

THE NETWORK

The Monthly Newsletter of the Amherst Center for Senior Services | July 2021

Summer Concerts

See page 5

This Month's
Network is
sponsored by:



DIRECTOR'S NOTE

TABLE OF CONTENTS

Class Information.....	9
Health Insurance.....	8
Mail Subscription.....	5
Membership.....	5
Movies.....	7
Program Information.....	6-8
Social Work.....	11
University Express.....	7
Volunteer News.....	10

PHONE NUMBERS

Main Line.....	636-3050
Reservations.....	636-3051
Amherst Meals on Wheels.....	636-3065
Amherst Senior Transportation.....	636-3075
Ralph C. Wilson Jr. Adult Day.....	689-1403
Senior Outreach Services.....	636-3070
Support Group Information.....	636-3050

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*The Network is arranged and designed by Christina Yensan,
Public Relations Director: cyensan@amherst.ny.us*

AMHERST TOWN BOARD

Brian Kulpa, Supervisor
Jacqui Berger, Town Board / Deputy Supervisor
Deborah Bucki, Town Board, Liaison to Senior Services
Shawn Lavin, Town Board
Michael Szukala, Town Board

REOPENING GUIDELINES

Please go to AmherstCenterforSeniorServices.com for the most current information regarding our reopening guidelines.

March 11, 2020, started as a day like any other. I remember COVID-19 being in the news, but it felt like a distant problem - something unlikely to impact me personally. At some point that day, I read on Facebook that Tom Hanks and Rita Wilson had announced they had tested positive for COVID-19. Although that seemed very scary, they were in Australia shooting a movie. It still seemed a distant memory.

President Trump was planning an address that night to speak to the nation about COVID-19. He announced a travel ban from Europe, which was expected to last 30 days. That news made me more stressed about the pandemic, but I was not yet worried. I hoped to watch the NBA that night to take my mind off the pandemic. However, the NBA announced that night that it was suspending its season because a player had just tested positive. The NHL quickly followed.

The pandemic now felt real. The following 16 months were a blur. We washed our mail and groceries, thinking we were going to catch the virus. There was a run on toilet paper, with many stores sold out. We stopped seeing our loved ones because we wanted to protect them from potentially catching the virus from us. Billy Joel could have written 16 new verses of We Didn't Start the Fire, one for each month of the pandemic.

Then, on June 15, 2021, the Governor lifted the COVID-19 restrictions in most instances as 70 percent of the population was vaccinated. **"And, now, back to our regularly scheduled programming."**

As we exit the pandemic, we are allowed back to our pre-pandemic lives, sitting close to friends while we eat meals, hugging our non-household family members, and leaving our homes without a sense of dread. We come back to a world we previously took for granted, with a new sense of appreciation.

Was it all a bad dream? Sadly, not. Globally, COVID-19 has taken nearly 4 million souls, likely more by the time you read this. In the United States, 33.5 million have experienced COVID-19, many now suffering ailments that will haunt them the rest of their lives. Many children have lost parents, and many parents have lost children. Many husbands and wives have lost their spouses. For these families, there is no getting back to normal.

As we get back to normal, let us start appreciating the small things more—the hugs from our families, the dinners with friends, and the smiles of strangers. Let us remember those that have passed away and show compassion to those now in grief. Let us revel in togetherness - and hope we never have to live apart again.

Brian Bray, Director

DISHIN WITH THE DIRECTOR

Thursday, July 8 at 1:00 pm
Join Director Brian Bray and special guest Kitchen Manager, Donna Muck for some casual conversation regarding the Center and our Nutrition Program.

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.

ABOUT THE CENTER

The Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst New York 14228
716-636-3050
www.AmherstCenterForSeniorServices.com

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

- Art Gallery—Monthly Art is displayed complements of Asbury Pointe.
- Audubon Café—Sponsored by Independent Health
- Billiard Room
- Card Room
- Craft Room—Sponsored by Independent Health
- Computer Lab—Sponsored by Independent Health
- Gift Shop—Sponsored by Blue Cross Blue Shield
- Health Room—Sponsored by BlueCross BlueShield
- Library
- Wellness Room

MEMBERSHIP DUES

Amherst Residents—Lifetime Membership

- \$30/Individual Membership
- \$50/Couple or Household Membership

Non-Resident—Annual Membership

- \$30/Individual Membership
- \$50/Couple of Household Membership

Non-Resident—Lifetime Membership

- \$100/Individual Membership
- \$150/Couple of Household Membership

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

If you are 55 or older and are interested in joining, please contact Tammy Jacobs at 716-636-3055, ext. 3172 to make an appointment.

THANK YOU TO OUR SPONSORS!

NETWORK SPONSOR



CONCERT SPONSOR



SOCIAL MEDIA SPONSOR



DAY IN THE PARK SPONSOR

AGING WELL MANAGEMENT



NETWORK SUBSCRIPTIONS

To have the Network Newsletter delivered to your home, please send a \$6 check (payable to the Amherst Center for Senior Services) and your name, address, and telephone number to:

Amherst Center for Senior Services
Attention: Nancy LeClair
370 John James Audubon Parkway
Amherst, New York 14228

This notice does not apply to members of the Travel and Dinner Club because a portion of their dues covers receiving a copy of the Network in the mail.

In Case You Missed Some of Our June Highlights



DRUMS ALIVE CLASS (left)
Participants in one of the Center's newer classes, "Drums Alive" taught by Jill Bronsky

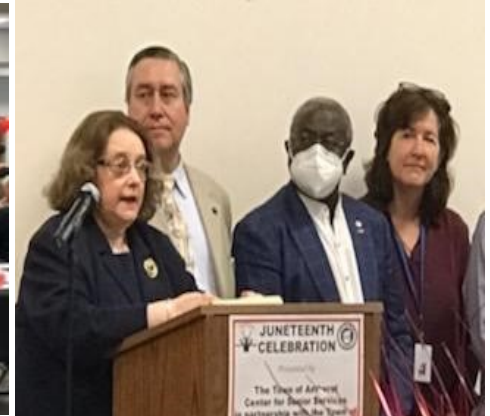


Paula's on the Patio ((left) Members enjoy Paula's Donuts on the Patio. Join us for our next one on July 9 at 9:30

FATHER'S DAY CAR SHOW (right)
Members showcased their antique cars and then enjoyed Root Beer Floats



BRAIN FOOD (right) Chefs from Brookdale Senior Living were on-site for a cooking demo. Members attended in-person and via ZOOM



JUNETEENTH Celebration (above)

Proclamations were presented at our special Juneteenth Lunch by Dr. Brian Pollner one behalf of the State Senate's Office and by Deborah Bucki, Town Board Member and Senior Services Liaison, on behalf of the Town of Amherst. Members enjoyed a delicious lunch.

JULY HIGHLIGHTS

FUN WITH NUTRITION

July 1-Fourth of July Lunch
July 29-National Lasagna Day

SILVER PRIDE TEA

Friday, July 2 from 10:00 am-12:00 pm



Monthly opportunity for LGBT seniors to come together and enjoy a morning of refreshments and conversation. Held the First Friday of each month. ALL are welcome.

Hosted by: The Pride Center of WNY

CELEBRATIONS

CHRISTMAS IN JULY (VIRTUAL)

Monday, July 19 at 1:00 pm *Cook Along-Christmas Rice*
Celebrate a little bit of Christmas and cook along or just watch how to make this one-of-a-kind side dish!
Member Chef: Frank Morgana



HANUKKAH IN JULY (CENTER)

Wednesday, July 28 at 11:00 am *Cooking Demo Latkes*
Celebrate Hanukkah with a live cooking demonstration! Learn how to make perfect latkes (potato pancakes)
Members Chefs: Beverly Fish and Betteann Joseph

JULY HIGHLIGHTS

PAINTING IN THE PARK

(GARRISON PARK)

Tuesday, July 20, at 10:00

We will be painting a ceramic cup and saucer. No fee

Sponsored by: Aging Well Management

SUMMER CONCERTS

Concerts are from 6:00-8:00 pm. Please bring a chair.



CARNIVAL KIDS STEEL DRUM ORCHESTRA

Wednesday, July 21

Sponsored by Aetna

THE HOUSE BAND

Wednesday, August 18

Sponsored by Brompton Heights

GRANDPARENT & ME

MACARONI ART

(GARRISON PARK)

Tuesday, July 27, at 10:00 am

The pastabilities are endless. Limited supplies. Please register by 7/23

SUMMER BASH

Friday, July 30

Popcorn, ice cream, cotton candy and more!



Staff vs. Member Games

- Balloon Volley Ball at 11:00 am
- Bucket Ball at 11:30 am
- 1:00 pm Water Balloon Toss

Lunch

- 12:00 pm **Chicken Lunch**

(Lunch will be part of the Erie County Lunch program and remain priced at \$3 suggested donation for those over 60 and \$5 for those under 60)

This picnic is sponsored by Erie County Senior Services

I SPY A NETWORK

NEWSLETTER

Are you going somewhere exciting this month? Somewhere beautiful or mysterious? Well we know you would never go anywhere without your Network newsletter. Send us a picture of yourself reading the Network in your unusual place to jlazarz@amherst.ny.us



Contributions may be made at any time to the Amherst Meals on Wheels, Inc. office. Donations may also be made to honor a special occasion, a memorial or in the form of a bequest. Call 636-3065 for further info.

AUGUST HIGHLIGHT

SENATOR EDWARD RATH III FAMILY HEALTH FAIR

Saturday, August 7th from 9:00 am-12:00 noon

This free event is open to the public and is for all ages.

Free health information, services, and screenings.

Co-sponsors:

Kaleida Health and Amherst Center for Senior Services

Current covid guidelines will be adhered to and space will be limited. Details will be out soon!

PROGRAMS

PROGRAM REGISTRATION



AmherstCenterForSeniorServices.com/Register



716-636-3051



In person at the Center's Registration Desk.

CENTER PROGRAMS

USA QUIZ-Can you pass the USA Citizenship Test?

Thursday, July 1, at 11:00

FLASHBACK FRIDAYS

Friday, July 2, 9, 23 at 1:00 Friday, July 16, at 11:00 am

BINGO

Wednesdays July 7, 14, 21, 28 at 2:00 pm

I CAN'T BELIEVE I DIDN'T KNOW THAT!

Tuesday, July 6 at 1:00 pm

Did you ever wonder why phone booths in England are always red? Find out other silly facts

HEARING LOSS & HEARING AIDS

Wednesday, July 7 at 1:00 pm

Learn what's best for you

Presented by: Buffalo Hearing and Speech

HOT DOG SALE

Thursday, July 8 at 11:00 am

\$1.50 each while supplies last

ARMCHAIR TRAVELER

Thursday, July 8 at 2:00 pm

Join us as we travel Across America, Route 66 and beyond without leaving our seats. 60 minutes

PAULA'S DONUTS

Friday, July 9, at 9:30 am

Fee is \$2.00 includes coffee and a donut RSVP by 7/8

GAMES

Monday, July 12, at 11:00 am – *Match Game*

Monday, July 26 at 11:00 am- *Just One*

2 TRUTHS AND A LIE

Tuesday, July 13 at 1:00 pm

Join us with 2 facts about yourself and 1 lie. We will guess which fact is a lie

ACCESSIBLE TAGS

Tuesday, July 13 1:00pm – 3:00pm

Friday, July 30 10:00am – 12:00pm

Forms can be picked up from the Center or found at

<https://dmv.ny.gov/forms/mv6641.pdf>. Your doctor signature is required on the form. Appointments to submit the form and receive the Accessible Tag can be made by calling Maddy at 636-3055 ext. 3129.

COOKING WITH JEN

Thursday, July 15, at 11:00 am

Chocolate Dipped Fruit Cones- Fee is \$4.00. Please bring a cookie sheet. Paid reservations by 7/13. No refunds after 7/13

FRAUD PROTECTION PROGRAM

Presented by: The Office of the County Comptroller

July 15 at 1:00 pm

Medicare/Health Insurance
Counterfeit Prescription Drugs
Contractor Scams
Funeral & Cemetery Products
Fraudulent Personal Products
Telemarketing & Computer Fraud
Internet & Computer Fraud
Investment Schemes
Homeowner/Contractor Scams
Sweepstakes & Lottery Scams
The Grandparent Scam
COVID-19 Scam

BOOK CLUB ON THE PATIO

We will discuss *The Bookstore on the Beach* by Brenda Novak. Friday, July 16 at 2:00 pm

MIND TEASERS

Thursday, July 22 at 11:00 am

ASK THE REALTOR

Friday, July 23 at 11:00 am

Presented by: Anne Kader, SRES, licensed associate real estate broker with the Olear Team at MJ Peterson

PICNIC AT WALTON WOODS

Friday, July 23, at 12:00 pm

Please bring a brown bag lunch and a chair

FRIED PEANUT PUTTER & JELLY UNCRUSTABLES


Tuesday, July 27 at 1:00 pm


Stop by the patio and try this newest craze. RSVP by 7/23

PROGRAMS

PROGRAM REGISTRATION

 AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Registration Desk.

MOVIES

Movies are held at the Center at 1:00 pm

NOMADLAND *Best Picture, 2021 Academy Awards!*

July 12 Drama, Rated R, 108 M

JUDAS AND THE BLACK MESSIAH

July 19 Drama, Rated R, 108 M

MINARI

July 26 Drama, Rated PG13, 120 M

A BOUT DE SOUFFLE (BREATHLESS) FOREIGN FILM

Thursday, July 22 at 1:00 pm

French with English subtitles Drama, 90 M not rated

DOCUMENTARIES

Documentaries are held at the Center at 1:00 pm

THE KIDS GROWING UP: LETTING GO IS HARD TO DO

Thursday, July 1 90 minutes

FREDERICK LAW OLMSTEAD: DESIGNING AMERICA

Thursday, July 29 60 minutes

UNIVERSITY EXPRESS WATCH

PARTIES

*Watch the classes on Webex from your home computer
or join us for a watch party.*

**THE EARLY WOMEN OF LILY DALE: SPIRITUALISTS,
SUFFRAGISTS AND PSYCHIC HEALERS**

Friday, July 2 at 10:00 am

HOCKEY 101

Tuesday, July 6 at 10:00 am

HISTORY OF NORTH TONAWANDA AMUSEMENT

Thursday, July 8 at 2:00 pm

PIONEER GALLERY TOUR

Friday, July 9 at 2:00 pm

THE ARTS AND THE ART OF HEALING

Wednesday, July 14 at 10:00 am

TEACHING OF THE GOOD MIND

Thursday, July 15 at 10:00 am

HISTORY OF THE BUFFALO MAFIA

Friday, July 16 at 2:00 pm

HEALTH INSURANCE

UNIVERA

Thursday July 1 from 10:00 am - 12:00 pm

Meet with a Univera representative to find out about the available Medicare plans.

Call Michele at 572-8315 for an appointment

SHERIDAN BENEFITS

Tuesday July 20 at 10:00 am

Does Medicare have you puzzled? Attend a no-cost, no-obligation Medicare 101 class.

For questions, please call Maria Schenk at 345-0337

INDEPENDENT HEALTH

10:00 am – 11:00 am (Date TBD)

Have questions about the Medicare plans offered? Meet with a Red Shirt to find out more.

Call Amanda at 635-4999 to schedule an appointment

CLARITY GROUP

Wednesday July 7 from 2:00 pm – 4:00 pm

Research your Medicare insurance options with an independent broker.

Call Lisa at 864-4886 to schedule your appointment

MEDICARE 101 BY THE CLARITY GROUP

Tuesday June 27 at 10:00am

Are you retiring or beginning the Medicare process? Then this Medicare 101 class is for you.

BLUE CROSS BLUE SHIELD

Thursday July 29 from 9:00 am – 12:00 pm

10:00 Medicare ABC and D's presentation

Call Meghan at 887-8403 to schedule your personal appointment

ELDERLY PHARMACEUTICAL INSURANCE COVERAGE (EPIC)


Mon. July 12 from 11:00 am-1:00 pm


New York State program for seniors administered by the Department of Health.

PROGRAMS

PROGRAM REGISTRATION

 www.AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Registration Desk.

AROUND TOWN

JEWELRY MAKING (GARRISON PARK)

Tuesday, July 6 at 10:00 am

Patriotic Nautical Charm Bracelet Craft.

Limited supplies. Please register by 7/2

WHAT'S TRENDING

9:30 AM Wednesday, July 7, 21, 28 (ISLAND PARK)

9:30 AM Wednesday, July 14 (SENIOR CENTER)

STROLLING THROUGH THE VILLAGE

Wednesday, July 7 at 11:00 am

Meet at the entrance of Island Park behind Town Hall

SORRENTINO'S SPAGHETTI HOUSE

Wednesday, July 7 at 12:00 pm

Meet us at 5640 Main Street. You are responsible for your purchases

ANCHOR BAR

Monday, July 12 at 12:00 pm

Meet us at 4300 Maple Road. You are responsible for your purchases

BRING YOUR OWN COFFEE HOUR (GARRISON PARK)

Tuesday, July 13

OLD HOMES DAY PARADE

Tuesday, July 13

Anyone interested in walking the parade, please contact Jennifer in Program. The parade starts at 6:00 pm at Williamsville South HS and finishes at Los Robles St. We will meet at 5:30 pm

YOTALITY FROZEN YOGURT

Thursday, July 22 at 3:00 pm

Meet us at 5759 Main Street. You are responsible for your purchases

PAULTER'S

Monday, July 26 at 12:30 pm

Meet us at 6343 Transit Road. You are responsible for your purchases

TOWN OF AMHERST EVENTS

PUBLIC MARKETS*

Sunday, July 11, Bassett Park

Sunday, August 8, Bassett Park

Sunday, September 12, Bassett Park

FOOD TRUCK RODEOS*

Friday, July 23, North Forest Park

Friday, August 20, Walton Woods Park

Friday, September 24, Location TBD

Friday, October 22, Royal Park

**Rides are available to members of the Amherst Center for Senior Services through Amherst Senior Transportation Department (ASTD). Please call 636-3075 one week prior for reservations.*

HYBRID PROGRAMS

TRIVIA TUESDAYS

July 6, 13, 20, 27 at 2:00 pm

WHY WATER?

Thursday, July 8, at 11:00 am

Adequate hydration is necessary for a healthy body but why should we choose water over other beverages? Get tips to make it easier to drink up!

Presented by: Jennifer Johnson, Blue Cross Blue Shield

VIRTUAL PROGRAMS

HAPPY HOUR

July 9 at 3:00 pm

Join us as we toast in the weekend

BIRTHDAY CELEBRATIONS

Friday, July 16 at 1:00 pm

Celebrate all the birthdays in the month of July.

Birthday gift bags can be picked up at the Center Reception Desk on Thursday, July 15 at noon

OUTBURST GAME

Monday, July 19 at 11:00 am

CELEBRITY FAST FACTS

Thursday, July 29 at 11:00 am

CLASSES

COURSE CATALOG

The Summer Class Catalog is available online and hard copies are available at the Center and at Amherst Libraries. Second sessions for many of the classes will begin mid-July.

REGISTRATION

Ways to Register:

1. Online at AmherstCenterforSeniorServices.com/register
2. Mail a completed registration form to the Center with full payment
3. Walk-into the Center with completed registration form and full payment. Must follow COVID guidelines.
4. Call 636-3051 with credit card payment

Class registration is on a first-come, first-serve basis

If a class does not reach its minimum number of students, it will not be held.

ATTENDING CLASSES

Paid registration is required to attend classes. Registration is for the entire session, regardless of whether a student is able to attend all classes. Students must register each trimester. Enrollment in a prior course does not guarantee enrollment in subsequent courses.

CANCELLATIONS

If a class is canceled, robo calls will be made to all participants. Please make sure you have provided a correct telephone number.

FEE WAIVERS

Reduced fees for some courses are available for Amherst Resident Members who have been verified for eligibility in this program. Applications are available in the Social Work Office and should be submitted in advance of registration.

If you are interested in learning more about Meals on Wheels for yourself, a relative, or a friend, please call 716-636-3065 during the hours of 8:00am-2:00pm Monday-Friday.

SUMMER CLASS HIGHLIGHTS

FUNCTIONAL LIVING EVERYDAY EXERCISE (FLEE)

This program encourages physical activity to improve balance, mobility, and strength. Learn how functional fitness exercises can help in performing activities of daily living. Enjoy an array of equipment as you participate in resistance exercises to help improve lower and upper body strength, balance challenges to reduce the risk of falls, range of motion activities to improve flexibility, and an obstacle course challenge that mimics daily activities.

Jill Bronsky: Instructor

Monday, 7/26-8/30 (5x) no class 8/9

9:15 am–10:10 am Dance Room \$15

Wednesday, 7/28 – 8/25 (5x)

10:00 am-10:55 am ZOOM \$15

FALL PREVENTION – Safe on Your Feet

A series of total-body, muscle-toning routines. It is designed for strength, balance and flexibility, focusing on “Muscle Memory.” Your muscles will learn to anticipate a possible problem such as how a fall feels when it begins. The moves range from seated to balancing routines. Fight age with strength.

Jean Widlicka: Instructor

Wednesday, 7/21-8/25 (6x)

9:30 am-10:30 am Activity B \$15

WEBSITES AND EMAIL ESSENTIALS

No matter which device you use or where you use it, there are certain skills needed to get your online business done – download, copy and paste, forms, email, and the cloud. Internet browser, website, and email skills will also be covered, which not only includes basics, but tips, shortcuts, and more advanced skills. If you know your email address and password, you can follow along.

Nancy Wise: Instructor

Wednesday, 8/4-8/25 (4x)

11:00 am-12:30 pm Computer Room \$34

PLEIN-AIR DRAWING INTERMEDIATE WALTON WOODS

Create a landscape drawing in one 2-hour class outdoors at the Senior Center. Meet at the entrance to Walton Woods near the back of the Senior Center parking lot. Bring a chair along with your regular class supplies.

Dan Meyer: Instructor

Thursday, 8/5

10:00 am Walton Woods \$8.00

FALL COURSE CATALOG

The Fall Class Catalog will be available in early August. Registration will begin on Monday, August 16. Be on the look-out for the following classes resuming in the Fall:

- Knitting
- Quilting
- Calligraphy
- Beginning Tai Chi
- Chi Kung
- Beginning Bridge
- AARP Smart Driver
- Pickleball – Beginner
- And others.....

FALL CLASS HIGHLIGHT

CREATIVE WRITING WORKSHOP

Fall 2021 (8 week class)

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 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 classmates.

Instructor: Peter Siedlicki

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.

OPEN PLAY PICKLEBALL

Activities Room A & B

Wednesday, July 7, 14, 21, 28	2:00 – 4:00 pm
Thursday, July 1, 8, 15, 22, 29	9:00 – 11:00 am
Friday, July 2, 9, 16, 23, 30	2:00 – 4:00 pm

Amherst Meals on Wheels Volunteers Welcome!
Volunteers are always needed to assist in the preparation and delivery. Call 636-3065 and sign up today.

TOWN OF AMHERST PUBLIC MARKET “READ ALOUDS”

There may still be opportunities to volunteer to “Read Aloud” at the next Town of Amherst Public Market to be held on Sunday, July 11th at Bassett Park (from 10:00 am-2:00 pm). Actual volunteer time commitment is about 20 to 30 minutes. If you enjoy reading to children and can appreciate the impact that intergenerational experiences can make on the participants, you are encouraged to consider taking advantage of this opportunity. You can choose your own children’s book to read aloud or one can be chosen for you. (The next opportunity to Read Aloud at a Public Market will take place on Sunday, August 8th. Please contact Jodi to secure your preferred volunteer time slot.)

SENATOR RATH

FAMILY HEALTH FAIR

We may still have opportunities to volunteer at this year’s Senator Rath Family Health Fair to be held at the Center on Saturday, August 7th from 9:00-12:00 pm. Volunteers participating in the past have always enjoyed being here to assist as needed for this fun, high-energy, event. Volunteer assignments may vary from previous years, so check with us to see if there is need in an area in which you’d like to assist.

OPPORTUNITIES FOR SERVICE OUTSIDE THE SENIOR CENTER

Occasionally, outside organizations & venues ask our help in recruiting volunteers to help them to be able to do their good work. With more & more organizations getting back to “normal” daily operations, we do expect to have more of them seeking help from our volunteers. Please check the bulletin board outside the Volunteer Office or contact us to see if any opportunities have popped up recently.

To all of our volunteers, please enjoy a safe & healthy 4th of July celebration!

SENIOR SERVICES

AMHERST MEALS ON WHEELS

Amherst Meals on Wheels provides the nutritional support for elderly and disabled adults living in the Town of Amherst to maintain their independence in their home.

AmherstMealsOnWheels.com | 716-636-3065

AMHERST SENIOR TRANSPORTATION SERVICES

Amherst Senior Transportation Services provides rides to the Amherst Senior Center, health-related visits, and grocery shopping.

AmherstVans.org | 716-636-3075

RALPH C. WILSON JR. ADULT DAY SERVICES

The Ralph C. Wilson Jr. Adult Day Services provides services to people who need assistance with daily activities or supervision. The hours of operation are 8am—4pm.

VNAWNY.org | 716-689-1403

SENIOR OUTREACH SERVICES

Through a partnership with Erie County Department of Senior Services, the Center has an in-house senior outreach program. Trained staff are available to provide assessments for home and community-based services, such as Meals on Wheels, Home Care, Adult Day Care, and Personal Emergency Response Buttons. There may even be funds available to assist in the cost of services. Stop in or call Senior Outreach Services directly at 716-636-3070.

SOCIAL CASEWORKER

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 for your appointment.

Amherst Meals on Wheels helps to provide the nutritional support needed for elderly and adults with disabilities living in the Town of Amherst to maintain their independence in their home environment.

NEW SOCIAL CASEWORKER

The Center added an additional full-time social caseworker in June. Her name is Maddy Turone, MSW. Please welcome her when you get a chance



VIRTUAL FRIENDLY VISITOR PROGRAM

This program provides socialization to isolated home-bound individuals living in Amherst area. Individuals will meet virtually for a visit. If you would like more information on how to become a participant or volunteer please contact the Center's Social Work office.

MONTHLY SUPPORT MEETINGS

If you are facing an illness or stressful life change, you don't have to go through it alone. A support group can help. A support group provides an opportunity for people to share personal experiences, coping strategies, or firsthand information.

WIDOW/WIDOWERS SUPPORT GROUP

Tuesday, July 13 at 11:00 am

If you are facing a stressful life change due to losing your spouse, you don't have to go it alone. Please join our widow and widower support group. The support group can help you to learn coping skills, give you an opportunity to share personal experiences and coping strategies. This month's discussion topic, is **Continuing Bonds**

CAREGIVERS SUPPORT GROUP

Wednesday, July 21 at 1:00 pm

Caregiving can be overwhelming and we are here to offer support.

JUST SAY IT

Monday, July 26 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.

MINDFULNESS GROUP IS COMING BACK

Your health and well being is very important for us. We are happy to announce that we will restart our group again in August.

SOCIAL WORK appointments can be made by calling 636-3055, ext. 3165 or 3129

CLUBS

CLUB REGISTRATION



AmherstCenterForSeniorServices.com/Register



716-636-3051



In person at the Center's
Registration Desk

AMHERST SENIOR SINGERS CLUB

Leader: Carol Mayo, 632-3929

ART CLUB

Leader: JoAnn Jarmusz, 565-3332
Mondays & Tuesdays, 1:00-3:30 pm

BIKE CLUB

Leader: JoAnne Stepien, 837-7993

BRIDGE CLUB

The Bridge Club is looking for a new Leader and Co Leader. If you are interested, please call Tammy at 636-3055, ext. 3172 or email tjacobs@amherst.ny.us

CHESS CLUB

Leader: Bill Rich, 908-9223
Tuesdays 12:30-2:30 pm

COMMUNITY SERVICE CLUB (MON)

Leader: JoAnn Brozyna, 689-2674

CREATIVE WRITERS CLUB

Leader: Carolyn Tackach, 632-7478

DINNER CLUB

Membership Chair: Mary Bashore, 691-6714 or mrybash@gmail.com for more information. *The Senior Center is not currently promoting any dining in restaurants or traveling at this time*

DOMINOS CLUB

Leader: Jean Hallac, 688-6895
Mondays, 12:30-3:00 pm

DUPLICATE BRIDGE (THURS)

Leader: Bruce Brown, 352-9878
Thursdays 9:00 – 11:30 am
Cancelled Friday, August 6

DUPLICATE BRIDGE (FRI)

Leader: George Mayers, 957-4408
Fridays, 1:00 – 3:30 pm

EUCHRE CLUB

The Euchre Club is looking for a new Leader and Co Leader. If you are interested, please call Tammy at 636-3055, ext. 3172 or email tjacobs@amherst.ny.us

GENEALOGY CLUB

Leader: Sally Clements, 835-9248

KNITTING CLUB

Leader: Marylou Urban—688-4023

MAH JONG

Leader: Hillary Hurwitz 837-5810
Tuesday, 1:00 – 3:30 pm

MEN'S GOLF CLUB

Leader: Jim Pettis, 626-0889
Contact Jim with any questions.
jrpettis1@yahoo.com

PATHFINDERS

Leader: JoAnne Stepien, 837-7993

PINOCHLE CLUB (MON)

Leader: Grace Milligan, 704-8747
Mondays at 12:45 pm

PINOCHLE CLUB (WED)

Leader: Joanne Hall, 880-0875
Wednesdays from 12:45-3:30 pm

READER'S THEATER

Leader: Pam Williams, 912—0053

RUMMIKUB CLUB

Leader: Mary Migliore, 240-1101
Fridays, 1:00-3:00 pm

SCRABBLE

Leader: Carol Hensel, 689-7417
Tuesdays 10:00 – 12:30

STAINED GLASS CLUB

Leader: Tom Richards, 832-5641
9:00-11:30 am

SUPER SAMBA CLUB

Leader: Jan Haltin, 689-8664

TAI CHI CLUB

Leader: Frank Chi, 688-6680
Club meets Wednesday and Friday at 1:30 pm.

UPHOLSTRY CLUB

Leader: Kate Wagner, 836-2439
Meetings are Wednesdays from 9:30-11:30 am

WALKING CLUB

Leader: Helen Findlay, 832-8738
Walks are on Thursdays at 10am.
Must meet under the awning.

WOOD CARVING CLUB

Leader: Joanne Cole, 636-3050
Tuesdays, 9:00-11:30 am

WOMEN'S GOLF CLUB

Leader: Mary Ann Young, 639-1169

The clubs listed above 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.

AMHERST MEALS ON WHEELS

THE PARTICIPANTS-*Helping the Community*

A participant is any homebound Amherst resident 18 years of age or older, who is unable to do their own shopping or prepare their own meals. You may apply for the program by calling 636-3065 between 8:00 a.m. and 2:00 p.m. each weekday.

THE MEALS-*Preparing the Food*

Two nutritious meals delivered in late morning using special containers to keep food at proper temperatures. Four type of diets are provided. **Regular**, **Diabetic**, **Renal** and **Bland**. Prepared and packaged fresh each weekday at the Amherst Center for Senior Services.

THE VOLUNTEERS-*Making it Work*

Volunteers help organize, prepare and pack the meals for delivery. Meals are delivered by a group of dedicated volunteers. Volunteers provide a caring daily contact for the participant, ensuring their well-being.

THE STAFF-*Facilitating the Care*

Staff coordinators work to maintain and assist both volunteers and participants. Social workers screen and revisit participants to see that their needs are met and also link participants with other community services.

THE COST-*Making it Possible*

The program is primarily funded by a fee charged to participants by way of a monthly statement. Additional resources are obtained through the Town of Amherst, the New York State Office for the Aging, Erie County Department of Senior Services, special fund-raising events and contributions from groups and individuals.



If you or someone you know is homebound or can't prepare their own meals, we can help!



friendly visits

nutritious food

safety checks

Amherst Meals on Wheels
More than just a meal.

Amherst
Meals on Wheels



716-636-3065


AmherstMealsOnWheels.org


JULY NUTRITION

The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. LUNCH is served Monday-Friday, from 12:00 pm-1:00 pm. **Reservations must be made at least 24 hours in advance by calling 636-3051. 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.

ALTERNATE VEGAN MENU WILL BE OFFERED ON MONDAYS

- June 7-Lentil soup, small salad, bread and dessert
- June 14-Garden burger on roll, potato, vegetable and dessert
- June 21-Vegetable stir fry, rice, bread and dessert
- June 28-Vegetarian chili, baked potato, bread and dessert

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
			1 Turkey w/gravy Sweet potatoes Green beans Dinner roll Cookie	2 Hot dog w/roll Potato wedge Corn Fruit
5 CLOSED	6 Chicken Garden rice Orange glazed carrots Dinner roll Cake	7 BBQ ribette Scalloped potatoes Broccoli Club roll Diced pears	8 Roast beef Browned potatoes Green beans Roll Fruit tart	9 Spaghetti & meatballs Cranberry juice Mixed vegetables Italian bread Fresh fruit
12 Cabbage roll Mashed potatoes Carrots Wheat dinner roll Donut	13 Sliced ham Pineapple sauce Scalloped potatoes Broccoli Rye bread Chocolate chip cookie	14 Spaghetti & meatballs Cauliflower Blended juice Dinner roll Gingerbread cookie	15 Pork chop w/gravy Mashed potatoes Mixed vegetables Multi grain bread Cake	16 Hamburger w/roll Potato wedge Corn Fresh fruit
19 Chicken Spanish rice Mixed vegetables Wheat bread Cookie	20 Salisbury steak Mashed potatoes Mixed vegetables Rye bread Tropical fruit	21 Omelet Garden rice Carrots Dinner roll Cake	22 Turkey w/gravy Mashed potatoes Peas & onions Stuffing Diced peaches	23 Fish Potato wedge Broccoli Wheat bread Banana
26 Polish sausage w/roll Sauerkraut Pierogi Mixed vegetables Mandarin orange	27 Hamburger w/roll Broccoli Tatar tots Fruit cocktail	28 Chicken stir fry Stir fry vegetables Carrots Rice Fortune cookie	29 Lasagna Cauliflower Orange juice Italian bread Spumoni ice cream	30 SUMMER BASH SEE PAGE 5 

 SNAP EDUCATION (SNAP-Ed) teaches people to shop for and cook healthy meals. SNAP-Ed can help people learn how to make their SNAP dollars stretch. Please go to snaped.tns.usda.gov for more information.