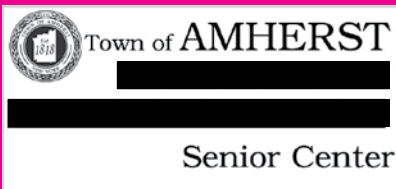


Spring-Summer Class Catalog 2025



The Critical Role of Hydration



AMHERST CENTER FOR SENIOR SERVICES

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

TO JOIN THE CENTER

Go to AmherstCenterforSeniorServices.com/membership-plans and complete the application or stop at the Center's Reception desk to sign up in person.

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 Current Member - Renewals Only

- \$50/Per Person

Membership is open to adults age 50 or older who live in the Town of Amherst. We are no longer accepting new non-Amherst resident memberships. 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 have 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 have caused confusion, so let's get the word out there about OUR page. Thanks!
<https://www.facebook.com/amherstnyseniorcenter/>

KEY STAFF CONTRIBUTORS

Melissa Abel, *Director*
mabel@amherst.ny.us

Christin Estrada, *Nutrition Coordinator*
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Darlene Wilber, *Public Relations Coordinator*
dwilber@amherst.ny.us

Marc Young, *Program Leader*
myoung@amherst.ny.us

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

TABLE OF CONTENTS

Registration Information 4
 General Information 5
 MAC Online Registration Program..... 6
 Learning and Social.....7-8
 Learning and Social - Technology 8-10
 Arts and Culture..... 10-11
 Arts and Culture - Music 11-13
 Health and Fitness 13-18
 Special Events 19
 The Critical Role of Hydration in Senior Health..... 20
 Registration Form21, 23

AMHERST TOWN BOARD

Brian Kulpa, *Supervisor*
 Shawn Lavin, *Deputy Town Supervisor,*
Senior Services Liaison
 Jaqueline Berger
 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

HOLIDAY CLOSINGS

Monday, May 26 (Memorial Day)
 Thursday, June 19 (Juneteenth)
 Friday, July 4 (Independence Day)
 Monday, September 1 (Labor Day)

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 50+. 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 as you learn about their history. 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 on-site 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 email your class ideas to Cindy Weiss at cweiss@amherst.ny.us.

Stay active, stay engaged, and stay healthy!

Best,
Melissa



REGISTRATION BEGINS: WEDNESDAY, APRIL 9, 2025

MEMBERSHIP IS REQUIRED FOR CLASS REGISTRATION

At 50 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, April 9, 2025 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.

2. TELEPHONE

Registration will begin on Wednesday, April 9, 2025 at 8:30am. Please call (716) 636-3051 to register with a credit card.

3. MAIL OR DROP OFF

Registrations will be processed beginning on Wednesday, April 9, 2025 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. WALK IN registration begins on Thursday, April 10, 2025 at 9:00am. Please bring completed form with exact payment by credit card, cash or check. **PLEASE NOTE: NO WALK IN registration or member applications will be processed on Wednesday, April 9, 2025.**

- Class registration is on a first come, first served basis. Registration forms are on pages 21 and 23. Please make sure forms are filled out completely, accurately, and legibly.

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.

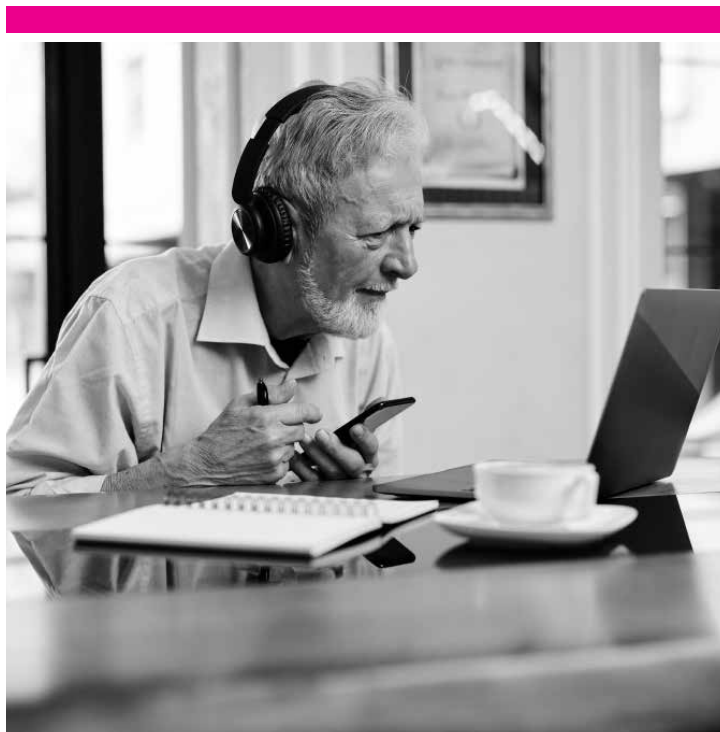
A full refund will be processed for a course cancelled due to low registration. You will be notified by phone or email 1-2 business days before the scheduled start date. A refund check or credit to your Senior Center Account may take up to 30 days after cancellation to process. In the event a class is 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.

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



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.

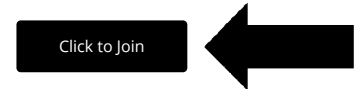
Links for Zoom Classes will be sent out **1 hour** prior to the class start time. The email will be sent from Amherst Center for Senior Services with the Subject: You have an upcoming Activity.

- 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.

Did you know you can access your Zoom link in MyActiveCenter for all your Zoom classes (exception - Art History)? Just go to the Bell Icon located at the top of the page next to the Shopping Cart Icon. Click on the bell to see a countdown of the time until you can join. Once that time hits, you will be provided a **JOIN BUTTON which will connect you straight to the Zoom lobby with participation instructions.



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.

LEARNING AND SOCIAL

ART HISTORY ZOOM- The Art of Landscape

This class investigates landscape painting, from its rise as an independent artistic genre in the 17th century, to the Impressionist era and beyond. The last class will focus on the evolution of the landscape in art in the twentieth and twenty-first century.

Laura Watts Sommer, Instructor

Thursday, 5/1-6/26 (8x) no class 6/19
10:00-11:15am Zoom \$30

BIRDS AROUND US

Each class will explore different birds who share the world around us. Topics for the Spring session include backyard birds in WNY, hummingbirds and orioles, waterbirds (a look at ducks and geese), and herons of our region. On a more personal note: the instructor will share her experiences working and living in a bird haven at the Santa Ana National Wildlife Refuge. If you are a bird lover, this is the class for you!

Patricia Szarpa, Instructor

Friday, 5/23-6/20 (4x) no class 6/6
10:30-11:30am Senior Center \$16

BRIDGE BASICS PART III

Concepts taught are the Stayman and Jacoby Transfer Conventions; Strong Openings and Responses; Slam Bidding. This session is designed for new learners who have taken Basics Part I and II. It can also be beneficial for those who need a refresher in these concepts.

Ruth Nawotniak, Instructor

Monday, 5/5-6/30 (7x) no class 5/26, 6/9
10:00am-12:00pm Senior Center \$35

BRIDGE-Reviewing Bidding & Card Play

This 7-week session will continue to focus on discussing possible bidding sequences and card play strategies. Geared towards Advanced Beginners, who have completed Basic Bridge Part II.

Ruth Nawotniak, Instructor

Monday, 5/5-6/30 (7x) no class 5/26, 6/9
12:30-2:00pm Senior Center \$27

OR

Monday, 5/5-6/30 (7x) no class 5/26, 6/9
2:30-4:00pm Senior Center \$27

COMEDY

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.

Mike Kowal, Instructor

Wednesday, 5/7-6/11 (6x)
1:00-2:30pm Senior Center \$29

**CREATIVE WRITING WORKSHOP:
Writing the Memoir**

The goal of this beginner's workshop is to build independence and to 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, 5/14-6/18 (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: 5/14, 6/11, 7/9, 8/13.) 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 in-house classes.

Jeff Goodman, Dick Schanley, Leaders

Wednesday, 5/7-8/20 (16x)
10:00-11:30am Zoom \$20

DEFENSIVE DRIVING COURSE

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

HISTORY OF MYSTERY

Discover the world of mystery writing and the women who wrote them. Beginning in the nineteenth century women became known for writing detective stories. This class explores those women including the Goddess of Mystery, Agatha Christie. Each month the class will read a different woman detective writer. We will discuss writing techniques and styles. Every mystery reader will enjoy this class.

Harriet Grayson, Instructor

Thursday, 5/15, 6/26, 7/17, 8/21 (4x)

11:00am-12:00pm Senior Center \$20

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.

Mike Kowal, Instructor

Wednesday, 7/2-8/13 (7x)

1:00-2:30pm Senior Center \$33

INTRODUCTION TO CHESS

Chess is a strategy board game played between two players, where the goal is to "checkmate" your opponent's King. Learn how each piece moves, strategy, and skills of the game in this interactive class. Enjoyed by all ages, chess is one of the oldest and most popular games in the world.

Greg Potter, Instructor

Monday, 7/7-8/11 (5x)

no class 8/4

11:00am-12:15PM Senior Center \$20

WISDOMKEEPER: AGE-ING to SAGE-ING

What does it mean to age, to become an Elder, a Wisdomkeeper? How do we welcome the process even with its inherent challenges and assess our life lessons to pass them on to those we encounter? We will use Jewish texts, breathwork, chant, song, and silence, to ground us on our journey. Expect reflection and sharing as we build community and relationships. Class will meet every other Thursday.

Rabbi Yonina Foster of JFSWNY, Instructor

Thursday, 5/29, 6/12, 6/26, 7/10, 7/24 (5x)

1:00-2:00pm Senior Center \$16

LEARNING AND SOCIAL – TECHNOLOGY

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. Downloads, PDFs, attachments, links, and QR codes-WiseClasses helps you understand and navigate through it all. Don't miss out on this opportunity to expand your tech skills and independence. Bring your charged laptop, your smartphone and your questions. You need to access your email for this class-know your password.

Nancy Wise-Read, Instructor

Tuesdays, 7/1-7/15 (3x)

1:00-3:00pm Senior Center \$34



UNDERSTANDING SMARTPHONES AND TABLETS

Learn how to use ANY Smartphone (Android/iPhone) or Tablet with ease! This WisePhone Class is perfect for seniors who want to stay connected with loved ones, take pictures, and access important apps. Let me guide you through the basics of using your device, including navigation, messaging, and more. Don't miss out on this opportunity to expand your tech skills and independence! Bring your charged Smartphone/iPad and your questions.

Nancy Wise-Reid, Instructor

Tuesday, 7/29-8/12 (3x)

1:00-3:00pm Senior Center \$34

UNDERSTANDING YOUR ANDROID DEVICE

Learn how to use your Android Smartphone or Tablet with ease! This WisePhone Class is perfect for seniors who want to stay connected with loved ones, take pictures, and access important apps. Let me guide you through the basics of using your device, including navigation, messaging, and more. Don't miss out on this opportunity to expand your tech skills and independence! Bring your charged Smartphone or Tablet and your questions.

Nancy Wise-Reid, Instructor

Tuesday, 5/6-5/20 (3x)

1:00-3:00pm Senior Center \$34



Michele Hrichan

Regional Medicare Sales Consultant

716.572.8315

205 Park Club Lane

Buffalo, NY 14221

michele.hrichan@univerahealthcare.com

UNDERSTANDING YOUR IPHONE OR IPAD

Learn how to use your iPhone/iPad with ease! This WisePhone Class is perfect for seniors who want to stay connected with loved ones, take pictures, and access important apps. Let me guide you through the basics of using your device, including navigation, messaging, and more. Don't miss out on this opportunity to expand your tech skills and independence! Bring your charged iPhone/iPad and your questions.

Nancy Wise-Reid, Instructor

Tuesday, 6/3-6/17 (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, 5/5-7/14 (10x)

10:00am-12:00pm

no class 5/26

Senior Center \$56

CALLIGRAPHY - Advanced/Fine Pointed Pen or Copperplate Style

In this class we will work with a fine pointed pen and the copperplate alphabet. Students will enjoy lettering poems, practicing flourishes and using color. Experience with a fine pointed pen and knowledge of the Copperplate style of calligraphy is required in this class.

Mary Jo LaClair, Instructor

Friday, 5/9-6/6 (5x)

1:00-3:00pm

Senior Center \$36

CALLIGRAPHY-Flowers, Flourishes and Letters - Continuing

If you have taken one course in Calligraphy Flowers and want to continue using the parallel pen to make more beautiful flowers, leaves and graceful shapes, this course is for you. We will also work with a simple alphabet so you can add words to your creation. A supply list will be available at the front desk.

Mary Jo LaClair, Instructor

Friday, 5/9-5/30 (4x)

10:00-12:00pm

Senior Center \$29

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, 5/6-5/20 (3x)

1:30-3:30pm

Senior Center \$15

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, 5/8-6/5 (5x)

9:30-11:30am

Senior Center \$39

LEARN TO DRAW MORE II

Continue to expand your drawing abilities. Follow the instructor in step by step lessons as we explore new subjects using pencil, pen, ink and charcoal. Basic drawing skills necessary; previous class instruction helpful. Find the materials list at www.danmeyerwatercolor.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, 5/15-7/17 (9x)

12:30-2:30pm

no class 6/19

Senior Center \$63



ORIGAMI - The Japanese Art of Paperfolding

Origami is the Japanese art of folding paper into different objects, shapes and animals.

In this May class we will make several of the most recognized Origami model: the Japanese Crane and string them together to making a hanging. In the June class, with a slight fold change, we will make variations of the Japanese Crane. When someone gives you an origami crane, it typically symbolizes hope, peace, and a wish for good fortune; this is deeply rooted in Japanese culture where the crane is considered a symbol of longevity and happiness.

Nancy-Wise-Reid, Instructor

Monday, 5/19 (1x) \$5 (Japanese Crane)
 Monday, 6/16 (1x) \$5 (Variations on the Japanese Crane)
 11:00am-12:00pm Northwest Amherst Community Center \$5 each class

WATERCOLOR - Beginner Part III

Continue to advance your watercolor skills as we explore new subjects. Completion of Beginner Watercolor class preferable. Photo reference will be provided as each subject is rendered by the instructor in a step by step procedure as students follow along. Find the materials you need at 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 Material List.

Dan Meyer, Instructor

Thursday, 5/15-7/17 (9x) no class 6/19
 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, 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, 5/14-7/30 (12x)
 9:30-11:30am Senior Center \$84

WOODCARVING - All Levels

In this class, we will be carving a caricature turtle. A good quality carving knife is required. *Knives* by Dave Notto can be ordered at chipsdn@verizon.net. Flex Cut and Helvie are also good knives and can be purchased online. A filet glove or Kevlar glove work well. This class is suitable for all levels of carvers. Wood and pattern are included in the price of the class.

Deborah Barbour, Instructor

Thursday, 7/10-8/14 (6x)
 2:00-4:00pm Senior Center \$45

WOODCARVING - Intermediate-Continuing

In this class, we will continue to finish the chipmunk from the prior Woodcarving Intermediate class by adding texture, burning the fur, paint and finish. A good quality carving knife and gauges are required. This class is for intermediate and advanced carvers.

Deborah Barbour, Instructor

Thursday, 5/8-6/12 (6x)
 2:00-4:00pm Senior Center \$38

ARTS AND CULTURE – MUSIC

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 welcomed to bring it in.

Jennifer Nuwer, Instructor

Friday, 5/9-6/20 (6x) no class 6/13
 9:30-10:30am Senior Center \$21
 Friday, 7/18-8/8 (4x)
 9:30-10:30am Senior Center \$15

ARTS AND CULTURE - MUSIC

GUITAR, UKULELE, RECORDER LESSONS

Individual half hour private lessons will be offered in person. 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, 5/5-6/9 (5x) no class 5/26

Limited times available Senior Center \$70

Monday, 6/23-7/21 (5x)

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, 6/26-7/31 (6x)

8:30am-2:00pm Senior Center \$84

SHUFFLE OFF FROM BUFFALO! GREAT THEATRICAL FIGURES FROM WESTERN NEW YORK

With the always lively creative arts in the Buffalo area, we shouldn't be surprised that many brilliant natives have gone on to national fame. This course will examine the major contribution that Buffalonians have made to American theatre history: from composers like Harold Arlen and David Shire to playwrights like A.R. Gurney, from directors like George Abbott and Michael Bennett to an A List of actors like Katherine Cornell, Nancy Marchand, Christine Baranski, James Whitmore and Stephen McKinley Henderson. These gifted theatre folks were way too talented to remain local celebrities-they had to 'shuffle off from Buffalo' to the bright lights of Broadway!

Michael Harris, Instructor

In House

Tuesday, 5/6-7/22 (12x)

9:30- 11:30am Senior Center \$48

Zoom

Tuesday, 5/6-7/22 (12x)

1:00-3:00pm Zoom \$48

SYMPHONIES OF LUDWIG VAN BEETHOVEN (New Time)

This course will be a presentation on one of the greatest composers who ever lived: Ludwig van Beethoven. We will explore his 9 beloved symphonies, his musical ability and his influence on the composers after him. You will learn of his personal struggles with deafness and other unfortunate circumstances.

Sebnem Mekinulov, Instructor

Monday, 5/12-7/21 (10x)

1:15-3:15pm

no class 5/26

Senior Center \$40

UKULELE SING-A-LONG - Beginning Group Lesson

This half hour lesson is designed for those who have never played the Ukulele. Classes will be limited to 4 students. We will work from printed handouts. Reminder that short nails are necessary for stringed instruments. Ukuleles are provided for use during class time if you need one.

Jennifer May, Instructor

Monday, 5/5-6/9 (5x)

11:00-11:30am

no class 5/26

Senior Center \$21

Monday, 6/23-7/21 (5x)

11:00-11:30pm

Senior Center \$21

UKULELE SING -A-LONG- Intermediate Group Lessons

For those who have played at least one year, are comfortable with songs that have 2 chords, have tried to read TAB, and know a few strum patterns. We will be using Jim Beloff's *Yellow Book* and *Essential Elements* level 1 for Ukulele and handouts. (Extra books are available for use during class time.) Reminder that short nails are best for string instruments.

Jennifer May, Instructor

Monday, 5/5-6/9 (5x)

12:00-12:55pm

no class 5/26

Senior Center \$21

Monday, 6/23-7/21 (5x)

12:00-12:55pm

Senior Center \$21



UKULELE SING-A-LONG - Advanced Group Lesson

Geared to those who have been playing a number of years and are comfortable with songs that have more than 4 chords, fingerstyle, TAB, chord melody. Jim Beloff's *Yellow* and *Blue Books* and Handouts. (Extra books are available to use during class time.) Reminder that short nails are best for string instruments.

Jennifer May, Instructor

Monday, 5/5-6/9 (5x) no class 5/26
10:00-10:55am Senior Center \$21

Monday, 6/23-7/21 (5x)
10:00-10:55am 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 lessons.

Dale Suckow, Instructor

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

Friday, 6/20-7/25 (5x) no class 7/4
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 and a floor mat to class.

Marilyn Ciavarella, Instructor

Monday, 5/5-6/16 (6x) no class 5/26
11:30am-12:30pm Senior Center \$21

Monday, 6/30-8/18 (7x) no class 7/14
11:30am-12:30pm Senior Center \$24

Wednesday, 5/7-6/18 (6x) no class 5/28
12:15-1:15pm Senior Center \$21

Wednesday, 7/2-8/20 (7x) no class 7/16
12:15-1:15pm Senior Center \$24

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, 5/7-6/11 (6x)
10:30-11:30am Clearfield Community Center \$24

Wednesday, 7/2-8/6 (6x)
4:00-5:00pm Clearfield Community Center
Outside, Behind Baseball Field \$24

Greg Potter, Instructor

Thursday, 5/15-6/12 (5x)
10:30-11:30am Clearfield Community Center \$20

Tuesday, 7/1-7/29 (5x)
2:00-3:00pm Clearfield Community Center
Outside, Behind Baseball Field \$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

Thursday, 5/8-6/12 (6x) - **NOTE NEW TIME!**
9:15-10:15am 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, 5/6-7/1 (8x) no class 6/17
10:40-11:35am Senior Center \$32

Thursday, 5/8-7/3 (8x) no class 6/19
9:30-10:25am Senior Center \$32

HEALTH AND FITNESS

BALLROOM DANCING - Beginner/Beginner Plus

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

Karen Murphy, Instructor

Tuesday, 5/6-6/10 (6x)

1:15-2:15pm Senior Center \$22

Tuesday, 6/24-7/29 (6x)

1:15-2:15pm Senior Center \$22

BALLROOM DANCING - Intermediate/Advanced

A variety of dances will be taught. Some experience necessary. No partner needed. Wear sneakers or flat shoes.

Karen Murphy, Instructor

Tuesday, 5/6-6/10 (6x)

2:30-3:30pm Senior Center \$22

Tuesday, 6/24-7/29 (6x)

2:30-3:30pm Senior Center \$22

BELLY DANCING (New Day and Time)

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

Wednesday, 5/21-6/25 (6x)

3:00-4:00pm Senior Center \$20

Wednesday, 7/9-8/13 (6x)

3:00-4:00pm Senior Center \$20

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, 5/5-6/30 (8x) no class 5/26
9:00-9:55am Senior Center \$27

Wednesday, 5/7-7/2 (8x) no class 6/18
9:00-9:55am Senior Center \$27

Marilyn Ciavarella, Instructor

Morning (New Times)

Monday, 7/7-8/18 (6x) no class 7/14
10:30-11:20am Senior Center \$21

Wednesday, 7/9-8/20 (6x) no class 7/16
10:40-11:30am Senior Center \$21

Afternoon (New Time)

Tuesday, 5/6-6/17 (6x) no class 5/27
12:15-1:05pm Senior Center \$21

Tuesday, 7/1-8/19 (7x) no class 7/15
12:15-1:05pm Senior Center \$24

Evening

Thursday, 5/8-6/12 (5x) no class 5/29
4:45-5:35pm Senior Center \$18

Thursday, 7/3-8/21 (6x) no class 7/10, 7/17
4:45-5:35pm Senior Center \$21

CHAIR VOLLEYBALL

Chair volleyball is a seated version of volleyball that uses a lightweight ball and a lower net. It's a fun way to be active and compete that's good for upper body mobility and joint flexibility.

Angelo Lorenzo, Instructor

Monday, 5/12-6/30 (6x) no class 5/26, 6/16
1:00-2:00pm Senior Center \$18

UNIVERSITY EXPRESS LIFELONG LEARNING FOR OLDER ADULTS

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!

Class listing for our fall semester is available around mid-September. Class listing for our spring semester is available around mid-April.

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

DUMBBELL FITNESS

Combat age related muscle loss. Improve strength, mobility and overall health using light to moderate dumbbells targeting major muscle groups. Some weights will be provided, but if you have your own set, please bring anywhere between 2 to 5 lb. hand weights.

Angelo Lorenzo, Instructor

Tuesday, 5/13-6/17 (6x) Senior Center \$21
6:00-6:50pm

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, 5/7-6/18 (7x) Senior Center \$18
9:30-10:25am

Wednesday, 7/9-8/13 (6x) Senior Center \$16
9:30-10:25am

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, 5/5-6/16 (6x) no class 5/26 Senior Center \$16
10:30-11:25am

Monday, 7/7-8/11 (6x) Senior Center \$16
10:30-11:25am

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

Monday, 5/5-6/30 (8x) no class 5/26 Senior Center \$27
10:10-10:55am

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

Tuesday, 5/6-6/17 (7x) Senior Center \$21
4:00-4:50pm

Tuesday 7/8-8/19 (7x) Senior Center \$21
4:00-4:50pm

Friday, 5/9-6/20 (7x) **New Time** Senior Center \$21
10:00-10:50am

Friday, 7/11-8/22 (6x) **New Time** no class 8/8 Senior Center \$18
10:00-10:50am

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, 5/12-6/30 (7x) no class 5/26 Senior Center \$24
1:00-2:30pm



HEALTH AND FITNESS

MEAN JEAN'S EXERCISE

Use large leg and arm motions to strengthen small and large muscles. Heart and lungs will benefit - 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, 5/5-6/16 (6x) no class 5/26
9:30-10:25am Senior Center \$16

Monday, 7/7-8/11 (6x)
9:30-10:25am Senior Center \$16

Tuesday, 5/6-6/17 (7x)
9:30-10:25am Senior Center \$18

Tuesday, 7/8-8/12 (5x) no class 7/15
9:30-10:25am Senior Center \$14

Thursday, 5/8-6/12 (6x)
9:30-10:25am Senior Center \$16

Thursday, 7/10-8/14 (6x)
9:30-10:25 am Senior Center \$16

Friday, 5/9-6/20 (7x) **New Time**
9:00-9:50am Senior Center \$18

Friday, 7/11-8/15 (6x) **New Time**
9:00-9:50am Senior Center \$16

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. **Please Note: Can only register for Beginner or Intermediate, not both.**

Brian Ignaszak, Court Manager

All Levels

Monday, 4/28-6/9 (6x) no class 5/26
12:00-2:00pm Clearfield Community Center \$24

Wednesday, 4/23-6/4 (7x)
12:00-2:00pm Clearfield Community Center \$28

Beginner

Thursday, 4/24-6/5 (7x)
12:00-2:00pm Clearfield Community Center \$28

Intermediate Play

Tuesday, 4/22-6/3 (7x)
12:00-2:00pm Clearfield Community Center \$28

Friday, 4/25-6/6 (7x)
12:00-2:00pm Clearfield Community Center \$28

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!

First Time Students Only! Due to class popularity, please sign up for 1 session only.

Greg Potter, Instructor

Morning

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

Thursday, 7/3-8/14 (6x) no class 8/7
10:30am-12:00pm Northwest Amherst
Community Center \$18

Cindy Weiss, Instructor

Afternoon

Thursday, 5/8-6/12 (6x)
1:30-3:30pm Senior Center \$24

Thursday, 7/10-8/14 (6x)
1:30-3:30pm Senior Center \$24

PICKLEBALL - Intermediate Instructional

Have you taken the Pickleball class, but want more in-depth instruction? Pickleball Intermediate Instructional Class will pick up where the Beginner Class left off. 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+.

Due to class popularity, please sign up for 1 session only.

Greg Potter, Instructor

Thursday, 5/8-5/29 (4x)
6:00-7:30pm Senior Center \$20

Thursday, 6/12-7/17 (4x) no class 6/19, 6/26
6:00-7:30pm Clearfield Tennis Courts \$20

Thursday, 7/31-8/28 (4x) no class 8/7
6:00-7:30pm Clearfield Tennis Courts \$20

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 is Tai Chi-Beginning/Continuing class with completion of 108-move Tai Chi set. Class is held 2x a week, Tuesdays & Thursdays.

Robert Sachs, Connie Beroza, Instructors

Tuesday & Thursday, 5/6-8/21 (30x) no class 6/17, 6/19
12:00-1:00pm 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, 7/1-8/5 (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, 5/5-6/16 (6x) no class 5/26
11:00am-12:15pm Senior Center \$24

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, Tuesdays & Thursdays.

Robert Sachs, Connie Beroza, Instructors

Tuesday & Thursday, 5/6-8/21 (30x) no class 6/19, 7/15
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, 5/8-7/3 (8x) no class 6/19
10:40-11:35am Senior Center \$31

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, 5/6-7/1 (8x) no class 6/17
9:30-10:25am Senior Center \$31

TENNIS - Beginner

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

Angelo Lorenzo, Instructor

Tuesday, 5/20-6/24 (6x)
10:30-11:30am Clearfield Community Center \$24



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

IN-HOUSE

Morning - Beginner

Tuesday, 5/6-6/10 (6x)

9:00-10:15am Senior Center \$21

Tuesday, 7/1-8/5 (6x)

9:00-10:15am Senior Center \$21

Morning - All Levels

Thursday, 5/8-6/12 (6x)

9:00-10:15am Senior Center \$21

Thursday, 7/3-8/7 (6x)

9:00-10:15am Senior Center \$21

Afternoon - All Levels

Tuesday, 5/6-6/10 (6x)

4:00-5:00pm Senior Center \$18

Tuesday, 7/1-8/5 (5x)

4:00-5:00pm no class 7/8
Senior Center \$15

ZOOM - ALL LEVELS

Wednesday, 5/7-6/11 (6x)

9:00-10:15am Zoom \$21

Wednesday, 7/2-8/6 (6x)

9:00-10:15am Zoom \$21

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, 5/9-6/20 (6x) no class 6/13

11:00am-12:15pm Senior Center \$21

Friday, 7/18-8/8 (4x)

11:00am-12:15pm Senior Center \$15

Afternoon

Friday, 5/9-6/20 (6x) no class 6/13

12:30-1:45pm Senior Center \$21

Friday, 7/18-8/8 (4x)

12:30-1:45pm Senior Center \$15

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, 5/8-6/12 (6x)

6:00-7:00pm Senior Center \$21

Thursday, 7/10-8/14 (6x)

6:00-7:00pm Senior Center \$21

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, 5/7-6/18 (7x)

11:00am-12:00pm Senior Center \$20

Wednesday, 7/2-8/6 (6x)

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

10:30-11:45am Senior Center \$21

Tuesday, 7/1-8/5 (6x)

10:30-11:45am Senior Center \$21

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, 5/8-6/12 (5x) no class 5/29

12:00-12:50pm Senior Center \$18

Thursday, 7/3-8/21 (6x) no class 7/10, 7/17

12:00-12:50pm Senior Center \$21

BASSETT PARK FARMER'S MARKET

Held Sundays from 10:00am-2:00pm

359 Klein Road (@ Youngs)

June 8 August 10
July 13 September 14



SPECIAL LUNCHESES 2025

Passover

Monday, April 14

Easter Lunch

Thursday, April 17

Dingus Day

Monday, April 21

Cinco De Mayo

Monday, May 5

Mother's Day

Friday, May 9

Memorial Day Picnic

Friday, May 23

Father's Day

Friday, June 13

Juneteenth

Wednesday, June 18

Fourth of July

Thursday, July 3

India Independence Day

Friday, August 15

Labor Day Picnic

Friday, August 29

Further information will be provided in our monthly newsletter.

Special Events

ANNUAL FAMILY HEALTH FAIR

Open to the Community. Sponsored by Senator Sean Ryan, Assembly member Karen McMahon

Saturday, July 26

9:00am-12:00pm

SENIOR DAY AT OLD HOME DAYS

Wednesday, July 16*

Lunch Served 12:00-1:00pm

KICK OFF SUMMER

Friday, June 20* Debbie Sings @ 1:00pm

OPEN HOUSE

Thursday, June 26* 11:00am-2:00pm

OLD HOME DAYS PARADE

Tuesday, July 15*

Members who would like to represent the Center by walking in the parade meet up at Williamsville South High School at 6:00pm.

FAMILY NIGHT

Tuesday, July 29 *

5:00pm Dinner

6:00pm Jacob Drops - Juggling Entertainment

*Advanced registration required by using MyActiveCenter.com or by calling 636-3051.

Summer Concerts

BOYS OF SUMMER

Tuesday, June 24

6:00pm

DARK HORSE RUN

Tuesday, July 22

6:00pm

TBD

Tuesday, August TBD

6:00pm



The Critical Role of Hydration **IN SENIOR HEALTH**

Hydration is fundamental for maintaining health, especially for seniors, as their bodies are less efficient at conserving water and more susceptible to dehydration. Proper hydration supports vital bodily functions, including regulating body temperature, maintaining blood pressure, and ensuring the proper functioning of the kidneys. During the summer months, when heat and humidity are higher, the risk of dehydration increases significantly, making it imperative for seniors to consciously manage their fluid intake.

STRATEGIES FOR ENSURING ADEQUATE HYDRATION

SCHEDULED DRINKING

Seniors can benefit from setting regular intervals to drink water throughout the day, regardless of their thirst levels. Implementing a hydration schedule or using reminders on phones or clocks can help make water intake more consistent.

ENHANCING FLUID INTAKE WITH FLAVOR

To encourage more frequent drinking, water can be flavored with natural ingredients like slices of fruits such as lemon, lime, cucumber, or mint. These add a refreshing taste that can make drinking water more appealing.

HYDRATION FROM FOODS

A significant portion of daily water intake can come from foods, especially fruits and vegetables. Incorporating water-rich foods like cucumbers, celery, tomatoes, oranges, and melons into meals and snacks is an excellent way to boost hydration.

AVOIDING DEHYDRATING SUBSTANCES

It's important for seniors to limit their intake of caffeine and alcohol, as these can lead to increased urine production and potential dehydration. Opting for herbal teas or naturally decaffeinated beverages can be beneficial alternatives.

MONITORING HYDRATION LEVELS

Being aware of the signs of dehydration can help seniors and caregivers take action before the condition worsens. Common indicators include dry mouth, fatigue, dizziness, and less frequent urination. The color of urine is a helpful and immediate indicator; clear or light-colored urine generally means good hydration, whereas a dark yellow or amber color might indicate dehydration.

USING HYDRATION AIDS

For those who may forget to drink water regularly, hydration aids such as water bottles with measurement markings or apps that track the amount of water consumed throughout the day can be very helpful.

SPRING-SUMMER 2025 CLASS REGISTRATION - WEDNESDAY, APRIL 9, 2025

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

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

Online To register online, 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, April 10 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

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: _____



Medicare plans
with \$0 premiums,
no deductibles,
and dental included

Connect with your local Licensed Medicare
Advisor to learn more.

Kathy Murray

Amherst Medicare Center: 6770 Main St. Suite 120

716-658-8655 or 1-888-480-3183 (TTY call 711)

Kathryn.Murray@highmark.com



Because Life.™

Highmark Blue Cross Blue Shield of Western New York is a trade name of Highmark Western and Northeastern New York Inc., an independent licensee of the Blue Cross Blue Shield Association.

Highmark Blue Cross Blue Shield of Western New York is a Medicare Advantage plan with a Medicare contract and enrollment depends on contract renewal.

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SPRING-SUMMER 2025 CLASS REGISTRATION - WEDNESDAY, APRIL 9, 2025

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

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

Online To register online, 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, April 10 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

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: _____



ADVERTISEMENTS

\$375

1/4 PAGE

- 3.75" x 4.75"
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\$700

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- 7.75" x 4.75" or
- 3.75" x 9.75"
- Black and white

\$1300

FULL PAGE

- 7.75" x 9.75"
- Black and white

Our catalog is available at the Center and distributed to:

Amherst Libraries | Williamsville Town Hall
and online at www.amherstcenterforseniorservices.com
www.amherst.ny.us

Contact: Darlene Wilber, Public Relations Coordinator
dwilber@amherst.ny.us | AmherstCenterforSeniorServices.com

INSTRUCTORS NEEDED

The Amherst Center for Senior Services hires only the finest individuals to teach our classes.

We are always looking for new individuals to share their education and experience.

If you have a special skill or talent that you would like to share, consider joining our team and becoming an instructor at our facility. We welcome new ideas and always need fitness instructors.

Please contact our Class Coordinator, Cindy Weiss at cweiss@amherst.ny.us with your course proposal and if you are interested in teaching a day or evening class. We look forward to hearing from you.



OUR VISION

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

OUR MISSION

Empower all people with quality of live as they age.

OUR VALUES

ACCESSIBILITY

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

COMMUNITY

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

DIVERSITY

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

INCLUSION

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

KNOWLEDGE

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

SUPPORT

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