



Town of AMHERST

Senior Center

# AMHERST SENIOR CENTER

370 John James Audubon Parkway  
Amherst, NY 14228  
716-636-3050

## APRIL 2025 NEWSLETTER



### VOLUNTEER RECOGNITION BREAKFAST

**WEDNESDAY, APRIL 30 2025 AT 9:00AM**

**All volunteers with service hours in 2024 or 2025 are invited to the Volunteer Recognition Breakfast at the Senior Center. Enjoy breakfast and tableside magic by Magic Man Mike. Registration is required by Monday, April 21 by calling 636-3051.**

#### MEMBERSHIP DUES

Amherst Residents—Lifetime Membership

- \$50/Individual Membership
- \$75/Household Membership\*

Non-Resident—Annual Renewal

- \$50/Per Person for **current** non resident members only

*Membership is open to adults age 50 or older who live in the Town of Amherst*

*\*A household is defined as two or more people living together at the same address.*

*We are no longer accepting **new** non Amherst resident memberships. We appreciate your understanding.*

#### TO JOIN THE CENTER:

Go to [AmherstCenterforSeniorServices.com/membership-plans](http://AmherstCenterforSeniorServices.com/membership-plans) and complete the application or sign up in person.

#### IMPORTANT PHONE NUMBERS

**Main Line 636-3050**

This is an automated line where you choose an option:

1. Amherst Senior Transportation
2. Reservations for Lunches, Dinners, Frozen Meals
3. Reservations for Classes, Clubs, Programs and Membership Information
4. Amherst Meals On Wheels
5. Social Work appointments and Accessible Tags
6. Senior Outreach Services
7. Reception

**Registration 636-3051**—direct line to register for Classes, Clubs, Meals, Programs and Support Groups

**Amherst Meals on Wheels 636-3065**

**Amherst Senior Transportation 636-3075**

**Senior Outreach Services 636-3070**

ESTABLISHED IN 1962

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



[Facebook.com/amherstnyseniorcenter/](https://Facebook.com/amherstnyseniorcenter/)

## A NOTE FROM THE DIRECTOR

Every one of our volunteers has something to offer Amherst and surrounding communities. The people who donate their time are as varied as our programs and services. One can say that unpaid volunteers are often the glue that holds a community together. No task is too big or too small. Whether they help with our Nutrition program, or provide their musical talent singing with the Amherst Senior Singers at a local assisted living facility, assist in our kitchen with preparing meals or delivering Meals on Wheels, or they use their talents to make items to donate to local organizations, our seniors spend countless hours helping others.

Volunteering helps you connect to your community, meet other people, and enhances your social network. In 2024, volunteers put in over 42,000 hours of their valuable time donating back to the Amherst community. How amazing is that? Every one of our 50 clubs is lead by volunteers. We could not operate this senior center and all that is offered without the dedication of our volunteers. On behalf of the senior center and our staff, I want to thank each and every volunteer for all that they do to make this an amazing senior center and a wonderful community.

We are honoring all of our volunteers this month with our Annual Volunteer Appreciation on April 30th. Thank you to the Amherst Generations Foundation for their sponsorship of the event.

The following is a list of the many items that were donated by our Community Service group in 2024:

- 23 smocks to Beechwood Homes.
- 70 Hats, headbands, scarves to the Newman Center
- 40 Small stuffed animals to the United Way
- 20 Handmade quilts to Project Linus

The following is a list of the many items that were donated by our Knitting Club in 2024:

- 30 Children's hats/scarves to the Newman Center
- 40 baby afghans to the United Way
- 20 baby afghans to St. Gianna Molla
- 50 Kid's hats/scarf sets to North Bailey Fire Company
- 50 kids hats/scarf sets to School 30
- Numerous hats, scarves, infant sweaters, baby afghans and Lovie's to Haven House
- 30 baby afghans to Newborns in Need
- 20 Custom Beanie hats to the after school program

Amazing !!

*Melissa Abel*, Executive Director

## ABOUT US

### THE CENTER

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

- Art Gallery— *Sponsored by Asbury Pointe*
- Billiard Room
- Card Room
- Dance Room-*Sponsored by Excellus Blue Cross Blue Shield*
- Health & Fitness Rooms
- Library
- Music Room-*Sponsored by Susan Grelick in honor of her parents*
- Nutrition Room-*Sponsored by Highmark Blue Cross Blue Shield*
- Wellness Center-*Sponsored by Kaleida Health*
- There is an accessible private bathroom located off the hallway by Room 2

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### HOURS OF OPERATION

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

***Members are asked to conclude all activities and exit the building by 4:15 pm in order for staff to complete closing procedures***

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

**The Center is Closed Friday April 18 for Good Friday**

**Programming is offered at the Northwest Amherst Community Center, please see page 12 for dates and times.**

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### KEY STAFF CONTRIBUTORS

Melissa Abel, Director: [mabel@amherst.ny.us](mailto:mabel@amherst.ny.us)

Christin Estrada, Nutrition Coordinator: [estrada@amherst.ny.us](mailto:estrada@amherst.ny.us)

Tammy Jacobs, Senior Program Coord.: [tjacobs@amherst.ny.us](mailto:tjacobs@amherst.ny.us)

John Jones, Social Caseworker: [jjones@amherst.ny.us](mailto:jjones@amherst.ny.us)

Jennifer Lazarz, Program Coordinator: [jbono@amherst.ny.us](mailto:jbono@amherst.ny.us)

Karen Lisiecki, Project Coordinator: [klisiecki@amherst.ny.us](mailto:klisiecki@amherst.ny.us)

Angelo Lorenzo, Program Leader: [alorenzo@amherst.ny.us](mailto:alorenzo@amherst.ny.us)

Greg Potter, Program Leader: [gpotter@amherst.ny.us](mailto:gpotter@amherst.ny.us)

Jamie Sullivan, Kitchen Manager: [jesullivan@amherst.ny.us](mailto:jesullivan@amherst.ny.us)

Vijaya Tomar, Social Worker: [vtomar@amherst.ny.us](mailto:vtomar@amherst.ny.us)

Cindy Weiss, Class Coordinator: [cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us)

Darlene Wilber, PR Coordinator: [dwilber@amherst.ny.us](mailto:dwilber@amherst.ny.us)

Marc Young, Program Leader: [myoung@amherst.ny.us](mailto:myoung@amherst.ny.us)

***WiFi is available in the building***

***Name: ACSSwifi***

***Password: RainStorm20***

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### NEWSLETTER SUBSCRIPTION UPDATE:

For the remainder of 2025, requests to have the newsletter mailed will be at a cost of \$1 per month. Beginning in January 2026, we are changing our format for the newsletter and will no longer be able to mail it. Those of you that have paid to receive the newsletter mailed to you will receive an email from us soon explaining this change.

# TOWN OF AMHERST

## AMHERST TOWN BOARD

- Brian Kulpa, Town Supervisor
- Shawn Lavin, Deputy Town Supervisor, Senior Services Liaison
- Jacqueline Berger
- Angela Marinucci
- Michael Szukala

## AMHERST SENIOR CENTER ADVISORY BOARD

- James W. Bardot, Chairperson
- Melissa Abel, Executive Director, Amherst Senior Center
- Aaron Carlson
- Reverend Susan Frawley
- Gary Henry
- Julie Whitbeck-Lewinski

## EX-OFFICIO MEMBERS:

- The Honorable Shawn Lavin, Liaison to Senior Services
- Michael Camilleri, Assistant Chief of Amherst Police Department
- Ann Nichols, Amherst Town Justice
- Mary-Diana Pouli, Executive Director, Youth & Recreation

## AMHERST GENERATIONS FOUNDATION

- Andrew Napierala, Chair
- Chandra Condon-Daigler, Secretary
- Barry Kantrowitz
- Meghan Reed
- Karen Pusateri
- Cory Zale

Melissa Abel, Ex-Officio



**We have 2 Reserved for Combat Wounded Veterans parking spots in our parking lot. We ask that you please respect these spots. We acknowledge and honor Purple Heart Recipient Service Men and Women. Thank you for your service and sacrifice to our country.**



## Calling All Artists and Creative Minds!

The Amherst Senior Center is excited to announce our **Little Library Revitalization Project!** This is your chance to showcase your creativity and give back to the community.

We are seeking design submissions for revitalizing our beloved Little Libraries. Whether you're a professional artist, a hobbyist, or a creative spirit of any age, we want to see your vision come to life.

### Submission Guidelines:

- Our theme is: Community, Literacy, and Imagination.
- Submissions must be family friendly and for all ages.
- The design should wrap around the unit.
- Unit Dimensions:
  - Top 16.25" H x 19.25" W
  - Right Side, Left Side, Back 36" H x 19.25" W
  - Lower Front Display Panel 11" H x 17" W

### Important Dates:

- **Submission Deadline:** April 21, 2025
  - Selected designs will be announced on May 2.
- The finished work will be revealed around mid-June.

### How to Submit:

Please send your design proposals (including sketches and a brief description of your concept) to:

toass2zoom@gmail.com or drop them off at the Amherst Senior Center front desk.

Let's bring color, creativity, and joy to our Little Libraries together!



## 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

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**

# REGISTRATION PROCEDURES

## REGISTRATION/CANCELLATION

Registration is mandatory for all classes, clubs, meals, Programs and support groups. There are three ways to register:

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk

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## CREATING AN ACCOUNT ON MyActiveCenter

Go to MyActiveCenter.com then click on the Sign Up button and follow the directions. Your MySeniorCenter keytag 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.

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## TO REGISTER FOR A CLASS, CLUB, MEAL, PROGRAM OR SUPPORT GROUP IN MyActiveCenter:

- Sign in to MyActiveCenter.com
- The Search Box and Filters are on the left side
- Once you have found the Class, Club, Meal 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.

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## PLEASE NOTE

Class registration and payment is mandatory. Those who participate in a class that they have not paid for will risk a suspension of their membership. So if you see a class you are interested in, register as soon as possible.

## 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

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## REFUNDS

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.

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## ATTENDING THE CENTER

You are required to swipe in at the kiosk each time you enter the Center. This enables us to know who is in the building. You do not have to swipe out.

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## CANCEL IF YOU CAN'T MAKE IT

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

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## NUTRITION

### TO REGISTER FOR LUNCH OR DINNER:

Follow same instructions on left. Lunch and Dinner registration opens for the following month on the third Tuesday of each month. Please call to cancel if you are unable to attend.

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## FROZEN MEAL PROGRAM

Please stop at our front reception desk and pick up an Erie County Registration Form. Completed forms must be returned to our Nutrition Site Coordinator, Christin Estrada. Forms can be mailed to you upon request. If you have any questions, she can be reached at 716-636-3055 ext. 3131.

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## MEMBERSHIP 101

Tuesday, April 8 at 3:30pm

So, you have taken the step of becoming a member, now what? Find out ways to get involved, how to sign up for classes or programs and where to find information on what is happening at the Center. Those attending are invited to stay for a complimentary dinner at 5:00pm.

**Reservations are required for both.**

# PROGRAMS

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## FROM ART WORK TO CONCEPTUAL ART

Wednesday, April 2 at 10:00 am

Join us as we explore what Conceptual Art is, its history, and discuss some important examples. The only prerequisite is curiosity! Presented by member James Loree

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## AMHERST CENTRAL MIDDLE SCHOOL JAZZ BAND

Wednesday, April 2 at 12:00 pm

Enjoy some Jazz while having lunch.

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## MIND TEASER STATIONS

Thursday, April 3 at 10:30 am

Get your mind moving with various games with your team.

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## VR

Thursday, April 3 at 1:00 pm to 3:00 pm

Explore the world of virtual reality with our VR Headsets. Whether you're new to VR or curious to try something different, this is an opportunity to dive into the digital world.

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## TECH SUPPORT

Friday, April 4 at 10:00 am

Bring your device and questions for help troubleshooting issues. This program is non-instructional.

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## BINGO

Tuesday, April 8, at 10:00 am

Please bring a sweet treat from the Dollar Store for the prize table.

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## OPEN CARDS

Thursday, April 10 from 10:00 am – 12:00 pm

Join us for a variety of social card games. You can come with your friends to play or join a table that's looking for other players. If you'd like to learn a new game, we're happy to teach you. Card games we may play include Rummy games, Spades, Hearts, Swoop, and Cribbage.

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## RETRO VIDEO GAME NIGHT

Thursday, April 10 at 5:00 pm—7:00 pm

Step back in time and experience the golden age of gaming. Whether you're revisiting old favorites or discovering new ones, there's something for everyone to enjoy.

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## WII GAMES

Thursday, April 17 at 10:30am

Come play a variety of different Wii Sports video games, where you perform the actual motions of the sport.

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## KARAOKE PARTY

Thursday, April 17 at 1:00 pm

Grab the mic or just sit back and listen.

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## UNSOLVED CASE FILE—GAME AND DINNER

Thursday, April 17 at 4:00 pm

Can you crack the case on an unsolved murder case. Break at 5:00 for spaghetti and meatballs. Fee is \$6.00.

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## EARTH DAY

Monday, April 21 at 1:00pm

Earth Day started in the United States and is now celebrated in 193 countries, but where did the spark for protecting the Earth come from? Join John Szalaszny, environmental columnist for Buffalo Rising, as we look back at the people in history that lead us to the celebration of the first Earth Day – and why it is as important today as it has ever been.

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## MARBLE RALLY

Tuesday, April 22 at 1:00pm

The Marble Rally STEM Competition invites participants to design and build a marble rally course for a steel bearing. The challenge is simple: create a track where the bearing will travel for the longest time without stopping. The track that takes the most time to complete will be declared the winner.

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## SHOWCASE PERFORMANCE

Wednesday, April 23 at 1:00pm

Be entertained by members of our Introduction to Acting class. Come join in the fun, have a few laughs and support your fellow members as they perform for you.

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## PIZZA AND TRIVIA NIGHT

Thursday, April 24 at 5:00 pm

Pizza and salad from John and Mary's followed by trivia. Fee is \$7.00. Paid reservations by 4/22, no refunds after.

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## CANDLEMAKING

Friday, April 25 at 10:00 am, 1:00 pm, or 2:30 pm

Join us for an introductory candle-making course where you'll learn the basics of crafting your own candles. In this hands-on session, you'll explore different colors and molds to create personalized candles. This class is for beginners looking to discover the art of candle-making in a relaxed and creative setting.

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## FIELDTRIP

### PLATTER'S CHOCOLATE FACTORY TOUR (FREE)

Tuesday, April 22 at 10:30am

Join us for a guided tour where a Platter's Team Member will lead you to view the chocolate manufacturing process along with photos of the rich history of Platter's Chocolate Factory and the iconic Wurlitzer Building. We will visit the *Pouring Room, Kitchen, Bakery, Enrobing Line*, and finish off in the store/gift shop area where there is space to sit and relax.

**Must provide your own transportation.**

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**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**

# PROGRAMS

## HEALTH

### THE SCIENCE OF HEALTHY LIVING

Monday, April 7 at 2:30pm

*Behavior-Driven Disease: The Role of Modern Lifestyle*

Wednesday, April 9 at 2:30pm

*A "Magic Pill" for Diabetes and Heart Disease*

Monday, April 14 at 2:30pm

*Drug Prescription vs Lifestyle. Which is better for you?*

Wednesday, April 16 at 2:30pm

*We can learn about healthy living from other cultures*

This series of programs will allow participants to explore the mechanisms through which physical inactivity and poor nutrition are linked to high risk for contracting behavior-driven diseases such as diabetes and heart disease and how adopting an active lifestyle and better eating habits can reduce risk, increase quality of life and delay the onset of debilitating illness later in life. Presented by Harold Burton, Retired Professor from UB School of Public Health

### CHAIR FITNESS

Wednesday, April 9 from 10:00 – 10:50 am

Wednesday, April 23 from 10:00 – 10:50 am

Strength, Flexibility, and Balance are all highlighted in this class. Get a total body workout in and out of the chair. (If you have your own hand weights, please bring them!)

### NATIONAL HEALTHCARE DECISIONS DAY

Thursday, April 10 at 10:30 am.

Your Decisions Matter. Join Americans across the country in making your healthcare wishes known to loved ones and healthcare providers. In the event you are unable to make decisions for yourself, those close to you, and those caring for you, must know what is important to you. Presented by Hospice and Palliative Care Buffalo.

### FITNESS ROOM RUNDOWN

Monday, April 14 at 11:00am

Come learn all about the Fitness Room at the Center: How to operate the machines, what each machine does, and potential workout routines & habits to start your fitness journey.

### FUNCTIONAL FITNESS

Tuesday, April 15 at 1:00pm

Paragon PT Group clinician, Dr. Elizabeth Marabella-Peck, PT, DPT, will talk about the importance of *functional* fitness.

Learn about improving function when it comes to 'Activities of Daily Living,' considered necessary for living safely and independently. Discuss issues that can lead to reduced function at home, how to assess these situations, and what course of action to take.

### TAKE IT TO THE BOX

Wednesday, April 16 10:00 am to 12:00 pm

Members of the Amherst Youth Consortium will be in the Gallery for a private 15 minute conversation regarding the Safe Use, Safe Storage, Safe Disposal of un-needed and expired medications. A free lockbox, provided by Upstate New York Poison Control, will be given to all participants until supplies run out. All participants will also be entered into a free raffle for a \$25 gift card to Wegmans.

### MEDITATION AND HEALING

Thursday, April 24 at 1:00pm

Relieve stress and improve your health. Would you like to feel calmer and more relaxed? Release burdens and worries? Presented by Anne Egan, instructor & practitioner of Open Heart Meditation and Secrets of Natural Walking with the Natural Way of Living

## PARTNER PROGRAMS



### SILVER PRIDE TEA

Friday, April 4 from 10:00am -12:00pm

This is an opportunity for LGBTQ+ seniors to come together and enjoy a morning of refreshments and conversation. ALL are welcome. *Hosted by the Pride Center of WNY*

### BISTRO BOOKERS

Tuesday, April 15 at 4:00pm

*"Wisdom of Morrie: Living and Aging Creatively and Joyfully"*  
Written by Morrie Schwartz. Later life can be filled with many challenges, but it can also be one of the most beautiful and rewarding passages in anyone's lifetime. Morrie draws on his experiences as a social psychologist, teacher, father, friend, and sage to offer us a road map to navigate our futures.

### BETTER BREATHERS GROUP

Tuesday, April 22 at 1:30 pm

If you, or someone you know, is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer, consider joining us at this welcoming support group. Learn better ways to cope with your diagnosis and live life to the fullest.

*Facilitated by: Jeremy Voorhees, American Lung Association Certified*

### BALANCE AND MEMORY CHECK-UP

Thursday, April 24 9:00am – 1:00pm

Schedule your free 30 minute screening from Buffalo Occupational Therapy by calling 716-235-3013 or [hannah@buffalooccupationaltherapy.com](mailto:hannah@buffalooccupationaltherapy.com). Let them know that you want it at the Amherst Senior Center.

# PROGRAMS

## MOVIES

### MONDAYS AT 1:00PM

Monday, April 7 You're Cordially Invited PG-13 111 minutes  
Monday, April 14 The Florida Project 111 minutes  
Monday, April 21 Emilia Pérez R 130 minutes  
Monday, April 28 Conclave PG-13 120 minutes

### TUESDAYS AT 5:30PM

Tuesday, April 1 Fly Me to the Moon PG-13 132 minutes  
Tuesday, April 8 You're Cordially Invited PG-13 111 minutes  
Tuesday, April 15 The Florida Project 111 minutes  
Tuesday, April 22 Emilia Pérez R 130 minutes  
Tuesday, April 29 Conclave PG-13 120 minutes

### MUSICAL MOVIE

Friday, April 4 at 1:00 pm Judy PG-13 120 minutes

### BOOK AND MOVIE COMPARISON

Friday, April 11 at 1:00 pm The Dig PG-13 120 minutes

### BASED ON A TRUE STORY

Friday, April 25 at 1:00 The Founder PG-13 115 Minutes  
The Founder is based on the true story of Ray Kroc, a struggling salesman who meets the McDonald brothers in Southern California.

**HEALTH INSURANCE** – To schedule your personal appointment call the representative listed.

**Clarity Group – Medicare Plan Center** Lisa at 716-864-4886

Tuesday, April 1 9:00am—12:00pm

Thursday, April 17 9:00am—12:00pm

**Highmark BCBS** Kathy at 716-658-8655

Thursday, April 24 9:00am – 10:30 am

**KDM Wealth Consultants** Andrea at 716-445-4332

Thursday, April 17 1:00pm—4:00pm

## INFORMATION TABLES

### SENATOR RYAN COMMUNITY OUTREACH

Tuesday, April 1 from 10:00am-2:00 pm

A representative from the Senator's office will be present

### EPIC (Elderly Pharmaceutical Insurance Coverage)

Wednesday, April 16 11:00am – 1:00pm

### PING PONG

Mondays 12:00 – 4:00pm

Tuesdays 2:00 – 6:00pm

Fridays 4/4, 4/11, 4/25 1:00—4:00pm

## FINANCIAL

### WHAT'S NEXT—SENIOR REAL ESTATE OPTIONS

Friday, April 11 at 10:00 am

Presented by Sharon Bakshi, Senior Real Estate Specialist from Hunt Real Estate and the Trifilo Team.

### FIFTEEN WAYS TO AVOID PROBATE SEMINAR

Tuesday, April 15 at 4:00pm

Learn about estate and asset protection, probate procedures, risks and benefits of avoiding probate, best forms of real estate ownership, common estate planning mistakes, recent changes in estate and gift tax laws, duties of trustees and executors, myths about living trusts, updating your will, and preventing will contests. Presented by Robert Friedman of Friedman & Ranzenhofer, PC Attorneys

### MEDICARE 101

Thursday, April 17 at 5:00pm

Are you turning 65 or will you be eligible for Medicare in the next 6 months? Learn the difference between Medicare Advantage and Medicare Supplement Plans and how to find the best plan for you. Presented by Andrea Grajeda Retirement & Insurance Advisor, KDM Wealth Consultants

### INCOME & ESTATE TAX SURVIVAL WORKSHOP

Tuesday, April 29 at 10:30 am

Don't pay more tax than you legally have to! This class is designed for those nearing or already in retirement. Learn how to avoid common tax mistakes with retirement accounts, eliminate or substantially reduce estate and inheritance taxes, avoid probate to save money, protect your assets from creditors, safeguard your children's inheritance, understand how tax proposals could drastically impact the taxation of your income and assets, prevent your Social Security checks from being eaten away by taxes and surcharges, and much more. Presented by Mario Riccadonna, Financial Planner, Note Advisors, LLC

### REMINDER:

**Check in at the kiosks is required upon entering the building.**

**Kiosks are located at the main entrance and at the Wellness Center entrance.**

Friendly  
Reminder

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**

## CLASSES

### SPRING/SUMMER CLASS REGISTRATION

Registration for Spring/Summer classes begins

**Wednesday, April 9 at 8:30am on**

**MyActiveCenter.com or by phone.**

The Spring/Summer Class Catalog is available in hard copy at the Center, Amherst Libraries and online at [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com)

### DEFENSIVE DRIVING CLASS

#### AARP Smart Driver

(\$25 for AARP Member/\$30 for Non AARP member)

Wednesday, April 16 or May 21 9:00am-4:00pm

Reservations required by calling 636-3051. Payment due to instructor on the day of the class

### SPECIAL REQUEST:

If you have registered for a class and do not plan on attending, please let us know. While we can not refund your money, it would be nice if someone could take your spot

### SPRING/SUMMER TRIMESTER CLASS HIGHLIGHTS

Below is a select list of classes being offered this coming Spring/Summer. Full descriptions of **ALL** classes, including day, time and price, will be in our Spring/Summer Class Catalog.

Art History Zoom – The Art of Landscape

Birds Around Us

History of Mystery

Introduction to Chess

Shuffle Off From Buffalo

Symphonies of Ludwig Van Beethoven

Chair Volleyball

Dumbbell Fitness

Tennis – Beginner

Wisdomkeeper: Age-ing to Sage-ing

Ballroom Dancing

Belly Dancing

HIIT To Be Fit

# BE SAFE

### AMHERST CENTER FOR SENIOR SERVICES 2025 CANCELLATION GUIDE

The safety and well-being of our members and visitors is a primary concern.

The following information is for your reference.

#### STANDARD OPERATING HOURS:

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

Tuesday and Thursday 8:30am-7:30pm

#### STORM CLOSINGS:

If Amherst, Sweet Home, or Williamsville school districts are closed due to weather, Center classes, clubs, and programs will be cancelled. This includes activities scheduled at other Town Buildings.

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

Only upon notification by the Amherst Town Supervisor can the Amherst Center for Senior Services be officially closed.

### MYACTIVECENTER TRAINING

Tuesday April 1 at 10:30am

Are you new to using MyActiveCenter to register for classes, clubs, lunch and programs? Do you need help setting up your account or trying to find the class you are interested in? Come learn how to navigate MyActiveCenter. If are planning to use your tablet, laptop or phone bring it with you and we will teach you on your own device.

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**



# RESOURCES

## Social Work Services are Here for You!

Your needs are important to us and we want to assure you that we are still committed to working diligently to provide information and referrals for programs and services. Social Workers are available to meet for in-person office visits **by appointment only**, as well as telephone or virtual appointments. Please call the Social Work office at 636-3055 ext. 3165 for Vijaya, or John at ext. 3129

### Caregivers Group

Wednesday, April 16 at 1:00pm  
Caregiving can be overwhelming and we are here to offer support.

### Loss & Grief Group

Thursdays at 10:30am  
Thursday, March 27 NEW 6 week session begins  
We will discuss coping strategies, healing techniques, and stages of loss and grief.

### Men's Support Group

Tuesdays April 1 and 15 at 10:30am  
"Getting to know us: A man's perspective" Talk about issues that are specific to men.

### Parkinson's Group:

Thursday, April 24 at 2:00pm  
If you or a loved one have received a diagnosis of Parkinson's disease, you may wonder what to expect. Join us and feel more in control.

### Veteran's Coffee Group

Monday, April 7 at 10:00am  
Come for a cup of coffee and share with others who understand your story and lend support.

### Widow/Widowers Group

Tuesday, April 8 at 10:30am  
Tuesday, April 15 at 6:00pm **\*\*NEW Group option**  
If you are facing a stressful life change due to losing your spouse, you don't have to go through it alone.

### Women's Support Group

Wednesday, April 2 at 10:30am  
Join us for open conversations about issues that women face.

**Kinship Group:** See page 12



There is an accessible private bathroom located off the hallway by Room 2 of the Senior Center

## SENIOR OUTREACH SERVICES 636-3070

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

## ACCESSIBLE PARKING TAG

If you need assistance with an application, we are **available by appointment only**. Daytime hours are 8:30—4:00 and evening hours on April 8 are from 4:00-7:00 pm and on April 15 until 6:00pm.

## FRIENDS HELPING FRIENDS SHORT TERM FOOD ASSISTANCE

If you or someone you know is in need of non-perishable food items, we have on-site assistance. Please contact a Social Caseworker to make arrangements.

## FROZEN MEAL PROGRAM

If you are an older adult or caregiver and are finding it harder to prepare meals, this Erie County Program may be just what you need. Registration paperwork must be completed prior to participation. Meal pick-ups are on Fridays. Please call our Nutrition Site Coordinator, Christin Estrada at 716-636-3055 ext. 3131 for more information.

## 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 are eligible, please contact the Senior Outreach Services.

## The Supplemental Nutrition Assistance Program (SNAP)

Monthly benefits can be used to purchase food at authorized retail food stores. If you are eligible, an Electronic Benefit Transfer (EBT) account is set up for you, and every month your benefits will be deposited right into your account. To see if you are eligible, please contact the Senior Outreach Services.

## YOUTHWORK\$

Youthworks is a service that works as a liaison between residents and Amherst youth ages 12-20. Jobs include: yardwork, gardening, weeding, mowing, raking, and snow removal. To hire a youth, please contact John Jones at 716-636-3055, ext. 3129 or Vijaya at ext. 3165.

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**

# VOLUNTEER & CLUB

## SERVICE HOURS

Volunteers, please submit your service hours, both inside the Center and those performed out in the Community, on a monthly basis. See staff for assistance, if needed.

## CLUB MEMBERS

You must register prior to attending your meeting. Swiping in at the kiosk is not registering.

## VOLUNTEER RECOGNITION BREAKFAST

Wednesday, April 30 at 9:00 am

Registration is **REQUIRED** by Monday April 21, by calling 636-3051 or stopping at the Reception Desk

April is National Volunteer Month and we are celebrating all of our dedicated volunteers! Each and every volunteer helps to make our Center and Community a wonderful place to be. Thank you Volunteers!

**You must have had volunteer service hours in 2024 or 2025 to attend this year's breakfast.**

## MENS GOLF

Tuesday, April 8 at 1:30pm  
Organizational meeting for 2025 season

## BAKERS RACK SALE

Tuesday, April 15 at 9:00 am  
Pick yourself or someone special a sweet treat!

## AM-CENTER PHOTOGRAPHY CLUB

Tuesday, April 8<sup>th</sup> at 1:00 pm Presentation by Scott Simons, from Niagara Falls, Ontario is a long-time member of the Niagara Fall Canada Club and active contributor for photographic education in the region. Scott has been recognized for his many exemplary photographic creations during his career.

Tuesday, April 22 at 1:00 pm Members will select their best images of the 2024-2025 year to be projected and reviewed by a panel of judges who will select the Digital Image of the Year.

Everyone is welcome of attend these meetings and see the images and what inspires member photographers.

## BOOK CLUB

Monday, April 28 at 1:00 pm  
The book is "Flight Behavior" by Barbara Kingsolver. All participants are required to register for the meeting. ZOOM participants must register 24 hours in advance to receive the automated link. Comprehensive book selection lists can be found at the Senior Center on the racks across from the Fitness Room.

## HOT DOG SALE

Wednesday, April 23 11:00am  
First Hot Dog Sale of the year!

# OPEN PICKLEBALL

## \*\*\*OPEN PLAY PICKLEBALL GUIDELINES\*\*\*

We are looking to provide more Open Play Pickleball times.

- Members can sign up for a maximum of 3 time slots PER WEEK for Open Play Pickleball.
- We are seeing large Waitlist numbers for Open Pickleball and want everyone to have a chance to play.
- If you are already signed up for 3 time slots and an Open Pickleball Session is NOT full, you can sign up the DAY OF that Pickleball session.
- Please cancel when you cannot make a Pickleball time to allow someone else a chance to play!

We're all in this together. Let's respect each other's time and opportunities. Thank you

See page 12 for Open Play Pickleball at the Northwest Amherst Community Center.

## PICKLEBALL

Tuesday, April 1, 8, 22, 2:00-3:45pm, 3:45-5:30pm or 5:30-7:15pm (1 court)

Tuesday, April 29, 9:00-10:30am, 10:30am-12:00pm (Beginner), or 12:00-1:30pm

Wednesday, April 2, 2:00-4:00

Wednesday, 16, 30, 12:00-2:00 or 2:00-4:00

Wednesday, April 9, 12:00-2:00pm (Intermediate) or 2:00-4:00pm (Beginner)

Wednesday, April 23, 12:00-2:00pm (Beginner) or 2:00-4:00pm (Intermediate)

Thursday, April 3, 10, 17, 24 3:45-5:30

Friday, April 4, 12:00-2:00pm (Men) or 2:00-4:00pm (Women)

Friday, April 11, 12:00-2:00pm or 2:00-4:00pm

Friday, April 25, 12:00-2:00 (Women) or 2:00-4:00 (Men)

You must bring your own paddle

# CLUBS

If you are interested in more information or joining a Club, please register and go to the next meeting to speak with the leader. For a description of clubs, go to [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com) or pick up a brochure at the Center.

<b>Am-Center Photography Club</b> 2nd and 4th Tuesday, 1:00-3:00pm	<b>Dinner Club</b> See Club Info across from Fitness Room	<b>Poker Club</b> Thursdays, 1:00-2:30pm
<b>Amherst Men's Senior Softball League</b> Fridays, Seasonal	<b>Dominos Club</b> Wednesdays, 12:30-4:00pm	<b>Pool Club</b> Tuesdays, 2:00-5:00pm
<b>Amherst Senior Singers</b> Wednesdays, 1:00-3:00pm	<b>Duplicate Bridge Club (Monday)</b> Mondays, 1:00-4:00pm	<b>Quilting Club</b> 1st & 3rd Mondays, 1:00-3:30pm
<b>Art Club</b> Mondays, 1:00-3:30pm	<b>Duplicate Bridge Club (Friday)</b> Fridays, 1:00-4:00pm	<b>Reader's Theater Club</b> Mondays, 1:00pm
<b>Backgammon Club</b> Thursdays, 12:30pm	<b>Euchre Club</b> Tuesdays, 1:00pm	<b>Reading Poetry Aloud Club</b> Wednesdays, 9:00-10:00am
<b>Biblical Hebrew Grammar Club</b> 1st and 3rd Tuesdays, 6:00-7:30pm	<b>French Club</b> 2nd & 4th Mondays, 12:30-2:00pm	<b>Rocky Blues Band</b> Fridays, 12:30pm
<b>Bike Club</b> Wednesdays, 9:30-11:30am Seasonal	<b>Hand &amp; Foot Club</b> Thursdays, 3:30-5:00pm	<b>Rummikub Club</b> Fridays, 1:00-4:00pm
<b>Board Game Club-Afternoons</b> Wednesdays & Thursdays, 12:30-3:30pm	<b>Indian Senior Citizens Club</b> 2nd Thursday, 4:30pm	<b>Scrabble Club</b> Tuesdays, 10:00am-12:30pm
<b>Board Game Club- Evenings</b> Thursday, 6:30-10:00pm at Northtown Ctr.	<b>Genealogy Club</b> 1st Tuesday, 10:30am-12:00pm	<b>Spanish Club on ZOOM</b> Thursdays, 1:30pm
<b>Book Club</b> 4th Monday, 1:00pm	<b>Knitting Club</b> Tuesdays, 9:30-11:30am (not instructional)	<b>Speaking Italian Language Club</b> Fridays, 1:00-2:30pm
<b>Bridge Club</b> Tuesdays, 2:00-4:00pm	<b>Mah Jongg <i>Beginner</i> Club</b> Fridays, 9:30am-12:00pm	<b>Stained Glass Club</b> Thursdays, 9:00am-12:00pm
<b>Canasta Club</b> Thursdays, 1:00-4:00pm	<b>Mah Jongg Club</b> Tuesday, 1:00-3:30pm	<b>Tai Chi Club</b> Wednesdays & Fridays, 1:30-2:30pm
<b>Chess Club</b> Tuesdays, 12:15-4:00pm	<b>Men's Golf</b> Organizational Meeting April 8, 1:30pm	<b>Tuesday Afternoon Music Club</b> Tuesdays, 1:00pm
<b>Community Service Sewing Projects Club</b> Mondays, 8:30-11:00am	<b>News &amp; Views Zoom Club</b> Fridays, 10:00-11:30am	<b>Upholstery Club</b> Wednesdays, 9:00am-12:00pm
<b>Craft Club at NWACC</b> Tuesdays, 10:00am-12:00pm	<b>Pinochle Club (Monday)</b> Mondays, 12:45-4:00pm	<b>Wood Carving Club</b> Tuesdays, 9:00-12:00pm
<b>Creative Writers Club</b> 1st & 3rd Mondays, 10:00am –12:00pm	<b>Pinochle Club (Wednesday)</b> Wednesdays, 12:45-4:00pm	

# NORTHWEST AMHERST COMMUNITY CENTER

## **SOCIAL WORKERS ARE AVAILABLE FOR WALK-IN VISITS AT THE NORTHWEST AMHERST COMMUNITY CENTER**

The first and third Tuesday of each month from 9:00 am - 11:00 am

**Northwest Amherst Community Center**  
220 Northpointe Parkway, Amherst 14228

## **EASTER SWEET TREAT**

Monday, April 7 at 10:00am

Birds Nests Cookies. Please bring a cookie sheet and a small microwave safe bowl. Fee is \$3.00. No refunds after 4/4.

## **TALK AND TASTE**

Monday, April 7 at 6:00 pm

Celebrate National Coffee Cake Day with a slice

## **KINSHIP SUPPORT GROUP**

Wednesday, April 9 at 11:00am

Are you “parenting for a second time?” Many in today’s world find themselves in this situation at a time when maybe you were planning a more relaxed lifestyle. If this is you, consider coming to this support group to share ideas, get support, comfort and resources. You are not alone, so join others to talk and share ideas!

## **CIRCUIT FITNESS WORKOUT**

Monday, April 14 at 6:00pm

Monday, April 21 at 6:00pm

Try various workouts with weights. There are multiple stations that have different types of exercises. Strength, Balance, and Cardio are highlighted in these classes.

## **BINGO**

Monday, April 21 at 10:00am

Please bring an item from the Dollar Store for the prize table.

## **TAKE APART DAY**

Monday, April 28 at 10:00am

Ever wondered what’s inside the gadgets you use every day? You’ll get the chance to open up various devices and explore their inner workings. It’s a hands-on way to satisfy your curiosity and learn about technology from the inside out!

## **JUST ONE PARTY GAME**

Monday, April 28 at 6:00pm

Can you guess the answer with just one clue!

## **PICKLEBALL Northwest Amherst Community Center**

Mondays, April 7, 21, 28

9:00-11:00am (Intermediate)

11:00am-1:00pm (Beginner)

Mondays, April 7, 14, 21, 28

5:30-7:30pm (All Levels)

Tuesdays, April 1, 8

8:45-10:15am (All Levels)

## **FITNESS ROOM**

The Fitness Room at NWACC is open during Open Play Pickleball hours. See schedule above.

### **Kindness is the new cool!**

The Northwest Amherst Community Center is embarking on a mission to spread kindness in our community. We are constructing a paper flower garden of good deeds for the wall of our large meeting space. Youth and senior program participants are invited to perform an intentional act of kindness and write it on a paper flower, bumble bee, raindrop and add it to our mural. Examples might be paying a compliment to a cashier for good service, or calling a friend who does not get out much. Even if you do not currently attend classes or programs at NWACC, feel free to participate. Garden cutouts will be available at the Senior Center as well as the Community Center.



**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**

# APRIL NUTRITION

The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. The Erie County Nutrition Program is open to anyone 60 years of age or older at a suggested contribution of \$3.50. Guests under 60 are welcome for \$5.50.



- **Lunch is served Monday-Friday, 12:00-1:00pm**
- **Dinner is served at 5:00pm on Tuesday evenings**
- **Meal registration begins the 3rd Tuesday of each month. See page 4 for instructions.**
- **We are unable to accept walk-ins.**
- **If you are not able to attend lunch or dinner, please cancel your reservation.**
- **The menu is subject to change.**
- **Estimated calories/carbohydrates are listed for each lunch.**

**FROZEN MEAL PROGRAM**  
See page 4 for information

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	<b>1</b> Sweet & Sour Chicken over White Rice Stir Fried Asian Vegetables Dinner Roll Graham Cookie 663/102	<b>2</b> Spaghetti & Meatballs Steamed Broccoli Dragon Juice Garlic Bread Fresh Apple  777/102	<b>3</b> Grilled Chicken Rice Pilaf Carrots Wheat Bread Tropical Fruit  532/72	<b>4</b> Omelet topped w/ Salsa Oven Roasted Potatoes German Blend Vegetables Italian Bread Chocolate Chip Cookie  930/90
<b>7</b> Hot Dog on Bun Potato Wedges Carrots Mandarin Oranges  621/69	<b>8</b> Beef Macaroni Casserole Broccoli Florets Sweet Corn Italian Bread Vanilla Cupcake 778/81	<b>9</b> BBQ Pulled Pork on Roll White Rice Creamy Coleslaw Diced Peaches  731/110	<b>10</b> Breaded Chicken & Gravy Lima Bean Bake Green Bean Medley Corn Muffin Sugar Cookie 664/79	<b>11</b> Macaroni & Cheese Stewed Tomatoes Steamed Broccoli White Bread Oatmeal Pie 762/97
<b>14 Passover Lunch</b> Roast Beef w/Gravy Seasoned Browned Potato Green Beans w/Peppers Dinner Roll Chocolate Torte  742/85	<b>15</b> Cabbage Casserole Seasoned Mashed Potato Bahama Blend Vegetable Dinner Roll Fudge Brownie  803/113	<b>16</b> Build Your Own Salad Cranberry Juice Italian Bread Fresh Apple  359/66	<b>17 Easter Lunch</b> Chicken Cordon Bleu w/ Herbed Gravy Garden Vegetable Rice California Vegetables Dinner Roll Frosted Cake 723/79	<b>18</b>  <b>GOOD FRIDAY</b>  <b>CENTER CLOSED</b>
<b>21 Dingus Day Lunch</b> Polish Sausage on roll Dill Boiled Potatoes Prince William Vegetables Pudding Cup  737/74	<b>22</b> BBQ Pork Ribette on roll Roasted Potato Wedges Vegetable Medley Mandarin Oranges  751/90	<b>23</b> Chicken Leg Mashed Sweet Potatoes Steamed Spinach Fruit Muffin Apple Crisp 941/97	<b>24</b> Baked Pasta w/Sauce Buttered Carrots Broccoli Florets Garlic Knot Caramel Rice Pop Cakes 688/67	<b>25</b> Baked Fish Seasoned Rice Peas w/peppers, onions Dinner Roll Apricots 704/100
<b>28</b> Open Face Turkey Sandwich w/Gravy Mashed Potatoes Carrots Chocolate Brownie 909/113	<b>29</b> Pork Chop w/Gravy Roasted Potato Asparagus Multigrain Bread Chocolate Chip Cookie 858/96	<b>30</b> Chicken ala King Mashed Potatoes Broccoli Pepper Medley Biscuit Diced Peaches 653/88		

## DINNERS

Dinner is served at 5:00pm

**Tuesday, April 1—Philly Cheesesteak Sub, Tater Tots, Chef Salad, Mixed Fruit Cup**

**Tuesday, April 8—Breaded Chicken w/ Gravy, Mashed Potatoes, Vegetable Medley, Dinner Roll, Diced Peaches**

**Tuesday, April 15—Pasta Bake w/Marinara Sauce, Roasted Broccoli, Garlic Bread, Fresh Fruit**

**Tuesday, April 22—1/2 Reuben Sandwich, Vegetable Soup, Side Salad, Brownie**

**Tuesday, April 29—Salisbury Steak w/Gravy, Mashed Potatoes, Mixed Vegetables, Dinner Roll, Pudding Parfait**

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**

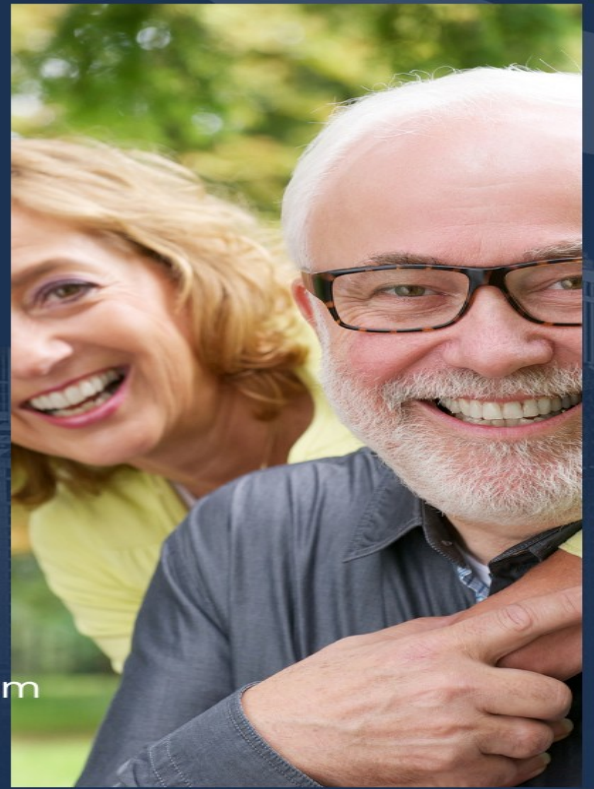


# Advertise in our newsletter

- ✓ 12,000 + members, 55 and older
- ✓ Ads run in print and online
- ✓ Annual ads as low as \$125 per month
- ✓ Ads can be created at no additional charge

Contact Darlene Wilber at:  
[dwilber@amherst.ny.us](mailto:dwilber@amherst.ny.us)

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



If you want to stay safe at home, Home Instead can help.



Call (716) 630.0657 or visit [HomeInstead.com/575](http://HomeInstead.com/575)

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## Services

- Companionship
- Memory Care
- Medication reminders
- Meal Prep
- Transportation
- Housekeeping
- Arthritis Care
- Diabetes Care
- Chronic Conditions Support



**Beechwood Continuing Care is a not-for-profit senior care community in Western New York.**  
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**Independent Living Communities**

**Asbury Pointe Retirement Community**  
 50 Stahl Road, Amherst, NY 14068  
 716-810-7500

**Presbyterian Village at North Church**  
 214 Village Park Drive, Williamsville, NY 14221  
 716-810-7475

**Ken-Ton Presbyterian Village**  
 3735 Delaware Avenue, Kenmore, NY 14217  
 716-810-7477



**Skilled Nursing and Short Term Rehabilitation**

**Beechwood Homes**  
 2235 Millersport Highway, Amherst, NY 14068  
 716-810-7000

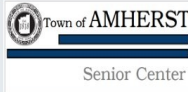
**Wesley Rehabilitation Center**  
 2235 Millersport Highway, Amherst, NY 14068  
 716-810-7000

**Hospice Wells House**  
 2235 Millersport Highway, Amherst, NY 14068  
 716-810-7000



*Please feel free to reach out to learn more about all we have to offer. We are just a phone call away.*

[www.beechwoodcare.org](http://www.beechwoodcare.org)

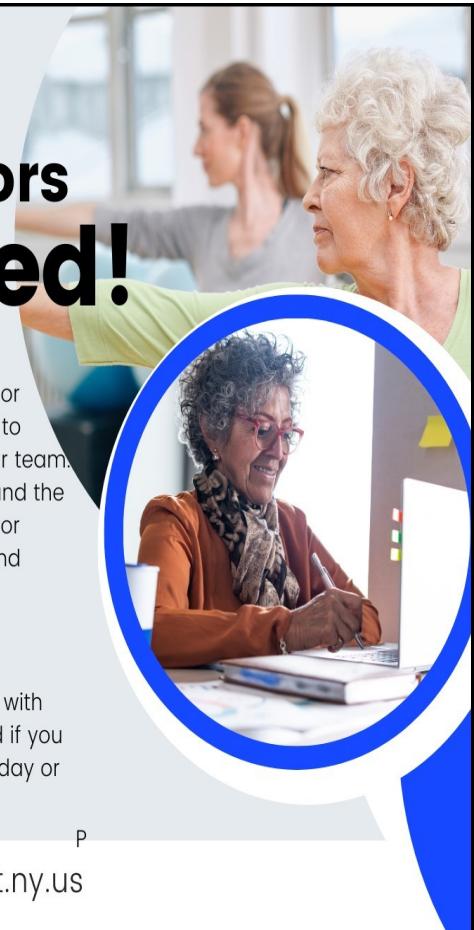


# Instructors Needed!

If you have a special skill or talent that you would like to share, consider joining our team. We welcome new ideas and the Center is always looking for language, local history, and fitness instructors.

Please contact our Class Coordinator, Cindy Weiss with your course proposal and if you are interested in teaching day or evening classes.

[cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us)



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AMHERST CENTER FOR SENIOR SERVICES

## 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 life as they age.

## OUR VALUES

### ACCESSIBILITY

Ensuring that members can participate and benefit from the many services by providing opportunities 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.