



Amherst Center for Senior Services  
 370 John James Audubon Parkway  
 Amherst, NY 14228-1142

Presorted Standard  
 U.S. Postage  
**PAID**  
 Permit No. 4694  
 Buffalo, NY



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

**APRIL 2021**



# THE NETWORK



*Brian Bray*- Director, Amherst Center for Senior Services  
*Melissa Abel*-Deputy Director, Amherst Center for Senior Services  
*Brian J. Kulpa*- Amherst Town Supervisor  
*Deborah Bucki*-Councilmember, Senior Services Liaison



# DIRECTOR'S NOTE

## TABLE OF CONTENTS

Classes	4-6
Class Registration Form	14
Mail Subscription	10
Membership	3
Menu	12
Movies	13
Programs	6-8
Reopening Guidelines	13
Social Work	9
Volunteer News	10



One troubling part of the vaccine distribution process has been the digital divide—the gap between those who have computer and internet access and those who do not. Older adults are the group most vulnerable to the virus. They are also less likely to have home internet or a smartphone. Despite this, vaccine providers across the country decided to make the internet the primary method to sign up. Although there is frequently a process to sign up by telephone as well, hold times are typically measured in the hours and callback times in days. This has left many older adults who lack internet access frustrated.

However, most individuals who have the internet prefer the ability to sign-up for the vaccine online. For example, they don't have to wait on the phone to find out they are unable to get a vaccine. Individuals online are able to fill out the necessary paperwork rather than having to do it on the day they receive their vaccine. They are able to check the availability of several vaccine providers quickly and easily.

This problem caused by prioritizing the internet as the preferred method to provide a critical service is emblematic of broader societal changes facing businesses, non-profits, and governments. When providing services, organizations now much consider the spectrum of capabilities and preferences of their users. It is not uncommon for organizations to continually monitor walk-ins, phone calls, postal mail, emails, websites, and social media to interact with their users. Different generations have different preferences and capabilities, and organizations – particularly those who provide public services – have to meet everybody where they are at.

Our Center is not immune from the friction caused by the differences in abilities and preferences of our members. We have been (and will continue to) provide programs and classes online. This, unfortunately, excludes individuals who would participate but lack access to the internet. However, it now includes individuals who may have been previously excluded, such as individuals who are homebound or lack regular transportation. (We will, of course, continue to provide programs and classes at the Center to make sure everyone has an opportunity to participate.)

While we will continue to make sure we have the capabilities to service our members regardless of their technical capabilities or preferences, we should recognize, as the vaccine sign-up process demonstrates, it will continue to become more and more difficult to participate in modern society without access to the internet and the ability to navigate it successfully. To access many services, it is now necessary to use the internet. To not be left behind by this technological revolution, it is important to learn how to use these technologies – or, at the very least, have somebody in your life who can help you out.

*Brian*

### Editor-in-Chiefs:

Brian Bray ([bbray@amherst.ny.us](mailto:bbray@amherst.ny.us)) and  
Melissa Abel ([mabel@amherst.ny.us](mailto:mabel@amherst.ny.us))

### Editor:

Christina Yensan ([cyensan@amherst.ny.us](mailto:cyensan@amherst.ny.us))

### Reporters:

Joanne Cole, Program Leader ([jcole@amherst.ny.us](mailto:jcole@amherst.ny.us))  
Tammy Jacobs, Program Coordinator ([tjacobs@amherst.ny.us](mailto:tjacobs@amherst.ny.us))  
Vijaya Tomar, Social Worker ([vtomar@amherst.ny.us](mailto:vtomar@amherst.ny.us))  
Jodi Kwarta, Volunteer Director ([kwartaj@amherst.ny.us](mailto:kwartaj@amherst.ny.us))  
Jennifer Lazarz, Program Leader ([jbono@amherst.ny.us](mailto:jbono@amherst.ny.us))  
Donna Muck, Kitchen Manager ([dmuck@amherst.ny.us](mailto:dmuck@amherst.ny.us))  
Cindy Weiss, Class Coordinator ([cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us))

**Editor's Note:** *All information was correct at time of printing. The online version of the Network has the most current information.*

## MAIN LINE 636-3050

Amherst Generations Foundation	636-3055, 3125
Amherst Meals on Wheels	636-3065
Amherst Senior Transportation	636-3075
Event Registration	636-3050
Nutrition	636-3050
Ralph C Wilson Jr Adult Day	689-1403
Senior Outreach	636-3070
Support Group Info	636-3050

**DISHIN' WITH THE DIRECTOR (ZOOM)**—Wednesday, April 7 at 10:00 am  
Meet with Senior Center Director, Brian Bray, for casual conversation about the Center  
Register at [MyActiveCenter.com](http://MyActiveCenter.com)



# MEMBERSHIP



*The Town of Amherst Center for Senior Services is a human service agency serving the community's older residents and their families. The Department's mission is to foster the physical and mental well-being of senior citizens by providing educational and recreational activities, nutritional, health-related, social and support services, and opportunities for volunteerism. The Department is an advocate for senior citizens and seeks to promote and sustain independence or optimal level of well-being.*

**The Center will be closed on Friday, April 2 in observance of Good Friday.**

The Amherst Center for Senior Services  
370 John James Audubon Parkway  
Amherst, NY 14228  
636-3050

amherstcenterforseniorservices.com

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

- Art Gallery
- Audubon Café
- Billiard Room
- Card Room
- Computer Lab
- Gift Shop
- Library
- Wellness Room

*Monthly art is displayed compliments of Asbury Pointe*



## MEMBERSHIP DUES

### AMHERST RESIDENT lifetime fee

- \$30 individual membership
- \$50 couple or household membership

### NON-RESIDENTS annual fee

- \$30 individual membership
- \$50 couple or household membership

Lifetime individual membership is \$100, Lifetime couple or household is \$150

*A household is defined as two people living at the same address.*

If you are 55 and older and are interested in membership, please call Tammy at 636-3055, ext. 3172 to make an appointment.

*The Amherst Center for Senior Services has eligibility requirements.*

*We are sorry for any of our members whose family and friends were affected by the coronavirus. We also extend our sympathy to the families and friends of those members who have recently passed.*



**April is**  
Financial Literacy Month



On March 9, 2004 Senate Resolution was passed designating April 2004 as "Financial Literacy Month." Senator Daniel Akaka [HI] sponsored the bill, which resolved to raise public awareness about the importance of financial education in the US and the serious consequences associated with a lack of understanding about personal finances.



Make sure and attend one of our HYBRID financial education programs listed on page 8.

*Sponsored by: Care Patrol*



## 1901 Buffalo: Birthplace of a New Presidency WATCH PARTY

**Wed. April 28, 2:00**  
HYBRID Program



It's one of the most amazing and improbable moments in American history. It's the story of a man thrust into national prominence following great tragedy. A man who went on to become one of the most influential U.S. Presidents of all time. Join us to hear how and why Theodore Roosevelt was sworn into office in Buffalo, where the modern presidency began, and where a legend was introduced to the world. *Presented by: The Theodore Roosevelt Inaugural National Historic Site.*

# VIRTUAL CLASSES



## CLASS REGISTRATION BEGINS ON MARCH 29. YOU MAY REGISTER:

1. Online at <https://myactivecenter.com/#signup/USA.NY.Amherst.Amherst-Center-for-Senior-Services>
2. By mailing a completed registration form with full payment.
3. Walk-into the Center with completed registration form and full payment. Must follow COVID guidelines.

### AARP Smart Driver Online:

[www.aarpdriversafety.org](http://www.aarpdriversafety.org) Promo code for 25% discount: DRIVINGSKILLS

### Functional Living Everyday Exercise (FLEE)

Enjoy 50 minutes of activities that will help improve balance, mobility, and strength. Discover how functional fitness exercises that mimic activities of daily life can help promote better balance and reduce the risk of falls.

*Instructor: Jill Bronsky*

Mondays, 4/12-5/24 (7x) 10:00 am-11:00 am \$21

### Yoga

Variations will be presented for beginner to intermediate; so you can work at your own level transitioning from floor to feet.

*Instructor: Tina Phillips*

Tuesdays, 4/13-5/18 (6x) 9:00 am-10:15 am \$16

Thursdays, 4/15-5/20 (6x) 9:00 am-10:15 am \$16

### Yoga & Meditation

This class is a combination of meditation and yoga exercise, done from a chair. The ultimate goal is to achieve a gentle and healing experience.

*Instructor: Jennifer Nuwer*

Tuesdays, 4/13-5/18 (6x) 11:30 am-12:30 pm \$14

Fridays, 4/16-5/21 (6x) 1:00 pm-2:00 pm \$14

### East Meets West-Survey of Orientalism Part 2

**BEGAN IN MARCH BUT YOU CAN STILL REGISTER  
DESCRIPTION IN MYACTIVECENTER**

*Instructor: Michael Harris*

Tuesdays, 3/2-4/27 (9x) 1:00 pm-3:00 pm \$36

### Current Events

**BEGAN IN MARCH BUT YOU CAN STILL REGISTER  
DESCRIPTION IN MYACTIVECENTER**

*Leaders: Jeff Goodman, Dick Mallison, Dick Schanley or Joann Shafer*

Wednesdays, 3/3-5/26 (13x) 9:30-11:30 am \$20

### Watercolor Intermediate

Create a watercolor painting using various techniques. Photo reference will be provided by the

instructor. All classes are directed towards individuals with previous watercolor painting experience.

*Instructor: Dan Meyer*

Wednesdays, 4/21-5/26 (6x) 10:00 am-12:00 pm \$39

### Laugh For Health

Laughter, breathing exercises and meditation will boost your immune system, lower tension and stress and put you in a better mood. This is a laughter exercise program being practiced in over 200,000 clubs in 110 countries celebrating started by Dr. Kataria 25 years ago. No equipment necessary and can be done sitting or standing.

*Instructor: Jenny May*

Wednesday, 4/21 (1x) 11:00 am-11:50 am \$3

### Art History

**BEGAN IN MARCH BUT YOU CAN STILL REGISTER  
DESCRIPTION IN MYACTIVECENTER**

*Instructor: Laura Watts Sommer*

Thursdays, 3/4-4/29 (9x) 10:00 am-11:15 am \$32

### Drawing Intermediate

Create a drawing using various techniques. Photo reference will be provided by the instructor. All classes are directed towards individuals with previous drawing experience.

*Instructor: Dan Meyer*

Thursdays, 4/22-5/27 (6x) 10:00 am-12:00 pm \$50

### All The News & Issues

**BEGAN IN MARCH BUT YOU CAN STILL REGISTER  
DESCRIPTION IN MYACTIVECENTER**

*Leader: Geoffrey McCauley*

Fridays, 3/5-5/28 (12x) No Class 4/2 10:00 am-11:30 am \$16

### French

**BEGAN IN MARCH BUT YOU CAN STILL REGISTER  
DESCRIPTION IN MYACTIVECENTER**

*Instructor: Gary Behrns*

Fridays, 3/5-4/30 (8x) No Class 4/2 11:00 am-12:30 pm \$43

# CENTER CLASSES



**CLASS REGISTRATION BEGINS ON MARCH 29. YOU MAY REGISTER:**

1. Online at <https://myactivecenter.com/#signup/USA.NY.Amherst.Amherst-Center-for-Senior-Services>
2. By mailing a completed registration form with full payment.
3. Walk-into the Center with completed registration form and full payment. Must follow COVID guidelines.

## **Ballet Stretch**

This workout combines ballet and stretch for a low-impact, fat burning workout. Wear comfortable clothing and ballet shoes or socks. Due to COVID regulations, ballet bars and individual chairs will be used to help with balance. Please bring resistance bands if you have them. *Instructor: Dawn Tarbox Szerbiak*  
Thursdays, 4/15-5/27 (7x) 10:45-11:40 am \$28

## **Mean Jean's Exercise**

Use large leg and arm motions to increase joint mobility, strength, balance and flexibility. Registration for two classes will be accepted.  
*Instructor: Jean Widlicka*  
Monday, 4/12-5/24 (7x) 9:15-10:15 am \$18  
Tuesday, 4/13-5/25 (7x) 9:15-10:15 am \$18  
Thursday, 4/15-5/27 (7x) 9:15-10:15 am \$18

## **Piano**

Individual half hour lessons are offered. Lesson times will be assigned. In-person or mail-in registration only.  
*Instructor: Sharon Dittmar*  
Thursday, 4/15-5/20 (6x) 9:00 am-12 pm \$75  
*\*Make check payable to Sharon Dittmar. There is NO fee waiver and NO refunds for missed classes. Check will be held until last appt.*

## **Guitar or Ukulele**

Individual one-half hour lessons will be offered in person or virtually. No prior musical experience is necessary, but you must have your own instrument. Lesson times will be assigned.  
*Instructor: Jenny May*  
Monday, 4/12-5/24 (7x) 9:15 am-1:00 pm \$87.50  
*\*Make check payable to Jennifer May. There is NO fee waiver and NO refunds for missed classes. Check will be held until last appt.*

## **Yoga**

Variations will be presented for beginner to intermediate; so you can work at your own level transitioning from floor to feet. *Instructor: Tina Phillips*  
Wednesdays, 4/14-5/19 (6x) 9:00-10:15 am \$16

## **Chair Yoga**

This class is a combination of meditation and yoga exercise, done from a chair. The ultimate goal is to achieve a gentle and healing experience.  
*Instructor: Jennifer Nuwer*  
Wednesdays, 4/14-5/19 (6x) 11:00 am-12:00 pm \$14

## **Tap Dancing**

The first half of class will work on technique and the second half will work on new dance material and routines. \*Previous Tap Dance experience is required.  
*Instructor: Dawn Tarbox Szerbiak*  
Thursday, 4/13-5/25 (7x) 10:45-11:40 am \$28

## **Tone & Shape**

Exercise to improve your tone, endurance, balance and burn calories. Light stretching, resistance, and strength training. Bring your own bands and light weights to class.  
*Instructor: Marilyn Ciavarella*  
Monday, 4/19-5/24 (6x) 11:45 am-12:45 pm \$18

## **Tai Chi**

**BEGAN IN MARCH BUT YOU CAN STILL REGISTER DESCRIPTION IN MYACTIVECENTER**  
*Instructor: Robert Sachs*  
Tuesday, 3/9-5/25 (12x) 1:30-2:30 pm \$30

## **Tai Chi Intermediate/Advanced**

**BEGAN IN MARCH BUT YOU CAN STILL REGISTER DESCRIPTION IN MYACTIVECENTER**  
*Leaders: Marie Zafron and Alberta Heidinger*  
Thursday, 3/11-5/27 (12x) 1:30-2:30 pm \$10

## **Essential Smartphone Skills-Texting and More**

Learn to take a picture and send it in a text. Add and edit your contacts. Many other texting, camera and photo tips will be discussed.  
*Instructor: Nancy Wise*  
Wednesday, 4/7 (1x) 1:00 – 2:00 pm \$6

# CENTER CLASSES-continued



**CLASS REGISTRATION BEGINS ON MARCH 29. YOU MAY REGISTER:**

1. Online at <https://myactivecenter.com/#signup/USA.NY.Amherst.Amherst-Center-for-Senior-Services>
2. By mailing a completed registration form with full payment.
3. Walk-into the Center with completed registration form and full payment. Must follow COVID guidelines.

## Essential Smartphone Skills – Using Handy Apps

Have you found the Flashlight? Used the Calculator? Set Alarms and Timers? This class will teach you how to do it all. *Instructor: Nancy Wise*

Wednesday, 4/14 (1x) 1:00 – 2:00 pm \$6

## Essential Smartphone Skills – Setting Controls

How do I control the volume? Connect to Wi-Fi? Stop the screen from turning? Make the text larger? Learn more about these and other settings to manage your device.

*Instructor: Nancy Wise*

Wednesday, 4/21 (1x) 1:00 – 2:00 pm \$6

## Essential Smartphone Skills-Using Your Personal Assistant

The more you use your device, the more it learns, so it can help make your life easier. It's like having your own Personal Assistant. *Instructor: Nancy Wise*

Wednesday, 4/28 (1x) 1:00 – 2:00 pm \$6

## Introduction to iPads

Do you own an iPad and want to put it to better use? We will cover all the basics. Bring your iPad with you, along with your questions.

*Instructor: Nancy Wise*

Wednesday, 4/14 (1x) 11:30 am – 12:30 pm \$6

## HEALTH INSURANCE

### Independent Health

**Thursday, April 8 10:00 am-12:00 pm**

Have questions about the plans offered? Meet with a Red Shirt to find out more. Call Amanda at 635-4999 to schedule an appointment.

### Univera

**Monday, April 12 10:00 am-1:00 pm**

Meet with a Univera representative to find out more information on their plans. Call Michele at 572-8315 to schedule an appointment.

### Blue Cross Blue Shield

**Thursday, April 15 9:00 am-12:00 pm**

Find out more about the plans offered by BCBS. Call Tammy at 636-3055 ext. 3172 to schedule an appointment.

### Medicare 101 Sheridan Benefits

**Tuesday, April 20 at 10:00 am**

Does Medicare have you puzzled? Attend a no-cost, no-obligation Medicare 101 class presented by Sheridan Benefits. All attendees will receive a Medicare informational booklet. Please call Maria Schenk at 345-0337 to reserve your spot.

### Medicare 101 Clarity Group

**Thursday April 22 at 10:00 am**

Are you retiring or beginning the Medicare process? Then this Medicare 101 is the class for you. Please call Lisa at 864-4886 to reserve your spot.

## AROUND TOWN!

### Walks

Tuesday, April 6 at 3:00 pm-Ellicott Creek Trailways (North Forest & Maple)

Tuesday, April 13 at 3:00 pm-Billy Wilson (1290 Hopkins Rd)

Tuesday, April 20 at 3:00 pm-Amherst State Park (390 Mill Street)

Tuesday, April 27 at 3:00pm-Ellicott Creek Trailways



### Stroll in Williamsville Village

Thursday, April 22 at 3:00 pm  
We will meet at the entrance of Island Park behind Amherst Town Hall.

### PAUTLER'S IS OPEN!

Thursday, April 29 at 12:00

Join us for lunch at Pautler's (6343 Transit Road-East Amherst). You are responsible for your own purchases.

Please RSVP to Jen at [jlazarz@amherst.ny.us](mailto:jlazarz@amherst.ny.us) or register at [MyActiveCenter.com](http://MyActiveCenter.com)



# DAILY VIRTUAL PROGRAMS

Reservations are **REQUIRED** for all programs listed. Please make your reservations on MyActiveCenter <https://myactivecenter.com/> If you are unable to create a MyActiveCenter account please call the Reception Desk at 636-3050 to make reservations.

## Zoom Games

Tuesday, April 13 at 11:00 am-*America Says*  
Tuesday, April 27 at 11:00 am-*Battle of the Sexes*



## Zoom Cooking with Jen

Thursday, April 1 at 3:00 pm-April Fools  
Meatloaf Cupcakes  
Tuesday, April 27 at 1:00 pm-One-Pan  
Greek Lemon Chicken & Rice

## Funny Hacks that Work (Zoom)

Friday, April 9 at 2:00 pm  
Does that really work? Watch as we attempt to see what hacks really work.

## Happy Hour (Zoom)

Friday, April 9 and Friday April 23 at 3:00 pm  
CHEERS to the weekend!

## Fun With Food (ZOOM) 11:00 am

Thursday, April 15-*Pina Colada Tube Cake*  
Thursday, April 22-*Raspberry Moscow Mule Cake*  
Thursday, April 29-*Rum Cake*

## Zoom Book Club 3:00 pm

Friday, April 16-*Me Before You* by Jojo Moyes  
Friday, April 30-*Where the Forest Meet the Stars* by Glendy Vanderah

## Zoom 2 Truths and a Lie

Tuesday, April 20 at 1:00 pm  
Join us with 3 facts about yourself. We will guess which fact is a lie

# 10

## Know the 10 Warning Signs of Alzheimer's Disease (Zoom)

Wed, April 21 11:00 am  
What to watch for in yourself and others  
*Presented by Alzheimer's Association of WNY*

## TRAVEL SAFELY

Wednesday, April 21 1:00 pm

Learn how to safely navigate domestic travelling in your car or on motor coach.

*Presented by:*  
Melissa Petersen  
AAA Travel



## April Birthday Celebration (Zoom)

Friday, April 23 at 2:00 pm  
Pick up goodie bag on April 22 at the Front Desk between 12:00-1:00 pm. Then join us on Zoom as we wish happy birthday to April babies

# DAILY PROGRAMS AT THE CENTER

## Games

Tuesday, April 6 at 11:00 am-*Yahtzee*  
Tuesday, April 20 at 11:00 am-*Taboo*

## Ask a Cop

Wednesday, April 7 at 1:30 pm  
Join members of the Amherst Police Department with any questions you have or simply to listen

## Mind Teasers

Tuesday, April 13 at 1:00 pm



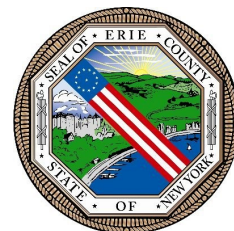
## Cooking with Jen-Cinnamon Roll Apple Pie

Wednesday, April 14 at 11:00 am  
Please bring a pie dish, apple peeler & rolling pin. **\$5 fee**

## Armchair Traveler

Thursday, April 22 at 1:00 pm  
Join us as we travel to Poland from the comfort of our seats!

**Erie County Clerk's Office**  
**Tuesday, April 13**  
**Time TBD**



A Staff member from the Erie County Clerk's Office will be on hand with *information* on:  
Auto Bureau appointments, Real ID preparations, passports (both new and renewals), Thank A Vet enrollment and much more.

# HYBRID PROGRAMS

Reservations are **REQUIRED** for all programs listed. Please make your reservations on MyActiveCenter <https://myactivecenter.com/> . If you are unable to create a MyActiveCenter account please call the Reception Desk at 636-3050 to make reservations.

## Monday Motivators at 10:00 am

Monday April 5, 12, 19, 26

Join us as we talk about what keeps us motivated

## Facts about April Holidays at 11:00 am

Monday, April 5 *Good Friday, Easter and Dingus Day*

Monday, April 12 *Ramadan*

Monday, April 19 *Earth Day*

Monday, April 26 *Full Moon*

## Mad Libs

Monday April 5, 12, 19, 26 at 2:00 pm

Mad Libs help you create funny stories by having you supply nouns, verbs, adjectives and other parts of speech to fill in the blanks

## Parkinson's Foundation WATCH PARTY

Tuesday April 6 at 2:00 pm

April is National Parkinson's Awareness Month so it is the perfect time to learn more about Parkinson's Disease and what is happening in this field.

*Presented by: Chris Jamele, Development Director, New York and New Jersey Chapter of the Parkinson's Foundation*

## Bingo

Wednesday, April 7, at 11:00 am

Wednesday, April 14, at 2:00 pm

Wednesday, April 21, at 2:00 pm

Wednesday, April 28, at 11:00 am

Please pick up your boards at the Reception Desk if you are attending via Zoom

## Stress FUNDamentals

Thursday April 8 at 11:00 am

Everyone suffers from stress. However, too much stress can be dangerous. We'll discuss how stress affects our health and ways to manage stress. We'll also talk about the benefits of humor—because everyone can use a good laugh! Join our watch party or enjoy from the comfort of your home. *Presented by: Jennifer Johnson, BCBS*

## Trivia Thursdays-Test Your Smarts!

April 8, 15, 29 at 2:00 pm

Test your smarts with random trivia questions

## HYBRID FINANCIAL LITERACY WEDNESDAY PROGRAMS *Sponsored by:*



### Make it Last: Money Saving Tips after Retirement

April 7<sup>th</sup> 1:00 pm-2:15 pm

Join our experts to uncover new ideas to save you more. From free and low-cost options to keep you entertained in WNY, where and how to shop to save money, minimizing fixed expenses, to preparing a retirement spending plan.

*Presented by: Julie Whitbeck-Lewinski, Care Patrol of Buffalo Niagara, Austin DuMond, Equitable Advisors and Lorrie Metzger, Mom and Couponer*



### The Upside of Downsizing: Home Staging and Safety

April 14<sup>th</sup> 1:00 pm-2:15pm

Declutter to uncover your simplified and safe home! There are many upsides to downsizing. Learn ways to organize your home and let go of things you won't need in the future. Explore how to stage your home not only for a future sell, but also to improve safety while you remain in the home.

*Presented by: Anne Marie Klosko, Elder Transition Consulting LLC, Mimi Piciullo, Keller Williams Realty, Inc. and John Conway, Director, WNY Aging in Place Services LLC*



### Consumer Protection: Senior Scams

April 21 at 10:00 am

Educate yourself on Senior Scams and how to maintain your financial security. Learn their policies, best practices and their responsibility to consumers.

*Presented by: Jess Poleon, Director of Erie County Office of Consumer Protection*



### Treasures to Riches:

#### How to sell your stuff

April 28<sup>th</sup> 1:00 pm-2:15pm

What do you do with all of your "treasures" you don't need? Consider all the ways to sell from consignment, on-line sales, to auctions, and more. Things you can't sell? Learn ways to donate goods while supporting a charity.

*Presented by: Julie Whitbeck-Lewinski, Care Patrol John Jacobs, Queen City Estate Sales*





# SOCIAL WORK

## Social Work Services are Here for You!

Your needs are important to us and we want to assure you that we are still committed to working diligently to provide information and referrals for programs and services. The Center is currently open for appointments and reservations. Social Work is available to meet for in-person office visits **by appointment only**, as well as telephone or virtual appointments. Please call the Social Work office at 636-3055 ext. 3165 to schedule an appointment.



## Friendly Visitor Program is going virtual!

The Friendly Visitor Program provides socialization to isolated home-bound individuals living in the Amherst area. Individuals will meet virtually for a Friendly Visit. The program is provided by the Amherst Center for Senior Services. If you would like more information on how to become a participant or volunteer, please contact the Center's Social Work office.

## CAREGIVERS- We are looking for YOU!

You are not alone.



We would like to restart our Caregivers Support Group. If you are interested in attending or have ideas you'd like to share, please let us know.

## Widow/Widowers Support Group Grief Discussion Tuesday, April 13 at 11:00 am



Join us for this month's Discussion topic, *Coping Skills and Healing*.

## Just Say It! Monday, April 26<sup>th</sup> at 10:00 am



Join us as we respectfully share thoughts and simply talk freely among peers. No worries about being "appropriate" or "speaking carefully" in fear of what others will think. This group would like to hear what you have to say. **JUST SAY IT!** Please note; what we talk about in this group stays in this group.

## Stress Awareness Month

A small amount of stress once in a while is a good thing, but ongoing stress is not healthy. If you are interested in learning how to deal with this stress and find a way to live a productive, healthy, happy life. Please contact our Social Worker, Vijaya.

## All programs and visits to the Center are by reservation only.

If you are interested in attending one of these programs or would like to schedule an appointment with our Center Social Worker, Vijaya Tomar, please contact [vtomar@amherst.ny.us](mailto:vtomar@amherst.ny.us) or at 636-3055, ext. 3165.



## ARE YOU OR SOMEONE YOU KNOW IN NEED OF HOME-BASED SERVICES?

Through a partnership with Erie County Senior Services the Center has an in-house Senior Outreach Program. Trained staff are available to provide assessments for home and community-based services such as Meals on Wheels, Home Care, Adult Day Care and Personal Emergency Response Buttons. There may even be funds available to assist in the cost of services.

**Call Senior Outreach Services directly at 636-3070.**

**Vijaya Tomar, Social Worker 636-3055, ext. 3165**

# VOLUNTEER NEWS

While we value and appreciate each and every one of our volunteers, it seems especially important right now to recognize two particular groups of volunteers.



A very special thank you to our volunteers who have been pivotal in helping us re-open the Center just a few short weeks ago. Without you, we would not have been able to do so. We realize we expect a great deal from you; asking you to be vigilant in monitoring the check-in kiosks at the Hospitality Desk. This is crucial so that we can be sure that only members with a reservation or appointment can be in the building at any given time. Of course, this is vital for contact tracing purposes and helps us maintain capacity limits. Inevitably, there are often unusual circumstances that present themselves at the Hospitality Desk each day and you manage to handle those with professionalism and grace. You are the first contact for folks as they come into the Center and as such, the kindness and enthusiasm with which you welcome our members and guests are a joy to observe and we are so proud to have you representing all the good things the Center is about. Thank you for doing it so well!



The second group we'd like to acknowledge is our COVID-19 Vaccine Clinic volunteers. Where do we begin to thank you for what you have done and continue to do for hundreds and what could likely be thousands of people? You have been a part of history, on the front lines, making sure as many people could be vaccinated as efficiently as possible. The sheer numbers of people coming in, the several-step process, the anxiety of some of the folks receiving their vaccine... it's been a little bit of a challenge that many people would not have been able to handle with the same level of empathy and patience that you all have shown week after week. The accolades have been robust and we are so fiercely proud of what you have been able to Accomplish. We encourage you to give yourselves a pat on the back for your contribution. You may never know how many folks you've kept healthy or lives you may have saved by doing what you've been doing. But then, that's who you are...people who put the needs of others before your own. There are no words...



And to all the Amherst Meals on Wheels volunteers, our Nutrition volunteers, our Gift Shop volunteers and our Club volunteers, you've all given us a sense, or at least a reminder, of what "normal" feels like in an abnormal time. That is no small feat and we are aware of and grateful for your contributions each & every day.



**Jodi Kwarta, Director of Volunteer Services, [jkwarta@amherst.ny.us](mailto:jkwarta@amherst.ny.us) or 636-3055, ext. 3126.**

## MAIL SUBSCRIPTION

To have the Network delivered to your home, mail this form, along with \$6 check payable to:

**Amherst Center for Senior Services and mail to:**  
**NANCY LECLAIR**  
Amherst Center for Senior Services  
370 John James Audubon Parkway  
Amherst, NY 14228

## GENERAL MAILING SUBSCRIPTION for 1 Year

**Name:** \_\_\_\_\_

**Street Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

**[amherstcenterforseniorservices.com](http://amherstcenterforseniorservices.com) or 636-3050**



## AMHERST CENTER FOR SENIOR SERVICES' CLUB LIST

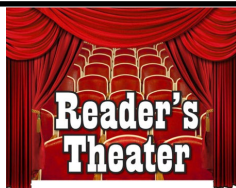
The clubs listed below are Current Active Clubs. Joining a club is an excellent way to socialize with people with similar interests. If you are interested in more information or joining the club, simply contact the club leader.

CLUB	LEADER	CONTACT
Amherst Senior Singers Club	Carol Mayo	632-3929
Art Club	JoAnn Jarmusz	565-3332
Chess Club	Bill Rich	908-9223
Mon. Community Service Club	Joanne Brozyna	689-2674
Genealogy Club	Arlene Neely	688-6174
Knitting Club	Marylou Urban	688-4023
Men's Golf Club	Jim Pettis	626-0889
Rummikub Club	Mary Migliore	240-1101
Stained Glass Club	Tom Richards	832-5641
Upholstery Club	Kate Wagner	836-2439
Walking Club	Helen Findlay	832-8738
Wood Carving Club	Joanne Cole	636-3050
Woman's Golf Club	Mary Ann Young	639-1169

### READER'S THEATER PERFORMANCE

Join our *Watch Party* or watch via ZOOM

Monday April 19 at 1:30 pm



Members will perform 3 short skits-

- *And Then There Were None*
- *Happy Habits*
- *Murder of Mrs. Brooks*

Watch along and enjoy some laughs!

#### Join Zoom Meeting:

[https://us02web.zoom.us/j/89004130093?](https://us02web.zoom.us/j/89004130093?pwd=bGtIZDU0Qkp4Sm1EZENCTi83ST11UT09)

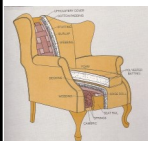
[pwd=bGtIZDU0Qkp4Sm1EZENCTi83ST11UT09](https://us02web.zoom.us/j/89004130093?pwd=bGtIZDU0Qkp4Sm1EZENCTi83ST11UT09)

Meeting ID: 890 0413 0093

Passcode: 514136

### CLUB UPDATES:

**Upholstery Club** has resumed meeting on Wednesday's from 9:30 to 11:30 am in Room 3. Must RSVP



**Genealogy Club** meets over ZOOM every other Tuesday



**Golf Club** Contact Jim Pettis at [jrpettis1@yahoo.com](mailto:jrpettis1@yahoo.com) or call (716) 626-0889 with any questions



**Walking Club** will resume starting April 22 on Thursdays at 10:00 am. Please meet under the awning.



## SOCIAL WELL BEING FOR OLDER ADULTS

Social engagement is important for people's well-being, regardless of their age. Yet, it's probably most vital during a person's senior years because older adults are sometimes more susceptible to social isolation than younger people. Besides, it can be fun and refreshing to take advantage of social opportunities that let you share and connect with others who are in similar situations with similar interests.

Getting involved in a club is a fantastic way to stay socially active. There are clubs for just about anything you can imagine. Some are general interest and offer a variety of activities, while others concentrate on specific interests.

**This menu is subject to change**

# APRIL-NUTRITION



The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. LUNCH is served Monday-Thursday, from 12:00 pm-1:00 pm.

**Reservations must be made at least 24 hours in advance by calling 636-3050. There are absolutely NO walk-ins accepted.**

The Erie County Nutrition Program is open to anyone 60 years of age or older at a suggested contribution of \$3. Guests under 60 are welcome for \$5.

**There will be no lunch offered at the Center on Fridays due to other activities in the building. Frozen meals can only be picked up on Fridays for the time being. They can be ordered at 636-3050.**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
			1 Roast beef Oven brown potato Green beans Grape juice Roll Fruit tart
<b>5 DYNGUS DAY</b> Cabbage roll Mashed potato Carrots Wheat dinner roll Donut	<b>6</b> Sliced ham w/pineapple Scalloped potatoes Broccoli Rye bread Chocolate chip cookie	<b>7</b> Spaghetti & meatballs Cauliflower Blended juice Dinner roll Lemon ice	<b>8 NATIONAL POUTINE DAY</b> Pork chop w/gravy Poutine (french fries & gravy) Mixed vegetables Multigrain bread Cake
<b>12</b> Chicken Spanish rice Mixed vegetables Wheat bread Cookie	<b>13</b> Salisbury steak Mashed potato Mixed vegetables Rye bread Tropical fruit	<b>14</b> Omelet Garden vegetable rice Carrots Dinner roll cake	<b>15</b> Turkey w/gravy Mashed potatoes Peas & onions Stuffing Diced peaches
<b>19</b> Polish sausage Sauerkraut Pierogi Mixed vegetables Roll Mandarin orange	<b>20</b> Spaghetti & meatballs Broccoli Grape juice Pasta Fruit cocktail	<b>21</b> Chicken stir fry Stir fry vegetables Carrots Rice Fortune cookie	<b>22</b> Scrambled eggs Sausage Pancakes Orange juice Tropical fruit
<b>26</b> Turkey ala king Mashed potatoes Carrots Muffin Fruit cocktail	<b>27</b> Chicken Caesar salad Chili Italian bread Angel food cake	<b>28 FREE LUNCH</b> Meatloaf w/gravy Au gratin potatoes Lima bean bake Honey bran bread Tropical fruit	<b>29</b> Pork chop w/gravy Mashed potatoes Peas Dinner roll Chocolate



Join us on Wednesday, April 28 for a FREE lunch compliments of Brompton Heights!  
**RESERVATIONS REQUIRED FOR ALL LUNCHEES**

**BROMPTON HEIGHTS, INC.**  
Affiliated with Hamister Group, LLC

**amherstcenterforseniorservices.com or 636-3050**

# SENIOR CENTER REOPENING GUIDELINES

Important

We are reopened under new guidelines that must be followed by all members. If you are not comfortable with any of the new guidelines we ask that you do not come to the Center at this time.

You are to enter and exit through the Main Doors ONLY. You must follow all signage as posted. If you are sick, coughing, or have a fever, do not come to the building.

Before you enter the building:

- You must have on a face mask that covers your nose and mouth and this must remain on while moving throughout the building. Staff will provide you with a correct one if they feel yours is not sufficient.
- You must have an appointment to enter.
- Hand sanitizer is available at check-in and throughout the bldg. You are also encouraged to bring your own.
- You must self-check at home and be able to answer NO to ALL of the following questions:

1. Have you experienced any of the COVID-19 symptoms in the last 14 days?
2. Have you tested positive for COVID-19 in the last 14 days?
3. Have you come in contact with someone with a confirmed case of COVID-19 in the last 14 days?

Also, if you have travelled out of New York, you must follow the protocol listed in the COVID-19 Travel Advisory at <https://forward.ny.gov/covid-19-travel-advisory>

- Please use your membership keytag to check in.

## Social Distancing:

Everyone must social distance while in the building. Those living in the same household may sit together. All seating and table setups will be maintained per social distancing guidelines. Markings will be on the floors where social distancing is mandatory. There will be a limited number of people in the building.

## Additional Requirements:

Everyone must have their own equipment and/or supplies needed for an activity, unless otherwise noted. No one will be allowed in a room unless it has been sanitized. Sanitizing will be done per Center Policy. There will be no sharing of food or drinks. No one is allowed in the kitchen except staff or designated volunteers.

## Classes and Programs:

ALL classes and programs are by appointment only and space is limited.

You must register for **programs** by logging onto [myactivecenter.com](http://myactivecenter.com) or by calling 636-3050 from 8:30 am to 4:30 pm. Voice mails will not be accepted.

You can register for **classes** by logging into [myactivecenter.com](http://myactivecenter.com), by mailing in your registration form with full payment, or registering in-person at the Center.

- A limited number of classes and programs will be offered each week.
  - Staff reserves the right to limit the amount of programs that an individual can participate.
  - Members should not arrive any earlier than 15 minutes prior to your activity.
  - Once the program or class is complete, we ask that you leave the building.
  - Bring your own water bottle. There will be no available water fountains or coffee stations.
- Staff will check you in and confirm your appointment. We will utilize this information if needed for contact tracing.

## MOVIE & DOCUMENTARIES ARE SHOWN AT THE CENTER

**Monday, April 5, 1:00 pm The King of Staten Island** *Scott's reached his mid-20s having achieved little. When his mother starts dating a loudmouth firefighter, it sets off a chain of events that will force Scott to his first tentative steps toward moving forward in life.* R, 2 H 17 M

**Thursday, April 8, 1:00 pm Schindler's List** *Businessman Oskar Schindler arrives in Krakow in 1939, ready to make his fortune from World War II. After joining the Nazi party for political expediency, he staffs his factory with Jewish workers. When the SS begins exterminating Jews, Schindler arranges to have his workers protected to keep his factory in operation.* Rated R 3 H 17 M

**Monday, April 12, 1:00 pm Ford vs Ferrari** *The remarkable true story of the visionary American car designer Carroll Shelby and the fearless British-born driver Ken Miles, who together build a revolutionary race car for Ford Motor Company and take on the dominating race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966.* PG 13, 2 H 18 M

**Thursday, April 15, 10:00 am The Winding Stream : the Carters, the Cashes, and the course of country music** *The story of the musical Carter and Cash families, the dynasty at the heart of country music.* 90 M DOCUMENTARY

**Monday, April 19, 1:00 pm Senior Love Triangle** *An 84-year old WWII veteran meets two elderly women and goes on a crusade to save them from the isolation of their retirement homes in East Hollywood.* PG 13, 1 H 32 M

**Monday, April 26, 1:00 pm Emma** *Following a young woman, Emma Woodhouse, who lives in Georgian- and Regency-era England and occupies herself with matchmaking often in a meddling fashion- in the lives of her friends and family.* PG, 2 H 12 M

**Thursday, April 29, 1:00 pm Along the Erie Canal Carousel menagerie.** *Carousel menagerie explores all aspects of carousels, from the carving of the horses and printing of music rolls for the organ to the collecting of memorabilia. Visit the Herschel Carousel Museum and the restored Dentzel Menagerie Carousel in Rochester.* 90 M DOCUMENTARY



# 2021 CLASS REGISTRATION Begins Monday, March 29

Registration is on a first-come, first-serve basis

### 1. Online

To register online, you must be a member and set up an account at myactivecenter.com. Payment must be by Mastercard, VISA, Discover or American Express

### 2. By Mail

A separate form must be filled out for EACH person. If you are using a credit card, make sure to include number, expiration date and CVV number from back of card. Make checks payable to Amherst Center for Senior Services. Mark envelope CLASS REGISTRATION. Include a self-addressed stamped envelope for class confirmation and receipt if desired.

### 3. Walk In (Please follow COVID-19 guidelines)

Please bring completed registration form along with EXACT payment by credit card, cash or check.

Phone registration is NOT AVAILABLE AT THIS TIME.

*Please make sure that all registration forms are filled out completely, accurately and legibly.*

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Has any information changed? \_\_\_\_\_ If so, what? \_\_\_\_\_

Complete Course Title	Center	Zoom	Day	Time	Start Date	Fee

<b>TOTAL</b>	
--------------	--

(Please circle one)

Cash Charge Check Check Number: \_\_\_\_\_

Card Number:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Expiration Date:

	/	
--	---	--

CVV Number:

--

Total Charge:

--

Signature Required: \_\_\_\_\_

**Mail to: Amherst Center for Senior Service  
ATTN: CLASS REGISTRATION  
370 John James Audubon Parkway  
Amherst, NY 14228  
amherstcenterforseniorservices.com**

Office Use Only
Date: _____
Initials: <b>14</b>