



Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, NY 14228-1142

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amherstcenterforseniorservices.com

MARCH 2021

FINAL COPY



THE NETWORK

Brian Bray- Director, Amherst Center for Senior Services
Brian J. Kulpa- Amherst Town Supervisor
Deborah Bucki-Councilmember, Senior Services Liaison



DIRECTOR'S NOTE

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Editor's Note:

All information was correct at time of printing. The online version of the Network has the most current information.



Are there things that you do alone that you could actually do with someone else? Sometimes we take our daily routine for granted and do it all alone. Wouldn't running errands, watching tv and even cooking be more enjoyable with someone else?

Loneliness can be tremendously painful and can be decreased simply by finding opportunities to share parts of your life with a friend, neighbor or even an acquaintance from the Center. Loneliness and its discomfort is caused by the gap between your need for social connection and your actual experiences of it.

We impair our ability to develop relationships when we limit what we share with others. When we share the unremarkable parts of our lives with someone else, we develop relationships that are the deepest. If we think of the things we do alone but could do with someone else, the list becomes quite long quickly. In addition, reciprocating those favors, such as accompanying a friend to an oil change or a hair appointment, can turn out to be a pleasurable experience.

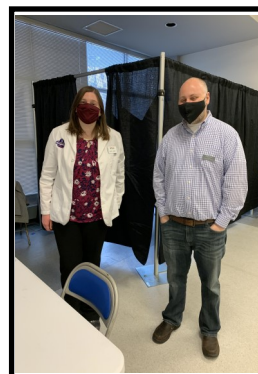
Building and maintaining this type of relationship does not require planning, only time and openness to spontaneity. Make a promise to yourself to connect with someone weekly. Not sure who? Maybe have lunch at the Center, join a virtual coffee session on Zoom or even register for a class.

Don't focus so much on productivity and a daily schedule. If you agree to accompany someone, do not let it feel like an obligation. Look at it as a valuable social interaction that will not only improve your mental health but will also improve someone else's.

MAIN LINE 636-3050

Amherst Generations Foundation	636-3055, 3125
Amherst Meals on Wheels	636-3065
Amherst Senior Transportation	636-3075
Event Registration	636-3050
Nutrition	636-3050
Ralph C Wilson Jr Adult Day	689-1403
Senior Outreach	636-3070
Support Group Info	636-3050

Brian



The Amherst Center for Senior Services was chosen as a vaccine site by Top's Pharmacy.

Brian Bray, Center Director and Jamie Keller PHARM.D, Top's Pharmacist, await the distribution of vaccinations on Friday, January 29.

At time of printing, the Center hosted 450 older adults in obtaining vaccinations.

MEMBERSHIP



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, 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.

The Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, NY 14228
636-3050
www.amherst.ny.us

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

- Art Gallery
- Audubon Café
- Billiard Room
- Card Room
- Computer Lab
- Gift Shop
- Library
- Wellness Room

Monthly art is displayed compliments of Asbury Pointe



MEMBERSHIP DUES

AMHERST RESIDENT

lifetime fee

- \$30 individual membership
- \$50 couple or household membership
-

NON-RESIDENTS

annual fee

- \$30 individual membership
- \$50 couple or household membership

Lifetime individual membership is \$100, Lifetime couple or household is \$150

A household is defined as two people living at the same address.

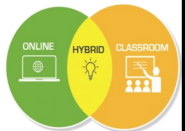
If you are 55 and older and are interested in membership, please call Tammy at 636-3055, ext. 3172 to make an appointment.

The Amherst Center for Senior Services has eligibility requirements.

We are sorry for any of our members whose family and friends were affected by the coronavirus. We also extend our sympathy to the families and friends of those members who have recently passed.



The Center will be introducing hybrid programs. Hybrid programs are offered in-person at the Center and online simultaneously.



These programs will have an icon to signify this.

Benefits Check-Up

Tuesday March 23 from 10:00 -12:30

By Appointment Only. All participants must qualify for Medicare or Medicaid

Aetna and the National Council on Aging partner up to work with individuals that may qualify for any of the 2500 money saving benefit programs nationwide. For example you may qualify to get help paying for medications, food, utilities, legal help, health care, housing, property taxes and transportation.

Please contact Tammy at 636-3055 ext. 3172 to make your appointment.



Story Telling with Robert Poczik
**A Life's Journey:
Five Stops Along the Way**
Wednesday, March 31, at 1:00 pm

Bob has engaged audiences all over WNY. He will share stories from his own life that illuminate relationships between fathers and sons, mothers and sons, between brothers, and fathers and grandsons. Some are happy, some sad, and they all show the importance of families in our lives. A program not to be missed!



SENIOR CENTER REOPENING GUIDELINES

We are reopened under new guidelines that must be followed by all members. If you are not comfortable with any of the new guidelines or cannot comply with any of the guidelines, we ask that you do not come to the Center at this time.

You are to enter and exit through the Main Doors ONLY (by the flag pole). You must follow all signage as posted. If you are sick, coughing, or have a fever, do not come to the building. Before you enter the building:

- You must have on a face mask that properly covers your nose and mouth and this must remain on while moving throughout the building. Staff will provide you with a correct one if they feel yours is not sufficient.
- You must have an appointment for an activity to enter.
- You will have your temperature taken. Anyone with a fever over 100.0 will not be allowed entry.
- Hand sanitizer is available at check-in. (*Additional sanitizer is provided throughout the building. You are also encouraged to bring your own.*)
- **You must self-check at home and be able to answer NO to ALL of the following questions:**

1. *Have you experienced any of the COVID-19 symptoms in the last 14 days?*
2. *Have you tested positive for COVID-19 in the last 14 days?*
3. *Have you come in contact with someone with a confirmed case of COVID-19 in the last 14 days?*
4. *Have you traveled to or been in contact with anyone in the last 14 days who has traveled to any of the states on New York's current required quarantine list.*

- **You will then use your membership keytag to check in.**

Social Distancing:

Everyone must social distance at all times while in the building. Those living in the same household may sit together. All seating and table setups will be maintained per social distancing guidelines. Markings will be on the floors where social distancing is mandatory. There will be a limited number of people in the building. The Center staff reserves the right to limit this number.

There are no exceptions.

Additional Requirements:

Everyone must have their own equipment and/or supplies needed for an activity, unless otherwise noted. No one will be allowed in a room unless it has been sani-



Classes and Programs

ALL classes and programs are by appointment only and space is limited.

You must register for **programs** by calling either logging onto myactivecenter.com or by calling 636-3050 from 8:30 am to 4:00 pm. Voice mails will not be accepted.

You can register for **online classes** by logging into myactivecenter.com (You may also register by mail or walk-in also) and you must register for **in-person classes** by mailing in your registration form with full payment (form on page 14) or by coming into the Center.

- A limited number of classes and programs will be offered each week.
 - Registration opens every Monday for classes and programs held the following week.
 - If a particular class or program is held more than once a week, you can only register for one.
 - Staff reserves the right to limit the amount of programs that an individual can participate.
 - Members should not arrive any earlier than 15 minutes prior to your registration.
 - Once the program or class is complete, we ask that you leave the building.
 - Bring your own water bottle. There will be no available water fountains or coffee stations.
- Staff will check you in and confirm your appointment. We will utilize this information if needed for contact tracing.

tized. Sanitizing will be done per Center Policy. There will be no sharing of food or drinks. No one is allowed in the kitchen except staff or designated volunteers.

ACTIVITIES NOT OFFERED AT THIS TIME:

Congregate Dining, Most Clubs, Library, Audubon Café, TV Room and Card Room

MY ACTIVE CENTER REGISTRATION

The Amherst Center for Senior Services implemented an online registration program for classes and programs. It is called **MyActiveCenter**. Please use the link below and register if you have not done so:

<https://myactivecenter.com/#signup/USA.NY.Amherst.Amherst-Center-for-Senior-Services>

STEPS FOR REGISTERING FOR CLASSES WITH FEES

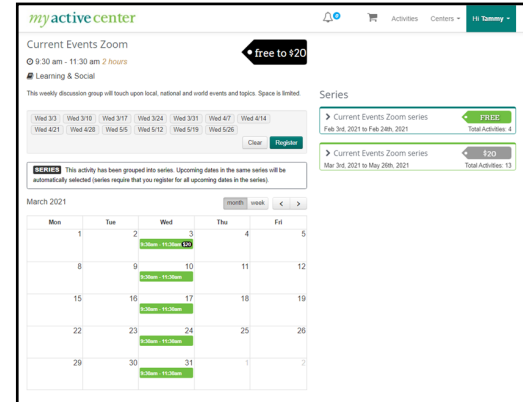
Step 1.

Search the Class that you are interested in and click on the name of the class or **Details** button.

Click on the date in the calendar for the class you wish to take. When you click on the date, it will ask if you would like to register for the series.

Click the **Continue** button to go to the next step.

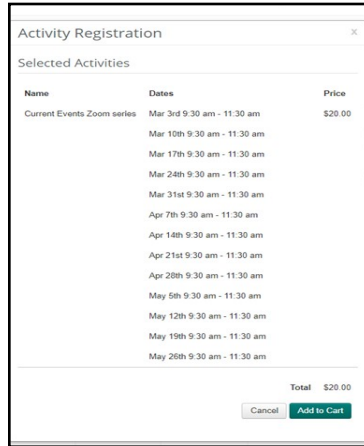
Click the Register button located directly above the calendar, You may need to scroll up to find it.



Step 2.

After clicking the Register button you will get the Activity Registration screen.

Click on the **Add to Cart** button at the bottom.

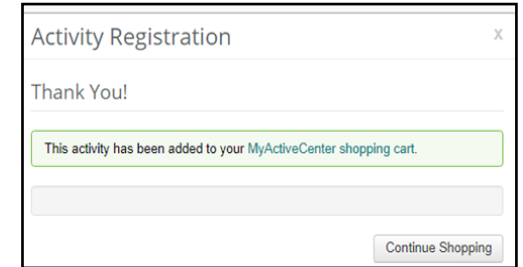


Step 3.

Once you click Add to Cart you will see this screen.

From here you can click on

Continue Shopping to add other classes or click on **MyActiveCenter shopping cart** to move to the credit card payment screen.

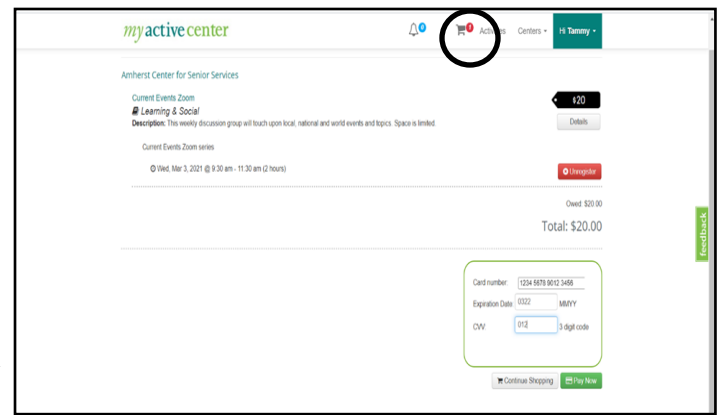


Step 4.

To complete the registration process you need to go to your MyActiveCenter shopping cart either by clicking on it as seen in step 3 or clicking on the shopping cart icon.

In the Shopping Cart you will see the list of the classes that you have selected.

If you have changed your mind about a class you do have an option here to **Unregister** by clicking the **RED** button.

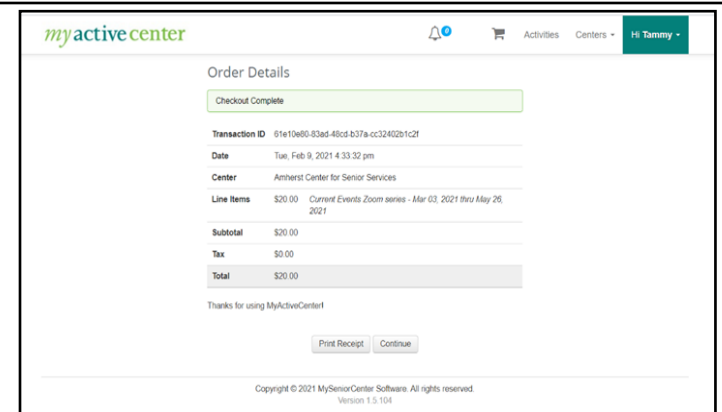


Final Step.

To process your credit card payment, fill in the **Card Number** (no spaces between numbers), **Expiration Date**, and **CVV** number from the back of your card.

Click the **Pay Now** button.

This process is secure and your card information is not saved.



VIRTUAL CLASSES

Register at MyActiveCenter for ALL the Senior Center Classes listed below. Once registered, a link will be emailed to you within 24 hours of the start of the first class.

<https://myactivecenter.com/#signup/USA.NY.Amherst.Amherst-Center-for-Senior-Services>



AARP Defensive Driving Classes:

If you need to renew your car insurance discount, you can take the AARP Smart Driver Online course by going to www.aarpdriversafety.org Promo code for 25% discount: DRIVINGSKILLS

Functional Living Everyday Exercise (FLEE) ZOOM

Enjoy 50 minutes of activities that will help improve balance, mobility, and strength. Discover how functional fitness exercises that mimic activities of daily life can help promote better balance and reduce the risk of falls.

Instructor: Jill Bronsky

Mondays, 3/1-4/5 (6x) 10:00-11:00 am \$18.00

Yoga ZOOM

Variations will be presented for beginner to intermediate so you can work at your own level transitioning from floor to feet.

Instructor: Tina Phillips

Tuesdays, 3/2-4/6 (6x) 9:00-10:15 am \$16.00

Thursdays, 3/4-4/8 (6x) 9:00-10:15 am \$16.00

Yoga & Meditation ZOOM

This class is a combination of meditation and yoga exercise, done from a chair. The ultimate goal is to achieve a gentle and healing experience.

Instructor: Jennifer Nuwer

Tuesdays, 3/2-4/6 (6x) 11:30 am-12:30 pm \$14.00

Fridays, 3/5-4/9 (5x) no class 4/2 1:00-2:00 pm \$12.00

East Meets West-Survey of Orientalism Part 2 ZOOM

The cultures of the Near and Far East has been a longstanding attraction-the Occidental and Oriental worlds almost having a Yin/Yang relationship. In this course, you will examine some of the leading works of the Western Imagination that have tried to capture the wisdom, beauty, exoticism and eroticism of the Orient: the China of Marco Polo and Pearl Buck, the Japan of Puccini and Gilbert & Sullivan, the India of Rudyard Kipling and the Middle East of Sir Richard Burton's 1001 Arabian Nights and Edward FitzGerald's The Rubaiyat of Omar Kayaam. *Instructor: Michael Harris*

Tuesdays, 3/2-4/27 (9x) 1:00-3:00 pm \$36.00

Current Events ZOOM

This weekly discussion group will touch upon local, national and world events and topics. Space is limited.

Leaders: Jeff Goodman, Dick Mallison, Dick Schanley or Joann Shafer

Wednesdays, 3/3-5/26 (13x) 9:30-11:30 am \$20.00

Watercolor Intermediate GOOGLE MEET

Create a watercolor painting using various techniques. Photo reference will be provided by the instructor. All classes are directed towards individuals with previous watercolor painting experience.

Instructor: Dan Meyer

Wednesdays, 3/3-4/7 (6x) 10:00 am-12:00 pm \$39.00

Laugh For Health ZOOM

Laughter, breathing exercises and meditation will boost your immune system, lower tension and stress and put you in a better mood. This is a laughter exercise program being practiced in over 200,000 clubs in 110 countries started by Dr. Kataria 25 years ago. No equipment necessary and can be done sitting or standing.

Instructor: Jenny May

Wednesday, 3/10 (1x) 11:00-11:50 am \$5.00

Art History ZOOM

Topics include contemporary artists and their practice, and then move onto a series on 19th century Italy.

We'll be looking at Rome, Naples, Venice and Florence, and if time allows, we'll end with Contemporary Chinese Art.

Instructor: Laura Watts Sommer

Thursdays, 3/4-4/29 (9x) 10:00-11:15 am \$32.00

Drawing Intermediate GOOGLE MEET

Create a drawing using various techniques. Photo reference will be provided by the instructor. All classes are directed towards individuals with previous drawing experience.

Instructor: Dan Meyer

Thursdays, 3/4-4/8 (6x) 10:00 am-12:00 noon \$39.00

VIRTUAL CLASSES-continued

Register at MyActiveCenter for ALL the Senior Center Classes listed below. Once registered, a link will be emailed to you within 24 hours of the start of the first class.

MyActiveCenter: <https://myactivecenter.com/#signup/USA.NY.Amherst.Amherst-Center-for-Senior-Services>



All The News & Issues ZOOM

This weekly discussion group will touch upon local, national and world events and topics. Space is limited.

Leader: Geoffrey McCauley

Fridays, 3/5-5/28 (12x) No Class 4/2

10:00-11:30 am \$16.00

French For Fun ZOOM

This is NOT a beginning language class. Prior experience with the French language is optimal. Course goals are to improve French skills in five areas: listening, speaking, reading, writing and Francophone cultural knowledge. Oral communication in the language will be a focus, and the class will be conducted in French, as a general rule. General or topical

conversations will open each class. Then participants will discuss Le Petit Prince by Antoine de St-Exupery related to the assigned reading in French. As time permits, some grammatical topics may be presented and practiced.

Instructor: Gary Behrns

Fridays, 3/5-4/30 (8x) No Class 4/2

11:00 am-12:30 pm \$43.00

Mean Jean's Exercise

Don't forget we have two recordings of Jean's exercise classes on our YouTube channel. Click on the link below any time to see her classes along with recordings of other classes we have offered.

<https://www.youtube.com/channel/UCertKsMD11Dk>

CENTER CLASSES

Register for ALL Center Classes below by walk-in or mail. Registration form on page 14.

Ballet Stretch Card Room

This workout combines ballet and stretch for a low-impact, fat burning workout. Wear comfortable clothing and ballet shoes or socks. Due to COVID regulations, ballet bars and individual chairs will be used to help with balance. Please bring resistance bands if you have them.

Instructor: Dawn Tarbox Szerbiak

Thursdays, 3/11-4/8 (5x) 10:45-

11:40 am \$20.00

Mean Jean's Exercise Card Room

Use large leg and arm motions to increase joint mobility, strength, balance and flexibility. Registration for two classes will be accepted. Instructor: Jean Widlicka

Monday, 3/8-4/5 (5x) 9:00-10:00 am \$13.00

Tuesday, 3/9-4/6 (5x) 9:00-10:00 am \$13.00

Thursday, 3/11-4/8 (5x) 9:00-10:00 am \$13.00

Guitar or Ukulele Music Room

Individual one-half hour lessons will be

offered in person or virtually. Lesson times will be assigned. No prior musical experience is necessary, but you must have your own instrument.

Instructor: Jenny May

Thursdays, 3/11-4/8 (5x) 10:00:00

pm \$62.50 *Make check payable to Jennifer May. No fee waiver. Fee cannot be refunded if you miss a lesson. Check will be held until first appointment.

Yoga Card Room

Variations will be presented for beginner to intermediate so you can work at your own level transitioning from floor to feet. Instructor: Tina Phillips

Wednesdays, 3/10-4/7 (5x) 9:00-10:15 am \$14.00

Chair Yoga Card Room

This class is a combination of meditation and yoga exercise, done from a chair. The ultimate goal is to achieve a gentle and healing experience.

Instructor: Jennifer Nuwer

Wednesdays, 3/10-4/7 (5x) 11:00 am-12:00 pm \$12.00



CENTER CLASSES-continued

Register for ALL Center Classes below by walk-in or mail. Registration form on page 14.

Tap Dancing Card Room

The first half of class will work on technique and the second half will work on new dance material and routines. *Previous Tap Dance experience is required.

Instructor: Dawn Tarbox Szerbiak

Tuesday, 3/9-4/6 (5x) 10:45-11:40 am \$20.00

Tone & Shape Card Room

Exercise to improve your tone, endurance, balance and burn calories. Light stretching, resistance, and strength training. Bring your own bands & lights weights to class.

Instructor: Marilyn Ciavarella

Monday, 3/8-4/5 (5x) 11:45 am -12:45 pm \$15.00

Tai Chi Card Room

For individuals who have taken a class from Robert Sachs before or have some Tai Chi experience.

Instructor: Robert Sachs

Tuesday, 3/9-5/25 (12x) 1:30-2:30 pm \$30.00

Tai Chi Intermediate Health Rm

Must have completed Beginning Tai Chi Class or have advance Tai Chi experience.

Leaders: Marie Zafron and Alberta Heidinger

Thursday, 3/11-5/27 (12x) 1:30-2:30 pm \$10.00

Essential Computer Skills – Getting Familiar with Windows 10 Computer Room

Getting familiar with Windows is essential to take advantage of all the wonderful and helpful things you use your computer for with less frustration.

Instructor: Nancy Wise

Wednesday, 3/3 (1x) 1:00-2:00 pm No Fee

Essential Computer Skills – Getting Familiar with an Internet Browser Computer Room

The Internet is our resource for, if not all, almost everything. You will discuss Internet browsers, search result lists, downloading and the Cloud.

Instructor: Nancy Wise

Wednesday, 3/10 (1x) 1:00-2:00 pm \$6.00

Essential Computer Skills-Selecting and Copy & Paste Computer Room

There's always something over here that you also need over there – knowing how to quickly copy & paste is THE essential computer skill for all users. No need to memorize or type something from one place to another.

Instructor: Nancy Wise

Wednesday, 3/17 (1x) 1:00-2:00 pm \$6.00

Essential Computer Skills-File & Folder Management Computer Room

This class will show you how to access and manage all those files, pictures, downloads, and saves. Finding, Opening, Renaming, Moving, Copying, Deleting,

Organizing and Sharing files and folders is essential to today's computer user.

Instructor: Nancy Wise

Wednesday, 3/24 (1x) 1:00-2:00 pm \$6.00

Essential Computer Skills-Your Account-Not Just Email Computer Room

You will be looking at your own email account during this class, so be prepared with your email address and password. We'll practice emailing with attachments and explore contacts, calendar, and other features available in your email account.

Instructor: Nancy Wise

Wednesday, 3/31 (1x) 1:00-2:00 pm \$6.00



HEALTH INSURANCE-by appointment only

Univera

Tuesday, March 9 1:00 pm – 3:30 pm

Call Michele at 572-8315 to schedule an appt.

Clarity Group

Wednesday, March 10 9:00 am – 11:00 am

Call Lisa at 864-4886 to schedule an appt.

Zoom Medicare 101 by Clarity Group

Wednesday, March 3 at 3:00 pm

New to Medicare or thinking about retiring? Call Lisa at 864-4886 to receive the Zoom link

Sheridan Benefits

Tuesday, March 16 10:00 am – 12:00 pm

Call Maria at 345-0337 or email at mschenk@sheridanbenefits.com to schedule an appt.

Blue Cross Blue Shield

Thursday, March 18 9:00 am – 12:00 pm

Contact Tammy at tjacobs@amherst.ny.us or at 636-3055 ext. 3172 to schedule an appt.

Independent Health

Thursday March 25 10:00 am -12:00 pm

Meet with a Redshirt to review the Medicare options one on one. Call Amanda at 635-4999 to schedule an appt.

DAILY ONLINE PROGRAMS

Reservations are **REQUIRED** for all programs listed. Please make your reservations on MyActiveCenter <https://myactivecenter.com/>

If you are unable to create a MyActiveCenter account please call the Reception Desk at 636-3050 to make reservations.



Zoom Fun with Food at 11:00 am

Monday, March 1 **Healing Cabbage Soup**

Monday, March 15 **Fried Cabbage**

Monday, March 29 **Asian Salad**

Recipes provided after registration. Cook along with us or watch, there's never too many cooks in the kitchen!

Zoom 2 Truths and 1 Lie

Tuesday, March 2 at 1:00 pm

Join us with 2 true facts and 1 lie about yourself and we will try and guess which one is the fib

Zoom Book Lovers Club

Wednesday, March 3 at 11:00 am

Have you read a book and want to share it with other book lovers?

Zoom Show & Tell

Thursday, March 4 at 11:00 am

Share a hidden talent, a craft, recipe, somewhere you've traveled or a unique item

Zoom Finish The Lyric at 10:00 am

Friday, March 5 & Friday, March 26

"I want to wake up in a city that never sleeps and find I'm king of the hill...."

Zoom COVID Truths

Friday, March 5 at 11:30 am

Presented by: *Town of Amherst Emergency Services Dept Member*

Zoom Flashback Fridays at 1:00 pm

Friday, March 5, 12, 19, 26

Rewind to the past!

Friday Zoom Happy Hours at 3:00 pm

Try our drink recipes or grab your favorite beverage and join us as we toast to the weekend!

March 5 **Fuzzy Leprechaun** March 12 **Emerald Sunrise**

March 19 **Spring Fizz** March 26 **Chili Mazel**

Recipes will be emailed to you after you register!

Zoom Games

Tuesday, March 9 at 11:00 am – *Chain Reaction*

Tuesday, March 23 at 11:00 am – *Outburst*



Zoom Cooking with Jen and Frank

Wednesday, March 10 at 11:00 am

Member Frank Morgana is sharing his *Cheese Popover Recipe*

Zoom What's up this Weekend?

Friday, March 12 at 11:00 am

Zoom Book Club

Tuesday, March 16 at 1:00 pm

Mrs. Lincoln's Dressmaker by Jennifer Chiaverini

Tuesday, March 30 at 1:00

On Earth We're Briefly Gorgeous by Ocean Vuong

Essential Estate Planning: A Discussion of the Basics

Thursday, March 18 at 4:00 pm

Attorneys, Judy N. Cuzzacrea Wagner of Harris

Beach, PLLC and Robert Friedman of Friedman &

Ranzenhofer, PC will share information about estate



Zoom Saint Patrick's Day Celebration

Wednesday, March 17 at 2:00 pm

Watch the Clann na Cara Irish Dancers virtual performance

Sponsored by: **ClearCaptions**
Get the whole conversation.

planning. Please join us for a discussion of topics the new pandemic world has taught us we cannot put off. To register, click the webinars button on WNY-Lawyers.com. <https://www.wny-lawyers.com/webinars/>

Zoom Birthday Celebration *Everyone is welcome to celebrate*

Friday, March 19 at 11:00 am

Birthday goodie bags for those celebrating birthdays in March go to the first 25 registered on Zoom. Bags can be picked up in front of the Senior Center Thursday, March 18th between 12:30-1:30 pm.

DAILY CENTER PROGRAMS (Some programs are HYBRID)

Reservations are **REQUIRED** for all programs listed. Please make your reservations on MyActiveCenter <https://myactivecenter.com/>

If you are unable to create a MyActiveCenter account please call the Reception Desk at 636-3050 to make reservations.



Some of our programs will now be hybrid. A hybrid program will be completed online and in-person at the same time. These hybrid classes will be designated with a hybrid icon.



Monday Morning Motivators

Mondays at 10:00 am

Mad Lib Mondays at 2:00 pm

Monday, March 1, 8, 15, 22, 29

Zoom 101

Tuesdays March 2, 16 or 30 at 2:00 pm

Have you wanted to join us for a Zoom program or class but didn't know how to get started? Join as we walk you through the steps. Please bring your device (tablet, iPad, phone or laptop)

Games

Tuesday, March 2 at 11:00 am – *Match Game*

Tuesday, March 16 at 11:00 am – *Headbands*

Tuesday, March 30 at 11:00 am – *Just One*

Dishin' With the Director!

Wednesday, March 3 at 10:00 am

Join us for casual conversation with Brian

Just Dishin'

Word Up Wednesdays at 2:00 pm

Wednesdays, March 3, 10, 17, 24

Walks *Most walks are weather permitting*

Thursday, March 4 at 1:00 pm-Ellicott Cr. Trailways
(North Forest and Maple)

Thursday, March 11 at 1:00 pm-Billy Wilson Park

Thursday, March 18 at 1:00 pm-Boulevard Mall

Thursday, March 25 at 1:00 pm-Ellicott Cr. Trailways

Please RSVP to Jennifer at 636-3055 ext. 3112.

Trivia Thursdays at 2:00 pm

Thursday, March 4, 11, 18, 25

Dollar Tree Craft at 11:00 am

Most items can be purchased at the Dollar Tree store. Do the craft along us or just watch

Monday, March 8 **Saint Patrick's Day Wreath**

Monday, March 22 **Rustic Bunny Wreath**



In Person MyActiveCenter 101

Tuesday, March 9 or March 23 at 2:00 pm

Do you need assistance with learning how to create an account and navigate MyActiveCenter? Join as we go through the steps and teach the basics of the program. Please bring the device (tablet, iPad, phone or laptop)

Bingo boards must be picked up the day prior

Tuesday, March 9 at 1:00 pm

Thursday, March 25 at 11:00 am

Fabulous Fiber!-Watch Party or Online

Jennifer Johnson from BCBS.

Thursday March 11 at 11:00 am

Join us as we discuss how you can add more fiber to your diet and pick up some healthy recipes too. Please RSVP to Jennifer at jbono@amherst.ny.us for link if you plan to watch from home

Ask the Dietician

Thursday, March 11, 11:30 am-1:00 pm

Presented by: Michelle, Erie County Dietician

Let her advise you on how nutrition can help you become a healthier version of you

In House Cooking with Jen-Reuben Ring

Wednesday, March 17 at 11:00 am

Limited spots available.

Saint Patrick and Saint Joseph- *Why do we celebrate these men?*

Thursday, March 18 at 11:00 am

CBD 101-Presented by: *CMD Med Center*

Thursday, March 18 at 11:00 am

Learn the fundamental basics of CBD and ways you can take control and improve your quality of life.

In House Mind Teasers

Tuesday, March 23 at 1:00

In House Where in the World is Jen?

Wednesday, March 31 at 11:00



SOCIAL WORK

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. The Center is currently open for appointments and reservations. Social Work is available to meet for in-person office visits **by appointment only**, as well as telephone or virtual appointments. Please call the Social Work office at 636-3055 ext. 3165 to schedule an appointment.



Vijaya Tomar, MSW joins the Social Work Team!

My name is Vijaya Tomar. I am happy to introduce myself as your new Social Case Worker at the Center. I will be in my office Monday-Friday from 8:30 to 4:00. I have earned a Master of Social Work Degree from the University at Buffalo. I also have a Master of Arts Degree in Psychology from India.

Prior to this position, I worked for both the Senior Outreach Department and Amherst Meals on Wheels. I enjoyed my time there but look forward to the new opportunities this position will bring me.

I am delighted to work with you and will try my best to help you. Please contact me if you have any questions or need any help. I reached at 716-636-3055 Ext 3165.

**Widow/Widowers Support Group
Grief Discussion**
Tuesday, March 9 at 11:00 am



Join us for this month's discussion topic, *The Stages of Grief*. Contact Vijaya to RSVP.



Just Say It!
Monday, March 29th
at 10:00 am

Join us as we respectfully share thoughts and simply talk freely among peers. No worries about being "appropriate" or "speaking carefully" in fear of what others will think. This group would like to hear what you have to say. **JUST SAY IT!** Please note; what we talk about in this group stays in this group. Contact Vijaya to RSVP.

**Caregivers we are looking for
YOU!**



We are looking to restart our Caregivers Support Group. If you are interested in attending or have ideas you'd like to share, please contact Vijaya at ext. 3165.

Farewell Angela Jones! *It is with a heavy heart that I say goodbye to my role as Social Case Worker with the Amherst Center for Senior Services. I will be forever grateful for the experiences working at the Center has provided me. Thank you for trusting me to help meet your psychosocial needs. ~STAY WELL AND TAKE CARE, Angela.*

ARE YOU OR SOMEONE YOU KNOW IN NEED OF HOME-BASED SERVICES?

Through a partnership with Erie County Senior Services the Center has an in-house Senior Outreach Program. Trained staff are available to provide assessments for home and community-based services such as Meals on Wheels, Home Care, Adult Day Care and Personal Emergency Response Buttons. There may even be funds available to assist in the cost of services. **Call Senior Outreach Services directly at 636-3070.**

**FOR PROGRAM RESERVATIONS OR APPOINTMENTS: CONTACT VIJAYA TOMAR,
SOCIAL WORKER, vtomar@amherst.ny.us or at 636-3055, EXT. 3165**

VOLUNTEER NEWS

By the time this Network reaches you, it's been nearly a year since we have seen many of you. Admittedly, I had no clue as to what was on the horizon with regard to COVID-19, and never could have imagined that our world (at large) and our little 'Senior Center world' could change so dramatically in such a short period of time.

Many of us have tried to keep our lives as "normal" as possible, sometimes finding success and other times falling short. It has troubled the Volunteer staff greatly that we fell short and were unable to hold our annual Volunteer Recognition in 2020. In the big scheme of things, it's probably not something that too many of you lost any sleep over, but not being able to formally thank you for your continued loyalty and committed service, has bothered us a great deal.

...**Enter spring 2021.** Both large and little worlds still not back to "normal." And still so much uncertainty. However, **THIS** year, we *are* going to be able to formally recognize and thank our elite volunteers with a Volunteer Recognition. It will look very different from the formal sit-down luncheon you are accustomed to, but we were determined to find a way. We will soon be mailing invitations to all volunteers who had served 60+ hours of service in **2019**. You are the volunteers who were to be invited to what would have been last year's event.

We are excited to report that we'll be hosting a drive-up event on Thursday, May 6th. We've had so much fun planning an event that's such a departure from our usual. This will be less formal, still provide you with a lunch, there will still be some "door" prizes and a surprise or two. We plan to bring fun, excitement, and a whole lot of gratitude to recognize you for your service. And the best part... no speeches! (I say that a bit tongue-in-cheek, but based on experience, we think it's safe to assume you may not miss that part too much.) We really do believe that you'll enjoy a great time and will gain a sense of our appreciation for you and frankly, it's hugely important to us to be able to formally celebrate and thank you.

You'll be given all the information you need with your invitation. We promise you that every decision we have made in the planning of this event has been with **you** in mind. While it will be different, we feel confident you will enjoy this year's event as much as, or even more than our usual shindig. *As always, with an attitude of gratitude...*



Jodi Kwarta, Director of Volunteer Services, kwartaj@amherst.ny.us or 636-3055, ext. 3126.

AARP Tax Aide will be available by appointment **ONLY** at the Center on Tuesdays, Wednesdays and Fridays from 10:00am- 3:00pm through April 13.

Appointment can be made by calling Joanne at 636-3055 ext. 3107. Individuals **MUST** bring all required documents to complete income taxes. Documents will be scanned into the AARP system. Tax forms will be prepared and you will be given a date and time to return when your forms are completed.

COVID protocols will be followed.

Morning Movies Tuesdays at 10:00 am

March 2 Greenland rated PG13, 2 hours
March 9 Bad Boys for Life rated R, 2 hours
March 16 Irishman rated R, 3 hours
March 23 The Light House rated R, 1 hour 50 minutes
March 30 Dreamland rated R, 1 hour 41 minutes

Afternoon Movies Wednesday Rewind at 1:00 pm

March 3 Greenland rated PG13, 2 hours
March 10 Bad Boys for Life rated R, 2 hours
March 17 Irishman R, 3 hours
March 24 The Light House rated R, 1 hour 50 minutes
March 31 Dreamland rated R, 1 hour 41 minutes



MAILING SUBSCRIPTIONS

To have the Network delivered to your home, mail this form, along with \$6 check payable to:

Amherst Center for Senior Services and mail to:

NANCY LECLAIR

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

This notice does not apply to members of the Travel and Dinner Club, since a portion of their dues covers receiving a copy off the Network in the mail.

GENERAL MAILING SUBSCRIPTION for 1 Year

Name: _____

Street Address: _____

City: _____ **Zip:** _____

Telephone: _____

This menu is subject to change

MARCH-NUTRITION



The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. LUNCH is served Monday-Thursday, from 12:00 pm-1:00 pm.

Reservations must be made at least 24 hours in advance by calling 636-3050. There are absolutely NO walk-ins accepted.

The Erie County Nutrition Program is open to anyone 60 years of age or older at a suggested contribution of \$3. Guests under 60 are welcome for \$5.

There will be no lunch offered at the Center on Fridays due to other activities in the building. Frozen meals can only be picked up on Fridays for the time being. They can be ordered at 636-3050.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
1 Sloppy Joe on roll Tater tots Broccoli Apricots	2 Sliced ham Pineapple Scalloped potatoes Carrots Rye bread Choc chip cookies	3 Spaghetti Meatballs Blended juice Green beans Dinner roll Lemon Ice	4 Pork chop Gravy Au gratin potatoes Mixed vegetables Wheat dinner roll Cake
8 Lasagna rolls Meatballs Dragon juice Key largo vegetables Italian bread Brownie	9 Salisbury steak Mashed potatoes Green beans White bread Diced pears	10 Chicken pot pie Peas & onions Carrots Lorna Doones	11 Roast beef Gravy Broccoli Multigrain bread Banana
15 Sliced ham Scalloped potatoes Peas Rye bread cake	16 Hamburger Potato wedges Mixed vegetables Hamburger roll Ice cream	17 St Patrick's Day Corned beef Cabbage Boiled potatoes Rye bread Lime sherbet	18 Chicken Gravy Oven brown potato Mixed vegetables Dinner roll Cake
22 Polish sausage Lazy pierogi Peas Roll Pineapple chunks	23 Chicken Caesar salad Cranberry juice Bread stick Cake	24 Sloppy Joe Tator tots Mixed vegetables Hamburger roll Apricots	25 Beef stew Mashed potatoes Stew vegetables Biscuit Oreo cookies
29 Macaroni & cheese Stewed tomatoes Mixed vegetables	30 Chicken Cheese & broccoli Garden rice Glazed carrots Dinner roll Cake	31 BBQ ribette Scalloped potatoes Broccoli Club roll Diced pears	1 Roast beef Oven brown potato Green beans Grape juice Roll Fruit tart



ST. PATRICK'S DAY LUNCHEON
Wednesday, March 17 at 12:00 pm
Authentic Irish meal, decorations, music

Lunch is sponsored by:





2021 CLASS REGISTRATION

Registration is on a first-come, first-serve basis

VIRTUAL CLASS REGISTRATION

1. **Online** (You may also register by mail or walk-in also)

To register online, you must be a member and set up an account at myactivecenter.com. Payment must be by Mastercard, VISA, Discover or American Express

CENTER CLASS REGISTRATION

1. **By Mail**

A separate form must be filled out for EACH person. If you are using a credit card, make sure to include number, expiration date and CVV number from back of card. Checks must be made to Amherst Center for Senior Services. Completed registration form and payment must be sent to the Amherst Center for Senior Services, ATTN: CLASS REGISTRATION. Include a self-addressed stamped envelope for class confirmation and receipt.

2. **Walk In** (Please follow COVID-19 guidelines)

Please bring completed registration form along with EXACT payment by credit card, cash or check.

By Phone registration is NOT AVAILABLE AT THIS TIME.

Please make sure that all registration forms are filled out completely, accurately and legibly.

Name: _____ Email: _____

Street: _____ City: _____ Zip Code: _____

Phone Number: _____ Has any information changed? _____ If so, what? _____

Complete Course Title	Day	Time	Start Date	Fee

(Please circle one)

Cash Check Charge

Check Number: _____

Card Number:

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Expiration Date:

--	--

CVV Number:

--

Total Charge:

--

Signature Required: _____

Amherst Center for Senior Services
ATTN: CLASS REGISTRATION
370 John James Audubon Parkway
Amherst, NY 14228
amherstcenterforseniorservices.com
amherst.ny.us

Office Use Only
Date:
Initials: