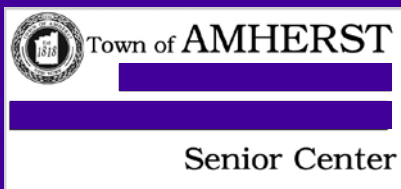


Winter Class Catalog 2024

Staying Active in Cold Weather: A Safety Guide for Older Adults



**AMHERST CENTER FOR
SENIOR SERVICES**

AmherstCenterforSeniorServices.com

370 John James Audubon Parkway · Amherst, NY 14228

Mission Statement

The Town of Amherst Center for Senior Services is a human service agency serving the community's older residents and their families. The Department's mission is to foster the physical and mental well-being of senior citizens by providing educational and recreational activities, nutritional, health-related, social and support services, and opportunities for volunteerism. The Department is an advocate for senior citizens and seeks to promote and sustain independence or optimal level of well-being.

ABOUT THE CENTER

The Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, New York 14228

716-636-3050

AmherstCenterForSeniorServices.com

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

- Art Gallery - *Monthly Art is sponsored by Asbury Pointe*
- Audubon Café - *Sponsored by Independent Health*
- *Open Tuesdays, Wednesdays and Fridays from 10:30am-1:00pm*
- Billiard Room
- Card Room
- Computer Lab
- Dance Room
- Gift Shop - *Sponsored by Highmark Blue Cross Blue Shield*
- Health & Wellness Rooms
- Library
- Music Room - *Sponsored by Susan Grelick in honor of her parents*
- Nutrition Room - *Sponsored by Highmark Blue Cross Blue Shield*

HOURS OF OPERATION

Monday, Wednesday, Friday: 8:30am-4:30pm

Members are asked to vacate building by 4:15pm in order for staff to complete closing procedures.

Tuesday, Thursday, 8:30am-7:30pm

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's Reception Desk and we'll provide you with an application to complete.

Membership rates are subject to change.

FIRE DRILLS:

If the center's emergency alarm goes off, you need to vacate the building through the emergency doors.

FACEBOOK

The Amherst Center for Senior Services has a new Facebook page. Please make sure to like or follow our page AND more importantly, please make sure to like or follow the correct page. There are several variations which has caused confusion, so let's get the word out there about OUR page. Thanks!

<https://www.facebook.com/amherstnyseniorcenter/>

IMPORTANT PHONE NUMBERS

Main Line 636-3050

Registration 636-3051

Amherst Meals on Wheels 636-3065

Amherst Senior Transportation 636-3075

Senior Outreach Services 636-3070

Support Group Information 636-3050

TOWN PROGRAM LOCATIONS

Amherst Senior Center

370 John James Audubon Parkway, Amherst 14228

Clearfield Community Center

730 Hopkins Road, Williamsville 14221

Harlem Road Community Center

4255 Harlem Road, Amherst 14226

Northwest Amherst Community Center

220 Northpointe Parkway, Amherst 14228

Northtown Center at Amherst

1615 Amherst Manor Drive, Williamsville 14221

North Forest Park

85 North Forest Road, Williamsville 14221

Williamsville Youth and Family Center

5005 Sheridan Drive, Williamsville 14221

Director's Note

The Amherst Senior Center has been a vital part of the Amherst Community for over 60 years. With our classes, programs, and services, we foster both independence and community. We have worked hard since our current location opened in August of 2000 to provide the best programs and services that we can. We went from 40 classes and programs a month to over 75 classes, over 50 programs and 40 clubs a month by 2010. Our membership began to skyrocket and by 2019 we had our biggest increase in membership, with over 70 seniors joining each month. We began to realize that we were outgrowing our building. Plans then began as to how we would continue to provide our programming with an ever-changing and growing membership. In 2020, the COVID pandemic began and social isolation impacted many. Our Senior Center then went to online and outdoor programming to keep as many seniors connected and active as possible. Since early 2022, our programming has increased once again and we continue to provide not only in person programming, but continue with hybrid and Zoom programming in an effort to keep as many seniors connected to our center as possible.

I am pleased that we are now connecting our Senior Services with other Recreation locations in the Town of Amherst. We will provide more classes, programs, and services on various days and times at other locations in Amherst, to provide a variety of opportunities for seniors in our community (see page 2). We have already offered and will continue to provide Mindfulness classes at the Harlem Road Community Center, Pickleball at Clearfield, and exercise at local parks. We will have classes and programming on various days and valuable gym time at the new Northwest Amherst Community Center. We are expanding our Outreach efforts to isolated seniors and connecting vulnerable seniors to the community.

As the number of adults age 55 and over continues to grow and become increasingly diverse, the Amherst Senior Center is stepping up to serve the cultural and geographic diversity of seniors, their caregivers, their families, and the community. Senior Centers play an important role in making sure that older adults are engaged in their communities and have access to support systems and resources. We are committed to addressing the needs, desires, and expectations of older adults.

This is a worthwhile investment in our community that will improve opportunities for our residents for years to come. I am deeply proud of my staff and their dedication to providing this programming and support of our seniors to keep them connected to their community. I encourage anyone age 55+ to take advantage of this opportunity to stay active, stay healthy, and stay connected!

Best,
Melissa

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REGISTRATION BEGINS: MONDAY, DECEMBER 4, 2023

MEMBERSHIP IS REQUIRED FOR CLASS REGISTRATION

At 55 years of age, individuals are eligible for membership at the Amherst Center for Senior Services.

Membership Fees:

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

Membership rates are subject to change.

FASTEST WAY TO REGISTER

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

WAYS TO REGISTER

1. ONLINE

Registration on MyActiveCenter.com begins on Monday, December 4, 2023 at 8:30am. To register online, you must be a member and set up an account at MyActiveCenter.com. Payments must be made by Mastercard, VISA, Discover or American Express.

2. TELEPHONE

Registration will begin on Monday, December 4, 2023 at 8:30 am. Please call (716) 636-3051 to register with a credit card.

3. MAIL OR DROP OFF

Registrations will be processed beginning on Monday, December 4, 2023 at 9:00 am. A separate form must be filled out for EACH person. If you are using a credit card, make sure to include number, expiration date and CVV number from back of card. Make checks payable to Amherst Center for Senior Services. Mark envelope CLASS REGISTRATION. Include a self-addressed stamped envelope for class confirmation and receipt, if desired.

4. **NO WALK IN** registration on Monday, December 4, 2023.

5. **WALK IN** registration begins on Tuesday, December 5, 2023 at 10:00am. Please bring completed form with exact payment by credit card, cash or check.

Registration forms are on pages 24 and 26. Please make sure forms are filled out completely, accurately, and legibly.

- **No new member applications will be processed on Monday, December 4.**

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

ATTENDING CLASSES

Paid registration is required to attend classes. Those who participate in a class that they have not paid for will risk a suspension of their membership. 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. So if you see a class you are interested in, register as soon as possible.

If you have registered for any activity at the Center and do not plan on attending, please cancel so someone may take your spot.

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.

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.

WAIT LIST

If a class is full, when registering by mail, phone or in person, you will automatically be put on a wait list. When registering on MyActiveCenter, if the class is full, please call the Senior Center (716) 636-3051 to be added to the Wait List. When an opening occurs in the class, you will be contacted by phone for confirmation and payment.

REFUND POLICY

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 5 full business days prior to the scheduled class start date. The refund will equal the cost of the class minus a **\$5 processing fee (per class)**. Refunds will be credited within 72 hours to your Senior Center Account. Sorry, no exceptions.

A full refund will be processed for a course cancelled due to low registration. You will be notified by phone or email 1-2 business days before the scheduled start date. A refund check or credit to your Senior Center Account may take up to 30 days after cancellation to process. In the event a class is affected due to unforeseen circumstances such as weather and community health concerns, every effort will be made to reschedule the class. In the event that is not possible, credit will be issued to your Senior Center account if two or more classes are unable to take place.

WHY COURSES ARE CANCELLED

- **Minimum Requirement**

All courses are based on a minimum and maximum number of participants. If a course does not meet its minimum quota, it will be cancelled for that trimester. Please register on time in order to prevent cancellations.

- **Instructor Cancels**

If you are registered for a class at the Center and the instructor cancels a session, we will contact you as soon as possible. This could be an automated call. When possible, cancelled classes will be made up by extending the course.

- **Inclement Weather**

If Amherst, Sweet Home, or Williamsville school districts are closed, Center classes, clubs, and programs will be cancelled. If you want to know if the building or activities are cancelled during bad weather, please watch "WEATHER CLOSING" announcements on: TV Stations: Spectrum-Channel 1, WGRZ-Channel 2, WIVB-Channel 4, WKBW-Channel 7

ZOOM CLASS INFORMATION

If you have never used Zoom on your device before go to: <https://zoom.us/download> to install it. Select Zoom Desktop Client if you are using a computer.

Links for Zoom Classes will be sent out **1 hour** prior to the class start time. The email will be sent from Amherst Center for Senior Services with the Subject: You have an upcoming Activity.

- Click on the **Click to Join** button in the email no more than 15 minutes before the class is scheduled to begin.



You have an upcoming Activity!

Tammy's Test Zoom Class is starting at 6:00pm



- A new screen will pop up with a blue **JOIN MEETING** button in the upper right corner for you to click.
- On the next screen you will click on **Join Via App or Web**
- You will then click on **Open Zoom Meeting**
- Then select **Join with Computer Audio**
- If you do not see yourself on the screen you may need to click **Start Video**

Please Note: Zoom links are sent out 1 hour prior to the start of class (with the exception of Art History which is sent out the day before). If you don't see the link in your email, check your spam or junk folder. If you have any problems call the Center at 716-636-3050.





CREATING AN ACCOUNT ON MyActiveCenter

The Amherst Center for Senior Services implemented an online registration program for classes and programs. It is called MyActiveCenter.

Thank you to all the members who have already set up your account. **If you have not set up your account, please go to MyActiveCenter.com then click on the New User button and follow the directions.**

Your MySeniorCenter keytag number is needed to set up your account. If you are unable to find your keytag please call (716) 636-3051 and a Senior Center staff member will assist you.

REGISTER

To Register for a Class, Club or Program in the New Version of MyActiveCenter:

- **Sign in to MyActiveCenter.com**
- The Search Box and Filters are on the left side.
- Once you have found the Class, Club or Program that you wish to Register for, click on the name. This will open a more detailed view of the activity. Listed below will be the Upcoming Events schedule.
- For classes with two sessions, each session is listed separately and requires separate registration.
- **To Register click on Add to Cart**
 - A small box will appear to let you know that this has been reserved in your Cart.
 - If this is the only activity that you wish to Register for you can click the Go to Cart button **OR** click on any area not in the pop-up box to continue shopping.
 - **In order to complete the Registration process you must finish your order by going to your Shopping Cart.**
 - If registering for a Class click Pay for selected items. Input your credit card information and click Pay to finish.
 - If registering for a Club or Program click Register for selected items.

LEARNING AND SOCIAL

ALL THE NEWS & ISSUES ZOOM

Watch for information in our newsletter or in future emails from the Senior Center.

ART HISTORY ZOOM - The New York School

This course will examine the artists associated with the New York School. Also known as Abstract Expressionism, this movement solidified an American Approach to modernist painting and sculpture. Artists discussed include Helen Rankenthaler, Jackson Pollock, Mark Rothko, and Barnett Newman. Special emphasis will be given to works in the collection of the AKG Buffalo.

Laura Watts Sommer, Instructor

Thursday, 1/11-2/29 (8x) Zoom \$30
10:00am-11:15am

BRIDGE - Basic Part II

Concepts taught are Pre-emptive Bids, Overcalls, Take-out Doubles, Competitive Bidding. This session is designed for new learners who have taken Basics Part I or those who have not played for a while and need a re-introduction to the game.

Ruth Nawotniak, Instructor

Monday, 1/8-4/15 (11x) no class 1/15, 2/12, 2/19, 4/8
10:00am-12:00pm Senior Center \$40



BRIDGE - Continuing Bridge Concepts

Concepts covered in this 5-week session: when to cue bid and when to double; New Minor Forcing, and some pointers for leading. Geared towards Advanced Beginners who have completed Basic Bridge Part III.

Ruth Nawotniak, Instructor

Monday, 1/8-2/26 (5x) no class 1/15, 2/12, 2/19
12:30pm-2:30pm Senior Center \$20

BRIDGE - Reviewing Bidding & Card Play

This 5-week session will continue to focus on discussing possible bidding sequences and card play strategies. Geared toward Advanced Beginners who have completed Basic Bridge Part III.

Ruth Nawotniak, Instructor

Monday, 3/11-4/15 (5x) no class 4/8
12:30pm-2:30pm Senior Center \$20

CURRENT EVENTS ZOOM

This weekly discussion group will touch upon local, national and world events and topics. The class will regularly meet on Zoom. However, on the second Wednesday of January, February, March and April members can choose to meet in person at the Senior Center or on Zoom. (2nd Wednesdays: 1/10, 2/14, 3/13, 4/10). Each group will meet independently of each other.

Jeff Goodman, Dick Schanley, Leaders

Wednesday, 1/10-4/17 (15x) Zoom/Senior Center
10:00am-11:30am (on 2nd Wednesdays only) \$20

DEFENSIVE DRIVING COURSE

Class dates to be determined. Watch for information in our newsletter or in future emails from the Senior Center.

FOUNDATIONS OF MINDFULNESS

This class will provide an overview of the foundational concepts, principles and practices of mindfulness. We will build upon the practices introduced in the Introduction to Mindfulness class and will continue to explore both informal and formal mindfulness practices. New topics will be introduced including finding compassion within and enhancing resilience. Resources will be provided to help you continue on your mindfulness journey. No prior experience required.

Kathy Bragagnola LMSW, Instructor

Saturday, 3/2-4/13 (6x) no class 3/30
9:30am-10:30am Harlem Road
Community Center \$18



HISTORY OF WESTERN NEW YORK

Learn about the people and events that influenced the history, commerce and culture of Western New York. These interactive classes will chronologically discuss the individuals and occurrences that shaped the social, educational, political, medical, religious and other institutions of our community. It will include contributions by business leaders in industry, manufacturing, retail, media, entertainment and other occupations, including the philanthropists that benefited our city. Certain to provide you with information you never knew and will make you proud of the accomplishments of people from Buffalo and Western New York.

Rick Falkowski, Instructor

Monday, 2/5-3/18 (6x) no class 2/19
10:30am-12:00pm Senior Center \$22

INTRO TO ACTING for fun or profit (but rarely both)

Have some fun exploring your creative side, along with some laughs, and gain confidence in your skills whether experienced, new to acting, or just want to take the class to experience performing. Learn skills useful on or off the stage. Topics to be covered include learning lines, auditioning, the skill differences for TV, Film and Stage, analyzing a script, making strong choices, character development and improv (to develop acting skills and as its own performance art). Final class will include a showcase performance for interested students.

Mike Kowal, Instructor

Wednesday, 2/28-4/17 (8x)
1:00-2:30pm Senior Center \$38

ITALIAN FOR BEGINNERS II

This class is a continuation of Italian for Beginners offered last trimester. Prospective students with some experience in the Italian language are welcome and are not required to have taken Italian for Beginners. This class will build on the foundation of our first class by adding more tenses eg. the recent past and the future as well as adding more conversation. We will use the workbook/textbook *Basic Italian* 3rd edition, by Alessandra Visconti, a McGraw Hill publication, available on Amazon.com for \$14.71.

Dr. Charles Travagliato, Instructor

Wednesday, 2/21-4/10 (7x) no class 3/27
10:00am-11:30am Northwest Amherst
Community Center \$44

UNDERSTANDING HOCKEY 101

What's a blue line, red line, slap shot, or power play? Learn the basics of how hockey is played from its history to the game of today. This class takes the mystery out of what's happening on the ice and will help you understand and enjoy this fast-paced game.

Greg Potter, Instructor

Monday, 2/5-2/26 (3x) no class 2/19
1:00pm-2:00pm Senior Center \$12

LEARNING AND SOCIAL - TECHNOLOGY

COMPUTER SKILLS FOR TODAY'S WORLD

Doing personal business using email and texts on smartphones and computers is almost a necessity in today's digital world. Download, PDFs, attachments, links, and QR codes—let me help you understand and navigate through it all. If you have a laptop you may bring it to class along with your smartphone and any questions.

Nancy Wise-Read, Instructor

Tuesdays, 2/6-2/20 (3x)
1:00pm-3:00pm Senior Center \$34



UNDERSTANDING YOUR ANDROID DEVICE

Tips for Android users - smartphones and tablets. This class will cover the essentials for using these devices, many useful apps and getting notifications. We will practice texting a new picture, adding a new contact, adding calendar events and talking to it. Questions encouraged.

Nancy Wise-Reid, Instructor

Tuesday, 3/5-3/19 (3x)
1:00pm-3:00pm Senior Center \$34

UNDERSTANDING YOUR IPHONE OR IPAD

Tips for iPhone and iPad users. This class will cover the essentials for using these devices, many useful apps and getting notifications. We will practice texting a new picture, adding a new contact, adding calendar events and talking to it. Questions encouraged.

Nancy Wise-Reid, Instructor

Tuesday, 1/9-1/23 (3x)
1:00pm-3:00pm Senior Center \$34

Tuesday, 4/2-4/16 (3x)
1:00pm-3:00pm Senior Center \$34

ARTS AND CULTURE

ACRYLIC/OIL PAINTING

Learn the fundamentals of painting, working from observation, ideas and references. This is a flexible program to meet participants' needs and interests. Beginners welcome. For questions regarding supplies only, call 716-812-8937.

Elaine Grisanti, Instructor

Monday, 1/8-4/1 (10x) no class 1/15, 2/12, 2/19
9:30am-11:30am Senior Center \$56

CALLIGRAPHY - Advanced HYBRID

Prerequisite: Knowledge of one calligraphy alphabet or completion of our Beginner Calligraphy class. Brush up on skills and learn new alphabets. Bring to the first class a calligraphy fountain pen with broad, medium and fine nib, ink suitable for a fountain pen, ruler, pencil and other favorite calligraphy tools. **Please Note: This is a hybrid class. You may attend on Zoom if unable to attend in person. Please notify your instructor at least 24 hrs. in advance for classes you would like to attend via Zoom.**

Mary Jo LaClair, Instructor

Friday, 1/12-3/1 (8x)
1:00pm-3:00pm Senior Center \$55



CALLIGRAPHY - Beginning/Continuing HYBRID

Learn or refresh your knowledge of this beautiful Italian Renaissance chancery/cursive style of writing. Find ideas for creating your own greeting cards and lettering poems. No experience necessary. A list of supplies needed is available at the Reception Desk at the Senior Center. **Please Note: This is a hybrid class. You may attend on Zoom if unable to attend in person. Please notify your instructor at least 24 hrs. in advance for classes you would like to attend via Zoom.**

Mary Jo LaClair, Instructor

Friday, 1/12-3/1 (8x)
10:00am-12:00pm Senior Center \$55

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. No experience necessary. A short list of supplies needed is available at the Reception Desk at the Senior Center.

Margaret Watrous, Instructor

Tuesday, 1/23-2/27 (6x)
1:30pm-3:30pm Senior Center \$20

KNITTING/CROCHET

Learn basic stitches: new stitches and projects are introduced periodically. Work at your own pace on projects of your own choice. Each class has members at different skill levels. Please bring worsted weight yarn and knitting needles (size 8 or 9) or crochet hook (size H or I) to first class.

Mary Ann Belus, Instructor

Thursday, 1/18-2/15 (5x)
9:30am-11:30am Senior Center \$39

Thursday, 3/21-4/18 (5x)
9:30am-11:30am Senior Center \$39

ARTS AND CULTURE

LEARN TO DRAW MORE

Expand your drawing abilities. In this class you will continue to learn the art of drawing and shading using pencil, pen and ink and the art of working with charcoal. Subjects include still life, landscape and portrait. Basic drawing skills helpful. Find the materials list at www.danmeyerwatercolors.com, select **Classes** at the top of the page and then scroll down the list to the class you are taking and select **Materials List**.

Dan Meyer, Instructor

Thursday, 1/18-3/14 (9x)
12:30pm-2:30pm Senior Center \$63

ORIGAMI - The Japanese Art of Paperfolding

Origami is the Japanese art of folding paper into different objects, shapes and animals. Entertain your friends and family by creating simple, fun models from a piece of paper. Origami is believed to bring good luck, helps your memory, is therapeutic for your joints and relaxing for your mind. It's a hobby that can be carried around in your pocket and done anywhere! Different project each month.

Nancy Wise-Reid, Instructor

Monday, 1/29 (1x) \$5 (Hearts for Valentine's Day)
Monday, 2/26 (1x) \$5 (Lily and Butterfly)
Monday, 3/25 (1x) \$5 (Tulip and Stem)
Monday, 4/15 (1x) \$5 (Swan Candy Dish)
10:30am-11:30am Northwest Amherst
Community Center \$5 each class

PYSANKY

Learn pysanky - the Ukrainian craft of decorating eggs for Easter. It's easier than you think. You will learn a little history of this tradition while you wax and dye your own Easter eggs. Understand what the individual colors, patterns, and symbols represent as you decorate. Limited space available. Please bring a rag to class.

Theone Oblamski, Instructor

Thursday, 2/29-3/14 (3x)
12:00-2:00pm Senior Center \$15

Thursday, 2/29-3/14 (3x)
2:00-4:00pm Senior Center \$15

WATERCOLOR - Beginner Part II

If you've completed the Beginner Watercolor course or have basic watercolor knowledge but not painted for some time, Beginner Watercolor Part II is for you. This class is directed towards students who may not feel confident enough to join the intermediate level class but want to use their basic skills and increase their watercolor knowledge by creating paintings. Find the materials list at www.danmeyerwatercolors.com, select **Classes** at the top of the page and then scroll down the list to the class you are taking and select **Materials List**.

Dan Meyer, Instructor

Thursday, 1/18-3/14 (9x)
9:30am-11:30am Senior Center \$63

WATERCOLOR - Intermediate

Continue to explore the fascinating world of watercolor as you go beyond the basics. Photo reference will be provided. Each subject rendered will be demonstrated, step by step by the instructor, followed by student participation. Advanced watercolorists will enjoy this course as well. Find the materials list at www.danmeyerwatercolors.com, select **Classes** at the top of the page and then scroll down the list to the class you are taking and select **Materials List**.

Dan Meyer, Instructor

Wednesday, 1/10-4/17 (14x) no class 4/3
9:30am-11:30am Senior Center \$98

WOODEN WELCOME SIGN

Make your own 14 inch wooden "Welcome Sign" using Cricut stencils to put on your wall or door. Prep your board, learn to apply stencils, paint and then protect the wood. Add a bow and a hanger on the back and take home your beautiful sign. All supplies needed will be provided. This sign can have a buffalo or an angel at the bottom. Fun and functional.

Elaine Volker, Instructor

Tuesday, 3/12 (1x)
1:00pm-3:00pm Senior Center \$20





WOODCARVING - All Levels

Carve a pinecone, made out of basswood, using the technique called chip carving. A chip carving knife is recommended, but not required. Knives for \$40 will be ordered by January 4. Please see Cindy Weiss, Program Coordinator, if interested. For safety, a protective glove is required. A filet glove or Kevlar glove work well. This class is suitable for all levels of carvers.

Deborah Barbour, Instructor

Thursday, 1/18-2/22 (6x) Senior Center \$30
2:00pm-4:00pm

ARTS AND CULTURE – MUSIC

DRUMMING CIRCLE

Feel the beat of your own rhythm. Research has shown that group drumming reduces stress, strengthens your immune system, and enhances creativity, self-expression and inner healing. This class is not about performance. The approach is to extend the benefits as a form of recreational music making regardless of musical experience. Find your own rhythm in a fun, nurturing, supportive environment. Some stretching and a wellness exercise is included. A variety of drums, (including hand held drums), shakers and tambourines are provided. If you have your own drum you are welcomed to bring it in.

Jennifer Nuwer, Instructor

Friday, 1/12-2/16 (6x) Senior Center \$21
9:30am-10:30am

Friday, 3/8-4/19 (6x) no class 3/29
9:30am-10:30am Senior Center \$21

EINE KLEINE ZAUBERMUSIK: MOZART'S MAGIC MUSICAL THEATRE

Most music lovers know the great operatic masterworks by Wolfgang Amadeus Mozart (1756-1791) like *The Marriage of Figaro*, *Don Giovanni* and *Così fan tutte*, but Mozart wrote 22 musical theatre pieces, most of which are unknown to audiences. This course will examine Mozart the theatre man in full, from A to Z, from *Apollo and Hyacinth* (which he composed at age 11) to *Die Zauberflöte*, his sublime final work for the stage. We'll learn how Mozart started with amazing talent as a boy and proceeded step by step to his mature mastery of opera - in short: musical magic - *Zaubermusik*!

Michael Harris, Instructor

In-House

Tuesday, 1/9-4/9 (14x) Senior Center \$56
9:30am-11:30am

Zoom

Tuesday, 1/9-4/9 (14x) Zoom \$56
1:00pm-3:00pm

GUITAR, UKULELE, RECORDER LESSONS

If interested in private half-hour lessons please contact Cindy Weiss at 636-3055 x3109.

ORCHESTRAL INSTRUMENTS AND CONDUCTORS

Learn about the classical orchestra instruments including a brief history, form and sound, along with the birth of conducting and conductors.

Sebnem Mekinulov, Instructor

Monday, 1/8-3/11 (8x) no class 1/15, 2/19
1:00pm-3:00pm Senior Center \$33

PIANO LESSONS

Individual half hour private lessons are offered. Lesson times will be assigned. *Piano is NOT eligible for a fee waiver and NO refunds for missed classes.

Jane Cary, Instructor

Thursday, 1/11-2/15 (6x) Senior Center \$75
8:30am-2:00pm

Thursday, 2/29-4/4 (6x) Senior Center \$75
8:30am-2:00pm

ARTS AND CULTURE - MUSIC/HEALTH AND FITNESS

UKULELE SING-A-LONG - Advanced Group Lesson

This course is designed for those who have played the ukulele and are comfortable with 10 or more chords. Ukuleles are still available during in-class time only. We will learn more chords and try different strumming patterns, reading TAB and solo fingerpicking. Of course, we will have fun singing and learning new songs while learning to play the Ukulele. **Please note: Short nails are necessary to play stringed instruments.**

Jennifer May, Instructor

Monday, 1/8-2/26 (6x) no class 1/15, 2/19
10:00am-10:55am Senior Center \$25

Monday, 3/11-4/15 (5x) no class 4/8
10:00am-10:55am Senior Center \$21

UKULELE SING-A-LONG - Beginning/ Continuing Group Lesson

This course is designed for those who have never played the Ukulele (or any instrument), and those who have taken a session or more, to continue to learn to read charts, TAB, melodies, chords, how to change chords, and basic techniques. Learn about the Ukulele and how to play while singing songs and having a laugh or two. Ukuleles are provided for use during in-class time only. Anyone can play the Ukulele; come give it a try. **Please note: Short nails are necessary to play stringed instruments.**

Jennifer May, Instructor

Monday, 1/8-2/26 (6x) no class 1/15, 2/19
12:00pm-12:55pm Senior Center \$25

Monday, 3/11-4/15 (5x) no class 4/8
12:00pm-12:55pm Senior Center \$21

VOICE LESSONS

Enjoy singing? For your own self-enjoyment or as a member of a chorus or choir? Individual 45-minute private lessons are available for you to improve your singing voice and share your love of singing. Space is limited. *Voice Lessons are NOT eligible for a fee waiver and NO refunds for missed classes.

Dale Suckow, Instructor

Friday, 1/19-2/16 (5x) Senior Center \$90
9:00am-12:00pm

Friday, 3/1-4/5 (5x) no class 3/29
9:00am-12:00pm Senior Center \$90

HEALTH AND FITNESS

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

Wednesday, 1/17-2/21 (6x)
12:15pm-1:15pm Senior Center \$21

Wednesday, 3/13-4/17 (6x)
12:15pm-1:15pm Senior Center \$21

ARCHERY

Check this item off your bucket list. Learn a new skill shooting compound and recurve bows. Archery is rich in fun and health benefits and is as therapeutic and beneficial to your concentration as yoga. Archery uses your full range of upper body muscles and keeps the mind sharp by working on focus. Learn basic archery skills including safety, shooting form, and scoring. Join others and "Take A Shot"! All equipment provided - personal equipment not allowed.

Angelo Lorenzo, Instructor

Wednesday, 1/10-2/7 (5x)
10:30am-11:30am Clearfield Community Center \$20

Wednesday, 2/28-3/27 (5x)
10:30am-11:30am Clearfield Community Center \$20

Greg Potter, Instructor

Thursday, 1/25-2/22 (5x)
10:30am-11:30am Clearfield Community Center \$20

Thursday, 3/14-4/11 (5x)
10:30am-11:30am Clearfield Community Center \$20

BADMINTON

Badminton is a fun, active game that anyone can play, regardless of their skill level. It's a sport that improves physical & cognitive skills and helps you become more flexible. Class includes basic instruction & plenty of play time.

Angelo Lorenzo, Instructor

Tuesday, 3/12-4/16 (5x) no class 4/2
10:30am-11:30am Clearfield Large Gym \$20



BALLET STRETCH

This class combines ballet and stretch for a low-impact, fat burning workout. If you are bored with traditional aerobic exercise, join this fun class which increases circulation, improves overall mobility and is good for all levels. Wear comfortable clothing and ballet shoes or socks. Bring resistance bands and hand weights if you have them.

Dawn Tarbox-Szerbiak, Instructor

Tuesday, 1/9-2/20 (7x) 10:40am-11:35am	Senior Center \$28
Tuesday, 3/5-4/16 (6x) 10:40am-11:35am	no class 4/2 Senior Center \$24
Thursday, 1/11-2/22 (7x) 9:30am-10:25am	Senior Center \$28
Thursday, 3/7-4/18 (6x) 9:30am-10:25am	no class 4/4 Senior Center \$24

BALLROOM DANCING

Join us for introductory ballroom lessons. No experience or partner necessary. Wear sneakers or flat shoes.

Karen Murphy, Instructor

Tuesday, 1/16-2/20 (6x) 1:15pm-2:15pm	Senior Center \$22
Tuesday, 3/5-4/9 (6x) 1:15pm-2:15pm	Senior Center \$22

BASKETBALL DRILLS AND GAMEPLAY

Participate in basketball drills and half-court game play. Wear sneakers and bring a water bottle. Basketballs provided.

Angelo Lorenzo, Instructor

Monday, 1/22-3/4 (6x) 5:30pm-6:45pm	no class 2/19 Senior Center \$24
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CARDIO DRUMMING

Cardio Drumming is an aerobic exercise that takes a simple movement, drumming, and turns it into a full-body workout that will leave you smiling and feeling great. It brings together drumsticks, an exercise ball and stand to create one of the most fun workouts you'll ever do. Beating rhythmically to songs will promote physical health, better coordination and reduce stress. Come join in the fun! Equipment provided.

Marilyn Ciavarella, Instructor

Afternoon

Tuesday, 1/16-2/20 (6x) 12:00pm-12:50pm	Senior Center \$21
Tuesday, 3/12-4/16 (5x) 12:00pm-12:50pm	no class 3/19 Senior Center \$18

Evening

Thursday, 1/18-2/22 (6x) 4:45pm-5:35pm	Senior Center \$21
Thursday, 3/14-4/18 (6x) 4:45pm-5:35pm	Senior Center \$21

Dawn Tarbox-Szerbiak, Instructor

Morning

Monday, 1/8-2/12 (5x) 9:30am-10:25am	no class 1/15 Senior Center \$18
Monday, 3/4-4/15 (5x) 9:30am-10:25am	no class 4/1, 4/8 Senior Center \$18
Wednesday, 1/10-2/21 (7x) 9:30am-10:25am	Senior Center \$24
Wednesday, 3/6-4/17 (6x) 9:30am-10:25am	no class 4/3 Senior Center \$21

FALL PREVENTION - Safe on Your Feet

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

Jean Widlicka, Instructor

Wednesday, 1/10-2/21 (7x) 9:30am-10:25am	Senior Center \$18
Wednesday, 3/6-4/17 (7x) 9:30am-10:25am	Senior Center \$18

HEALTH AND FITNESS

FUNCTIONAL LIVING EVERYDAY EXERCISE (FLEE) ZOOM

This exciting program encourages moderate physical activity to help improve balance, mobility, and strength. Each class provides resistance work, balance training, and range of motion movements that mimic activities of daily life. Perform a variety of balance challenges to help reduce the risk of falls. Join the functional fitness movement and live an independent and active life. Be sure to wear sneakers. Have a chair and resistance band ready.

Jill Bronsky, Instructor

Monday 1/8-2/26 (6x) no class 1/15, 2/19
9:30am-10:25am Zoom \$20

Monday, 3/11-4/15 (6x) Zoom \$20
9:30am-10:25am

GET FIT WHILE YOU SIT

A fun and laid-back fitness program designed for beginners and those with back problems or physical conditions which make exercise difficult.

Jean Widlicka, Instructor

Monday, 1/8-2/12 (5x) no class 1/15
10:30am-11:25am Senior Center \$14

Monday, 3/4-4/15 (6x) no class 4/8
10:30am-11:25am Senior Center \$16

LINE DANCING - Beginner

Designed for the Beginner who wants to learn or improve their dancing skills. Great exercise while learning line dance patterns. Wear comfortable clothing and shoes that can slide. No sandals, flip flops or rubber-soled shoes.

Bonnie Crosby, Instructor

Monday, 1/22-3/18 (8x) no class 2/19
1:00pm-2:00pm Senior Center \$22

LINE DANCING - Improver

This is the next level after Beginner/Beginner Plus, so let's step it up some! Designed for line dancers that know the basic moves and want to try some dances that are a little more difficult. All steps and dances will be thoroughly taught. The emphasis will be on having FUN! Wear comfortable shoes that slide on the floor.

Bonnie Crosby, Instructor

Monday, 1/22-3/18 (8x) no class 2/19
11:00am-12:00pm Senior Center \$22

MEAN JEAN'S EXERCISE

Use large leg and arm motions to strengthen small and large muscles. Heart and lungs will benefit and increase joint mobility. Seated and occasional standing exercises performed. Bring your own ball (small-to fit in your hand) and bands to class.

Jean Widlicka, Instructor

Monday, 1/8-2/12 (5x) no class 1/15
9:30am-10:25am Senior Center \$14

Monday, 3/4-4/15 (6x) no class 4/8
9:30am-10:25am Senior Center \$16

Tuesday, 1/9-2/20 (7x) Senior Center \$18
9:30am-10:25am

Tuesday, 3/5-4/16 (7x) Senior Center \$18
9:30am-10:25am

Thursday, 1/11-2/22 (7x) Senior Center \$18
9:30am-10:25 am

Thursday, 3/7-4/18 (7x) Senior Center \$18
9:30am-10:25 am

Friday, 1/12-2/23 (7x) Senior Center \$18
9:30am-10:25am

Friday, 3/8-4/19 (6x) no class 3/29
9:30am-10:25am Senior Center \$16

MOVE, TONE, AND STRETCH

Includes low impact cardio, toning with light weights or bands and some core work. Class will finish with yoga inspired stretching and breathing. This is a fun and low impact way to improve your range of motion, strength, balance and flexibility. Bring light weights (1-2 pound) and a mat to class.

Kathy Bragagnola, Instructor

Monday, 1/22-2/26 (5x) no class 2/19
6:00pm-7:00pm Northwest Amherst
Community Center \$21

Monday, 3/11-4/15 (5x) no class 4/8
6:00pm-7:00pm Northwest Amherst
Community Center \$21



Staying Active in Cold Weather: A Safety Guide for Older Adults



KEY TAKEAWAYS:

- Regular physical activity offers physical, mental, emotional, and social benefits.
- Older adults are at risk for Vitamin D deficiency and subsequent health conditions, like frailty. Safe participation in outdoor activities can increase sun exposure and boost the body's Vitamin D production, even in cold weather.
- Don't let bad weather stop you from moving. Many resources are available to help you find different ways to exercise indoors, whether at a gym or at home.
- Exercise doesn't have to feel like a chore. It can be fun, safe, and empowering with the right guidance.

THE IMPORTANCE OF EXERCISE IN OLDER ADULTHOOD

Age should never be a reason to stop challenging your mind and body. Exercise promotes physical, cognitive, emotional, and social benefits.

11 Benefits of Exercise:

1. SUPPORTS PHYSICAL FUNCTION

Improvements in fitness, balance, and fall-risk awareness improve our ability to engage in everyday activities, like self-care or home chores.

2. RELIEVES AND PREVENTS PAIN

Evidence shows regular activity can reduce the risk of neck and back pain. It can also help reduce pain intensity and mental health disorders that can occur with chronic pain, like depression.

3. IMPROVES SELF-CONFIDENCE

Regular exercise supports perceived safety while doing everyday activities, boosting confidence.

4. BUILDS COMMUNITY

Group exercise is linked to feelings of connectedness by completing programs as a team and keeping each other accountable.

5. IMPROVES SLEEP HYGIENE

Physical activity during the day, especially in the sunlight, can help regulate your circadian rhythm and sleep routine.

6. PROTECTS BRAIN HEALTH

Thirty minutes of moderate-intensity exercise five days per week can help prevent degenerative brain diseases like Alzheimer's.

7. PROMOTES EMOTIONAL WELL-BEING

Exercise can be as effective as antidepressants in reducing depression in older adults. People also report improved mood, motivation, and feelings of purpose associated with group exercise participation.

8. SUPPORTS BONE HEALTH

Physical activity has a positive effect on bone health, improving hip and lower back bone density while preventing or slowing the development of osteoporosis in older adults.

9. PREVENTS CARDIOVASCULAR CONDITIONS

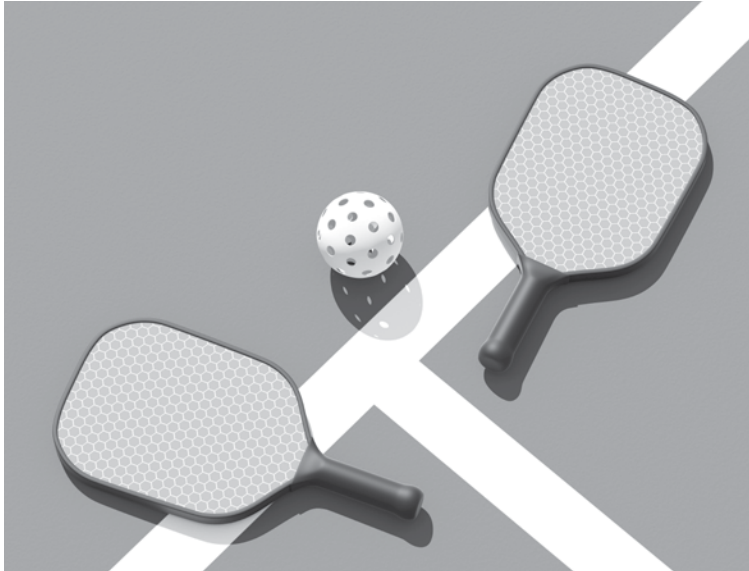
Older adults who exercise regularly have better cardiovascular health, decreasing heart workload and regulating blood pressure.

10. DECREASES FALLS RISK

Combining aerobic exercise and strength training is shown to reduce the risk of falls. Exercise programs incorporating three hours of balance training per week can reduce falls risk by 21%.

11. PREVENTS ONSET OF DISEASE

Engaging in physical activity helps prevent chronic conditions like diabetes, certain types of cancer, and stroke.



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. Comfortable clothing and sneakers are a must!

Due to class popularity, please sign up for 1 session only.

Greg Potter, Instructor

Morning

Wednesday, 1/10-2/14 (6x)
10:30am-12:00pm Northwest Amherst
Community Center \$18

Wednesday, 2/28-4/3 (6x)
10:30am-12:00pm Northwest Amherst
Community Center \$18

Cindy Weiss, Instructor

Afternoon

Thursday, 1/18-2/22 (6x)
1:30pm-3:30pm Senior Center \$24

Thursday, 3/7-4/11 (6x)
1:30pm-3:30pm Senior Center \$24

Greg Potter, Instructor

Evening

Thursday, 1/11-2/15 (6x)
6:00pm-7:30pm Senior Center \$18

Thursday, 2/29-4/4 (6x)
6:00pm-7:30pm Senior Center \$18

PICKLEBALL AT CLEARFIELD

Pickleball is a paddle sport that combines elements of tennis, badminton and ping pong. In this session, you will learn the basic rules of the game, along with plenty of opportunity for open play. Instruction is limited. Time will be spent playing to improve your skills and have fun.

Brian Ignaszak, Court Manager

All Levels

Monday, 1/8-2/26 (6x) no class 1/15, 2/19
12:00pm-2:00pm Clearfield Community Center \$24

Monday, 3/4-4/15 (6x) no class 4/1
12:00pm-2:00pm Clearfield Community Center \$24

Wednesday, 1/3-2/7 (6x)
12:00pm-2:00pm Clearfield Community Center \$24

Wednesday, 2/14-4/10 (7x) no class 2/21, 4/3
12:00pm-2:00pm Clearfield Community Center \$28

Thursday, 1/4-2/8 (6x)
12:00pm-2:00pm Clearfield Community Center \$24

Thursday, 2/15-4/11 (7x) no class 2/22, 4/4
12:00pm-2:00pm Clearfield Community Center \$28

Intermediate Play

Tuesday, 1/2-2/13 (7x)
12:00pm-2:00pm Clearfield Community Center \$28

Tuesday, 2/27-4/16 (7x) no class 4/2
12:00pm-2:00pm Clearfield Community Center \$28

Friday, 1/5-2/16 (7x)
12:00pm-2:00pm Clearfield Community Center \$28

Friday, 3/1-4/26 (7x) no class 3/29, 4/5
12:00pm-2:00pm Clearfield Community Center \$28

QIGONG and TAI CHI REFINEMENTS

We will explore the various connections of Qigong and Tai Chi. Qigong involves postures and breathing exercises that enhance vitality and well-being. Qigong also has an important effect on the quality of the stretching and fitness one can experience through Tai Chi. The combination of Qigong and Tai Chi will help you get stronger physically, gain greater control over heart rate and pulse through special relaxation techniques, and also soothe the nervous system. Prerequisite for this class is beginning Tai Chi. Class is held 2x a week on Tuesdays & Thursdays.

Robert Sachs, Connie Beroza, Instructors

Tuesday & Thursday, 1/9-4/18 (29x) no class 3/19
12:00pm-1:00pm Senior Center \$22



STRENGTH AND BALANCE

Maintain muscle mass and improve core strength and balance through a series of exercises performed in succession. By modeling the movements of daily life like squatting, reaching, or even carrying a heavy object, building functional strength can help increase your quality of life and reduce your risk of injury.

Angelo Lorenzo, Instructor

Tuesday, 1/16-2/13 (5x)	6:00pm-6:50pm	Senior Center \$18
Tuesday, 3/5-4/9 (5x)	6:00pm-6:50pm	no class 4/2 Senior Center \$18

TABLE TENNIS (PING PONG)

Interested in trying a new sport? Already have experience but want to brush up on your skills? Learn the fundamentals of Table Tennis in a fun & relaxed environment with your peers. We will review the rules, singles/doubles play, stroke, spin & finish with free-play matches. Best for Beginner to Intermediate players. No experience needed.

Greg Potter, Instructor

Monday, 1/8-2/12 (5x)	11:00am-12:15pm	no class 1/15 Senior Center \$20
Monday, 3/4-4/1 (5x)	11:00am-12:15pm	Senior Center \$20

TAI CHI - Beginning/Continuing

Interested in learning Tai Chi or just brushing up on your skills? Tai Chi is a Chinese form of exercise for health and relaxation involving 108 slow, natural movements. It takes approximately one year to complete the Beginner Level. Comfortable, loose fitting clothing is recommended. Class is held 2x a week on Tuesdays & Thursdays.

Robert Sachs, Connie Beroza, Instructors

Tuesday & Thursday, 1/9-4/18 (29x)	10:45am-11:45am	no class 3/19 Senior Center \$22
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TAP DANCING - Beginner

Have you ever wanted to take tap but never had the opportunity? Here's your chance to learn the fundamentals of tap dancing. Tap is a great way to exercise the body and the mind in a fun and exciting way. This class will teach you footwork and expression through sound. It is a great way to practice control, coordination and agility. Plus it is a lot of fun! No experience needed, but tap shoes are required. This class can be done standing or sitting.

Dawn Tarbox-Szerbiak, Instructor

Thursday, 1/11-2/22 (7x)	10:40am-11:35am	Senior Center \$28
Thursday, 3/7-4/18 (6x)	10:40am-11:35am	no class 4/4 Senior Center \$25

HEALTH AND FITNESS

TAP DANCING - Intermediate

Lesson time will be split with a half hour of technique to help strengthen your tap dancing skills and continue with a half hour of new dance material and routines.

Dawn Tarbox-Szerbiak, Instructor

Tuesday, 1/9-2/20 (7x)
9:30am-10:25am Senior Center \$28

Tuesday, 3/5-4/16 (6x) no class 4/2
9:30am-10:25am Senior Center \$25

TENNIS - Beginner

Learn to play Tennis. Instruction on strokes of tennis as well as drills and game play.

Angelo Lorenzo, Instructor

Monday, 1/22-2/26 (5x) no class 2/19
10:00-11:00am Clearfield Community Center \$20

Monday, 3/11-4/22 (5x) no class 4/1, 4/8
10:00-11:00am Clearfield Community Center \$20

YOGA

Hatha Yoga is for everyone, whatever your age or flexibility level. Relieve emotional tension and stress through breath awareness and systematic training in natural, healthy diaphragmatic breathing. Variations will be presented for beginner to intermediate so you can work at your own level, transitioning from floor to feet. Bring floor mat to class.

Tina Phillips, Instructor

In-House

Morning - Beginner

Tuesday, 1/9-2/20 (7x)
9:00am-10:15am Senior Center \$24

Tuesday, 3/5-4/16 (7x)
9:00am-10:15am Senior Center \$24

Morning - All Levels

Thursday, 1/11-2/22 (7x)
9:00am-10:15am Senior Center \$24

Thursday, 3/7-4/18 (7x)
9:00am-10:15am Senior Center \$24

Afternoon - All Levels

Tuesday, 1/9-2/20 (7x)
4:00pm-5:00pm Senior Center \$21

Tuesday, 3/5-4/16 (7x)
4:00pm-5:00pm Senior Center \$21

Zoom - All Levels

Wednesday, 1/10-2/21 (7x)
9:00am-10:15am Zoom \$24

Wednesday, 3/6-4/17 (7x)
9:00am-10:15am Zoom \$24

YOGA/CHAIR

While sitting in a chair, promote your health and energy level with mindfulness of body and mind through a variety of safe and relaxing Yoga stretches and postures. Some standing poses are also included.

Jennifer Nuwer, Instructor

Morning

Friday, 1/12-2/16 (6x)
11:00am-12:15pm Senior Center \$21

Friday, 3/8-4/19 (6x) no class 3/29
11:00am-12:15pm Senior Center \$21

Afternoon

Friday, 1/12-2/16 (6x)
12:30pm-1:45pm Senior Center \$21

Friday, 3/8-4/19 (6x) no class 3/29
12:30pm-1:45pm Senior Center \$21

YOGA/GENTLE MINDFUL

Gentle flow yoga class focusing on mindful movements to help loosen the joints, build strength, balance and increase flexibility. Class will include floor and standing movements with variations for accessibility of the poses. Essential oil aromatherapy will be offered to use during class to enhance a sense of relaxation and stress relief. Bring floor mat and a light blanket.

Kathy Bragagnola, Instructor

Thursday, 1/18-2/22 (6x)
6:00pm-7:00pm Senior Center \$21

Thursday, 3/7-4/11 (6x)
6:00pm-7:00pm Senior Center \$21



HOW MUCH EXERCISE DO I REALLY NEED?

Older adults should regularly engage in balance, flexibility, and mobility training to prevent falls and to keep moving through older adulthood. You can combine these activities with endurance or strength exercises.

GETTING INTO AN EXERCISE ROUTINE

Starting any new habit takes time, and getting into an exercise routine is no different.



YOGA AND MEDITATION

The mind and body are interconnected. This will be a combination of meditation and yoga exercise, done from a chair. Some standing poses are also included. The ultimate goal is to achieve a gentle and healing experience.

Jennifer Nuwer, Instructor

In-House

Wednesday, 1/10-2/14 (6x)
11:00am-12:00pm Senior Center \$18

Wednesday, 3/6-4/17 (7x)
11:00am-12:00pm Senior Center \$20

Zoom

Tuesdays, 1/9-2/13 (6x)
11:00am-12:00pm Zoom \$18

Tuesday, 3/5-4/16 (7x)
11:00am-12:00pm Zoom \$20

Yoga

YOGA PLUS

Variations on basic postures are introduced. Breathing exercises and subtle relaxation methods are developed. Breath awareness is encouraged during postures and daily life to facilitate balanced health. Prerequisite: Completion of Beginning Yoga or previous Yoga experience.

Christina Phillips, Instructor

Tuesday, 1/9-2/20 (7x)
10:30am-11:45am Senior Center \$24

Tuesday, 3/5-4/16 (7x)
10:30am-11:45am Senior Center \$24

ZUMBA DISCO

Great as a workout or dance routine using samba, salsa, rumba, meringue, and cha-cha dance steps. Various types of music are used, including disco. The class is tailored toward mature adults.

Marilyn Ciavarella, Instructor

Thursday, 1/18-2/22 (6x)
12:00pm-12:50pm Senior Center \$21

Thursday, 3/14-4/18 (6x)
12:00pm-12:50pm Senior Center \$21

Outdoor Activities

Cold weather shouldn't stop you from enjoying the outdoors. Here are some fun ways to get moving during the chilly winter months:

- **Take a walk:** Keep it simple by strolling around your yard, neighborhood, or local park. If you don't feel comfortable or motivated walking alone, find a walking buddy or exercise group to go with you.
- **Take up cross-country skiing and snowshoeing:** Many ski centers have significant discounts for older adults and veterans
- **Tend to the garden or yard:** Gardening is a year-round physical activity. Many root vegetables, leafy greens, and flowering plants grow during winter months.
- **Take up a do-it-yourself project:** Tap into your crafty side by repainting your front door or reorganizing your garage.

OUTDOOR EXERCISE SAFETY

Before heading outside, be aware of winter weather risks. When exposed to the cold, your body must adapt to prevent heat loss. Some adaptations slow with age or have negative consequences for those who have chronic conditions, leaving some older adults vulnerable to cold weather injuries. Falling on icy surfaces is also a concern, but with the right preparation, you can stay safe outdoors during the winter months.

- **Bundle up:** If you plan to head outside, dress in layers and protect your body from the elements. It's better to wear too much than not enough.
- **Prioritize a warm-up:** Getting ready to do some heavier outdoor activities? You may need to warm up your body with stretches or mild exercises first.
- **Avoid icy conditions:** If you spot some slick surfaces outside, it's best to stay safe and opt for an indoor activity.

STAY HYDRATED

Up to 40% of older adults are under-hydrated, and cold weather doesn't help. People typically don't feel as thirsty in cold weather as in hot weather, but you still need to drink water to stay healthy. The standard recommendation is about eight glasses daily, but consult your doctor to determine how much water is healthy considering your weight, activity level, and health status



- **Opt for shoes with good traction:** Wearing a shoe with adequate traction will help you grip the ground, especially while navigating hills, wet surfaces, or loose earth (like pine straw or mud). Choose shoes with rubber soles and deep grooves.
- **Keep your phone nearby:** Take your phone wherever you go outdoors, even if you're just in the backyard, so you can call family, friends, or emergency assistance in case of emergency.
- **Use the buddy system:** If you're headed to a less populated area, like a hike into a forest, don't go alone. Find a friend or family member to accompany you, or join a local hiking club.
- **Consider a medical alert system:** Regardless of age or physical ability, quick access to help provides peace of mind, and a phone doesn't always cut it. Medical alert systems are an excellent backup because they contact emergency services for you when you press the help button.



Four Primary Types of Exercises

Not every exercise has the same purpose. Depending on your goals, exercise can be categorized into four main groups, each focusing on a different fitness aspect: endurance, strength, flexibility and mobility, and balance. While they're all important, some people may focus on one category more than another, depending on their current status and wellness goals.

1. ENDURANCE EXERCISE

Also known as aerobic exercise, endurance activities are prolonged, repetitive exercises that get your heart beating faster. Examples of endurance activities include walking or hiking in a park, biking or jogging, swimming laps in a pool.

2. STRENGTH EXERCISE

Strength or resistance training builds muscle and supports joint health. Research has suggested strength training alone can improve joint mobility in adults by up to 28%. Push-ups, planks, lunges, and pull-ups are all strengthening exercises that can be done at home with little to no equipment.

3. FLEXIBILITY AND JOINT MOBILITY TRAINING

Flexibility refers to a muscle's ability to lengthen, while joint mobility refers to the joint's ability to move freely. Both types of training go hand in hand because they allow you to move with less restriction.

Examples of flexibility and joint mobility activities include participating in yoga, doing a stretching routine in the morning or before bedtime, and warming up before a workout by moving your joints comfortably.

4. BALANCE TRAINING

Often overlooked, balance training is an essential part of independent movement and confidence. Your brain takes information from your body's position and its surroundings to make adjustments that keep you steady. Activities that incorporate balance and coordination include participating in Tai Chi, going upstairs without holding onto a rail, walking on uneven ground, like sand or gravel.



SPECIAL LUNCHES 2024

Martin Luther King
Friday, January 12, 2024

Black History Month
Wednesday, February 7, 2024

Super Bowl
Friday, February 9, 2024

Valentine's Day
Wednesday, February 14, 2024

President's Day
Friday, February 16, 2024

St. Patrick's Day
Friday, March 15, 2024

St. Joseph's Day
Tuesday, March 19, 2024

Easter Lunch
Thursday, March 28, 2024

Further information will be provided in our monthly newsletter.



The Home Energy Assistance Program (HEAP)

HEAP is a federally funded program, which is administered by New York State to assist low-income families with their energy needs. Multiple components are available to apply for heating assistance or services while the funding is available. To see if you're eligible, please contact our Senior Outreach Services at 716-636-3070.



NEW YORK
STATE OF
OPPORTUNITY.

HEAP
Home Energy
Assistance Program

A Program of the Office of Temporary and Disability Assistance

Indoor Exercise

Don't let freezing weather stop you in your tracks. Indoor exercises can be just as effective as outdoor activities. Get moving with a variety of options.

- **Join a Tai Chi session:** Multiple studies have reported that Tai Chi effectively prevents falls in older adults by incorporating balance, coordination, strength, and endurance.
- **Take a yoga class:** Many recreation and senior centers offer group yoga classes to improve mobility, balance, strength, and mental health. Ask what equipment you need to bring, like a yoga mat or yoga blocks, to help support your practice.
- **Work out at a gym:** Gyms offer a variety of equipment to get you moving. You can lift weights, ride a stationary bike, or use the machines to break a sweat.
- **Work out at home with videos:** You don't always need a gym to get a workout. Use everyday items in your house as "equipment" to challenge yourself, like heavy books or a set of stairs. YouTube is a great resource for home workouts, but look for lessons with clear instructions and professional guidance.
- **Join an indoor sport:** Many communities have sports leagues where you can practice and compete indoors with a team. Pickleball and bowling are two popular options.



INDOOR EXERCISE SAFETY

While the following precautions aren't exclusive to indoor activities, they are important reminders about exercise safety. Keep these in mind when you're exercising at the gym, in your home, or on the indoor field.

- **Ask for help:** If you're not sure how to do an exercise safely, especially at the gym, ask for help. Knowledgeable gym and senior center staff are available to teach you how the equipment works, so you're not injured using them the wrong way.
- **Declutter your workout space:** Home workouts are challenging enough without dodging the coffee table. When you choose a workout space, ensure you have ample room to complete your workout. Tripping over clutter shouldn't be part of your workout.
- **Wear the right shoes:** If you're lifting weights, using machines, or attending a class with others, protect your feet by wearing closed-toe shoes. If you're playing an indoor sport, ensure you have the right shoes to complement your sport's playing surface.
- **Be smart with surfaces:** Unless you're participating in an activity that calls for sliding (like bowling), opt for grippy surfaces that don't pose a risk for falls. Wearing socks on tile or hardwood floors can be a dangerously slippery combination.
- **Know your limits:** You can find many home workouts online, but they're not all designed by credible sources for beginners. If you're new to exercise, we highly recommend starting in-person in a solo or group setting with an instructor you can ask questions and receive guidance from.
- **Stay in communication:** Keeping a phone nearby or wearing a medical alert system is important if exercising alone at home. But it's also a good idea to keep them close while in public spaces, like the gym, even if there are staff nearby.

REGISTRATION FORM

WINTER 2024 CLASS REGISTRATION - MONDAY, DECEMBER 4, 2023



Registration is on a first-come, first-served basis

All Classes are held at the Amherst Senior Center unless otherwise stated.

Online To register online, you must be a member and set up an account at myactivecenter.com. Payment must be made by Mastercard, VISA, Discover or American Express.

Telephone Please call (716) 636-3051 to register with a credit card.

Mail or Drop Off A separate form must be filled out for **EACH** person. If you are using a credit card, make sure to include number, expiration date and CVV number from the back of the card. Make checks payable to Amherst Center for Senior Services. Mark envelope **CLASS REGISTRATION**. Include a self-addressed stamped envelope for class confirmation and receipt if desired.

Walk In Registration begins on **Tuesday, December 5 at 10:00 am**. Please bring completed form with **EXACT** payment by credit card, cash or check.

Please make sure that all registration forms are filled out completely, accurately and legibly.

Name _____ Email _____

Street _____ City _____ Zip Code _____

Phone Number _____ Has any Information Changed? _____ If so, what? _____

COMPLETE COURSE TITLE	CENTER	ZOOM	DAY	TIME	START DATE	FEE

TOTAL \$ _____

(please circle one) Cash Charge Check Check Number _____

Card Number _____

Expiration Date ____/____/____ CVV Number _____ Total Charge _____

Signature Required _____

**MAIL TO: AMHERST CENTER FOR SENIOR SERVICES
CLASS REGISTRATION
370 John James Audubon Parkway
Amherst, NY 14228
amherstcenterforseniorservices.com**

Office Use Only:
Date: _____
Initials: _____



Medicare plans with \$0 premiums, no deductibles, and dental included

Connect with your local Licensed Medicare
Advisor to learn more.

Kathy Murray

Amherst Medicare Center: 6770 Main St. Suite 120

716-658-8655 or 1-888-480-3183 (TTY call 711)

Kathryn.Murray@highmark.com



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CLASS REGISTRATION
 370 John James Audubon Parkway
 Amherst, NY 14228
 amherstcenterforseniorservices.com

Office Use Only:
 Date: _____
 Initials: _____

AMHERST TOWN BOARD

Brian Kulpa, *Supervisor*

Deborah Bucki, *Deputy Supervisor,
Liaison to Senior Services*

Jacqui Berger

Shawn Lavin

Michael Szukala

AMHERST MEALS ON WHEELS

Delivers nutritionally balanced meals to seniors and disabled adults living in the Town of Amherst.

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



Join Us!

REMINDERS

DEC 9	Breakfast with Santa* - 9:00-11:00am Enjoy breakfast, crafts, cookie decorating, face painting and a visit from Santa at 10:00am	
DEC 12	Hanukkah Lunch* - 12:00pm Roast beef with gravy.	
DEC 15	Holiday Happening - 6:00-8:00pm Indoor and outdoor activities for the whole family. No registration required.	
DEC 20	Christmas Lunch* - 12:00pm Chicken cordon bleu.	
DEC 29	New Year's Lunch* - 12:00pm Chicken stir fry.	

*Advanced registration required by using MyActiveCenter.com or by calling 716-636-3050.

BE SAFE

AMHERST CENTER FOR SENIOR SERVICES 2023-2024 CANCELLATION GUIDE

The safety and well-being of our members and visitors is a primary concern. The following information is for your reference.

STANDARD OPERATING HOURS:

Monday, Wednesday and
Friday, 8:30am-4:30pm

Tuesday and Thursday
8:30am-7:30pm

STORM CLOSINGS:

If Amherst, Sweet Home, or
Williamsville school districts
are closed, Center classes, clubs,
and programs will be cancelled.

If you want to know if the
building or activities are
cancelled during bad weather,
please watch "WEATHER
CLOSING" announcements on:

TV Stations:

- Spectrum-Channel 1
- WGRZ-Channel 2
- WIVB-Channel 4
- WKBW-Channel 7



Only upon notification by the
Amherst Town Supervisor can
the Amherst Center for Senior
Services be officially closed.



Bottom Line

Don't let cold weather put a damper on your activity levels. It's important to stay active all year to keep your body strong and your mind sharp, so be adventurous and explore new ways to move.

Bundle up and head outdoors to soak in nature, but take precautions to stay safe. If the weather doesn't permit outdoor exercise, get creative with some indoor activities, like a home workout, a boxing lesson at your local gym, or Tai Chi at your local senior center.

Unsure what activities are most appropriate for you? Talk to a personal trainer who can give you some advice. If you have a chronic condition, like pain or limited mobility, ask your doctor how to incorporate exercise into your daily routine. You may benefit from a referral to a physical therapist.

<https://www.ncoa.org/adviser/medical-alert-systems/staying-active-cold-weather/>