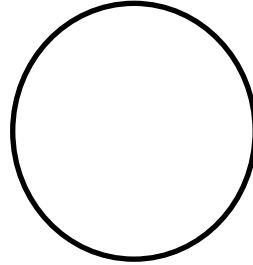
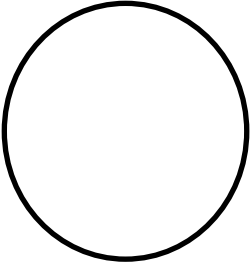


Amherst Center for Senior Services  
370 John James Audubon Parkway  
Amherst, NY 14228-1142

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Buffalo, NY

Amherst Center for Senior Services  
Newsletter

**February 2024**



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



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



716-636-3050

*Valentine's Day Activities (see pg. 5) sponsored  
by: Care Patrol Buffalo Niagara Rochester  
Syracuse Care Patrol of Erie & Southern Tier*



# ABOUT US

## IMPORTANT PHONE NUMBERS

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

## AMHERST TOWN BOARD

Brian Kulpa, Supervisor  
Jaqueline Berger  
Shawn Lavin  
Angela Marinucci  
Michael Szukala

## 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

## AMHERST MEALS ON WHEELS

Delivers nutritionally balanced meals to seniors and disabled adults living in the Town of Amherst.

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

## MONTHLY NEWSLETTER

The Center tries to be fiscally and environmentally conscious.

If you have online access, we kindly ask that you view the newsletter online at AmherstCenterforSeniorServices.com To have the newsletter delivered to your home annually, send a \$10 check (payable to the Amherst Center for Senior Services) and your name, address, and telephone number to:

Amherst Center for Senior Services, Attn: Nancy LeClair  
370 John James Audubon Parkway  
Amherst, New York 14228

## 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—*Operated by Amherst Generations Foundation*  
*Open Tuesdays, Wednesdays and Fridays from 10:30-1:00pm*
- Billiard Room
- Card Room
- Dance Room—*Sponsored by Excellus Blue Cross Blue Shield*
- Gift Shop—*Operated by Amherst Generations Foundation*
- Health & Fitness Rooms
- Library
- Music Room—*Sponsored by Susan Grelick in honor of her parents*
- Nutrition Room—*Sponsored by Highmark Blue Cross Blue Shield*
- Wellness Center—*Sponsored by Kaleida Health*

## KEY STAFF CONTRIBUTORS

Melissa Abel, Director, mabel@amherst.ny.us

Tammy Jacobs, Program Coordinator: tjacobs@amherst.ny.us

John Jones, Social Caseworker: jjones@amherst.ny.us

Jodi Kwarta, Director of Volunteers: jkwarta@amherst.ny.us

Jennifer Lazarz, Program Leader: jbono@amherst.ny.us

Karen Lisiecki, Project Coordinator: klisiecki@amherst.ny.us

Angelo Lorenzo, Program Leader: alorenzo@amherst.ny.us

Jamie Sullivan, Interim Kitchen Manager: jesullivan@amherst.ny.us

Greg Potter, Program Leader: gpotter@amherst.ny.us

Vijaya Tomar, Social Worker: vtomar@amherst.ny.us

Cindy Weiss, Class Coordinator: cweiss@amherst.ny.us

*The newsletter is coordinated by Christina Yensan,  
Public Relations Coordinator: cyensan@amherst.ny.us*

## REGISTRATION/CANCELLATION

**Registration is mandatory for all classes, programs, and clubs. There are three ways to register:**

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

Class registration and payment is mandatory. Those who participate in a class that they have not paid for will risk a suspension of their membership. So if you see a class you are interested in, register as soon as possible.

If you have registered for any activity at the Center and do

# MEMBERSHIP



Town of **AMHERST**

**Senior Center**

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 and an 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

**We will be closed on Monday, February 19 in honor of President's Day**

## MEMBERSHIP DUES

Amherst Residents—Lifetime Membership

- \$50/Individual Membership
- \$75/Couple or Household Membership

Non-Resident—Renewal

- \$50/Per Person

*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.

**We have temporarily suspended accepting NEW non Amherst resident memberships for 2024. We appreciate your understanding**

## CALLING ALL NEW MEMBERS-MEMBERSHIP 101

Tuesday, February 13 at 3:30 pm or

Friday, February 16 at 10:30 am

So you have taken the step of becoming a member, now what? Find out ways to get involved, how to sign up for Classes or Programs 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.

## 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.

## DIRECTOR'S NOTE

Brrrrr, winter is upon us again. We must continue to stay active even when the weather is not on our side. Make every day a good day by eating right, staying active, and keeping a positive mindset. February is Heart Health Month and is a great time to attend programs to help keep you healthy and active. Thank you to Care Patrol for sponsoring our Valentine's Day activities. We appreciate their partnership!

Each year we meet to adopt certain goals that will guide us throughout the upcoming year. I am establishing priorities for the year and plans to coordinate with staff to achieve our objectives. As with most goals and the speed at which things happen or don't happen, a few of last year's initiatives will roll into this year. We will have upgrades to our HVAC system, our Café and Gift Shop move to the front area of the building is still on track, and goals for this year include improvements to our Kitchen and the new Wellness Center. As with any project, we will plan for the least amount of disruption to programming as we can.

We would like to increase class offerings and are currently looking for new instructors. Our goal is to increase our class and program offerings scheduled for late in the afternoon and evenings ( Mondays, Tuesdays, and Thursday evenings ). If you or someone you know have a particular talent or interest and would like to teach, please let us know. We are also looking for instructors for Fitness Classes, Language and Arts, local history, and more. Please contact our Class Coordinator , Cindy Weiss, at [cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us) with your course proposal and if you are interested in teaching day or evening.

Join us on February 29<sup>th</sup> at the Northwest Amherst Community Center for the Getting to Know Amherst Senior Services program. You will learn all that we have to offer and we ask that you come and share ideas with us on what you would like to see that may not be offered. Please RSVP so we know how many to plan refreshments for.

*Melissa Abel*, Executive Director

## FIRE DRILLS:

If the Center's emergency alarm goes off, you need to vacate the building through the emergency doors.

To Register for a Class, Club or Program in the New Version of MyActiveCenter:  
**Sign in to MyActiveCenter.com**

- The Search Box and Filters are on the left side
- Once you have found the Class, Club or Program that you wish to Register for, click on the name. This will open a more detailed view of the activity. Listed below will be the Upcoming Events schedule.
- For classes with two sessions, each session is listed separately and requires separate registration.
- **To Register click on Add to Cart**
  - ⇒ A small box will appear to let you know that this has been reserved in your Cart.
  - ⇒ If this is the only activity that you wish to Register for you can click the Go to Cart button **OR** click on any area not in the pop-up box to continue shopping.
  - ⇒ **In order to complete the Registration process you must finish your order by going to your Shopping Cart.**
- ◇ If registering for a Class click Pay for selected items. Input your credit card information and click Pay to finish.
- ◇ If registering for a Club or Program click Register for selected items.

**HEART HEALTH MONTH**

**TALK AND TASTE**-February 1 at 9:30 am  
We will sample Heart Healthy Overnight Oats

**HEART HEALTH WALKS**-Fridays at 2:00 pm  
Join us for a walk in Walton Woods, weather permitting. Walk will be moved inside the Senior Center in the event of inclement weather. *The walk on Friday, February 23 will be a Heart Health Scavenger Hunt inside the Center.*

**FITNESS ROOM RUNDOWN**-Tuesdays, February 6 and February 20 at 1:00pm  
If you want to work out and don't know where to start, stop by the Fitness Room at the Senior Center. We will give you a rundown of all the machines, what they do, and how to use them. A suggested workout will be provided.

**PLAYING CARD: FITNESS CLASS**-Tuesday, February 13 at 1:00 pm  
Enjoy a fun interactive way to exercise. Each playing card has a workout on it, pair up with a partner and play the "WAR" card game.

**HEART HEALTH INFO TABLE**-Thursday, February 15 from 11:00-1:00 pm  
Stop by and meet Leanne Bajus, Dietitian Consultant with Erie County Senior Services.

**MINDFULNESS/BREATHING TECHNIQUES**-Thursday, February 15 at 2:00 pm  
Learn different relaxation techniques that you can do anytime and anywhere to keep your heart in check!

**HANDS ONLY CPR** Thursday February 22 at 10:30 am  
Instruction and practice will be provided. This is not a certification course. Presented by WNY VA Healthcare Services.

**WII SPORTS (GOLF)**-Tuesday, February 27 at 1:00pm  
Play a fun, easy, and interactive virtual golf game and perform the actual motions of this sport.

**AMHERST CENTER FOR SENIOR SERVICES  
2024****CANCELLATION GUIDE**

The safety and well-being of our members and visitors is a primary concern.

The following information is for your reference.

**STANDARD OPERATING HOURS:**

Monday, Wednesday and Friday,  
8:30am-4:30pm  
Tuesday and Thursday  
8:30am-7:30pm

**STORM CLOSINGS:**

If Amherst, Sweet Home, or Williamsville school districts are closed, Center classes, clubs, and programs will be cancelled.

If you want to know if the building or activities are cancelled during bad weather, please watch "WEATHER CLOSING" announcements on:

**TV Stations:**

Spectrum-Channel 1  
WGRZ-Channel 2  
WIVB-Channel 4  
WKBW-Channel 7

Only upon notification by the Amherst Town Supervisor can the Amherst Center for Senior Services be officially closed.

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

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

**716-636-3050**

# PROGRAMS

## COOKING WITH JEN

Wednesday, February 7 at 11:00 am  
We will make Spinach Lasagna Rollups. Fee is \$8.00. Please bring a 9x13 pan. RSVP starting 2/1. No refunds after 2/5.

## NO SEW THROW BLANKET

Thursday, February 8 at 10:30 am  
Fee is \$7.00. No refunds after 2/6.

## VALENTINE'S DAY

*Sponsored by our friends at Care Patrol*

### LOVING LIFE AND THE GIFT OF CARE AS YOU AGE

Wednesday, February 14, 11:00 am  
Join Julie Whitbeck-Lewinski, owner of CarePatrol, for an interactive session about caring for yourself throughout your aging journey. Making small changes can increase your lifespan and quality of life. Just as important can be planning for How you wish to be cared for as you age... Both are gifts you can give to your loved ones and to yourself. Participants will learn more about doing both while having fun and winning prizes!



### THE NEWLYWED GAME

Wednesday, February 14 at 1:00 pm  
Bring your partner or your best friend and see how well you know each other.

## CHINESE NEW YEAR CELEBRATION

Thursday, February 15 at 11:30 am  
2024 Is the Year of the Dragon. Enjoy authentic music and dance presented by the members of Chinese Square Dancing

## ASK THE REALTOR

Tuesday, February 20 at 11:00 am  
Ann Kader from WNY Metro Roberts Realty

## FAMILY DINNER AND A MOVIE

Tuesday, February 20, Dinner will be served at 5:00 pm followed by the movie *The War with Grandpa* at 5:45 pm. Rated PG 1 hr and 38 min. Dinner reservations required, anyone under the age of 60 is \$5. See page 11 for menu.

## MIND TEASERS

Wednesday, February 28 at 11:00 am

## UPSIDE OF DOWNSIZING

Wednesday, February 28 at 1:00 pm  
Presented by Own NY Real Estate.

## CALLING ALL MEMBERS

If you have recently downsized and would like to share your experience, please email Jennifer in Programming at jlazarz@amherst.ny.us.

## PIZZA AND GAME NIGHT

Thursday, February 29 at 5:00 pm  
Pizza and salad from John and Mary's followed by a game of *Chain Reaction*. Paid reservations by 2/27. No refunds after this date.

## FINANCIAL

### FINANCIAL MANAGEMENT

Thursday, February 8 at 1:30 pm  
Learn ways to manage your finances and make sure your bills are paid. *Presented by the Center for Elder Law and Justice.*

## MOVIES

### MONDAY AFTERNOON MOVIES at 1:00 PM

- February 5, *The Holdovers* Rated R 133 min
- February 12, *My Sailor My Love* 102 min
- February 26, *Priscilla* Rated R 110 min

### EVENING MOVIES

- Tues. February 6, 5:30 pm *The Holdovers* Rated R 133 min
- Thurs. February 8, 4:00 pm *Oppenheimer* Rated R 3 hrs
- Tues. February 13, 5:30 pm *My Sailor My Love* 102 min
- Tues. February 20, 5:45 pm, *War with Grandpa (Family Fun Night)* Rated PG 1 hr,38 min
- Tues. February 27, 5:30 pm, *Priscilla* Rated R 110 min

**OPERA HOUR** Friday, Feb. 2 at 1:00 pm, *La Boheme* 111 min

**DOCUMENTARY** Wednesday, February 7 at 1:00 pm

*Descendant* PG 1 hr, 49 min. Descendants of the survivors from the Clotilda celebrate their heritage as the discovery of the remains of the last-known slave ship to arrive in the United States offers them a tangible link to their ancestors.

**CLASSIC MOVIE** Friday, February 9 at 1:00 pm, *Love Actually* Rated R 2 hours, 9 min

**MUSICAL HOUR** Friday, February 16 at 1:00 pm, *The Waitress* NR 2 hrs 24 min

**BOOK AND MOVIE COMPARISON** Friday, Feb. 23 at 1:00 pm  
*Persuasion* PG 1 hr 49 min by Jane Austen

**REGISTRATION REQUIRED FOR ALL CLASSES, PROGRAMS, CLUBS AND SUPPORT GROUPS.  
NO WALK INS. PLEASE CANCEL IF YOU ARE UNABLE TO ATTEND.**

## PROGRAMS

### OPEN PING PONG

Mondays from 1:00-4:00pm  
Tuesdays from 2:00-6:00pm  
Fridays from 1:00-4:00pm

### OPEN PICKLEBALL

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

Tuesday, February 6, 13, 27 from 2:00-4:00pm and 5:00-7:00pm (1 court)

Wednesday, February 7 from 1:30-4:00pm

Wednesday, February 14 from 12:00-2:00pm (Beginner) and 2:00-4:00pm (Intermediate)

Wednesday, February 21 from 12:00-2:00pm and 2:00-4:00pm

Wednesday, February 28 from 12:00-2:00pm (Intermediate) and 2:00-4:00pm (Beginner)

Thursday, February 1, 8, 15, 22, 29 from 3:45-5:30pm

Friday, February 2, 16 from 12:00-2:00pm and 2:00-4:00pm

Friday, February 9 from 12:00-2:00pm (Gentlemen) and 2:00-4:00pm (Ladies)

Friday, February 23 from 12:00-2:00pm (Ladies) and 2:00-4:00pm (Gentlemen)

### INFORMATION TABLES

#### SENATOR RYAN COMMUNITY OUTREACH

Tuesday, February 6 from 10:00-2:00 pm

#### JBM HEALTH AND WEALTH CONSULTING

Friday, February 9 from 11:00-1:00 pm

#### LIFESPAN SERVICES

Tuesday, February 13 from 11:00-1:00 pm

#### Elderly Pharmaceutical Insurance Coverage (EPIC)

Wednesday, February 21 from 11:00-1:00 pm

#### YOUR LIFE PATIENT ADVOCATE

Friday, February 23 from 11:00-1:00 pm

## PARTNER PROGRAMS



### SILVER PRIDE TEA

Friday, February 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*

### MUSICAL MEMORIES CAFÉ

Tuesdays, February 6 and February 13 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](mailto:westfallsartcenter@gmail.com)

### BISTRO BOOKERS

Tuesday, February 20 at 4:00 pm  
*Chasing History: A Kid In The Newsroom* by Carl Bernstein will be reviewed by Jim Heaney -Editor and Executive Director of the Investigative Post

### BALANCE AND MEMORY CHECK-UP

Thursday, February 22 from 9:30-12:00 pm  
Schedule your free 30 minute screening with a practitioner from Buffalo Occupational Therapy by calling 716-235-3013. When calling to reserve a time, let them know that you want it at the Amherst Senior Center

### HEALTH INSURANCE

To schedule your appointment call the representative listed

#### Clarity Group-Medicare Plan Center

Lisa, 716-864-4886

#### Highmark BCBS Kathy, 716-658-8655

Friday, February 2 from 9:00-11:00 am

#### Independent Health Amanda, 716-635-4999

Friday, February 23 from 10:00-11:00am

#### United Health Care Lisa, 716-864-4886

#### Univera Michele, 716-572-8315

Tuesday, February 27 10:00 – 12:00

*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.*

**REGISTRATION REQUIRED FOR ALL CLASSES, PROGRAMS, CLUBS AND SUPPORT GROUPS.  
NO WALK INS. PLEASE CANCEL IF YOU ARE UNABLE TO ATTEND.**

# CLASSES

## WINTER CLASS CATALOG

A full description of all 70+ classes offered are in the Winter Class Catalog which is available in hard copy at the Center, Amherst Libraries and online at [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com).

The second session for several of our classes begins in late February, early March. Check online or with the reception desk for openings.

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## REGISTRATION PROCEDURES



ONLINE registration on [MyActiveCenter.com](http://MyActiveCenter.com)



TELEPHONE registration at 636-3051



MAIL OR DROP OFF registrations



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

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## 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.

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## REFUNDS

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 5 full business days prior to the scheduled class start date. The refund will equal the cost of the class minus a \$5 processing fee (per class). Refunds will be credited within 72 hours to your Senior Center Account. Sorry, no exceptions.

---

## DEFENSIVE DRIVING CLASS:

### AARP Smart Driver

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

2/21 or 3/22 from 9:00-4:00pm

Reservations required by calling 636-3051



## WINTER HIGHLIGHTS:

The following are a few of our winter classes we would like to highlight. Full descriptions of **ALL** classes are in the Winter Class Catalog.

### UNDERSTANDING HOCKEY 101 (\$12)

Monday, 2/5-2/26 (3x), 1:00-2:00pm

*This class takes the mystery out of what is happening on the ice and will help you understand and enjoy this fast-paced game.*

### INTRO TO ACTING for fun or profit (but rarely both) (\$38)

Wednesday, 2/28-4/17 (8x), 1:00-2:30pm

*Have some fun exploring your creative side, along with some laughs.*

### FOUNDATIONS OF MINDFULNESS (\$18)

Saturday, 3/2-4/13 (6x) no class 3/30, 9:30-10:30am HRCC

*Both informal and formal mindfulness practices will be explored including new topics on finding compassion within and enhancing resilience. No prior experience required.*

### CARDIO DRUMMING - Morning

Monday, 3/4-4/15 (5x) no class 4/1, 4/8, 9:30-10:25am (\$18)

Wednesday, 3/6-4/17 (6x) no class 4/3, 9:30-10:25am (\$21)

*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.*

### GET FIT WHILE YOU SIT (\$16)

Monday, 3/4-4/15 (6x) no class 4/8, 10:30am-11:25am

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

### MOVE, TONE, AND STRETCH (\$21)

Monday, 3/11-4/15 (5x) no class 4/8, 6:00-7:00pm NWACC

*This is a fun and low impact way to improve your range of motion, strength, balance and flexibility.*

## INSTRUCTORS NEEDED

The Amherst Center for Senior Services hires only the finest individuals to teach our classes.

If you have a special skill or talent that you would like to share, consider joining our team. We welcome new ideas and the Center is always looking for language, local history, and fitness instructors.

Please contact our Class Coordinator, Cindy Weiss at [cweiss@amherst.ny.us](mailto: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.

**REGISTRATION REQUIRED FOR ALL CLASSES, PROGRAMS, CLUBS AND SUPPORT GROUPS.**

**NO WALK INS. PLEASE CANCEL IF YOU ARE UNABLE TO ATTEND.**

# RESOURCES

## SUPPORT GROUPS: SENIOR CENTER

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
- Improving skills to cope with challenges
- Gaining a sense of empowerment, control or hope
- Improving understanding of a disease

## Loss & Grief Group

Thursdays at 11:00 am

Thursdays, February 8-March 14

This group will meet every Thursday for six weeks.

## Widow/Widowers Group

Tuesday, February 13 at 11:00 am

## Men's Group

Tuesday, February 20 at 11:00 am

"Getting to know us: A man's perspective"

Talk about issues that are specific to men.

## Caregivers Group

Wednesday, February 21 at 1:00 pm

## Parkinson's Group:

Thursday, February 22 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.

## Grandparent Kinship Group: See page 12



## 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.



**HEAP**  
Home Energy  
Assistance Program

## The Home Energy Assistance Program (HEAP)

HEAP is a federally funded program, which

A Program of the Office of Temporary and Disability Assistance

is administered by New York State to assist low-income families with their energy needs. Multiple components are available to apply for heating assistance or services while the funding is available. To see if you are eligible, please contact the 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 by appointment only and are available some evenings. Please contact a Social Case Worker to schedule your appointment.

## 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 716-631-7217.

**REGISTRATION REQUIRED FOR ALL CLASSES, PROGRAMS, CLUBS AND SUPPORT GROUPS.  
NO WALK INS. PLEASE CANCEL IF YOU ARE UNABLE TO ATTEND.**





## CLUBS

If you are interested in more information or joining a Club, please register and go to the next meeting to speak with the leader. Phone numbers are no longer listed for the security of our Club Leaders.

For a description of clubs, go to [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com) or pick up a brochure at the Center.

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, 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	Wednesday or Thursday nights at Northtown Center from 6:30-10:00. See <a href="http://MyActiveCenter.com">MyActiveCenter.com</a> for schedules
Book Club	4th Monday, 1:00
Bridge Club	Tuesdays, 2:00-4:00
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
News & Views ZOOM Club	Fridays, 10:00-11:30, must be on Club roster to receive weekly link
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
Wood Carving Club	Tuesdays, 9:00-11:30

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

**REGISTRATION REQUIRED FOR ALL CLASSES, PROGRAMS, CLUBS AND SUPPORT GROUPS.  
NO WALK INS. PLEASE CANCEL IF YOU ARE UNABLE TO ATTEND.**




## FEBRUARY 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 and dinner is served at 5:00 pm on Tuesday evenings. 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.

*We have had an increase in people not showing up for lunch. If you are not able to attend lunch or dinner, kindly cancel your reservation as soon as you know.*

<u>VEGAN OPTIONS</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
				<b>1</b> Chili White rice Corn Bread Fig newton	<b>2</b> Mac and cheese Stewed tomatoes Green beans Rye bread Donut
Lentil soup Small salad Bread Dessert	<b>5</b> Hamburger Potato wedge Vegetable mix Pear	<b>6</b> Cabbage casserole Rice Peas Dinner roll Brownies	<b>7 BLACK HISTORY MONTH</b> Chicken w/gravy Sweet potato fries Creamed spinach Corn muffin Apple cranberry crisp	<b>8</b> Roast beef w/gravy Mashed potatoes Vegetable mix Dinner roll Vanilla sandwich cookie	<b>9 SUPERBOWL</b> Pizza Chicken wings Potato wedge Grape juice Bread stick Apple
Garden burger Roll Potato Vegetable Dessert	<b>12</b> Salisbury steak Mashed potatoes Vegetable mix Wheat bread Pudding	<b>13</b> Pulled pork Tater tots Green beans Dinner roll Chocolate chip cookie	<b>14 VALENTINE'S</b> Stuffed shells Broccoli Juice Garlic knot Pie	<b>15</b> Beef stew Mashed potatoes Biscuit Fruit cocktail	<b>16*PRESIDENT'S</b> Chicken w/gravy Rice pilaf Pacific vegetables Rye bread Apple pie
	<b>19 CLOSED</b> 	<b>20</b> Turkey w/gravy Sweet potato Green beans Dinner roll Diced pears	<b>21</b> Fish Wild rice Key largo vegetables Multi grain bread Oreos	<b>22</b> Cabbage roll Mashed potatoes Pacific vegetables Italian bread Apricots	<b>23*</b> Spaghetti & Meatballs Cauliflower Dinner roll Lorne Doone cookies
Vegetable stir fry Rice Bread Dessert	<b>26</b> Ribette Roasted potatoes Vegetable mix Hogie roll Applesauce	<b>27</b> Salisbury steak Mashed potatoes Green beans Multi grain bread Diced pears	<b>28</b> Chicken stew Carrots Biscuit Chocolate ch cookie	<b>29</b> Pork chop Sweet potato Broccoli Multigrain bread Graham crackers	<b>1*</b> Fish Potato wedge Corn Roll Banana

### Dinner is served at 5:00pm

Tuesday, February 6-Meatloaf, mashed potatoes, vegetables, dessert  
 Tuesday, February 13-Chicken cordon blue, potato, vegetables, dessert  
 Tuesday, February 20-Dino nuggets, mac & cheese, vegetable, dessert  
 Tuesday, February 27-Beef stew, mashed potatoes, vegetable, dessert



*\*There will be fish available on Friday's during lent. Please notify staff when you register for lunch.*

**MONTHLY MENU IS SUBJECT TO CHANGE. RESERVATIONS MUST BE MADE IN ADVANCE ON MYACTIVECENTER.COM OR BY CALLING 636-3051. PLEASE CANCEL IF YOU ARE UNABLE TO ATTEND.**

# NORTHWEST AMHERST COMMUNITY CENTER PROGRAMS

## TALK AND TASTE

Monday, February 5 at 10:30 am

Join us for a sample of *Island Breeze Coffee Cake*. No walk-ins.

## FITNESS ROOM HOURS

Mondays, February 5, 12, 26, 10:00-2:00 pm and 5:30-7:30 pm, Wednesdays, February 7, 14, 28, 10:00-12:00 pm

## NWACC SUPERBOWL OVERVIEW

Monday, February 12 at 6:00 pm

Discuss storylines, half-time show, commercials and unexpected plays from the game.

## GRANDPARENT KINSHIP SUPPORT GROUP

Wednesday February 14<sup>th</sup> 11:00 am

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

## CLARITY GROUP MEDICARE INFORMATION TABLE

Friday, February 16 9:00-11:00 am

Call Linda at 716-304-2460 to schedule an appointment.

## FEBRUARY BREAK FAMILY NIGHT

Tuesday, February 20 from 6:00-8:00 pm

Come and have refreshments, share thoughts about future parent programs, learn about current support programs while the kids are enjoying activities provided by the Town of Amherst Youth & Recreation Department. Register by calling the Sweet Home Family Support Center at 716-250-1229.

## EMERGENCY PREPAREDNESS

Wednesday, February 21 at 3:00 pm

Learn the steps that you can take to prepare yourself and your home in case an emergency arises. Registration is required at: <http://www.prepare.ny.gov/>. Each household will receive a Preparedness Kit.

## INTERGENERATIONAL CUPCAKE DECORATING

Wednesday, February 21 at 10:30 am

Please bring a child that is special to you and join us, Fee is \$5. per chef. No refunds after 2/16.

## FAMILY PICKLEBALL

Thursday, February 22 at 2:00 pm

Please bring a child that is special to you and play against other families.

## INTERGENERATIONAL FAMILY FEUD

Friday, February 23 at 10:30 am

Please bring your young family members and challenge other families. And the Survey Says!

## NO SEW HEATING PAD

Monday, February 26 at 10:30 am

Fee is \$3.00. No refunds after 2/22.

## EVENING BINGO

Monday, February 26 at 6:00 pm

## GET TO KNOW AMHERST SENIOR SERVICES

Thursday February 29 at 10:30 am

Meet some of the staff from the Amherst Senior Center, learn about what is available to those 55+ and tell us about what you would like to see offered. Lite refreshments will be served.

## NWACC OPEN PICKLEBALL

Monday, February 5, 12, 26

10:00am-12:00pm (Intermediate), 12:00-2:00pm (Beginner)

5:30-7:30pm (All Levels) Reservations are required!

## A NOTE FROM YOUTH & RECREATION

Well, I jinxed it! 2023 ended in much the same way as 2022, albeit without a major snowstorm. On New Year's Eve, we were called to open an emergency shelter to assist residents displaced by a fire at the Hopkins Court Apartments. While I love spending time with the staff at the Senior Center and with members and residents in general, that was not on my calendar for that day! A huge shout out to Melissa Abel, Tammy Jacobs and Karen Lisecki for giving up their holiday to assist about 40 seniors who were temporarily displaced and to Matt Cassiol and Mike Pope from the Facilities Department for coming in to make sure the building was ready to welcome them. In partnership with the town's Emergency Services Department and the American Red Cross, things could not have gone more smoothly. We learned a lot from our shelter operations during the Blizzard of 2022 and were able to implement some of those learnings this time around to ensure an efficient operation. Fortunately, almost everyone was able to return home in time to welcome the new year. The social work department and the Red Cross are continuing to follow up and support those folks who had to go to a hotel due to extensive damage to their apartments. I feel so fortunate to live and work in a town that truly takes care of its residents, both young and old!

*Mary Diana Pouli*, Executive Director, Youth and Recreation

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**NO WALK INS. PLEASE CANCEL IF YOU ARE UNABLE TO ATTEND.**