



SENIOR CONNECTIONS

FOR ACTIVE ADULTS AGES 50+

THE OFFICIAL BI-MONTHLY GUIDE FOR THE
AMHERST CENTER FOR SENIOR SERVICES

September-October 2026



CONNECTIONS GUIDE TABLE OF CONTENTS

Classes.....	Pages 6-15
Clubs & Volunteering....	Pages 28-29
Membership Info.....	Page 3
Member Spotlight.....	Page 17
Movie Showtimes.....	Page 30
Nutrition & Menus.....	Pages 33-35
Open Pickleball.....	Page 16
Programs.....	Pages 18-27
Registration Info.....	Page 4
Support & Resources.....	Pages 36-37
Town Information.....	Page 38

Amherst Center for Senior Services

370 John James Audubon, Amherst, NY 14228

amherstcenterforseniorservices.com

ABOUT US

DIRECTOR'S NOTE

September is National Senior Center Month! *What makes the Amherst Senior Center a top-notch place?* In our welcoming 53,000-square-foot facility, our dedicated staff plan, develop, and coordinate programs, classes, services, and nutritious meals for adults ages 50+ who live in the Town of Amherst. For more than 60 years, our Center has provided options that support seniors as they age in place. Every individual who walks through our doors has a unique story, and our person-centered approach allows us to focus on the wellness and interests of each member. Whether you participate in one of our classes, join one of our 50+ clubs, volunteer, enjoy a meal, play cards, work out, or simply spend time with friends, the Center offers something for everyone. Our wellness programs include support groups, nutritious meals, and much more. Many of our members make an impact in the community through our Knitting Club, Community Service Sewing Projects Club, Amherst Senior Singers, and an incredible volunteer program. One of our new additions is the Boxing Room, offering yet another exciting way to stay fit. As the Center continues to grow, we remain committed to providing outstanding programs and services for all of our members. *Did you know the Amherst Senior Center now has more than 15,000 members?* Every day, hundreds of folks visit the Center to participate in the many activities and services we offer. We are proud to be an important part of so many lives in our community. If there is a program or activity you would like to see offered, please let us know. We are always interested in exploring new ideas that reflect the interests of our members. Lastly, I want to thank our many supporters, including our September and October sponsors, Heathwood Assisted Living and Clarity Group. Your partnership helps us continue to provide exceptional opportunities for our seniors in Amherst. We look forward to seeing you at the Center this fall!

Melissa,
Melissa Abel, Director

KEY STAFF CONTRIBUTORS

Melissa Abel, Director mabel@amherst.ny.us	Greg Potter, Program Leader gpotter@amherst.ny.us
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THE CENTER

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

- **Art Gallery** — *Sponsored by Asbury Pointe*
- **Billiard Room** — *Support from Williamsville Rotary Foundation*
- **Boxing Room** — *Funded by a NYS Office of the Aging grant secured by Assemblymember Karen McMahon.*
- **Dance Room** — *Sponsored by Excellus Blue Cross Blue Shield*
- **Music Room** — *Sponsored by Susan Grelick in honor of her parents*
- **Nutrition Room** — *Sponsored by Highmark Blue Cross Blue Shield*
- **Reading Room** — *Support from Williamsville Rotary Foundation*
- **Wellness Center** — *Sponsored by Kaleida Health*

A Fitness Room with equipment is also available during normal business hours.

An accessible private bathroom is located by Room 2



HOURS OF OPERATION

Monday 9:00 am-7:00 pm

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

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

(Doors open at 8:45 am)

Holidays and weather may impact this schedule.

The Center will be closed September 7 in observance of Labor Day and October 12 in observance of Indigenous Peoples' /Columbus Day

*Our Connections Guide is Coordinated by
Darlene Wilber, Public Relations Coordinator*

AMHERST CENTER FOR SENIOR SERVICES CANCELLATION GUIDE 2026-27

The safety and well-being of our members and visitors is a primary concern. The following information is for your reference.

WEATHER/STORM CLOSINGS:

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

If you want to know if the classes 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

MEMBERSHIP INFORMATION

MEMBERSHIP QUALIFICATIONS & FEES

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

Amherst Residents—Lifetime Membership

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

**A household is defined as two or more people living together at the same address. All must join at the same time.*

Non-Resident—Annual Renewal

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

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

WAYS TO JOIN THE CENTER:

1. Complete an application online: Visit AmherstCenterforSeniorServices.com/membership-plans (Please Allow 48 hours for processing your application)
2. Visit the Center's Reception Desk.

PLEASE NOTE: Membership requirements, fees, hours are subject to change at any time. We will do our best to notify you of changes, but, at times, they may happen with little to no notice.

POLICIES

Member Keytag Sign In Requirement

Members 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.

Registration Required

You must register for any classes, clubs, programs, lunches/dinners you want to participate in. For Ways to Register, see page 4. ***If you register and then can't make it, please call us to cancel so we may offer your spot to another member.**

Code of Conduct

As part of your membership, you agree to our Code of Conduct and must adhere to it. Our Code of Conduct is available in your member packet, on our website, and at our Reception Desk.

Animals

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.

IMPORTANT PHONE NUMBERS

Main Line 716-636-3050

This is an automated line where you choose an option:
Press

1. Amherst Senior Transportation
2. Reservations for Classes, Lunch/Dinner, Programs
3. Social Work appointments and Accessible Tags
4. Senior Support Network
5. Amherst Meals on Wheels
6. Reception

Direct Lines:

Registration 716-636-3051—To register for Classes, Clubs, Meals, Programs and Support Groups

Amherst Meals on Wheels 716-636-3065

Amherst Senior Transportation 716-636-3075

Senior Outreach Services 716-636-3070

PARKING: COMBAT WOUNDED VETERANS

Two parking spots are Reserved for Combat Wounded Veterans in our lot. 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.



MEMBER COMMUNICATIONS

EMAIL— We email weekly messages to members. Please make sure we have your email on file so you can receive these communications. Add your email to our listserv using our website (A popup should appear when you visit the Newsletter page) or notify our Reception Desk.



SOCIAL MEDIA—FACEBOOK & INSTAGRAM

The Amherst Center for Senior Services is on Facebook and Instagram. Please “like” or “follow” our page.



Facebook: facebook.com/amherstseniorcenter



Instagram: Instagram.com/amherstseniorcenter

Please Note: Times and locations for all activities offered at the Center are subject to change.

FIRE DRILLS

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

FOR QUESTIONS ABOUT MEMBERSHIP, CALL US (716) 636-3051

REGISTRATION INFORMATION

REGISTRATION

Members are **REQUIRED** to register for all classes, clubs, meals, programs, and support groups. **Please note:** If you participate in these activities without registering and making payment (when applicable), it may result in a suspension of membership.

CAN'T MAKE IT? CALL TO CANCEL

If you've registered for any activity and are unable to attend, please call us to cancel so we may offer your spot to another person.

Class registration starts

Thursday, August 13 at 8:30 am

- Registration for Amherst residents begins at 8:30 am
- Non-resident members registration begins at 11:00 am
- MAIL OR DROP-OFF Registration forms must be submitted **BEFORE AUGUST 13**. Include a check payable to the Amherst Center for Senior Services.
- WALK-IN Registration will be accepted starting Friday, August 14.

Lunch/Dinner, Programs & Pickleball Registration

Friday, August 14 at 8:30 am

FOUR WAYS TO REGISTER

1. **ONLINE / MyActiveCenter.com** (The fastest way.)

You must be a member and have an account setup at MyActiveCenter.com. Don't have a MyActiveCenter Account? See instructions in the next column to learn how to set up one. Mastercard, VISA, Discover, or American Express accepted for payments.

2. **TELEPHONE** Call (716) 636-3051 to register with a credit card.

3. **WALK IN** Please bring (**FOR CLASSES ONLY**) exact payment by credit card, cash or check. Begins, Friday, August 14.

4. **MAIL OR DROP OFF** (**FOR CLASSES ONLY**)

A Class Registration Form is available on page 39. Complete a separate class registration form for EACH person. Additional forms are available at our Reception Desk. Submit a completed form for each person along with a check payable to the Amherst Center for Senior Services **BEFORE AUGUST 13**.

Please Note: New member applications (online or in-person) won't be processed before 2:00 pm on August 13.

CREATING AN ACCOUNT ON MYACTIVECENTER

Go to MyActiveCenter.com. 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 us at 716-636-3051 for assistance.

USING MYACTIVECENTER TO REGISTER FOR A CLASS, CLUB, MEAL, OPEN PICKLEBALL, PROGRAM OR SUPPORT GROUP

1. Sign in to MyActiveCenter.com
 - * The Search Box and Filters are on the left side
 - * Once you have found the Class, Club, Meal, Pickleball, Program, or Support Group 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.
2. To Register
 - * Click on **Add to Cart** button
 - * A small box will appear to informing you 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, Program, Meal, or Support Group, click **Register** for selected items.

WAITLIST

If an activity is full, you can join the waitlist.

- **Registering by mail, phone, or in person?** You will automatically be placed on the waitlist if the activity is full.
- **Registering through MyActiveCenter?** If you see an activity is full, click on the "Add to Waitlist" button. If a spot becomes available, staff will call you to confirm your interest and collect payment.

REGISTRATION IS ALWAYS REQUIRED.

CLASSES INFORMATION

ATTENDING CLASSES

Payment is required to attend all classes. Participating without payment may result in suspension of membership. Registration is for the full session, regardless of attendance. Participants must register for each new session, and prior enrollment does not guarantee a spot. Classes may fill quickly, so early registration is encouraged. If you are unable to attend a class you signed up for: ***Please cancel so another member may take your spot.***

REFUNDS

Registration can be busy which may make some rush to get into the classes before they fill up. We have a short grace period to accommodate for changes. During the first two business days of registration—August 13 & 14—you may make changes to your selections at no additional cost. After that, all changes are subject to the standard refund policy.

- Refund requests must be submitted at least **five business days** before the scheduled class start date.
- Approved refunds or transfers will be issued as the class cost **minus a \$5 processing fee per class**.
- Refunds will be credited to your Senior Center account within **72 hours of approval**.

If the Center Cancels a Class Due To

Low Enrollment: Participants will be notified by phone or email **1–2 business days** before the start date. A full refund will be issued. Refund checks or account credits may take up to **30 days** to process.

Unforeseen Circumstances: Every effort will be made to reschedule the class. If rescheduling is not possible and two or more classes are canceled, a credit will be issued to your Senior Center account.

FEE WAIVERS

Reduced fees for some courses are available for Amherst resident members who are verified eligible. ***See page 36.***

COURSE CANCELLATIONS

At times a class may be cancelled for various reasons including, but not limited to

- ◇ **Minimum Participation:** All courses are based on a minimum and maximum number of participants. If a course doesn't meet the minimum quota, it will be cancelled for that trimester. Register on time in order to prevent cancellations.
- ◇ **Instructor Cancels:** If you are registered for a class and the instructor cancels a session, we will contact you as soon as possible via an automated call. When possible, cancelled classes will be made up by extending the course.
- ◇ **Inclement Weather**—See page 2 for weather-related cancellations.

CAN'T MAKE IT? CALL TO CANCEL

If you've registered for any activity at the Center and are unable to attend, please call to cancel so we may offer your spot to another person.

SAMPLE A CLASS

If you are uncertain about a particular class, we encourage you to observe it. Guest passes are at the Reception Desk.

ZOOM CLASS INFORMATION

New to Zoom? Getting started is easy!

1. **Install Zoom:** Visit zoom.us/download on your device. If you are using a computer, select **Zoom Desktop Client**.
2. **Watch for Your Class Link:** One hour before your class you will receive an email from Amherst Center for Senior Services. The subject line will read: **"You have an upcoming Activity"**
3. **Join the Class:**
 - Open the email no more than 15 minutes before the class begins.
 - Click the **Click to Join** button and follow the on-screen prompts.
 - A new screen will pop up with a blue JOIN MEETING button in the upper right corner. Click that button.
 - On the next screen you will **click on Join Via App or Web**.
 - You will then **click on Open Zoom Meeting**.
 - Then select Join with Computer Audio.
 - If you do not see yourself on the screen you may need to **click Start Video**.

Please Note: Zoom links are sent out 1 hour prior to the start of class (with the exception of Art History which is sent out the day before). If you don't see the link in your email, check your spam or junk folder. If you have any problems call the Center at 716-636-3050.

QUICK NOTE: You can access your Zoom link directly in MyActiveCenter for all your Zoom classes (except Art History).

- Log in and click the **Bell Icon** at the top of the page, next to the Shopping Cart.
- You will see a countdown showing when you can join the class. When the countdown reaches zero, a **Join** button will appear.
- Click **Join** to go straight to the Zoom lobby and follow the participation instructions.

CLASSES: Auto/Arts

AUTO

DEFENSIVE DRIVE CLASS--AARP SMART DRIVER

Tuesday & Thursday, September 8 and 10

(must take both classes)

4:00-7:00 pm

-Or-

Wednesday, October 21

9:00 am-4:00 pm

(\$25 for AARP Members/\$30 for non-AARP Members)

Payment due to instructor on the day of the class.

Reservations required by calling us at 716-636-3051

No need to wait until registration day. You can call to reserve your spot at any time during our normal business hours.

ARTS

ACRYLIC/OIL PAINTING

Monday, 9/14-11/23 (10x) no class 10/12

10:00 am-12:00 pm

Fee \$60

Learn the fundamentals of painting, working from observation, ideas, and references. This is a flexible program to meet participants' needs and interests.

Beginner's welcome. For supplies questions only, call 716-812-8937.

Elaine Grisanti, Instructor

AFFIRMATION CARDS WORKSHOP

Wednesday, 10/14 (1x)

1:00-3:00 pm

Fee \$12

Create colorful, Self-Care Affirmation Cards. Use these cards to set personal goals and make positive changes in your life. We will use basic art supplies to create bright, vibrant cards to enhance our goals. The materials needed are listed in the Supply List at the Reception Desk.

Darlene Koppel, Instructor

CALLIGRAPHY – Advanced/Broadnib Pen

Friday, 9/18-11/6 (8x)

1:00-3:00 pm

Fee \$55

Prerequisite: Knowledge of one calligraphy alphabet or completion of our Beginner Calligraphy class. Brush up on skills and learn new alphabets. Bring to the first class a calligraphy fountain pen with broad, medium and fine nib, ink suitable for a fountain pen, ruler, pencil, and other favorite calligraphy tools.

Mary Jo LaClair, Instructor

CALLIGRAPHY – Intermediate

Friday, 9/18-10/23 (6x)

10:00 am-12:00 pm

Fee \$43

If you have taken or started a beginner class in calligraphy and want to learn more, this class is for you. We will focus on the Chancery Cursive Alphabet, color use, working with finer points and slanting our letters. For a supplies list: text or call 716-468-9578.

Mary Jo LaClair, Instructor

CARD-MAKING AND PAPER CRAFTS

Tuesday, 9/1-9/22 (4x)

1:30-3:30 pm

Fee \$30

OR

Tuesday, 10/13-11/3 (4x)

1:30-3:30 pm

Fee \$30

Delight your loved ones with stunning handmade greeting cards. Discover the rubber-stamping, embossing, and die-cutting as we transform ink, stamps, and cardstock into an array of wonderful greeting cards and paper products that will be suitable for various occasions. No experience necessary. A brief supplies list is at the Senior Center's Reception Desk **Note: Students may register for ONE session only!**

Margaret Watrous, Instructor

KNITTING/CROCHET

Thursday, 9/17-10/15 (5x)

9:30-11:30 am

Fee \$39

Learn basic stitches: new stitches and projects are introduced periodically. Work at your pace on projects of your choice. Each class has members at different skill levels. Bring worsted-weight yarn and knitting needles (size 8 or 9) or crochet hook (size H or I) to the first class.

Mary Ann Belus, Instructor

LEARN TO DRAW

Thursday, 9/24-11/19 (9x)

12:30-2:30 pm

Fee \$63

Learn basic drawing skills & proportionate, contour and perspective drawing, combine lines, shape and form to bring simple objects to life. The instructor will demonstrate techniques followed by student participation. Find the materials list at danmeyerwatercolors.com, select **Classes** at the top of the page and then scroll down the list to the class you are taking and select **Materials List**.

Dan Meyer, Instructor

ALL CLASSES ARE AT THE SENIOR CENTER UNLESS OTHERWISE NOTED

PAINTING AND CREATING COLLAGE PAPERS

Friday, 9/4 & 9/11 (2x)

1:00-3:00 pm

Fee \$20

First Class: You'll create and paint collage papers using your favorite colors and patterns. The result will be a stack of papers with your personal touch. **Second Class:** It's time to organize your papers and create more detailed grids. Arranging your papers will save time and prevent paper overwhelm. You'll need simple supplies: copy paper, paints, and household items. Additional materials needed are listed in the Supply List at the Reception Desk.

Darlene Koppel, Instructor

QUILTED BLOCK PARTY

Thursday, 9/3, 9/17, 10/1, 10/15, 10/29, 11/12, 12/3, 12/17 (8x)

10:00-11:30 am

Fee \$50

Get ready for the holidays with a "Oh Christmas Tree" quilt or if you prefer, small projects, such as a cover quilted sweatshirt, wavy placemats, table runner, tote bags, Lobo purse from old jeans, quilted wallet or an advent calendar.

Rena M. Kantenwein, Instructor

THREAD ART

Friday, 9/18, 10/2, 10/16 (3x)

10:00 am-12:00 pm

Fee \$30

Learn how to embellish your blocks or top using thread to draw grass, flowers, bark on trees etc. Basic knowledge of your sewing machine is necessary. Supply list is to be emailed before class begins.

Rena M. Kantenwein, Instructor

WATERCOLOR – Beginner

Thursday, 9/24-11/19 (9x)

9:30-11:30 am

Fee \$63

An introduction to various techniques used in watercolor painting and how they relate to subjects found in our surroundings. Each technique will be demonstrated by the instructor, followed by student participation. Find the materials list at danmeyerwatercolors.com, select **Classes** at the top of the page and then scroll down the list to the class you are taking and select **Materials List**.

Dan Meyers, Instructor

WATERCOLOR – Intermediate

Wednesday, 9/16-12/9 (12x) no class 11/11

9:30-11:30 am

Fee \$84

Continue to explore the fascinating world of watercolor as you go beyond the basics. Photo references will be provided. Each subject rendered will be demonstrated by the instructor, followed by student participation.

Advanced watercolorists will enjoy this course, too! For a materials list, visit danmeyerwatercolors.com, select **Classes** at the top of the page, and then scroll down the list to the class you are taking and select **Materials List**.

Dan Meyers, Instructor

WOODCARVING – All Levels

Thursday, 9/10-10/15 (6x)

2:00-4:00 pm

Fee \$40

This class will be carving a stylized duck. Find pictures of the projects along with information on tools and safety equipment needed at www.scuddeb.com.

Bill Scudder, Instructor

WOODEN "GO BILLS" SIGN

Wednesday, 9/23 (1x)

1:00-3:00 pm

Fee \$20

Make this 13-inch round hanging wooden sign with a couple different mediums, paint and vinyl together. Background color can be of your choice. Learn how to use Cricut vinyl to make this sign. Supplies will be provided.

Elaine Volker, Instructor

MUSIC

DRUMMING FOR EVERYONE: Uplift Your Spirit Through Creative Sound Expression

Monday, 10/5-11/23 (6x) no class 10/12, 10/26

1:30-2:30 pm

Fee \$24

An introduction to how improvisational hand drumming within a group context can benefit one's emotional, physical, and social well-being. Learn a variety of popular universal drumming patterns that connect with our internal rhythms, facilitating authentic creative expression, as well as relief from daily stress. No musical expertise is needed. If you have a drum, please bring it to class; otherwise, drums will be provided.

Lisa Horlein, Instructor



CLASSES: Music / Social and Culture

FRENCH ROMANTIC ERA COMPOSERS

Monday, 9/14-11/23 (10x) no class 10/12

1:15-3:15 pm

Fee \$40

Step into the rich and expressive world of French Romantic composers: Maurice Ravel, Claude Debussy, Jules Massenet, Charles Gounod, and Camille Saint-Saëns. You'll deepen your appreciation for these beloved composers.

Professor Sebnem Mekinulov, Instructor

GUITAR LESSONS Beginner I

Wednesday, 9/16-10/21 (6x)

9:00-9:40 am

Fee \$45

Learn the guitar-playing basics: tuning, notes, chords, and beginning to read music. You must bring your own guitar.

Note: Short nails are necessary to play. Only 2 students per class. **Guitar is NOT eligible for a fee waiver and NO refunds for missed lessons.**

Greg Potter, Instructor

GUITAR LESSONS Beginner II

Wednesday, 9/16-10/21 (6x)

9:45-10:25 am

Fee \$45

Prerequisite: Beginner I. This class is a continuation of what you learned. We will practice chord shapes, musical notation and song arrangement. You must bring your own guitar. Short nails are necessary to play. Only 2 students per class. **Guitar is NOT eligible for a fee waiver and NO refunds for missed lessons.**

Greg Potter, Instructor

PIANO LESSONS

Thursday, 9/10-10/15 (6x)

10:00 am – 1:00 pm

Fee \$140

Individual half-hour private lessons are offered. Lesson times will be assigned. ***Piano is NOT eligible for a fee waiver and NO refunds for missed lessons.**

Percy Jones III, Instructor

UKULELE SING-A-LONG – Beginning Group Lessons

Monday, 10/19-11/30 (7x)

11:00-11:55 am

Fee \$32

Learn to play the Ukulele, read charts, TAB, melodies, and chords while singing songs. Ukuleles are provided for use during in-class time only. Short nails are necessary.

Jennifer May, Instructor

UKULELE SING-A-LONG-Intermediate Group Lessons

Monday, 10/19-11/30 (7x)

12:00-12:55 pm

Fee \$32

At least one-year of playing experience, comfortable playing songs with 2 chords, have tried to read TAB, and know a few strum patterns. We will be using Jim Beloff's Yellow Book and Essential Elements level 1 for Ukulele and handouts. (Extra books are available during class time). Short fingernails recommended.

Jennifer May, Instructor

UKULELE SING-A-LONG - Advanced Group Lessons

Monday, 10/19 - 11/30(7x)

10:00-10:55 am

Fee \$32

For experienced players who are comfortable with songs that have more than 4 chords, fingerstyle, TAB, and chord melody. We will use Jim Beloff Yellow and Blue Books and Handouts. (Extra books are available to use during class time). Short fingernails are best for playing string instruments.

Jennifer May, Instructor

VOICE LESSONS

Friday, 9/11-10/16 (6x)

9:00 am- 12:00 pm

Fee \$120

Individual 45-minute private lessons are available for you to improve your singing and share your love of singing. Space is limited.

***Voice is NOT eligible for a fee waiver and NO refunds for missed lessons.**

Dale Suckow, Instructor

SOCIAL & CULTURE

ANCIENT GREEK AND ROMAN ARCHEOLOGY AND ART

Monday, 9/14-11/9 (8x) no class 10/12

11:00-11:50 am

Fee \$24

An introduction to the sculpture, painting & architecture of ancient Greece and Italy, mainly Rome, Athens, Knossos, Mycenae, Delphi and Pompeii.

Livingston Watrous, Instructor

ARMISTICE DAY 1918 END OF WWI

Thursday, 9/24, 10/15, 11/19, 12/10 (4x)

11:00 am-12:00 pm

Fee \$20

Examine the highlights and importance of WWI. This course will cover weaponry used, trench warfare, collapse of empires, impact on families, and more.

Harriet Grayson, Instructor

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

ART HISTORY ZOOM -Spanish Artists: 17th Century to the Present

Thursday, 9/10-10/29 (8x)

10:00-11:15 am **ZOOM** Fee \$32

Follow some of the notable artists in Spanish painting and sculpture, like Goya and Picasso, while also introducing lesser-known artists, like Fortuny and Tapies.

Laura Watts Sommer, Instructor

AVIATION

Thursday, 9/17-10/8 (4x)

10:00-11:00 am Fee \$20

From Piper Cubs to 4th generation supersonic fighter jets, we'll examine and discuss nearly every aspect of aviation. The instructor 5,000+ hours in fighter jets and has flown many general aviation aircraft as an FAA instructor.

Douglas Byrum Routt, USAF ret., Instructor

BIRDS AROUND US

Friday, 10/9-10/30 (4x)

10:30-11:30 am Fee \$16

We will learn about our backyard and regional birds. In a two-part presentation on the "Thrushes Among Us" we will include the American Robin, Eastern Bluebird, Wood Thrush, Hermit Thrush and Veery. We will also discuss the life of the Northern Flicker and Gray Catbird.

Patricia Szarpa, Instructor

BRIDGE BASICS PART III

Monday, 9/14-11/23 (10x) no class 10/12

5:00-7:00 pm Fee \$60

Concepts taught are the Stayman and Jacoby Transfer Conventions; Strong Openings and Responses; Slam Bidding. Designed for new learners who have taken Basics Part I and II. Also beneficial for those who need a refresher in these concepts.

Ruth Nawotniak, Instructor

BRIDGE-Reviewing, Bidding & Card Play

Monday, 9/28-11/2 (5x) no class 10/12

2:00-4:00 pm Fee \$44

This 5-week session will continue to focus on discussing possible bidding sequences and card play strategies. Geared towards Advanced Beginners, who have completed Basic Bridge Part III.

Ruth Nawotniak, Instructor

CURRENT EVENTS ZOOM

Wednesday, 9/2-12/16 (15x) no class 11/11

10:00-11:30 am **ZOOM** Fee \$20

Wednesday, 9/9, 10/14, 11/18, 12/9, an option exists to meet at the Senior Center. **Cost to attend ONLY all 4 in-house classes is \$5.00.**

This weekly Zoom discussion group will touch upon local, national and world events and topics. **NOTE: Registration for the in-person sessions only is not available on MyActiveCenter. Please register at the Senior Center Reception Desk or by phone.**

Jeff Goodman, Dick Schanley, Leaders

FRENCH FOR TRAVELERS

Wednesday, 9/16-11/4 (7x) no class 10/7

10:30 am-12:00 pm Fee \$44

This introductory French course is designed for travelers who want to communicate effectively and confidently while traveling in French-speaking countries. Students will learn vocabulary and phrases for common travel situations—ordering food, asking for directions, shopping, and hotel accommodations. No prior knowledge of French is required. Allons-y!

Tracie Zappia, Instructor

GARDEN TOPICS 101

Friday, 10/2-10/16 (3x)

1:00-2:00 pm Fee \$20

We will discuss miscellaneous gardening issues including trimming and pruning, potting and planting, how's and whys of fertilizers potting soil evaluation, protection from deer, rabbits and meadow voles. Indoor plants (Tropicals) and gardening for wildlife.

Gary Van Houten, Instructor

INTRO TO ACTING for fun or profit (but rarely both)

Wednesday, 9/2-10/14 (7x)

1:15-2:45 pm Fee \$33

Explore your creative side, enjoy some laughs, and gain confidence in your acting skills. Topics include learning lines, auditioning, skill differences for TV, Film, and Stage, analyzing a script, character development, and improv. Open to new and returning actors. The final class is a Showcase Performance to display your skills to fellow members.

Mike Kowal, Instructor

CLASSES: Social & Culture/Technology/Health & Fitness

ITALIAN FOR TRAVELERS I

Wednesday, 9/9-12/9 (12x) no class 11/11, 11/25
10:30 am-12:00 pm Fee \$75
For students who plan on traveling to Italy or are interested in learning Italian. Emphasis will be placed on speaking and understanding Italian in everyday situations, dining at a restaurant and asking for directions. The class will use handouts and audiovisuals.
Charles Travagliato, Instructor

MINDFULNESS TOOLS FOR MANAGING CHRONIC PAIN

Friday, 9/25-10/23 (5x)
10:00-11:30 am Fee \$20
This 5-week course introduces you to mindfulness practices that will help you develop tools to cope with chronic pain, decrease stress, and participate more fully in your own self-care. Each week will focus on a specific mindfulness skill with group practice and discussion.
Patti Nisbet, Instructor

SPANISH -Basic I

Thursday, 10/15-11/19 (6x)
1:00-2:30pm Fee \$38
Designed for individuals with little to no Spanish knowledge. Learn the alphabet, numbers, days of week, months of the year etc. Basic phrases will be taught to communicate with Spanish speakers. Class handouts will be available for students to practice their Spanish.
Francisco Gómez-Ramírez, Yvette Chaves, Instructors

TECHNOLOGY

INTERMEDIATE COMPUTER USE-Email Tips

Tuesday, 10/6-10/13 (2x)
1:00-3:00 pm Fee \$25
Learn more advanced email skills to save you time and more. Add an automatic signature, schedule when to send emails, copy and paste codes, keep your inbox clean, and more. This includes your address book. Bring your sufficiently charged laptop and your friends.
Nancy Wise-Reid, Instructor

SMARTPHONE APPS-An Intermediate Class

Tuesday, 9/1-9/22 (4x)
1:00-3:00 pm Fee \$50
This is an 8-hour course on useful smartphone apps. We will cover: Photos, Camera, Calendar, Contacts, Notes, Wallet, Files, Maps and more. Bring your questions and sufficiently charged phone to class.
Nancy Wise-Reid, Instructor

Health & Fitness

20/20/20

Monday, 9/14-10/26 (6x) no class 10/12
11:30 am-12:30 pm Fee \$24

Thursday, 9/10-10/15 (6x)
10:45-11:45 am Fee \$24

Join us for 20 minutes of cardio, including some Zumba movements, 20 minutes of resistance, strength training/weights, and 20 minutes of stretching. Improve your tone, endurance and balance – with inspiration! Oh, don't forget, burn calories too! Please bring hand weights and stretch bands to class.

Marilyn Ciavarella, Instructor

ARCHERY - Beginner

Wednesday, 9/9-10/14 (6x)
10:30-11:30 am Fee \$28

Clearfield Community Center
Angelo Lorenzo, Instructor

OR

Thursday, 9/17-10/15 (5x)
10:30-11:30 am Fee \$24

Clearfield Community Center
Greg Potter, Instructor

Learn shooting compound and recurve bows. Archery uses your full range of upper body muscles and keeps the mind sharp by working on focus. Learn basic archery skills, including safety, shooting form, and scoring. All equipment provided – personal equipment not allowed.

Due to class popularity, please sign up for 1 session only.

ARCHERY SHOOT – Advanced

Tuesday, 9/8-10/13 (6x)
10:30-11:30 am Fee \$28

Clearfield Community Center

For the Archer who knows how to shoot and has taken a beginning Archery.

NOTE: Cannot register for the Beginning and Advanced Archery Shoot together.

Angelo Lorenzo, Instructor

BALLET STRETCH

Monday, 9/14-10/26 (6x) no class 10/12

10:10-11:05 am Fee \$24

Wednesday, 9/9-10/28 (7x) no class 10/14

10:10-11:05 am Fee \$28

This class combines ballet and stretch for a low-impact, fat-burning workout that increases circulation, improves overall mobility, and is good for all levels. Wear comfortable clothing and ballet shoes or socks. Bring resistance bands and hand weights, if you have them.

Dawn Tarbox-Szerbiak, Instructor

BALLROOM DANCING - Beginner/Beginner Plus

Tuesday, 9/8-10/13 (6x)

1:15-2:15 pm Fee \$24

Join us for introductory ballroom lessons. No experience or partner necessary. Wear sneakers or flat shoes.

Karen Murphy, Instructor

BALLROOM DANCING - Intermediate/Advanced

Tuesday, 9/8-10/13 (6x)

2:30-3:30 pm Fee \$24

A variety of dances will be taught. Some experience is necessary. No partner needed. Wear sneakers or flat shoes.

Karen Murphy, Instructor

BELLY DANCING

Thursday, 9/10-10/15 (6x)

9:45-10:30am Fee \$20

Belly Dancing promotes balance, strength, digestion, coordination and confidence as well as being a fun and highly expressive dance form. Skirts are provided or bring your own. No prior experience necessary.

Marilyn Ciavarella, Instructor

BOXING FITNESS

Monday, 9/21-10/26 (5x) no class 10/12

4:30-5:20 pm Fee \$24

A full-body workout combining hitting free-standing bags, dynamic footwork and light weights. Build strength, burn calories, improve coordination and balance.

No experience required.

Angelo Lorenzo, Instructor

BOXING WITH PARKINSON'S

Monday, 9/14-10/26 (5x) no class 9/21, 10/12

1:30-2:20 pm Fee \$24

A specialized, non-contact fitness program designed for people living with Parkinson's disease, similar movement disorders, or other neurodegenerative conditions. This program is intentionally designed for those facing the above-mentioned health challenges, helping participants combat symptoms through full-body movement, confidence building, and community support. Space is limited; reserved for those with these specialized needs. Through guided boxing-based exercises, participants work on improving balance, strength, agility, coordination, mobility, and mood in a supportive environment. Caregivers welcome! **Participants should consult with their healthcare team before beginning this or any fitness program.**

Greg Potter & Angelo Lorenzo, Instructors

CARDIO DRUMMING

Morning

Mondays, 9/14-10/26 (6x) no class 10/12

9:00-9:55 am Fee \$24

Wednesday, 9/9-10/28 (7x) no class 10/14

9:00-9:55 am Fee \$28

Dawn Tarbox-Szerbiak, Instructor

Mondays, 9/28-11/2 (5x) no class 10/12

10:00-10:55 am Fee \$20

Greg Potter, Instructor

Afternoon

Tuesdays, 9/8-10/13 (6x)

12:15-1:05 pm Fee \$24

Evening

Thursdays, 9/10-10/15 (6x)

4:45-5:35 pm Fee \$24

Marilyn Ciavarella, Instructor

Cardio Drumming is an aerobic exercise using drumsticks, an exercise ball, and a stand to create an extremely fun workout. Beating rhythmically to songs will promote physical health, better coordination, and reduce stress. Equipment provided.

CLASSES:

Health and Fitness

CHAIR FITNESS

Wednesdays, 9/16-10/21 (6x)

11:15-12:05 pm

Fee \$24

Strength, flexibility and balance are highlighted in this class. Get a total body workout both in and out of the chair. If you have your own hand weights, please bring them.

Greg Potter, Instructor

DUMBBELL FITNESS

Thursdays, 9/10-10/15 (6x)

1:45-2:35 pm

Fee \$24

Strength training with dumbbells. Combat age-related muscle loss. Some weights will be provided, but if you have your own set, please bring anywhere between 2 to 5 lb. hand weights.

Angelo Lorenzo, Instructor

FRIDAY FITNESS

Friday, 9/18-10/16 (5x)

2:30-3:20 pm

Fee \$20

A mix of seated and standing exercises. Warm up with some stretching, continuing into a total body workout with basic and compound movements. Bring your positive energy and light hand weights, if you have your own. Some light hand weights will be provided.

Joe Weisansal, Instructor

GET FIT WHILE YOU SIT

Monday, 9/14-10/26 (6x) no class 10/12

10:30-11:25 am

Fee \$18

A fun and laid-back fitness program designed for beginners and those with back problems or physical conditions that make exercise difficult.

Jean Widlicka, Instructor

GROOVE AND MOVE

Tuesday, 9/8-10/27 (7x) no class 10/13

10:10-10:55 am

Fee \$28

Have fun getting cardio fit and dancing your troubles away. This is a groove and move class that lets you dance to your own beat and steps. It's just one big dance party!

Dawn Tarbox-Szerbiak, Instructor

HIIT TO BE FIT

Tuesday, 9/1-10/6 (6x)

4:00-4:50 pm

Fee \$24

Friday, 9/4-10/9 (6x)

10:00-10:50 am

Fee \$24

A modified, low-impact high-intensity interval training (HIIT) workout, designed to be safe and effective for older adults of all fitness levels. It alternates between short, challenging bursts of exercise and brief recovery periods, delivering maximum results in minimal time.

Suzanne Lewis, Instructor

KETTLEBELL TOTAL BODY FITNESS

Thursday, 9/17-10/15 (5x)

4:30-5:20 pm

Fee \$20

Build strength, improve balance, and increase endurance with this full-body kettlebell workout. This class combines functional movements to strengthen muscles, enhance flexibility, and support everyday activities. Some exercises will be performed on the floor. Participants should be able to transition from floor to feet. Bring a mat to class. Kettlebells provided.

Angelo Lorenzo, Instructor

LINE DANCING COUNTRY- Beginner/Beginner Plus

Monday, 9/14-11/2 (7x) no class 10/12

1:00-2:30 pm

Fee \$28

Designed for the Beginner and Beginner Plus who want to learn or improve their dancing skills. Easy to learn Country Western Dance Steps with a progression to slightly more advanced dance routines. Join in the fun and dance at your own level. Wear comfortable clothes. Cowboy boots are recommended or a shoe that can slide. No sandals, flip flops or rubber soled shoes.

Connie Kaminski, Instructor

PLEASE NOTE: Many of our classes have a **SECOND SESSION** that starts the last week of October. Those classes will be listed in the November and December Guide. Registration for the Second Session will start on Wednesday, October 14.

MEAN JEAN'S EXERCISE

Monday, 9/14-10/26 (6x) no class 10/12

9:30-10:25 am Fee \$18

Tuesday, 9/8-10/20 (7x)

9:30-10:25 am Fee \$21

Wednesday, 9/9-10/21 (7x)

9:30-10:25 am Fee \$21

Thursday, 9/10-10/22 (7x)

9:30-10:25 am Fee \$21

Use large leg and arm motions to strengthen small and large muscles. Heart and lungs will benefit - increase joint mobility. Seated and occasional standing exercises are performed. Bring your own ball (small to fit in your hand) and bands to class.

Jean Widlicka, Instructor

MOVE, TONE AND STRETCH

Monday, 9/14-10/26 (6x) no class 10/12

6:00-7:00 pm Fee \$24

Includes low impact cardio, toning with light weights or bands and some core work. Class will finish with yoga inspired stretching and breathing. This is a fun and low impact way to improve your range of motion, strength, balance and flexibility. Bring light weights (1-2 pounds) and a mat to class.

Kathy Bragagnola, Instructor

PICKLEBALL – Beginner

Morning

Tuesday, 9/8-10/13 (6x)

10:30 am-12:00 pm Fee \$24

Northwest Amherst Community Center

Greg Potter, Instructor

Afternoon

Thursday, 9/3-10/8 (6x)

2:00-3:30 pm Fee \$24

Cindy Weiss, Instructor

Pickleball is a paddle sport that combines elements of tennis, badminton, and ping pong. Each week, we will begin with basic instruction and drills, followed by practice and play for the remainder of the class. Equipment will be provided. Comfortable clothing and sneakers are a must!

PICKLEBALL – Intermediate Instructional

Thursday, 9/10-10/15 (6x)

6:00-7:30 pm Fee \$28

Learn about Topspin, Slice, Serving technique, Ball Placement, Court Position, Communication, and other situational pickleball theories. You should have prior experience, plus ability in pickleball. Suggested skill level is 3.0+.

Instructor, Greg Potter

QIGONG and TAI CHI REFINEMENTS

Tuesday & Thursday, 9/1-12/17 (29x) no class 10/20, 10/27, 11/26

12:00-1:00 pm Fee \$24

Qigong involves postures and breathing exercises that enhance vitality and well-being. The combination of Qigong and Tai Chi will help you get stronger physically, gain greater control over heart rate and pulse, and soothe the nervous system. **Prerequisite is Tai Chi-Beginning/Continuing class with completion of 108-move Tai Chi set.** Class is held 2x a week, Tuesdays & Thursdays.

Robert Sachs, Connie Beroza, Instructors

SENIOR DANCE

Thursday, 9/10-10/15 (6x)

1:30-2:15 pm Fee \$20

Enjoy a 45-minute low impact dance class, moving to music you know and love, individually, men and women. Easy movements, we promise you will leave smiling.

Loretta Kaminski, Instructor

STABILITY BALL FITNESS

Friday, 9/4-10/9 (6x)

11:05-11:45 am Fee \$24

Stability Ball Fitness is a fun, energizing class that uses stability balls to improve balance, core strength, and flexibility. **Please Note:** For safety reasons, you must be comfortable sitting and exercising on a stability ball. Not recommended for those who have balance difficulty or are at risk of falling.

Susan Lewis, Instructor

CLASSES:

Health and Fitness

STRENGTH AND BALANCE

Tuesday, 9/15-10/20 (6x)

5:15-6:05 pm

Fee \$24

Designed to help improve stability, reduce the risk of falling through safe, low-impact exercises using light weights, resistance bands, and body weight movements.

Angelo Lorenzo, Instructor

TAI CHI – Beginning/Continuing

Tuesday & Thursday, 9/1-12/17 (29x) no class 10/15, 11/24, 11/26

10:45-11:45 am

Fee \$24

Tai Chi is a Chinese form of exercise for health and relaxation involving 108 slow, natural movements. It takes approximately one year to complete the Beginner Level. Comfortable, loose-fitting clothing is recommended. Class is held 2x a week, Tuesdays & Thursdays.

Robert Sachs, Connie Beroza, Instructors

TAP DANCING – Beginner

Tuesday, 9/8-10/27 (7x) no class 10/13

11:10 am-12:05 pm

Fee \$28

Learn the fundamentals of tap dancing. This class will teach you footwork and expression through sound—a great way to practice control, coordination and agility. No experience needed but tap shoes are required. This class can be done standing or sitting.

Dawn Tarbox-Szerbiak, Instructor

TAP DANCING – Intermediate

Tuesday, 9/8-10/27 (7x) no class 10/13

9:00-9:55 am

Fee \$28

Lesson time will be split with a half hour of technique to help strengthen your tap dancing skills and continue with a half hour of new dance material and routines.

Dawn Tarbox-Szerbiak, Instructor

TENNIS – Beginner

Friday, 9/11-10/16 (6x)

10:00-11:00 am

Fee \$24

Clearfield Community Center

Learn to play Tennis. Instructions on strokes of tennis as well as drills and game play.

Angelo Lorenzo, Instructor

****If you have your own tennis racket, please bring it to class. If you don't, we can provide one for you to borrow during the classes.**

YOGA

Morning – Beginner

Tuesday, 9/1-10/13 (7x)

9:00-10:15 am

Fee \$32

Beginner Yoga is a great introduction to being on the mat. Basic yoga postures and stretches can help improve flexibility, strength and balance. Emotional tension and stress are relieved through breath awareness, diaphragmatic breathing, and systematic relaxation. The ability to transition from floor to feet is required. Please bring water and a mat.

Tina Philips, Instructor

YOGA

Morning – All Levels

Thursday, 9/3-10/15 (7x)

9:00-10:15 am

Fee \$32

Afternoon – All Levels

Tuesday, 9/1-10/13 (7x)

4:00-5:00 pm

Fee \$28

Zoom – All Levels

Wednesday, 9/2-10/14 (7x)

9:00-10:15 am

Fee \$32

Hatha Yoga is for everyone, whatever your age or flexibility level. Relieve emotional tension and stress through breath awareness and systematic training in natural, healthy diaphragmatic breathing. Variations will be presented for beginner to intermediate so you can work at your own level, transitioning from floor to feet. Bring a floor mat to class.

Tina Phillips, Instructor

YOGA/CHAIR

Friday, 9/11-10/23 (7x)

9:30-10:30 am (NEW TIME)

Fee \$28

OR

Friday, 9/11-10/23 (7x)

10:45-11:45 pm (NEW TIME)

Fee \$28

Chair yoga uses the chair as a prop for sitting and standing poses. The class will include stretches and poses that help alleviate muscle and joint stiffness as well as promote flexibility. Breath work, relaxation techniques, and meditation are part of each class.

Colleen Maloney-Berman, Instructor

NOTE: A SECOND SESSION FOR MANY CLASSES BEGINS IN LATE OCTOBER. REGISTRATION WILL BE OCT. 14

YOGA/CHAIR FOR ARTHRITIS

Saturday, 9/12-10/17 (5x) no class 10/3

10:00-11:00am

Fee \$20

Harlem Road Community Center

Chair Yoga for Arthritis is designed to help ease stiffness, improve mobility and enhance overall wellness. This class is for individuals with arthritis or anyone seeking an accessible way to move with greater comfort and ease. Class is primarily chair based with an option for some standing movements based on your individual needs and comfort.

Kathy Bragagnola, Instructor

YOGA/GENTLE

Thursday, 9/10-10/15 (6x)

6:00-7:00 pm

Fee \$24

Gentle flow yoga class focuses on mindful movements to help loosen the joints, build strength, balance, and increase flexibility. Class will include floor and standing movements with variations for accessibility of the poses. Essential oil aromatherapy will be offered to use during class to enhance a sense of relaxation and stress relief. Bring a floor mat and a light blanket.

Kathy Bragagnola, Instructor

YOGA PLUS

Tuesday, 9/1-10/13 (7x)

10:30-11:45 am

Fee \$32

Variations on basic postures are introduced. Breathing exercises and subtle relaxation methods are developed. Breath awareness is encouraged during postures and daily life to facilitate balanced health. **Prerequisite:** Completion of Beginning Yoga, or previous Yoga experience.

Christina Phillips, Instructor

ZUMBA DISCO

Thursday, 9/10-10/15 (6x)

12:00-12:50 pm

Fee \$24

Great as a workout or dance routine using samba, salsa, rumba, meringue, and cha-cha dance steps. Various types of music are used, including disco. The class is tailored toward mature adults.

Marilyn Ciavarella, Instructor

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PICKLEBALL

OPEN PICKLEBALL

SEPTEMBER:

Registration begins August 14 at 8:30 am

Mondays, September 14, 21, 28: 5:00-7:00 pm
Tuesdays, September 1, 8, 29: 2:00-3:45 pm,
3:45-5:30 pm, 5:30-7:15 pm (1 court)
Wednesday, September 2: 12:00-2:00 pm (Women),
2:00-4:00 pm (Men)
Wednesday, September 9: 12:00-2:00 pm (1 court),
2:00-4:00 pm
Wednesday, September 16: 12:00-2:00 pm (Men),
2:00-4:00 pm (Women)
Wednesday, September 23: 12:00-2:00 pm,
2:00-4:00 pm (1 court both times)
Wednesday, September 30: 12:00-2:00 pm,
2:00-4:00 pm
Thursday, September 3: 3:45-5:30 pm, 5:30-7:15 pm
Thursday, September 10, 17, 24: 3:45-5:30 pm
Friday, September 4: 12:00-2:00 pm (1 court),
2:00-4:00 pm
Friday, September 11: 12:00-2:00 pm (Beginner),
2:00-4:00 pm (Intermediate)
Friday, September 18: 12:00-2:00 pm, 2:00-4:00 pm
Friday, September 25: 12:00-2:00 pm (Intermediate),
2:00-4:00 pm (Beginner)

OCTOBER:

Registration begins September 15 at 8:30 am

Monday, October 5, 19, 26: 5:00-7:00 pm
Tuesday, October 6, 20, 27: 2:00-3:45 pm,
3:45-5:30 pm, 5:30-7:15 pm (1 court)
Wednesday, October 7: 12:00-2:00 pm (Beginner),
2:00-4:00 pm (Intermediate)
Wednesday, October 14, 28: 12:00-2:00 pm,
2:00-4:00 pm
Wednesday, October 21: 12:00-2:00 pm (Men),
2:00-4:00 pm (Women)
Thursday, October 1, 8, 15: 3:45-5:30 pm
Thursday, October 29: 3:45-5:30 pm, 5:30-7:15 pm
Friday, October 2: 12:00-2:00 pm (Women),
2:00-4:00 pm (Men)
Friday, October 9: 12:00-2:00 pm, 2:00-4:00 pm
Friday, October 16: 2:00-4:00 pm
Friday, October 30: 12:00-2:00 pm (1 court),
2:00-4:00 pm

PICKLEBALL AT

NORTHWEST COMMUNITY CENTER

SEPTEMBER:

Registration begins August 14 at 8:30 am

Mondays: September 14, 21, 28
• 9:00-11:00 am (Intermediate)
• 11:00 am-1:00 pm (Beginner)
Tuesdays: September 8, 15, 22, 29
• 8:45-10:15 am (All Levels)

OCTOBER:

Registration begins September 15 at 8:30 am

Mondays: October 5, 19, 26
• 9:00-11:00 am (Intermediate)
• 11:00 am-1:00 pm (Beginner)
Tuesdays: October 6, 13
• 8:45-10:15 am (All Levels)

Beginner pickleball is designed for those who have less than one (1) year of experience; still learning the basic skills.

OPEN 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.

MEMBER SPOTLIGHT / UNIVERSITY EXPRESS

MEET A MEMBER: Kathy Gagnon

I am a retired nurse who loved working in the emergency room for many years. I am also proud to share that I served in the Navy for eight years.

Decades ago, I went through a very difficult labor when delivering my son prematurely, and it almost cost me my life. That traumatic experience helped me pray more and cling closer to my faith in God, which carried me through that challenging time. Later in life, I also went through a divorce. Through it all, I remained grateful that my son was okay. He is my world, and today, he is a grown man and doing wonderfully. He continues to inspire others by coaching and helping children.

Not too long ago, my dear mother passed away. Before her passing, I had to make the difficult decision to place her in a care facility. She was a happy and amazing woman, and it

saddened me to see how dementia changed her into someone I barely recognized.

I do not have much family besides my son, so I am very grateful that my daughter-in-law has welcomed me and included me as part of her own family. That has brought me a lot of joy.

The Amherst Senior Center has helped me talk and socialize with others, and it feels almost like a second home. I enjoy participating in cardio drumming and watching movies at the center. The activities here are very fun, uplifting, and motivating. Outside of the Center, I attend bible study classes, which are also important to me.

My Advice: I love finding ways to help others. My advice is to take life one day at a time, keep the faith, and never give up. Staying busy and talking with other seniors is so important. Pick up and keep going.

University Express is managed by the Erie County Department of Aging and offers free educational classes for older adults in Erie County. Classes are designed to stimulate the mind and provide opportunities to build social networks, thereby reducing social isolation. Fall Classes are available to older adults 50+ at various locations across Erie County.

The Fall schedule wasn't available at the time of printing this publication. When they are available, University Express Booklets will be offered at the Center before the Fall classes start. (While supplies last)



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SEPTEMBER PROGRAMS

HAPPY SENIOR CENTER MONTH

****NEW INFORMATION:** Below each program, there is the name of the staff person who organized that program listed in *Italics*. This information is meant to help you become more familiar with our staff.

MEMBER APPRECIATION/SENIOR CENTER MONTH

Be sure to sign in at the kiosks for giveaways throughout the month

- Gift Certificate (\$25.00) valid towards a class.
- Chance to win a 1 on 1 Pickleball Lesson with Greg (30 minute)
- Fun Friday Giveaways

9/11 DAY OF SERVICE

Tuesday-Friday, September 8-11

Accepting food pantry donations: Peanut butter, jelly, fruit cups, coffee, tea and dish soup.

Joe Weisansal, Recreation Leader

PEACH SOCIAL

Friday September 11 at 1:30 pm

It's peach season! Can't make it to the Lewiston Peach Festival? The peaches in Amherst are even better!

Jen Lazarz, Program Coordinator

MEMBER CELEBRATION

Wednesday, September 23 at 12:30 pm

Back by popular demand live music by Brother James followed by a hot fudge sundae bar.

Jen Lazarz, Program Coordinator

MEMBER APPRECIATION BREAKFAST

Wednesday, September 30 at 9:00 am

Enjoy a pancake bar with freshly made pancakes and toppings. Coffee and juice included.

Jen Lazarz, Program Coordinator

TUESDAY AFTERNOON MUSIC GROUP PERFORMANCE

Tuesday, September 1 from 12:00 – 1:30 pm

Enjoy hits from the 60's and 70's. If you want to enjoy lunch during the show, a separate reservation is required.

Jen Lazarz, Program Coordinator

MEMBERSHIP 101 — FOR NEW MEMBERS!

Wednesday, September 2 at 10:30 am followed by a complimentary lunch at 12:00 pm

You have become a member, now what? Learn about the ways to get involved, how to sign up for Classes or Programs, and where to find information on what is happening at the Center. **Separate reservations are required for the program and lunch.**

UNO

Wednesday, September 2 at 1:00 pm

A variant of Crazy 8s, UNO is a classic card game where players compete to be the first to match and discard all their cards by color or number.

Marc Young, Program Leader

NATURE WALKS

Every Thursday from 9:30 – 11:00 am

Learn all the beauty that Walton Woods has with naturalist Carol Rogers.

Jenn Lazarz, Program Coordinator

TAKE APART DAY

Thursday, September 3 at 1:00 pm

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

Marc Young, Program Leader

BREAKFAST IN WALTON WOODS

Thursday, September 3 at 9:30 am

Enjoy a bacon, egg and cheese croissant sandwich, OJ and a sweet treat by the pond with friends. Please bring a chair.

Fee is \$4.00. RSVP by Tuesday, 9/1. No refunds after.

Jen Lazarz, Program Coordinator

MEMBER FORUM

Thursday, September 3 from 10:00-11:00 am

Members are welcome to share ideas and ask questions.

Joe Weisansal, Recreation Leader

TECH SUPPORT

Friday, September 4 at 10:00 am – 12:00 pm

Sign up for a 10-minute appointment time and bring your devices and questions so our tech savvy staff can 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.

Marc Young, Program Leader



LAWN GAMES

Friday, September 4 at 10:30 am

Meet outside the Senior Center near the Gandhi Statue.

Lawn games: Cornhole, Badminton, Bocce Ball, or Croquet.

Greg Potter, Program Leader

GUESS WHO

Tuesday, September 8 at 1:00 pm

Bring a picture of yourself from your school days and we will try and guess who. Refreshments served.

Jen Lazarz, Program Coordinator

REGISTRATION IS ALWAYS REQUIRED. IF YOU CAN'T MAKE IT, CALL TO CANCEL! SEE PAGE 4

SEPTEMBER PROGRAMS

TRIVIA HOUR

Tuesday, September 8 at 6:00 pm

Join us for trivia hour on your smart phone or trivia kiosks.

Marc Young, Program Leader

COOKING WITH JEN

Wednesday, September 9 at 10:30 am

Not Your Momma's Banana Pudding

Fee is \$8.00 by Monday, Sept. 7. No refunds after. Please bring a 9x13 pan. Due to popular demand, you may only register for one for September or October.

Jen Lazarz, Program Coordinator

OPEN CARDS

Thursday, September 10 at 10:00 am

Enjoy a variety of social card games in a non-competitive environment. 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.

Marc Young, Program Leader

AUTHOR TALK

Thursday, September 10 at 1:00 pm

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

Jen Lazarz, Program Coordinator

AGELESS CONVERSATION

Friday, September 11 at 1:00 pm

A monthly gathering where members can share stories, explore meaningful topics, and enjoy good company in a friendly, welcoming space. Co-facilitated by members Jim Bardot and Joe Rizzo, each session features guided discussions, open conversation, and occasional special themes or guest speakers.

Jen Lazarz, Program Coordinator

VR – MUSEUM TOURS

Monday, September 14 at 1:00, 2:00, or 3:00 pm

Explore innovative virtual reality technology with our VR Headsets in 1-hour individual sessions. Whether you're new to VR or curious to try something different, this is a great opportunity to dive into a new digital world.

Marc Young, Program Leader

AAA AUTO SAFETY

Tuesday, September 15 at 1:00pm

AAA is dedicated to keeping seniors driving for as long as safely possible. *Presented by AAA Western and Central New York.*

Marilyn Illuzzi, Case Manager

BUFFALO'S BEST SPEAKER SERIES

Tuesday, September 15 at 2:00 pm

Presented by WGRZ-TV Channel 2 Melissa Holmes

Ever wonder what it's really like to wake up before dawn and deliver the news to Western New York each morning? Join WGRZ-TV Daybreak Anchor Melissa Holmes for an engaging behind-the-scenes look at her career in TV news. Melissa will share what a typical day is like on Buffalo's top-rated morning newscast, discuss some of the most memorable and impactful stories she has covered over the years, and offer a fascinating look back at the trailblazing women who helped shape Buffalo broadcasting long before her. Filled with stories, insights, and plenty of local history, this presentation is a unique opportunity to learn about the people, events, and experiences that have defined a broadcast journalism career.

Jen Lazarz, Program Coordinator

PICNIC AT VETERANS CANAL PARK

Wednesday, September 16

11:00 am – 2:00 pm: Outdoor lawn games

11:30 am: Nature Walk

12:00 – 1:00 pm: Lunch (hotdog with pop/water)

12:30-1:30 pm: Live music by the popular Hastings Duo. Bring a lawn chair.

Jen Lazarz, Program Coordinator

NOT YOUR AVERAGE BOOK CLUB

Thursday, September 17 at 10:30 am

Calling all book worms! Let's talk about your favorite books, authors and recently read over a sweet treat. Bring a wrapped new or used book for a book exchange.

Jen Lazarz, Program Coordinator

CONNECTIONS WORD GAME

Thursday, September 17 at 1:00 pm

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

Greg Potter, Program Leader

TAILGATE PARTY

Thursday, September 17 at 6:00 pm

Get ready for football season with a Tailgate Party before the Bills home opener. Enjoy classic tailgate snacks, lawn games, music, and time to connect with friends and neighbors while showing your team spirit. Wear your favorite Bills gear and enjoy a fun afternoon before kickoff.

Marc Young, Program Leader

SEPTEMBER PROGRAMS

EVERYDAY TECHNOLOGY: CLOUD STORAGE

Friday, September 18 at 10:00 am

Learn about Cloud storage, how you may already be using it, and the ways it can help you save, access, organize, and share files across different devices. Also, explore storage features and what you can do with your stored information.

Marc Young, Program Coordinator

TEA TIME

Friday, September 18 at 10:30 am

Pinkies up!

Jen Lazarz, Program Coordinator

SWOOP

Monday, September 21 at 1:00 pm

Swoop is a fast-paced, shedding-style card game for 3–8 players (up to 12) where the goal is to be the first to play all your cards from their hand and from face-up piles to achieve the lowest score.

Marc Young, Program Leader

POPCORN BINGO

Monday, September 21 at 5:30 pm

Enjoy a snack while you play.

Jen Lazarz, Program Coordinator

DINNER DANCE

Tuesday, September 22 at 5:00 pm

Dinner and dancing with entertainment by Serendipity Swing.

Menu: Chicken Cordon Bleu, Wild Rice, Vegetables, Cheesecake

CRAFT LIBRARY

Thursday, September 24 at 10:00 am

The Craft Library provides access to a creative project tools and equipment — stamping supplies, scrapbooking materials, a Cricut machine, yarn swift and winder, Dremel tools, and other essentials. Items are available during scheduled craft time and must remain in the Craft Library.

Marc Young, Program Leader

PIZZA AND TRIVIA NIGHT

Thursday, September 24 at 5:00 pm

5:00 pm 2 slices of pizza and salad.

6:00 pm Table Team Trivia.

Fee is \$7.00. RSVP by 7/22. No refunds after

Jen Lazarz, Program Coordinator

MIND TEASERS

Friday, September 25 at 10:30 am

Exercise your mind with some brain buster worksheets.

Jen Lazarz, Program Coordinator

ASK THE DIRECTOR

Monday, September 28 at 1:00 pm

Enjoy a cup of coffee with Director Melissa Abel. She will give updates on Senior Services and answer your questions.

HEALTH

FITNESS ROOM RUNDOWN

Tuesday, September 1 at 11:00 am

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

Greg Potter, Program Leader

TABLE TENNIS TOURNAMENT

Tuesday, September 1 at 3:00 pm

Play a friendly doubles tournament. Round 1: Round Robin format (best of 3 games). Round 2: Single Elimination (best of 5 games). Round 3: Final – Single Elimination (best of 7 games). Open Play available after tournament.

Greg Potter, Instructor

WALKERS UNITE FOR WELLNESS

Wednesdays, September 2 and 30 at 10:00am

Join Rabbi Yonina on a gentle walk around the lake and on the trails of Walton Woods Park so that we share how we are doing. Remember your hat, sunscreen, water, and comfy closed-toed shoes or sneakers.

Pam Macadlo, Case Manager

MATTER OF BALANCE

Mondays and Wednesdays

September 2, 9, 14, 16, 21, 23, 28, 30 9:30 – 11:30am

This eight-session program centers around keeping you on your feet! We will focus on fall prevention strategies, home hazards, health habits, exercise and more! For adults 60+

John Jones, Social Case Worker; Karen Lisiecki,

Project Coordinator; Marilyn Illuzzi, Case Manager

FITNESS WALK

Wednesday, September 2 at 11:00 am

Thursday, September 24 at 1:00 pm

Walk around Walton Woods and stop at various 'stations' to do a casual workout. Bring hand weights. If you don't have weights, some will be provided. We will meet in Senior Center lobby. ***Please sign up for each day individually.***

Greg Potter, Program Leader

ARCHERY TOURNAMENT

OUTSIDE AT CLEARFIELD RECREATION CENTER

Thursday, September 3, 10:00 am – 12:30 pm

730 Hopkins., Williamsville (Outside to the right of building, behind baseball diamond)

****YOU MUST HAVE TAKEN AN ARCHERY CLASS THROUGH THE SENIOR CENTER TO PARTICIPATE****

There will be two groups. First group will shoot from 10:00 – 10:40am. Second group will shoot from 10:50 – 11:30am. Top 4 participants from each group will advance to the final and will shoot from 11:40 am – 12:20 pm. Expect to be there for the entire time. We will notify you which group you will be shooting in prior to the tournament so you can arrive for your group time.

Greg Potter, Program Leader

SEPTEMBER PROGRAMS

MEN'S FITNESS

Wednesday, September 9 at 11:00 am

Enjoy a fitness class designed for men. Half seated exercises and half standing exercises. Weights will be provided.

Greg Potter, Program Leader

FLOOR HOCKEY AT CLEARFIELD RECREATION CENTER

Thursday, September 10 at 10:30 am

730 Hopkins Rd., Williamsville, NY 14221 (In the Large Gym)

Practice a few skills and drills prior to playing a fun game of floor hockey. Please bring sneakers, water, and a hockey stick if you have one. If not, one will be provided.

Greg Potter, Program Leader

CIRCUIT FITNESS

Monday, September 14 & 28 at 5:30 pm

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

Greg Potter, Program Leader

BOXING WITH PARKINSON'S

For Our Parkinson's Support Group

Wednesday, September 16 & 30 at 1:30 pm

This is a non-contact fitness program using boxing skills to improve balance, strength, agility, coordination, and mood. It is designed to help people with Parkinson's fight the symptoms by promoting full-body movements, confidence, and support. Caregivers welcome. ***Please consult with your healthcare professional before engaging in these classes.***

Greg Potter & Angelo Lorenzo, Program Leaders

MEDITATION AND HEALING

Thursday, September 17 at 1:00 pm

Relieve stress and improve your health. Would you like to feel calmer and more relaxed? Release burdens and worries? *We are a scent free environment. Please refrain from wearing scented products (perfumes, colognes, oils, laundry detergent, or other products that are perfumed).*

Presented by Anne Egan, instructor & practitioner of Open Heart Meditation and Secrets of Natural Walking with the Natural Way of Living.

Pam Macadlo, Case Manager

KNOW THE 10 WARNING SIGNS OF ALZHEIMERS

Wednesday, September 23 at 1:00 pm

We'll discuss common signs of the disease. Presented by the Alzheimer's Association of WNY

Vijaya Tomar, Social Caseworker

HEARING EVALUATION SERVICES OF BUFFALO

Thursday, September 24 at 5:00 pm

Discover the connections between hearing and your health. Learn the latest research on hearing loss and tinnitus and their impact on cognition and overall health. We will also review the updates and features of current hearing aid technology. Bonus! Following the presentation and Q and A, take advantage of a free hearing screening offered on-site for anyone who does not currently use hearing aids. Don't miss this opportunity to gain valuable insights and take a proactive step in managing your hearing health. *Presented by Hearing Evaluation Services of Buffalo*

Karen Lisiecki, Project Coordinator

FUN SING & REFLECT: WELLNESS SING-ALONG

Tuesday, September 29 at 10:30 am

Join Rabbi Yonina for a session of song, conversation, and wellness—a chance to connect with others, enjoy uplifting music, and explore simple practices for well-being. This session is the perfect opportunity to refresh your body, mind, and spirit.

Pam Macadlo, Case Manager

DEMENTIA PREVENTION & COFFEE TASTING

Tuesday, September 29 at 1:00 pm

Dr. Kinga Szigeti, MD, PhD, founding Director of UB Neurology's Alzheimer's Disease and Memory Disorders Center, will discuss the results of the study "Coffee and Tea Intake, Dementia Risk, and Cognitive Function." The study involved 131,821 participants and found that individuals who reported the highest consumption of caffeinated coffee had a significantly lower risk of dementia than participants who reported little to no consumption of caffeinated coffee. *A coffee tasting will be held in conjunction with the discussion.*

Pam Macadlo, Case Manager

Jen Lazarz, Program Coordinator

FINANCIAL

SHOULD I TRANSFER IT TO MY KIDS?

Tuesday, September 1 at 1:00 pm

Learn how to transfer title in a manner that is most convenient, tax efficient and cost effective for all concerned. Presented by Valerie Stanek, Stanek Law, PLLC

Marilyn Illuzzi, Case Manager

STATEWIDE FRAUD PATROL

Thursday September 10 at 1:00 pm

Learn about Medicare fraud and how to protect yourself. Presented by NY Statewide Senior Action Council

Marilyn Illuzzi, Case Manager

SEPTEMBER PROGRAMS / INFO TABLES

MEDICARE 101 - Humana

Thursday, September 10 at 5:00 pm

Build a basic understanding of Medicare options and enrollment. Topics to include: Medicare overview, Beyond Original Medicare, Part C (Medicare Advantage) coverage, Part D (Prescription drug) coverage, Plan Resources and Services, Enrollment with basic timing and steps and general education on Original Medicare (Part A and Part B). Presented by: Scott Krevat, Agent of State Farm – Humana
Pam Macadlo, Case Manager

THE UPSIDE OF DOWNSIZING

Tuesday, September 15 at 6:00 pm

Thinking about downsizing to a smaller home, moving to senior living, or decluttering to be more comfortable in your current home? Get tips and suggestions on how to start the process of “right sizing” your belongings. Presented by Nancy DeBroka, Operations Manager at Elder Transition Consulting, LLC, a senior move management company.
Pam Macadlo, Case Manager

MEDICARE 101 AETNA

Tuesday September 22 at 10:00 am

A licensed agent will review the basics of Medicare and answer your questions. Presented by Aetna.
Marilyn Illuzzi, Case Manager

TOPS FLU & COVID VACCINE CLINIC

Tuesday, September 22; 9:00 - 11:00 am

Bring your health insurance card.

SOCIAL SECURITY

Tuesday, September 29 at 11:00 am

Social Security is the foundation of retirement planning. In this seminar, you'll learn what Social Security is, where it may fit in your retirement plan, when to claim Social Security, factors that affect your benefit amount, Social Security taxation, and how to file. Presented by Tiffany Stayer a Retirement & Insurance Advisor at KDM Wealth Consultants
Karen Lisiecki, Project Coordinator

PARTNER PROGRAMS

SILVER PRIDE TEA

Friday, September 4 at 10:00am

LGBTQ+ individuals and their allies gather to discuss topics of interest. Presented by the Pride Center of WNY.
Marilyn Illuzzi, Case Manager



BISTRO BOOKERS

Tuesday, September 15 at 4:00 pm

"How Medicine Works and When it Doesn't: Learning Who To Trust To Get and Stay Healthy" by F.Perry Wilson MD. Reviewed by: Alice O'Donnell, retired hospital Pharmacist and Assistant Professor at UB.
Tammy Jacobs, Sr. Program Coordinator

FIELD TRIPS

DISC GOLF AT LINCOLN PARK

Friday, September 11 at 10:30 am

Meet at Lincoln Park, located at 299 Decatur Rd., Tonawanda, NY 14223.

Disc golf follows the same rules as golf, except with a Frisbee. Frisbees will be available to you. 9-hole course. Fun for all abilities and easy to learn for anyone who has never played.
Greg Potter, Program Leader

BIKE RIDE AT CLARENCE PATHWAYS

Friday, September 25 at 10:30 am

Meet in Parking Lot at 9200 Wehrle Dr., Clarence, NY 14031 for a leisurely 10-mile bike ride. Bring a bike, helmet, water, and a bagged lunch for a picnic after. Bring a bag to carry your lunch on bike.

Greg Potter, Program Leader

GARDEN & NATURE TIME

Tuesday, September 29 at 10:00 am

Mischler's, 118 S. Forest Rd, Williamsville.

Guided tour and behind-the-scenes view of this popular florist, greenhouse and garden.

Doreen Notaro, Recreation Attendant

INFORMATION TABLES

ECMC

Thursday, September 3 from 11:00 am-1:00 pm

Chronic Disease Management & Preventative Screenings Info
Marilyn Illuzzi, Case Manager

Elderly Pharmaceutical Insurance Coverage Program

Wednesday, September 9 from 11:00 am –1:00 pm

Marilyn Illuzzi, Case Manager

VENTURE FORTHE HOME CARE

Thursday, September 10 from 11:00 am-1:00 pm

Marilyn Illuzzi, Case Manager

BUFFALO SPINE AND SPORTS MEDICINE

Wednesday, September 16 from 11:00 am-1:00 pm

Karen Lisiecki, Project Coordinator

CAPTEL PHONES

Thursday, September 17 from 11:00 am –1:00 pm

Karen Lisiecki, Project Coordinator

COMFORT KEEPERS HOME CARE

Thursday, September 24 from 11:00 am –1:00 pm

Marilyn Illuzzi, Case Manager

SEPTEMBER PING PONG

Mondays 1:00 – 4:00 pm (No Ping Pong 9/7)

Tuesdays 2:00 – 6:00 pm

(2:30 – 6:00 pm on 9/1, No Ping Pong 9/22)

Fridays 1:00 – 4:00 pm

FOR QUESTIONS ABOUT PROGRAMS, CALL US!

OCTOBER PROGRAMS

OCTOBER PROGRAMS

NATURE WALKS

Every Thursday from 9:30 – 11:00 am
Discover Walton Woods' beauty with naturalist Carol Rogers.

EVERYDAY TECHNOLOGY: DIGITAL WALLETS

Thursday, October 1 at 1:00 pm
Learn how digital wallets and peer-to-peer payment apps work. This presentation covers common features, making and receiving payments, storing payment information securely, avoiding scams and protecting your personal and financial information.

Marc Young, Program Leader

TEA TIME

Friday, October 2 at 10:30 am
Pinkies up!
Jen Lazarz, Program Coordinator

TECH SUPPORT

Friday, October 2 at 1:00 – 3:00 pm
Sign up for an appointment. Bring your devices and questions to our tech savvy staff so they can help you troubleshoot issues and provide guidance. This program is non-instructional: we answer questions, give quick tutorials, diagnose issues, and offer advice or solutions.
Marc Young, Program Leader



POPCORN BINGO

Monday, October 5 at 5:30 pm
Enjoy a bag of popcorn while you play bingo
Jen Lazarz, Program Coordinator

A TASTE OF GERMANY

Tuesday, October 6 at 10:30 am
Cookin' with member Karen Sheffield; making Apple Kuchen. Fee is \$5.00. Paid reservation by Friday, Oct. 2. No refunds after. Bring a 9x13 dish.
Jen Lazarz, Program Coordinator

MEMBERSHIP 101 - FOR NEW MEMBERS!

Tuesday, October 6 at 3:30 pm; followed by a complimentary dinner at 5:00 pm **Reservations are required for both.**
So, you have taken the step of becoming a Member, now what? Learn ways to get involved, how to sign up for Classes or Programs, where to find information on what is happening at the Center.

COOKING WITH JEN

Wednesday, October 7 at 10:30 am
We will make How Do You Like Them Apples Cake. Please bring a bundt or tube pan. Fee is \$7.00. Payment by Monday, October 5. No refunds after.
Jen Lazarz, Program Coordinator



JELLYMAKING

Thursday, October 8 at 9:30 am
Learn the art of jellymaking with step-by-step instruction covering the entire process, from cooking to achieving the proper set. Participants will gain practical techniques and tips for creating flavorful homemade jellies, with the goal of developing the confidence and skills to make it on your own.
Marc Young, Program Leader

ERIE CANAL HISTORY

Thursday, October 8 at 2:00 pm
Brian Trzeciak, Executive Director of the Buffalo Maritime Center, will present about the Erie Canal, its history, and its importance. He will also discuss the Maritime Center's replica canal boat "Seneca Chief", and the remarkable 5-year effort to design and construct it. Light refreshments will be provided. Sponsored by McDermott Consulting.
Jen Lazarz, Program Coordinator

WHAT'S FOR DINNER

Thursday, October 8 at 4:30 pm
Let's cook and eat together! We will divide up and prepare lasagna soup, salad, and dessert. Bring your aprons. Fee is \$9.00. Paid reservations by Tuesday, October 6. No refunds after.
Jen Lazarz, Program Coordinator

LAWN GAMES

Friday, October 9 at 10:30 am
Meet outside the Senior Center next to the Gandhi Statue. We will rotate through a variety of lawn games: Cornhole, Badminton, Bocce Ball, or Croquet.
Greg Potter, Program Leader

AGELESS CONVERSATION

Friday, October 9 at 1:00 pm
Members share stories, meaningful topics, and enjoy good company. Co-facilitated by members Jim Bardot and Joe Rizzo, sessions offer guided discussions, open conversation, and occasional special themes or guest speakers.
Jen Lazarz, Program Coordinator

CODENAMES

Tuesday, October 13 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.
Marc Young, Program Leader

AMHERST SENIOR SINGERS PERFORMANCE

October 14 at 11:00 am

TIMES & ROOM LOCATIONS ARE SUBJECT TO CHANGE

OCTOBER PROGRAMS

INTRO TO ACTING SHOWCASE PERFORMANCE

Wednesday, October 14 at 1:00 pm

Intro to Acting members will entertain you with a fun show.

COFFEE WITH THE CANDIDATES

Thursday, October 15 at 8:30 am.

Meet the candidates and stay informed.

Jen Lazarz, Program Coordinator

SEQUENCE BOARD GAME

Tuesday, October 20 at 11:00 am

This board game challenges players to form rows of 5 chips on a board featuring 2 standard decks' of cards. Players play cards from their hand to place chips on corresponding board spots. There are a few wild cards that add a layer of strategy.

Greg Potter, Program Leader

GARDEN AND NATURE TIME

Tuesday, October 20 at 1:00 pm

Create a fall decoration with a special surprise! Materials provided at no cost. Guided instruction provided, create independently. Bring your scissors and glue gun, if you have them.

Doreen Notaro, Recreation Attendant

BUFFALO'S BEST SPEAKER SERIES

Tuesday, October 20 at 2:00 pm

Former Supreme Court Judge Penny Wolfgang, a Senior Center member, will share her story about working in the justice system as an attorney and judge (including the Nixon Case and Molly's Pub murder trial), her time as a theatre performer, and now as a radio show host on WECK, the Audacy Group stations and on WBBZ-TV with her weekly "Big Picture" program.

Jen Lazarz, Program Coordinator

RETRO GAME NIGHT

Tuesday, October 20 at 6:00pm

Experience the golden age of gaming. Enjoy a many open-play classic games from every decade, with multiple consoles available to play. Revisit old favorites or discover new ones; there's something for everyone to enjoy.

Marc Young, Program Leader

VIRTUAL REALITY (VR) – UNDERWATER ADVENTURES

Wednesday, October 21 at 1:00, 2:00, or 3:00 pm

Explore virtual reality with our VR Headsets in 1-hour individual sessions. Experience this innovative technology and engage in 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.

Marc Young, Program Leader

OPEN CARDS

Thursday, October 22 at 10:00 am

Relax, have fun, and enjoy social card games in a laid-back, non-competitive setting. 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.

Marc Young, Program Leader

SENIOR EXPO

Thursday, October 22 from 4:00–6:00 pm

Sponsored by Atwal Eye Care

Gather helpful information from more than 30 organizations that provide programs, services and products for older adults and their caregivers.

FREE and OPEN TO THE PUBLIC

SPECIAL PRESENTATIONS *(Registration Required)*

3:30 pm - **Cataracts with Atwal Eye Care**

Learn about cataracts including common symptoms; treatment options, and what to expect during your surgical journey. Also learn about the latest surgical techniques and intraocular lens technologies and how to determine which option is best for your lifestyle.

4:30 pm - **Grandparent 529 Savings Accounts**

John Downing, CFP® will discuss how grandparents can use 529 college savings plans to help support a grandchild's future education. The presentation will cover how 529 plans work, potential tax advantages, and recent FAFSA changes that may affect grandparent-owned accounts. More information is available at downingfinancialgroup.com.

5:30 pm - **Lightening the Load: Simple Steps to a More Comfortable Home**

Whether you're thinking about downsizing, preparing for a move, or simply wanting your home to feel more organized and easier to enjoy, this workshop is designed to help you take that first step. Join Heather McNaughton, owner of Ebb & Flow Organizing Studio, for an encouraging conversation about creating a home that supports the way you live today. Together, we'll explore when it's time to begin, practical ways to get started, how to make decisions with confidence, and thoughtful approaches to handling sentimental belongings with care.

4:00-6:00 pm Tops Pharmacy Flu & Covid Vaccine Clinic
(Registration required) http://book.ch.appointment-plus.com/d87q3d5c/?employee_id=5549

6:15 pm Dessert will be served

PROGRAM REGISTRATION STARTS FRIDAY, AUGUST 14.

OCTOBER PROGRAMS

SWOOP

Monday, October 26 at 10:00 am

Swoop is a fast-paced, shedding-style card game for 3–8 players (up to 12) where the goal is to be the first to play all your cards from their hand and from face-up piles to achieve the lowest score.

Marc Young, Program Leader

MUSIC JEOPARDY

Tuesday, October 27 at 10:30 am

Put your music knowledge to the test in a Jeopardy style format. Each category is a different group of music. You will hear a snippet of a song and try to name it!

Greg Potter, Program Leader

SNEAKY SWEET TREAT

Tuesday, October 27 at 6:00 pm

Join us for a sweet treat with apples. Can you guess the secret ingredient?

Jen Lazarz, Program Coordinator

FLIP 7/WORD GAME

Wednesday, October 28 at 11:00 am

Flip 7 is a game of chance & strategy: how long are you willing to go for the win before you bust? Word Game is a game that challenges you to build as many words as possible with a set of random letters.

Greg Potter, Program Leader

BINGO

Wednesday, October 28 at 2:00 pm

Jen Lazarz, Program Coordinator

EVERYDAY TECHNOLOGY – PASSWORDS PASSKEYS AND 2FA

Wednesday, October 28 at 3:00pm

Strengthen your online security by learning the basics of passwords, passkeys, and two-factor authentication. Find out how these tools protect your accounts, when to use them, and practical strategies for keeping your personal information secure across your devices.

Marc Young, Program Leader

PUMPKIN CARVING CONTEST

Thursday, October 29 at 2:00 pm

You must bring a cleaned out pumpkin. You will design and carve your pumpkin at the Senior Center. After everyone finishes carving their pumpkin, we will vote and decide a winner! Multiple categories to win in. Bring your favorite carving supplies.

Greg Potter, Program Leader

TRIVIA HOUR

Thursday, October 29 at 5:00 pm

Join us for trivia hour on your smart phone or trivia kiosks.

Marc Young, Program Leader

HALLOWEEN HAPPY HOUR

Friday, October 30 at 2:00 pm

Enjoy tricks and treats.

Jen Lazarz, Program Coordinator

HEALTH

MEDITATION AND HEALING

Thursday, October 1 at 1:00pm

Relieve stress and improve your health. Would you like to feel calmer and more relaxed? Release burdens and worries? *We are a scent-free environment. Please refrain from wearing scented products (perfumes, colognes, oils, laundry detergent, or other scented products).* Presented by Anne Egan, instructor & practitioner of Open Heart Meditation and Secrets of Natural Walking with the Natural Way of Living.

Pam Macadlo, Case Manager

BUFFALO SPINE AND SPORTS MEDICINE

Thursday, October 1 at 3:00 pm

Have you been dealing with pain that hasn't gone away? If so, you might be interested in learning more about non-medicated options to treat chronic pain. Presented by Buffalo Spine and Sports Medicine.

Karen Lisiecki, Project Coordinator

FUN SING & REFLECT: WELLNESS SING-ALONG

Tuesday, October 6 at 10:30 am

Tuesday, October 20 at 10:30 am

Join Rabbi Yonina for a song, conversation, and wellness session — a chance to connect with others, enjoy uplifting music, and explore simple practices for well-being. It's a perfect opportunity to refresh your body, mind, and spirit.

Pam Macadlo, Case Manager

WALKERS UNITE FOR WELLNESS

Wednesdays, October 7, 14, 21, and 28 at 10:00 am

Open to all, 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 through walking and wellness. We'll go as far as you'd like and sit and rest, if necessary. Remember your hat, sunscreen, water, and comfy closed-toed shoes or sneakers.

Pam Macadlo, Case Manager

OCTOBER PROGRAMS

FITNESS WALK

Thursday, October 8 & 15 at 1:00 pm

This program combines walking and fitness exercise. We will walk around Walton Woods and stop at various 'stations' to do a few light exercises with weights. Bring hand weights. If you don't have them, weights can be provided. We will meet in the lobby of the Senior Center. *Please sign up for each program individually.*

Greg Potter, Program Leader

BOXING WITH PARKINSON'S – Support Group

*****Program is for our Parkinson's Support Group*****

Wednesday, October 14 & 28 at 1:30 pm

This is a non-contact fitness program using boxing skills to improve balance, strength, agility, coordination, and mood. It's designed to help people with Parkinson's fight the symptoms by promoting full-body movements, confidence, and support. Caregivers welcome. ***Please consult with your healthcare professional before engaging in these classes.***

Greg Potter & Angelo Lorenzo, Program Leader

CIRCUIT FITNESS

Monday, October 19 & 26 at 5:30 pm

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

Please sign up for each program individually.

Greg Potter, Program Leader

HEALTHY LIVING FOR YOUR BRAIN AND BODY

Wednesday, October 21 at 1:00 pm

Learn science-backed strategies for brain and body health. Presented by the Alzheimer's Association of WNY.

Vijaya Tomar, Social Caseworker

MEN'S FITNESS

Thursday, October 22 at 11:00 am

Enjoy a fitness class designed for men. Half seated exercises and half standing exercises. Weights will be provided.

Greg Potter, Program Leader

WALK AND TALK AT WALTON WOODS

Friday, October 23 at 11:00 am

Enjoy a leisurely walk around Walton Woods. Meet in the Senior Center lobby.

Greg Potter, Program Leader

FINANCIAL

RETIREMENT & TAXES: THE HIDDEN RULES THAT CAN COST YOU THOUSANDS

Tuesday, October 6 at 4:00 pm

Retirees have a choice when it comes to taxes. Go Beyond Tax covers everything from Social Security taxation and RMDs to Roth conversions and New York's retirement exclusions.

Presented by Jim Swiech, CPA of Go Beyond Tax

Pam Macadlo, Case Manager

FINANCIAL PLANNING- WHAT KEEPS YOU UP AT NIGHT?

Wednesday, October 14 at 1:00 pm

You'll learn about how you can achieve financial health, well-being, and independence. Presented by James Honaker, Wealth Optimization Network.

Marilyn Illuzzi, Case Manager

MEDICARE 101

Tuesday, October 20 at 11:00 am

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

Karen Lisiecki, Project Coordinator

FIELD TRIPS

BUFFALO AKG ART MUSEUM - FIRST FRIDAY

Friday, October 2 at 10:30 am

1285 Elmwood Ave., Buffalo, NY 14222.

We will meet at the main entrance on Elmwood, in front of the parking circle, at the 'Wilson Town Square' section of the museum. Every first Friday of the month, the community is invited to attend this historic museum for a

'Pay-What-You-Wish' admission. This event is free and showcases dozens of exhibits and gives you access to the entire museum. Questions, email gpotter@amherst.ny.us

Greg Potter, Program Leader

DARWIN MARTIN HOUSE TOUR

Friday, October 16 at 11:30 am

Meet at 125 Jewett Pkwy, Buffalo, NY 14214. The tour is roughly 75 mins. long. We will tour the first floor of the main house, the pergola, conservatory, and carriage house. Tour cost \$25.00 per person and you MUST pay that fee at the Senior Center Front Desk by Friday, Oct. 2 to reserve your spot. Please put money in an envelope with your name and Darwin Martin House Tour labeled on it. Thank you.

Questions, email gpotter@amherst.ny.us

Greg Potter, Program Leader

HAUNTED HOUSE

Thursday, October 22, 1:00-3:00 pm

Amherst Police Community Policing and Training Facility, 4220 Bailey Ave., Amherst

Come explore the spooky haunted house designed by Amherst Police Department officers. (Volunteer opportunities available, see page 28.)

Marc Young, Program Leader

PARTNER PROGRAMS/PING PONG/INFORMATION TABLES

PARTNER PROGRAMS

SILVER PRIDE TEA

Friday, October 2 at 10:00am
LGBTQ+ and their allies meet to discuss topics of interest. Presented by Pride Center of WNY.
Marilyn Illuzzi, Case Manager



BISTRO BOOKERS

Tuesday, October 13 at 4:00 pm
"Moments: The Pulitzer Prize-Winning Photographs- A Visual Chronicle of Our Time" by Hal Buell. These poignant, often heart-wrenching photographs, taken by the world's best photojournalists, tell dramatic & memorable stories & form a visual chronicle of our tragedies of our age. Reviewed by: Theresa Waiter
Tammy Jacobs, Sr. Program Coordinator



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INFORMATION TABLES

HEARTS AND HANDS

Monday, October 5 from 11:00 am- 1:00 pm
Volunteer opportunities. Make a difference!
Marilyn Illuzzi, Case Manager

ELDERLY PHARMACEUTICAL INSURANCE COVERAGE (EPIC)

Tuesday, October 6 from 11:00 am-1:00 pm
Marilyn Illuzzi, Case Manager

PEER CONNECTION – Mental Health and Addiction Peer Services

Wednesday, October 7 from 11:00-1:00 pm
Pam Macadlo, Case Manager

ADVANCED DIRECTIVES – HEALTH CARE PROXY / CONVERSATION PROJECT by ECMC

Tuesday, October 13 from 11:00 am-1:00pm
Pam Macadlo, Case Manager

NCCC NURSING STUDENTS

Monday, October 19 from 10:00 am-1:00 pm
Karen Lisiecki, Project Coordinator

ASK THE REALTOR

Wednesday, October 21 at 11:00 am
Ann Kader, WNY Metro Roberts Realty
Jennifer Lazarz, Sr. Program Coordinator

VENTURE FORTHE HOME CARE

Friday, October 23, from 11:00 am-1:00 pm
Marilyn Illuzzi, Case Manager

PING PONG

OCTOBER PING PONG

Register on MyActiveCenter.com

Mondays 1:00 – 4:00 pm (No Ping Pong 10/12)

Tuesdays 2:00 – 6:00 pm

Fridays 1:00 – 4:00 pm (No Ping Pong 10/23)

CLUB ACTIVITIES & VOLUNTEER OPPORTUNITIES

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.

BAKERS CLUB See My ActiveCenter for dates and times

BAKERS RACK

Thursdays, September 24 and October 22 at 9:00 am until sold out

Purchase homemade baked goods. Cash only.

HOT DOG SALE

Wednesdays, September 16 and October 14 at 11 am

BOOK CLUB

Monday, September 28: The Extraordinary Life of Sam Hell

Monday, October 26: The Plot, by Jean Hanff Korelitz

PHOTO CLUB

Tuesday, September 8 at 1:00 pm

Steve Dent will present "Judging – Critique of Juried Exhibits."

Tuesday, September 22, 2026, at 1:00 pm

Susan Meier will present "Creative Portraiture."

Tuesday, October 13 at 1:00 pm

Peter Ferguson to present "Cell Phone Photography"

Tuesday, October 27nd, 2026, at 1:00 pm

Steve Dent will return to offer his critique of members submitted images.

Pop-Up Shops

August 31- September 4, 10:00 am-2:00 pm

Needlecraft Gallery: Shop Handmade Needlepoint Crafts!

September 14-September 18, 10:30 am-3:30pm

Creativeworks by Alesia: Shop a large selection of paper crafts as well as resin & sublimation crafting

September 21-September 25, 10:00 am-4:00 pm

Art Prints by Gary Van Houten: Eclectic mix of his limited edition water color prints

September 28-October 2, 10:00 am-2:00 pm

Art Exhibition and Sales: Browse and shop a variety of original artwork by local artists!

October 5- October 9, 10:00 am-2:00 pm

Vines of the Times: One of a kind handmade floral wreaths, centerpieces, wall hangings by one of our members.

October 12-October 16, 9:00 am-4:00 pm

No 2 Alike Rockin Buffalo: Shop painted rocks as well as hand-crafted decoupage items! Vases, jars, ornaments, plant pots, earrings, pumpkins buffalo items and much more!

October 19-October 30, 10:00 am-2:00 pm

E and J Resin: Shop handmade epoxy resin artwork!

Keychains, table pieces, animals, Bills and Sabres.

Reservations for Pop-Up shop dates will begin on Monday, November 9, 2026. Please see the November/December

VOLUNTEER SERVICE HOURS

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



READY ACADEMY

The Senior Center will be teaming up with the Sweet Home School District's Ready Academy this Fall to support local students. Looking for volunteers with basic or advanced sewing skills to share/teach.

READ TO SUCCEED

Read to Success Buffalo is seeking people aged 50 and older to help elementary school aged children learn to read. By volunteering as a Literacy Tutor/Mentor you can change a child's future. For more info., visit readtosucceedbuffalo.org.

SENIORS HAUNTED HOUSE EVENT

Thursday, October 22 from 1:00-3:00 pm

Amherst Police Community Policing and Training Facility
(volunteers report at 12:30 pm)

Volunteers will come in costume or change into a costume. They will get a tour of the Haunted House and then be assigned a room; greet people, and hand out candy to participants as they go through.

HAUNTED HOUSE SETUP

Week of October 14-October 21, from 11:00am-2:00 pm

Volunteers will get a quick tour of the house, be assigned a room or a task, and have materials and tools provided.

Volunteers would be working with a team to help set up rooms in the Haunted House. Tasks would include hanging lights, curtains, tarps, webbing, decorating rooms with small objects, running extension cords.

For more information regarding any of these volunteer opportunities, please contact Joe Weisansal.

COLLECTION DRIVE FOR LOCAL NONPROFIT

Throughout September, we're collecting items such as twin sheet sets, pillows, mattress pads or comforters for Sleep in Heavenly Peace, a nonprofit that donates new beds to local youth in need.

A Collection Bin will be in the Center's Front Lobby.

We thank you for supporting the local community.

CLUBS

Interested in more information or joining a Club?

Please register and go to the next meeting to speak with the volunteer leader. For a clubs descriptions, see our brochure online at AmherstCenterforSeniorServices.com or pick up a copy at the Center.

All about Amherst & The World Club

Fridays, 10:00-11:30 am (ZOOM)

Am-Center Photography Club

On a break for the summer!

Amherst Men's Senior Softball League

Games Fridays, 10:00 am & 11:30 am
(Seasonal)

Amherst Senior Singers

Wednesdays, 1:00-3:00 pm

Art Club

Mondays, 1:00-3:30 pm

Backgammon Club

Thursdays, 12:30-4:00 pm

Bakers Club

SEE MyActiveCenter.com FOR UPDATES

Biblical Hebrew Grammar Club

Second and Fourth Tuesdays, 1:00-2:30 pm

Bike Club

Wednesdays, 9:30-11:30 am (Seasonal)

Board Game Club—Afternoons

Wednesdays & Thursdays, 12:30-3:30 pm

Board Game Club – Evenings

at Northtown Center. See MyActiveCenter for dates and times

Book Club

4th Monday, 1:00-2:00 pm

Bridge Club

Tuesdays, 2:00-4:00 pm

Canasta Club

Thursdays, 1:00-4:00 pm

Chess Club

Tuesdays, 12:15-4:00 pm

Community Service Sewing Projects Club

Mondays, 9:00-11:00 am

Creative Writers Club

1st & 3rd Mondays, 10:00am –12:00 pm

Dinner Club

See Club Info across from Fitness Room

Dominos Club

Wednesdays, 12:30-4:00pm

Drumming Circle

Fridays, 9:30 am—10:30 am

Duplicate Bridge Club (Monday)

Mondays, 12:30-4:00 pm

Duplicate Bridge Club (Friday)

Fridays, 12:30-4:00 pm

Euchre Club

Tuesdays, 1:00-4:00 pm

French Club

2nd & 4th Mondays, 12:30-2:00 pm

Genealogy Club

1st Tuesday, 10:30 am-12:00 pm

Hand & Foot Club

Thursdays, 3:30-5:00 pm

Hiking Club

Tuesdays at 10:00 am; Thursday is the rain date. Contact Joe for more info.

Indian Senior Citizens Club

2nd Thursday, 4:30-6:30 pm

Karaoke Club

3rd Thursday at 1:00-3:00 pm

Knitting Club (non-instructional)

Tuesdays, 9:30-11:30 am

Mah Jongg Beginner Club (non-instructional)

Fridays, 9:30 am-12:00 pm

Mah Jongg Advanced Club

Tuesday, 1:00-3:30 pm

Pinochle Club (Monday)

Mondays, 12:45-3:30 pm

Pinochle Club (Wednesday)

Wednesdays, 12:45-3:30 pm

Pool Tournament Club

Tuesdays, 2:00-5:00 pm

Quilting Club

1st and 3rd Mondays, 1:00-3:00 pm
2nd and 4th Tuesdays, 5:30-7:00 pm

Reading Poetry Aloud Club

Wednesdays, 9:00-10:30am

Reader's Theater Club

Mondays, 1:30-3:00 pm

Rocky Blues Band

Fridays, 12:30-3:30 pm

Rummikub Club

Fridays, 1:00-4:00pm

Scrabble Club

Tuesdays, 10:00am-12:30 pm

Spanish Club on ZOOM

Thursdays, 1:30-3:00 pm

Speaking Italian Language Club

Fridays, 1:00-2:30 pm

Stained Glass Club

Thursdays, 9:00 am-12:00 pm

Tai Chi Club

Wednesdays, 1:30-2:30 pm
Fridays, 1:00—2:00 pm

Tuesday Afternoon Music Club

Tuesdays, 12:00-4:00 pm

Ukulele Club

2nd and 4th Tuesdays
10:30 am—12:00 pm

Upholstery Club

Wednesdays, 9:00am-12:00 pm

Wood Carving Club

Tuesdays, 9:00-12:00 pm

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

PODCAST LAUNCHING THIS FALL

Get ready to tune in to **Senior Connection: A Podcast for Seniors, By Seniors**, presented by the Amherst Center for Senior Services!

You'll be able to locate the podcast links on our website and via Spotify.



This exciting new podcast will celebrate the people, programs, and personalities that make our Center such a special place. Each episode will feature heartwarming human-interest stories, entertainment segments, candid member Q&As, club spotlights, and informative conversations on topics that matter to older adults.

You might even hear a familiar voice! We're looking for members who would like to share their stories, be interviewed, showcase their talents, or perform during a segment.

Keep an eye on Member eblasts and flyers around the Center for launch date information.

HAVE AN IDEA FOR A SEGMENT?

Contact staff members **Marc, Joe, or Darlene** to learn how you can join the conversation.



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.



Per our current movie license, we are no longer able to publish the movie titles.

A full listing of movies is available at the Reception Desk.

SEPTEMBER SHOWTIMES & DATES

MOVIES

1:00 PM

Monday, September 14
Monday, September 21
Monday, September 28

Friday, September 4
Friday, September 11
Friday, September 18
Friday, September 25

4:00 PM

Thursday, September 3
Thursday, September 10
Thursday, September 17

EVENING MOVIE

5:30 PM

Tuesday, September 8
Tuesday, September 15
Tuesday, September 22
Tuesday, September 29

OCTOBER SHOWTIMES & DATES

MOVIES

Monday, October 5
Monday, October 19
Monday, October 26

Friday, October 2
Friday, October 9
Friday, October 16
Friday, October 30

4:00 PM

Thursday, October 1
Thursday, October 15
Thursday, October 29

EVENING MOVIE

5:30 PM

Tuesday, October 6
Tuesday, October 13
Tuesday, October 20
Tuesday, October 27

MOVIE INFO IS AVAILABLE AT OUR RECEPTION DESK



We're grateful for the organizations that help us bring meaningful programs, educational opportunities, and wellness initiatives to older adults throughout our community.

Heathwood Assisted Living and Memory Care is the proud sponsor of **Senior Center Month** this September, helping us celebrate the many ways senior centers enrich lives through lifelong learning, wellness, friendship, and community.

Clarity Group is the proud sponsor of **Health Literacy Month** this October, supporting our efforts to empower older adults with the knowledge and resources they need to make informed decisions about their health and well-being.



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

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QUEEN CITY JASS SOCIETY



**SUNDAYS FROM 5:00 TO 8:00 PM
AS LISTED BELOW:**



April 12: The Barroom Buzzards

May 3: Fredtown Stompers

June 7: The Original River Dogs

July 12: A summertime surprise! (Location TBA)

August 2: Banjo Juice

September 12: Kevin Clark and the Queen City All Stars

Admission: \$10.00 per person

Doors open at 4:30 pm

Cash Bar / Limited Menu are Available

For more information:

Please call/text Jane at 239-777-0233



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There is no obligation to enroll.

For accommodations of persons with special needs at meetings, call 1-800-350-4135 and TTY may call 711.

Highmark Blue Cross Blue Shield is a Medicare Advantage HMO, PPO, and/or Part D plan with a Medicare contract. Enrollment in these plans depends on contract renewal.

Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross Blue Shield Association.

All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration and/or to one or more of its affiliated Blue companies.

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Congregate dining program at the Amherst Center for Senior Services.

NUTRITION PROGRAM FOR OLDER ADULTS AGES 60+

The Amherst Center for Senior Services is a proud location for the Erie County Stay Fit Dining Program.

The Erie County Nutrition Program is open to anyone 60 years of age or older. The suggested contribution for a meal is \$3.50.

Guests under 60 are welcome for the **required cost** of \$5.50, and it should be paid at the Reception Desk.

Menus for the next two months are available on pages 34 & 35. *****If you have any food allergies, please notify our staff in advance.***

NUTRITION SCHEDULE

- Lunch is served Monday through Friday from 12:00 to 1:00 pm.
- Dinner is served Tuesdays from 5:00 to 6:00 pm.
- **A reservation is required.** We can't accept walk-ins.

TO REGISTER FOR LUNCH OR DINNER:

Go on MyActiveCenter (instructions on page 4), or call us at (716) 636-3051.

Lunch and Dinner registration opens Friday, August 14 at 8:30 am

Please call us to cancel your reservation if you are unable to attend.

FROZEN MEAL PROGRAM

Participating in the Frozen Meals Program is a great way to ensure you have meals available at home when you need them. Frozen meals are prepared on site and are available in packs of 3,5,6,8, or 10. You have to arrange for meal pickup which is on Fridays. *(Holidays may impact this schedule)*. For order forms, visit our Reception Desk.

Additional information can be found in the Frozen Meal Program brochure that is available at the Senior Center.

REGISTERING FOR FROZEN MEAL PROGRAM

- Complete the Erie County Registration and Frozen Congregate Meal forms. Visit our Reception Desk.
- Complete forms to setup your frozen meal pack choice and pickup times. Visit our Reception Desk.)

Completed forms must be returned to our Nutrition Coordinator, Christin Estrada. Forms can be mailed to you upon request.

Questions? Call Christin at 716-636-3055, ext. 3131.

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 our Senior Support Network, 716-636-3070.

Want to help? Donations of unexpired non-perishable foods and toiletries are accepted throughout the year.

SNAP: See information on page 36.

SEPTEMBER NUTRITION MENU

LUNCH: 12:00-1:00 pm Monday-Friday
(Holidays may impact this schedule)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Pasta w/meatballs Broccoli Grape Juice Garlic Bread Chocolate Chip Cookie 1158/140	1 Chili dog Potato Wedges Italian blend veggies Ice cream bar 820/83	2 Breaded chicken with gravy Rice Pilaf Pacific blend veggies Dinner Roll Orange 618/76	3 Italian Sausage Oven browned potato Key Largo veggies Rye bread Brownie 791/85	4 LABOR DAY PICNIC Cheeseburger Potato salad Chef salad Corn on the cob Black raspberry ice cream 766/72
7 CENTER IS CLOSED LABOR DAY	8 Sweet & Sour Chicken Fried rice Asian blend veggies Wheat dinner roll Peaches parfait 657/94	9 ROSH HASHANAH Roast beef w/ gravy Garlic mashed potatoes California blend veggies Assorted dinner roll Frosted cake 585/76	10 Polish sausage Peas/peppers/onions Rice w/mushrooms Oatmeal raisin cookie 861/88	11 Sloppy Joe Tator tots German blend veggies Apple 729/82
14 Omelet w/cheese Hash brown Baked apples Fruit muffin Berries and cream parfait 701/76	15 Meatloaf w/gravy Roasted potatoes Green beans & carrots Dinner roll Tropical fruit 725/66	16 HISPANIC HERITAGE Chicken fajitas Spanish rice Fiesta corn Chef salad Raspberry chimichanga 560/72	17 Julienne salad Cranberry juice Corn muffin Frosted cupcake 880/94	18 Mac & Cheese Stewed tomatoes Broccoli Hawaiian dinner roll Oreo brownie 885/111
21 Stuffed pepper Mashed potatoes Chefs blend veggies Italian bread Brownie 829/106	22 Hotdog Corn Green beans medley Ice cream sandwich 726/86	23 Pork chop w/gravy Roasted potato Peas, peppers, onions Hawaiian roll Mandarin orange parfait 844/100	24 Greek chicken Rice Pilaf Carrot medley Pita bread Peanut butter cookie 703/97	25 Salisbury steak w/ mushroom gravy Cheddar mashed potatoes Bahama blend veggies Rye bread Chocolate pudding parfait 703/97
28 Polish sausage Buttered noodles Prince William veggies Ambrosia 841/84	29 Sesame chicken White rice Japanese blend veggies Dinner roll Snickerdoodle 800/110	30 Spaghetti w/meatballs Broccoli Dragon juice Garlic bread Apple 886/115	Food Allergy Notice Please be advised that food preparation in our kitchen may contain these ingredients: Milk, eggs, soybean, peanuts, tree nuts, and shellfish Estimated calories/carbohydrates are listed below each lunch. Menu subject to change.	

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

Sept. 1: Buffalo chicken sandwich, Potato wedges, Broccoli, Pudding parfait

Sept. 8: Italian sausage primavera, Chefs cut veggies, Grape juice, Garlic bread, Orange

Sept. 15: Beef stew, Mashed potatoes, Side salad, Biscuit, Frosted cake

Sept. 22: Chicken Cordon Blue, Chefs cut veggies, Wild rice, Dinner roll, Cheesecake w/topping

Sept. 29: Cranberry apple chicken salad, Grape juice, Dinner roll, Fruit cup

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 & 33 FOR DETAILS.

OCTOBER NUTRITION MENU

LUNCH: 12:00-1:00 pm Monday-Friday
(Holidays may impact this schedule)

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Food Allergy Notice Please be advised that food preparation in our kitchen may contain these ingredients: Milk, eggs, soybean, peanuts, tree nuts, and shellfish Estimated calories/carbohydrates are listed below each lunch. Menu subject to change.			1 Seasoned grilled chicken Rice Pilaf Carrots Wheat bread Mandarin orange parfait 704/74	2 Ham & cheese omelet Home fries German blend veggies Fruit muffin Chocolate chip cookie 835/93
5 Italian sausage Mashed potatoes Prince William veggies Cinnamon pears 583/54	6 Chicken Alfredo Broccoli Corn Italian bread Lemon bar 605/73	7 Roast beef w/gravy Oven browned potato Green beans, peppers, onions Wheat dinner roll Peach crisp 657/78	8 Pulled pork sandwich White rice w/veggies Coleslaw Cookie bar 838/116	9 COLUMBUS/INDIGENOUS PEOPLE'S Breaded chicken Baked beans Creamed spinach Corn muffin Grape juice Raspberry topped angel food cake 826/116
12 CENTER IS CLOSED COLUMBUS/INDIGENOUS PEOPLE'S DAYS	13 Cabbage casserole Mashed potato Bahama blend veggies Dinner roll Brownie 794/111	14 Mac & Cheese Stewed tomatoes Broccoli Bread Vanilla pudding Cookies and Cream 746/90	15 BBQ ribette on a roll Potato wedges Chefs cut veggies Mandarin orange 743/89	16 Lemon chicken Rice Pilaf Carrots/Peppers Wheat dinner roll Jello 560/72
19 Salisbury steak with gravy Wild rice Mixed veggies Sweet dinner roll Apple 683/91	20 Open faced turkey sandwich Mashed potatoes Carrots/Peas Tropical fruit Snickerdoo 746/93	21 Chicken leg Scalloped potatoes Spinach Fruit muffin Cranberry juice Apple crisp 826/91	22 Pasta bolognese Carrots Broccoli Garlic bread Lemon cookie 791/104	23 Fish Roasted potato Peas/peppers/onions Wheat dinner roll Lemon custard 726/98
26 Hamburger Potato wedge Italian blend veggies Peach parfait 672/66	27 Pork chop w/gravy Roasted red potatoes Peas & carrots Multigrain bread Chocolate chip cookie 884/100	28 Chicken ala King Buttered noodles Broccoli/peppers Biscuit Chocolate pie cup 985/120	29 Make your own salad Corn muffin Orange 551/58	30 HALLOWEEN PARTY Goulash Carrots Cauliflower White dinner roll Spooky parfait 811/84.

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

Oct. 6: Chicken enchiladas, Spanish rice, Side salad, Raspberry chimichanga

Oct. 13: Tuna melt on rye, Chef salad, Vegetable soup, Rice pudding

Oct. 20: Homemade meatloaf, Mashed potatoes, Broccoli, Rye bread, Cherry pie

Oct. 27: Honey mustard chicken sandwich, Pasta salad, Ice cream

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 AND PAGE 33 FOR DETAILS.

AMHERST SENIOR SUPPORT NETWORK

SENIOR SUPPORT NETWORK 716-636-3070

The Center has an in-house Senior Support Network where trained staff are available to provide information and referrals to 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 Support Network.

SENIOR CENTER ON THE MOVE

Staff from our Senior Support Network visit senior living campuses to share information about our Center. To schedule a visit, contact the Senior Support Network.

FEE WAIVERS

Reduced fees for some courses are available for Amherst resident members who are verified eligible. Fee waiver applications are available by calling (716) 636-3050, ext. 3129 or 3165 and should be submitted in advance of registration.

Our Support Network team can also provide support to you when applying to the following government programs:

- **EPIC: Elderly Pharmaceutical Insurance Coverage Program**

EPIC is a New York State program for seniors administered by the Department of Health. Designed for income-eligible seniors aged 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs.

- **HEAP: Home Energy Assistance Program**

This program can help eligible New Yorkers heat and cool their homes. If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits.

- **SNAP: The Supplemental Nutrition Assistance Program**

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 Support Network.

Community Partners—Available On-Site

MEALS ON WHEELS

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

TRANSPORTATION

Amherst Senior Transportation is a community partner offering rides to essential locations for eligible older adults. To learn more about its services and see if you qualify for transportation assistance, please call them at 716-636-3075.

HEALTH INSURANCE SUPPORT

To schedule your personal appointment, call the representative listed.

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

Clarity Group – Medicare Plan Center

Lisa at 716-864-4886

Tuesday, September 8, 9:00am – 11:00am

Tuesday, September 22, 9:00am – 11:00am

Tuesday, October 6, 9:00am – 2:00pm

Tuesday, October 20, 9:00am – 3:00pm

Pam Macadlo, Case Manager

Univera

Mike at 716-860-9015

Wednesday, September 9, 1:00pm- 3:00pm

Friday, October 16th 9:00am- 11:00am

Marilyn Illuzzi, Case Manager

KDM Wealth Consultants

Tiffany at 716-697-3622

Wednesday, Sept 23, 11:00am – 2:00pm

Wednesday October 21 11:00 – 2:00pm

Karen Lisiecki, Project Coordinator

United Health Care

Lisa at 716-864-4886

Tuesday, September 8, 11:00am – 1:00pm

Tuesday, September 22 11:00am – 1:00pm

Friday, October 9, 9:00am – 12:00pm

Friday, October 23, 9:00am – 12:00pm

Pam Macadlo, Case Manager

AMHERST SENIOR SUPPORT NETWORK

Our Senior Support Network Team is 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.

Staff from our Senior Support Network are available to meet for office visits **by appointment only**, by phone, or virtual appointments. Please call the Senior Support Network team at 716-636-3070.

SUPPORT GROUPS

HEALING TOGETHER, ONE STEP AT A TIME -- NEW!!!

Wednesday, Sept. 16 and Oct. 21 at 1:00 pm

This group provides a safe, welcoming and confidential space where widows and widowers can share their experiences, express feelings, and support each other.

Loss & Grief Group

A new 6-week session starts on Thursday, Sept. 10 and Nov. 5 at 10:30 am. We discuss coping strategies, healing techniques, and stages of loss and grief.

Men's Support Group

Tuesday, Sept. 1 and 15 and Oct. 6 and 20 at 10:30 am
"Getting to know us: A man's perspective" Talk about topics and issues that are specific to men.

Parkinson's Group

Thursday, Sept. 24 and Oct. 22 at 2:00 pm

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, Sept. 7 and Oct. 5 at 10:00 am

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

Widow/Widowers Group

Tuesday, Sept. 8 at 10:30 am

Tuesday, Oct. 13 at 10:30 am

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, Sept. 2 and Oct. 7 at 10:30 am

Offers a welcoming space for women to connect, share experiences, and encourage one another.

KINSHIP SUPPORT/CARING FOR LOVED ONE -- NEW!

Navigating the Kinship world can be challenging and we don't want you to be alone. We offer confidential talks, resources and care plan assistance and personalized support. Make an appointment, contact John at 716-636-3055.

YOUR SENIOR SUPPORT NETWORK TEAM

Karen Lisiecki, LMSW,
Ext. 3156



Marilyn Illuzzi, LMSW,
Ext. 3155



John Jones
Ext. 3129



Pam Macadlo
Ext. 3157



Vijaya Tomar, MSW
Ext. 3165



ACCESSIBLE PARKING TAG

If you need assistance with an application, social workers are **available by appointment only**.

Daytime hours are 9:00 am—4:00 pm.

Evening hours are 4:00-7:00 pm on Sept. 8 and Oct. 6 and until 6:00 pm on Sept. 16 and Oct. 20.



FRIENDS HELPING FRIENDS TEMPORARY FOOD ASSISTANCE PROGRAM

If you or someone you know needs non-perishable food items, we have onsite assistance. Call us to see if you're eligible.

Donations of unexpired non-perishables are also accepted for this program.

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. Registration forms are available at our Reception Desk. For more information, please call our Nutrition Site Coordinator, Christin Estrada, at 716-636-3055 ext. 3131.

TOWN OF AMHERST

AMHERST TOWN BOARD

- Shawn Lavin, Town Supervisor
- Angela Marinucci, Deputy Town Supervisor
- John Davis
- Jack Kavanaugh, Liaison to Senior Services
- 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
- Bob Peluso

EX-OFFICIO MEMBERS:

- Angela Marinucci, Deputy Town Supervisor
- Michael Camilleri, Assistant Chief of Amherst Police Department
- Ann Nichols, Amherst Town Justice

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

TOWN BUDGET HEARING

Supervisor Shawn Lavin announces that a public hearing on the tentative 2027 Town budget will be held at 10:00 a.m. Friday, October 24 at the Senior Center.

Anyone wishing to provide comment will be welcomed to speak for 3 minutes. In 2024, the Town Board adopted Supervisor Lavin's *Transparency in Budget Process Local Law*, which included adding a public hearing at the senior center to improve access for residents.

To review budget information, please go online to amherst.ny.us and find "Budgets and Financials."

The tentative 2027 budget will be posted on Wednesday, September 30.

SAFETY FAIR

A Safety Fair will be held on October 24 from 11:00 am-2:00 pm at the Amherst Police Community Policing and Training Facility, 4220 Bailey Ave. Activities for kids will be available! Emergency response teams, along with reps from the Senior Center, Youth & Recreation, and more will be there.



The poster is for the Town of Amherst Youth & Recreation Department's Fall 2026 Nature Programs. It features a red background with autumn-themed illustrations, including a large yellow maple leaf, a tree with orange and yellow leaves, and two cartoon owls wearing white pickleball paddles. The text 'Fall 2026' is prominently displayed in a large, stylized font. Below it, the phrase 'Come join us!' is written in a script font, followed by 'NATURE PROGRAMS' in bold yellow letters. A list of activities includes 'Geology Walk', 'Bird Migration Walks', 'Leaf Peeper Walk', and 'Sunset Stroll'. The 'Adult PICKLEBALL' section specifies 'Afternoon & Evening' and 'ages 18 & up'. At the bottom, it says 'Complete Fall program listings online' and provides the website 'amherstyouthandrec.org' and phone number '716-631-7132'.

Fall 2026
Come join us!
NATURE PROGRAMS

- **Geology Walk**
- **Bird Migration Walks**
- **Leaf Peeper Walk**
- **Sunset Stroll**

Adult PICKLEBALL
Afternoon & Evening
ages 18 & up

Complete Fall program listings online

Amherst Youth & Recreation
Visit us online: amherstyouthandrec.org or call 716-631-7132

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

CLASS REGISTRATION FORM ONLY

JULY-AUGUST 2026 CLASSES REGISTRATION DATE: AUGUST 13, 2026

Membership is REQUIRED to register for all Classes.

On registration day, Amherst residents can register at 8:30 am; non-residents at 11:00 am.

WAYS TO REGISTER FOR CLASSES:

ONLINE (*This is the fastest way*): MyactiveCenter.com. Before using this method, you need to have a MyActiveCenter account setup. Credit card payments only.

TELEPHONE: Call (716) 636-3051 to register with a credit card.

MAIL & DROP OFF: A separate sheet must be completed for each member

Mail to: 370 John James Audubon Pkwy., Amherst, NY 14228 / Write "Class Registration" on the envelop.

Payment can be made by check or money orders made out to *Amherst Center for Senior Services*.

WALK IN: Registration begins on Friday, August 14, 2026

Participant Name: _____

Home Address _____ **City/Town** _____ **Zip Code** _____

Phone Number: _____

Course Title	CENTER	ZOOM	DAY	Time	Start Date	FEE

☐

Resident

☐

Non-resident

ADDITIONAL FORMS AVAILABLE AT THE SENIOR CENTER.

OR, SKIP THE FORM & REGISTER ONLINE: [MYACTIVECENTER.COM](https://myactivecenter.com)



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.