

# Fall Class Catalog 2024

## Medicare and You

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Town of AMHERST

Senior Center

**AMHERST CENTER  
FOR SENIOR SERVICES**

[AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com)

370 John James Audubon Parkway · Amherst, NY 14228

# ABOUT THE CENTER

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

- Art Gallery - *Monthly Art is sponsored by Asbury Pointe*
- Billiard Room
- Card Room
- Dance Room - *Sponsored by Excellus Blue Cross Blue Shield*
- Wellness Center - *Sponsored by Kaleida Health*
- Library
- Music Room - *Sponsored by Susan Grelick in honor of her parents*
- Nutrition Room - *Sponsored by Highmark Blue Cross Blue Shield*

## HOURS OF OPERATION

**Monday, Wednesday, Friday: 8:30am-4:30pm**

*Members are asked to vacate building by 4:15pm in order for staff to complete closing procedures.*

**Tuesday, Thursday, 8:30am-7:30pm**

## MEMBERSHIP DUES

### Amherst Residents–Lifetime Membership

- \$50/Individual Membership
  - \$75/Couple or Household Membership
- A household is defined as two people living together at the same address.*

### Non-Resident - Renewal

- \$50/Per Person

**To join the Center online:** Go to [AmherstCenterforSeniorServices.com/membership-plans](https://www.amherstcenterforseniorservices.com/membership-plans)

**To join the Center in-person:** Stop at the Center's Reception Desk and we'll provide you with an application to complete.

**Membership rates are subject to change.**

**We have temporarily suspended accepting NEW non Amherst resident memberships for 2024. We appreciate your understanding.**

## FIRE DRILLS:

If the center's emergency alarm goes off, you need to vacate the building through the emergency doors.

## FACEBOOK

The Amherst Center for Senior Services has a new Facebook page. Please make sure to like or follow



our page AND, more importantly, please make sure to like or follow the correct page. There are several variations which has caused confusion, so let's get the word out there about OUR page. Thanks!

<https://www.facebook.com/amherstnyseniorcenter/>

## IMPORTANT PHONE NUMBERS

**Main Line 636-3050**

**Registration 636-3051**

**Amherst Meals on Wheels 636-3065**

**Amherst Senior Transportation 636-3075**

**Senior Outreach Services 636-3070**

**Support Group Information 636-3050**

## TOWN PROGRAM LOCATIONS

### **Amherst Senior Center**

370 John James Audubon Parkway, Amherst 14228

### **Clearfield Community Center**

730 Hopkins Road, Williamsville 14221

### **Harlem Road Community Center**

4255 Harlem Road, Amherst 14226

### **Northwest Amherst Community Center**

220 Northpointe Parkway, Amherst 14228

### **Northtown Center at Amherst**

1615 Amherst Manor Drive, Williamsville 14221

### **North Forest Park**

85 North Forest Road, Williamsville 14221

### **Williamsville Youth and Family Center**

5005 Sheridan Drive, Williamsville 14221

## HOLIDAY CLOSINGS

Monday, September 2 (Labor Day)

Monday, October 14 (Columbus Day)

Monday, November 11 (Veteran's Day)

Thu., Nov. 28 & Fri., Nov. 29 (Thanksgiving)

Wednesday, December 25 (Christmas)

**AMHERST TOWN BOARD**Brian Kulpa, *Supervisor*

Jaqueline Berger

Shawn Lavin,

*Deputy Supervisor and Senior Services Liaison*

Angela Marinucci

Michael Szukala

**AMHERST MEALS ON WHEELS**

Delivers nutritionally balanced meals to seniors and disabled adults living in the Town of Amherst.

AmherstMealsOnWheels.org | 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

# Director's Note

The Amherst Senior Center offers a full spectrum of activities and classes from physical fitness... to mental development... to creative outlets... to just plain fun for older adults age 55+. Learn new skills, make friends, develop hidden artistic talent, and broaden your horizons through a variety of classes. Wellness and fitness classes invigorate your body and sense of self-esteem. Learn to draw and paint using a variety of media and explore opportunities to try arts and crafts. Learn about the history of and appreciate music and the arts. Discover current and past cultures, gain knowledge of world affairs, and learn to express yourself through journaling and creative writing.

Classes are a mix of contractor, volunteer, or staff-led. This is your time to do what you have always wanted to do. Senior Center classes, programs, and clubs are limited to Amherst Senior Center Members.

Classes are offered onsite while a few are offered via Zoom. Paid Registration is required for all classes.

If you know someone who may be interested in teaching a class, please send class ideas to Cindy Weiss at [cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us).

Stay Active, stay engaged, and stay healthy!

Best,

*Melissa*

**LIFELONG LEARNING FOR ADULTS 55+**

University Express offers free educational classes for older adults in Erie County. The program runs during spring and fall semesters. You will find classes in a variety of categories, including current affairs, history, humanities, finance and medicine.

Classes are designed to stimulate the mind and provide opportunities to build social networks, thereby reducing social isolation. No homework or tests, just exciting discussions alongside peers with similar interests!

Details for our fall semester are available around mid-September. Details for our spring semester are available around mid-April.

Can't Wait? There are over 180 class recordings on <https://www4.erie.gov/universityexpress/>

**WHY COURSES ARE CANCELLED**

- Minimum Requirement**

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

- Instructor Cancels**

If you are registered for a class at the Center and the instructor cancels a session, we will contact you as soon as possible. This could be an automated call. When possible, cancelled classes will be made up by extending the course.

- Inclement Weather**

If Amherst, Sweet Home, or Williamsville school districts are closed, Center classes, clubs, and programs will be cancelled. If you want to know if the building or activities are cancelled during bad weather, please watch "WEATHER CLOSING" announcements on: TV Stations: Spectrum-Channel 1, WGRZ-Channel 2, WIVB-Channel 4, WKBW-Channel 7.

# REGISTRATION BEGINS: WEDNESDAY, AUGUST 7, 2024

### MEMBERSHIP IS REQUIRED FOR CLASS REGISTRATION

At 55 years of age, individuals are eligible for membership at the Amherst Center for Senior Services. **See page 2 for Membership Information.**

### FASTEST WAY TO REGISTER

The fastest way to register for a class is online. Create an account at MyActiveCenter.com. If you don't have your own computer, they are available in the Computer Room to use for registration.

### WAYS TO REGISTER

#### 1. ONLINE

Registration on MyActiveCenter.com begins on Wednesday, August 7, 2024 at 8:30am. To register online, you must be a member and set up an account at MyActiveCenter.com. Payments must be made by Mastercard, VISA, Discover or American Express. (Directions on page 5.)

#### 2. TELEPHONE

Registration will begin on Wednesday, August 7, 2024 at 8:30am. Please call: (716) 636-3050 (press option 7) or (716) 636-3051 to register with a credit card.

#### 3. MAIL OR DROP OFF

Registrations will be processed beginning on Wednesday, August 7, 2024 at 9:00am. 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. Make checks payable to Amherst Center for Senior Services. Mark envelope CLASS REGISTRATION. Include a self-addressed stamped envelope for class confirmation and receipt, if desired.

#### 4. NO WALK IN registration on Wednesday, August 7, 2024.

#### 5. WALK IN registration begins on Thursday, August 8, 2024 at 9:00am. Please bring completed form with exact payment by credit card, cash or check.

Registration forms are on page 21 and 23. Please make sure forms are filled out completely, accurately, and legibly.

- **No new member applications will be processed on Wednesday, August 7.**
- Class registration is on a first come, first served basis.

### ATTENDING CLASSES

Paid registration is required to attend classes. Those who participate in a class that they have not paid for will risk a suspension of their membership. 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. So if you see a class you are interested in, register as soon as possible.

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

### AUDIT A CLASS

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

### WAIT LIST

If a class is full, when registering by mail, phone or in person, you will automatically be put on a wait list. When registering on MyActiveCenter, if the class is full, please call the Senior Center (716) 636-3051 to be added to the Wait List. When an opening occurs in the class, you will be contacted by phone for confirmation and payment.

### REFUND POLICY

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

A full refund will be processed for a course cancelled due to low registration. You will be notified by phone or email 1-2 business days before the scheduled start date. A refund check or credit to your Senior Center Account may take up to 30 days after cancellation to process. In the event a class is affected due to unforeseen circumstances such as weather and community health concerns, every effort will be made to reschedule the class. In the event that is not possible, credit will be issued to your Senior Center account if two or more classes are unable to take place.

### 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.

## CREATING AN ACCOUNT ON MyActiveCenter

The Amherst Center for Senior Services implemented an online registration program for classes and programs. It is called MyActiveCenter.

Thank you to all the members who have already set up your account. **If you have not set up your account, please go to MyActiveCenter.com then click on the New User button and follow the directions.**

Your MySeniorCenter keytag number is needed to set up your account. If you are unable to find your keytag please call (716) 636-3051 and a Senior Center staff member will assist you.

## REGISTER To Register for a Class, Club or Program in MyActiveCenter:

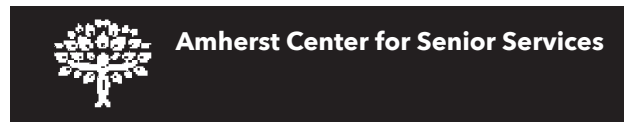
- **Sign in to MyActiveCenter.com**
- The Search Box and Filters are on the left side.
- Once you have found the Class, Club or Program that you wish to Register for, click on the name. This will open a more detailed view of the activity. Listed below will be the Upcoming Events schedule.
- For classes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

## ZOOM CLASS INFORMATION

If you have never used Zoom on your device before go to: <https://zoom.us/download> to install it. Select Zoom Desktop Client if you are using a computer.

Links for Zoom Classes will be sent out **1 hour** prior to the class start time. The email will be sent from Amherst Center for Senior Services with the Subject: You have an upcoming Activity.

- Click on the **Click to Join** button in the email no more than 15 minutes before the class is scheduled to begin.



You have an upcoming Activity!

Tammy's Test Zoom Class is starting at 6:00pm



- A new screen will pop up with a blue **JOIN MEETING** button in the upper right corner for you to click.
- On the next screen you will click on **Join Via App or Web**
- You will then click on **Open Zoom Meeting**
- Then select **Join with Computer Audio**
- If you do not see yourself on the screen you may need to click **Start Video**

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



## LEARNING AND SOCIAL

### ART HISTORY ZOOM - Portrait of the Modern Era

This class will investigate the function, aesthetics, and typology of portraits. Using examples from various countries and time periods, we will examine how portraiture was used before and after photography. How did commercial interest affect portraiture? Did portraits act to record a bloodline, monumentalize a historical figure, or expose a connection between the artist and his circle?

*Laura Watts Sommer, Instructor*

Thursday, 10/10-11/21 (6x)                      no class 10/17  
10:00-11:15am                                      Zoom \$23

### 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 ensured. 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 aircraft as an instructor for the FAA.

*Douglas Byrum Routt, Instructor*

Thursday, 10/3, 10/10, 12/5, 12/12, 12/19 (5x)  
10:00am-12:00 pm                      Senior Center \$28

### THE BIRDS AROUND US

Each class will focus on the facts and folklore of the birds who share the world around us. Learn to identify and recognize birdsong and vocalizations. This session will cover owls in our region and other predator birds in our backyard (primarily hawks and falcons). Learn which birds are with us all year and how our backyard birds prepare for winter.

*Patricia Szarpa, Instructor*

Friday, 9/20-10/18 (4x)                      no class 10/4  
10:30-11:30 am                                      Senior Center \$16



### BRIDGE - Basic Part I

This session is designed for new learners or those who have not played for a while and need a reintroduction to the game. Concepts taught are Simple No Trump, Major and Minor Suit openings and responses. Basic leading and card playing strategies taught.

*Ruth Nawotniak, Instructor*

Monday, 9/9-11/25 (10x)                      no class 10/14, 11/11  
10:00am-12:00pm                                      Senior Center \$40

### BRIDGE - BASICS PART II REVIEW

This session is designed for beginners who completed the Bridge Basics course within the last two years. Concepts reviewed are Overcalls, Tale-out Doubles and Competitive Bidding Strategies.

*Ruth Nawotniak, Instructor*

Monday, 9/9-11/25 (10x)                      no class 10/14, 11/11  
12:30-2:30pm                                      Senior Center \$40

### COMEDY IMPROV

Have some laughs, explore your creative side, and learn Short-Form Comedy Improv in a style similar to *Whose Line Is It Anyway?* and *2nd City*. You will also learn character development, comedic timing, how to create a scene based on the audience suggestions, basic miming techniques, along with overcoming shyness, stage fright, and performance anxiety. At the end of the session a performing showcase is available for interested students.

*Mike Kowal, Instructor*

Wednesday, 9/4-10/16 (7x)  
1:00-2:30pm                                      Senior Center \$33

### CREATIVE WRITING WORKSHOP: Writing the Memoir

The goal of this beginner's workshop is to build independence and improve your writing skills. Together we will explore the meaning of memories and events, and by writing about them, we will give these memories life. We will write in and outside of class. Please bring a notepad, pen, and a photograph that is special to you to our first class. Students will be invited to briefly describe their photograph with the class. Class activities and expectations will be discussed during our first meeting.

*Robert Pena, Instructor*

Wednesday, 9/18-10/23 (6x)  
10:00-11:30am                                      Senior Center \$40

## CURRENT EVENTS ZOOM

This weekly discussion group will touch upon local, national and world events and topics. The class will regularly meet on Zoom. However, on the second Wednesday of May, June, July and August members can choose to meet in person at the Senior Center or on Zoom. (2nd Wednesdays: 9/11, 10/9, 11/13, 12/11). Each group will meet independently of each other. **NOTE:** Registration for in-person only is not available on MyActiveCenter. Please register at the Senior Center Reception Desk. The cost is \$5 for all four classes.

*Jeff Goodman, Dick Schanley, Leaders*

Wednesday, 9/4-12/18 (16x)  
10:00-11:30am Zoom/Senior Center \$20  
(on 2nd Wednesdays only)

## DEFENSIVE DRIVING COURSE

Class dates to be determined. Watch for information in our newsletter or in future emails from the Senior Center.

## GREEK MYTHOLOGY AND ART

We will look at the main gods, goddesses, heroes and legends of Greek Mythology and how they were depicted on contemporary vase painting, sculpture and wall painting.

*Vance Watrous, Instructor*

Monday, 9/9-11/4 (8x) no class 10/14  
11:00-11:50am Senior Center \$24

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

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

*Mike Kowal, Instructor*

Wednesday, 10/30-12/11 (7x)  
1:00-2:30pm Senior Center \$33

## INTRODUCTION TO MINDFULNESS

Learn how practicing mindfulness can help you calm the mind, reduce stress, increase awareness and cultivate more kindness and compassion towards yourself and others. Throughout the course we will engage in a variety of mindful practices including guided meditations, breathing practices and mindful movements (all seated). You will receive resources to support you on your journey to developing a consistent mindfulness practice into your life.

*Kathy Bragagnola, LMSW, Instructor*

Saturday, 10/5-11/9 (6x)  
9:30-10:30am Harlem Road Community Center \$24

## ITALIAN - BEGINNERS I

Welcome to the study of the Italian Language. This class is for students who have little to no experience with the Italian language. It is for students who want to learn to read, write, and speak Italian at a basic level. The class will use lectures, handouts, audiovisuals, and the workbook *Italiano Essenziale 1* by Maria Procopio-Demas and Mariastella Cocchiara available on Amazon.com. The workbook will also be used for Beginners II during the Winter-Spring trimester.

*Dr. Charles Travagliato, Instructor*

Wednesday, 9/4-11/6 (10x)  
9:00-10:30am Northwest Amherst  
Community Center \$63

## ITALIAN - INTERMEDIATE I

This class is for students with some experience and a basic understanding of the Italian language. We will start with a review of the basics and then proceed to tenses beyond the present and recent past. The class will use lectures, handouts, audiovisuals, and the workbook *Italiano Essentials 2* by Maria Procopio-Demas and Mariastella Cocchiara available on Amazon.com. The workbook will also be used in Italian for Intermediate-Level Students Two during the Winter-Spring Trimester.

*Dr. Charles Travagliato, Instructor*

Wednesday, 9/4-11/6 (10x)  
10:45am-12:15pm Northwest Amherst  
Community Center \$63

## MAH JONGG - BEGINNER

If you have never played Mah Jongg but always wanted to learn, here is your chance. Mah Jongg is a tile-based game of skill, strategy and luck. Learn tactics & adaptive strategies. Space is limited.

*Mary Domb and Karen Awayda, Instructors*

Friday, 9/6-9/27 (4x)  
9:30-11:30am Senior Center \$12

## POETRY READING

Poetry is a type of literature, or artistic writing, that attempts to stir a reader's imagination or emotions. Each week readings from a different American poet will be read and discussed. Poets included in this series are William Carlos Williams, Wallace Stevens, Edward Field and Robert Creeley.

*Peter Siedlecki, Instructor*

Wednesday, 9/18-10/9 (4x)

10:30-11:30am

Senior Center \$16

## THE BASICS OF WINE APPRECIATION

Learn about wine making and wine types with the goal of feeling comfortable buying wine in a wine shop or ordering wine in a restaurant. We will explore wines from the different classic wine regions of the world, understand wine tasting terms and techniques, and explain wine names and labels. Suggestions will be made for wine to buy and try for homework.

*John Pizzuto, Instructor*

Tuesday, 10/29-11/19 (4x)

6:00-7:00pm

Senior Center \$16

## UNDERSTANDING FOOTBALL

What's a Down, Special Teams, Red Zone, Two Point Conversion or Shotgun? Impress your family on the next game day with a little knowledge of the basics of America's favorite sport. Once you understand football, you might be surprised to find out you like it and before you know it you will be shouting "GO BILLS!"

*Angelo Lorenzo, Instructor*

Thursday, 9/12-9/26 (3x)

2:00-2:50pm

Senior Center \$12

# LEARNING AND SOCIAL - TECHNOLOGY

## BASIC COMPUTER

This is a course designed for beginners. Basic tasks and keyboard functions will be taught. Learn how to turn your computer on and off, use the mouse and touchscreen, connect to the Internet, navigate "The Cloud," and more.

*Nancy Wise-Read, Instructor*

Tuesday, 9/3 (1x)

1:00-3:00pm

Senior Center \$12

Tuesday, 10/1 (1x)

1:00-3:00pm

Senior Center \$12



## COMPUTER SKILLS FOR TODAY'S WORLD

Doing personal business using email and texts on smartphones and computers is almost a necessity in today's digital world. Download, PDFs, attachments, links, and QR codes. Let me help you understand and navigate through it all. If you have a laptop you may bring it to class along with your smartphone and any questions.

*Nancy Wise-Reid, Instructor*

Tuesdays, 11/5-11/19 (3x)

1:00-3:00pm

Senior Center \$34

## SMARTPHONE ESSENTIALS

Tips for all smartphone users—Androids & iPhones. This class will cover the essentials for using these devices, many useful apps and getting notifications. We will practice texting a new picture, adding a new contact, adding calendar events and talking to it. Questions encouraged.

*Nancy Wise-Reid, Instructor*

Tuesday, 12/3-12/17 (3x)

1:00-3:00pm

Senior Center \$34

## UNDERSTANDING YOUR ANDROID DEVICE

Tips for Android users—smartphones and tablets. This class will cover the essentials for using these devices, many useful apps and getting notifications. We will practice texting a new picture, adding a new contact, adding calendar events and talking to it. Questions encouraged.

*Nancy Wise-Reid, Instructor*

Tuesday, 9/10-9/24 (3x)

1:00-3:00pm

Senior Center \$34

## UNDERSTANDING YOUR iPhone OR iPad

Tips for iPhone and iPad users. This class will cover the essentials for using these devices, many useful apps and getting notifications. We will practice texting a new picture, adding a new contact, adding calendar events and talking to it. Questions encouraged.

*Nancy Wise-Reid, Instructor*

Tuesday, 10/8-10/22 (3x)

1:00-3:00pm

Senior Center \$34



## ARTS AND CULTURE

### 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. Beginners welcome. For questions regarding supplies only, call 716-812-8937.

*Elaine Grisanti, Instructor*

Monday, 9/9-11/25 (10x)      no class 10/14, 11/11  
10:00am-12:00pm      Senior Center \$56

### CALLIGRAPHY - Advanced

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, 9/27-11/8 (7x)      Senior Center \$46  
1:00-3:00pm

### CALLIGRAPHY - Beginning/Continuing

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. No experience necessary. A list of supplies is available at the Reception Desk at the Senior Center.

*Mary Jo LaClair, Instructor*

Friday, 9/6-11/1 (9x)      Senior Center \$59  
10:00am-12:00pm

### CALLIGRAPHY-FLOWERS AND FLOURISHES

Create a garden of flowers with a calligraphy pen. Learn to draw beautiful lines, flourishes and flowers. You will be able to use these skills to make great note or special occasion cards. These techniques can also enhance a painting or other art project. No experience with calligraphy or other art techniques needed.

*Mary Jo LaClair, Instructor*

Friday, 9/6-9/20 (3x)      Senior Center \$20  
1:00-3:00pm

### CARD-MAKING AND PAPER CRAFTS

Delight your family and friends with beautiful, handmade greeting cards. Discover the joys of rubber-stamping, embossing and die-cutting as we transform ink, stamps and cardstock into an array of wonderful greeting cards and paper products which will be suitable for various occasions. No experience necessary. A short list of supplies needed is available at the Reception Desk at the Senior Center.

*Margaret Watrous, Instructor*

Tuesday, 10/1-11/12 (6x)      no class 10/22  
1:30-3:30pm      Senior Center \$20

### FESTIVE HOLIDAY TREE

Come and create your own unique holiday tree that you will be able to enjoy for years to come. You don't have to be super crafty. We'll provide step-by-step instructions that will guide your creative adventure!

*Elaine Danielson, Instructor*

Thursday, 12/5 (1x)      Senior Center \$16  
1:30-3:00pm

### 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, 9/19-10/17 (5x)      Senior Center \$39  
9:30-11:30am  
Thursday, 10/31-12/5 (5X)      no class 11/28  
9:30-11:30am      Senior Center \$39

### LEARN TO DRAW

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. Each technique will be demonstrated, step-by-step by the instructor, followed by student participation. Find the materials list at [www.danmeyerwatercolors.com](http://www.danmeyerwatercolors.com), select **Classes** at the top of the page and then scroll down the list to the class you are taking and select **Materials List**.

*Dan Meyer, Instructor*

Thursday, 9/19-11/14 (9x)      Senior Center \$63  
12:30-2:30pm

## ARTS AND CULTURE/ARTS AND CULTURE - MUSIC

### ORIGAMI FOR HALLOWEEN

We will create blow-up pumpkins (the waterbomb) and dragons (a variation of the Japanese Crane) for Halloween fun!

*Nancy-Wise-Reid, Instructor*

Monday, 10/21 (1x)  
10:30am-12:00pm

Northwest Amherst  
Community Center \$7

### QUILTING BLOCK PARTY

Join us to make 12 applique blocks by hand or machine. When complete, blocks can be finished as a quilt top or calendar. No experience needed. Class will meet 2 Thursdays a month from September-February. Please bring freezer paper, pencil and a felt tip marker or pen to the first class. Further supplies needed will be discussed at that time.

*Rena Kantenwein, Instructor*

Thursday, 9/12, 9/26, 10/10, 10/24, 11/14, 11/21,  
12/12, 12/19, 1/9, 1/23, 2/13, 2/27 (12x)  
10:00-11:30am Senior Center \$45

### WATERCOLOR - BEGINNER

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. Find the materials list at [www.danmeyerwatercolors.com](http://www.danmeyerwatercolors.com), select **Classes** at the top of the page and then scroll down the list to the class you are taking and select **Materials List**.

*Dan Meyer, Instructor*

Thursday, 9/19-11/14 (9x)  
9:30-11:30am Senior Center \$63

### WATERCOLOR - INTERMEDIATE

Continue to explore the fascinating world of watercolor as you go beyond the basics. Photo reference will be provided. Each subject rendered will be demonstrated, step-by-step by the instructor, followed by student participation. Advanced watercolorists will enjoy this course as well. Find the materials list at [www.danmeyerwatercolors.com](http://www.danmeyerwatercolors.com), select **Classes** at the top of the page and then scroll down the list to the class you are taking and select **Materials List**.

*Dan Meyer, Instructor*

Wednesday, 9/18-12/11 (12x) no class 11/27  
9:30-11:30am Senior Center \$84

### WOODCARVING - All Levels

This session, we will be carving a comfort bird. This is a good project for beginners, intermediate carvers and anyone interested in learning to carve birds. A good quality knife is required. Additional gauges will be helpful.

*Deborah Barbour, Instructor*

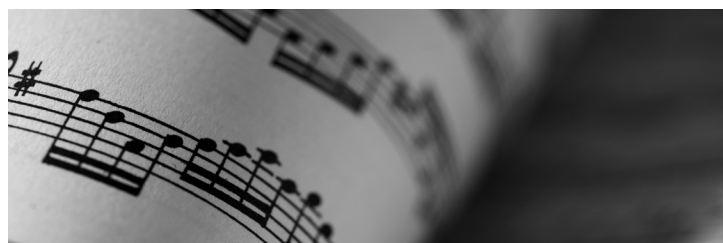
Thursday, 9/19-10/24 (6x)  
2:00-4:00pm Senior Center \$30

### WOODEN "LET IT SNOW" SIGN

Make your own 13 inch wooden "Let It Snow" Sign with a snowman using Cricut stencils to put on your wall or door. Prep your board, learn to apply stencils, paint, and then protect the wood. Add a hanger on the back and take home your beautiful sign. All supplies needed will be provided. Fun and functional.

*Elaine Volker, Instructor*

Thursday, 11/14 (1x)  
1:00-3:30pm Senior Center \$16



## ARTS AND CULTURE – MUSIC

### BROADWAY BABY - STEPHEN SONDHEIM'S MUSICALTHEATRE

If anyone can be said to have advanced the American musical after Rodgers and Hammerstein, it would be Stephen Sondheim. He redefined the Broadway musical, from early hits like *West Side Story* and *Gypsy* to mature masterworks like *Company*, *Sweeney Todd* and *Into the Woods*. Through recordings, video and first-hand accounts, we'll trace his long award-winning career: the great shows and their histories, the amazing songs and the stars who brought them to life. To quote his song "Putting It Together." "That is the state of the art!"

*Michael Harris, Instructor*

#### In House

Tuesday, 9/10-12/17 (14x) no class 11/5  
9:30-11:30am Senior Center \$56

#### Zoom

Tuesday, 9/10-12/17 (14X) no class 11/5  
1:00-3:00pm Zoom \$56

## DRUMMING CIRCLE

Feel the beat of your own rhythm. Research has shown that group drumming reduces stress, strengthens your immune system, and enhances creativity, self-expression and inner healing. This class is not about performance. The approach is to extend the benefits as a form of recreational music making regardless of musical experience. Find your own rhythm in a fun, nurturing, supportive environment. Some stretching and a wellness exercise is included. A variety of drums, (including hand held drums), shakers and tambourines are provided. If you have your own drum you are welcome to bring it in.

*Jennifer May, Instructor*

Friday, 9/6-10/18 (6x) no class 9/20  
9:30-10:30am Senior Center \$21

Friday, 11/1-12/13 (6x) no class 11/29  
9:30-10:30am Senior Center \$21

## GUITAR, UKULELE, RECORDER LESSONS

Individual half hour private lessons will be offered in person or virtually. If you have ever thought about learning to play the guitar, ukulele or recorder, now is the time! The basics include learning the parts, how to hold tune, strum and play chords. A guitar or ukulele can be provided for use during in-class time if needed. No prior musical experience is necessary. Please note: Short nails are necessary to play string instruments. Lesson times are limited and will be assigned. Lesson books will be available for purchase.

***\*This class is NOT eligible for a fee waiver and NO refunds for missed classes.***

*Jennifer May, Instructor*

Monday, 9/9-10/7 (5x) limited times available Senior Center \$70

Monday, 11/4-12/9 (5x) no class 11/11  
limited times available Senior Center \$70

## PIANO LESSONS

Individual half hour private lessons are offered. Lesson times will be assigned. ***\*Piano is NOT eligible for a fee waiver and NO refunds for missed classes.***

*Jane Cary, Instructor*

Thursday, 10/3-11/14 (6x) no class 10/17  
8:30am-2:00pm Senior Center \$84

## SCANDINAVIAN AND EASTERN EUROPEAN COMPOSERS

Explore symphonies, violin and piano concertos by the Scandinavian composers Grieg and Sibelius as well as the composers from Eastern Europe. Let's listen to Chopin, Bartok and Dvorak!

*Sebnen Mekinulov, Instructor*

Monday, 9/9-12/9 (12x) no class 10/14, 11/11  
1:00-3:00pm Senior Center \$48

## UKULELE SING-A-LONG - Advanced Group Lesson

This course is designed for those who have played the ukulele and are comfortable with 10 or more chords. Ukuleles are still available during in-class time only. We will learn more chords and try different strumming patterns, reading TAB and solo fingerpicking. Of course, we will have fun singing and learning new songs while learning to play the Ukulele. Please note: Short nails are necessary to play stringed instruments.

*Jennifer May, Instructor*

Monday, 9/9-10/7 (5x) Senior Center \$21  
10:00-10:55am

Monday, 11/4-12/9 (5x) no class 11/11  
10:00-10:55am Senior Center \$21

## UKULELE SING-A-LONG - Beginning/Continuing Group Lesson

This course is designed for those who have never played the Ukulele (or any instrument), and those who have taken a session or more, to continue to learn to read charts, TAB, melodies, chords, how to change chords, and basic techniques. Learn about the Ukulele, and how to play while singing songs and having a laugh or two. Ukuleles are provided for use during in-class time only. Anyone can play the Ukulele, come give it a try. Please note: Short nails are necessary to play stringed instruments.

*Jennifer May, Instructor*

Monday, 9/9-10/7 (5x) Senior Center \$21  
12:00-12:55pm

Monday, 11/4-12/9 (5x) no class 11/11  
12:00-12:55pm Senior Center \$21



## VOICE LESSONS

Enjoy singing? For your own self-enjoyment or as a member of a chorus or choir? Individual 45 minute private lessons are available for you to improve your singing voice and share your love of singing. Space is limited. **\*Voice is NOT eligible for a fee waiver and NO refunds for missed classes.**

*Dale Suckow, Instructor*

Friday, 9/6-10/4 (5x)  
9:00am-12:00pm Senior Center \$90

Friday, 10/18-11/15 (5x)  
9:00am-12:00pm Senior Center \$90

## HEALTH AND FITNESS

### 20/20/20

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

*Marilyn Ciavarella, Instructor*

Monday, 9/9-10/7 (5x)  
11:30am-12:30 pm Senior Center \$18

Monday, 10/28-12/16 (5x) no class 11/11, 11/25, 12/2  
11:30am-12:30pm Senior Center \$18

Wednesday, 9/11-10/16 (6x)  
12:15-1:15pm Senior Center \$21

Wednesday, 10/30-12/18 (6x) no class 11/27, 12/4  
12:15-1:15pm Senior Center \$21



## ARCHERY - Beginner

Check this item off your bucket list. Learn a new skill shooting compound and recurve bows. Archery is rich in fun and health benefits and is as therapeutic and beneficial to your concentration as yoga. Archery uses your full range of upper body muscles and keeps the mind sharp by working on focus. Learn basic archery skills including safety, shooting form, and scoring. Join others and "Take A Shot!" All equipment provided - personal equipment not allowed. **Due to class popularity, please sign up for 1 session only.**

*Angelo Lorenzo, Instructor*

Wednesday, 11/6-12/11 (6x)  
10:30-11:30am Clearfield Community Center \$24

*Greg Potter, Instructor*

Thursday, 9/12-10/10 (5x)  
10:30-11:30am Clearfield Community Center \$20

Thursday, 10/31-12/5 (5x) no class 11/28  
10:30-11:30am Clearfield Community Center \$20

## ARCHERY SHOOT - Advanced

For the Archer who knows how to shoot and has taken beginning Archery. **NOTE:** Cannot register for Beginning and Advanced Archery Shoot together.

*Angelo Lorenzo, Instructor*

Tuesday, 9/17-10/22 (6x)  
10:30-11:30am Clearfield Community Center \$24

Tuesday, 11/12-12/17 (6x)  
10:30-11:30am Clearfield Community Center \$24

## BALLET STRETCH

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

*Dawn Tarbox-Szerbiak, Instructor*

Tuesday, 9/17-10/15 (5x)  
10:40-11:35am Senior Center \$20

Tuesday, 10/29-12/10 (7x)  
10:40-11:35am Senior Center \$28

Thursday, 9/19-10/17 (5x)  
9:30-10:25am Senior Center \$20

Thursday, 10/31-12/12 (6x) no class 11/28  
9:30-10:25am Senior Center \$24

**BALLROOM DANCING**

Join us for introductory ballroom lessons. No experience or partner necessary. Wear sneakers or flat shoes.

*Karen Murphy, Instructor*

Tuesday, 9/3-10/15 (7x)  
1:15-2:15pm Senior Center \$25

Tuesday, 10/29-12/10 (7x)  
1:15-2:15pm Senior Center \$25

**BELLY DANCING**

As one of the oldest forms of dance, the benefits of belly dance are undeniable. Belly Dancing promotes balance, strength, digestion, coordination and confidence as well as being a fun and highly expressive dance form. A hip scarf or coin belt is suggested, but optional. No prior experience necessary.

*Colleen Besseghini, Instructor*

Thursday, 9/26-10/31 (6x)  
1:30-2:20pm Senior Center \$18

**CARDIO DRUMMING**

Cardio Drumming is an aerobic exercise that takes a simple movement, drumming, and turns it into a full-body workout that will leave you smiling and feeling great. It brings together drumsticks, an exercise ball and stand to create one of the most fun workouts you'll ever do. Beating rhythmically to songs will promote physical health, better coordination and reduce stress. Come join in the fun! Equipment provided.

*Dawn Tarbox-Szerbiak, Instructor*

**Morning**

Monday, 9/16-10/21 (5x) no class 10/14  
9:30-10:25am Senior Center \$18

Monday, 10/28-12/9 (6x) no class 11/11  
9:30-10:25am Senior Center \$21

Wednesday, 9/18-10/23 (5x) no class 9/25  
9:30-10:25am Senior Center \$18

Wednesday, 10/30-12/11 (7x)  
9:30-10:25am Senior Center \$24

*Marilyn Ciavarella, Instructor*

**Afternoon**

Tuesday, 9/10-10/15 (6x)  
12:00-12:50pm Senior Center \$21

Tuesday, 10/29-12/17 (6x) no class 11/26, 12/3  
12:00-12:50 pm Senior Center \$21

**Evening**

Thursday, 9/12-10/17 (6x)  
4:45-5:35pm Senior Center \$21

Thursday, 10/31-12/19 (6x) no class 11/28, 12/5  
4:45-5:35pm Senior Center \$21

**FALL PREVENTION - Safe on Your Feet**

A 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. Fight age with strength.

*Jean Widlicka, Instructor*

Wednesday, 9/4-10/16 (7x)  
9:30-10:25am Senior Center \$18

Wednesday, 10/30-12/11 (6x) no class 11/27  
9:30-10:25am Senior Center \$16

**FUNCTIONAL LIVING EVERYDAY EXERCISE (FLEE) ZOOM**

This exciting program encourages moderate physical activity to help improve balance, mobility, and strength. Each class provides resistance work, balance training, and range of motion movements that mimic activities of daily life. Perform a variety of balance challenges to help reduce the risk of falls. Join the functional fitness movement and live an independent and active life. Be sure to wear sneakers. Have a chair and resistance band ready.

*Jill Bronsky, Instructor*

Monday, 9/9-10/7 (5x)  
9:30-10:25am Zoom \$17

Monday, 10/28-12/9 (6x) no class 11/11  
9:30-10:25am Zoom \$20

**GET FIT WHILE YOU SIT**

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

*Jean Widlicka, Instructor*

Monday, 9/9-10/7 (5x)  
10:30-11:25am Senior Center \$14

Monday, 10/28-12/9 (6x) no class 11/11  
10:30-11:25am Senior Center \$16

### GROOVE AND MOVE

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

*Dawn Tarbox-Szerbiak, Instructor*

Wednesday, 9/18-10/23 (5x)                      no class 9/25  
10:40-11:25am                      Senior Center \$20

### HIIT TO BE FIT

This HIIT (High Intensity Interval Training) Class is designed with seniors in mind. It is high intensity, not high impact! Our workout is set in blocks of time—25 seconds of work, 10 seconds of rest—and can be modified as needed. There will be no floor work, no jumping, no running and is suitable for most fitness levels. Bring light hand weights to class, if desired. Join us for this fun yet challenging class!

*Suzanne Lewis, Instructor*

Friday, 9/13-10/18 (6x)                      Senior Center \$18  
10:30-11:20am

Friday, 11/1-12/13 (6x)                      no class 11/29  
10:30-11:20am                      Senior Center \$18

Tuesday, 9/10-10/15 (6x)                      Senior Center \$18  
4:00-4:50pm

Tuesday 11/5-12/10 (6x)                      Senior Center \$18  
4:00-4:50pm

#### Get help finding the right coverage for you

#### *Explore your coverage options*

- Find and compare health and drug plans at [medicare.gov/plan-compare](https://www.medicare.gov/plan-compare)
- Call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.
- Get free, personalized health insurance counseling from your State Health Insurance Assistance Program or a trusted agent or broker may also be able to help.

<https://aging.ny.gov/programs/medicare-and-health-insurance>

## *Get started with Medicare*

### IT'S IMPORTANT FOR YOU TO:

• **Understand your Medicare coverage options.** There are 2 main ways to get your Medicare coverage—Original Medicare (Part A and Part B) and Medicare Advantage.

• **Find out how and when you can sign up.** If you don't have Medicare Part A or Part B, go to Section 1 (starting on page 10 or 12). If you have other health insurance, find out how your other insurance works with Medicare.

**If you don't have Medicare drug coverage (Part D), there may be penalties if you don't sign up when you're first eligible.**

• **Mark your calendar with these important dates!** These may be the only times you have each year to change your coverage.

• **October 1, 2024** Start comparing your current coverage with other options. You may be able to save money or get extra benefits.

• **October 15-December 7, 2024** Change your Medicare health or drug coverage for 2024, if you decide to. You can join, switch or drop a Medicare Advantage Plan or Medicare drug plan, or switch to Original Medicare during this Open Enrollment Period each year.

• **January 1, 2025** New coverage begins if you made a change. If you kept your existing coverage and your plan's costs or benefits changed, those changes also start on this date.

• **January 1-March 31, 2025** If you're in a Medicare Advantage Plan, you can change to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) once during this time. Any changes you make will be effective the first day of the month after the plan gets your request

*Each year, it's important to review your Medicare health and drug coverage to make sure it still meets your needs, and decide if you want to make a change. You don't need to sign up for Medicare each year, but you should still review your options.*

## What's new & important?

### **Saving money on your prescription drugs**

If you have Medicare drug coverage (Part D) and your drug costs are high enough to reach the catastrophic coverage phase, you don't have to pay a copayment or coinsurance. Extra Help—a program that helps cover your Part D drug costs—expanded to cover more drug costs for certain people with limited resources and income. Coinsurance amounts for some Part B-covered drugs may be less if a prescription drug's price increased higher than the rate of inflation.

### **Lower costs for insulin and vaccines**

Your Medicare drug plan can't charge you more than \$35 for a one-month supply of each insulin product Part D covers, and you don't have to pay a deductible for it. If you take insulin through a traditional pump that's covered under Medicare's durable medical equipment benefit, that insulin is covered under Medicare Part B. You won't pay more than \$35 for a month's supply and the Medicare deductible no longer applies. Recommended adult vaccines are also now available at no cost to you.

### **Changes to telehealth coverage**

You can still get telehealth services at any location in the U.S., including your home, until the end of 2024. After that, you must be in an office or medical facility located in a rural area to get most telehealth services. There are some exceptions, like for mental health services.

### **Managing and treating chronic pain**

Medicare now covers monthly services to treat chronic pain if you've been living with it for more than 3 months.

### **Better mental health care**

Medicare now covers intensive outpatient program services provided by hospitals, community mental health centers, and other locations if you need mental health care.

### **More times to sign up for Medicare**

If you recently lost (or will soon lose) Medicaid, you may be able to sign up for Medicare or change your current Medicare coverage. There are other special situations that allow you to sign up for Medicare.

### **COVID-19 care**

Medicare continues to cover the COVID-19 vaccine, and several tests and treatments to keep you and others safe.

## **INTRODUCTION TO HORSESHOES**

Learn everything about this classic backyard game. Ideal for casual gatherings or serious competition. No experience necessary.

*Angelo, Lorenzo, Instructor*

Thursday, 9/12-10/10 (5x)

10:30-11:30am North Forest Park Horseshoe Pits \$20

## **LINE DANCING - COUNTRY - Beginner/Beginner Plus**

Designed for the Beginner and Beginner Plus who want to learn or improve their dancing skills. Easy to learn Country Western Dance Steps with a progression to slightly more advanced dance routines. Join in the fun and dance at your own level. Wear comfortable clothing. Cowboy boots are recommended or a shoe that can slide. No sandals, flip flops or rubber soled shoes.

*Connie Kaminski, Instructor*

Monday, 9/9-11/4 (8x)

1:00-2:30pm

no class 10/14

Senior Center \$28

## **MEAN JEAN'S EXERCISE**

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

*Jean Widlicka, Instructor*

Monday, 9/9-10/7 (5x)

9:30-10:25am

Senior Center \$14

Monday, 10/28-12/9 (6x)

9:30-10:25am

no class 11/11

Senior Center \$16

Tuesday, 9/3-10/15 (7x)

9:30-10:25am

Senior Center \$18

Tuesday, 10/29-12/10 (6x)

9:30-10:25am

no class 11/26

Senior Center \$16

Thursday, 9/5-10/17 (7x)

9:30-10:25am

Senior Center \$18

Thursday, 10/31-12/12 (6x)

9:30-10:25 am

no class 11/28

Senior Center \$16

Friday, 9/6-10/18 (7x)

9:15-10:10am

Senior Center \$18

Friday, 11/1-12/13 (6x)

9:15-10:10am

no class 11/29

Senior Center \$16

## MOVE, TONE AND STRETCH

Includes low impact cardio, toning with light weights or bands and some core work. Class will finish with yoga inspired stretching and breathing. This is a fun and low impact way to improve your range of motion, strength, balance and flexibility. Bring light weights (1-2 pounds) and a mat to class.

*Kathy Bragagnola, Instructor*

Monday, 9/9-10/21 (6x) no class 10/14  
6:00-7:00pm Northwest Amherst  
Community Center \$24

Monday, 11/4-12/16 (6x) no class 11/11  
6:00-7:00pm Northwest Amherst  
Community Center \$24

## PICKLEBALL - Beginner

Did you know, Pickleball is the fastest growing sport in the United States? It is a paddle sport that combines elements of tennis, badminton and ping pong. This six-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. Comfortable clothing and sneakers are a must! **Due to class popularity, please sign up for 1 session only.**

*Greg Potter, Instructor*

### Morning

Tuesday, 9/10-10/15 (6x)  
10:30am-12:00pm Northwest Amherst  
Community Center \$18

Tuesday, 11/5-12/10 (6x)  
10:30am-12:00pm Northwest Amherst  
Community Center \$18

*Cindy Weiss, Instructor*

### Afternoon

Thursday, 9/5-10/10 (6x)  
1:30-3:30pm Senior Center \$24

Thursday, 10/24-12/5 (6x) no class 11/28  
1:30-3:30pm Senior Center \$24



## PICKLEBALL - INTERMEDIATE INSTRUCTIONAL

Have you taken the Pickleball class, but want more in-depth instruction? Learn about Topspin, Slice, Serving technique, Ball Placement, Court Position, Communication and other situational pickleball theories. Should have prior experience, plus ability in pickleball. Suggested skill level is 3.0+. **First time students only! Due to class popularity, please sign up for 1 session only.**

*Greg Potter, Instructor*

Thursday, 9/5-9/26 (4x)  
6:00-7:30pm Senior Center \$20

Thursday, 10/10-11/7 (4x) no class 10/17  
6:00-7:30pm Senior Center \$20

Thursday, 11/21-12/19 (4x) no class 11/28  
6:00-7:30pm Senior Center \$20

## PICKLEBALL AT CLEARFIELD

Pickleball is a paddle sport that combines elements of tennis, badminton and ping pong. In this session, you will learn the basic rules of the game, along with plenty of opportunity for open play. Instruction is limited. Time will be spent playing to improve your skills and have fun.

*Brian Ignaszak, Court Manager*

### All Levels

Monday, 9/9-10/21 (6x) no class 10/14  
12:00-2:00pm Clearfield Community Center \$24

Monday, 10/28-12/16 (6x) no class 11/11, 11/25  
12:00-2:00pm Clearfield Community Center \$24

Wednesday, 9/11-10/23 (7x)  
12:00-2:00pm Clearfield Community Center \$28

Wednesday, 10/30-12/18 (7x) no class 11/27  
12:00-2:00pm Clearfield Community Center \$28

Thursday, 9/5-10/17 (7x)  
12:00-2:00pm Clearfield Community Center \$28

Thursday, 10/24-12/12 (7x) no class 11/28  
12:00-2:00pm Clearfield Community Center \$28

### Intermediate Play

Tuesday, 9/10-10/22 (7x)  
12:00-2:00pm Clearfield Community Center \$28

Tuesday, 10/29-12/17 (7x) no class 11/26  
12:00-2:00pm Clearfield Community Center \$28

Friday, 9/6-10/18 (7x)  
12:00-2:00pm Clearfield Community Center \$28

Friday, 10/25-12/13 (7x) no class 11/29  
12:00-2:00pm Clearfield Community Center \$28

## QIGONG and TAI CHI REFINEMENTS

We will explore the various connections of Qigong and Tai Chi. Qigong involves postures and breathing exercises that enhance vitality and well-being. Qigong also has an important effect on the quality of the stretching and fitness one can experience through Tai Chi. The combination of Qigong 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. Class is held 2x a week on Tuesdays & Thursdays.

*Robert Sachs, Connie Beroza, Instructors*

Tue. & Thu., 9/3-12/19 (29x)  
12:00-1:00pm no class 10/29, 10/31, 11/28  
Senior Center \$22

## STRENGTH AND BALANCE

Maintain muscle mass and improve core strength and balance through a series of exercises performed in succession. By modeling the movements of daily life like squatting, reaching, or even carrying a heavy object, building functional strength can help increase your quality of life and reduce your risk of injury.

*Angelo Lorenzo, Instructor*

Tuesday, 9/17-10/22 (6x)  
6:00-6:50pm Senior Center \$21  
Tuesday, 11/1-12/17 (6x)  
6:00-6:50pm Senior Center \$21



## TABLE TENNIS (PING PONG)

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

*Greg Potter, Instructor*

Monday, 9/16-10/21 (5x) no class 10/14  
11:00am-12:15pm Senior Center \$20  
Monday, 11/4-12/9 (5x) no class 11/11  
11:00am-12:15pm Senior Center \$20

## TAI CHI - Beginning/Continuing

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. Comfortable, loose fitting clothing is recommended. Class is held 2x a week on Tuesdays & Thursdays.

*Robert Sachs, Connie Beroza, Instructors*

Tue. & Thu., 9/3-12/19 (30x) no class 11/26, 11/28  
10:45-11:45am Senior Center \$22

## TAP DANCING - Beginner

Have you ever wanted to take tap but never had the opportunity? Here's your chance to learn the fundamentals of tap dancing. Tap is a great way to exercise the body and the mind in a fun and exciting way. This class will teach you footwork and expression through sound. It is a great way to practice control, coordination and agility. Plus it is a lot of fun! No experience needed, but tap shoes are required. This class can be done standing or sitting.

*Dawn Tarbox-Szerbiak, Instructor*

Thursday, 9/19-10/17 (5x)  
10:40-11:35am Senior Center \$21  
Thursday, 10/31-12/12 (6x) no class 11/28  
10:40-11:35am Senior Center \$25

## TAP DANCING - Intermediate

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

*Dawn Tarbox-Szerbiak, Instructor*

Tuesday, 9/17-10/15 (5x)  
9:30-10:25am Senior Center \$21  
Tuesday, 10/29-12/10 (7x)  
9:30-10:24am Senior Center \$28

## TENNIS - Beginner

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

*Angelo Lorenzo, Instructor*

Monday, 9/16-10/21 (5x) no class 10/14  
10:30-11:30am Clearfield Community Center \$20  
Monday, 11/18-12/16 (5x)  
10:30-11:30am Clearfield Community Center \$20

## HEALTH AND FITNESS

### YOGA

Hatha Yoga is for everyone, whatever your age or flexibility level. Relieve emotional tension and stress through breath awareness and systematic training in natural, healthy diaphragmatic breathing. Variations will be presented for beginner to intermediate so you can work at your own level, transitioning from floor to feet. Bring floor mat to class.

*Tina Phillips, Instructor*

#### **Morning** - Beginner

Tuesday, 9/10-10/22 (7x)  
9:00-10:15am Senior Center \$24

Tuesday, 11/5-12/17 (7x)  
9:00am-10:15am Senior Center \$24

#### **Morning** - All Levels

Thursday, 9/12-10/24 (7x)  
9:00-10:15am Senior Center \$24

Thursday, 11/7-12/19 (6x)  
9:00-10:15am no class 11/28  
Senior Center \$21

#### **Afternoon** - All Levels

Tuesday, 9/10-10/22 (7x)  
4:00-5:00pm Senior Center \$24

Tuesday, 11/5-12/17 (7x)  
4:00-5:00pm Senior Center \$24

#### **Zoom** - All Levels

Wednesday, 9/11-10/23 (7x)  
9:00-10:15am Zoom \$24

Wednesday, 11/6-12/18 (7x)  
9:00-10:15am Zoom \$24

### YOGA/CHAIR

While sitting in a chair, promote your health and energy level with mindfulness of body and mind through a variety of safe and relaxing Yoga stretches and postures. Some standing poses are also included.

*Jennifer Nuwer, Instructor*

#### **Morning**

Friday, 9/6-10/18 (6x) no class 9/20  
11:00am-12:15pm Senior Center \$21

Friday, 11/1-12/13 (6x) no class 11/29  
11:00am-12:15pm Senior Center \$21

#### **Afternoon**

Friday, 9/6-10/18 (6x) no class 9/20  
12:30-1:45pm Senior Center \$21

Friday, 11/1-12/13 (6x) no class 11/29  
12:30-1:45pm Senior Center \$21

### YOGA/GENTLE MINDFUL

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

*Kathy Bragagnola, Instructor*

Thursday, 9/5-10/17 (7x)  
6:00-7:00pm Senior Center \$25

Thursday, 10/31-12/19 (7x) no class 11/28  
6:00-7:00pm Senior Center \$25

### YOGA AND MEDITATION

The mind and body are interconnected. This will be a combination of meditation and yoga exercise, done from a chair. Some standing poses are also included. The ultimate goal is to achieve a gentle and healing experience.

*Jennifer Nuwer, Instructor*

Wednesday, 9/4-10/16 (7x)  
11:00am-12:00pm Senior Center \$20

Wednesday, 10/30-12/11 (6x) no class 11/27  
11:00am-12:00pm Senior Center \$18

### 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, 9/10-10/22 (7x)  
10:30-11:45am Senior Center \$24

Tuesday, 11/5-12/17 (7x)  
10:30-11:45am Senior Center \$24

### ZUMBA DISCO

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

*Marilyn Ciavarella, Instructor*

Thursday, 9/12-10/17 (6x)  
12:00-12:50pm Senior Center \$21

Thursday, 10/31-12/19 (6x) no class 11/28, 12/5  
12:00-12:50pm Senior Center \$21

**Are you turning 65 and new to Medicare this year?  
Do you need a review of your current plan?**

If so, we can assist you in:

- Applying for Medicare Part A and B
- Navigating the Medicare maze of options when choosing a plan
- Review your prescription drug costs and options to find a lower cost for your brand name drugs. This includes assisting you to see if you qualify for EXTRA help and NYS EPIC.

Thank you for allowing me to assist you with your Medicare options.

- |                         |                            |
|-------------------------|----------------------------|
| ✓ Medicare Options      | ✓ Prescription Drug Review |
| ✓ Dental and Vision     | ✓ Retirement Rollovers     |
| ✓ Life/Burial Insurance |                            |

**Call Paul today to schedule  
your In-Home Appointment.**

**WNY Medicare Advisors**  
A DIVISION OF REIDENOUER INSURANCE SERVICES, LLC  
**Advising Seniors on Medicare since 2008**

**I NEVER charge a fee!  
I make House Calls!**



PAUL REIDENOUER  
AGENCY OWNER



**716-296-0022**

email: paul@wnymedicareadvisors.com  
www.wnymedicareadvisors.com



**The Home Energy  
Assistance Program (HEAP)**

**HEAP** is a federally funded program, which is administered by New York State to assist low-income families with their energy needs. Multiple components are available to apply for heating assistance or services while the funding is available. To see if you're eligible, please contact our Senior Outreach Services at 716-636-3070.



**HEAP**  
Home Energy  
Assistance Program

A Program of the Office of Temporary and Disability Assistance

# Save the Dates



## SPECIAL LUNCHES 2024

**India Independence Day**

Thursday, August 15

**Labor Day Picnic**

Friday, August 30

**Hispanic Heritage**

Wednesday, September 18

**Rosh Hashanah**

Thursday, October 3

**Columbus/Indigenous Day/Day of the Race**

Friday, October 11

**Halloween**

Thursday, October 31

**Veteran's Day**

Friday, November 8

**Thanksgiving**

Tuesday, November 26

**Christmas**

Tuesday, December 18

**Hanukkah**

Friday, December 27

**New Year's Eve**

Tuesday, December 31

*Further information will be provided  
in our monthly newsletter.*

## Advertise With Us!

**\$375** 1/4 PAGE

3.75" x 4.75" | Black & White

**\$700** 1/2 PAGE

7.75" x 4.75" or 3.75" x 9.75" | Black & White

**\$1,300** FULL PAGE

7.75" x 9.75" | Black & White

Our catalog is available at the center and distributed to: Amherst Libraries, Williamsville Town Hall, and online at <https://www.amherstcenterforseniorservices.com> or <https://www.amherst.ny.us/>  
Contact: Christina Yensan, Public Relations Coordinator at [cyensan@amherst.ny.us](mailto:cyensan@amherst.ny.us)

## SPECIAL EVENTS

### ASK THE CANDIDATES

Thursday, October 17

5:30pm

This is your chance to find out from the candidates where they stand on local issues.

### SENIOR EXPO

Tuesday, October 22

4:00-6:00pm

Dozens of vendors whose products and services are targeted to adults 55 and older!

### BREAKFAST WITH SANTA

Saturday, December 7

9:00-11:00am

Enjoy breakfast, crafts and a visit from Santa himself!

### HOLIDAY HAPPENING

Friday, December 20

6:00-8:00pm

Bring the whole family out for crafts, games, characters and more! *Presented to you by the Town of Amherst Center for Senior Services, Youth & Recreation Department, Police Department and the Amherst Libraries.*



## Medicare Health Plan Assistance

Explanation of Medicare

Plan Analysis & Review

Enrollment Assistance

No-fee Services

Multiple Carriers, More Choices

We'll meet you at the Senior Center!

Contact Lisa Giancarlo at 716-864-4886 to schedule your appointment at the Amherst Senior Center today!



CLARITY GROUP

Be clear. Be covered. Be confident.

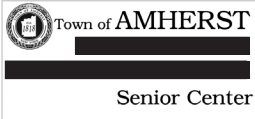


We make Medicare easy, call to schedule your no-cost, no obligation consultation to learn more about your options.



**Maria Schenk**  
Licensed Sales Agent  
716-345-0337  
[mschenk@sherideanbenefits.com](mailto:mschenk@sherideanbenefits.com)

Not connected with or endorsed by the United States government or the federal Medicare program.  
For persons with special needs accommodations, call 716-276-0880, TTY Users: 1-800-421-1220 (711).  
We do not offer every plan available in your area. Currently we represent 11 organizations which offer 210 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all your options



# FALL 2024 CLASS REGISTRATION - WEDNESDAY, AUGUST 7, 2024

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

All Classes are held at the Amherst Senior Center unless otherwise stated.

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

**Telephone** Please call (716) 636-3051 to register with a credit card.

**Mail or Drop Off** 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 the back of the card. Make checks payable to Amherst Center for Senior Services. Mark envelope **CLASS REGISTRATION**. Include a self-addressed stamped envelope for class confirmation and receipt if desired.

**Walk In** Registration begins on **Thursday, August 8 at 9:00am**. Please bring completed form with **EXACT** payment by credit card, cash or check.

*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 | CENTER | ZOOM | DAY | TIME | START DATE | FEE |
|-----------------------|--------|------|-----|------|------------|-----|
|                       |        |      |     |      |            |     |
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|                       |        |      |     |      |            |     |
|                       |        |      |     |      |            |     |

**TOTAL \$** \_\_\_\_\_

(please circle one)      Cash      Charge      Check      Check Number \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_ / \_\_\_\_      CVV Number \_\_\_\_\_ Total Charge \_\_\_\_\_

Signature Required \_\_\_\_\_

**MAIL TO:**      **AMHERST CENTER FOR SENIOR SERVICES**  
**CLASS REGISTRATION**  
370 John James Audubon Parkway  
Amherst, NY 14228  
amherstcenterforseniorservices.com

Office Use Only:

Date: \_\_\_\_\_

Initials: \_\_\_\_\_

# Discover a different kind of Medicare

from a team that's always right here, for you.



At Univera Healthcare, we offer plans that go above and beyond Original Medicare, crafted exclusively for Western New York. Our Medicare plans help limit your health care costs and are packed with great benefits and unexpected extras – all for as little as \$0/month.

If you're looking at Medicare for the first time, see just how far \$0 can take you with our plan that includes:

**\$0**  
premium

- Preventive dental with NO copay
- \$1,000 to spend on comprehensive dental services
- \$0 Tier 1 generic drugs
- Over-the-counter benefit of \$200/year

**Connect with a local Medicare expert to find the plan that's right for you.**



**Call** 716-504-5660  
TTY 711

April 1 through September 30: 8 a.m. to 8 p.m., Monday - Friday. October 1 through March 31: 8 a.m. to 8 p.m., seven days a week.



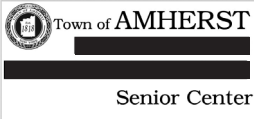
**Click**  
**UniveraForMedicare.com**

Not all plans are available in all areas. Univera Healthcare is an HMO and PPO plan with a Medicare contract. Enrollment in Univera Healthcare depends on contract renewal. Our Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-883-9577 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-877-883-9577 (TTY 711).

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Street \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number \_\_\_\_\_ Has any Information Changed? \_\_\_\_\_ If so, what? \_\_\_\_\_

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TOTAL \$ \_\_\_\_\_

(please circle one)      Cash      Charge      Check      Check Number \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_ / \_\_\_\_      CVV Number \_\_\_\_\_ Total Charge \_\_\_\_\_

Signature Required \_\_\_\_\_

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**CLASS REGISTRATION**  
370 John James Audubon Parkway  
Amherst, NY 14228  
amherstcenterforseniorservices.com

Office Use Only:

Date: \_\_\_\_\_

Initials: \_\_\_\_\_

# Medicare questions?



Visit or call one of our local  
Medicare centers.

Amherst Medicare Center  
6770 Main Street, Suite 120  
Williamsville, NY 14221  
Corner of Main and Caesar

**Amherst Medicare  
Center**  
**716-547-6540**



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