



Town of **AMHERST**

Senior Center

## AMHERST SENIOR CENTER

370 John James Audubon Parkway  
Amherst, NY 14228  
716-636-3050

### MAY 2025 NEWSLETTER



#### MEMBERSHIP DUES

##### Amherst Residents—Lifetime Membership

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

##### Non-Resident—Annual Renewal

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

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

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

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

#### TO JOIN THE CENTER:

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

#### IMPORTANT PHONE NUMBERS

##### **Main Line 636-3050**

This is an automated line where you choose an option:

1. Amherst Senior Transportation
2. Reservations for Lunches, Dinners, Frozen Meals
3. Reservations for Classes, Clubs, Programs and Membership Information
4. Amherst Meals On Wheels
5. Social Work appointments and Accessible Tags
6. Senior Outreach Services
7. Reception

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

**Amherst Meals on Wheels 636-3065**

**Amherst Senior Transportation 636-3075**

**Senior Outreach Services 636-3070**

ESTABLISHED IN 1962

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



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

## A NOTE FROM THE DIRECTOR

May is Older Americans Month. Established in 1963, Older Americans Month is celebrated every May and is led by the Administration for Community Living (ACL). The theme for 2025 is *Flip the Script on Aging*, which focuses on transforming how society perceives, talks about, and approaches aging.

The Amherst Senior Center plays a vital role in encouraging individuals and the community to dispel misconceptions about aging. Our Center was established in 1962, and since then has led the way in providing programming and services that encourage active, healthy aging.

Our mission is to empower all people with a quality of life as they age. We are committed to lifelong learning, where all older adults are given the opportunity to engage, experience, and grow through new opportunities.

It is necessary to support independence and aging in place by combating social isolation, loneliness, and other concerns. Honoring aging is a process that begins at birth. When we talk about aging, most people think of those who are sixty or over, as if it just begins then. Our ability to understand aging begins with embracing and understanding change. *Instead of being anti-aging, what if we were pro-healthy living?*

Let us celebrate our experiences, our wisdom, and our wrinkles, and consider that experiences and aging are all part of our story. Engaging in pro-healthy living can inspire you to write your next chapter.

- Give back to your community by volunteering. Share your experiences and knowledge with others.
- Get involved in initiatives that improve your community.
- Attend a class or program at the Senior Center that encourages you to feel good about yourself and where you are in life.

Let's show that aging is powerful, graceful, and fierce.

Please attend the program *What's the Big Idea* on May 15th at 11:00 am. Please bring ideas to share with the staff for future programs and clubs. Our Tuesday afternoon music group has their first performance on May 13th at 6 pm. Come check them out!

*Melissa Abel*, Executive Director

## ABOUT US

### THE CENTER

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

- Art Gallery— *Sponsored by Asbury Pointe*
- Audubon Café- *Closed temporarily for renovations*
- Billiard Room
- Card Room
- Dance Room-*Sponsored by Excellus Blue Cross Blue Shield*
- Gift Shop- *Closed temporarily for renovations*
- 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 off the hallway by Room 2

### HOURS OF OPERATION

Monday, Wednesday, Friday: 8:30 am-4:30 pm

***Members are asked to conclude all activities and exit the building by 4:15 pm in order for staff to complete closing procedures***

Tuesday, Thursday, 8:30 am-7:30 pm

**The Center is closed Monday, May 26, 2025 in observance of Memorial Day**

**Programming is offered at the Northwest Amherst Community Center, please see page 12 for dates and times.**

### KEY STAFF CONTRIBUTORS

Melissa Abel, Director: mabel@amherst.ny.us  
Christin Estrada, Nutrition Coord.: estrada@amherst.ny.us  
Tammy Jacobs, Senior Program Coord.: tjacobs@amherst.ny.us  
John Jones, Social Caseworker: jjones@amherst.ny.us  
Jennifer Lazarz, Program Coord.: jbono@amherst.ny.us  
Karen Lisiecki, Project Coord.: klisiecki@amherst.ny.us  
Angelo Lorenzo, Program Leader: alorenzo@amherst.ny.us  
Greg Potter, Program Leader: gpotter@amherst.ny.us  
Jamie Sullivan, Kitchen Manager: jesullivan@amherst.ny.us  
Vijaya Tomar, Social Worker: vtomar@amherst.ny.us  
Cindy Weiss, Class Coord. cweiss@amherst.ny.us  
Darlene Wilber, PR Coordinator: dwilber@amherst.ny.us  
Marc Young, Program Leader: myoung@amherst.ny.us

### Older Americans Month Celebration

Join us Friday, May 30 at 1:00 pm for cake and entertainment as we close out this exciting month!

## TOWN OF AMHERST

### AMHERST TOWN BOARD

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

### AMHERST SENIOR CENTER ADVISORY BOARD

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

### EX-OFFICIO MEMBERS:

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

### AMHERST GENERATIONS FOUNDATION

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



### PARKING FOR COMBAT WOUNDED VETERANS

We have 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.

### A NOTE FROM YOUTH & RECREATION

Spring has finally sprung in Western New York and that means that summer isn't far away!

If you plan on using the town pools this summer, now is the time to purchase your Resident ID Card for free access. Purchase your card no later than May 18 to receive a \$2.00 discount off of the regular price of \$10.00 plus beat the last-minute crowds!

Download your application at [www.amherstyouthandrec.org](http://www.amherstyouthandrec.org) and make sure to bring proof of Amherst residency (driver's license or lease/mortgage docs).

Our summer program guide will be available shortly and there are lots of great activities for you and your family to participate in, including free nature programs, concerts and movies. Grab your grandkids or your neighbors and join in the fun! For more info, call our office at (716) 631-7132.

*Mary Diana Pouli*, Executive Director,  
Youth & Recreation

### TOWN PROGRAM LOCATIONS

#### Amherst Senior Center

370 John James Audubon Parkway, Amherst 14228

#### Clearfield Community Center

730 Hopkins Road, Williamsville 14221

#### Harlem Road Community Center

4255 Harlem Road, Amherst 14226

#### Northwest Amherst Community Center

220 Northpointe Parkway, Amherst 14228

#### Northtown Center at Amherst

1615 Amherst Manor Drive, Williamsville 14221

#### North Forest Park

85 North Forest Road, Williamsville 14221

#### Williamsville Youth and Family Center

5005 Sheridan Drive, Williamsville 14221

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

## REGISTRATION PROCEDURES

### REGISTRATION/CANCELLATION

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

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

### CREATING AN ACCOUNT ON MyActiveCenter

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

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

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

### PLEASE NOTE

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

### AUDIT A CLASS

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

### REFUNDS

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

### ATTENDING THE CENTER

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

### CANCEL IF YOU CAN'T MAKE IT

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

### NUTRITION

#### TO REGISTER FOR LUNCH OR DINNER:

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

### FROZEN MEAL PROGRAM

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

### MEMBERSHIP 101

#### Tuesday, May 20 at 10:30am

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 and where to find information on what is happening at the Center. Those attending the 10:30am session are invited to stay for a complimentary lunch at 12:00pm.

**REGISTRATION IS ALWAYS REQUIRED. SEE ABOVE FOR DETAILS.**

## PROGRAMS

### TECH SUPPORT

Friday, May 2 at 10:00 am  
Bring your devices and questions for help to troubleshoot issues and provide guidance. This program is non-instructional.



### WILLIAMSVILLE ART SOCIETY SPRING SHOW

Sunday, May 4 at 2:00 pm  
Come enjoy an afternoon of beautiful artwork and meet the very talented artists.

### VIRTUAL REALITY

Tuesday, May 6 and 27 at 1:00 pm to 3:00 pm  
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.

### CONNECTIONS WORD GAME

Wednesday, May 7 at 10:30 am  
This game challenges players to find themes between words. Players are given 16 words and must find groups of four items that share something in common.

### ASK THE DIRECTOR

Wednesday, May 7 at 1:00pm  
Senior Center Director Melissa Abel will give updates on Senior services and answer your questions.

### OPEN CARDS

Thursday, May 8 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.

### SERENDIPITY SWING PERFORMANCE

Friday, May 9 at 11:00 am  
Celebrate with a lovely concert before the Mother's Day lunch.

### SUNDAE'S FOR MOTHER'S DAY

Friday, May 9 at 1:00 pm  
Enjoy a hot fudge sundae.

### COOKING DEMO WITH THE FORSTER'S

Monday, May 12 at 10:30 am  
Members Karen and Carl Forster will demonstrate their Asparagus Soup. Fee is \$2.00. No refunds after 5/8

### TUESDAY AFTERNOON MUSIC GROUP CONCERT

Tuesday, May 13 at 6:00 pm  
This is the group's first performance at the Center, come hear how they make great music together!

### TACOS AND (USELESS) TRIVIA

Wednesday, May 14 at 12:00 pm  
Enjoy taco in a bag. Please bring a useless trivia fact. Fee is \$5.00 due by 5/14. No refunds after.

### BINGO

Thursday, May 15 at 10:00 am  
Please bring a \$1.00 scratch off lottery ticket for the prize table.

### KARAOKE PARTY

Thursday, May 15 at 1:00 pm  
Grab the mic or just sit back and listen.

### WHAT'S THE BIG IDEA?

Thursday, May 15 at 1:00 pm  
The program department will be available for ideas for future classes, clubs or programs.

### POETRY & SHORT PROSE OPEN MIC READING

Thursday, May 15 at 6:00 pm  
Celebrate the extraordinary power of words by joining us for a memorable evening of poetry and short prose readings. You are invited to share original works, read one of your favorite selections, or join as a listener. Readers sign up at 5:45 pm. Refreshments served.

### MIND TEASERS

Friday, May 16 at 10:30 am

### ICE CREAM AND ICE BREAKERS

Tuesday, May 20 at 1:00 pm  
Get to know your fellow members with an ice breaker game of What's Your Story followed by ice cream. Fee is \$2.00. No refunds after 5/16.

### PUZZLE CONTEST

Wednesday, May 21 at 10:00 am  
Calling all jigsaw puzzle enthusiasts. Teams will race to put together a 350 piece puzzle. Winning team wins a Paula's Donut Party on 5/23. Registration begins 5/1.

#### INFORMATION TABLES:

**ASK THE REALTOR** Thursday, June 20 at 11:00 am  
Ann Kader, WNY Metro Roberts Realty

**EPIC (Elderly Pharmaceutical Insurance Coverage)**  
Wednesday, May 21 from 11:00 am – 1:00 pm

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

## PROGRAMS

### PAULA'S DONUTS

Friday, May 23 at 9:30 am

Paula's Donuts have zero calories when you enjoy them with friends. Fee is \$3.00 by 5/21. No refunds after.

### COOKING WITH JEN

**Wednesday, May 28 at 11:00 am**

Broccoli Salad Please bring a larger storage container. Fee is \$8.00. No refunds after 5/23.



**Wednesday, June 25 at 11:00 am**

Summer Strawberry Salad Please bring a large storage container. Fee is \$9.00. No refunds after 6/23.

Reservations for both classes begin 5/1. Due to popular demand, you may only register for one.

### HOT-PROCESS SOAPMAKING

Thursday, May 29 at 10:30 am, 1:00 pm, 2:30 pm

This introductory program teaches you how to make soap using lye and olive oil, following a basic hot-process method. We'll learn the chemistry of saponification, how to determine proper 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-June.

### PARFAITS WITH PR

Friday, May 30 at 9:30 am

Meet our new PR Coordinator, Darlene Wilber, and enjoy a yogurt parfait bar. Fee is \$4.00. No refunds after 5/28.

### FIELDTRIP

#### BIKE RIDE @ North Forest Bike Path

Friday, May 30<sup>th</sup> at 10:30am

It's that time of year again! Meet in the parking lot at 1398 N Forest Rd, Buffalo, NY 14221 for a leisurely 10-mile bike ride. It's the bike path near North Forest and Maple. Bring a bagged lunch for a picnic after.

### FINANCIAL

#### PROTECTING AND PRESERVING YOUR WEALTH

Thursday, May 8 at 6:00 pm

Learn simple ways to make sure your assets are protected and go to your family. Presented by James Gembarosky with Bankers Life.

### HEALTH

#### FLIPPING THE SCRIPT ON CAREGIVING

Thursday, May 1 at 11:00am

To kick off the month of celebration and learning- Colin from Noble Companion will talk about services available and explain how Noble Companion is working to flip the script on caregiving.

#### WALK WITH EASE

Mondays, Wednesdays, Fridays at 1:00pm starting May 5.

The Arthritis Foundation Walk With Ease Program is a free 6 week exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease. Group will walk on the Walton Woods path. Attendance at as many sessions as possible is required.

*Presented by the Erie County Department of Senior Services.*

#### OPEN HOOPS @ CLEARFIELD

Thursday, May 8 at 10:30am

Play pickup basketball, or just casually shoot around the large gym at Clearfield Recreation Center.

#### MEDITATION AND HEALING

Thursday May 8, at 1:00pm

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

#### CHAIR FITNESS

Wednesday, May 14 from 11:00 – 11:50am

Wednesday, May 28 from 11:00 – 11:50am

Strength, Flexibility, and Balance are all highlighted in this class. Get a total body workout in and out of the chair. (If you have your own hand weights, please bring them!)

#### LOWER BACK WORKSHOP

Wednesday, May 21 at 1:00pm

Nearly everyone has had it at one point- lower back pain. Come hear from Nicholas Kehoe, PT, DPT, of Trinity Wellness, about all the ways to help treat, prevent, and what causes lower back pain.

#### NATURE WALKS

Wednesdays at 9:30 am. Learn all the beauty that Walton Woods has with naturist Carol Rogers. Please meet in the lobby.

#### COVID BOOSTERS

Thursday, May 29 9:30am—11:30am

Provided by Tops Pharmacy. Insurance card required.

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

## PROGRAMS

### MOVIES

#### Mondays at 1:00 PM

May 5 Love, Weddings and Other Disasters PG-13 96 Minutes  
 May 12 The Substance Rated R 140 minutes  
 May 19 Anora R 139 minutes

#### Tuesdays at 5:30 PM

May 6 Love, Weddings and Other Disasters PG-13 96 Minutes  
 May 13 Greyhound PG-13 94 Minutes  
 May 20 Murder Mystery 2 PG-13 90 minutes  
 May 27 Blitz PG-13 123 minutes

#### Thursdays at 4:00 PM

May 15 The Substance Rated R 140 minutes  
 May 22 Anora R 139 minutes

### NOSTALGIC MOVIE

Friday, May 2 at 1:00pm When Harry Met Sally R 96 minutes

### MUSICAL MOVIE

Friday, May 9 at 1:00pm Mamma Mia PG-13 108 minutes

### COMEDY (or OPERA)

Friday, May 16 at 1:00pm Falling for Figaro NR 105 minutes

### FEEL GOOD

Friday, May 23 at 1:00pm The Life List PG-13 125 minutes

### FOREIGN FILM

Friday, May 30 at 1:00pm Le placard The closet (French) 85 minutes

### PARTNER PROGRAMS

#### SILVER PRIDE TEA

Friday, May 2 from 10:00am -12:00pm  
 This is an opportunity for LGBTQ+ seniors to come together and enjoy a morning of refreshments and conversation. ALL are welcome.  
*Hosted by the Pride Center of WNY*



#### BISTRO BOOKERS

Tuesday, May 13 at 4:00pm  
 The Death and Life of the Great Lakes by Dan Egan. Reviewed by John Montague, Founder of the Buffalo Maritime Center

#### BETTER BREATHERS GROUP

Tuesday, May 27 at 1:30pm  
 If you, or someone you know, is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer, consider joining this support group. Learn better ways to cope with your diagnosis and live life to the fullest. *Facilitated by: Jeremy Voorhees, American Lung Association Certified.*

### UNIVERSITY EXPRESS SPRING SEMESTER

#### Thursday, May 1

2:00 pm Everything Real Estate

#### Tuesday, May 6

2:00 pm Robert Frost Poetry  
 6:00 pm My Unlikely Career in Buffalo Radio

#### Wednesday, May 7

2:00pm Family Court Explained & Grandparent Legal Issues

#### Thursday, May 8

2:00pm Tracing Ancestors with Church Records

#### Tuesday, May 13

2:00pm Dying: A Visit to the Last Frontier

#### Wednesday, May 14

2:00pm Mark Twain Haunts Around the Western New York

#### Thursday, May 15

2:00pm Buffum Street's Secrets

#### Friday, May 16

2:00pm National Weather Service Meteorologist

#### Tuesday, May 20

2:00pm Sparrows, Seeds, and Safety  
 6:00pm Discovering Erie County Parks: 100 Years of Green Space

#### Wednesday, May 21

2:00pm Learn about stone and make your own bracelet

#### Thursday, May 22

2:00pm Russia & Ukraine in Trump's Second Term  
 6:00pm Harry Potter for Grandparents

#### Tuesday, May 27

2:00pm Emergency Preparedness for Seniors

#### Wednesday, May 28

2:00pm Are the Popes Catholic? Reflections on the State of the U.S. Political System.

#### Thursday, May 29

2:00pm Global African Village  
 6:00pm Pulitzer Prize Winning Photos and the Story Behind Them

**See page 12 for additional University Express classes at the Northwest Amherst Community Center.**

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

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

Tuesday May 6 9:00am – 12:00 pm

Thursday May 22 3:00pm – 6:00pm

**Highmark BCBS** Kathy:716-658-8655

Thursday, May 22 9:00am – 10:30 am

**Independent Health** Amanda, 716-635-4999

Friday, May 9 10:00am– 11:00am

**KDM Wealth Consultants** Andrea at 716-445-4332

Thursday, May 15 10:00am—1:00pm

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

## CLASSES

### SPRING-SUMMER CLASS CATALOG

The Spring-Summer Class Catalog is available in hard copy at the Center, Amherst libraries and online at [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com)

### SPRING-SUMMER SESSION CLASS HIGHLIGHTS

Below is a select list of classes being offered this coming Spring/Summer. Full descriptions of ALL classes, including day, time and price, are in the Spring-Summer Class Catalog.

#### \*REGISTER TODAY\*

- 20/20/20** (\$21) NO CLASS 5/26  
 Monday, 5/5-6/16 (6x) 11:30am-12:30pm  
 Wednesday, 5/7-6/18 (6x) NO CLASS 5/28 12:15-1:15pm
- Ballroom Dancing Beginner** (\$22)  
 Tuesday, 5/6-6/17 (6x) NO CLASS 5/27 1:15-2:15pm
- Ballroom Dancing Intermediate/Advanced**  
 Tuesday, 5/6-6/17 (6x) no class 5/27 2:30-3:30pm
- Ballet Stretch** (\$32)  
 Tuesday, 5/6-7/1 (8x) NO CLASS 6/17 10:40-11:35am
- Comedy Improv** (\$29)  
 Wednesday, 5/7-6/11 (6x)
- Drumming Circle** (\$21)  
 Friday, 5/9-6/20 (6x) NO CLASS 6/13 9:30-10:30am
- Fall Prevention** (\$18)  
 Wednesday, 5/7-6/18 (7x) 9:30-10:25pm
- Get Fit While Your Sit** (\$16)  
 Monday, 5/5-6/16 (7x) NO CLASS 5/26 10:30-11:25pm
- Knitting/Crochet** (\$39)  
 Thursday, 5/8-6/5(5x) 9:30-11:30am
- Line Dancing Country** (\$24)—Beginner/Beginner Plus  
 Monday, 5/12-6/30(7x) No class 5/26 1:00-2:30pm
- Groove and Move** (\$27)  
 Monday, 5/5-6/30(8x) NO CLASS 5/26 10:10-10:55am
- Shuttle Off to Buffalo!** (\$48)  
 In-House Tuesday, 5/6-7/22 9:30-11:30am
- Tap Dancing** (\$31) - Beginner  
 Thursday, 5/6-7/1 (8x) NO CLASS 6/17 9:30-10:25am
- Tap Dancing** (\$31) - Intermediate  
 Tuesday, 5/6-7/1 (8x) NO CLASS 6/17 9:30-10:25am

**PING PONG**  
 Mondays 12:00 – 4:00pm  
 Tuesdays 2:00 – 6:00pm  
 Fridays 1:00—4:00pm

### DEFENSIVE DRIVING CLASS

**AARP Smart Driver**  
 (\$25 for AARP Member/\$30 for Non AARP member)  
 Wednesday, May 21 or June 18, 9:00am-4:00pm  
 Reservations required by calling 636-3051. Payment due to instructor on the day of the class

#### SPECIAL REQUEST:

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 would be nice if someone could take your spot.



**AMHERST CENTER FOR SENIOR SERVICES  
 2025 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, Wednesday and Friday, 8:30am-4:30pm  
 Tuesday and Thursday 8:30am-7:30pm

**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

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

#### REMINDER:

**Check in at the kiosks is required upon entering the building.**



**Kiosks are located at the main entrance and at the Wellness Center entrance.**

## RESOURCES

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

### **Caregivers Group**

Wednesday, May 21 at 1:00pm  
Caregiving can be overwhelming and we are here to offer support.

### **Loss & Grief Group**

Thursday May 22 at 10:30am NEW 6 week session begins  
We will discuss coping strategies, healing techniques, and stages of loss and grief.

### **Men's Support Group**

Tuesdays May 20 at 10:30am  
"Getting to know us: A man's perspective" Talk about issues that are specific to men.

### **Parkinson's Group:**

Thursday, May 22 at 2:00pm  
If you or a loved one have received a diagnosis of Parkinson's disease, you may wonder what to expect. Join us and feel more in control.

### **Veteran's Coffee Group**

Monday, May 5 at 10:00am  
Come for a cup of coffee and share with others who understand your story and lend support.

### **Widow/Widowers Group**

Tuesday, May 13 at 10:30am  
Tuesday, May 20 at 6:00pm **\*\*NEW Group option**  
If you are facing a stressful life change due to losing your spouse, you don't have to go through it alone.

### **Women's Support Group**

Wednesday, May 7 at 10:00am  
Join us for this new group.

**Kinship Group:** See page 12



There is an accessible private bathroom located off the hallway by Room 2 of the Senior Center

### **SENIOR OUTREACH SERVICES 636-3070**

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

### **ACCESSIBLE PARKING TAG**

If you need assistance with an application, we are **available by appointment only**. Daytime hours are 8:30—4:00 and evening hours are May 20 until 6:00pm and 4:00-7:00 pm on May 27.

### **FRIENDS HELPING FRIENDS SHORT TERM FOOD ASSISTANCE**

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

### **FROZEN MEAL PROGRAM**

If you are an older adult or caregiver and are finding it harder to prepare meals, this Erie County Program may be just what you need. Registration paperwork must be completed prior to participation. Meal pick-ups are on Fridays. Please call our Nutrition Site Coordinator, Christin Estrada at 716-636-3055 ext. 3131 for more information.

### **The Supplemental Nutrition Assistance Program (SNAP)**

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

### **YOUTHWORKS**

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

### **TIPS FOR TOUGH CONVERSATIONS**

Wednesday, May 28 at 1:00pm  
When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care. *Presented by the Alzheimer's Association of WNY.*  
**Social Work Services are Here for You!**

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

## VOLUNTEER & CLUB

### **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.*

### **CLUB MEMBERS**

*You must register prior to attending your meeting. Swiping in at the kiosk is not registering.*

### **HARDCOVER INFANT BOOK COLLECTION**

The Knitting Club is collecting hard cover infant books for the United Way Baby Shower. A collection box will be located at the front desk.

### **BAKERS RACK SALE**

Thursday, May 8 at 9:00 am

### **BOOK CLUB**

Monday, May 19 at 1:00 pm

The book is "Things They Carried" by Tim O'Brien. All participants are required to register for the meeting. ZOOM participants must register 24 hours in advance to receive the automated link. Comprehensive book selection lists are at the Senior Center on the racks across from the Fitness Room.

### **ROCKY BLUES BAND**

The Rocky Blues Band welcomes visitors to attend their weekly practices on Fridays at 12:30 pm in the Music Room.

### **HOT DOG SALE**

Wednesday, May 21, 11:00 am

Enjoy a pre-Memorial Day treat with us! \$1.50 per hot dog.

### **BIKE CLUB \*\*New Season!**

Bike Club opens its new season on Wednesday, May 7, meeting at the North Forest entrance of the Amherst Bike Trail. If you want to join, please pre-register.

### **BIBLICAL HEBREW GRAMMAR CLUB**

The Biblical Hebrew Grammar Club meets Tuesdays, May 6 and May 20, from 6:30-7:30 pm. New members welcome!

### **READERS THEATRE CLUB**

The Readers Theatre Club seeks members for their practices for new performances. Club meets on Mondays at 1:30 pm.

### **TUTORING OPPORTUNITY**

May 16 from 9:00 am-3:00pm

Do you have 4 hours a week to help change a child's life and gain new friendships? AARP's Read to Succeed is looking for older adult volunteers to train as elementary literacy tutors in Buffalo and Niagara County. Learn more at [readtosucceedbuffalo.org](http://readtosucceedbuffalo.org).

## OPEN PICKLEBALL

### **\*\*\*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 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

**See page 12 for Open Play Pickleball at the Northwest Amherst Community Center.**

You must bring your own paddle

### **PICKLEBALL**

Tuesday, May 6, 20, 27, 2:00-3:45pm, 3:45-5:30pm or 5:30-7:15pm (1 court)

Wednesday, May 7 12:00-2:00pm (Intermediate) or 2:00-4:00pm (Beginner)

Wednesday, May 14 12:00-2:00pm or 2:00-4:00pm

Wednesday, May 21 12:00-2:00pm (Intermediate) or 2:00-4:00pm (Beginner)

Thursday, May 1, 8, 15, 22, 29, 3:45-5:30pm

Friday, May 9, 23 2:00-4:00pm

Friday, May 16 12:00-2:00pm (Men) or 2:00-4:00pm (Women)

Friday, May 30 12:00-2:00pm (1 court)

## CLUBS

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

<b>Am-Center Photography Club</b> 2nd and 4th Tuesday, 1:00-3:00pm	<b>Dinner Club</b> See Club Info across from Fitness Room	<b>Poker Club</b> Thursdays, 1:00-2:30pm
<b>Amherst Men's Senior Softball League</b> Fridays, Seasonal	<b>Dominos Club</b> Wednesdays, 12:30-4:00pm	<b>Pool Club—NEW CLUB</b> Tuesdays, 2:00-5:00pm
<b>Amherst Senior Singers</b> Wednesdays, 1:00-3:00pm	<b>Duplicate Bridge Club (Monday)</b> Mondays, 1:00-4:00pm	<b>Quilting Club</b> 1st & 3rd Mondays, 1:00-3:30pm
<b>Art Club</b> Mondays, 1:00-3:30pm	<b>Duplicate Bridge Club (Friday)</b> Fridays, 1:00-4:00pm	<b>Reader's Theater Club</b> Mondays, 1:00pm
<b>Backgammon Club</b> Thursdays, 12:30pm	<b>Euchre Club</b> Tuesdays, 1:00pm	<b>Reading Poetry Aloud Club</b> Wednesdays, 9:00-10:00am
<b>Biblical Hebrew Grammar Club</b> 1st and 3rd Tuesdays, 6:00-7:30pm	<b>French Club</b> 2nd & 4th Mondays, 12:30-2:00pm	<b>Rocky Blues Band</b> Fridays, 12:30pm
<b>Bike Club</b> Wednesdays, 9:30-11:30am Seasonal	<b>Hand &amp; Foot Club</b> Thursdays, 3:30-5:00pm	<b>Rummikub Club</b> Fridays, 1:00-4:00pm
<b>Board Game Club-Afternoons</b> Wednesdays & Thursdays, 12:30-3:30pm	<b>Indian Senior Citizens Club</b> 2nd Thursday, 4:30pm	<b>Scrabble Club</b> Tuesdays, 10:00am-12:30pm
<b>Board Game Club- Evenings</b> Thursday, 6:30-10:00pm @ Northtown Ctr.	<b>Genealogy Club</b> 1st Tuesday, 10:30am-12:00pm	<b>Spanish Club on ZOOM</b> Thursdays, 1:30pm
<b>Book Club</b> 4th Monday, 1:00pm	<b>Knitting Club (non-instructional)</b> Tuesdays, 9:30-11:30am	<b>Speaking Italian Language Club</b> Fridays, 1:00-2:30pm
<b>Bridge Club</b> Tuesdays, 2:00-4:00pm	<b>Mah Jongg <i>Beginner</i> Club</b> Fridays, 9:30am-12:00pm	<b>Stained Glass Club</b> Thursdays, 9:00am-12:00pm
<b>Canasta Club</b> Thursdays, 1:00-4:00pm	<b>Mah Jongg Club</b> Tuesday, 1:00-3:30pm	<b>Tai Chi Club</b> Wednesdays & Fridays, 1:30-2:30pm
<b>Chess Club</b> Tuesdays, 12:15-4:00pm	<b>Men's Golf</b> See Club Info across from Fitness Room	<b>Tuesday Afternoon Music Club</b> Tuesdays, 1:00pm
<b>Community Service Sewing Projects Club</b> Mondays, 8:30-11:00am	<b>News &amp; Views Zoom Club</b> Fridays, 10:00-11:30am	<b>Upholstery Club</b> Wednesdays, 9:00am-12:00pm
<b>Craft Club at NWACC</b> Tuesdays, 10:00am-12:00pm	<b>Pinochle Club (Monday)</b> Mondays, 12:45-4:00pm	<b>Wood Carving Club</b> Tuesdays, 9:00-12:00pm
<b>Creative Writers Club</b> 1st & 3rd Mondays, 10:00am –12:00pm	<b>Pinochle Club (Wednesday)</b> Wednesdays, 12:45-4:00pm	

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

## NORTHWEST AMHERST COMMUNITY CENTER

### **SOCIAL WORKERS ARE AVAILABLE FOR WALK-IN VISITS AT THE NORTHWEST AMHERST COMMUNITY CENTER**

The first and third Tuesday of each month from 9:00 am - 11:00 am

#### **SWOOP**

Monday, May 5 at 10:00am

Join us for a social game of swoop where players will strategically play cards from their hand and table to outwit their opponents.

#### **CIRCUIT FITNESS CLASS**

Mondays May 19 from 6:00pm

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

#### **BINGO**

Monday, May 12 at 10:00 pm

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

#### **TALK AND TASTE**

Monday, May 12 at 6:00 pm.

Enjoy a sample of Pig Cake (Mandarin Orange Cake)

### **Northwest Amherst Community Center**

220 Northpointe Parkway, Amherst 14228

#### **KINSHIP SUPPORT GROUP**

Wednesday, May 14 at 11:00am

Are you "parenting for a second time?" Many in today's world find themselves in this situation at a time when maybe you were planning a more relaxed lifestyle. If this is you, consider coming to this support group to share ideas, get support, comfort and resources. You are not alone, so join others to talk and share ideas!

#### **SASSY LADY FLOWER POT**

Monday, May 19 at 10:00 am

Fee is \$8.00 by 5/15. No refunds after. Check out the sample at the Reception Desk.

#### **PICKLEBALL Northwest Amherst Community Center**

Mondays May 5,12,19

9:00-11:00am (Intermediate)

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

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

Tuesdays May 6,13,20,27

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

#### **UNIVERSITY EXPRESS SPRING SEMESTER**

Monday, May 5 at 1:30 pm - iPad/iPhone Settings

Monday, May 12 at 1:30 pm - Save Energy, Save Dollars Workshop

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

## MAY NUTRITION

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



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

**FROZEN MEAL PROGRAM**  
See page 4 for information

<b>Food Allergy Notice</b>			<b>THURSDAY</b>	<b>FRIDAY</b>
Please be advised that food preparation in our kitchen may contain these ingredients: Milk, eggs, soybean, peanuts, tree nuts, and shellfish			<b>1</b> Chili con carne Steamed White Rice Corn, Dinner roll Fig Newton 847/111	<b>2</b> Julienne salad w/ham, Turkey, hardboiled egg and cheese Grape juice Rye bread, Donut 929/109
<b>5</b> <b>Cinco de Mayo</b> Chicken enchiladas w/ Mexican corn, Spanish rice, and Tres Leches Cake  826/109	<b>6</b> Stuffed peppers w/ Mashed potatoes Peas, Dinner roll Brownies  897/117	<b>7</b> Three cheese mac & Cheese Carrots & Broccoli Corn muffin Cinnamon apple sauce  553/77	<b>8</b> Sweet & sour meatballs White rice German blend Dinner roll Lorna Doones  874/112	<b>9</b> Chicken Florentine w/ mushrooms Garlic mashed potatoes California golden medley Dinner roll Strawberry shortcake 667/90
<b>12</b> Salisbury Steak w/gravy, Mashed potatoes, California blend, Wheat bread Fudge pie 750/79	<b>13</b> BBQ pulled pork Tater tots Green beans Chocolate chip cookie  853/109	<b>14</b> Pasta Pizzaiola Broccoli & carrots Garlic knot Lorna Doones  623/75	<b>15</b> Beef stew Mashed potatoes Biscuit, Sugar cookie  675/79	<b>16</b> Chicken leg Rice Pilaf Pacific blend Rye bread Donut 974/98
<b>19</b> BBQ Ribette w/ hoagie roll Roasted potato German blend Brownie  952/114	<b>20</b> Sliced turkey w/ gravy Sweet potato Green beans Dinner roll Bug bits graham crackers 578/76	<b>21</b> Baked fish Wild rice Key Largo vegetable Multi-grain bread Oreo cookie 788/101	<b>22</b> Cabbage roll Mashed potatoes Pacific blend Italian bread Apricots 787/91	<b>23 Memorial Day Picnic</b> Hamburger on a bun Potato wedges Corn on the cob Fresh watermelon  648/67
<b>26</b> <b>CENTER CLOSED</b>	<b>27</b> Salisbury steak w/ mushroom gravy Mashed potatoes Green beans Multi-grain bread Rice Krispy bar 684/75	<b>28</b> Breaded chicken & Gravy, Brussel sprouts Corn blend, Dinner roll Lorne Doone 641/75	<b>29</b> Pork chop w/ gravy Sweet potatoes Broccoli, Multi-grain bread Graham crackers  611/74	<b>30</b> Chicken stew Mashed potatoes Chef salad Biscuit Ice cream  749/91

### TUESDAY DINNERS

Dinner served at 5:00pm

- May 6** — Smothered pork chop, seasoned corn, creamy mashed potatoes, dinner roll, chocolate chip cookie  
**May 13** — Cheese & pepperoni pizza, carrots with blue cheese, juice, mixed fruit cup  
**May 20** — Meat Lasagna, steamed green beans, chef salad, garlic bread, assorted cookie  
**May 27** — Curry chicken grape salad over lettuce, juice, croissant, vanilla ice cream cup

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

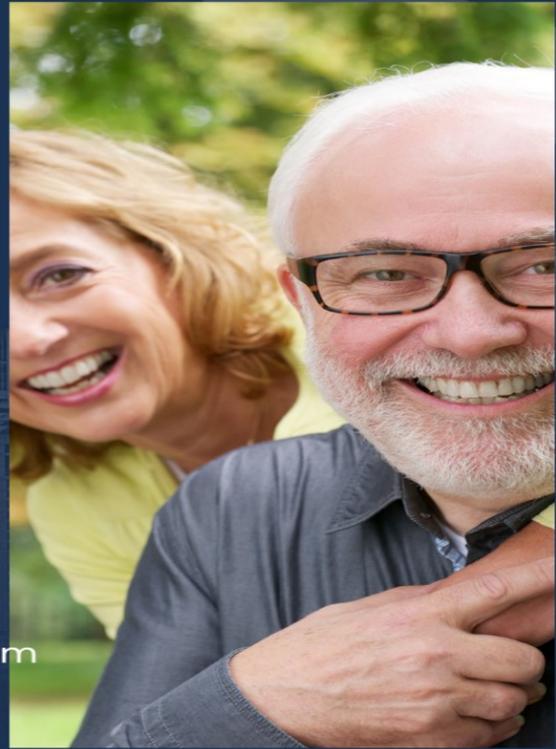


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- ✓ Annual ads as low as \$125 per month
- ✓ Ads can be created at no additional charge

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

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



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### Services

- Companionship
- Memory Care
- Medication reminders
- Meal Prep
- Transportation
- Housekeeping
- Arthritis Care
- Diabetes Care
- Chronic Conditions Support



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**Ken-Ton Presbyterian Village**

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716-810-7477



**Skilled Nursing and Short Term Rehabilitation**

**Beechwood Homes**

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716-810-7000

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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)



# Instructors Needed!

If you have a special skill or talent that you would like to share, consider joining our team. We welcome new ideas and the Center is always looking for language, local history, and fitness instructors.

Please contact our Class Coordinator, Cindy Weiss with your course proposal and if you are interested in teaching day or evening classes.



Email Cindy at [cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us)



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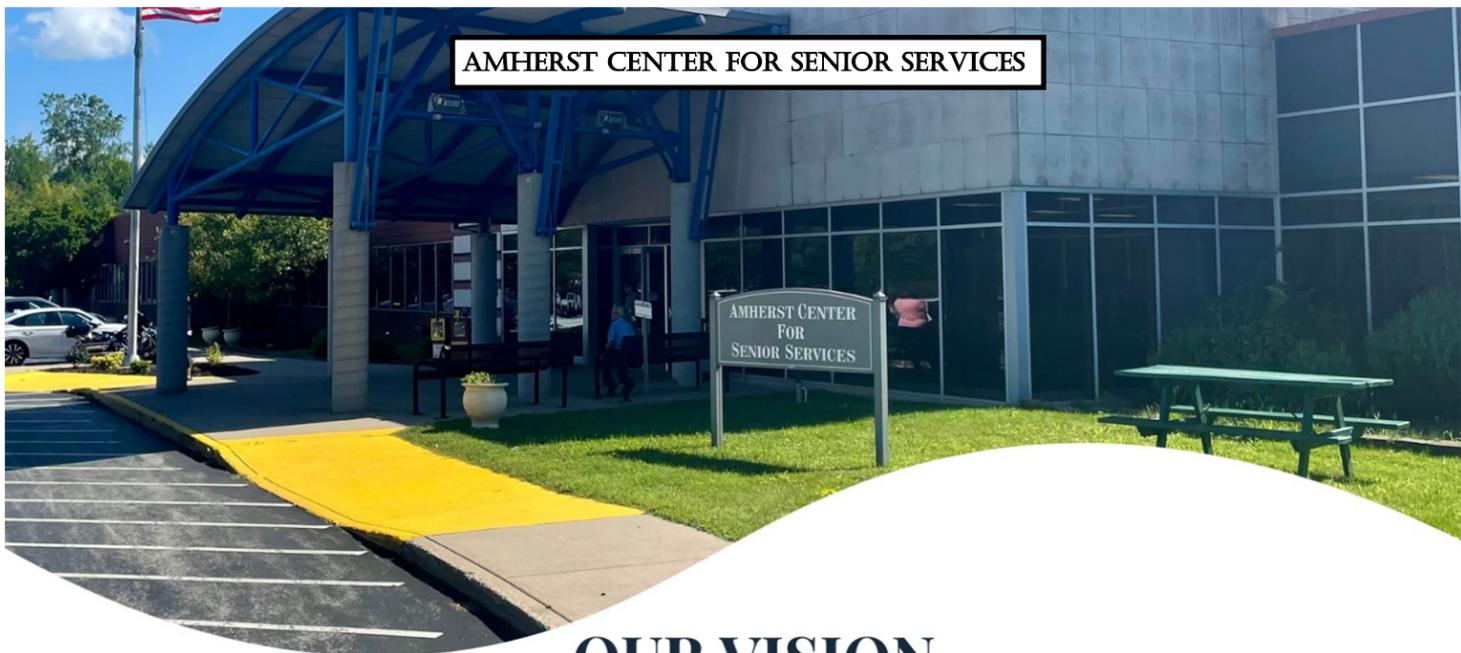
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AMHERST CENTER FOR SENIOR SERVICES

## 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.