

TOWN OF AMHERST



SENIOR CONNECTIONS

FOR ACTIVE ADULTS AGES 50+

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

November-December 2026



Members enjoying one of our holiday lunches during December 2025. To learn about this year's holiday lunches, view pages 36 and 37 of this Guide.

We look forward to celebrating with you!

HAPPY
Holidays!

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Amherst Center for Senior Services

370 John James Audubon Pkwy., Amherst, NY 14228

amherstcenterforseniorservices.com

ABOUT US

DIRECTOR'S NOTE

While November is a busy month with Election Day, Veterans Day, and Thanksgiving, it is also a month full of opportunity to reflect, give thanks, and express gratitude. Thank you to all of our Veterans for serving our Country and protecting our freedom. Please join us as we honor our Veterans at lunch on November 10th. Thank you to *Heathwood Assisted Living and Memory Care* for their sponsorship of both Veterans Day and Thanksgiving Day.

As we head into the December festive season, we have plenty of activities planned to bring holiday cheer, including our annual Holiday Happening event scheduled for December 18th. This event is open to the public and this year's sponsor is *Community Bank*. This is also the season of giving, and we have a variety of opportunities to give to those in the community, including our Love a Veteran collection drive, School 30 Giving Tree, and Senior Angels Tree. Further information can be found on page 30. These two months are filled with classes, programs, and delicious meals to keep you busy and your stomach full.

We are grateful to you all for your participation and contributions to the Center and to our community. Wishing everyone a wonderful holiday season filled with warmth, joy, family, and friends!

Warmly,

Melissa

Melissa Abel, Director

THE CENTER

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

- **Art Gallery** - Sponsored by *Asbury Pointe*
- **Billiard Room** - Support from *Williamsville Rotary Foundation*
- **Boxing Room** - Funded by *NYS Office of the Aging grant secured by Assemblymember Karen McMahon*
- **Dance Room** - Sponsored by *Excellus Blue Cross Blue Shield*
- **Music Room** - Sponsored by *Susan Grelick in honor of her parents*
- **Nutrition Room** - Sponsored by *Highmark Blue Cross Blue Shield*
- **Reading Room** - Support from *Williamsville Rotary Foundation*
- **Wellness Center** - Sponsored by *Kalieida Health*

A Fitness Room with equipment is also available during normal business hours.

An accessible, private bathroom is located by Room 2.

HOURS OF OPERATION

Mondays 9:00 am -7:00 pm

Tuesdays & Thursdays: 9:00 am-7:30 pm

Wednesdays & Fridays: 9:00 am to 4:00 pm

(Doors open at 8:45 am)

Holidays and weather may impact this schedule.

****The Center will close at 3:30 pm, on**

November 25, December 24 and December 31.**

The Center will be CLOSED November 11 in observance of Veterans Day, November 26 and 27 in observance of Thanksgiving, December 25 in observance of Christmas and January 1 in observance of New Year's.

Happy Holidays, everyone!

KEY STAFF CONTRIBUTORS

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Amherst Center for Senior Services CANCELLATION INFORMATION 2026-27

The safety and well-being of our members and guests are our top priority. The following information is for your reference.

WEATHER/STORM CANCELLATIONS

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

If you want to know if your classes or activities are cancelled due to bad weather, please watch "WEATHER CLOSINGS" announcements on

TV STATIONS

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

MEMBERSHIP INFORMATION

MEMBERSHIP QUALIFICATIONS & FEES

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

Amherst Residents—Lifetime Membership

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

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

Non-Resident—Annual Renewal

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

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

WAYS TO JOIN THE CENTER:

1. Complete an application online: Visit

AmherstCenterforSeniorServices.com/membership-plans

(Please Allow 48 hours for processing your application)

Once your application is approved, you'll receive an email or phone call from us. To receive your member tag, you'll need to visit the Center.

2. Visit the Center's Reception Desk

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

POLICIES

Code of Conduct

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

Animals

We love animals, but please remember that only service dogs are allowed at the Senior Center. We kindly ask that you leave pets at home to ensure a safe and comfortable environment for everyone.

Member Keytag Sign In Requirement

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

Registration Required

You must register for any classes, clubs, programs, lunches/dinners you want to participate in. For Ways to Register, see page 4. ***If you register and can't make it, please call us to cancel so we may offer your spot to another member.**

Please Note: Times and locations for all Center activities are Subject to Change with little notice.

IMPORTANT PHONE NUMBERS

Main Line: 716-636-3050

This is an automated line where you choose an option:

Press

1. Amherst Senior Transportation
2. Reservations for Classes, Lunch/Dinner, Programs
3. Social Work appointments and Accessible Tags
4. Senior Support Network
5. Amherst Meals on Wheels
6. Reception

Direct Lines:

Register for Classes, Clubs, Meals, Open Pickleball, Programs, and Support Groups: 716-636-3051

Amherst Meals on Wheels: 716-636-3065

Amherst Senior Transportation: 716-636-3075

PARKING: COMBAT WOUNDED VETERANS

Two parking spots are Reserved for Combat Wounded Veterans in our lot. 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.

MEMBER COMMUNICATIONS

EMAIL— We email weekly messages to members.

Please make sure we have your email on file

so you can receive these communications. You

can add your email to our list on our website,

amherstcenterforseniorservices.com (Sign Up button is in Footer) or notify our Reception Desk.

ROBO CALLS: Stay informed with our automated Robo Call system! When you register for an activity, you'll receive a Robo Call if that activity is cancelled, provided we have a current phone number on file for you. We may also use Robo Calls to share important updates, such as Center closures due to emergencies or severe weather. **Please make sure we have your current phone number on file so you don't miss an important call!**

SOCIAL MEDIA—FACEBOOK & INSTAGRAM

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

Facebook: facebook.com/amherstnyseniorcenter

Instagram: instagram.com/amherstseniorcenter

FIRE DRILLS

Your safety is our top priority. If the fire alarm sounds in the Senior Center, please exit the building immediately. Staff will be available to guide you to the appropriate exits.

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

REGISTRATION INFORMATION

REGISTRATION

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

CAN'T MAKE IT? CALL TO CANCEL

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

Class registration starts Wednesday, October 14 at 8:30 am

- Registration for Amherst residents begins at 8:30 am
- Non-resident members registration begins at 11:00 am
- **MAIL OR DROP-OFF** Registration forms must be submitted **BEFORE OCTOBER 14**. Include a check payable to the Amherst Center for Senior Services.
- **WALK-IN** Registration will be accepted starting Thursday, October 15.

Lunch/Dinner, Programs & Pickleball Registration starts Thursday, October 15 at 8:30 am

FOUR WAYS TO REGISTER

1. **ONLINE:** MyActiveCenter.com (The fastest way) You must be a member and have an account setup at MyActiveCenter.com. Don't have a MyActiveCenter Account? See instructions in the next column to learn how to set up one. Mastercard, VISA, Discover, or American Express accepted for payments.
2. **TELEPHONE:** Call (716) 636-3051 to register by credit card
3. **WALK-IN: (FOR CLASSES ONLY)** Please bring exact payment by credit card, cash or check. Begins, Thursday, October 15.
4. **MAIL OR DROP OFF: (FOR CLASSES ONLY)** A Class Registration Form is available on page 39. Complete a separate class registration form for EACH person. Additional forms are available at our Reception Desk. Submit a completed form for each person along with a check payable to the Amherst Center for Senior Services **BEFORE** October 14.

Please Note: New member applications (completed online or in-person) won't be processed before 2:00 pm on October 14.

CREATING AN ACCOUNT IN MYACTIVECENTER

Go to MyActiveCenter.com. 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 us at 716-636-3051 for assistance.

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

1. Sign in to MyActiveCenter.com

- The Search Box and Filters are on the left side
- Once you have found the Class, Club, Meal, Pickleball, Program, or Support Group that you wish to register for, click on the name. This will open a more detailed view of the activity. Listed below will be the Upcoming Events schedule.
- For classes with two sessions, each session is listed separately and requires separate registration.

2. To Register

- Click on **Add to Cart** button
- A small box will appear to inform you 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, Program, Meal, or Support Group, click **Register** for selected items.

WAITLIST

If an activity is full, you can join the waitlist.

- **Registering by mail, phone, or in person?** You will automatically be placed on the waitlist if the activity is full.
- **Registering through MyActiveCenter?** If you see an activity is full, click on the "Add to Waitlist" button. If a spot becomes available, staff will call you to confirm your interest and collect payment.

CLASSES INFORMATION

ATTENDING CLASSES

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

REFUNDS

Registration can be busy which may make some rush to get into the classes before they fill up. We have a short grace period to accommodate for changes. During the first two business days of registration October 14 & 15 —you may make changes to your selections at no additional cost. After that, all changes are subject to the standard refund policy.

- Refund requests must be submitted **at least five business days** before the scheduled class start date.
- Approved refunds or transfers will be issued as the class cost **minus a \$5 processing fee per class**.
- Refunds will be credited to your Senior Center account within **72 hours of approval**.
- **If the Center Cancels a Class Due To Low Enrollment:** Participants will be notified by phone or email 1–2 business days before the start date. A full refund will be issued. Refund checks or account credits may take up to 30 days to process. **Unforeseen Circumstances:** Every effort will be made to reschedule the class. If rescheduling is not possible and two or more classes are canceled, a credit will be issued to your Senior Center account.

FEE WAIVERS

Reduced fees for some courses are available for Amherst resident members who are verified eligible. See page 32.

COURSE CANCELLATIONS

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

- **Minimum Participation:** All courses are based on a minimum and maximum number of participants. If a course doesn't meet the minimum quota, it will be cancelled for that session. Register on time in order to prevent cancellations.
- **Instructor Cancels:** If you are registered for a class and the instructor cancels a session, we will contact you as soon as possible via an automated call. When possible, cancelled classes will be made up by extending the course.
- **Inclement Weather:** See page 2 for weather-related cancellations.

CAN'T MAKE IT? CALL TO CANCEL

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

SAMPLE A CLASS

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

ZOOM CLASS INFORMATION

New to Zoom? Getting started is easy!

1. **Install Zoom:** Visit zoom.us/download on your device. If you are using a computer, select Zoom Desktop Client.
2. **Watch for Your Class Link:** One hour before your class you will receive an email from Amherst Center for Senior Services. The subject line will read: "You have an upcoming Activity"
3. **Join the Class:**
 - Open the email no more than 15 minutes before the class begins.
 - Click the Click to Join button and follow the on-screen prompts.
 - A new screen will pop up with a blue JOIN MEETING button in the upper right corner. Click that button.
 - On the next screen you will **click on Join Via App or Web**.
 - You will then **click on Open Zoom Meeting**.
 - Then select Join with Computer Audio.
 - If you do not see yourself on the screen you may need to click Start Video.

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

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

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

QUESTIONS ABOUT CLASSES? CALL US! 716-636-3051

CLASSES: Auto/Arts/Music

AUTO

DEFENSIVE DRIVE CLASS-AARP SMART DRIVER

Wednesday, 11/18, or 12/9

9:00 am-4:00 pm

(Pay Instructor: \$25 for AARP Members/\$30 for non-AARP Members)

Reservations required by calling 716-636-3051

No need to wait until registration day. You can reserve your spot anytime during our normal business hours.

ARTS

CALLIGRAPHY-Flowers and Flourishes Parallel Pen

Friday, 11/6-11/20 (3x)

10:00 am-12:00 pm

Fee \$22

Create a garden of flowers with a calligraphy pen. Learn to draw beautiful lines and flourishes. These designs can be used to make or enhance other art projects. Imagines for holiday decorations will also be covered. No experience with calligraphy or other art techniques is necessary. For a list of supplies please text or call 716-468-9578.

Mary Jo LaClair, Instructor

HOLIDAY GREETING CARDS

Tuesday, 11/17 (1x)

1:30-3:30 pm

OR

Wednesday, 11/18 (1x)

1:30-3:30 pm

Fee \$7

In this workshop, we will make four holiday greeting cards, using various papers, die cuts, inks and stamps. Please bring double-sided adhesive and a small pair of scissors. All other supplies will be provided. **Due to popular demand, you may only register for one class!**

Margaret Watrous, Instructor

EASY CHRISTMAS ORIGAMI

Monday, 12/7 (1x)

1:00-2:00 pm

Fee \$5

Origami paper will be available, but if you have leftover pieces of Christmas paper or old calendar pages please bring them in. They work well in making paper stockings and small boxes.

Nancy Wise-Reed, Instructor

KNITTING/CROCHET

Thursday, 10/29-12/3 (5x) no class 11/26

9:30-11:30 am

Fee \$39

Learn basic stitches: new stitches and projects are introduced periodically. Work at your own pace on projects of your own choice. Each class has members at different skill levels. Please bring worsted-weight yarn and knitting needles (size 8 or 9) or crochet hook (size H or I) to the first class.

Mary Ann Belus, Instructor

WOODCARVING – All Levels

Thursday, 10/29-12/10 (6x) no class 11/26

2:00-4:00 pm

Fee \$40

In this class we will be carving a caricature Big Belly Bear. Find pictures of the projects along with information on tools and safety equipment needed at www.scuddeb.com.

Bill Scudder, Instructor

MUSIC

GUITAR LESSONS BEGINNER I

Wednesday, 11/4-12/16 (6x) no class 11/11

9:00-9:40 am

Fee \$45

Learn the guitar playing basics: tuning, notes, chords, and beginning to read music. You must bring your own guitar.

Greg Potter, Instructor

GUITAR LESSONS BEGINNER II

Wednesday, 11/4-12/16 (6x) no class 11/11

9:45-10:25 am

Fee \$45

PREREQUISITE: BEGINNER I. This class is a continuation of what you learned. We will practice chord shapes, musical notation and song arrangement. You must bring your own guitar.

Greg Potter, Instructor

****Note for both guitar lessons:** Short nails are necessary to play. There will be two (2) students per class. * **This class is NOT eligible for a fee waiver and NO refunds for missed lessons.**

PIANO LESSONS

Thursday, 10/29-12/10 (6x) no class 11/26

10:00 am – 1:00 pm

Fee \$140

Individual half-hour private lessons are offered. Lesson times will be assigned.

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

Percy Jones III, Instructor

UKULELE SING-A-LONG – Beginning Group Lessons

Monday, 10/19-11/30 (7x)

11:00-11:55 am

Fee \$32

Learn to play the Ukulele, read charts, TAB, melodies, and chords while singing songs and having a laugh or two. Ukuleles are provided for use during in-class time only. Short fingernails are best for playing stringed instruments. **No need to wait until registration day.**

You can call to reserve your spot at any time during our normal business hours.

Jennifer May, Instructor

UKULELE SING-A-LONG - Intermediate Group Lessons

Monday, 10/19-11/30 (7x)

12:00-12:55 pm

Fee \$32

At least one year of playing experience, comfortable playing songs with 2 chords, have tried to read TAB, and know a few strum patterns. We will be using Jim Beloff's yellow book and Essential Elements level 1 for Ukulele and handouts. (Extra books are available for use during class time). Short fingernails are best for playing string instruments.

No need to wait until registration day. You can call to reserve your spot at any time during our normal business hours.

Jennifer May, Instructor

UKULELE SING-A-LONG - Advanced Group Lessons

Monday, 10/19-11/30 (7x)

10:00-10:55 am

Fee \$32

For experienced players who are comfortable with songs that have more than 4 chords, fingerstyle, TAB, and chord melody. We will be using Jim Beloff's yellow and blue books and handouts. (Extra books are available to use during class time). Short fingernails are best for playing string instruments.

No need to wait until registration day. You can call to reserve your spot at any time during our normal business hours.

Jennifer May, Instructor

VOICE LESSONS

Friday, 10/30-12/11 (6x) no class 11/27

9:00 am-12:00 pm

Fee \$120

Individual 45-minute private lessons are available for you to improve your singing voice and share your love of singing. Space is limited.

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

Dale Suckow, Instructor

SOCIAL & CULTURE

BASIC ACTING TECHNIQUES

Monday, 10/26-11/16 (4x)

1:15-2:45 pm

Fee \$20

This basic acting course will include scene study, movement, use of props, listening skills and basic acting techniques. Although memorization is not necessary, class will be instructed on the many ways to aid in memorizing lines and the performance benefits of memorizing lines. This is a companion piece to the Acting for Fun and Profit (but rarely both) class.

Michael Kowal, Instructor

BRIDGE REVIEW BIDDING AND CARD PLAY

Monday, 11/16-12/14 (5x)

2:00-4:00 pm

Fee \$44

This 5-week session will continue to focus on discussing possible bidding sequences and card play strategies. Geared towards Advanced Beginners, who have completed Basic Bridge Part III.

Ruth Nawotniak, Instructor

COMEDY IMPROV

Wednesday, 10/28-12/16 (7x) no class 11/11

1:15-2:45 pm

Fee \$33

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

Mike Kowal, Instructor



Members playing the ukulele.

CLASSES:

Technology and Health & Fitness

TECHNOLOGY

IPHONES AND IPADS

Tuesday, 11/10-11/24 (3x)

1:00-3:00 pm

Fee \$38

Learn how to use your iPhone or iPad with ease! Our experienced instructor will guide you through the basics of using your device, including navigation, messaging and more. Bring your charged iPhone or iPad and your questions.

Nancy Wise-Reid, Instructor

ANDROIDS AND TABLETS

Tuesday, 12/1-12/15 (3x)

1:00-3:00 pm

Fee \$38

Learn how to use your Android Smartphone or tablet with ease. Our experienced instructor will guide you through the basics of using your device, including navigation, messaging and more. Bring your charged Android Smartphone or tablet and your questions.

Nancy Wise-Reid, Instructor

HEALTH & FITNESS

20/20/20

Monday, 11/9-12/21 (5x) no class 11/23, 11/30

11:30 am – 12:30 pm

Fee \$20

Thursday, 10/29-12/17 (6x) no class 11/26, 12/3

10:45-11:45 am

Fee \$24

Join us for 20 minutes of cardio, including some Zumba movements, 20 minutes of resistance, strength training/weights, and 20 minutes of stretching. Improve your tone, endurance and balance – with inspiration! Oh, don't forget, burn calories too!

Please bring hand weights and stretch bands to class.

Marilyn Ciavarella, Instructor

ARCHERY - Beginner

Wednesday, 11/4-12/16 (6x) no class 11/11

10:30-11:30 am

Fee \$28

Clearfield Community Center

Learn a new skill, shooting compound and recurve bows. Archery uses your full range of upper body muscles and keeps the mind sharp by working on focus. Learn basic archery skills, including safety, shooting form, and scoring. All equipment provided; personal equipment not allowed.

Angelo Lorenzo, Instructor

ARCHERY SHOOT – Advanced

Tuesday, 11/3-12/8 (6x)

10:30-11:30 am

Fee \$28

Clearfield Community Center

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

Angelo Lorenzo, Instructor

BALLET STRETCH

Monday, 11/9-12/14 (6x)

10:10-11:05 am

Fee \$24

Wednesday, 11/18-12/16 (5x)

10:10-11:05 am

Fee \$20

This class combines ballet and stretches for a low-impact, fat-burning workout. If you are bored with traditional aerobic exercise, join this fun class, which increases circulation, improves overall mobility, and is good for all levels. Wear comfortable clothing and ballet shoes or socks. Bring resistance bands and hand weights, if you have them.

Dawn Tarbox-Szerbiak, Instructor

BALLROOM DANCING - Beginner/Beginner Plus

Tuesday, 10/27-12/1 (6x)

1:15-2:15 pm

Fee \$24

Join us for introductory ballroom lessons. No experience or partner necessary. Wear sneakers or flat shoes.

Karen Murphy, Instructor

BALLROOM DANCING – Intermediate/Advanced

Tuesday, 10/27-12/1 (6x)

2:30-3:30 pm

Fee \$24

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

Karen Murphy, Instructor

BELLY DANCING

Thursday, 10/29-12/17 (6x) no class 11/26, 12/3

9:45-10:30 am

Fee \$20

As one of the oldest forms of dance, the benefits of belly dancing are undeniable. Belly Dancing promotes balance, strength, digestion, coordination and confidence as well as being a fun and highly expressive dance form. Skirts are provided or bring your own. No prior experience necessary.

Marilyn Ciavarella, Instructor

BOXING FITNESS

Monday, 11/16-12/14 (5x)

4:00-4:50 pm

Fee \$24

A full-body workout combining hitting free-standing bags, dynamic footwork and light weights. Build strength, burn calories, improve coordination and balance. No experience required.

Angelo Lorenzo, Instructor

BOXING WITH PARKINSON'S

Monday, 11/9-12/7 (5x)

1:30-2:20 pm

Fee \$24

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

Greg Potter & Angelo Lorenzo, Instructors

CARDIO DRUMMING

Morning

Monday, 11/9-12/14 (6x)

9:00-9:55 am

Fee \$24

Wednesday, 11/18-12/16 (5x)

9:00-9:55 am

Fee \$20

Dawn Tarbox-Szerbiak, Instructor

Monday, 11/16-12/14 (5x)

10:00-10:55 am

Fee \$20

Greg Potter, Instructor

Afternoon

Tuesday, 10/27-12/15 (5x)

no class 11/10, 11/24, 12/1

12:15-1:05 pm

Fee \$20

Evening

Thursday, 10/29-12/17 (6x)

no class 11/26, 12/3

4:45-5:35 pm

Fee \$24

Marilyn Ciavarella, Instructor

Cardio Drumming is an aerobic exercise that uses drumsticks, an exercise ball, and a stand to create one of the most fun workouts you'll ever do. Beating rhythmically to songs will promote physical health, better coordination, and reduce stress. Equipment provided.

CHAIR FITNESS

Wednesday, 11/4-12/16 (6x) no class 11/11

11:15 am-12:05 pm

Fee \$24

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

Greg Potter, Instructor

DUMBBELL FITNESS

Thursday, 11/5-12/17 (6x) no class 11/26

1:45-2:35 pm

Fee \$24

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

Angelo Lorenzo, Instructor

FLOOR HOCKEY

Thursday, 11/5-12/10 (5x) no class 11/26

10:30-11:30 am

Fee \$20

Clearfield Large Gym

Come practice a few skills and drills prior to playing a fun, care-free game of floor hockey. Please bring sneakers, water and a hockey stick if you have one. If you do not have a hockey stick, one will be provided.

Greg Potter, Instructor

FRIDAY FITNESS

Friday, 11/13-12/18 (5x) no class 11/27

2:30-3:20 pm

Fee \$20

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

Joe Weisansal, Instructor

GET FIT WHILE YOU SIT

Monday, 11/9-12/14 (6x)

10:30-11:25 am

Fee \$18

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

Jean Widlicka, Instructor

GROOVE AND MOVE

Tuesday, 11/10-12/15 (6x)

10:10-10:55 am

Fee \$24

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

Dawn Tarbox-Szerbiak, Instructor

CLASSES

Health & Fitness



Members stretching during one of our fitness classes.

HIIT TO BE FIT

Tuesday, 10/27-12/8 (7x)
4:00-4:50 pm

Fee \$28

Friday, 10/30-12/11 (6x) no class 11/27
10:00-10:50 am

Fee \$24

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

Suzie Lewis, Instructor

KETTLEBELL TOTAL BODY FITNESS

Wednesday, 11/4-12/16 (5x)
no class 11/11, 11/25

3:00-3:50 pm

Fee \$20

Build strength, improve balance, and increase endurance with this full-body kettlebell workout designed for all fitness levels. This class combines functional movements to strengthen muscles, enhance flexibility, and support everyday activities. Some exercises will be performed on the floor. Participants should be able to transition from floor to feet. Bring a mat to class. Kettlebells provided.

Angelo Lorenzo, Instructor

LINE DANCING -Beginner

Monday, 11/16-12/21 (6x)

1:00-2:00 pm

Fee \$24

Designed for the Beginner who wants to learn or improve their dancing skills. Great exercise while learning line dance patterns. Wear comfortable clothing and shoes that can slide. No sandals, flip flops, or rubber-soled shoes.

Bonnie Crosby, Instructor

MEAN JEAN'S EXERCISE

Monday, 11/9-12/14 (6x)

9:30-10:25 am

Fee \$18

Tuesday, 11/3-12/15 (6x) no class 11/24

9:30-10:25 am

Fee \$18

Wednesday, 11/4-12/16 (6x) no class 11/11

9:30-10:25 am

Fee \$18

Thursday, 11/5-12/17 (6x) no class 11/26

9:30-10:25 am

Fee \$18

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

Jean Widlicka, Instructor

MOVE, TONE AND STRETCH

Monday, 11/9-12/14 (6x)

6:00-7:00 pm

Fee \$24

Includes low impact cardio, toning with light weights or bands and some core work. Class will finish with yoga inspired stretching and breathing. This is a fun and low impact way to improve your range of motion, strength, balance and flexibility. Bring light weights (1-2 pounds) and a mat to class.

Kathy Bragagnola, Instructor

PICKLEBALL – Beginner

Morning

Tuesday, 11/3-12/8 (6x)
 10:30am-12:00 pm Fee \$24
 Northwest Amherst Community Center
 Greg Potter, Instructor

Afternoon

Thursday, 10/29-12/10 (6x) no class 11/26
 2:00-3:30 pm Fee \$24
 Cindy Weiss, Instructor

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

PICKLEBALL – Intermediate Instructional

Thursday, 11/5-12/17 (6x) no class 11/26
 6:00-7:30 pm Fee \$28
 Learn about Topspin, Slice, Serving technique, Ball Placement, Court Position, Communication, and other situational pickleball theories. Should have prior experience, plus ability in pickleball. Suggested skill level is 3.0+.
 Greg Potter, Instructor

SENIOR DANCE

Thursday, 10/29-12/10 (6x) no class 11/26
 1:30-2:15 pm Fee \$20
 Come and enjoy a 45-minute low impact dance class, moving to all music you know and love, individually, both men and women. Easy movements, we promise you will leave smiling.
 Loretta Kaminski, Instructor

STABILITY BALL FITNESS

Friday, 10/30-12/11 (6x) no class 11/27
 11:05-11:45 am Fee \$24
 Stability Ball Fitness is a fun, energizing class that uses stability balls to improve balance, core strength, and flexibility. **Please Note:** For safety reasons, you must be comfortable sitting and exercising on a stability ball. It is not recommended for those who have difficulty with balance or are at risk of falling.
 Suzie Lewis, Instructor

STRENGTH AND BALANCE

Tuesday, 11/3-12/8 (6x)
 5:15-6:05 pm Fee \$24
 Improve stability, reduce the risk of falls through safe, low-impact exercises using light weights, resistance bands, and body weight movements.
 Angelo Lorenzo, Instructor

STRENGTH FOR EVERYDAY LIFE

Monday, 11/2-12/7 (6x)
 4:30-5:20 pm Fee \$24
 Build practical arm and leg strength with functional exercises that support everyday activities like getting up from a chair, carrying groceries, reaching, and climbing stairs. All exercises can be performed seated or standing. Resistance bands and some weights will be provided, but if you have your own set, please bring them. Modifications for all fitness levels will be provided.
 Katrina Vaniglia, Instructor

TAP DANCING – Beginner

Tuesday, 11/10-12/15 (6x)
 11:10 am-12:05 pm Fee \$24
 Have you ever wanted to take tap but never had the opportunity? Here's your chance to learn the fundamentals of tap dancing. Tap is a great way to exercise the body and the mind in a fun and exciting way. This class will teach you footwork and expression through sound. It is a great way to practice control, coordination and agility. Plus, it is a lot of fun! No experience needed but tap shoes are required. This class can be done standing or sitting.
 Dawn Tarbox-Szerbiak, Instructor

TAP DANCING – Intermediate

Tuesday, 11/10-12/15 (6x)
 9:00-9:55 am Fee \$24
 Lesson time will be split with a half hour of technique to help strengthen your tap dancing skills and continue with a half hour of new dance material and routines.
 Dawn Tarbox-Szerbiak, Instructor

TENNIS – Beginner

Friday, 11/6-12/11 (5x) no class 11/27
 10:00-11:00 am Fee \$20
 Clearfield Community Center
 Learn to play Tennis. Instructions on strokes of tennis as well as drills and game play.
 Angelo Lorenzo, Instructor

***If you have your own tennis racket, please bring it to class. If you don't, we can provide one for you to borrow during the class.*

CLASSES

Health & Fitness

YOGA

Morning – Beginner

Tuesday, 11/3-12/8 (6x)

9:00-10:15 am

Fee \$27

Beginner Yoga is a great introduction to being on the mat. Basic yoga postures and stretches can help improve flexibility, strength and balance. Emotional tension and stress are relieved through breath awareness, diaphragmatic breathing, and systematic relaxation. The ability to transition from floor to feet is required. Please bring water and a mat.

Tina Phillips, Instructor

YOGA

Morning – All Levels

Thursday, 10/29-12/10 (6x) no class 11/26

9:00-10:15 am

Fee \$27

Afternoon – All Levels

Tuesday, 11/3-12/8 (6x)

4:00-5:00 pm

Fee \$24

Zoom – All Levels

Wednesday, 10/28-12/9 (6x) no class 11/11

9:00-10:15 am

Fee \$27

Hatha Yoga is for everyone, whatever your age or flexibility level. Relieve emotional tension and stress through breath awareness and systematic training in natural, healthy diaphragmatic breathing. Variations will be presented for beginner to intermediate so you can work at your own level, transitioning from floor to feet. Bring a floor mat to class.

Tina Phillips, Instructor

YOGA/CHAIR

Friday, 11/6-12/18 (6x) no class 11/27

9:30-10:30 am

Fee: \$24

OR

Friday, 11/6-12/18 (6x) no class 11/27

10:45-11:45 am

Fee: \$24

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

Colleen Maloney-Berman, Instructor

YOGA/GENTLE

Thursday, 10/29-12/10 (6x) no class 11/26

6:00-7:00 pm

Fee \$24

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

Kathy Bragagnola, Instructor

YOGA-MINDFUL MOVEMENT CHAIR YOGA

Saturday, 10/31-12/12 (5x) no class 11/7, 12/5

10:00-11:00 am

Fee \$20

Harlem Road Community Center

Experience the calming power of movement and stillness in this gentle chair yoga and mindfulness meditation class. Designed for all abilities, this class combines intentional movements, breath awareness, and meditative practices. Aspects of mindfulness will be discussed throughout the session. No prior yoga experience is necessary, just bring a willingness to breathe, move, and be present.

Kathy Bragagnola, Instructor

YOGA PLUS

Tuesday, 11/3-12/8 (6x)

10:30-11:45 pm

Fee \$27

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

Tina Phillips, Instructor

ZUMBA DISCO

Thursday, 10/29-12/17 (6x) no class 11/26, 12/3

12:00-12:50 pm

Fee \$24

Great as a workout or dance routine using samba, salsa, rumba, meringue, and cha-cha dance steps. Various types of music are used, including disco. The class is tailored toward mature adults.

Marilyn Ciavarella, Instructor

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

PICKLEBALL

OPEN PICKLEBALL

NOVEMBER:

Registration begins Thursday, October 15 at 8:30am

Monday, November 2, 9, 16, 23, 30: 5:00-7:00 pm

Tuesday, November 3, 10: 2:00-3:45 pm, 3:45-5:30 pm,
5:30-7:15 pm (1 court)

Tuesday, November 24: 3:45-5:30 pm, 5:30-7:15 pm
(1 court)

Wednesday, November 4, 25: 12:00-2:00 pm,
2:00-4:00 pm

Wednesday, November 18: 12:00-2:20 pm (Intermediate),
2:00-4:00 pm (Beginner)

Thursday, November 5, 12, 19: 3:45-5:30 pm

Friday, November 13, 20: 12:00-2:00 pm,
2:00-4:00 pm

DECEMBER:

Registration begins Friday, November 13 at 8:30 am

Monday, December 7, 14, 21, 28: 5:00-7:00 pm

Tuesday, December 1, 8, 22, 29: 2:00-3:45 pm,
3:45-5:30 pm, 5:30-7:15 pm (1 court)

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

Wednesday, December 9: 12:00-2:00 pm (Women),
2:00-4:00 pm (Men)

Wednesday, December 23, 30: 12:00-2:00 pm,
2:00-4:00 pm

Thursday, December 3, 10, 17: 3:45-5:30 pm

Friday, December 11: 12:00-2:00 pm, 2:00-4:00 pm

PICKLEBALL AT NORTHWEST COMMUNITY CENTER

NOVEMBER:

Registration begins October 15 at 8:30am

Mondays: November 2, 9, 16, 23, 30

- 9:00-11:00 am (Intermediate)
- 11:00 am-1:00 pm (Beginner)

Tuesdays: November 3, 10, 17, 24

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

DECEMBER:

Registration begins November 13 at 8:30 am

Mondays: December 7, 14, 21, 28

- 9:00-11:00 am (Intermediate)
- 11:00 am-1:00 pm (Beginner)

Tuesdays: December 1, 8

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

Beginner pickleball is designed for those who have less than one (1) year of experience; still learning the basics. Please only sign up for either Beginner or Intermediate based on your skill level.

PICKLEBALL CLINIC

Tuesday, December 29 from 10:30 am – 12:00 pm

Wednesday, December 30 from 10:30 am – 12:00 pm

You may sign up for one (1) time

Skills, drills, and games will be highlighted in this pickleball program.

OPEN PICKLEBALL GUIDELINES

- Members can sign up for a maximum of three (3) time slots PER WEEK for Open Play Pickleball. We are seeing Waitlist numbers for Open Play Pickleball and want to give everyone a chance to play.
- If you are already signed up 3 times slots and an Open Pickleball session is NOT full on the DAY OF that Pickleball session, you may sign up that day.
- When you can't make it to pickleball, please CANCEL your spot so another member has the opportunity to play.
- We're all in this together. Let's respect each other's time and opportunities. Thank you.



2026 Pickleball Tournament Women's Division Winners:
Lisa Higgins and Suzie Schultz



2026 Pickleball Tournament Men's Division Winners:
Peter Spearman and Bruce Levitt

BRING YOUR OWN PADDLE!

MEMBER SPOTLIGHT



Bev (left) and Patti became friends at the Center. The two can regularly be seen volunteering for various activities.



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MEET BEV F. & PATTI L.

We want to share our story of friendship with you.

For some time, we were both volunteering here at the Center, but we kept passing each other like two ships in the night. We never had the chance to truly meet until one day, during the COVID-19 pandemic, we each received separate calls to volunteer at the TOPS Vaccine Clinic being held here at the Center.

We met during the COVID pandemic. It was a difficult and uncertain time, but we both took a chance to volunteer and help others, even through the fear and challenges of that season. We worked together checking people in. Amazingly, we quickly realized that we had similar ways of organizing, thinking, and working. We connected right away.

On June 25, 2021, the Center called us back again, this time to volunteer for the frozen meals program.

Once again, we had the opportunity to use our strengths to help others. We have now been part of that program for five years.

Since then, we have continued volunteering for the hot dog sale, pizza nights, and many special events here at the Center.

Our friendship has grown so much that we talk on the phone all the time, know each other's families, and have both been recognized with volunteer certificates here at the Center.

We always enjoy it when Joe (Weisansal) calls us about different volunteer opportunities because we see it as a blessing to give back. It is very rewarding to help others feel welcome and at home.

We would have never found each other or shared such a unique experience if it were not for volunteering here at the Center. This Center is truly a special place.

MEMBER SPOTLIGHT

MEET NANCY A.

I have been a member of the Amherst Senior Center for at least 30 years. I first joined the Center when I was in my early 60s.

I used to come here with my friend to participate in yoga, movies, and exercise classes. We would often say to ourselves, "Where else could we go where there is no tax, no required tipping, and the food is good? The Amherst Senior Center!"

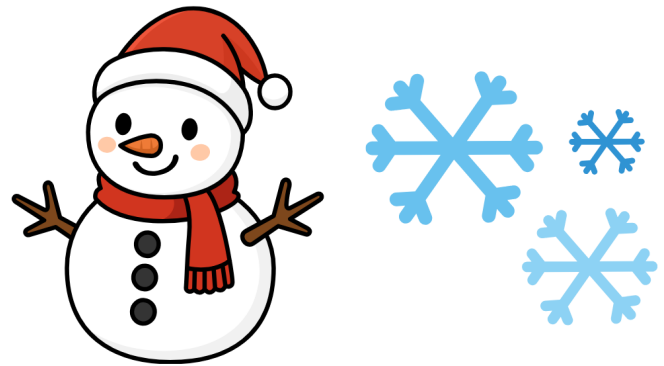
We also had a funny saying: "Look at all of these old people here." But as time passed, we became the older ones too. Looking back, I often say, "It's amazing how time flies."

Since becoming a member, I have met so many wonderful people, including the staff and volunteers. They know my name when I check in and when I enter the congregate dining room for lunch.

Christin & Jennifer have especially been so kind to me. This place makes me feel special.

This Center is a special place because it brings people together and reminds you that you are not alone.

Want to be featured in Member Spotlight? Email your story about your time at the Senior Center to our Public Relations Coordinator, Darlene Wilber, at dwilber@amherst.ny.us.



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NOVEMBER PROGRAMS

MEMBERSHIP 101

Tuesday, November 3, at 10:30 am

You've become 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.**

BUFFALO'S BEST SPEAKER SERIES

Tuesday, November 3 at 2:00 pm

Althea Luehrsen is a Certified Executive Leadership Coach, entrepreneur, mentor, and community leader with extensive experience in leadership development, strategic thinking, and organizational growth. She is co-founder of Next Level Leadership and President & CEO of August Moon Consulting. Althea previously served as CEO of Leadership Buffalo, Assistant Vice President of Corporate and Foundation Relations at the University at Buffalo, and Executive Director of UB's Center for Entrepreneurial Leadership. She serves on the FeedMore WNY Board of Directors and is President-Elect of the Buffalo Rotary Club. Althea will share insights on leadership, personal growth, professional development, and making a meaningful impact in the community.

Jen Lazarz, Program Coordinator

COLD PROCESS SOAP MAKING

Wednesday, November 4 at 1:00 pm

This introductory program teaches you the history and principles of soap making, and how to make soap using lye and olive oil following a basic cold-process method. We'll learn the chemistry of saponification, how to determine proper mixing ratios, handle the lye safely, and create a simple, effective bar of soap. Wear old clothes! The soap will be ready for use and available for pickup in mid-December.

Marc Young, Program Leader

WII GAMES

Thursday, November 5 at 1:00 pm

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

Greg Potter, Program Leader

CHRONOLOGY

Thursday, November 5 at 6:00 pm

A fast-paced history card game where 2–8 players build a personal, 10-card timeline of historical events in correct chronological order to win.

Joe Weisansal, Recreation Leader

TECH SUPPORT

Friday, November 6 at 10:00 am – 12:00 pm

Sign up for a 10 minute appointment time and bring your devices and questions to our tech savvy staff who can 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.

Marc Young, Program Leader

WILLIAMSVILLE ART SOCIETY FALL ART OPENING

Sunday, November 8 from 2:00 – 4:00 pm

Enjoy an afternoon of art and speak with the artists about their artistic flair and inspirations.

VR – MUSEUM TOURS

Monday, November 9 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.

Marc Young, Program Leader

PIZZA AND GAME NIGHT

Monday, November 9 at 5:00 pm

5:00 pm 2 slices of pizza and salad.

6:00 pm Family Feud.

Fee is \$7.00. RSVP by 11/5. No refunds after

Jen Lazarz, Program Coordinator

TRIVIA HOUR

Tuesday, November 10 at 6:00 pm

Join us for trivia hour using your smart phone, laptop, or trivia kiosks.

Marc Young, Program Leader

READERS THEATRE PERFORMANCE

November 5, 11:00 am-12:00 pm

OPEN CARDS

Thursday, November 12 at 10:00 am

Open card is a time where you can relax, have fun, and enjoy 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.

Marc Young, Program Leader

CONNECTIONS WORD GAME

Thursday, November 12 at 1:00 pm

This game challenges players to find common themes between groups of words.

Greg Potter, Program Leader

TEA TIME

Friday, November 13 at 10:30 am

Jen Lazarz, Program Coordinator

AGELESS CONVERSATION

Friday, November 13 at 1:00 pm

Ageless Conversations is a monthly gathering where members come together to share stories, explore meaningful topics, and enjoy good company in a friendly, welcoming space. *Co-facilitated by Jim Bardot and Joe Rizzo*, each session features guided discussions, open conversation, and occasional special themes or guest speakers. It's a simple, uplifting way to connect, learn from one another, and build community.

Jen Lazarz, Program Coordinator

NOVEMBER PROGRAMS

UNO

Monday, November 16 at 10:00 am

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.

Marc Young, Program Leader

AMISH BREAD

Tuesday, November 17 at 1:00 pm

We will prepare a starter Amish Friendship Bread ready to bake on Thanksgiving. Fee is \$2.00. No refunds after Monday, Nov. 16.

Jen Lazarz, Program Coordinator

NATURE WINTER CRAFT

Tuesday, November 17 at 6:00 pm

We will be making pinecone gnomes embellished with florals and other adornments.

Doreen Notaro, Recreation Leader

FALL GNOME WREATH

Wednesday, November 18 at 10:00 am

Check out the sample at the Reception Desk. Fee is \$5.00 by Monday, Nov. 16. No refunds after

Jen Lazarz, Program Coordinator

BEANBAG BASEBALL

Wednesday, November 18 at 1:00 pm

A game that combines the simplicity of cornhole with the rules of baseball. Players take turns tossing beanbags and scoring runs in a fun, low-impact game.

Marc Young, Program Leader

SHAKESPEARE IN THE PARK AT THE CENTER

Wednesday, November 18 at 2:00 pm

A Midsummer Night's Dream

2:00- 2:30 pm - Workshop

2:45-3:45 pm – Performance

Jen Lazarz, Program Coordinator

POETRY & SHORT PROSE OPEN MIC READING

Thursday, November 19 at 5:00 pm

Celebrate the extraordinary power of words by joining us for a memorable evening of poetry and short prose readings. You are invited to share original works, read one of your favorite selections, or join as a listener.

Readers sign up at 4:45 pm. Refreshments served.

Marc Young, Program Leader

CORNHOLE

Friday, November 20 at 10:30 or 11:30 am

Cornhole is a popular lawn and tailgating game where players or teams take turns throwing fabric bean bags at an inclined, raised board with a hole in the far end.

Please sign up for ONLY 1 time slot.

Greg Potter, Program Leader

FRIENDSGIVING

Friday, November 20 at 2:00 pm

What tastes better than pie? A slice of pie with friends! Enjoy John's Flaming Hearth Pumpkin Ice Cream Pie and various other pies. Fee is \$2.00.

Jen Lazarz, Program Coordinator

SCATTERGORIES

Monday, November 23 5:30 pm

Joe Weisansal, Recreation Leader

FRIENDS AND BREADS

Tuesday, November 24 at 5:30 pm

Sample Amish Friendship Bread.

Jen Lazarz, Program Coordinator

COOKING WITH JEN

Wednesday, November 25 at 10:30 am

Apple Crumble Pie Please bring an apple peeler and a pie dish. Fee is \$5.00.

Due to popular demand, you may only register for one-either November or December. Payment is due Monday, Nov. 16. No refunds after.

Jen Lazarz, Program Coordinator

HEALTH

HOW TO AVOID THE WINTER BLUES

Thursday, November 5 at 1:00 pm

Participate in a discussion and activities to help you avoid the winter blues. Discover what they are and what they are not...prepare a plan to combat those feelings that sometimes manifest during a time of year that should be joyful.

John Jones, Social Caseworker

FITNESS ROOM RUNDOWN

Friday, November 6 at 11:00 am

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

Greg Potter, Program Leader

DIABETES AWARENESS & PREVENTION

Tuesday, November 10 at 4:00 pm

Diabetes, which is usually defined by poor blood sugar regulation, is actually a loss of "metabolic flexibility" and can lead to many medical issues. Factors that influence your susceptibility to developing diabetes include genetics, overweight/obesity, over-eating, and physical inactivity. We will discuss factors that can help prevent the development of diabetes, including exercise, a balanced whole-food diet, and maintaining a "healthy" body weight. *Presented by Dr. Pete Watson, Associate Professor of Medicine (retired), University of Colorado School of Medicine*

Pam Macadlo, Case Manager

NOVEMBER PROGRAMS

CIRCUIT FITNESS

Monday, November 16 & 30 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.

Greg Potter, Program Leader

FUN SING & REFLECT: WELLNESS SING-ALONG

Tuesday, November 17 at 10:30 am

Join us for a session of song, conversation, and wellness.

This program offers a chance to connect with others, enjoy uplifting music, and explore simple practices for well-being. Whether you're seeking relaxation, meaningful discussion, or just a fun sing-along, this session is the perfect opportunity to refresh your body, mind, and spirit. Facilitated by Rabbi Yonina from Jewish Family Services of Western New York (JFSWNY).

Pam Macadlo, Case Manager

BODY MIND RESET

Tuesday, November 17, 24 at 9:00 am & December 1, 8, 15, and 22 at 9:00 am

This is a 6-week program. Designed for 60+ older adults who want to feel stronger, safer, and more energized in their daily lives. *Presented by Erie County Department for the Aging.*

Karen Lisiecki, Project Coordinator

WALKERS UNITE FOR WELLNESS

Wednesday, November 18 at 10:00 am

Join us on a casual walk through Walton Woods Park so that we can talk and share how we are doing 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. Facilitated by Rabbi Yonina from Jewish Family Services of Western New York (JFSWNY). Bring your hat, sunscreen, water, and comfy closed-toed shoes or sneakers. ***Please dress for the weather but if it's raining, the walk will be cancelled.***

Pam Macadlo, Case Manager

BOXING WITH PARKINSON'S SUPPORT GROUP

*****Program for Parkinson's Support Group*****

Wednesday, November 18 at 1:30 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.***

Greg Potter & Angelo Lorenzo, Program Leaders

MEDITATION AND HEALING

Thursday, November 19 at 1:00 pm

Relieve stress and improve your health and feel calmer and more relaxed. Release burdens and worries. We are a scent-free program. Please refrain from wearing scented products (perfumes, colognes, oils, laundry detergent, or other products that are perfumed).

Presented by Anne Egan, instructor & practitioner of Open Heart Meditation and Secrets of Natural Walking with the Natural Way of Living.

Pam Macadlo, Case Manager

FINANCIAL

ALL THINGS MEDICARE

Tuesday, November 3 at 5:00 pm

A presentation about All Things Medicare for the 2027 season, and help with your plan inquiries and discuss all the changes. *Presented by Clarity Group Medicare Plan Center.*

Pam Macadlo, Case Manager

STAMM BASIC 3™: Wills, Powers of Attorney and Health Care Proxies

Wednesday, November 4 at 1:00 pm

These are three important estate planning documents. The attorneys will also discuss the difference between the roles of Power of Attorney, Joint Account Owner, and Beneficiary in the context of bank and other financial accounts. *Presented by Stamm Law Firm*

Tammy Jacobs, Sr. Program Coordinator

MEDICARE OVERVIEW

Tuesday, November 10 at 10:00 am

Free, unbiased information about choosing a Medicare plan. *Presented by Bill Daniels from the Erie County Health Insurance Information, Counseling and Assistance Program (HIICAP)*

Marilyn Illuzzi, Case Manager

NY STATE VETERANS' BENEFITS

Tuesday, November 10 at 10:30 am

A NY State Veterans' Benefit advisor will walk you through programs and services. *Presented by New York State Department of Veterans' Services.*

Marilyn Illuzzi, Case Manager

15 WAYS TO AVOID PROBATE

Thursday, November 12 at 4:00 pm

Have your questions answered and learn about the latest estate and asset protection planning strategies, probate legal procedures, the risks and benefits of avoiding probate, the best forms of real estate ownership, common estate planning mistakes, recent changes in estate and gift tax laws, the duties of trustees and executors, myths about living trusts, when to update your will, and preventing will contests. *Presented by Elder Law Attorney Robert Friedman*

Pam Macadlo, Case Manager

NOVEMBER PROGRAMS

MEDICARE 101-JBM

Monday, November 16 at 11:00 am
Navigate changes related to Original Medicare, Medicare Advantage, and Medicare Prescription Drug plans.

Presented by JBM Health and Wealth Consulting.

Marilyn Illuzzi, Case Manager

MEDICARE 101-KDM

Tuesday, November 17 at 4:00 pm
Turning 65 or will you be eligible for Medicare in the next 6 months? Learn the difference between Medicare Advantage and Medicare Supplement Plans and how to find the best plan for you. *Presented by: KDM Wealth Consultants*

Karen Lisiecki, Project Coordinator

MANAGING MONEY & CAREGIVING

Wednesday, November 18 at 1:00 pm
This evidence-based course helps caregivers understand the costs of caregiving and the benefits of early planning. Learn how to start the conversation about finances, assess financial and legal needs. *Presented by the Alzheimer's Association.*

Vijaya Tomar, Social Caseworker

14 WAYS TO PRESERVE YOUR ASSETS WITH THE MEDICAID LAWS

Thursday, November 19 at 4:00 pm
Learn the strategies to preserve your assets if nursing home or assisted care is necessary and plan for incapacity with powers of attorney, health care proxies, living wills, wills, trusts, transferring your home to family members, long term care insurance, prepaid funeral accounts, IRAs, properly documented gifts, spousal allowances and transfers, caregiver agreements, and emergency Medicaid planning. *Presented by Elder Law Attorney Robert Friedman*

Pam Macadlo, Case Manager

HOLIDAY SCAMS

Monday, November 23rd at 10:30 am
Learn about common and emerging scams that can target you during the holiday season, including those involving charitable giving, gift buying, and travel. The presentation will cover what to watch for and how to protect yourself as the holidays approach.

Marc Young, Program Leader

LIFE AFTER SAVE: A SMART GUIDE FOR STUDENT LOAN REPAYMENT AND RELIEF

Monday, November 23 at 5:30 pm
The federal student loan landscape has changed. Parents and grandparents are encouraged to join us for a presentation to learn about repayment plans, forgiveness, and relief programs. *Presented by the Education Consumer Debt Assistance Program which is part of the Western New York Law Center.* Sponsored by Assemblymember Karen McMahon
Tammy Jacobs, Sr. Program Coordinator

PARTNER PROGRAMS

SILVER PRIDE TEA

Friday, November 6 at 10:00 am
A coffee meetup for LGBTQ+ older adults and their allies to enjoy breakfast, a fun activity, and exciting discussions. Presented by Pride Center of WNY
Marilyn Illuzzi, Case Manager

BISTRO BOOKERS

Tuesday, November 17 at 4:00 pm
"Venice The Floating City: A Brief History" Reviewed by Robert Poczik. This review will include a combination of six books, the complete list will be shared at the review.

FIELD TRIPS

LASER TAG AT BUFFALO BATTLEGROUND

Monday, November 2 at 4:00 pm
Meet at 1888 Niagara Falls Blvd., Tonawanda, NY 14150 for a fun and unique experience! \$23.00 per person. Various game modes: Team battle, free for all, and many more. Shoot lasers at each other, run around, and share a lot of laughs. Bring the good vibes and may the best senior win!
Greg Potter, Program Leader

BOWLING AT TRANSIT LANES

Friday, November 13 at 10:30 am
Meet at 7850 Transit Rd., Williamsville, NY 14221. Fun and carefree bowling with friends. We will play 2 games. Each game is \$4.00 with the Senior Discount. You will pay \$8.00 total when you arrive at the bowling alley on the day of the event. Please sign up in advance.
Greg Potter, Program Leader



NOVEMBER PROGRAMS

INFORMATION TABLES

ELMSTEAD DAYTIME SENIOR CARE

Monday, November 2 from 11:00 am-1:00 pm
Jen Lazarz, Program Coordinator

VA WMU CAREGIVER SUPPORT

Monday, November 9 from 11:00 am-1:00 pm
Pam Macadlo, Case Manager

WLVL HOMETOWN 1340 AM

Tuesday, November 10 from 11:00 am - 1:00 pm
Darlene Wilber, PR Coordinator

HEATHWOOD ASSISTED LIVING - Veterans Day Activities Sponsor

Tuesday, November 10 from 11:00 am - 1:00 pm
Darlene Wilber, PR Coordinator

VA OUTREACH

Tuesday, November 10 from 11:00 am-1:00 pm
Visit with representatives from VA Healthcare and VA Readjustment Counseling
Marilyn Illuzzi, Case Manager

VA AUDIOLOGY SERVICES

Tuesday, November 10 from 11:00 am - 1:00 pm
Pam Macadlo, Case Manager

WNY HEROES

Tuesday, November 10 from 11:00 am- 1:00 pm
Pam Macadlo, Case Manager

EPIC

Thursday, November 12 from 11:00 am - 1:00 pm
Marilyn Illuzzi, Case Manager

GREENFIELDS OF LANCASTER

Tuesday, November 17 from 11:00 am - 12:00 pm
Jennifer Lazarz, Program Coordinator

THANK A VET PROGRAM

Wednesday, November 18 from 11:00 am-1:00 pm
Marilyn Illuzzi, Case Manager

BUFFALO CURLING CLUB

Thursday, November 19 at 9:00 am
Greg Potter, Program Leader

NOVEMBER PING PONG

Mondays
1:00 – 4:00 pm
Tuesdays
2:00 – 6:00 pm (3:00 – 6:00 on 11/24)
Fridays
1:00 – 4:00pm (No ping pong 11/27)

MOVIES

Per our current movie license, we are unable to publish the movie titles.

A full listing is available at the Reception Desk.

1:00 PM

Monday, November 2
Monday, November 9
Monday, November 16
Monday, November 23
Monday, November 30

Friday, November 6
Friday, November 13
Friday, November 20

4:00 PM

Thursday, November 5

EVENING MOVIE

5:30 PM

Tuesday, November 3
Tuesday, November 10
Tuesday, November 17
Tuesday, November 24

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NOVEMBER PROGRAMS

NOVEMBER HOLIDAY LUNCHES

November is a special time at the Amherst Center for Senior Services, with opportunities to gather, celebrate and give thanks with friends and neighbors. Our November holiday lunches are a wonderful way to enjoy good food and good company while recognizing the people and traditions that make this time of year meaningful.

Join us for our Veterans Day Lunch on November 10 as we honor and thank those in our community who have served our country. Later in the month, our Thanksgiving Lunch on November 24 will bring members together to celebrate the season of gratitude.

These gatherings are about connection, friendship and creating memories together at the Senior Center. We look forward to celebrating with you.

Thank you to our veterans for your service.

Reservations are required. Menus for these lunches are available on page 36.

For the Veterans Day lunch, please be sure to review the holiday placemats at each seat which will include special messages from some of our community partners: Heathwood Assisted Living and Memory Care, Hospice Care and Palliative Care of Buffalo, and The Financial Guys.



We're looking forward to celebrating our veterans. Here are some of them who attended last year's Veterans Day lunch.



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DECEMBER PROGRAMS

JOIN US FOR THESE HOLIDAY ACTIVITIES

BOOK BEDAZZLING

Tuesday, December 1 at 10:00 am
Sometimes the best gifts are the most creative ones. Bring a book you want to bedazzle for a gift for someone. Fee is \$2.00. Check out a sample at the Reception Desk.
Jen Lazarz, Program Coordinator

CRYSTAL SNOWFLAKE ORNAMENTS

Tuesday, December 1 at 6:00 pm
No 2 snowflakes are alike, come make your own beautiful variation.
Tammy Jacobs, Sr. Program Coordinator

CHANUKAH SING-ALONG

Wednesday, December 2 at 11:15 am
Seasonal sing-along songs to uplift, reflect, fun, heal with Rabbi Yonina. Also, sign up for the Chanukah lunch with Rabbi Yonina providing the blessing.
Pam Macadlo, Case Manager

CHRISTMAS APPETIZER POTLUCK

Thursday, December 3 at 5:00 pm
Please bring your favorite finger food, dip, or appetizer to share.
Jen Lazarz, Program Coordinator

BREAKFAST WITH SANTA

Saturday, December 5 from 9:00 – 11:00 am.
Breakfast, cookie decorating, crafts and more. Santa will arrive at 10:00 am. Reservations in advance by Friday, Dec. 4 by calling 636-3051 or stop by the Reception Desk. Limited seating. Fee is \$6.00. Needs to be paid by cash or check payment on the day of the event. Under 3 free.
Jen Lazarz, Program Coordinator

UKULELE SING-A-LONG

Monday, December 7 at 11:15 am
Join us for some holiday spirit by singing some of your favorite holiday songs with the Ukulele Class.

CHRISTMAS MIND TEASERS

Tuesday, December 8 at 10:30 am
Work on Christmas themed mind teaser worksheets.
Jen Lazarz, Program Coordinator

CHRISTMAS COOKING WITH JEN

Wednesday, December 9 at 10:30 am
We will make Cherry Danish Christmas Tree. Please bring a cookie sheet. Fee is \$8.00. Payment by Monday, Dec. 7. No refunds after.
Jen Lazarz, Program Coordinator

CONCERT BY AMHERST SENIOR SINGERS

Wednesday, December 9 from 11:00-11:45 am

DIY CHRISTMAS WREATH

Thursday, December 10 at 10:00 am
Make a wreath for your door. Fee is \$2.00. Payment by Tuesday, Dec. 8, no refunds after.
Jen Lazarz, Program Coordinator

HOLIDAY TEA PARTY

Friday, December 11 at 10:30 am
Jen Lazarz, Program Coordinator

CHRISTMAS SNACK AND CHAT

Tuesday, December 15 at 10:30 am
Brush up on your Christmas trivia. Refreshments served.
Jen Lazarz, Program Coordinator

PICKLEBALL ORNAMENTS

Tuesday, December 15 at 6:00 pm
Feeling Creative? Make a holiday ornament from a pickleball.
Doreen Notaro, Recreation Leader

HOLIDAY CONCERT

Wednesday, December 16 at 11:00 am
A festive performance by Sweet Home High School Concert Chorale. *If you are planning to attend lunch you will need to register separately for that.*
Jen Lazarz, Program Coordinator

HOLIDAY HAPPENING -- FREE & OPEN TO THE PUBLIC

Friday, December 18 from 6:00-8:00 pm
Enjoy indoor and outdoor activities for the whole family! No registration required. *Sponsored by Community Bank and organized by The Town of Amherst Libraries, Police, Senior Center and Youth & Recreation Departments.*
We will be collecting donations of new socks and underwear to benefit local families in need.

CHRISTMAS MOVIE

Monday, December 21 at 1:00 pm
Title TBA
Jen Lazarz, Program Coordinator

HOLIDAY PRICE IS RIGHT

Tuesday, December 22 at 6:00 pm
Think you know what holiday gifts used to cost? Put your nostalgia and price-guessing skills to the test! Travel back through the decades as we reveal popular gifts from the 60s-80s. Take your best guess at what each item cost where then and then spin our Holiday wheel for a chance to earn bonus points and prizes!
Darlene Wilber, PR Coordinator

COOKIES & COCOA MINGLE

Thursday, December 24 at 11:00 am
Enjoy some cookies and cocoa while chatting with friends and Senior Center Staff.

NEW YEAR'S EVE CELEBRATION

Thursday, December 31 at 11:30 am
Enjoy music and dancing with entertainment by Serendipity Swing. A lunch reservation is required.

DECEMBER PROGRAMS



Members (and Jenn, too!) show off their festive holiday sweaters at last year's Christmas lunch.

MEMBERSHIP 101 -- NEW MEMBERS WELCOME

Tuesday, December 1 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.

OPEN CARDS

Thursday, December 3 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.

Marc Young, Program Leader

MEMBERS FORUM

Thursday, December 3 at 10:00 am

All members are welcome to ask questions, share ideas, and give feedback to the Center's staff. Please note: the forum is different than Meet the Director where you speak with Melissa.

Joe Weisansal, Recreation Leader

TECH SUPPORT

Friday, December 4 at 10:00 am – 12:00 pm

Sign up for a 10 minute appointment and bring your devices and questions to our tech savvy staff who can 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.

Marc Young, Program Leader

CORNHOLE

Friday, December 4 at 10:30 or 11:30 am

Cornhole is a lawn game where players take turns tossing fabric bean bags at a raised, slanted wooden board trying to get the bag through a hole in the far end. Please sign up for one time slot.

Greg Potter, Program Leader

TRIVIA HOUR

Monday, December 7 at 11:00 am

Join us for trivia hour using your smart phone, laptop, or trivia kiosks.

Marc Young, Program Leader

ICE CREAM SOCIAL

Thursday, December 10 at 6:00 pm

Any day is a good day for ice cream!

Cindy Weiss, Program Coordinator

READERS THEATRE PERFORMANCE

Thursday, December 10 at 11:00 am

BOWL OF NOUNS PARTY GAME

Friday, December 11 at 11:00 am

This party game is played in teams where players take turns describing specific nouns. Each round will have restrictions, making this guessing game harder and harder and increasingly more fun

Greg Potter, Program Leader

AGELESS CONVERSATION

Friday, December 11 at 1:00 pm

Ageless Conversations is a monthly gathering where members come together to share stories, explore meaningful topics, and enjoy good company in a friendly, welcoming space. *Co facilitated by Jim Bardot and Joe Rizzo, each session features guided discussions, open conversation, and occasional special themes or guest speakers.* It's a simple, uplifting way to connect, learn from one another, and build community.

Jen Lazarz, Program Coordinator

BOGGLE

Monday, December 14 at 10:00 am

Put your word-finding skills to the test with a game of Boggle. Find as many words as you can from the letter grid and see how your score compares with others.

Marc Young, Program Leader

SEQUENCE BOARD GAME

Monday, December 14 at 1:00 pm

This board game challenges players to form rows of 5 chips on a board featuring 2 standard decks' of cards. Players play cards from their hand to place chips on corresponding board spots. There are a few wild cards that add another layer of strategy.

Greg Potter, Program Leader

MINUTE TO WIN IT

Tuesday, December 15 at 2:00 pm

Take on a series of fun challenges that must be completed in 60 seconds or less. Test your coordination, creativity, and problem-solving skills with a variety of simple games.

Marc Young, Program Leader

DECEMBER PROGRAMS

COMEDY IMPROV SHOWCASE PERFORMANCE

Wednesday, December 16 at 1:15 pm

Our Comedy Improv Class will be performing short form improv in the style of “Whose Line is it Anyway” and 2nd City. A series of short bits where the performers create hilarious and creative scenes based completely on the audience suggestions.

Cindy Weiss, Program Coordinator

QUIDDLER

Thursday, December 17 at 4:00 pm

Blending elements of Scrabble and Rummy, players use letter cards to create words in a rummy-style game aiming to earn the most points while making the best use of their hand.

Marc Young, Program Leader

SWOOP

Monday, December 21 at 1:00 pm

Swoop is a fast-paced, shedding-style card game where the goal is to be the first to play all your cards from their hand and from face-up piles to achieve the lowest score.

Marc Young, Program Leader

VIRTUAL REALITY - VR Immersive Documentaries

Wednesday, December 23 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.

Marc Young, Program Leader

MONOPOLY DEAL

Monday, December 28 at 5:30 pm

A card game; collect properties & steal them from your opponents!

Joe Weisansal, Recreation Leader

BENEFITS BINGO

Tuesday, December 29 at 1:00 pm

Learn about benefits and entitlements while playing a fun game of bingo. Refreshments will be served.

Pam Macadlo, Case Manager; Marilyn Illuzzi, Case Manager

PARTNER PROGRAMS

SILVER PRIDE TEA

Friday, December 4 at 10:00 am

A coffee meetup for LGBTQ+ older adults and their allies to enjoy breakfast, a fun activity, and exciting discussions. *Presented by Pride Center of WNY*

Marilyn Illuzzi, Case Manager

BISTRO BOOKERS

Tuesday, December 15 at 4:00 pm

“Murder She Wrote: Murder Most Trivial” by Jessica Fletcher and Barbara Early- Reviewed by Barbara Early Jessica Fletcher and friends Seth Hazlitt and Maureen and Mort Metzger team up for pub trivia and crush the competition, then are stunned to learn that the prize is a chance to appear in a five-day trivia tournament filming in LA. No one expects life-or-death stakes! But on day one of the tournament, a crew member is murdered. Who would benefit from derailing the show? Jessica has to come up with the answer. In a metafictional twist, the investigation takes Jessica and the gang to the filming locations of their favorite mystery shows, where they discuss how Columbo, Monk, or Jim Rockford might go about solving the case.

HEALTH

WALKERS UNITE FOR WELLNESS

Wednesdays, December 2, 9, and 16 at 10:00 am

Please register separately for each walk.

Join us on a casual walk around Walton Woods Park so that we can talk and share how we are doing 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. Bring your hat, sunscreen, water, and comfy closed-toed shoes or sneakers. **Dress for the weather but if it's raining, the walk will be cancelled.** This walk is facilitated by Rabbi Yonina from Jewish Family Services of Western New York.

Pam Macadlo, Case Manager

BOXING WITH PARKINSON'S – Support Group

*****Program for Parkinson's Support Group*****

Wednesday, December 2 & 16 at 1:30 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.**

Greg Potter & Angelo Lorenzo, Program Leader



DECEMBER PROGRAMS

MEDITATION AND HEALING

Thursday, December 3 at 1:00 pm

Thursday, December 17 at 1:00 pm

Relieve stress and improve your health, feel calmer and more relaxed. Release burdens and worries. We are a scent free environment. Please refrain from wearing scented products (perfumes, colognes, oils, laundry detergent, or other products that are perfumed).

Presented by Anne Egan, instructor & practitioner of Open Heart Meditation and Secrets of Natural Walking with the Natural Way of Living.

Pam Macadlo, Case Manager

CIRCUIT FITNESS

Monday, December 7 & 14 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.

Please sign up for each program individually.

Greg Potter, Program Leader

FUN SING & REFLECT: WELLNESS SING-ALONG

Tuesday, December 15 at 10:30 am

Here's a chance to connect with others, enjoy uplifting music, and explore simple practices for well-being.

Whether you're seeking relaxation, meaningful discussion, or just a fun sing-along, this session is the perfect opportunity to refresh your body, mind, and spirit. Facilitated by Rabbi Yonina from Jewish Family Services of Western New York (JFSWNY)

Pam Macadlo, Case Manager

WINTER WALK

Thursday, December 17 at 11:00 am

Enjoy a brisk, leisurely walk through the picturesque Walton Woods. Dress warm!

Greg Potter, Program Leader

COMPASSION CONNECTION: HOPE AND HEALING

Friday, December 18 at 1:00 pm

Compassion Connection is a peer-support grief center that helps navigate emotional healing and the "holiday blues" caused by the loss of a loved one. *Presented by*

WNY Compassion Connection.

Marilyn Illuzzi, Case Manager

PICKLEBALL CLINIC

Tuesday, December 29 from 10:30 am – 12:00 pm

Wednesday, December 30 from 10:30 am – 12:00 pm

You may sign up for one (1) time

Skills, drills, and games will be highlighted in this pickleball program.

Greg Potter, Program Leader

FINANCIAL

SCAM PREVENTION

Monday, December 7 at 1:00 pm

Learn how to spot and prevent financial, identity theft, and predatory lending scams. *Presented by Parachute Credit Counseling.*

Marilyn Illuzzi, Case Manager

TAXES IN RETIREMENT

Tuesday, December 8 at 10:30 am

In this Taxes in Retirement Workshop, we will discuss basic tax rules during retirement, potential pitfalls, and strategies to be more tax efficient with your retirement income. *Presented by: KDM Wealth Consultants*

Karen Lisiecki, Project Coordinator

AUTOMOBILE INSURANCE - WHAT ARE YOUR OPTIONS?

Friday, December 11 at 1:00 pm

You may think you want the cheapest insurance you can find, but cheap isn't everything. While most insurance products are similar in price and function, insurance providers vary when it comes to structuring a policy that covers you. There's no such thing as a one-size-fits-all insurance policy when it comes to your automobile.

Learn what your options are. *Presented by Ken Moses, Moses Insurance Group.*

Pam Macadlo, Case Manager

IDENTITY THEFT and SCAM PREVENTION

Thursday, December 17 at 1:00 pm

Informative presentation on safeguarding your identity and protecting yourself from scams and fraud. We'll cover current scam trends affecting consumers across Upstate New York and share practical tips to help secure your personal information and finances. BBB representatives Kat Schmieder and Lori Asher will answer questions following the presentation. *Presented by Upstate NY Better Business Bureau (BBB)*

Pam Macadlo, Case Manager

DECEMBER PROGRAMS

FIELD TRIP

CURLING AT THE BUFFALO CURLING CLUB

Tuesday, December 15 at 10:00 am
Meet at the Buffalo Curling Club
50 Buffalo China Road, Buffalo, NY 14210
\$10 per person paid at the Curling Club on the day of the event.

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

INFORMATION TABLES

MediTeddi – Remind. Track. Inspire!

Wednesday, December 2, 11:00 am-1:00 pm
Pam Macadlo, Case Manager

EPIC

Wednesday, December 9, 11:00 am-1:00 pm
Marilyn Illuzzi, Case Manager

ASK THE REALTOR

Wednesday, December 16 at 11:00 am
Ann Kader, WNY Metro Roberts Realty
Jen Lazarz, Program Coordinator

DECEMBER PING PONG

Mondays 1:00 – 4:00 pm
Tuesdays 2:00 – 6:00 pm
Fridays 1:00 – 4:00 pm
(No Ping Pong 12/18 or 12/25)

MOVIES

Per our current movie license, we are not able to publish the movie titles. A full listing of movies is available at the Reception Desk.

1:00 pm

Monday, December 7
Monday, December 14
Monday, December 21
Monday, December 28

Thursday, December 24

Friday, December 4
Friday, December 11

4:00 pm

Thursday, December 3

EVENING MOVIE

5:30 PM

Tuesday, December 1
Tuesday, December 8
Tuesday, December 15
Tuesday, December 22
Tuesday, December 29

Breakfast

With Santa

A festive morning filled with joy and holiday cheer!
Enjoy breakfast with Santa, fun crafts, and
decorating cookies together—a celebration for
kids and kids-at-heart alike.

Saturday | December 5, 2025 | 9:00-11:00 AM
Amherst Center for Senior Services

\$6 per person. 3 and under are free. Cash payments are due at the event. Limited seating. Reservations are required by calling 716-636-3051.

UNIVERSITY EXPRESS

University Express (UE) is managed by the Erie County Department of Aging and offers free educational classes for older adults living in Erie County. Classes are designated to stimulate the mind and provide opportunities to build social networks, thereby reducing social isolation. Classes are available to older adults 50+ at various locations across Erie County. UE Fall Classes that are available at the Center are listed below. University Express booklets are available at the Center. (While supplies last)

Spotlight on Harry Altman: The Man Behind the Town and Glen Casino

Wednesday, November 4 at 2:00 pm

Thinking of a Hip Replacement?

Thursday, November 5 at 2:00 pm

The Objects that Tell Our Stories: Life at the Hull Family Home and Farmstead

Thursday, November 5 at 6:00 pm

When "Fake News" is True: Grover Cleveland was a Big, Fat, Liar

Tuesday, November 10 at 2:00 pm

Secrets of a Good Night's Sleep

Tuesday, November 17 at 2:00 pm

The KKK's 1920s Stranglehold on WNY

Tuesday, November 17 at 6:00 pm

Through Her Eyes: A Family's Journey Beyond Residential Schools

Thursday, November 19 at 2:00 pm

Microsoft Excel

Tuesday, December 1 at 2:00 pm

The Real History of Yoga

Wednesday, December 2 at 2:00 pm

Traditional Foods of India and Bangladesh: Nutrition, Healing, and Culture

Thursday, December 3 at 2:00 pm

HOLIDAY

FRIDAY, DECEMBER 18

6:00 TO 8:00 PM

HAPPENING

**AMHERST CENTER
FOR SENIOR
SERVICES**

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**FREE &
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TONS OF ACTIVITIES TO ENJOY

Meet Santa & Mrs. Claus ~ Arts & Crafts ~ Games
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Hot Cocoa Bar ~ Face Painting ~ Character Meet and Greet & More

Lighting Ceremony at 7:30 pm / ACCEPTING DONATIONS OF NEW UNDERWEAR & SOCKS

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AROUND THE CENTER - 2026 RECAP



During the summer, crews make the front curb cut of the main entrance flat, making it more accessible and added bollards for safety.

As we wrap up 2026 and look ahead to 2027, I wanted to take a few minutes to reflect on all that we accomplished this year at the Center. It's been a busy year!

We started the year with the installation of new HVAC rooftop units. Because of this upgrade, National Fuel needed to install a new gas meter capable of accommodating the new equipment. We decided it was best to wait until spring to do this so we would not end up without heat in the building.

While the building was shut down for a week, the new gas meter was installed, and our Facilities staff constructed a new room, Classroom 5, to accommodate our growing membership. They also painted all of our large rooms and our Reading Room and stripped and waxed floors throughout the building.

Our Facilities staff are the amazing crew who take care of our building and grounds. They work hard every day and do great work. We are very fortunate to have such a dedicated team! Later in the summer, we replaced our original boilers. After 26 years of service, they were beginning to show their age, and it was time to make this important investment in our building.

Several other projects took place over the summer, too. Our staff painted the trim around the entire building and the accessible areas of the sidewalks, and the front entryway curb cut project began. I felt the curb cut was needed to better accommodate everyone who comes to our Center. The bollards were also needed for the safety of those walking into the building. I think it all turned out great!

In August, we installed a new stove in the Kitchen, replacing an aging stove that was original to the building. We also dedicated new spaces within the Center, including our Boxing Room and Reading Room, along with new furniture in our Billiards Room.

Of course, 2026 wasn't just about improvements to our building. We also continued to expand the programs and services we offer.

New programs this year included Boxing Fitness and our Senior Podcast, and our Pop-Up Shop is seeing tremendous success! We also launched a new division of our Center



Our boxing program has been extremely beneficial to members since we added it this year.

called the Senior Support Network. These five dedicated staff members had worked in two different areas of our Center for years, and I saw an opportunity to bring their experience and expertise together through a new initiative that would better serve seniors in our community.

The Senior Support Network is available to provide short-term counseling, assistance, information and referrals to community-based services, and help applying for government programs, including HEAP and SNAP. The team also plans and oversees our health and financial programs and support groups, assists with accessible parking tags, provides short-term food assistance, and much more.

In September, we continued our work outside the building. Old landscaping was removed, trees were trimmed, and landscaping bricks, repurposed from another area of the building, were added to the Wellness Center end of the building along with new trees. Thank you to our Highway Department, who assisted with replacing all of the grates in the parking lot. Also, the loading dock needed our attention. Repairs were made and new steps were installed.

When I look back at everything we accomplished this year, I am proud of the work that has gone into making our Center a welcoming, safe and enjoyable place for our members and visitors.

As we look to 2027, some plans for the building include a new Farm-to-Table concept, the addition of recreational games at the back of the building, and the continued expansion of the wellness and fitness opportunities we offer.

More information to come! We welcome your ideas and suggestions and look forward to incorporating your thoughts to make our Center the very best that it can be. Thank you to our members, staff, volunteers and Town departments who helped make 2026 such a productive year. We look forward to all that 2027 will bring!

Melissa

Melissa Abel, Director

CLUBS & VOLUNTEERING / POP UP SHOPS

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 no registering.

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

Baker's Rack:

Thursday, November 19, Gallery, 9:00 am–12:00 pm
Wednesday, December 16, Gallery, 9:00 am–12:00 pm

Bakers Club: See Myactivecenter

Indian Senior Citizens Meeting:

Thursday 11/12 4:30 pm
Thursday 12/10 4:30 pm

Book Club:

Monday November 23 at 1:00 pm - A Tale of Two Cities by Charles Dickens
Monday December 21, 2026 at 1:00 pm- The Shipping news by E. Annie Proulx

AMCenter Photo Club

Tuesday, November 10
Either a digital or in person presentation.

Tuesday, November 24
Following the meeting's speaker presentation, the members submitted images will be critiqued by an accomplished regional photographer.

Tuesday, December 8, 2026
Holiday Banquet. Location will be determined by the members. Reservations are required.

COMMUNITY DONATION DRIVES

"LOVE-A-VETERAN": We will be collecting donations for the WNY Veterans Housing Coalition during November. Many of the veterans lack housing and come to the Coalition with very little. Greatest need is for new, unused household cleaning supplies includes dish soap, cleaning products, disinfectant wipes (No sponges), toilet bowl cleaner, garbage bags, laundry soap/fabric softener. Personal care items, health & beauty products including shampoo/conditioner (No combs), soap, razors, shaving cream (male & female) and female hygiene products. Dollar Tree items are inexpensive and welcome! Please, no clothing items. **Please drop off items by Wednesday, November 25.**

FRIENDS HELPING FRIENDS SHORT TERM FOOD ASSISTANCE:

We're collecting unexpired, unopened non-perishable food items Cereal, oatmeal, cream of wheat Canned items—soup, vegetables, tuna, chicken Instant packets—rice, pasta, mashed potatoes Mac & cheese, crackers, peanut butter, jelly.

SCHOOL #30 GIVING TREE

We're collecting NEW TOYS for pre-k children who attend school #30 in Buffalo. Stop by the Gallery in the Center and take a card with the name and gender of a deserving child from the display near the fireplace. **Please drop your new, unwrapped, medium size toy to us by Wednesday, November 25**, so we can wrap it and deliver some holiday spirit to these children!

SENIOR ANGELS TREE

Bring the spirit of the Holiday season to a deserving Senior. Please consider taking a tag off of the Senior Angels Christmas Tree in the Center's Gallery. Each tag will have a suggestion of what item each Senior could use. **Drop off your gifts and/or gift cards to the staff at the Reception desk by Wednesday, November 25.** We will make sure they are ready for holiday delivery!

POP UP SHOPS

November 2-November 7

Crafts by Lori-Shop crafts for all seasons!

November 9-November 13

Art prints by Gary Van Houten- Eclectic mix of his limited edition water color prints

November 16-November 20

Heart Gifts-Handmade Christmas and Holiday decorations-Ornaments, jewelry, bows and more!

November 23-November 25

Walker Works- Beautiful handcrafted pewter and copper etchings. Each piece is individually created and customized, making every work of art truly one of a kind.

November 30-December 4

Art Exhibition & Sales- Browse and shop a wide variety of original artwork by local artists!

December 7-December 11

E & J Resin- Shop handmade epoxy resin artwork! Keychains, table pieces, animals, Bills and Sabres.

December 14-December 17

Walker Works- Beautiful handcrafted pewter and copper etchings. Each piece is individually created and customized, making every work of art truly one of a kind.

December 18

Colorful Crafts-Beautiful Crafts at reasonable prices; Pillows, aprons, jewelry wall décor, floral arrangements, knick knacks, magnets and lots of new items!

December 21-December 24

Creativeworks by Alesia-Shop a large selection of paper crafts as well as resin & sublimation crafting

Pop-Up Shop Reservation Requests

As the pop-up shop has gained popularity, we have a new procedure enacted in the interest of fairness for those who want to participate.

Submissions for January-April 2027 will be accepted starting Tuesday, Oct. 20 through 12:00 noon Friday, Nov. 13.

Submissions are due to Joe Weisansal via e-mail

jweisansal@amherst.ny.us OR call 716-636-3055 ext. 3126.

Plus submit your request up to 4 weeks in order of preference that you would like to use the space. (ex. 1. Feb. 8-Feb. 12 2.

April 19-April 23.) **You must be a Club or Center member to participate in the Pop-Up.**

CLUBS

Interested in more information, or want to join a Club?

Please register and go to the next club meeting to speak with the club leader. For a clubs description, see our brochure online at amherstcenterforseniorservices.com or pickup a copy in the lobby at the Center.

All about Amherst & The World Club

Fridays, 10:00-11:30 am (ZOOM)

Am-Center Photography Club

(see previous page)

Amherst Men's Senior Softball League

Games Fridays, 10:00 am & 11:30 am
(Seasonal)

Amherst Senior Singers

Wednesdays, 1:00-3:00 pm

Art Club

Mondays, 1:00-3:30 pm

Backgammon Club

Thursdays, 12:30-4:00 pm

Bakers Club

SEE MyActiveCenter.com FOR UPDATES

Biblical Hebrew Grammar Club

Second & Fourth Tuesdays, 1:00-2:30 pm

Bike Club

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

Board Game Club—Afternoons

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

Board Game Club – Evenings

at Northtown Center. See MyActiveCenter for dates and times

Book Club

4th Monday, 1:00-2:00 pm

Bridge Club

Tuesdays, 2:00-4:00 pm

Canasta Club

Thursdays, 1:00-4:00 pm

Chess Club

Tuesdays, 12:15-4:00 pm

Community Service Sewing Projects Club

Mondays, 9:00-11:00 am

Creative Writers Club

1st & 3rd Mondays, 10:00 am –12:00 pm

Dinner Club

See Club Info across from Fitness Room

Dominos Club

Wednesdays, 12:30-4:00 pm

Drumming Circle

Fridays, 9:30 am—10:30 am

Duplicate Bridge Club (Monday)

Mondays, 12:30-4:00 pm

Duplicate Bridge Club (Friday)

Fridays, 12:30-4:00 pm

Euchre Club

Tuesdays, 1:00-4:00 pm

French Club

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

Genealogy Club

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

Hand & Foot Club

Thursdays, 3:30-5:00 pm

Hiking Club

Off Until Spring! Contact Joe for more info.

Indian Senior Citizens Club

2nd Thursday, 4:30-6:30 pm

Karaoke Club

3rd Thursday at 1:00-3:00 pm

Knitting Club (non-instructional)

Tuesdays, 9:30-11:30 am

Mah Jongg Beginner Club

(non-instructional)
Fridays, 9:30 am-12:00 pm

Mah Jongg Advanced Club

Tuesday, 1:00-3:30 pm

Pinochle Club (Monday)

Mondays, 12:45-3:30 pm

Pinochle Club (Wednesday)

Wednesdays, 12:45-3:30 pm

Pool Tournament Club

Tuesdays, 2:00-5:00 pm

Quilting Club

1st and 3rd Mondays, 1:00-3:00 pm
2nd and 4th Tuesdays, 5:30-7:00 pm

Reading Poetry Aloud Club

Wednesdays, 9:00-10:30am

Reader's Theater Club

Mondays, 1:30-3:00 pm

Rocky Blues Band

Fridays, 12:30-3:30 pm

Rummikub Club

Fridays, 1:00-4:00 pm

Scrabble Club

Tuesdays, 10:00 am-12:00 pm

Spanish Club on ZOOM

Thursdays, 1:30-3:00 pm

Speaking Italian Language Club

Fridays, 1:00-2:30 pm

Stained Glass Club

Thursdays, 9:00 am-12:00 pm

Tai Chi Club

Wednesdays, 1:30-2:30 pm
Fridays, 1:00—2:00 pm

Tuesday Afternoon Music Club

Tuesdays, 12:00-4:00 pm

Ukulele Club

2nd and 4th Tuesdays
10:30 am—12:00 pm

Upholstery Club

Wednesdays, 9:00 am- 12:00 pm

Wood Carving Club

Tuesdays, 9:00 am- 12:00 pm

SENIOR SUPPORT NETWORK

SENIOR SUPPORT NETWORK 716-636-3070

The Center has an in-house Senior Support Network where trained staff are available to provide information and referrals to community-based services such as Meals on Wheels, Home Care, Adult Day Care, and Personal Emergency Response Buttons. Financial assistance may be available to help with the cost of services. Call Senior Support Network.

SENIOR CENTER ON THE MOVE

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

FEE WAIVERS

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

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

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

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

- **HEAP: Home Energy Assistance Program**

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

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

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

COMMUNITY PARTNERS - AVAILABLE ON-SITE

MEALS ON WHEELS

Amherst Meals on Wheels is a community partner that provides nutritional support for older adults with disabilities living in the Town of Amherst. To see if you qualify for this program, call (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, please call them at 716-636-3075.

HEALTH INSURANCE SUPPORT

To schedule your personal appointment, call the representative listed.

AAA – Dave at 716-503-1729

Tuesday, November 3, 9:00 am- 12:00 pm

Thursday, November 12, 9:00 am- 12:00 pm
Marilyn Illuzzi, Case Manager

United Health Care Lisa at 716-864-4886

Friday, November 6, 9:00 am – 12:00 pm

Friday, November 20, 9:00 am – 12:00 pm

Friday, December 11, 9:00 am – 12:00 pm
Pam Macadlo, Case Manager

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

Tuesday, November 10, 9:00 am – 3:00 pm

Tuesday, November 24, 9:00 am – 3:00 pm

Tuesday, December 1, 9:00 am – 3:00 pm

Tuesday, December 15, 9:00 am – 12:00 pm
Pam Macadlo, Case Manager

KDM Wealth Consultants Tiffany at 716-697-3622

Wednesday, November 19, 4:00 pm – 7:00 pm

Wednesday, December 9, 12:00 pm – 3:00 pm
Karen Lisiecki, Project Coordinator

SENIOR SUPPORT NETWORK

Our Senior Support Network Team is Here for You!

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

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

SUPPORT GROUPS

HEALING TOGETHER, ONE STEP AT A TIME

Wednesday, Nov. 18 and Dec. 16 at 1:00 pm

This group provides a safe, welcoming and confidential space where widows and widowers can share their experiences, express feelings, and support each other.

Viyaya Tomar, Social Caseworker

LOSS AND GRIEF GROUP

A 6-week session starts each Thursday at 10:30 am from November 5 until December 17. No session on Nov. 26 (Thanksgiving). New session starts January 7. We discuss coping strategies, healing techniques, and stages of loss and grief.

John Jones, Social Caseworker

MENS SUPPORT GROUP

Tuesday, Nov. 3 and 17 and Dec. 1 and 15 at 10:30 am
"Getting to know us: A man's perspective" Talk about topics and issues that are specific to men.

John Jones, Social Caseworker

PARKINSONS SUPPORT GROUP

Thursday, Nov. 12 and Dec. 17 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.

John Jones, Social Caseworker

VETERANS COFFEE GROUP

Monday, Nov. 2 and Dec. 7 at 10:00 am

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

John Jones, Social Caseworker

WIDOW/WIDOWERS GROUP

Tuesday, Nov. 10 and Dec. 8 at 10:30 am

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

Viyaya Tomar, Social Caseworker

WOMENS SUPPORT GROUP

Wednesday, Nov. 4 and Dec. 2 at 10:30 am

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

Viyaya Tomar, Social Caseworker

KINSHIP SUPPORT/CARING FOR LOVED ONE

Navigating the Kinship world can be challenging and we don't want you to be alone. We offer confidential talks, resources and care plan assistance and personalized support.

Make an appointment, call John Jones at 716-636-3055.



You don't have to navigate life's challenges alone. Support groups provide a welcoming, understanding environment where you can connect with others who may be experiencing similar circumstances. Contact John or Viyaya to learn more.

ACCESSIBLE PARKING TAG

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

Daytime hours are 9:00 am-4:00 pm.

Evening hours are 4:00-7:00 pm

FRIENDS HELPING FRIENDS TEMPORARY FOOD ASSISTANCE PROGRAM

If you or someone you know needs non-perishable food items, we have onsite assistance. Call us to see if you're eligible. Donations of unexpired non-perishables are also accepted for this program.

FROZEN MEAL PROGRAM

If you are an older adult or caregiver and are finding it harder to prepare meals, this Erie County Program may be just what you need. Registration paperwork must be completed prior to participation. Meal pick-ups are on Fridays. Registration forms are available at our Reception Desk. For more information, please call our Senior Support Network, 716-636-3070.

Make Medicare easy with Highmark's local expertise.



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

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



Because Life.™

There is no obligation to enroll.

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

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

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

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

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NUTRITION



Our congregate dining program at the Amherst Center for Senior Services is open to anyone living in Erie County ages 60+.

NUTRITION PROGRAM FOR OLDER ADULTS AGES 60+

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

Guests under 60 are welcome for the required cost of \$5.50, and it should be paid at the Reception Desk. Menus for the next two months are available on pages 36 & 37. ****If you have any food allergies, please notify our staff in advance.**

NUTRITION SCHEDULE

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

TO REGISTER FOR LUNCH OR DINNER:

Go on [MyActiveCenter.com](https://www.amherstcenterforseniorservices.com/nutrition) (instructions on page 4), or call us at (716) 636-3051.

Lunch and Dinner registration opens Thursday, October 15 at 8:30 am

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

FROZEN MEAL PROGRAM

Participating in the Frozen Meals Program is a great way to ensure you have meals available at home when you need them. Frozen meals are prepared on site and are available in packs of 3,5,6,8, or 10. You have to arrange for meal pickup which is on Fridays. (Holidays may impact this schedule). For order forms, visit our Reception Desk.

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

REGISTERING FOR FROZEN MEAL PROGRAM

- Complete the Erie County Registration and Frozen Congregate Meal forms. Forms are available at our Reception Desk, or online at <https://www.amherstcenterforseniorservices.com/nutrition>
- Complete forms to setup your frozen meal pack choice and pickup times. Visit our Reception Desk.)
- Completed forms must be returned to the Center. Forms can be mailed to you upon request.

Questions? Call us, 716-636-3055, ext. 3131.

FRIENDS HELPING FRIENDS SHORT-TERM FOOD ASSISTANCE

If you or someone you know is in need of non-perishable food items, we have on-site assistance. Please contact our Senior Support Network, call 716-636-3070.

Want to help? Donations of unexpired non-perishable foods and toiletries are accepted throughout the year.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP): Provides food benefits to low-income families. See information on page 32.

NOVEMBER NUTRITION MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Cacciatore Pasta marinara California blend veggies Italian bread Fruit parfait 612/80	3 Stuffed pepper Mashed potatoes Peas Dinner roll Brownies 897/117	4 Three Cheese Mac & Cheese Stewed tomatoes Broccoli Corn muffin Apple 763/107	5 Sweet and sour meatballs White rice German blend Wheat dinner roll Cookie bar 633/85	6 Baked BBQ chicken Sweet potato fries Cauliflower Potato roll Frosted cake 633/85
9 Pulled pork on a roll Tater tots Green beans Chocolate chip cookies 882/110	10 VETERANS DAY LUNCH Pineapple glazed pork Roasted potato medley Scandinavian veggies Dinner roll Berry shortcake 686/97	11 CENTER IS CLOSED IN OBERVANCE OF VETERANS DAY 	12 Baked fish Wild rice Key Largo veggies Multigrain bread Apricots 627/81	13 Two-scoop salad Cranberry sauce Mini croissant Chocolate pie cup 889/171
16 Polish sausage on a roll Buttered noodles Prince William veggies Spiced pears 850/87	17 Beef stew Mashed potatoes Biscuit Ambrosia 783/88	18 Chicken leg Rice Pilaf Broccoli Hawaiian roll M&M cookie 853/72	19 Rodeo burger Potato hash Chef cut veggies Kaiser roll Orange 766/92	20 Cabbage roll Mashed potatoes Pacific veggies Italian bread Oreo brownie 899/127
23 Pasta bake w/Italian sausage Carrot medley Garlic bread Peanut butter cookie 769/70	24 THANKSGIVING LUNCH Turkey, stuffing & gravy Green bean casserole Mashed sweet potatoes Wheat dinner roll Pumpkin Pie 932/119	25 Chicken stew Mashed potatoes California blend veggies Biscuit Peach parfait 712/89	26 CENTER IS CLOSED HAPPY THANKSGIVING 	27 CENTER IS CLOSED IN OBERVANCE OF THE HOLIDAY
30 Stuffed pepper Mashed potatoes Chefs blend veggies Italian bread Vanilla pudding 669/88	Food Allergy Notice Please be advised that food preparation in our kitchen may contain these ingredients: Milk, eggs, soybean, peanuts, tree nuts, and shellfish			Estimated calories/ carbohydrates are listed below each lunch.

TUESDAY DINNERS - SERVED 5:00 - 6:00 PM

November 3: Open-faced roast beef, scalloped potatoes, mixed veggies, pudding

November 10: Meatloaf, mashed potatoes, carrots, dinner roll, cupcake

November 17: Chicken alfredo, broccoli, garlic bread, apple

REGISTRATION IS ALWAYS REQUIRED. SEE PAGES 4 AND 39 FOR DETAILS.

DECEMBER NUTRITION MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Estimated calories/ carbohydrates are listed below each lunch.	1 Hamburger Potato wedges Italian blend veggies Frosted cupcake 797/84	2 HANANKKAH LUNCH Roast beef Mashed potatoes Pacific blend veggies Dinner roll Apple strudel cake 628/88	3 Italian sausage w/ peppers & onions Oven browned potatoes Key Largo veggies Rye bread Brownie 796/85	4 Chicken Caesar salad Vegetable soup Grape juice Muffin berries & cream parfait 1,011/102
7 BBQ pulled chicken sandwich Oven browned potatoes Broccoli/cauliflower Mini chocolate chip cookies 1,031/860	8 Sweet n' sour chicken White rice Asian blend veggies Dinner roll Diced peaches 655/71	9 Mac and cheese Stewed tomatoes San Francisco veggies Multigrain bread Cookies & cream parfait 716/81	10 Polish sausage on a roll Rice with mushrooms Peas, peppers & onions Oatmeal cranberry cookie 948/113	11 Sloppy Joe Tater tots German veggies Vanilla honey poached apricots 822/107
14 Chicken stew White rice Corn medley Biscuit Pineapple delight 771/114	15 Southwest omelet Hashbrowns Baked apples Muffin Orange 687/83	16 CHRISTMAS LUNCH Broccoli cheese chicken Garden rice German veggies Assorted dinner roll Cheesecake 1,028/95	17 Cheeseburger casserole California blend veggies Salad Multigrain bread Sugar cookie 929/78	18 Chicken leg Baby baked potato Key Largo veggies Dinner roll Mixed fruit parfait 783/67
21 Spaghetti & meatballs Broccoli Grape juice Italian bread Chocolate chip cookies 1,004/125	22 Beer battered fish Scalloped potatoes Pacific blend veggies Multigrain bread Apple 747/101	23 Pork chop w/gravy Roasted potatoes German veggies Dinner roll Cookie bar 749/80	24 Salisbury steak w/ mushroom gravy Mashed potatoes Bahama blend veggies Rye bread Sugar cookie 654/68	25 CHRISTMAS CENTER IS CLOSED 
28 Polish sausage on a roll Buttered noodles Prince William veggies Tropical fruit cup 842/87	29 Sesame chicken White rice Stir fry mixed blend Dinner roll Fortune cookie 636/95	30 Meatloaf w/ mushrooms Mashed potatoes Green beans/carrots Wheat dinner roll Boston cream pie 831/95	31 NYE BUFFET Roast beef sliders Chicken veggie primavera Crab rangoon Swedish meatballs Steamed garlic veggies Loaded mashed potatoes Tossed salad Assorted desserts	1 NEW YEARS DAY CENTER CLOSED 

TUESDAY DINNERS - SERVED 5:00 - 6:00 PM

December 2: Chicken enchilada, fiesta corn, spanish rice, chimichanga
December 8: Roast beef, green beans, mashed potatoes, white bread, angelfood cake
December 15: Spaghetti parm, mixed veggies, cranberry juice, garlic bread, cheesecake
December 22: Open faced turkey sandwich, green beans, juice, lemon cake
December 29: Chili, rice, grape juice, corn muffin, cherry pie

REGISTRATION IS ALWAYS REQUIRED. SEE PAGES 4 AND 39 FOR DETAILS.

TOWN OF AMHERST

AMHERST TOWN BOARD

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

AMHERST SENIOR CENTER ADVISORY BOARD

- James W. Bardot, Chairman
- Melissa Abel, Executive Director, Senior Center
- Reverend Susan Frawley
- Lisa Giancarlo
- Gary Henry
- Julie Whitbeck-Lewiski
- Bob Peluso

TOWN PROGRAM LOCATIONS

Amherst Center for Senior Services
370 John James Audubon Parkway

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, NY 14221

Northtown Auto Center
1615 Amherst Manor Drive, Williamsville, NY 14221

North Forest Park
85 North Forest Road, Williamsville, NY 14221

Williamsville Youth and Family Center
5005 Sheridan Drive, Williamsville, NY 14221

For additional information about the Town, visit its website amherst.ny.us.



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



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

GRANDPARENTS & CAREGIVERS

of little ones birth through age 5

FANTASTIC! FALL FUN

at
The Family Room

...where grown ups meet & little ones learn & play

- Large indoor learning-centered playroom
- Gym area & outdoor playground
- Creative, Engaging and fun Playgroups for 18 months to 5 years!

3 MONTH FUN PASS

UNLIMITED VISITS!

\$45 w/valid resident ID
\$70 non-resident

Join us!
First visit is always FREE!

Yearly Membership
\$125 w/valid resident ID
\$165 non-resident

Schedule your FREE visit* by contacting

Jennifer Reed
Family Room
Program Coordinator
jreed@amherst.ny.us
716-631-7132

The Family Room

*During open door hours.

Town of Amherst Youth & Recreation Department

CLASS REGISTRATION FORM ONLY

NOVEMBER-DECEMBER 2026 CLASSES REGISTRATION DATE: OCTOBER 14, 2026

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

WAYS TO REGISTER FOR CLASSES:

ONLINE (This is the fastest way): [MyActiveCenter.com](https://myactivecenter.com). Before using this method, you need to have a MyActiveCenter account setup. Credit card payment only.

TELEPHONE: Call us at (716) 636-3051 during regular business hours to register with a credit card.

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

WALK IN: Registration begins on Thursday, October 15, 2026

MEMBER NAME _____

HOME ADDRESS _____ **CITY/TOWN** _____ **ZIP CODE** _____

PHONE NUMBER: _____

Course Title	CENTER	ZOOM	DAY	Time	Start Date	FEE

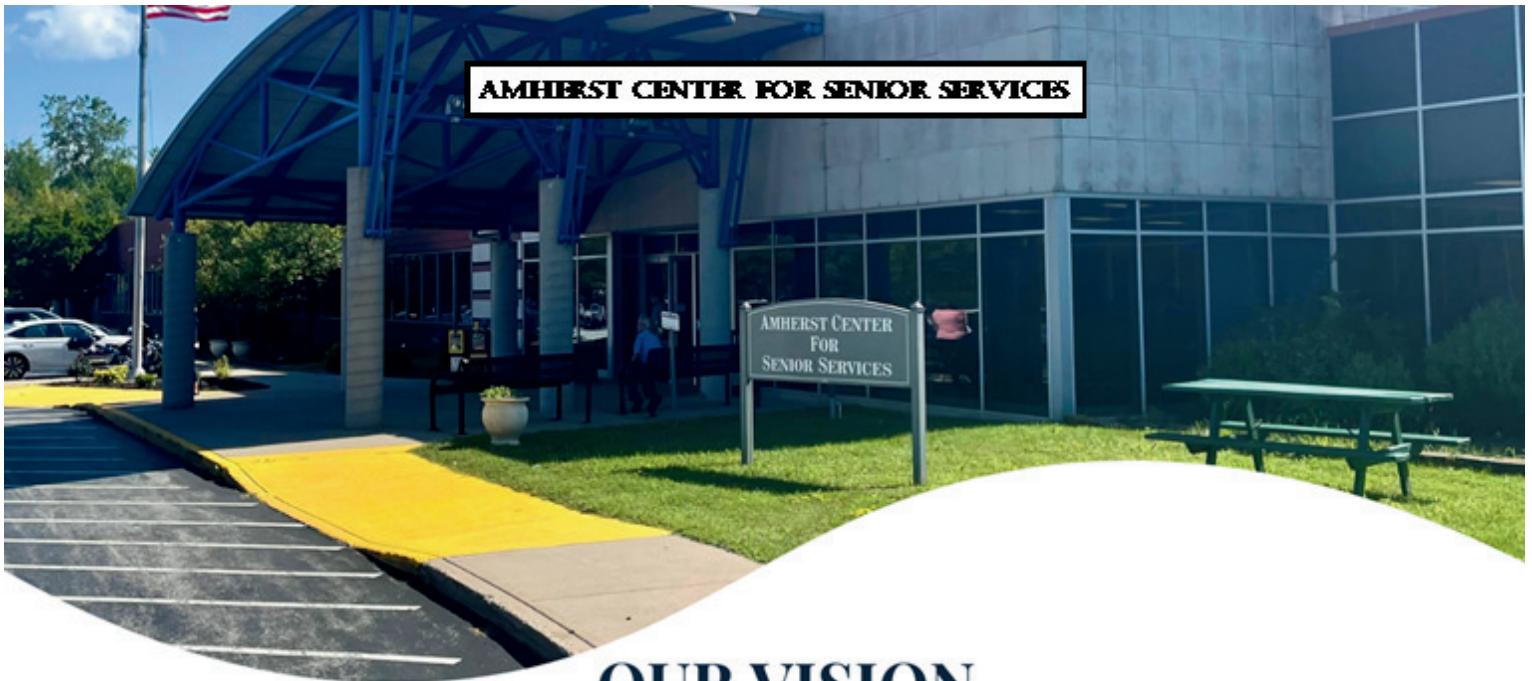
☐

Resident

☐

Non-resident

ADDITIONAL FORMS ARE AVAILABLE AT THE SENIOR CENTER.
OR SKIP THE FORM AND REGISTER ONLINE: [MYACTIVECENTER.COM](https://myactivecenter.com)



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.