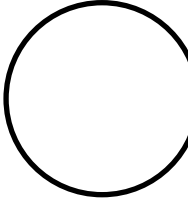
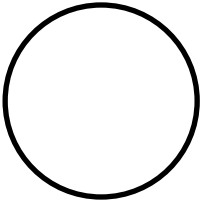





Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, New York 14228-1142

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 716-636-3050

THE NETWORK

The Monthly Newsletter of the Amherst Center for Senior Services/October 2021



This month's Network is sponsored by:



CLARITY GROUP
Be clear. Be covered. Be confident.

DIRECTOR'S NOTE

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PHONE NUMBERS

Main Line.....	636-3050
Reservations.....	636-3051
Amherst Meals on Wheels.....	636-3065
Amherst Senior Transportation.....	636-3075
Ralph C. Wilson Jr. Adult Day.....	689-1403
Senior Outreach Services.....	636-3070
Support Group Information.....	636-3050

KEY STAFF CONTRIBUTORS

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*The Network is arranged and designed by Christina Yensan,
Public Relations Director: cyensan@amherst.ny.us*

AMHERST TOWN BOARD

Brian Kulpa, Supervisor
Jacqui Berger, Town Board / Deputy Supervisor
Deborah Bucki, Town Board, Liaison to Senior Services
Shawn Lavin, Town Board
Michael Szukala, Town Board

All of the presentations in this newsletter have been scheduled for educational purposes only. The Town of Amherst and the Amherst Center for Senior Services are not affiliated with any outside organizations.

We are incredibly proud of our congregate dining program at the Amherst Center for Senior Services. Our experienced kitchen staff prepares tasty, nutritious meals on-site. We serve our meals each day at noon. The price is just right too, with a recommended donation of \$3 per meal (We do not turn anyone away if they are unable to pay).

Eating a healthy, balanced diet, like the ones we serve at our congregate dining program is essential to staying healthy. For older adults, a healthy diet provides additional benefits, like building stronger bones and teeth, better cognitive function and memory, aiding in digestion issues, and simply keeping all the systems in the body working as they should.

Older adults need more nutrient-dense foods than other age groups. This is because our metabolism slows down as we age and we tend to consume fewer overall calories. However, our need for nutrients stays high, and if we eat foods low in nutrients, we do not get enough nutrients for our bodies. Therefore, what we eat increases in importance as we age. Plus, proper senior nutrition habits aid in decreasing the risk of diseases that occur most frequently in older adults, such as high blood pressure, heart disease, high cholesterol, and type 2 diabetes.

In addition to what we eat, eating with others is essential to health. Experts have found that one in five older adults feel lonely when eating by themselves. In addition, the vast majority of older adults report that having someone to share their meals with makes mealtimes more satisfying. Eating together helps combat loneliness for older adults.

Eating together promotes healthy eating for older adults, especially for those living alone. One way eating together encourages healthy eating is because we naturally make better food choices when dining together. In addition, people who eat alone are reluctant to cook a big, healthy meal because it feels pointless. Instead, they turn to pre-packaged or frozen foods. Or worse, they skip meals altogether. Additionally, enjoying a stimulating conversation during the meal helps exercise our brains.

Our congregate dining program provides an opportunity for older adults to enjoy a delicious meal and stimulating conversation with other members of the Center. I highly encourage you to stop by and try one of our delicious meals.

Brian Bray

DISHIN WITH THE DIRECTOR

Thursday, October 7 at 11:00 am
Join Director, Brian Bray, for casual conversation about the Center

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.

ABOUT THE CENTER

The Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst New York 14228
716-636-3050
AmherstCenterForSeniorServices.com

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

- Art Gallery—Monthly Art is sponsored by Asbury Pointe
- Audubon Café—Sponsored by Independent Health
- Billiard Room
- Card Room
- Craft Room—Sponsored by Independent Health
- Computer Lab—Sponsored by Independent Health
- Dance Room—Sponsored by Univera
- Gift Shop—Sponsored by Blue Cross Blue Shield
- Library
- Nutrition Room
- Wellness Room

MEMBERSHIP DUES

Amherst Residents—Lifetime Membership

- \$30/Individual Membership
- \$50/Couple or Household Membership

Non-Resident—Annual Membership

- \$30/Individual Membership
- \$50/Couple of Household Membership

Non-Resident—Lifetime Membership

- \$100/Individual Membership
- \$150/Couple of Household Membership

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

To join the Center go to:

AmherstCenterforSeniorServices.com/membership-plans, complete the application, print it out and bring it to the Center with payment or simply stop in. Payments can be made by cash, check or credit card. After joining, you will be given an opportunity for a tour and to sign up for programs and classes.

THANK YOU TO OUR SPONSORS!

NETWORK SPONSOR



ACTIVE AGING WEEK SPONSOR



SOCIAL MEDIA SPONSOR



NETWORK SUBSCRIPTIONS

To have the Network Newsletter delivered to your home, please send a \$6 check (payable to the Amherst Center for Senior Services) and your name, address, and telephone number to:

Amherst Center for Senior Services
Attention: Nancy LeClair
370 John James Audubon Parkway
Amherst, New York 14228

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

**THE CENTER'S WIFI PASSWORD IS:
RainStorm20**

IN CASE YOU MISSED SOME OF THE SEPTEMBER HIGHLIGHTS

Joseph's catered the annual County Picnic. Representatives from the Erie County Nutrition Department were on hand to assist. (below)



SEPTEMBER
WAS NATIONAL
SENIOR CENTER
MONTH!



Members gather for a lunch at the Family Tree (below)



Members remember 9/11 twenty years later. (above)



Member, Bob Peloso, takes new members for a tour during the New Member Social (left)

OCTOBER HIGHLIGHTS

SILVER PRIDE TEA

Friday, October 1 from 10:00 am-12:00 pm
This is an opportunity for LGBTQ seniors to come together and enjoy a morning of refreshments and conversation.

Hosted by the Pride Center of WNY



CLERK ON THE GO

Friday, October 15 10:00 am-1:00pm
Stop by the information table to get assistance with:
Setting up DMV appointments, Passport forms
REAL ID readiness forms and Thank A Vet services

HISPANIC HERITAGE CELEBRATION

Friday, October 1 from 6:00pm-8:00 pm
Attend our first Hispanic Heritage Celebration with local food trucks, history, music and dance

Join us earlier at 1:00 pm as we make Fiesta Flowers and Papel Picado Flags for the festival that evening



The International Council on Active Aging began the first Active Aging Week in 2003. This week is meant to celebrate how positive the process of aging can truly be. The goal of this week is to promote wellness Initiatives.

The following classes and programs are free to members this week to improve your physical and mental health. What a great opportunity to try a class!

Monday, October 4

10:30-11:25 am Get Fit While You Sit

Tuesday, October 5

10:00-10:45 am Ukulele
11:00-12:00 pm Chain Reaction

Wednesday, October 6

10:00-11:00 am Pickleball
11:00 am MIND TEASERS

Thursday, October 7

10:00-11:00 am Yoga & Meditation
2:00 Documentary & Discussion (See page 7)

Friday, October 8

11:00-12:00 pm WORD UP-11:00 am
Bring your vocabulary knowledge to help solve crossword and other word puzzles
12:00-12:50 pm Cardio Drum

This week is sponsored by: 

NEW MEMBER SOCIAL

Friday, October 15 at 11:00 am
Come find out more about what the Center offers, meet the staff and other members

COFFEE WITH THE CANDIDATES

Friday, October 22 at 9:00
Get informed before you vote on Election Day
Reservations are required

BLACK CONTRIBUTIONS TO AMERICA

Tuesday October 26 at 1:00 pm
Presented by: Joseph Sahr Sankoh, Ph.D., MAIS., MA.
Sankoh is an Associate Professor of Political Science & Director of Africa Initiative, Immigrant & Refugee Studies, and African/Black Studies at Daemen College; with expertise in studies of the developing world and African/Black Studies

SeniorExpo **Wednesday October 27**
4:00 pm-7:00 pm
Dozens of fun and exciting vendors will be here!

Healthcare, financial services, legal advice, housing and so much more!

HALLOWEEN CELEBRATION

Friday, October 29
11:00 Member vs Staff Party Games
12:00 Costume Contest
1:00 Halloween Bingo



SAVE THE DATE-VETERANS DAY LUNCH

Wednesday, November 10
Veterans that would like to participate in our flag procession, please contact Jen at 636-3050, ext. 3112

RESERVATIONS REQUIRED FOR ALL PROGRAMS

PROGRAMS

PROGRAM REGISTRATION



AmherstCenterForSeniorServices.com/Register



716-636-3051



In person at the Center's Registration Desk.

CENTER PROGRAMS

INTERNATIONAL COFFEE DAY

Friday, October 1 at 11:00 am

Join us for a cup of coffee and conversation

TACO'S & TRIVIA

Monday, October 4, 12:00 pm

Join us for tacos in a bag followed by trivia. \$3 fee Please bring your vaccination card

VACCINATED MEMBERS ONLY

GAMES

Tuesday, October 5 at 11:00 *Chain Reaction*

Tuesday, October 19 at 11:00 *Just One*

MEMORY CAFÉ

Tuesdays October 5 and 19 at 2:00 PM

Do you have a loved one that you help care for that has memory issues? Join us for an enjoyable time with your loved one for entertainment, socialization, reminiscing and refreshments. Please make reservations by calling 716-570-6520 or email westfallsartcenter@gmail.com

JEWISH REPERTORY THEATRE PRESENTATION

Wednesday, October 6 at 1:00 pm

Learn about the three shows included in the 2021-2022 season as well as the challenges of producing theatrical content during the pandemic. Attendees can purchase season subscription or individual tickets

Presented by: Adam Yellen, Director of Performing Arts, Jewish Community Center of Greater Buffalo

PAULA'S DONUTS ON THE PATIO

Friday, October 8 at 9:30 am

Enjoy a donut and a cup of coffee. \$2 fee by 10/7

BLOOD PRESSURE CHECKS

Tuesday, October 5 at 11:00 am

Blood Pressure Checks sponsored by Brookdale

COOKING DEMO

Wednesday, October 13, 11:00

Join us as member, Trish Reed, shows us how she makes her famous ricotta cheese. Please bring your vaccination card

VACCINATED MEMBERS ONLY

HOT DOG SALE

Thursday, October 14 at 11:00 am

\$1.50 each, while supplies last

FLU SHOTS BY TOPS PHARMACY

Friday, October 15 10:00am – 1:00pm

ASK THE REALTOR

Wednesday, October 20 at 11:00 am

Presented by Anne Kader, RSES, licensed associate real estate broker with the Olear Team at MJ Peterson

WHAT IS ALZHEIMER'S

Monday October 18 at 10:00 am

Learn about: The impact of Alzheimer's, the difference between Alzheimer's and dementia, disease stages and risk factors, research and treatments available to address some symptoms, and resources

BIRTHDAY CELEBRATION

Thursday, October 20

Celebrate all the October birthdays. Gift bags for members with October birthday can be picked up at the Reception Desk

ARMCHAIR TRAVELER

Thursday, October 21 at 2:00 pm

Travel with us to Cuba! See the rich tropical forests at the foot of mysterious mountain caves, humid swamps, history, cigars and rum without leaving our seats

WHAT IS ASSISTED LIVING?

Tuesday October 26 at 2:00 pm

Did you know NYS offers 5 levels of assisted living? Join us for a conversation on what those levels mean to you, what assisted living costs, and how to plan for your future

Presented by Weinberg Campus

ROCK PAINTING

Thursday, October 28 at 1:00 pm

RESERVATIONS REQUIRED FOR ALL PROGRAMS

PROGRAMS

PROGRAM REGISTRATION



AmherstCenterForSeniorServices.com/Register



716-636-3051



In person at the Center's Registration Desk.

MOVIES

Movies are shown at 1:00 pm unless otherwise noted

- Wednesday, October 13-12 **Mighty Orphans**
PG13; 1 hour & 58 minutes
- Wednesday, October 20 at 6:00 pm-**Six Minutes to Midnight** PG13; 1 hour & 39 minutes
- Tuesday, October 26 at 10:00 am-**Ted Bundy: American Boogeyman** NR 1 hour & 50 minutes

FOREIGN FILM

Tuesday, October 19 **Accidental blessing = Bendita rebeldía** (Spanish)

Beatriz, a failed psychologist, flees to her childhood home to escape fraud charges, only to discover that her quirky aunt has turned the estate into a high school. What seems at first a terrible surprise will in fact help her finally find a fulfilling path in life as an unconventional theatre instructor
1 hour & 30 minutes

DOCUMENTARIES & DISCUSSION

Thursday, October 7 at 2:00 pm **Alive Inside**

This documentary follows social worker Dan Cohen, founder of the nonprofit organization Music & Memory, as he fights against a broken healthcare system to demonstrate music's ability to combat memory loss and restore a deep sense of self to those suffering from it. See interviews with family members, experts including renowned neurologist and best-selling author Oliver Sacks and musician Bobby McFerrin. This inspirational story left audiences humming, clapping and cheering at the 2014 Sundance Film Festival, where it won the Audience Award.

Wednesday, October 20 at 1:00 **Salem Witch Trials**

In 1693, the village of Salem, Massachusetts was overcome with superstitious hysteria. At the peak of the madness some hundred fifty people, male and female, were accused of being witches. Twenty of them were executed.

HEALTH INSURANCE

Our health insurance presentations have been scheduled for educational purposes only. The Town of Amherst and the Amherst Center for Senior Services are not affiliated with any health insurance provider or broker

UNIVERA Thursday, October 14, 1:00-3:00 pm

Call Michele at 572-8315 to schedule your appt.

SHERIDAN BENEFITS Tuesday, October 12, 10:00-12:00

Call Maria at 345-0337 to schedule your appt.

EPIC INFORMATION TABLE Thursday, October 14,
11:00 am-1:00 pm

AETNA MEDICARE PRESENTATIONS Monday, October 18, 10:00-12:00 pm and Tuesday October 19, 1:30-3:30 pm

WELLCARE INFORMATION TABLE Thursday, October 21, 11:00-1:00 pm

BLUE CROSS BLUE SHIELD OF WNY Thursday, October 28, 9:00 am-12:00pm

Call Meghan at 462-2236 to schedule your appt.

HYBRID PROGRAMS

BINGO

Thursday, October 14 at 2:00 pm

Wednesday, October 20 at 10:30 am

BOOK CLUB

Monday, October 18 at 11:00 am

We will discuss *The Dutch House* by Ann Patchett

**The Clarity Group is WNY's
Premier Independent Agency for
Medicare education,
plans and enrollment.**

**Contact them for more
information at
716-393-3437**


**or
info@ClarityGroupNY.com**

RESERVATIONS REQUIRED FOR ALL PROGRAMS

PROGRAMS

PROGRAM REGISTRATION

 www.AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Registration Desk.

VIRTUAL PROGRAMS

COOKING WITH JEN

Thursday, October 7 at 1:00 pm

We will be making *Overnight Asparagus Strata*

BOOK LOVERS CLUB

Friday, October 8 at 1:00 pm

Join fellow book lovers and share titles of books that you have enjoyed

MANAGING EMOTIONAL WELLNESS

Thursday, October 14 at 11:00 am

Maintaining our emotional and mental health is just as important as maintaining our physical health.

During this seminar, you will learn:

- What is emotional and mental health?
- What affects our emotional and mental health?

How to improve or maintain emotional and mental health

BILLS PEP RALLY

Monday, October 18 at 3:00 pm

GAMES

Tuesday, October 12 at 11:00 am— *America Says*

Tuesday, October 26 at 11:00 am— *Outburst*

Thursday October 28 at 11:00 am— *Word Up*

AROUND TOWN

PAUTLER'S

Tuesday, October 19 at 12:30 pm

Join us for one last lunch for the season! Meet at 6343 Transit Road. You are responsible for your purchases.

TOWN OF AMHERST EVENT

FOOD TRUCK RODEO

Friday, October 22, Royal Park from 5:00-8:00 pm

UNIVERSITY EXPRESS

Friday 10/1 at 2:00 pm Eating w/ the Seasons

Instructor, Mindy Yoder

Monday 10/4 at 10:00 am Computer Basics

Instructor, Brendan Chella

Monday 10/4 at 2:00 pm Internet Basics

Instructor, Brendan Chella

Wednesday 10/6 at 2:00 pm History & Geology:

Niagara Gorge *Instructor, Catherine Konieczny*

Wednesday 10/6 at 6:00 pm Better Choices for

Future House Selling *Instructor, Michael Olear*

Friday 10/8 at 2:00 pm Finding Common Ground

Instructor, Marian Deutschman

Wednesday 10/13 at 2:00 pm WNY Amusement Parks

Instructor, Rose Ann Hirsch

Friday 10/15 at 2:00 pm 1950's Wrestling & Rock 'n

Roll *Instructor, Richard Derwald*

Friday 10/22 at 2:00 pm Self-Care Tips

Instructor, Rob Kubiak

Monday 10/25 at 2:00 pm Magic and Magical

Thinking *Instructor, Phil Stevens*

Friday 10/29 at 10:00 am Digital Wallets

Instructor, Adam Goldfarb

University Express Online Classes with a Watch Party at the Center

Thursday 10/14 at 10:30 am Coping with Grief & Loss:

Caring for Grieving Grandchildren

Instructor, Anna VanDien

Thursday 10/21 at 10:30 am Nelson Mandela

Instructor, Claude Welch

Wednesday 10/27 at 10:30 am Green Cleaning—An

Introduction to Safer Cleaning Products

Instructor, Donna Wysokenski

Have Medicare Questions?

Call the Clarity Group to schedule an appointment virtually or at one of their four convenient locations in Depew, Blasdell, Amherst or Batavia.

RESERVATIONS REQUIRED FOR ALL PROGRAMS

There are still openings
for first and second
sessions of fall classes

CLASSES

FALL CLASS CATALOG

The Fall Class Catalog is available online at AmherstCenterforSeniorServices.com and by hard copy at the Center and at Amherst Libraries.

REGISTRATION

Ways to Register:

1. Online at AmherstCenterforSeniorServices.com/register
2. Mail a completed registration form to the Center with full payment
3. Walk-into the Center with completed registration form and full payment. Must follow COVID guidelines.
4. Call 636-3051 with credit card payment

Class registration is on a first-come, first-serve basis. If a class does not reach its minimum number of students, it will not be held.

ATTENDING CLASSES

Paid registration is required to attend classes. Registration is for the entire session, regardless of whether a student is able to attend all classes. Students must register each trimester. Enrollment in a prior course does not guarantee enrollment in subsequent courses.

CANCELLATIONS

If a class is canceled, robo calls will be made to all participants. Please make sure you have provided a correct telephone number.

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.

NEW CLASSES

The Center would like to add additional classes. If you or someone you know is an interested instructor, please contact Cindy at 636-3055, ext. 3109

FALL CLASS HIGHLIGHTS

SAFE DRIVER ACADEMY

Take the Safe Driver Academy Defensive Driving Class, NYS DMV's only approved Humor-Based course and save 10% on your Auto Insurance for 3 years. Plus, reduce up to 4 points from your DMV record.

Ray Ammerman, Instructor

Wednesday, 10/6 & 10/13 (must attend both dates)

5:00pm – 8:00pm \$35

Wednesday, 11/3 & 11/10 (must attend both dates)

5:00pm – 8:00pm \$35

Make check payable to Safe Driver Academy. Checks are held by the senior center and submitted to the instructor the day of the class

WOODCARVING – All Levels

Carve a 6"x2 1/2" Old World Santa ornament just in time for the holidays. Fee includes wood block and printed out step by step instructions. Multi-award winning Instructor will work along with you sharing his personal carving step by step instructions and techniques. Bring your own carving knife and any other tools you have.

You can view Bill's Old World Santa's on Facebook at Bill MacDougall's Carvings. *Bill MacDougall, Instructor*
Thursday, 10/14-12/9 no class 11/11, 11/25

2:00pm-4:00pm \$40

DRUMS ALIVE – Drumming for Fitness

A new dimension of fitness which combines traditional aerobic movements with the powerful beat and rhythms of the drums. Unleash your inner rock star as you use a large stability ball and a pair of drumsticks to create a whole body experience – increase your endurance and awaken the brain. You will also have the opportunity to perform a variety of movements and strength exercises while using the stability ball and resistance band. Equipment provided. *Jill Bronsky, Instructor*

Evening

Wednesday, 11/10-12/15 (5x) no class 11/24

6:00pm-6:50pm \$15

MEAN JEAN'S EXERCISE

Use large leg and arm motions to strengthen small and large muscles. Heart and lungs will benefit; increase joint mobility. Bring your own ball and bands to class.

Jean Widlicka, Instructor

Friday, 10/29-12/17 (7x) no class 11/26

9:30am-10:25am

VOLUNTEER

VOLUNTEERS NEEDED:

COFFEE WITH THE CANDIDATES

Friday, October 22, 9:00 am

Hosts/hostesses needed to serve coffee and simple breakfast food items. An 8:00 am arrival will be necessary and the event will last most of the morning. Must be comfortable being on your feet.

BAKERS RACK SALE

Friday, October 29th, 9:00 am

Bake sales take place monthly, with a hiatus during the summer months. Proceeds benefit the Amherst Center for Senior Services. If you are interested in becoming a volunteer with the Bakers Rack, please contact Barb at 636-3055 ext. 3136.

READERS THEATER

Monday, October 4, 1:30 pm

This performance group meets weekly at 1:30 p.m. They perform their skits by reading their lines, not memorizing them. Stay tuned for an upcoming performance date. If you're interested in becoming a member of this group, please contact the group leader, Pam, at 716-912-0053.

EXPERIENCED MUSICIANS NEEDED

The Music Combo group is looking for a piano player and lead guitarist. Other instruments are also welcome. This group meets on Thursdays from 1:00 to 2:30 and occasionally performs at the Senior Center and other senior-related organizations. Interested musicians may contact the Group's leader, Susan, at (716) 839-3628.

DONATIONS NEEDED:

KNITTING CLUB & COMMUNITY SERVICE SEWING PROJECTS CLUB

The Knitting Club can always use clean yarn and Community Services Sewing Club can always use clean fabrics. Yarn is used to knit and crochet items and the fabric is used by the Community Service Sewing volunteers to make wheelchair/walker bags and many additional craft items. Most items are either donated or sold in the Club Sales. All proceeds from the Club Sales benefit the Amherst Center for Senior Services. Donations can be brought to the Registration Desk just inside the Senior Center entrance.

VOLUNTEER PERFORMANCE CLUBS

Our volunteer performance clubs earn volunteer hours for their performances at the Center and within the community

AMHERST SENIOR SINGERS

Leader: Carol Mayo, 632-3929

Wednesday Rehearsal's at 1:00 pm-3:00 pm

Performs at the Center and community organizations

AMHERST ROCKY BLUES BAND

Leader: Ed Morgan, 633-4309

Friday Rehearsal's at 12:30 pm

Performs at the Center and community organizations

MUSIC COMBO

Leader: Susan 839-3628

Thursday Rehearsal's, 1:00 pm-2:30 pm

Performs at the Center and community organizations

READER'S THEATER

Leader: Pam Williams, 912-0053

Monday's at 1:30 pm

Performs at the Center and community organizations

OPEN PICKLEBALL

Mondays

2:00-4:00 pm

October 4, October 18, October 25

Fridays

2:00-4:00 pm

October 1 (1:00-3:00 pm) , October 8, October 15, October 22, October 29

Many Carriers.

More Choice.

Plan benefits and costs can vary. The Clarity Group represents a wide variety of companies, giving you more choice in plan selection and ancillary benefits to fit your individual health, fitness and travel needs. **ClarityGroupNY.com**

SENIOR SERVICES

AMHERST MEALS ON WHEELS

Provides the nutritional support for elderly and disabled adults living in the Town of Amherst to maintain their independence in their home.

AmherstMealsOnWheels.com | 716-636-3065

AMHERST SENIOR TRANSPORTATION SERVICES

Provides rides to the Amherst Senior Center, health-related visits, and grocery shopping.

AmherstVans.org | 716-636-3075

SENIOR OUTREACH SERVICES

Through a partnership with Erie County Department of Senior Services, the Center has an in-house senior outreach program. Trained staff are available to provide assessments for home and community-based services, such as Meals on Wheels, Home Care, Adult Day Care, and Personal Emergency Response Buttons. There may even be funds available to assist in the cost of services. Stop in or call Senior Outreach Services directly at 716-636-3070

SOCIAL CASE WORKER

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 for your appointment.

ACCESSIBLE PARKING TAGS

If you need assistance with an application and paperwork to get an accessible parking tags, we are available on the second Monday of each month from 10:00-noon and the third Thursday from 1:00-3:00. Must make reservations.

MINDFULNESS

Tuesday October 19th at 10:00 am

Have you ever heard of guided imagery before? Come join us as we talk about guided imagery and how to use it. This mediation will teach you how to use your mind to relax your body.

CAREGIVER SUPPORT

We will be providing support over the phone for caregivers. If you would like to be on our weekly call list let us know. During the weekly call resources and information about caregiving will be provided. If you are interested in signing up please call us.

MONTHLY SUPPORT MEETINGS:

If you are facing an illness or stressful life change, you don't have to go through it alone. A support group can help. A support group provides an opportunity for people to share personal experiences, coping strategies, or firsthand information.

LOSS AND GRIEF GROUP

Thursday October 21st at 11:00 am

The pandemic has created many losses for everyone. We will discuss all types of loss both death and non-death related. We will provide information and discuss coping skills. This is a six week series that will start October 21st and end November 18th. Please RSVP at ext.3129 to Maddy.

WIDOW/WIDOWERS SUPPORT GROUP

Tuesday, October 12 at 11:00 am

If you are facing a stressful life change due to losing your spouse, you don't have to go through it alone. Please join our widow and widower support group. The support group can help you to learn coping skills and give you an opportunity to share personal experiences and coping strategies. This month's topic is *Living a Purposeful Life after Your Spouse's Death*.

CAREGIVERS SUPPORT GROUP

Wednesday October 20th at 1:00 pm

Caregiving can be overwhelming and we are here to offer support. Please join us and let us help.

YOUTHWORK\$

Are you an Amherst resident in need of assistance with extra jobs around your home?

YouthWork\$ is a year-round service that works as a liaison between residents who need assistance with jobs around their home and Amherst youth ages 12-20 who are interested in working with these residents. Jobs include: yardwork, gardening, weeding, mowing, raking, and snow removal.

To hire a youth through the **YouthWork\$** program, please contact Robin Erwin at 631-7217.

The **YouthWork\$** service may be provided to you free for up to 30 hours per calendar year if you qualify for the **Senior Fund** program. Please call one of our Social Case Workers for financial assistance.

**Reservations are required for all programs or one-on-one appointments .
Appointments can be made by calling 636-3055, ext. 3165 (Vijaya) or 3129 (Maddy)**

CLUBS

CLUB REGISTRATION



AmherstCenterForSeniorServices.com/Register



716-636-3051



In person at the Center's
Registration Desk

ART CLUB

Leader: JoAnn Jarmusz, 565-3332
Mondays & Tuesdays, 1:00-3:30 pm

BIKE CLUB

Leader: JoAnne Stepien, 837-7993

BRIDGE CLUB

The Bridge Club is looking for a new Leader and Co Leader. If you are interested, please call Tammy at 636-3055, ext. 3172 or email tjacobs@amherst.ny.us

CAMERA CLUB

Leader: Claire Kaymon, 650-1551 or ckaymon@sbcglobal.net
Meetings are held on the 2nd and 4th Tuesdays of the month:
Tuesday, October 12, 1:00 pm
"Waterfalls, Cascades and Chutes of New York" by Robert Klick.
Tuesday, October 26, 1:00 pm
"West Adventure Trip" by Timothy Dusen.
Members can submit photos for critique.
Come join us as we begin our new Season.
Cookies and coffee will be served.

CHESS CLUB

Leader: Bill Rich, 908-9223
Tuesdays 12:30-3:30 pm

CREATIVE WRITERS CLUB

Leader: Carolyn Takach, 632-7478

CRIBBAGE CLUB

Leader: Mark Pascale,
senior.pascale@gmail.com
Thursdays at 12:45

DINNER CLUB

Membership Chair: Mary Bashore,
691-6714 or mrybash@gmail.com

DOMINOS CLUB

Leader: Jean Hallac, 688-6895
Mondays, 12:30-3:00 pm

DUPLICATE BRIDGE (THURS)

Leader: Bruce Brown, 352-9878
Thursdays 9:00 – 12:00 pm

DUPLICATE BRIDGE (FRI)

Leader: George Mayers, 957-4408
Fridays, 1:00 – 4:00 pm

EUCHRE CLUB

Leader: Bob Peluso, 689-0094
Second and fourth Tuesday of each month at 1:00 pm

GENEALOGY CLUB

Leader: Sally Clements, 835-9248

MAH JONG

Leader: Hillary Hurwitz 837-5810
Tuesday, 1:00 – 3:30 pm

MEN'S GOLF CLUB

Leader: Jim Pettis, 626-0889 or
jrpettis1@yahoo.com

PATHFINDERS

Leader: JoAnne Stepien, 837-7993

PINOCHLE CLUB (MON)

Leader: Grace Milligan, 704-8747
Mondays at 12:45 pm

PINOCHLE CLUB (WED)

Leader: Joanne Hall, 880-0875
Wednesdays from 12:45-3:30 pm

RUMMIKUB CLUB

Leader: Mary Migliore, 240-1101
Fridays, 1:00-3:00 pm

SCRABBLE

Leader: Carol Hensel, 689-7417
Tuesdays 10:00 – 12:30

STAINED GLASS CLUB

Leader: Tom Richards, 832-5641
9:00-11:30 am

SUPER SAMBA CLUB

Leader: Jan Valtin, 689-8664

TAI CHI CLUB

Leader: Frank Chi, 688-6680
Wednesdays and Fridays at 1:30 pm

TRAVEL CLUB

Due to concerns with traveling at this time, travel club is on hold until further notice. All calls regarding the club should be made to the Senior Center by contacting Melissa Abel, Deputy Director

UPHOLSTERY CLUB

Leader: Kate Wagner, 836-2439
Meetings are Wednesdays from 9:30-11:30 am

WALKING CLUB

Leader: Bill Albrecht, 565-0634
Walks are on Thursdays at 10am.
Must meet under the awning.

WOOD CARVING CLUB

Leader: Joanne Cole, 636-3050
Tuesdays, 9:00-11:30 am

WOMEN'S GOLF CLUB

Leader: Mary Ann Young, 639-1169

Medicare Annual Enrollment is October 15 - December 7. Call Clarity Group at 716-393-3437 for a no cost plan review.

CLUBS ARE AN EXCELLENT WAY TO MEET NEW FRIENDS WITH SIMILAR INTERESTS AND STAY SOCIALLY ACTIVE. SOME CLUBS MAY NOT BE MEETING AT THIS TIME DUE TO COVID GUIDELINES. PLEASE CALL THE CLUB LEADER IF YOU ARE UNSURE.

Be Clear On Your Medicare Options

Medicare Annual Enrollment Runs
Oct. 15 - Dec. 7

No One Can Explain Medicare Better Than Clarity Group

Whether you are new to Medicare or you want to learn your options for 2022, Clarity Group is here to help. We are a local, independent agency that specializes in Medicare. We work with multiple carriers to help find the plan that is right for you.

Medicare Is All We Do
And Our Services Are
Complimentary

Call Clarity Group today for simple, direct answers to your questions or stop in to one of our four convenient locations.

- 4976 Transit Rd. Suite 4 Depew
- McKinley Mall 3701 McKinley PKWY. Blasdell
- Boulevard Mall 730 Alberta Dr. Amherst
- 216 East Main Street Batavia

Call 716-393-3437

or visit

ClarityGroupNY.com



CLARITY GROUP

Be clear. Be covered. Be confident.

'You will be directed to a licensed sales representative.' Clarity Group does not represent the federal government or the Centers for Medicare and Medicaid services. (CMS)



OCTOBER NUTRITION

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

LUNCH is served Monday-Friday, from 12:00 pm-1:00 pm.

Reservations must be made at least 24 hours in advance by calling 636-3051.

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.

<p>DINNER Wednesday, October 20 at 5:00 pm Open Face Turkey Sandwich Potato Mixed Vegetable Pie</p>	<p>ALTERNATE VEGAN MENU WILL BE OFFERED ON MONDAYS</p> <ul style="list-style-type: none"> • October 4-Garden burger on roll, potato, vegetable and dessert • October 18-Vegetable stir fry, rice, bread and dessert • October 25-Vegetarian chili, baked potato, bread and dessert
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<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
				1 Cuban sandwich Spanish rice Spanish cauliflower Empanada
4 Cabbage roll Mashed potatoes Carrots Wheat dinner roll Donut	5 Sliced ham w/ pineapple sauce Scalloped potatoes Broccoli Rye bread Chocolate chip cookie	6 Spaghetti & meatballs Blended juice Cauliflower Dinner roll Lemon ice	7 Pork chop w/gravy Mashed potatoes Mixed vegetables Multi grain bread Cake	8 Hamburger w/roll Potato wedge Corn Fresh fruit
11 CLOSED	12 Taco Rice Corn Ice cream	13 Omelet Garden vegetable rice Carrots Dinner roll Cake	14 Turkey w/gravy Mashed potatoes Peas & onions Stuffing Diced peaches	15 Fish Potato wedge Broccoli Wheat bread Banana
18 Polish sausage w/roll Sauerkraut Pierogi Mixed vegetables Mandarin orange	19 Hamburger w/ roll Tater tots Broccoli Fruit cocktail	20 Chicken stir fry Stir fry vegetables Carrots Rice Fortune cookie	21 Lasagna Cauliflower Orange juice Italian bread Spumoni ice cream	22 Breaded chicken Beans Spinach Corn muffin Lorna doone
25 Turkey ala king Mashed potatoes Carrots Biscuit Fruit cocktail	26 Chicken Caesar salad Chili Italian bread Angel food cake	27 Meatloaf w/gravy Au gratin potatoes Lima bean bake Honey bran bread Tropical fruit	28 Pork chop w/gravy Mashed potatoes Peas Dinner roll Chocolate pudding	29 Hot dog w/roll Beans Potato wedge Mixed vegetables Jello

Clarity Group will be at the Amherst Senior Center on
 October 8th, 9:00-11:00 am and October 27th 4:00-7:00 pm.