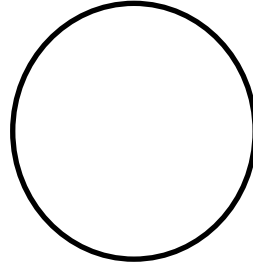
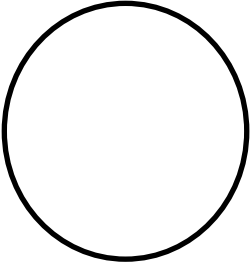




Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, NY 14228-1142

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/AmherstSeniorServices



716-636-3050

THE NETWORK

The Monthly Newsletter of the Amherst Center for Senior Services/AUG 2022



All information was correct at time of printing

DIRECTOR'S NOTE

IMPORTANT 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

Melissa Abel, Director, mabel@amherst.ny.us
Tammy Jacobs, Program Coordinator: tjacobs@amherst.ny.us
Jodi Kwarta, Director of Volunteers: jkwarta@amherst.ny.us
Jennifer Lazarz, Program Leader: jbono@amherst.ny.us
Karen Lisiecki, Project Coordinator: klisiecki@amherst.ny.us
Donna Muck, Kitchen Manager: dmuck@amherst.ny.us
Vijaya Tomar, Social Worker: vtomar@amherst.ny.us
Cindy Weiss, Class Coordinator: cweiss@amherst.ny.us
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

NETWORK SUBSCRIPTIONS

To have the Network Newsletter delivered to your home annually, 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

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.

I feel truly blessed to be part of a community where volunteering is ageless. This month we will be celebrating the Town of Amherst's youth and senior volunteers with a dessert reception at the Center. Our *Volunteers "Dessert "the Best* event will have plenty of sweets, activities and entertainment. Volunteers will be represented from the Center, Meals on Wheels, the YES (Youth Engaged Services) program and the Amherst Youth Consortium. Local officials have also been invited to offer thanks to these volunteers on this day.

It is true that volunteers strengthen communities, but volunteer opportunities also have many benefits to a person who serves. This is especially true for older adults who spend their time giving back. If you have been thinking about helping out in the community, there are many things you can gain through volunteering. The most important thing is volunteering keeps your brain active, which contributes to your mental health.

We recently met with the Ready Academy with Sweet Home School District. They put a slightly different spin on the familiar phrase, "It takes a village to teach a child". They are looking for older adults to offer mentoring opportunities for students at a high school level. This volunteer opportunity can align with almost any interest and experience including art, mindfulness, cooking, business, and other life skills.

For more information on this program, please contact our Director of Volunteer Services, Jodi Kwarta, at kwartaj@amherst.ny.us or at 636-3055, ext. 3126.

By interacting with younger generations, older adults are able to share important life lessons. On the other hand, younger generations can teach seniors new ways of looking at life. By building a connection with each other, both generations can offer respect and affirmation. What a great way to build a generational gap!

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 Open Wednesday's from 10:30-1:30 pm*
- 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*

THANK YOU TO THIS MONTH'S SPONSORS

- VOLUNTEER RECOGNITION EVENT

Amherst Generations Foundation (Main Sponsor)
Beechwood Continuing Care (Co-Sponsor)

- PARK DAY SPONSOR
Sheridan Benefits
- PARK DAY SPONSOR
Aging Well Management

MEMBERSHIP DUES

Amherst Residents—Lifetime Membership

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

Non-Resident—Annual Membership

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

Non-Resident—Lifetime Membership

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

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

To join the Center online:

Go to AmherstCenterforSeniorServices.com/membership-plans

To join the Center in-person:

Stop at the Center Reception Desk and we'll provide you with an application to complete.

Payments can be made by cash, check or credit card. After joining, you will be given an opportunity to sign up for a tour.

YOU ARE INVITED

Are you new at the Center? We are offering two opportunities to meet some of our staff, gather information and take a tour.



Thursday, August 11 at 11:30 am

Enjoy a complimentary lunch. Stay a little longer and play Hawaiian Bingo with us at 1:00 pm

or

Tuesday, August 16 at 4:30 pm

Come for a complimentary dinner and then enjoy the outdoor concert with *The Nitetones* from 6:00-8:00pm

Reservations are required by calling 636-3051.

Meals are only complimentary for new members

AMHERST CENTER FOR SENIOR SERVICES MAIN LINE 636-3050

HIGHLIGHTED EVENTS



Saturday, August 6th
9am-12:00pm

Presented by:

*Senator Ed Rath, Kaleida Health
and the
Amherst Center for Senior Services*

There will be dozens of vendors offering information on a range of health topics, screenings, and free materials available.

This event is free and open to public!



RIDE FOR ROSWELL HISTORY

Thursday, August 11 at 11:00 am

Meet **Mitch Flynn**, the founder of *The Ride For Roswell*, one of the largest single-day cycling fundraisers in North America. Since its first year in 1996, the event has raised more than \$63 million to benefit research and patient care at Roswell Park Comprehensive Cancer Center in Buffalo, New York



Friday, August 26

OPEN HOUSE 4:00-7:00 pm
FOOD TRUCK RODEO 5:00-7:00 pm

Center Tours: 4:15, 5:15, 6:15 pm

Class Demonstrations:

Cardio Drum 4:30-5:00 pm

Line Dancing 5:30-6:00 pm

Open Pickleball: 4:30-6:30 pm

Club Information: 4:00-6:00 pm

All new members will be eligible for a chance to win a *sure to please* raffle basket!

Youth & Recreation

One of the things that we have been working on as part of our new partnership between the Youth & Recreation Department and the Senior Center is intergenerational programming. We are so excited to have a group of 8 youth (and some parents!) learning to knit under the expert tutelage of the Knitting Club.

On June 30th we held a Senior Prom with members of the Center and members of the Amherst YES (Youth Engaged in Service) Program. After a bit of a slow start (just like a real high school dance!), everyone was soon on their feet. Members of the Center taught the youth some ballroom steps and the youth got everyone dancing to the "fast" songs. A great time was had by all!

One of our partners is the Big Brother/Big Sister Program of Erie County. They have an urgent need for volunteers to serve as mentors, or "Bigs". As a Big, you will be matched one-to-one with a child (a "Little") in our community. It only takes a few hours a month to make a BIG difference and help a child reach their full potential! For more information or to get started please visit www.BiggerTogether.org You can also learn more by signing up for a Big Brothers Big Sisters Information Session - held every Tuesday at NOON via Zoom, or by request, for anyone who is interested in learning more about becoming a Big. To reserve your spot, contact Ally at Ally.Costanza@bbbsenst.org or (716) 873-5833 ext. 242.


If you have ideas for other intergenerational events, please reach out to any of the program staff. We look forward to providing more opportunities this fall!

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 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 program, please contact Robin Erwin at 631-7217. The Youthworks service may be provided to you free for up to 30 hours per calendar year if you qualify for the Senior Fund program. Please contact the Senior Center's Social Caseworker, Vijaya Tomar if you need financial assistance at vtomar@amherst.ny.us or 636-3055, ext. 3165.

PROGRAMS

PROGRAM REGISTRATION

 www.AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Reception 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

TAKE A TASTE of Cuppa Cuppa Cuppa

Monday, August 1 at 11:00 am

The Cuppa Cuppa Cuppa Cake is a the sweet creation of Truvy (Dolly Parton) from one of the all-time best classic movies, Steel Magnolias



COOKING WITH JEN

Almond Joy Cookies

Thursday, August 4 at 11:00 am

Please bring a cookie sheet. \$5. fee by 8/2, no refunds after

ROLE OF CHIROPRACTIC CARE IN ARTHRITIS

Thursday, August 4 at 1:00 pm

Learn how chiropractic care can be a natural way to relieve arthritic pain



SILVER PRIDE TEA

Friday, August 5, 10:00-12:00 pm

Opportunity for LGBT seniors to come together and enjoy a morning of refreshments and conversation. ALL are

welcome. *Hosted by the Pride Center of WNY*

MIND TEASERS

Monday, August 8 at 11:00 am

Come and exercise your brain

10 WARNING SIGNS OF ALZHEIMER'S

Tuesday, August 9 at 4:00 pm

Learn about the difference between "normal" aging and Alzheimer's, warning signs and the importance of early detection. *Presented by the Alzheimer's Assoc.*

FAIR WEEK FUN

NATIONAL FLOAT DAY

Monday, August 8 at 1:00 pm

Root beer, sprite, cherry coke, orange so many choices! Stop by for a cool drink at our float bar

LEARN TO TIE DYE

Tuesday, August 9 at 1:30 pm

Please bring a clean WHITE shirt or other clothing item and learn how to twist the fabric and use color to create your own unique design

FROZEN BANANAS & TRIVIA

Wednesday, August 10 at 1:00 pm

HAWAIIAN BINGO

Thursday, August 11 at 1:00pm

Bingo and Pineapple Smoothies

INDIAN COOKING DEMONSTRATION

Friday, August 12 at 11:00am

Join us in making an authentic Indian dish

NATIONAL IMMUNIZATION AWARENESS MONTH

Tuesday, August 16 at 11:00am

Presented by Walgreens Pharmacy

MUSICAL MEMORIES CAFÉ by WEST FALLS ART CENTER

Tuesday, August 16 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 Carolyn at 570-6520 or email westfallsartcenter@gmail.com

HOT DOG SALE \$1.50

Thursday, August 18 at 11:00 am (While supplies last)

HEALTHY FOOD BOWLS

Thursday, August 18 at 1:00pm

See how easy it is to make a nutritious and delicious bowl with a variety of flavors with what you have on hand and a few special ingredients

CAR WASH Cars \$5.00 and SUV/Trucks \$7.00

Friday, August 19 from 11-1

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*

READER'S THEATER PERFORMANCE

Monday, August 22 at 11:00 am

Enjoy some short skits performed by our talented club

NATIONAL WAFFLE DAY BREAKFAST

Wednesday, August 24 at 9:00 am

Enjoy a waffle, sausage and coffee. \$3. fee by 8/23, no refunds after

PIZZA AND GAME NIGHT

Thursday, August 25 at 5:00pm Pizza by John and Mary's followed by a game of America Says. \$6. fee is due by 8/23, no refunds after (cash only)

MOVIES

AFTERNOON MOVIES AT 1:00 PM:

Monday, August 1 *The Lost City* PG 13 1 hr 53min

Monday, August 8 *Let Them All Talk* R 1 hr 52 min

Monday, August 15 *The Duke* R 1 hr 35 min

Monday, August 22 *Last Seen Alive* R 1 hr 34 min

EVENING MOVIES AT 5:30 PM:

Tuesday, August 2, *The Lost City* PG 13 1 hr 53 min

Tuesday August 9 *Let Them All Talk* R 1 hr 52 min

Tuesday August 23 *Last Seen Alive* Rated R 1 hr 34 min

DOCUMENTARY

Wednesday, August 17 at 1:00 pm

Ansel Adams: Portrait of a great artist and ardent environmentalist-for whom life and art, photography and wilderness, creativity and communication, love and expression, were inextricably connected

FRIDAY FUNNYS

Friday, August 19 at 2:00 pm

Robin Williams: Come Inside My Head

CLASSIC MOVIE

Thursday, August 11 at 5:30 pm *Blue Hawaii*

FAMILY MOVIE

Thursday, August 18 at 5:30 pm *Goonies*

INTERGENERATIONAL PROGRAMS

ICE CREAM & ART

Thursday, August 4 at 6:00 pm

Enjoy an ice cream treat while creating a piece of art for the *Border, Boundaries and Walls* art collection.

Open to all ages, supplies will be provided

FAMILY NIGHT

Tuesday, August 9 at 5:30 pm

Join us for a cooking demo by an Erie County Nutritionist followed by a game of *Taboo*

COOKING WITH JEN *Fruit Pizza Cookies*

Monday, August 22 at 11:00 am

\$5. fee per chef by 8/17. no refunds after Please bring a cookie sheet

MOVIE AND BOOK DISCUSSION

Wednesday, August 24 at 1:00 pm

The Secret Garden by Frances Hodgson Burnett

Is the book or the movie better? Join us for a discussion after the movie to compare

ROCK PAINTING

Thursday, August 25 at 11:00am

Supplies will be provided

INSURANCE

Blue Cross Blue Shield August 26, 9-11:00 am

Call Meghan at 462-2236 to schedule appointment

Clarity Group August 8, 9am-11:00am

Call Lisa at 864-4886 to schedule appointment

EPIC Information Table August 23, 11am-1:00pm

Univera August 10, 10am-12:00pm


Call Michele at 572-8315 to schedule appointment


RESERVATIONS REQUIRED FOR ALL PROGRAMS

PROGRAMS

PROGRAM REGISTRATION

 AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Registration Desk.

OUTDOOR PROGRAMS

PICNIC IN WALTON WOODS

Wednesday, August 3 at 12:00 pm

Bring a lunch and a chair and join us for a picnic and a game of *Celebrity Who am I?*

Sponsored By Aging Well Management

EVENING WALK in Walton Woods

Thursday, August 4, 11, 18 and 25 at 6:30 pm

TUESDAYS AT GARRISON PARK:

BREAKFAST AT THE PARK

Tuesday, August 2 at 9:30 am

Enjoy a slice of breakfast pizza. \$3. fee by 7/29

OUTDOOR GAMES AT THE PARK

Tuesday August 9 at 9:30am *Bean Bag Toss*

BOOK LOVERS AT THE PARK

Tuesday, August 9 at 10:30 am

Join us for *National Book Lovers Day*. Share a book or a title you have read with fellow book lovers

FRIDAYS AT GARRISON PARK:

FLASHBACK FRIDAY

Friday, August 5 at 9:30 am

What happened on this day in history?

PAULA'S DONUTS IN THE PARK

Friday, August 12 at 9:30 am

Enjoy a donut with friends. \$2. fee due by 8/11, no refunds. *Sponsored by Sheridan Benefits*

SUMMER CONCERTS

6:00-8:00 pm

- Tuesday, August 16 *NiteTones*
- Tuesday, September 6 *Barnstorm Band*

Please bring a lawn chair

Dinner is available at 5:00pm

AROUND TOWN

WHO'S UP FOR HORSESHOES

Wednesday, August 10 at 9:30 am

Meet us at North Forest Park and Pool (85 North Forest Rd)

UNCLE G'S ICE CREAM

Tuesday, August 23 at 12:30 pm

Meet us at 7030 Washington Street Lockport 14094.

You are responsible for your own purchases

HYBRID

MEDITERRANEAN DIET

Thursday, August 18 at 11:00 am

Presented by Jennifer Johnson at Highmark BC/BS

OPEN PICKLEBALL

- Tuesdays from 2:00-4:00pm, August 2, 9, 16, 23
 - Wednesdays from 2:00-4:00pm, August 3, 10, 17
 - Thursdays from 4:00-7:00pm, August 4, 11, 18, 25
 - Friday from 2:00-4:00pm, August 19
 - Friday from 4:30-6:30pm, August 26
-

DEFENSIVE DRIVING CLASSES

AARP Smart Driver (\$25-AARP Member/\$30-Non AARP Member)

Wednesdays, 8/17 or 9/14, 9:00am-4:00pm

Checks made payable to AARP Smart Driver.

Write your AARP membership number on your check and class registration form. No fee waiver.

Safe Driver Academy (\$35)

Wednesday, 8/24 or Thursday, 9/29, 9:00am-3:30pm

Checks made payable to Safe Driver Academy. No fee waiver.

Checks are held and submitted to the instructor on the first day the class.

RESERVATIONS REQUIRED FOR ALL PROGRAMS

CLASSES

FALL CLASS CATALOG

The Fall Class Catalog is available in hard copy at the Center, the Amherst Public Libraries and online at AmherstCenterforSeniorServices.com.

REGISTRATION FOR FALL CLASSES BEGINS ON MONDAY, AUGUST 15



AUDIT A CLASS

If you are uncertain about a particular class, we encourage you to observe the class by obtaining a guest pass at the Reception Desk.

HIGHLIGHTED CLASSES FOR FALL 2022

Below is a select list of classes being offered this coming Fall. Full descriptions of **ALL** classes, including day, time and price, are in the Fall Class Catalog

ACTING FOR EVERYONE

This workshop will introduce you to the beginning elements of acting for fun and relaxation. It will include improvisational games and exercises-stressing sensory awareness, spontaneity, relaxation, imagination, trust, group interaction

CARD-MAKING AND PAPER CRAFTS

Delight your family and friends with beautiful, handmade greeting cards. Discover the joys of rubber-stamping, embossing and die-cutting as we transform ink, stamps and cardstock into an array of wonderful greeting cards and paper products which will be suitable for various occasions

CLASSICAL PERIOD OF MUSIC

Learn more about music from the 18th century into the early 19th century by great composers such as Haydn, Mozart, Beethoven and others. Discover the musical instruments and terms used in this timeless era. Listen and watch symphonies, oratorios, operas and concertos

CREATIVE WRITING WORKSHOP

This course is intended for serious creative writers familiar with literature to discover writing possibilities and strategies. It will focus on the demands of various genres, including narration, poetry, and drama, exploring the differences in writing for the stage, the movies, and television

INTRODUCTION TO MINDFULNESS

Learn how practicing mindfulness can help you calm the mind, reduce stress, increase awareness and cultivate more kindness and compassion towards yourself and others

'S WONDERFUL, 'S MARVELOUS, 'S GERSHWIN! – The Man and His Music

We'll trace George Gershwin's career from early hits like "Swanee" and "Stairway to Paradise" to Broadway standards like "The Man I Love" and "I Got Rhythm", to concert works like Rhapsody in Blue and An American in Paris, crowned by his unique opera Porgy and Bess

UNDERSTANDING FOOTBALL 101

What's a Down, Special Teams, Red Zone, Two Point Conversion or Shotgun? Impress your family on the next game day with a little knowledge of the basics of America's favorite sport

YOGA/GENTLE FOR STRESS RELIEF

Gentle flow yoga class focusing on mindful movements to help loosen the joints, build strength, balance and increase flexibility. Essential oil aromatherapy will be offered to use during class to enhance a sense of relaxation and stress relief

REFUNDS

If you are uncertain a particular course is for you, we encourage you to audit the class prior to registration. Requests for refunds or transfers will be honored only if a member makes the request at least 4 full business days prior to the scheduled class start date.

A \$5 processing fee will be applied for withdrawals or transfers. After the session begins, **NO** refunds are granted except for medical reasons and/or the advice of the instructor. Refunds will be credited to your Senior Center account.

Register for classes online at MyActiveCenter.com/register, by mail, walk-in or by calling 636-3051

SENIOR SERVICES

ACCESSIBLE PARKING TAG

If you need assistance with an application or paperwork, we are available on the second Monday of each month from 10-12pm and the third Thursday from 1:00-3:00pm. Please call Vijaya Tomar or John Jones 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

FRIENDS HELPING FRIENDS SHORT TERM FOOD ASSISTANCE

If you or someone you know is in need of non perishable food items, we have on-site assistance. Please contact Vijaya Tomar to make arrangements.

Home Energy Assistance Program (HEAP)

The HEAP Program is a federally funded program 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.

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 at 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 Vijaya Tomar or John Jones for an appointment.

The Supplemental Nutrition Assistance Program (SNAP)

SNAP monthly benefits can be used to purchase food at authorized retail food stores. If you are eligible, an Electronic Benefit Transfer (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.

SUPPORT GROUPS

WIDOW/WIDOWERS SUPPORT GROUP

Tuesday, August 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. Join our monthly support. This support group can help you to learn coping skills and give you an opportunity to share personal experiences and coping strategies.

CAREGIVERS SUPPORT GROUP

Wednesday, August 17 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.

LOSS AND GRIEF GROUP

Thursdays at 11:00 am

This group will meet every Thursday for six weeks. We will discuss coping strategies, healing techniques, and stages of loss and grief. Next series will start in September. Please RSVP to Vijaya Tomar.

Men's Support Group

August 16th at 2:30pm

NEW

"Getting To Know Us: A man's perspective"

Please join us for a monthly support group, third Tuesday of the month to talk about issues that are specific to men. An opportunity to help ourselves and each other!

If interested, please register with John Jones.

SOCIAL CASEWORKERS: VIJAYA TOMAR, MSW, 636-3055, EXT. 3165 or vtomar@amherst.ny.us and JOHN JONES at 636-3055, EXT. 3129 or jjones@amherst.ny.us

VOLUNTEER



VOLUNTEER APPRECIATION DESSERT RECEPTION

2021 volunteers can RSVP for the Volunteer Appreciation Dessert Reception no later than Aug. 5th by completing the form in this Network and turning it in at the Reception Desk any time or by calling #636-3055 ext. 3108 ONLY during the week of August 1st through Aug. 5th. If no one is there to take your call, you may leave your name and phone number on the voicemail and we'll take care of registering you. This event is for 2021 volunteers only, please. If you're new to volunteering this year, we appreciate your service and you will be eligible for next year's volunteer event.

VOLUNTEER OPPORTUNITIES

TEMPORARY PHONE VOLUNTEERS

To answer calls for reservations for the Volunteer Appreciation Dessert Reception, during the week of August 1st through Aug. 5th. If you have a couple of hours to spare during that week, please let me know and we'll schedule you at a time that is convenient for you.

NUTRITION VOLUNTEERS

To assist in the Dining Room by serving food trays, calling tables, checking in diners, and assisting with counting the money, any day of the week from 11:30-12:30 or Tuesday evenings from 4:30-5:30.

AMHERST PARKS CLEAN-UP BRIGADE

Join us as we clean-up Saratoga Park on Saturday, August 20 from 10:00 to 12:00.

PUBLIC MARKET "READ ALOUDS"

Two to four volunteers are requested to read aloud to young children during the Bassett Park Public Market on Sunday, August 14, from 10:00 to 11:00.

CLUB OPPORTUNITIES

AMHERST CENTER PHOTOGRAPHY CLUB NEWS

Amherst Center Photography Club, formerly Camera Club, will start its new season on September 13, from 1-3:00 pm. They will meet the 2nd and 4th Tuesday of the month until early May. The meetings include presentations by professional guest speakers. Professional Judges anonymously critique club member photos. There will be several opportunities to participate in "how to", "hands on" photography. The Club recently elected Bob Stein to take the role of Photography Club Treasurer. Two more volunteers are needed to take on the roles of Club Secretary and Greeter. If interested, please contact Claire Kaymon, Club Leader at 650-1551 (phone or text) or via email: ckaymon@sbcglobal.net.

PIANO PLAYER

Amherst Senior Singers group needs a piano player that can read music and is willing to commit to attending Wednesday afternoon rehearsals. Call group leader, Carol Mayo at 632-3929.

WALKING CLUB LEADER

Beginning September, we will need a new leader. Club members meet at the Center on Thursday mornings at 9:50 for a 10:00 walk, but we are open to amending that day/time to accommodate a committed leader, if necessary.



VOLUNTEER RECOGNITION EVENT RESERVATION FORM

Volunteer Attending: _____


Email: _____ Telephone Number: _____


Please submit to front Reception Desk

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

CLUBS

CLUB REGISTRATION

 www.AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Registration Desk.

Clubs are an excellent way to meet new friends and socialize with people with similar interests.

If you are interested in more information or joining a Club, please contact the Club Leader.

AMHERST ROCKY BLUES BAND Co Leader: Andy Finley, 807-5161 Friday rehearsals at 12:30	CREATIVE WRITERS CLUB Leader: Carolyn Takach, 632-7478 1st & 3rd Mondays, 10-12:00	KNITTING CLUB Leader, Marylou 688-4023 Tuesdays, 9:30-11:30	SPANISH CLUB ON ZOOM Leader: Susan Willavize, sawandjimp@cs.com or 741-3623 Thursdays at 1:30
AMHERST SENIOR SINGERS Leader: Carol Mayo, 632-3929 Wednesday rehearsals, 1-3:00 <i>Will resume in September</i>	CRIBBAGE CLUB Leader: Mark Pascale, senior.pascale@gmail.com Thursdays at 12:45-3:30	MAH JONG Leader: Hillary Hurwitz 837-5810 Tuesday, 1-3:30	STAINED GLASS CLUB Leader: Tom Richards, 832-5641 Thursdays, 9:00-11:30
ART CLUB Leader: JoAnn Jarmusz, 565-3332 Mondays & Tuesdays, 1-3:30	DINNER CLUB Club Leader: Mary Bashore, 691-6714 or mrybash@gmail.com Pick up information at Center (rack across from Wellness Room)	MEN'S GOLF CLUB Leader: Lafayette Jones, 688-1636	STRATEGIC BOARD GAME CLUB Leader: Ed Sapienza, 550-6329 Wednesdays, 12:30-4:15 <i>(20-60 min games first then 45-2hr games)</i>
BIKE CLUB Leader: JoAnne Stepien, 254-2614 Wednesdays 9:30-11:30	DOMINOS CLUB Leader: Jean Hallac, 688-6895 Mondays, 12:30-3:00	PATHFINDERS Leader: JoAnne Stepien, 254-2614 Fridays, 9-11:00 <i>If you are interested in joining, email jkwarta@amherst.ny.us Emails are sent out 1wk prior to the hike. Carpooling from Ctr. available</i>	TAI CHI CLUB Leader: Frank Chi, 688-6680 Wednesdays and Fridays 1:30-2:30
BOOK CLUB: Leader: Donna DeLeon, donnadeleon@yahoo.com Monday, August 29, 1:00 <i>Eight Hundred Grapes by Laura Dave</i>	DUPLICATE BRIDGE (MON) Leader: Bruce Brown, 352-9878 Mondays 1-4:00	PINOCHLE CLUB (MON) Leader: Leonard Ciappa, 691-6713 Mondays at 12:45	UPHOLSTERY CLUB Leader: Kate Wagner, 836-2439 Wednesdays from 9-2:00
BRIDGE CLUB Leader: Mary Ann Devlin, 839-1858 Every Tuesday 3-5:00	DUPLICATE BRIDGE (FRI) Leader: George Mayers, 957-4408 Fridays, 1- 4:00	PINOCHLE CLUB (WED) Leader: Joanne Hall, 880-0875 Wednesdays from 12:45-3:30	WALKING CLUB (WALTON WDS) Leader: Helen Findlay, 832-8738 Thursdays-meet at 9:50 in foyer
CAMERA CLUB Leader: Claire Kaymon, 650-1551 or ckaymon@sbcglobal.net <i>Meetings will resume Sep. 2022</i>	EUCHRE CLUB Leader: Bob Peluso, 689-0094 Tuesdays, 1:00	QUILTING CLUB Leader, Jan 836-8580 1st and 3rd Mondays, 12:30-2	WOOD CARVING CLUB Leader: Bill MacDougall 208-4631 Tuesdays, 9:00-11:30
CANASTA CLUB Leader: Mary Ann Devlin, 839-1858 Thursdays, from 1-4:00	GATEWAY BOARD CLUB Leader: Ed Sapienza, 550-6329. 2nd Tuesday of the month, 5:30-7:30 <i>(20-60 min board games)</i>	READER'S THEATER Leader: Pam Williams, 912-0053 Rehearsals Mondays at 1:30	WOMEN'S GOLF CLUB Leader: Mary Ann Young, 639-1169 or mamy2944@yahoo.com
CHESS CLUB Leader: Bill Rich, 908-9223 Tuesdays 12:30-3:30	GENEALOGY CLUB Leader: Sally Clements, 835-9248 1st and 2nd Tuesday of month, 10:30	RUMMIKUB CLUB Leader: Mary Migliore, marmig44@yahoo.com Fridays, 1:00-4:00	
COMMUNITY SERVICE SEWING PROJECTS CLUB Leader, Rena 574-8010 Mondays 8:30-11:00	INDIAN SENIOR CITIZENS CLUB (ISCC) Leader: Inder Malik, 908-3707	SCRABBLE Leader: Carol Hensel, 689-7417 Tuesdays 10-12:30	

\$3 suggested donation

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 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 Options</i>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Lentil soup Small salad Bread Dessert	1 Chicken Baked potato Carrots Dinner roll Diced pears	2 Pork chop w/gravy Mashed potatoes Peas Multigrain bread Choc chip cookie	3 Breakfast sandwich Hash brown potato Spiced apples Mandarin orange	4 Tacos Mexican rice Refried beans Cookie	5 Roast beef w/gravy Mashed potato Mixed vegetables Dinner roll Cake
Garden burger Roll Potato Vegetable Dessert	8 Hamburger on roll Potato wedge Mixed vegetables Pear	9 Cabbage roll Mashed potatoes Peas Dinner roll Brownie	10 Turkey ala king Mashed potatoes Mixed vegetables Biscuit Peaches	11 Macaroni & cheese Stewed tomatoes Green beans Rye bread Jello	12 Breaded chicken Baked potato Spinach Corn muffin Tropical fruit
Vegetable stir fry Rice Bread Dessert	15 <i>India Independence Day</i> Butter chicken Rice Cauliflower Naan bread Pudding	16 Salisbury steak w/ gravy Mashed potatoes Green beans Dinner roll Cookie	17 Pulled pork Tater tots Carrots Roll Fruit cocktail	18 Beef stew Stew vegetables Mashed potatoes Biscuit Cake	19 Hot dog w/roll Potato wedge Corn Tropical fruit
Vegetarian chili Baked potato Bread Dessert	22 Chicken Tater tots Broccoli Wheat bread Apricots	23 Sliced ham w/ pineapple glaze Scalloped potatoes Carrots Rye bread Choc chip cookies	24 Tilapia Rice Mixed vegetables Dinner roll Cake	25 Pork chop w/gravy Mashed potatoes Mixed vegetables Dinner roll Cake	26 Cheeseburger w/ roll Sweet potato fries California blend Fresh fruit
Lentil soup Small salad Bread Dessert	29 Waffles Sausage applesauce	30 Salisbury steak Mashed potatoes Green beans White bread Diced pears	31 Chicken pot pie Peas & onions Carrots Cookies		

What's For Dinner?

Tues. Aug 2, 5:00

Spaghetti & meatballs
Salad
Garlic bread
Dessert

Tues. Aug 9, 5:00

Cheeseburger
Sweet potato
Corn
Dessert

\$5
%

Tues. Aug 16, 5:00

Turkey Reuben
Fruit Salad
Potato salad
Chips

\$5

Tues. Aug 23, 5:00

Vegetable lasagna
Mixed vegetables
Side salad
Dinner roll
Dessert

RESERVATIONS MUST BE MADE IN ADVANCE ON MYACTIVECENTER.COM OR BY CALLING 636-3051