



Amherst Center for Senior Services
370 John James Audubon Pwky
Amherst, NY 14228



Health
&
Wellness

APRIL 2017

Date & Time	Event	Other information
<u>Insurance</u>		
Tuesday, April 11 at 10:00 a.m.	BCBS	Just drop in
Friday, April 21 at 10:00 a.m.	United Healthcare	Insurance Information Seminar
Tuesday, April 25 at 10:00 a.m.	BCBS	Insurance Information Seminar
Wednesday, April 26 at 10:00 a.m.	Univera	Insurance Information Seminar
<u>"Healthy Tidbits"</u>		
Tuesday, April 4 at 11:30 a.m.	Insomnia	Information on healthy living
Friday, April 21 at 11:30 a.m.	Modifying a recipe to be healthier	open discussion in the Dining Room
Wednesday, April 19 from 5:30 7:00 p.m.	Social Security Seminar	RSVP 636-3055 ext. 3108
Thursday, April 20 10:00 a.m.	Rheumatoid Arthritis Support Group	Contact Donna, 838-4204
Wednesday, April 12 from 10:00 a.m.-noon	Brown bag Medication	Presented by Walgreens Pharmacy
Wednesday, April 26 at 10:45 a.m.	Ways to a healthy Brain	Presented by BCBS
<u>Housing Fair</u>		
Saturday, April 8 from 9:00-noon	<i>Sponsored by Clover Communities</i>	Learn options in senior housing, moving, downsizing, aging in place, legal , professional issues, community services & technology
Wednesday & Thursday 11:00 a.m.-noon	Blood Pressure Screening	.
Everyday	Journey to Health 2017	Quarterly incentives will be given for highest points. Sign up in the Program Office
Everyday from 8:30 a.m.-4:15 p.m.	Wellness Room Open	Doctor's Release required to use equipment see Program Department for form
<u>Information Table</u>		
Thursday, April 13 at 10:00 a.m.-noon	Elderwood	Just Stop In
Thursday, April 13 at 10:00-noon	Clear Caption	
Thursday, April 6 at 10:00 a.m.-noon	EPIC	
Save the Dates:		
May 1-June 7, 9:30 a.m.-noon	Living Healthy Workshop on Diabetes self Management	Register 858-8526
May 24 at 5:00 p.m.	Caregivers Workshop	Sponsored by Fallon Health Weinberg