



AMHERST CENTER FOR SENIOR SERVICES

370 John James Audubon Parkway, Amherst, NY 14228

NOVEMBER 2025 NEWSLETTER



Veterans Day

Amherst Singers' performance and a
special Veterans Day Lunch on
Monday, Nov. 10

Register on MyActiveCenter.com or call us!



REMEMBER
Daylight Saving Time Ends
Sunday, Nov. 2
Your clocks get
rolled back one hour

ESTABLISHED IN 1962

AmherstCenterForSeniorServices.com



Facebook.com/amherstnyseniorcenter

A NOTE FROM THE DIRECTOR

November is a cherished month at the Amherst Center for Senior Services — a time when we come together to honor veterans, celebrate the season of thanks, and enjoy time with friends and family.



We are proud to recognize Veterans Day with a special lunch on November 10, honoring the men and women who have bravely served our country. It is always a heartfelt occasion, and we thank Heathwood Assisted Living for generously sponsoring both our Veterans Day and Thanksgiving-related activities this year. Their support makes these celebrations even more meaningful. Please visit their information table, available in the Center during the month, to learn more about their offerings.

As we move further into the season of gratitude, we're also looking forward to our Thanksgiving Lunch on Tuesday, November 25. Nothing says Thanksgiving quite like turkey—and we'll be serving up a delicious meal with all the trimmings. Be sure to join us for this festive and tasty tradition.

Please take note that the Center will be closed on November 11 in recognition of Veterans Day and on Thursday, November 27, and Friday, November 28, for the Thanksgiving holiday, so our members and staff can enjoy time with loved ones.

November also brings opportunities to learn and grow. On Friday, Nov. 7, from 10:00 a.m. – 12:00 p.m., Darrell from the Buffalo Curling Club will be here to share his passion and experience with this unique winter sport. And, on Wednesday, November 12, we're hosting a special Kinship Program. Come meet with organizers who provide resources and support for grandparents and other relatives raising children. In addition, remember that we offer a Kinship Support Group that meets monthly at the Northwest Amherst Community Center.

Exciting news continues with the Café! Legacy Hospitality and Entertainment, our Café operator, is currently hiring staff for our location. We are hoping that the Café will officially open before winter, offering a welcoming and cozy spot for coffee, conversation, and community connection.

We look forward to celebrating this festive time of year with you at the Center!

Melissa Abel

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

MISSION STATEMENT

The mission of the Amherst Center for Senior Services is to empower all people with quality of life as they age.

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

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

(Doors open at 8:45 am)

The Center will be closed on Tuesday, November 11, in observance of Veterans Day, and on Thursday and Friday, November 27 & 28 in observance of Thanksgiving.

Programming is also offered at the Northwest Amherst Community Center. *Please see page 14 for dates and times.*

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

ABOUT US

PREPPING FOR NEWSLETTER REDESIGN

You may notice this newsletter layout looks slightly different than usual. That's because we're preparing for an exciting redesign in 2026. Starting in May 2026, our new format will combine our seasonal Class Catalog and monthly newsletter content into one easy-to-use guide. This means programs, classes, support groups, outreach, and nutrition information will all be in one publication.

The redesigned publication will feature designated sections, making it simple to find exactly what you're looking for. Beginning in May, the new guide will be published bi-monthly — issues for May–June, July–August, September–October, and November–December.

Starting in January, we will no longer be mailing newsletters to households. Instead, the newsletter will be widely available at convenient community locations, including here at the Center, all Amherst libraries, Amherst Town Hall, and select local senior living facilities. It will also be available digitally on our website.

This change brings several benefits:

- **Easier planning** – Two months of classes, programs, nutrition, and events at a glance.
- **All-in-one guide** – No longer the need to check two publications to find the information you need
- **Designated sections** – Quickly find the sections that matter to you.
- **Environmentally friendly** – Fewer mailings mean less paper waste.

We're excited to roll out this new look and make it even easier for you to stay connected and involved in everything we offer.

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.

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

Tuesday, November 4 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

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TOWN OF AMHERST

AMHERST TOWN BOARD

- Brian Kulpa, Town Supervisor
- Shawn Lavin, Deputy Town Supervisor, Senior Services Liaison
- Jacqualine Berger
- 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:

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

AMHERST GENERATIONS FOUNDATION

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

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

A NOTE FROM YOUTH & RECREATION

What a wonderful time we had celebrating the 25th anniversary of the current Senior Center location!

I have been fortunate to be associated with all the locations over the years.

In high school, I worked as a volunteer serving dinner at the weekly Wednesday evening meals at the Union Road location. As a young adult, I worked at the Cayuga Road Youth Center, which was the former home of the Senior Center before it moved to Union Road. Later in my career, I worked at the Harlem Road Community Center, which was a satellite location for Union Road. There we got to know many of the Senior Center staff.

Those of you who know me know that I do not have a creative bone in my body, so I was very thankful for those staff and the members of the art classes who decorated the building so beautifully each season!

With the move to the current location, there came a consolidation of all senior activities into that space. It made sense, but we missed our friends and colleagues from the Harlem Road satellite, as well as a full building of seniors and youth every day and the synergies that that brought.

As the membership and programming have grown over the past 25 years, we are again in a position to move out into the community and are grateful not only for our beautiful main building, but for the satellite at the Northwest Amherst Community Center, programs in all town Youth & Recreation buildings, and the upcoming satellite on Bailey Avenue.

While the core of the Senior Center has always been the members and the staff, not necessarily the buildings, we are lucky to have had so many options and are looking forward to the next 25 years!

Mary Diana Pouli,

Executive Director, Youth & Recreation

SWEET TREAT WITH THE KITCHEN STAFF

Friday, November 14 at 1:15 pm

Enjoy apple crisp a la mode with

our Kitchen Staff



REGISTRATION PROCEDURES

REGISTRATION/CANCELLATION

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

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

CREATING AN ACCOUNT ON MyActiveCenter

Go to MyActiveCenter.com then click on the 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.

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

- Sign in to MyActiveCenter.com
- The Search Box and Filters are on the left side
- Once you have found the Class, Club, Meal or Program that you wish to Register for, click on the name. This will open a more detailed view of the activity. Listed below will be the Upcoming Events schedule.
- For classes with two sessions, each session is listed separately and requires separate registration.
- **To Register click on Add to Cart**
 - ⇒ A small box will appear to let you know that this has been reserved in your Cart.
 - ⇒ If this is the only activity that you wish to Register for, you can click the Go to Cart button **OR** click on any area not in the pop-up box to continue shopping.
 - ⇒ **In order to complete the Registration process you must finish your order by going to your Shopping Cart.**
- ◇ If registering for a Class, click Pay for selected items. Input your credit card information and click Pay to finish.
- ◇ If registering for a Club or Program, click Register for selected items.

PLEASE NOTE – 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. So if you see a class you are interested in, register and pay as soon as possible!

This newsletter is coordinated by Darlene Wilber, PR Coordinator, dwilber@amherst.ny.us

SAMPLE A CLASS

If you are uncertain about a particular class, we encourage you to observe it by obtaining a guest pass at the Reception Desk.

REFUNDS

Requests for refunds or transfers will be honored only if a member makes the request at least 5 full business days prior to the scheduled class start date. The refund will equal the cost of the class minus a \$5 processing fee (per class). Refunds will be credited within 72 hours to your Senior Center Account. Sorry, no exceptions.

VISITING/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 from 12:00 to 1:00 pm.

Dinner is served Tuesdays from 5:00 to 6:00 pm.

TO REGISTER FOR LUNCH OR DINNER:

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

FROZEN MEAL PROGRAM

Please stop at our front reception desk to pick up an Erie County Registration Form. 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

WILLIAMSVILLE ART SOCIETY FALL SHOW

Sunday, November 2 at 2:00

Come enjoy an afternoon of beautiful artwork and meet the very talented artists

BOWL OF NOUNS

Monday, November 3 at 1:00 pm

This party game is played in teams where players take turns describing specific nouns. Each round will have restrictions, making this guessing game harder and harder and increasingly more fun!

PICNIC IN WALTON WOODS

Tuesday, November 4 at 12:00 pm

Enjoy one more picnic in Walton Woods before winter. You bring a chair and a brown bag lunch and we'll bring the dessert.

BEYOND THE COLOR GREEN

Wednesday, November 5 at 10:00 am

Together we will explore the book: 14 Patterns of Biophilic Design Improving Health and Well-being in the Built Environment by William Browning. Reading the book is not required to join in the conversation. *Presented by James Loree.*

VR

Wednesdays, November 5 and 12 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.

There are two dates this month, please sign up for only one of the two sessions.

OPEN CARDS

Thursday, November 6 at 10:00 am

Join us for an open card time where you can have fun, and enjoy a variety of social card games in a laid-back, non-competitive environment. You can come with your friends to play or join a table that's looking for other players.

POETRY & SHORT PROSE OPEN MIC READING

Thursday, November 6 at 6:00 pm

Readers sign in at 5:45 pm.

Celebrate the extraordinary power of words by joining us for an evening of poetry and short prose readings. You are invited to share original works, read one of your favorite selections, or join as a listener. Refreshments served.

TECH SUPPORT

Friday, November 7 from 10:00 am – 12:00pm

Sign up for an appointment time and 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.

MIND TEASER STATIONS

Thursday, November 13 at 10:00 am

Exercise your brain with various games.

BOOK TALK

Thursday, November 13 at 1:00 pm

A salute to war veterans and especially to the men fighting in the China Burma India CBI theater. It was the forgotten war. The mission was to bring needed supplies from India across the Himalayas to China. *Presented by Harriet Grayson.*

HOLIDAY SCAMS

Thursday, November 13 at 6:00 pm

As the holidays approach, so do the scammers. Fake charities, phony package tracking, and suspicious phone calls are just a few of the tricks they use, especially targeting older adults. Join us for an informative session where we'll discuss common holiday scams, how to spot red flags, and ways to protect yourself and your loved ones, and to ask questions and share concerns.

DRAWING RALLY

Friday, November 14 at 10:00 am

All artists welcome! No experience or expertise required! Bring your creativity and put your drawing skills to the test. Each round will be a different drawing task. No judgements, just fun! Bring any type of supplies you'd like (colored pencils, markers, etc.) Pencils will be provided. Top drawings will be displayed in the front lobby for the week.

GARDEN TIME

Wednesday, November 19 at 10:00 am

Craft with Nature to make a milkweed ornament for the holidays. Doreen Notaro, Smallwood Garden Club member and Recreation Leader, will be providing supplies and instruction.

PROGRAMS

COOKING WITH JEN

Friday, November 14 at 11:00 a.m. *Fee is \$5.00.*

Apple Oatmeal Crisp Please bring a 8x8 dish, apple peeler and a knife.



Monday, November 24 at 10:00 am *Fee is \$2.00*

Acorn Candy Cookies. Please bring a small microwave safe bowl and a container to bring your acorns home.

Friday, December 12 at 11:00 am *Fee is \$8.00*

Puff Pastry Nutella Christmas Tree. Please bring a cookie sheet and a knife.

Reservations for Cooking with Jen begins Nov. 3. *Due to popular demand, you may only register for one.*

COOKING DEMO WITH THE FORESTERS

Monday, November 17 at 10:30 am *Fee is \$2.00.*

Members Karen and Carl Forster will demonstrate their Pumpkin pancakes with cinnamon brown butter.

ASK THE DIRECTOR

Wednesday, November 19 at 11:00 am

Enjoy light refreshments with Director Melissa Abel. She will give updates on Senior services and answer your questions.

FRIENDSGIVING

Friday, November 21 at 2:00 pm *Fee is \$2.00.*

Play a round of Friendsgiving bingo followed by a slice of pie.

FIRST LETTER OF YOUR NAME POTLUCK

Thursday, November 20 at 6:00 pm

Bring a dish that starts with the same letter as your name. Jen will be there with Jello!

THANKFUL BINGO

Tuesday, November 25 at 2:00 pm

Please bring a new item that you're thankful for from the Dollar Store for the prize table.

SWOOP

Wednesday, November 26 at 10:00 am

Swoop is 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.

FIELD TRIP

BOWLING AT TRANSIT LANES

7850 Transit Rd., Williamsville, NY

Friday, November 21 at 10:30 am

Meet at the bowling alley. We will play 2 games. Each game is \$4.00 with the Senior Discount. You will pay \$8 when you arrive at the bowling alley on the day of the event. Please sign up in advance.

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 MONDAYS

November 3

November 10

November 17

November 24

3:00 PM TUESDAY

November 25

5:30 PM TUESDAY EVENING

November 4

November 18

1:00 PM FRIDAYS

November 7

November 14

November 21

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.

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

PROGRAMS

HEALTH

WALKERS UNITE FOR WELLNESS

Tuesdays in November at 10:00 am (Weather Pending)
Join Rabbi Yonina on a gentle walk around the lake and on the trails of Walton Woods Park so that we can talk and share how we are doing – a ‘getting to know you’ through walking and wellness. We’ll go as far as you’d like and sit and rest if necessary in the hour we have together.
Remember to dress for the weather.

NATURE WALKS

Wednesdays from 9:30 – 11:00 am (Weather Pending)
Learn all the beauty that Walton Woods has with naturalist Carol Rogers.

MEDICARE

Wednesday, November 12 at 11:00 am
Presentation by Erie County Department for the Aging regarding health insurance for persons who have or do not have Medicare. A comparison of the various Medicare Advantage plans, Medicare supplemental plans and Medicaid will be discussed.

MEDITATION AND HEALING

Thursday, November 20 at 1:00 pm
Relieve stress and improve your health. Want 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*

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

Aetna Ella at 716-374-5940

Monday November 10 10:00 am – 12:00 pm

Monday November 24 10:00 am – 12:00 pm

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

Friday November 7 9:00 am – 12:00 pm

Friday November 21 9:00 am – 12:00pm

Highmark BCBS Christina at 716-658-8652

Tuesday November 4 10:00 am – 12:00 pm

Tuesday November 25 10:00 am – 12:00 pm

KDM Wealth Consultants Tiffany at 716-697-3622

Thursday, November 20 10:00 am – 1:00 pm

FINANCIAL

14 WAYS TO PRESERVE YOUR ASSETS WITH THE MEDICAID LAWS

Tuesday, November 18 at 4:00 pm
Learn what you can do the preserve your assets if nursing home or assisted living is necessary and plan for incapacity.
Presented by Elder Law Attorney Robert Friedman

INFORMATION TABLES:

BUFFALO CURLING CLUB

Friday, November 7 10:00 am – 12:00 pm
Learn all about this amazing sport and how easy it is to play.
Spoiler: curling does not require you to continuously bend down and slide.

NEW YORK STATE DEPARTMENT OF VETERANS’ SERVICES

Tuesday, November 18 9:00 am—3:00 pm
Learn about services available for those who served our country.

EPIC

Wednesday, November 19 11:00 am – 1:00 pm

ASK THE REALTOR

Wednesday, November 19 at 11:00 am
Ann Kader, WNY Metro Roberts Realty

PARTNER PROGRAMS

BISTRO BOOKERS

Tuesday, November 4 at 4:00pm
“Paradise Falls: The True Story about an Environmental Disaster (Love Canal) written by Keith O’Brien and reviewed by Luella Kenny

Paradise Falls reveals how mothers in Niagara Falls uncovered the toxic waste buried beneath their neighborhood and fought to protect their families. Their struggle against corporate and government neglect helped spark America’s modern environmental movement.

SILVER PRIDE TEA

Friday, November 7 at 10:00am
This is an opportunity for LGBTQAI and their allies to spend time together enjoying refreshments and conversation. The group will be participating in art therapy.
Hosted by the Pride Center of WNY.



CLASSES

WINTER CLASS CATALOG

The Winter Class Catalog will be available in late November in hard copy at the Center, at ALL Amherst libraries, and online at AmherstCenterforSeniorService.com

Registration for the Winter Trimester begins Wednesday, December 17.

SPECIAL REQUEST: 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, November 12 or December 3

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.

HIGHLIGHTS FOR FALL SECOND SESSION

Now is the time to register for our second session of Fall classes. For class openings, check online at myactivecenter.com, or visit the reception desk.

- Ballroom Dancing 10/28
- Yoga Zoom 10/29
- Woodcarving 10/30
- Move, Tone and Stretch 11/3
- Ukulele Sing-A-Long Intermediate 11/3
- Tennis – Beginner 11/4
- Yoga Afternoon 11/4
- Yoga Plus 11/4
- 20/20/20 Mon. 11/10 or Wed. 11/12
- Friday Fitness 11/14
- Using Your Email Account Wisely 11/18
- Using Your Computer Wisely 12/2

Full descriptions of ALL classes are in our Fall Class Catalog.

STABILITY BALL FITNESS (FREE INTRODUCTORY CLASS) -

Friday, November 7 at 11:10 am *Registration is October 29.*

Get ready for a fun and energizing workout that puts balance, core strength, and flexibility at the center of your fitness routine. Using stability balls, this class offers a playful yet effective way to challenge your body and build confidence in movement. LIMITED SPOTS AVAILABLE!

Important Note: For safety reasons, participants must be comfortable sitting and exercising on a stability ball. This class is not recommended for those who struggle with balance or are at risk of falling.

We're planning to add Stability Ball Fitness to our Winter class schedule, but you have the chance to try it out now and see if it's right for you!

HOLIDAY GREETING CARDS

Tuesday, November 18 (1x)

1:30-3:30 pm Fee \$5.00

-OR-

Wednesday, November 19 (1x)

1:30-3:30 pm Fee \$5.00

Reservations for both classes begins October 29.

In this workshop, participants will make four holiday greeting cards using various types of paper, die cuts, inks, and stamps. Please bring double-sided adhesive and a small pair of scissors. All other supplies will be provided. **Due to popular demand, you may only register for one!**



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.

OPEN PICKLEBALL

OPEN PICKLEBALL

Tuesday, November 25: 2:30-4:15, 4:15-6:00
(2 courts)

Wednesday, November 5, 12, 26: 12:00-2:00 pm or
2:00-4:00pm

Wednesday, November 19: 12:00-2:00 pm (Women) or
2:00-4:00pm (Men)

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

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

Friday, November 14, 21: 12:00-2:00 pm or 2:00-4:00 pm

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

For Open Play Pickleball at the Northwest Amherst Community Center, see page 14.

PING PONG

Mondays 1:00 – 4:00 pm

Tuesdays 2:30 – 6:00pm (No ping pong 11/11 & 11/18)
(11/25 3:00 – 6:00pm)

Fridays 1:00 – 4:00pm (Not scheduled 11/28)



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Think Ken-Ton Hearing.

Our doctors and staff work together to
provide your best solution and value for
your valuable hearing.



Learn about all of your
Medicare Advantage
Options

kentonhearing.com
716-874-1609

UNIVERSITY EXPRESS

Watt's Up with your Electric Bill?

Wednesday, November 5 at 2:00 pm

Instructor: Sarah Sanford, Senior Energy Development Specialist, Department of Environment and Planning

Pulitzer Prize Winning Photos and the Stories Behind Them Part II

Thursday, November 6 at 2:00 pm

Instructor: Theresa Wiater, Retired Educator

Is Islam an Arab Religion? Rethinking What We Assume About Faith and Culture

Wednesday, November 12 at 2:00 pm

Instructor Mustafa Gokcek, Professor and Chair, History Department at Niagara University

Puzzle-Palooza—ROUND 1

Friday, November 14 at 2:00 pm

Happy Veteran's Day from Erie County Veterans Services

Tuesday, November 18 at 2:00 pm

Come learn about available benefits!

Instructor: Felice Krycia, Director of Erie County Veterans Services

Forces of Nature: the Science of Natural Disasters

Tuesday, November 18 at 6:00 pm

Instructor: Heather Thuman, Educator—Williamsville South High School

Great Tales of the Great Lakes

Wednesday, November 19 at 2:00 pm

Instructor: Douglas Kohler, Erie County Historian

Investing for your beneficiaries, kids and grandchildren

Thursday, November 20 at 2:00 pm

Instructor: Paul Hutchings, Wealth Manager—Sgroi Lawley Group

Full course descriptions are available in the University Express Catalog available at our Reception Desk or at www4erie.gov/universityexpress

See page 13 for more University Express Classes at the Northwest Amherst Community Center.



ARE YOU RAISING A RELATIVE'S CHILD?

Becoming a kinship caregiver can bring unique joys and challenges. Attend our Kinship Care & Support Showcase to learn about the financial, legal, emotional, and social resources available to you!



KINSHIP CARE & SUPPORT SHOWCASE

Nov. 12th from 5:30-7:30 pm

Amherst Center for Senior Services

Meet with representatives and receive resources from the following organizations

Gateway-Longview Behavioral Health
Center for Elder Law and Justice
Erie County Bar Assigned Counsel Program
Erie County Department of Social Services
Sweet Home Family Support Center
Amherst Family Support Center
Amherst Senior Services
Family Help Center and MORE



Contact us

- 716-636-3050. John Jones, Social Caseworker ext. 3129
- 370 John James Audubon Parkway, Amherst
- amherstcenterforseniorservices.com

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 office visits **by appointment only**, by phone, or virtual appointments. Please call the Social Work office at 716-636-3055 ext. 3165 for Vijaya, or John at ext. 3129

Caregivers Group

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

Loss & Grief Group

A new 6-week session starts on November 6.
We discuss coping strategies, healing techniques, and stages of loss and grief.

Men's Support Group

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

Parkinson's Group:

Thursday, November 20 at 2:00 pm (*Date change due to Thanksgiving*)
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, November 3 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, November 18 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.

Women's Support Group

Wednesday, November 5 at 10:30am

Kinship Group: See meetings at Northwest Community Center on page 14.

Kinship Care & Support Showcase

Wednesday, November 12 from 5:30—7:30 pm
Meet with organizations that provide support to kinship caregivers. Learn more about this special event on page 11.

SENIOR OUTREACH SERVICES (SOS) 636-3070

In 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. Financial assistance may be available to help with 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 9:00 am—4:00 pm. Evening hours are 4:00-7:00 pm on November 4 and November 18 until 6:00 pm.



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. For more information, please call our Nutrition Site Coordinator, Christin Estrada, at 716-636-3055 ext. 3131.

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 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.

Understanding Alzheimer's and Dementia

Wednesday, November 12 at 1:00 pm

This is a session for Alzheimer's Disease and Dementia education. As people living with dementia progress in their journey and lose the ability to use words, caregivers can discover new ways to communicate effectively in any stage of the disease. Learn how dementia affects communication, how person-centered approaches can improve communication and much more.

AT NORTHWEST AMHERST COMMUNITY CENTER

DIY CRAFT

Monday, November 3 at 10:00 am

We will make a Folded Book Bouquet. Look for the sample at the front reception desk. *Fee is \$3.00.*

TALK AND TASTE

Monday, November 3 at 6:00 pm

Join us for a taste of Caramel Apple Dip

CODENAMES

Monday, November 17 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.

CIRCUIT FITNESS CLASS

Monday, November 17 and 24 at 6:00 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.

Northwest Amherst Community Center

220 Northpointe Parkway, Amherst 14228

PICKLEBALL

Monday, November 3, 10, 17, 24

9:00-11:00 am (Intermediate)

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

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

Tuesday, November 4, 18, 25

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



UNIVERSITY EXPRESS

Facebook Safety and Security

Monday, November 17 at 1:30 pm



**Amherst
Center for
Senior Services**
ACSS

Advertise in our monthly newsletter



- ✓ 14,000 + members, 50 and older
- ✓ Ads run in print and online
- ✓ Annual ads as low as \$125 per month
- ✓ Ads can be created at no additional charge

Contact Darlene Wilber at: dwilber@amherst.ny.us

AmherstCenterforSeniorServices.com



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

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 5 FOR DETAILS.

VOLUNTEERING & CLUB ACTIVITIES

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.

NOVEMBER GIVING OPPORTUNITIES

“LOVE-A-VETERAN”

We will be collecting donations for the WNY Veterans Housing Coalition during the month of November.

Many of the veterans lack housing and come to them with very little. Greatest need is for household cleaning supplies including dish soap, cleaning products, disinfectant wipes (No sponges), toilet bowl cleaner, garbage bags, laundry soap/fabric softener. Personal care items, health & beauty products including shampoo/conditioner (No combs), soap, razors, shaving cream (male & female) and female hygiene products. Dollar Tree items are inexpensive and welcome!

Please, no clothing items. Please drop off items by November 26. Thank you for your generosity and support!



FRIENDS HELPING FRIENDS SHORT TERM FOOD ASSISTANCE

Non-perishable food items are being collected.

Unexpired items we are looking for:

Cereal, oatmeal, cream of wheat

Canned items—soup, vegetables, tuna, chicken

Instant packets—rice, pasta, mashed potatoes

Mac & cheese, crackers, peanut butter, jelly

SCHOOL #30 GIVING TREE

The Center is once again collecting **NEW TOYS** for **pre-k** children who attend school #30 in Buffalo.

Stop by the Gallery in the Center and take a card with the name and gender of a deserving child from the display near the fireplace.

Please drop your new, unwrapped, medium size toy to us by Wednesday, November 26, so we can wrap it and deliver some holiday spirit to these children!

SENIOR ANGELS TREE

Bring the spirit of the Holiday season to a deserving Senior. Please consider taking a tag off of the Senior Angels Christmas Tree in the Center’s Gallery.

Each tag will have a suggestion of what item each Senior could use.

Please drop off your gifts and/or gift cards to the staff at the Reception desk by Wednesday, November 26. We will collect them and make sure they are ready for holiday delivery!

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.

VETERANS DAY PERFORMANCE

November 10 at 11:00 am

The Amherst Senior Singers will perform patriotic songs.

If you are a Veteran who would like to be part of the Flag Ceremony, please contact John at 636-3055 ext 3129.



COMMUNITY SERVICE SEWING PROJECTS POP UP SHOP!

November 10 and 24 from 9:30 am-2:30 pm

Shop for one-of-kind gifts from a selection of handcrafted items made lovingly by the Community Service Sewing Club.

BAKERS RACK

Thursday, November 20 at 9:00 am

Fresh baked goods available for purchase until sold out

BOOK CLUB

Monday, November 24 at 1:00 pm

“The Adventures of Huckleberry Finn” by Mark Twain



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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, 10:30/11:30 am 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, 1:00pm
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 1:00 pm	Speaking Italian Language Club Fridays, 12:30-2:30pm
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.

NOVEMBER 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 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 at **5:00 pm 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 unable to attend lunch or dinner, please CANCEL your reservation.**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
3 Chicken cacciatore over pasta California blend veggies Italian bread Mixed fruit cup 514/72	4 Stuffed Pepper Mashed potatoes Peas White dinner roll Brownie 897/117	5 3 Cheese mac & cheese Stewed tomatoes Steamed broccoli Corn muffin Cinnamon apple sauce 559/80	6 Sweet and sour meatballs German blend veggies Wheat dinner roll Graham cracker 802/96	7 Grilled BBQ chicken Baked sweet potato Winter blend veggies Muffin Snickerdoodle cookie 805/112
10 VETERANS DAY LUNCH Roast beef w/ gravy Mashed potatoes Prince William veggies Dinner roll Berry Short Cake 768/99	11 CENTER CLOSED 	12 BBQ pulled pork Tator tots Green beans Mini chocolate chip cookies 853/109	13 Oven baked fish Wild rice Key Largo vegetables Multi-grain bread Apricots 701/97	14 Breaded chicken with gravy Roasted potatoes Steamed cauliflower Rye bread Rice pudding 626/73
17 Polish sausage on a hotdog roll Buttered noodles Prince William blend veggies Diced pears 861/91	18 Beef stew Mashed potatoes Biscuit Chocolate brownie cookie 1026/112	19 Oven roasted chicken legs Rice Pilaf Broccoli Hawaiian Roll Sugar Cookie 783/67	20 Breaded pork chop Roasted potato medley Broccoli Multi-grain bread Oatmeal Raisin Cookie 627/68	21 Cabbage roll Mashed potatoes Pacific blend veggies Italian bread Oreo cookie 718/103
24 Hamburger on roll Roasted potato wedges Green beans Rice Krispy bar 685/70	25 Turkey and stuffing with gravy Sweet potato casserole Green beans Wheat dinner roll Pumpkin pie 993/124	26 Chicken stew Mashed potatoes California blend veggies Biscuit Sandwich cookie 850/110	27 CENTER CLOSED 	28 CENTER CLOSED Continue to enjoy the holiday!
				Estimated calories/ carbohydrates are listed below each lunch.

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

Nov. 4 Lasagna roll with meatballs, Italian blend veggies, Grape juice, Garlic bread, Pudding cup
 Nov. 18 Chicken ala King, Mashed potatoes, Broccoli, Biscuit, Mixed fruit cup