



Town of AMHERST



Senior Center

AMHERST SENIOR CENTER

370 John James Audubon Parkway

Amherst, NY 14228

716-636-3050

FEBRUARY 2025 NEWSLETTER

F E B R U A R Y I S



HEART MONTH

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 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



Facebook.com/amherstnyseniorcenter/

A NOTE FROM THE DIRECTOR

Hello! I hope everyone has settled into 2025. Our café construction project is going well. As I write this article, the walls are being painted and they are working on the plumbing. With a few unexpected delays, the project is now expected to be completed by the end of February. It will then take some additional time to move equipment, tables, and product in and then train staff and volunteers. I will keep you updated on our anticipated opening timeline.

I would like to remind all members that you are required to use your member key tag to check in at the kiosk when you enter the building. This is a requirement for all members under our membership guidelines. The Kiosks are located in the front lobby and the hallway outside of the wellness center entrance. To get everyone in the habit, this month we are conducting random weekly raffles by drawing names from those who are checking in at the kiosk. We will also award 2 additional prizes at the end of the month. One to the member with the most check ins and one to the center club with the most check ins. So make sure you are checking in! You have got to be in it to win it!

This month brings new programs including virtual reality, Kitchen Fundamentals, floor hockey, and more! Have you ever been to the NARC (North Amherst Recreation Center)? Come join us this month to play Bocce Ball and Corn Hole at the NARC!

I would like to thank the Town of Amherst Assessor's office for coming out this month to provide assistance with your tax exempt forms.

Each month, the Center offers health programming that provides valuable information to keep you and your loved ones healthy and safe. This month we are offering NARCAN Training. This peer to peer training empowers you to immediately administer naloxone during a suspected overdose, which can save lives. The presence of trained individuals in an emergency situation is critical for a rapid response.

Our annual HEAP Outreach event this month will give you the opportunity to drop in and see if you are eligible for assistance with heating bills this winter.

Please make sure you read our newsletter each month so you do not miss out on fun, informative, and valuable programming. Should you have suggestions for future programs, please reach out to the staff with your ideas.

Happy Valentine's Day!

Best,

Melissa

ABOUT US

THE CENTER

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

- Art Gallery— *Sponsored by Asbury Pointe*
- Audubon Café—*Closed until 2025*
- Billiard Room
- Card Room
- Dance Room—*Sponsored by Excellus Blue Cross Blue Shield*
- Gift Shop—*Closed until 2025*
- 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

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 will be closed on Monday, February 17 for Presidents' Day.

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

KEY STAFF CONTRIBUTORS

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

Christin Estrada, Nutrition Coordinator: estrda@amherst.ny.us

Tammy Jacobs, Senior Program Coord. : tjacobs@amherst.ny.us

John Jones, Social Caseworker: jjones@amherst.ny.us

Jennifer Lazarz, Program Coordinator: jbono@amherst.ny.us

Karen Lisiecki, Project Coordinator: klisiecki@amherst.ny.us

Angelo Lorenzo, Program Leader: alorenzo@amherst.ny.us

Greg Potter, Program Leader: gpotter@amherst.ny.us

Jamie Sullivan, Kitchen Manager: jesullivan@amherst.ny.us

Vijaya Tomar, Social Worker: vtomar@amherst.ny.us

Cindy Weiss, Class Coordinator: cweiss@amherst.ny.us

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

***WiFi is available in the building
Name: ACSSwifi***

Password: RainStorm20

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
- Ms. Carol Roy, President, Senior Center Representative Council
- 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
 - Petrina Sciandra
 - Sarah Blankenship
- 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.



A NOTE FROM YOUTH & RECREATION

I hope you have all been staying warm this new year! For those of us not lucky enough to head south for the winter, it's important that we get sunlight and exercise despite the cold. Join us for free guided walks at Walton Woods (right next door to the Center) at 11:00am every Wednesday and Sunday this month. It's so much easier to brave the cold with a group and you'll likely see some wildlife along the way. Did you know that 2025 is the bicentennial of the Erie Canal? Join us for a free guided hike on the NYS Canalway Trail on Saturday, February 8 at 2:00pm leaving from the Buffalo Niagara Heritage Village to explore this piece of local and national history. If you're determined to get your exercise indoors, there are still class openings at the Center. Register through myactive-center.com. There are also adult offerings such as basketball, volleyball and tennis at the Clearfield Community Center. Register through www.amherstyouthandrec.org Speaking of Youth & Rec, we recently update our website to make it more user friendly for all! 2025 resident ID cards are now on sale and are necessary to register for classes at the resident rate and for free use of the pools. Purchase now to avoid the crowds in the spring and summer. As an incentive, we are offering a \$2.00 discount off of the regular \$10.00 price on all ID cards purchased prior to May 1. In addition to our new website, we have a new registration program, so everyone will need to have a new picture taken this year. Please bring proof of residency. Cards are available at the Northtown Center (2nd floor) from 8:30am until 5:30pm Monday through Friday and 10:00am until 2:00pm on Saturdays. If you come before school lets out during the week there is virtually no waiting! Looking forward to seeing you around the Center and around town!

Mary Diana Pouli, Executive Director, Youth & Recreation

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



CREATING AN ACCOUNT ON MyActiveCenter

Go to MyActiveCenter.com then click on the New User 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.

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.

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

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.

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.

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. If you have any questions, she can be reached at 716-636-3055 ext. 3131.

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.

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.

MEMBERSHIP 101

Tuesday, February 4 at 3:30pm or
Thursday, February 6 at 10:30am

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 the 10:30am session are invited to stay for a complimentary lunch at 12:00pm and if you are attending the 3:30pm you are invited to stay for a complimentary dinner at 5:00pm. Reservations are required for both.

REGISTRATION IS ALWAYS REQUIRED. SEE ABOVE FOR DETAILS.

PROGRAMS

VR (Virtual Reality)

Tuesday, February 4 at 1:00 pm to 3:00 pm
Explore the world of virtual reality with our VR Headsets. Experience this innovative technology and engage in fun, interactive experiences. Whether you're new to VR or curious to try something different, this is a great opportunity to dive into a new digital world.

VALENTINE SWEET TREAT

Wednesday, February 5 at 11:00 am
We will make Chocolate Covered Pretzel Heart. Fee is \$2.00. No refunds after 2/3.

BINGO

Thursday, February 6 at 1:00 pm
Please bring an item from the Dollar Store for the prize table.

OPEN CARDS

Thursday, February 6 at 10:00 am – 12:00 pm
Join us for an open card time where you can relax, have fun, and enjoy a variety of social card games in a laid-back, non-competitive environment. 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. Some examples of card games we can play include Rummy games, Spades, Hearts, Swoop, and Cribbage.

"SOUP-ER" BOWL CONTEST

Friday, February 7 at 12:30 pm
Do you have a prize winning soup? If you would like to enter the contest please contact Jennifer in programming by 2/5. \$5.00 fee for taste testers.

TECH SUPPORT

Friday, February 7 at 10:00 am
Bring your devices and questions to our Tech Support Day, where tech savvy staff will be on hand to help you troubleshoot issues and provide guidance. This program is non-instructional – we can answer questions, give quick tutorials, and diagnose issues, and provide advice or solutions.



KITCHEN FUNDAMENTALS

Tuesday, February 11 at 2:00pm Part 1
Tuesday, February 25 at 2:00pm Part 2
Kitchen Fundamentals is ideal for those who are new to cooking or feel uncomfortable in the kitchen. Learn essential cooking techniques, how to find reliable recipes, and tips for scaling recipes for single servings or bulk freezing. This class offers practical skills to help you feel more confident in the kitchen.

CHINESE NEW YEAR CELEBRATION

Wednesday, February 12 at 11:30
Performance by the Chinese Square Dancers

LOCAL AUTHOR TALK

Wednesday, February 12 at 1:00 pm
Local author Rachele Moyer Francis will discuss her book The Two Wives of Millard Fillmore

RETRO VIDEO GAME NIGHT

Thursday, February 13 at 5:00 pm
Step back in time and experience the golden age of gaming at Retro Game Night. Enjoy a variety of classic games from every decade, with multiple consoles available to play some classic titles. Whether you're revisiting old favorites or discovering new ones, there's something for everyone to enjoy.

VALENTINE'S DAY LUNCH

Friday, February 14 at noon. Enjoy Peter Van Scozza strolling table to table with his violin.

AN AGREEABLE TYRANT: FASHION AFTER THE REVOLUTION – DAR MUSEUM

Wednesday, February 19th at 11:00 am
How did Americans wrestle with the political implications of fashion in the post-Revolutionary era. After declaring independence, Americans wanted to create a new national identity and attain international credibility. How could we rely on foreign imports while maintaining our new-found independence? What was a patriotic American to wear? We will explore the main themes of the exhibition by focusing on the role that fashion played in shaping America's national identity. Presented by Ann Sawusch, DAR Museum Correspondent Docent.

KARAOKE PARTY

Thursday, February 20 at 1:00 pm
Grab the mic or just sit back and listen.

PRESIDENTIAL TRIVIA

Friday, February 21st at 10:30am
Fun Facts & Trivia about the Presidents' of the United States.

BATTLE OF THE DONUTS

Wednesday, February 26 at 9:30 am
Who has better donuts and coffee? Sample 2 types of donuts and coffee from Tim Hortons and Dunkin Donuts. Fee is \$3.00. No refunds after 2/25.

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

PROGRAMS

PIZZA AND GAME NIGHT

Thursday, February 27 at 5:00 pm
Pizza and salad from John and Mary's followed by a game of Family Feud. Fee is \$7.00. Paid reservations by 2/25. No refunds after.

MIND TEASERS

Friday, February 28 at 10:30 am

FIELDTRIP

BOCCE BALL & CORN HOLE @ The NARC

Wednesday, February 5th from 2:00 – 3:00pm
The NARC (North Amherst Recreation Center) is a large indoor turf field. Located at 4415 Millersport Hwy, East Amherst, NY 14051. Come check out this awesome space and play some indoor lawn games!

BOWLING @ TRANSIT LANES

Wednesday, February 19th at 10:30am
7850 Transit Rd, Williamsville. \$5 per game (Shoes included.)
Enjoy this fun social outing with friends

FINANCIAL

MEDICARE 101

Wednesday, February 19 at 10:00am
Medicare is Confusing! What kind of plans might work best for me? Presented by Jason Myers, Owner of JBM Health & Wealth Consulting, LLC.

INFORMATION TABLES

SENATOR RYAN COMMUNITY OUTREACH

Tuesday, February 4 from 10:00am-2:00 pm
A representative from the Senator's office will be present

GREENFIELDS OF LANCASTER

Wednesday, February 5 from 11-12

HEART HEALTH BY COMPREHENSIVE OF WILLIAMSVILLE

Friday, February 7 10:30am – 1:30pm

TRAVEL WITH THE CITY OF TONAWANDA SENIORS AND D&F TRAVEL

Friday, February 7 11:00am – 1:00pm

HEART HEALTHY NUTRITION —ASK THE DIETICIAN

Tuesday, February 11 from 11-1
Erie County Senior Services Dietician Consultant
Leanne Bajus

HEALTH

MEDITATION AND HEALING

Thursday, February 13 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

CHAIR FITNESS

Wednesday, February 12 from 11:00 – 11:50 am
Wednesday, February 26 from 11:00 – 11:50 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!)

NARCAN TRAINING

Wednesday, February 19 at 1:00 pm
Learn how to administer Narcan and recognize the signs of an overdose. This important training also includes information on the rising overdose crisis, with seniors now being the fastest-growing demographic for overdose deaths. Gain the skills and knowledge needed to potentially save a life in an emergency situation.

FLOOR HOCKEY @ Clearfield Recreation Center

Thursday, February 27th from 10:30 – 11:30am
Walk, run, or even stand still. Come play floor hockey! We can play games and/or just shoot around. Bring a hockey stick.

HEART HEALTHY EATING

Tuesday, February 25 at 10:30
Mediterranean Diet vs. DASH Diet When it comes to heart-healthy eating, the Mediterranean Diet and the DASH Diet are two of the most common eating styles. Is one better than the other? In this seminar, we'll discuss the basics and weigh the pros and cons of both so you can decide what's best for your heart! Presented by Jennifer Johnson at New Sky Coaching.

PING PONG

Mondays 12:00 – 4:00pm
Tuesdays 2:00 – 6:00pm
Fridays 1:00—4:00pm

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

PROGRAMS

MOVIES

1:00PM

Monday, February 3 Maria Rated R 123 minutes
Monday, February 10 The Six Triple Eight PG-13 129 minutes
Monday, February 24 Here PG-13 105 minutes

5:30PM

Tuesday, February 3 Maria Rated R 123 minutes
Tuesday, February 10 The Six Triple Eight PG-13 129 minutes
Tuesday, February 24 Here PG-13 105 minutes
Tuesday, February 25 Here PG-13 105 minutes

4:00PM

Thursday, February 6 Any Given Sunday Rate R 162 minutes
Thursday, February 13 Age of Adeline PG-13 112 minutes

MUSICAL

Friday, February 7 at 1:00 pm Respect PG-13 145 minutes

BOOK AND MOVIE COMPARISON

Friday, February 14 at 1:00 pm
The Children's Train Rated PG 106 minutes

DOCUMENTARY

Thursday, February 20 at 5:30pm *Free Solo* - Professional rock climber Alex Honnold attempts to conquer the first free solo climb of famed El Capitan's 900-metre vertical rock face at Yosemite National Park.

FEEL GOOD MOVIE

A Man on the Inside
Friday, February 21 at 1:00 Part 1 120 minutes
Friday, February 28 at 1:00 Part 2 120 minutes

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

Clarity Group – Medicare Plan Center Lisa at 716-864-4886
Monday, February 3 12:00pm – 3:00pm
Wednesday, February 26 9:00am—11:00am

Highmark BCBS Kathy:716-658-8655
Thursday, February 20 9:00 am – 11:00 am

Independent Health Amanda, 716-635-4999
Friday, February 14 from 2:00pm—3:00pm

KDM Wealth Consultants Andrea at 716-445-4332
Thursday, February 13 1:00—4:00pm

PARTNER PROGRAMS

SILVER PRIDE TEA

Friday, February 7 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, February 18 at 4:00pm
“*The Anatomy of a Pummeled Life*” Discussed by the Author Peter Talty

This is the true story of a man's life that was remarkable in terms of how tragic it was. It was not a life path most of us could travel without great suffering as did he. But his life story needs to be told, and I am honored to be the one to tell it.

TOWN OF AMHERST ASSESSOR'S OFFICE

Thursday, February 20 9:00am –12:00 pm
Representatives from the Assessor's Office will be on site to assist you with your tax exempt forms

BETTER BREATHERS GROUP

Tuesday, February 25 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, February 27 9:30am – 1:00pm
Schedule your free 30 minute screening from Buffalo Occupational Therapy by calling 716-235-3013 or hannah@buffalooccupationaltherapy.com. Let them know that you want it at the Amherst Senior Center.

HEAP Outreach Event

Thursday, February 27 from 9:00—3:30pm
Stop in and see if you are eligible for assistance with heating your home this winter. Required documentation includes: photo ID, heating bill and proof of income. National Grid and National Fuel will be onsite for utility issues. Walk-ins only.



REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

CLASSES

WINTER CLASS CATALOG

The Winter Class Catalog is available in hard copy at the Center, Amherst Libraries and online at AmherstCenterforSeniorServices.com

The second session of many of our classes begins in late February or early March. Check online or with the Reception Desk for openings.

DEFENSIVE DRIVING CLASS

AARP Smart Driver

(\$25 for AARP Member/\$30 for Non AARP member)
Wednesday, February 19 or March 19 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

HIGHLIGHTS FOR WINTER TRIMESTER

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

DESTRESS: Song, Chant, Silence, Sharing to Destress \$20

Monday, 2/10, 2/24, 3/10, 3/24, 4/7, 4/21 (6x) 10:00-11:00am NWACC

DRUMMING CIRCLE \$24

Friday, 2/28-4/11 (7x) 9:30-10:30am

GREEK MYTHOLOGY and ART PART II \$24

Participation in Part 1 is NOT required!
Monday, 2/3-3/31 (8x) no class 2/17 11:00-11:50am

WOODEN "Grateful, Thankful...." Sign \$16

Wednesday, 2/12 (1x) 1:00-3:00pm

YOGA AFTERNOON – All Levels \$21

Tuesday, 2/25-4/8 (7x) 4:00-5:00pm

YOGA ZOOM \$24

Wednesday, 2/26-4/9 (7x) 9:00-10:15am

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, 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

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

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.**

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

Men's Group

Tuesdays February 4 and 18 at 10:30am
"Getting to know us: A man's perspective" Talk about issues that are specific to men.

Loss & Grief Group

Thursdays at 10:30am
This group starts on January 30 and will meet for 6 weeks. We discuss coping strategies, healing techniques, and stages of loss and grief.

Veteran's Coffee Group

Monday, January 6 at 10:00am
Come for a cup of coffee and share with others who understand your story and lend support.

Widow/Widowers Group

Tuesday, February 11 at 10:30am
If you are facing a stressful life change due to losing your spouse, you don't have to go through it alone.

Caregivers Group

Wednesday, February 19 at 1:00pm
Caregiving can be overwhelming and we are here to offer support.

Parkinson's Group:

Thursday, February 27 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.

Grandparent 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 are from 4:00-7:00 pm on February 11 and 18 only.

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 only 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)

Thursday, February 27 9:00am—3:30pm Outreach Event
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.

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.

BAKERS RACK SALE

This month's Bakers Rack Sale will take place on Friday, February 14. Grab a sweet treat for your Valentine! Proceeds benefit the Center.

ST. JOSEPH'S DAY LUNCHEON

Wednesday, March 19th

It's never too soon to begin recruiting volunteers. Please be advised that most of the volunteer roles for this event will necessitate a great deal of active time on your feet assisting our guests and working closely with other volunteers and Center staff. Even though the event is several weeks away, experience tells us we will require many volunteers to make the event a successful one, if you are interested, please contact Doreen at dnotaro@amherst.ny.us or ext.3136 to reserve your spot on this year's team.

BOOK CLUB

The book selection for the February 24 Book Club meeting is: *Slaughterhouse-Five*, by Kurt Vonnegut. 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.

AM-CENTER PHOTOGRAPHY CLUB

Tuesday, February 11, 2025, at 1:00 pm, Mr. Ed Bartel will present "Uses of DxO Software" to optimize photographic images in post-processing (enhancement of cell phone or camera images on a computer or other digital device). The DxO software has a wide variety of applications that are useful in increasing the appeal of your images.

On Tuesday, February 25 at 1:00 pm the judging of the Club's Annual Print Show will occur. A panel of judges will critique the submitted images for seven categories: Animals, Architecture, Creative, Historical, Nature, People and Pictorial and select the best in each class and finally a Best of Show winner. The show will be hung on Friday, February 28.

All are welcome to attend to explore and enjoy the art of photography.

AARP TAX PREPARATION

Tax appointments will take place Mondays, Thursdays and Fridays at the Northwest Amherst Community Center. To make your appointment please call 716-256-3743. Appointments will be made by the AARP Volunteers not Senior Center Staff this year.

OPEN PICKLEBALL

*****OPEN PLAY PICKLEBALL ANNOUNCEMENT*****

Starting in January 2025:

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, February 4, 11, 25, 2:00-4:00pm or 5:00-7:00pm (1 court)

Wednesday, February 5, 12:00-2:00pm (Beginners) or 2:00-4:00pm (Intermediate)

Wednesday, February 12, 2:00-4:00pm

Wednesday, February 19, 12:00-2:00pm (Intermediate) or 2:00-4:00pm (Beginners)

Wednesday, February 26, 12:00-2:00pm or 2:00-4:00pm

Thursday, February 6, 13, 20 3:45-5:30pm

Thursday, February 27 12:15-2:00pm (Beginners), 2:00-3:45pm (Intermediate), or 3:45-5:30pm (All Levels)

Friday, February 7, 21, 12:00-2:00pm or 2:00-4:00pm

Friday, February 14, 12:00-2:00pm (Men) or 2:00-4:00pm (Women)

Friday, February 28, 12:00-2:00pm (Women) or 2:00-4:00pm (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 or pick up a brochure at the Center.

Am-Center Photography Club	2nd and 4th Tuesday of the month, 1:00 –3:00
Amherst Men’s Senior Softball League	Fridays, 12:30
Amherst Senior Singers Club	Wednesdays, 1:00-3:00
Art Club	Mondays, 1-3:30
Backgammon Club	Thursdays, 12:30
Biblical Hebrew Grammar Club	1st and 3rd Tuesdays, 6:00pm –7:30pm starting 1/21
Bike Club	Wednesdays, 9:30-11:30
Board Game Club-Afternoons	Wednesdays and Thursdays, 12:30-4:00
Board Game Club-Evenings	Wednesday or Thursday nights at Northtown Center from 6:30-10:00. See MyActiveCenter.com
Book Club	4th Monday, 1:00
Bridge Club	Tuesdays, 2:00-4:00
Canasta Club	Thursdays, 1:00-4:00
Chess Club	Tuesdays, 12:15-4:15
Community Service Sewing Projects Club	Mondays, 8:30-11:00
Creative Writers Club	1st & 3rd Mondays, 10:00-12:00
Dinner Club	Information on rack across from the Fitness Room
Dominos Club	Wednesdays, 12:30-4:00
Duplicate Bridge Club (Mon)	Mondays, 12:30-4:00
Duplicate Bridge Club (Fri)	Fridays, 12:30
Euchre Club	Tuesdays, 1:00
French Club	2nd and 4th Mondays, 12:30-2:00
Indian Senior Citizens Club	2nd Thursday of the month, 4:30
Genealogy Club	1st Tuesday, 10:30-12:00, General Meeting
Knitting Club	Tuesdays, 9:30-11:30
Mah Jongg <i>Beginner</i> Club	Fridays, 9:30-12:00
Mah Jongg Club	Tuesdays, 1:00-3:30
Men’s Golf Club	Information on rack across from the Fitness Room
News & Views ZOOM Club	Fridays, 10:00-11:30, must be on Club roster to receive weekly link
Pinochle Club (Mon)	Mondays, 12:45
Pinochle Club (Wed)	Wednesdays, 12:45-3:30
Quilting Club	1st and 3rd Mondays, 9:30
Reader’s Theater Club	Mondays, 1:30
Reading Poetry Aloud Club	Wednesdays, 9:00-10:00
Rocky Blues Band Club	Fridays, 12:30
Rummikub Club	Fridays, 1:00-4:00
Scrabble Club	Tuesdays, 10:00-12:30
Spanish ZOOM Club	Thursdays, 1:30
Speaking Italian Language Club	Fridays, 1:00-2:00
Stained Glass Club	Thursdays, 9:00-12:30
Tai Chi Club	Wednesdays & Fridays, 1:30-2:30
Tuesday Afternoon Music Club	Tuesday, 1:00
Upholstery Club	Wednesdays, 9:00-12:00
Wood Carving Club	Tuesdays, 9:00-11:30

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

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

AARP Tax Preparation will take place at the Community Center this year. To make your appointment please call 716-256-3743. Appointments will be made by the AARP Volunteers not Senior Center Staff this year.

DIY VALENTINE DOORMAT

Monday, February 3 at 10:00 am.

Look for a sample at the Front Desk. Fee is \$7.00.

TALK AND TASTE

Monday, February 3 at 6:00 pm

Sample a taste of Carrot Cake for National Carrot Cake Day.

NEW CRAFT CLUB

Tuesdays 10:00am—12:00pm starting February 4

A new craft club for all abilities is starting at the Northwest Amherst Community Center. The first craft project will be for Valentines Day.

CARDS—CONTRACT RUMMY

Monday February 10 at 10:00 am

Join us for a game of Contract Rummy, a large group game where players complete specific contracts or objectives during each round, adding twist to the gameplay.

CIRCUIT FITNESS WORKOUT

Monday, February 10 at 6:00pm

Monday, February 24 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.

GRANDPARENT KINSHIP SUPPORT GROUP

Wednesday, February 12 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!

BINGO

Monday, February 24 at 10:00am

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

PICKLEBALL Northwest Amherst Community Center

Mondays, February 3, 10, 24

9:00-11:00am (Intermediate)

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

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

Tuesdays, February 4, 11, 18

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

Tuesday, February 25

8:45-10:15 (All levels)

10:30-12:00 (Beginners)

NEW FOR MARCH:

A MATTER OF BALANCE

Mondays and Fridays 9:30—11:30 am March 10—April 4

Do you or someone you know have a fear of falling? Even if you've never fallen, a fear of falling is completely normal, and super common! Do you want to learn strategies to prevent those falls, overcome those fears and get stronger along the way? To overcome these feelings and adopt a stronger mindset and muscles, come to our A Matter of Balance program where you will take part in an eight-class program centered around keeping you on your feet! In this program, we will discuss fall prevention strategies, home hazards, healthy habits, exercise and more! Geared to adults 60 and over.



“It is most appropriate that Americans set aside a month to recognize the important contribution made to our nation’s life and culture by our black citizens.

With the growth of the civil rights movement has come a healthy awareness on the part of all of us of achievements that have too long been obscured and unsung. Emphasis on these achievements in our schools and colleges and in daily community life places in timely perspective the benefits of working together as brothers and sisters regardless of race, religion, or national origin for the general well-being of all our society.” -Gerald Ford

Sourced from: <https://www.presidency.ucsb.edu/documents/message-the-observance-black-history-week>

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

FEBRUARY 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 and dinner is served at 5:00pm on Tuesday

evenings. Reservations must be made at least 24 hours in advance by going on MyActiveCenter.com or by calling 716-636-3051. There are NO walk-ins accepted.

We have had an increase in people not showing up for lunch. If you are not able to attend lunch or dinner, please cancel your reservation.

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. If you have any questions, she can be reached at 716-636-3055 ext. 3131.

The numbers on the menu represent the estimated calories/carbohydrates

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Registration for meals begins the third Tuesday of each month	The menu is subject to change		Suggested donation was changed to \$3.50 as of January 1, 2025	
3 Hamburger w/bun Potato Wedge Mixed Vegetable Pears 696/77	4 Stuffed Pepper Mashed Potatoes Peas Dinner Roll Brownie 897/117	5 Chicken Leg Rice Pilaf Grape Juice Corn Muffin Apple Crisp 848/120	6 Roast Beef w/ Gravy Mashed Potatoes Mixed Vegetable Dinner Roll Vanilla Crème Cookie 733/87	7 SUPER BOWL LUNCH Pizza & Wings Side Salad Grape Juice Banana 119/129
10 Salisbury Steak w/Gravy Mashed Potatoes California Blend Wheat Bread Fudge Pie 750/79	11 Pulled Pork w/Bun Tater Tots Green Beans Mandarin Oranges 853/109	12 Sweet & Sour Chicken Rice Pilaf Broccoli Dinner Roll Lorna Doones 749/101	13 Beef Stew w/Vegetables Mashed Potatoes Biscuit Fruit Cocktail 756/86	14 VALENTINES DAY Stuffed Shells Broccoli Carrots Dinner Roll Cherry Pie 787/103
17 CLOSED PRESIDENTS DAY	18 PRESIDENTS' LUNCH Turkey w/Gravy Sweet Potato Green Beans Dinner Roll Diced Pears 558/79	19 Marinated Grilled Chicken w/ Rice Pilaf Corn Mixed Vegetables Caramel Pop Cake 542/71	20 Cabbage Roll Mashed Potatoes Pacific Blend Italian Bread Apricots 590/91	21 Baked Fish Wild Rice Key Largo Blend Multigrain Bread Oreo 788/101
24 Ribette w/ Roll Roasted Potato German Blend Applesauce 756/92	25 Salisbury Steak Mashed Potato Green Beans Multigrain Bread Diced Pears 801/87	26 Breaded Chicken/Gravy Brussel Sprouts Corn Blend Dinner Roll Fruit Cocktail 588/70	27 Pork Chop Sweet Potatoes Broccoli Multigrain Bread Graham Crackers 611/74	28 Chicken Stew Quinoa Asparagus Biscuit Chocolate Chip Cookies 940/113

DINNERS

Tuesday, February 4—Soup, Julienne Salad, Roll, Fruit Cup
 Tuesday, February 11—Fiesta Chicken, Spanish Rice, Corn, Empanadas
 Tuesday, February 18—Mushroom Chicken, Wild Rice, Broccoli, Pudding
 Tuesday, February 25—Open Faced Roast Beef Sandwich, Potato, Vegetable, Fruit Cup

Dinner is served at
5:00pm

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.



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Senior Center

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mabel@amherst.ny.us

AmherstCenterforSeniorServices.com



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- 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.

From luxury independent apartment living to short-term rehabilitation....our communities have something for everyone.



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

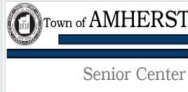
Hospice Wells House

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

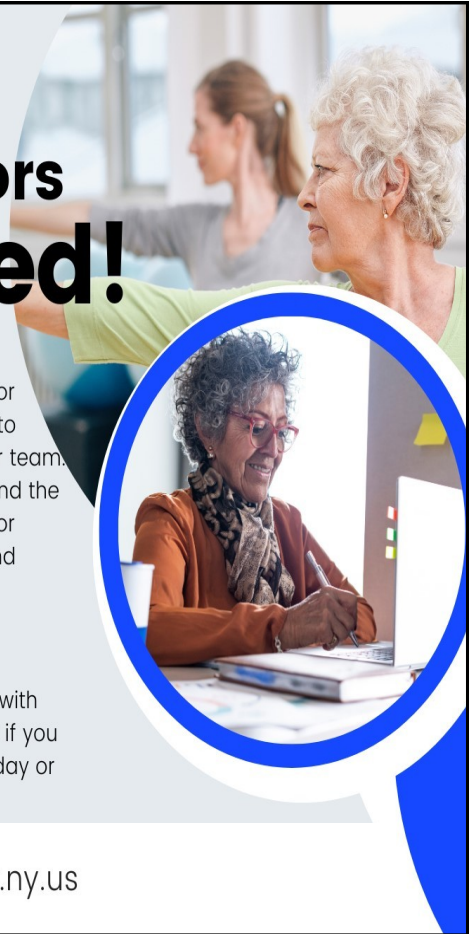


Instructors Needed!

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



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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.