



AMHERST CENTER FOR SENIOR SERVICES

Fall Class Catalog 2018

What's New:

- Fall Prevention For Beginners
- Spanish For Travelers
- Interval: A Full Body Workout
- Yoga Evening
- Guitar Lessons
- Ballet Stretch
- Google It
- Barre
- Learn to Draw

Proud to be
part of the
Amherst senior
community.



AMHERST SENIOR CITIZENS FOUNDATION

Registration *BEGINS Monday, July 9, 2018.*

Forms can be mailed or dropped off at the Hospitality Desk in the Front Lobby.

MEMBERSHIP IS REQUIRED TO REGISTER FOR CLASSES

- Town of Amherst residents, 55 years of age and older (and their younger spouse) **pay a one-time fee of \$30 for a lifetime membership.**
- Non-Town of Amherst residents, 55 years of age and older (and their younger spouse) **pay an annual fee of \$30 for a yearly membership.**

CLASS REGISTRATION IS ON A FIRST COME-FIRST SERVED BASIS.

Use the Registration Form included in this catalog. *Additional forms are available at the Center*

- Use one Registration Form per person. *To avoid delays in processing, please fill out form completely and with correct fee(s).*
- Make checks/money orders payable to: AMHERST CENTER FOR SENIOR SERVICES.

ATTENDING CLASSES

All courses require paid registration to attend classes. All registrations are for the **entire session**, regardless of whether a member is able to attend all classes. Members must register each trimester. Enrollment in a prior course does not guarantee enrollment in subsequent courses. A one-time appointment to observe/audit a class may be made to determine if a course is what you expect.

COST RELATED INFORMATION

- **FEE WAIVERS:** Reduced fees for some courses are available for Amherst Resident Members who have been verified for eligibility in this program. Applications are available in the Social Work Office and should be submitted in advance of registration week. Program eligibility needs to be verified each trimester. Please schedule a meeting with the Social Work Department by calling 636-3050.
- **REFUNDS:** *If you are uncertain a particular course is for you, we encourage you to audit the class, prior to registration. There is a \$5.00 processing fee for withdrawals before a class session begins. After the session begins, no refunds are granted except for medical reasons and/or the advice of the instructor. All medical refund requests must be submitted in writing and accompanied by a physician’s note. Refund checks may take up to 3 weeks to process.

- **INSURANCE REIMBURSEMENTS:** Check with your insurance carrier to see if a portion of the Physical Fitness, Health and Self-Improvement fees can be reimbursed. If this applies, please enclose a stamped, self-addressed envelope and we will mail you a receipt.

WHY ARE COURSES CANCELED?

All courses are based on a minimum and maximum number of participants. If a course does not meet its minimum quota, it will be canceled for that trimester. Please register on time in order to prevent cancellations.

WHAT IF A CLASS IS CANCELED DUE TO INCLEMENT WEATHER OR INSTRUCTOR ILLNESS?

Canceled classes will be made up by extending the course **when possible.**

For more information regarding Registration, contact staff at 636-3055, ext. 3109, or 3120.

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Academic Studies

ALL THE NEWS & ISSUES

Stay informed. This weekly discussion group will touch upon local, national and world events and topics. One of the following volunteers will lead the group each week: Bruce Brown, Leah Hayes, Carol Hensel, Richard Kayton, Jane Kauffman, Nick Read, Florence Sodus or Lenny Testa.

Friday, 9/7-12/21 (15x) no class 11/23

9:30--11:30 a.m. Classroom 2 \$20.00

ART HISTORY

From Manet to Pollock, this class examines the appearance of the modernist approach to art beginning in 1863 and its continuation through the Middle of the 20th Century. Lectures will highlight Manet, the Impressionists, Van Gogh, Picasso, Matisse and Pollock.

Laura Watts Sommer, instructor

Thursday, 9/6-10/25 (8x)

10:00--11:30 a.m. Classroom 2 \$30.00

ASTROLOGY - The Aspects

Once you understand the signs and houses that your planets and luminaries occupy, it is time to begin to look at how they affect or modify each other. The Sun can be likened to the CEO of the company, (your psyche) and the other planets and luminaries are the board of directors. We will explore how the inherent agenda of these characters affect the intentions and desires of the Sun and each other. Prerequisite: Previous class participation &/or knowledge of astrology is required.

Mary Ann Hailand, instructor

Thursday, 9/13-10/18 (6x)

10:30--11:45 a.m. Conference Room \$43.00

MISSION STATEMENT

The Town of Amherst Center for Senior Services is a human service agency serving the community's older residents and their families. The Department's mission is to foster the physical and mental well-being of senior citizens by providing educational and recreational activities, nutritional, health-related, and social and support services, and opportunities for volunteerism.

The Department is an advocate for senior citizens and seeks to promote and sustain independence or optimal level of well-being.

AVIATION

Explore the world of aviation from Piper Cubs to 4th generation supersonic fighter jets. Discover the history of early successes and failures, how two wings became one and then became swept back, who controls the arrivals at busy airports and how separation is insured. Virtually any aspect and question about aviation can be examined and discussed by the class as the curriculum will be adapted to fit the class interest. Colonel Doug Routt, USAF ret., has over 5,000 hours in fighter jets and has flown numerous general aviation aircrafts as an instructor for the FAA.

Douglas Byrum Routt, instructor

Thursday, 9/27-10/25 (5x)

10:00 a.m.--noon Classroom 3 \$28.00

FRENCH - CONTINUING CONVERSATION

If you ever wanted to learn one of the romance languages, now is your chance. This class will be a continuation of Conversational French. We will explore French culture to enhance your feelings for the language and continue to touch upon grammar.

Catherine Lochtefeld Sirianni, instructor

Friday, 9/14-11/16 (8x) No class 10/5 & 11/2

10:00--11:30 a.m. Classroom 1 \$43.00

ITALIAN - BEGINNING CONVERSATION

For those who wish to learn Conversational Italian. In this 1.25 hour weekly session, we will explore culture and traditions to enhance your feeling for the language.

Cynthia Diaz, instructor

Wednesday, 9/5-10/24 (8x)

2:30--3:45 p.m. Craft Room \$30.00

LOOKING THRU THE PAPERS

One of the following will lead the group each week: Robert Chamberlin, Maureen O'Donnell, Richard Schanley or Joann Shafer. Stay informed. This weekly discussion group will touch upon local, national and world events and topics.

Tuesday, 9/11-12/4 (13x)

9:30--11:30 a.m. Classroom 1 \$30.00



OLD TIME RADIO

Tired of the stress of today's world? How about a little nostalgia? Join us on a trip to a quieter, gentler time. "Those were the days"...when Jack Benny, Fibber McGee and Molly, The Shadow, Bing Crosby and so many others entertained us all, young and old alike. Are there any special programs you'd like to revisit? We'll do our best to do just that!

David Converse, instructor

Wednesday, 9/19-10/24 (6x)

10:00--11:30 a.m. Classroom 1 \$26.00

SPANISH - BEGINNING / CONTINUING CONVERSATION

For those who wish to broaden their knowledge of Conversational Spanish. In this 1.5 hour weekly session, we will explore culture and traditions to enhance your feeling for the language.

Cynthia Diaz, instructor

Wednesday, 9/5-10/24 (8x)

12:30--2:00 p.m. Craft Room \$36.00

SPANISH FOR TRAVELERS ^{NEW}

An introductory course in Spanish based on the phrases and vocabulary used in travel situations in Spain and the Americas. Tuesday's class includes oral practice of greetings, and vocabulary for hotels/residences, restaurants, transportation as well as some grammar. Join us on Thursday for the optional conversation lab if you have the time and would like more practice.

Mary Lorene Thomas, instructor

Tuesday, 9/4-11/6 (10x) Class

1:00--1:50 p.m. Conference Room \$33.00

Thursday, 9/6-11/8 Optional Conversation Lab

1:00--1:50 p.m. Classroom 1 No additional fee

Are You Interested In Joining A Club With People With Similar Interests?

The Amherst Center for Senior Services offers approximately 40 different clubs to include a Travel Club and Dinner Club.

For a full listing go to
<http://www.amherst.ny.us/pdf/senior/centerclubs.pdf/>

We host 4,800 resident activities a year, so Roslyn can sing her heart out.

Roslyn sings with the Warblers, the Weinberg Campus choir—a group she helped found. At Weinberg Campus, you can do what you love. We offer the only rent-based continuum of care in the area, plus more flexible options for couples.

View our 1,170- and 850-square foot apartments.

Book Your Tour!

WeinbergCampus.org

or call (716) 639-3332

2700 N. Forest Rd., Amherst, NY



Beechwood Continuing Care

Beechwood Continuing Care is considered the premier not-for-profit senior care community in WNY. From luxury independent apartment living to state-of-the-art short term rehabilitation...our communities have something for everyone.



ASBURY POINTE

*Independent Retirement Community...
...like a cruise ship that never leaves the dock.*

110 beautifully appointed apartments – all with a balcony or patio. Residents enjoy a luxurious yet neighborly lifestyle complete with 5 star dining service and heated underground parking. Known for its extraordinary décor, verdant campus and attention to personal service, Asbury offers the freedom and security of retirement living.

BLOCHER HOMES

*Assisted & Enhanced Living Community...
...the right place at the right time!*

Classic elegance in the heart of Williamsville, Blocher offers the perfect alternative for your loved one when they can no longer live at home alone. Residents enjoy daily personal and nursing services by caring professionals. Blocher not only provides traditional assisted living, but enhanced assisted living services as well which enables residents to age in place.



WESLEY REHABILITATION CENTER

Make Wesley your first choice!

Wesley's interdisciplinary team of professionals develop a goal-oriented approach with each patient to ensure their rehab stay at Wesley gets them home as soon as possible. All rooms are private with flat screen TV's, phones and homelike amenities. Meals are enjoyed in a beautifully appointed dining room. *Your first step toward health and independence.*



BEECHWOOD HOMES

Skilled Care Community – “Welcome Home”

Beechwood Homes is the only skilled care community in WNY that has completely integrated person-centered care in a household setting. Each household has 12-18 residents that enjoy their own living room, country kitchen and dining room including a hospice household. Over 65 nursing homes and assisted living communities from around the country have visited Beechwood to learn how they can make this culture change journey. *Seeing is believing!*



To learn more about any of Beechwood Continuing Care communities, call 716-810-7370.

www.beechwoodcare.org

The Arts

ACRYLIC / OIL PAINTING

Learn the fundamentals of painting, working from observation, ideas and references. This is a flexible program to meet participants' needs and interests. For questions regarding supplies only, call 835-2542.

Randy Godding, instructor

Monday, 9/10-10/29 (8x)

9:30 a.m.--noon Art Room \$50.00

AQUA MEDIA PAINTING - Watercolor/Acrylic

We'll learn to use medium separately or in combination. Classes will include color theory, perspective, wet on wet, negative space and other techniques. We'll have daily demonstrations, as well as person and group critiques. The class will encourage experimentation and developing your own style. Supply list available at registration. Experience is helpful but not necessary.

Joan Hamblelton, instructor

Thursday, 10/4-11/15 (7x)

12:30--3:00 p.m. Craft Room \$53.00

CALLIGRAPHY - Beginning

Learn or refresh your knowledge of this beautiful Italian Renaissance chancery/cursive style of writing. Find ideas for creating your own greeting cards and lettering poems. Bring to the first class: a calligraphy fountain pen with broad, medium and fine nib, ink suitable for a fountain pen, ruler, pencil and a sheet of good quality computer paper. Additional paper and other supplies needed for subsequent classes will be discussed in the first class. Any questions on supplies only, call 839-1922.

Mary Jo LaClair, instructor

Friday, 9/21-10/26 (6x)

10:00 a.m.--noon Art Room \$40.00

CALLIGRAPHY - Continuing

Prerequisite: Knowledge of one calligraphy alphabet or completion of our Beginner Calligraphy class. Brush up on skills and learn new alphabets. Bring to the first class: a calligraphy fountain pen with broad, medium and fine nib, ink suitable for a fountain pen, ruler, pencil, and other favorite calligraphy tools.

Mary Jo LaClair, instructor

Friday, 9/14-11/2 (8x)

12:30--2:30 p.m. Art Room \$40.00

CREATING HANDMADE GREETING CARDS

Participants will learn several techniques including stamping, embossing, envelope making, pressing flowers and lots of tips and short cuts. Each card can be stamped "When you care enough to make it yourself." Fran has graciously agreed to teach this class and donate all her earnings to a local Cystic Fibrosis group. \$8.00 towards individual supplies is included in the fee.

Fran Petersen, instructor

Monday, 9/17-10/8 (4x)

1:00--3:00 p.m. Craft Room \$32.00

DRAWING WITH COLORED PENCILS

Students will learn techniques like layering, blending, burnishing and modeling to create pleasant results with this exciting and unique medium. Classes consist of short demonstrations followed by one-on-one instructions. Drawing skills not required. Call Randy, 835-2542, before purchasing pencils.

Randy Godding, instructor

Wednesday, 9/12-10/31 (8x)

9:30--11:30 a.m. Craft Room \$46.00

LEARN TO DRAW ^{New}

Class introduces basic drawing skills and includes proportionate, contour and perspective drawing. Learn to combine line, shape and form to bring simple objects to life. Materials List: 11x14 pad of drawing paper, Strathmore or Canson, Koh-i-noor drawing pencils H, HB, 2B, 4B, and 6B, kneaded eraser, small package of tortillions (blending sticks).

Dan Meyer, instructor

Thursday, 10/4-11/15 (7x)

9:30--11:30 a.m. Craft Room \$50.00

LEARNING TO USE A CALLIGRAPHY PEN

Have you always wanted to add calligraphy to your scrap-books, journal or other art pieces? You will learn how to use a calligraphy pen to make letters, flowers and flourishes. A simple alphabet will be introduced. Interested students may continue in the 6-week class. For a supply list, call 839-1922.

Mary Jo LaClair, instructor

Friday, 9/14 (1x)

10:00--noon Art Room \$10.00

WATERCOLOR CLASS - Beginning

This class will introduce students to the various techniques used in watercolor painting and how they relate to subjects found in our surroundings. Each technique will be demonstrated, step by step by the instructor, followed by student participation. You may access a materials list by assessing the instructor's website at www.woodswindwater.com, select **Studio** at the top of the page and then select **Materials List**.

Dan Meyer, instructor

Tuesday, 9/4-11/27 (11x) no class 11/6 & 11/13

9:30-11:30 a.m. Craft Room \$69.00

WATERCOLOR CLASS - Intermediate

Continue to explore the fascinating world of watercolor as you go beyond the basics. Each subject rendered will be demonstrated, step by step by the instructor, followed by student participation. Advanced watercolorists will enjoy this course as well. Access a materials list at the instructors' website www.woodswindwater.com, select **Studio** at the top of the page and then select **Materials List**.

Dan Meyer, instructor

Wednesday, 9/5-12/5 (11x) No class 9/26, 11/7 & 11/14

9:30--11:30 a.m. Art Room \$61.00

Amherst Center For Senior Services MEMBERSHIP

Amherst Resident - Onetime Fee of \$30

Non-Amherst Resident - Annually \$30

Apply in person from 8:30pm-4:00pm
at 370 John James Audubon Parkway
in Amherst.

WOODCARVING EVENING

This is a mixed woodcarving course of beginning and intermediate carvers. Each group will work on their own subject at their own pace. Beginners can choose either a pony or goat, Intermediates a dolphin or manatee. Safety, perspective, sharpening and tool requirements will be discussed at the first class. A \$10.00 supply fee, for wood and photo is to be paid directly to instructor at first class.

Ray Didley, instructor

Wednesday, 9/12-11/14 (10x)

5:00-7:30 p.m. Art Room \$20.00



Newly remodeled
affordable
housing
in Williamsville
for persons
62 and older
or mobility
impaired.

JEWISH FEDERATION
APARTMENTS

Call **716-631-8471**
to schedule a tour!



Presents



7:00pm

Wednesday, October 24

**At Amherst Center for Senior Services
370 John James Audubon Parkway**

Call 636-3050, ext. 3108

In partnership with Asbury Pointe

Cards

Due to the popularity of the Bridge Review class, members who have previously attended this class are encouraged to join the Amherst Senior Services' Thursday Morning Duplicate Bridge or Friday Afternoon Bridge Club. This will allow other members a chance to register for this class.

BEGINNING BRIDGE CLASS - PART I

If you have never played Bridge, learn the basics in this class designed for Beginners.

Jini Rizzo, instructor

Tuesday, 9/4-12/4 (14x)

10:30 a.m.--12:30 p.m. Card Room \$37.00

BRIDGE Review

A refresher course, with play of the hand to sharpen skills. Prerequisite: Bridge knowledge.*

Please specify which class you would like to attend.

Jini Rizzo, instructor

Monday, 9/10-12/3 (12x) no class 11/12

10:30 a.m.--12:30 p.m. Card Room \$34.00

Tuesday, 9/4-12/4 (14x)

1:00--3:00 p.m. Classroom 3 \$39.00

BETSY CARMICHAEL, "the First Lady of BINGO" has dedicated her life to spreading the word of BINGO! From her humble beginnings, as the daughter of a BINGO caller in Buffalo, N.Y., Betsy has become an international BINGO icon. Betsy has



entertained with the USO with her show, **Under the G and the I**, she has held "BINGO for Peace" at 5 international summits and Presidents Kennedy, Carter, Reagan and Clinton have awarded her the coveted "Medal of Patriotism" for her BINGO work throughout the United States.



THE RIGHT PLACE FOR THE CARE YOU NEED.

At Elderwood, our personalized approach to your health ensures you always receive the right level of care. We offer assisted living communities where you'll feel welcomed and supported, plus enhanced assisted living services to help residents age in place. Our skilled nursing facilities deliver a higher level of care. And we provide short-term rehab and advanced subacute therapy services to get you back home faster.

ELDERWOOD at AMHERST
4459 Bailey Avenue, Amherst

ELDERWOOD at WILLIAMSVILLE
200 Bassett Road, Williamsville

ELDERWOOD VILLAGE at WILLIAMSVILLE
5271 Main Street, Williamsville

Get in touch with us to schedule a tour and learn more. | 888-826-9663 | elderwood.com

INDEPENDENT LIVING

ASSISTED LIVING

SKILLED NURSING

REHABILITATION



Enjoy carefree living without giving up your freedom and independence!

AMENITIES:

- FREE Heat & Water
- FREE Time Warner Cable
- On-site Manager
- 24-hour Maintenance
- Emergency Pull-Cords
- Van Service / Social Activities
- Fitness Center / Beauty Salon
- Pet Friendly



Home of the most spacious and functional floor plan in the area!



Transit Pointe Senior Apartments
8040 Roll Road
East Amherst, NY 14051
568-9096



Sweet Home Senior Apartments
1880 Sweet Home Road
Amherst, NY 14228
636-0001

For more information and other Clover Communities' locations throughout Western New York please visit www.CloverGroupInc.com

Dance

Important Notice: Participants in exercise classes, dancing and sports activities should consider having a physical examination prior to entering strenuous programs. Please check with instructor about proper clothing and shoes necessary for each activity.

BALLROOM DANCE - New Style Dance Steps

Whether it be young people auditioning because they think they can dance or celebrities competing against each other only to win a "Mirror Ball Trophy" one thing is for certain, Ballroom Dance will never go out of style! So...Come join us for an hour of dancing. Learn various dance steps and leave feeling like you're ready to Dance with the Stars. Everyone is welcomed!

Phyllis (Kippy) Ralabate, instructor

Thursday, 9/13-11/8 (6x) no class 9/27, 10/4, &10/11
11:00 a.m.--noon Dance Room \$20.00

COUNTRY LINE DANCING - Beginner / Beginner Plus

This class is designed for the Beginner and Beginner Plus member who enjoys country music and wants to learn or improve their dancing skills. The first 45 minutes will focus on easy to learn Country Western Dance Steps. It will be followed by 45 minutes of slightly more advanced dance routines. Everyone is welcomed to join the fun, and dance at their own level.

Connie Kaminski, instructor

Monday, 10/1-12/10 (10x) - no class 11/12
1:00-2:30 p.m. Dance Room \$26.00

TAP DANCING - Intermediate

Lesson time will be split with a half hour of technique to help strengthen your tap dancing skills. The additional half hour will focus on introducing new dance material and routines. ***Previous Tap Dance experience is required.**

Dawn Tarbox-Szerbiak, instructor

Tuesday, 9/4-12/4 (14x)
10:30--11:25 a.m. Dance Room \$50.00

An Evening Of Food, Fun And Friends

Wednesday, October 17
from 5:00pm - 8:00pm

370 John James Audubon Parkway in Amherst

Dinner will be served at 5:00pm
at a suggested \$3 donation
and reserved by calling 636-3050.

A Not So Talented Show will begin at 6:00pm
with members of the Amherst Center for Senior
Services performing their hidden talents.
All those interested in performing must contact Jen
at 636-3055 ext. 3112 by October 10.

At 7:00pm the **Friends of Harmony**,
male barbershop quartet, will perform their
special chorus specializing in four-part harmony.





A life rich with fun and friends

Come and enjoy a perfect blend of independence and care, private life and social life. At home in your own comfortable room, you'll find interesting activities, a caring staff and a whole community of friends right outside your door.

A little extra care, a lot more peace of mind.



ASSISTED LIVING • MEMORY CARE

815 Hopkins Road, Williamsville, NY | 716.688.0111

www.heathwoodassistedliving.com



Evening Classes

If you are too busy during the day, but you could come to activities in the early evening, sign up for one of these Wednesday classes and get a sample of what the Center can offer. Make new friends, learn a new skill or broaden your horizons. To participate in evening activities you must provide your own transportation as the van service does not operate after 3:00 p.m.

BARRE NEW

Tone and strengthen your entire body with this combo of Yoga/Pilates stretches and strengthening moves choreographed to motivating music. Increases flexibility, improves core strength and posture, but is easy on your joints. Light hand weights and a mat required.

Tara Beck, instructor

Wednesday, 9/5-11/14 (10x) no class 10/31

5:15--6:00 p.m. Health Room \$31.00

INTERVAL: A full body workout NEW

The class is made up of rigorous intervals of strength and cardio moves. Builds cardiovascular fitness, improved muscular strength and endurance. Hand weights and a mat required.

Tara Beck, instructor

Wednesday, 9/5-11/14 (10x) no class 10/31

6:15--7:15 p.m. Dance Room \$31.00

WOODCARVING

This is a mixed woodcarving course of beginning and intermediate carvers. Each group will work on their own subject at their own pace. Beginners can choose either a pony or goat, Intermediates a dolphin or manatee. Safety, perspective, sharpening and tool requirements will be discussed at the first class. A \$10.00 supply fee, for wood and photo is to be paid directly to instructor at first class.

Ray Didley, instructor

Wednesday, 9/12-11/14 (10x)

5:00-7:30 p.m. Art Room \$20.00



YOGA EVENING NEW

Yoga means union. In this class, we will work with our breath, moving in and out of physical poses in order to unite mind, body and soul. Bring floor mat to class.

Jennifer Nuwer, instructor

Wednesday, 9/5-11/14 (10x) no class 10/10

5:00--6:00 p.m. Music Room \$22.00

ZUMBA

Zumba is GREAT AS A WORKOUT AND/OR DANCE ROUTINE! This lively program uses Latin dance steps such as the samba, salsa, rumba, meringue, and cha-cha. Various types of music will be used while you dance your way to health. The instructor will tailor the class toward the mature adults' ability.

Marilyn Ciavarella, instructor

Wednesday, 9/12-11/14 (10x)

5:00--6:00 p.m. Dance Room \$28.00

DON'T FORGET: On Wednesdays the Center Wellness room, Billiard Room and Card Room are open and available for your use. Always check the newsletter for special evening events that may also be scheduled.

DO YOU NEED SUPPORT?

The Amherst Center for Senior Services offers monthly support groups for widow/widowers and caregivers.

If you are interested, please contact our Social Work Department

at **636-3050**.





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Douglas Braun - 716-381-7624



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Home Arts

KNITTING/CROCHET

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

Mary Ann Belus, instructor

Thursday, 9/20-10/18 (5x)

9:30--11:30 a.m. Classroom 1 \$29.00

Thursday, 11/1-12/6 (5x) no class 11/22

9:30-- 11:30 a.m. Classroom 1 \$29.00

QUILTING

Work on individual projects guided by the instructor. New individual and group projects will be introduced periodically. A short simple supply list will be discussed at the first class. In addition to individual creations, some class members may volunteer to work on a quilt to be raffled, proceeds of which will benefit the Center.

Jan Brecht, instructor

Monday, 9/10-12/3 (12x) no class 11/12

9:30--11:30 a.m. Classroom 3 \$36.00

UPHOLSTERY

Work independently on your own "chair-size" project. (No love seats or sofas due to space limitations.) Bring your project to the first class. It can be left there until completion. Materials, to be purchased by each student, will be discussed at the first class. (A fully upholstered chair may require more than a six or seven-week course to complete.)

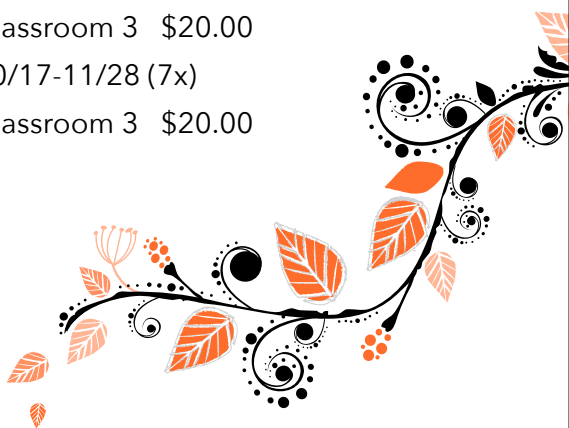
Kate Wagner & Richard Snider Co- instructors

Wednesday, 9/5-10/10 (6x)

9:00--noon Classroom 3 \$20.00

Wednesday, 10/17-11/28 (7x)

9:00--noon Classroom 3 \$20.00



Experience Senior Living

*Enriching Lives
The Peregrine Way*

- Affordable Apartment Style Living in a Community Setting
- Person Centered Care provided by Caring & Comforting Staff
- Safety & Security for your Loved One
- Family-Focused & Traditional Activities
- Pet Friendly

Experience the Peregrine Way & Schedule Your Personalized Visit Today!
Catered Luncheon Available with 24 hour advanced notice

Contact

Lisa LaRusch Piazza
Peregrine Senior Living at Cheektowaga
Assisted Living, Memory Care & Enhanced Services
716.450.5796

Amanda Grey Chase
Peregrine Senior Living at Orchard Park
Assisted Living Memory Care
716.640.8493



The Quizmaster Show With Dennis George

Sponsored by: The Greenfields

**Wednesday, September 19
at 3:30 pm**

**Test your trivia knowledge and play for prizes,
and bragging rights!**

The Dennis George Quizmaster Game Show has entertained throughout the world including Disney Cruise Lines; Grand Cayman Islands; the Riviera Hotel & Casino in Las Vegas; The Rock and Roll Hall of Fame in Cleveland, Ohio; and Corporate events in New York City; Sarasota, Florida; Cancun, Mexico; San Juan, Puerto Rico; and Toronto, Canada. The show will keep you on the edge-of-your-seat and comes complete with buzzers, sound effects, music, scoreboard and prizes!

Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, NY 14228



**Joe, 55.
Runner.
Robotic surgery
patient.
Marathoner
in training.**

At Millard Fillmore Suburban, our patients have a lot to get back to. So when Joe needed robotic surgery for prostate cancer, he trusted us to treat him the way his busy life demanded. With our state-of-the-art robotic technology that lowers risk and speeds up recovery, Joe was able to return to his training plan quickly – and resume his much-loved life as a dad, grandpa and runner.

 **Millard Fillmore**
 **Suburban Hospital**
A Kaleida Health Facility

We see more than patients.

[MeetOurPatients.com/Joe](https://www.meetourpatients.com/joe)

Music

MUSIC APPRECIATION

Leonard Bernstein--American Maestro. In 1943, when the 25-year old Leonard Bernstein made his spectacular Carnegie Hall conducting debut with the New York Philharmonic, a new classical music star was born—proving that a native American could lead a major Symphony orchestra. The multi-faceted Bernstein excelled, not only on the conductor's podium, but also as a pianist, composer, lyricist, essayist, educator, and famously as an Emmy Award-winning television personality. In 2018, when we celebrate Bernstein's centenary, we'll take the full artistic measure of this musical genius. As the West Side Story song goes, "Something's coming, something good!"

Michael Harris, instructor

Tuesday, 9/4-12/11 (14x) no class 11/6
9:30--11:30 a.m. Classroom 2 \$39.00

Tuesday, 9/4-12/11 (14x) no class 11/6
1:00--3:00 p.m. Classroom 2 \$39.00

GUITAR LESSONS NEW

If you have ever thought about learning to play the guitar, now is the time! The basics include learning the parts, how to hold, tune, strum and play chords. A guitar will be provided if you do not have your own. No prior musical experience is necessary. Individual one-half hour lessons will be offered. Class time to be assigned.

Jennifer May, instructor

Tuesday, 9/11-10/16 (6x)
1:45--3:45 p.m. Music Room \$75.00 No Fee Waiver

Tuesday, 10/30-12/4 (6x)
1:45--3:45 p.m. Music Room \$75.00 No Fee Waiver

PIANO LESSONS

Individual one-half hour lessons will be offered. Class time to be assigned. Please include a preference as to a.m. or p.m. class on your registration form.

Sharon Dittmar, instructor

Thursday, 9/6-10/11 (6x)
9:00 a.m.--2:00 p.m. Music Room \$75.00 No Fee Waiver

Thursday, 10/25-12/13 (6x) no class 11/15 & 11/22
9:00 a.m.--2:00 p.m. Music Room \$75.00 No Fee Waiver

UKULELE SING-A-LONG - BEGINNING

This 10 week course is designed for those who have never played the Ukulele (or any instrument). Learn about the Ukulele, and how to play while singing songs and having a laugh or two. Ukuleles are provided for use during class. Anyone can play the Ukulele, come give it a try!

Jennifer May, instructor

Monday, 9/10-10/15 (6x)
10:30--11:25 a.m. Music Room \$25.00

Monday, 10/29-12/10 (6x) no class 11/12
10:30--11:25 a.m. Music Room \$25.00

UKULELE SING-A-LONG - CONTINUING

This 10 week course is designed for those who have taken the beginner session or have played the Ukulele. Ukuleles are still available during class. We will learn more chords and try different strumming patterns. And of course we will have fun singing and learning new songs, while learning to play the Ukulele.

Jennifer May, instructor

Monday, 9/10-10/15 (6x)
9:30--10:25 a.m. Music Room \$25.00

Monday, 10/29-12/10 (6x) no class 11/12
9:30--10:25 a.m. Music Room \$25.00

VOICE LESSONS

Whether you are a beginner or have studied in the past, take advantage of individual lessons as an excellent opportunity to discover your singing voice. You will develop good technique through vocal exercises and proper breathing, and will sing great songs. The only prerequisite is your desire to sing! Individual one-half hour lessons will be offered. Class time to be assigned.

Janet Balloch, instructor

Monday, 9/10-10/15 (6x)
12:00--4:00 p.m. Music Room \$60.00 No Fee Waiver

Monday, 10/29-12/10 (6x) no class 11/12
12:00--4:00 p.m. Music Room \$60.00 No Fee Waiver





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Physical Fitness

Exercise Classes are offered daily. To assist you in choosing the class(es) which best meet your needs and lifestyle, a description of each class is listed.

Normally, each Day of the Week is considered a separate class. *Chi Kung, Get Fit While You Sit and Tai Chi meet twice a week and both days together are considered one class.*

AEROBICS

Use large leg and arm motions to strengthen small and large muscles. Heart and lungs will benefit; increase joint mobility. (Wednesday classes will focus on walking).

Jean Widlicka, instructor

Monday, 9/10-12/3 (12x) -no class 11/12
9:30--10:20 a.m. Activity Room A \$27.00

Tuesday, 9/4-12/4 (13x) no class 11/20
9:30--10:20 a.m. Activity Room B \$29.00

Wednesday, 9/5-12/5 (14x)
9:30--10:20 a.m. Activity Room A \$31.00

Friday, 9/7-12/7 (12x) -no class 10/26 & 11/23
9:30--10:20 a.m. Activity Room B \$27.00

BALLET STRETCH NEW

Consisting of basic ballet barre technique and stretching, this signature workout combines ballet and stretch for a low-impact, invigorating, fat burning workout. It also increases circulation, improves overall mobility, and it's fun! The class is good for all levels. If you are bored with traditional aerobic exercise, join us. Wear comfortable clothing (sweat pants and light shirt) and ballet shoes or socks.

Dawn Tarbox-Szerbiak, instructor

Tuesday, 9/4-10/23 (8x)
9:30--10:25 a.m. Dance Room \$29.00

BARRE NEW EVENING

Tone and strengthen your entire body with this combo of Yoga/Pilates stretches and strengthening moves choreographed to motivating music. Increases flexibility, improves core strength and posture, but is easy on your joints. Light hand weights and a mat required.

Tara Beck, instructor

Wednesday, 9/5-11/14 (10x) no class 10/31
5:15--6:00 p.m. Health Room \$31.00

CHAIR EXERCISE - MOVING & GROOVING

Don't let your balance or physical condition deter you from exercising. This easy-to-follow chair exercise program will help you tone up and improve your flexibility.

Jean Widlicka, instructor

Thursday, 9/6-12/6 (12x) no class 9/27 & 11/22
9:30--10:25 a.m. Dance Room \$27.00

CHI KUNG and TAI CHI REFINEMENTS

We will explore the various connections of Chi Kung and Tai Chi. Chi Kung involves postures and breathing exercises that enhance vitality and well-being. Chi Kung also has an important effect on the quality of the stretching and fitness one can experience through Tai Chi. The combination of Chi Kung and Tai Chi will help you get stronger physically, gain greater control over heart rate and pulse through special relaxation techniques, and also soothe the nervous system. Prerequisite for this class is beginning Tai Chi.

Robert Sachs, Ph.D., instructor

Tues., 9/4-12/4 & Thurs., 9/6-12/6 (26x) no class 9/11 & 11/22

12:00--1:00 p.m. Health Room & Activity Room B \$95.00

Nutritious Lunch Program

The Amherst Center for Senior Services welcomes all adults age 60 and up, residing anywhere in Erie County, to enjoy tasty, economical hot lunches in the Nutrition Lunch Program.

Lunch is served **Monday through Friday** from **12:00pm-1:00pm**. Reservations must be made 24 hours in advance.

A suggested donation is \$3 and guests under 60 at a contribution of \$5.



PHYSICAL FITNESS

FALL PREVENTION - For Beginners ^{NEW}

If you have never taken Fall Prevention before, this class is for you. Getting up from the floor is not easy if you have flexibility or mobility issues. It is important to have strength, balance and coordination. This class will work on improving all three, along with showing you proper moves for getting up off the floor.

Jean Widlicka, instructor

Tuesday, 9/4-12/4 (13x) no class 11/20

10:30--11:20 a.m. Activity Room B \$29.00

FALL PREVENTION - Safe on Your Feet

This class is a well-presented series of total-body, muscle-toning routines. It is 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. Join the class and fight age with strength!

Jean Widlicka, instructor

Intermediate Group

Monday, 9/10-12/3 (12x) no class 11/12

10:30--11:20 a.m. Activity Room A \$27.00

Advanced Group

Wednesday, 9/5- 12/5 (14x)

10:30--11:20 a.m. Activity Room A \$31.00

FLOOR EXERCISE

Increase flexibility in your muscles and joints, improve coordination; reduce risk of injury with a combination of stretching, resistance and relaxation exercises. Please bring a floor mat to class.

Jean Widlicka, instructor

Friday, 9/7-12/7 (12x) no class 10/26 & 11/23

10:30--11:30 a.m. Activity Room B \$27.00

GET FIT WHILE YOU SIT

A two-days per week fun and laid-back fitness program designed for beginners and those with back problems or physical conditions which make exercising difficult.

Jean Widlicka, instructor

Monday, 9/10-12/3 no class 11/12 & Wednesday, 9/5-12/5 (26x)

11:30 a.m.--12:20 p.m. Activity Room A \$43.00

INTERVAL: A full body workout ^{NEW EVENING}

The class is made up of rigorous intervals of strength and cardio moves. Builds cardiovascular fitness, improved muscular strength and endurance. Hand weights and a mat required.

Tara Beck, instructor

Wednesday, 9/5-11/14 (10x) no class 10/31

6:15--7:15 p.m. Dance Room \$31.00

JAZZ EXERCISE

Easy-to-follow, fully choreographed routines to a wide variety of music; 40 minutes of aerobics followed by 15 minutes of toning exercises. If you love to dance, this is your road to fitness.

Dawn Tarbox-Szerbiak, instructor

Tuesday, 9/4-12/4 (14x)

11:30 a.m.--12:25 p.m. Dance Room \$35.00

Friday, 9/7-12/7 (13x) no class 11/23

11:30 a.m.--12:25 p.m. Dance Room \$33.00

PICKLEBALL: Beginner

Did you know, Pickleball is the fastest growing sport in the United States? It is a racquet sport that combines elements of badminton, tennis, and ping pong. This 6 week course is designed for the Beginner. Each week we will begin with instruction and drills, followed by practice and play for the remainder of the class. Members are welcome to bring their own paddle, however, equipment will be provided. Wear comfortable clothing and sneakers.

Cynthia Weiss, instructor

Thursday, 10/4-11/15 (6x) no class 10/25

2:00--4:00 p.m. Activity Rooms A&B \$20.00

SLIMNASTICS

A fun, easy-to-follow program for everyone, combining cardio-fitness with stretching and toning. Please bring hand weights and resistance bands.

Claudia Fries, instructor

Monday, 9/10-11/26 (11x) no class 11/12

10:30--11:20 a.m. Activity Room B \$23.00

Wednesday, 9/12-11/28 (11x) no class 11/21

10:30--11:20 a.m. Activity Room B \$23.00

Friday, 9/14-11/30 (11x) no class 11/23

10:30--11:20 a.m. Dance Room \$23.00

STRETCH TO THE OLDIES

A flexible muscle is a strong muscle. Find out why, at any age, at any fitness level, PILATES EXERCISE builds a good foundation and gives you better range of motion, flexibility, circulation, posture, abdominal strength, and a decrease in joint pain. An added benefit is personal awareness of how you sit, stand and move on a daily basis that perhaps has caused some aches and pains in the past. Discover how PILATES works the whole body. Come join us and bring an exercise mat and 1 to 3 lb. weights. You'll be surprised to see how quickly this Floor Exercise class flies by as we Stretch & Strengthen while listening to the Oldies!

Claudia Fries, instructor

Wednesday, 9/12-11/28 (11x) no class 11/21
12:00--12:55 p.m. Activity Room B \$25.00

TAI CHI - BEGINNING PART II

Interested in learning Tai Chi or just brushing up on your skills? Tai Chi is a Chinese form of exercise for health and relaxation involving 108 slow, natural movements. It takes approximately one year to complete the Beginner Level. Part II of this three-part series will focus on the second set of movements. Don't be left out. Comfortable, loose fitting clothing is recommended.

Robert Sachs, Ph.D., instructor

Tuesday, 9/4-11/27 & Thursday, 9/6-11/29 (24x)
no class 9/11 & 11/22

11:00--noon Health Room & Activity Room B \$76.00

TAI CHI - INTERMEDIATE / ADVANCED

One of the following will lead the group each week: Alberta Heidinger or Marie Zafron. A Chinese form of exercise for health and relaxation involving 108 slow, natural movements. Prerequisite: Completion of the Amherst Center for Senior Services Beginning Tai Chi class or advanced Tai Chi experience.

Tuesday 9/4 -12/11 & Thursday 9/6-12/13 (28x)
no class 11/20 & 11/22

1:30--2:30 p.m. Dance Room \$20.00

Don't Forget:

On Wednesdays the Center Wellness room, Billiard Room and Cardroom are open and available for your use. Always check the newsletter for special evening events that may also be scheduled.

ZUMBA

Zumba is GREAT AS A WORKOUT AND/OR DANCE ROUTINE! This lively program uses Latin dance steps such as the samba, salsa, rumba, meringue, and cha-cha. Various types of music will be used while you dance your way to health. The instructor will tailor the class toward the mature adults' ability. So come join the Fun!!!!

Marilyn Ciavarella, instructor

Monday, 9/10-11/19 (10x) no class 11/12

11:45 a.m.--12:45 p.m. Dance Room \$28.00

Wednesday, 9/12-11/14 (10x) **EVENING**

5:00--6:00 p.m. Dance Room \$28.00



**Health Insurance
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**Saturday, October 20
from 9:00am - 12:00pm**

370 John James Audubon Parkway in Amherst

Sponsored by: Atwal Eye Care

Come and explore various options on health and wellness including acupuncture, yoga, hearing, healthy eating, fitness and most importantly health insurance options.

Open enrollment for Medicare begins on October 15 each year. Several carriers will be onsite to explain and answer your questions.

There will be dozens of vendors, refreshments, and basket raffles throughout the day.

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YOGA (HATHA)

Hatha Yoga is for everyone, whatever your age or flexibility level. Promote your health and energy level through a variety of safe and relaxing Yoga stretches and postures. Relieve emotional tension and stress through breath awareness and systematic training in natural, healthy diaphragmatic breathing. Practice relaxation methods to lead to an inner sense of well-being. Beginning Yoga lays the foundation. Yoga Plus continues the training and explores new Yoga postures. Bring floor mat to class.

BEGINNING YOGA - Days

Christina Phillips, instructor

Tuesday, 9/11-11/27 (11x) no class 11/20

9:30--10:45 a.m. Activity Room A \$23.00

Wednesday, 9/12-11/21 (11x)

3:00--4:15 p.m. Dance Room \$23.00

Thursday, 9/13- 11/15 (10x)

9:30--10:45 a.m. Activity Room A \$21.00

CHAIR YOGA

The same as Beginning Yoga, except students perform stretches and postures from a chair rather than sitting or lying on the floor.

Jennifer Nuwer, instructor

Friday 9/7-12/14 (13x) no class 10/12 & 11/23

1:00--2:15 p.m. Dance Room \$30.00

LAUGHTER YOGA

This class will help to reduce stress and promote well-being. We will focus on Laughter, Yoga Breathing and meditation exercises. Anyone can do it. No experience required. Feel the benefits right from the very first session! No special clothing, can be done sitting or standing. Just need the ability to laugh. Led by Certified Laughter Yoga Leader.

Jennifer May, instructor

Tuesday, 9/11-10/16 (6x)

12:30--1:30 p.m. Music Room \$22.00

Tuesday, 10/30-12/4 (6x)

12:30--1:30 p.m. Music Room \$22.00

YOGA EVENING NEW

Yoga means union. In this class, we will work with our breath, moving in and out of physical poses in order to unite mind, body and soul. Bring floor mat to class.

Jennifer Nuwer, instructor

Wednesday, 9/5-11/14 (10x) no class 10/10

5:00--6:00 p.m. Music Room \$22.00

YOGA & MEDITATION

The mind and body are interconnected. This 14-week course will be a combination of meditation and yoga exercise, done from a chair. The ultimate goal is to achieve a gentle and healing experience.

Jennifer Nuwer, instructor

Wednesday, 9/5-12/12 (14x) no class 10/10

10:30--11:30 a.m. Dance Room \$26.00

Wednesday, 9/5-12/12 (14x) no class 10/10

12:30--1:30 p.m. Dance Room \$26.00

YOGA PLUS

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

Christina Phillips, instructor

Tuesday, 9/11-11/27 (11x) no class 11/20

11:00 a.m.--12:15 p.m. Activity Room A \$25.00

Thursday, 9/13-11/15 (10x)

11:00 a.m.--12:15 p.m. Activity Room A \$23.00

Silver Pride Tea

The Amherst Center for Senior Services hosts this social hour for lesbian, gay, transgender, bisexual, seniors age 50+ and their supporters.

They meet at the Center the third Wednesday of each month at 4:30pm.



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DIGITAL PHOTOGRAPHY - Getting more out of your camera

This class will encourage participants to understand and learn to use settings for Aperture, Shutter Speed and ISO. We will continue to evaluate the images we take using histograms and to adjust exposure using exposure compensation. Weather permitting; we will step outside the Center and practice with our cameras. Opportunity will be provided for evaluation of the images members capture, to enable them to improve their skill at capturing high quality images. Questions can be addressed to Mary Lou Frost at 694-6136 or mlfrost@verizon.net.

Mary Lou Frost, instructor

Wednesday, 10/10-10/31 (4x)

11:00 a.m.--12:30 p.m. Computer Room \$25.00

GOOGLE IT NEW

Learn how to search the internet for any information you want. We will use the Google Browser to learn to search the web and understand the results list.

Nancy Wise, instructor

Friday, 9/28 (1x)

9:30--11:00 a.m. Computer Room \$10.00

PHOTO EDITING - The next step

This class will focus attention on the software techniques that bring the greatest quality to your images. You can bring your laptop or use a computer in the lab. This work can be done in either Photoshop Elements or a full version of Adobe Photoshop. We will explore using Layer masks (including luminosity masks), selection tools, and the free plug-in software for Nik. Contact Mary Lou Frost at 694-6136 or mlfrost@verizon.net.

Mary Lou Frost, instructor

Wednesday, 10/10-10/31 (4x)

9:00--10:30 a.m. Computer Room \$25.00

Are You Interested In Joining A Club With People With Similar Interests?

The Amherst Center for Senior Services offers approximately 40 different clubs to include a Travel Club and Dinner Club.

For a full listing go to
<http://www.amherst.ny.us/pdf/senior/centerclubs.pdf/>

UNDERSTANDING YOUR SMARTPHONE/ TABLET

You will learn the basic "gestures" to control your Smartphone (Apple or Android) or tablet. We will focus on many features such as texting, calendar, calculator and camera. Bring your Smartphone or tablet and your questions to class. This is a small class which will allow for plenty of individual attention.

Nancy Wise, instructor

Friday, 9/7-9/21 (3x)

9:30--11:00 a.m. Computer Room \$25.00

Friday, 10/5-10/19 (3x)

9:30--11:00 a.m. Computer Room \$25.00

Friday, 11/2-11/16 (3x)

9:30--11:00 a.m. Computer Room \$25.00

Save The Dates



Volunteer Fair

Thursday, September 27
from 11:00am - 1:00pm

Coffee With The Candidates

Friday, October 26
beginning at 9:00am

Breakfast With Santa

Saturday, December 8
from 9:00am - 11:00am

Holiday Happening

Sunday, December 16
from 2:00pm - 4:00pm

*Watch for more details
in upcoming newsletters.*

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This and That

The Driver Safety program fills up quickly. Check with your insurance to see if your discount is about to expire.

AARP SMART DRIVER

Improve driving skills. Instructor provided by the AARP. Find out if your insurance company will give a discount on liability/collision auto insurance policy when furnished with certificate of course completion. All-day course (includes 40 min. break for lunch). Please list your first and second choices for dates when registering for an AARP Smart Driver course and include a self-addressed, stamped envelope if you want a receipt.

Wednesday, September 19

9:00 a.m.--4:00 p.m. Classroom 2 *\$20 or \$25

Wednesday, October 24

9:00 a.m.--4:00 p.m. Classroom 2 *\$20 or \$25

Wednesday, November 28

9:00 a.m.--4:00 p.m. Classroom 2 *\$20 or \$25

*\$25 for Senior Center members. \$20 for Senior Center members who are also AARP members. Your AARP membership number must be written on both your check & registration form. Make your check payable to: *AARP Smart Driver*. (No Fee Waiver)

For your information: Checks will be held and submitted to the AARP Instructor on the day of class.

MASSAGE THERAPY

Massage promotes relaxation as it soothes away minor aches and pains. It relieves fatigue, reduces tension and anxiety, and promotes a sense of renewed energy. Individual 25-minute massages will be scheduled. Sign up on a one-time, bi-monthly or monthly basis. Please bring a set of sheets with you.

Melanie Olivieri, Licensed Massage Therapist

Thursday, Sept. 6, 20

Thursday, Oct. 4, 18

Thursday, Nov. 1, 15, 29

Thursday, December 13

*9:00 a.m.--1:00 p.m. Health Room \$22 per visit (No Fee Waiver.)

*Due to a limited schedule and high demand for massage appointments, we are unable to accommodate requests for specific times. You will be notified with the time scheduled for you.

\$22 per 25 minute visit. Fee cannot be refunded unless we can find a replacement for your time slot.

Make individual check(s) payable to: *Melanie Olivieri*. Post-date the check for the date of your appointment. Check will be held and submitted to the Massage Therapist on the day of your appointment.



Mark Twain LIVE!

**Wednesday, October 10
from 6:30pm-7:30pm**

370 John James Audubon Pkwy in Amherst.

*Join us for this FREE collaborative event
between the Amherst Center for Senior Services
and the Amherst Public Libraries.*

Mike Randall will perform anecdotes and stories by Mark Twain dressed as this historic literary figure. As most of you know, Mike Randall is an American actor, playwright, and meteorologist and reporter for Buffalo's WKBW.

Registration will begin Wednesday, September 5 at the Audubon Library in-person or via phone at 689-4922.

REGISTRATION FORM

AMHERST CENTER FOR SENIOR SERVICES FALL 2018 CLASS REGISTRATION

Use **ONE** form per person

REGISTRATION for Members begins Monday, July 9, 2018. Registration may be mailed in or dropped off at the Hospitality Desk in the front lobby for your convenience. Please have your registration envelope clearly marked with **"FALL 2018 Registration."**

Last Name _____ First Name _____ MI _____

Number & Street _____

Town _____ Zip Code _____

Phone Number _____

COMPLETE COURSE TITLE	DAY	TIME	START DATE	FEE	Office use only
1)					
2)					
3)					
4)					

Total amount enclosed: \$ _____

Make checks/money orders payable to: *Amherst Center for Senior Services.*

Include a stamped, self-addressed business envelope if you would like a Class Confirmation or plan to submit receipts to your insurance company for Physical Fitness reimbursement.

Mark your calendar with dates and times of classes for which you are registering.

AARP Smart Driver Class Date	AARP Membership No.	FEE	Office use only
1)			
2)			

Make check payable to:
AARP Smart Driver.
Include AARP membership # if applicable.

MESSAGE THERAPY Dates	Total FEES	Office use only

Make separate checks payable to: **Melanie Olivieri.**
Post date each check with the date of your appointment(s).

MAIL TO: FALL 2018 REGISTRATION
AMHERST CENTER FOR SENIOR SERVICES
370 John James Audubon Parkway
Amherst, NY 14228-1142

Office Use Only:

Date Processed: _____

Staff Initials: _____

AMHERST CENTER FOR SENIOR SERVICES FALL 2018 CLASS REGISTRATION

Use ONE form per person

REGISTRATION for Members begins Monday, July 9, 2018. Registration may be mailed in or dropped off at the Hospitality Desk in the front lobby for your convenience. Please have your registration envelope clearly marked with **"FALL 2018 Registration."**

Last Name _____ First Name _____ MI _____

Number & Street _____

Town _____ Zip Code _____

Phone Number _____

COMPLETE COURSE TITLE	DAY	TIME	START DATE	FEE	Office use only
1)					
2)					
3)					
4)					

Total amount enclosed: \$ _____

Make checks/money orders payable to: *Amherst Center for Senior Services.*

Include a stamped, self-addressed business envelope if you would like a Class Confirmation or plan to submit receipts to your insurance company for Physical Fitness reimbursement.

Mark your calendar with dates and times of classes for which you are registering.

AARP Smart Driver Class Date	AARP Membership No.	FEE	Office use only
1)			
2)			

Make check payable to:
AARP Smart Driver.
Include AARP membership # if applicable.

MESSAGE THERAPY Dates	Total FEES	Office use only

Make separate checks payable to: **Melanie Olivieri.**
Post date each check with the date of your appointment(s).

MAIL TO: FALL 2018 REGISTRATION
AMHERST CENTER FOR SENIOR SERVICES
370 John James Audubon Parkway
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Office Use Only:

Date Processed: _____

Staff Initials: _____



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