



SENIOR CONNECTIONS

FOR ACTIVE ADULTS AGE 50+

THE OFFICIAL BI-MONTHLY GUIDE FOR THE
AMHERST CENTER FOR SENIOR SERVICES

May-June 2026



OUR NEW GUIDE IS HERE!

Welcome to the first edition of **Connections**, our new all-inclusive guide!

This publication combines information from our monthly newsletter and our seasonal class catalog to provide you with one, easy-to-use guide that will help you connect with everything that the Center has to offer. You'll notice that classes, programs, nutrition, clubs, support, and all other offerings now have their own section, making it easier for you to locate the items that interest you.

This guide will be available bimonthly: May/June, July/Aug., Sept./Oct., Nov./Dec., Jan./Feb., March/April.

Hard copies will be available at the Senior Center. Digital copies will be available at amherstcenterforseniorservices.com and Amherst.ny.us.

Amherst Center for Senior Services

370 John James Audubon, Amherst, NY 14228 amherstcenterforseniorservices.com

ABOUT US

DIRECTOR'S NOTE

Greetings! Our new bi-monthly guide, Connections, is finally here, showcasing all that the senior center has to offer in one easy to read edition.

We have some phenomenal classes and programs scheduled and I do hope you take advantage of all that is offered. I would like to thank all of the staff involved in the publication of this guide. Coordinating all that we offer, from classes and programs to support groups and lunch, is no easy task.

May is Older Americans Month and the theme is Champion Your Health. Prioritize your physical and mental well-being, through healthy eating, exercise, mindfulness, and keeping a positive, sustainable mindset. Make your health your daily priority. Manage stress actively and recognize the importance of mental health as part of your overall wellbeing. Always remember you never know what someone else is going through. A small gesture of kindness through a smile or listening ear, will mean so much to someone.

Melissa
Melissa Abel, Director



THE CENTER

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

- Art Gallery — *Sponsored by Asbury Pointe*
- Billiard Room
- 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 9:00 am—7:00 pm

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

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

(Doors open at 8:45 am)

Holidays and weather may impact this schedule.

Holiday Closings: *The Center will be closed on May 25th in observance of Memorial Day and June 19th in observance of Juneteenth.*

FIRE DRILLS

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

KEY STAFF CONTRIBUTORS

Melissa Abel,
Director
mabel@amherst.ny.us

Christin Estrada,
Nutrition Coordinator
cestrada@amherst.ny.us

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

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

Jennifer Lazarz,
Program Coordinator
jbono@amherst.ny.us

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

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

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

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

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

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

Darlene Wilber,
Public Relations Coordinator
dwilber@amherst.ny.us

Joe Weisansal,
Recreation Leader
jweisansal@amherst.ny.us

Marc Young,
Program Leader
myoung@amherst.ny.us

VISITING / ATTENDING THE CENTER

Members 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.

IMPORTANT PHONE NUMBERS

Main Line 716-636-3050

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 716-636-3051—To register for Classes, Clubs, Meals, Programs and Support Groups

Amherst Meals on Wheels 716-636-3065

Amherst Senior Transportation 716-636-3075

Senior Outreach Services 716-636-3070

MEMBERSHIP INFORMATION

MEMBERSHIP QUALIFICATIONS & FEES

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

Amherst Residents—Lifetime Membership

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

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

Non-Resident—Annual Renewal

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

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

WAYS TO JOIN THE CENTER:

1. Complete an application online: Visit AmherstCenterforSeniorServices.com/membership-plans
2. Visit the Center's Reception Desk.

MEMBER COMMUNICATIONS

EMAIL— We regularly send out e-blasts to members. Please make sure we have your email on file so you can receive these communications. You can add your email to our listserve on our website (a popup should appear when you visit the Newsletter page) or notify our Reception Desk.



SOCIAL MEDIA—FACEBOOK & INSTAGRAM

The Amherst Center for Senior Services is on Facebook and Instagram. Please “like” or “follow” our page



Facebook: facebook.com/amherstnyseniorcenter

Instagram: Instagram.com/amherstseniorcenter



CALLING NEW MEMBERS!

MEMBERSHIP 101

Thursday, May 7 at 10:30 am
(Complimentary lunch at 12:00 pm) -or -
Tuesday, June 2 at 3:30 pm
(Complimentary dinner at 5:00 pm)

So, you have taken the step of becoming a Member, now what? Find out ways to get involved, how to sign up for Classes or Programs, where to find information on what is happening at the Center. Reservations are required for both the program and the meal.

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.

POLICIES

As part of your membership, you agree to our Code of Conduct and must adhere to it. Our Code of Conduct is available in your member packet, on our website, and at our Reception Desk.

Animals

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.

Gambling/Gaming

Gambling of any kind is prohibited at the Senior Center.

PLEASE NOTE: Membership requirements, fees, hours are subject to change at any time. We will do our best to notify you of changes, but, at times, they may happen with little to no notice.

AMHERST CENTER FOR SENIOR SERVICES CANCELLATION GUIDE 2026-27

The safety and well-being of our members and visitors is a primary concern. The following information is for your reference.

STORM CLOSINGS:

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

If you want to know if the classes 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.

FOR QUESTIONS ABOUT MEMBERSHIP – CALL US (716) 636-3051

REGISTRATION INFORMATION

REGISTRATION

Members are **REQUIRED** to register for all classes, clubs, meals, programs, and support groups. Please note: If you participate in these activities without registering and making payment (when applicable), it may result in a suspension of membership.

Class registration starts

Wednesday, April 15 at 8:30 am

- ◆ Registration for Amherst residents begins at 8:30 am
- ◆ Non-resident members registration begins at 11:00 am
- ◆ MAIL OR DROP-OFF Registration forms must be submitted BEFORE Wednesday, April 15. Include a check payable to the Amherst Center for Senior Services.
- ◆ WALK-IN Registration will be accepted starting Thursday, April 16

Meal and Program

Registration starts Thursday, April 16 at 8:30 am

FOUR WAYS TO REGISTER

1. **ONLINE / MyActiveCenter.com** (This is the fastest way.)

You must be a member and have an account setup at MyActiveCenter.com. Don't have a MyActiveCenter Account? See instructions on the next page to learn how to set up one. Mastercard, VISA, Discover, or American Express accepted for payments.

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

3. **WALK IN** Please bring (**FOR CLASSES ONLY**) exact payment by credit card, cash or check.

4. **MAIL OR DROP OFF** (**FOR CLASSES ONLY**)

A class registration form is available on page 39.

Complete a separate registration form for EACH person.

Additional registration forms are available at our Reception Desk. Submit a completed form for each person along with a check payable to the Amherst Center for Senior Services BEFORE Wednesday, April 15.

Please Note: New member applications (online or in-person) will not be processed on Wednesday, April 15.

WAIT LIST

If an activity is full, you can join the wait list.

- **Registering by mail, phone, or in person?** You will automatically be placed on the wait list if the activity is full.
- **Registering through MyActiveCenter?** If you see an activity is full, call the Senior Center at **(716) 636-3051** to be added to the wait list.

If a spot becomes available, staff will call you to confirm your interest and collect payment.

CREATING AN ACCOUNT ON MYACTIVECENTER

Go to MyActiveCenter.com, then click on the Sign Up button and follow the directions. Your MySeniorCenter key tag is needed to set up your account. If you are unable to find your key tag, please 716-636-3051 and a Senior Center staff member will assist you.

USING MYACTIVECENTER TO REGISTER FOR A CLASS, CLUB, MEAL, OPEN PICKLEBALL, PROGRAM OR SUPPORT GROUP

1. Sign in to MyActiveCenter.com

- * The Search Box and Filters are on the left side
- * Once you have found the Class, Club, Meal, Pickleball, Program, or Support Group 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.

2. To Register

- * Click on **Add to Cart** button
- * 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, Meal, Open Pickleball, or Support Group, 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.

MYACTIVECENTER TRAINING

Thursday, April 9 at 10:30 am

Learn how to create your account and register for classes, clubs, meals, pickleball, programs, support groups and other Center offerings using the online software, MyActiveCenter.com.

CLASSES INFORMATION

ATTENDING CLASSES

Payment is required to attend all classes. Participating without payment may result in suspension of membership. Registration is for the full session, regardless of attendance. Participants must register for each new session, and prior enrollment does not guarantee a spot. Classes may fill quickly, so early registration is encouraged. Unable to attend a class you signed up for: ***Please cancel so someone else may take your spot.***

REFUNDS

Registration can be busy which may make some rush to get into the classes before they fill up. We have a short grace period to accommodate for changes. During the first two business days of registration—April 15 and April 16—you may make changes to your selections at no additional cost. After that, all changes are subject to the standard refund policy.

- Refund requests must be submitted at least **five business days** before the scheduled class start date.
- Approved refunds will be issued as the class cost **minus a \$5 processing fee per class.**
- Refunds will be credited to your Senior Center account within **72 hours of approval.**

If the Center Cancels a Class Due To

Low Enrollment: Participants will be notified by phone or email **1–2 business days** before the start date. A full refund will be issued. Refund checks or account credits may take up to **30 days** to process.

Unforeseen Circumstances: Every effort will be made to reschedule the class. If rescheduling is not possible and two or more classes are canceled, a credit will be issued to your Senior Center account.

FEE WAIVERS

Reduced fees for some courses are available for Amherst resident members who are verified eligible. Refer to page 34 for more information.

COURSE CANCELLATIONS

At times a class may be cancelled for various reasons including, but not limited to

- ◇ **Minimum Participation:** All courses are based on a minimum and maximum number of participants. If a course doesn't meet the minimum quota, it will be cancelled for that trimester. Register on time in order to prevent cancellations.
- ◇ **Instructor Cancels:** If you are registered for a class and the instructor cancels a session, we will contact you as soon as possible via an automated call. When possible, cancelled classes will be made up by extending the course.
- ◇ **Inclement Weather**—See page 3 for weather-related cancellations.

CAN'T MAKE IT? CALL TO CANCEL

If you've registered for any activity at the Center and are unable to attend, please call to cancel so we may offer your spot to another person.

SAMPLE A CLASS

If you are uncertain about a particular class, we encourage you to observe it. Guest passes are at the Reception Desk.

ZOOM CLASS INFORMATION

New to Zoom? Getting started is easy!

1. **Install Zoom:** Visit zoom.us/download on your device. If you are using a computer, select **Zoom Desktop Client.**

2. **Watch for Your Class Link:** One hour before your class you will receive an email from Amherst Center for Senior Services. The subject line will read: **"You have an upcoming Activity"**

3. **Join the Class:**

- Open the email no more than 15 minutes before the class begins.
- Click the **Click to Join** button and follow the on-screen prompts.
- A new screen will pop up with a blue JOIN MEETING button in the upper right corner. Click that button.
- On the next screen you will **click on Join Via App or Web.**
- You will then **click on Open Zoom Meeting.**
- Then select Join with Computer Audio.
- If you do not see yourself on the screen you may need to **click Start Video.**

Please Note: Zoom links are sent out 1 hour prior to the start of class (with the exception of Art History which is sent out the day before). If you don't see the link in your email, check your spam or junk folder. If you have any problems call the Center at 716-636-3050.

QUICK NOTE: You can access your Zoom link directly in MyActiveCenter for all your Zoom classes (except Art History).

- Log in and click the **Bell Icon** at the top of the page, next to the Shopping Cart.
- You will see a countdown showing when you can join the class. When the countdown reaches zero, a **Join** button will appear.
- Click **Join** to go straight to the Zoom lobby and follow the participation instructions.

CLASSES: AUTO, ARTS & CULTURE

AUTO

DEFENSIVE DRIVE CLASS—AARP SMART DRIVER

Wednesday, May 13 and June 10

9:00 am—3:30 pm

(\$25 for AARP Members/\$30 for non-AARP.)

Reservations required by calling 716-636-3051.

ARTS

ACRYLIC/OIL PAINTING

Mondays, 5/4-7/13 (10x) no class 5/25

10:00 am-12:00 pm

Fee \$60

Learn the fundamentals of painting, working from observation, ideas, and references. This is a flexible program to meet participants' needs and interests.

Beginner's welcome. Questions regarding supplies only: call 716-812-8937.

Elaine Grisanti, Instructor

CALLIGRAPHY – Advanced Pointed Pen Letters, Flowers and Flourishes

Fridays, 5/8-6/5 (3x) no class 5/15, 5/29

1:00-3:00 pm

Fee \$22

Enjoy the fun of adding flowers and flourishes to words and quotations made with a pointed dip calligraphy pen. Make beautiful cards and other art pieces. Students must know one pointed pen alphabet, Copperplate style or Spenserian. For a list of supplies call 716-468-9578, or ask at the Senior Center front desk. Those who have taken a pointed pen alphabet many times do not need a supply list.

Mary Jo LaClair, Instructor

CALLIGRAPHY – Beginning Pointed Pen, Flowers and Flourishes

Fridays, 5/8-6/5 (3x) no class 5/15, 5/29

10:00 am-12:00 pm

Fee \$22

Enjoy using a flexible pointed calligraphy pen to make beautiful thick and delicate thin lines. Use these lines to create flowers, flourishes and other abstract or realistic shapes. Use your creations for cards and other art works. An alphabet will not be taught. A supply list is available at the Senior Center Reception Desk or text 716-468-9578. No experience necessary.

Mary Jo LaClair, Instructor

CARD-MAKING AND PAPER CRAFTS

Tuesdays, 5/12-5/26 (3x)

1:30-3:30 pm

Fee \$15

Delight your loved ones with handmade greeting cards. Discover the joys of rubber-stamping, embossing, and die-cutting as we transform ink, stamps, and cardstock into an array of wonderful greeting cards and paper products which will be suitable for various occasions. No experience necessary. A supplies list is available at the Reception Desk

Margaret Watrous, Instructor

FABRIC ART QUILTS

Fridays, 5/22-6/5 (3x)

10:00 am-12:00 pm

Fee \$30

Start with a simple bookmark where all materials will be supplied. Then have fun learning how to take a picture and turn it into a beautiful wall hanging. A supply list will be emailed to you by instructor. Beginning sewing skills required.

Rena Kantenwein, Instructor

KNITTING/CROCHET

Thursdays, 5/7-6/4 (5x)

9:30-11:30 am

Fee \$39

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 the first class.

Mary Ann Belus, Instructor

LEARN TO DRAW II

Thursdays, 5/21-7/23 (9x) no class 7/2

12:30-2:30 pm

Fee \$63

Continue to expand your drawing abilities. Follow the instructor in step by step lessons as we explore new subjects using pencil, pen, ink and charcoal. Basic drawing skills necessary; previous class instruction helpful. Find the materials list at danmeyerwatercolor.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

ALL CLASSES ARE AT THE SENIOR CENTER UNLESS OTHERWISE NOTED

QUILTED BLOCK PARTY

Thursdays, 5/7, 5/21, 6/4, 6/18, 7/2, 7/16, 8/6, 8/20 (8x)
10:00-11:30 am Fee \$50

Learn new techniques. We will use the book “A Year of Quilting” by Debbie Shore and Melissa Nayler which is available for purchase on Amazon or borrowed from the library.

Rena M. Kantenwein, Instructor

THREAD ART

Fridays, 6/12, 6/26, 7/10 (3x)
10:00 am - 12:00 pm Fee \$30

Learn how to embellish your blocks or top using thread to create grass, flowers, bark, etc. Basic knowledge of your machine is necessary. Supply list will be emailed to the class.

Rena M. Kantenwein, Instructor

WATERCOLOR— Beginner III

Thursdays, 5/21-7/23 (9x) no class 7/2
9:30-11:30 am Fee \$63

Continue to advance your watercolor skills as we explore new subjects. Completion of Beginner Watercolor class preferable. Photo reference will be provided as each subject is rendered by the instructor in a step-by-step process as students follow along. For materials, visit danmeyerwatercolors.com, select **Classes** at the top of the page and then scroll the list to the class and select **Material List**.

Dan Meyer, Instructor

WATERCOLOR — Intermediate

Wednesdays, 5/13-7/29 (12x)
9:30-11:30 am Fee \$84

Continue to explore the world of watercolor as you go beyond the basics. Photo reference will be available. The instructor will demonstrate each subject rendered, followed by student participation. Materials list available at 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

WOODCARVING — All Levels

Thursdays, 5/7-6/11 (6x)
2:00-4:00 pm Fee \$40

Work on caricature faces on study sticks ending with a candle stick with a face. Find pictures of the projects along with information on tools and safety equipment needed at scuddeb.com.

Bill Scudder, Instructor

Music

DRUMMING FOR EVERYONE: Uplift Your Spirit Through Creative Sound Expression

Mondays, 5/4-6/22 (6x) no class 5/25, 6/15
1:30-2:30 pm Fee \$24

An introduction to how improvisational hand drumming within a group can benefit your emotional, physical, and social well-being. Learn various popular and universal drumming patterns that connect with our internal rhythms, facilitating creative expression, and providing relief from daily stress. No experience needed. Bring a drum; otherwise, drums will be provided.

Lisa Horlein, Instructor

GUITAR LESSONS - Beginner

Wednesdays, 5/6-6/10 (6x)
9:00-9:40 am Fee \$45

OR

Wednesdays, 5/6-6/10 (6x)
9:45-10:25 am Fee \$45

You will learn the basics of playing the guitar, including – tuning, notes, chords, and beginning to read music. You must bring your own guitar. **Note:** Short nails are necessary to play. Two (2) students per class.

Greg Potter, Instructor

*** This class is NOT eligible for a fee waiver and NO refunds for missed lessons.**

ROMANTIC MUSIC OF RACHMANINOV

Mondays, 6/1-8/3 (10x)
1:15-3:15 pm Fee \$40

Rachmaninov is considered one of the finest pianists of his day and one of the last great representatives of Russian Romanticism. Come join us as we explore his lush, lyrical melodies, and romantic open-hearted concerts. Don't forget to bring your tissue box!

Sebnem Mekinulov, Instructor



CLASSES:

Arts & Music / Social & Culture

UKULELE SING-A-LONG – Beginning Group Lessons

Mondays, 5/11-6/22 (6x) no class 5/25

11:00-11:55 am

Fee \$25

Learn to play the Ukulele, read charts, TAB, melodies, and chords while singing songs and having a laugh or two. Ukuleles are provided for use during in-class time only. Short nails are necessary for stringed instruments.

Jennifer May, Instructor

UKULELE SING -A-LONG:

Intermediate Group Lessons

Monday, 5/11-6/22 (6x) no class 5/25

12:00-12:55 pm

Fee \$25

For those who have played at least one year, are comfortable with songs that have 2 chords, have tried to read TAB, and know a few strum patterns. We will be using Jim Beloff's Yellow Book and Essential Elements level 1 for Ukulele and handouts. (Extra books are available for use during class time). Short nails are best for string instruments.

Jennifer May, Instructor

UKULELE SING-A-LONG: Advanced Group Lessons

Monday, 5/11-6/22 (6x) no class 5/25

10:00-10:55 am

Fee \$25

Geared to those who have been playing for many years and are comfortable with songs that have more than 4 chords, fingerstyle, TAB, and chord melody. Jim Beloff Yellow and Blue Books and Handouts. (Extra books are available to use during class time). Short nails are best for string instruments.

Jennifer May, Instructor



Ukulele player / Stock image

Social & Culture

A YEAR WITH THE SHAW FESTIVAL– Preview of the 2026 Season

Tuesday, 5/5-7/21 (11x) no class 6/23

9:30-11:30 am

Fee \$48

Tuesday, 5/5-7/21 (11x) no class 6/23

1:00-3:00 pm

Fee \$48

Zoom

This festival preview offers a varied and defiantly populist array of theatre works: lavish musicals (Funny Girl) and Rodgers and Hammerstein's Cinderella, madcap farce (One for the Pot, Jeeves and Wooster in Perfect Nonsense), mystery (Sleuth), historical drams (Amadeus) and plays for young people (The Wind in the Willows and A Year with Frog and Toad)-not to mention Bernard Shaw's masterpiece Heartbreak House. You'll learn the history of these pieces, see excerpts from other productions, and hear about Shaw's unique take on these shows.

Michael Harris, Instructor

ART HISTORY ZOOM- Summer Book Club

Thursday, 5/14-7/2 (8x)

10:00-11:15 am

Fee \$32

Zoom

Students will gather online to discuss the new book by Thomas Schlessler, *Mona's Eyes*. Dr. Laura Watts will provide background and context for what is essentially a literary tour of the Louvre in Paris. Reading the book is not a requirement, although will provide you with an expanded understanding. If you wish, this book may be purchased on Amazon.

Laura Watts Sommer, Instructor

BIRDS AROUND US

Friday, 5/22-6/26 (4x) no class 6/5, 6/19

10:30-11:30 am

Fee \$16

Classes will focus on some of our most overlooked, yet remarkable birds including Gulls, Wild Turkeys and the Canadian Goose, as well as "All About Feathers", a class focusing on this extraordinary creation of nature that ties all birds together.

Patricia Szarpa, Instructor

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.



Two people playing cards / Stock image

BRIDGE BASICS PART I

Monday, 5/4-6/22 (7x) no class 5/25
5:00-7:00 pm Fee \$60

This session is designed for the new learners or those who have not played for a while and need a reintroduction to the game. Concepts taught are Simple No Trump, Major and Minor Suit opening and responses. Basic leading and card playing strategies taught.

Ruth Nawotniak, Instructor

BRIDGE BASICS PART III

Monday, 5/4-6/22 (7x) no class 5/25
10:00am-12:00 pm Fee \$60

Concepts taught are the Stayman and Jacoby Transfer Conventions; Strong Openings and Responses; Slam Bidding. This session is designed for new learners who have taken Basics Part I and II. It can also be beneficial for those who need a refresher in these concepts.

Ruth Nawotniak, Instructor

BRIDGE-Reviewing, Bidding & Card Play

Monday, 5/4-6/22 (7x) no class 5/25
12:30-2:00 pm Fee \$44

OR

Monday, 5/4-6/22 (7x) no class 5/25
2:30-4:00 pm Fee \$44

This 7-week session will continue to focus on discussing possible bidding sequences and card play strategies. Geared towards Advanced Beginners, who have completed Basic Bridge Part III.

Ruth Nawotniak, Instructor

COMEDY IMPROV

Wednesday, 5/13-6/24 (7x)
1:15-2:45 pm Fee \$33

Have some laughs, get creative, and learn Short-Form Comedy Improv in a style similar to *Whose Line Is It Anyway?* and *2nd City*. You will also learn character development, comedic timing, how to create a scene based on the audience suggestions, basic miming techniques, along with overcoming shyness, stage fright, and performance anxiety. Final class will include a Showcase Performance for interested students.

Mike Kowal, Instructor

CURRENT EVENTS ZOOM

Wednesday, 5/6-8/19 (16x)
10:00-11:30 am Fee \$20

Zoom

This Zoom discussion group will touch upon local, national and world events/topics. On the following Wednesdays: 5/13, 6/10, 7/8, 8/12, there is an option to meet in person at the Senior Center. Cost to attend all 4 in-house classes is \$5.00. **NOTE:** Registration for in-person only is not available on MyActiveCenter. Register at the Senior Center Reception Desk or call us.

Jeff Goodman, Dick Schanley, Leaders

FRAGRANCE GARDEN

Monday, May 11 (1x)
4:00 - 5:00 pm Fee \$5

A discussion on how to grow a fragrance garden for your enjoyment. This garden type enhances outdoor space by providing beautiful scents that can be calming and uplifting. It also attracts beneficial insects and creates a sensory experience that connects you to nature.

Pati Aine Guzinski, Instructor

HISTORY OF MYSTERY

Thursday, 5/21, 6/18, 7/16, 8/20 (4x)
11:00 am-12:00 pm Fee \$20

Discover mystery novels and the women who wrote them. The first class will be spent discussing the writing techniques and styles of the many women mystery writers, including the Goddess of Mystery, Agatha Christie, how they changed the publishing world, and suggested reading options for the remaining three classes. Every mystery reader will enjoy this class.

Harriet Grayson, Instructor

CLASSES:

Learning & Social—Technology, Health & Fitness

MAH JONGG - Beginner

Monday, 5/4-6/1 (4x) no class 5/25

1:00-3:00 pm

Fee \$16

If you have never played Mah-Jongg but always wanted to learn, here is your chance. Mah-Jongg is a tile-based game of skill, strategy and luck. Learn tactics & adaptive strategies. Space is limited. **Please note** - it is important you attend the first class.

Mary Cerny, Jill Vogel, Instructors

REMEMBERING THE TOWN AND GLEN CASINOS

Monday, 6/1-6/15 (3x)

11:00 am-12:00 pm

Fee \$25

The Town and Glen Casinos evoke the mid-century modern era that shaped them. This class will revisit the memories and stories of two legendary Western New York entertainment venues, while exploring the life and legacy of the man behind them. The book "Harry Altman: Buffalo's Master Showman" is included with the course tuition. The history of the Inferno Night Club will also be discussed.

Susan Fenster, Instructor

Technology

USING YOUR COMPUTER WISELY

Tuesday, 5/5-5/26 (4X)

1:00-3:00pm

Fee \$50

This class teaches fundamental skills in using and understanding your computer. Topics covered include internet basics, using a browser, downloading, copy and pasting, sending emails and sharing photos. This class will also include an introduction to Excel and Word.

Nancy Wise-Reid, Instructor

USING YOUR PHONE WISELY

iPhone/iPad Users:

Tuesday, 6/9-6/30 (4x)

1:00-3:00pm

Fee \$50

This course covers functions of your device, including navigation, texting, photos, calendars, and other fun features. Bring your questions and your sufficiently charged phone or iPad/tablet.

Nancy Wise-Reid, Instructor

Health & Fitness

20/20/20

Monday, 5/4-6/15 (6x) no class 5/25

11:30 am-12:30 pm

Fee \$24

Thursday, 5/7-6/18 (7x)

10:45-11:45 am

Fee \$28

Join us for 20 minutes of cardio, including 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, stretch bands and a floor mat to class.

Marilyn Ciavarella, Instructor

ARCHERY - Beginner

Wednesday, 5/6-6/17 (7x)

10:30-11:30 am

Fee \$32

Clearfield Community Center

Angelo Lorenzo, Instructor

Thursday, 5/7-6/4 (5x)

10:30-11:30 am

Fee \$24

Clearfield Community Center

Greg Potter, Instructor

Learn a new skill, shooting compound and recurve bows. 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. All equipment provided – personal equipment not allowed. **Due to class popularity, please sign up for 1 session only.**

ARCHERY SHOOT – Advanced

Tuesday, 5/5-6/16 (7x)

10:30-11:30 am

Fee \$32

Clearfield Community Center

For the Archer who knows how to shoot and has taken a beginning Archery. **NOTE:** Cannot register for the Beginning and Advanced Archery Shoot together.

Angelo Lorenzo, Instructor

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4



Ballroom Dancing / Stock image

BALLET STRETCH

Monday, 5/4-6/15 (6x) no class 5/25
10:10-11:05 am Fee \$24

Wednesday, 5/6-6/17 (7x)
10:10-11:05 am Fee \$28

This class 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 and hand weights, if you have them.

Dawn Tarbox-Szerbiak, Instructor

BALLROOM DANCING - Beginner/Beginner Plus

Tuesday, 5/5-6/9 (6x)
1:15-2:15 pm Fee \$24

Tuesday, 6/23-8/4 (6x) no class 7/7
1:15-2:15 pm Fee \$24

This is introductory dance lessons. No experience or partner necessary. Wear sneakers or flat shoes.

Karen Murphy, Instructor

BALLROOM DANCING - Intermediate/Advanced

Tuesday, 5/5-6/9 (6x)
2:30-3:30 pm Fee \$24

Tuesday, 6/23-8/4 (6x) no class 7/7
2:30-3:30 pm Fee \$24

A variety of dances will be taught. Some experience is necessary. No partner needed. Wear sneakers or flat shoes.

Karen Murphy, Instructor

BOXING WITH PARKINSON'S

Monday, 5/11-6/15 (5x) no class 5/25
12:00-12:50 pm Fee \$24

This is a non-contact fitness program using boxing skills to improve balance, strength, agility, coordination, and mood. It is designed to help people with Parkinson's Disease fight the symptoms by promoting full-body movements, confidence, and support. Caregivers Welcome! **Please consult with your own health professional team before engaging in these fitness classes.**

Greg Potter, Angelo Lorenzo, Instructors

CARDIO DRUMMING

Morning

Monday, 5/4-6/15 (6x) no class 5/25
9:00-9:55 am Fee \$24

Wednesday, 5/6-6/17 (7x)
9:00-9:55 am Fee \$28

Dawn Tarbox-Szerbiak, Instructor

Monday, 5/11-6/15 (5x) no class 5/25
10:00-10:50 am Fee \$20
Greg Potter, Instructor

Afternoon

Tuesday, 5/5-6/16 (7x)
12:15-1:05 pm Fee \$28

Evening

Thursday, 5/7-6/18 (7x)
4:45-5:35 pm Fee \$28

Marilyn Ciavarella, Instructor

Cardio Drumming is an aerobic exercise that uses drumsticks, an exercise ball, and a 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. Equipment provided.



CLASSES:

Health & Fitness

CHAIR FITNESS

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

11:15-12:05 pm

Fee \$24

Strength, flexibility and balance are highlighted in this class. Get a total body workout both in and out of the chair. If you have your own hand weights, please bring them.

Greg Potter, Instructor

DUMBBELL FITNESS

Thursday, 5/7-6/11 (5x) no class 5/28

1:45-2:35 pm

Fee \$20

Strength training with dumbbells. Combat age-related muscle loss. Some weights will be provided, but if you have your own set, please bring anywhere between 2 to 5 lb. hand weights.

Angelo Lorenzo, Instructor

FALL PREVENTION – Safe on Your Feet

Wednesday, 5/6-6/17 (7x)

9:30-10:25 am

Fee \$21

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.

Jean Widlicka, Instructor

FRIDAY FITNESS

Friday, 5/8-6/12 (5x) no class 6/5

2:30-3:20 pm

Fee \$20

Finish up your week on a STRONG note! Warm up with some stretching, continuing into a total body workout with basic and compound movements. This program is a mix of both seated and standing exercises! Bring your positive energy, as well as light hand weights, if you have your own. Some light hand weights will be provided.

Joe Weisansal, Instructor

GET FIT WHILE YOU SIT

Monday, 5/4-6/15 (6x) no class 5/25

10:30-11:25 am

Fee \$16

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

Jean Widlicka, Instructor

GROOVE AND MOVE

Tuesday, 5/5-6/16 (7x)

10:10-10:55 am

Fee \$28

Have fun getting cardio fit and dancing your troubles away. This is a groove and move class that lets you dance to your own beat and steps. It's just one big dance party!

Dawn Tarbox-Szerbiak, Instructor

HIIT TO BE FIT

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

4:00-4:50 pm

Fee \$24

Friday, 5/15-6/26 (6x) no class 6/19

10:00-10:50 am

Fee \$24

A modified, low-impact high-intensity interval training (HIIT) workout, designed to be safe and effective for older adults of all fitness levels. It alternates between short, challenging bursts of exercise and brief recovery periods, delivering maximum results in minimal time.

Suzanne Lewis, Instructor

LINE DANCING COUNTRY- Beginner/Beginner Plus

Monday, 5/11-6/29 (7x) no class 5/25

1:00-2:30 pm

Fee \$26

Designed for the Beginner and Beginner Plus who want to learn or improve their dancing skills. Easy to learn Country Western Dance Steps with a progression to slightly more advanced dance routines. Join in the fun and dance at your own level. Wear comfortable clothing. Cowboy boots are recommended or a shoe that can slide. No sandals, flip flops or rubber soled shoes.

Connie Kaminski, Instructor



MEAN JEAN'S EXERCISE

Monday, 5/4-6/15 (6x) no class 5/25
9:30-10:25 am Fee \$18

Tuesday, 5/5-6/16 (7x)
9:30-10:25 am Fee \$21

Thursday, 5/7-6/18 (7x)
9:30-10:25 am Fee \$21

Use large leg and arm motions to strengthen small and large muscles. Heart and lungs will benefit - increase joint mobility. Seated and occasional standing exercises are performed. Bring your own ball (small to fit in your hand) and bands to class.

Jean Widlicka, Instructor

PICKLEBALL – Beginner

Morning

Tuesday, 5/5-6/9 (6x)
10:30 am-12:00 pm Fee \$20
Northwest Amherst Community Center

Thursday, 6/18-7/23 (6x)
10:30 am-12:00 pm Fee \$20
Northwest Amherst Community Center

Greg Potter, Instructor

Afternoon

Thursday, 5/7-6/11 (6x)
1:30-3:30 pm Fee \$26

Cindy Weiss, Instructor

Pickleball is a paddle sport that combines elements of tennis, badminton, and ping pong. Each week, we will begin with basic instruction and drills, followed by practice and play for the remainder of the class. Equipment will be provided. Comfortable clothing and sneakers are a must!

NOTE: We are no longer offering pickleball at Clearfield with our registration. However, Youth and Recreation offers it with its adult programs.

PICKLEBALL – Intermediate Instructional

Thursday, 5/14-6/18 (6x)
6:00-7:30 pm Fee \$28
Senior Center/Clearfield Tennis Courts
Learn about topspin, slice, serving technique, ball placement, court position, communication, and other situational pickleball theories. You should have prior experience, plus ability in pickleball. Suggested skill level is 3.0+. Prior to each class, the instructor will notify the class, via email, if you will meet at the Senior Center or the Clearfield Tennis Courts.

Greg Potter, Instructor

QIGONG and TAI CHI REFINEMENTS

Tuesday & Thursday, 5/5-8/20 (30x)
no class 6/16, 6/18
12:00-1:00 pm Fee \$24
Qigong involves postures and breathing exercises that enhance vitality and well-being. The combination of Qigong and Tai Chi will help you get stronger physically, gain greater control over heart rate and pulse, and soothe the nervous system. Prerequisite is Tai Chi-Beginning/Continuing class with completion of 108-move Tai Chi set. Class is held 2x a week, Tuesdays & Thursdays.

Robert Sachs, Connie Beroza, Instructors

STABILITY BALL FITNESS

Friday, 5/15-6/26 (6x) no class 6/19
11:05-11:45 am Fee \$24
Stability Ball Fitness is a fun, energizing class that uses stability balls to improve balance, core strength, and flexibility. **Please Note:** For safety reasons, you must be comfortable sitting and exercising on a stability ball. It is not recommended for those who have difficulty with balance or are at risk of falling.

Suzanne Lewis, Instructor



Pic

CLASSES: HEALTH & FITNESS

STRENGTH AND BALANCE

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

5:15-6:05 pm

Fee \$24

Designed to help improve stability, reduce the risk of falls through safe, low-impact exercises using light weights, resistance bands, and body weight movements.

Angelo Lorenzo, Instructor

TAI CHI – Beginning/Continuing

Tuesday & Thursday, 5/5-8/20 (32x)

10:45-11:45 am

Fee \$24

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 per week, Tuesdays & Thursdays.

Robert Sachs, Connie Beroza, Instructors

TAP DANCING – Beginner

Tuesday, 5/5-6/16 (7x)

11:10 am-12:05 pm

Fee \$28

Have you ever wanted to take tap but never had the opportunity? Here's your chance to learn the fundamentals of tap dancing. Tap is a great way to exercise the body and the mind in a fun and exciting way. This class will teach you footwork and expression through sound. It is a great way to practice control, coordination and agility. Plus, it is a lot of fun! No experience needed, but tap shoes are required. This class can be done standing or sitting.

Dawn Tarbox-Szerbiak, Instructor

TAP DANCING – Intermediate

Tuesday, 5/5-6/16 (7x)

9:00-9:55 am

Fee \$28

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



Tennis/Stock image

TENNIS – Beginner

Monday, 5/11-6/22 (6x) no class 5/25

9:30-10:30 am

Fee \$24

Clearfield Community Center

Learn to play Tennis. Instruction on strokes of tennis as well as drills and game play.

Angelo Lorenzo, Instructor

YOGA

Morning – Beginner

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

9:00-10:15am

Fee \$24

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

9:00-10:15am

Fee \$24

Morning – All Levels

Thursday, 5/7-6/11 (6x)

9:00-10:15am

Fee \$24

Thursday, 6/25-7/30 (6x)

9:00-10:15 am

Fee \$24

Afternoon – All Levels

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

4:00-5:00 pm

Fee \$21

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

4:00-5:00 pm

Fee \$21

CLASS REGISTRATION FOR CLASSES STARTS APRIL 15, 2026

YOGA ON ZOOM – All Levels

Wednesday, 5/6-6/10 (6x)
9:00-10:15 am Fee \$24

Wednesday, 6/24-7/29 (6x)
9:00-10:15 am Fee \$24

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 a floor mat to class.

Tina Phillips, Instructor

YOGA/CHAIR

Morning

Friday, 5/8-6/12 (6x)
9:30-10:45 am Fee \$24

OR

Friday, 5/8-6/12 (6x)
11:00-12:15 pm Fee \$24

Chair yoga uses the chair as a prop for sitting and standing poses. The class will include stretches and poses that help alleviate muscle and joint stiffness as well as promote flexibility. Breath work, relaxation techniques, and meditation are part of each class.

Colleen Maloney-Berman, Instructor

YOGA/GENTLE

Thursday, 5/28-7/9 (6x) no class 6/11
6:00-7:00 pm Fee \$24

Gentle flow yoga class focusing on mindful movements to help loosen the joints, build strength, balance, and increase flexibility. Class will include floor and standing movements with variations for accessibility of the poses. Essential oil aromatherapy will be offered to use during class to enhance a sense of relaxation and stress relief. Bring a floor mat and a light blanket.

Kathy Bragagnola, Instructor



Yoga/Stock Image

YOGA PLUS

Tuesday, 5/5-6/9 (6x)
10:30-11:45 am Fee \$24

Tuesday, 6/23-7/28 (6x)
10:30-11:45 am Fee \$24

Variations on basic postures are introduced. Breathing exercises and subtle relaxation methods are developed. Breath awareness is encouraged during postures and daily life to facilitate balanced health. Prerequisite: Completion of Beginning Yoga, or previous Yoga experience.

Tina Phillips, Instructor

ZUMBA DISCO

Thursday, 5/7-6/18 (7x)
12:00-12:50 pm Fee \$28

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



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

DO YOU ENJOY LISTENING TO JAZZ AND DIXIELAND MUSIC BY CELEBRATED BANDS?

YOU CAN DANCE AND SWAY TO THIS WONDERFUL MUSIC IN THE BEAUTIFUL BANQUET ROOM AT
SEAN PATRICK'S,
3480 MILLERSPORT HWY, GETZVILLE



QUEEN CITY JASS SOCIETY



**SUNDAYS FROM 5:00 TO 8:00 PM
AS LISTED BELOW:**



April 12: The Barroom Buzzards

May 3: Fredtown Stompers

June 7: The Original River Dogs

July 12: A summertime surprise! (Location TBA)

August 2: Banjo Juice

September 12: Kevin Clark and the Queen City All Stars

Admission: \$10.00 per person

Doors open at 4:30 pm

Cash Bar / Limited Menu are Available

For more information:

Please call/text Jane at 239-777-0233



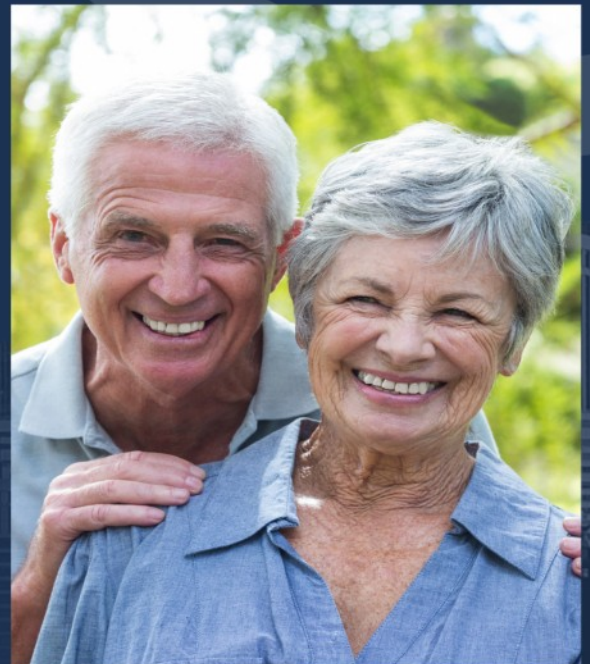
**Town of Amherst
Center for
Senior Services**

**Advertise in our
monthly newsletter**

- ✓ 14,000 + members, 50 and older
- ✓ Ads run in print and online
- ✓ Annual ads as low as \$125 per month
- ✓ Ads can be created at no additional charge

Contact Darlene Wilber at: dwilber@amherst.ny.us

AmherstCenterforSeniorServices.com



TO ADVERTISE WITH US, CONTACT DARLENE, DWILBER@AMHERST.NY.US



Instructors Needed!

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 with your course proposal and if you are interested in teaching day or evening classes.



Email Cindy at cweiss@amherst.ny.us



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.

MAY SHOWTIMES/DATES

1:00 PM

Monday, May 4
Monday, May 11
Monday, May 18

Friday, May 8
Friday, May 15
Friday, May 22
Friday, May 29

4:00

Thursday, May 7
Thursday, May 28

EVENING MOVIE

5:30 PM

Tuesday, May 5
Tuesday, May 12
Thursday, May 14
Tuesday, May 19
Tuesday, May 26

JUNE SHOWTIMES/DATES

1:00 PM

Monday, June 1
Monday, June 8
Monday, June 15
Monday, June 22
Monday, June 29

Friday, June 5
Friday, June 12
Friday, June 26

4:00

Thursday, June 11
Thursday, June 25

EVENING MOVIE

5:30 PM

Tuesday, June 2
Tuesday, June 9
Tuesday, June 16
Tuesday, June 30

SPECIAL EVENTS AT THE CENTER

MEMBERS FORUM

THURSDAY, MAY 21
10:00-11:00 AM
IN THE NUTRITION ROOM



Your opportunity to share ideas, suggestions, and feedback about the Center.

If you have any urgent or specific concerns before the forum, please do not hesitate to contact our staff.

Volunteer/Club questions?

Joe Weisansal

JWeisansal@amherst.ny.us | 716-636-3055 Ext. 3126

Class Questions?

Cindy Weiss

CWeiss@amherst.ny.us | 716-636-3055 Ext. 3109

Program Questions?

Tammy Jacobs

TJacobs@amherst.ny.us | 716-636-3055 Ext. 3172



You can also:

- Use the Suggestion Box in the Front Lobby
- Participate in our Ask the Director program held throughout the year.



Sign up at MyActiveCenter.com, call us, or visit the Reception Desk in the main lobby.



Tuesday, June 23

At the Amherst Center for Senior Services

ROCK ON WITH The Boys of Summer

Buffalo Music Hall of Fame Band
 Top 40, Rock, Pop, Dance, Country, and Oldies



Additional Summer Concerts

Tuesday, July 14

Carnival Kids Steel Orchestra

Tuesday, August 18

Back Beat 64

Concerts starts at 6:00 p.m.

Free and open to public, family-friendly

Food available for purchase
 from 5:30-6:30 pm



Please bring a lawn chair!

In the event of rain, concerts are moved inside the Senior Center.

SERVE DAY

A day of FREE activities for older adults



**Saturday,
 May 16th**

10:30 am-2:00 pm

**Amherst Center for
 Senior Services**

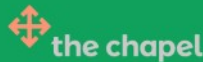
370 John James Audubon Parkway
 Amherst, NY



- Haircuts**
- Tech Help**
- Picnic Lunch**
- Basic Manicures
- Choir Concert
- Mending/Sewing/Hemming/ Button Replacement**

Learn more &
 Register by May 14th
 at MyActiveCenter.com
 or call the Center (716) 636-3051

**Reservations for haircuts, tech help, mending/sewing and lunch are required.



Serve Day is organized by The Chapel

SPECIAL EVENTS AT THE CENTER

Mountain Man Breakfast

Wednesday, June 3 at 9:00 am
at Amherst Center for
Senior Services



Featuring Richard Satterwhite,
co-founder of MANUP Buffalo

Enjoy a hearty breakfast and a conversation about men's health featuring Richard Satterwhite, co-founder of Men Allied for the Need to Understand Prostate Cancer (MANUP Buffalo).

MANUP Buffalo is an educational outreach organization dedicated to helping men and their partners understand the importance of regular health checkups and routine early detection tests, including prostate cancer screenings.

During this breakfast program, Satterwhite will share insights on prostate health, the value of early detection, and MANUP Buffalo's work to raise awareness throughout the community.

Learn something that could save a life, and be part of an important conversation about men's health and wellness.

Members can register at MyActiveCenter.com, call us, or visit the Reception Desk



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Thinking Hearing Aids?
Think Ken-Ton Hearing.
Our doctors and staff work
together to provide
you with the best solution and
value for your hearing health.



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Options

Learn more: kentonhearing.com

Make an appointment with us!

716-874-1609

REGISTRATION FOR CLASSES STARTS APRIL 15, 2026

MAY PROGRAMS

OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

CIRCUIT FITNESS

Monday, May 4 and 18 at 5:30 pm

Try various workouts with weights. There are multiple stations that have different types of exercises. Strength, Balance, and Cardio are highlighted.

WALKERS UNITE FOR WELLNESS

Wednesdays: May 6, 13, 20, 27,
June 3, 10, 17, and 24 at 10:00 am

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.

MEDITATION AND HEALING

Thursday, May 7 at 1:00 pm

Relieve stress and improve your health. *Presented by Anne Egan, instructor & practitioner of Open Heart Meditation and Secrets of Natural Walking with the Natural Way of Living.*

SING & REFLECT: WELLNESS SING-ALONG

Tuesdays, May 12, 19, 26 at 10:30 am

Join Rabbi Yonina for a session of song, conversation, and wellness. This program offers a chance to connect with others, enjoy uplifting music, and explore simple practices for well-being. Whether you're seeking relaxation, meaningful discussion, or just a fun sing-along, this is the perfect opportunity to refresh your body, mind, and spirit.

LAWN GAMES

Friday, May 15 at 10:30 am

Meet outside the Senior Center next to the Gandhi Statue. We rotate through a variety of lawn games: Cornhole, Badminton, Bocce Ball, or Croquet.

KEEPING YOUR BRAIN HEALTHY

Monday, May 18 at 1:00 pm

Learn how to understand normal aging vs. memory changes that may be concerning. How the role of nutrition, physical activity, and lifestyle in brain health. Modifiable risk factors that can be addressed over time. The importance of seeking evaluation when concerns arise. *Presented by: UBMD Neurology – Center of Excellence for Alzheimer’s Disease.*

FITNESS WALK

Thursday, May 21 at 1:00 pm

This fitness program combines the best parts of fitness. We will walk around Walton Woods, and stop at various ‘stations’ to do a few exercises. This will be a casual workout that can be as easy or hard as you want to make it. Bring hand weights if you have them. If you do not have weights, some will be provided.

MVPT VESTIBULAR THERAPY

Tuesday, May 26 at 4:00 pm

An alternative to medications to treat dizziness and disequilibrium associated with vestibular issues. Treatment involves specific exercises that can reduce or eliminate symptoms. Join us for a demonstration by MVPT certified Comprehensive Vestibular Rehabilitation therapists.

THE EMPOWERED CAREGIVERS

Wednesday, May 27 at 1:00 pm

We will be examining how best to prepare for future care decisions and changes, including respite care, residential care, and end-of-life-care. *Presented by the Alzheimer’s Association of Western New York.*

BIKE RIDE AT ELLICOTT CREEK TRAILWAY

Friday, May 29 at 10:30 am

Located at 1398 N Forest Rd, Buffalo, NY 14221

Meet in the parking lot of the park. We will go on a leisurely 10 mile bike ride, then have lunch in the park. Bring your bike, helmet, water, and a bagged lunch.

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4

MAY PROGRAMS

Senior Center Temporary Shutdown April 27-May 1

The Senior Center is shutdown April 27-May 1 while National Fuel replaces the meter. During that time, we will be hosting some activities at Northwest Amherst Community Center, 220 Northpoint Parkway, Amherst. April's activities are listed in our April newsletter.

Friday, May 1

10:00 am – 12:00 pm **TECH SUPPORT**

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

10:00 am—12:00 pm **PICKLEBALL CLINIC**

12:00 pm *LUNCH: Pizza Party, Salad

1:00 pm **MOVIE**

2:00 pm **50-MINUTE FITNESS**

*This is not a regular congregate dining lunch. Lunch is open to anyone over 50 for a suggested contribution of \$3.50.

The movie title, runtime, and rating is available at our Reception Desk.

REGISTRATION IS REQUIRED: Register at MyActiveCenter.com, call us at 716-636-3051, or visit our Reception Desk before Friday, April 24.

NACHO AVERAGE PARTY

Tuesday, May 5 at 2:00 pm
Celebrate Cinco De Mayo! Festive refreshments served.

CATCH PHRASE

Tuesday, May 5 at 6:00 pm
Fast-paced party game where teams compete to guess words or phrases displayed on a device, using verbal clues, gestures, or actions

ZOOM BASICS

Wednesday, May 6 at 10:00 am
Covers the basics of installing and using Zoom, etiquette, and how the Center uses it for various activities and classes.

WEREWOLF

Thursday, May 7 at 6:00 pm
Werewolf is a social deduction game where players must uncover hidden werewolves before the village is eliminated. Through careful observation, persuasive conversation, and strategic voting, every decision shapes who survives the night.

MOMosa MINGLE

Friday, May 8 at 10:30 am
We will toast the ladies with a glass of non-alcoholic mimosa's and yogurt parfaits.

SWOOP

Monday, May 11 at 10:00 am
Swoop is a fast-paced, shedding-style card game for 3–8 players (up to 12 with expansions) where the goal is to be the first to play all your cards from their hand and from face-up piles to achieve the lowest score.

DESSERT FOR DINNER

Monday, May 11 at 5:30 pm
Did you ever hear of Hummingbird Cake? Allegedly named because it makes you hum with delight. Take a bite and see if the rumors are true.

OPEN CARDS

Tuesday, May 12 at 10:00 am
Join us for an open card time where you can relax, have fun, and 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.

SPEED MEETING

Tuesday, May 12 at 6:00 pm
Join this social event where participants engage in 5 minute, one-on-one conversations with multiple individuals to make connections and potentially form new friendships.

TRIVIA HOUR

Wednesday, May 13 at 11:00 am
Join us for trivia hour on your smart phone or trivia kiosks.

BOOKS AND BAGELS

Thursday, May 14 at 9:30 am Fee is \$1.00
Calling all bookaholics! Let's talk books over a bagel.

PALACE CARD GAME

Thursday, May 14 at 1:00 pm
This card game is very easy to learn and fun for all ages! It's similar to the SWOOP card game, with slightly different rules. Be the first to run out of all your cards and win!

REGISTRATION FOR MAY-JUNE PROGRAMS IS APRIL 16, 2026

MAY PROGRAMS

COOKING WITH JEN

Friday, May 15 at 10:30 am Fee is \$5.00
Deviled Strawberries. Please bring a knife and a container to take your strawberries home.



Wednesday, June 10 at 10:30 am Fee is \$7.00
No Bake Berry Lush Cake. Please bring a 8x8 square dish.

Due to popular demand, you may only register for one.
Payment is due at the time of reservation. No refunds after 48 hours.

TRUNK SALE

Saturday, May 16 at 10:30 am—2:00 pm
Spring is here; it the perfect time to clean out, set up, and sell! Join our Car Boot Sale, where you can sell your gently used items from the trunk of your vehicle and connect with fellow treasure hunters. Spaces are \$5.00. Spots are limited! Registration is required, email Marc at myoung@amherst.ny.us.

WILLIAMSVILLE ART SOCIETY SPRING SHOW

Sunday, May 17 at 2:00 pm
Come enjoy an afternoon of beautiful artwork and meet the very talented artists.

AUTHOR TALK

Tuesday, May 19 at 1:00 pm
Hear the story of Amy Bull. After a car accident left her paralyzed from the waist down, Amy refused to wallow in self-pity. She became an author and inspirational speaker.

DIY CRAFT

Wednesday, May 20 at 10:30 am Fee is \$3.00
Design your own marbled clay trinket bowl. Look for an example at the Reception Desk.

MEMBERS FORUM

Thursday, May 21 at 10:00 am
Your opportunity to bring ideas and questions to the Center's staff. *See page 18 for more information.*

PIZZA AND GAME NIGHT

Thursday, May 21 at 5:00 pm Fee is \$7.00
5:00 pm 2 slices of pizza and salad from John and Mary's
6:00 pm Chain Reaction.
Paid RSVP by Tuesday, May 19. No refunds after.

CONNECTIONS WORD GAME

Friday, May 22 at 10:30 am
This game challenges players to find common themes between groups of words.

AGELESS CONVERSATION

Friday, May 22 at 1:00 pm
Ageless Conversations is a monthly gathering where members come together to share stories, explore meaningful topics, and enjoy good company in a friendly, welcoming space. Co-facilitated by Jim Bardot and Joe Rizzo.

VR

Tuesday, May 26 at 1:00, 2:00, or 3:00 pm
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. Whether you're new to VR or curious to try something different, this is a great opportunity to experience a new digital world.

MIND TEASERS STATIONS

Wednesday, May 27 at 10:30 am
Move from table to table with your team and play different games to exercise your mind.

GARDEN TIME

Thursday, May 28 at 10:00 am
The session is called How did our Seeds grow?

TELESTRATIONS

Thursday, May 28 at 1:00 pm
This popular board game combines the classic game of 'telephone' with sketching. Basically, it is telephone with pictures. It is a very funny and interesting game.

POETRY & SHORT PROSE OPEN MIC READING

Thursday, May 28 at 5:00 pm
Celebrate the extraordinary power of words by joining us for a memorable evening of poetry and short prose readings. You are invited to share original works, read one of your favorite selections, or join as a listener. Readers sign up at 5:45 pm. Refreshments served.

PARTNER PROGRAMS

SILVER PRIDE

Not meeting in May. The group will return in June.

BISTRO BOOKERS

Tuesday, May 19 at 4:00 pm
"The Soul of an Octopus: A Surprising Exploration into the Wonder of Consciousness" by Sy Montgomery and "Remarkably Bright Creatures" by Shelby Van Pelt (Sy Montgomery's 2nd Book) *Reviewed by Carol Ann Sackett*

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4

MAY/JUNE PROGRAMS

FIELD TRIP

PAUTLERS

Monday, May 4 at 12:00 pm
6343 Transit Rd, East Amherst,
Pautler's is open! Meet at Pautler's for a nice
group outing for lunch and ice cream. Pay for
your own treats.



FINANCIAL

ENHANCING HEALTHCARE COVERAGE – MEDICAID CAN HELP

Wednesday, May 20 at 1:00 pm
Finding it difficult to get medical coverage? Medical bills piling up? Consider applying for Medicaid and reaching out to Western New York Independent Living Inc. (WNYIL Inc.). This discussion will provide you with updates on Medicaid and how it can help you stay at home with dignity and independence. *Presented by: Western New York Independent Living, Inc.*

TAXES IN RETIREMENT

Thursday, May 28 at 5:00 pm
In this Taxes in Retirement Workshop, we will discuss basic tax rules during retirement, potential pitfalls, and strategies to be more tax efficient with your retirement income. *Presented by Tiffany Stayer of KDM Wealth Consultants*

JUNE PROGRAMS

BINGO

Monday, June 1 at 5:30 pm

SWEET HOME CONCERT

Tuesday, June 2 at 6:30 pm
Entertainment by Sweet Home Jazz Band

ASK THE DIRECTOR

Wednesday, June 3 at 1:00 pm
Enjoy a cup of coffee with Director Melissa Abel. She will give updates on Senior services and answer your questions.

BAR ROOM BUZZARDS

Thursday, June 4 at 12:00 pm
Entertainment with The Barroom Buzzards.

BREAKFAST FOR DINNER

Thursday, June 4 at 4:30 pm Fee is \$5.00
Let's cook and eat together. We will divide up and prepare a salad, vegetable quiche and a dessert. Bring your aprons. Paid reservation by June 2, no refunds after.

DONUT PARTY

Friday, June 5 at 10:00 am
Celebrate National Donut Day with Timbits, coffee and friends. You DONUT want to miss this party!

TECH SUPPORT

Friday, June 5 from 10:00 am – 12:00 pm
Sign up for an appointment time and bring your devices and questions to our Tech Support Day, where tech savvy staff will be on hand to help you troubleshoot issues and provide guidance. This program is non-instructional – we can answer questions, give quick tutorials, and diagnose issues, and provide advice or solutions.

LAWN GAMES

Friday, June 5 at 10:30 am
Meet outside the Senior Center next to the Gandhi Statue. We rotate through a variety of lawn games: Cornhole, Badminton, Bocce Ball, or Croquet.

POT LUCK DINNER

Monday, June 8 at 5:00 pm
Bring a dish that starts with the first letter of your last name.

TRIVIA HOUR

Tuesday, June 9 at 1:00 pm
Join us for trivia hour on your smart phone or trivia kiosks.

STRAWBERRY FREEZER JELLY

Wednesday, June 10 at 1:00 pm Fee is \$2.00.
Learn how to make simple, homemade strawberry freezer jam using a no-cook recipe. This walkthrough covers everything you need to know to create a fresh, fruit spread you can enjoy year-round. No special equipment or prior experience needed. Paid reservation by June 8, no refunds after.

OPEN CARDS

Thursday, June 11 at 10:00 am
Join us for an open card time where you can relax, have fun, and 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.

FIRE SAFETY FOR SENIORS

Thursday, June 11 at 1:00 pm
Enhance your knowledge to keep your home safe. Be prepared for cooking and candle safety; What to do in case of a fire, dangers of hoarding, and more. *Presented by the Town of Amherst Fire Safety Division.*

REGISTRATION FOR PROGRAMS STARTS THURSDAY, APRIL 16 AT 8:30 AM

JUNE PROGRAMS



Boys of Summer 2025 performance at the Senior Center.

SWOOP

Monday, June 15 at 10:00 am

Swoop is a fast-paced, shedding-style card game for 3–8 players (up to 12 with expansions) where the goal is to be the first to play all your cards from their hand and from face-up piles to achieve the lowest score.

PAPER AIRPLANE CONTEST

Tuesday, June 16 at 1:00 pm

Learn to make a paper airplane and put it to the test! After you make your paper airplane we will have a series of competitions to see who made the best paper airplane.

STRIKE

Wednesday, June 17 at 10:00 am

Strike is a 2-5 player, push-your-luck dice game where players throw dice into an arena to match faces and collect them, aiming to be the last player remaining.

MOUSTACHE MINGLE

Thursday, June 18 at 2:30 pm

Enter the best moustache contest. Games, prizes and refreshments.

SEQUENCE BOARD GAME

Monday, June 22 at 11:00 am

This board game challenges players to form rows of five chips on a board featuring two standard 52-deck cards. Players play cards from their hand to place chips on corresponding board spots. There are a few wild cards that add another layer of strategy.

SUMMER CONCERT: BOYS OF SUMMER

Tuesday, June 23 from 6:00—7:30 pm

Boys of Summer, a Buffalo Hall of Fame band, will perform. Food available for purchase: BBQ chicken sandwich, assorted chips, pasta salad, assorted ice cream bars. Don't forget your lawn chair. **More info is on page 18.**

MUSIC JEOPARDY

Wednesday, June 24 at 11:00 am

Put your music knowledge to the test in a Jeopardy style format. Each category is a different genre or decade of music. You will hear a snippet of a song and try to name it!

WHAT WILL BECOME OF OUR CEMETERIES

Wednesday, June 24 at 1:00 pm

Retired radio news journalist and author John Zach will discuss this delicate subject and share his cemetery stories.

BREAKFAST IN WALTON WOODS

Thursday, June 25 at 9:30 am

Fee is \$4.00

Enjoy a bacon, egg and cheese croissant, OJ and a sweet treat by the pond with friends. Please bring a chair. Paid RSVP by June 23. No refunds after.

GARDEN TIME

Thursday, June 25 at 10:00 am

Walk in Walton Woods

HORSESHOES AT THE PARK

Thursday, June 25 at 10:00 am

North Forest Park, 85 North Forest Road, Amherst

Whether you're a seasoned pro or first-time, everyone is welcome. We will provide instructions and equipment.

ETHNIC FOOD CONTEST

Friday, June 26 at 12:30 pm

Do you make the best meatballs, pierogis, matzo balls? Enter the contest by contacting Jennifer in programming. Are you a better taste tester than a cook? Register to be a judge.

WII GAMES

Monday, June 29 at 10:30 am

Come play a variety of different Wii Sports video games, where you perform the actual motions of the sport.

MODEL ROCKETRY

Build Date: Tuesday, June 30 at 1:00 pm Fee is \$12.00

Launch Date: Thursday, July 2 at 10:00 am at Bassett Park

This two-day program starts at the Senior Center, where participants will receive rocket kits, go over instructions, and begin building together. Help will be available, or kits can be taken home to complete. On the 2nd, the rockets will be launched at Bassett Park - rain date is July 6. Paid reservation by Friday, June 26. No refund after.

FOR QUESTIONS ABOUT PROGRAMS, CALL US!

JUNE PROGRAMS

FINANCIAL

LEARN ABOUT CONTRACTOR RULES & REHABILITATION

Wednesday, June 10 at 1:00 pm

Learn about the required building permits process and rules for contractors for your housing renovations. Learn about the Town's Community Development Housing Rehabilitation program to help with the cost. *Presented by: Town of Amherst Building and Community Development Departments.*

SOCIAL SECURITY

Thursday, June 25 at 5:00 pm

Social Security is the foundation of retirement planning, and you may have many questions. In this seminar, you'll learn what Social Security is, where it fits into your retirement plan, when to claim Social Security, factors that affect your benefits, taxation, and how to file. *Presented by Tiffany Stayer a Retirement & Insurance Advisor at KDM Wealth Consultants*

HEALTH

SING & REFLECT: WELLNESS SING-ALONG

Tuesdays, June 2, 9, 16, 23, 30 at 10:30 am

Join Rabbi Yonina for a session of song, conversation, and wellness. This program offers a chance to connect with others, enjoy uplifting music, and explore simple practices for well-being. Whether you're seeking relaxation, meaningful discussion, or just a fun sing-along, this session is the perfect opportunity to refresh your body, mind, and spirit.

MOUNTAIN MAN BREAKFAST

Wednesday, June 3 at 9:00 am

Enjoy a hearty meal and receive valuable information about mens health with a Richard Satterwhite, Administrator II, Employee Advocacy and Fairness Department at Roswell Park Comprehensive Cancer Center and Co-Founder, MANUP Buffalo. **Details on page 19.**

FITNESS WALK

Thursday, June 4 at 1:00 pm

Tuesday, June 23 at 11:00 am

This fitness program combines walking and fitness exercise, with low stress. We will walk around Walton Woods and stop at various 'stations' to do a few light exercises with weights. Bring hand weights, if you do not have them, weights can be provided. *You must sign up for each program individually.*

FLOOR HOCKEY AT CLEARFIELD RECREATION CENTER

Thursday, June 11 at 10:30 am

730 Hopkins Rd., Williamsville, NY 14221 (In the Large Gym)
Come practice a few skills and drills prior to playing a fun, carefree game of floor hockey. Please bring sneakers, water, and a hockey stick if you have one. If you do not have a hockey stick, one will be provided.

MEDITATION AND HEALING

Thursday, June 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.*

CIRCUIT FITNESS CLASS

Monday, June 22 and 29 at 5:30 pm

Try various workouts with weights. There are multiple stations that have different types of exercises. Strength, Balance, and Cardio are highlighted in these classes.

COMMUNICATING EFFECTIVELY

Wednesday, June 24 at 1:00 pm

Describing how dementia affects communication including tips for communicating well with family, friends, and health care professions. *Presented by the Alzheimer's Association of WNY*

FITNESS ROOM RUNDOWN

Tuesday, June 30 at 11:00 am

Learn about our Fitness Room: How to operate the machines, what each machine does, and potential workout routines & habits to start your fitness journey.

PARTNER PROGRAMS

SILVER PRIDE TEA - JUNE IS PRIDE MONTH!

Friday, June 5 at 10:00 am

A gathering for LGBTQIA and their allies.

Presented by the Pride Center of WNY.



BISTRO BOOKERS

Tuesday June 9 at 4:00 pm

Florence: Birthplace of the Renaissance" It draws on Walter Isaccson's book "DaVinci" and the book "Brunelleschi's Dome: How a Renaissance Genius Reinvented Architecture" by Ross King. Reviewed by Robert Poczik



REMINDER: THE CENTER IS CLOSED JUNE 19 IN OBSERVANCE OF JUNETEENTH.

JUNE PROGRAMS / MAY-JUNE INFO TABLES

FIELD TRIPS

PAR 3 GOLF

Friday, June 12 at 10:30 am

475 Maple Rd, Williamsville, NY 14221

We will play a round of golf. There are 9 holes and every hole is a Par 3. Beginner friendly course and fun for all golfers.

This is a quick and easy way to enjoy the game of golf.

Minimal experience required. Bring your own clubs. If you do not have clubs, some clubs will be available to use. Cost is \$12 with a Resident ID. \$15 without a resident ID.

BIKE RIDE AT ELLICOTT CREEK PARK

Friday, June 26 at 10:30 am

1 Ellicott Creek Rd, Tonawanda, NY 14150

Meet at the Entrance of Ellicott Creek Park, directly off of Niagara Falls Blvd. We will go for a leisurely 10-mile bike ride along the beauty Niagara River and have lunch afterwards. Bring your bike, helmet, and a bagged lunch.

INFORMATION TABLES

ASK THE REALTOR

Wednesday, June 17 at 11:00 am

Ann Kader, WNY Metro Roberts Realty

EPIC

Wednesday, May 27, 11:00 am – 1:00 pm

Wednesday, June 24, 11:00 am – 1:00 pm

ECLIPSE—Low-income program for sustainable energy

Wednesday, May 6, 11:00 am-1:00 pm.

Learn how you can save money on your electric bill by using community solar.

211 WNY

Wednesday, May 20, 11:00am – 1:00pm

Wednesday, June 3, 11:00am – 1:00pm

211 WNY is your free and confidential link to health and human services. Every day, across Western New York, people just like you are looking for help. 211 WNY is here 24 hours a day, 7 days a week.

Home Instead

Tuesday, May 12 11:00 am-1:00 pm

Non-medical homecare and respite.

Erie County Clerk on the Go

Tuesday June 2, 11:30 am- 1:00 pm

No need to travel downtown, services are offered at your Senior Center!

PING PONG

MAY

Mondays 1:00 – 4:00 pm (No Ping Pong 5/25)

Tuesdays 2:00 – 6:00 pm

Fridays 1:00 – 4:00pm (No Ping Pong 5/1)

JUNE

Mondays 1:00 – 4:00 pm

Tuesdays 2:00 – 6:00 pm

(2:00 – 4:00 pm on 6/2 & 6/23)

Fridays 1:00 – 4:00 pm (No Ping Pong 6/19)

The Olear Team

AT MJ PETERSON REAL ESTATE



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**We provide a unique blend
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www.olear.com

JOIN THE AMHERST CENTER FOR SENIOR SERVICES



RIDE FOR ROSWELL TEAM

The Amherst Center for Senior Services is registering a team for the Ride for Roswell with proceeds directly benefiting Roswell Park Comprehensive Cancer Center in Buffalo.

The Ride Day is June 27, 2026

To learn more and join the team, contact Joe Weisansal at jweisansal@amherst.ny.us or call him at (716) 636-3055, ext. 3126 by Friday, May 15, 2026

PICKLEBALL

OPEN PICKLEBALL

MAY - Registration begins April 16 at 8:30 am

Mondays, May 4, 11, 18: 5:00- 7:00 pm

Tuesdays, May 5, 12, 26: 2:00-3:45 pm, 3:45-5:30 pm,
5:30-7:15 pm (1 court)

Wednesdays, May 6, 20: 12:00-2:00 pm, 2:00-4:00 pm

Wednesdays, May 13: 12:00-2:00 pm (Intermediate),
2:00-4:00 pm (Beginner)

Wednesdays, May 27: 12:00-2:00 pm (Beginner),
2:00-4:00 pm (Intermediate)

Thursdays, May 7: 3:45-5:30 pm, 5:30-7:15 pm

Thursdays, May 14, 21, 28: 3:45-5:30 pm

Fridays, May 1: 12:00-2:00 pm (Men),
2:00-4:00 pm (Women)

Fridays, May 8: 2:00-4:00 pm

Fridays, May 22: 12:00-2:00 (Women), 2:00-4:00 pm (Men)

Fridays, May 29: 12:00-2:00 pm, 2:00-4:00 pm

JUNE - Registration begins May 15 at 8:30 am

Mondays, June 1, 8, 15, 22, 29: 5:00-7:00 pm

Tuesdays, June 2, 16, 30: 2:00-3:45, 3:45-5:30 pm,
5:30-7:15 pm (1 court)

Wednesdays, June 3, 17: 12:00-2:00 pm, 2:00-4:00 pm

Wednesdays, June 10: 12:00-2:00 pm (Men),
2:00-4:00 pm (Women)

Wednesdays, June 24: 12:00-2:00 pm (Women),
2:00-4:00 pm (Men)

Thursday, June 4, 11, 18, 25: 3:45-5:30 pm

Fridays, June 5: 12:00-2:00 (Intermediate),
2:00-4:00 pm (Beginner)

Fridays, June 12: 12:00-2:00 pm, 2:00-4:00 pm

Fridays, June 26: 2:00-4:00 pm



Pickleball / Stock image

PICKLEBALL AT NORTHWEST COMMUNITY CENTER

MAY - Registration begins April 16 at 8:30 am

Mondays: May 4, 11, 18

9:00 – 11:00 am (Intermediate)

11:00 am – 1:00 pm (Beginner)

Tuesdays: May 5, 12, 19, 26

8:45 – 10:15 am (All Levels)

JUNE - Registration begins May 15 at 8:30 am

Mondays: June 1, 8, 15, 22

9:00 – 11:00 am (Intermediate)

11:00 am – 1:00 pm (Beginner)

Tuesdays: June 2, 9

8:45 – 10:15 am (All Levels)

OPEN 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

PICKLEBALL: BRING YOUR OWN PADDLE!

UNIVERSITY EXPRESS

University Express is managed by the Erie County Department of Aging and offers free educational classes for older adults 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! Classes are available to you at various locations across Erie County. *University Booklets will be available at the Center in April.* **Below are a listing of classes at our Senior Center.**

Wednesday, May 6 at 2:00 pm

History of Transportation in Buffalo

Thursday, May 7 at 2:00 pm

How the Erie Canal Changed Buffalo and How Buffalo Changed the Erie Canal

Tuesday, May 12 at 2:00 pm

Active Shooter

Wednesday, May 13 at 2:00 pm

Introduction to Healing Touch

Thursday, May 14 at 2:00 pm

Hands Only CRP/AED

Tuesday, May 19 at 2:00 pm

The World Came to Buffalo: Remembering the Pan-American Exposition 125 years later

Wednesday, May 20 at 2:00 pm

Cobblestone Houses of WNY

Tuesday, June 9 at 10:00 am

Book Club

Tuesday, June 9 at 2:00 pm

Intro to AI

Tuesday, June 9 at 6:00 pm

Therapy, Service, and Support: The Range of Man's Best Friend

Wednesday, June 10 at 2:00 pm

Understanding Trauma, the ACES scale, and its lifelong effects on your health and emotional wellbeing.

Thursday June 11 at 2:00 pm

Today's The Day!

Thursday, June 11 at 6:00 pm

Miniature Worlds: Islamic Manuscripts & Figurative Art

Tuesday, June 16 at 2:00 pm

Paying for the Long-Term Care

Tuesday, June 16 at 6:00 pm

Dark History of the Statler Hotel

Wednesday, June 17 at 2:00 pm

Disabled Veterans in American Film and Culture

Thursday, June 18 at 6:00 pm

Sunni-Shia Split and Iran

Wednesday, June 24 at 2:00 pm

Home Improvement Contracts in New York State: Protecting Yourself From Scams

Thursday, June 25 at 2:00 pm

Treating Dizziness—The Physical Therapy Based Approach

Tuesday, June 30 at 2:00 pm

Western New York's Man at the Alamo

Tuesday, July 7 at 2:00 pm

Tell Your Family's Story with Military Records

Wednesday, July 8 at 2:00 pm

Baseball, New York, and a Changing American

Thursday, July 9 at 2:00 pm

What Your Survivors Need to Know—Creating a Legacy Document

Make Medicare easy with Highmark's local expertise.



After decades in your community, we know how to help you find the right Medicare plan.

Meet with a Licensed Medicare Advisor in person at our Tonawanda Medicare Center, located at **2925 Sheridan Drive, Tonawanda, NY 14150**. Or, you can call the Tonawanda Medicare Center at **716-517-9316 (TTY call 711)**.



Because Life.™

There is no obligation to enroll.

For accommodations of persons with special needs at meetings, call 1-800-350-4135 and TTY may call 711.

Highmark Blue Cross Blue Shield is a Medicare Advantage HMO, PPO, and/or Part D plan with a Medicare contract. Enrollment in these plans depends on contract renewal.

Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross Blue Shield Association.

All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration and/or to one or more of its affiliated Blue companies.

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ADVERTISE WITH US! CONTACT DARLENE AT DWILBER@AMHERST.NY.US



Congregate dining program at the Amherst Center for Senior Services.

NUTRITION PROGRAM FOR OLDER ADULTS AGES 60+

The Amherst Center for Senior Services is a proud location for the Erie County Stay Fit Dining Program.

The Erie County Nutrition Program is open to anyone 60 years of age or older. The suggested contribution for a meal is \$3.50.

Guests under 60 are welcome for the **required cost** of \$5.50, and it should be paid at the Reception Desk.

Menus for the next two months are available on pages 32 & 33. ****If you have any food allergies, please notify our staff in advance.**

NUTRITION SCHEDULE

- Lunch is served Monday through Friday from 12:00 to 1:00 pm.
- Dinner is served Tuesdays from 5:00 to 6:00 pm.
- A reservation is required. We can't accept walk-ins.

TO REGISTER FOR LUNCH OR DINNER:

Go on MyActiveCenter (instructions on page 4), or call us at (716) 636-3051.

Lunch and Dinner registration opens Thursday, April 16 at 8:30 am

Please call us to cancel your reservation if you are unable to attend.

FROZEN MEAL PROGRAM

Participating in the Frozen Meals Program is a great way to ensure you have nutritious meals available at home when you need them.

Frozen meals are prepared on site and are available in packs of 3,5,6,8, or 10. You have to arrange for meal pickup which is on Fridays. *(Holidays may impact this schedule)*. For weekly menus, visit our Reception Desk.

Additional information can be found in the Frozen Meal Program brochure that is available at the Senior Center.

REGISTERING FOR FROZEN MEAL PROGRAM

Complete a copy of the Erie County Registration and Frozen Congregate Meal forms available at our Reception Desk. You'll also need to complete forms to setup your frozen meal pack choice and pickup times.

Completed forms must be returned to our Nutrition Coordinator, Christin Estrada. Forms can be mailed to you upon request.

Questions? Call Christin at 716-636-3055, ext. 3131.

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 our Senior Support Network, 716-636-3070.

SNAP: See information on page 34.

MAY NUTRITION MENU

LUNCH: 12:00-1:00 pm Monday-Friday
(Holidays may impact this schedule)

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>Estimated calories/ carbohydrates are listed below each lunch.</p> <p>Menu subject to change.</p>	<p>Food Allergy Notice Please be advised that food preparation in our kitchen may contain these ingredients: Milk, eggs, soybean, peanuts, tree nuts, and shellfish</p>			<p>1 LUNCH AT NWACC (Not part of Congregate Dining) See page 21</p>
<p>4</p> <p>Stuffed pepper Mashed potatoes Peas Wheat dinner roll Mandarin orange</p> <p style="text-align: right;">696/94</p>	<p>5 CINCO de MAYO</p> <p>Chicken enchiladas Mexican corn Spanish rice Dragon juice Tres Leches cake</p> <p style="text-align: right;">939/134</p>	<p>6</p> <p>3-cheese mac & cheese Carrots Broccoli medley Dinner roll Cinnamon apple sauce</p> <p style="text-align: right;">642/83</p>	<p>7</p> <p>Sweet and sour meatballs White rice Scandinavian blend Italian bread Brookie cookie</p> <p style="text-align: right;">767/93</p>	<p>8 MOTHERS DAY LUNCH</p> <p>Creamy sundried tomato parmesan chicken Garlic mashed potatoes California blend veggies Assorted dinner roll Cheesecake</p> <p style="text-align: right;">711/74</p>
<p>11</p> <p>Salisbury steak w/gravy Mashed potatoes Italian blend veggies Wheat bread Pudding parfait</p> <p style="text-align: right;">639/64</p>	<p>12</p> <p>BBQ pulled pork on a roll Tater tots Green beans Chocolate chip cookies</p> <p style="text-align: right;">853/109</p>	<p>13</p> <p>Pasta pizzaiola Broccoli Garlic knot Tropical fruit</p> <p style="text-align: right;">541/69</p>	<p>14</p> <p>Beef stew Mashed potatoes Biscuit Sugar cookie</p> <p style="text-align: right;">765/79</p>	<p>15</p> <p>Chicken leg Rice Pilaf California blend veggies Rye bread Fresh fruit</p> <p style="text-align: right;">743/70</p>
<p>18</p> <p>Ribette on a hoagie roll Roasted potatoes Wax beans Brownie</p> <p style="text-align: right;">952/114</p>	<p>19</p> <p>Turkey w/ gravy Sweet potato German blend veggies Sweet dinner roll Snickerdoodle cookie</p> <p style="text-align: right;">727/93</p>	<p>20</p> <p>Baked fish Wild rice Key Largo veggies Multigrain bread Oreo bar</p> <p style="text-align: right;">819/93</p>	<p>21</p> <p>Cabbage roll Mashed potatoes Pacific blend veggies Country white bread Apricots</p> <p style="text-align: right;">604/93</p>	<p>22 MEMORIAL DAY LUNCH</p> <p>Cheeseburger on a roll Potato salad Corn on the cob Watermelon</p> <p style="text-align: right;">762/83</p>
<p>25 MEMORIAL DAY</p> <p style="text-align: center;">Center Closed</p>	<p>26</p> <p>Pork chop Sweet potatoes Prince William veggies Multigrain bread Graham crackers</p> <p style="text-align: right;">661/81</p>	<p>27</p> <p>Breaded chicken & gravy Brussel spouts Corn blend White dinner roll Carnival Cookie</p> <p style="text-align: right;">649/73</p>	<p>28</p> <p>Meat lasagna Broccoli Side salad Garlic bread Lemon ice</p> <p style="text-align: right;">821/119</p>	<p>29</p> <p>Chicken stew Mashed potatoes Chefs cut veggies Biscuit Fresh cut melon</p> <p style="text-align: right;">627/80</p>

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

May 5: Italian sausage, Steamed green beans, Chef salad, garlic bread, assorted cookies

May 12: Cheese & pepperoni pizza, chef salad, mixed fruit cup


May 19: Taco salad, Fresh melon, Dinner roll, Chocolate chip cookie

May 26: Curry chicken salad on a croissant, Cucumber and tomato salad, Juice, Croissant, Vanilla ice cream cup

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 AND PAGE 31 FOR DETAILS.

JUNE NUTRITION MENU

LUNCH: 12:00-1:00 pm Monday-Friday
(Holidays may impact this schedule)

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1 Stuffed pepper Mashed potatoes Chefs blend veggies Italian bread Fudge hand pie 730/89	2 Hamburger Potato wedges Italian bread Hamburger roll Ice cream bar 752/63	3 Breaded chicken w/ gravy Rice Pilaf Pacific blend Dinner roll Orange 618/77	4 Italian sausage Oven browned potato Key Largo veggies Rye bread Brownie 792/85	5 Chicken Caesar salad Grape juice Vegetable soup Fruit muffin Fresh melon 811/119
8 BBQ pulled chicken/roll Oven-browned potato Broccoli/Cauliflower Mini chocolate chip cookies 974/145	9 Sweet & sour chicken White rice Asian blend veggies Wheat dinner roll Diced peaches 627/101	10 Macaroni & cheese Stewed tomato San Francisco veggies Multigrain bread Oreo cookie 789/100	11 Polish sausage/roll Rice with mushrooms Peas, peppers, onions Oatmeal raisin cookie 760/81	12 Sloppy Joe/roll Tater tots German blend veggies Apricots 714/77
15 Omelet w/ cheese Hashbrown Baked apples Muffin Orange 698/83	16 Meatloaf w/gravy Roasted potatoes Green beans & carrots White dinner roll Tropical fruit parfait 725/66	17 Chicken stew Corn medley White rice Biscuit Mandarin oranges 699/104	18 FATHERS DAY LUNCH Roast beef w/ gravy Mashed potatoes California gold veggies Assorted dinner roll Chocolate truffle 593/75	19 JUNETEENTH CENTER CLOSED 
22 Spaghetti & meatballs Broccoli Grape juice Italian blend Chocolate chip cookie 1004/125	23 Hotdog/roll Corn Green bean medley Lemon ice 730/104	24 Pork chop w/ gravy Roasted potatoes Peas Dinner roll Fruit cocktail parfait 745/88	25 Grilled marinated chicken Rice Pilaf Carrot medley Wheat bread Peanut butter cookie 627/77	26 Salisbury steak Mashed potatoes Bahama blend veggies Rye bread Sugar cookie 720/70
29 Polish sausage/roll Buttered noodles Prince William veggies Pears 870/90	30 Sesame chicken Steamed rice Japanese blend veggies Dinner roll Snickerdoodle cookie 825/117	Food Allergy Notice Please be advised that food preparation in our kitchen may contain these ingredients: Milk, eggs, soybean, peanuts, tree nuts, and shellfish		Estimated calories/ carbohydrates are listed below each lunch. Menu subject to change.

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

- June 2: Homemade chicken rice soup, Chef salad with dressing, Crackers, Mandarin oranges
- June 9: Chicken souvlaki with tzatziki, Cucumber, tomato, & red onion salad, Pita bread, Rice pudding
- June 16: (Juneteenth dinner) Chicken leg, Green beans, Mac & cheese, Assorted dinner roll, Cherry pie
- June 23: No dinner. *See Summer Concert on page 24 for the menu.*
- June 30: Grilled chicken sandwich, Potato salad, Chef salad, Ice cream

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 AND PAGE 31 FOR DETAILS.

AMHERST SENIOR SUPPORT NETWORK

SENIOR SUPPORT NETWORK 716-636-3070

The Center has an in-house Senior Support Network where trained staff are available to provide information and referrals to 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 Support Network.

SENIOR CENTER ON THE MOVE

Members from our Support Network visit senior living campuses to share information about our Center. To schedule a visit, contact the Senior Support Network.

FEE WAIVERS

Reduced fees for some courses are available for Amherst resident members who are verified eligible. Fee waiver applications are available by calling (716) 636-3050, ext. 3129 or 3165 and should be submitted in advance of registration.

Our Support Network team can also provide support to you when applying to the following government programs:

- **EPIC: Elderly Pharmaceutical Insurance Coverage Program**

EPIC is a New York State program for seniors administered by the Department of Health. Designed for income-eligible seniors aged 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs.

- **HEAP: Home Energy Assistance Program**

This program can help eligible New Yorkers heat and cool their homes. If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits.

- **SNAP: The Supplemental Nutrition Assistance Program**

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 Support Network.

Community Partners—Available On-Site

MEALS ON WHEELS

Amherst Meals on Wheels (AMOW) is a community partner that provides nutritional support for older adults with disabilities living in the Town of Amherst. To see if you qualify for this program, call AMOW at (716) 636-3065.

TRANSPORTATION

Amherst Senior Transportation is a community partner offering rides to essential locations for eligible older adults. To learn more about its services and see if you qualify for transportation assistance, please call them at 716-636-3075.



HEALTH INSURANCE SUPPORT

To schedule your personal appointment, call the representative listed.

Aetna

Ella at 716-393-3437

Tuesday May 19, 10:00am -12:00pm, and
Tuesday June 23, 10:00am- 12:00 pm.

Clarity Group – Medicare Plan Center

Lisa at 716-864-4886

Thursday, May 7, 9:00am – 12:00pm
Tuesday, May 26, 9:00am – 12:00pm

Wednesday, June 10, 9:00 am – 12:00pm

Thursday, June 25, 9:00am – 12:00pm

Highmark

Christina Bosilkovski at 716-658-8652

Thursday, May 14, 10:00 am to 12:00 pm

KDM Wealth Consultants

Tiffany at 716-697-3622

Thursday, May 28 4:00 – 5:00 pm

Thursday, June 25 4:00 – 5:00 pm

AMHERST SENIOR SUPPORT NETWORK

Our Senior Support Network Team is 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.

Staff from our Senior Support Network are available to meet for office visits **by appointment only**, by phone, or virtual appointments. Please call the Senior Support Network team at 716-636-3070.

SUPPORT GROUPS

Caregivers Group

Wednesday, May 20 and June 17 at 1:00 pm

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

Kinship Support Group

Tuesday, May 5 and June 2 at 6:00 pm

Designed to provide a network for relatives (like aunts, uncles, grandparents) raising children, by offering emotional support, shared experiences, resources (legal, financial, health), and practical skills training to navigate the unique challenges of kinship care.

Loss & Grief Group

A new 6-week session starts on Thursday, May 21 and July 16

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

Men's Support Group

Tuesday, May 5 and 19 / June 2 and 16

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

Parkinson's Group:

Thursday, May 28 and June 25

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, May 4 and June 1

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

Widow/Widowers Group

Tuesday, May 12 and 19 / June 9 and 16

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, May 6 and June 3

Offers a welcoming space for women to connect, share experiences, and encourage one another.

YOUR SUPPORT NETWORK TEAM

Karen Lisiecki, LMSW,
Ext. 3156



Marilyn Illuzzi, LMSW,
Ext. 3155



Jones Jones
Ext. 3129



Pam Macadlo
Ext. 3157



Vijaya Tomar, MSW
Ext. 3165



ACCESSIBLE PARKING TAG

If you need assistance with an application, social workers are **available by appointment** only.

Daytime hours are 9:00 am—4:00 pm.

Evening hours are 4:00-7:00 pm on May 5/June 2 and until 6:00 pm on May 19 and June 16.



FRIENDS HELPING FRIENDS TEMPORARY FOOD ASSISTANCE PROGRAM

If you or someone you know needs non-perishable food items, we have onsite assistance. Call us to see if you're eligible.

Donations of unexpired non-perishables are also accepted for this program.

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. For more information, please call our Nutrition Site Coordinator, Christin Estrada, at 716-636-3055 ext. 3131.

YOUTHWORK\$

Youthworks is a service that works as a liaison between residents and Amherst youth ages 12-20. Jobs include: yardwork, gardening, weeding, mowing, raking, and snow removal. To hire a youth, please contact John Jones at 716-636-3055, ext. 3129 or Vijaya at ext. 3165.

SUPPORT IS JUST A CALL AWAY. CONTACT OUR SENIOR SUPPORT NETWORK!

CLUB ACTIVITIES & VOLUNTEER OPPORTUNITIES

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.

VOLUNTEER SERVICE HOURS

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

ART EXHIBITION & SALES POPUP SHOP

Monday, May 4 through Friday, May 10

10:00 am—2:00 pm

Shop beautiful and unique pieces of art made by local and Senior Center member artisans.

WALKER WORKS POPUP SHOP

Monday, May 11 through Friday, May 15

9:00 am - 4:30 pm

Shop for authentic, homemade pewter and copper etchings and artwork.

UKULELE CLUB — NEW CLUB!

The Ukulele Club will meet on the Tuesday, May 12, May 26, June 9 and June 23 from 10:30 am -12:00 pm

BAKERS RACK

Tuesday, May 12, 1:30-3:30 pm

Wednesday, June 10, 9:30-11:30 am

Purchase a variety of freshly baked foods with proceed benefiting the Senior Center.

READERS THEATRE

Thursday, May 14 at 10:00 am

Classic, nostalgic, and humorous stories from the vault!

BOOK CLUB

Monday, May 18 at 1:00 pm

To the Lighthouse by Virginia Woolf

June 22 at 1:00 pm

James by Percival Everett

HOT DOG SALES

Wednesday, May 27 at 11:00 am

Wednesday, June 17 at 11:00 am

Enjoy a freshly grilled treat! Proceeds benefit the Center. \$2.00 per hot dog.



HEARTS AND HANDS

This summer, the Senior Center will be working with Hearts and Hands, a local non-profit organization which supports older adults in the community. We are seeking volunteers for some days of services during June, July and August!

Volunteers will provide light yard work, folding laundry, helping with dishes, etc.

If you would like to volunteer, please contact Jose Weisansal. A meeting will be held in early June.

READ TO SUCCESS

Read to Success Buffalo is seeking people aged 50 and older to help elementary school aged children learn to read. By volunteering as a Literacy Tutor/Mentor you can change a child's future. For more information, contact Joe Weisansal or visit readtosuccessbuffalo.org.

RIDE FOR ROSWELL

We're starting a team to participate in the Ride for Roswell happening June 27th starting at 9:20 am. The Senior Center will register for the 10-mile river route. The starting line is at the University at Buffalo north campus in Amherst. We're hoping you'll join us for this great cause. 24 spots are available. **To register for the team, contact Joe Weisansal by Friday, May 15.** The link to our team's Ride for Roswell Fundraising Page is <http://give.roswellpark.org/goto/townofamherstseniorcenter>

More info is on page 27.

CLUBS

Interested in more information or joining a Club?

Please register and go to the next meeting to speak with the volunteer leader. For a clubs descriptions, see our brochure online at AmherstCenterforSeniorServices.com or pick up a copy at the Center.

Am-Center Photography Club

2nd and 4th Tuesday, 1:00-3:00pm

Amherst Men's Senior Softball League

Games Fridays, 10:30/11:30am (Seasonal)

Amherst Senior Singers

Wednesdays, 1:00-3:00pm

Art Club

Mondays, 1:00-3:30pm

Backgammon Club

Thursdays, 12:30pm

Bakers Club

Wednesday, March 16 at 9:30am

Biblical Hebrew Grammar Club

First and third Tuesdays, 6:00pm

Bike Club

Wednesdays, 9:30-11:30am (Seasonal)

Board Game Club—Afternoons

Wednesdays & Thursdays, 12:30-3:30pm

Board Game Club – Evenings

Thursdays, 6:30-10:00pm @Northtown Ctr.

Book Club

4th Monday, 1:00pm

Bridge Club

Tuesdays, 2:00-4:00pm

Canasta Club

Thursdays, 1:00-4:00pm

Chess Club

Tuesdays, 12:15-4:00pm

Community Service Sewing Projects Club

Mondays, 9:00-11:00am

Creative Writers Club

1st & 3rd Mondays, 10:00am –12:00pm

Dinner Club

See Club Info across from Fitness Room

Dominos Club

Wednesdays, 12:30-4:00pm

Drumming Circle - NEW CLUB

Fridays, 9:30 am—10:30am

Duplicate Bridge Club (Monday)

Mondays, 12:30-4:00pm

Duplicate Bridge Club (Friday)

Fridays, 12:30-4:00pm

Euchre Club

Tuesdays, 1:00pm

French Club

2nd & 4th Mondays, 12:30-2:00pm

Hand & Foot Club

Thursdays, 3:30-5:00pm

Indian Senior Citizens Club

2nd Thursday, 4:30pm

Genealogy Club

1st Tuesday, 10:30am-12:00pm

HIKING CLUB—NEW!

Tuesdays at 10:00 am; Thursday is the rain date. Contact Joe for more info.

Karaoke Club

3rd Thursday at 1:00pm

Knitting Club (non-instructional)

Tuesdays, 9:30-11:30am

Mah Jongg *Beginner* Club

Fridays, 9:30 am-12:00pm

Mah Jongg Club

Tuesday, 1:00-3:30pm

Men's Golf

See Club Info across from Fitness Room

News & Views Zoom Club

Fridays, 10:00-11:30am

Pool Tournament Club

Tuesdays, 2:00-5:00pm

Reader's Theater Club

Mondays, 1:30pm

Reading Poetry Aloud Club

Wednesdays, 9:00-10:00am

Rocky Blues Band

Fridays, 12:30pm

Rummikub Club

Fridays, 1:00-4:00pm

Scrabble Club

Tuesdays, 10:00am-12:30pm

Pinochle Club (Monday)

Mondays, 12:45-4:00pm

Pinochle Club (Wednesday)

Wednesdays, 12:45-4:00pm

Spanish Club on ZOOM

Thursdays, 1:30pm

Speaking Italian Language Club

Fridays, 1:00-2:30pm

Stained Glass Club

Thursdays, 9:00 am-12:00pm

Tai Chi Club

Wednesdays, 1:30-2:30pm

Fridays, 1:00—2:00 pm

Tuesday Afternoon Music Club

Tuesdays, 1:00pm

"Silver Strummers" Ukulele Club

2nd and 4th Tuesdays

10:30 am—12:00 pm

Upholstery Club - NEW!

Wednesdays, 9:00am-12:00pm

Wood Carving Club

Tuesdays, 9:00-12:00pm

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

TOWN OF AMHERST

AMHERST TOWN BOARD

- Shawn Lavin, Town Supervisor
- Angela Marinucci, Deputy Town Supervisor
- John Davis
- Jack Kavanaugh, Liaison to Senior Services
- 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
- Bob Peluso

EX-OFFICIO MEMBERS:

- Angela Marinucci, Deputy Town Supervisor
- Michael Camilleri, Assistant Chief of Amherst Police Department
- Ann Nichols, Amherst Town Justice

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



SUBMIT YOUR GOOD DEEDS

Supervisor Shawn Lavin invites Senior Center members to participate in the Town's new Good Deeds initiative!

Emphasizing the importance of community engagement, Supervisor Lavin invites residents to submit a Good Deed they did or recognize a friend/neighbor/family member who did a Good Deed.

To submit, please visit <https://www.amherst.ny.us/content/gooddeeds.php>.

It's almost here!

Town of Amherst Youth & Recreation Department

Amherst Youth & Recreation
716-631-7132
amherstyouthandrec.org

Summer 2026

Town of Amherst Youth & Recreation Department
Program Guide

Summer registration begins May 5

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

CLASS REGISTRATION FORM ONLY

MAY-JUNE 2026 CLASSES REGISTRATION DATE: Wednesday, April 15, 2026

Membership is REQUIRED to register for all Classes. On registration day, Amherst residents can register at 8:30 am; non-residents at 11:00 am.

WAYS TO REGISTER:

ONLINE (*This is the fastest way*): MyactiveCenter.com. Before using this method, you need to have a MyActiveCenter account setup. Credit card payments only.

TELEPHONE: Call (716) 636-3051 to register with a credit card.

MAIL & DROP OFF: A separate sheet must be completed for each member
 Mail to: 370 John James Audubon Pkwy., Amherst, NY 14228 / Write "Class Registration" on the envelop.
 Payment can be made by check or money orders made out to *Amherst Center for Senior Services*.

WALK IN: Registration begins on Thursday, April 16

Participants Name: _____

Home Address _____ **City/Town** _____ **Zip Code** _____

Phone Number: _____

Course Title	CENTER	ZOOM	DAY	Time	Start Date	FEE

Resident
 Non-resident

ADDITIONAL FORMS AVAILABLE AT THE SENIOR CENTER.
OR, SKIP THE FORM & REGISTER ONLINE: MYACTIVECENTER.COM



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.