



THE NETWORK

The Monthly Newsletter of the Amherst Center for Senior Services

November 2021

Check us out on Wednesday nights for classes, programs, and dinner. The Wellness and Billiard Rooms are also available.

Grateful

This month's Network is sponsored by:



DIRECTOR'S NOTE

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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

KEY STAFF CONTRIBUTORS

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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

All of the presentations in this newsletter have been scheduled for educational purposes only. The Town of Amherst and the Amherst Center for Senior Services are not affiliated with any outside organizations.

Each November, our nation comes together and celebrates Thanksgiving. We are expected to spend time reflecting on the joys and blessings of the past year on this day. While a marked improvement over the year before, 2021 was still a challenging year for most people. In 2021, the COVID-19 pandemic cast a shadow over the entire year, taking the lives of many friends and family. However, I am sure we all have family, friends, and experiences in our lives to which we should be thankful. To stay healthy mentally, we must take the time to appreciate our many blessings. Showing gratitude makes us happier and increases our health and quality of life. In addition, being thankful can make you more mentally resilient, improve your self-esteem, and even help you sleep better! While we don't need to wait for Thanksgiving to be more intentional with our gratitude, it is an excellent time to start.

As Director of the Amherst Center for Senior Services, I am very thankful for the excellent staff here. This past year, our staff has practiced teamwork while demonstrating resiliency and a strong commitment to our members. It has been my honor to be the Senior Services Director this year. Here are a few examples of why I am thankful:

- With support from the front reception desk, our nutrition staff developed a frozen meal program to help feed older adults who did not feel safe coming to the congregate dining program. In addition, a handful of dedicated volunteers are also supporting our frozen meal program when diners come each Friday to pick up the meals.
- Our program staff has continued to organize excellent classes, programs, and events despite the pandemic. In addition, due to a recent retirement in our program staff, our volunteer staff has assisted with many programs.
- Our Senior Outreach Services staff continues to help older adults maintain independent living in their own homes despite many restrictions with meeting face-to-face due to the pandemic.
- Many clerical staff members graciously changed their job duties to move to our registration desk, allowing for a quicker and easier class and program registration process for members.

These are just a few examples of the Senior Services staff's teamwork, resilience, and commitment during this past year. I am thankful for their work this past year. I hope we make you thankful for the Center and the programs and services we provide.

Happy Thanksgiving.

Brian Bray

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
AmherstCenterForSeniorServices.com

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

- Art Gallery—Monthly Art is sponsored by Asbury Pointe
- Audubon Café—Sponsored by Independent Health
- Billiard Room
- Card Room
- Craft Room
- Computer Lab
- Dance Room—Sponsored by Univera
- Gift Shop—Sponsored by Blue Cross Blue Shield
- Library
- Nutrition Room
- Wellness Room

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



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.

To join the Center go to:

AmherstCenterforSeniorServices.com/membership-plans, complete the application, print it out and bring it to the Center with payment or simply stop in. Payments can be made by cash, check or credit card. After joining, you will be given an opportunity for a tour and to sign up for programs and classes.

THANK YOU TO OUR SPONSORS!

NETWORK SPONSOR



CAREGIVER'S MONTH FAMILY CHOICE OF WNY



VETERAN'S DAY CELEBRATION



THANKSGIVING LUNCHES



SOCIAL MEDIA SPONSOR



AMHERST CENTER FOR SENIOR SERVICES MAIN LINE 636-3050

IN CASE YOU MISSED SOME OF THE OCTOBER HIGHLIGHTS



The Amherst Senior Rocky Blue's Band performs at Food Truck Rodeo (above)

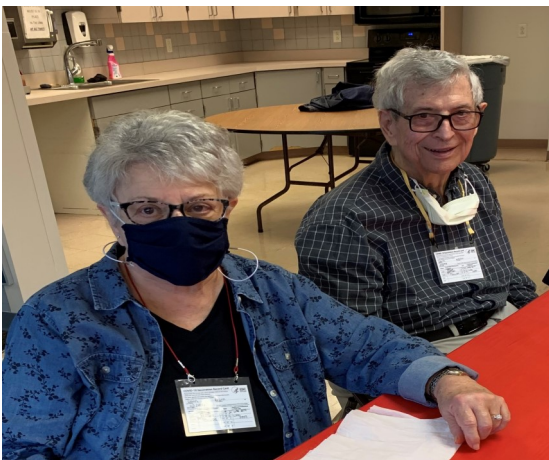
The Center hosts the Town's first Hispanic Celebration (below)



Members check out a Ukulele Class as part of Active Aging Week (above)



Linda Naples attends Mug Madness (left)



Reggie and Tim Davies enjoy Tacos & Trivia



The Center Staff completes with members at Family Feud

NOVEMBER HIGHLIGHTS

SILVER PRIDE TEA

Friday, November 5, 10:00 am-12:00 pm
This is an opportunity for LGBTQ seniors to come together and enjoy a morning of refreshments and conversation.

Hosted by the Pride Center of WNY

Guest Speaker from the Center for Elder Law & Justice



OPENING AWARDS AND CEREMONY

Sunday, November 7, 2:00pm – 4:00pm
The Williamsville Art Society is requiring that anyone who is attending that day must be vaccinated. There will not be any refreshments served this year due to COVID guidelines. Open to public.

ARTISAN & CRAFTERS FAIR

Tuesday, November 23, 10:00am-3:00pm
Come in and get some early Holiday shopping done! Vendors must be members of the Center. Participation is free and space is limited on a first-come, first-serve basis. Please submit registration form by November 16. Forms are available at the front reception desk. If you have any questions, please contact Jennifer at 636-3055, ext. 3112.



INSTRUCTORS NEEDED
The Amherst Center for Senior Services hires only the finest individuals to teach our classes. We are always looking for new individuals to share their education and experience. If you have a special skill or talent that you would like to share, consider joining our team and become an instructor at our facility. We welcome new ideas and always need fitness instructors. Please contact our Class Coordinator, Cindy Weiss, at cweiss@amherst.ny.us with your course proposal and if you are interested in teaching a day or evening class. We look forward to hearing from you.

SAVE THE DATE

Holiday
Happening
Drive Thru
on the evening of
December 10



CAREGIVERS MONTH

November is National Caregiver's Month



Caregiving is a tough job. This November, we remember the people who lovingly give baths, clean houses, shop for, and comfort the millions of people who are friends and loved ones. If you don't take care of yourself, you can't take care of anyone else. Check out some of the programs that we have designed especially for this month:

Memory Café

Tuesdays, November 2 and November 16, 2:00 pm
Join us for an enjoyable time with your loved one for entertainment, socialization, reminiscing and refreshments. Please make reservations by calling 570-6520 or emailing westfallsartcenter@gmail.com

Healthy Living for Your Brain & Body

Tuesday, November 9, 1:00 pm
Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement.
Presented by: Kailea Lalka, Education Specialist, Alzheimer's Association of WNY

Caregiver's Support Group

Wednesday, November 17, 1:00 pm
Caregiving can be overwhelming. Please join this very special group that meets monthly at the Center

The Importance of Active Aging

Tuesday, November 23, 1:00 pm
Presented by: Dr. Kenneth Garbarino, MD
Dr. Garbarino is an Internal Medicine Specialist and has over 37 years experience in the medical field

HYBRID



National Caregiver's Month is sponsored by Family Choice of WNY

RESERVATIONS REQUIRED FOR ALL PROGRAMS

PROGRAMS

PROGRAM REGISTRATION



AmherstCenterForSeniorServices.com/Register



716-636-3051



In person at the Center's Registration Desk.

CENTER PROGRAMS

PIZZA & GAME NIGHT

Wednesday, November 3 at 5:00 pm

Enjoy pizza from John & Mary's followed by a game of *Family Feud*. \$5 fee by 11/2. No refunds after 11/2

ARMCHAIR TRAVELER

Thursday, November 4 at 2:00 pm

New York City - From Wall Street to Washington Heights, down Fifth Avenue, over bridges, and across the grid. Celebrate the irresistible attraction of the little island that has captured the hearts of millions and sparked countless lifelong love affairs. This vivid film offers striking views of New York

MUG MADNESS

Tuesday, November 9 at 9:30 am

Omelet in a Mug. \$1.00 fee. No refunds after 11/8

NATIONAL DIABETES PREVENTION PROGRAM

Starts Tuesday November 9 at 3:00 pm

This is a yearlong lifestyle change program for people who are 60 or older with a diagnosis of Pre-Diabetes. Contact Janice Nowak at Erie County Senior Services at 716-858-7470 to see if you qualify

ERIE COUNTY CLERK ON THE GO

Wednesday November 10 from 10:00 am-1:00 pm

Stop by the information Table to get assistance with: Setting up DMV appointments, Passport forms, REAL ID readiness forms and Thank A Vet services

EVENING MINGLE

Wednesday, November 10 at 6:00 pm

Looking to meet some new people? Join us for some casual conversations. Be sure to make your reservations for dinner

PAULA'S DONUTS

Friday, November 12 at 9:30 am

Enjoy a Paula's Donut and a cup of coffee for \$2. Paid Reservations by 11/10. No refunds after 11/10

GAME-Heads Up

Tuesday, November 16 at 11:00 am

NEW MEMBER SOCIAL

Wednesday, November 17 at 11:00 am

Come find out more about what the Center offers, meet the staff and other Members

BISTRO BOOKERS

Wednesday, November 17 at 4:00 pm

"Empire of Pain: The Secret History of the Sackler Family" by Patrick Radden Keefe
Book review by Ted Schmidt PhD, a Professor of Economics and Business at Buffalo State College

BASIC RANGE OF MOTION

Thursday, November 18 at 11:00 am

Learn some basic range of motion and home exercises to promote flexibility, strength, and endurance in seniors living in the community
Presented by Physical and Occupational Therapist, Fallon Health Weinberg-PACE Program

BIRTHDAY CELEBRATION

Thursday, November 18

Gift bags for members with November birthdays can be picked up at the Reception Desk from 11:00-12:00 pm

ASK THE REALTOR

Friday November 19 at 11:00 am

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

MEMBER VS STAFF VOLLEYBALL GAME

Wednesday November 24 at 11:00 am

FRIENDSGIVING

Wednesday, November 24 at 2:00 pm


What better way to give thanks than with friends and a slice of John's Flaming Hearth Pumpkin Ice Cream Pie? \$2.00 fee. Limited Space. No refunds after 11/22


RESERVATIONS REQUIRED FOR ALL PROGRAMS

PROGRAMS

PROGRAM REGISTRATION

 AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Registration Desk.

COOKING WITH JEN

Monday, November 29 at 11:00 am

We will be making Vegetable Soup. Please bring a gallon size container. \$5.00 fee

LEARN HOW TO USE MYACTIVECENTER

Tuesday, November 30 at 10:30 am and 2:30 pm

Learn how to create your MyActiveCenter account and use it to sign up for Classes and Programs.

MOVIES

Movies are shown at 1:00 pm unless otherwise noted

November 1- Stillwater, Rated R 2 hours 19 minutes

November 8- Old, Rated PG-13 1 hour 48 minutes

November 15-Joe Bell, Rated R 93 minutes

November 22-Respect, Rated PG-13 2 hours 25 minutes

November 29-Jungle Cruise, PG-13 127 minutes

DOCUMENTARY

Tuesday, November 16 at 2:00 pm

Roadrunner: A film about Anthony Bourdain

Rated R 119 minutes

Foreign Film

Tuesday, November 30 at 2:00 pm

Hippocrates : diary of a French doctor

French Film 101 minutes

HYBRID PROGRAMS

Bingo

Friday, November 12 at 11:00 am

BOOK CLUB

Monday, November 15 at 11:00 am

The Tea Girl of Hummingbird Lane by Lisa See

VIRTUAL PROGRAMS

GAMES

Tuesday, November 2 at 11:00 am *Chain Reaction*

Monday, November 8 at 11:00 am *Word Up*

HEALTHY HOLIDAYS

Thursday, November 4 at 11:00 am

Presented by Jennifer Johnson, Blue Cross Blue Shield

COOKING WITH FRANK

Friday, November 19 at 11:00 am

Member Frank Morgana will show us how he makes his famous meatballs

HEALTH INSURANCE

Our health insurance presentations have been scheduled for educational purposes only. The Town of Amherst and the Amherst Center for Senior Services are not affiliated with any health insurance provider or broker

Clarity Group

Call Lisa at 716-864-4886 to schedule an appt

Wednesday November 3, 4:00 pm-6:00 pm

Monday November 15, 9:00 am-11:00 am

Monday November 29, 9:00 am-11:00 am

Sheridan Benefits

Call Maria at 716-345-0337 to schedule an appt

Tuesday November 9, 10:00 am-12:00p m

Univera

Call Michele at 716-572-8315 to schedule an appt

Tuesday November 9, 1:00 pm-3:00 pm

EPIC Information Table

Wednesday November 17, 11:00 am-1:00pm

HEALTH INSURANCE INFO COUNSELING PROGRAM (HIICAP)

Thursday November 18 at 2:00 pm

Come for the latest information regarding Medicare, Medicare Supplemental (Medigap), Long-Term Care, Managed Care (HMOs), EPIC, Medicaid, and other insurance options. *Presented by Bill Daniels, Erie County Department of Senior Services*

BlueCross BlueShield

Call Meghan at 716-462-2236 to schedule your appt


Tuesday November 23, 9:00 am-12:00 pm

RESERVATIONS REQUIRED FOR ALL PROGRAMS

PROGRAMS

PROGRAM REGISTRATION

 www.AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Registration Desk.

UNIVERSITY EXPRESS

In Person Classes

Monday 11/1 at 2:00 pm-Three American Geniuses, Bob Butler

Wednesday 11/3 at 10 am Unlock Our Past-Understand the Present, Lillie Wiley-Upshaw

Friday 11/5 at 10:00 am Patient Life at the Buffalo State Asylum, Rosanne Higgins

Friday 11/5 at 2:00 pm-Artifact Detective, Patrick Ryan

Monday 11/8 at 2:00 pm-Beer Through the Years, Tim Herzog

Wednesday 11/10 at 10:00 am-Safe Dating Practices, Erie County Department of Health

Friday 11/12 at 2:00 pm-Cyber Security, Nathan Bake

Monday 11/15 at 2:00 pm-Preparing for Retirement, Valerie Stanek

Wednesday 11/17 at 6:00 pm-So Many Health Insurance Options, Bill Daniels

Friday 11/19 at 10:00 am-Asian Americans, Past and Present, Jeehyun Lim

Friday 11/19 at 2:00 pm-Being Social on Social Media, Cassandra Kubiak

Monday 11/22 at 2:00 pm-Living with Anxiety, Mark O'Brien

Monday 11/29 at 2:00 pm-Sugar, Sugar, Jenny Ferrentino

Virtual Class—Join our Watch Party!

Thursday 11/18 at 10:30 am-Greater Buffalo Racial Equity Roundtable, Felicia Beard

Now is the time to get the Medicare coverage you deserve, with plans that have more of the benefits you care about, lower costs, and the support of experts right here in Western New York. With a Medicare Advantage plan from Univera Healthcare, you get the affordable coverage that you can always count on, with the assurance of plans that bring you more.



All Univera Healthcare Medicare Plans Include:

- Telehealth services by video conferencing or phone
- 90-day supply of prescription drugs for just two copays at most retail pharmacies or through mail order
- Preventive dental coverage including cleanings and X-rays
- \$0 copay on over 20 preventive services
- Access to 100% of hospitals, 98% of physicians in a network that extends to the Rochester area and border counties in Pennsylvania
- Hearing and gym membership benefits
- \$0 copay on routine and Medicare-covered eye exam
- Over-the-counter benefit: Receive \$120 per year for over-the-counter medication and supplies
- Online Account access lets you view claims, pay bills, and more

NEW! \$0 SeniorChoice Extra (HMO) by Univera

- \$0 premium to stay within your budget
- \$25 back in your Social Security check each month with a Part B premium refund
- Low primary care and specialist co-pays
- \$250 eyewear allowance every two years
- Preventive dental services with a \$15 co-pay per service
- Add complementary dental coverage (restorative and major dental) for \$29/month

\$33 SeniorChoice Advanced (HMO-POS) by Univera

- Low primary care and specialist co-pays
- \$150 eyewear allowance with \$0 copay on routine and Medicare covered eye exam
- Low drug deductibles
- Coverage while traveling (great for Snow Birds)
- Preventive dental coverage, including cleanings and x-rays
- NEW! Part D Senior Savings Program to help you save on select insulin
- Add complementary dental coverage (restorative and major dental) for \$29/month

RESERVATIONS REQUIRED FOR ALL PROGRAMS

**DO NOT MISS OUT ON
CLASSES FOR THE NEW YEAR.
Registration begins on
December 6.**

CLASSES

WINTER CLASS CATALOG

The Winter Class Catalog will be available later in November in hard copy at the Center and Amherst Libraries and online at AmherstCenterforSeniorServices.com

FASTEST WAY TO REGISTER

The fastest way to register for a class is online. Create an account at MyActiveCenter.com. If you don't have your own computer. Computers are available in the Computer Room to use for registration.

NOT SURE HOW TO REGISTER ONLINE?

Come and learn how to create an account so you can easily sign up for classes and programs. Tuesday, November 30th at 10:30 am or at 2:30 pm. Make a reservation at the Reception Desk. If you have specific questions regarding classes or MyActiveCenter please see a staff member prior to registration.

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.

- Online and telephone registration begins on Monday, December 6 at 8:30 am
- Mail and drop off registrations will be processed beginning at 9:00 am.
- Walk – in registrations will also begin at 9:00 am

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.

FALL CLASS HIGHLIGHTS

HOW TO USE ZOOM AND SKYPE

Want to join a class on Zoom or see and talk to your family and friends on a video call? This class will teach you how to **JOIN** a call you were invited to (use video, audio, chat) how to **START** a call and how to **SCHEDULE** a call for another time. This can be done using your computer, tablet, or Smartphone.

Nancy Wise-Reid, Instructor

Monday, 11/8 (1x) 10:30am – 11:30am \$5

DRUMS ALIVE – Drumming for Fitness

A new dimension of fitness which combines traditional aerobic movements with the powerful beat and rhythms of the drums. Unleash your inner rock star as you use a large stability ball and a pair of drumsticks to create a whole body experience – increase your endurance and awaken the brain. You will also have the opportunity to perform a variety of movements and strength exercises while using the stability ball and resistance band. Equipment provided.

Jill Bronsky, Instructor

Wednesday, 11/10-12/15 (5x) no class 11/24
6:00pm-6:50pm \$15

**This is an evening
class**

VOLUNTEER

EVENING VOLUNTEERS NEEDED

With plans to have the Senior Center open more evenings to meet the needs of our members, there will come more opportunities for volunteerism. Volunteer positions will vary, as will the schedules (the Center will be open until 7:30 p.m. on those evenings). This is an opportunity for volunteers who cannot be here during our daytime hours or for those who prefer evening hours. Some positions will be in the dining room and/or the kitchen, serving, or checking in guests. Additional positions may involve greeting guests upon arrival or assisting with programs. As evening programming expands over time, there will likely be additional volunteer opportunities. For more information, please contact Jodi.

“LOVE A VETERAN”

We will be collecting items for our local veterans. Commonly requested items are personal care items such as toothpaste, tooth brushes, razors, shave cream, hair products, socks, t-shirts, sweat pants & sweatshirts. Please remember our female veterans, as well. Items will be donated to our local VA. All items donated should be new/unused. Please look for the decorated barrel in our front lobby throughout the month of November.

CLUB SALE

Tuesday, November 23 from 9:00 am until 3:00 pm
Both the Knitting Club and Community Service Sewing Projects Club will be collaborating in this Club Sale. Hand knitted/ crocheted and hand sewn items will be available for purchase.

BAKERS RACK SALE

Tuesday, November 23, beginning at 9:00 am
There will be fresh baked items available to purchase while supplies last. Proceeds benefit the Amherst Center for Senior Services. If you are interested in learning more about becoming a volunteer with the Bakers Rack, please contact Barb at 636-3055 ext. 3136.

HOT DOG SALE

Thursday, November 18, 11:00 am
\$1.50 while supplies last

VOLUNTEER PERFORMANCE CLUBS

Our volunteer performance clubs earn volunteer hours for their performances at the Center and within the community

AMHERST SENIOR SINGERS

Leader: Carol Mayo, 632-3929
Wednesday rehearsals at 1:00 pm-3:00 pm
Performs at the Center and community organizations

AMHERST ROCKY BLUES BAND

Leader: Ed Morgan, 633-4309
Friday rehearsals at 12:30 pm
Performs at the Center and community organizations

MUSIC COMBO

Leader: Susan Florek-Birney, 839-3628
Thursday rehearsals, 1:00 pm-2:30 pm
Performs at the Center and community organizations

READER'S THEATER

Leader: Pam Williams, 912-0053
Monday's at 1:30 pm
Performs at the Center and community organizations

OPEN PICKLEBALL

Monday, November 8, 22	9:00 – 11:00 am
Tuesday, November 2, 16, 30	2:00 – 4:00 pm
Friday, November 12, 19	2:00 – 4:00 pm

HOLIDAY GIVING

The Giving Tree

November 10-December 3
We will be collecting new toys, books, art supplies and stuffed animals for School 30 Pre-K. If you are interested in donating, please select a child's name off the tree beginning November 10 with gifts due by December 3.

Snow Angels

November 10-December 3
If you are interested in assisting older adults in Amherst, please select a Snow Angel Tag beginning November 10 with gifts due by December 3.

JODI KWARTA, DIRECTOR OF VOLUNTEER SERVICES 636-3055, EXT. 3126

SENIOR SERVICES

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

Provides rides to the Amherst Senior Center, health-related visits, and grocery shopping.

AmherstVans.org | 716-636-3075

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. Call Senior Outreach Services directly at 716-636-3070.

SOCIAL CASE WORKER-Social Work Services are Here for You! Your needs are important to us and we want to assure you that we are committed to working diligently to provide information and referrals for programs and services. 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.

ACCESSIBLE PARKING TAGS

If you need assistance with an application and paperwork to get an accessible parking tags, we are available on the second Monday of each month from 10:00-noon and the third Thursday from 1:00-3:00. Must make reservations.

Home Energy Assistance Program (HEAP)

The 2021-2022 regular HEAP benefits opened in October. HEAP is a benefit designed to decrease annual costs associated with heating your home. For more information or to make an appointment for application assistance, please contact the Social Work Department.

MINDFULNESS

Tuesday, November 23 at 10:00 am

As the weather gets colder we find ourselves sitting more. This impacts our overall wellbeing. Join us as we discuss and practice some techniques on how to apply mindfulness to movement. Building movement moments into your day can increase longevity and improve mental health.

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.

CAREGIVERS SUPPORT GROUP

Wednesday November 17 at 1:00 pm

Caregiving can be overwhelming and we are here to offer support. Please join us and let us help.

LOSS AND GRIEF GROUP

October 21-November 18 at 11:00 am

The pandemic created many losses for everyone. We will discuss all types of loss both death and non-death related. We will discuss coping skills and provide information on loss and grief. *This is a six week series that was started in October and will end in November. The next series begins in January.*

WIDOW/WIDOWERS SUPPORT GROUP

Tuesday, November 9 at 11:00 am

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

Surviving the Holidays- Thoughts on Coping.

YOUTHWORK\$

Are you an Amherst resident in need of assistance with extra jobs around your home? **YouthWork\$** is a year-round service that works as a liaison between residents who need assistance with jobs around their home and Amherst youth ages 12-20 who are interested in working with these residents. Jobs include: yardwork, gardening, weeding, mowing, raking, and snow removal.

To hire a youth through the **YouthWork\$** program, please contact Robin Erwin at 631-7217.

The **YouthWork\$** service may be provided to you free for up to 30 hours per calendar year if you qualify for the **Senior Fund** program. Please call one of our Social Case Workers for financial assistance.

SOCIAL CASEWORKERS:


VIJAYA TOMAR, 636-3055, EXT. 3165


MADDY TURANO, 636-3055, EXT. 3129


Reservations are required for all programs or one-on-one appointments .

CLUBS

CLUB REGISTRATION

 AmherstCenterForSeniorServices.com/
Register

 716-636-3051

 In person at the Center's
Registration Desk

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

CAMERA CLUB

Leader: Claire Kaymon, 650-1551 or
ckaymon@sbcglobal.net

Meetings are held on the 2nd and 4th
Tuesdays of the month:

Tuesday, November 9th at 1:00 pm
Controlling Exposure in Camera and Post Processing.

Presenter: Mary Lou Frost

Tuesday, November 23rd at 1:00 pm
What's New in Shooting Sports
Presenter: Mike Dziak

CHESS CLUB

Leader: Bill Rich, 908-9223
Tuesdays 12:30-3:30 pm

CREATIVE WRITERS CLUB

Leader: Carolyn Takach, 632-7478
First and Third Mondays, 10:00-12:00pm

CRIBBAGE CLUB

Leader: Mark Pascale,
senior.pascale@gmail.com
Thursdays at 12:45

DINNER CLUB

Membership Chair: Mary Bashore,
691-6714 or mrybash@gmail.com

DOMINOS CLUB

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

DUPLICATE BRIDGE (THURS)

Leader: Bruce Brown, 352-9878
Thursdays 9:00 – 12:00 pm

DUPLICATE BRIDGE (FRI)

Leader: George Mayers, 957-4408
Fridays, 1:00 – 4:00 pm

EUCHRE CLUB

Leader: Bob Peluso, 689-0094
Second and fourth Tuesday of each
month at 1:00 pm

GENEALOGY CLUB

Leader: Sally Clements, 835-9248

MAH JONG

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

MEN'S GOLF CLUB

Leader: Jim Pettis, 626-0889 or
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

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 Valtin, 689-8664

TAI CHI CLUB

Leader: Frank Chi, 688-6680
Wednesdays and Fridays at 1:30 pm

TRAVEL CLUB

Due to concerns with traveling at this time, travel club is on hold until further notice. All calls regarding the club should be made to the Senior Center by contacting Melissa Abel, Deputy Director

UPHOLSTERY CLUB

Leader: Kate Wagner, 836-2439
Meetings are Wednesdays from
9:00-12:00 pm

WALKING CLUB

Leader: Bill Albrecht, 565-0634
Season has ended. Will resume in
May

WOOD CARVING CLUB

Leader: Jen Lazarz, 636-3050
Tuesdays, 9:00-11:30 am

WOMEN'S GOLF CLUB

Leader: Mary Ann Young, 639-1169



Are You Interested in Upholstery?

Whether you enjoy reupholstering an old chair or sofa or simply want to give pillows a new look to dress up your space, join the Amherst Center for Senior Services Upholstery Club.

The Club meets on Wednesdays from 9:00-12:00 pm. Call the Club Leader, Kate Wagner at 716-836-2439 today!

**Now offering
bigger \$0
Medicare plan
benefits.**

Are You Interested in a
Univera Plan?
Contact Michelle Hrichen
at 716-572-8315





\$3 suggested donation

NOVEMBER 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 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.

<u>MONDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1 Julienne salad Vegetable beef soup Fruit punch Italian bread Apple	Vegan Option Lentil soup Small salad Bread Dessert	2 Turkey w/gravy Stuffing Sweet potatoes Green beans Dinner roll Pumpkin pie	3 Chicken Rice pilaf Carrots Wheat dinner roll Orange	4 Cheeseburger Potato Corn Roll Ice cream sandwich	5 Roast beef w/gravy Mashed potatoes Mixed vegetables Rye bread Cake
8 Turkey sub Garden vegetables Cranberry juice Pineapple chunk	Garden burger Roll Potato, vegetable Dessert	9 Chicken w/gravy Rice Carrots Dinner roll Mandarin orange	10 Veteran's Roast beef w/ gravy Mashed potatoes Mixed vegetables Roll Apple pie	CLOSED ON VETERANS DAY 	12 Pizza Wings Celery Carrots Grape juice Cake
15 Chili Baked potato Carrots Crackers Diced pears	Vegetable stir fry Rice Bread Dessert	16 Pork chop w/gravy Mashed potatoes Peas Multigrain bread Chocolate chip cookie	17 Breakfast sandwich Hash brown Spiced apples Mandarin orange	18 Turkey w/gravy Stuffing Sweet potatoes Green beans Dinner roll Pumpkin pie	19 Chicken Rice Beets Corn muffin Ice cream
22 Macaroni & cheese Stewed tomatoes Peas Italian bread Tropical fruit	Vegetarian chili Baked potato Bread Dessert	23 Turkey w/gravy Stuffing Sweet potatoes Green beans Dinner roll Pumpkin pie	24 Fish Rice Mixed vegetables 12 grain bread Peaches	Closed Thursday & Friday HAPPY THANKSGIVING Have a wonderful holiday! 	
29 Hamburger w/roll Potato wedge Corn Fruit cocktail	Lentil soup Small salad Bread Dessert	30 Stuffed pepper Mashed potatoes Carrots Italian bread Cookie			This menu is subject to change

Thanksgiving Dinner:

Wednesday, November 10, 5:00 pm

Turkey w/gravy, stuffing, sweet potatoes, green beans, dinner roll, pumpkin pie

Thanksgiving Lunches



November 2, 18, 23

Dinner:

Wednesday, November 17, 5:00 pm

Chili, baked potato, salad, dessert

RESERVATIONS MUST BE MADE IN ADVANCE BY CALLING 636-3051