



AMHERST CENTER FOR SENIOR SERVICES

370 John James Audubon Parkway, Amherst, NY 14228

APRIL 2026 NEWSLETTER

April is Volunteer Appreciation Month

*We ♥ our
Volunteers*



Cheers To You Volunteer Recognition Celebration

Monday, April 13 from 2:00 –4:00 pm

We invite all our dedicated volunteers who contributed 2025 service hours at the Center or in the community to join us for an afternoon of good food and great people. Registration is required by Thursday, April 2nd. You may register at MyActiveCenter.com, call us at (716) 636-3051, or stop by our Reception Desk in the Center's main lobby.

We look forward to seeing you!

ESTABLISHED IN 1962

AmherstCenterForSeniorServices.com



Facebook.com/amherstnyseniorcenter

ABOUT US

A NOTE FROM OUR DIRECTOR

April is Volunteer Appreciation Month, and I want to extend my heartfelt thanks to each and every one of our incredible volunteers.

Thanks to the dedication of **448 volunteers**, we were able to contribute an extraordinary **42,058 hours of service in 2025**. That is a remarkable achievement.

You have demonstrated that when we come together with a shared purpose, we make a meaningful difference in our community. I hope you feel proud of the impact you have made. We certainly are proud of you. Thank you for choosing to share your time, talents, and energy with us.

Please join us on **April 13th** as we celebrate you at our Volunteer Recognition Celebration. A special thank you to the Amherst Generations Foundation, Inc. for their generous sponsorship of this event.

As we celebrate all that makes our Center strong, I'd also like to share an important operational update.

The Senior Center will be **temporarily closed April 27th through May 1st** to allow for replacement of the gas meter. Please refer to page 8 of this newsletter for details about programs and activities that will be offered at the Northwest Amherst Community Center during that time.

Congregate dining for lunch and dinner will not be available at the Senior Center that week. However, special lunches and engaging activities are being planned at the community center. Be sure to review the schedule and register in advance for the programs you want to attend. If you have never visited the Northwest Amherst Community Center, this is a wonderful opportunity to explore it.

We thank you for your patience and understanding as we work through this latest upgrade to the senior center.

THE CENTER

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

- Art Gallery— *Sponsored by Asbury Pointe*
- Billiard Room
- Café—Coming Soon!
- Card Room
- Dance Room—*Sponsored by Excellus Blue Cross Blue Shield*
- Health & Fitness Rooms
- Library
- Music Room—*Sponsored by Susan Grelick in honor of her parents*
- Nutrition Room—*Sponsored by Highmark Blue Cross Blue Shield*
- Wellness Center—*Sponsored by Kaleida Health*
- An accessible private bathroom is located by Room 2

HOURS OF OPERATION

Monday: 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)

Please note: Our hours, membership policy, and fees are subject to change.

IMPORTANT PHONE NUMBERS

Main Line 636-3050

This is an automated line where you choose an option:

Press

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

Direct Lines:

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

Amherst Meals on Wheels 636-3065

Amherst Senior Transportation 636-3075

Senior Outreach Services 636-3070

KEY STAFF CONTRIBUTORS

Melissa Abel, <i>Director</i> mabel@amherst.ny.us	Greg Potter, <i>Program Leader</i> gpotter@amherst.ny.us
Christin Estrada, <i>Nutrition Coordinator</i> cestrada@amherst.ny.us	Jamie Sullivan, <i>Kitchen Manager</i> jesullivan@amherst.ny.us
Tammy Jacobs, <i>Senior Program Coordinator</i> tjacobs@amherst.ny.us	Vijaya Tomar, <i>Social Worker</i> vtomar@amherst.ny.us
John Jones, <i>Social Caseworker</i> jjones@amherst.ny.us	Cindy Weiss, <i>Class Coordinator</i> cweiss@amherst.ny.us
Jennifer Lazarz, <i>Program Coordinator</i> jbono@amherst.ny.us	Darlene Wilber, <i>Public Relations Coordinator</i> dwilber@amherst.ny.us
Karen Lisiecki, <i>Project Coordinator</i> klisiecki@amherst.ny.us	Joe Weisansal, <i>Recreation Leader</i> jweisansal@amherst.ny.us
Angelo Lorenzo, <i>Program Leader</i> alorenzo@amherst.ny.us	Marc Young, <i>Program Leader</i> myoung@amherst.ny.us

This newsletter is coordinated by Darlene Wilber, Public Relations Coordinator, dwilber@amherst.ny.us. Information in this publication is current at the time of print. It is subject to change after this newsletter is printed.

ABOUT US

MEMBERSHIP DUES

Amherst Residents—Lifetime Membership

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

Non-Resident—Annual Renewal

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

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

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

***We are no longer accepting **new** non-Amherst resident memberships** Thank you for your understanding.*

*All members and guests are required to follow our **Code of Conduct** which is available on our website. Hard copies are at the Reception Desk. We appreciate your understanding.*

TO JOIN THE CENTER:

Go to AmherstCenterforSeniorServices.com/membership-plans and complete the application, or sign up in person at our Reception Desk. Please allow 2 business days for online payment processing (holidays may delay processing).

MEMBER COMMUNICATIONS

EMAIL

We regularly send emails to our members. Please make sure we have your email on file so you can receive these communications. To submit your email, you can contact our Reception Desk.

SOCIAL MEDIA: FACEBOOK

We also regularly post information (and photos of our activities) on our Facebook page. Please “like” or “follow” the page and engage with the posts. Our page is available at facebook.com/amherstnyseniorcenter.

CALLING ALL NEW MEMBERS!!

MEMBERSHIP 101

April 7 at 3:30 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. Those attending are invited to stay for a complimentary dinner at 5:00 pm. *Reservations are required for both.*

FIRE DRILLS

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

PARKING: COMBAT WOUNDED VETERANS

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



Thank you for your service and sacrifice to our country.

ANIMAL POLICY

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

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

Thank you for your understanding.

ACCESSIBILITY

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



AMHERST CENTER FOR SENIOR SERVICES 2026 CANCELLATION GUIDE

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

STANDARD OPERATING HOURS:

Monday 9:00 am-7:00 pm
Tuesday and Thursday 9:00 am-7:30 pm
Wednesday and Friday, 9:00 am-4:00 pm

STORM CLOSINGS:

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

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

TV Stations: Spectrum-Channel 1, WGRZ-Channel 2
WIVB-Channel 4, WKBW-Channel 7

When classes and programs are cancelled, the Senior Center remains open. Only the Amherst Town Supervisor can authorize the Amherst Center for Senior Services to officially close due to weather or other circumstances.

TOWN OF AMHERST

AMHERST TOWN BOARD

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

Questions, concerns, or suggestions. Contact the Town of Amherst by emailing toainfo@amherst.ny.us or calling (716) 631-7013.

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, Asst. Chief of the Amherst Police Dept.
- Ann Nichols, Amherst Town Justice
- Mary-Diana Pouli, Executive Director, Youth & Recreation

AMHERST GENERATIONS FOUNDATION

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



TOWN PROGRAM LOCATIONS

Amherst Senior Center
370 John James Audubon Parkway, Amherst 14228

Clearfield Community Center
730 Hopkins Road, Williamsville 14221

Harlem Road Community Center
4255 Harlem Road, Amherst 14226

Northwest Amherst Community Center
220 Northpointe Parkway, Amherst 14228

Northtown Center at Amherst
1615 Amherst Manor Drive, Williamsville 14221

Williamsville Youth and Family Center
5005 Sheridan Drive, Williamsville 14221

SENIOR CENTER TEMPORARY CLOSURE

April 27-May 1

National Fuel needs to replace the Senior Center's gas meter this spring. To safely complete this important work, the Senior Center will be closed **Monday, April 27, through Friday, May 1.**

The good news is we'll be offering limited programming, services and lunch at Northwest Amherst Community Center during that time. *Please check page 8 for details.*

Amherst Meals on Wheels clients: Home-delivered meals will continue as usual. Meals will be prepared off-site and delivered according to your regular schedule.

Amherst Senior Transportation Services (ASTS) will provide transportation to and from the Northwest Amherst Community Center (NWACC) for folks who want to attend the lunch hour. **Individuals who plan on attending lunches at NWACC, please make transportation reservations no later than Thursday, April 23 to allow for scheduling and adequate staffing.**

SUBMIT YOUR GOOD DEEDS!

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

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



The goal is 500 Good Deed submissions this year. To submit, visit <https://www.amherst.ny.us/content/gooddeeds.php>.

NEW GUIDE COMING NEXT MONTH!

In May 2026, we're launching a new publication. It will be a combination of our seasonal Class Catalog and monthly newsletter. We'll be replacing these two publications to provide you with a single, reader-friendly guide that will be packed with everything we have to offer at the Center.

Inside the new guide, you'll find clearly organized sections for classes, programs, clubs, support groups, special events, and more, making it easier than ever to discover what interests you.

The new guide will be published every other month in 2026: May-June, July-August, September-October, and November-December.

Hardcopies will be available at the Senior Center. Digital versions will be available on our website (amherstcenterforseniorservices.com) and the Town of Amherst website (Amherst.ny.us)

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.

REGISTRATION PROCEDURES

****REGISTRATION POLICY****

May/June class registration for residents starts at 8:30 am on April 15 and for non-residents at 12:00 pm on April 15. This is a change in the previous process where non-residents registered at the same time as Town of Amherst residents.

REGISTRATION/CANCELLATION

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

- MyActiveCenter.com (*This is the fastest and easiest way*)
- 716-636-3051
- In person at the Center's Reception Desk
- Mail in a registration form found in the Class Catalog

CREATING AN ACCOUNT ON MyActiveCenter

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

REGISTERING FOR A CLASS, CLUB, MEALS, PROGRAM OR SUPPORT GROUP IN MyActiveCenter:

- Sign in to MyActiveCenter.com
- The Search Box and Filters are on the left side
- Once you have found the Class, Club, Meal or Program that you wish to Register for, click on the name. This will open a more detailed view of the activity. Listed below will be the Upcoming Events schedule.
- For classes with two sessions, each session is listed separately and requires separate registration.
- **Please note:** Some classes and programs listed in MyActiveCenter are not available to register until specific registration dates.

To Register, click on Add to Cart

- ⇒ A small box will appear to let you know that this has been reserved in your Cart.
- ⇒ If this is the only activity that you wish to Register for, you can click the Go to Cart button **OR** click on any area not in the pop-up box to continue shopping.
- ⇒ **In order to complete the Registration process you must finish your order by going to your Shopping Cart.**
- ◇ If registering for a Class, click Pay for selected items. Input your credit card information and click Pay to finish.
- ◇ If registering for a Club or Program, click Register for selected items.

CANCEL IF YOU CAN'T MAKE IT

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

SAMPLE A CLASS

If you are interested in a class but uncertain if it's right for you, we encourage you to observe it—obtain a guest pass at our Reception Desk.

REFUNDS

Requests for refunds or transfers will be honored only if a member makes the request at least 5 full business days prior to the scheduled class start date. The refund will equal the cost of the class minus a \$5.00 processing fee (per class). Refunds will be credited within 72 hours to your Senior Center Account. Sorry, no exceptions.

MEMBERS VISITING THE CENTER

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

NUTRITION

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

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

TO REGISTER FOR LUNCH OR DINNER:

Follow Registering in MyActiveCenter instructions listed in the left column. Lunch and Dinner registration opens for the following month on the third Tuesday of each month. If your plans change and you are unable to attend, please call us to cancel so we can offer the spot to another person.

FROZEN MEAL PROGRAM

Eligible residents can order frozen meal packs for pickup. Visit our Reception Desk to obtain an Erie County Registration and Frozen Meals order forms. Completed forms must be returned to our Nutrition Coordinator, Christin Estrada. Forms can be mailed to you upon request. If you have questions, call Christin at 716-636-3055 ext. 3131.

PROGRAMS

TRIVIA EGG HUNT

Wednesday, April 1 at 1:00 pm

Get your thinking cap on and see if you can find all the hidden eggs. Refreshments served after the hunt!



RETRO VIDEO GAME NIGHT

Thursday, April 2 at 5:00 pm

Experience the golden age of gaming. Enjoy open-play classic games from every decade, with multiple consoles available to play some vintage titles. Whether you're revisiting old favorites or discovering new ones, there's something for everyone.

CORNHOLE

Monday, April 6 at 10:30 am

Come play this fun lawn game inside!

TALK AND TASTE

Monday, April 6 at 5:30 pm

Rewind the day with Cindy over a lemon cream cheese bar.

WII GAMES

Tuesday, April 7 at 1:00 pm

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

SPACETEAM

Wednesday, April 8 at 10:00 am

A cooperative game where players work together to shout out problems and fix a malfunctioning spaceship. Participants must have a cell phone to play, as each player receives unique instructions.

OPEN CARDS

Thursday, April 9 at 10:00 am

Open cards provides a relaxing and fun way to enjoy a multiple social card games in non-competitive environment. 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 you.

MYACTIVECENTER TRAINING

Thursday, April 9 at 10:30 am

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

WALK AND TALK at WALTON WOODS

Thursday, April 9 at 11:00 am

Enjoy a leisurely walk around the scenic Walton Woods (located next to the Senior Center). Bring a friend or meet new friends to walk with. Meet at the entrance of Walton Woods.

PUZZLE NIGHT

Thursday, April 9 at 5:30 pm

What's better than working on a puzzle? Working on a puzzle with friends and snacks!

GET YOUR SCHMEAR ON

Friday, April 10 at 9:30 am

Let's try the new viral trend of a chopped bagel. Fee is \$2.00 by April 8th. No refunds after.

TECH SUPPORT

Friday, April 10 at 10:00 am

Bring your devices and questions. 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 provide advice or solutions.



SEQUENCE BOARD GAME

Monday, April 13 at 11:00 am

This board game challenges players to form rows of five chips on a board featuring two standard 52-decks of cards. Players play cards from their hand to place chips on corresponding board spots.

VIRTUAL REALITY (VR)

Tuesday, April 14 at 1:00, 2:00, or 3:00 pm

Explore virtual reality with our VR Headsets in 1-hour individual sessions. Whether you're new to VR or curious to try something different, this is a great opportunity to dive into a new digital world.

SWEET TALK WITH JEN

Tuesday, April 14 at 6:00 pm

Enjoy Jen's favorite sweet treat.

UNO

Wednesday, April 15 at 1:00 pm

A variant of Crazy 8s, UNO is a classic card game where players compete to be the first to match and discard all their cards by color or number.

MIND TEASER

Thursday, April 16 at 10:30 am

Exercise your mind with some brain buster worksheets.

POPCORN BINGO

Monday, April 20 at 5:30 pm

Enjoy a snack while playing bingo.

MUSIC JEOPARDY

Wednesday, April 22 at 10:30 am

Test your music knowledge in a Jeopardy-style format. You will hear a song snippet and try to name that song!

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.

PROGRAMS

GARDEN TIME

Thursday, April 23rd at 10:00 am
Join us as we discuss tree identification on our grounds!

PUTT-PUTT AT THE CENTER

Thursday, April 23 at 5:30 pm
We will transform the Senior Center halls into a one-time Putt-Putt Course! Bring your own golf ball and putter. If you don't have one, golf balls and putters will be provided.

TEA TIME

Friday, April 24 at 10:00 am
Enjoy a cup of tea with friends.

HEALTH

BOXING WITH PARKINSON'S

Monday, April 6 and 20 at 1:00 pm
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 fight the symptoms by promoting full-body movements, confidence, and support. Caregivers welcome. ***Please consult with your healthcare professional before engaging in these classes.***
This program is for our Parkinson's Support Group members. Boxing class for all members coming soon.

CIRCUIT FITNESS CLASS

Monday, April 13 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.

A MATTER OF BALANCE

Mondays and Wednesdays April 13, 15, 20, 22 and May 11, 13, 18, & 20 from 9:30-11:30 am
Come to this program to take part in an eight-class session centered around keeping you on your feet! In this program, we will discuss fall prevention strategies, home hazards, healthy habits, exercise and more! Geared to adults 60+.

MEDITATION AND HEALING

Thursday, April 16 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.*

HEARING EVALUATION SERVICES OF BUFFALO

Thursday April 23 at 1:00 pm
Hearing Evaluation of Buffalo presents the latest hearing loss and tinnitus research and their impact on cognition and overall health and the updates and features in current hearing aid technology. A free hearing screening will be on-site for anyone who doesn't currently use hearing aids.

MEDICARE 101

Thursday April 23rd at 5:00 pm
This easy-to-understand explanation of Medicare will provide you with information to manage your healthcare costs with less stress during retirement. *Presented by Tiffany Stayer from KDM Wealth Consultants, a licensed agent. She isn't endorsed by the U.S. government or federal Medicare program.*

FINANCIAL

UNDERSTANDING MEDICAID & ESTATE PLANNING

Thursday, April 9 at 1:00 pm
A Guide for Seniors focusing on helping better to understand Medicaid and Estate Pre-Planning in a clear and accessible way. These are not lawyers but have over 30 years of experience in this area. *Presented by: Attain Wealth Planning*

NATIONAL GRID

Tuesday, April 14, 9:30 -11:30 am
Meet with assistance program experts and connect with the community resources your family needs. Consumer advocates will be here to help you explore your energy affordability, payment plans, budget plan, and special protections options.

MAKING YOUR MONEY LAST: BASICS FOR EVERYDAY

Wednesday, April 15 at 10:30 am
Learn the basics of managing money in this easy to follow, beginner level session that uses simple language and practical examples. *Presented by Paul Hutchings, Wealth Manager at Sgroi Lawley Group.*

ADVANCED PLANNING – PLANNING WITH PURPOSE

Thursday, April 16 at 1:00 pm
Join us National Healthcare Decisions Day for an advance planning presentation. Plus, a free Health Care Proxy Clinic to help you put your wishes in writing. Attorneys from the Center of Elder Law & Justice and staff from ECMC Palliative Care staff will answer questions. Light refreshments from Sloan Comfort Care House. *Presented by Elder Law & Justice.*

15 WAYS TO AVOID PROBATE

Tuesday April 21 at 4:00 pm
Learn the latest strategies for estate and asset protection planning. Topics: probate procedures, avoiding probate, real estate ownership options, common planning mistakes, updates to estate and gift tax laws, and more. *Presented by Attorney Robert Friedman—47 years of estate planning experience.*



HAVE A PROGRAM IDEA? CONTACT TAMMY OR JENN

PROGRAMS

SENIOR PREFERENCE SEMINAR

Tuesday, April 21 at 6:00 pm
Thinking of downsizing, moving closer to a loved one or finding a home that fits your lifestyle? This 90-minute seminar will feature 4 guest speakers from Hunt Real Estate.

CHAT WITH PAUL

Wednesday, April 22 at 10:30 am
Have financial questions or need guidance? Speak with Paul Hutchings, a wealth manager with Sgroi Lawley Group. Get answers to money and retirement questions. No appointment, no cost, and no need to be a client.

FIELD TRIP

AXE THROWING AT BUFFALO BATTLEGROUND

Friday, April 24 at 1:00 pm
1888 Niagara Falls Blvd., Tonawanda, NY 14150
Please bring \$20.00 per person to the event. A trained employee will show us how to safely throw the axe. You'll need to complete a waiver before participating. Waiver forms are available online at buffalobattleground.com. Or you can fill out the waiver at the venue prior to participating.

PARTNER PROGRAMS

SILVER PRIDE TEA

Not gathering in April or May. Returning in June.

BISTRO BOOKERS

Tuesday April 14 at 4:00pm
"Cyrenius Chapin: Buffalo's First Physician and War of 1812 Hero" by Thomas C. Rosenthal reviewed by the author.

SPECIAL PERFORMANCES

UKULELE SPRING CONCERT

Monday, April 13 at 11:00 am
Our Ukulele Players, led by instructor Jennifer May, will provide a lively Spring Sing-Along. It's a bit of music, a bit of laughter, and a whole lot of toe-tapping fun.

SHOWCASE PERFORMANCE

Wednesday, April 15 at 1:00 pm
Enjoy a highly entertaining performance from our Introduction to Acting Class. Come join in the fun and support your fellow members as they perform for you.



PROGRAMS & ACTIVITIES AT

NORTHWEST AMHERST COMMUNITY CENTER DURING THE CENTER'S TEMPORARY SHUTDOWN

NWACC is located at 220 Northpoint Parkway, Amherst
Schedule is Subject to Change

Monday, April 27

9:00-11:00 am	Pickleball
9:30 am	Dessert for Breakfast
10:30 am	Circuit Fitness: Try various workouts with weights.
11:00-1:00 pm	Pickleball
12:00 pm	Lunch: Tomato soup and Grilled Cheese Assorted Cookies
1:00 pm	Movie
2:00 pm	Senior's Guide to Gardening- Share your stories, tips and tricks

Tuesday, April 28

8:45-10:15 am	Open Play Pickleball
10:30 am -12:00 pm	Pickleball Clinic
11:00 am	2 Truths and a Lie
12:00 pm	Lunch: Taco Salad
1:00 pm	Trivia - trivia hour on your smart phone or trivia kiosks.
2:00 pm	Monopoly Deal

Wednesday, April 29

10:30 am	Cornhole
12:00 pm	Lunch: Grilled Cheeseburger, Assorted Sides
1:00 pm	Building Foundations of Caregiving (presented by Alzheimer's Association)
2:00 pm	Chronology Card Game

Thursday, April 30

10:30 am	Circuit Fitness
10:30 am	Loss & Grief Group
12:00 pm	Lunch: Grilled Hotdog, Assorted Cold Salads
1:00 pm	Swoop Card Game

Friday, May 1

10:00 am	Tech Support
10:30-12:00 pm	Pickleball Clinic
12:00 pm	Lunch: Pizza party, Salad
1:00 pm	Movie
2:00 pm	50-Minute Fitness

- Lunch is open to anyone over 50 for a suggested contribution of \$3.50. This is not a regular congregating dining lunch.
- Movie titles and descriptions are available at the Senior Center (ask at the Reception Desk)

Registration is required. Register on MyActiveCenter.com, call us at (716) 636-3051, or visit our Reception Desk before the shutdown. Otherwise, please call during that week with 24 hours notice for a program or lunch reservation.

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.

PICKLEBALL

OPEN PICKLEBALL

- Monday, April 6, 20: 5:00-7:00 pm
- Tuesday, April 7: 2:00-3:45 pm, 3:45-5:30 pm, 5:30-7:15 pm (1 court)
- Wednesday, April 1: 2:00-4:00 pm
- Wednesday, April 8: 12:00-2:00 pm (Intermediate), 2:00-4:00 pm (Beginner)
- Wednesday, April 15: 12:00-2:00 pm, 2:00-4:00 pm
- Wednesday, April 22: 12:00-2:00 pm (Women), 2:00-4:00 pm (Men)
- Thursday, April 2, 9, 16, 23: 3:45-5:30 pm
- Friday, April 10, 24: 12:00-2:00 pm, 2:00-4:00 pm
- Friday, April 17: 12:00-2:00 pm (Beginners), 2:00-4:00 pm (Intermediate)

OPEN PLAY PICKLEBALL GUIDELINES

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

PICKLEBALL AT NORTHWEST AMHERST COMMUNITY CENTER

Monday: April 13, 20, 27
9:00 am – 11:00 am (Intermediate)
11:00 am – 1:00 pm (Beginner)

Tuesday: April 14, 21, 28
8:45 – 10:15 am (All Levels)

PICKLEBALL CLINIC

Tuesday, April 21 at 10:30 am
Tuesday, April 28 at 10:30 am

We will hone specific skills, drills, and games in this pickleball program. There will be one court of game play and one court of drills and other game style activities designed to improve your overall game. ***You must sign up each date separately.***

You must bring your own paddle



Experience the Ken-Ton Hearing Difference

**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.



**Learn about all of your
Medicare Advantage
Options**

Learn more: kentonhearing.com

Make an appointment with us!

716-874-1609

CLUB & VOLUNTEERING ACTIVITIES

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.

SERVICE HOURS - PLEASE LOG YOUR HOURS!

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

CHEERS TO YOU

VOLUNTEER RECOGNITION CELEBRATION

Monday, April 13 from 2:00—4:00 pm

April is National Volunteer month, and we are celebrating all of our dedicated volunteers! Every volunteer helps to make our center and community a wonderful place to be.

VOLUNTEERS: Please join us for an afternoon of good food and great people.

REGISTRATION IS REQUIRED by Thursday, April 2.

Register on MyActiveCenter.com, or call us at (716) 636-3051 or stop by our Reception Desk.

You MUST have accumulated volunteer services hours in 2025 to attend this year's event.

DINNER CLUB

Seeking volunteers to schedule restaurant reservations, collect dues. For more info., call Joe Weisansal.

HOT DOG SALE

April 22 at 1:00 pm until sold out

Enjoy a grilled hotdog as a mid-day snack. \$1.50 per hot dog!

INDIAN SENIOR CITIZENS MEETING

Thursday, April 9 at 4:30 pm

KARAOKE PARTY CLUB

Thursday, March 19 at 1:00 pm

Join friends to enjoy a fun afternoon singing classic hits

MENS GOLF CLUB SEASON MEETING

April 7 at 2:00 pm

NEW CLUB INTEREST

To start a new club, we need at least 10 members committed to regular meetings. If you have an idea and can gather 10 interested members, submit it in the Suggestion Box in the main lobby or contact Joe Weisansal.

WANT TO JOIN A CLUB!

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

AMHERST CENTER PHOTOGRAPHY CLUB

Tuesday, April 14, 2026 at 1:00 pm

Theresa Waiter will present "Pulitzer Prize Winning Photos and the Stories Behind Them". A powerful image is selected annually to receive this prestigious awards.

Tuesday, April 28, 2026, at 1:00 pm

The annual Image of the Year Competition. Members select previously submitted images from 2025-2026 for review by judges who select 1st, 2nd, & 3rd place images of the year. Come see the members' best images of the year.

BAKERS CLUB

Wednesday, April 15 at 9:00 am

Show off your baking skills, and help prepare treats for our Bakers Rack. Recipes and ingredients are provided.

BAKERS RACK

Thursday, April 16 at 9:00 am until sold out

Purchase freshly baked foods. Proceeds benefit our Center.

BOOK CLUB

Monday, April 20 at 1:00 pm

Oryx and Crake by Margaret Atwood

HARDCOVER INFANT BOOK COLLECTION

The Knitting Club is collecting hardcover infant books for the United Way Baby Shower.

A collection box will be near the Reception Desk.

ARTWORK POP-UP SHOP

April 6th through April 10th
10:00 am - 2:00 pm

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

MORE THAN 50 CLUBS TO CHOOSE FROM. SEE LIST ON PAGE 14, AND JOIN ONE TODAY.

CLUBS

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

Am-Center Photography Club

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

Amherst Men's Senior Softball League

Games on 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, April 15 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

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

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

Quilting Club

1st & 3rd Mondays, 1:00-3:30pm

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

Upholstery Club

Wednesdays, 9:00am-12:00pm

Wood Carving Club

Tuesdays, 9:00 am-12:00pm

CLASSES

MAY/JUNE CLASS REGISTRATION - Starts April 15th

Registration for classes that begin in May and June starts Wednesday, April 15 at 8:30 am on MyActiveCenter.com or by phone. Our new Connections Guide lists all of the classes and is available in hard copy at the Center and online at AmherstCenterforSeniorService.com (Under the Newsletter tab). Registration is ongoing.

BE SURE TO REGISTER/SUBMIT PAYMENT

Class registration and payment is mandatory. Those who participate in a class that they have not paid for will risk a suspension of their membership.

SPECIAL REQUEST: WHEN PLANS CHANGE, CALL TO CANCEL

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

DEFENSIVE DRIVING CLASS — AARP Smart Driver

Wednesday, April 22 or May 13

9:00 am-4:00 pm

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

Reservations required by calling

636-3051. Payment due to instructor on the day of the class.



Drumming for Everyone Class

HIGHLIGHTS FOR THE MAY/JUNE SESSION

Below is a select list of classes available this May/June. Full descriptions of **ALL** classes, including day, time and price, are in our new guide *Additional information about this new publication are on page 4.*

MAY/JUNE SESSION CLASS HIGHLIGHTS

REGISTER starting April 15 at myactivecenter.com*

Below is a select list of classes being offered this coming May/June. Full descriptions of **ALL** classes, including day, time and price, will be in our bi-monthly guide (?).

- A Year with the Shaw Festival – Preview the 2026 Season
- Art History Zoom – Summer Book Club
- Birds Around Us
- Bridge – Part 1
- History of Mystery
- Mah Jongg – Beginner
- Remembering the Town and Glen Casinos
- Fabric Art Quilts
- Romantic Music of Rachmaninov
- Boxing with Parkinson's
- Line Dancing Country – Beginner/Beginner Plus
- Friday Fitness

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

The Amherst Center for Senior Services is seeking talented instructors to teach engaging classes for older adults. If you have a special skill, expertise, or passion you want to share, we invite you to join our team of outstanding instructors.

Interested?

Please contact Class Coordinator Cindy Weiss at cweiss@amherst.ny.us with your course proposal and indicate whether you are interested in teaching a daytime or evening class.

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.

APRIL NUTRITION

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

FROZEN MEAL PROGRAM

For information, See Page 5

- **Lunch** is served **Monday-Friday, 12:00-1:00 pm**; **Dinner** is served on **Tuesday at 5:00 pm**
- April meal registration begins the 3rd Tuesday of March (March 17). *See page 4 for instructions.*
- **WE ARE UNABLE TO ACCEPT WALK-INS.** If you have a change of plans and can't attend, please **CANCEL** your reservation.
- The menu is subject to change with little to no notice.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>Food Allergy Notice</p> <p>Please be advised that food preparation in our kitchen may contain these ingredients: Milk, eggs, soybean, peanuts, tree nuts, and shellfish</p>		<p>1 Spaghetti & meatballs over pasta Steamed broccoli Dragon juice Garlic bread Fresh apple 886/115</p>	<p>2 EASTER LUNCH Glazed ham Sweet potatoes Spring veggie medley Italian dinner roll Carrot cake 660/103</p>	<p>GOOD FRIDAY</p> <p>SENIOR CENTER IS CLOSED</p> <p>ENJOY YOUR HOLIDAY!</p>
<p>6 DYNGUS DAY LUNCH Polish sausage on a roll with mustard Dill boiled potatoes Prince William veggies Jelly donut 878/91</p>	<p>7 Goulash Broccoli florets Corn Italian bread Vanilla cupcake 778/80</p>	<p>8 BBQ pulled pork White rice Coleslaw Diced peaches 723/106</p>	<p>9 Breaded chicken Au Gratin potatoes Green bean medley Corn muffin Sugar cookie 638/77</p>	<p>10 Cheddar mac & cheese Stewed tomatoes Broccoli White bread Oatmeal cookie 657/81</p>
<p>13 Sweet sour chicken over white rice Stir fried Asian veggies White dinner roll Graham cookie 684/100</p>	<p>14 Cabbage casserole Mashed potatoes Bahama blend veggies Rye bread Brownie 800/114</p>	<p>15 Omelet topped w/salsa Oven roasted potato German blend veggies Fruit muffin Chocolate chip cookie 884/103</p>	<p>16 Seasoned grilled chicken Rice Pilaf Buttered carrots Wheat bread Tropical fruit cup 568/76</p>	<p>17 Pasta bake Cauliflower Green beans Italian bread Apple 798/79</p>
<p>20 Italian sausage Potato wedge German blend Hotdog roll Mandarin orange 642/68</p>	<p>21 BBQ pork ribette on a hoagie roll Roasted potato wedge Veggie medley Spiced pears 735/88</p>	<p>22 Chicken leg Mashed sweet potato Steamed spinach Fruit muffin Apple Crisp 941/100</p>	<p>23 Beef stroganoff Egg noodles Broccoli Italian bread Caramel pop cakes 599/70</p>	<p>24 Baked fish with tartar sauce Seasoned rice Peas, peppers, onions Dinner roll Apricots 707/100</p>
<p>27</p> <p>Lunch at NWACC (Not part of Congregate Dining)</p> <p>See page 8</p>	<p>28</p> <p>Lunch at NWACC (Not part of Congregate Dining)</p> <p>See page 8</p>	<p>29</p> <p>Lunch at NWACC (Not part of Congregate Dining)</p> <p>See page 8</p>	<p>30</p> <p>Lunch at NWACC (Not part of Congregate Dining)</p> <p>See page 8</p>	<p>Estimated calories/ carbohydrates Are listed below each lunch.</p>

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

April 7 Philly cheese steak sub, tater tots, chef salad with dressing, mixed fruit cup

April 14 Breaded chicken and gravy, creamy mashed potatoes, mixed vegetable medley, dinner roll, diced peaches

April 21 Pasta Bolognese, roasted broccoli, garlic bread, fresh fruit, juice

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.



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

1:00 PM	4:00 PM
Monday, April 6	Thursday, April 2
Monday, April 13	Thursday, April 16
Monday, April 20	
Monday, April 27	EVENING MOVIE
	5:30 PM
Friday, April 10	Tuesday, April 7
Friday, April 17	Tuesday, April 14
Friday, April 24	Tuesday, April 21
	Tuesday, April 28

PING PONG

Mondays 1:00 – 4:00 pm (No Ping Pong 4/27)
Tuesdays 2:00 – 6:00pm (No Ping Pong 4/21 & 4/28)
Fridays 1:00 – 4:00pm (No Ping Pong 4/3 & 5/1)

INFORMATION TABLES

EPIC

Wednesday, April 21, 11:00 am – 1:00 pm

HEALTH INSURANCE SUPPORT

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

Aetna

Wednesday, April 1, 10:00 am – 12:00 pm
Ella at 716-393-3437

Clarity Group – Medicare Plan Center

Wednesday, April 1, 9:00 am – 12:00 p.m.
Friday, April 17, 9:00 am – 12:00 pm
Lisa at 716-864-4886

Independent Health

Friday, April 17, 10:00 – 11:00 am
Amanda 716-635-4999

KDM Wealth Consultants

Thursday, April 23, 4:00 – 5:00 pm
Tiffany at 716-697-3622

SUPPORT & RESOURCES

SENIOR OUTREACH SERVICES (SOS) 716-636-3070

SOS is entering a new chapter, and will be more visible in the Center and community as funding for the program has shifted from Erie County to the Amherst Center for Senior Services.

Contact the SOS team if you need help with...

- Supplemental Nutrition Assistance (SNAP),
- Home Energy Assistance (HEAP),
- Medicare Savings Program (MSP),
- Elderly Pharmaceutical Insurance Coverage (EPIC) or locating other resources

FRIENDS HELPING FRIENDS SHORT-TERM FOOD ASSISTANCE

If you or someone you know is in need of non-perishable food items, we offer on-site assistance. Please contact a Social Caseworker to make arrangements.

NON-PERISHABLE FOODS DONATIONS ACCEPTED

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

SENIOR CENTER ON THE MOVE

Members of our team will visit your senior living facility and businesses in the community to share information with residents about our Center’s offerings. To schedule a visit, contact the SOS team.

MEALS ON WHEELS

Amherst Meals on Wheels is a community partner that helps provide nutritional support for older adults with disabilities living in the Town of Amherst. To see if you qualify for their program, call them 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.



SUPPORT & RESOURCES

Social Work Services are Here for You!

Your needs matter, and our team is committed to providing timely information, guidance, and referrals to programs and services that support your well-being.

Social Workers are available for office visits **by appointment ONLY**, as well as by phone or virtual meeting. Schedule an appointment by calling the Social Work Office at 716-636-3055. For Vijaya, use ext. 3165; for John, use ext. 3129.

Caregivers Group

Wednesday, April 15 at 1:00 pm

Caregiving can be overwhelming, join us for support.

Kinship Group

Tuesday, April 7 at 6:00 pm

Parenting for a second time? Many find themselves in this situation when they were planning for a more relaxed lifestyle. If this is you, consider joining this group.

Loss & Grief Group

Thursdays from 10:30 –11:30 am

A new 6-week session starts on May 28, 2026

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

Men's Support Group

Tuesdays, April 7 & 21 at 10:30 am

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

Parkinson's Support Group:

Thursday, April 23 at 2:00 pm

If you or a loved one have received a Parkinson's disease diagnosis, you may wonder what to expect. Join us and feel more in control. ****ALSO, SEE BOXING FOR PARKINSON'S ON PAGE 8.**

Veteran's Coffee Group

Monday, April 6 at 10:00 am

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

Widow/Widowers Group

Tuesday, April 14 at 10:30 am/ April 21 at 6:00 pm

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

Womens Support Group

Wednesday, April 1 at 10:30 am

Our Women's Support Group offers a welcoming space for older women to connect, share experiences, and encourage one another.

ACCESSIBLE PARKING TAG

If you need assistance with an application, we are **available by appointment** only. Daytime hours are 9:00 am—4:00 pm. Evening hours: April 21 until 6:00 pm and from 4:00-7:00 pm on April 7.



NUTRITION SUPPORT:

FROZEN MEAL PROGRAM

If you find it challenging to prepare daily meals, this may be the program for you. This Erie County program is designed to support nutrition and overall well-being. County paperwork must be completed before participation. To learn more or begin the enrollment process, contact our Nutrition Site Coordinator, Christin Estrada, at 716-636-3055 ext. 3131.

The Supplemental Nutrition Assistance Program (SNAP)

Monthly benefits can be used to purchase food at authorized retail food stores. To see if you are eligible, please contact the Senior Outreach Services team.

YOUTHWORK\$

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



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



Amherst Center for Senior Services

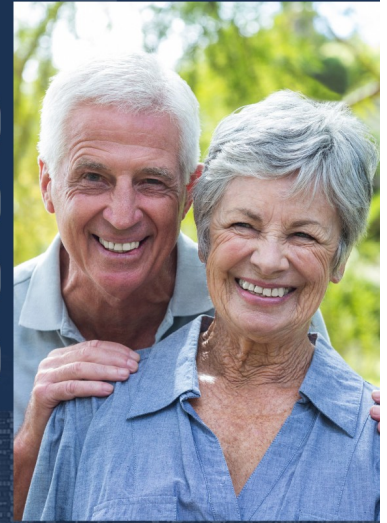
Advertise in our monthly newsletter

✓ 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



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.