

THE NETWORK

The Monthly Newsletter of the Amherst Center for Senior Services

August 2021

Grandparent & Me
Programs
Page 7



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

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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

This past week, I asked my children where they wanted to go on vacation, and they both informed me they wanted to go to nanna's house—"because she's fun and the only one that can boss you around." So many parents and grandparents can sometimes take relationships across generations for granted. Yet, it is more important than ever to make them a priority in your family. This is something that my wife and I realized even more over the past year.

During the pandemic, it was hard to be estranged from people to adhere to health guidelines, especially those we are closest with. It was apparent to my wife and me how valuable my parents and children are to us when they could see each other again. Although we are connected to each other, there's nothing like being connected to a larger family.

With many households nowadays having both parents working full-time, juggling schedules sometimes becomes tricky. I know we appreciated the assistance of our parents in looking after our girls. They can give them what we don't always seem to provide - our undivided attention.

School is out for the summer, and many summer camps are closed for the season. As a result, many grandparents are spending their summer watching their grandchildren. Our community has many wonderful activities where grandparents can take their grandchildren, such as the Buffalo Niagara Heritage Village or any of the Town's beautiful parks. You can also take a look at some of our "Grandparent and Me" Programs on page seven and consider bringing your grandchildren to *your club* and show them that no matter what age we are, you can still have fun. Let this be your "second chance" where you don't have to be the provider or disciplinarian; you get to be in the moment and enjoy every second of it!

Brian Bray

DISHIN WITH THE DIRECTOR

Friday, August 6 at 1:00 pm

Join Director Brian Bray and special guest, Director of Volunteer Services, Jodi Kwarta, for casual conversation about the Center and our Volunteer Department

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.

To join the Center go to:

<https://www.amherstcenterforseniorservices.com/membership-plans>, complete the application, print it out and bring it to the Center with payment

THANK YOU TO OUR SPONSORS!

NETWORK SPONSOR



CONCERT SPONSOR



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 THESE JULY HIGHLIGHTS



NOMADLAND (above) This year's Academy Award winner makes it to the Center!



ACCESSIBLE CAR TAGS. (above) Deputy Director, Melissa Abel, works with Social Work Staff and a Representative from the Town Clerk's Office with distribution. Please call 636-3055, ext. 3129 for more information.

COMMUNITY GARDEN (below) The Senior Center in collaboration with YES, the Youth & Recreation Dept. and the Amherst Youth Coalition maintain a vegetable garden with food being donated to local food pantries.



COOKING WITH JEN (above) Members made chocolate dipped fruit cones. Next dates: Virtual on August 4 and in-person on August 9.

CARD ROOM. (above) opened to the delight of members.

OPEN PICKLEBALL (below) August dates on page 10.



AMHERST SENIOR SINGERS (above) practice for their next performance!

AUGUST HIGHLIGHTS

STAFF & MEMBER MEETING

Tuesday, August 3 at 1:00 pm

We want to hear from you about what type of events or programs you would like hosted at the Center. If you are unable to attend please Email your suggestions to jcole@amherst.ny.us or jlazarz@amherst.ny.us.



SILVER PRIDE TEA

Friday, August 6 at 10:00 am

This is an opportunity for LGBT seniors to come together and enjoy a morning of refreshments and conversation. Held the first

Friday of the month from 10:00 am-12:00 pm at the Center. ALL are welcome.

Hosted by the Pride Center of WNY

INTERNATIONAL HOLIDAY

Monday, August 9 at 11:00 am

Come and learn facts about these Islamic holidays; Muharram and Ashura

SENATOR EDWARD RATH III



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

This free event is open to the public and is for all ages. Obtain information, services, and screenings

Co-sponsors:

Kaleida Health and Amherst Center for Senior Services

Current Covid guidelines will be adhered to and space is limited

BITCOIN & DIGITAL ASSETS

Wednesday, August 11 at 10:30 am

Fear of missing out is a powerful force in investing. It's difficult to ignore an asset that has gained more than 500,000% in just a few years, eliciting headline-grabbing commentary from Elon Musk and Warren Buffett, among others.

Presented by Kristin Meyer, Rivercrest Financial

LAST CONCERT OF THE SEASON

THE HOUSE BAND



Wednesday, August 18 from 6:00 pm-8:00 pm

Sponsored by Brompton Heights

Maria's Bene Cibo Food truck will be on site with some classic grilled chicken sandwiches, paninis, and cannolis. Please bring a chair.

CONNECT LIFE BLOOD DRIVE

Tuesday, August 24 from 10:00 am-1:00 pm Register at: <https://www.connectlifegiveblood.org/index.cfm?group=op&step=2&opid=20685> or call Jen at 636-3055, ext 3112

FANTASY SPORTS GROUP



Tuesdays, August 24 & 31 at 1:00 pm Have you ever wanted to create your own Fantasy Football team? Join us as we discuss how it works and look at launching a group at the Center

GANDHI PRESENTATION

Friday, August 13 at 1:00 pm

Learn more about India's Independence Day and why Mahatma Gandhi has been so important to the world. *Presented by: Purnima Mohan, Cultural Secretary from CHAI (Council of Heritage and Arts of India)*



PROGRAMS

PROGRAM REGISTRATION



AmherstCenterForSeniorServices.com/Register



716-636-3051



In person at the Center's Registration Desk.

CENTER PROGRAMS

GAMES

Monday, August 2 at 11:00 am - Jeopardy

Monday, August 16 at 11:00 am - Taboo

Monday, August 30 at 11:00 am – Just One

PAULA'S DONUTS

Friday, August 6 at 9:30 am

Enjoy a Paula's donut and a cup of coffee. Fee is \$2.

RSVP by 8/5

IMMUNIZATIONS: Which ones do you need?

Friday, August 6th at 10:00 am

UB Pharmacy students and Tops Pharmacy will present an immunization update. We'll review all the immunizations you should make sure you're up to date on and review the latest news on COVID vaccines

WHAT'S TRENDING

Wednesday, August 11 and 18 at 9:30 am

Find out what everyone is talking about!

HOT DOG SALE

Thursday, August 12 at 11:00 am

\$1.50 each while supplies last Center Parking Lot

ARMCHAIR TRAVELER

Thursday, August 12 at 2:00 pm

Join us as we travel to Niagara Falls, NY without leaving your chair

SUPERSTITIONS

Friday, August 13 at 11:00 am

What types of superstitions do you believe?

FLASHBACK FRIDAYS

August 13, 20 at 2:00 pm

A look back on memorable dates

BOOK CLUB ON THE PATIO

Monday, August 16 at 2:00 pm

Exit Music by Ian Rankin

COOKING BREAKFAST WITH JEN

Thursday, August 19 at 9:30. We will be making Bagel Boats. Fee is \$2.

CELEBRITY FAST FACTS

Thursday, August 19 at 11:00 am

Can you name the celebrity in 5 facts or less?

ASK THE REALTOR

Friday, August 20 at 11:00 am

Presented by Anne Kader, RSES, Licensed Associate Real Estate Broker with the O'Lear Team at MJ Peterson.

COVID HAS TAUGHT US ILLNESS CAN STRIKE ANYONE AT ANYTIME

Tuesday, August 24 at 11:00 am

Have you shared your health care wishes? Now is a good time to document your health care preferences. *Presented by Lynn Riker from Hospice and Palliative Care.*

HEALTHY SNACKS

Wednesday, August 25 at 11:00
Presentation will focus on nutrition needs for seniors and simple meals/snacks that can fill those needs. A demonstration of making a simple snack with simple ingredients is included

Sponsored by Registered Dietician, Lindsey Vonreyn, Fallon Health Weinberg PACE Program

MIND TEASERS

Thursday, August 26 at 11:00

WHY NOW IS THE TIME FOR SENIOR LIVING

Thursday, August 26 at 1:00 pm

The housing market is exploding. Understand why now is the perfect time to sell a home and consider your senior living options. We will explore those options, look at cost comparisons, and understand why these senior living options provide health benefits and allow you to stay independent while also offering support, amenities, and great programming. Don't let this great opportunity in the housing market pass you by and don't wait until you find yourself in an emergency situation looking for senior living options.

Presented by Julie Whitbeck-Lewinski, OTD, OTR/L, Senior Advisor

ALOHA


Friday, August 27, at 1:00 pm


Join us for *Hawaiian Bingo* and a special Hawaiian treat

PROGRAMS

PROGRAM REGISTRATION

 AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Registration Desk.

GRANDPARENT AND ME

Reservations must be made two days prior to event
All events are at the Center unless otherwise noted

HEADBANDS GAME-Monday, August 23 at 11:00 am

SCAVENGER HUNT-Tuesday, August 24 at 10:00 am
This program is at Garrison Park on Garrison Road

BINGO-Wednesday, August 25 at 2:00 pm

MOVIE-Thursday, August 26 at 1:00 pm
Joey and Ella Rated G

CRAFT *Bird Feeders*-Friday, August 27 at 10:00 am

PAUTLER'S Monday, August 30 at 12:30 pm.
You are responsible for your purchases
This program is at Pautler's at 6343 Transit Road

ROCK PAINTING-Tuesday, August 31 at 11:00 am

BINGO- Wednesday, September 1 at 2:00 pm

MOVIE-Thursday, September 2 at 1:00 pm
The SpongeBob Movie: Sponge on the Run Rated PG

MOVIES

Movies held at the Center at 1:00 pm

- Monday, August 2 **Come Away** Rated PG13, 90 M
- Monday, August 9 **The Courier** Rated PG13, 90 M
- **SPECIAL PRESENTATION:** Thursday, August 12
Gandhi (1982) Rated PG, 191 M
- Monday, August 16 **Wonder Woman 1984** Rated PG13, 180 M
- **FOREIGN FILM** Friday, August 20 at 1:00 pm
Roma Rated R, 135 M at 1:00 PM. (English subtitles Language Spanish)
- Monday, August 23 **The Quiet Place** Rated PG13, 180 M
- Monday, August 30 **The Father** Rated PG13, 107 M

DOCUMENTARIES

Documentaries are held at the Center at 1:00 pm

- Thursday, August 5 **Free the Mind**
Profiles the pioneering work of renowned psychologist Richard Davidson, who, by studying the practices of Tibetan monks and others, found that it is possible to rewire the brain through meditation and mental training exercises. 80 M
- Thursday, August 19 **Some Kind of Heaven**
Looks at life at The Villages in Sumter County, Florida, America's largest retirement community. 83 M

HYBRID PROGRAMS

BINGO

Wednesdays August 4, 11, 18, 25 at 2:00 pm

TRIVIA TUESDAYS

August 3, 10, 17, and 31 at 2:00 pm
Test your smarts

PORTION POWER

Thursday, August 12 at 11:00 am *Watch Party*
More than 65% of U.S. adults are either overweight or obese. We'll discuss ways you can take control of your portion sizes – and your health

VIRTUAL PROGRAMS

COOKING WITH JEN

Wednesday, August 4 at 11:00 am *Peach Dumplings*

FLASHBACK FRIDAY

August 6 at 2:00 pm
A look back on memorable dates

HAPPY HOUR

Friday, August 13 at 3:00 pm
Join us as we toast in the weekend

BIRTHDAY CELEBRATION

Friday, August 20 at 1:00 pm
Celebrate all the birthdays in the month of August. Birthday gift bags can be picked up at the Reception Desk on Thursday, August 19 at 12:00 pm


BOOK LOVERS CLUB


Monday, August 23 at 2:00 pm
Share titles of books that you have enjoyed with others

PROGRAMS

PROGRAM REGISTRATION

 www.AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Registration Desk.

AROUND TOWN

GARRISON PARK

BREAKFAST WITH JEN

Tuesday, August 3 at 10:00 am

Enjoy a breakfast croissant with bacon, egg and cheese. Please RSVP by 8/2

COVID ONE-YEAR LATER

Tuesday, August 10 at 10:00 am

Jim Zymanek from Amherst Emergency Services will talk about Covid a year later and where we are now

ON THIS DAY IN HISTORY

Tuesday, August 17 at 10:00 am

ISLAND PARK ON WEDNESDAYS

WHAT'S TRENDING

August 4 at 9:30 am

Find out what everyone is talking about!

PAULTER'S

Monday, August 30 at 12:30 pm

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

TOWN OF AMHERST EVENTS

PUBLIC MARKETS* 10:00-2:00 pm

Sunday, August 8, Bassett Park

Sunday, September 12, Bassett Park

FOOD TRUCK RODEOS* 4:00-7:00 pm

Friday, August 20, Walton Woods Park

Friday, September 24, Walton Woods Park

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.*

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.

UNIVERA

Thursday, August 5 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, August 17 from 10:00 am-12:00 pm

Does Medicare have you puzzled? For more questions please call Maria Schenk at 345-0337

INDEPENDENT HEALTH

Thursday, August 12 at 1:00 pm

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

EPIC

Monday, August 16 from 11:00 am-1:00 pm

BLUE CROSS BLUE SHIELD OF WNY

Thursday August 19 from 9:00 am-12:00 pm

Call Meghan at 887-7912 to schedule your personal appointment

SAVE THE DATES:

BUY NOTHING MARKET (To be held on Patio)

Wednesday, September 1 from 10:00 am-1:00 pm

This is a great way to live less wastefully, save money, experience the joy of giving, and build better communities. Do you have some things you want to give away? Each member registered in myactivecenter or by contacting Joanne Cole, 636-3055 ext. 3107, will be provided with a 6 foot table to set up their items to be given away. Looking for treasures? Come and get some. All table reservations must be made by **August 31**.

FLU SHOT CLINICS

Schedule your appointment now

- Top's Pharmacy

Thursday, September 9 from 9:00am – 12:00pm

- Walgreen's Pharmacy

Wednesday, September 22 from 10:00am – 1:00pm

- Top's Pharmacy

Friday, October 15 from 10:00am – 1:00pm

CLASSES

FALL CLASS CATALOG

The Fall Class Catalog will be available in early August online and by hard copy at the Center and at Amherst Libraries. Registration will begin on **Monday, August 16**. Classes start September 7.

REGISTRATION

Ways to Register:

1. Online at [AmherstCenterforSeniorServices.com/register](https://www.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.

Hearts and Hands - Faith in Action is a volunteer not-for-profit organization providing free escorted transportation and basic home chore help for the elderly and/or disabled individuals living in rural and suburban communities in Erie and Niagara Counties.

FALL CLASS HIGHLIGHTS

AARP SMART DRIVER

Improve driving skills and qualify for a discount on your automobile insurance. Instructor provided by the AARP. In person or mail-in registration only.

Wednesday, 10/6, 10/27 **OR** 11/17

9:00am-4:00pm Classroom 2 *\$25 or \$30

\$30 for Senior Center members. \$25 for Senior Center members who are also AARP members. **Make check payable to AARP Smart Driver. Write your AARP membership # of your check and registration form. No fee waiver. Checks are held by the senior center and submitted to the AARP Instructor on the day of the class.*

BRIDGE – Beginners Part 1

If you have never played Bridge or played bridge “a long time ago” and want to re-learn, you will learn the basics in this class designed for Beginners. The complete course will be given over three trimesters – Fall, Winter and Spring – and will cover 12 basic concepts, 4 in each trimester. At the end of the course, you will have the basic skills needed to enjoy playing in any bridge game or club. Come join in the discussion, play cards, and be mentally challenged in a fun and friendly environment.

Ruth Nawotniak, Instructor

Monday, 9/13-11/22 (10x) no class 10/11

10:00am-12:00pm Card Room \$40

IT TAKES A WOMAN! – Achievement & Excellence from a Female Perspective

Margaret Thatcher once quipped “If you want something said, ask a man; if you want something done, ask a woman.” This course will put a spotlight on the mighty deeds of women down through the ages in all walks of life including: politics (Queen Elizabeth I), religion (Mary Baker Eddy), science (Marie Curie), sports (Babe Didrikson Zaharias), literature (Agatha Christie, Toni Morrison) and music (Nadia Boulanger). Though the history books tend to focus on the lives of great men, we will look at the “her-stories” of the high-achievement ladies who have spectacularly changed our world.

Michael Harris, Instructor

In-House

Tuesday, 9/14-12/14 (13x) no class 11/2

9:30am-11:30am Classroom 2 \$41

Zoom

Tuesday, 9/14-12/14 (13x) no class 11/2

1:00pm-3:00pm Zoom \$41

CLASSES

PICKLEBALL – Beginner

Did you know, Pickleball is the fastest growing sport in the United States? It is a paddle sport that combines elements of tennis, badminton and ping pong. This six week course is designed for the Beginner. Each week we will begin with instruction and drills, followed by practice and play for the remainder of the class. Members are welcome to bring their own paddle, however, equipment will be provided. Wear comfortable clothing, and sneakers are a must!

Cindy Weiss, instructor

Thursday, 9/30-11/4 (6x)

1:30pm-3:30pm Activity Rooms A & B \$20

20/20/20

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

Marilyn Ciavarella, Instructor

Evening

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

5:00pm-6:00pm Dance Room \$18

OPEN PLAY PICKLEBALL

- Wednesday, August 4, 11, 18, 25 2:00 – 4:00 pm
- Tuesday, August 31 2:00 – 4:00 pm
- Thursday, August 5, 12, 19, 26 9:00 – 11:00 am
- Friday, August 13, 20, 27 2:00 – 4:00 pm

Ways to Give to Hearts and Hands

Whether it is your time, talent or treasure, your support will assist us in recruiting, training and maintaining the dedicated volunteer base necessary if we are going to meet the needs of the growing number under-served individuals in our communities.

- A gift of \$7 underwrites two trips to Physical Therapy in Akron for an individual recovering from knee surgery.
- A gift of \$10 underwrites a trip to the grocery store so proper nutrition can keep our elderly neighbors healthy.
- A gift of \$18 underwrites one trip to Roswell Park Memorial Hospital for chemotherapy.
- A gift of \$22 underwrites a month's worth of trips for medication level blood work.

VOLUNTEER

GIFT SHOP VOLUNTEERS NEEDED

Duties include greeting and assisting customers, using the cash register, tidying up the shop, re-stocking sold merchandise as necessary. No previous retail experience is required, but excellent customer service skills, a willingness to handle cash and process credit cards are a must. Shifts will be 2-3 hours in length, one time per week. There are also opportunities to substitute, as needed. All training is provided. Please contact Jodi directly at 716 636-3055 ext. 3126 if interested.

READERS THEATER

You're invited to join the Reader's Theater, via ZOOM (link to follow) for a performance on Monday, August 9th at 1:30 pm. Four skits will be performed: *The Love Doctor; Catchup; May I Help You; The License.*

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, August 8th at Bassett Park (from 10:00-2:00 pm). Actual volunteer time commitment is only 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.

COMMUNITY VOLUNTEER FAIR

Mark your calendars for Thursday, September 23, 11:00-1:00 pm for the 7th Annual Community Volunteer Fair, where we plan to host several community organizations to join us for the purpose of recruiting volunteers for their open service opportunities. Open to the public and all ages welcome.

CLUB SALES & BAKERS RACK SALES RESUMING

Dates will vary, but the quality and value will remain consistently top-notch.

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

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.

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.

Hearts and Hands services are delivered at no expense to the care recipient through the best efforts of our dedicated volunteers. We are able to offer these services at no charge through the generous support of the many *Friends of Hearts and Hands* like you, who believe in our *Neighbor Helping Neighbor Volunteer Program*.

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.

LOSS AND GRIEF GROUP

We are starting a new group where we will talk about different types and stages of loss. The pandemic has created many losses for everyone. We will discuss all types of loss both death and non-death related. This is a six week series beginning on Aug. 5 and ending Sep. 9

WIDOW/WIDOWERS SUPPORT GROUP

Tuesday August 10th 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 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 *Coping Skills*

MINDFULNESS GROUP The Body Scan

Tuesday August 17th at 11:00 a.m.

The Body Scan can help bring your attention to the present moment as it helps you focus on the sensations of the body. Recognizing the connection between body and mind is one of the first steps to mindfulness. Join us as we practice this meditation and talk about the benefits of mindfulness.

CAREGIVERS SUPPORT GROUP

Wednesday August 18th at 1:00 p.m.

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

JUST SAY IT

Monday August 30th at 10:00 am

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

Reservations are required for all Social Work Programs or one-on-one appointments.

Please call 636-3055, ext. 3165 (Vijaya) or 3129 (Maddie)

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
*If you enjoy singing songs from the
30's-60's and performing, join us!*

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

- Tuesday, September 14 at 1:00 pm
Camera Club Season Startup:
"Introduction to Center Camera Club"
Claire Kaymon, Camera Club President
Come join us as we begin our new season.
Cookies and coffee will be served

- Tuesday, September 28 at 1:00 pm
"Drone Photography"

*Bob Hardwick, Experienced Drone
Photographer*

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

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

CHESS CLUB

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

COMMUNITY SERVICE CLUB (MON)

Leader: JoAnn Brozyna, 689-2674

CREATIVE WRITERS CLUB

Leader: Carolyn Tackach, 632-7478

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 for more
Information

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

DUPLICATE BRIDGE (FRI)

Leader: George Mayers, 957-4408
Fridays, 1:00 – 3:30 pm
Cancelled Friday, August 6

EUCHRE CLUB

Leader: Bob Peluso, 689-0094
Second and fourth Tuesday of each
month at 2:00 pm

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 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

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 Valtin, 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: Bill Albrecht, 565-0634
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.

HEARTS AND HANDS

Neighbors Helping Neighbors Since 2003

Hearts and Hands is a nonprofit, neighbor helping neighbor, organization that matches caring, reliable volunteers with older community members who have essential needs, like transportation, to ensure they can continue living independently.

Hearts and Hands proudly serves the Amherst community, volunteers assist the elderly, caregivers and persons with disabilities. The focus of our services is to provide **transportation, in-home services** such as assistance with household chores and minor home repairs, and **caregiver support** through our phone pals and friendly visits programs.

Aleta, a **Hearts and Hands** volunteers says *“With so many seniors in need, I feel good about helping. While offering a ride to a care receiver, we talk and I listen and this connection helps diminish social isolation and loneliness. By showing kindness with my words and actions, I know I have made a difference.”*

Our neighbor serving neighbor volunteer approach provides additional benefits such as: making social connections with the senior and disabled communities. This is of utmost importance as social isolation is on the rise.

By becoming a Hearts and Hands volunteer you can make a difference in your community.

Ready to volunteer? **Call (716) 406-8311 or visit www.volunteerhnh.org.**



Hearts & Hands is a WNY nonprofit that matches caring, reliable volunteers with older members in our community with essential needs, to aid them in living happy, independent lives.

Neighbors Helping Neighbors

Volunteers are critical to our neighbor-helping-neighbor model, offering much-needed and appreciated human connection to some of the most vulnerable members of our community, at no cost to them.



As a volunteer, you'll:

- ♥ Know in advance who you're helping
- ♥ Know the exact needs you'll be assisting
- ♥ Get to choose your own schedule
- ♥ Receive mileage reimbursement
- ♥ Receive supplemental insurance coverage

Want to learn more about becoming a Hearts & Hands volunteer?
Call us (716) 406-8311 or visit volunteerhnh.org

AUGUST 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

- August 2-Lentil soup, small salad, bread and dessert
- August 9-Garden burger on roll, potato, vegetable and dessert
- August 16-Vegetable stir fry, rice, bread and dessert
- August 23-Vegetarian chili, baked potato, bread and dessert
- August 30-Lentil soup, small salad, bread and dessert

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
2 Turkey ala king Mashed potatoes Carrots Muffin Fruit cocktail	3 Chicken Caesar salad Chili Italian bread Angel food cake	4 Meatloaf with gravy Au gratin potatoes Lima bean bake Honey bran bread Tropical fruit	5 Pork chop w/gravy Mashed potatoes Peas Dinner roll Chocolate pudding	6 Breaded fish Rice Green beans Muffin Diced pears
9 Julienne salad Vegetable beef soup Fruit punch Italian bread Apple	10 Turkey w/gravy Mashed potatoes Mixed vegetables Dinner roll Cookie	11 Chicken Rice pilaf Carrots Wheat dinner roll Orange	12 Cheeseburger Potato Corn on the cob White bread Ice cream sandwich	13 Roast beef w/gravy Mashed potatoes Mixed vegetables Rye bread Cake
16 1/2 Reuben Garden vegetables Cranberry juice Rye bread Mandarin orange	17 Chicken w/gravy Rice Carrots Dinner roll Pineapple chunks	18 BBQ ribette Poutine Mixed vegetables Roll Cookie	19 Lasagna roll Meatballs Chef salad Green beans Italian bread Lemon ice	20 Pizza Wings Celery Grape juice Cake
23 Chili Baked potato Carrots Crackers Diced pears	24 Pork chop w/gravy Mashed potatoes Peas Multigrain bread Chocolate chip cookie	25 Breakfast sandwich Hash brown potato Spiced apples Mandarin orange	26 Breaded fish Wild rice Mixed vegetables Dinner roll Apricots	27 Chicken Rice Beets Corn muffin Strawberry ice cream
30 Macaroni & cheese Stewed tomatoes Green beans Italian bread Tropical fruit	31 Cabbage roll Mashed potatoes Peas Dinner roll Brownies			<i>This menu is subject to change</i>

Monthly Dinners Are Returning! The first dinner will be on Wed. September 22 at 5:00 pm. The menu will be created by your recipes. Submit a recipe that reminds you of your childhood or something that has been passed down through the years. Submissions can be sent to Donna Muck, Kitchen Manager, at dmuck@amherst.ny.us or placed in the Recipe Box in the Dining Room. If your recipe is selected you will have a designated table for five of your guests- **COMPLIMENTARY.**