



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

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 Buffalo, NY



amherstcenterforseniorservices.com

MAY 2021



CLASS CATALOG
 The Summer Course Catalog
 will be available in early May.
 Registration will begin on
 Monday, May 17.

THE NETWORK



COMMUNITIES OF STRENGTH: MAY 2021



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 |
| Mail Subscription | 14 |
| Membership | 3 |
| Menu | 13 |
| Movies | 6 |
| Older American's Month | 9 |
| Programs | 7-9 |
| Reopening Guidelines | 14 |
| Social Work | 10 |
| Volunteer News | 11 |

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

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 |



Our Center has recommitted itself to making sure we are a place that is welcoming to people from all different types of backgrounds, identities and beliefs. In doing so, we are working to foster a culture of inclusion where everyone treats one another (and gets treated) with dignity and respect.

Cultural diversity is respecting all diverse groups in society, acknowledging our differences, and valuing all members inclusively. Every member of our Center has a unique background and a story to accompany them. By celebrating what makes someone unique, we all benefit. You can help other members feel like they belong here by learning about and celebrating the importance of their religious practices, holiday celebrations and favorite foods.

One of our Center's fundamental values is that we value all members and volunteers as unique individuals and we welcome the variety of experiences they bring to our organization. A term you may hear me describe as my goal is "creating BEDI." BEDI stands for Belonging, Equity, Diversity & Inclusion.

- Belonging– The feeling that you, as an individual, can “be yourself” without needing to put on an act
- Equity – The fair treatment, equality of opportunity and fairness in access to information and resources for all
- Diversity- Representation of all our varied identities and differences, collectively and as individuals
- Inclusion - Actively inviting the contribution and participation of all people.

You may have seen a recent survey e-mailed to you asking for your opinion on how welcoming you perceive the Center to be. While I am proud that the vast majority of people who responded to the survey found the Center to be a very welcoming place, it helped identify some improvement areas. We can improve our outreach to diverse communities and make sure our programs are attractive to all types of people.

Brian

DISHIN WITH THE DIRECTOR

Wednesday, May 5 at 10:00 ZOOM
Join Brian for some casual conversation

Advance reservation required



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 Monday, May 31 in honor of Memorial Day.

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

*Monthly art is displayed compliments of
Asbury Pointe*



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

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.



Every May, the Administration for Community Living leads our nation's observance of Older Americans Month (OAM). The theme for 2021 is "**COMMUNITIES OF STRENGTH.**"

COMMUNITIES OF STRENGTH: MAY 2021 Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.

Connect with us at the Amherst Center for Senior Services! We have special programs in honor of Older American's Month sponsored by Elderwood. See page 9.



Calling all Antique Car Owners – Please contact Jennifer in the Program Department at 636-3055 ext. 3112 if you would like to participate in our Car Show on June 16.

amherstcenterforseniorservices.com or 636-3050

VIRTUAL CLASSES

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.

CLASS CATALOG
The Summer Course Catalog
will be available in early May.
Registration will begin on
Monday, May 17.

It's not too late. Even though classes have started for the current session (4/12-5/28), you are still welcomed to join in on the fun.

AARP Defensive Driving Classes:

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)

10:00-11:00 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)

9:00-10:15 am \$16

Thursdays, 4/15-5/20 (6x)

9:00-10:15 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) 1:00-2:00 pm \$14

Current Events

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

Leaders: Jeff Goodman, Dick Mallison, Dick Schanley

Wednesdays, 3/3-5/26 (13x) 9:30-11:30 am Call Cindy at 636-3055, ext. 3109 for information and fee.

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 started by Dr. Kataria 25 years ago. No equipment necessary and can be done sitting or standing.

Instructor: Jenny May

Wednesday, 5/19 (1x) 11:00-11:50 am \$3



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) 10:00-11:30 am Call Cindy at 636-3055, ext. 3109 for information and fee.

CENTER CLASSES

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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.

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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 Card Rm \$28

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. Once registered you will be contacted regarding your time slot.

Instructor: Jenny May

Mondays, 4/12-5/24 (7x)
9:15 am-1:00 pm
Music Rm \$87.50

**Make check payable to Jennifer May. In person or mail in registration only. No Fee Waiver. Fee cannot be refunded if you miss a lesson. Check will be held until last appointment.*

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 Card Rm \$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 Card Rm \$18

Tai Chi

BEGAN IN MARCH BUT YOU CAN STILL REGISTER

For individuals who have taken a class from Robert Sachs before or have some Tai Chi experience.

Instructor: Robert Sachs

Tuesday, 3/9-5/25 (12x) 1:30-2:30 pm

Call Cindy at 636-3055, ext. 3109 for information & fees



Tai Chi Intermediate

Must have completed Beginning Tai Chi Class or have advance Tai Chi experience

Leaders: Marie Zafron and Alberta Heidinger

Thursday, 3/11-5/27 (12x)
1:30-2:30 pm Health Rm \$10

Piano

Individual one-half hour lessons will be offered. Lesson time to be assigned.

Instructor: Sharon Dittmar

Thursday, 4/15-5/20 (6x) 9:00 am-12:00 pm
Music Rm \$75

**In person or mail in registration only. Make check payable to Sharon Dittmar. No fee waiver. Fee cannot be refunded if you miss a lesson. Check will be held until last appointment.*

CENTER CLASSES-continued

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.
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Computer Skills – Windows 10 Essentials

Knowing how to move and size windows on your screen is an essential computer skill. There are times when you want to see the contents of two (or more) screens at once. Finding Apps, downloaded files, your account info and device settings will also be covered in this WiseClass! *Instructor: Nancy Wise*
Wednesday, 5/5 (1x) 1:00 – 2:00 pm \$6

Computer Skills – Accounts and Passwords

When you sign into your devices, you are signing into your account. You likely have many accounts and each one may have a different User ID/Name and Password. What happens if you forget your password? What is a Strong Password? Have these questions and more answered in this WiseClass! *Instructor: Nancy Wise*
Wednesday, 5/12 (1x) 1:00 – 2:00 pm \$6

Smartphone Skills – Understanding Your Smartphone

You will learn about using the touchscreen, finding apps, getting notifications, and more in this essential WiseClass. *Instructor: Nancy Wise*
Wednesday, 5/19 (1x) 1:00 – 2:00 pm \$6

Smartphone Skills – Talking to It

The more you use your device, the more it can help make your life easier. It's like having your own Personal Assistant! Learn to talk to your assistant in this WiseClass!
Instructor: Nancy Wise
Wednesday, 5/26 (1x) 1:00 – 2:00 pm \$6

LOOKS WHAT'S COMING BACK:

The following classes will be added to other Center classes in June:

- Acrylic/Oil Painting
- Functional Living Everyday Exercise (FLEE)
- Drums Alive (NEW)
- Country Line Dancing – Beginner/Beginner Plus
- Zumba
- Drumming Circle

Would you be interested in a Creative Writing Workshop?

This course would be intended for serious creative writers familiar with literature to discover writing possibilities and strategies. It will focus on the demands of the various genres, including narration, poetry, and drama, exploring the differences in writing for the stage, the movies, and television. Participants would read their work aloud and discuss it with other class members.

If this is a class that you would be interested in or you would like more information on, please call Cindy at 636-3055 x 3109.



MOVIES & DOCUMENTARIES AT 1:00 PM AT THE CENTER

MOVIES:

- Monday, May 3 **Barb & Star Go to Vista del Mar** Comedy, PG 13, 1 H 47 M
Monday, May 10 **News of the World** Western/Drama, PG 13, 2 H
Monday, May 17 **The Last Vermeer** Drama, Rated R, 2 H
Monday, May 24 **One Night in Miami** Rated R, Drama, 2 H

DOCUMENTARIES:

- Thursday, May 13 **Amazing Grace-Aretha Franklin** Rated G, 1 H 30 M

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.

VIRTUAL PROGRAMS



Cooking with Jen

Tuesday, May 4 at 1:00 pm
Chicken Tortilla Soup

Flashback Fridays

May 7, 14 and 28 at 2:00 pm
Take a step back in time to learn about world events

Happy Hours-Recipes provided after registration

May 7, 14, 21 and 28 at 3:00 pm
Join us to toast the weekend!

FUN with FOOD-Coconut Macaroons

Monday, May 10 at 11:00 am

Games

Tuesday, May 11, at 11:00 am-*America Says*
Tuesday, May 25, at 11:00 am-*Outburst*

Book Club-*The Vanishing Half* by Brit Bennett

Friday, May 21 at 2:00 pm

Birthday Celebration

Friday, May 21 at 2:00 pm
Pick up goodie bag on May 20 at 1:00 pm at Center

A
SPECIAL
PRESENTATION

Sun Records and the Birth of Rock and Roll
Tuesday, May 11 at 2:00
Presented by: Barbara Sims

Barbara Barnes Sims is the author of the *THE NEXT ELVIS: SEARCHING FOR STARDOM AT SUN RECORDS*.

At Sun Record Company in Memphis, where she was employed from 1957-1960, Barbara got a close-up view of some of the most remarkable events in American musical history. As the studio's one-woman publicity and sales promotion department, Barbara worked closely with founder Sam Phillips (the man who discovered Elvis) in launching several trend-setting singers. These included Johnny Cash, Jerry Lee Lewis, Carl Perkins, Roy Orbison, and Charlie Rich.

Barbara later joined the English faculty of Louisiana State University, where she taught for 36 years and received two university-wide awards for superior teaching

CENTER PROGRAMS

Games

Tuesday, May 4, at 11:00 am-*Headbands*
Tuesday, May 18, at 11:00 am-*Taboo*

Mother's Day Celebration Tea

Wednesday, May 5 at 11:00 am

Stay for lunch at 12:00 pm and a special Mother's Day Edition of Bingo at 1:00 pm!

Sponsored by: AETNA



Hot Dog Sale-\$1.50 (Please have exact change)
Thursday, May 13 at 11:00 am while supplies last



Cooking with Jen-\$4 fee

Tuesday, May 18, at 1:00 pm
Mandarin Orange Scones Please bring a baking sheet and a citrus zester

Project Hope

Wednesday, May 19 at 2:00 pm
Has COVID caused you to feel uncertain, overwhelmed or anxious? Join us for information, education, emotional support and links to resources
Presented by: James Peterson of Project Hope

Armchair Traveler "Hawaii"

Thursday, May 20 at 2:00 pm

Finish the Lyric – Tuesday, May 25 at 1:00 pm

*The warden threw a party in the county jail
The prison band was there, and they began to wail
The band was jumpin', and the joint began to swing....*

Basic Range of Motion

Wednesday, May 26 at 10:30 am
This class will provide Basic Range of Motion (BROM) exercises for Seniors. It will also provide simple exercises that can be done at home to improve mobility, balance, and strength. *Presented by: Physical and Occupational Therapist, Fallon Health Weinberg-PACE*

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.

HYBRID PROGRAMS

Bingo

Wednesday, May 5 at 1:00 pm-*Mother's Day Edition*

Wednesday, May 12 at 11:00 am

Wednesday, May 19 at 11:00 am

Wednesday, May 26 at 11:00 am

Celebrity Fast Fact Game

Monday, May 10 at 3:00 pm Five clues to guess!

Word Up Wednesday

Wednesday, May 12 at 1:00 pm *Scattergories*

Osteoporosis and Falls WATCH PARTY

Thursday May 13 at 11:00 am

Approximately 44 million Americans have osteoporosis and low bone mass. Osteoporosis causes bones to become thin and break easily. Learn what causes older adults to fall and how osteoporosis and falls are related.

Presented by: Jennifer Johnson, BCBS Healthnow

Trivia

Thursday, May 13 at 2:00 pm

Thursday May 27 at 2:00 pm *Memorial Day Edition*

UNIVERSITY EXPRESS WATCH PARTIES

Monday, May 3 at 10:00 am **Living with Anxiety**

Thursday, May 6 at 2:00 pm **Post-Pandemic Technology: Is the Playing Field Even?**

Monday, May 10 at 2:00 pm **JoAnn Falletta: My journey with the BPO**

Wednesday, May 12 at 10:00 am **Brain Games III**

Wednesday, May 12 at 2:00 pm **Nikola Tesla.**

Transformed Civilization. Was Forgotten. Not Any More

Monday, May 17 at 10:00 am **Let's Talk Depression & Suicide**

Tuesday, May 18 at 2:00 pm **Presidents in Buffalo**

Tuesday, May 25 at 2:00 pm **Creating to Cope**

Wednesday, May 26 at 2:00 pm **Four Deployments Part I**

AROUND TOWN



Walks at 3:00 pm

- Tuesday, May 4-Ellicott Creek Trailways (Maple and North Forest)
- Tuesday, May 11-Amherst State Park (390 Mill Street)
- Tuesday, May 18 at 3:00-Ellicott Island Bark Park (60 Creekside Drive, Tonawanda, dogs welcome)
- Tuesday, May 25-Ellicott Creek Trailways

Andersons (6075 Main Street Williamsville)

Wednesday, May 12 at 3:00 pm

Meet at Andersons for a sweet treat. You are responsible for your own purchases.

Ted's Hot Dogs 7018 Transit Road

Thursday, May 20 at 12:00 pm

Meet at Ted's for lunch. You are responsible for your own purchases. Please RSVP on MyActiveCenter or with Joanne at 636-3055, ext. 3107

Pautler's (6343 Transit Road)

Wednesday, May 26, at 12:30 – Meet at Pautlers for lunch. You are responsible for your own purchases. Please RSVP on MyActiveCenter or with Jennifer at 636-3055, ext. 3112

Day in the Park

Island Park

Thursday, May 13

11:00 Game-Who's Paying Attention? In which hand does the Statue of Liberty hold her torch? Find out other random facts.

12:00 Brown Bag Lunch-Bring a lunch and a chair

1:00 Walk to Sweet Jenny's-Meet in front of Town Hall or at Sweet Jenny's.

Garrison Park

Wednesday, May 19

9:30 am Mean Jeans Exercise Class

11:00 am Game

12:00 pm Brown Bag Lunch-Bring a lunch and a chair

Sponsored by Brompton Heights

North Forest Park (Maple & North Forest)

Thursday, May 27

10:00 am Coffee

11:00 am Lawn Games

12:00 pm Brown Bag Lunch-Bring a lunch and a chair



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.

COMMUNITIES OF STRENGTH

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties.

STRENGTHEN YOUR MIND

'Strengthening Your Brain'
Friday, May 7 at 11:00 am

Presented by Elizabeth Laczi, MA CCC/
SLP PhD CDT
Regional Director of Memory Care for
Elderwood

Attend our Watch Party or watch from the
comfort of your home.

STRENGTHEN YOUR COMMUNITY

Connect Life Blood Drive
Wednesday, May 12 from 10:00 am-2:00 pm

Donors will be entered in a raffle to win a
Summer Fun Package!
Visit ConnectLifeGiveBlood.org or call 529-4270
to make an appointment.

Use sponsor code 000782.

STRENGTHEN YOUR BODY

Body Strength Class
Thursday, May 20 from 12:00-1:00 pm

Exercise to improve your tone, endurance,
balance and burn calories. Light stretching,
resistance, and strength training.

Instructor: Marilyn Ciavarella

STRENGTHEN YOUR BODY

Free Lunch (*Advance reservations required*)
Thursday, May 27 at 12:00 noon

An important way to support strength building is
with good nutrition.
Enjoy breaded chicken, baked potato, spinach,
corn muffin, pound cake

These events are sponsored by our friends at Elderwood



OLDER AMERICAN'S MONTH HISTORY

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month." Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

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 STILL 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 contact Vijaya.

Widow/Widowers Support Group Grief Discussion

Tuesday, May 11 at 11:00 am
SHARE YOUR LOVE STORY



Losing a significant other may leave you feeling like you have lost a piece of your own heart. It can induce fear, insecurity, isolation, and sometimes even anger.

However, all of those emotions can emerge into an ability to live a life filled with compassion. You are invited to share your love story with the group members and celebrate your resilience.

Just Say It! Monday, May 24 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.

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 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

We're so excited about the upcoming **Volunteer Recognition Drive thru!** That being said, we really need your help to make it a successful event for all involved. We encourage car-pooling and masks are required. As long as the **driver's last name** begins with the letter of the alphabet for each designated drive-thru time, we can accommodate you. Please enter only at the designated location in the parking lot, which will be clearly marked, and expect to check in with staff at the starting line, as only registered guests will be permitted to enter. When you arrive, please move along with the traffic flow. To maintain safety for all, please remain in your vehicle through to the end.

Gentle reminder: Last names

A-G 11:00-12:00

H-O 12:00-1:00

P-Z 1:00-2:00



dates and times and more specific information will be provided here, monthly, with respect to each specific event. Our goal is to provide intergenerational experiences for our volunteers, as well as for those in attendance at these Town events.

PUBLIC MARKET

opportunities (10:00-2:00):

Sunday, June 13, Bassett Park
Sunday, July 11, Bassett Park
Sunday, August 8, Bassett Park
Sunday, September 12, Bassett Park



Shout out to all of our volunteers performing your volunteer service **OUTSIDE the Senior Center--** please call or email Jodi to let us know **WHERE** it is that you serve. We want to be sure to touch base with those venues to see if they have additional opportunities for more of our incredible volunteers.

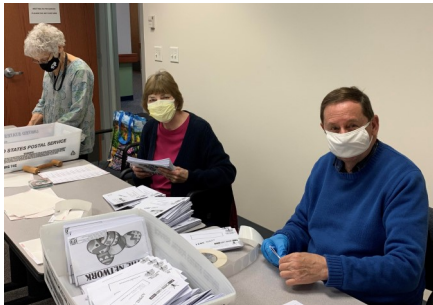
SAVE THE DATES!! We wanted to give our volunteers first dibs on some wonderful upcoming service opportunities through our own Town of Amherst. These opportunities will be available at the Town's public markets and Food Truck Rodeos throughout the rest of this year. Opportunities will include "Read Alouds" to children and will also be open to volunteers wishing to share unique skills and/or talents with the public. Please make a note of the following

FOOD TRUCK RODEO

opportunities (4:00-7:00):

Friday, June 25, Veterans Canal Park
Friday, July 23, North Forest Park
Friday, August 20, Walton Woods Park-Amherst Senior Center
Friday, September 24, Location TBD
Friday, October 22, Royal Park

Our Network Volunteers Hard at Work



Bev, Pat, and Lynn



Rick



Joanne and Shashi

Jodi Kwarta, Director of Volunteer Services, jkwarta@amherst.ny.us or 636-3055, ext. 3126₁₁

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.



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 |
| Creative Writers Club | Carolyn Tackach | 632-7478 |
| Genealogy Club | Arlene Neely | 688-6174 |
| Knitting Club | Marylou Urban | 688-4023 |
| Men's Golf Club | Jim Pettis | 626-0889 |
| Reader's Theater | Pam Williams | 912-0053 |
| 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 |

CLUB UPDATES:

- **Amherst Bike Club** Resumes on Wednesdays beginning on June 2 at 9:30 am. Will start at Maple and North Forest. Contact Club Leader, Jo Ann Stepien at home at 837-7993 or cell 491-6397.
- **Genealogy Club** meets over ZOOM every other Tuesday
- **Golf Club** Contact Jim Pettis at jrpettis1@yahoo.com or call (716) 626-0889 with any questions
- **Upholstery Club** has resumed meeting on Wednesday's from 9:30 to 11:30 am in Room 3. Must RSVP
- **Walking Club** will resume starting April 22 on Thursdays at 10:00 am. Please meet under the awning and RSVP

HEALTH INSURANCE-RSVP required

Independent Health-Tuesday, May 4 at 10:00 am
Presentation on available 2021 Medicare Plans

Clarity Group-Tuesday, May 4 1:00 pm-3:00 pm
Research your Medicare Insurance options with an independent broker. Call Lisa at 864-4886 to make your appointment

Medicare 101 by Clarity Group-Thursday, May 27 at 10:00 am
Are you retiring or beginning the Medicare process?

Univera-Monday May 10 10:00 am-12:00 pm
Meet with a representative to find out information about the available plans. Call Michele at 572-8315 for appointment

Blue Cross Blue Shield-Thursday, May 20 at 10:00 am
Learn about the Medicare A, B, C and D's.
For a personal appointment, please call Meghan at 887-7912

This menu is subject to change

MAY-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> |
|--|--|--|--|
| 3 Julienne salad Vegetable beef soup Fruit punch Italian bread Apple | 4 Turkey with gravy Mashed potatoes Mixed vegetables Dinner roll Cookie | 5 <i>MOTHER'S DAY LUNCH</i> Chicken Rice pilaf Carrots Wheat dinner roll Orange | 6 Macaroni & cheese Stewed tomatoes Broccoli White bread Banana |
| 10 Reuben Garden vegetables Rye bread Mandarin orange | 11 Chicken with gravy Rice Carrots Dinner roll Pineapple chunk | 12 BBQ ribette Mixed vegetables Hoagie roll Cookie | 13 Lasagna rolls Meatballs Chef salad Green beans Italian bread Lemon ice |
| 17 Chili Baked potato Carrots Crackers Diced pears | 18 Pork chop with gravy Mashed potatoes Peas Multigrain bread Chocolate chip cookie | 19 Breakfast sandwich Hash brown potato Spiced apples Mandarin orange | 20 Breaded fish Wild rice Mixed vegetables Dinner roll Apricots |
| 24 Macaroni & cheese Stewed tomatoes Green beans Italian bread Tropical fruit | 25 Cabbage roll Mashed potatoes Peas Dinner roll Brownies | 26 Fish Rice Mixed vegetables 12 grain bread Peaches | 27 <i>MEMORIAL DAY BBQ</i> BBQ chicken Baked potato Corn Corn muffin Pound cake |
| 31 CLOSED  | 1 Turkey with gravy Sweet potatoes Green beans Dinner roll Cookie | 2 Hot dog with roll Potato wedge Corn Fresh fruit | 3 Chicken leg Scalloped potatoes Brussel sprouts Rye bread Banana bread |



SENIOR CENTER REOPENING GUIDELINES



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 MEMBER ONLY by appointment and space is limited. You must register for programs by logging onto 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, 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 confirm your appointment. We will utilize this information if needed for contact tracing.

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: _____