

THE NETWORK

The Monthly Newsletter of the Amherst Center for Senior Services



This issue of the Network is sponsored by :



DIRECTOR'S NOTE

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PHONE NUMBERS

Main Line.....	636-3050
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- Barb White, Recreation Leader: bwhite@amherst.ny.us

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.

March is National Nutrition Month



March is National Nutrition Month. What better time to improve the way you eat? Healthy eating is important at any age but becomes more important as we grow older. Its never to late to change your diet and improve the way you think and feel about food.

Our Program Staff, in collaboration with Highmark Blue Cross Blue Shield of WNY, has scheduled weekly programs during the month of March to better educate our members on the importance of good nutrition. (See page 4) Please make time to attend as many of these programs as you can.

With food prices continuously increasing due to supply shortages, it is harder to afford to eat healthy. If you are having a hard time paying for groceries throughout out the month, please let us know. Our social caseworker, Vijaya Tomar, is available to discuss the Supplemental Nutrition Program (SNAP) with you. She can go over qualifications and see if you are eligible for assistance. She can also offer you temporary assistance with items from our *Friends Helping Friends Food Pantry*. (She can be reached at 636-3055 ext. 3165)

If you haven't been to lunch at the Center in awhile, please join us this month. As you know, we are a location for the Erie County Stay Fit Dining Program. This program is open to anyone 60 years of age or older for a suggested donation of \$3.00. We will also host two special lunches in combination with entertainment for St. Patrick's Day and St. Joseph's Day. We also are offering dinner every Tuesday at 5:00 pm. (Menu on page 14)

Please take advantage of all of the programs and services the Center has to keep you active and eating well!

Melissa

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.

HOURS OF OPERATION

Monday, Wednesday, Friday: 8:30 am-4:30 pm
Tuesday, Thursday, 8:30 am-7:30 pm

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 Temporarily Closed*
- Billiard Room
- Card Room
- Craft Room
- Computer Lab
- Dance Room—*Sponsored by Univera*
- Gift Shop—*Sponsored by Blue Cross Blue Shield*
- Health & Wellness Rooms—*Sponsored by Independent Health*
- Library
- Nutrition Room—*Sponsored by Blue Cross Blue Shield*

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

EMAIL UPDATES

If you do not receive email updates from the Center and would like to be added to our email list, please notify Christina Yensan at cyensan@amherst.ny.us.

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 and we'll provide you with an application.

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.

WE APPRECIATE THE SUPPORT OF OUR SPONSORS



NATIONAL NUTRITION MONTH SPONSOR



MARCH NETWORK SPONSOR



LUNCH IS ON US SPONSOR

AMHERST CENTER FOR SENIOR SERVICES MAIN LINE 636-3050

NATIONAL NUTRITION MONTH

Sponsored by Highmark Blue Cross Blue Shield of WNY



CREATIVE WAYS TO EAT MORE VEGETABLES

Wednesday, March 2 at 12:30 PM

Learn 17 ways to add vegetables to your diet, and the health benefits that come with it.

Presented by Fallon Health

DOCUMENTARIES

Wednesday, March 2 at 2:00 pm *Fat*

Fat tells the far-fetched but completely true history of how our country got so unhealthy, tracing a detailed history spanning 150 years to show just how misinformation and outright lies have become *truth*.

Wednesday, March 9 at 2:00 pm *Fat 2*

The sequel to the international sensation that delves deeper into the age old question: 'What should people be eating?' Health experts talk about the conflicts between plant eaters and meat eaters and how hidden machinations in the food industry are the reasons why we believe what we do about food and optimal health.

FOOD MYTHS AND LABELING MISDIRECTION

Thursday, March 24 at 1:30 pm

Learn how to make better food choices by understanding what is truth vs myth and how to understand food labels.

Presented by Marilyn Calandra

Highmark Blue Cross Blue Shield of Western New York is proud to sponsor the Nutrition Room and we look forward to partnering with the Amherst Center for Senior Services to provide helpful, meaningful, and interactive programs throughout the year.

HYBRID PROGRAMS

Presented by Jennifer Johnson, Blue Cross Blue Shield

LEARN ABOUT FATS

Thursday, March 3 at 11:00 am

Learn which are the healthiest and which to limit in your diet. We'll share tips for adding healthy fats to your meals without sacrificing taste.

FABULOUS FIBER

Thursday, March 10 at 11:00 am

Eating a diet high in fiber is a big step toward improving your health-but most Americans don't consume the recommended 25 to 35 grams of fiber each day. Eating enough fiber can help you control blood sugar and cholesterol, as well as your weight. Join us as we discuss how you can add more fiber to your diet and pick up some healthy recipes too.

WHOLE GRAINS-THE WHOLE TRUTH

Thursday, March 17 at 11:00 am

Health experts advise everyone (*children and adults*) to include grains in your diet, and that it's important to eat at least half our grains as "whole grains." But what IS a whole grain? And why does it matter? We'll give you the scoop on whole grains and share some tasty recipes for preparing them.

ALL ABOUT FRUITS AND VEGGIES

Thursday, March 31 at 11:00 am

Produce Power! Fruits and veggies should be the superheroes of our diets, but most of us don't get enough. We'll discuss how many you need and how to add more of them to your day.

RESERVATIONS REQUIRED FOR ALL PROGRAMS

WOMEN'S HISTORY MONTH

100 AMERICAN WOMEN WHO CHANGED THE WORLD

VIRTUAL

Tuesday, March 8 at 11:00 am

BUFFALO GALS! THREE GREAT LADIES OF STAGE & SCREEN

Thursday, March 10 at 2:00 pm

Buffalo has been the breeding ground for great leading ladies in show business-actresses who exude glamor, wit, elegance, indomitability and what Buffalo-born playwright A.R. Gurney called "The Grand Manner." A tribute to three of these home-grown luminaries:

Katharine Cornell-Acclaimed as The First Lady of Theater
Nancy Marchand-Television's Margaret Pynchon on Lou Grant and Livia Soprano on The Sopranos

Christine Baranski-Diane Lockhart on the shows The Good Wife and The Good Fight, as well as Agnes van Rhijn on The Gilded Age.

We'll look at their Buffalo roots and highlights from their careers, with video clips of their memorable roles.

Presented by Michael Harris

DOCUMENTARY-Sandra Day O'Connor

Wednesday, March 23 at 2:00 pm

HISTORY OF WOMEN IN BUFFALO TV

Thursday, March 24 at 11:00 am

Presenter will discuss the history of women in TV in Buffalo, present her experience in the local media and will take questions.

Presented by Melissa Holmes, WGRZ-Channel 2

As we celebrate Women's History Month this month, I'd like to thank all of the amazing women who have worked for the Amherst Center for Senior Services over the years. Their vision and dedication has helped make the Center what it is today. I have been fortunate to know all of the former directors of the Center over my life and I have no doubt they are proud of what it has become. As we move forward into spring, we are committed to bringing the Center up to full staff and as such, we are hiring! In the coming weeks, we will be seeking individuals (women or men) to fill the following full-time positions: Clerk Typist, Recreation Leader and Social Worker. Please help us spread the word and if you know someone who would be a good fit, have them reach out to Melissa Abel.

Mary-Diana Pouli, Executive Director, Town of Amherst Youth & Recreation Department



FRIDAY FUNNYS

Friday, March 25 at 2:00 pm

Betty White: The First Lady of Television

BOOK CLUB

Monday, March 28 at 1:00 pm

Notorious RBG: The Life and Times of Ruth Bader Ginsburg by Irin Carmon

BEYOND THE FOOTLIGHTS

Wednesday, March 30 at 1:00 pm

Join presenter as she shares stories and choices about producing, performing and directing some of your favorite shows and performers. You may also discover your own inner "character".

Presented by Mary Kate O'Connor, Artistic Director of O'Connell and Company

RESERVATIONS REQUIRED FOR ALL PROGRAMS

VOLUNTEER-Volunteer opportunities available at Weinberg Campus! Call Sarah at (716) 639-3311 x2492.


EMPLOYMENT-When you work at Weinberg Campus, it feels like family! Flexibility, part-time and full-time options, best nursing home wages around. Go to WeinbergCampus.com/careers to learn more.



PROGRAMS

PROGRAM REGISTRATION

 [AmherstCenterForSeniorServices.com/Register](http://www.AmherstCenterForSeniorServices.com/Register)

 716-636-3051

 In person at the Center's Registration Desk.

PLEASE NOTE: *Be sure to sign up for Clubs and Programs as space is limited. If you are unable to attend a Program that you have signed up for please contact us or use MyActiveCenter.com to cancel as there are often other members on the waiting list.*

CENTER PROGRAMS

NATIONAL PANCAKE DAY

Tuesday, March 1 at 9:30 am

Enjoy fresh pancakes, sausage and juice. Fee is \$3 due by February 28, no refunds after that date.

MUSICAL MEMORIES CAFÉ

Tuesdays, March 1 and March 15 at 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 email westfallsartcenter@gmail.com

PAULA'S DONUTS

Thursday, March 3 at 9:30 am

Enjoy a Paula's donut and a cup of coffee. Fee is \$2 due by March 2, no refunds after that date.

IN CASE YOU MISSED IT

Thursdays, 3, 17, 24 at 2:00 pm

Have you heard all of the hype about the NBC series, *This Is Us*? See what everyone has been talking about as we watch episodes from season 1. Have a suggestion for a series, let us know.

SILVER PRIDE TEA

Friday, March 4 from 10:00-12:00 pm

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. *Hosted by the Pride Center of WNY*



COFFEE HOUR

Wednesday, March 9 at 11:00 am

MUST BRING VACCINATION CARD OR EXCELSIOR PASS

VACCINATED
MEMBERS ONLY

NATIONAL MEATBALL DAY

Wednesday, March 9 at 1:00 pm

Did you know there are over 100 ways to serve meatballs? Join us as we sample a few different ways. Fee is \$3 due by March 7, no refunds after that date.

NEW MEMBER SOCIAL

Friday, March 11, 11:00am or Thursday, March 24, 5:00 pm

Come to one of these socials to meet some of the newest Senior Center members and find out more about everything the Center has to offer. There will be an opportunity for a tour and to ask any questions.

HOT DOG SALE-\$1.50

Friday, March 11 at 11:00 am, while supplies last

PI DAY-

Monday, March 14 at 1:00 pm

Solve a math problem for a slice of pie. Fee is \$1 due by March 11, no refunds after that date.

ASK THE REALTOR

Wednesday March 16 at 11:00 am

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

AMHERST SENIOR SINGERS

Wednesday, March 16 from 11:15-11:45 am

Get into the St. Patrick's Day spirit with music!

IRISH DANCERS

Thursday, March 17 at 11:00 am

Performance by the Clann Na Cara Irish Dancers.

COLOR YOUR STRESS AWAY

Tuesday, March 22 at 11:00 am

Coloring not only provides a peaceful activity to allow individuals an opportunity to slow down, but it also engages a different part of the brain, giving the amygdala the chance to essentially "take a break."

LEGAL AND FINANCIAL PLANNING

Tuesday, March 22 at 5:30 pm

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. *This is a workshop presented by the Alzheimer's Association.*

RESERVATIONS REQUIRED FOR ALL PROGRAMS

PROGRAMS

PROGRAM REGISTRATION



AmherstCenterForSeniorServices.com/Register



716-636-3051



In person at the Center's Registration Desk.

CENTER PROGRAMS *continued*

EXERCISING AT HOME

Wednesday, March 23 at 1:00 pm

Exercising at home doesn't mean you need fancy equipment. Learn about exercises that can easily be done with simple household items.

Presented by Lauren Grawe, Director of Outpatient Rehab Services at Brothers of Mercy

GAME-Outburst Monday, March 28 at 1:00 pm

MIND TEASERS Tuesday, March 29 at 11:00 am

HOW DOES YOUR GARDEN GROW?

Wednesday, March 30 at 11:00 am

Do you like to plant flowers? This spring we will be planting flower seeds or bulbs that will be used in planters around the outside of the Center. Let's discuss what flowers we should try and needed supplies

PIZZA AND GAME NIGHT

Thursday, March 31 at 5:00 pm

Pizza by John and Mary's followed by a game of *Family Feud*. Fee is \$6 in cash due by March 30, no refunds after that date.

MOVIES

AFTERNOON MOVIES-Monday's at 1:30 pm

March 7 *Eyes Of Tammy Faye* Rated PG-13 2 hrs 6 min

March 14 *King Richard* Rated PG-13 2 hrs 25 min

March 21 *House of Gucci* Rated R 2 hrs 38 min

March 28 *American Underdog* Rated PG 1 hr 52 min

TUESDAY EVENING ENCORE MOVIES

March 1 at 6:00 pm *Red Notice*

March 8 at 6:00 pm *Eyes of Tammy Faye*

March 15 at 5:15 *King Richard* Rated

March 22 at 5:15 *House of Gucci*

March 29 at 6:00 *American Underdog*

ARMCHAIR TRAVELER

Friday, March 11 at 2:00 pm

Passport to the World: *Ireland* 1 hr 16 min

FOREIGN FILM at 1:30

Wednesday, March 16 at 1:30 pm

Borrowed Time (French) 81 min

VIRTUAL PROGRAMS

HAPPY HOUR Friday, March 4 at 2:00 pm

GAME-Scattergories Monday, March 7 at 11:00 am

MARCH HOLIDAYS

Monday, March 14 at 11:00 am

Learn interesting facts about Purim, St. Patrick and St. Joseph.

COOKING WITH JEN-Unstuffed Cabbage Roll Soup

Wednesday, March 16 at 11:00 am

VIRTUAL WORLD TOUR

Friday, March 18 at 2:00 pm

Visit interesting places right from your living room.

WORLD POETRY DAY-Share a poem!

Monday, March 21 at 11:00 am

ESCAPE ROOM-Test your wits to get to the next level!

Wednesday, March 23 at 11:00 am

FLASHBACK FRIDAY

Friday, March 25 at 11:00 am

Find out what happened on this day in history.

HYBRID PROGRAMS

If you choose to join us virtually, you will receive the link after you register.

BINGO

Tuesday, March 1 at 4:00 pm

Tuesday, March 15 at 4:00 pm

Tuesday, March 29 at 4:00 pm

Volunteers from the Youth Engaged in Services (YES) program will be assisting

RESERVATIONS REQUIRED FOR ALL PROGRAMS

CLASSES

DEFENSIVE DRIVING CLASSES:

Save money on your car insurance and increase your driving skills by attending one of the following Defensive Driving Classes listed below. In person or mail-in registration only. Registration forms available at the Senior Center or in the back of the Winter Class Catalog.

Consider joining us for lunch when we take a break. For individuals 60 and over the cost is a suggested donation of \$3.00. Reservations for lunch must be made at least 24 hours in advance by calling 636-3051 or when registering for the class.

SAFE DRIVER ACADEMY

NYS DMV's only Approved Humor Based Defensive Driving Class

Wednesday, 3/23, 9:00 am-3:30 pm

\$35 per person. **Checks made payable to Safe Driver Academy.** No fee waiver. Checks are held by the Senior Center and submitted to the instructor on the day of the class.

AARP SMART DRIVER

Wednesday, 3/16, 9:00 am-4:00 pm

\$25 for AARP Member. \$30 for Non AARP Member.

Checks made payable to AARP Smart Driver. Write your AARP membership number on your check and class registration form. No fee waiver. Checks are held by the Senior Center and submitted to the instructor on the day of the class.

WINTER TRIMESTER

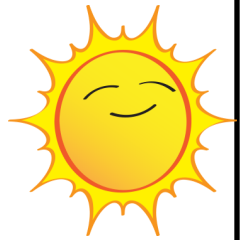
The second session for many of the exercise classes begins in March. Check at Reception or online at MyActiveCenter.com for openings and to register.

SUMMER CLASS CATALOG!

The Summer Class Catalog will be completed late March and in hard copy at the Center, Amherst Libraries and online at:

AmherstCenterforSeniorServices.com.

Registration for the Summer classes begins on Monday, April 11.



ENGLISH AS A SECOND LANGUAGE

Improve your speaking, listening, and pronunciation to communicate more effectively in English. Practice using English to solve problems and learn to select appropriate vocabulary to better communicate your intended message. Topics include Family, Food, and Shopping. If this class is of interest to you, please call Cindy at 636-3055 x3109 or email at cweiss@amherst.ny.us for more information.

OPEN PICKLEBALL

Wednesdays from 2:00-4:00 pm, March 2,9,16

Thursdays from 4:00-7:00 pm, March 3, 10, 17, 24, 31

Fridays from 2:00-4:00 pm, March 4, 11, 25

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

Blue Cross Blue Shield

Thursday, March 17 9:00 – 12:00

Call Meghan at 716-887-8403 to schedule an appointment

Clarity Group

Monday, March 7 9:00 – 11:00

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

EPIC Information Table

Tuesday, March 15 11:00 – 1:00

Sheridan Benefits

Tuesday, March 15 10:00 – 11:00

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

Univera

Tuesday, March 8 10:00 – 1:00,

Tuesday, March 29 10:00 – 1:00

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

Independent retirement living available at **Forest Creek** on Weinberg Campus. Call 716-639-3332 to learn why our residents love living here!



SENIOR SERVICES

AARP TAX PREPARATION

Appointments will be available Tuesdays, Thursdays and Fridays 10:00am – 3:00pm at the Senior Center. At the appointment you will drop off all of the required paperwork to have the taxes prepared then a day and time will be set for you to return to pick up your completed tax forms. Appointments can be made by calling 636-3055 ext. 3108 between 9:00am and 1:00pm.

ACCESSIBLE PARKING TAG

If you need assistance with an application and paperwork to get an accessible parking tag, we are available on the second Monday of each month from 10:00-noon and the third Thursday from 1:00-3:00pm. Please call Vijaya Tomar for an appointment if these times do not work for you.

AMHERST MEALS ON WHEELS

Provides the nutritional support for older adults and disabled adults living in the Town of Amherst to maintain their independence in their home.
AmherstMealsOnWheels.org | 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

Home Energy Assistance Program (HEAP)

The HEAP Program is a federally funded program governed by the New York State Department of Social Services. It is administered on the local level and provides financial assistance to eligible households for energy needs.

Clients should have the following information ready:

- *Proof of income,*
- *Proof of Residency*
- *Proof of Resources*
- *Proof of Personal Identification*

For more information or to make an appointment for application assistance, please contact the Senior Outreach Department at 636-3070.

MEDICARE SAVINGS PROGRAM

The **Medicare Savings Program (MSP)** is a Medicaid-administered program that can assist people with limited income to pay for their Medicare premiums. There is no resource test for the MSP programs. This means many Medicare beneficiaries who may not qualify for Medicaid because of excess resources may qualify for an MSP. Please contact the Senior Outreach Department at 636-3070 for more information on qualifications.

SHORT-TERM NON-CLINICAL COUNSELING

*Non-clinical services are **therapeutic**, but relate to providing resource information, education, screening, and support until appropriate referrals can be made to primary care or formalized health care services.* The Social Work Department is available to discuss concerns on a short term basis with assessment for clinical referrals if needed.

The Supplemental Nutrition Assistance Program (SNAP)

SNAP benefits can help you put healthy food on the table. SNAP monthly benefits can be used to purchase food at authorized retail food stores. SNAP benefits are provided through an Electronic Benefit Transfer (EBT) card, similar to a bank debit card or credit card. If you are eligible, an EBT account is set up for you, and every month your benefits will be deposited right into your account. To see if you are eligible to apply for SNAP, please contact the Senior Outreach Department at 636-3070.

YOUTHWORK\$

Are you an Amherst resident in need of assistance with extra jobs around your home? Youthworks 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 Youthworks program, please contact Robin Erwin

SOCIAL CASEWORKERS:

VIJAYA TOMAR, MSW, 636-3055, EXT. 3165 or vtomar@amherst.ny.us
Reservations are required for all programs or one-on-one appointments .

SENIOR SERVICES

FOOD PANTRY

If you or someone you know is in need of non perishable food items, we have an on-site pantry. Please contact a Social Case Worker to make arrangements.

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.

A social caseworker will be available for evening appointments two nights a month until 7:00 pm. Please call if you wish to schedule an appointment.

MINDFULNESS MATTERS

Our Mindfulness program is temporarily on hold.

VISION ENHANCER

If you're having trouble viewing documents or any print material, we have vision enhancement screens in our Computer Room and in our Library. They are available anytime the Center is open.

Weinberg Campus is just around the corner! For information about our full **continuum of care**, call 716-639-3332.



BENEFITS OF ATTENDING A SUPPORT GROUP

- 1) Realizing you are not alone
- 2) Expressing your feelings
- 3) Learning helpful information
- 4) Improved social skills
- 5) Gaining hope
- 6) Reducing distress
- 7) Increased self-understanding
- 8) Helping others
- 9) Learning coping skills
- 10) Making Friends

MONTHLY SUPPORT MEETINGS

WIDOW/WIDOWERS SUPPORT GROUP

Tuesday, March 8 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 on the second Tuesday of the month. This 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".

CAREGIVERS SUPPORT GROUP

Wednesday, March 16 at 1:00 pm

Caregiving can be overwhelming and we are here to offer support. This month's topic is "Local Aging Services and Resources." Please RSVP to Vijaya Tomar.

Caregiver Support

We will be providing support over the phone for caregivers. If you would like to be on our weekly call list let us know. During the weekly call resources and information about caregiving will be provided. If you are interested in signing up please call us.

LOSS AND GRIEF GROUP

Thursday, March 24 at 11:00 am

This is a six-week series on coping strategies, healing techniques and stages of loss and grief. Please call Vijay Tomar if you have any questions.

SOCIAL CASEWORKERS:

VIJAYA TOMAR, MSW, 636-3055, EXT. 3165 or vtomar@amherst.ny.us

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

VOLUNTEER

EMAILS

Please make sure if you are a volunteer with the Center, you have provided us your email. Email Jodi directly at jkwarta@amherst.ny.us

OUTSIDE THE CENTER VOLUNTEERS

So many of our volunteers provide service outside the Senior Center and we know you are doing so all over the Community. What we are not so sure about, is *where* your service is being performed. We would love to hear from you. Won't you call or email us to let us know at which venues you volunteer? We would like to reach out to those venues to let them know we may have more volunteers willing to help them out, as well as to be able to document just how widespread our volunteers are serving. Also, it will be great to see where you all spend your time doing your good work. My contact information is below.

BUFFALO PHILHARMONIC ORCHESTRA (BPO)

Volunteers are needed for the Volunteer Drivers Program to drive BPO guest artists between airport, hotel and Kleinhan's Music Hall. Volunteers use own car, must be completely COVID vaccinated (with proof), have good driving record, willing to make last-minute changes and most importantly, must love the BPO. If interested, contact Gregg Ferguson at 716-698-1962.

BUFFALO NIAGARA HERITAGE VILLAGE

Currently recruiting volunteers in the following areas: museum store, research library, docent, village preservation, historical craft demonstrations, educational programs. For an application or to learn more, visit the Buffalo Niagara Heritage Village website at <https://bnhv.org>.

HEARTS & HANDS

Currently in need of volunteers for both their Companion Program & Driving Program. Please contact them directly at 716-406-8311 ext. 102 or visit www.volunteerhnh.org.

FOOD SHUTTLE OF WNY

Recruiting volunteers. Please contact the volunteer "hotline" at 716-688-2527 or visit www.foodshuttlewny.org.

COMMUNITY SERVICE CLUBS

Our community service clubs earn volunteer hours for the time they spend creating items to either sell at the Center or donate within the community.

BAKERS RACK SALE

Thursday, March 17 from 9:00 to 1:00
Proceeds benefit the Center

CLUB SALE

Wednesday, March 16 & Thursday, March 17, 9-2:00pm.
Items available for purchase made by the Knitting Club, the Community Service Sewing Projects and the Quilting Club

COMMUNITY SERVICE SEWING PROJECTS CLUB

The items made by this group are donated in the community or sold at Club Sales, with proceeds to be used to purchase additional materials. If you are interested or want to learn more, contact group leader, Rena, at (716) 574-8010

VOLUNTEER PERFORMANCE CLUBS

Our volunteer performance clubs earn volunteer hours for their performances and rehearsals 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
Performing on Wednesday, March 16, 11:15-11:45 am

AMHERST ROCKY BLUES BAND

Leader: Ed Morgan, 633-4309
Friday rehearsals at 12:30 pm
Performs at the Center and community organizations
Check them out at:
<http://rockyblues.epizy.com/rockyblues.html>
<https://www.youtube.com/watch?v=1JLCK0tvLgg>

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 at 1:30 pm
Performs at the Center and community organizations


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

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

*Looking for a new Leader and Co
Leader. If you are interested, please
call Tammy at 636-3055, ext. 3172*

CAMERA CLUB

Leader: Claire Kaymon, 650-1551 or
ckaymon@sbcglobal.net
Meetings will resume Sep. 2022

CANASTA CLUB

Leader: Mary Ann Devlin, 839-1858
Thursdays, from 1:00-5:00 pm

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, 10-12:00pm

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
New members welcome!

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
Tuesdays, 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: Leonard Ciappa, 691-6713
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
Thursdays, 9:00-11:30 am

TAI CHI CLUB

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

UPHOLSTERY CLUB

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

WALKING CLUB

Leader: Bill Albrecht, 565-0634
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

*See page 12 for Volunteer
Performance Clubs and
Volunteer Community Service Clubs.*

JOINING A CLUB:

If you are interested in any of the
above clubs and would like more
information on joining, please contact
the Club Leader or register for the next
meeting at
MyActiveCenter.com/register or call
636-3051.



The Weinberg Campus **therapy** team at Rosa Coplon Living Center will help you get you back to doing the things you love. For more details call (716) 639-3311 x2477.

NETWORK SPONSOR



For more than 100 years, Weinberg Campus has served as a leader in caring for seniors. Today, it remains our core focus. Here, you'll find our people put heart into everything we do.

We offer an engaging lifestyle filled with friendship and security enhanced by a **full continuum of care** ranging from comfortable senior apartments to skilled nursing care—and everything in between. Whether through a pandemic, flu season, or individual health challenges, Weinberg Campus is at the ready with treatment options, and immediate support for medical needs.

There are many opportunities to become part of the Weinberg Campus family:

Volunteer. We have many opportunities to get involved. Put your talents to work in our gift shop, helping with activities, assisting our staff, and more. We would love to have you as we work together to create a fun and engaging atmosphere for our residents. Please contact Sarah Leffler at (716) 639-3311 ext. 2492 or email sleffler@weinbergcampus.org.

Earn extra cash. Every day our employees have the opportunity to make a difference—both big and small — simply by doing their jobs. Looking for a meaningful way to spend your day helping an organization with a purpose? We offer part-time options for all shifts. Go to WeinbergCampus.com/careers to view our current job openings.

Become a resident. On Weinberg Campus, you'll find more of the independence you want, with more of the support you need. Best of all, you'll find more time to enjoy your day in a stimulating, activity-rich environment. When you're looking for flexible retirement living, you'll appreciate our spacious apartments. When you need additional assistance with daily activities, our caring staff is here to support you through our assisted living amenities. Rosa Coplon Living Center, our highly rated skilled nursing community and state-of-the-art therapy facility, is just steps away. It's all part of our continuum of care.

Ready to join our family? Call 716-639-3332 to book your tour. We can't wait to meet you!



Feels like family.

It's daunting to find the perfect combination of comfort and care for your aging spouse or family member. Weinberg Campus is here to help make the process easy. We offer independent retirement living as well as five levels of assisted living ranging from light assistance to 24/7 supervision. Individualized support is complemented by our beautiful, welcoming environment, rich social activities, and three freshly prepared meals each day.

Ready to join the family? Contact us at 716-639-3332 to learn more about our availability at Dosberg Manor and Forest Creek.



\$3 suggested donation

MARCH 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> <i>Vegan Option</i>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Lentil soup Small salad Bread Dessert		1 Sliced ham w/ pineapple glaze Scalloped potatoes Carrots Rye bread Chocolate chip cookies	2 Tilapia Rice Mixed vegetables Multi grain bread Peanut butter cookies	3 Pork chop w/gravy Mashed potatoes Mixed vegetables Dinner roll Cake	4 Omelet Sweet potato fries California blend Blueberry muffin Fruit
Garden burger Roll Potato, vegetable Dessert	7 Lasagna rolls Meatballs Dragon juice Key largo veg Italian bread brownie	8 Salisbury steak Mashed potatoes Green beans White bread Diced pears	9 Chicken pot pie Peas & onions Carrots Cookies	10 Roast beef w/ gravy Mashed potatoes Broccoli Multigrain bread Banana	11 Breaded fish Zucchini & tomatoes Coleslaw Rice pilaf Cake
Vegetable stir fry Rice Bread Dessert	14 Sliced ham Scalloped potato Peas Rye bread Cake	15 Hamburger w/roll Potato wedge Mixed veg Diced peaches	16 Chicken w/gravy Oven potato Mixed veg Dinner roll Pineapple	17 Corned beef Boiled potato Cabbage & carrots Rye bread Lime sherbet	18 St Joseph's Day Table
Vegetarian chili Baked potato Bread Dessert	21 Polish sausage Lazy pierogi Peas Roll Pineapple	22 Chicken Caesar salad Cranberry juice Bread stick Cake	23 FREE LUNCH Sloppy Joe w/roll Tater tots Mix veg Apricots Sponsored	24 Beef stew Mashed potatoes Stew vegetables Biscuit Cookie	25 Vegetable lasagna Cranberry juice Green beans Italian bread Fruit cocktail
Lentil soup Small salad Bread Dessert	28 Stuffed pepper Mashed potatoes Mixed veg Rye bread Peaches	29 Chicken Garden rice Carrots Dinner roll Cake	30 BBQ ribette Scalloped potatoes Broccoli Club roll Diced pears	31 Roast beef Oven potato Green beans Grape juice Roll Cookie	This menu is subject to change



**Tues. March 1,
5:00 pm**
Fish, baby carrots,
twice-baked
potato,
dessert **\$5**

**Tues. March 8,
5:00 pm**
Ham, au gratin
potato, Brussel
sprouts, dinner roll,
dessert

**Tues. March 15,
5:00 pm**
Reuben, soup,
juice, fruit cup

**Tues. March 22,
5:00 pm**
Philly steak
hoagie, vegetable,
dessert **\$5**

**Tues. March 29,
5:00 pm**
Beef stroganoff,
noodles,
vegetable,
dessert **\$5**

RESERVATIONS MUST BE MADE IN ADVANCE BY CALLING 636-3051