



# AMHERST CENTER FOR SENIOR SERVICES

370 John James Audubon Parkway, Amherst, NY 14228

## September 2025 NEWSLETTER

### Happy National Senior Center Month



2025 Theme:  
*Powering Possibilities:  
Flip the Script*

### SHAKESPEARE AT THE CENTER

Tuesday, September 16

In celebration of Shakespeare in the Park's 50th anniversary season, join us for a one-hour abridged performance of Romeo and Juliet.

There will also be a pre-show workshop and a post-show talk-back with the actors. It's just like going to Shakespeare in Delaware Park, but this time it's in our own backyard.

5:00 pm Pre-show Workshop  
6:00 pm Performance of Romeo and Juliet

### MEMBERSHIP DUES

#### Amherst Residents—Lifetime Membership

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

#### Non-Resident—Annual Renewal

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

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

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

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

### TO JOIN THE CENTER:

Go to [AmherstCenterforSeniorServices.com/membership-plans](https://AmherstCenterforSeniorServices.com/membership-plans) and complete the application, or sign up in person.

ESTABLISHED IN 1962

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



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

## A NOTE FROM THE DIRECTOR

September is National Senior Center Month and this year's theme is Powering Possibilities: Flip the Script. The theme aims to highlight the vital role senior centers play in promoting health, economic security, and social engagement.

As our senior population continues to grow in Amherst, we are working diligently to plan for the increasing needs in our community. We are a broader concept senior center, one that provides the individual with a person-centered care approach, encompassing fitness, healthy eating, mindfulness and stress relief, access to mental health support, and outreach within our neighborhoods. The changing demographics of our older population requires us to adapt to meet the needs of the baby boomer generation and beyond. It is crucial that we adapt so we can not only continue to succeed but continue to make a significant impact on our community.

With the seasons changing, we are gearing up for Fall classes and programs. The Center is busier than ever. There are 160 classes scheduled for this semester! Sign up today and be a part of something amazing!

This year, we are celebrating 25 Years of the Amherst Center for Senior Services location at 370 JJ Audubon Parkway. I would like to acknowledge our past Director, Mary Ellen Walsh, who recently passed away. Mary Ellen was the driving force behind the relocation of the senior center to this location. She was a tireless advocate for older adults and friend to many.

*Melissa Abel*

Melissa Abel, Executive Director

### EMERGENCY PREPAREDNESS

Wednesday, Sept. 3 at 10:30 am- 12:00 pm

Do you have a plan for weather related emergencies or other potential disasters? NYS Department of Homeland Security will provide tools and resources to prepare for any type of disaster, respond accordingly, and recover as quickly as possible. **Registration is required.** Sign up at <https://pspapps.dhss.ny.gov/CitizenPreparednessCorps/views/registant/add.xhtml?lang=en&eventId=262>

In advance of this session, please complete the Town of Amherst Emergency Response Form located on the Town of Amherst website in the Emergency Services and Safety section: [https://www.amherst.ny.us/content/departments.php?dept\\_id=dept\\_09&div\\_id=div\\_11&menu\\_id=menu\\_02](https://www.amherst.ny.us/content/departments.php?dept_id=dept_09&div_id=div_11&menu_id=menu_02)

## ABOUT US

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

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

**The Center will be closed on Labor Day, Monday, Sept. 1**

Programming is also offered at the Northwest Amherst Community Center. *Please see **page 9** for dates and times.*

### IMPORTANT PHONE NUMBERS

#### Main Line 636-3050

This is an automated line where you choose an option:  
Press

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

Direct Lines:

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

**Amherst Meals on Wheels 636-3065**

**Amherst Senior Transportation 636-3075**

**Senior Outreach Services 636-3070**

### FIRE DRILLS

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



## We Have A New Logo!

You may have noticed a fresh look for the Amherst Center for Senior Services — our new logo! This new design is part of a broader update to our visual identity, one that reflects the exciting progression and growth we're experiencing at the Center. As we continue to evolve and expand our offerings, we want our visual identity to better represent who we are today and where we're heading.



### What the New Logo Represents

The new logo powerfully reflects our mission to “*empower all people with quality of life as they age*” through its symbolic design and thoughtful use of color:

At its heart are two stylized human figures—one in blue and the other in orange—represents people of all backgrounds. Their open, upward-reaching postures suggest vitality, movement, and empowerment—a visual echo of our commitment to helping individuals thrive as they age.

Surrounding the figures is a golden ring, representing inclusivity, shared experiences, and the supportive circle the Center provides for all its members. The design is modern yet warm, embodying our mission to empower and engage seniors through active, meaningful involvement in a welcoming environment.

The bold use of color is a direct reflection of the Center's core values—accessibility, community, diversity, inclusion, knowledge, and support. Each color has been chosen with purpose, symbolizing a key aspect of who we are and what we stand for:

**Blue** represents *trust and stability*, reinforcing our commitment to **support** and **knowledge**. It reflects a safe, dependable environment where everyone is welcomed and empowered to learn and grow.

**Orange** conveys *energy and enthusiasm*, embodying the vibrancy of our **community** and the spirit of **diversity**. Its dynamic tone reflects our drive to engage, uplift, and celebrate a broad range of voices and experiences.

**Gold** stands for *warmth, value, and unity*, aligning with our dedication to **inclusion** and **accessibility**. It signals that every individual matters and belongs, and that we hold shared space with care and purpose.

Together, these elements form a logo that not only looks forward but also honors the strong foundation and community spirit that Amherst Center for Senior Services is built upon.

## TOWN OF AMHERST

### AMHERST TOWN BOARD

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

### AMHERST SENIOR CENTER ADVISORY BOARD

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

### EX-OFFICIO MEMBERS:

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

### AMHERST GENERATIONS FOUNDATION

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

Melissa Abel, Ex-Officio



### PARKING FOR 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.

# REGISTRATION PROCEDURES

## REGISTRATION/CANCELLATION

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

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

## CREATING AN ACCOUNT ON MyActiveCenter

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

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

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

## PLEASE NOTE – BE SURE TO REGISTER

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

## SAMPLE A CLASS

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

## REFUNDS

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

## VISITING/ATTENDING THE CENTER

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

## CANCEL IF YOU CAN'T MAKE IT

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

## NUTRITION

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

## TO REGISTER FOR LUNCH OR DINNER:

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

## FROZEN MEAL PROGRAM

Please stop at our front reception desk and pick up an Erie County Registration Form. Completed forms must be returned to Christin Estrada. Forms can be mailed to you upon request. If you have questions, Christin can be reached at 716-636-3055 ext. 3131.

## CALLING ALL NEW MEMBERS!!

### MEMBERSHIP 101

Friday, September 12 at 10:00 am

So, you have taken the step of becoming a Member, now what? Find out ways to get involved, how to sign up for Classes or Programs, where to find information on what is happening at the Center. Those attending are invited to stay for a complimentary lunch at 12:00 pm. *Reservations are required for both.*

# CLASSES

## FALL CLASSES

Our Fall Class Catalog is available in hard copy at the Center, Amherst Libraries and online at the Town of Amherst website, [Amherst.ny.us](http://Amherst.ny.us), and on our website at [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com).

## SPECIAL REQUEST: CALL TO CANCEL

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

## DEFENSIVE DRIVING CLASS—AARP Smart Driver



Wednesday, Sept. 17 or Oct. 15

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.

## FALL TRIMESTER CLASS HIGHLIGHTS

Below is a select list of classes being offered this coming Fall. Full descriptions of **ALL** classes, including day, time and price, will be in our Fall Class Catalog.

- Ballroom Dancing – Beginner or Intermediate
- Calligraphy – Beginning/Continuing
- Comedy Improv
- Creative Writing Workshop: Writing the Memoir
- Current Events Zoom
- Email Essential Skills
- Italian – Beginner I of Advanced Beginner I
- Knitting/Crochet
- Mindful Movement Chair Yoga
- Move, Tone and Stretch
- Quilted Block Party
- Tennis – Beginner
- Using Your Phone Wisely
- Wisdomkeeper: Age-ing to Sage-ing

## KEY STAFF CONTRIBUTORS

Melissa Abel,  
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**25<sup>th</sup> Anniversary Dinner**  
Tuesday, October 7th  
at 4:30 pm

**Celebrating the  
25<sup>th</sup> anniversary of the Amherst  
Center for Senior Services  
facility at 370 John James Audubon**

### Menu

Chicken Cordon Bleu with Gravy  
Steamed Vegetable Medley  
Wild Rice

### Live Music

Jack Civileto & April Mazzone

### **RSVP by September 19th**

Reserve your seats at  
[MyActiveCenter.com](http://MyActiveCenter.com) or by calling (716) 636-3051

**Amherst Center for Senior  
Services has been proudly serving  
the community since 1962.**



# PROGRAMS — Happy Senior Center Month

## BACK TO SCHOOL BINGO

Tuesday, Sept. 2 at 2:00 pm

Bring a new item from the Dollar Store for the prize table.

## TELESTRATIONS

Wednesday, Sept. 3 at 1:00 pm

Telestrations is a party game that combines elements of the classic "Telephone" game with drawing. Players start with a secret word or phrase and draw a picture of it. Then, they pass their drawing to the next player, who has to guess what the drawing represents. Repeat this process until you end with your secret word.

## CUTTING THE CORD

Thursday, Sept. 4 at 2:00 pm

We will explore the latest alternatives to traditional cable TV, including streaming services, over-the-air broadcasts, and internet-based options. This program will break down the media landscape to help viewers make informed choices about how to watch TV in 2025.

## SCATTERGORIES

Thursday, Sept. 4 at 6:00 pm

Join us for this creative-thinking category-based party game.

## LAWN GAMES

Friday, Sept. 5 at 10:30 am

Come play lawn games on the lawn at the Senior Center. Enjoy a round of Corn Hole, Bocce Ball, and/or Badminton.

## BILLS KICK OFF PARTY

Friday, Sept. 5 at 12:00 pm

Prizes awarded for the Center's #1 Bills Fan.

Make your reservations for lunch.



## VIRTUAL REALITY

Tuesday, Sept. 9 & Friday, Sept. 19 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 dive into a new digital world. There are two dates this month, please sign up for only one of the two sessions.

## BREAKFAST IN WALTON WOODS

Tuesday, Sept. 9 at 9:30 am.

Enjoy a bacon, egg and cheese croissant, OJ and a sweet treat by the pond with friends. Fee is \$4.00. Please bring a chair. RSVP by 9/5. No refunds after.

## MARY KAY COSMETICS

Tuesday, Sept. 9 at 6:00 pm

Learn about the importance of skin care as we age.

*Presented by Marcie McDougal-Domroes, Independent Beauty Consultant, Mary Kay.*

## BATTLE OF THE DONUTS - It's Back!

Wednesday, Sept. 10 at 9:30 am

Who has better donuts? Paula's Donuts or Donut Kraze? We will sample a Boston cream and honey dip from each. Fee is \$4.00.

## COOKING WITH JEN

Thursday, Sept. 11 at 11:00 am

Apple Puff Pastry Doughnuts. Fee is \$5.00.

Please bring a cookie sheet. Payment by 9/10, no refunds after.



Friday, Oct. 10 at 11:00 am. Chocolate Swirl Banana Bread.

Please bring a 9x5 loaf pan. Fee is \$6.00 Payment by 10/8, no refunds after.

Reservations for both classes begin 9/2. Due to popular demand, you may only register for one.

## RETRO VIDEO GAME NIGHT

Thursday, Sept. 11 at 5:00 – 7:00 pm

Step back in time and experience the golden age of gaming at Retro Game Night. Enjoy a variety of classic games from every decade, with multiple consoles available to play classic titles. Whether you're revisiting old favorites or discovering new ones, there's something for everyone to enjoy.

## TECH SUPPORT

Friday, Sept. 12 at 12:00 pm

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.



## PING PONG

Mondays 1:00 – 4:00 pm (No Ping Pong on 9/1)

Tuesdays 2:30 – 6:00 pm

(9/16 Ping Pong from 2:30 – 4:30 pm)

Fridays 1:00 – 4:00 pm

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**

# PROGRAMS — Happy Senior Center Month

## PICNIC AT VETERANS CANAL PARK

Thursday, Sept. 18 from 11:00 am – 2:00 pm  
Enjoy outdoor games and socialization, Nature Walk at 11:30am, FREE hotdog lunch served 12:00 – 1:00 pm.  
Entertainment by Hastings Duo. Bring your lawn chair. RSVP by Sept. 16. *Sponsored by Senior Radio Buffalo.*

## THE BARBIE BUNGIE @ HARLEM ROAD COMMUNITY CENTER

Wednesday, Sept. 17 at 2:00 pm - Harlem Rd Room 2  
Put your science and math skills to the test with The Barbie Bungie Jump! In this egg-drop competition, you'll design and build a bungee system to protect a Barbie doll as it makes its daring descent. Join us for a fun and educational challenge where creativity meets physics.

## WINDOWS 10 ENDING, WHAT'S NEXT?

Wednesday, Sept. 24 at 1:00 pm  
We will examine the upcoming end of support for Windows 10, exploring why it's happening and what it means for your digital security. This program will guide viewers through upgrade options, internet safety concerns, and how to make the best decision for staying connected and protected.

## WII GAMES

Wednesday, Sept. 24 at 2:30 pm  
Come play a variety of different Wii Sports video games, where you perform the actual motions of the sport.

## OPEN CARDS

Thursday, Sept. 25 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.

## PIZZA AND GAME NIGHT

Thursday, Sept. 25 at 5:00 pm  
5:00 pm Pizza and Salad from John and Mary's  
6:00 pm America Says  
Fee is \$7.00. RSVP by 9/23. No refunds after.

## TASTE OF THE CENTER

Friday, Sept. 26 at 1:00 pm  
Have you ever been told you make the BEST ... ? Make your BEST dish or dessert and let the members decide whose is BEST. Cooks should sign up with Jennifer at [jbono@amherst.ny.us](mailto:jbono@amherst.ny.us).

## SPEED MEETING

Tuesday, Sept. 30 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.

## FIELD TRIPS

### DISC GOLF at LINCOLN PARK

Friday, Sept. 19 at 10:30 am  
Meet at Lincoln Park, located at 299 Decatur Rd., Tonawanda, NY 14223. Disc golf follows the same rules as golf, except you use a Frisbee. Frisbee's will be provided for you. 9-hole course. Fun for all abilities and easy to learn for anyone who has never played.

### BIKE RIDE at CLARENCE PARKWAYS

Friday, Sept. 26 at 10:30 am  
Meet at the Parking lot at 9200 Wehrle Dr., Clarence, NY 14031 for a leisurely 10 mile bike ride. Bring a bike, helmet, water, and a bagged lunch for a picnic after.

## MOVIES AT THE CENTER

*(Movies are selected by recommendations and availability)*

### MONDAYS at 1:00 PM

Sept. 8 Karate Kid: Legends PG-13 94 minutes  
Sept. 15 The Thursday Murder Club PG-13 118 minutes  
Sept. 22 Deep Cover Rated R 110 minutes  
Sept. 29 The Life of Chuck Rated R 110 minutes

### TUESDAYS at 5:30 PM

Sept. 2 My Oxford Year PG-13  
Sept. 9 Karate Kid: Legends PG-13 94 minutes  
Sept. 16 The Thursday Murder Club PG-13 118 minutes  
Sept. 23 Deep Cover Rated R 110 minutes  
Sept. 30 The Life of Chuck Rated R 110 minutes

### THURSDAYS at 4:00 PM

Sept. 4 Death of a Unicorn 107 minutes (suspense)  
Sept. 11 9/11 I Was There 96 minutes

### FRIDAY MOVIES 1:00 PM

Sept. 5 Indian Summer PG-13 97 minutes (feel good))  
Sept. 12 The Roses R 121 minutes (comedy)  
Sept. 19 The Greatest Showman 115 minutes  
Sept. 26 Les Visiteurs (Foreign Film)  
Les Visiteurs is the highest grossing comedy in French cinema history



# PROGRAMS — Happy Senior Center Month

## FINANCIAL

### **FINDING YOUR WAY THROUGH THE MEDICARE MAZE**

Thursday, Sept. 11 at 6:00 pm

What kind of plans might work best for me? Learn more about your options in this presentation. Presented by Paul Reidenouer from Medicare Advisors

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### **MEDICARE 101: UNDERSTANDING YOUR OPTIONS**

Tuesday, Sept. 23 at 10:30 am

Medicare is Confusing! What are Parts A, B, C & D? When do I have to enroll? What will I pay? What is a Medicare Advantage Plan? What is a Medicare Supplement Plan? What about late enrollment penalties, Extra Help, EPIC or Medicare Savings Programs? This class will help people understand how the federal Medicare program works and provide a general overview of the variety Medicare insurance options available to beneficiaries. *Jason Myers is the owner of JBM Health & Wealth Consulting, LLC.*

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## HEALTH

### **WALKERS UNITE FOR WELLNESS**

Tuesdays, Sept. 2, 9, and 16 at 10:00 am

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.

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### **NATURE WALKS**

Every Wednesday from 9:30 – 11:00 am

Learn all the beauty that Walton Woods has with naturalist Carol Rogers.

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### **PAIN MANAGEMENT**

Thursday, Sept. 4 at 10:00 am

Are you dealing with chronic pain, and find that nothing has helped relieve your symptoms? Whether you’re suffering from diabetic neuropathy, low back pain, or those insufferable “pins and needles,” come join some pain experts as they discuss options surrounding non-medicated pain management, and learn more how we can help you. Light refreshments provided! *Presented by Buffalo Spine and Sport*

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### **MEDITATION AND HEALING**

Thursday, Sept. 4 at 1:00 pm

Relieve stress and improve your health. Would you like to feel calmer and more relaxed? *Presented by Anne Egan, instructor & practitioner of Open Heart Meditation and Secrets of Natural Walking with the Natural Way of Living*

## **PARTNER PROGRAMS**

### **SILVER PRIDE TEA**

Friday, Sept. 5 at 10:00 am

This is an opportunity for LGBTQAI and their allies to spend time together enjoying refreshments and conversation.

*Hosted by the Pride Center of WNY.*

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### **BISTRO BOOKERS**

Tuesday, Sept. 16 at 4:00 pm

"Emerald Thread" by Tim Bohan and reviewed by the author.

*Emerald Thread* tells the story of the Irish in Buffalo, beginning with some of the poorest, most wretched immigrants to wash up on American shores. Despite fierce bigotry from Buffalo’s Protestant establishment, they continued emigrating from Ireland to make Western New York their home. Within a few generations, these hardworking, determined immigrants, many of whom settled in the Canal District, First Ward, and South Buffalo, transformed the city and staked their claim to the American Dream.

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### **BALANCE AND MEMORY CHECK-UP**

Thursday, Sept. 18 from 9:00 am– 1:00 pm

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

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### **MANAGING MONEY: A CAREGIVER’S GUIDE TO FINANCES**

Tuesday, Sept. 30 at 1:00 pm

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. *Presented by the Alzheimer’s Association.*

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

**Aetna** Ella at 374-5940

Monday September 8 from 10:00 am – 12:00 pm

Wednesday September 24 from 10:00 am – 12:00pm

**Clarity Group – Medicare Plan Center** Lisa at 716-864-4886

Tuesday September 9 10:00 am – 12:00 pm

Monday September 29 2:00 pm – 4:00 pm

**KDM Wealth Consultants** Tiffany at 716-697-3622

Thursday, September 18 1:00 pm – 4:00 pm



# AT NORTHWEST AMHERST COMMUNITY CENTER



**Northwest Amherst Community Center**  
220 Northpointe Parkway, Amherst 14228

## CARDS - SWOOP

Monday, Sept. 8 at 10:00 am

Join us for an exciting afternoon of Swoop, a fast-paced card game that keeps everyone on their toes! In this game, players will strategically play cards from their hand and from face-up piles, aiming to outwit their opponents.

## CIRCUIT FITNESS CLASS

Monday, Sept. 8 and 22 at 6:00 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.

## KINSHIP SUPPORT GROUP

Wednesday, Sept. 10 at 11:00 am

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

## PICKLEBALL

Monday, Sept. 8, 15, 22, 29

9:00-11:00 am (Intermediate)

11:00am-1:00 pm (Beginner)

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

Tuesday, Sept. 2, 9, 16, 23, 30

8:45-10:15 am (All Levels)



**Want to  
teach a class?**

The Amherst Center for Senior Services hires the finest individuals to teach our classes. If you have a special skill or talent that you want to share, consider joining our team! Please contact our Class Coordinator, Cindy Weiss, at [cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us) with your course proposal and if you are interested in teaching a day or evening class.

## DIY CRAFT

Monday, Sept. 15 at 10:00 am

Hand embroidered thank you card to celebrate National Thank you Day. Fee is \$2.00.

## BINGO

Monday, Sept. 15 at 6:00 pm

Please bring an item from the Dollar Store for the prize table.

## COOKING WITH JEN

Monday, Sept. 22 at 10:00 am

We will make yogurt bark. Please bring a large cookie sheet and a kitchen knife. Fee is \$5.00.

## TAKE APART DAY

Monday, Sept. 29 at 10:00 am

Ever wondered what's inside the gadgets you use every day? You'll get the chance to open up various devices and explore their inner workings. It's a hands-on way to satisfy your curiosity and learn about technology from the inside out!

## COPY CAT TALK & TASTE

Monday, Sept. 29 at 6:00 pm

Enjoy a slice of Cheesecake Factory Original Cheesecake!

## 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

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**

# VOLUNTEERING & CLUBS

## SERVICE HOURS

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

## BAKERS RACK

Thursday, Sept. 11 at 9:00 am.

Fresh baked goods available until sold out!

## BIBLICAL HEBREW GRAMMAR CLUB

Resumes meeting on Sept. 2 from 6:00-7:30 pm. Held on 1st and 3rd Tuesdays.

## BOOK CLUB

Monday, Sept. 22 at 1:00 pm.

The Four Winds by Kristen Hannah.

Zoom participants must register 24 hours in advance to receive the automated link. Comprehensive book selection lists can be found at the Senior Center on the racks across from the Fitness Room.

## DRUMMING CIRCLE CLUB — NEW CLUB

Begins on Sept. 5 at 9:30 am on Fridays! Group drumming strategy for enhancing ones overall health and wellness. Drumming experience isn't required.

## HOT DOG SALE

Wednesday, Sept. 10 at 11:00 am

Enjoy a grilled treat with us! \$1.50 per hot dog.



## CLUB MEMBERS—Please Be Sure to Sign In!

You must register on [myactivecenter.com](http://myactivecenter.com) prior to attending your meeting.

Swiping in at the kiosk is not registering.

## READERS THEATRE CLUB

Friday, Sept. 26 at 11:00 am

Join us for this performance. Several exciting developments are underway. Please join them as their upcoming meeting! This club welcomes new participants and meets on Mondays at 1:00 pm.

## NEW CLUB INTEREST?

We're always looking for opportunities to create new clubs based on member interest. To start a new club, we need **at least 10 members** who are committed to attending regular meetings. If you have a club idea and know at least 10 members who would like to join, please either: Drop your suggestion in the **Suggestion Box** in the main lobby, or email Joe at [jweisansal@amherst.ny.us](mailto:jweisansal@amherst.ny.us).

## LOGGING VOLUNTEER HOURS

**Attention Club Leaders!** Are you logging volunteer hours? As Club Leaders you are crucial part of why the Senior Center is able to offer so many programs. Please make sure to log your volunteer hours at the Check-In Kiosk. Take credit for your time and effort you contribute towards keeping your club running smoothly!

# OPEN PICKLEBALL

## OPEN PICKLEBALL

Tuesday, Sept. 2, 9, 23, 30: 2:00-3:45 pm, 3:45-5:30 pm, 5:30-7:15 pm (1 court)

Wednesday, Sept. 3, 17: 12:00-2:00 pm or 2:00-4:00 pm

Wednesday, Sept. 10: 12:00-2:00 pm (Women) or 2:00-4:00 pm (Men)

Wednesday, Sept. 24: 12:00-2:00 pm (Men) or 2:00-4:00 pm (Women)

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

Friday, Sept. 5: 12:00-2:00 pm (Intermediate) or 2:00-4:00 pm (Beginner)

Friday, Sept. 12: 12:00-2:00 pm or 2:00-4:00 pm

Friday, Sept. 26: 12:00-2:00 or 2:00-4:00 pm (1 court)

Friday, Sept. 19: 12:00-2:00 pm (Beginner) or 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

**For Open Play Pickleball at the Northwest Amherst Community Center, see page 9.**

You must bring your own paddle

# CLUBS

If you are interested in more information or joining a Club, please register and go to the next meeting to speak with the leader. For a description of clubs, go to [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com) or pick up a brochure at the Center.

<b>Am-Center Photography Club</b> 2nd and 4th Tuesday, 1:00-3:00pm	<b>Dinner Club</b> See Club Info across from Fitness Room	<b>Pool Club</b> Tuesdays, 2:00-5:00pm
<b>Amherst Men's Senior Softball League</b> Games Fridays, 10:30/11:30 am Seasonal	<b>Dominos Club</b> Wednesdays, 12:30-4:00pm	<b>Quilting Club</b> 1st & 3rd Mondays, 1:00-3:30pm
<b>Amherst Senior Singers</b> Wednesdays, 1:00-3:00pm	<b>Drumming Circle - NEW CLUB</b> Fridays, 9:30 am—10:30 am	<b>Reader's Theater Club</b> Mondays, 1:00pm
<b>Art Club</b> Mondays, 1:00-3:30pm	<b>Duplicate Bridge Club (Monday)</b> Mondays, 12:30-4:00pm	<b>Reading Poetry Aloud Club</b> Wednesdays, 9:00-10:00am
<b>Backgammon Club</b> Thursdays, 12:30pm	<b>Duplicate Bridge Club (Friday)</b> Fridays, 12:30-4:00pm	<b>Rocky Blues Band</b> Fridays, 12:30pm
<b>Biblical Hebrew Grammar Club</b> First and third Tuesdays, 6:00 pm	<b>Euchre Club</b> Tuesdays, 1:00pm	<b>Rummikub Club</b> Fridays, 1:00-4:00pm
<b>Bike Club</b> Wednesdays, 9:30-11:30am Seasonal	<b>French Club</b> 2nd & 4th Mondays, 12:30-2:00pm	<b>Scrabble Club</b> Tuesdays, 10:00am-12:30pm
<b>Board Game Club-Afternoons</b> Wednesdays & Thursdays, 12:30-3:30pm	<b>Hand &amp; Foot Club</b> Thursdays, 3:30-5:00pm	<b>Pinochle Club (Wednesday)</b> Wednesdays, 12:45-4:00pm
<b>Board Game Club— Evenings</b> Thursday, 6:30-10:00pm @ Northtown Ctr.	<b>Indian Senior Citizens Club</b> 2nd Thursday, 4:30pm	<b>Pinochle Club (Monday)</b> Mondays, 12:45-4:00pm
<b>Book Club</b> 4th Monday, 1:00pm	<b>Genealogy Club</b> 1st Tuesday, 10:30am-12:00pm	<b>Spanish Club on ZOOM</b> Thursdays, 1:30pm
<b>Bridge Club</b> Tuesdays, 2:00-4:00pm	<b>Karaoke Club</b> Thursday, Sept. 18 at 1:00 pm	<b>Speaking Italian Language Club</b> Fridays, 1:00-2:30pm
<b>Canasta Club</b> Thursdays, 1:00-4:00pm	<b>Knitting Club (non-instructional)</b> Tuesdays, 9:30-11:30am	<b>Stained Glass Club</b> Thursdays, 9:00am-12:00pm
<b>Chess Club</b> Tuesdays, 12:15-4:00pm	<b>Mah Jongg Beginner Club</b> Fridays, 9:30am-12:00pm	<b>Tai Chi Club</b> Wednesdays & Fridays, 1:30-2:30pm
<b>Community Service Sewing Projects Club</b> Mondays, 8:30-11:00am	<b>Mah Jongg Club</b> Tuesday, 1:00-3:30pm	<b>Tuesday Afternoon Music Club</b> Tuesdays, 1:00pm
<b>Craft Club at NWACC</b> Tuesdays Sept. 16 & Sept. 23 10:00 am-12:00pm	<b>Men's Golf</b> See Club Info across from Fitness Room	<b>Upholstery Club</b> Wednesdays, 9:00am-12:00pm
<b>Creative Writers Club</b> 1st & 3rd Mondays, 10:00am –12:00pm	<b>News &amp; Views Zoom Club</b> Fridays, 10:00-11:30am	<b>Wood Carving Club</b> Tuesdays, 9:00-12:00pm

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**

# RESOURCES

## Social Work Services are Here for You!

Your needs are important to us and we want to assure you that we are still committed to working diligently to provide information and referrals for programs and services. Social Workers are available to meet for office visits by appointment only, by phone, or virtual appointments. Please call the Social Work office at 716-636-3055 ext. 3165 for Vijaya, or John at ext. 3129

### Caregivers Group

Wednesday, Sept. 17 at 1:00 pm  
Caregiving can be overwhelming and we are here to offer support.

### Loss & Grief Group

A new 6-week session starts Thursday, Sept. 11 at 10:30 am. We discuss coping strategies, healing techniques, and stages of loss and grief.

### Men's Support Group

Tuesdays, Sept. 2 & 16 at 10:30 am  
"Getting to know us: A man's perspective" Talk about issues that are specific to men.

### Parkinson's Group:

Thursday, Sept. 25 at 2:00 pm  
If you or a loved one have received a diagnosis of Parkinson's disease, you may wonder what to expect. Join us and feel more in control.

### Veteran's Coffee Group

Monday, Sept. 8 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, Sept. 9 at 10:30 am  
Tuesday, Sept. 16 at 6:00 pm  
If you are facing a stressful life change due to losing your spouse, you don't have to go through it alone.

### Women's Support Group

Wednesday, Sept. 3 at 10:30am

**Kinship Group:** See meetings at Northwest Community Center on page 9



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

## SENIOR OUTREACH SERVICES (SOS) 636-3070

In partnership with Erie County Department of Senior Services, the Center has an in-house senior outreach program. Trained staff are available to provide assessments for home and community-based services, such as Meals on Wheels, Home Care, Adult Day Care, and Personal Emergency Response Buttons. Financial assistance may be available to help with the cost of services. Call Senior Outreach Services.

### ACCESSIBLE PARKING TAG

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

### FRIENDS HELPING FRIENDS SHORT-TERM FOOD ASSISTANCE

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

### 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.

### The Supplemental Nutrition Assistance Program (SNAP)

Monthly benefits can be used to purchase food at authorized retail food stores. If you are eligible, an Electronic Benefit Transfer (EBT) account is set up for you, and every month your benefits will be deposited into your account. To see if you are eligible, please contact the Senior Outreach Services.

### 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.

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!





## Information Tables at the Senior Center:

**MEDTRONICS** – Learn about a new procedure to lower blood pressure

Wednesday, Sept. 3 11:00am – 1:00pm

**GREENFIELDS OF LANCASTER**

Thursday, Sept. 11 from 11:00am – 12:00pm

**SENIOR HELPERS**

Friday, Sept. 12

11:00am – 1:00pm

**EPIC**

Tuesday, Sept. 16

11:00am – 1:00pm

**ASK THE REALTOR**

Wednesday, Sept. 17 at 11:00 am

Ann Kader, WNY Metro Roberts Realty



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

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**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](http://www.beechwoodcare.org)

**AMHERST CENTER FOR SENIOR SERVICES**



**DID YOU KNOW?**



We send out a weekly e-blast!

That's right, each week, we email members updates about programs, classes, special events, and more happening at the Center.

If you're not receiving these emails, simply send a message to [dwilber@amherst.ny.us](mailto:dwilber@amherst.ny.us) and ask to be added to the list!

Also, please make sure we have your current emailing address in your MyActiveCenter profile.



**Town of Amherst  
Center for  
Senior Services**



**14,000 + members,  
50 and older**



**Ads run in print and online**



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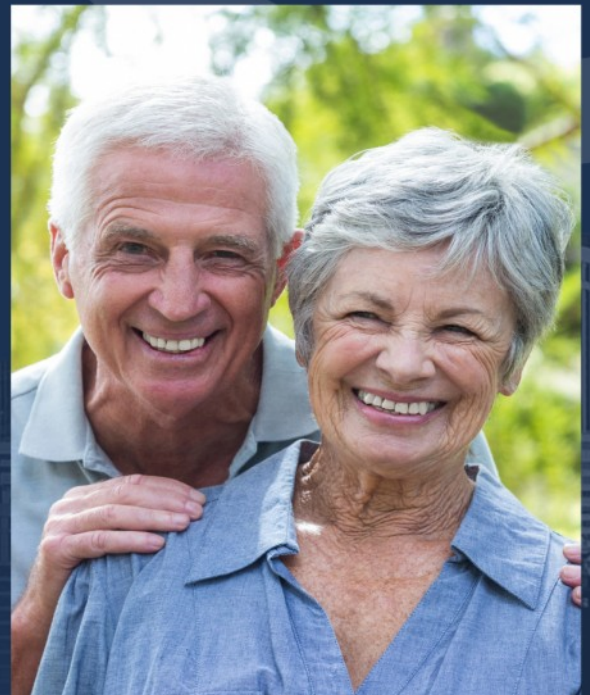


**Ads can be created at  
no additional charge**

Contact Darlene Wilber at: [dwilber@amherst.ny.us](mailto:dwilber@amherst.ny.us)

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

**Advertise in our  
monthly newsletter**



**To advertise in this newsletter, contact Darlene Wilber, [dwilber@amherst.ny.us](mailto:dwilber@amherst.ny.us)**

# SEPTEMBER NUTRITION

The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. The Erie County Nutrition Program is open to anyone 60 years of age or older at a suggested contribution of \$3.50. Guests under 60 are welcome for \$5.50.

## FROZEN MEAL PROGRAM

For information, See Page 4

- **Lunch** is served **Monday-Friday, 12:00-1:00pm**
- **Dinner** is served at **5:00pm on Tuesday evenings**
- **Meal registration begins the 3rd Tuesday of each month. See page 4 for instructions.**
- ***We are unable to accept walk-ins.***
- **If you are not able to attend lunch or dinner, please cancel your reservation.**
- **The menu is subject to change.**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1 <b>HAPPY LABOR DAY!</b> Center Closed	2 Hamburger on a bun Potato Wedges Italian Blend Veggies Diced Peaches  655/68	3 Breaded Chicken with Gravy Rice Pilaf Pacific Blend Veggies Wheat Dinner Roll Mandarin Oranges 802/99	4 Italian Sausage on a Roll Oven Baked Potato Key Largo Veggies Brownie  791/85	5 <b>BILLS PARTY!</b> Cheese Pizza & Chicken Wings Grape Juice Chef Salad with Dressing Assorted Ice Creams 1102/120
8 BBQ Pulled Chicken on a Kaiser Roll Oven Brownd Potato Prince William Veggies Mini Chocolate Chip Cookies 586/84	9 Sweet & Sour Chicken White Rice Asian Blend Veggies White Dinner Roll Graham Cookie  632/89	10 Sloppy Joe on a Bun Tater Tots German Blend Veggies Apricots  774/86	11 Polish Sausage on a Roll Rice with Mushrooms Steamed Buttered Peas Oatmeal Cookie  777/87	12 Stuffed Pepper Mashed Potatoes California Blend Veggies Italian Bread Fudge Hand Pie  746/108
15 Omelet Potato Wedges Baked Apples Assorted Fruit Muffin Fresh Fruit 710/87	16 Meatloaf with Gravy Mashed Potatoes Green Beans/Carrots Sweet Dinner Roll Tropical Fruit Cup 752/78	17 <b>HISPANIC HERITAGE</b> Chicken Enchiladas Spanish Rice Fiesta Corn Tres Leches Cake  826/109	18 Chicken Leg Garden Rice Key Largo Veggies White Dinner Roll Frosted Cup Cake 529/69	19 Cheddar Mac & Cheese Stewed Tomatoes California Blend Veggies Multi-Grain Bread Oreo Cookie 706/106
22 Spaghetti & Meatballs Marinara Steamed Broccoli Grape Juice Italian Bread Chocolate Chip Cookie 725/80	23 Hot Dog on a Bun Buttered Corn Green Beans Medley Veggies Vanilla Cream Cookie  741/86	24 <b>ROSH HASHANAH</b> Roast Beef with Gravy Mashed Potatoes California Blend Veggies Dinner Roll Frosted Cake  731/87	25 Grilled Marinated Chicken Rice Pilaf Carrot Medley Veggies Wheat Bread Fresh Fruit 800/105	26 Salisbury Steak with Mushroom Gravy Mashed Potatoes German Blend Veggies Multigrain Bread Fruit Cup 689/100
29 Polish Sausage on Roll Buttered Noodles Prince William Veggies Diced Pears  861/92	30 Chicken Stew White Rice Bean Medley Veggies Wheat Dinner Roll Graham Cookie 570/85		<b>Estimated calories/ carbohydrates are listed below each lunch.</b>	

## TUESDAY DINNERS - Dinner Served at 5:00pm

Sept. 2: Philly Cheese Steak on a Roll, Veggie Medley, Oven Roasted Potatoes, Cookie  
 Sept. 9: Swedish Meatballs, Garlic Mashed Potatoes, California Blend Veggies, Dinner Roll, Fresh Fruit  
 Sept. 16: Chili Con Carne, 1/2 Grilled Cheese, Broccoli, Juice, Fruit Cup  
 Sept. 23: Chicken Fajitas, Roasted Corn, Refried Beans, Mandarin Oranges  
 Sept. 30: Italian Sausage Marinara, Pasta, Broccoli, Garlic Bread, Cookie

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**





## AMHERST CENTER FOR SENIOR SERVICES

### 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.