



# AMHERST CENTER FOR SENIOR SERVICES

370 John James Audubon Parkway, Amherst, NY 14228

## FEBRUARY 2026 NEWSLETTER

February is

# ***Heart Health Month***



ESTABLISHED IN 1962

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



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

# ABOUT US

## A NOTE FROM THE DIRECTOR

Greetings and Happy Valentine's Day!

We have some very special programs this month, including a performance by our Comedy Improv class, a concert with the Buffalo Chips, and a performance by the Amherst Middle School Jazz Ensemble and Chorus. We are also offering floor hockey, cross-country skiing, and more.

We welcome the Town of Amherst Assessor's Office staff on February 12 and 27, who will provide assistance with Property Tax Exemption forms for homeowners age 65 and older.

AARP Tax volunteers will once again offer tax preparation assistance by appointment. Please see page 8 for more information.

Just a friendly reminder that all members must use their key tag to check in at the kiosk each day. This is a membership requirement and helps us ensure we know who is in the building at all times. Attendance data is also used for program planning and reporting. If you have misplaced your key tag, please stop by the front desk for a replacement.

Please join us for our quarterly Members Forum on February 5 at 10:00 am, where we invite you to share your ideas, suggestions, and feedback with Center staff. Also, join me on February 26 at 2:00pm for my Ask the Director program.



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

## HOURS OF OPERATION

Monday: 9:00 am—7:00 pm

Tuesday & Thursday: 9:00 am—7:30 pm

Wednesday & Friday: 9:00 am—4:00 pm

(Doors open at 8:45 am)

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

**The Center will be closed on Monday, February 16 in observance of Presidents' Day.**

## KEY STAFF CONTRIBUTORS

Melissa Abel,  
Director

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Recreation Leader

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Marc Young,  
Program Leader

[myoung@amherst.ny.us](mailto:myoung@amherst.ny.us)

## IMPORTANT PHONE NUMBERS

**Main Line 636-3050**

This is an automated line where you choose an option:

Press

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

Direct Lines:

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

**Amherst Meals on Wheels 636-3065**

**Amherst Senior Transportation 636-3075**

*This newsletter is coordinated by Darlene Wilber, Public Relations Coordinator, [dwilber@amherst.ny.us](mailto:dwilber@amherst.ny.us). Information in this publication is current at the time of print. Any of it is subject to change after printed.*

# ABOUT US

## MEMBERSHIP DUES

### Amherst Residents—Lifetime Membership

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

### Non-Resident—Annual Renewal

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

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

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

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

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

## TO JOIN THE CENTER:

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

## MEMBER COMMUNICATIONS

### EMAIL

We regularly send emails to our members. Please make sure we have your email on file so you can receive these communications. To submit your email, you can contact our front desk or register on our website.

### SOCIAL MEDIA: FACEBOOK

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

## CALLING ALL NEW MEMBERS!!

### MEMBERSHIP 101

Tuesday, February 3 at 3:00 pm

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

5:00 pm. *Reservations are required for both.*



## FIRE DRILLS

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

## PARKING: COMBAT WOUNDED VETERANS

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



Thank you for your service and sacrifice to our country.

## ANIMAL POLICY

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

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

Thank you for your understanding!

## ACCESSIBILITY

There is a private accessible bathroom



## AMHERST CENTER FOR SENIOR SERVICES 2026 CANCELLATION GUIDE

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

### STANDARD OPERATING HOURS:

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

### STORM CLOSINGS:

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

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

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

**RADIO:** WBEN

Only upon notification by the Amherst Town Supervisor can the Amherst Center for Senior Services be officially closed.

# TOWN OF AMHERST

## AMHERST TOWN BOARD

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

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

## AMHERST SENIOR CENTER ADVISORY BOARD

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

## EX-OFFICIO MEMBERS:

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

## AMHERST GENERATIONS FOUNDATION

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



## TOWN PROGRAM LOCATIONS

Amherst Senior Center  
370 John James Audubon Parkway, Amherst 14228

Clearfield Community Center  
730 Hopkins Road, Williamsville 14221

Harlem Road Community Center  
4255 Harlem Road, Amherst 14226

Northwest Amherst Community Center  
220 Northpointe Parkway, Amherst 14228

Northtown Center at Amherst  
1615 Amherst Manor Drive, Williamsville 14221

Williamsville Youth and Family Center

## Newsletter Updates Coming in May!

Beginning in May 2026, we're launching a new format by combining our seasonal Class Catalog and monthly newsletter to create a single, reader-friendly guide that will be packed with everything we have to offer.

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

The new guide will be published every other month: May–June, July–August, September–October, and November–December. Hardcopies will be available at the Senior Center.

Digital versions will be available on our website and the Town of Amherst website.



**Amherst Center for Senior Services**  
ACSS

**Advertise in our monthly newsletter**

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

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

# REGISTRATION PROCEDURES

## **\*\*NEW REGISTRATION POLICY\*\***

As of Dec. 17, 2025, class registration for non-residents will be open at 12:00 pm on registration day. This is a change in the previous process where non-residents registered at the same time as Town of Amherst residents.

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## **REGISTRATION/CANCELLATION**

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

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

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## **CREATING AN ACCOUNT ON MyActiveCenter**

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

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

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

### **To Register, click on Add to Cart**

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



## **SAMPLE A CLASS**

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

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## **REFUNDS**

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

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## **MEMBERS VISITING THE CENTER**

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

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## **CANCEL IF YOU CAN'T MAKE IT**

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

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## **NUTRITION**

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

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

### **TO REGISTER FOR LUNCH OR DINNER:**

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

## **FROZEN MEAL PROGRAM**

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

# PROGRAMS

## TAKE APART DAY

Monday, February 2 at 10:00 am

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

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## TALK AND TASTE

Monday, February 2 at 5:30 pm

What better way to Celebrate National Carrot Day than with a piece of cake with friends.

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## GALENTINE'S BRUNCH

Wednesday, February 4 at 10:00 am

Galentine's Day is an unofficial holiday that honors the ladies. Let's celebrate gal pals over a light brunch and a little pampering. No fee but please bring a wrapped item from the Dollar Store to exchange with a new friend.

*Reservations can be made starting January 22.*



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## FLUXX

Wednesday, February 4 at 1:00 pm

Fluxx is a dynamic and unpredictable card game where the rules are constantly changing. As players work to meet shifting goals, the game evolves in surprising ways. With simple rules that can be altered on every turn, Fluxx is a game of strategy, adaptation, and quick thinking.

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## MEMBERS FORUM

Thursday, February 5 at 10:00 am

This is your opportunity to share ideas, suggestions and feedback, or to ask questions about the Center. All are welcome! If you have urgent or specific concerns, don't wait until the meeting. Contact the appropriate staff. *See Key Staff on page 2.*

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## TECH SUPPORT — By Appointment

Friday, February 6 from 10:00 am—12:00 pm

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



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## CORNHOLE

Friday, February 6 at 11:15 am

A fun lawn game brought indoors for winter fun. All skill levels are welcome.

## DIPS, CHIPS AND SIPS

Friday, February 6 at 1:00 pm

Let's get ready for the Superbowl with some appetizers and football trivia. Bring your favorite appetizer, or dip. Unsure what to bring? Contact Jenn for suggestions, [jbono@amherst.ny.us](mailto:jbono@amherst.ny.us).

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## POETRY & PROSE OPEN MIC - A CELEBRATION OF LOVE AND FRIENDSHIP (VALENTINE'S EDITION)

Wednesday, February 11 at 2:00 pm



Join us for poetry and short prose readings celebrating love and friendship. Share your original work, read a favorite piece, or just listen. Readers: sign-up begins at 1:30 pm; readings start at 2:00 pm. Refreshments will be served.

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## VIRTUAL REALITY (VR)

Thursday, February 12 or Friday, February 20

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 want to try something different, this is a great opportunity to dive into a new digital world.

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## MONOPOLY DEAL

Thursday, February 12 at 6:00 pm

Charge rent, demand money, steal properties! Race to collect three property sets in this fast paced monopoly card game; easy to learn, just as stressful as the board game.

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## LOVE SONG KARAOKE

Friday, February 13 at 11:00 am



Whether you're a shower-singing superstar or just love to listen, everyone is welcome to share the love through music. Warm up your vocal cords and celebrate the season of love with us!

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## COLD-PROCESS SOAPMAKING

Tuesday, February 17 at 10:30 am, 1:00 pm, 2:30 pm

Learn the basics of cold-process soap making using lye and olive oil. This introductory class covers saponification, proper ratios, and safe lye handling, and you will create a simple bar of soap. It can get messy—wear old clothes. Finished soap will be ready for pickup in mid-March.

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## CROCKPOT COOKING AND NUTRITION

Wednesday, February 18 at 10:30 am

A class that teaches you how to prepare healthy, budget-friendly meals using a crockpot. Participants learn about balanced nutrition, portion control, and how to adapt recipes for dietary restrictions – all while enjoying a fun and social cooking experience. *Presented by the McGuire Group.*

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.**

# PROGRAMS

## SHOWCASE PERFORMANCE

Wednesday, February 18 at 1:00 pm

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

## CHINESE NEW YEAR PERFORMANCE

Thursday, February 19 at 11:00 am

Our Chinese Square Dancing Group will sing and dance to celebrate the Year of the Horse.

## ESCAPE ROOM

Thursday, February 19 from 4:00 – 7:00 pm

There are some unusual things going on here. The Pink Panther has vanished without a trace, and Inspector Clouseau is nowhere to be found! Step into our escape room adventure, crack clever puzzles, uncover hidden clues, and race against the clock to solve the mystery. Can your team outsmart the chaos and find the Pink Panther before time runs out? 20-minute sessions for 4 people.

## SWOOP CARD GAME

Monday, February 23 at 10:00 am

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

## GARDEN TIME

Monday, February 23 at 10:00 am

Winter Sowing and An Introduction to Native Plants – Why They Are Important. Gardeners are welcome to share their own experiences.

## WII GAMES

Tuesday, February 24 at 10:30 am

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

## BINGO

Tuesday, February 24 at 3:30 pm

Bring an item from the Dollar Store for the prize table.

## WINTER CONCERT

Tuesday, February 24 at 6:00 pm

Entertainment by the Buffalo Chips, University at Buffalo's Men's A Cappella group.

## MUSIC JEOPARDY

Wednesday, February 25 at 10:30 am

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

## ASK THE DIRECTOR

Thursday, February 26 at 2:00 pm

Enjoy a cup of coffee with our Director, Melissa Abel. She will give updates on senior services and answer your questions.

## PIZZA AND GAME NIGHT

Thursday, February 26 at 5:00 pm Fee is \$7.00.

5:00 pm 2 slices of pizza and salad from John and Mary's  
6:00 pm America Says

RSVP by Tuesday, February 24. No refunds after.

## MIND TEASERS STATIONS

Friday, February 27 at 10:30 am

Move from table to table with your team and play different games to exercise your mind.

## LUNCHTIME CONCERT

Friday, February 27 at 12:00 pm

Enjoy a performance by the Amherst Middle School Jazz Ensemble and Chorus.

*A lunch reservation is required.*



## FIELD TRIPS

### BOWLING

Friday, February 20 at 10:30 am

Transit Lanes, 7850 Transit Road, Williamsville

Meet at the bowling alley for 2 games. Each game is \$4.00 w/ the Senior Discount (\$8.00 total). Participants will pay at the bowling alley on the day of the event. Please sign up in advance.

### FLOOR HOCKEY

Thursday, February 26 at 10:30 am

Clearfield Recreation Center, 730 Hopkins Road, Williamsville

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

### CROSS COUNTRY SKIING \*Weather Dependent\*

Friday, February 27 at 10:30 am

Bassett Park, 359 Klein Road, Williamsville

Bring your cross country skis and traverse through the snow at Bassett Park. Meet at the Parking lot by the stage. **Must bring your own skis and snow gear.**

## PING PONG

Mondays 1:00 – 4:00 pm (No Ping Pong 2/16)

Tuesdays 2:30 – 6:00 pm (11:00 am – 1:00 pm on 2/24)

Fridays 1:00 – 4:00 pm

# PROGRAMS

## FINANCIAL

### **AARP FREE INCOME TAX PREP (By appointment ONLY)**

Mondays, Wednesdays & Friday between  
January 28 to April 10 from 9:00 am to 1:30 pm  
Northwest Amherst Community Center,  
220B Northpoint Pkwy.  
IRS-certified counselor support. To make an appointment,  
call 716-256-3743 & leave a message.

### **EMPIRE SENIOR ADVISORS**

Thursday, February 5 at 11:00 am  
Empire Senior Advisors will talk about the process of  
applying for Medicaid benefits.

### **TOWN OF AMHERST ASSESSORS OFFICE (STAR) ASSISTANCE**

Thursday, February 12 from 1:00-4:00 pm &  
Friday, February 27 from 10:00 am- 1:00 pm  
Assessor's office staff will be onsite to assist with Property  
Tax Exception forms. Geared towards homeowners 65yrs  
and older. For best assistance, please have your gross  
income information available.

### **BETTER BUSINESS BUREAU (BBB)**

Thursday, February 19 at 1:00 pm  
A presentation highlighting how older adults can identify  
scams and protect themselves and their personal  
information. BBB Communications Director, Kat Schmieder,  
will discuss top scams and hand out resources.

### **MEDICARE 101**

Thursday, February 19 at 2:00 pm  
Aetna is offering a Medicare 101 where a licensed agent  
highlights the basics of Medicare and answers questions.

### **TAXES IN RETIREMENT**

Thursday, February 19 at 5:00 pm  
In this Taxes in Retirement Workshop, we will discuss basic  
tax rules during retirement, potential pitfalls, and strategies  
to be more tax efficient with your retirement income.

### **HEALTH INSURANCE SUPPORT**

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

#### **Clarity Group – Medicare Plan Center**

Monday, February 2 from 9:00–11:00 am  
Lisa at 716-864-4886

#### **KDM Wealth Consultants**

Thursday, February 19 from 4:00–5:00 pm  
Tiffany at 716-697-3622

## HEALTH

### **CIRCUIT FITNESS CLASS**

Monday, February 9 and 23 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.

### **SING & REFLECT: Wellness Sing-Along**

Tuesday, February 10 at 11:00 am  
Join Rabbi Yonina for a session of song, conversation, and  
wellness. 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.

### **MEDITATION AND HEALING**

Thursday, February 12 at 1:00 pm  
Relieve stress and improve your health. Would you like to feel  
calmer and more relaxed? Release burdens and worries?  
*Presented by Anne Egan, instructor & practitioner of Open  
Heart Meditation and Secrets of Natural Walking with the  
Natural Way of Living*

### **BOXING WITH PARKINSONS**

Monday, February 23 at 1:00 pm  
Boxing with Parkinson's 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.  
***This program is for people in our Parkinson's Support Group.***  
***Boxing class for all members coming soon.***

### **HEALTHY LIVING FOR YOUR BRAIN & BODY**

Tuesday, February 24 at 1:00 pm  
*Presented by the Alzheimer's Association.*

## **PARTNER PROGRAMS**

### **SILVER PRIDE TEA**

Friday, February 6 at 10:00 am  
This is an opportunity for LGBTQAI and their allies  
to spend time together enjoying refreshments  
and conversation. *Hosted by the Pride Center of WNY.*



### **BISTRO BOOKERS**

Tuesday February 10 at 4:00 pm  
"Phantom of Forest Lawn" by Robert Brighton  
Discussed by Jennifer Kovach, Executive Administrative  
Assistant of Forest Lawn, Robert Brighton's Research  
Assistant for this book.

# PICKLEBALL

## OPEN PICKLEBALL

Monday, February 2, 9, 23: 5:00-7:00 pm

Tuesday, February 3, 17, 24: 2:00-3:45 pm, 3:45-5:30 pm,  
5:30-7:15 pm (1 court)

Wednesday, February 4 & 18: 12:00-2:00 pm, 2:00-4:00 pm

Wednesday, February 11: 12:00-2:00 pm (Women),  
2:00-4:00 pm (Men)

Wednesday, February 25: 12:00-2:00 pm (Men),  
2:00-4:00 pm (Women)

Thursday, February 5, 12, 19, 26: 3:45-5:30 pm

Friday, February 6: 12:00-2:00 pm (Intermediate),  
2:00-4:00 pm (Beginner)

Friday, February 13: 2:00-4:00 pm

Friday, February 20: 12:00-2:00 pm (Beginner),  
2:00-4:00 pm (Intermediate)

Friday, February 27: 12:00-2:00 pm (1 court),  
2:00-4:00 pm (2 courts)

You must bring your own paddle

## \*\*\*OPEN PLAY PICKLEBALL GUIDELINES\*\*\*

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

## PICKLEBALL AT NORTHWEST AMHERST COMMUNITY CENTER

**Mondays:** February 2, 9, 23

9:00 am – 11:00 am (Intermediate)

11:00 am – 1:00 pm (Beginner)



**Tuesdays:** February 3, 10, 17

8:45 am – 10:15 am (All Levels)



## Experience the Ken-Ton Hearing Difference

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



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

**Learn more: [kentonhearing.com](http://kentonhearing.com)**

**Make an appointment with us!**

**716-874-1609**

# SUPPORT & RESOURCES

## Social Work Services are Here for You!

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

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

## Caregivers Group

Wednesday, February 18 at 1:00 pm

Caregiving can be overwhelming, join us for support.

## Kinship Group **\*\*Now held at the Amherst Senior Center**

Tuesday, February 24 at 6:00 pm

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

## Loss & Grief Group

Thursdays from 10:30 –11:30 am

February's session ends March 5.

A new 6-week session starts on March 26, 2026

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

## Men's Support Group

Tuesdays, February 3 & 17 at 10:30 am

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

## Parkinson's Support Group:

Thursday, February 26 at 2:00 pm

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

## Veteran's Coffee Group

Monday, February 2 at 10:00 am

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

## Widow/Widowers Group

Tuesday, February 10 at 10:30 am/ February 17 at 6:00 pm

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

## Womens Support Group

Wednesday, February 4 at 10:30 am

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

## ACCESSIBLE PARKING TAG

If you need assistance with an application, we are **available by appointment** only. Day time hours are 9:00 am—4:00 pm. Evening hours: February 17 until 6:00 pm and from 4:00-7:00 pm on February 24.



## NUTRITION SUPPORT:

### FROZEN MEAL PROGRAM

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

### The Supplemental Nutrition Assistance Program (SNAP)

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

## YOUTHWORK\$

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



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

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

### Independent Living Communities



#### Asbury Pointe Retirement Community

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

#### Presbyterian Village at North Church

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



#### Ken-Ton Presbyterian Village

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

### Skilled Nursing and Short Term Rehabilitation



#### Beechwood Homes

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

#### Wesley Rehabilitation Center

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

#### Hospice Wells House

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

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

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

# SUPPORT & RESOURCES

## SENIOR OUTREACH SERVICES (SOS) 716-636-3070

SOS is entering a new chapter. Last month, funding for the program will shifted from Erie County to the Amherst Center for Senior Services.

If you need help with

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

## FRIENDS HELPING FRIENDS SHORT-TERM FOOD ASSISTANCE

If you or someone you know is in need of non-perishable food items, we offer on-site assistance.

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

## SENIOR CENTER ON THE MOVE

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

## MEALS ON WHEELS

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



## TRANSPORTATION

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



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

### 1:00 PM

Monday, February 2  
Monday, February 9  
Monday, February 23

Friday, February 6  
Friday, February 13  
Friday, February 20  
Friday, February 27

### EVENING MOVIE

**5:30 PM**  
Tuesday, February 3  
Tuesday, February 5  
Tuesday, February 10  
Tuesday, February 17



*Stay warm and cozy*

## The Home Energy Assistance Program (HEAP)

HEAP is a federally funded program administered by New York State to assist low-income households with their energy needs. Multiple opportunities are available to apply for heating assistance and services while funding is available. To see if you're eligible, please contact our Senior Outreach Services, 716-636-3070.



**HEAP**  
Home Energy  
Assistance Program

A Program of the Office of Temporary and Disability Assistance

# CLUB ACTIVITIES & VOLUNTEERING

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

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

Swiping in at the kiosk is not registering.

## **HOW TO JOIN A CLUB**

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

## **AMHERST CENTER PHOTOGRAPHY CLUB**

Interested in learning more about digital photography? This club offers opportunities to share images, learn new techniques, hear from guest speakers, and ask questions. During the second meeting each month, member-submitted photos are critiqued by an area judge. Club officers are available to answer questions about membership. Join us for two engaging afternoons with talented photographers.

### **Tuesday, February 10 at 1:00 pm**

Jeffrey Hall, retired biology teacher and avid birder, presents *Patagonia: Nature at the End of the Earth*, featuring images from his national and international travels.

### **Tuesday, February 24 at 1:00 pm**

Jennifer King presents *Using Image Design*, a digital program focused on applying fine art design principles to create more compelling photographs.

## **INDIAN SENIOR CITIZENS MEETING**

Thursday, February 12 at 4:30pm

## **NEW! BAKERS CLUB**

Wednesday, February 11 from 9:30-11:30 am

Join this club to help support our Bakers Rack as well as our Senior Center. Ingredients and recipes provided.

## **BAKERS RACK**

Thursday, February 12 at 9:00 am until sold out

Purchase a variety of freshly baked foods with proceeds benefitting our Center.

## **KARAOKE PARTY CLUB**

February 19 at 1:00 pm

Join friends to enjoy a fun afternoon singing classic hits

## **BOOK CLUB**

Monday, February 23 at 1:00 pm

The Song of the Lark by Willa Cather

## **SERVICE HOURS**

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

## **BIBLICAL HEBREW GRAMMAR CLUB**

Explore one of the oldest languages in the world! Beginners welcome. This club will start back up in April. Contact Joe if you're interested in joining.

## **NEW CLUB INTEREST**

To start a new club, we need **at least 10 members** who are committed to attending regular meetings. If you have a club idea and know at least 10 members who want to join, please either: Drop your suggestion in the **Suggestion Box** in the main lobby, or contact Joe Weisansal.

## **INTERESTED IN PODCASTING?**

Podcasting is creating and distributing on-demand digital episodes, like a personalized radio show, you can listen to anytime via apps like Spotify. We're seeking volunteers to help produce a podcast for the Center. Experience with audio engineering/editing/recording, storytelling, interviewing, public speaking, and writing, are helpful but not required. If interested, contact Joe.

## **THANK YOU HARRY AND MARIE**



Harry and Marie Schick have served as volunteers for our dining service for 10 years. They retired from this role last month. We thank them for their dedicated service to supporting their peers.

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

# CLUBS

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

## **Am-Center Photography Club**

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

## **Amherst Men's Senior Softball League**

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

## **Amherst Senior Singers**

Wednesdays, 1:00-3:00pm

## **Art Club**

Mondays, 1:00-3:30pm

## **Backgammon Club**

Thursdays, 12:30pm

## **Bakers Club - NEW**

Wednesday, Feb. 11 at 9:30am

## **Biblical Hebrew Grammar Club**

Starting up in April

First and third Tuesdays, 6:00pm

## **Bike Club**

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

## **Board Game Club—Afternoons**

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

## **Board Game Club—Evenings**

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

## **Book Club**

4th Monday, 1:00pm

## **Bridge Club**

Tuesdays, 2:00-4:00pm

## **Canasta Club**

Thursdays, 1:00-4:00pm

## **Chess Club**

Tuesdays, 12:15-4:00pm

## **Community Service Sewing Projects Club**

Mondays, 9:00-11:00am

## **Craft Club at NWACC**

Tuesday, 10:00 am-12:00pm

## **Creative Writers Club**

1st & 3rd Mondays, 10:00am –12:00pm

## **Dinner Club**

See Club Info across from Fitness Room

## **Dominos Club**

Wednesdays, 12:30-4:00pm

## **Drumming Circle - NEW CLUB**

Fridays, 9:30 am—10:30am

## **Duplicate Bridge Club (Monday)**

Mondays, 12:30-4:00pm

## **Duplicate Bridge Club (Friday)**

Fridays, 12:30-4:00pm

## **Euchre Club**

Tuesdays, 1:00pm

## **French Club**

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

## **Hand & Foot Club**

Thursdays, 3:30-5:00pm

## **Indian Senior Citizens Club**

2nd Thursday, 4:30pm

## **Genealogy Club**

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

## **Karaoke Club**

3rd Thursday at 1:00pm

## **Knitting Club (non-instructional)**

Tuesdays, 9:30-11:30am

## **Mah Jongg *Beginner* Club**

Fridays, 9:30 am-12:00pm

## **Mah Jongg Club**

Tuesday, 1:00-3:30pm

## **Men's Golf**

See Club Info across from Fitness Room

## **News & Views Zoom Club**

Fridays, 10:00-11:30am

## **Pool Tournament Club**

Tuesdays, 2:00-5:00pm

## **Quilting Club**

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

## **Reader's Theater Club**

Mondays, 1:30pm

## **Reading Poetry Aloud Club**

Wednesdays, 9:00-10:00am

## **Rocky Blues Band**

Fridays, 12:30pm

## **Rummikub Club**

Fridays, 1:00-4:00pm

## **Scrabble Club**

Tuesdays, 10:00am-12:30pm

## **Pinochle Club (Monday)**

Mondays, 12:45-4:00pm

## **Pinochle Club (Wednesday)**

Wednesdays, 12:45-4:00pm

## **Spanish Club on ZOOM**

Thursdays, 1:30pm

## **Speaking Italian Language Club**

Fridays, 1:00-2:30pm

## **Stained Glass Club**

Thursdays, 9:00 am-12:00pm

## **Tai Chi Club**

Wednesdays, 1:30-2:30pm

Fridays, 1:00—2:00 pm

## **Tuesday Afternoon Music Club**

Tuesdays, 1:00pm

## **Upholstery Club**

Wednesdays, 9:00am-12:00pm

## **Wood Carving Club**

Tuesdays, 9:00-12:00pm

# CLASSES

## WINTER CLASS CATALOG

The second session for many of our classes begins in early March. Check MyActiveCenter or with the Reception Desk for openings. Our Winter Class Catalog is available in hard copy at the Center, at ALL Amherst libraries, and online at [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com) (Under the Active Aging/Classes tab). Registration is ongoing.

## BE SURE TO REGISTER/SUBMIT PAYMENT

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

## SPECIAL REQUEST: WHEN PLANS CHANGE, CALL TO CANCEL

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

## DEFENSIVE DRIVING CLASS — AARP Smart Driver

Wednesday, February 18 or March 18

9:00 am-4:00 pm

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

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



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

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

### Interested?

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



## HIGHLIGHTS FOR THE WINTER SESSION

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

### Colors of My Life Journey \$15

Tuesday, 3/10 (1x) 9:00-11:30 am

### Intro to Acting for fun or profit (but rarely both) \$33

Wednesday, 3/4-4/15 (7x) 1:15-2:45pm

### Using Your iPhone/Android Wisely \$50

Tuesday, 3/24-4/14 (4x) 1:00-3:00 pm

### Ukulele Sing-a-long Beginning, Intermediate, or Advanced \$25

Monday, 3/9-4/13 (6x) 10:00 am, 11:00 am or 12:00 pm

### Ballroom Dancing Beginner/Beginner Plus \$24

Tuesday, 3/3-4/7 (6x) 1:15-2:15 pm

### Ballroom Dancing Intermediate/Advanced \$24

Tuesday, 3/3-4/7 (6x) 2:30-3:30 pm

### 20/20/20 \$24

Thursday, 3/12-4/16 (6x) 10:45-11:45 am

### HIIT to Be Fit \$24

Tuesday, 3/10-4/14 (6x) 4:00-4:50 pm

### Move, Tone and Stretch \$24

Monday, 3/16-4/20 (6x) 6:00-7:00 pm

### Yoga/Gentle \$24

Thursday, 3/12-4/16 (6x) 6:00-7:00 pm

### Yoga Zoom \$28

Wednesday, 3/4-4/15 (7x) 9:00-10:15 am

### Yoga Afternoon \$24

Tuesday, 3/3-4/14 (7x) 4:00-5:00 pm

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.**

# FEBRUARY NUTRITION

The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. This nutrition program is open Erie County residents who are 60 years of age or older at a suggested contribution of \$3.50. **Guests under 26 are welcome for a REQUIRED cost of \$5.50. Please pay at the Reception Desk.**

**FROZEN MEAL PRO-**

- **Lunch** is served **Monday-Friday, 12:00-1:00 pm; Dinner** is served on **Tuesday at 5:00 pm**
- February Meal registration begins the 3rd Tuesday of January (Jan. 20). *See page 0 for instructions.*
- **WE ARE UNABLE TO ACCEPT WALK-INS.** If you have a change of plans and can't attend, please **CANCEL** your reservation.

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>2</b> Cheeseburger on a bun Potato wedges Mixed vegetables Pears  741/74	<b>3</b> Stuffed pepper Mashed potatoes Peas White dinner roll Brownies  897/117	<b>4</b> <b>BLACK HISTORY MONTH LUNCH</b> Chicken leg Wild rice Brussel sprouts Corn muffin Apple crumble 936/99	<b>5</b> Roast beef w/ gravy Baby baked potatoes San Francisco veggies Wheat dinner roll Vanilla sandwich cookie 688/79	<b>6</b> <b>SUPERBOWL PARTY</b> Cheese pizza and chicken wings Side salad Grape juice Fresh fruit  1,041/116
<b>9</b> Salisbury steak w/ gravy Mashed potatoes California blend veggies Wheat bread Fudge hand pie  741/77	<b>10</b> BBQ pulled pork on a hamburger roll Tater tots Green beans Mandarin oranges  559/77	<b>11</b> Chicken cacciatore Rice Pilaf Broccoli White dinner roll Lorna Doones  629/79	<b>12</b> Beef Stew Mashed potatoes Biscuit Fruit cocktail  755/86	<b>13 VALENTINES DAY LUNCH</b> Pork loin w/ brown sugar & onion Chef salad Carrots Cheesecake topped w/ berries 1,028/112
<b>16 CENTER CLOSED</b> (Presidents Day)  	<b>17 PRESIDENTS DAY LUNCH</b> Turkey w/ gravy Sweet potatoes Green beans White dinner roll Apple pie 758/96	<b>18 ASH WEDNESDAY</b> Cheddar mac & cheese Stewed tomatoes Chef cut veggies Rye bread Coffee cake  793/106	<b>19 CHINESE NEW YEAR LUNCH**</b> Sweet & Sour chicken White rice Asian veggies Hawaiian roll Fortune cookie 578/89	<b>20 LENT MEAL</b> Breaded fish Vegetable rice Key Largo veggies Multi-grain bread Pineapple chunks  700/92
<b>23</b> BBQ riblet on a hoagie roll Roasted potatoes German blend veggies Apple sauce  724/86	<b>24</b> Breaded chicken w/ gravy Brussel spouts Corn blend Wheat dinner roll Pudding parfait  569/72	<b>25</b> Salisbury steak w/ mushrooms & onions Mashed potatoes Peas and carrots Multigrain bread Spiced pears  719/80	<b>26</b> Breaded pork chop Mashed sweet potatoes Broccoli Pumpernickel bread Fruit cocktail  647/71	<b>27 LENT MEAL</b> Southwest Omelet Hashbrown Baked apples Biscuit Graham cookie  757/91
	**Chinese New Year (also known as Spring Festival) is celebrated February 17-March 3	<b>Estimated calories/ carbohydrates are listed below each lunch.</b>	<b>Food Allergy Notice</b> Please be advised that food preparation in our kitchen may contain these ingredients: Milk, eggs, soybean, peanuts, tree nuts, and shellfish	

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

- February 3:** Spaghetti with meatballs, San Francisco veggies, Garlic bread, Cupcake  
**February 10:** Open faced roast beef sandwich, Asian blend veggies, Mashed potatoes, Peaches  
**February 17:** Grilled cheese sandwich, Side salad, Tomato basil soup, Apple  
**February 24:** Polish sausage, Lazy pierogi, Carrots, Hotdog roll, Fruit cup

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.**

# SIMPLY *the* BEST

## WATER & MOLD RESTORATION CLEANING SERVICES

## COMPASSIONATE HELP FOR SENIORS & FAMILIES

Let us take the stress out of home upkeep and transitions.

We offer trusted, reliable, and caring services tailored for seniors and their loved ones.

### OUR SENIOR SERVICES INCLUDE:

- ✓ Estate Cleanouts - Respectful sorting, organizing & removal
- ✓ Deep Cleaning - Kitchens, bathrooms, windows, baseboards & more
- ✓ Move-In / Move-Out Cleaning - Perfect for downsizing or relocating - Declutter & Organize - We help simplify!
- ✓ Donation Coordination - We ensure items go to good homes
- ✓ Post-Pest Cleaning - Sanitize after pest treatments
- ✓ Nicotine, Smoke & Odor Removal - Freshen your environment

### WHY CHOOSE US

- ✓ Family-Owned & Local
- ✓ Trusted by Realtors & Families Across WNY
- ✓ Compassionate Team Who Treats Every Home with Care

**716-912-6940**

*We treat every home as if it were our own.*



### 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.