



Town of AMHERST

Senior Center

# AMHERST SENIOR CENTER

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

## MARCH 2025 NEWSLETTER



# March is National Nutrition 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](https://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](https://AmherstCenterForSeniorServices.com)



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

## A NOTE FROM THE DIRECTOR

As we celebrate National Nutrition Month, did you know that as you age, your nutritional needs change? You require more protein, calcium, Vitamin D, and B 12 to prevent chronic disease and improve your overall quality of life.

Our Congregate Dining Program offers a well balanced meal and socialization, providing seniors with an opportunity to connect with others, stay active, and enjoy healthy food in a social setting. We cook our meals fresh each day and anyone in Erie County over the age of 60 can attend at a suggested donation of \$3.50 (\$5.36 for those under age 60). Pre-registration is required. Lunch is served Monday-Friday at 12pm-1pm and Dinner is on Tuesdays at 5pm-6pm. Please see the menu on page 13.

If you are an older adult or caregiver and are finding it harder to prepare meals, please contact our Nutrition Site Coordinator at (716) 636-3050, ext. 3131 to learn how you can register for the Frozen Meal Program.

The Supplemental Nutrition Assistance program (SNAP) is a monthly benefits program that can be used to purchase food. Please contact our Senior Outreach Department at (716) 636-3070 to see if you are eligible.

We have a Friends Helping Friends short term food assistance program as well. Please contact a Social Worker for more information.

We are happy to let everyone know that you will see our former gift shop space transitioned into a "Pop Up" for our various groups to sell their handmade items. We will rotate the groups each month and they will be able to showcase their many items for sale. Many of our groups sell items that they have made to purchase more supplies so they can make additional items to donate to various community organizations. Please support this new initiative. Dates/times will be announced in our newsletters, emails, Facebook, and flyers within the building.

As I write this article on a very cold and icy morning in early February, we are counting down the days until Spring! Warmer weather, sunshine, our new café, and outdoor programming will be here before we know it!

*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*
- 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

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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

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



## 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

## St. Joseph's Table Lunch Wednesday, March 19 at 12:00pm

Lentil Soup

Salad

Pasta with Red Sauce or Alfredo Sauce

Breaded Fish

Omelet

Dinner roll

Assorted Italian cookies

Thank you to the Amherst Generations Foundation for sponsoring our annual St. Joseph's Table lunch. Their generous contribution will cover the voluntary donation for this meal. Space is limited. Please register at [myactivecenter.com](http://myactivecenter.com) or by calling 636-3051.



AMHERST  
GENERATIONS  
FOUNDATION

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, March 4 at 3:30pm or  
Wednesday, March 5 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.



# PROGRAMS

## ASK THE DIRECTOR

Tuesday, March 4 at 1:00 pm  
Senior Center Director Melissa Abel will give updates on Senior services and answer your questions.

## TECH SUPPORT

Wednesday, March 5 at 10:00 am  
Bring your devices and questions to help you troubleshoot issues and provide guidance. This program is non-instructional.



## ERIE COUNTY CLERK ON THE GO

Wednesday, March 5 at 11:30am  
Learn about REAL ID and if you need to apply for it.

## OPEN CARDS

Thursday, March 6 from 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. 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.

## NATIONAL MEATBALL DAY

Friday, March 7 at 12:30 pm  
Sample a few meatballs with different sauces. Fee is 3.00. Payment by 3/4. No refunds after.

## BINGO

Tuesday, March 11 at 1:00 pm  
Please bring a green item from the Dollar Store for the prize table.

## AMHERST SENIOR SINGERS PERFORMANCE

Wednesday, March 12 at 11:00am  
The Senior Singers will be sharing some of their favorite Irish songs to get everyone ready for St. Patrick's Day!

## VR

Wednesday, March 12 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.

## BOOKS AND BAGELS

Thursday, March 13 at 9:30 am  
Calling all bookaholics! Let's talk books over a bagel. Fee is \$2.00. Please bring a new or used wrapped book for a book exchange.

## COOKING DEMO WITH THE FORSTERS

Friday, March 14 at 10:30 am  
Members Karen and Carl Forster will demonstrate: Pretzel Ring Beer Cheese dip. Fee is \$2.00. No refunds after 3/12.

## IRISH DANCERS

Monday, March 17 at 11:00 am  
Entertainment by the dancers of Rince Na Tiarna.

## KARAOKE PARTY

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

## COOKING WITH JEN

Friday, March 21 at 11:00 am  
Crustless Zucchini Quiche. Please bring a Tupperware container. Fee is \$5.00. Payment by 3/19, no refunds after.



Wednesday, April 9 at 11:00 am Stuffed Crescent Roll Carrots  
Please bring a baking sheet. Fee is \$5.00 Payment by 4/7, no refunds after.

Reservations for both classes begin 3/3. Due to popular demand, you may only register for one.

## SENIOR CENTER DRINK CONTEST

Tuesday, March 25 at 1:00 pm  
The new café is looking to offer a signature Amherst Senior Center drink. Do you have a favorite coffee, tea or (non-alcoholic) mocktail? Submit your recipe to Jen in the Program Department by 3/21. Please register to be a taste tester to cast your vote.

## COFFEE WITH A COP

Thursday, March 27 at 1:00 pm  
Bring your questions and find out what is happening in Amherst from an Amherst Police officer.

## PIZZA AND GAME NIGHT

Thursday, March 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.

## JELLYMAKING

Friday, March 28 at 10:00 am  
Learn the art of canning and preserving with Jellymaking workshop. Discover the basics of creating delicious home-made jelly from start to finish, and take home your very own jar of sweet success. Perfect for those eager to dive into the world of preserving!

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

# PROGRAMS

## FIELDTRIP

### **PADDOCK CHEVROLET GOLF DOME – DRIVING RANGE**

Wednesday, March 5 at 10:30 am

Come hit a bucket of balls at the indoor driving range. There is an actual green to chip and putt on too! Located at: 175 Brompton Rd., Tonawanda, NY 14150. Small Bucket: \$7. Large Bucket: \$10. Bring golf clubs if you have them, if you don't have clubs, I will bring extra clubs for people. Payment made on location.

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## FINANCIAL

### **SELLING MY HOME—WHAT DO I NEED TO KNOW?**

Thursday, March 13 at 2:00 pm

Are you considering selling your home or downsizing? Learn some tips on how to make it a smooth transition. Presented by John Pontrello, from Hunt Real Estate

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### **SENIOR LIVING SOLUTIONS**

Tuesday, March 18 at 1:00 pm

Making the overwhelming and impossible feel within reach. Come learn the integral basics of having a senior living and downsizing plan. This is for anyone from 65-110 that might have an urgent need or just planning ahead.

Presented by Oasis Senior Advisors and Caring Transitions

## March is National Nutrition Month

### **TALK AND TASTE**

Wednesday, March 5 at 1:00 pm

Whoever said brownies aren't good for you has never tried Black Bean Brownies.

### **SNAP INFORMATION TABLE**

Thursday, March 6 11:00 am — 1:00 pm

Stop at the table and learn how the program works and if you might qualify to receive food assistance.

### **FOOD CONNECTS US**

Tuesday, March 18 at 10:30 am.

Erie County Senior Services Dietician Consultant Leann Bajus will explore the connection between food and culture.

## HEALTH

### **HEARING EVALUATION SERVICES OF BUFFALO – UNDERSTANDING HEARING LOSS**

Thursday, March 6 at 1:00 pm

Please join us for a presentation on hearing healthcare with Audiologist and Assistant Director, Dr. Jill Bernstein, AuD, CCC-A. Dr. Bernstein will be discuss the importance of hearing health and its impacts on our overall physical, cognitive, and emotional well-being. Get answers to your questions regarding the signs and symptoms of hearing loss, risks of untreated hearing loss, hearing devices and more! Following the presentation there will be complimentary hearing screenings on site!

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### **CHAIR FITNESS**

Wednesday, March 12 from 10:00 – 10:50 am

Wednesday, March 26 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!)

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### **WELLNESS FOR ALL**

Wednesday, March 12 at 1:00 pm

Learn about new Medicaid rules, Medicare updates, home health services including therapies and what a pooled trust is all about. Presented by experts from Wellness for All

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### **YOUR LIFE PATIENT ADVOCACY**

Tuesday, March 25 at 4:00 pm

What is Patient advocacy and how does it help people navigate the health care system? Presented by Della Gray, Founder of Your Life Patient Advocacy

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### **BREAST, CERVICAL AND COLORECTAL HEALTH**

Wednesday March 26th at 1:00 pm

The Erie County Cancer Services Program offers education on breast, cervical, and colorectal health. Additionally, they provide free mammograms, Pap smears, and colorectal screenings for individuals who qualify. Eligibility includes ages 40–75 for breast and cervical screenings and ages 45–75 for colorectal screenings.

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## INFORMATION TABLES

### **ASK THE REALTOR**

Wednesday, March 19 at 11:00 am

Ann Kader, WNY Metro Roberts Realty

### **EPIC (Elderly Pharmaceutical Insurance Coverage)**

Wednesday, March 19 11:00am – 1:00pm

# PROGRAMS

## MOVIES

### MONDAYS AT 1:00PM

March 3 Wicked PG 162 minutes  
March 10 Wolf's R 108 minutes  
March 17 The Return R 120 minutes  
March 24 Killers of the Flower Moon 207 minutes (12:45 START)  
March 31 Fly Me to the Moon PG-13 132 minutes

### TUESDAYS AT 5:30PM

March 4 Dumplin' PG-13 110 minutes  
March 11 Wolf's R 108 minutes  
March 18 The Return R 120 minutes  
March 25 On the Rocks R 96 minutes  
April 1 Fly Me to the Moon PG-13 132 minutes

### THURSDAYS AT 4:00PM

March 6 Wicked PG 162 minutes  
March 13 Murder Mystery PG-13 90 minutes  
March 20 Napoleon 157 minutes  
March 27 Killers of the Flower Moon 207 minutes

### FOREIGN FILM

Friday, March 7 at 1:00 Journal d'un curé de campagne (Diary of a country priest) 115 minutes

### COMEDY

Friday, March 14 at 1:00 And So it Goes PG-13 94 minutes

### BASED ON A TRUE STORY

Friday, March 21 at 1:00 Megan Leavey PG-13 120 minutes

### DOCUMENTARY

Friday, March 28 at 1:00 Superman/The Christopher Reeves Story PG-13 104 minutes

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

**Clarity Group – Medicare Plan Center** Lisa at 716-864-4886  
Thursday, March 13 9:00am—12:00pm  
Tuesday, March 25 9:00am—12:00pm

**Highmark BCBS** Kathy at 716-658-8655  
Thursday, March 20 9:00am – 10:30 am

**Independent Health** Amanda at 716-635-4999  
Friday, March 14 from 10:00am—11:00am

**KDM Wealth Consultants** Andrea at 716-445-4332  
Thursday, March 20 1:00pm—4:00pm

## PARTNER PROGRAMS

### SILVER PRIDE TEA

Friday, March 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, March 4 at 4:00pm (rescheduled from January)

“The Illustrated Mark Twain and The Buffalo Express: 10 Stories and over a Century of Sketches”

Presented by the author Thomas J. Reigstad  
Author will be selling and autographing his book. Hardcover \$25 and softcover for \$20 cash and checks accepted.

#### Tuesday, March 25 at 4:00pm

“Cold Heart: The Great Unsolved Mystery of Turn of the Century Buffalo” by Kimberly Tillley will be reviewed by Retired Homicide Detective Lissa Redmond. The murder of Ed Burdick is the true story of the great unsolved mystery of turn of the century Buffalo and a terrible wrong that was never put right.

### BETTER BREATHERS GROUP

Tuesday, March 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, March 27 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.

### PING PONG

Mondays 12:00 – 4:00pm, 3/17 2:00-4:00

Tuesdays 2:00 – 6:00pm

Fridays 1:00—4:00pm

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

# CLASSES

## SUMMER CLASS CATALOG

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

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### DEFENSIVE DRIVING CLASS

#### AARP Smart Driver

(\$25 for AARP Member/\$30 for Non AARP member)  
Wednesday, March 19 or April 16 9:00am-4:00pm  
Reservations required by calling 636-3051. Payment due to instructor on the day of the class

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### 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

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### WINTER SECOND SESSION CLASS HIGHLIGHTS

**There are still openings in many of our classes**

#### \*REGISTER NOW\*

Full descriptions of ALL classes, including day, time and price, are in the Winter Class Catalog.

20/20/20 (\$21)

Monday, 3/10-4/14 (6x) 11:30am-12:30pm

Ballroom Dancing Beginner (\$22)

Tuesday, 3/11-4/15 (6x) 1:15-2:15pm

Ballroom Dancing Intermediate (\$22)

Tuesday, 3/11-4/15 (6x) 2:30-3:30pm

Fall Prevention (\$18)

Wednesday, 3/5-4/16 (7x) 9:30-10:25pm

Get Fit While Your Sit (\$18)

Monday, 3/3-4/14 (7x) 10:30-11:25pm

Intro To Acting (\$33)

Wednesday, 3/5-4/16 (7x) 1:00-2:30pm

Knitting/Crochet (\$39)

Thursday, 3/20-4/17 (5x) 9:30-11:30am

Mean Jean Exercise (\$18)

Day, Dates and Times in class catalog

Move, Tone and Stretch (\$24)

Monday, 3/17-4/21 (6x) 6:00-7:00 NWACC

Stress Less (\$16)

Saturday, 3/8-3/29 (4x) 9:30-10:30am HRCC

# 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.

### 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.**



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

### Loss & Grief Group

Thursday March 6 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 March 4 and 18 at 10:30am  
"Getting to know us: A man's perspective" Talk about issues that are specific to men.

### Parkinson's Group:

Thursday, March 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.

### Veteran's Coffee Group

Monday, March 3 at 10:00am  
Come for a cup of coffee and share with others who understand your story and lend support.

### Widow/Widowers Group

Tuesday, March 11 at 10:30am  
Tuesday, March 18 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, March 5 at 10:00am  
Join us for the first meeting of this new group.

**Grandparent Kinship Group:** See page 12



## 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 March 18 and 25 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 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.



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

**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**

### **SAVE THE DATE**

Wednesday, April 30 at 9:00 am

Look for more information in the April newsletter.

## **THE CENTER FOR ELDER LAW AND JUSTICE**

Friday, March 21 at 1pm

Learn how you can become a trained volunteer to assist others 60+ in the community with balancing their budget and sorting through their bills on a monthly basis.

## **BOOK CLUB**

Monday, March 24 at 1:00 pm

The book is "An Hour Before Daylight: Memories of a Rural Boyhood" by Jimmy Carter. 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.

## **BAKERS RACK SALE**

This month's Bakers Rack Sale will take place on Tuesday March 18 at 9:00am.

## **AM-CENTER PHOTOGRAPHY CLUB**

Tuesday, March 11 at 1:00 pm will feature members' "before and after images" on any theme. Members will discuss what interested them in the image and how they enhanced or modified the image in post-processing to create the effects they intended.

Tuesday March 25 at 1:00pm the program is entitled "Architectural Adventures" presented by Robert Klick. See what structures are in our own region and other from further afield. At the conclusion of the program, members' submitted images will be critiqued by an area photographic judge.

## **AARP TAX PREPARATION**

The AARP Tax volunteers have received an overwhelming number of voicemails for tax prep appointments. They are returning calls and setting up appointments as quickly as they can. At this time they are unable to accept any **NEW** requests for an appointment.

## **POKER CLUB**

The Poker Club meets on Thursdays at 1:00pm to play a variety of poker games including 5 card draw, 7 card stud and Texas Hold 'Em. A basic knowledge of poker rules is preferred."

# OPEN PICKLEBALL

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

### **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, March 11, 2:00-3:45pm, 3:45-5:30pm or 5:30-7:15pm (1 court)

Wednesday, March 5, 12:00-2:00pm or 2:00-4:00pm

Wednesday, March 12, 12:00-2:00pm (Men) or 2:00-4:00pm (Women)

Wednesday, March 26, 12:00-2:00pm (Women) or 2:00-4:00pm (Men)

Thursday, March 6, 13, 20, 27, 3:45-5:30pm

Friday, March 14, 28, 12:00-2:00pm or 2:00-4:00pm

Friday, March 7, 12:00-2:00pm (Intermediate) or 2:00-4:00pm (Beginner)

Friday, March 21, 12:00-2:00pm (Beginner) or 2:00-4:00pm (Intermediate)

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—NEW 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 @ 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	<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> See Club Info across from Fitness Room	<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

**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.

### **BINGO**

Monday, March 3 at 10:00 am

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

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### **ICE CREAM SOCIAL**

Monday, March 3 at 6:00 pm

Enjoy a sundae with some friends!

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### **TALK AND TASTE**

Monday, March 10 at 6:00 pm

Sample a taste of Leprechaun Lasagna

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### **GRANDPARENT KINSHIP SUPPORT GROUP**

Wednesday, March 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!

---

### **CIRCUIT FITNESS WORKOUT**

Monday, March 17 at 6:00pm

Monday, March 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.

---

### **CARDS - SWOOP**

Monday March 31 at 10:30 am

Join us for an exciting afternoon 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.

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### **BINGO**

Monday, March 31 at 6:00pm

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

---

### **PICKLEBALL Northwest Amherst Community Center**

Mondays

9:00-11:00am (Intermediate)

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

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

Tuesdays

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

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### **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.

---

### **A NOTE FROM YOUTH & RECREATION**

If you participate in Senior Center programs at the Northwest Amherst Community Center we have some new faces this spring! Susan McClary, our Monday morning receptionist, retired at the end of 2024 after many years of dedicated service to the Town. While we miss her very much, we are thrilled to welcome Phyllis Stokke to the position. Many of you may know Phyllis as she also works at the Senior Center and we are grateful that she has added Northwest to her portfolio. We also now have an evening receptionist on Mondays since the place is hopping! His name is Sam Erwin, who also works in Guest Services at the Northtown Center. Please stop by to welcome them both and don't hesitate to ask them for assistance if you need it. If they can't help, they will find someone who can!

Mary Diana Pouli, Executive Director, Youth & Recreation

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

# MARCH 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>
3 Stuffed Pepper w/ Tomato sauce Mashed Potatoes California Vegetables Italian Bread Chocolate hand pie 741/91	4 Hamburger Po Boy w/ lettuce, tomato Roasted Potato Wedges Italian Vegetables Mini Beignet  726/68	5 Breaded Baked Fish Vegetable Rice Pilaf Pacific Blend Vegetables Dinner Roll Fresh Orange  694/91	6 Italian Sausage w/ Roll, peppers, onions Oven Browned Potatoes Key Largo Vegetables Fudge Brownie  766/87	7 Salad w/ hard boiled egg, tomatoes Vegetable Bean Soup Grape Juice Fruit Muffin Diced Pears 933/145
10 Roast Beef w/ Gravy Garlic Mashed Potatoes California Blend Dinner Roll Fig Newtons 693/93	11 Sweet & Sour Chicken White Rice Stir Fried Vegetables Hawaiian Roll Graham Cookie 686/103	12 Sloppy Joe Tater Tots German Blend Vegetable Chocolate Chip Cookie  983/103	13 Polish Sausage w/ Roll Mushroom Rice Peas w/Peppers, Onion Pineapple Chunks  750/81	14 Breaded Baked Fish Oven Browned Potatoes Prince William Vegetable Multigrain Bread Diced Peaches 665/86
17 <b>St. Patrick's Day</b> Corned Beef Parsley Potatoes Cabbage/Carrots Rye Bread Milano Sandwich Cookie  769/91	18 Meatloaf w/ Beef Gravy Mashed Potatoes Green Beans & Carrots Dinner Roll Angel Food Cake  839/83	19 <b>St. Joseph's Day Table</b> <b>See page 3 for details</b>	20 Roasted Chicken Leg Garden Vegetable Rice Key Largo Vegetables Dinner Roll Vanilla Cream Cookie  940/90	21 3 Cheese Macaroni & Cheese Stewed Tomatoes California Blend Multigrain Bread Fresh Orange 671/89
24 Spaghetti & Meatballs w/ Marinara Sauce Steamed Broccoli Grape Juice Italian Bread Cinnamon Applesauce 717/102	25 Hamburger Potato Wedges Corn Vanilla Cream Cookie  873/97	26 Breaded Pork Chop w/ Gravy Roasted Potato German Blend Dinner Roll Fruit Cocktail 588/72	27 Grilled Chicken Rice Pilaf Carrots Wheat Bread Lorna Doone  602/75	28 Beer Battered Fish Mashed Potatoes Pacific Blend Vegetable Italian Bread Fresh Fruit  671/77
31 Polish Sausage w/ Roll Buttered Egg Noodles Prince William Vegetable Diced Pears 861/92				

## DINNERS

Dinner is served at 5:00pm

**Tuesday, March 4— Chicken Pot Pie, Mashed Potatoes, Biscuit, Apple Crisp**

**Tuesday, March 11— Salisbury Steak w/ Gravy, Mashed Potatoes, Carrots, Dinner Roll, Fruit Cup**

**Tuesday, March 25— Grilled Chicken sandwich, French Fries, Seasonal Vegetable, Applesauce**

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



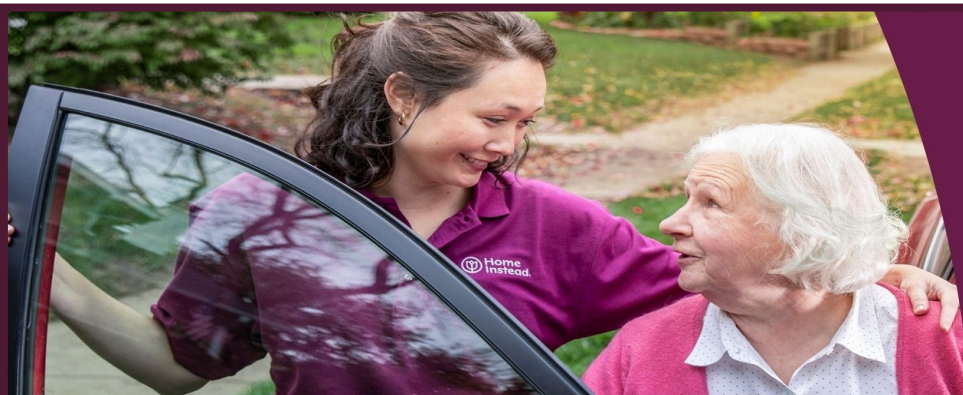
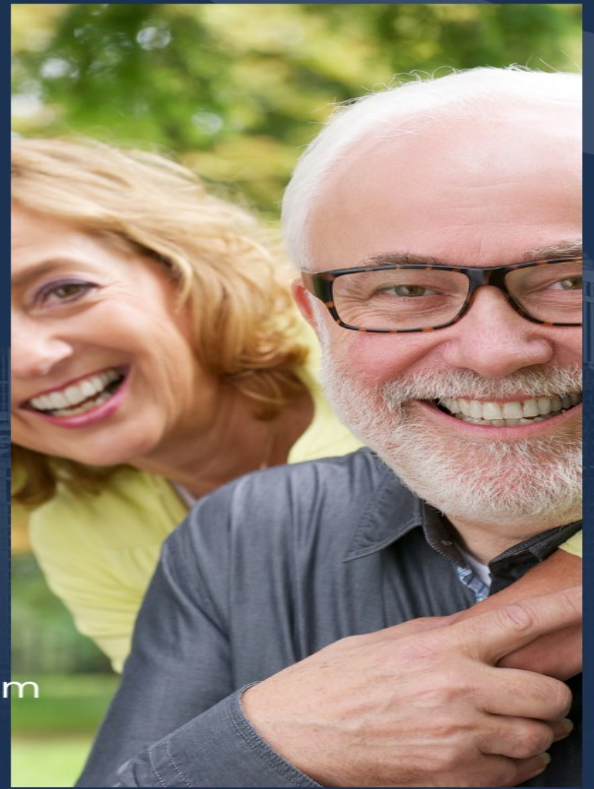


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- ✓ Ads can be created at no additional charge

Contact Melissa Abel at:  
[mabel@amherst.ny.us](mailto:mabel@amherst.ny.us)

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



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## Services

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





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**Independent Living Communities**

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 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

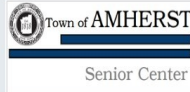
**Wesley Rehabilitation Center**  
 2235 Millersport Highway, Amherst, NY 14068  
 716-810-7000

**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)

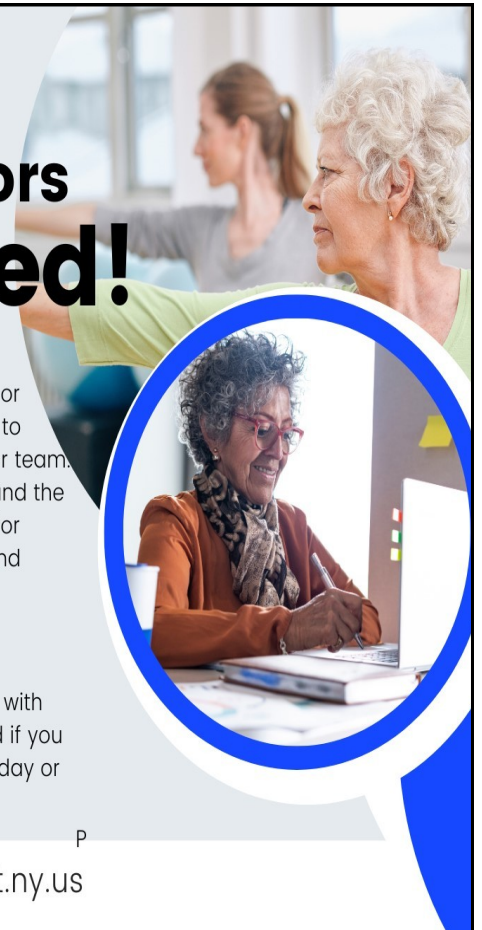


# Instructors Needed!

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.