



# AMHERST CENTER FOR SENIOR SERVICES

370 John James Audubon Parkway, Amherst, NY 14228

## OCTOBER 2025 NEWSLETTER

### SENIOR EXPO

Thursday, October 23  
4:00-6:00 pm



Gather helpful information from a variety of vendors who provide services and products for older adults.

#### Special Guest Speakers:

- 3:30 pm - Healthy Eating on a Budget.  
*Presented by Erie County Department of Aging.*  
Enjoy samples with nutritional information.
- 4:30 pm - The Benefits of Downsizing.  
*Presented by Ann Marie Klosko with Elder Transition Consulting*
- 5:30 pm - You're Gone...Now What?  
This presentation, "What Your Survivors Need to Know - Creating a Legacy Document," focuses on gathering and organizing critical details after a significant life event occurs.  
*Presented by Jim Bardo*

#### WEGMANS FLU SHOT CLINIC

Thursday, October 23, from 4:00 – 6:00 pm  
Please bring your insurance card.

### October is Health Literacy Month!

Thank you to this month's sponsor, Clarity Group. Check page 7 for information about its All Things Medicare program happening on October 1!



### Spooky Fun!



#### MONSTER MASH

Friday, October 31 at 12:30 pm.

Costumes encouraged. Entertainment by the Rocky Blues Band.

### IMPORTANT PHONE NUMBERS

#### Main Line 636-3050

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

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

Direct Lines:

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

**Amherst Meals on Wheels 636-3065**

**Amherst Senior Transportation 636-3075**

### MEMBERSHIP DUES

#### Amherst Residents—Lifetime Membership

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

#### Non-Resident—Annual Renewal

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

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

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

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

### TO JOIN THE CENTER:

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

ESTABLISHED IN 1962

AmherstCenterForSeniorServices.com



Facebook.com/amherstnyseniorcenter

## A NOTE FROM THE DIRECTOR

Fall is here... comfortable weather, beautiful colors in nature, and football! Go Bills!

**October is Health Literacy Month.** Thank you to this month's sponsor, **Clarity Group**, for your continued support.

It's open enrollment time for health insurance, so we encourage you to review your plan and any upcoming changes to ensure you have the right coverage for your needs. Representatives from various organizations will be here this month to answer your questions, and I encourage you to attend the **Senior Expo on October 23rd** to gather additional health information.

The year 2000 brought the start of a new millennium. It also brought the Y2K bug scare, technological highlights such as the launch of the Apple iPod and the release of the PlayStation 2. The New York Yankees defeated the New York Mets in a unique all-New York Subway World Series. And it marked the opening of the new location for the **Amherst Senior Center**! That means this year is a significant milestone for 370 JJ Audubon Parkway—It's Silver Anniversary — 25 years of serving older adults!

We are grateful for the continued participation of so many seniors who attend our classes and programs, join us for lunch, volunteer, or simply come in to spend time with others.

Thank you to everyone who has made the past 25 years possible, from local and state officials to longtime community partners. I am fortunate to work alongside an incredible staff who dedicate themselves to enriching the lives of each person who walks through our front door.

We're looking forward to the next 25 years—and beyond—with the endless possibilities that await us.

We are **redefining aging**. We are actively working to break down ageist attitudes, promote inclusivity, and embrace new perspectives. We are also creating more opportunities to collaborate with health related professionals to support the aging process. Most importantly, we encourage all seniors in our community to embrace aging—to learn new things, explore new experiences, and celebrate your unique contributions at this stage of life.

**Here's to the next 25 years!**

*Melissa Abel*

Melissa Abel, Executive Director

We love animals, but please remember that **Only Service Dogs Are Allowed** at the Senior Center. We kindly ask that you leave pets at home to ensure a safe and comfortable environment for everyone.

Thank you for your understanding!

## ABOUT US

### THE CENTER

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

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

### HOURS OF OPERATION

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

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

***The Center will be CLOSED on Monday, Oct. 13 to observe Indigenous People's Day / Columbus Day.***

Programming is also offered at the Northwest Amherst Community Center. *Please see **page 14** for dates and times.*

### KEY STAFF CONTRIBUTORS

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# TOWN OF AMHERST

## AMHERST TOWN BOARD

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

## AMHERST SENIOR CENTER ADVISORY BOARD

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

## EX-OFFICIO MEMBERS:

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

## AMHERST GENERATIONS FOUNDATION

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



## 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

## A NOTE FROM YOUTH & RECREATION

A huge shout out to our staff and our members for their compassionate response to the victims and families of the tour bus crash on the NYS Thruway in August!

As you know, a Family Assistance Center was set up at the Amherst Senior Center. The Director, Melissa Abel, managed efforts remotely, while staff members Tammy Jacobs, John Jones, and Karen Lisecki worked at the building to support those affected. We are also grateful to the members of the Chinese Club and the India Association who provided interpreters. Many community members reached out with offers to donate food and clothing. While these items were ultimately not needed, your kindness and willingness to help were truly appreciated.

It is gratifying to know that whenever help is needed, the Amherst Senior Center community is there to respond!

**Mary Diana Pouli,**

*Executive Director, Youth & Recreation*

**BE SAFE**

## AMHERST CENTER FOR SENIOR SERVICES 2025-26 CANCELLATION GUIDE

The safety and well-being of our members and visitors is a primary concern.

The following information is for your reference.

### STANDARD OPERATING HOURS:

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

### STORM CLOSINGS:

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

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

### TV Stations:

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

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

# REGISTRATION PROCEDURES

## REGISTRATION/CANCELLATION

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

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

## CREATING AN ACCOUNT ON MyActiveCenter

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

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

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

## PLEASE NOTE – BE SURE TO REGISTER

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

*This newsletter is coordinated by Darlene Wilber, PR Coordinator, dwilber@amherst.ny.us*

## SAMPLE A CLASS

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

## REFUNDS

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

## VISITING/ATTENDING THE CENTER

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

## CANCEL IF YOU CAN'T MAKE IT

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

## NUTRITION

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

## TO REGISTER FOR LUNCH OR DINNER:

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

## FROZEN MEAL PROGRAM

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

## CALLING ALL NEW MEMBERS!!

### MEMBERSHIP 101

Tuesday, October 14 at 3:30 pm

So, you have taken the step of becoming a Member, now what? Find out ways to get involved, how to sign up for Classes or Programs, where to find information on what is happening at the Center. Those attending are invited to stay for a complimentary dinner at 5:00pm. Reservations are required for both.

# PROGRAMS

## ROLL BACK THE CLOCK TO THE YEAR 2000

### **Talk and Taste at NWACC**

Monday, October 6 at 6:00 pm  
Cowboy Cookies

### **25<sup>th</sup> Anniversary Dinner**

Tuesday, October 7 at 4:30 pm  
The celebration of 370 JJ Audubon Parkway is featuring guest speakers, a delicious meal, and live music from Jack Civiletto and April Mazzone. *Currently this event is FULL; there is a waiting list.* Thank you to our Dinner sponsors WEBR Radio, PB Elder Law and Fallon Health

### **Music Jeopardy**

Wednesday, October 8 at 12:30 pm

### **Tasty Trivia**

Thursday, October 9 at 2:00 pm  
How well do you remember the year 2000? Take the Y2K quiz and enjoy a tasty treat.

## **HARVEST FEST TASTY CREATIONS**

Wednesday, October 1 at 10:00 am  
Each year, the Center provides some tasty creations for a Bake Sale table at Harvest Fest (Sunday, October 5 from 1:00 – 4:00 pm at Bassett Park). Come help us prepare items for our table.

## **BOOKS AND BAGELS**

Thursday, October 2 at 9:30 am  
Calling all bookaholics! Let's talk books over a bagel. Fee is \$2.00. Please bring a new or used wrapped book for a book exchange. No refunds after 10/1.

## **NATIONAL DO SOMETHING NICE DAY**

Friday, October 3.  
Look out for acts of kindness.

## **TECH SUPPORT**

Friday, October 3 at 10:00 am

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



## **MUSIC JEOPARDY**

Wednesday, October 8 at 12:30 pm  
Put your music knowledge to the test in a Jeopardy style format. Each category is a different genre of music. You will hear a snippet of a song and try to name it! Hint: One category is 2000's music!

## **THE FUNCTION OF ART TODAY**

Thursday, October 9 at 10:00 am  
Together we will explore how art makes the world a better place--really!! No prior knowledge is required. Come and join the conversation. *Presented by member James Loree.*

## **FITNESS ROOM RUNDOWN**

Tuesday, October 14 at 11:00 am  
Come learn all about our Fitness Room: How to operate the machines, what each machine does, and potential workout routines & habits to start your fitness journey.

## **IN CELEBRATION OF HISPANIC HERITAGE**

### **MONTH: Taste of Puerto Rico Cooking Demo**

Wednesday, October 15 at 10:00 am

Christin Estrada, our Nutrition Coordinator, will demo her Tostones. Limited spots please sign up to reserve your spot!



## **VIRTUAL REALITY**

Wednesdays, October 15 and 22 at 1:00, 2:00, or 3:00 pm  
Explore the world of virtual reality with our VR Headsets in 1 hour individual sessions. Whether you're new to VR or curious it this is a great opportunity. *There are two dates this month, please sign up for only one of the two sessions.*

## **COFFEE WITH THE CANDIDATES**

Thursday, October 16 at 8:30 am.  
Meet the candidates and stay informed. *Hosted by the Womens League of Voters.*

## **METAL DETECTING at Walton Woods**

Friday, October 17 at 10:30 am  
Come join other metal detecting enthusiasts for a leisurely stroll through Walton Woods, as well as look for treasure! There will be metal objects planted throughout Walton Woods for you to find (Maybe you will find an actual buried artifact, too.) **\*\*You must have and bring a metal detector\*\***

## **PIANO RECITAL**

Tuesday, October 21 at 6:00 pm  
Students from the Glenn Music Studio will perform.

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



# PROGRAMS

## SOCIAL SECURITY ASSISTANCE

Wednesday October 22 from 10:00 am – 1:00 pm  
The Center for Elder Law and Justice will assist individuals with creating an online account to access important Social Security information. An email address is required to create the account. Confidential appointments are available by calling the Center for Elder Law and Justice at 716-853-3087 ext.247. *Presented by Senator Sean Ryan*

## CONNECTIONS WORD GAME

Wednesday, October 22 at 10:30 am  
This game challenges players to find common themes between words.

## OPEN CARDS

Thursday, October 23 at 10:00 am  
Open cards time is a great opportunity to relax and have fun, while playing social card games in a non-competitive environment. Come with your friends to play or join a table that's looking for additional players. Want to learn a new game? We'll teach you!

## SENIOR EXPO

Thursday, October 23 from 4:00 – 6:00 pm  
Gather helpful information from multiple vendors who provide services and products for older adults. *More information is on the front page.*

## SAMPLE AND LEARN

Tuesday, October 28 at 1:00 pm  
Did you know a single cup of squash provides more vitamin A than most people need daily. Sample some dishes and learn. *Presented by Marilyn Calandra.* Fee is \$2.00

## COFFEE WITH A COP

Wednesday, October 29 at 11:00 am

## CANDY BINGO

Thursday, October 30 at 10:00 am  
Please bring a treat from the Dollar Store for the prize table.

## MURDER MYSTERY DINNER PARTY

Thursday, October 30 at 5:00 pm  
A masquerade ball circa 1755 in Venice, Italy. A stranger in red. Whispers spread—who are they? Moments later, a glass shatters, and the mystery person is found dead. Everyone's a suspect. Find out who done it! ***Dress fancy and bring a mask.*** Pizza included: \$7.00. No refunds after 10/29.

## MONSTER MASH

Friday, October 31 at 12:30 pm.  
Costumes encouraged. There will be a costume contest with prizes. Entertainment by the Rocky Blues Band.



## FIELD TRIP

### HERSCHELL CARROUSEL FACTORY MUSEUM – Guided Tour

Friday, October 10 at 10:30 am  
Museum features the historical and elaborate Herschell carousels in the original factory building. See how the carousels are made, self-playing organs, and go on an actual restored carousel ride! Address: 180 Thompson St., North Tonawanda, NY 14120. Tour is roughly 1.5 hrs. \$10 per person. Pay at the museum. Please sign up in advance!

## MOVIES

### Mondays at 1:00 PM

October 6 Ice Road: Vengeance Unrated 112 mins.  
October 20 My Mother's Wedding Rated R 95 mins.  
Monday, October 27 The Phoenician Scheme Rated PG-13 101 mins.

### Fridays at 1:00 PM

October 3 The Prize Winner of Defiance, Ohio Rated PG 13 99 mins. (Inspiring)  
October 10 Chocolat 118 mins. Rated PG 13 (heartwarming)  
October 17 Einstein and Eddington Rated PG 93 mins. (historical drama)  
October 24 Downton Abbey: The Grand Finale Rated PG 123 minutes (romance)  
October 31 The Menu Rated R 107 mins. (horror comedy)

### Tuesday Evening Movies

#### 5:30 PM

October 14 Ice Road: Vengeance Unrated 112 mins.  
October 21 My Mother's Wedding Rated R 95 mins.  
October 28 The Phoenician Scheme Rated PG 13 101 mins.

### Information Tables at the Senior Center:

### SENATOR RYAN COMMUNITY OUTREACH

Tuesday, October 7  
10:00 am-2:00 pm  
A representative from the Senator's office will be present

### EPIC

Thursday, October 9  
11:00 am – 1:00 pm

# PROGRAMS

## FINANCIAL

*We know that updates to Medicare are on the horizon, and staying informed is more important than ever. These upcoming presentations will help you navigate the changes and better understand your options.*

### **ALL THINGS MEDICARE**

Wednesday, October 1 at 2:00 pm

Clarity Group Medicare Plan Center will present All Things Medicare for the 2026 Season. They can help with your plan inquiries and walk you through all the changes.

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### **MEDICARE**

Thursday, October 16 at 5:00 pm

This easy-to-understand explanation of Medicare will give you the information you need to manage your health care costs in retirement with less stress. *Tiffany Stayer is a licensed agent and is not endorsed by the U.S. government or federal Medicare program.*

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### **MEDICARE 101:**

Thursday, October 30 at 4:00 pm

Ella Sturm is a licensed health insurance broker, specializing in Medicare Advantage and Prescription Drug products, will host a Medicare 101 educational presentation to discuss the basics of Medicare health insurance coverage for a better understanding of how coverage works from Parts A to Parts D. *Presented by Aetna.*

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

**Aetna** Ella at 374-5940

Wednesday October 8 from 10:00 am – 12:00 pm

Monday October 27 from 10:00 am – 12:00 pm

**Clarity Group – Medicare Plan Center**

Lisa at 716-864-4886

Friday October 17 from 9:00 am – 12:00 pm

Wednesday October 29 from 10:00 am – 1:00 pm

**KDM Wealth Consultants**

Tiffany at 716-697-3622

Thursday, October 16 from 1:00 pm – 4:00 pm

## HEALTH

### **WALKERS UNITE FOR WELLNESS**

Tuesdays in October from 10:00 — 11:00 am

Join Rabbi Yonina on a gentle walk around the lake and on the trails of Walton Woods Park where you'll talk and share how you're doing. Walk as far and you'd like and sit and rest, if necessary. Remember your hat, water, sunscreen, and comfy closed-toed shoes or sneakers.

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### **NATURE WALKS:**

Every Wednesday from 9:30 – 11:00 am

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

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### **TOPS VACCINATION CLINIC**

Thursday, October 2 from 9:30 – 11:30 am

Please bring your insurance card

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### **MEDITATION AND HEALING**

Thursday, October 2 at 1:00 pm

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.*

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### **HEALTHY LIVING FOR SENIORS**

Wednesday, October 1 at 11:00 am

Diabetes and Heart Disease: Negative aspects of the "Modern Lifestyle."

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Friday, October 3 at 11:00 am

Lifestyle changes can help prevent or manage Diabetes and Heart Disease.

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Wednesday, October 8 at 11:00 am

Brain Health: Simple ways to improve brain function and lifestyle changes that may help reduce dependence on prescription drugs.

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Friday, October 10 at 11:00 am

Things we can learn from other cultures about healthy living and how to incorporate them in our daily lives.

Explore the ways that physical inactivity and poor nutrition are linked to high risk for contracting behavior-driven diseases such as diabetes and heart disease and how adopting an active lifestyle and better eating habits can reduce risk.

*Harold Burton, Retired UB Professor, is presenting all four of these sessions.*

## PARTNER PROGRAMS

### SILVER PRIDE TEA

Friday, October 3 at 10:00 am

This is an opportunity for LGBTQAI and their allies to spend time together enjoying refreshments and conversation. The group will be participating in art therapy. *Hosted by the Pride Center of WNY.*



### BISTRO BOOKERS

Tuesday, October 14 at 4:00 pm

"Holotrial" written and reviewed by Alan Wishnoff

New York State adopts a program in which trials are pre-recorded as holograms, or "Holotrials," then played for the jurors later.

## BETTER BREATHERS

Tuesday, October 21 at 1:30pm

If you or someone you know is living with chronic lung disease, consider joining this support group. Facilitated by Jeremy Voorhees, American Lung Association. The special guest speaker will be Tai Chi instructor Robert Sachs.

### PARKING FOR COMBAT WOUNDED VETERANS

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



Thank you for your service and sacrifice to our country.

## CLASSES

### FALL CLASSES

Our Fall Class Catalog is available in hard copy at the Center, Amherst Libraries and online at the Town of Amherst website, Amherst.ny.us, and on our website at AmherstCenterforSeniorServices.com.

### SPECIAL REQUEST: CALL TO CANCEL

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

### DEFENSIVE DRIVING CLASS—AARP Smart Driver

Wednesday, October 15 or November 12

9:00 am-4:00 pm.

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

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



### Showcase Performance

Wednesday, October 15 at 1:00 pm

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



### CLASS HIGHLIGHTS FOR OCTOBER

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

Art History Zoom – Secessionists: Avant-Garde Artists 10/16

Ballroom Dancing – Beginner or Intermediate/Advanced 10/28

Band Fitness Thursdays, 10/2-10/30 - **NEW CLASS**

Belly Dancing Wednesday, 10/8-11/12 (6x) - **NEW CLASS**

Calligraphy – Advanced/Broad Nib Pen 10/17

Cardio Drumming Mondays at 10:00 am 10/20-11/24 (5x) - **NEW CLASS**

Fall Prevention 10/29

Friday Fitness Fridays 9/26-10/24 (5x) - **NEW CLASS**

Get Fit While You Sit 10/27

Holiday Rituals and Recipes 10/2

Intro to Acting for fun or Profit (but rarely both) 10/29

Mean Jean Exercise – M,T,TH, or F Week of 10/27

Using Your Phone Wisely – Android Phone Users 10/14

Self Defense and Martial Arts Fitness 10/23

Wisdomkeeper: Age-ing to Sage-ing 10/9



## UNIVERSITY EXPRESS

### Wednesday, October 1

10:00 am How FDR's Four Freedoms' Principles Still Apply in our County & World Today

### Thursday, October 2

2:00 pm The Hispanic Heritage of Western New York

### Wednesday, October 8

2:00 pm Forgotten War

### Thursday, October 9

2:00 pm Buffalo: CRI

6:00 pm Nature Journaling:

### Tuesday, Oct. 14

2:00 pm Make A Wish Birthday Card Class (Art from the Heart)

6:00 pm The Reset Blueprint

### Thursday, October 16

6:00 pm Life After Power: Seven Presidents & their Search for Purpose Beyond the White House Life

### Thursday, October 21

2:00 pm Origin & Evolution of Popular Musical Instruments

6:00 pm Thailand Cave Rescue

### Wednesday, October 22

2:00 pm Where's the Beef? Vegetarian Cooking for even the most Committed Carnivore

### Tuesday, October 28

2:00 pm Characters with the Bard

6:00 pm Bell Aircraft's Rosie the Riveter

### Wednesday, October 29

2:00 pm The Perception of Time

### Thursday, October 30

2:00 pm Halloween: Witches, Werewolves, Vampires, and Other Dangerous Creatures in the Night

Full descriptions available in the University Express Catalog available at our Reception Desk or at [www4erie.gov/universityexpress](http://www4erie.gov/universityexpress)

***See page 14 for more University Express at Northwest Amherst Community Center.***



# Experience the Ken-Ton Hearing Difference

Thinking Hearing Aids?  
Think Ken-Ton Hearing.

Our doctors and staff work together to provide your best solution and value for your valuable hearing.



**Learn about all of your  
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Options**

**kentonhearing.com**

**716-874-1609**

# RESOURCES

## Social Work Services are Here for You!

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

### Caregivers Group

Wednesday October 15 at 1:00 pm  
Caregiving can be overwhelming and we are here to offer support.

### Death Café:

October 2, 9, 16, 23 at 1:00 pm  
The group will discuss death and dying. The goal is to increase awareness of death and to help people make the most of their finite lives. No agenda, no set conclusions.

### Loss & Grief Group

A new 6-week session starts in November.  
We discuss coping strategies, healing techniques, and stages of loss and grief.

### Men's Support Group

Tuesdays, October 7 & 21 at 10:30 am  
"Getting to know us: A man's perspective" Talk about issues that are specific to men.

### Parkinson's Group:

Thursday, October 23 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, October 6 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, October 14 at 10:30 am  
Tuesday, October 21 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, October 1 at 10:30am

**Kinship Group:** See meetings at Northwest Community Center on page 11.

## SENIOR OUTREACH SERVICES (SOS) 636-3070

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

### ACCESSIBLE PARKING TAG

If you need assistance with an application, we are **available by appointment** only. Daytime hours are 9:00 am—4:00 pm and evening hours are October 21 until 6:00 pm and 4:00-7:00 pm on October 14.



## FRIENDS HELPING FRIENDS SHORT-TERM FOOD ASSISTANCE

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

### FROZEN MEAL PROGRAM

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

### The Supplemental Nutrition Assistance Program (SNAP)

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

### YOUTHWORKS\$

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

### Communicating Effectively

October 29 at 1:00 pm

This is a session for Alzheimer's Disease and Dementia education. As people living with dementia progress in their journey and lose the ability to use words, caregivers can discover new ways to communicate effectively in any stage of the disease. Learn how dementia affects communication, how person-centered approaches can improve communication and much more.

# VOLUNTEERING & CLUBS

## **SERVICE HOURS**

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

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

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

*Swiping in at the kiosk is not registering.*

## **CLUBS SEEKING NEW MEMBERS**

Amherst Senior Singers Club – Meets Wednesdays at 1:00 pm. Recruiting male voices for the new season!

Biblical Hebrew Grammar Club – New members welcome! Meetings are held on the first and third Tuesday's of the month from 6:00-7:30 pm!

Bakers Rack – October 29 at 9:00 am  
Fresh baked goods available for purchase until sold out

Book Club – Monday, October 27 at 1:00 pm  
"Remarkably Bright Creatures" by Shelby Van Pelt

Garden Time – October 8 at 1:00 pm  
Crafting with Nature, Doreen Notaro, Smallwood Garden Club member and Recreation Leader will be providing supplies and instruction.

Hot Dog Sale – October 15, 11:00 am  
Enjoy a grilled treat with us. \$1.50 per hot dog.

## Knitting Club Pop-Up Shop

October 7 during the Anniversary Dinner and October 23 during the Senior Expo.

Visit the Pop-Up to shop handmade goods and gifts—all created by our Knitting Club! When you make a purchase from the Knitting Club, you're helping them continue their generous work of donating to community organizations.

## Photography Club

October 14 at 1:00 pm  
Dr. John Ejaife, from Rochester, who will present his images with commentary. John is a member of Camera Rochester and displays his photographs at the Image City Gallery in Rochester.

October 28 at 1:00 pm  
Betsy Wilson will present a digital program titled "A Different Point of View". Betsy's images have won her honors at the Philadelphia Flower Show and have filled the cover of Pipe Organ publication. She is a member of the Berk Photography Society of Pennsylvania.

# OPEN PICKLEBALL

## **OPEN PICKLEBALL**

Tuesday, October 28: 2:00-3:45 pm, 3:45-5:30 pm, or 5:30-7:15 pm (1 court)

Wednesday, October 1, 15, 29: 12:00-2:00 pm or 2:00-4:00 pm

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

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

Thursday, October 2, 9, 16, 30: 3:45-5:30 pm

Friday, October 3: 12:00-2:00 pm (Women) or 2:00-4:00 pm (Men)

Friday, October 10: 12:00-2:00 pm or 2:00-4:00 pm

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

Friday, October 24: 2:00-4:00pm

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

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

We're all in this together. Let's respect each other's time and opportunities. Thank you

***For Open Play Pickleball at the Northwest Amherst Community Center, see page 11.***

You must bring your own paddle

# CLUBS

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

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

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





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

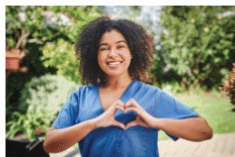
*From luxury independent apartment living to short-term rehabilitation....our communities have something for everyone.*



### Independent Living Communities

**Asbury Pointe Retirement Community**  
50 Stahl Road, Amherst, NY 14068  
716-810-7500

**Presbyterian Village at North Church**  
214 Village Park Drive, Williamsville, NY 14221  
716-810-7475



**Ken-Ton Presbyterian Village**  
3735 Delaware Avenue, Kenmore, NY 14217  
716-810-7477

### Skilled Nursing and Short Term Rehabilitation



**Beechwood Homes**  
2235 Millersport Highway, Amherst, NY 14068  
716-810-7000

**Wesley Rehabilitation Center**  
2235 Millersport Highway, Amherst, NY 14068  
716-810-7000

**Hospice Wells House**  
2235 Millersport Highway, Amherst, NY 14068  
716-810-7000

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

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



## Happy 25<sup>th</sup> Anniversary to Amherst Senior Center's 370 John James Audubon site

WEBR FM 105.3 AM 1440 began 101 years ago in 1924 as a locally owned and operated radio station, playing music from "The Great American Song Book" featuring the 70s, 80s, and a touch of the 90s.

WLVL broadcasts a News Talk information format, licensed in Lockport NY and serving the Buffalo-Niagara Falls area. WLVL was founded in 1949.

Both stations are owned and operated by Bill Yuhnke, a U.S Armed Forces veteran.



### Members Forum Announcement – New Format

The Amherst Senior Center is making a few changes to how we gather member feedback and ideas. We're excited to announce the new **Members Forum**—a more inclusive, open meeting for **all Senior Center members**, not just club representatives.

Here's what's changing:

**New Name:** Representatives Council will now be called the **Members Forum**

**Open to All:** All members of the Senior Center are welcome to attend

**Quarterly Schedule:** Forums will now take place four times a year—in Fall, Winter, Spring, and Summer

Our **first Members Forum** is scheduled for:  
**Tuesday, October 28, 2025 at 10:00 AM**

### Purpose of the Members Forum:

This is your chance to share ideas, suggestions, and feedback about the Center. However, for any urgent or specific concerns—like a growing club needing more space—please don't wait until the forum! Reach out directly to the appropriate staff member so we can help right away:

### Who to Contact:

**Clubs or Volunteer Questions?** Joe Weisansal –

[JWeisansal@amherst.ny.us](mailto:JWeisansal@amherst.ny.us) | 716-636-3055 Ext. 3126

**Class Questions?** Cindy Weiss – [CWeiss@amherst.ny.us](mailto:CWeiss@amherst.ny.us) | 716-636-3055 Ext. 3109

**Program Questions?** Tammy Jacobs –

[TJacobs@amherst.ny.us](mailto:TJacobs@amherst.ny.us) | 716-636-3055 Ext. 3172

You can also:

- Use the **Suggestion Box** in the Front Lobby
- Participate in our **Ask the Director** program throughout the year

We look forward to seeing you at the first Members Forum in October! Our goal is to stay connected, be responsive, and continue making the Senior Center a welcoming place for all.

**Yudanny (Vicki) Garcia**  
Enrollment Coordinator

716-946-9354 | F: 716-250-3160  
[yudanny.garcia@fallonweinberg.org](mailto:yudanny.garcia@fallonweinberg.org)

461 John James Audubon Pkwy  
Amherst, NY 14228





# AT NORTHWEST AMHERST COMMUNITY CENTER



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

## COOKING WITH JEN

Monday, October 6 at 10:00 am  
Hedgehog donuts Fee is \$4.00. Please bring a  
Tupperware container. RSVP begins October 1.  
Paid reservations by 10/3.



## TALK AND TASTE

Monday, October 6 at 6:00 pm  
Did you know Laura Bush won an award for her Cowboy  
Cookies in 2000. Join us for a taste.

## KINDSHIP SUPPORT GROUP

October 8 at 11:00 am  
Are you parenting for the second time? Many in today's  
world find themselves in this situation at a time when  
maybe they were planning for a more relaxed lifestyle. If  
this is you, consider joining this support group.

## NWACC CARDS - SWOOP

Monday, October 20 at 10:00 am  
We're playing Swoop at the NWACC! Players match cards  
by rank onto a pile, with the rule that you must play a card  
of the same or a lower rank - be the first to discard all cards  
from your hand, board, and mystery piles.

## CIRCUIT FITNESS CLASS

Monday, October 20 and 27 at 6:00 pm  
Try various workouts with weights. There are multiple  
stations that have different types of exercises. Strength,  
Balance, and Cardio are highlighted in these classes.

## HALLOWEEN SWEET TREAT

Monday, October 27 at 10:00 am  
Strawberry Tombstones Fee is \$5.00. Please  
bring a Tupperware container. Paid reservations by 10/23.



## PING PONG

Mondays 1:00 – 4:00 pm (No Ping Pong on 10/13)  
Tuesdays 2:30 – 6:00 pm (No Ping Pong on 10/7)  
Fridays 1:00 – 4:00 pm

## PICKLEBALL



Monday, October 6, 20, 27

9:00-11:00 am (Intermediate)

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

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

Tuesday, October 7, 21, 28

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

## UNIVERSITY EXPRESS

Friday, October 3

10:00 am Telehealth Workshop—90 mins

Friday, October 10

10:00 am Stop The Bleed

Monday, October 20

1:30 pm What's Going on with Composing

Friday, October 31

10:00 am Digital Health Literacy Workshop

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

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

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

# OCTOBER NUTRITION

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

## FROZEN MEAL PROGRAM

For information, See Page 4

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

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	<b>Estimated calories/ carbohydrates are listed below each lunch.</b>	<b>1</b> Spaghetti and meatballs with marinara sauce Steamed broccoli Dragon juice White dinner roll Apple 757/103	<b>2</b> Seasoned grilled chicken Rice Pilaf Steamed carrots Wheat bread Tropical fruit cup  532/72	<b>3</b> Cheese omelet Oven roasted potatoes Green bean medley Assorted muffins Chocolate chip cookie  942/896
<b>6</b> Italian sausage on a hotdog roll Seasoned mashed potatoes Prince William blend veggies Cinnamon pears 681/77	<b>7</b> Chicken alfredo Broccoli Corn Italian bread Graham cookie  798/105	<b>8</b> Roast beef with gravy Oven browned potato Green beans Dinner roll Diced peaches  514/63	<b>9</b> Pulled pork on a Kaiser roll Vegetable rice Creamy coleslaw Oreo cookie  873/124	<b>10</b> Breaded chicken Baked beans Spinach Corn muffin Angel Food cake  750/98
<b>13</b> <b>Indigenous People's Day/ Columbus Day</b>  CENTER CLOSED	<b>14</b> Cabbage casserole Mashed potatoes Bahama blend veggies White dinner roll Brownie  803/71	<b>15</b> Macaroni and cheese Stewed tomatoes Broccoli White bread Mixed fruit cup  662/88	<b>16</b> BBQ ribette on a hoagie roll Potato wedges Key Largo veggies Mandarin orange  751/90	<b>17</b> Grilled chicken with herbed gravy Rice Pilaf Carrots Wheat dinner roll Apple sauce 510/68
<b>20</b> Salisbury steak with gravy Mashed potatoes Mixed veggies Sweet dinner roll Apple 691/84	<b>21</b> Open faced turkey sandwich Creamy mashed potatoes Carrots Tropical fruit 709/90	<b>22</b> Chicken leg Sweet potato Steamed spinach Fruit muffin Apple crisp  855/85	<b>23</b> Pasta bake with meat Carrots Broccoli Italian bread Carmel pop cakes  780/70	<b>24</b> Baked fish Roasted potato Pea medley Wheat dinner roll Apricots  661/86
<b>27</b> Hamburger on a roll Potato wedges Italian blend veggies Diced peaches  663/71	<b>28</b> Pork chop Roasted potato Peas Multigrain bread Chocolate chip cookie 928/104	<b>29</b> Chicken ala king Mashed potatoes Broccoli/peppers Warm biscuit Lorna doone 725/90	<b>30</b> Veggie chili Steamed white rice Side salad Corn muffin Fig Newton 986/150	<b>31 HALLOWEEN</b> Goulash Carrots Peas White dinner roll Halloween dessert 1031/107

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

Oct. 7 25th Anniversary Dinner. No nutrition dinner on this evening.

Oct. 14 Chicken parm, pasta marinara, broccoli, dinner roll, fruit cup

Oct. 21 Grilled chicken sandwich on a roll, oven baked French fries, seasonal mixed veggies, apple sauce

Oct. 28 Salisbury steak, mashed potatoes, buttered carrots, dinner roll, fruit cup

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



## AMHERST CENTER FOR SENIOR SERVICES

### OUR VISION

To identify, understand, and create opportunities for improved quality of life for adults as they age.

### OUR MISSION

Empower all people with quality of life as they age.

### OUR VALUES

#### ACCESSIBILITY

Ensuring that members can participate and benefit from the many services by providing opportunities for all members to reach their potential and contribute their skills and talents to the Center.

#### COMMUNITY

Assisting older adults to remain independent by working with families, volunteers, and community partners by building strong bonds through shared objectives.

#### DIVERSITY

Embracing differences in skills, knowledge, cultural heritage, ethnicity, and gender orientation of older adults and their families.

#### INCLUSION

Offering individuals a sense of belonging, identity, and support by recognizing, respecting, embracing, celebrating, and valuing the unique abilities, perspectives, and experiences that each individual brings.

#### KNOWLEDGE

Committed to Life-Long Learning that encourages growth, engagement, and innovation among its members.

#### SUPPORT

Demonstrating understanding and empathy with the unique needs of our members by providing programs, activities, and services dedicated to ensuring satisfaction and building lasting relationships by extending a helping hand.