



AMHERST CENTER FOR SENIOR SERVICES

370 John James Audubon Parkway, Amherst, NY 14228

DECEMBER 2025 NEWSLETTER



JOIN US FOR THE

Holidays



*Thank you to Beechwood Continuing Care for
sponsoring our December 16th Christmas activities*

ESTABLISHED IN 1962

AmherstCenterForSeniorServices.com



Facebook.com/amherstnyseniorcenter

A NOTE FROM THE DIRECTOR

The holidays are upon us, and there are some wonderful holiday programs to choose from this month.



From Breakfast with Santa to concerts and community events, and even an Ugly Sweater contest, there's something for everyone. We're especially looking forward to our Annual Holiday Happening event and participating in the Town & Village Holiday Market.

Join us for our Christmas and Hanukkah lunches and end the year with our New Year's Lunch, where we'll countdown to 2026!

A heartfelt thank you to everyone who donated this past month to help stock our short-term emergency food assistance shelves. This has been a difficult time for many to make ends meet, and I am so thankful for the generosity of so many in the Amherst community.

Since food insecurities are not just at this time of year, please know that we accept non-perishable food items year-round to ensure our seniors are provided assistance when the need arises. If you or someone you know is in need of this program, please contact the Center and ask to speak to a Social Worker.

I also extend my gratitude to everyone who donated for the Love-A-Veteran program to benefit the Veterans Housing Coalition, the Senior Angel Tree, School 30 Pre-K students, and the Town of Amherst Warm Clothing Project. Your generosity is amazing! Plus, a special thank you to the Amherst Generations Foundation for donating \$5,000 for grocery store gift cards. Our Senior Outreach Services team will distribute them to seniors with food insecurities in our community.

This month, we're introducing a new program called Nutrition 101. If you are interested in learning more about our Nutrition services, please plan on attending the program on December 8th at 10:00 am.

Also, I want to thank my staff, volunteers, instructors, Senior Services Advisory Board, Amherst Generations Foundation, Amherst Senior Transportation, and Amherst Meals on Wheels for making our Center a welcoming, joyful, and vibrant place to be.

I wish each of you a joyous and healthy holiday season and a Happy New Year!

Melissa

Melissa Abel, Executive Director

FIRE DRILLS

Your safety is our top priority. If the fire alarms go off in the Senior Center, please exit the building right away.

ABOUT US

THE CENTER

The Center is a 53,000 square foot facility that includes:

- Art Gallery— *Sponsored by Asbury Pointe*
- Billiard Room
- Café—Coming Soon!
- Card Room
- Dance Room—*Sponsored by Excellus Blue Cross Blue Shield*
- 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*
- An accessible private bathroom is located by Room 2

HOURS OF OPERATION

Monday, Wednesday, Friday: 9:00 am-4:00 pm

Tuesday, Thursday, 9:00 am-7:30 pm

(Doors open at 8:45 am)

The Center will be closed on December 25, in observance of Christmas, and January 1 in celebration of New Year's Day. Happy Holidays!

Programming is also offered at the Northwest Amherst Community Center. *Please see page 13 for dates and times.*

IMPORTANT PHONE NUMBERS

Main Line 636-3050

This is an automated line where you choose an option:

Press

1. Amherst Senior Transportation
2. Reservations for Classes, Lunches, Programs
3. Social Work appointments and Accessible Tags
4. Senior Outreach Services
5. Meals on Wheels
6. Reception

Direct Lines:

Registration 636-3051—To register for Classes, Clubs, Meals, Programs and Support Groups

Amherst Meals on Wheels 636-3065

Amherst Senior Transportation 636-3075

Senior Outreach Services 636-3070

ABOUT US

MEMBERSHIP DUES

Amherst Residents—Lifetime Membership

- \$50/Individual Membership
- \$75/Household Membership*

Non-Resident—Annual Renewal

- \$50/Per Person for **current** non resident members only

Membership is open to adults age 50 or older who live in the Town of Amherst

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

*We are no longer accepting **new** non Amherst resident memberships. We appreciate your understanding.*

TO JOIN THE CENTER:

Go to AmherstCenterforSeniorServices.com/membership-plans and complete the application, or sign up in person.

CALLING ALL NEW MEMBERS!!

MEMBERSHIP 101

Tuesday, December 2 at 3:30 pm

So, you have taken the step of becoming a Member, now what? Find out ways to get involved, sign up for Classes or Programs, find information about the resources and support that are available at the Center. Those attending are invited to stay for a complimentary dinner at 5:00 pm. Reservations are required for both.

KEY STAFF CONTRIBUTORS

Melissa Abel,
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Christin Estrada,
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Joe Weisansal,
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Marc Young,
Program Leader
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PARKING-COMBAT WOUNDED VETERANS

The Center has 2 Reserved parking spots for Combat Wounded Veterans in our parking lot. We ask that you please respect these spots. We acknowledge and honor Purple Heart Recipient Service Men and Women.

Thank you for your service and sacrifice to our country.

ANIMAL POLICY

We love animals, but please remember that **Only Service Dogs Are Allowed** at the Senior Center.

We kindly ask that you leave pets at home to ensure a safe and comfortable environment for everyone.

Thank you for your understanding!

ACCESSIBILITY

There is a private accessible bathroom located off the hallway by Room 2.



BE SAFE

AMHERST CENTER FOR SENIOR SERVICES 2025-26 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, 9:00 am-4:00 pm
Tuesday and Thursday 9:00 am-7:30pm

STORM CLOSINGS:

If Amherst, Sweet Home, or Williamsville school districts are closed due to weather, Center classes, clubs, and programs will be cancelled. This includes activities scheduled at other Town Buildings.

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

TOWN OF AMHERST

AMHERST TOWN BOARD

- Brian Kulpa, Town Supervisor
- Shawn Lavin, Deputy Town Supervisor, Senior Services Liaison
- Jacqualine Berger
- Angela Marinucci
- Michael Szukala

AMHERST SENIOR CENTER ADVISORY BOARD

- James W. Bardot, Chairperson
- Melissa Abel, Executive Director, Senior Center
- Reverend Susan Frawley
- Lisa Giancarlo
- Gary Henry
- Julie Whitbeck-Lewinski

EX-OFFICIO MEMBERS:

- The Honorable Shawn Lavin, Liaison to Senior Services
- Michael Camilleri, Assistant Chief of Amherst Police Department
- Ann Nichols, Amherst Town Justice
- Mary-Diana Pouli, Executive Director, Youth & Recreation

AMHERST GENERATIONS FOUNDATION

- Andrew Napierala, Chair
- Chandra Condon-Daigler, Secretary
- Barry Kantrowitz
- Meghan Reed
- Karen Pusateri
- Cory Zale
- Melissa Abel, Ex-Officio

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

A NOTE FROM YOUTH & RECREATION

Another year is in the books – where did the time go?! We have so many things to celebrate about 2025 – new members, new staff, new programs, new partnerships, building improvements and more! As we look back over the last 12 months, we are truly blessed to live in a community that celebrates and cares for all of its citizens. As we look toward 2026, we eagerly anticipate the opening of the new Café (yes, it really is coming!), the renovation of 4110 Bailey Ave. into a satellite location, more new programs and classes, more new staff and more time spent with you, our members!

Help us end the year on a high note by attending the annual Holiday Happening event which showcases our wonderful partnerships and is just tons of fun! Geared towards all ages, the event is free and will be held on Friday, December 19 from 6:00-8:00 pm. This year's theme is based on "The Grinch" but we promise there will be smiles all around. Grab a grandkid, neighbor or friend and head over to Whoville (aka the Center) for some hot chocolate, caroling, games, crafts and more. A donation of new socks or underwear to help spread some holiday cheer to those less fortunate is requested, but not necessary. See you there!

Mary Diana Pouli,

Executive Director, Youth & Recreation



BREAKFAST WITH SANTA

Saturday, December 6
9:00-11:00 am

Breakfast, crafts, cookie decorating, and
a visit from Santa!

Reservations are required
Call 716-636-3051
Members can register on
myactivecenter.com
Limited seating

\$6 per person
Age three and
under are free
Cash payment
due at event

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.

REGISTRATION PROCEDURES

****NEW REGISTRATION POLICY****

Starting with the winter class session, registration for non-residents will be open at 12:00 pm on December 17. This is a change in the previous process where non-residents registered at the same time as Town of Amherst residents.

REGISTRATION/CANCELLATION

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

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

CREATING AN ACCOUNT ON MyActiveCenter

Go to MyActiveCenter.com then click on the Sign Up button and follow the directions. Your MySeniorCenter keytag is needed to set up your account. If you are unable to find your keytag, call 716-636-3051 and a Senior Center staff member will assist you. ***See page 9 for MyActiveCenter training class information.***

TO REGISTER FOR A CLASS, CLUB, MEAL, PROGRAM OR SUPPORT GROUP IN MyActiveCenter:

- Sign in to MyActiveCenter.com
- The Search Box and Filters are on the left side
- Once you have found the Class, Club, Meal 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.

PLEASE NOTE – BE SURE TO REGISTER

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 and pay as soon as possible!

SAMPLE A CLASS

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

REFUNDS

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.

ATTENDING THE CENTER

You are required to swipe in at the kiosk each time you enter the Center. This enables us to know who is in the building. You do not have to swipe out.

CANCEL IF YOU CAN'T MAKE IT

If you registered for any activity at the Center and do not plan on attending, please cancel so someone may take your spot.

NUTRITION

The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. The Erie County Nutrition Program is open to anyone 60 years of age or older at a suggested contribution of \$3.50. Guests under 60 are welcome for the required cost of \$5.50, and it should be paid at the Reception Desk.

Lunch is served Monday through Friday from 12:00 to 1:00 pm. Dinner is served Tuesdays from 5:00 to 6:00 pm.

TO REGISTER FOR LUNCH OR DINNER:

Follow MyActiveCenter instructions in the left column. Lunch and Dinner registration opens for the following month on the third Tuesday of each month. Please call to cancel if you are unable to attend.

FROZEN MEAL PROGRAM

Visit our reception desk to pick up an Erie County Registration Form. Completed forms must be returned to Christin Estrada. Forms can be mailed to you upon request.

PLEASE NOTE: Frozen meals for December will be picked up on Wednesday 12/24 for the week of 12/26. If you have questions, call Christin at 716-636-3055 ext. 3131.

HOLIDAY PROGRAMS

BREAKFAST WITH SANTA

Saturday, December 6 from 9:00 – 11:00 am.
Breakfast, cookie decorating, crafts and more.
Santa will arrive at 10:00 am. Fee is \$6.00. Under 3 free. Paid reservations by 12/5. Call 636-3051 or stop by our Reception Desk. Limited seating.



TOWN & VILLAGE HOLIDAY MARKET

Saturday, December 6 from 12:00-5:00 pm
Amherst Municipal Building,
5583 Main St., Williamsville

UKULELE SING-A-LONG

Monday, December 8 at 10:30 am
Join us for some holiday spirit by singing some of your favorite holiday songs with our Ukulele Class.

HANUKKAH SING-A-LONG

Wednesday, December 10 at 11:00 am
Seasonal sing-a-long songs for uplift, reflection, fun, healing. Led by Rabbi Yonina.



HANUKKAH LUNCH

Wednesday, December 10 at 12:00 pm
Reservation required. See menu on page 16

TALK AND TASTE HANUKKAH

Wednesday, December 10 at 1:00 pm
Some say cinnamon, some say chocolate. Which babka is better?

READERS THEATRE HOLIDAY PERFORMANCE

Thursday, December 11 at 10:30 am
Productions include "The Baker's Dozen," A Saint Nicolas Tale, and the premiere performance of "The First Gift," an original and immigrant story written by Recreation Leader Doreen Notaro.

DAR MUSEUM PRESENTATION

Thursday, December 11 at 11:00 am
Double Feature: Holiday Traditions in the Period Rooms - *takes a look at the evolution of Christmas and other winter holidays; and* Something Old, Something New: Inventing the American Wedding. *Presented by Ann Sawusch, DAR Museum Correspondent Docent.*

HOLIDAY CONCERT

Tuesday, December 16 at 11:00 am
Entertainment by Sweet Home High School Concert Chorale.
If you are planning to attend lunch at 12:00 pm, you will need to register separately for it.

CHRISTMAS LUNCH

Tuesday, December 16 at 12:00 pm
Reservation required. See menu on page 16

CHRISTMAS BINGO

Tuesday, December 16 at 2:00 pm
Please bring a new wrapped item from the Dollar Store.

AMHERST SINGERS HOLIDAY PERFORMANCE

Wednesday, December 17 at 11:00 am

UGLY SWEATER CONTEST

Wednesday, December 17 at 12:00 pm, during lunch.
Prizes awarded for ugliest holiday sweater.

HOLIDAY HAPPENING

Friday, December 19 from 6:00-8:00 pm
Enjoy indoor and outdoor activities for the whole family! Free and open to the public. No registration required. Wear your jammies! *Presented by The Town of Amherst Libraries, Police Department, Senior Center and Youth & Recreation Departments.* Donations of new socks and underwear to benefit local families in need.



CHRISTMAS COOKIE EXCHANGE CONTEST

Monday, December 22 at 11:00 am
Please bring 2 dozen cookies and the recipe to exchange with fellow bakers. Not a baker but still want to attend, contact Jennifer for suggestions.

CHRISTMAS SNACK AND CHAT

Tuesday, December 23 at 1:00 pm
Brush up on your Christmas trivia. Refreshments served.

WHITE ELEPHANT PARTY

Wednesday, December 24 at 10:00 am
Please bring a wrapped new item to our gift exchange.

HOLIDAY MIX & MINGLE

Tuesday, December 30 at 4:00 pm
Meet up with friends and make new ones.

NEW YEARS EVE CELEBRATION

Wednesday, December 31
Entertainment from Serendipity Swing at 11:30 am
Toast at 12:00 pm (noon)

NEW YEARS EVE LUNCH

Wednesday, December 31 at 12:00
Reservations required. See menu on page 16

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.

PROGRAMS

NERTZ CARD GAME

Monday, December 1 at 10:00 am

Learn to play Nertz, a competitive Solitaire variant played with up to 8 players.

HOLIDAY MARKET VOLUNTEER FOOD PREP

Wednesday, December 3 at 9:00 am

We need volunteers to make gift jars and bake treats for our bake sale at the upcoming Winter Market at Island Park.

OPEN CARDS

Thursday, December 4 at 10:00 am

Enjoy a variety of social card games in a laid-back, non-competitive environment. You can come with your friends to play or join a table that's looking for other players. If you'd like to learn a new game, we're happy to teach.

DASH OUT THE DOOR LOOKS BY MARCIE

Thursday, December 4 at 6:00 pm

Learn quick and easy steps to look fabulous in just 5–10 minutes. Enjoy step-by-step makeup tutorials and get hands-on with FREE samples. *Presented by Marcie McDougal-Domroes, Independent Beauty Consultant, Mary Kay.*

TECH SUPPORT

Friday, December 5 at 10:00 am

Bring your devices and questions and our tech savvy staff will be help you troubleshoot issues and provide guidance. This program is non-instructional – we can answer questions, give quick tutorials, diagnose issues, and provide advice or solutions.

NUTRITION 101

Monday, December 8 at 10:00 am

Learn all the details about congregate dining, frozen meals, theme lunches, etc. It will be held in the dining room and we will serving a small snack & hot cocoa.

SEQUENCE BOARD GAME

Monday, December 8 at 10:30 am

A strategic board game where the objective is to be the first to get 5 chips in a row, with a few twists and turns along the way.

CORNHOLE

Friday, December 12 at 10:30 am

Come play this fun lawn game, inside!

BS CARD GAME

Monday, December 15 at 10:30 am

Players try to be the first to get rid of all their cards by bluffing about the cards they're playing.

JELLYMAKING

Monday, December 15 at 1:00 pm

You'll learn the process of jelly making, and, once the jelly cools, you'll be able to take home a jar of freshly made jelly.

VIRTUAL REALITY (VR)

Tuesday, December 23 at 9:00, 10:00, or 11:00 am

Explore the world of virtual reality with our VR Headsets in 1-hour individual sessions. Experience this innovative technology and engage in fun, interactive experiences.

FIELD TRIPS

FLOOR HOCKEY AT CLEARFIELD RECREATION CENTER

Thursday, December 4 at 10:30 am

Warm up and practice your hockey skills, then play a fun game of floor hockey. If you have a hockey stick, bring it! If not, hockey sticks will be provided.

CURLING AT THE BUFFALO CURLING CLUB

Tuesday, December 9 at 10:30 am

Meet at The Buffalo Curling Club.

50 Buffalo China Road, Buffalo, NY 14210

Fee: \$10 per person paid at the Curling Club on the day of the event.*

An introductory lesson will be taught by USCA Certified Instructor Darrell Skelton. Learn the basics and play a non-competitive game. No equipment necessary – just bring a clean pair of sneakers, gloves, and warm attire (building is around 42 degrees). No experience needed! Curling is a highly adaptive sport for ALL abilities. You do not have to bend down to curl. They have curling sticks and rubber booties. If you can walk- you can curl! *You will have to sign a participation waiver before going on the ice. Waiver is available at the facility or can be found at BUFFALOCURLINGCLUB.org.

*This newsletter is coordinated by Darlene Wilber,
PR Coordinator, dwilber@amherst.ny.us*

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.

PROGRAMS

HEALTH

MEDITATION AND HEALING

Thursday, December 4 and 18 at 1:00 pm
Relieve stress and improve your health. Would you like to feel calmer and more relaxed? Release burdens and worries? Presented by Anne Egan, instructor & practitioner of Open Heart Meditation and Secrets of Natural Walking with the Natural Way of Living

WALKERS UNITE FOR WELLNESS

Tuesdays in December at 10:00 am *Weather Pending*
Open to all, join Rabbi Yonina on a gentle walk around the lake and on the trails of Walton Woods Park so that we can talk and share how we are doing – a ‘getting to know you’ through walking and wellness. We’ll go as far as you’d like and sit and rest if necessary in the hour we have together. Remember your hat, sunscreen, water, and comfy closed-toed shoes or sneakers.

FINANCIAL

MARK YOUR CALENDARS! AARP Tax volunteers will start accepting calls for appointments as of January 2, 2026. Appointments will begin on January 28 and the last day will be April 10. Look for appointment phone number in our January 2026 newsletter.

HEALTH INSURANCE – To schedule your personal appointment, call the representative listed below.

Aetna

Ella at 374-5940

Monday December 1 from 9:00 am – 12:00 pm

Monday December 8 from 9:00 am – 12:00 pm

Clarity Group – Medicare Plan Center

Lisa at 716-864-4886

Friday December 5 from 9:00 am – 4:00 pm

Friday December 19 from 9:00 am – 12:00 pm

KDM Wealth Consultants

Tiffany at 716-697-3622

Thursday, December 18 from 1:00– 4:00 pm

PARTNER PROGRAMS

BISTRO BOOKERS

Tuesday, December 2 at 4:00 pm
“All The Beauty in The World: The Metropolitan Art Museum and Me” written by Patrick Brigley reviewed by Robert Poczik. *Suggested donation of \$2.00 per person is greatly appreciated. Your donation helps Bistro Bookers to continue to host their book reviews and donate back to its community literacy programs.*

SILVER PRIDE TEA

Friday, December 5 at 10:00 am
This is an opportunity for LGBTQAI and their allies to spend time together enjoying refreshments and conversation. *Hosted by the Pride Center of WNY.*



INFORMATION TABLES:

SENATOR RYAN COMMUNITY OUTREACH

Tuesday, December 2, 10:00 am-2:00 pm
A representative from the Senator’s office will be present to provide information and answer questions.

GREENFIELDS OF LANCASTER

Tuesday, December 9, 11:00 am – 12:00 pm

EPIC

Wednesday December 17, 11:00 am – 1:00 pm

FREE MOVIES

Per our current movie license, we are no longer able to publish the movie titles. A full listing can be found at the Reception Desk. We hope this will be a temporary change until our new license goes into effect in early Spring 2026.

1:00 PM

Monday, December 1

Monday, December 8

Monday, December 15

Monday, December 22

Friday, December 5

Friday, December 12

Friday, December 26

3:00 PM

Tuesday, December 30

4:30 PM

Tuesday, December 2

EVENING MOVIE

5:30 PM

Tuesday, December 9

Tuesday, December 16

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.

CLASSES



**Registration for the Winter Trimester
begins Wednesday, December 17.**

(New Registration Policy, see page 5)

WINTER CLASS CATALOG

The Winter Class Catalog will be available in late November in hard copy at the Center, at ALL Amherst libraries, and online at AmherstCenterforSeniorServices.com

SPECIAL REQUEST: CALL TO CANCEL

If you have registered for a class and do not plan on attending, please let us know. While we can not refund your money, it will open a spot for someone else to participate.

DEFENSIVE DRIVING CLASS—AARP Smart Driver

Wednesday, December 3 or January 21

9:00 am-4:00 pm

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

Reservations required by calling 636-3051. Payment due to instructor on the day of the class.

MYACTIVECENTER TRAINING

Tuesday, December 9 at 10:30 am

Learn how to create your account in MyActiveCenter so you can sign up for classes, clubs, programs and lunch online.

SHOWCASE OF PLAYS PERFORMANCE

Wednesday, December 17 at 1:00 pm

Come enjoy the afternoon as you watch and support our Into to Acting class as they perform the following plays - It's for the Birds, Ronnie the Audition Slayer, The Psychic Is She Real, Love in the Fast Lane

**Want to
teach a class?
We're Hiring!**

The Amherst Center for Senior Services hires the finest individuals to teach our classes. If you have a special skill or talent that you want to share, consider joining our team! 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.

HIGHLIGHTS FOR THE WINTER SESSION

Below is a select list of classes that we will be offering this winter. Full descriptions of **ALL** classes, including day, time and price, will be in our Winter Class Catalog. The Catalog is available online at amherstcenterforseniorservices.com and at Amherst.ny.us. Hardcopies will be in the Center and at ALL Amherst libraries.

- **Art History Zoom** – In Search of Paradise
Thursday, 1/8-3/5 (8x) no class 2/19
- **Exploring Self Awareness: A Lifetime Process for Personal Growth**
Thursday, 1/22-2/26 (6x)
- **Greek Mythology and Art**
Monday, 2/2-4/13 (10x) no class 2/16
- **Historic Places of Buffalo & WNY**
Thursdays, 3/5-4/2 (5x)
- **Rise of Organized Crime**
Thursday, 1/15, 2/19, 3/19 (3x)
- **The Roaring Twenties 2: Europe Goes Modern!**
Tuesday, 1/6/-4/7 (14x)
Zoom option available
- **Drumming For Everyone**
Monday, 1/5-2/23 (6x) no class 1/19, 2/16
- **Tchaikovsky's Musical Works**
Monday, 1/5-4/6 (12x) no class 1/19, 2/16
- **Dumbbell Fitness**
Thursday, 1/15-2/26 (6x) no class 2/19
- **Friday Fitness (Two sessions)**
Friday, 1/9-2/6 (5x)
Friday, 2/27-3/27 (5x)
- **It's A Racket** (at Clearfield Community Center)
Tuesday, 1/13-2/24 (6x) no class 2/17
- **Line Dancing Beginner** (2 sessions)
Monday, 1/5-2/9 (5x) no class 1/19
Monday, 3/2-4/6 (6x)
- **Line Dancing Beginner Plus**
Monday, 3/2-4/6 (6x)
- **Self Defense and Martial Arts Fitness**
Thursday, 1/29-2/26 (5x)

PING PONG

Mondays: Dec. 1,8,15, & 22, 12:00 – 4:00 pm

Monday, Dec. 29, 1:00-4:00 pm

Tuesdays: Dec. 2 & Dec. 9, 2:00-6:00 pm

Tuesday, Dec. 16, 3:00-6:00 pm,

Tuesdays: Dec. 23 & Dec. 30, 1:00-4:00 pm

Fridays: Dec. 12 & Dec. 26, 1:00 – 4:00 pm

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.

OPEN PICKLEBALL

OPEN PICKLEBALL

Tuesday, December 9: 2:00-3:45 pm, 3:45-5:30 pm,
5:30-7:15 pm (1 Court)

Tuesday, December 16: 3:45-5:30 pm, 5:30-7:15 pm
(1 Court)

Tuesday, December 23: 2:00-4:00 pm (2 Courts)

Tuesday, December 30: 12:00-2:00 pm, 2:00-4:00 pm
(2 Courts)

Wednesday, December 3: 12:00-2:00 pm (Beginner),
2:00-4:00 pm (Intermediate)

Wednesday, December 10, 17: 2:00-4:00 pm

Wednesday, December 24: 10:00-12:00 pm, 12:00-2:00 pm

Thursday, December 4, 11, 18: 3:45-5:30 pm

Friday, December 12: 12:00-2:00 pm (Men),
2:00-4:00 pm (Women)

Friday, December 26: 10:00-12:00 pm, 12:00-2:00 pm,
2:00-4:00 pm

You must bring your own paddle

OPEN PLAY PICKLEBALL GUIDELINES

- Members can sign up for a maximum of 3 time slots PER WEEK for Open Play Pickleball.
- We are seeing large Waitlist numbers for Open Pickleball and want everyone to have a chance to play.
- If you are already signed up for 3 time slots and an Open Pickleball Session is NOT full, you can sign up the DAY OF for that Pickleball session.
- Please cancel when you cannot make a Pickleball time to allow someone else a chance to play!
- We're all in this together. Let's respect each other's time and opportunities. Thank you

For Open Play Pickleball at the Northwest Amherst Community Center, see page 14.

POP-IN-PICKLEBALL

Monday, December 29, 10:00 am—12:00 pm

Tuesday, December 30, 10:00 am—12:00 pm



MUST SIGN UP FOR THESE PROGRAMS INDIVIDUALLY

Skills, drills, and games will be highlighted in this pickleball program. One court of game play and one court of drills and other game style activities.

HOLIDAY Happening
Friday, December 19th
6:00-8:00 PM

AMHERST CENTER FOR SENIOR SERVICES
370 JOHN JAMES AUDUBON PKWY., AMHERST

WELCOME TO WHOVILLE

FREE & Everyone Welcome!
(Wear your festive PJs)

Crafts - Games - Meet Santa & Mrs. Claus and the Grinch
Dance Party - Wagon Rides - Cookie Decorating
Hot Cocoa Bar - Face Painting & More
Tree Lighting Ceremony at 7:45 pm

Donations of new socks & underwear will be accepted to benefit families in need

Brought to you by: Amherst youth & recreation, Amherst Public Libraries, AMHERST CENTER FOR SENIOR SERVICES

To advertise in this newsletter, contact Darlene Wilber, dwilber@amherst.ny.us

UNIVERSITY EXPRESS

Erie County Office of the Aging's University Express offers free educational classes for older adults living in Erie County. The program runs during spring and fall semesters. You will find classes in a variety of categories, including current affairs, history, humanities, finance and medicine.

Classes are designed to stimulate the mind and provide opportunities to build social networks, thereby reducing social isolation. No homework or tests, just exciting discussions alongside peers with similar interests!

Full course descriptions are available in the University Express Catalog available at our Reception Desk or at www4erie.gov/universityexpress

Stay Safe Online

Tuesday, December 2 at 2:00 pm

Town Founders

Wednesday, December 3 at 2:00 pm

Advantages of Tax Strategy in Retirement

Thursday, December 4 at 2:00 pm

Microbiology for the Non-Science, Part 1

Wednesday, December 10 at 2:00 pm

Microbiology for the Non-Science, Part 2

Thursday, December 11 at 2:00 pm

See page 13 for more University Express Classes at the Northwest Amherst Community Center



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Our doctors and staff work together to provide your best solution and value for your valuable hearing.



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RESOURCES

Social Work Services are Here for You!

Your needs are important to us and we want to assure you that we are still committed to working diligently to provide information and referrals for programs and services.

Social Workers are available to meet for office visits

by appointment only, by phone, or virtual

appointments. Please call the Social Work office at 716-636-3055 ext. 3165 for Vijaya, or John at ext. 3129

Caregivers Group

Wednesday, December 17 at 1:00 pm

Caregiving can be overwhelming and we are here to offer support.

Loss & Grief Group

A new 6-week session starts on January 29, 2026

We discuss coping strategies, healing techniques, and stages of loss and grief.

Men's Support Group

Tuesdays, December 2 & 16 at 10:30 am

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

Parkinson's Group:

Thursday, December 18 at 2:00 pm

(Date change due to Christmas)

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.

Veteran's Coffee Group

Monday, December 1 at 10:00 am

Come for a cup of coffee and share with others who understand your story and lend support.

Widow/Widowers Group

Tuesday, December 9 at 10:30 am/ December 16 at 6:00 pm

If you are facing a stressful life change due to losing your spouse, you don't have to go through it alone.

Women's Support Group

Wednesday, December 3 at 10:30 am

Kinship Group: See meetings at Northwest Community Center on page 13.

NY State School Tax Relief (STAR) assistance

Thursday, December 18, 9:00 am—12:00 pm

Assessor's office staff will be available to assist with Property Tax Exception forms. Geared towards homeowners 65yrs. +

SENIOR OUTREACH SERVICES (SOS) 716-636-3070

In 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. Financial assistance may be available to help with the cost of services. Call Senior Outreach Services.

ACCESSIBLE PARKING TAG

If you need assistance with an application, we are **available by appointment only**. Daytime hours are 9:00 am—4:00 pm. Evening hours are 4:00-7:00 pm on December 30 and December 16 until 6:00 pm.



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.

For our Short-Term Food Assistance program there is a constant need of some non-perishable food items, especially soup, tuna, jelly, crackers, cereal, single packs of oatmeal, single rolls of toilet paper. Please donate, if able.

FROZEN MEAL PROGRAM

If you are an older adult or caregiver and are finding it harder to prepare meals, this Erie County Program may be just what you need. Registration paperwork must be completed prior to participation.

Meal pick-ups are on Fridays *(a Friday holiday may change this schedule)*. For more information, please call our Nutrition Site Coordinator, Christin Estrada, at 716-636-3055 ext. 3131.

TRANSPORTATION

Amherst Senior Transportation is a community partner. To see if you qualify for transportation assistance, please call them at 716-636-3075.

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 into your account.

To see if you are eligible, please contact the Senior Outreach Services.

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 John Jones at 716-636-3055, ext. 3129 or Vijaya at ext. 3165.

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.

AT NORTHWEST AMHERST COMMUNITY CENTER

Northwest Amherst Community Center
220 Northpointe Parkway, Amherst 14228

PICKLEBALL

Monday, December 1, 8, 15

9:00-11:00 am (Intermediate)

11:00 am – 1:00 pm (Beginner)

5:30-7:30 pm (All Levels)

Tuesday, December 2: 8:45-10:15 am (All Levels)

Tuesday, December 9, 16: 8:45-10:15 am, 10:15-11:45 am
(All Levels)

KINSHIP SUPPORT GROUP

December 10 at 11:00 am

Are you a caregiver for a relative's child? Many in today's world find themselves in this situation at a time when maybe they were planning for a more relaxed lifestyle. If this is you, consider joining this support group.

UNIVERSITY EXPRESS

Google Maps

December 15 at 1:30 pm

Exciting Newsletter Updates Coming in May!

Beginning in May 2026, you'll see a brand-new newsletter format designed to make it easier to find information about our classes, programs, resources, and more.

The new look will be more reader-friendly and engaging, bringing everything about the Center together in one convenient guide.

Starting in May, the newsletter will be published bi-monthly (every other month) — May–June, July–August, September–October, and November–December.

Please note: beginning in January 2026, we will no longer be mailing the newsletter to households. It will continue to be available both in print at the Center and all Amherst libraries and online on both ours and the Town's website for everyone to access and enjoy.



Our Vision

To identify, understand, and create opportunities for improved quality of life for adults as they age.

Our Mission

Empower all people with quality of life as they age.

Our Values

ACCESSIBILITY

Ensuring that members can participate and benefit from the many services by providing opportunities for all members to reach their potential and contribute their skills and talents to the Center.

COMMUNITY

Assisting older adults to remain independent by working with families, volunteers, and community partners by building strong bonds through shared objectives.

DIVERSITY

Embracing differences in skills, knowledge, cultural heritage, ethnicity, and gender orientation of older adults and their families.

INCLUSION

Offering individuals a sense of belonging, identity, and support by recognizing, respecting, embracing, celebrating, and valuing the unique abilities, perspectives, and experiences that each individual brings.

KNOWLEDGE

Committed to Life-Long Learning that encourages growth, engagement, and innovation among its members.

SUPPORT

Demonstrating understanding and empathy with the unique needs of our members by providing programs, activities, and services dedicated to ensuring satisfaction and building lasting relationships by extending a helping hand.

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.

CLUB ACTIVITIES & VOLUNTEERING

SERVICE HOURS

Volunteers, please submit your service hours, both inside the Center and those performed out in the Community, on a monthly basis. See staff for assistance, if needed.

GENEALOGY CLUB

Tuesday, December 9 at 10:30 am

Learn about your family history, find family members, and more.

BOOK CLUB

Monday, December 15 at 1:00 pm

Reviewing "Brooklyn" by Colm Toibin

HOW TO JOIN A CLUB

Register for the next meeting to speak with the club leader. Meeting times are available on the next page. If you have any questions, call Joe Weisansal, 716-636-3050, ext. 3126.



CLUB MEMBERS—Please Be Sure to Sign In!

You must register on myactivecenter.com prior to attending your meeting.

Swiping in at the kiosk is not registering.

VOLUNTEERS —A GENTLE REMINDER

Please remember to submit your monthly (or annual) volunteer hours to the My Senior Center kiosk no later than December 31. If you volunteer outside of the Center and don't have an opportunity to report your volunteer hours, don't hesitate to contact Joe or Doreen, and they can take care of that for you.

THANK YOU FOR YOUR DONATIONS!

Thank you to our members who donated to the Short-term food assistance Food Drive, Love-A-Veteran to benefit the Veterans Housing Coalition, Senior Angel Tree, School 30 Pre-K Students and Warm Clothing Project.

Your generosity and compassion truly makes a positive impact on our community.



Beechwood Continuing Care is a not-for-profit senior care community in Western New York.

From luxury independent apartment living to short-term rehabilitation....our communities have something for everyone.



Independent Living Communities

Asbury Pointe Retirement Community

50 Stahl Road, Amherst, NY 14068
716-810-7500

Presbyterian Village at North Church

214 Village Park Drive, Williamsville, NY 14221
716-810-7475



Ken-Ton Presbyterian Village

3735 Delaware Avenue, Kenmore, NY 14217
716-810-7477

Skilled Nursing and Short Term Rehabilitation

Beechwood Homes

2235 Millersport Highway, Amherst, NY 14068
716-810-7000

Wesley Rehabilitation Center

2235 Millersport Highway, Amherst, NY 14068
716-810-7000

Hospice Wells House

2235 Millersport Highway, Amherst, NY 14068
716-810-7000



Please feel free to reach out to learn more about all we have to offer. We are just a phone call away.

www.beechwoodcare.org



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CLUBS

Interested in more information or joining a Club? Please register and go to the next meeting to speak with the leader.
For a description of clubs, go to AmherstCenterforSeniorServices.com or pick up a brochure at the Center.

Am-Center Photography Club 2nd and 4th Tuesday, 1:00-3:00pm	Dinner Club See Club Info across from Fitness Room	Pool Club Tuesdays, 2:00-5:00pm
Amherst Men's Senior Softball League Games Fridays, 10:30/11:30am Seasonal	Dominos Club Wednesdays, 12:30-4:00pm	Quilting Club 1st & 3rd Mondays, 1:00-3:30pm
Amherst Senior Singers Wednesdays, 1:00-3:00pm	Drumming Circle - NEW CLUB Fridays, 9:30 am—10:30 am	Reader's Theater Club Mondays, 1:30pm
Art Club Mondays, 1:00-3:30pm	Duplicate Bridge Club (Monday) Mondays, 12:30-4:00pm	Reading Poetry Aloud Club Wednesdays, 9:00-10:00am
Backgammon Club Thursdays, 12:30pm	Duplicate Bridge Club (Friday) Fridays, 12:30-4:00pm	Rocky Blues Band Fridays, 12:30pm
Biblical Hebrew Grammar Club First and third Tuesdays, 6:00 pm	Euchre Club Tuesdays, 1:00pm	Rummikub Club Fridays, 1:00-4:00pm
Bike Club Wednesdays, 9:30-11:30am Seasonal	French Club 2nd & 4th Mondays, 12:30-2:00pm	Scrabble Club Tuesdays, 10:00am-12:30pm
Board Game Club-Afternoons Wednesdays & Thursdays, 12:30-3:30pm	Hand & Foot Club Thursdays, 3:30-5:00pm	Pinochle Club (Wednesday) Wednesdays, 12:45-4:00pm
Board Game Club— Evenings Thursday, 6:30-10:00pm @ Northtown Ctr.	Indian Senior Citizens Club 2nd Thursday, 4:30pm	Pinochle Club (Monday) Mondays, 12:45-4:00pm
Book Club 4th Monday, 1:00pm	Genealogy Club 1st Tuesday, 10:30am-12:00pm	Spanish Club on ZOOM Thursdays, 1:30pm
Bridge Club Tuesdays, 2:00-4:00pm	Karaoke Club 3rd Thursday at 1:00pm	Speaking Italian Language Club Fridays, 12:30-2:30pm
Canasta Club Thursdays, 1:00-4:00pm	Knitting Club (non-instructional) Tuesdays, 9:30-11:30am	Stained Glass Club Thursdays, 9:00am-12:00pm
Chess Club Tuesdays, 12:15-4:00pm	Mah Jongg Beginner Club Fridays, 9:30am-12:00pm	Tai Chi Club Wednesdays & Fridays, 1:30-2:30pm
Community Service Sewing Projects Club Mondays, 8:30-11:00am	Mah Jongg Club Tuesday, 1:00-3:30pm	Tuesday Afternoon Music Club Tuesdays, 1:00pm
Craft Club at NWACC Tuesday, 10:00 am-12:00pm	Men's Golf See Club Info across from Fitness Room	Upholstery Club Wednesdays, 9:00am-12:00pm
Creative Writers Club 1st & 3rd Mondays, 10:00am –12:00pm	News & Views Zoom Club Fridays, 10:00-11:30am	Wood Carving Club Tuesdays, 9:00-12:00pm

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.

DECEMBER NUTRITION

The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. This nutrition program is open to anyone 60 years of age or older at a suggested contribution of \$3.50. Guests under 60 are welcome for a *REQUIRED* cost of \$5.50. Please pay at the Reception Desk.

FROZEN MEAL PROGRAM

For information, See Page 5

- **Lunch** is served **Monday-Friday, 12:00-1:00 pm**; **Dinner** is served on **Tuesday** at **5:00 pm**
- **Meal registration begins the 3rd Tuesday of each month. See page 4 for instructions.**
- **WE ARE UNABLE TO ACCEPT WALK-INS.** If you are unable to attend lunch or dinner, please **CANCEL** your reservation.
- **The menu is subject to change.**

1	2	3	4	5
<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Stuffed pepper Mashed potatoes California blend Italian bread Fudge hand pie 730/89	Hamburger on a roll Potato wedges Italian blend Glazed donut 727/69	Breaded chicken and gravy Rice Pilaf Pacific blend veggies White dinner roll Fresh fruit 651/86	Italian sausage Oven browned potato Key Largo veggies Rye bread Brownie 757/85	Chicken Caesar salad with cherry tomatoes Cup of chili Grape juice Fruit muffin Diced pears 975/100
8 BBQ pulled chicken on Kaiser roll Oven browned potato Prince William veggies Mini chocolate chip cookies 740/117	9 Sweet & sour chicken over white rice Asian blend Wheat dinner roll Graham cookie 648/98	10 HANUKKAH LUNCH Roast beef with gravy Mashed potatoes Scandinavian veggies Assorted dinner roll Apple strudel cake 606/76	11 Polish sausage on hotdog roll Rice with mushrooms Peas Pineapple chunks 789/91	12 Breaded fish Oven browned potato Italian blend Multigrain roll Snickerdoodle 826/98
15 BBQ pork ribette on hoagie roll Wild rice Carrots Oatmeal raisin cookie 870/108	16 CHRISTMAS LUNCH Chicken cordon bleu Garden rice German blend veggies Assorted dinner roll Cheesecake 877/77	17 UGLY SWEATER Southwest omelet Potato wedges Steamed broccoli Muffin Baked apples 651/72	18 Chicken leg Baby baked potato Key Largo veggies Sweet dinner roll Fruit cocktail 711/63	19 Macaroni and cheese Stewed tomato California blend veggies Multigrain bread Sugar cookie 658/79
22 Spaghetti & meatballs Broccoli Grape juice Garlic bread Cinnamon apple sauce 869/109	23 Beer battered fish Mashed potatoes Winter mixed veggies Italian bread Fresh apple 657/90	24 Roasted pork chop with gravy Roasted potato German blend veggies White dinner roll Cookie bar 708/77	25 CENTER CLOSED 	26 Sloppy Joe on a bun Tater tots Carrot medley Apricots 720/79
29 Polish sausage on a roll Buttered noodles Prince William veggies Tropical fruit cup 860/87	30 Sesame Chicken Stir fried mixed veggies White dinner roll Fortune cookie 656/97	31 NYE LUNCH Meatloaf with mushroom gravy Garlic mashed potatoes Brussel spouts Wheat dinner roll Boston cream pie 825/96	1 CENTER CLOSED 	Estimated calories/ carbohydrates are listed below each lunch.

TUESDAY DINNERS - Dinner Served at 5:00—6:00 pm

December 2: Chicken parm, Pasta marinara, Steamed mixed vegetables, Garlic bread, Fruit cup

December 9: Corned beef reuben, Vegetable soup, Chef salad, Pudding parfait

December 30: Hot turkey sandwich, Broccoli, Mashed potatoes, Spiced apples

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.