



AMHERST CENTER FOR SENIOR SERVICES

370 John James Audubon Parkway, Amherst, NY 14228

JANUARY 2026 NEWSLETTER



May 2026 bring new opportunities to learn, connect, and enjoy the activities that enrich your lives. We look forward to brighter days, meaningful moments, and a year filled with camaraderie, well-being, and shared experiences here at the Senior Center.

ESTABLISHED IN 1962

AmherstCenterForSeniorServices.com



Facebook.com/amherstnyseniorcenter

A NOTE FROM THE DIRECTOR

As we welcome a new year, we look forward to offering expanded access, enhanced programs, and more opportunities for connection throughout 2026. January is often a time of renewed routines and fresh starts, and we are pleased to share several important updates that reflect our continued commitment to serving older adults in Amherst.



Beginning this month, all Monday evening programming previously held at the Northwest Community Center will now take place at the Amherst Center for Senior Services. After monitoring participation and listening to member feedback, it became clear that consolidating these activities at the Senior Center allows us to accommodate member requests for more programming in the evening. To support this transition, the Center will now be open until 7:00 p.m. on Monday evenings beginning in January, in addition to our continued Tuesday and Thursday evenings.

We are also pleased to announce that Senior Outreach Services (SOS) is entering a new chapter that will strengthen its long-standing commitment to older adults in our community. Beginning in January 2026, SOS will transition to become fully part of the Amherst Center for Senior Services. This shift provides greater stability for the SOS team, enhances collaboration with Center staff, and aligns services more closely with the programs our members and the community rely on every day. The core mission of SOS remains unchanged: ensuring that older adults in Amherst have the resources, guidance, and personal support needed to live safely and independently. This is an exciting new chapter for the senior center and we look forward to our increased presence in the community through our Senior Services Outreach team.

As I am writing this in early December, many of you are aware that our new café has not opened its doors yet. Through countless unexpected delays, I am still working with the vendor on when to expect the grand opening of the café. Please stay tuned and I will continue to provide updates through our email blasts.

We look forward to a productive, healthy, and engaging year ahead.

Melissa

Melissa Abel, Executive Director

FIRE DRILLS

Your safety is our top priority. If the fire alarms go off in the Senior Center, please exit the building right away.

ABOUT US

THE CENTER

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

- Art Gallery— *Sponsored by Asbury Pointe*
- Billiard Room
- Café—Coming Soon!
- 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*
- An accessible private bathroom is located by Room 2

HOURS OF OPERATION

Monday: 9:00 am—7:00 pm

Tuesday & Thursday: 9:00 am-7:30 pm

Wednesday & Friday: 9:00 am-4:00 pm

(Doors open at 8:45 am)

The Center will be closed on January 1 in observance of New Years Day and January 19 in observance of Martin Luther King Jr. Day.

IMPORTANT PHONE NUMBERS

Main Line 636-3050

This is an automated line where you choose an option:

Press

1. Amherst Senior Transportation
2. Reservations for Classes, Lunches, Programs
3. Social Work appointments and Accessible Tags
4. Senior Outreach Services
5. Meals on Wheels
6. Reception

Direct Lines:

Registration 636-3051—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

*This newsletter is coordinated by Darlene Wilber,
Public Relations Coordinator, dwilber@amherst.ny.us*

ABOUT US

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.

CALLING ALL NEW MEMBERS!!

MEMBERSHIP 101



Wednesday, January 7 at 10:30 am

So, you have taken the step of becoming a Member, now what? Find out ways to get involved, sign up for Classes or Programs, find information about the resources and support that are available at the Center. Those attending are invited to stay for a complimentary lunch at 12:00 pm. Reservations are required for both.

KEY STAFF CONTRIBUTORS

Melissa Abel,
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Christin Estrada,
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Tammy Jacobs,
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Joe Weisansal,
Recreation Leader
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Marc Young,
Program Leader
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PARKING-COMBAT WOUNDED VETERANS

The Center has 2 Reserved parking spots for Combat Wounded Veterans 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.

ANIMAL POLICY

We love animals, but please remember that **Only Service Dogs Are Allowed** at the Senior Center.

We kindly ask that you leave pets at home to ensure a safe and comfortable environment for everyone.

Thank you for your understanding!

ACCESSIBILITY

There is a private accessible bathroom located off the hallway by Room 2.



AMHERST CENTER FOR SENIOR SERVICES 2025-26 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 9:00 am-7:00 pm
Tuesday and Thursday 9:00 am-7:30pm
Wednesday and Friday, 9:00 am-4:00 pm

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.

TOWN OF AMHERST

AMHERST TOWN BOARD

- Shawn Lavin, Town Supervisor
- John Davis
- Jack Kavanaugh
- Angela Marinucci
- Michael Szukala

AMHERST SENIOR CENTER ADVISORY BOARD

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

EX-OFFICIO MEMBERS:

- 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



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

Honoring Jean “Mean Jean” Widlicka



On December 2, the Town recognized our Jean “Mean Jean” Widlicka, a beloved teacher, for 23 years of dedicated service as a fitness instructor at our Center.

Jean’s energy, commitment, and passion have made a lasting impact on our members and our community. We are grateful for her many years of helping our members stay active and feel their best.

Exciting Newsletter Updates Coming in May!

Beginning in May 2026, we’re launching a new format by combining our seasonal Class Catalog and monthly newsletter to create a single, reader-friendly guide that will be packed with everything we have to offer.

Inside the new guide, you’ll find clearly organized sections for classes, programs, clubs, support groups, special events, and more—making it easier than ever to discover what interests you.

The new guide will be published every other month: May–June, July–August, September–October, and November–December.

A quick note: Starting this month, we are no longer mailing the newsletter to households. But don’t worry—you can still pick up a printed copy at the Center or at any Amherst library. And of course, the guide will always be available **online** through the Town and Senior Center websites for everyone to access and enjoy.

REGISTRATION PROCEDURES

****NEW REGISTRATION POLICY****

As of Dec. 17, 2025, class registration for non-residents will be open at 12:00 pm on registration day. This is a change in the previous process where non-residents registered at the same time as Town of Amherst residents.

REGISTRATION/CANCELLATION

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

- MyActiveCenter.com (*This is the fastest and easiest way*)
- 716-636-3051
- In person at the Center's Reception Desk
- Mail in a registration form found in the Class Catalog

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, 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.

PLEASE NOTE – BE SURE TO REGISTER

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.

SAMPLE A CLASS

If you are interested in a class but uncertain if it's right for you, we encourage you to observe it—obtain a guest pass at our 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.

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

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 the required cost of \$5.50, and it should be paid at the Reception Desk.

Lunch is served Monday through Friday: 12:00 to 1:00 pm.
Dinner is served Tuesdays: 5:00 to 6:00 pm.

TO REGISTER FOR LUNCH OR DINNER:

Follow MyActiveCenter instructions listed in the left column. Lunch and Dinner registration opens for the following month on the third Tuesday of each month. If your plans change and you are unable to attend, please call us to cancel so we can offer the spot to another person.

FROZEN MEAL PROGRAM

Eligible residents can pickup frozen meals for pickup. Visit our reception desk to obtain an Erie County Registration and Frozen Meals Order forms.

Completed forms must be returned to Christin Estrada. Forms can be mailed to you upon request. If you have questions, call Christin at 716-636-3055 ext. 3131.

PROGRAMS

TECH SUPPORT

Friday, January 2 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.



CODENAMES

Monday, January 5 at 10:00 am

Work with your team to make clever word associations and try to guess the right words before your opponents. Give one-word clues to help your team identify their words on the board, while avoiding the other team's words.

BINGO

Monday, January 5 at 5:30 pm

Bring an item from the Dollar Store for the prize table.

COOKING DEMO WITH CHRISTIN

Tuesday, January 6 at 10:00 am

Our Nutrition Coordinator Christin Estrada will demonstrate preparing her pastelios, a popular Puerto Rican street food.



HOT CHOCOLATE ICE BREAKER

Tuesday, January 6 at 5:30 pm

Enjoy a cup of hot chocolate and play a game of ice breaker bingo.

BOOKS AND BAGELS

Wednesday, January 7 at 9:30 am

Calling all bookaholics! Let's talk books over a bagel. Please bring a new or used wrapped book for a book exchange. No refunds after January 5. Fee is \$2.00.

COOKING WITH JEN

Thursday, January 8 at 10:30 am

Crockpot Chicken Noodle Soup Fee is \$10.00. Please bring a large Tupperware container to take your soup home and a knife.



Wednesday, February 11 at 10:30 am

Love Note Pastries

Please bring a baking sheet. Fee is \$6.00

Reservations for both classes begins January 2. Due to popular demand, you may only register for one. Payment is due 2 days prior to class. No refunds after.

TRIVIA HOUR

Thursday, January 8 at 1:00 pm

Join us for a new version of trivia on your smart phone or trivia kiosks.

YOUR FAMILY'S IMMIGRANT STORY

Thursday, January 8 at 6:00 pm

Share or listen to our members stories

CONNECTIONS WORD GAME

Friday, January 9 at 10:30 am

This game challenges players to find common themes between groups of words.

CORNHOLE

Monday, January 12 at 10:30am

Come play this fun lawn game inside

TEA PARTY

Monday, January 12 at 11:00 am

Enjoy a cup of tea on National Hot Tea Day.

VIRTUAL REALITY (VR)

Tuesday, January 13 or 20 at 1:00, 2:00, or 3:00 pm

Explore the world of virtual reality with our VR Headsets in 1-hour individual sessions. 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.

TOASTING TUESDAY

Tuesday, January 13 at 6:00 pm

Let's get together and find something to toast to. Refreshments served.

MIND TEASERS

Wednesday, January 14 at 10:30 am

Exercise your brain with some mind teaser worksheets.

NARCAN TRAINING

Wednesday, January 14 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. Gain the skills and knowledge needed to potentially save a life in an emergency situation.



REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.

PROGRAMS

OPEN CARDS

Thursday, January 15 at 10:00 am

Join us for an open card time where you can relax and enjoy a variety of social card games in a laid-back, non-competitive environment. Come with your friends to play or join a table that's looking for other players. If you want to learn a new game, we're happy to teach.

NATIONAL HAT DAY

Thursday, January 15

Wear your favorite hat to lunch to celebrate National Hat Day.

AUTHOR TALK

Thursday, January 15 at 1:00 pm

Join us and hear the story of Amy Bull. After a car accident left her paralyzed from the waist down, Amy refused to wallow in self-pity. She became an author and inspirational speaker.

JAZZED UP SWEET TREAT

Thursday, January 15 at 6:00 pm

Chocolate dipped store bought sugar cookies. Please bring a cookie sheet. Fee is \$3.00. No refunds after January 13.

WINTER BLUES

Friday, January 16 at 1:00 pm

Let's look at winter blues and how to keep them at bay. *This support program is facilitated by John Jones, a social caseworker at our Center.*

SENIOR PREFERENCE SEMINAR

Tuesday, January 20 at 6:00 pm

Thinking of downsizing, moving closer to a loved one or finding a home that fits your lifestyle? This 90-minute seminar will feature 4 guest speakers.

SOUP CONTEST

Wednesday, January 21 at 12:30 pm

Think you have a prize winning soup, chili or chowder? Enter the soup contest by contacting Jennifer in Programming. Come be a judge and taste test all the soups.

MINUTE TO WIN IT

Thursday, January 22 at 6:00 pm

This program features quick challenges that test speed, coordination, and creativity - participants have sixty seconds to complete each task using simple household items.

VIA (Visually Impaired Advancement)

Friday, January 23 at 11:00 am

Learn what VIA is and how low vision affects people in different ways. Learn how different diagnoses impact a person's sight, the different devices and technology that is available to improve independence and functioning.

SINGER SUSIE LEWIS-FRIEDMAN PERFORMANCE

Friday, January 23 at 1:00 pm

Susie Lewis-Friedman was a featured singer for the Independence Night Concert with the Buffalo Philharmonic Orchestra at Sahlen Field and performed with them as soloist for their holiday concerts. She had a standing gig at the iconic Duplex Piano Bar in New York City, and toured nationally with the musical Cats. *Her performance is sponsored by Elderwood Village at Williamsville.*

COOKING DEMO WITH THE FORSTERS

Monday, January 26 at 10:30 am

Members Karen and Carl Forster will demonstrate their chicken pot pie soup. Fee is \$2.00. No refunds after January 22.

SWOOP

Monday, January 26 at 1:00 pm

Join us for an exciting morning of Swoop, a fast-paced card game that keeps everyone on their toes! In this game, players will strategically play cards from their hand and from face-up piles, aiming to outwit their opponents.

EMERGENCY PREPAREDNESS

Monday, January 26 at 5:30 pm

This is a NYS Citizen Preparedness Training Program that teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly, and recover quickly. Attendees will receive one preparedness kit. *Sponsored by Assemblywoman Karen McMahon.* Registration is required. Register at <https://pspapps.dhses.ny.gov/CitizenPreparednessCorps/views/registrant/add.xhtml?lang=en&eventId=464>

LOVE LETTER CARD GAME

Tuesday, January 27 at 1:00 pm

Love Letter is a compact and strategic card game where players work to deliver their love letter to the Princess while trying to outsmart their opponents. With just 16 cards and straightforward rules, it offers a mix of strategy and suspense in each round.

PROGRAMS

CHRONOLOGY CARD GAME

Tuesday, January 27 at 6:00 pm

Race against others to build your own 10 card timeline with this fun, quick paced history game! Easy to learn! History knowledge is not required.

DIGITAL ASSETS AND DIGITAL LEGACY

Wednesday, January 28 at 1:00 pm

Learn practical steps for tracking your online accounts, identifying important files, and communicating your wishes to people who may need them.

PIZZA AND TRIVIA NIGHT

Thursday, January 29 at 5:00 pm

5:00 pm 2 slices of pizza and salad from John and Mary's

6:00 pm Trivia

RSVP by January 27. No refunds after. Fee is \$7.00.

CROSS COUNTRY SKIING at WALTON WOODS

Friday, January 30 at 10:30 am

Weather Dependent

Bring your cross country skis and traverse through the snow covered paved paths of Walton Woods. Meet at the entrance of Walton Woods (next to the Senior Center). Must bring your own skis and snow gear.

FIELD TRIP

PUTT-PUTT

Friday, January 16 at 10:30 am

PADDOCK GOLF DOME

175 Brompton Rd, Tonawanda, NY 14150

Come play a round of Putt-Putt with friends inside at the picturesque Brighton Bay Miniature Golf Course at the Paddock Golf Dome. Meet inside at the golf dome. No equipment needed. \$6.00 per person. Pay at the Golf Dome.



PARTNER PROGRAMS

BISTRO BOOKERS

No review in January. Will resume in February.

SILVER PRIDE TEA

Friday, January 2 at 10:00 am

This is an opportunity for LGBTQAI and their allies to spend time together enjoying refreshments and conversation. *Hosted by the Pride Center of WNY.*



HEALTH

FITNESS ROOM RUNDOWN

Tuesday, January 6 at 11:00 am

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

CIRCUIT FITNESS CLASS

Monday, January 12 and 26 at 5:30 pm

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

MEDITATION AND HEALING

Thursday, January 15 and 29 at 1:00 pm

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

BALANCE WORKSHOP

Wednesday, January 21 at 1:00 pm

Come hear from Nicholas Kehoe, PT, DPT, of Trilogy Wellness, about the importance of balance and learn ways to help improve and maintain good balance.

BOXING WITH PARKINSONS — NEW!

Monday, January 26 from 1:00–1:50 pm

Boxing with Parkinson's is a non-contact fitness program using boxing skills to improve balance, strength, agility, coordination, and mood. It is designed to help people with Parkinson's fight the symptoms by promoting full-body movements, confidence and support. Caregivers welcome. *This program is for people in our Parkinson's Support Group. Boxing class for all members coming soon.*

WARNING SIGNS OF ALZHEIMERS

Wednesday, January 28 at 1:00 pm

This program will cover common symptoms, changes to look for in yourself or a loved one, and the importance of early detection. Participants will learn what steps to take if concerns arise and what resources and support services are available in our community.

FINANCIAL

MEDICARE 101

Thursday, January 22 at 5:00 pm

This easy-to-understand explanation of Medicare will give you the information you need to manage your health care costs in retirement with less stress. *Presented by Tiffany Stayer from KDM Wealth Consultants, a licensed agent who is not endorsed by the U.S. government or federal Medicare program.*

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.

SUPPORT & RESOURCES

Social Work Services are Here for You!

Your needs matter, and our team is committed to providing timely information, guidance, and referrals to programs and services that support your well-being.

Social Workers are available for office visits **by appointment ONLY**, as well as by phone or virtual meeting.

Schedule an appointment by calling the Social Work Office at 716-636-3055.

For Vijaya, use ext. 3165; for John, use ext. 3129.

Caregivers Group

Wednesday, January 21 at 1:00 pm

Caregiving can be overwhelming and we are here to offer support.

Kinship Group **Now held at the Amherst Senior Center

Tuesday, January 13 at 6:00 pm

Parenting for a second time? Many find themselves in this situation when they were planning for a more relaxed lifestyle. If this is you, consider joining this group.

Loss & Grief Group

A new 6-week session starts on January 29, 2026

We discuss coping strategies, healing techniques, and stages of loss and grief.

Men's Support Group

Tuesdays, January 6 & 20 at 10:30 am

"Getting to know us: A man's perspective" Talk about issues that are specific to men.

Parkinson's Group:

Thursday, January 22 at 2:00 pm

If you or a loved one have received a Parkinson's disease diagnosis, you may wonder what to expect. Join us and feel more in control. ****NEW See Boxing with Parkinsons on page 8.**

Veteran's Coffee Group

Monday, January 5 at 10:00 am

Come for a cup of coffee and share with others who understand your story and lend support.

Widow/Widowers Group

Tuesday, January 13 at 10:30 am/ January 20 at 6:00 pm

If you are facing a stressful life change due to losing your spouse, you don't have to go through it alone.

Womens Support Group

Wednesday, January 7 at 10:30 am

Our Women's Support Group offers a welcoming space for older women to connect, share experiences, and encourage one another.

NY State School Tax Relief (STAR) Assistance

Thursday, January 13, 9:00 am—12:00 pm

Assessor's office staff will be onsite to assist with Property Tax Exception forms. Geared towards homeowners 65yrs. +

ACCESSIBLE PARKING TAG

If you need assistance with an application, we are **available by appointment** only. Day time hours are 9:00 am—4:00 pm.

Evening hours are 4:00-7:00 pm on January 13 and January 20 until 6:00 pm.

FROZEN MEAL PROGRAM

Older adults and caregivers who find it challenging to prepare daily meals may be eligible for this Erie County program, designed to support nutrition and overall well-being.

Participants receive a weekly supply of frozen meals. Pickups are on Fridays. *(Please note: Friday holidays may shift the pick-up schedule.)*

Registration paperwork must be completed before participation. To learn more or begin the enrollment process, contact our Nutrition Site Coordinator, Christin Estrada, at 716-636-3055 ext. 3131.

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, contact John Jones at 716-636-3055, ext. 3129 or Vijaya at ext. 3165.

Winter Blues

January 16 at 1:00 pm

Let's look at the winter blues and discuss how to keep them at bay.

This support session is facilitated by
John Jones, Social Caseworker.



REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.

FREE MOVIES

Per our current movie license, we are no longer able to publish the movie titles. A full listing can be found at the Reception Desk. We hope this will be a temporary change until our new license goes into effect in early Spring 2026.

1:00 PM

Monday, January 5
Monday, January 12
Monday, January 26

3:00 PM

Tuesday, January 6
Tuesday, January 13

EVENING MOVIE

5:30 PM

Friday, January 2
Friday, January 9
Friday, January 16
Friday, January 23

Tuesday, January 20
Tuesday January 27

HEALTH INSURANCE SUPPORT

To schedule your personal appointment, call the representative listed below.

Aetna

Ella at 374-5940
Will return in February

KDM Wealth Consultants

Tiffany at 716-697-3622
January 22 from 4:00 to 5:00 pm

Clarity Group – Medicare Plan Center

Lisa at 716-864-4886
Friday, January 23 from 9:00 am to 12:00 pm

PICKLEBALL

OPEN PICKLEBALL

Monday, January 5 & 12: 5:00-7:00 pm
Tuesday, January 6: 2:00-3:45 pm, 3:45-5:30 pm (1 court)
Tuesday, January 13, 20, 27: 2:00-3:45 pm, 3:45-5:30 pm, 5:30-7:15 pm (1 court)
Wednesday, January 7: 12:00-2:00 pm, 2:00-4:00 pm
Wednesday, January 14: 12:00-2:00 pm (Intermediate), 2:00-4:00 pm (Beginner)
Wednesday, January 21: 12:00-2:00 pm, 2:00-4:00 pm (1 court)
Wednesday, January 28: 12:00-2:00 pm (Beginner), 2:00-4:00 pm (Intermediate)
Thursday, January 8 & 15: 3:45-5:30 pm, 5:30-7:15 pm
Thursday, January 22 & 29: 3:45-5:30 pm
Friday, January 2 & 16 : 12:00-2:00 pm and 2:00-4:00 pm
Friday, January 9: 12:00-2:00 pm (Women), 2:00-4:00 pm (Men)
Friday, January 23: 12:00-2:00 pm, 2:00-4:00 pm (1 court)
Friday, January 30: 12:00-2:00 pm (Men), 2:00-4:00 pm (Women)

You must bring your own paddle

OPEN PLAY PICKLEBALL GUIDELINES

- 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 for 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

POP-IN-PICKLEBALL

Friday, January 2 at 10:00 am—12:00 pm
Must sign up for this program
Skills, drills, and games will be highlighted in this pickleball program. One court of game play and one court of drills and other game style activities

PICKLEBALL AT NORTHWEST AMHERST COMMUNITY CENTER

Mondays: January 5, 12, 26
9:00 am -11:00 am (Intermediate)
11:00 am – 1:00 pm (Beginner)
Tuesdays: January 13, 20, 27:
8:45 am-10:15 am (All Levels)



CLASSES

WINTER CLASS CATALOG

The Winter Class Catalog is available in hard copy at the Center, at ALL Amherst libraries, and online at AmherstCenterforSeniorServices.com (Under the Active Aging/Classes tab). Registration is ongoing. Start your new year off with by signing up for a new class today!

SPECIAL REQUEST: WHEN PLANS CHANGE, CALL TO CANCEL

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 will open a spot for someone else to participate.

DEFENSIVE DRIVING CLASS — AARP Smart Driver

Wednesday, January 21 or February 18

9:00 am-4:00 pm

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

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



PING PONG

Mondays 1:00 – 4:00 pm (Closed 1/19)

Tuesdays 2:30 – 6:00 pm

Fridays 1:00 – 4:00 pm

**Want to
teach a class?
We're Hiring!**

The Amherst Center for Senior Services hires the finest individuals to teach our classes. If you have a special skill or talent that you want to share, consider joining our team! Please contact our Class Coordinator, Cindy Weiss, at cweiss@amherst.ny.us with your course proposal and if you are interested in teaching a day or evening class.



HIGHLIGHTS FOR THE WINTER SESSION

Below is a select list of classes that we will be offering this winter. Full descriptions of **ALL** classes, including day, time and price, will be in our Winter Class Catalog. The Catalog is available online at amherstcenterforseniorservices.com and at Amherst.ny.us. Hardcopies will be in the Center and at ALL Amherst libraries.

- Bridge Basics Part II
- Comedy Improv
- Current Events Zoom
- French For Travelers – Introductory
- Italian Beginner II
- Italian Advanced Beginner II
- Using Your Phone Wisely
- Knitting/Crochet
- Quilted Block Party
- Woodcarving- Beginner
- Ukulele Sing-A-Long Beginning
- Ballroom Dancing Beginning or Advanced
- Table Tennis – Intermediate
- Pickleball – Beginner
- Tennis – Beginner
- Walking Soccer

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.


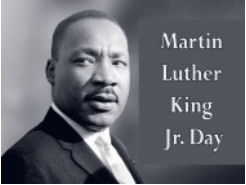
JANUARY NUTRITION

The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. This 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 a *REQUIRED* cost of \$5.50. Please pay at the Reception Desk.

FROZEN MEAL PROGRAM

For information, See Page 5

- **Lunch** is served **Monday-Friday, 12:00-1:00 pm**; **Dinner** is served on **Tuesday** at **5:00 pm**
- **Meal registration begins the 3rd Tuesday of each month. See page 4 for instructions.**
- **WE ARE UNABLE TO ACCEPT WALK-INS.** If you are unable to attend lunch or dinner, please **CANCEL** your reservation.
- **The menu is subject to change.**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Estimated calories/ carbohydrates are listed below each lunch.	Food Allergy Notice Please be advised that food preparation in our kitchen may contain these ingredients: Milk, eggs, soybean, peanuts, tree nuts, and shellfish		1 CENTER CLOSED 	2 Salisbury steak w/gravy Mashed potatoes Bean medley Italian bread Orange 604/665
5 Italian sausage Cheddar baked mashed potatoes Prince William veggies Diced pears 752/82	6 Shepherd's pie Broccoli Italian bread Angel Food Cake 831/90	7 BBQ pulled pork Vegetable rice Creamy coleslaw Diced peaches 735/111	8 Roast beef with gravy Oven browned potato Green beans with peppers Sweet dinner roll Oreo cookie 681/83	9 Breaded chicken breast w/chicken gravy Baked beans California blend veggies Wheat dinner roll Chocolate chip cookie 882/106
12 BBQ ribbette on a hoagie roll Potato wedges Chefs cut veggies Mandarin orange 719/84	13 Cabbage casserole Mashed potatoes Bahama blend veggies Dinner roll Brownie 794/111	14 Macaroni & cheese Stewed tomatoes Broccoli White bread Spiced pears 647/86	15 Build Your Salad Grape juice Italian bread Banana 573/74	16 MLK Jr. Lunch Baked chicken breast w/ gravy Sweet potato casserole Mixed veggies Corn bread Apple pie 964/122
19 CENTER CLOSED 	20 Hot dog on a roll Potato wedges German blend veggies Pineapple chunks 636/72	21 Roasted chicken leg Sweet potatoes Spinach Muffin Apple crisp 929/93	22 Pasta bake with ground beef, marinara, & cheese Carrots and broccoli Italian bread Caramel pop cakes 780/70	23 Breaded baked fish Roasted potato Peas/pepper/onions White dinner roll Apricots 662/86
26 Open face turkey sandwich on white bread Mashed potatoes Carrots Tropical fruit cup 652/78	27 Breaded pork chop with gravy Roasted potatoes Peas Multigrain bread Chocolate chip cookie 928/104	28 Chicken ala King Mashed potatoes Broccoli & peppers Biscuit Lorna doone 725/90	29 Chili con carne White rice Cauliflower Sweet dinner roll Fig Newton 866/114	30 Julienne salad with Italian dressing Grape juice Rye bread Chocolate pudding 889/102

TUESDAY DINNERS - Dinner Served at 5:00—6:00 pm

January 6: Chicken pot pie, Peas, Rice, Dinner roll, Chocolate cake

January 13: Beef stew, Mashed potatoes, Biscuit, Pie

January 20: Vegetable quiche, Hash browns, Spiced apples

January 27: Beef stroganoff, Buttered noodles, Broccoli, Bread, Fruit cup

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.

SUPPORT & RESOURCES

SENIOR OUTREACH SERVICES (SOS) 716-636-3070

SOS is entering a new chapter. Starting this month, funding for the program will shift from Erie County to the Amherst Center for Senior Services.

This transition provides added stability and strengthens collaboration with Center staff, while the SOS team's mission and connection to older adults remain unchanged. If you need help with Supplemental Nutrition Assistance (SNAP), Home Energy Assistance (HEAP), Medicare Savings Program (MSP), Elderly Pharmaceutical Insurance Coverage (EPIC) or locating other resources, please contact the SOS team.

FRIENDS HELPING FRIENDS SHORT-TERM FOOD ASSISTANCE

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

For our Short-Term Food Assistance program there is a constant need of some non-perishable food items, especially soup, tuna, jelly, crackers, cereal, oatmeal packets, and toilet paper. Please 'donate, if able.

MEALS ON WHEELS

Amherst Meals on Wheels is a community partner that helps provide nutritional support for older adults with disabilities living in the Town of Amherst. To see if you qualify for their program, call them at (716) 636-3065.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

SNAP provides monthly benefits that can be used to purchase food at authorized retail stores. Eligible individuals receive an Electronic Benefit Transfer (EBT) account, with benefits deposited each month for easy use. To see if you are eligible, please contact the Senior Outreach Services.



TRANSPORTATION

Amherst Senior Transportation is a community partner. To learn more about its service and see if you qualify for transportation assistance, please call them at 716-636-3075.



Stay warm and cozy

The Home Energy Assistance Program (HEAP)

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



HEAP
Home Energy
Assistance Program

A Program of the Office of Temporary and Disability Assistance

Information Tables:

EMPIRE SENIOR ADVISORS

Tuesday, January 13 from 11:00 – 1:00 pm

ELDERLY PHARMACEUTICAL INSURANCE COVERAGE (EPIC)

Wednesday, January 14 from 11:00 am – 1:00 pm

ASK THE DIETICIAN

Thursday, January 15 from 11:00 am -1:00 pm

Stop by and chat with Leann Bajus from Erie County Department for the Aging Dietitian Consultant

SENIOR SOLUTIONS OF WNY

Friday, January 16 from 11:00am -1:00 pm

ASK THE REALTOR

Wednesday, January 21 at 11:00 am

Ann Kader, WNY Metro Roberts Realty

CLUB ACTIVITIES & VOLUNTEERING

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.

HOW TO JOIN A CLUB

Register for the next meeting to speak with the club leader. Meeting times are available on the next page. If you have any questions, call Joe Weisansal, 716-636-3050, ext. 3126.

INDIAN SENIORS MEETING

Thursday, January 8 at 4:30pm

BAKERS RACK

Thursday, January 15 at 9:00 am until sold out
Purchase a variety of freshly baked foods with proceeds benefitting our Center.

KARAOKE PARTY CLUB

Thursday, January 15 at 1:00 pm
Join friends to enjoy a fun afternoon singing classic hits



CLUB MEMBERS—Please Be Sure to Sign In!

You must register on myactivecenter.com prior to attending your meeting.

Swiping in at the kiosk is not registering.

BOOK CLUB

Monday, January 26 at 1:00 pm

The Song of the Cell: An Exploration of Medicine and the New Human by Siddhartha Mukherjee.

LOVE-A-VETERAN Donation Drive

An Impressive Collection, THANK YOU!



Thank you to our members and the Amherst Knights U9 AA Hockey Team for generously contributing to the Love-A-Veteran donation drive benefiting the Western New York Veterans Housing Coalition.

Every veteran deserves a clean, safe place to call home, and your support will help many achieve just that. The Coalition's leadership was impressed and grateful for the volume and variety of items collected. Job well done to everyone.



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

MORE THAN 40 CLUBS TO CHOOSE FROM. SEE LIST ON PAGE 14, AND JOIN ONE TODAY.

CLUBS

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, 1:00-3:00pm	Dinner Club See Club Info across from Fitness Room	Pool Club Tuesdays, 2:00-5:00pm
Amherst Men's Senior Softball League Games Fridays, 10:30/11:30am Seasonal	Dominos Club Wednesdays, 12:30-4:00pm	Quilting Club 1st & 3rd Mondays, 1:00-3:30pm
Amherst Senior Singers Wednesdays, 1:00-3:00pm	Drumming Circle - NEW CLUB Fridays, 9:30 am—10:30 am	Reader's Theater Club Mondays, 1:30pm
Art Club Mondays, 1:00-3:30pm	Duplicate Bridge Club (Monday) Mondays, 12:30-4:00pm	Reading Poetry Aloud Club Wednesdays, 9:00-10:00am
Backgammon Club Thursdays, 12:30pm	Duplicate Bridge Club (Friday) Fridays, 12:30-4:00pm	Rocky Blues Band Fridays, 12:30pm
Biblical Hebrew Grammar Club First and third Tuesdays, 6:00 pm	Euchre Club Tuesdays, 1:00pm	Rummikub Club Fridays, 1:00-4:00pm
Bike Club Wednesdays, 9:30-11:30am Seasonal	French Club 2nd & 4th Mondays, 12:30-2:00pm	Scrabble Club Tuesdays, 10:00am-12:30pm
Board Game Club-Afternoons Wednesdays & Thursdays, 12:30-3:30pm	Hand & Foot Club Thursdays, 3:30-5:00pm	Pinochle Club (Wednesday) Wednesdays, 12:45-4:00pm
Board Game Club— Evenings Thursday, 6:30-10:00pm @ Northtown Ctr.	Indian Senior Citizens Club 2nd Thursday, 4:30pm	Pinochle Club (Monday) Mondays, 12:45-4:00pm
Book Club 4th Monday, 1:00pm	Genealogy Club 1st Tuesday, 10:30am-12:00pm	Spanish Club on ZOOM Thursdays, 1:30pm
Bridge Club Tuesdays, 2:00-4:00pm	Karaoke Club 3rd Thursday at 1:00pm	Speaking Italian Language Club Fridays, 1:00-2:30pm
Canasta Club Thursdays, 1:00-4:00pm	Knitting Club (non-instructional) Tuesdays, 9:30-11:30am	Stained Glass Club Thursdays, 9:00am-12:00pm
Chess Club Tuesdays, 12:15-4:00pm	Mah Jongg Beginner Club Fridays, 9:30am-12:00pm	Tai Chi Club Wednesdays & Fridays, 1:30-2:30pm
Community Service Sewing Projects Club Mondays, 8:30-11:00am	Mah Jongg Club Tuesday, 1:00-3:30pm	Tuesday Afternoon Music Club Tuesdays, 1:00pm
Craft Club at NWACC Tuesday, 10:00 am-12:00pm	Men's Golf See Club Info across from Fitness Room	Upholstery Club Wednesdays, 9:00am-12:00pm
Creative Writers Club 1st & 3rd Mondays, 10:00am –12:00pm	News & Views Zoom Club Fridays, 10:00-11:30am	Wood Carving Club Tuesdays, 9:00-12:00pm

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.

SIMPLY *the* BEST

WATER & MOLD RESTORATION CLEANING SERVICES

COMPASSIONATE HELP FOR SENIORS & FAMILIES

Let us take the stress out of home upkeep and transitions.

We offer trusted, reliable, and caring services tailored for seniors and their loved ones.

OUR SENIOR SERVICES INCLUDE:

- ✓ Estate Cleanouts - Respectful sorting, organizing & removal
- ✓ Deep Cleaning - Kitchens, bathrooms, windows, baseboards & more
- ✓ Move-In / Move-Out Cleaning - Perfect for downsizing or relocating
- ✓ Declutter & Organize - We help simplify!
- ✓ Donation Coordination - We ensure items go to good homes
- ✓ Post-Pest Cleaning - Sanitize after pest treatments
- ✓ Nicotine, Smoke & Odor Removal - Freshen your environment

WHY CHOOSE US

- ✓ Family-Owned & Local
- ✓ Trusted by Realtors & Families Across WNY
- ✓ Compassionate Team Who Treats Every Home with Care

716-912-6940

We treat every home as if it were our own.



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.