



SENIOR CONNECTIONS

FOR ACTIVE ADULTS AGES 50+

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

July-August 2026



Members Linda and Cindy enjoying Fourth of July lunch during last year's lunch festivities at the Center. This July 4th, our country is celebrating 250 years of independence. See our holiday activities for this year on page 16 and lunch on page 34.

JULY 4, 2026



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Amherst Center for Senior Services

370 John James Audubon, Amherst, NY 14228 amherstcenterforseniorservices.com

ABOUT US

DIRECTOR'S NOTE

Happy Summer! The warmer weather is here, and with it comes outdoor games, gardening, concerts, water balloons, parking lot pickleball, Senior Men's Softball games, and so much more fun summer programming. There's plenty to choose from, so be sure to sign up early before programs fill up!



As we enjoy all that summer has to offer, we also pause to recognize an important milestone in our nation's history. On July 4, our nation celebrates 250 years of independence. While we celebrate our freedom, one constant throughout American history has been the courage and sacrifice of our Veterans. The freedoms we enjoy today are possible because of the heroes who made them possible. Thank you to our Veterans for your service, your selflessness, your sacrifice, and your unwavering patriotism. May we never forget.

Senior Day at Old Home Days will take place on Wednesday, July 15, from 11 a.m. to 2 p.m. at Island Park. Thank you to the Jolly Boys of Williamsville for continuing this wonderful annual tradition for our community.

Please also join us on Saturday, August 1, from 9 a.m. to noon for our Annual Health Fair, presented by Assemblymember Karen McMahan and Senator Jeremy Zellner. More than 75 service providers will be on hand to share information and resources focused on healthy aging, wellness, and staying active. This free event is open to the public and welcomes all ages, so plan to attend and bring along family and friends.

Melissa
Melissa Abel, Director

THE CENTER

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

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

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



An accessible private bathroom is located by Room 2.

HOURS OF OPERATION

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)

*Holidays and weather may impact this schedule.
The Center will be closed Friday, July 3 in observance of the Fourth of July.*

KEY STAFF CONTRIBUTORS

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

AMHERST CENTER FOR SENIOR SERVICES CANCELLATION GUIDE 2026-27

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

WEATHER/STORM CLOSINGS:

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

If you want to know if the classes 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

MEMBERSHIP INFORMATION

MEMBERSHIP QUALIFICATIONS & FEES

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

Amherst Residents—Lifetime Membership

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

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

Non-Resident—Annual Renewal

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

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

WAYS TO JOIN THE CENTER:

1. Complete an application online: Visit AmherstCenterforSeniorServices.com/membership-plans (Please Allow 48 hours for processing your application)
2. Visit the Center's Reception Desk.

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

POLICIES

Member Keytag Sign In Requirement

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

Registration Required

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

Code of Conduct

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

Animals

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

IMPORTANT PHONE NUMBERS

Main Line 716-636-3050

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

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

Direct Lines:

Registration 716-636-3051—To register for Classes, Clubs, Meals, Programs and Support Groups

Amherst Meals on Wheels 716-636-3065

Amherst Senior Transportation 716-636-3075

Senior Outreach Services 716-636-3070

PARKING: COMBAT WOUNDED VETERANS

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

We acknowledge and honor Purple Heart Recipient Service Men and Women.

Thank you for your service and sacrifice to our country.



MEMBER COMMUNICATIONS



EMAIL— We email weekly messages to members.

Please make sure we have your email on file so you can receive these communications. Add your email to our listserv using our website (A popup should

appear when you visit the Newsletter page) or notify our Reception Desk.

SOCIAL MEDIA—FACEBOOK & INSTAGRAM

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



Facebook: facebook.com/amherstseniorcenter



Instagram: Instagram.com/amherstseniorcenter

FIRE DRILLS

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

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

REGISTRATION INFORMATION

REGISTRATION

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

CAN'T MAKE IT? CALL TO CANCEL

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

Class registration starts

Monday, June 15 at 8:30 am

- Registration for Amherst residents begins at 8:30 am
- Non-resident members registration begins at 11:00 am
- MAIL OR DROP-OFF Registration forms must be submitted **BEFORE MONDAY, JUNE 15**. Include a check payable to the Amherst Center for Senior Services.
- WALK-IN Registration will be accepted starting Tuesday, June 16.

Lunch/Dinner and Programs Registration

Tuesday, June 16 at 8:30 am

FOUR WAYS TO REGISTER

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

Please Note: New member applications (online or in-person) will not be processed on JUNE 15.

CREATING AN ACCOUNT ON MYACTIVECENTER

Go to MyActiveCenter.com. Click on the Sign Up button and follow the directions. Your MySeniorCenter keytag is needed to set up your account. If you are unable to find your keytag, please call us at 716-636-3051 for assistance.

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

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

WAITLIST

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

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

MEMBERSHIP IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

CLASSES INFORMATION

ATTENDING CLASSES

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

REFUNDS

Registration can be busy which may make some rush to get into the classes before they fill up. We have a short grace period to accommodate for changes. During the first two business days of registration—June 15 and June 16—you may make changes to your selections at no additional cost. After that, all changes are subject to the standard refund policy.

- Refund requests must be submitted at least **five business days** before the scheduled class start date.
- Approved refunds will be issued as the class cost **minus a \$5 processing fee per class.**
- Refunds will be credited to your Senior Center account within **72 hours of approval.**

If the Center Cancels a Class Due To

Low Enrollment: Participants will be notified by phone or email **1–2 business days** before the start date. A full refund will be issued. Refund checks or account credits may take up to **30 days** to process.

Unforeseen Circumstances: Every effort will be made to reschedule the class. If rescheduling is not possible and two or more classes are canceled, a credit will be issued to your Senior Center account.

FEE WAIVERS

Reduced fees for some courses are available for Amherst resident members who are verified eligible. **See page 36.**

COURSE CANCELLATIONS

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

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

CAN'T MAKE IT? CALL TO CANCEL

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

SAMPLE A CLASS

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

ZOOM CLASS INFORMATION

New to Zoom? Getting started is easy!

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

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

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

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

CLASSES:

Auto, Arts & Music

AUTO

DEFENSIVE DRIVE CLASS-AARP SMART DRIVER

Wednesday, July 15 and August 12

9:00 am-3:30 pm

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

Reservations required by calling 716-636-3051.

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

ARTS

COLLAGING YOUR WAY TO CALM

Friday, 7/10 (1x)

10:00 am-12:00 pm

Fee \$10

Tear, cut, paste, and arrange your way to collage bliss while you quiet your mind. This creative practice increases mindfulness, thereby encouraging you to be in the moment. Collage art is really just painting with an assortment of colorful papers. The key is to choose papers that you will enjoy working with. No experience necessary. A supply list is at the Reception Desk.

Darlene Koppell, Instructor

WOODCARVING – All Levels

Thursday, 7/2-8/6 (6)

2:00-4:00 pm

Fee \$40

This class will be working on caricatures including carved acorn faces and small men. Find pictures of the projects along with information on tools and safety equipment needed at www.scuddeb.com.

Bill Scudder, Instructor



A person woodworking. (Stock photo)

MUSIC

GUITAR LESSONS - Beginner

Wednesday, 7/1-8/5 (6x)

9:00-9:40 am

Fee \$45

OR

Wednesday, 7/1-8/5 (6x)

9:45-10:25 am

Fee \$45

You will learn the basics of playing the guitar, including tuning, notes, chords, and beginning to read music. You must bring your own guitar. Note: Short nails are necessary to play. There will be two (2) students per class.

- ***This class is NOT eligible for a fee waiver and NO refunds for missed lessons.***

Greg Potter, Instructor

UKULELE SING-A-LONG – Beginning Group Lessons

Monday, 7/6-8/10 (6x)

11:00-11:55 am

Fee \$25

Learn to play the Ukulele, read charts, TAB, melodies, and chords while singing songs and having a laugh or two. Ukuleles are provided for use during in-class time only. Short nails are necessary for stringed instruments.

Jennifer May, Instructor

UKULELE SING -A-LONG - Intermediate Group Lessons

Monday, 7/6-8/10 (6x)

12:00-12:55 pm

Fee \$25

For those who have played at least one year, are comfortable with songs that have 2 chords, have tried to read TAB, and know a few strum patterns. We will be using Jim Beloff's Yellow Book and Essential Elements level 1 for Ukulele and handouts. (Extra books are available for use during class time). Short nails are best for string instruments.

Jennifer May, Instructor

ALL CLASSES ARE AT THE SENIOR CENTER UNLESS OTHERWISE NOTED



Ukulele player / Stock image

UKULELE SING-A-LONG - Advanced Group Lessons

Monday, 7/6-8/10 (6x)

10:00-10:55 am

Fee \$25

Geared to those who have been playing for many years and are comfortable with songs that have more than 4 chords, fingerstyle, TAB, and chord melody. Jim Beloff Yellow and Blue Books and Handouts. (Extra books are available to use during class time). Short nails are best for string instruments.

Jennifer May, Instructor

VOICE LESSONS

Friday, 7/10-8/7 (5x)

9:00 am-12:00 pm

Fee \$100

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

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

Dale Suckow, Instructor

SOCIAL AND CULTURE

BRIDGE BASICS PART II

Monday, 7/6-8/17 (7x)

5:00-7:00 pm

Fee \$60

Concepts taught are Pre-emptive, Overcalls, Take-out Doubles, and Competitive Bidding. This session is designed for new learners who have taken Basics Part I or those who have not played for a while and need a re-introduction to the game.

Ruth Nawotniak, Instructor

INTRO TO ACTING for fun or profit (but rarely both)

Wednesday, 7/8-8/19 (7x)

1:15-2:45 pm

Fee \$33

Have some fun exploring your creative side, along with some laughs, and gain confidence in your skills, whether experienced, new to acting, or just want to take the class to experience performing. Topics to be covered include learning lines, auditioning, the skill differences for TV, Film, and Stage, analyzing a script, making strong choices, character development, and improv (to develop acting skills and as its own performance art). Open to new and returning actors.

Mike Kowal, Instructor

TECHNOLOGY

USING YOUR PHONE WISELY

Android Phone/Tablet Users:

Tuesday, 7/21-8/11 (4x)

1:00-3:00pm

Fee \$50

This course covers functions of your device, including navigation, texting, photos, calendars, and other fun features. Bring your questions and your sufficiently charged Android phone or tablet.

Nancy Wise-Reid, Instructor



CLASSES: Health and Fitness



A group of people ballet stretching. (Stock image)

HEALTH AND FITNESS

20/20/20

Monday, 7/6-8/10 (6x)

11:30 am – 12:30 pm

Fee \$24

Thursday, 7/9-8/13 (6x)

10:45-11:45 am

Fee \$24

Join us for 20 minutes of cardio, including some Zumba movements, 20 minutes of resistance, strength training/weights, and 20 minutes of stretching. Improve your tone, endurance and balance – with inspiration! Oh, don't forget, burn calories too! Please bring hand weights, stretch bands and a floor mat to class.

Marilyn Ciavarella, Instructor

ARCHERY ADVENTURES

Wednesday, 7/8-8/12 (6x)

4:00-5:00 pm

Fee \$28

Clearfield Community Center
Outside, Behind Baseball Field

A themed archery program designed for experienced archers who have completed Beginning Archery. Each week offers a different focus or challenge with minimal instruction and plenty of shooting time. Sessions emphasize variety, enjoyment and skill refinement.

Angelo Lorenzo, Instructor

ARCHERY - Beginner

Tuesday, 7/7-8/4 (5x)

2:30-3:30 pm

Fee \$24

Clearfield Community Center
Outside, Behind Baseball Field

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

Greg Potter, Instructor

BALLET STRETCH

Monday, 7/6-8/10 (6x)

10:10-11:05 am

Fee \$24

Wednesday, 7/8-8/12 (6x)

10:10-11:05 am

Fee \$24

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

Dawn Tarbox-Szerbiak, Instructor

BELLY DANCING

Thursday, 7/9-7/30 (4x)

9:45-10:30 am

Fee \$16

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

Marilyn Ciavarella, Instructor

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.



Members practicing boxing moves at the Center.

BOXING FITNESS

Thursday, 7/2-7/30 (5x)

10:00-10:50 am

Fee \$24

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

Angelo Lorenzo, Instructor

BOXING WITH PARKINSON'S

Monday, 7/6-8/3 (5x)

2:00-2:50 pm

Fee \$24

A specialized, non-contact fitness program designed for individuals living with Parkinson's disease, similar movement disorders, or other neurodegenerative conditions. Through guided boxing-based exercises, participants work on improving balance, strength, agility, coordination, mobility, and mood in a supportive and encouraging environment. This program is intentionally designed for those facing the above mentioned health challenges, helping participants combat symptoms through full-body movement, confidence building, and community support. Because of the individualized nature of the class, space is limited and reserved for those with these specialized needs. Caregivers welcome!

Participants should consult with their healthcare team before beginning this or any fitness program. Individuals who don't have Parkinson's or a similar movement disorder are encouraged to register for our new **Boxing Fitness class, which is open to the entire membership.**

Greg Potter, Angelo Lorenzo Instructors

CARDIO DRUMMING

Morning

Monday, 7/6-8/10 (6x)

9:00-9:55 am

Fee \$24

Wednesday, 7/8-8/12 (6x)

9:00-9:55 am

Fee \$24

Dawn Tarbox-Szerbiak, Instructor

Afternoon

Tuesday, 7/7-8/11 (6x)

12:15-1:05 pm

Fee \$24

Evening

Thursday, 7/9-8/13 (6x)

4:45-5:35 pm

Fee \$24

Marilyn Ciavarella, Instructor

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

CHAIR FITNESS

Wednesday, 7/8-8/12 (6x)

11:15-12:05 pm

Fee \$24

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

Greg Potter, Instructor

DUMBBELL FITNESS

Thursday, 7/2-8/13 (6x) no class 7/23

1:45-2:35 pm

Fee \$24

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

Angelo Lorenzo, Instructor

CLASSES: Health and Fitness

FALL PREVENTION – Safe on Your Feet

Wednesday, 7/8-8/19 (7x)

9:30-10:25 am

Fee \$21

Designed for strength, balance, and flexibility, focusing on “Muscle Memory.” Your muscles will learn to anticipate a possible problem, such as how a fall feels when it begins. The moves range from seated to balancing routines.

Jean Widlicka, Instructor

FRIDAY FITNESS

Friday, 7/17-8/14 (5x)

2:30-3:20 pm

Fee \$20

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

Joe Weisansal, Instructor

GET FIT WHILE YOU SIT

Monday, 7/6-8/17 (7x)

10:30-11:25 am

Fee \$21

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

Jean Widlicka, Instructor

GROOVE AND MOVE

Tuesday, 7/7-8/11 (6x)

10:10-10:55

Fee \$24

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

Dawn Tarbox-Szerbiak, Instructor

HIIT TO BE FIT

Tuesday, 7/14-8/18 (6x)

4:00-4:50 pm

Fee \$24

Friday, 7/17-8/21 (6x)

10:00-10:50 am

Fee \$24

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

Suzanne Lewis, Instructor

LINE DANCING -Beginner

Monday, 7/13-8/17 (6x)

1:00-2:00 pm

Fee \$24

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

Bonnie Crosby, Instructor

MEAN JEAN'S EXERCISE

Monday, 7/6-8/17 (7x)

9:30-10:25 am

Fee \$21

Tuesday, 7/7-8/18 (7x)

9:30-10:25 am

Fee \$21

Thursday, 7/9-8/20 (7x)

9:30-10:25 am

Fee \$21

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

Jean Widlicka, Instructor

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4



Members participating in a fitness class in the Center's Wellness Room.

PICKLEBALL – Beginner

Thursday, 7/9-8/13 (6x)

1:30-3:30 pm

Fee \$26

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

Cindy Weiss, Instructor

PICKLEBALL – Intermediate Instructional

Thursday, 7/9-8/13 (6x)

6:00-7:30 pm

Fee \$28

Senior Center/Clearfield Tennis Courts

Learn about Topspin, Slice, Serving technique, Ball Placement, Court Position, Communication, and other situational pickleball theories. Should have prior experience, plus ability in pickleball. Suggested skill level is 3.0+. Prior to each class, the instructor will notify the class, via email, if you will meet at the Senior Center or the Clearfield Tennis Courts.

Greg Potter, Instructor

NOTE: We no longer offer pickleball at Clearfield with our registration. However, Youth and Recreation offers it with its adult programs.

STABILITY BALL FITNESS

Friday, 7/17-8/21 (6x)

11:05-11:45 am

Fee \$24

Stability Ball Fitness is a fun, energizing class that uses stability balls to improve balance, core strength, and flexibility. **Please Note:** For safety reasons, you must be comfortable sitting and exercising on a stability ball. It is not recommended for those who have difficulty with balance or are at risk of falling.

Suzanne Lewis, Instructor

STRENGTH AND BALANCE

Tuesday, 7/7-8/11 (6x)

5:15-6:05 pm

Fee \$24

Designed to help improve stability, reduce the risk of falls through safe, low-impact exercises using light weights, resistance bands, and body weight movements.

Angelo Lorenzo, Instructor

TABLE TENNIS - Beginner

Monday, 7/6-8/3 (5x)

10:45-12:00 pm

Fee \$20

Interested in trying a new sport? Already have experience, but want to brush up on your skills? Learn the fundamentals of Table Tennis in a fun & relaxed environment with your peers. We will review the rules, singles/doubles play, and stroke with free-play matches. Best for Beginner to Intermediate players. *No experience needed.*

Greg Potter, Instructor

TAP DANCING – Beginner

Tuesday, 7/7-8/11 (6x)

11:10 am-12:05 pm

Fee \$25

Have you ever wanted to take tap but never had the opportunity? Here's your chance to learn the fundamentals of tap dancing. Tap is a great way to exercise the body and the mind in a fun and exciting way. This class will teach you footwork and expression through sound. It is a great way to practice control, coordination and agility. Plus, it is a lot of fun!

No experience needed, but tap shoes are required.

This class can be done standing or sitting.

Dawn Tarbox-Szerbiak, Instructor

CLASSES: Health and Fitness

TAP DANCING – Intermediate

Tuesday, 7/7-8/11(6x)
9:00-9:55 am Fee \$25

Lesson time will be split with a half hour of technique to help strengthen your tap dancing skills and continue with a half hour of new dance material and routines.

Dawn Tarbox-Szerbiak, Instructor

TENNIS – Beginner

Monday, 7/6-8/10 (6x)
9:30-10:30 am Fee \$24
North Forest Bike Path Tennis Courts

Learn to play Tennis. Instruction on strokes of tennis as well as drills and game play.

Angelo Lorenzo, Instructor

YOGA/CHAIR

Friday, 7/10-8/21 (7x)
9:30-10:45 am Fee \$28
Or
Friday, 7/10-8/21 (7x)
11:00-12:15 pm Fee \$28

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

Kandy Krampitz, Instructor

YOGA/GENTLE

Thursday, 7/23-8/20 (5x)
6:00-7:00 pm Fee \$20

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

Kathy Bragagnola, Instructor

YOGA-MINDFUL MOVEMENT CHAIR YOGA

Saturday, 7/18-8/22 (5x) no class 8/8
10:00-11:00 am Fee \$20
Harlem Road Community Center

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

Kathy Bragagnola, Instructor

ZUMBA DISCO

Thursday, 7/9-8/13 (6x)
12:00-12:50 pm Fee \$24

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

Marilyn Ciavarella, Instructor



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WANT TO ADVERTISE WITH US? CONTACT DARLENE: dwilber@amherst.ny.us

SPECIAL EVENTS AT THE CENTER

SUMMER CONCERTS

AT THE AMHERST CENTER FOR
SENIOR SERVICES



TUESDAY, JULY 14

CARNIVAL KIDS STEEL ORCHESTRA

Menu:

- Grilled Italian Sausage (\$1.50)
- Assorted Chips (\$1)
- Assorted Ice Cream (\$1.50)
- Cold Salad (\$1), Water (\$1)

COMBO W/ ALL ITEMS \$5



TUESDAY, AUGUST 18

In My Life

A Beatles Tribute Band

Menu:

- Hot dog (\$1.50)
- Assorted Chips (\$1)
- Assorted Ice Cream (\$1.50)
- Water (\$1)

COMBO W/ ALL ITEMS \$4

Concerts begin at 6:00 p.m. Free, open to public, & family-friendly

Please bring a lawn chair!

Food available for purchase
5:30-6:30 pm



In the event of rain, concerts are
moved inside the Senior Center.

ADVERTISE IN OUR NEWSLETTER. CONTACT DARLENE, dwilber@amherst.ny.us

SPECIAL EVENTS AT THE CENTER

SENIOR DAY

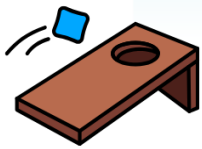


OLD HOME DAYS

Wednesday, July 15

11:00 am–2:00 pm

Island Park, Williamsville



Lawn Games



Complimentary Lunch

12:00-1:00 pm



Concert by Rockin' Robin

12:00-1:30 pm



Bring A Lawn Chair

Amherst Senior Transportation shuttle available.

Drop off & pick up at Tim Hortons on Evans St. for

Reservation Required

****Limited spots available****

To Reserve Your Ride: Call 716-636-3075

Registration is Required

For Our Members:
Ways to Register For This Activity

MyActiveCenter.com

Call Us: 716-636-3051

Visit our Reception Desk

Cheer on the Amherst Senior Center Men's Softball League

SENIOR DAY

at the

BALL PARK

Friday, July 17

(Rain Date: Friday, July 24)

First Game – 10:00 am

Second Game – 11:30 am

Bleachers on site, bring a lawn chair

Northtown Center

softball field near Hampton Inn

Food available for purchase: hot dogs, chips, pop and bottled water

Register at MyActiveCenter.com

SUMMER MOVIE NIGHT

Friday, August 28 at 8:00 pm



Bring a chair and a blanket



Outdoor movie under the stars on our large inflatable screen



Family friendly, open to the public

Amherst Center for Senior Services

370 John James Audubon Parkway, Amherst
In the Amherst Meals on Wheels parking lot

Guests are encouraged to arrive early to get settled and enjoy the evening outdoors!

REGISTRATION FOR PROGRAMS STARTS TUESDAY, JUNE 16, 2026

JULY PROGRAMS

HAPPY 250TH BIRTHDAY USA!

On July 4, 2026, the United States of America marks its 250th birthday, a historic milestone that invites reflection, pride, and celebration.

We hope this anniversary holds special meaning for you. You have lived through decades of change, growth, and defining moments in our nation's story. From cultural shifts to technological advances, and even the evolving understanding of what it means to age well, your experiences are a living bridge between the past and present.

This semi quincentennial is an opportunity to share your stories, pass down traditions, and reflect on the values that have shaped our country. Whether you remember watching historic events unfold, serving your community, or raising families during pivotal times, your perspective brings history to life for younger generations.

As we celebrate 250 years of independence, we also celebrate you, your resilience, your memories, and your continued role in shaping the community around you. We hope you enjoy the patriotic celebrations we have planned for you this month.

4th OF JULY CONCERT

Wednesday, July 1 at 12:30 pm

Celebrate 250 years of Independence with entertainment by Brother James and Friends. Brother James is a popular singer guitarist from Buffalo with over 30 years experience performing familiar popular cover tunes from the 60s, 70s, 80s as well as today's light rock.



FINANCIAL FREEDOM DAY

Wednesday, July 1 at 1:00 pm

Learn how to spot and avoid scams and maximize your financial safety. *Presented by Center for Elder Law and Justice.*

USA TRIVIA

Thursday, July 2 at 1:00 pm

Can you pass the USA citizenship exam?
Light refreshments will be served.

MOVIE SHOWING

Thursday, July 2 at 4:00 pm

Hamilton (2020 Musical) 160 minutes.
Includes free popcorn

BINGO

Wednesday, July 1 at 10:00 am

Come play for fun during this free activity.

CORNHOLE

Thursday, July 2 at 5:30 pm

PAINT A POT NIGHT

Monday, July 6 at 5:30 pm

Paint a flower pot and enjoy some refreshments.
Fee is \$5.00. Payment Due July 2. No refunds after.

CODENAMES

Tuesday, July 7 at 10:00 am

Work with your team to make clever word associations and try to guess the right words before your opponents. Give one-word clues to help your team identify their words on the board, while avoiding the other team's words.

COOKING WITH JEN

Wednesday, July 8 at 10:30 am

Strawberry Trifle

Please bring a trifle dish or large glass bowl.

Due to popular demand, you may only register for one — either July and August. Fee is \$7.00. Payment is due July 6. No refunds after.



NOT YOUR AVERAGE BOOK CLUB

Thursday, July 9 at 11:00 am

Calling all book worms! Let's talk about your favorite books, authors and recently read over a sweet treat.

FAMILY NIGHT

Thursday, July 9 at 6:00 pm

Bring your kids and grandkids to a fun night of playing Minute-to-Win-It followed by ice cream sundaes.

REGISTRATION IS ALWAYS REQUIRED. IF YOU CAN'T MAKE IT, CALL TO CANCEL! SEE PAGE 4

JULY PROGRAMS

CALLING ALL NEW MEMBERS!

MEMBERSHIP 101

Friday, July 10 at 10:30 am followed by a complimentary lunch at 12:00 pm
You have become a member, now what? Learn about ways to get involved, how to sign up for Classes or Programs, and where to find information on what is happening at the Center. **Separate reservations are required for the program and lunch.**

LAWN GAMES

Friday, July 10 at 11:00 am
Meet outside the Senior Center next to the Gandhi Statue. We rotate through a variety of lawn games: Cornhole, Badminton, Bocce Ball, or Croquet.

AUTHOR TALK

Monday, July 13 at 1:00 pm
Author and Member Michael Coffman will discuss his book *The Bright Duncce*. His memoir about Vietnam, TBIs, and the long aftermath of war.

BOGGLE

Tuesday, July 14 at 10:00 am
Challenge your word skills with Boggle – sharpen your mind, compete with others, and see how many words you can find in just three minutes.

SUMMER CONCERT

Tuesday, July 14 from 6:00 – 7:30 pm
Entertainment by the popular Carnival Kids Steel Drum Band. A night not to be missed! Food available for purchase; 5:30 to 6:30 pm. [See AD on page 14.](#)

OPEN CARDS

Thursday, July 16 at 10:00 am
Join us for an open card time where you can relax, have fun, and enjoy a variety of social card games in a laid-back, non-competitive environment. You can come with your friends to play or join a table that's looking for other players. If you'd like to learn a new game, we're happy to teach.

GARDEN TIME - OUTDOOR MEDITATION

Thursday, July 16 at 10:00 am

PIZZA AND TRIVIA NIGHT

Thursday, July 16 at 5:00 pm

- 5:00 pm 2 slices of pizza and salad.
- 6:00 pm Table Team Trivia.

Fee is \$7.00. Payment due by July 14. No refunds after.

MIND TEASERS STATIONS

Friday, July 17 at 10:30 am
Move from table to table with your team and play different games to exercise your mind.

AGELESS CONVERSATION

Friday, July 17 at 1:00 pm
Ageless Conversations is a monthly gathering where members come together to share stories, explore meaningful topics, and enjoy good company in a friendly, welcoming space. Co-facilitated by members Jim Bardot and Joe Rizzo, each session features guided discussions, open conversation, and occasional special themes or guest speakers. It's a simple, uplifting way to connect, learn from one another, and build community.

VIRTUAL REALITY (VR)

Monday, July 20 at 1:00, 2:00, or 3:00 pm
Explore virtual reality with our VR Headsets in 1-hour individual sessions. Experience this 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.

POPCORN BINGO

Monday, July 20 at 5:30 pm
Enjoy a snack while you play for fun. Free activity.



Members playing a mind teaser game at the Center.

JULY PROGRAMS

BANG!

Tuesday, July 21 at 10:00 am
Test your strategy and quick thinking in this social deduction dice game Bang. Choose your side, outsmart your opponents, and aim for victory in this exciting showdown of wits and luck.

WII GAMES

Tuesday, July 21 at 11:00 am
Play a variety of different Wii Sports video games, where you perform the actual motions of the sport.

TRIVIA HOUR

Wednesday, July 22 at 1:00 pm
This is trivia hour on your smart phone or trivia kiosks.

PIANO RECITAL

Thursday, July 23 at 6:00 pm
Enjoy piano performance from Aaron Schapiro Music School students.

MONOPOLY DEAL

Thursday, July 23 at 6:00 pm
A card game; collect properties & steal them from your opponents!

TECH SUPPORT

Friday, July 24 at 10:00 am – 12:00 pm
Sign up for a 10-minute appointment time and bring your devices and questions. Our tech savvy staff will help you troubleshoot issues and provide guidance. This program is non-instructional. We can answer questions, give quick tutorials, diagnose issues, and provide advice or solutions.



SWOOP

Monday, July 27 at 1:00 pm
Swoop is a fast-paced, shedding-style card game where the goal is to be the first to play all your cards from their hand and from face-up piles to achieve the lowest score.

WATER BOTTLE ROCKETS

Wednesday, July 29 at 1:00 pm
You will learn basic physics and engineering principles of rocketry, then use a 2-liter bottle and other materials to design, build, and rebuild their own water bottle rockets for a friendly outdoor launch competition. You will get wet during this activity.

CONNECTIONS WORD GAME

Thursday, July 30 at 11:00 am
This game challenges players to find common themes between groups of words.

SWEET TALK WITH JEN

Thursday, July 30 at 6:00 pm
Enjoy a sweet treat with friends.

NARCAN TRAINING

Friday, July 31 at 11:00 am
Learn how to administer Narcan and recognize the signs of an overdose. This training also includes information on the overdose crisis. Gain the skills and knowledge needed to potentially save a life in an emergency situation.

HEALTH

NATURE WALKS

Thursdays, July 2,9,16,23 & 30 from 9:30 – 11:00 am
Learn all the beauty that Walton Woods has with naturalist Carol Rogers.

GET YOUR SKIN SUMMER-READY PARTY

Thursday, July 2 at 6:00 pm
Beauty demos, foundation shade matching, tips & tricks, giveaways, and more. Free product testing. *Presented by Marcie McDougal-Domroes with Mary Kay Cosmetics*

BOXING WITH PARKINSON'S

Program for our Parkinson's Support Group

Mondays, July 6 and 20 at 1:00 pm
A non-contact fitness program designed for individuals living with Parkinson's Disease, similar movement disorders, or other neurodegenerative conditions. Through guided boxing based exercises, participants work on improving balance, strength, agility, coordination, and mood in a supportive and encouraging environment. Caregivers welcome. **Participants should consult with your healthcare professional before beginning this program or any fitness program. Space is limited and reserved to those with specialized needs.**



JULY PROGRAMS

FITNESS WALK

Tuesday, July 7 at 11:00 am

Friday, July 24 at 11:00 am

Meet in the Senior Center lobby.

This program combines the best parts of fitness. We will walk around Walton Woods, and stop at various 'stations' to complete exercises, while soaking up the sun. This will be a casual workout that can be as easy or hard as you want to make it. Bring hand weights if you have them. If you do not have weights, some will be provided. *Please sign up for each program individually.*

WALKERS UNITE FOR WELLNESS

Wednesdays, July 8, 15, 22, 29 at 9:30 am

Meet in the Senior Center lobby.

Join Rabbi Yonina on a gentle, 1-hour walk around Walton Woods Park while sharing how you are doing through walking and wellness. We'll go as far as you'd like and sit to rest, if necessary. Bring a hat, sunscreen, water, and comfy closed-toed shoes or sneakers.

VIA – Visually Impaired Advancement

Thursday, July 9 at 1:00 pm

VIA takes an educational approach to identifying low vision, legal blindness, services, technology and things to know about blindness. Participants can see different types of eye diseases and what to expect for progression of illness.

MEDITATION AND HEALING

Thursdays, July 9 and 23 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.*

OMBUDSMAN PROGRAM – ADVOCATE & RESOURCE FOR OLDER ADULTS

Monday, July 13 at 1:00 pm

The Ombudsman Program is an effective advocate and resource for older adults and people with disabilities who live in nursing homes, assisted living, and other licensed adult care homes. Ombudsmen help residents understand and exercise their rights to good care in an environment that promotes and protects their dignity and quality of life. *Presented by People-Inc.*

CIRCUIT FITNESS CLASS

Mondays, July 13 and 27 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, July 14 at 11:00 am

Join Rabbi Yonina for a session of song, conversation, and wellness. This program offers a chance to connect with others, enjoy uplifting music, and explore simple practices for well-being. Whether you're seeking relaxation, meaningful discussion, or just a fun sing-along, this session is the perfect opportunity to refresh your body, mind, and spirit.

PARKING LOT PICKLEBALL

Thursday, July 16 from 5:00-6:30 pm

Wanna play Pickleball outside at the Senior Center? Meet us in the parking lot for fun and friendly games open to all skill levels.

TENNIS DRILLS & GAMES

Friday, July 17 from 10:00 to 11:00 am

North Forest Bike Path Tennis Courts
85 N. Forest Road, Amherst

Grab a racket and practice your skills on the tennis court with drills and gameplay.

SUPPORTING INDEPENDENCE

Wednesday, July 29 at 1:00 pm

Focuses on helping the person living with dementia take part in daily activities, providing the proper amount of support and balancing safety and independence while managing expectations. *Presented by the Alzheimer's Association.*



JULY PROGRAMS

FINANCIAL

FINANCIAL FREEDOM DAY

Wednesday, July 1 at 1:00 pm

Learn how to spot and avoid scams and maximize your financial safety. *Presented by Center for Elder Law and Justice.*

DART COLLECTIVE

Wednesday, July 8 at 1:00 pm

Join *Kriish Tiwari from University At Buffalo* for a 90-minute interactive course to learn the tricks scammers use and practice how to stay safe. We will cover the most prevalent types of identity theft, the techniques used to trick you out of your personal information, practice spotting red flags, and how to respond. Your participation will help us evaluate how easy and helpful an online program is for older adults to use. If you agree to participate in a follow-up survey to help us learn how effective the course is, you will receive a thank you gift.

GIFTING – CHARITABLE AND INTERFAMILY

Thursday, July 16 at 6:00 pm

The presentation centers on how individuals can gift to charities to generate favorable tax consequences and how you can gift to family members to transfer assets with little or no tax liabilities.

Presented by Jim Gembarosky, Bankers Life

MEDICARE 101

Tuesday, July 28 at 11:00 am

Are you turning 65 or will you be eligible for Medicare in the next 6 months? Learn the difference between Medicare Advantage and Medicare Supplement Plans and how to find the best plan for you.

Presented by KDM Wealth Consultants

FIELD TRIPS

OLD HOME DAYS PARADE

Tuesday, July 14 at 5:30 pm

Are you interested in representing the Center by marching in the OLD HOME DAY parade? The parade starts at Williamsville South High School and ends at Los Robles—about 1 mile walk. To sign up, contact Jennifer at 716-636-3055, ext. 3112 or email jlazarz@amherst.ny.us. *This event is sponsored by The Jolly Boys.* For the Old Home Days schedule, visit oldhomedayswilliamsville.com.



SENIOR DAY AT OLD HOME DAYS

Wednesday, July 15 from 11:00 am -2:00 pm

Island Park, 5577 Main St., Williamsville

Enjoy various lawn games, complimentary lunch and a concert by Rockin Robin. Please bring a lawn chair.

- Lunch will be served 12:00 – 1:00 pm.
- Music from 12:00 - 1:30 pm

Amherst Transportation is providing a shuttle from Tim Hortons' at the Evans Town Plaza.

Limited spots available. To reserve the shuttle, please call Amherst Transportation at 716-636-3075.

KAYAKING

Kayak Launch Facilities Botanical Gardens

Friday, July 17 at 10:30 am

We will go for a leisurely kayak from the launch located at: 1825 Sweeney St., North Tonawanda, NY 14120. You must bring your own kayak, paddle, and life vest. Please bring a bagged lunch, water, and a chair for a picnic after. Any questions, email Greg at gpotter@amherst.ny.us.

BIKE RIDE AT GRAND ISLAND BIKE PATH

Friday, July 31 at 10:30 am

A leisurely 10-mile bike ride along the Niagara River on Grand Island. Meet at the parking lot on the river, located at: West River Road & Fix Road, Grand Island, NY 14072. If you type those roads in Google Maps, it will show you directions. If you have trouble locating the intersection, email Greg at gpotter@amherst.ny.us. Bring water, a helmet, a bagged lunch and a chair for lunch afterwards.



FOR QUESTIONS ABOUT PROGRAMS, CALL US!

JULY INFO TABLES / AUGUST PROGRAMS

JULY INFORMATION TABLES

This is your opportunity to meet with industry experts and learn about how their services may support you. No appointment necessary. Simply stop by.

CLEAR CAPTIONS

Tuesday, July 7
11:00-1:00 pm

ALCOHOLICS ANONYMOUS INFORMATION

Wednesday, July 8
11:00 am – 1:00 pm

MEDNOVA HOME CARE

Friday, July 10
11:00 am – 1:00 pm

CARING CONNECTIONS

Monday, July 13
11:00 am-1:00 pm

GREENFIELDS OF LANCASTER

Tuesday, July 14
11:00 am – 12:00 pm

GUILDCARE

Thursday, July 16
11:00 am-1:00 pm

SENATOR ZELLNER COMMUNITY OUTREACH

Tuesday, July 21
10:00 am— 2:00 pm
A representative from the Senator's office will be available to listen to comments and answer questions.

EPIC

Wednesday, July 22
11:00am – 1:00 pm

EBB & FLOW ORGANIZING STUDIO

Thursday, July 23
11:00 – 1:00 pm

JULY PING PONG

Please register on MyActiveCenter.com

Mondays 1:00 – 4:00 pm

Tuesdays 2:00 – 6:00 pm (2:00-4:00 pm on 7/14)

Fridays 1:00 – 4:00 pm (No Ping Pong 7/3 or 7/31)

AUGUST PROGRAMS

ANNUAL HEALTH FAIR

Saturday, August 1 from 9:00 am – 12:00 pm
Presented by Assemblywoman Karen McMahan and Senator Jeremy Zellner. Visit over 75 service providers and agencies to gather information about staying healthy and active. Free to attend. Open to the public.

UNO

Monday, August 3 at 10:00 am
A variant of Crazy 8s, *UNO* is a classic card game where players compete to be the first to match and discard all their cards by color or number.

BITES AND BINGO

Monday, August 3 at 5:30 pm
Enjoy a snack while playing bingo.

CHOCOLATE CHIP COOKIE CONTEST

Tuesday, August 4 at 1:00 pm
What better way to celebrate chocolate chip cookie day with a contest! Think you have a prize winning recipe. Enter with Jennifer in programming. Not much a baker? Sign up to be a judge.

GARDEN TIME

Tuesday, August 4 at 10:00 am
Rain date: Tuesday, August 11
North Tonawanda Botanical Garden Tour

CALLING ALL NEW MEMBERS!

MEMBERSHIP 101

Tuesday, August 4 at 3:30 pm followed by a complimentary dinner at 5:00 pm
You have become a member, now what? Find out ways to get involved, sign up for Classes & Programs, where to find out what is happening at the Center. **A separate reservation is required for the program and dinner.**

MEMBER SOCIAL

Wednesday, August 5 at 10:30 am
Are you new to the Center and looking to meet other members? Refreshments will served. There are no strangers here; only friends you haven't yet met.

REMINDER: THE CENTER IS CLOSED JULY 3 IN OBSERVANCE OF THE FOURTH OF JULY

AUGUST PROGRAMS

EVERYDAY AI – TEXT & LARGE LANGUAGE MODELS

Wednesday, August 5 at 1:00 pm

This program provides an overview of the AI technologies we interact with daily and how to access them and recognize their pitfalls. This session focuses on Text Generation, Chat Bots, and Large Language Models.

HORSESHOES AT NORTH FOREST PARK

Thursday, August 6 & 20 at 10:00 am

85 North Forest Road

Whether your a seasoned pro or its your first time, everyone is welcome. We provide instruction and equipment.

SCATTERGORIES

Thursday, August 6 at 6:00 pm

WATER BALLOON LAWN GAMES

Friday, August 7 at 10:30 am

Water balloon toss, spoon races and more!

TECH SUPPORT

Friday, August 7 at 10:00 am – 12:00 pm

Sign up for an appointment time and bring your devices and questions. Our 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, diagnose issues, and provide advice or solutions.



AGELESS CONVERSATION

Friday, August 7 at 1:00 pm

Come to stories, explore meaningful topics, and enjoy good company in a friendly, welcoming space. Co-facilitated by members Jim Bardot and Joe Rizzo, each session features guided discussions, open conversation, and occasional special themes or guest speakers.

TRIVIA HOUR

Tuesday, August 11 at 1:00 pm

Enjoy trivia hour on your smart phone or trivia kiosks.

BEANBAG BASEBALL

Wednesday, August 12 at 10:00 am

This game that combines the simplicity of cornhole with the rules of baseball. Play outdoors with friends or family as you aim for the target and score points in this easy-to-learn, action-packed game.

OPEN CARDS

Thursday, August 13 at 10:00 am

Open card time where you can relax, have fun, and enjoy social card games in a laid-back, non-competitive environment. You can come with your friends to play or join a table that's looking for other players. We're happy to teach you new games, too!

PARKING LOT PICKLEBALL

Thursday, August 13 from 5:00-6:30 pm

Wanna play Pickleball outside at the Senior Center? Meet us in the parking lot for fun and friendly games open to all skill levels.

GRILL AND GAB

Thursday, August 13 at 5:00 pm

Spend time with other members while enjoying grilled hot dogs, refreshments, and a casual afternoon outdoors on the back patio. Fee is \$2.00. Payment due by August 10. No refund after.

VIRTUAL REALITY (VR)

Monday, August 17 at 1:00, 2:00, or 3:00 pm

Explore 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.

DESSERT FOR DINNER

Monday, August 17 at 5:30 pm

Enjoy a piece of "Better than Robert Redford Cake."

AFTERNOON CONCERT

Tuesday, August 18 at 12:00 pm

Entertainment with the Tuesday Music Group.

COOKING WITH JEN

Wednesday, August 19 at 10:30 am

Southern Style Banana Split Cake. Please bring a 9x13 pan. Fee is \$7.00. Payment due by August 17. No refunds after.



EVERYDAY AI—IMAGE & DIFFUSION MODELS

Wednesday, August 19 at 1:00 pm

This program provides an overview on AI technologies. This session focuses on Image Generation, Editing, and Diffusion Models.

PROGRAM REGISTRATION STARTS JUNE 16, 2026

AUGUST PROGRAMS

ESCAPE ROOM

Thursday, August 20 from 4:00 – 7:00 pm
An Escape Room is an adventure where you crack clever puzzles, uncover hidden clues, and race against the clock to solve the mystery. Can your team out-smart the puzzles and escape before time runs out? 20-minute sessions for groups of 4 people.

GUESS THE CELEBRITY

Friday, August 21 at 10:30 am
Can you guess celebrity with only yes or no questions?

FLIP7/WORD GAME

Monday, August 24 at 11:00 am
Flip 7 is a game of chance & strategy—how long are you willing to go for the win before you bust? Word Game is a game that challenges you to build as many words as possible with a set of random letters.

CHRONOLOGY

Monday, August 24 at 5:30 pm
A fast-paced history card game where 2–8 players build a personal, 10-card timeline of historical events in correct chronological order to win.

HAWAIIAN BINGO

Wednesday, August 26 at 1:00 pm
Play for fun. Free activity.

COOKING DEMO WITH THE FORSTERS

Thursday, August 27 at 10:30 am
Members Karen and Carl Forster will demonstrate their Mexican Sweet Corn Cake (Pastel De Elote) with caramel sauce. Fee is \$2.00. Pay by August 25. No refund after.

PIZZA AND GAME NIGHT

Thursday, August 27 at 5:00 pm

- 5:00 pm 2 slices of pizza and salad.
- 6:00 pm Family Feud

Fee is \$7.00. Pay by August 25. No refunds after.

SWOOP

Friday, August 28 at 10:00 am
Swoop is a fast-paced, shedding-style card game for 3–8 players (up to 12 with expansions) where the goal is to be the first to play all your cards from their hand and from face-up piles to achieve the lowest score.

SUMMER EVENING MOVIE — Outdoors!

Friday, August 28 at 8:00 pm
Bring a lawn chair and a blanket for an outdoor movie on our large inflatable screen in the Amherst Meals on Wheels parking lot, next to the Center. Family friendly, open to the public. Guests are encouraged to arrive early to get settled.

HEALTH

COMPASSION CONNECTION

Monday, August 3 at 1:00 pm
Fostering hope, resilience, and a healthy path forward for families enduring the pain of loss. *Presented by WNY Compassion Connection.*

AGING SUCCESSFULLY SEMINAR

Tuesday, August 4 at 6:00 pm
Learn about how to protect your assets and the cost of long-term care. *Presented by Elizabeth A. Ingold.*

WALKERS UNITE FOR WELLNESS

Wednesdays, August 5, 12, 19, and 26 at 9:30 am
Meet in the Senior Center lobby.
Join Rabbi Yonina on a 1-hour walk around Walton Woods Park for a casual conversation. We'll walk and sit to rest, if necessary. Remember your hat, sunscreen, water, and comfy closed-toed shoes or sneakers.

FITNESS WALK

Thursday, August 6 & 13 at 11:00 am
Meet in the Senior Center lobby.
This fitness program combines walking and fitness exercise, with low stress. We will walk around Walton Woods and stop at various 'stations' to do a few light exercises with weights. Bring hand weights, if you do not have them, weights can be provided. *Please sign up for each date individually.*

FALL PREVENTION SEMINAR

Monday, August 10 from 10:00 am—12:00 pm
Learn home safety and exercises to prevent falling. *Presented by the Erie County Office for the Aging.*



AUGUST PROGRAMS

BOXING WITH PARKINSON'S

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

Monday, August 10 at 1:00 pm

A non-contact fitness program designed for individuals living with Parkinson's Disease, similar movement disorders, or other neurodegenerative conditions. Participants work on improving balance, strength, agility, coordination, and mood in a supportive and encouraging environment. Caregivers welcome. **Participants should consult with your healthcare professional before beginning this program or any fitness program.** Space is limited and reserved to those with specialized needs.

CIRCUIT FITNESS

Monday, August 10 & 31 at 5:30 pm

Try various workouts with weights. Strength, Balance, and Cardio are highlighted in these classes. **Please sign up for each date individually.**

CORNHOLE TOURNAMENT

Tuesday, August 11 at 10:30 am

A fun lawn game in a tournament-style format. See who will be this year's Cornhole Champion!

SING & REFLECT: WELLNESS SING-ALONG

Tuesday, August 11 at 11:00 am

Join Rabbi Yonina for a session of song, conversation, and wellness—a chance to connect with others, enjoy uplifting music, and explore simple practices for well-being.

MEDITATION AND HEALING

Thursday, August 13 at 1:00 pm

Relieve stress and improve your health. Want 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.*

CARING CONNECTIONS

Thursday, August 13 at 1:00 pm

Deciding between moving to a community or staying home? Learn about companion care, and other services which can help you stay independent in your home while you decide which place is right for you. *Presented by Colin Lewis from Caring Connections.*

TENNIS DRILLS & GAMES

Friday, August 14 at 10:00 am

North Forest Bike Path Tennis Courts

Grab a racket and practice your skills by completing some drills on the tennis court.

FINANCIAL

MEDICARE INFORMATION

Thursday, August 6 at 1:00 pm

Representatives will answer your questions about upcoming Medicare plan changes. This presentation will help you feel prepared and confident heading into the enrollment season. *Presented by AAA.*

TAXES IN RETIREMENT WORKSHOP

Tuesday, August 18 at 11:00 am

We will discuss basic tax rules during retirement, potential pitfalls, and strategies to be more tax efficient with your retirement income. *Presented by Tiffany Stayer, a Retirement & Insurance Advisor at KDM Wealth Consultants*

HOME MODIFICATIONS FOR AGING-IN-PLACE

Monday, August 24 at 1:00 pm

Learn about common home modifications that support aging-in-place, including improvements to entrances, bathrooms, and kitchens, and available technologies. It also covers low-cost and low-tech do-it-yourself improvements that can make your home safer. *Presented by Jonathan White, University at Buffalo IDEA Center*

FIELD TRIPS

KAYAKING

Niagara & Sweeney St. Launch and Fishing Dock

Friday, August 14 at 10:30 am

This is a leisurely kayak from the launch located at: 471 Sweeney St., North Tonawanda, NY 14120. You must bring your own kayak, paddle, and life vest. Please bring a bagged lunch, water, and a chair for a picnic after. Any questions, email gpotter@amherst.ny.us.

LUNCH AT JUST SALAD

August 31 at 12:00 pm

8124 Transit Road, Williamsville

Come try this new restaurant. Meet at Just Salad. Bring payment to purchase food. Seating will be reserved for our group. Limited spots available. Questions? Contact Greg, gpotter@amherst.ny.us.



PARTNER PROGRAMS/PING PONG/INFORMATION TABLES

PARTNER PROGRAMS

SILVER PRIDE TEA

Friday, August 7 at 10:00 am
A gathering for LGBTQIA+ and their allies.
Presented by the Pride Center of Western
New York.



PING PONG

AUGUST PING PONG

Register on MyActiveCenter.com

Mondays 1:00 – 4:00 pm

Tuesdays 2:00 – 6:00 pm

(2:00 – 4:00 pm on 8/18)

Fridays 1:00 – 4:00 pm

AUGUST INFORMATION TABLES

Learn about services. No appointment needed.

ECLIPSE

Tuesday, August 4
11:00 am-1:00 pm

REALISTIC HEALTH AND WELLNESS DISPENSARY

Tuesday, August 11
11:00 am – 1:00 pm
Information about natural support for overall quality of
life.

SENATOR ZELLNER COMMUNITY OUTREACH

Tuesday, August 18 10:00 am—2:00 pm
A representative from the Senator’s office will be available
to listen to comments and answer questions.

ASK THE REALTOR

Wednesday, August 19 at 11:00 am
Ann Kader, WNY Metro Roberts Realty

EPIC

Wednesday, August 19
11:00 am – 1:00 pm



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PICKLEBALL

OPEN PICKLEBALL

JULY – Registration begins June 15 at 8:30 am

Mondays, July 6, 13, 20, 27: 5:00-7:00 pm

Tuesdays, July 7, 21, 28: 2:00-3:45 pm, 3:45-5:30 pm,
5:30-7:15 pm (1 court)

Wednesdays, July 1, 15, 29: 12:00-2:00 pm,
2:00-4:00 pm

Wednesday, July 8: 12:00-2:00 pm (Beginner),
2:00-4:00 pm (Intermediate)

Wednesday, July 22: 12:00-2:00 pm (Intermediate),
2:00-4:00 pm (Beginner)

Thursday, July 2: 2:00-3:45pm, 3:45-5:30 pm

Thursdays, July 9, 16, 23, 30: 3:45-5:30 pm

Fridays, July 10, 24: 12:00-2:00 pm, 2:00-4:00 pm

Friday, July 17: 12:00-2:00 pm (Men), 2:00-4:00 pm
(Women)

AUGUST – Registration begins July 15 at 8:30 am

Monday, August 3, 10, 17, 24, 31: 5:00-7:00 pm

Tuesday, August 4, 11, 25: 2:00-3:45 pm, 3:45-5:30 pm,
5:30-7:15 pm (1 court)

Wednesday, August 5: 12:00-2:00 pm (Women),
2:00-4:00 pm (Men)

Wednesday, August 12: 12:00-2:00 pm, 2:00-4:00 pm

Wednesday, August 19: 12:00-2:00 pm (Men),
2:00-4:00 pm (Women)

Wednesday, August 26: 1:00-2:30 pm, 2:30-4:00 pm

Thursday, August 6, 13: 3:45-5:30 pm

Thursday, August 20: 3:45-5:30 pm, 5:30-7:15 pm

Thursday, August 27: 2:00-3:45 pm (Beginner),
3:45-5:30 pm, 5:30-7:15 pm

Friday, August 7, 21: 12:00-2:00 pm, 2:00-4:00 pm

Friday, August 14: 12:00-2:00 pm (Beginner),
2:00-4:00 pm (Intermediate)

Friday, August 28: 12:00-2:00 pm (Intermediate),
2:00-4:00 pm (Beginner)



Pickleball / Stock image

PICKLEBALL AT NORTHWEST COMMUNITY CENTER

JULY – Registration begins June 15 at 8:30 am

Mondays: July 6, 13, 20, 27: 8:00-9:30 am (All Levels)

AUGUST – Registration begins July 15 at 8:30 am

Mondays: August 3, 10, 17: 8:00-9:30 am (All Levels)

Mondays: August 24, 31

9:00-11:00 am (Intermediate)

11:00 am – 1:00 pm (Beginner)

OPEN 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: BRING YOUR OWN PADDLE!

MORE PICKLEBALL / UNIVERSITY EXPRESS

WOMEN'S PICKLEBALL TOURNAMENT

Tuesday, August 25 at 9:00 am
Come play our 3rd annual Pickleball Tournament.
Round Robin format. Partners will be determined day of tournament.

MEN'S PICKLEBALL TOURNAMENT

Wednesday, August 26 at 9:00 am
Come play our 3rd annual Pickleball Tournament.
Round Robin format. Partners will be determined day of tournament.

CO-ED PICKLEBALL TOURNAMENT

Thursday, August 27 at 9:00 am
Come play our 3rd annual Pickleball Tournament.
Round Robin format. Partners will be determined day of tournament.



Participants from the 2025 Pickleball Tournaments at the Center.



University Express is managed by the Erie County Department of Aging and offers free educational classes for older adults in Erie County. The program runs during spring and fall semesters. You will find classes in a variety of categories, including current affairs, history, humanities, finance and medicine. Classes are designed to stimulate the mind and provide opportunities to build social networks, thereby reducing social isolation. No homework or tests, just exciting discussions alongside peers with similar interests! Classes are available to you at various locations across Erie County. University Booklets will be available at the Center **Below are a listing of classes at our Senior Center.**

Thursday, June 18 at 6:00 pm
Sunni-Shia Split and Iran

Wednesday, June 24 at 2:00 pm
**Home Improvement Contracts in New York State:
Protecting Yourself From Scams**

Thursday, June 25 at 2:00 pm
**Treating Dizziness—The Physical Therapy Based
Approach**

Tuesday, June 30 at 2:00 pm
Western New York's Man at the Alamo

Tuesday, July 7 at 2:00 pm
Tell Your Family's Story with Military Records

Wednesday, July 8 at 2:00 pm
Baseball, New York, and a Changing American

Thursday, July 9 at 2:00 pm
**What Your Survivors Need to Know—Creating a
Legacy Document**

Wednesday, July 15 at 2:00 pm
Save Our Sacred Sites

Wednesday, July 29 at 2:00 pm
Severe Weather Hazards Across Western New York

Thursday, July 30 at 6:00 pm
Thinking of a Hip Replacement?

CLUB ACTIVITIES & VOLUNTEER OPPORTUNITIES

CLUB MEMBERS—Please Be Sure to Sign In!

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

QUILTING CLUB—Starting Back Up

Mondays, July 6 and 20 from 1:00-3:30 pm
Tuesdays, July 14 and 28 from 4:30-7:00 pm
Mondays, August 3 and 17 from 1:00-3:30 pm
Tuesday, August 11 and 24 from 4:30-7:00 pm

HOT DOG SALES

Wednesday, July 8 at 11:00 am
Wednesday, August 12 at 11:00 am
Enjoy a grilled treat. Hot dogs are \$2.00 each with proceeds benefitting the Senior Center.

INDIAN SENIOR CENTER TEA

Thursday, July 9 from 4:30-6:30 pm
No meeting in August

KARAOKE CLUB

Thursday, July 16 from 1:00—3:00 pm
Thursday, August 20 from 1:00—3:00 pm

BOOK CLUB

Monday, July 27 at 1:00 pm
Dead Wake: The Last Crossing of the Lusitania by Erik Larson
Monday, August 24 at 1:00 pm
American Dirt by Jeanine Cummins

NEEDLE CRAFT GALLERY

June 29-July 2 from 10:00 am—2:00 pm
Shop handmade needlepoint crafts.

SENIOR DAY AT THE BALL PARK

Friday, July 17. Rain date is July 24
First game at 10:00 am, second game at 11:30 am
Men's softball league at the Northtown Center (field is located by the Hampton Inn)
Enjoy the summer weather and some ball park refreshment's while watching The Amherst Senior
◇ Hot dogs, chips, pop and water will be available for purchase!
◇ Bleacher seats available, please bring a lawn chair
◇ Register on MyActiveCenter.com.

KNITTING CLUB POP-UP SHOP

Shop handcrafted items made by fellow members.

- Tuesday July 28, 10:00 am-2:00 pm
- Saturday, August 1 during the Health Fair
- Tuesday, August 4, 9:00 am-2:00 pm

VOLUNTEER SERVICE HOURS

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



BACK TO SCHOOL PANTRY

We're recruiting volunteers for the 5th Annual, Back to School pop-up pantry happening July 30 & 31 and August 1 at Northwest Amherst Community Center, 220 Northpointe Parkway. Support the local schools and community.

READY ACADEMY

The Senior Center will be teaming up with the Sweet Home School District's Ready Academy this Fall to support local students. Looking for volunteers with basic or advanced sewing skills to share/teach.

HEARTS AND HANDS

This summer, the Senior Center will be working with Hearts and Hands, a local non-profit organization which supports older adults in the community. We are seeking volunteers for some days of services during July and August!

- Volunteers will provide light yard work, folding laundry, helping with dishes, etc.

If you want to volunteer, please contact Joe Weisansal. A meeting will be held in early June.

READ TO SUCCEED

Read to Success Buffalo is seeking people aged 50 and older to help elementary school aged children learn to read. By volunteering as a Literacy Tutor/Mentor you can change a child's future. For more info., visit readtosucceedbuffalo.org.

For more information regarding any of these volunteer opportunities, please contact Joe Weisansal.

CLUBS

Interested in more information or joining a Club?

Please register and go to the next meeting to speak with the volunteer leader. For a clubs descriptions, see our brochure online at AmherstCenterforSeniorServices.com or pick up a copy at the Center.

Am-Center Photography Club

On a break for the summer!

Amherst Men's Senior Softball League

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

Amherst Senior Singers

Wednesdays, 1:00-3:00 pm

Art Club

Mondays, 1:00-3:30 pm

Backgammon Club

Thursdays, 12:30 pm

Bakers Club

SEE MyActiveCenter.com FOR UPDATES

Biblical Hebrew Grammar Club

Second and Fourth Tuesdays, 1:00-2:30 pm
for July and August

Bike Club

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

Board Game Club—Afternoons

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

Board Game Club – Evenings

at Northtown Center. See MyActiveCenter
for dates and times

Book Club

4th Monday, 1:00 pm

Bridge Club

Tuesdays, 2:00-4:00 pm

Canasta Club

Thursdays, 1:00-4:00 pm

Chess Club

Tuesdays, 12:15-4:00 pm

Community Service Sewing Projects Club

Mondays, 9:00-11:00 am

Creative Writers Club

1st & 3rd Mondays, 10:00am –12:00 pm

Dinner Club

See Club Info across from Fitness Room

Dominos Club

Wednesdays, 12:30-4:00pm

Drumming Circle

Fridays, 9:30 am—10:30 am

Duplicate Bridge Club (Monday)

Mondays, 12:30-4:00 pm

Duplicate Bridge Club (Friday)

Fridays, 12:30-4:00 pm

Euchre Club

Tuesdays, 1:00 pm

French Club

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

Hand & Foot Club

Thursdays, 3:30-5:00 pm

Indian Senior Citizens Club

2nd Thursday, 4:30 pm

Genealogy Club

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

Hiking Club

Tuesdays at 10:00 am; Thursday is the rain
date. Contact Joe for more info.

Karaoke Club

3rd Thursday at 1:00 pm

Knitting Club (non-instructional)

Tuesdays, 9:30-11:30 am

Mah Jongg Beginner Club (non-instructional)

Fridays, 9:30 am-12:00 pm

Mah Jongg Advanced Club

Tuesday, 1:00-3:30 pm

Men's Golf

See Club Info across from Fitness Room

News & Views Zoom Club

Fridays, 10:00-11:30 am

Pool Tournament Club

Tuesdays, 2:00-5:00 pm

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

Quilting Club

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

Spanish Club on ZOOM

Thursdays, 1:30pm

Speaking Italian Language Club

Fridays, 1:00-2:30 pm

Stained Glass Club

Thursdays, 9:00 am-12:00 pm

Tai Chi Club

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

Tuesday Afternoon Music Club

Tuesdays, 1:00 pm

Ukulele Club

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

Upholstery Club

Wednesdays, 9:00am-12:00 pm

Wood Carving Club

Tuesdays, 9:00-12:00 pm

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.



AMHERST
CENTER FOR
SENIOR SERVICES

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

FREE MOVIES AT THE CENTER

Per our current movie license, we are no longer able to publish the movie titles.

A full listing of movies is available at the Reception Desk.

JULY SHOWTIMES & DATES

1:00 PM

Monday, July 6
Monday, July 13
Monday, July 20
Monday, July 27

EVENING MOVIE

5:30 PM
Tuesday, July 7
Tuesday, July 21
Tuesday, July 28

Friday, July 10
Friday, July 17
Friday, July 24

4:00 PM

Thursday, July 9
Thursday, July 23

AUGUST SHOWTIMES & DATES

1:00 PM

Monday, August 3
Monday, August 10
Monday, August 17
Monday, August 24
Monday, August 31

EVENING MOVIE

5:30 PM
Tuesday, August 4
Tuesday, August 11
Tuesday, August 25

Friday, August 7
Friday, August 14
Friday, August 21
Friday, August 28

4:00 PM

Thursday, August 6
Thursday, August 20

MOVIE INFO IS AVAILABLE AT OUR RECEPTION DESK



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

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Independent Living Communities

Asbury Pointe Retirement Community

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

Presbyterian Village at North Church

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

Ken-Ton Presbyterian Village

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



Skilled Nursing and Short Term Rehabilitation

Beechwood Homes

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

Wesley Rehabilitation Center

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

Hospice Wells House

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



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

www.beechwoodcare.org

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QUEEN CITY JASS SOCIETY



**SUNDAYS FROM 5:00 TO 8:00 PM
AS LISTED BELOW:**



April 12: The Barroom Buzzards

May 3: Fredtown Stompers

June 7: The Original River Dogs

July 12: A summertime surprise! (Location TBA)

August 2: Banjo Juice

September 12: Kevin Clark and the Queen City All Stars

Admission: \$10.00 per person

Doors open at 4:30 pm

Cash Bar / Limited Menu are Available

For more information:

Please call/text Jane at 239-777-0233



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



Because Life.™

There is no obligation to enroll.

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

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

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WANT TO ADVERTISE YOUR SERVICES? CONTACT DARLENE, dwilber@amherst.ny.us



Congregate dining program at the Amherst Center for Senior Services.

NUTRITION PROGRAM FOR OLDER ADULTS AGES 60+

The Amherst Center for Senior Services is a proud location for the Erie County Stay Fit Dining Program.

The Erie County Nutrition Program is open to anyone 60 years of age or older. The suggested contribution for a meal is \$3.50.

Guests under 60 are welcome for the **required cost** of \$5.50, and it should be paid at the Reception Desk.

Menus for the next two months are available on pages 34 & 35. ****If you have any food allergies, please notify our staff in advance.**

NUTRITION SCHEDULE

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

TO REGISTER FOR LUNCH OR DINNER:

Go on MyActiveCenter (instructions on page 4), or call us at (716) 636-3051.

Lunch and Dinner registration opens **June 16 at 8:30 am**

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

FROZEN MEAL PROGRAM

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

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

REGISTERING FOR FROZEN MEAL PROGRAM

Complete the Erie County Registration and Frozen Congregate Meal forms available at our Reception Desk. You'll also need to complete forms to setup your frozen meal pack choice and pickup times.

Completed forms must be returned to our Nutrition Coordinator, Christin Estrada. Forms can be mailed to you upon request.

Questions? Call Christin at 716-636-3055, ext. 3131.

FRIENDS HELPING FRIENDS SHORT-TERM FOOD ASSISTANCE

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

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

SNAP: See information on page 36.

JULY NUTRITION MENU

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

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p style="text-align: center;">Food Allergy Notice Please be advised that food preparation in our kitchen may contain these ingredients: Milk, eggs, soybean, peanuts, tree nuts, and shellfish</p> <p style="background-color: yellow; text-align: center; padding: 5px;">Estimated calories/carbohydrates are listed below each lunch. Menu subject to change.</p>		<p>1 Fourth of July Lunch Foot-long hot dog Potato salad Corn on the cob Ice cream sandwich</p> <p style="text-align: center;">883/109</p>	<p>2 Chicken parm Pasta with sauce Broccoli blend Garlic bread Pineapple</p> <p style="text-align: center;">620/78</p>	<p>3</p> <p style="font-size: 1.2em;">CENTER IS CLOSED</p> <p style="font-size: 1.2em;">Happy 4th of July!</p>
<p>6 BBQ pulled pork Veggie rice Coleslaw Peach parfait</p> <p style="text-align: center;">737/103</p>	<p>7 Mushroom chicken Carrot medley Spinach Corn muffin Oatmeal raisin cookie</p> <p style="text-align: center;">582/62</p>	<p>8 Roast beef w/gravy Oven browned potato Green beans w/ peppers Sweet dinner roll Diced pears</p> <p style="text-align: center;">551/71</p>	<p>9 Italian sausage hoagie w/peppers & onions Pasta salad Prince William veggies Butterscotch pudding parfait</p> <p style="text-align: center;">786/84</p>	<p>10 Goulash Broccoli Corn Italian bread Angel food cake topped with fruit</p> <p style="text-align: center;">805/88</p>
<p>13 BBQ ribette Potato wedges Chefs cut veggies Mandarin orange</p> <p style="text-align: center;">743/89</p>	<p>14 Cabbage casserole Mashed potatoes Bahama blend veggies White dinner roll Brownie</p> <p style="text-align: center;">794/111</p>	<p>15 Macaroni & cheese Stewed tomatoes Broccoli Rye bread Tropical fruit cup</p> <p style="text-align: center;">668/80</p>	<p>16 Build your own salad Grape juice Italian bread Lemon pie cup</p> <p style="text-align: center;">678/80</p>	<p>17 Chicken leg Rice Pilaf Carrots Wheat dinner roll Orange</p> <p style="text-align: center;">743/69</p>
<p>20 Breaded baked fish Rice Pilaf Peas/Peppers/Onions White dinner roll Caramel pop cakes</p> <p style="text-align: center;">634/79</p>	<p>21 BBQ chicken Sweet potato Spinach Wheat dinner roll Apple cake</p> <p style="text-align: center;">787/124</p>	<p>22 Hamburger Potato wedges Italian blend veggies Ice cream sundae</p> <p style="text-align: center;">750/71</p>	<p>23 Salisbury steak Mashed potatoes Carrots Italian bread veggie Apricots</p> <p style="text-align: center;">636/68</p>	<p>24 Hot dog Baked beans German blend veggies Watermelon</p> <p style="text-align: center;">673/81</p>
<p>27 Open-faced turkey sandwich Mashed potatoes Carrots Tropical fruit cup</p> <p style="text-align: center;">555/72</p>	<p>28 Breaded pork chop Roasted potato Peas Multi-grain bread Chocolate chip cookie</p> <p style="text-align: center;">928/104</p>	<p>29 Chicken ala King Buttered noodles Broccoli & peppers Biscuit Apple</p> <p style="text-align: center;">725/90</p>	<p>30 Chili con carne White rice California mixed veggies Sweet dinner roll Ice cream</p> <p style="text-align: center;">869/115</p>	<p>31 Julienne salad Grape juice Rye bread Cookies & cream pudding parfait</p> <p style="text-align: center;">889/102</p>

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

July 7 Cheeseburger, baked beans, pasta salad, melon

July 14 No dinner. **CONCERT NIGHT:** See page 14 for concert menu

July 21 Reuben with a side salad, fruit, and ice cream.

July 28 Creamy spinach artichoke chicken over pasta, carrot medley, dinner roll, fruit cup

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 & 33 FOR DETAILS.

AUGUST NUTRITION MENU

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

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
3 Chicken cacciatore Pasta Bahama mixed veggies Italian bread Mixed fruit parfait 504/63	4 Stuffed pepper Mashed potatoes Peas Wheat dinner roll Brownies 896/117	5 Three cheese mac & cheese Stewed tomatoes Broccoli Rye bread Apple 649/86	6 Sweet and sour meatballs White rice German blend veggies Hawaiian dinner roll Cookie bar 816/97	7 Grilled BBQ chicken sandwich Sweet potato fries Broccoli/cauliflower mix Ice cream sundae 704/86
10 Salisbury steak w/ gravy Mashed potatoes California blend veggies Multi-grain bread Fudge pie 757/79	11 Pulled pork on a roll Tater tots Green beans Chocolate chip cookies 795/79	12 Pasta pizzaiola Pacific blend veggies White dinner roll Snickerdoodle 728/89	13 Chicken, egg salad, tuna over lettuce Cranberry juice Mini croissant Tropical fruit 756/84	14 INDIA INDEPENDENCE DAY Chicken masala White rice Seasoned cauliflower Naan bread Rice pudding parfait 818/119
17 Polish sausage on a roll Buttered noodles Prince William veggies Spiced pears 852/90	18 Turkey w/gravy Sweet potato German blend veggies White dinner roll Ambrosia 550/74	19 Chicken leg Rice Pilaf Broccoli Wheat dinner roll Sugar cookie 759/65	20 Baked fish Wild rice Italian mixed veggies Multi-grain bread Orange 630/81	21 Cabbage roll Mashed potatoes Key Largo veggies Italian bread Oreo cookie bar 749/95
24 Breaded chicken & gravy Brussel spouts Mashed potatoes Dinner roll Creamsicle 688/85	25 Hamburger Sweet potato fries Green beans & carrots Peach parfait 677/58	26 Chicken stew over biscuit Corn Broccoli Vanilla sandwich Cookie 802/106	27 Pork chop Roasted potato medley Scandinavian veggies Multi-grain bread Peanut butter cookie 617/69	28 BBQ pulled chicken Oven baked potato Prince William veggies Fruit salad 600/106
31 Spaghetti & meatballs Broccoli Grape Juice Garlic bread Chocolate chip cookie 1,004/121	Food Allergy Notice Please be advised that food preparation in our kitchen may contain these ingredients: Milk, eggs, soybean, peanuts, tree nuts, and shellfish		Estimated calories/carbohydrates are listed below each lunch. Menu subject to change.	

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

- Aug. 4 Cranberry chicken salad, side salad, juice, dinner roll, pudding
- Aug. 11 Meatball sub, pasta salad, juice, melon
- Aug. 18 No dinner. **CONCERT NIGHT:** See page 14 for concert menu
- Aug. 25 Chicken cordon bleu, rice, broccoli, dinner roll, fruit cup

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 AND PAGE 33 FOR DETAILS.

AMHERST SENIOR SUPPORT NETWORK

SENIOR SUPPORT NETWORK 716-636-3070

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

SENIOR CENTER ON THE MOVE

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

FEE WAIVERS

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

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

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

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

- **HEAP: Home Energy Assistance Program**

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

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

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

Community Partners—Available On-Site

MEALS ON WHEELS

Amherst Meals on Wheels (AMOW) is a community partner that provides nutritional support for older adults with disabilities living in the Town of Amherst. To see if you qualify for this program, call AMOW 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.



HEALTH INSURANCE SUPPORT

To schedule your personal appointment, call the representative listed.

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

Wednesday, July 1 9:00 am—12:00 pm

Friday, Aug 7 9:00 am – 12:00 pm

Highmark — Sean at 716-658-8941

Tuesday, August 4 10:00 am—12:00 pm

Independent Health – Amanda 716-635-4999

Friday, August 14 10:00 am – 11:00 am

KDM Wealth Consultants Tiffany at 716-697-3622

Thursday, July 30 4:00—5:30 pm

Thursday, August 25 4:00—5:30 pm

United Health Care Lisa at 716-864-4886

Wednesday, July 8 9:00—11:00 am

Wednesday, August 5 9:00—11:00 am

Univera – Call Mike at 716-860-9015

Tuesday, July 7 1:00-3:00 pm

Thursday, August 13 1:00—3:00 pm

AMHERST SENIOR SUPPORT NETWORK

Our Senior Support Network Team is Here for You!

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

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

SUPPORT GROUPS

Caregivers Group

Wednesday, July 15 & August 19 at 1:00 pm

Caregiving can be overwhelming and we are here to offer support.

Kinship Support Group

Tuesday, July 7 & August 4 at 6:00 pm

Designed to provide a network for relatives (like aunts, uncles, grandparents) raising children, by offering emotional support, shared experiences, resources (legal, financial, health), and practical skills training to navigate the unique challenges of kinship care.

Loss & Grief Group

A new 6-week session starts on Thursday, July 16 and Thursday, Sept. 10 at 10:30 am. We discuss coping strategies, healing techniques, and stages of loss and grief.

Men's Support Group

Tuesday, July 7 & 21 and August 4 and 18 at 10:30 am
"Getting to know us: A man's perspective" Talk about topics and issues that are specific to men.

Parkinson's Group

Thursday, July 23 and August 27 at 2:00 pm

If you or a loved one have received a diagnosis of Parkinson's disease, you may wonder what to expect. Join us and feel more in control.

Veteran's Coffee Group

Monday, July 6 and August 3 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, July 14 at 10:30 am and July 21 at 6:00 pm;
August 11 at 10:30 am and August 18 at 6:00 pm

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

Women's Support Group

Wednesday, July 1 and August 5 at 10:30 am

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

YOUR SENIOR SUPPORT NETWORK TEAM

Karen Lisiecki, LMSW,
Ext. 3156



Marilyn Illuzzi, LMSW,
Ext. 3155



John Jones
Ext. 3129



Pam Macadlo
Ext. 3157



Vijaya Tomar, MSW
Ext. 3165



ACCESSIBLE PARKING TAG

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

Daytime hours are 9:00 am—4:00 pm.

Evening hours are 4:00-7:00 pm on July 7 & August 4 and until 6:00 pm on July 21 & August 18.



FRIENDS HELPING FRIENDS TEMPORARY FOOD ASSISTANCE PROGRAM

If you or someone you know needs non-perishable food items, we have onsite assistance. Call us to see if you're eligible.

Donations of unexpired non-perishables are also accepted for this program.

FROZEN MEAL PROGRAM

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

SUPPORT IS JUST A CALL AWAY. CONTACT OUR SENIOR SUPPORT NETWORK!

TOWN OF AMHERST

AMHERST TOWN BOARD

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

AMHERST SENIOR CENTER ADVISORY BOARD

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

EX-OFFICIO MEMBERS:

- Angela Marinucci, Deputy Town Supervisor
- Michael Camilleri, Assistant Chief of Amherst Police Department
- Ann Nichols, Amherst Town Justice

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

North Forest Park
85 North Forest Road, Williamsville 14221

Williamsville Youth and Family Center
5005 Sheridan Drive, Williamsville 14221



Move with the Mayor (Supervisor)

Supervisor Shawn Lavin is excited to announce that Amherst is the first town in New York State to participate in the national “Move with the Mayor” program to encourage active, healthy living and strengthen individual and community resilience.

If anyone is interested in learning more about upcoming “Move with the Mayor” events, please email townsupervisor@amherst.ny.us.

Stay active Amherst!

Town of Amherst Youth & Recreation Department

2026 SUMMER

SENIOR OPEN SWIM FOR 50 & OVER

SUNDAYS, JUNE 28–AUGUST 16
10AM–NOON
NORTH FOREST POOL
85 NORTH FOREST RD.

Stay active, socialize and enjoy the water during Senior Open Swim! Designed for adults 50+, this program provides a relaxed, welcoming environment where seniors can swim at their own pace for exercise, mobility or leisure.

FREE with valid Amherst resident ID (obtained from the Amherst Youth & Recreation Dept.)
Visit amherstyouthandrec.org for details or call 716-631-7132.
\$5 per visit without ID card.

Free CONCERTS & THEATER

USA 250th

4TH OF JULY CONCERT
ERIE COUNTY WIND ENSEMBLE
SATURDAY, JULY 4 @ 7:00PM
BASSETT PARK, AMHERST, NY

SHAKESPEARE IN THE PARK TOURING
MONDAY, AUGUST 17 @ 7:00PM
BASSETT PARK, AMHERST, NY

All Welcome

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.



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.