM

This weekly discussion group will touch upon local, national and world events and topics. Space is limited. Note: The class will regularly meet on Zoom. On the first Wednesday of every month the class will be Hybrid. With hybrid you can attend on Zoom or meet in person at the Senior Center in Classroom 2. (1st Wednesdays: 5/4, 6/1, 7/6, 8/3)

Jeff Goodman, Dick Mallison or Dick Schanley, leaders

Wednesday, 5/4-8/24 (17x)

9:30am-11:30am Zoom/Room 2 \$20
(on 1st Wednesdays only)

DEFENSIVE DRIVING COURSE

Class dates to be determined. Watch for information in our newsletter the "Network" or in future emails from the Senior Center.

FRENCH FOR FUN

This is NOT a beginning language class. Prior experience with the French language is optimal. Course goals are to improve French skills in five areas: listening, speaking, reading, writing and Francophone cultural knowledge. Oral communication in the language will be a focus, and the class will be conducted in French, as a general rule. Topical conversations will open each class. Participants will read and discuss short readings on various topics. Grammatical topics will be presented and practiced. Other activities are designed to enhance skill development. Home assignments help to meet the course goal. This class will meet for 5 sessions at the Senior Center provided there is no mask requirement at the time. Otherwise, we will meet on Zoom.

Gary Behrns, instructor

Friday, 5/6-6/10 (5x)

10:30am-12:00pm

no class 5/27
Classroom 1 \$38

MINDFULNESS

NEW!

Mindfulness is back! Wondering how you can reduce stress, stay focused, and engage your 5 senses? Come see what mindfulness meditation is all about. Learn about the benefits of mindfulness and then participate in the practice. Class held at the Harlem Road Community Center (HRCC), 4255 Harlem Road, Amherst, NY 14226.

Maddy Turano LMSW, instructor

Saturday, 5/14-6/18 (6x)

9:30am-10:30am HRCC Community Room 2 \$10

LEARNING AND SOCIAL – TECHNOLOGY

ANDROID SMARTPHONE ESSENTIALS

Tips for Android users - smartphones and tablets. This class will cover the essentials for using these devices, many useful apps and getting notifications. We will practice texting a new picture, adding a new contact, adding calendar events and talking to it. Questions encouraged.

Nancy Wise-Reid, instructor

Tuesday, 6/7-6/28 (4x)

1:00pm-2:30pm Computer Room \$34

COMPUTER ESSENTIALS

Tips for casual and serious Internet users. No matter which device you use or where you use it, there are certain skills needed to get your business done - download, copy & paste, fill out forms, email, share pictures. Essential Internet Browser, Website, and Email skills will be covered in this course, which not only includes basics, but tips, shortcuts, and more advanced skills. You need your email address and password. Questions encouraged.

Nancy Wise-Reid, instructor

Tuesday, 5/3-5/24 (4x)

1:00pm-2:30pm Computer Room \$34

Tuesday, 8/9-8/23 (3x)

1:00pm-2:30pm Computer Room \$25



IPHONE SMARTPHONE ESSENTIALS

Tips for iPhone and iPad users. This class will cover the essentials for using these devices, many useful apps and getting notifications. We will practice texting a new picture, adding a new contact, adding calendar events and talking to it. Questions encouraged.

Nancy Wise-Reid, instructor

Tuesday, 7/12-8/2 (4x)

1:00pm-2:30pm Computer Room \$34

SMARTPHONE PHOTOGRAPHY AND IMAGE POST PROCESSING

NEW!

Journey into the joy of using your Smartphone to take and process beautiful photos. Discuss why you would use a Smartphone as your "Go To" camera including the differences and image comparisons between a "stand alone" digital camera and Smartphone camera. Explore Smartphone camera features, learn video basics (clipping, trimming), survey useful camera and photo editing applications including post processing, fixing blemishes and minor mistakes, and review various Smartphone accessories and websites.

Since Smartphones vary in capability, you will need to bring your Smartphone and downloaded User Guide. Also, please ensure that your smartphone has not been modified/blocked of any camera/video capabilities, as this will affect your ability to fully understand and utilize your camera.

Claire Kaymon, instructor

Tuesday, 5/24-6/14 (4x)

10:00am-11:30am Classroom 3 \$25.00

ARTS AND CULTURE

ACRYLIC/OIL PAINTING

Learn the fundamentals of painting, working from observation, ideas and references. This is a flexible program to meet participants' needs and interests. Beginners welcome. For questions regarding supplies only, call (716) 812-8937.

Elaine Grisanti, instructor

Monday, 5/9-7/18 (8x) no class 5/30, 6/20, 7/4
9:30am-11:30am Art Room \$50

CALLIGRAPHY - Beginning/Fine Pointed Pen (Script Style)

Impress your friends with this beautiful Victorian style calligraphy. Learn how to use the pointed pen for letters and elegant flourishes. Ideas for art projects or addressing special occasion envelopes are given. No experience needed. A list of supplies needed is available at the Reception Desk at the Senior Center.

Mary Jo LaClair, instructor

Friday, 5/6-6/17 (5x) no class 6/3, 6/10
10:00 am - 12:00 pm Art Room \$38

CALLIGRAPHY - Continuing/Fine Pointed Pen or Copperplate Style

In this class we will work with a fine pointed pen and the copperplate alphabet. Students will enjoy lettering poems, practicing flourishes and using color. Experience with a fine pointed pen and knowledge of the Copperplate style of calligraphy is required in this class.

Mary Jo LaClair, instructor

Friday, 5/6-6/17 (5x) no class 6/3, 6/10
1:00pm-3:00pm Art Room \$38



Meal planning

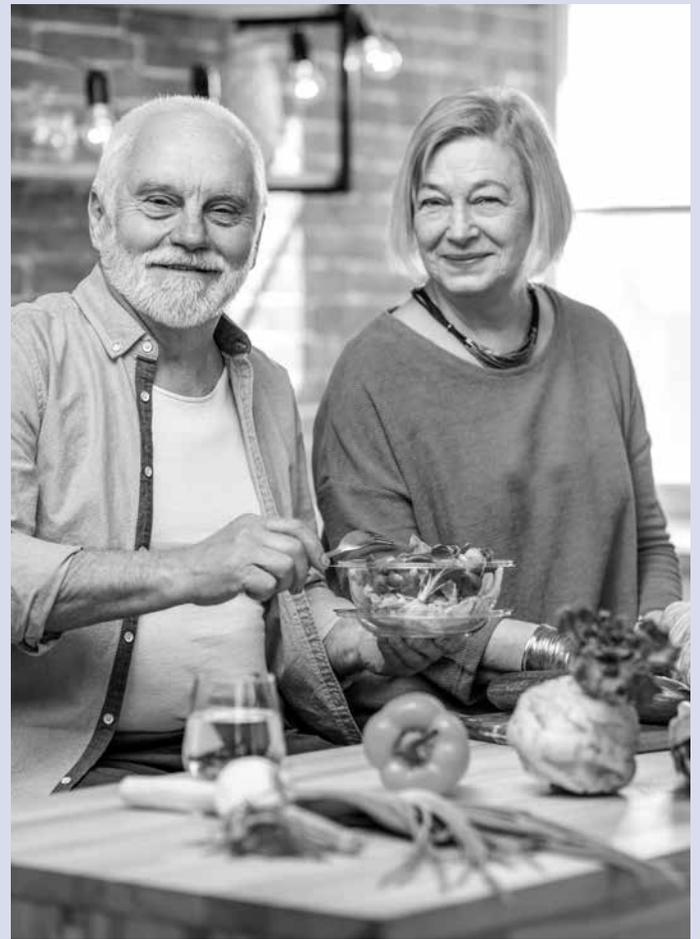
Answering the question "what should I eat?" doesn't need to leave you feeling baffled and frustrated. In fact, when you have the right information and motivation, you can feel good about making healthy choices. Use these tips to plan healthy and delicious meals:

Plan in advance. Meal planning takes the guesswork out of eating and can help ensure you eat a variety of nutritious foods throughout the day.

Find budget-friendly foods. Create a shopping list in advance to help stick to a budget and follow these SNAP-friendly recipes.

Consider preparation time. Some meals can be made in as little as five minutes. If you love cooking, or if you're preparing a meal with or for friends or family, you may want to try something a little more challenging.

Keep calories in mind. The number of calories people need each day varies by individual. Always discuss your weight and fitness goals with your health care provider before making big changes. Read about calorie goals and healthy food swaps.



ARTS AND CULTURE

LEARN TO DRAW MORE

Expand your drawing abilities. In this class you will continue to learn the art of drawing and shading using pencil, pen and ink and the art of working with charcoal. Subjects include a still life, landscape and portrait. Basic drawing skills helpful. Find the materials list at www.danmeyerwatercolors.com, select **Classes** at the top of the page and then scroll down the list to the class you are taking and select **Materials List**.

Dan Meyer, instructor

Thursday, 5/26-7/21 (9x)

9:30am-11:30am

Craft Room \$57



KNITTING/CROCHET

Learn basic stitches: new stitches and projects are introduced periodically. Work at your own pace on projects of your own choice. Each class has members at different skill levels. Please bring worsted weight yarn and knitting needles (size 8 or 9) or crochet hook (size H or I) to first class.

Mary Ann Belus, instructor

Thursday, 5/12-6/9 (5x)

9:30am-11:30am

Classroom 1 \$35

PLEIN-AIR WATERCOLOR INTERMEDIATE WALTON WOODS

Create a watercolor landscape in one 2-hour class outdoors at the Senior Center. Meet at the entrance to Walton Woods near the back of the Senior Center parking lot. Bring a chair and/or easel and water along with your regular class supplies.

Dan Meyer, instructor

Wednesday, 8/3 (1x)

10:00 am - 12:00 pm

Walton Woods \$10



WATERCOLOR - Intermediate

Continue to explore the fascinating world of watercolor as you go beyond the basics. Photo reference will be provided. Each subject rendered will be demonstrated, step-by-step by the instructor, followed by student participation. Advanced watercolorists will enjoy this course as well. Find the materials list at www.danmeyerwatercolors.com, select **Classes** at the top of the page and then scroll down the list to the class you are taking and select **Materials List**.

Dan Meyer, instructor

Wednesday, 5/25-7/20 (9x)

9:30am-11:30am

Art Room \$57

WOODCARVING - All Levels

Sharpen your knife handling skills! Students will carve a ball in cage with a 3 link chain, all from one piece of wood. The only tool requirement will be a good, well sharpened knife. This is a good exercise for all levels of carving experience. If you are in need of a good sharp knife, the instructor will be putting in an order on May 19th. If interested contact Cindy at (716) 636-3055 x 3109. The cost of the knife is \$35.

Debbie Barbour, instructor

Thursday, 6/2-7/28 (8x)

2:00pm-4:00pm

no class 7/21

Art Room \$40

ARTS AND CULTURE – MUSIC

DRUMMING CIRCLE

Feel the beat of your own rhythm. Research has shown that group drumming reduces stress, strengthens your immune system, and enhances creativity, self-expression and inner healing. This class is not about performance. The approach is to extend the benefits as a form of recreational music making regardless of musical experience. Find your own rhythm in a fun, nurturing, supportive environment. Some stretching and a wellness exercise is included. A variety of drums, (including hand held drums), shakers and tambourines are provided. If you have your own drum you are welcomed to bring it in.

Jennifer Nuwer, instructor

Friday, 5/13-6/17 (6x)

9:30am-10:30am

Dance Room \$19

Friday, 7/1-8/12 (7x)

9:30am-10:30am

Dance Room \$23

ENTER IN CASE OF BRAHMS! -- MASTERWORKS OF A MASTER COMPOSER

Johannes Brahms (1833-1897) once said: "Without craftsmanship, inspiration is a mere reed shaken in the wind," and it's the impeccable craft and polish of Brahms' music that impresses and astonishes us; yet the frequency of his inspired moments makes Brahms a man for all musical seasons. We'll examine the vast variety of musical high points in Brahms' career: from symphonies and concertos to songs and chamber pieces. There's a reason why Brahms is so central to the classical tradition; we'll hear the results of his search for perfection and how he took infinite pains for our listening pleasure!

Michael Harris, instructor

In-House

Tuesday, 5/3-7/26 (12x)

9:30am-11:30am

no class 6/28

Classroom 2 \$45

Zoom

Tuesday, 5/3-7/26 (12x)

1:00pm-3:00pm

no class 6/28

Zoom \$45



GUITAR, UKULELE, RECORDER LESSONS

Individual half hour private lessons will be offered in person or virtually. If you have ever thought about learning to play the guitar, ukulele or recorder, now is the time! The basics include learning the parts, how to hold, tune, strum and play chords. A guitar or ukulele can be provided for use during the class time if you do not have your own. No prior musical experience is necessary. Lesson times will be assigned and lesson books will be available for purchase. In-person or mail-in registration only.

Jennifer May, instructor

Monday, 5/9-6/27 (6x)

AM/PM time slots available

no class 5/30, 6/20

Music Room \$75

Monday, 7/11-8/15 (6x)

AM/PM time slots available

Music Room \$75

***Make check payable to Jennifer May. There is NO fee waiver and NO refunds for missed classes. Check will be held until last class.**

PIANO LESSONS

Individual half hour private lessons are offered. Lesson times will be assigned. In-person or mail-in registration only.

Sharon Dittmar, instructor

Thursday, 5/5-6/9 (6x)

9:00am-12:00pm

Music Room \$75

Thursday, 6/30-8/4 (6x)

9:00am-12:00pm

Music Room \$75

***Make check payable to Sharon Dittmar. There is NO fee waiver and NO refunds for missed classes. Check will be held until last class.**

UKULELE SING-A-LONG - Beginning/ Continuing Group Lesson

This course is designed for those who have never played the Ukulele (or any instrument), and those who have taken a session or more, to continue to learn to read charts, TAB, melodies, chords, how to change chords, and basic techniques. Learn about the Ukulele, and how to play while singing songs and having a laugh or two. Ukuleles are provided for use during class. Anyone can play the Ukulele—come give it a try.

Jennifer May, instructor

Monday, 5/9-6/27 (6x) no class 5/30, 6/20
1:00pm-1:55pm Music Room \$25

Monday, 7/11-8/15 (6x)
1:00pm-1:55pm Music Room \$25

HEALTH AND FITNESS

20/20/20

Join us for 20 minutes of cardio, including some Zumba movements, 20 minutes of resistance, strength training/weights, and 20 minutes of stretching. Improve your tone, endurance and balance - with inspiration! Oh, don't forget, burn calories too! Please bring hand weights and a floor mat to class.

Marilyn Ciavarella, instructor

Wednesday, 5/4-6/8 (5x) no class 6/1
12:15pm-1:05pm Dance Room \$15

Wednesday, 6/22-7/20 (5x)
12:15pm-1:05pm Dance Room \$15

ARCHERY

NEW!

Check this item off your bucket list. Learn a new skill shooting compound and recurve bows. Archery is rich in fun and health benefits and is as therapeutic and beneficial to your concentration as yoga. Archery uses your full range of upper body muscles and keeps the mind sharp by working on focus. Learn basic archery skills including safety, shooting form, and scoring. Join others and "Take A Shot"! All equipment provided—personal equipment not allowed. Class held at Clearfield Community Center, 730 Hopkins Road, Amherst, NY 14221

Angelo Lorenzo, instructor

Wednesday, 5/4-5/25 (4x)
10:30am-11:30am Clearfield Large Gym \$16

or

Wednesday, 6/1-6/22 (4x)
10:30am-11:30am Clearfield Large Gym \$16



Find recipes

When planning meals, looking for recipes that sound delicious to you can be a good place to start. The USDA features the MyPlate Kitchen, a resource that helps you find healthy recipes that fit your nutrition needs and create a shopping list. The MyPlate Plan tool will create a customized food plan for you based on your age, height, weight, and physical activity level.

Some of the recipes available at MyPlate Kitchen include:

- 20-Minute Chicken Creole: This Creole-inspired dish uses chili sauce and cayenne pepper. It can be cooked on the stovetop or with an electric skillet in just 20 minutes.
- Five A Day Salad: This nutrient-packed salad uses 10 different vegetables, and each serving is equal to five cups of vegetables.
- Apple Carrot Soup: Ginger and orange peel are the secret ingredients to this pork, apple, and carrot soup.





BALLET STRETCH

This workout combines ballet and stretch for a low-impact, fat burning workout. If you are bored with traditional aerobic exercise, join this fun class which increases circulation, improves overall mobility and is good for all levels. Wear comfortable clothing and ballet shoes or socks. Bring resistance bands if you have them.

Dawn Tarbox-Szerbiak, instructor

Tuesday, 7/5-8/16 (7x)	
9:30am-10:25am	Dance Room \$28
Thursday, 5/12-6/23 (7x)	
9:30am-10:25am	Dance Room \$28
Thursday, 7/7-8/18 (7x)	
9:30am-10:25am	Dance Room \$28

CARDIO DRUMMING

Cardio Drumming is an aerobic exercise that takes a simple movement - drumming- and turns it into a full-body workout that will leave you smiling and feeling great. It brings together drumsticks, an exercise ball and stand to create one of the most fun workouts you'll ever do. Beating rhythmically to songs will promote physical health, better coordination and reduce stress. Come join in the fun! Equipment provided.

Marilyn Ciavarella, instructor

Afternoon

Tuesday, 5/3-6/7 (5x)	no class 5/31
12:00pm-12:50pm	Dance Room \$15
Tuesday, 6/21-7/19 (5x)	
12:00pm-12:50pm	Dance Room \$15

Evening

Thursday, 5/5-6/9 (5x)	no class 6/2
4:45pm-5:35pm	Dance Room \$15
Thursday, 6/23-7/21 (5x)	
4:45pm-5:35pm	Dance Room \$15



When you create your shopping list, don't forget nutritious basics such as fresh fruits and vegetables and whole-grain bread. Here are some meal options for breakfast, lunch, dinner, and snacks:

BREAKFAST

- Smoothie with spinach, fruit, and yogurt
- Vegetable omelet with whole-grain toast
- Avocado breakfast bruschetta
- Banana split oatmeal
- Eggs over kale and sweet potato grits

LUNCH

- Chicken, tomato, avocado sandwich on whole-grain bread
- Quinoa with stir-fried vegetables
- Apple cole slaw
- Black bean and sweet potato quesadillas
- Sanchico tuna salad

DINNER

- Chicken breast, roasted vegetables, hummus
- Roasted salmon, zucchini, and sweet potato
- Whole-wheat pasta, ground turkey, and tomato sauce
- Argentinean grilled steak with salsa criolla
- Eve's tasty turkey tetrazzini
- Fish with spinach

SNACK

- Baby carrots and hummus
- Celery with natural peanut butter
- Fruit and yogurt
- Banana cocoa yogurt pops
- Chili popcorn
- Yummy bean dip



CHI KUNG and TAI CHI REFINEMENTS

We will explore the various connections of Chi Kung and Tai Chi. Chi Kung involves postures and breathing exercises that enhance vitality and well-being. Chi Kung also has an important effect on the quality of the stretching and fitness one can experience through Tai Chi. The combination of Chi Kung and Tai Chi will help you get stronger physically, gain greater control over heart rate and pulse through special relaxation techniques, and also soothe the nervous system. **Prerequisite for this class is beginning Tai Chi.** Class is held 2x a week, Tuesdays & Thursdays.

Robert Sachs, instructor

Tuesday & Thursday, 5/17-8/18 (28x)

12:00pm-1:00pm

Activity Room B \$20

CIRCUIT TRAINING

NEW!

This small group fitness program provides a great opportunity to get the guidance of a certified personal trainer and to learn how to use a variety of bands, hand weights, balls, and so much more. You will be taught proper form and techniques as you move from one station to the next, alternating between a cardiovascular activity and a resistance exercise. Each session helps to improve strength, mobility, flexibility, and balance. Best of all...enjoy the camaraderie! Equipment provided.

Jill Bronsky, instructor

Tuesday, 5/10-6/21 (6x)

no class 6/14

6:00pm-6:50pm

Dance Room \$20

Tuesday, 7/5-8/9 (6x)

6:00pm-6:50pm

Dance Room \$20

COUNTRY LINE DANCING - Beginner/ Beginner Plus

Class dates to be determined. Watch for information in our newsletter the "Network" or in future emails from the Senior Center.

DRUMS ALIVE - Drumming for Fitness

A new dimension of fitness which combines traditional aerobic movements with the powerful beat and rhythms of the drums. Unleash your inner rock star as you use a large stability ball and a pair of drumsticks to create a whole body experience - increase your endurance and awaken the brain. You will also have the opportunity to perform a variety of movements and strength exercises while using the stability ball and resistance band. Equipment provided.

Jill Bronsky, instructor

Monday, 5/9-6/27 (6x) no class 5/30, 6/20
10:40am-11:30am Dance Room \$18

Monday, 7/11-8/15 (6x)
10:40am-11:30am Dance Room \$18

FALL PREVENTION - Safe on Your Feet

A series of total-body, muscle-toning routines. It is designed for strength, balance and flexibility, focusing on "Muscle Memory." Your muscles will learn to anticipate a possible problem such as how a fall feels when it begins. The moves range from seated to balancing routines. Fight age with strength.

Jean Widlicka, instructor

Wednesday, 5/11-6/15 (6x)
9:30am-10:25am Dance Room \$15

Wednesday, 6/29-8/10 (7x)
9:30am-10:25am Dance Room \$17



For more information on healthy eating:

USDA MyPlate

703-305-2060
www.myplate.gov

USDA Center for Nutrition Policy and Promotion

703-305-7600
www.fns.usda.gov/cnpp

USDA Food and Nutrition Information Center National Agricultural Library

301-504-5755
fnic@ars.usda.gov
www.nal.usda.gov/fnic

U.S. Department of Agriculture

202-720-2791
www.usda.gov

www.nia.nih.gov/health/healthy-meal-planning-tips-older-adults

FUNCTIONAL LIVING EVERYDAY EXERCISE (FLEE)

This exciting program encourages moderate physical activity to help improve balance, mobility, and strength. Each class provides resistance work, balance training, and range of motion movements, and a fun obstacle course (in-house only) that mimic activities of daily life. Perform a variety of balance challenges to help reduce the risk of falls. Join the functional fitness movement and live an independent and active life. Be sure to wear sneakers.

Jill Bronsky, instructor

In-House

Monday, 5/9- 6/27 (6x) no class 5/30, 6/20
9:30am-10:25am Dance Room \$18

Monday, 7/11-8/15 (6x)
9:30am-10:25am Dance Room \$18

Zoom (Have a chair and resistance band ready)

Wednesday, 5/11-6/22 (6x) no class 6/15
10:00am-10:55am Zoom \$18

Wednesday, 7/6-8/10 (6x)
10:00am-10:55am Zoom \$18

GET FIT WHILE YOU SIT

A fun and laid-back fitness program designed for beginners and those with back problems or physical conditions which make exercise difficult.

Jean Widlicka, instructor

Monday, 5/9-6/13 (5x) no class 5/30

10:30am-11:25am Activity Room B \$13

Monday, 6/27-8/8 (6x) no class 7/4

10:30 am-11:25am Activity Room B \$15

MEAN JEAN'S EXERCISE

Use large leg and arm motions to strengthen small and large muscles. Heart and lungs will benefit along with increased joint mobility. Bring your own ball and bands to class at the Senior Center. Bring sturdy folding chair if taking a class at Garrison Park. (Garrison Park is located at Garrison Road, South Ellicott Street and Park Drive in the Village of Williamsville)

Jean Widlicka, instructor

Monday, 5/9-6/13 (5x) no class 5/30

9:30am-10:25am Activity Room B/Patio \$13

Monday, 6/27-8/8 (6x) no class 7/4

9:30am-10:25am Activity Room B/Patio \$15

Tuesday, 5/10-6/14 (6x)

9:30am-10:25am Activity Room B/Patio \$15

Tuesday, 6/28-8/9 (7x)

9:30am-10:25am Garrison Park \$17

Thursday, 5/12-6/16 (6x)

9:30am-10:25 am Activity Room B/Patio \$15

Thursday, 6/30-8/11 (7x)

9:30am-10:25 am Activity Room B/Patio \$17

Friday, 5/13-6/17 (6x)

9:30am-10:25am Activity Room B/Patio \$15

Friday, 7/1-8/12 (7x)

9:30am-10:25am Garrison Park \$17

NORDIC WALKING

NEW!

Nordic walking uses two specially designed poles that work the upper body while walking. This activity provides more stability, creates resistance, helps improve balance, and targets more muscles than regular walking. Jill is a trained LEKI Nordic walking instructor and will teach you the correct Nordic walking technique. Also, learn strengthening and stretching activities while using the poles. Turn your walk into a full body workout as you enjoy the beautiful outdoors - around the Senior Center and behind, at the Walton Woods paths. Nordic walking poles are provided. In case of inclement weather, walking will be moved indoors at the Senior Center.

Jill Bronsky, instructor

Thursday, 6/23-7/28 (6x)

6:00pm-6:55pm Walton Woods/Outside of Senior Center \$20

PICKLEBALL - Beginner

Did you know, Pickleball is the fastest growing sport in the United States? It is a paddle sport that combines elements of tennis, badminton and ping pong. This six-week course is designed for the Beginner. Each week we will begin with instruction and drills, followed by practice and play for the remainder of the class. Members are welcomed to bring their own paddle, however, equipment will be provided. Wear comfortable clothing and sneakers are a must!

Due to class popularity, please sign up for 1 session only.

Cindy Weiss, instructor

Thursday, 5/19-6/23 (6x)

1:30pm-3:30pm Activity Rooms A & B \$24

or

Thursday, 7/7-8/11 (6x)

1:30pm-3:30pm Activity Rooms A & B \$24

TAI CHI - Beginning/Continuing

Interested in learning Tai Chi or just brushing up on your skills? Tai Chi is a Chinese form of exercise for health and relaxation involving 108 slow, natural movements. It takes approximately one year to complete the Beginner Level. Comfortable, loose fitting clothing is recommended. Class is held 2x a week, Tuesdays & Thursdays.

Robert Sachs, instructor

Tuesday & Thursday, 5/17-8/18 (28x)

11:00am-12:00pm Activity Room B \$20

TAI CHI - Intermediate/Advanced

A Chinese form of exercise for health and relaxation involving 108 slow, natural movements. **Prerequisite: Completion of the Beginning Tai Chi class or advanced Tai Chi experience.** Class is held 2x a week, Tuesdays & Thursdays.

Marie Zafron or Alberta Heidinger, leaders

Tuesday & Thursday

5/3-8/25 (32x) no class 5/31, 7/5
1:30pm-2:30 pm Dance Room \$20

TAP DANCING - Intermediate

Lesson time will be split with a half hour of technique to help strengthen your tap dancing skills and continue with a half hour of new dance material and routines.

Dawn Tarbox-Szerbiak, instructor

Tuesday, 5/10-6/21 (7x)
9:30am-10:25am Dance Room \$28

TENNIS - Beginner**NEW!**

Beginning tennis instruction. Skills include Forehand, Backhand, Volley and game play. Courts are located at the Ellicott Creek Trailways Tennis Courts (next to the Bike Path on North Forest Road). Required equipment: sneakers, tennis racquet

Angelo Lorenzo, instructor

Wednesday, 7/13-8/3 (4x)
8:30am-9:30am Ellicott Creek Trailways
Tennis Courts \$16

YOGA

Hatha Yoga is for everyone, whatever your age or flexibility level. Relieve emotional tension and stress through breath awareness and systematic training in natural, healthy diaphragmatic breathing. Variations will be presented for beginner to intermediate; so you can work at your own level transitioning from floor to feet. Bring floor mat to class.

Tina Phillips, instructor

In-House**Morning**

Tuesday, 5/3-6/14 (6x) no class 5/24
9:00am-10:15am Activity A \$16

Tuesday, 6/28-8/9 (7x)
9:00am-10:15am Garrison Park \$18

Thursday, 5/5-6/16 (7x)
9:00am-10:15am Activity A \$18

Thursday, 6/30-8/11 (7x)
9:00am-10:15am Activity A \$18

Afternoon

Tuesday, 5/3-6/14 (6x) no class 5/24
4:00pm-5:00pm Dance Room \$14

Tuesday, 6/28-8/9 (7x)
4:00pm-5:00pm Dance Room \$16

Zoom

Wednesday, 5/4-6/15 (7x)
9:00am-10:15am Zoom \$18

Wednesday, 6/29-8/10 (7x)
9:00am-10:15am Zoom \$18



LET US ASSIST YOU WITH HEALTHY EATING

The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program, offering hot and delicious meals.

- Lunch is served Monday-Friday at 12:00 pm.
- Dinners are available on scheduled Tuesdays at 5:00 pm.

Reservations must be made at least 24 hours in advance by calling (716) 636-3051.

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.

Stay Fit Dining meals provide a minimum 1/3 of the vitamins, minerals, protein, and other key nutrients as defined by the Department of Agriculture's Recommended Daily

Requirements (RDA) for people over age 60.

FROZEN MEALS

We are also pleased to announce that we are offering frozen meals. These can be picked up on Fridays from 11:00am-12:30pm. Bread, milk, and dessert is also included. Orders must be received by calling (716) 636-3051 no later than Thursday for pick-up on Friday. You may choose up to seven meals per week. These meals are also provided as part of the Erie County Stay Fit Dining Program at a suggested contribution of \$3. Orders are taken at (716) 636-3051. Some of the meal choices are as follows:

- Beef Stew
- Cabbage Roll
- Chicken Leg
- Lasagna Roll
- Meatloaf
- Pork Ribette
- Salisbury Steaks
- Spaghetti & Meatballs
- Turkey ala King
- Breaded Fish
- Chicken Breast
- Chili
- Macaroni & Cheese
- Pork Chop
- Roast Beef

YOGA/CHAIR

While sitting in a chair, promote your health and energy level with mindfulness of body and mind, through a variety of safe and relaxing Yoga stretches and postures.

Jennifer Nuwer, instructor

Friday, 5/13-6/17 (6x)
11:00am-12:15pm Dance Room \$17

Friday, 7/1-8/12 (7x)
11:00am-12:15pm Dance Room \$20



YOGA AND MEDITATION

The mind and body are interconnected. This will be a combination of meditation and yoga exercise, done from a chair. The ultimate goal is to achieve a gentle and healing experience.

Jennifer Nuwer, instructor

In-House

Wednesday, 5/11-6/15 (6x)
11:00am-12:00pm Dance Room \$14

Wednesday, 6/29-8/10 (7x)
11:00am-12:00pm Dance Room \$16

Zoom

Tuesdays, 5/10-6/14 (6x)
11:00am-12:00pm Zoom \$14

Tuesday, 6/28-8/9 (7x)
11:00am-12:00pm Zoom \$16

ZUMBA DISCO

Great as a workout or dance routine using samba, salsa, rumba, meringue, and cha-cha dance steps. Various types of music are used, including disco. The class is tailored toward mature adults.

Marilyn Ciavarella, instructor

Thursday, 5/5-6/9 (5x) no class 6/2
12:00pm-12:50pm Dance Room \$15

Thursday, 6/23-7/21 (5x)
12:00pm-12:50pm Dance Room \$15

**NOW OFFERING ON
TUESDAY AND
THURSDAY NIGHTS:**

Open Bridge from 3:00-5:00 pm

Open Cards from 4:30-7:30 pm

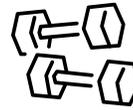
Don't Settle. Switch to One of Our 5-Star Plans Today.



It's not too late to get the RedShirt® Treatment you deserve. As **WNY's only health plan to achieve 5 Stars*** on all our Medicare Advantage plans, **you can switch to us at any time** throughout the year.

Choose from a wide variety of Medicare Advantage plans to meet your unique needs and budget, including two \$0 plans. One of them is a give back plan where you get money back in your Social Security check each month.

Plus, with us you can enjoy important benefits like dental, vision, fitness** and an over-the-counter allowance of \$100 – \$400 a year.***



Talk With a Local RedShirt Today

(716) 635-4900 or 1-800-958-4405 (TTY: 711)

Oct. 1 – Mar. 31: Mon. – Sun., 8 a.m. – 8 p.m.;

Apr. 1 – Sept. 30: Mon. – Fri., 8 a.m. – 8 p.m.



[IndependentHealth.com/Medicare](https://www.independenthealth.com/Medicare)

*Every year, Medicare evaluates plans based on a 5-star rating system. **Must use network providers. Limitations may apply.

***Excludes Independent Health's Encompass 65® Edge HMO plan. Allowance is made available by quarter. Allowance does not carry over quarter to quarter or plan year to plan year. Costs over the allowed amount are the member's responsibility. This benefit can only be used for covered items through NationsOTC.®

Independent Health is a Medicare Advantage organization with a Medicare contract offering HMO, HMO-POS, HMO-SNP and PPO plans. Enrollment in Independent Health depends on contract renewal. This information is not a complete description of benefits. Benefits vary by plan.

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-800-665-1502 (TTY: 711). Independent Health complies with applicable Federal civil right laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-665-1502 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-665-1502 (TTY: 711).

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©2022 Independent Health Association, Inc. IH31979

Medicare questions?



1-800-248-9296 (TTY 711)



Highmark Blue Cross Blue Shield of Western New York is a trade name of Highmark Western and Northeastern New York Inc., an independent licensee of the Blue Cross Blue Shield Association.

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REGISTRATION

The Amherst Center for Senior Services implemented an online registration program for classes and programs. It is called MyActiveCenter.

Thank you to all the members who have already set up your account. **If you have not set up your account, please go to MyActiveCenter.com then click on the New User button and follow the directions.**

Your MySeniorCenter keytag number is needed to set up your account. If you are unable to find your keytag please call 716-636-3051 and a Senior Center staff member will assist you.

There is also an instructional video on YouTube.com. Search AmherstCenterforSeniorServices and then look for MyActiveCenterDemo.

The screenshot shows the 'Activate Account' page on MyActiveCenter.com. It includes a warning box about linking the account to a MySeniorCenter Key Tag. Below this, there are input fields for 'Senior Center' (set to 'Amherst Center for Senior Services'), 'Key Tag Number' (X000000), 'Home Phone Number' (555-555-5555), 'E-mail Address' (jsmith@gmail.com), 'Password', and 'Confirm Password'. A checkbox at the bottom asks if the user shares an email address with a spouse, and a 'Continue' button is at the bottom.

CLASS AND PROGRAM SEARCH

Once you have created your account, you are able to search for upcoming Classes and Programs that are being offered. The listing is in alphabetical order. You can use the Search box to put in the name of a Class or Program the way it is listed in the Network or Class Catalog. You can also use filters to narrow the list.

Once you have found the Class or Program that you are looking for you can click on the name or on the Details button to the right to bring up a description and a calendar that shows the days and times that it is being offered. Classes and Programs are scheduled in different ways. Please review the next pages to learn how to register for a Class.

Classes are set up as a Series which means when you click on a date in the calendar there are multiple days that the class will meet. This does not apply to one day classes.

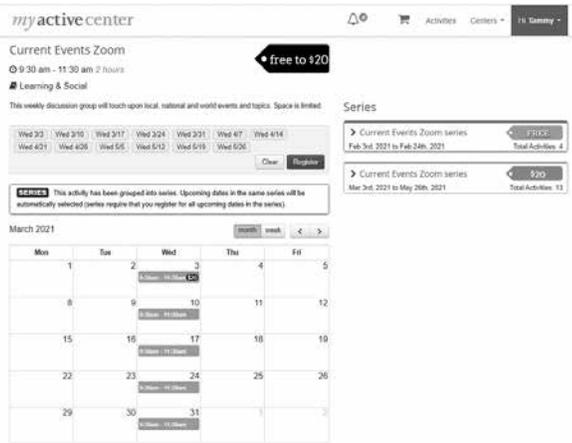
Programs are set up as single events which means you will click on each date that you would like to sign up for.

The screenshot shows the 'Activities' page on MyActiveCenter.com for the Amherst Center for Senior Services. It features a search bar, a 'Filters' dropdown, and a list of activities. Each activity entry includes the name, time, duration, category, and a 'FREE' button with a 'Details' link. A vertical 'feedback' button is on the right side of the list.

Activity Name	Time	Duration	Category	Cost
AARP Tax Aide	10:00 am - 3:00 pm	5 hours	Unsorted	FREE
All News & Issues Zoom	10:00 am - 11:30 am	1 hour 30 minutes	Learning & Social	FREE
Art History Zoom	10:00 am - 11:30 am	1 hour 30 minutes	Arts & Culture	FREE
Ballet Stretch Zoom	9:45 am - 10:40 am	55 minutes	Health & Fitness	FREE

STEPS FOR REGISTERING FOR CLASSES

1



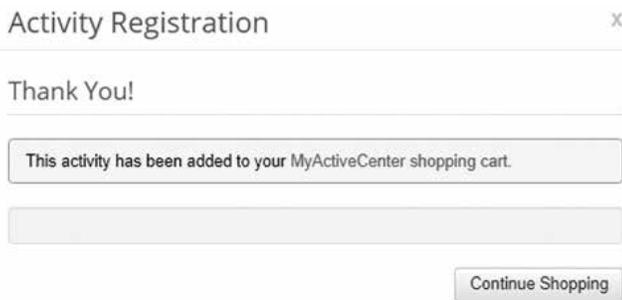
STEP 1

Search the Class that you are interested in and click on the name of the class or Details button.

Click on the date in the calendar for the class you wish to take. When you click on the date, it will ask if you would like to register for the series, click **Continue**.

Click the **Add to Cart** button located directly above the calendar. You may need to scroll up to find it.

3



STEP 3

Once you click **Add to Cart** you will see this screen.

From here you can click on **Continue Shopping** to add other classes or click on the words **MyActiveCenter shopping cart** to move to the credit card payment screen.

FINAL STEP

To process your credit card payment, fill in the Card Number (no spaces between numbers), Expiration Date, and CVV number from the back of your card.

Click the **Pay Now** button. This process is secure and your card information is not saved.

2



STEP 2

After clicking the **Add to Cart** button you will get the Activity Registration screen.

This screen lists the classes in the series you are signing up for.

Click the **Add to Cart** button at the bottom.

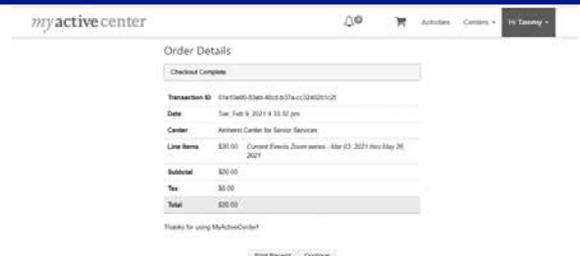
4



STEP 4

To complete the registration process you need to go to your **MyActiveCenter shopping cart** either by clicking on the words as seen in step 3 or clicking on the shopping cart icon at the top of the page.

In the Shopping Cart you will see the list of the classes that you have selected.



2022 SPRING/SUMMER CLASS REGISTRATION - Begins on APRIL 11



Registration is on a first-come, first-served basis

All Classes are held at the Amherst Senior Center unless otherwise stated.

Online To register online, you must be a member and set up an account at myactivecenter.com. Payment must be by Mastercard, VISA, Discover or American Express.

By Mail A separate form must be filled out for **EACH** person. If you are using a credit card, make sure to include number, expiration date and CVV number from the back of the card. Make checks payable to Amherst Center for Senior Services. Mark envelope **CLASS REGISTRATION**. Include a self-addressed stamped envelope for class confirmation and receipt if desired.

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

Telephone You may call our new reservation line, (716) 636-3051, to make telephone reservations with a credit card.

Please make sure that all registration forms are filled out completely, accurately and legibly.

Name _____ Email _____

Street _____ City _____ Zip Code _____

Phone Number _____ Has any Information Changed? _____ If so, what? _____

COMPLETE COURSE TITLE	CENTER	ZOOM	DAY	TIME	START DATE	FEE

TOTAL \$ _____

(please circle one) Cash Charge Check Check Number _____

Card Number _____

Expiration Date ____ / ____ CVV Number _____ Total Charge _____

Signature Required _____

**MAIL TO: AMHERST CENTER FOR SENIOR SERVICES
 CLASS REGISTRATION
 370 John James Audubon Parkway
 Amherst, NY 14228
 amherstcenterforseniorservices.com**

Office Use Only:
 Date: _____
 Initials: _____



***You're never
alone when
it comes to
Medicare.***

If you're retiring or turning 65, it's time to start thinking about Medicare. Turn to the local, caring team at Univera Healthcare to see how **we're making Medicare simpler and more affordable for our neighbors across Western New York.**

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UniveraForMedicare.com

Call **1-877-406-8562**
TTY: 711

Open hours: 8:00am – 8:00pm,
Monday – Friday

Univera Healthcare is an HMO plan with a Medicare contract. Enrollment in Univera Healthcare depends on contract renewal.

Our Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-406-8562 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-877-406-8562 (TTY: 711)。

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Please make sure that all registration forms are filled out completely, accurately and legibly.

Name _____ Email _____

Street _____ City _____ Zip Code _____

Phone Number _____ Has any Information Changed? _____ If so, what? _____

COMPLETE COURSE TITLE	CENTER	ZOOM	DAY	TIME	START DATE	FEE

TOTAL \$ _____

(please circle one) Cash Charge Check Check Number _____

Card Number _____

Expiration Date ____/____/____ CVV Number _____ Total Charge _____

Signature Required _____

**MAIL TO: AMHERST CENTER FOR SENIOR SERVICES
 CLASS REGISTRATION
 370 John James Audubon Parkway
 Amherst, NY 14228
 amherstcenterforseniorservices.com**

Office Use Only:
 Date: _____
 Initials: _____

SPRING-SUMMER UPCOMING EVENTS

Enjoy special lunches and holiday programming!



EASTER LUNCHEON
Wednesday,
April 13

PASSOVER MEAL
Thursday, April 14

DINGUS DAY
Monday, April 18



**MAY IS OLDER
AMERICANS MONTH**
Sponsored by Elderwood



**CINCO DE MAYO
CELEBRATION**
Thursday, May 5



MOTHER'S DAY TEA
Friday, May 6
Sponsored by Aetna

**NATIONAL HEALTH &
FITNESS DAY**
Wednesday, May 25
Sponsored by Univera



MEMORIAL DAY PICNIC

Friday, May 27



MEN'S HEALTH WEEK

June 13-June 19

Sponsored by Independent Health



FATHER'S DAY CAR SHOW

Thursday, June 16

Sponsored by Aetna



JUNETEENTH CELEBRATION

Friday, June 17

FOURTH OF
JULY PICNIC
Friday, July 1



AUGUST IS SUN SAFETY MONTH

Sponsored by Univera

INDIA INDEPENDENCE DAY CELEBRATION

Monday, August 15





INSTRUCTORS NEEDED

The Amherst Center for Senior Services hires only the finest individuals to teach our classes. We are always looking for new individuals to share their education and experience.

If you have a special skill or talent that you would like to share, consider joining our team and becoming an instructor at our facility. We welcome new ideas and always need fitness instructors.

Please contact our Class Coordinator, Cindy Weiss, at cweiss@amherst.ny.us with your course proposal and if you are interested in teaching a day or evening class. We look forward to hearing from you.

Mission Statement

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.