

AMHERST CENTER FOR SENIOR SERVICES

CLASS REGISTRATION FALL 2015

TRIMESTER: August 31, 2015 - December 18, 2015

IMPORTANT DATES & INFORMATION

**ADVANCE Registration for Amherst Resident Members
BEGINS Monday, July 13, 2015**

- **NO REGISTRATIONS WILL BE PROCESSED PRIOR TO JULY 13.**
- No mail-in or drop-off registration will be accepted prior to Monday, JULY 6.
- For your convenience, there will be a "drop-off drum" located inside the front entrance of the Senior Center starting Monday, July 6. Please place your *sealed envelope* marked: "FALL 2015 Registration" in the drum.
- All Registration Forms received the week of July 6 will be considered the first day's mail.
- **OPEN Registration for Non-Members & Non-Resident Members BEGINS MONDAY, AUGUST 3.** Please stop in or call regarding these Registration procedures and class listings.

HOW TO REGISTER

NOTE: Two Registration Forms are included in this catalog.

1. Use one Registration Form per person. Processing of forms will be delayed unless they are filled out **completely and correctly, with correct fee(s) and membership numbers included.**
2. Write **one class** on each line and write a **separate check** for each class. **We will not process Registration if one check is sent for several classes. EXCEPTION: We will accept one check per class from a married couple when both are registering for the very same class.**
3. Make checks/money orders payable to: **AMHERST CENTER FOR SENIOR SERVICES. Do not submit cash. Please make sure the name of the class is on the bottom left corner of your check.**
4. Mail Registration Form with appropriate fees to:
**FALL 2015 REGISTRATION
AMHERST CENTER FOR SENIOR SERVICES
370 John James Audubon Parkway
Amherst, New York 14228-1142**
5. You are registered for the class(es) you indicated, **unless notified otherwise. If you would like confirmation, please include a self-addressed, stamped business envelope with your Registration Form.**

• **PLEASE DO NOT PHONE THE SENIOR CENTER FOR CONFIRMATION •**

NOTE: If a class is canceled or filled, your check will be returned within 6 weeks

IMPORTANT COURSE CATALOG DISTRIBUTION INFORMATION ON PAGE 8



**Barre Sculpt
p. 15**



**Digital
Photography p. 7**



**Piano Lessons
p. 14**



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☆ 31st Annual Buffalo Niagara ☆
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August 15th 11:00am - 6:00pm



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AMHERST SENIOR CITIZENS FOUNDATION

COMMONLY ASKED QUESTIONS AND ANSWERS

WHAT'S NEW REGARDING REGISTRATION AND MEMBERSHIP?

There are now three groups of people who may participate in activities at the Amherst Center for Senior Services:

Amherst Resident Membership is a lifetime membership open to all Town of Amherst residents, 55 years of age and older (and their younger spouse). For a very reasonable one-time fee of \$30, upon joining, Amherst Resident Members may take advantage of our **ADVANCE CLASS REGISTRATION** each trimester and are welcome to participate in all activities including clubs and special events.

Non-Resident Membership – The number of Non-Resident Members will be limited to 100 per year, at an annual fee of \$30. They may register for classes at stated prices, on a space-available basis, during **OPEN REGISTRATION only**. The annual fee will also permit Non-Resident Members to participate in all activities, including clubs and special events. Non-Resident Members must meet the same age requirements as Amherst Resident Membership.

Non-Members – Visitors/Guests who live outside the Town of Amherst and are age 55 or older may register for classes at an additional cost of \$5 per class during **OPEN REGISTRATION**. Open Registration is based on a space-available basis. Non-members may only participate in Center activities that are open to the public.

WHAT IS THE DIFFERENCE BETWEEN ADVANCE REGISTRATION VS. OPEN REGISTRATION?

ADVANCE Registration is for **Amherst Resident Members only**. It begins Monday, July 13.

OPEN Registration is for **Non-Resident Members and Non-Members**. It begins Monday, August 3.

MUST I BE REGISTERED TO ATTEND CLASSES?

YES. Paid registration is required for all classes. Teachers are instructed not to permit members who are not registered to attend classes. However, you may observe a class by appointment.

IF I ATTEND A CLASS, WILL I HAVE PRIORITY REGISTRATION FOR THE NEXT TRIMESTER?

NO. In order to ensure equal opportunity for all members to attend classes, members must register for each trimester. Enrollment in a prior class will not guarantee enrollment in subsequent classes.

WHAT'S NEW REGARDING CLASS FEES, FEE WAIVERS, REFUNDS, & HEALTH INSURANCE REIMBURSEMENTS?

AARP Smart Driver Course: Please be advised that the fee for Amherst Senior Center members belonging to AARP is \$20.00. However, you must include your AARP membership number on both your check and registration form. If you are not an AARP member, the Driver Safety Class Fee is \$25.

FEE WAIVERS: Are available for Amherst Resident Members having difficult meeting class costs. Applications are available in the Social Work Office and should be submitted in advance of registration week. **For current fee waiver members: if you have not already verified your program eligibility, it is necessary to do so prior to registering for upcoming Trimester classes.** Please schedule a meeting with the Social Work Department by calling 636-3050. **For confidentiality,** any members who are approved may submit or mail their class registration form directly to the Social Work office.

REFUNDS: Prior to the first session of class, all course withdrawals will be subject to a \$5 processing fee. After the first session of class begins, no refunds will be granted except for medical reasons or upon the recommendation of the instructor.

***Please note: If you are uncertain a particular course is for you, we encourage you to audit the class prior to registration.**

INSURANCE REIMBURSEMENTS: Members are responsible for checking with their insurance carrier to see if a portion of the Physical Fitness, Health and Self-Improvement fees can be reimbursed. If you plan to submit for reimbursement, please check the box on the registration form and submit a stamped, self-addressed envelope so a receipt can be mailed to you.

DO I NEED TO PAY FOR THE FULL SESSION IF I CANNOT ATTEND ALL CLASSES?

YES. All registrations are for the **entire session**, regardless of whether a member will be able to attend all classes.

WHAT WOULD PROMPT THE CANCELLATION OF A CLASS?

It is imperative that members register on time in order to prevent class cancellations. All classes are based on a minimum and maximum number of participants. If a particular class does not meet its minimum quota, there is a very good chance the class will be canceled for that trimester.

WHAT IF A CLASS IS CANCELED DUE TO INCLEMENT WEATHER OR INSTRUCTOR ILLNESS?

Canceled classes will be made up by extending the course, **when possible**.

For more information regarding Registration, contact the Program staff at 636-3050

CLASSES & ACTIVITIES

New classes may be added during the year. Please check THE NETWORK and the display case in the Main Lobby before you register.



This symbol indicates Evening Class.



ARTS & CRAFTS



ACRYLIC / OIL PAINTING

8 weeks, starting Sept. 14

Randy Godding, instructor

Learn the fundamentals of painting, working from observation, ideas and references. This is a flexible program to meet participants' needs and interests. **For questions regarding supplies only, call 835-2542.**

A.M. Session Monday, 9:30 a.m. - Noon

Fee: \$50.00

Art Room

P.M. Session Monday, 12:30 - 3:00 p.m.

Fee: \$50.00

Art Room

AQUA MEDIA PAINTING - WATERCOLOR / ACRYLIC

7 weeks, starting Oct. 8

Joan Hambleton, instructor

We'll learn to use medium separately or in combination. Classes will include color theory, perspective, wet on wet, negative space and other techniques. We'll have daily demonstrations, as well as person and group critiques. The class will encourage experimentation and developing your own style. Supply list available at registration. Experience is helpful but not necessary.

Thursday, 9:15 a.m. - 11:45 a.m.

Fee: \$52.50

Craft Room

CALLIGRAPHY - BEGINNING / CHANCERY CURSIVE STYLE

7 weeks, starting Sept. 11

Mary Jo LaClair, instructor

Learn or refresh your knowledge of this beautiful Italian Renaissance style of writing. Find ideas for creating your own greeting cards and lettering poems. **Bring to the first class: a calligraphy fountain pen with broad, medium and fine nib, ink suitable for a fountain pen, ruler, pencil and a sheet of good quality computer paper.** Additional paper and other supplies needed for subsequent classes will be discussed in the first class. **Any questions on supplies only, call 839-1922.**

Friday, 10:30 a.m. - 12:30 p.m.

Fee: \$46.75

Art Room

CALLIGRAPHY - CONTINUING

8 weeks, starting Sept. 11

Mary Jo LaClair, instructor

Prerequisite: Knowledge of one calligraphy alphabet or completion of our Beginner Calligraphy class. Brush up on skills and learn new alphabets. **Bring to class: ruler, calligraphy fountain pen with at least broad, medium and fine nibs, ink suitable for fountain pen, and other favorite calligraphy tools. Other supplies will be discussed in the first class.**

Friday, 1:00 - 3:00 p.m.

Fee: \$40.00

Art Room

CREATING HAND-MADE GREETING CARDS

5 weeks, starting Sept. 18

Fran Petersen, instructor

Fran has graciously agreed to teach this class and donate all her earnings toward the Cystic Fibrosis Foundation. Make each greeting card you send a "Special Treasure". Many techniques, including rubber-stamping embossing, flower-pressing and envelope making will be included. You will be able to complete many cards and bookmarks during this class. Cost of supplies is included in fee.

Friday, 10:00 a.m. - 12 Noon

Fee: \$28.50
(includes supply fee)

Craft Room

DIGITAL PHOTOGRAPHY - Learning to Use a Digital Camera

4 weeks, starting Sept. 16

Mary Lou Frost, instructor

This hands on course is intended for people who are either new to digital photography or who are continuing to learn how to make the best use of this new photographic media. Have you wondered what all those settings are about? How to use them? In addition to learning how to control the exposure of your images so that you get excellent results immediately, we will also explore the special automatic modes that enable you to zero in on portraits of your grandkids, the flower arrangements you have in your home, or scenic or action shots, etc. Participants will have the opportunity to submit images for critiquing. Bring our camera and its manual to each class. If you plan to purchase a digital camera, contact Mary Lou Frost before the class begins so you can bring that camera to the first class.

Questions can be addressed to Mary Lou Frost at 694-6136 or mlfrost@verizon.net

Wednesday, 9:00 – 10:30 a.m.

Fee: \$25.00

Computer Room

DRAWING - Basic

8 weeks, starting Sept. 15

Pat Sciandra, instructor

If you think you don't have the talent to draw, this skill can be learned. Draw for your own pleasure, to assist with acrylic and watercolor painting, or resume drawing if you have not done it for many years. Attendance at the first three classes is required. Bring to class: #2 pencils and drawing pad, NOT newsprint.

Tuesday, 1:00 - 3:00 p.m.

Fee: \$48.00

Craft Room

DRAWING WITH COLORED PENCILS

8 weeks, starting Sept. 16

Randy Godding, instructor

Students will learn techniques like layering, blending, burnishing and modeling to create pleasant results with this exciting and unique medium. Classes consist of short demonstrations followed by one-on-one instructions. Drawing skills not required. **Call Randy, 835-2542, before purchasing pencils.**

Wednesday, 9:30 - 11:30 a.m.

Fee: \$45.75

Art Room

MARBLING WORKSHOP - Holiday Fun

1 week, starting Nov. 20

Mary Jo LaClair, instructor

Have fun creating beautiful holiday gifts such as colorful silk scarves or T-shirts. Hand marbled Christmas ornaments or Hanukkah decorations can also be made. Students will discover marbled paper makes beautiful cards and boxes. Supply fee for everything but items to be marbled is included in class fee. Information on what to bring to class will be given to students after registration.

Friday, 9:30 a.m. - 3:00 p.m.

Fee: \$35.00

Art Room

One Hour Lunch Break

(includes supply fee)

PASTELS

8 weeks, starting Sept. 15

Pat Sciandra, instructor

A class designed for those who want to try their interest in drawing into color. If you've tried oil or watercolor and have not found your niche, give pastel a try. Commonly known as colored chalk this is a great way to learn color and improve drawing skills at the same time. It worked for Degas and Whistler. Give it a try. Materials introduced at first class.

Tuesday, 9:30 a.m. - 12:00 noon

Fee: \$60.00

Craft Room

OPEN REGISTRATION FOR NON-MEMBERS

Begins **Monday, August 3, 2015** - Non-Members will pay an additional fee of **\$5 per class**. If you have a senior friend or relative who has always wanted to attend a class here at the Center but has not been eligible due to their residency, ask them to give us a call at 636-3050, ext. 3109.

Mary Lou Frost, instructor

Participants are encouraged to bring their laptops, if they own one. For this course computers should have a version of Adobe Photoshop Elements installed. A free 30- day trial is available from www.adobe.com. Participants without laptops may request to use Am-Center computers during the class. This class will help you to evaluate your images and discover some easy way to make them look professional! No matter what your past experience, you can get “oohs and aahs” from your friends when you share your images on Facebook or as prints. Participants will be given the images used during class and can work alongside the instructor. You will also have an opportunity to send in your own images for help. It is strongly recommended that participants have some basic skill in using a computer. **For questions regarding supplies or about the course, contact Mary Lou Frost at 694-6136 or mlfrost@verizon.net**

Wednesday, 11:00 a.m. – 12:30 p.m.

Fee: \$25.00

Computer Room

WATERCOLOR – All Levels

8 weeks, starting Sept. 9

Jerry Kelly, instructor

Whether you're a novice or you just want to brush up on your skills, this is the course for you. Don't be intimidated by the amount of time or money you think you will need to invest in watercolor painting. I will take you through a series of projects where you will enjoy learning the fundamentals of watercolor or improving your existing skills. As you follow the simple step-by-step lessons in this course, you'll discover the benefits of painting quickly, which will allow you to actually create a beautiful and luminous watercolor painting by the end of each class period. **For questions regarding the course and/or supplies, contact Jerry Kelly at 868-9575.**

Wednesday, 12:30 - 3:00 p.m.

Fee: \$50.00

Art Room

**DON'T MISS OUT ON FUTURE COURSE CATALOGS
as we **GO GREEN to SAVE GREEN!!****

***PLEASE FIND THE AMHERST SENIOR CENTER
COURSE CATALOG ONLINE AT***

www.amherst.ny.us

FUTURE ISSUES:

Winter 2016 Catalog - Available Oct. 12, 2015

Spring 2016 Catalog - Available Feb. 9, 2016

Fall 2016 Catalog - Available June 14, 2016

We now mail Course Catalogs only to members who tell us to mail to them.

You must fill out a form requesting mailed copies of the catalog.

Fill out one single form to guarantee all future mailings.

Please request this form at the Information & Assistance Desk.

A limited number of printed catalogs will be available at the Senior Center.

STOP BY THE INFORMATION DESK FOR DETAILS!



CARDS



BEGINNING BRIDGE CLASS - PART I

13 weeks, starting Sept. 1

Jini Rizzo, instructor

If you have never played Bridge, learn the basics in this class designed for beginners.

Tuesday, 10:30 a.m. - 12:30 p.m.

Fee: \$26.00

Card Room

BRIDGE REVIEW

13 weeks, starting Aug. 31

Jini Rizzo, instructor

A refresher course, with play of the hand to sharpen skills. Prerequisite: Bridge knowledge. ***Due to the popularity of this class, members who have previously attended this class are encouraged to join the Amherst Senior Services' Thursday Morning Duplicate Bridge or Friday Afternoon Bridge Club.** This will allow other members a chance to participate.

Monday, 10:30 a.m. - 12:30 p.m.

Fee: \$26.00

Card Room



COMPUTERS



Amherst Center for Senior Services COMPUTER LAB Instruction:

A maximum of 10 students will be accepted into class at any time. All will be required to use the Center computers, no laptops. The Center computers are running Windows 7 Professional.

COMPUTERS - Basic for Beginners

5 weeks, starting Sept. 4

Nancy Wise, instructor

Learn the basics of using a computer; using the mouse and the keyboard, and the Windows Operating System (Windows 7). We will also learn letter writing, selecting, how to copy & paste, and saving documents.

Friday, 9:30 a.m. - 11:00 a.m.

Fee: \$28.25

Computer Room

COMPUTERS - INTERNET & E-MAIL

5 weeks, starting Oct. 16

Nancy Wise, instructor

Learn the basics of using this amazing tool -- the Internet: using the Internet Browser, going to a website, searching the web. This includes setting up an e-mail account if you don't have one; basic e-mail use, sending and receiving attachments, and other e-mail account features.

Friday, 9:30 - 11:00 a.m.

Fee: \$28.25

Computer Room

COMPUTERS - INTRODUCTION TO PICTURES

Computer Room

Nancy Wise, instructor

Learn to download pictures from the Internet, your email or a flash drive. We will do some basic picture editing and more.

Session I: Friday, 11:30 a.m. - 12:30 p.m.

Fee: \$20.00

2 weeks, starting Sept. 25

Session II: Friday, 9:30 a.m. - 11:00 a.m.

Fee: \$20.00

2 weeks, starting Dec. 11



SMART PHONES

Computer Room

Nancy Wise, instructor

What makes your smart phone so smart? Learn the fundamentals, bring your phone and questions to class.

Session I: Friday, 11:30 a.m. - 12:30 p.m.

Fee: \$20.00

1 week, starting Oct. 16

Session II: Friday, 11:30 a.m. - 12:30 p.m.

Fee: \$20.00

1 week, starting Nov. 20

DANCING



IMPORTANT NOTICE: *Participants in exercise classes, dancing and sports activities should consider having a physical examination prior to entering strenuous programs. Please check with instructor about proper clothing and shoes necessary for each activity.*

BALLROOM DANCE - New Style Dance Steps

10 weeks, starting Sept. 10

Kippy Ralabate, instructor

Whether it be young people auditioning because they think they can dance or celebrities competing against each other only to win a "Mirror Ball Trophy" one thing is for certain, Ballroom Dance will never go out of style! So...Come join us for an hour of dancing. Learn various dance steps and leave feeling like you're ready to Dance with the Stars. Everyone is welcomed!

Thursday, 11:00 a.m.-12 noon

Fee: \$31.25

Dance Room

COUNTRY LINE DANCING - Advanced / Continuing

12 weeks, starting Sept. 14

Beverly Randall, instructor

Routines will be taught for the seasoned dancer who enjoys dancing for personal enjoyment as well as dancing out in the community.

Monday, 9:30 - 11:00 a.m.

Fee: \$34.50

Dance Room

COUNTRY LINE DANCING - Beginning

10 weeks, starting September 14

Dottie Ryer, instructor

Easy to learn introductory Country Western Line Dance steps and dances will be taught, i.e., Ruby-Baby, The Slide, Cowboy Charleston, and Country Boy. No partner needed. Great exercise while having fun!

Monday, 1:00 - 2:30 p.m.

Fee: \$31.25

Dance Room



SQUARE DANCING

10 weeks, starting Sept. 9

William Ryan, instructor

Come join the fun! Square Dancing provides light aerobic exercise in an environment where you meet lots of friendly people. The mental exercise of learning the calls and training yourself to respond while working as a team with the other people in your square makes this activity just what the doctor ordered! And most importantly SQUARE DANCING IS LOTS OF FUN! You might end up meeting your next best friends! Singles welcomed.

Wednesday, 4:30 – 5:30 p.m.

Fee: \$27.50

Health Room

SUPER SENIORS

10 weeks, starting Sept. 15

Vanita Calzi, instructor

Come join the fun! Jazz and Tap senior dancers have a fun-filled weekly class of dance and exercise. These popular performers entertain at special celebrations, for civic groups, schools, nursing homes and the Senior Center.

***Previous dance experience is necessary.**

SUPER SENIOR DANCE: This course will include a combination of Jazz, Tap & Line Dance.

Tuesday, 10:30 - 11:25 a.m.

Fee: \$33.75

Dance Room

LOCKER POLICY

Lockers are available on a trimester basis for a \$5 fee. Members supply their own lock and have the convenience of keeping weights, shoes, water bottles, etc. in the locker during the entire trimester. Locks need to be removed at the end of the trimester so lockers can be rented for the next trimester. Rentals are taken at the Volunteer Reception Desk.

TAP DANCING - BEGINNING

11 weeks, starting Sept. 16

Vanita Calzi, instructor

If you have always wanted to Tap Dance, here is your chance! Tap dancing provides great exercise while having fun through rhythm and music.

Wednesday, 1:30 - 2:30 p.m.

Fee: \$37.25

Dance Room

TAP DANCING - INTERMEDIATE

11 weeks, starting Sept. 16

Vanita Calzi, instructor

Lesson time will be split with a half hour of technique to help strengthen your tap dancing skills. The additional half hour will focus on introducing new dance material and routines. ***Previous Tap Dance experience is required.**

Wednesday, 12:30 p.m. - 1:25 p.m.

Fee: \$37.25

Dance Room



ZUMBA

10 weeks, starting Sept. 9

Marilyn Ciavarella, instructor

Zumba is great as a workout and/or dance routine! This lively program uses Latin dance steps such as the samba, salsa, rumba, meringue, and cha-cha. Various types of music will be used while you dance your way to health. The instructor will tailor the class toward the mature adults' ability. So come join the Fun!!!! Please refer to the **Physical Fitness & Health** section of this brochure for more details.



DISCUSSION GROUPS

ALL THE NEWS & ISSUES

14 weeks, starting Sept. 4

One of the following will lead the group each week: Leah Hayes, Carol Hensel, Richard Kayton, Rita Lankes, Florence Sodus or Lenny Testa. Stay informed. This weekly discussion group will touch upon local, national and world events and topics.

Friday, 9:30 - 11:30 a.m.

Fee: \$20.00

Classroom 2

CURRENT EVENTS DISCUSSION

14 weeks, starting Sept. 4

One of the following will lead the group each week: Maureen O'Donnell, Richard Schanley, or Nicholas Read. Stay informed. This weekly discussion group will touch upon local, national and world events and topics.

Friday, 9:30 - 11:30 a.m.

Fee: \$20.00

Classroom 3

LOOKING THRU THE PAPERS

12 weeks, starting Sept. 8

One of the following will lead the group each week: Robert Chamberlin, Maureen O'Donnell, Richard Schanley or Joann Shafer. Stay informed. This weekly discussion group will touch upon local, national and world events and topics.

Tuesday, 9:30 a.m. - 11:30 a.m.

Fee: \$25.75

Classroom 1

OLD TIME RADIO

6 weeks, starting Oct. 7

Are you into nostalgia? David Converse will present an Old-Time Radio class once again this trimester. Relive the golden days of radio. Please refer to **History, Language & Literature** section of this brochure for more details.



FOR THE HOME



CREATING HAND-MADE GREETING CARDS

5 weeks, starting Sept. 18

Fran Petersen, instructor

Fran has graciously agreed to teach & donate all her earnings toward the Cystic Fibrosis Foundation. Make each greeting card you send a "Special Treasure." Refer to the **Arts & Crafts** section of this brochure for more details.

UPHOLSTERY

Classroom 3

Andy D'Amato, instructor

Work independently on your own "chair-size" project. (No love seats or sofas due to space limitations.) Bring your project to the first class. It can be left there until completion. **Materials, to be purchased by each student, will be discussed at the first class.** (A fully upholstered chair may require more than a six or seven-week course to complete.) ***Please phone the instructor before registering if you have not attended a prior Upholstery class, 839-0221.**

Session I: Tuesday, 9:00 a.m. - 12 Noon

Fee: \$53.50

5 weeks, starting Sept. 15

Session II: Tuesday, 9:00 a.m. - 12 Noon

Fee: \$53.50

5 weeks, starting Oct. 27



HISTORY, LANGUAGE, LITERATURE



ART HISTORY

8 weeks, starting Sept. 14

Paul Becker, instructor

The Archaeology of Ancient Greece and Rome - The science of archaeology has come a long way in the last 150 years. Although the pick-ax and shovel are still employed, the computer and infrared photography have taken over. Excavations which will be examined include: Minoan Crete, Olympia, the Sanctuary at Delphi, the Theater at Epidaurus, the Acropolis and Agora at Athens. The recent digs at Troy under Manfred Korfmann plus the expedition of Spiro's Lakorr dip at Mycenae will be examined. The royal tombs of Vergina containing the remains of Philip, father of Alexander the Great, will be studied, along with excavation of Amphipolis.

Monday, 10:00 a.m. - 12 Noon

Fee: \$33.50

Classroom 2

AVIATION HISTORY

7 weeks, starting Sept. 10

Paul Becker, instructor

In December of 1941 the Japanese bombed the U.S. naval base at Pearl Harbor to set off World War II in the Pacific. Why did this happen? What effect did this have on the Air Forces of the world as the United States declared war on the Axis powers? Preliminary reports from the front indicated that Japan had an excellent Air Force and was about to take over Southeast Asia. Initial defeats of Colonial Air Forces in 1941-2 clearly showed the United States and her allies were not prepared for war. These Japanese victories will be examined and discussed.

Thursday, 10:00 a.m. - 12 Noon

Fee: \$30.00

Classroom 3

FRENCH - CONTINUING CONVERSATION

6 weeks, starting Sept. 11

Patricia Haguet, instructor

If you ever wanted to learn one of the romance languages, now is your chance. This class will be a continuation of Conversational French. We will explore French culture to enhance your feelings for the language and continue to touch upon grammar and conjugation.

Friday, 10:30 a.m. - 12 Noon

Fee: \$22.50

Classroom 1

ITALIAN - BEGINNING & CONTINUING CONVERSATION

8 weeks, starting Sept. 8

Cynthia Diaz, instructor

This class will be a fun and easy program for the novice wanting to learn and/or enhance their knowledge of Italian language, culture and traditions.

Tuesday, 12:30 - 1:30 p.m.

Fee: \$28.50

Art Room

ITALIAN - ADVANCED CONVERSATION

8 weeks, starting Sept. 8

Cynthia Diaz, instructor

For those who wish to broaden their knowledge of Conversational Italian. In this 1.0 hour weekly session, we will focus on grammar, verbs, comprehension and conversation.

Tuesday, 2:00 - 3:00 p.m.

Fee: \$28.50

Art Room

OLD TIME RADIO

6 weeks, starting Oct. 7

David Converse, instructor

Were Fibber McGee and Molly as funny as you thought they were? Was Suspense or Inner Sanctum as scary? Come join us as we listen to (and discuss) old-time radio programs that YOU remember and want to revisit. There are a lot to choose from. Take a minute and remember what your favorites were. A little nostalgia can be fun!

Wednesday, 10:00 a.m. - 11:30 a.m.

Fee: \$26.00

Craft Room

SPANISH - BEGINNING / CONTINUING CONVERSATION

8 weeks, starting Sept. 9

Cynthia Diaz, instructor

For those who wish to broaden their knowledge of Conversational Spanish. In this 1.5 hour weekly session, we will explore culture and traditions to enhance your feeling for the language.

Wednesday, 12:30 - 2:00 p.m.

Fee: \$36.00

Craft Room

SYMPATHY FOR THE SYMPHONY: Thirteen Approaches to Classical Music's Most Important Genre

Michael Harris, instructor

Michael will be instructing a class this fall entitled, Sympathy for the Symphony. Concentration will be placed on the Symphonic form and how it has changed throughout the past 300 years. Please refer to the **Music** section of this brochure concerning Michael Harris' class.

Instructors are contracted independently. They are not staff of the Amherst Center for Senior Services nor employees of the Town of Amherst.

FREE Lifelong Learning for Adults Age 55+

The Amherst Center for Senior Services has joined in an exciting partnership with the Erie County Department of Senior Services. We will now be one of the many participating sites to house UNIVERSITY EXPRESS, which offers stimulating academic classes, free of charge, to older adults. Individual topics in the field of History, Science, Current Affairs, Humanities, Life Enrichment and Wellness will be offered.

Please check our monthly newsletter **THE NETWORK** to see what classes will be presented in the Winter Trimester.



MUSIC

MUSIC APPRECIATION

[Music Room](#)

Michael Harris, instructor

SYMPATHY FOR THE SYMPHONY: THIRTEEN APPROACHES TO CLASSICAL MUSIC'S MOST IMPORTANT GENRE. In the 18th century, just as the novel was becoming our leading literary form, the symphony emerged as our major musical form. In the 21st century, the symphony's primacy is still high, though it's gone through major changes since its birth. We err in speaking of a single symphonic form; there are many ways that composers have written symphonies in the last 300 years. In this class, we'll examine key works from Haydn to Shostakovich; we'll see how these composers found ways to update the symphony while maintaining a connection to its grand tradition. The symphonies on the 2015-16 Buffalo Philharmonic season will be a particular focus for our listening.

*Please indicate which session you would prefer:

A.M. Session: Tuesday, 9:30 - 11:30 a.m.	Fee: \$36.50	13 weeks, starting Sept. 8
P.M. Session: Tuesday, 1:00 - 3:00 p.m.	Fee: \$36.50	13 weeks, starting Sept. 8

PIANO LESSONS

[Music Room](#)

Sharon Dittmar, instructor

Individual one-half hour lessons will be offered. Class time to be assigned. Please include a preference as to a.m. or p.m. class on your registration form.

Session 1: Thursday, 9:00 a.m. - 2:00 p.m.	Fee: \$75.00	6 weeks, starting Sept. 10
Session 2: Thursday, 9:00 a.m. - 2:00 p.m.	Fee: \$75.00	6 weeks, starting Oct. 29
	(No Fee Waiver)	

VOICE LESSONS

[Music Room](#)

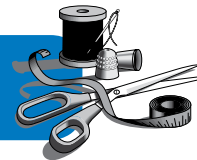
Janet Balloch, instructor

Whether you are a beginner or have studied in the past, take advantage of individual lessons as an excellent opportunity to discover your singing voice. You will develop good technique through vocal exercises and proper breathing, and will sing great songs. The only prerequisite is your desire to sing! **Individual one-half hour lessons will be offered. Class time to be assigned.**

Session 1: Monday, 11:00 a.m. - 4:00 p.m.	Fee: \$60.00	6 weeks, starting Sept. 14
Session 2: Monday, 11:00 a.m. - 4:00 p.m.	Fee: \$60.00	6 weeks, starting Nov. 2
	(No Fee Waiver)	



NEEDLECRAFT



KNITTING / CROCHET

[Computer Room](#)

Mary Ann Belus, instructor

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.

Session 1: Thursday, 9:30 - 11:30 a.m.	Fee: \$28.50	5 weeks, starting Sept. 17
Session 2: Thursday, 9:30 - 11:30 a.m.	Fee: \$28.50	5 weeks, starting Oct. 29

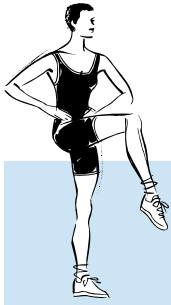
QUILTING

[11 weeks, starting Sept. 14](#)

Jan Brecht, instructor

Work on individual projects guided by the instructor. New individual and group projects will be introduced periodically. **A short simple supply list will be discussed at the first class.** In addition to individual creations, some class members may volunteer to work on a quilt to be raffled, proceeds of which will benefit the Center.

Monday, 9:30 - 11:30 a.m.	Fee: \$33.00	Classroom 3
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PHYSICAL FITNESS & HEALTH



EXERCISE CLASSES are offered daily. To assist you in choosing the class(es) which will best meet your needs and lifestyle, a description of each class is listed. **EACH DAY OF WEEK IS CONSIDERED A SEPARATE CLASS.**

AEROBICS

Jean Widlicka, instructor

Use large leg and arm motions to strengthen small and large muscles. Heart and lungs will benefit; increase joint mobility. (Wednesday classes will focus on walking).

Monday, 9:30 - 10:20 a.m.	12 weeks, starting Sept. 14	Fee: \$23.00	Activity Rooms A & B
Tuesday, 9:30 - 10:20 a.m.	12 weeks, starting Sept. 8	Fee: \$23.00	Activity Room A
Wednesday, 9:30 - 10:20 a.m.	13 weeks, starting Sept. 9	Fee: \$25.00	Activity Room B
Friday, 9:30 - 10:20 a.m.	12 weeks, starting Sept.11	Fee: \$23.00	Dance Room

BARRE SCULPT

10 weeks, starting Sept. 15

Vanita Calzi, instructor

A ballet-bar is used, as well as hand-held weights, ball, & mat to tone your muscles to a longer, leaner body. It combines isometric exercise and stretches to sculpt your muscles. Muscles are targeted to the point of fatigue and then stretched for relief. You will see increased flexibility as well as increased strength.

Tuesday, 12:30 - 1:25 p.m.	Fee: \$33.75	Dance Room
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BODY SCULPT

10 weeks, starting Sept. 9

Marilyn Ciavarella, instructor

This body fitness class is designed to increase your energy level and endurance while focusing on bone health, muscle-toning and decreasing body fat. Students should bring water, hand weights (1-5 lb. range) and a floor mat to class. Have fun and feel great -- all fitness levels welcome!

Wednesday, 6:00 - 7:00 p.m.	Fee: \$27.50	Dance Room
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CHAIR EXERCISE - MOVING & GROOVING

12 weeks, starting Sept. 10

Jean Widlicka instructor

Don't let your balance or physical condition deter you from exercising. This easy-to-follow chair exercise program will help you tone up and improve your flexibility.

Thursday, 9:30 - 10:25 a.m.	Fee: \$23.00	Activity Room B
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CHI KUNG and TAI CHI REFINEMENTS

14 classes, starting Sept. 1

Robert Sachs, Ph.D., instructor

We will explore the various connections of Chi Kung and Tai Chi. Chi Kung involves postures and breathing exercises that enhance vitality and well-being. Chi Kung also has an important effect on the quality of the stretching and fitness one can experience through Tai Chi. The combination of Chi Kung 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.**

Tues. and Thurs., 12:30 - 1:25 p.m.	Fee: \$44.00 (covers both days)	Activity Room B
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FALL PREVENTION - Safe on Your Feet

13 weeks, starting Sept. 9

Jean Widlicka, instructor

This class is a well-presented 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. Join the class and fight age with strength!

Wednesday, 10:30 - 11:25 a.m.

Fee: \$25.00

Dance Room

FLOOR EXERCISE

12 weeks starting Sept. 11

Jean Widlicka, instructor

Increase flexibility in your muscles and joints, improve coordination; reduce risk of injury with a combination of stretching, resistance and relaxation exercises. **Please bring a floor mat to class.**

Friday, 10:30 - 11:30 a.m.

Fee: \$25.00

Dance Room

GET FIT WHILE YOU SIT

25 sessions, starting Sept. 9

Jean Widlicka, instructor

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

Monday **and** Wednesday, 1:00 - 2:00 p.m.

Fee: \$34.75
(covers both days)

Activity Room B

JAZZ EXERCISE

10 weeks, starting Sept. 15

Vanita Calzi, instructor

Easy-to-follow, fully choreographed routines to a wide variety of music; 40 minutes of aerobics followed by 15 minutes of toning exercises. If you love to dance, this is your road to fitness.

Tuesday, 11:30 a.m. - 12:25 p.m.

Fee: \$25.25

Dance Room

SLIMNASTICS

Claudia Fries, instructor

A fun, easy-to-follow program for everyone, combining cardio-fitness with stretching and toning. Please bring hand weights.

Monday, 10:30 a.m. - 11:20 a.m.

11 weeks, starting Sept. 14

Fee: \$23.00

Activity Room A & B

Wednesday, 10:30 a.m. - 11:20 a.m.

11 weeks, starting Sept. 16

Fee: \$23.00

Activity Room B

Friday, 10:30 a.m. - 11:20 a.m.

9 weeks, starting Sept. 18

Fee: \$20.00

Activity Room B

STRENGTHENING & TONING FOR MEN

Jean Widlicka, instructor

A fun, laid-back exercise program, designed especially for men, to improve flexibility and help strengthen and tone. Please be specific as to the session and the day or days of the week you prefer.

Tuesday, 10:30 - 11:25 a.m.

12 weeks, starting Sept. 8

Fee: \$33.25

Activity Room A

Thursday, 10:30 - 11:25 a.m.

12 weeks, starting Sept. 10

Fee: \$33.25

Classroom 2

STRETCH TO THE OLDIES

11 weeks, starting Sept. 16

Claudia Fries, instructor

A flexible muscle is a strong muscle. Find out why, at any age, at any fitness level, PILATES EXERCISE builds a good foundation and gives you better range of motion, flexibility, circulation, posture, abdominal strength, and a decrease in joint pain. An added benefit is personal awareness of how you sit, stand and move on a daily basis that perhaps has caused some aches and pains in the past. Discover how PILATES works the whole body. Come join us and bring an exercise mat and 1 to 3 lb. weights. You'll be surprised to see how quickly this Floor Exercise class flies by as we Stretch & Strengthen while listening to the Oldies!

Wednesday, 12:30 - 1:25 p.m.

Fee: \$25.00

Health Room

TAI CHI - BEGINNING - PART II

24 sessions, starting Sept. 1

Robert Sachs, Ph.D., instructor

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 a year to complete the Beginner Level. Part II of this three-part series will focus on the second set of movements. Don't be left out. Comfortable, loose fitting clothing is recommended.

Tuesday **and** Thursday, 11:00 a.m. - 12 noon

Fee: \$52.75
(covers both days)

Activity Room B

TAI CHI - INTERMEDIATE / ADVANCED

28 sessions, starting Sept. 1

One of the following will lead the group each week: Alberta Heidinger or Marie Zafron. A Chinese form of exercise for health and relaxation involving 108 slow, natural movements.

Prerequisite: Completion of the Amherst Center for Senior Services Beginning Tai Chi Class or advanced Tai Chi experience.

Tuesday **and** Thursday, 1:30 - 2:30 p.m.

Fee: \$20.00
(covers both days)

Dance Room



ZUMBA

10 weeks, starting Sept. 9

Marilyn Ciavarella, instructor

Zumba is GREAT AS A WORKOUT AND/OR DANCE ROUTINE! This lively program uses Latin dance steps such as the samba, salsa, rumba, meringue, and cha-cha. Various types of music will be used while you dance your way to health. The instructor will tailor the class toward the mature adults' ability. So come join the Fun!!!!

Wednesday, 5:00 - 6:00 p.m.

Fee: \$27.50

Dance Room

CANTERBURY WOODS

**When you experience
the *best*, you know it.**

Canterbury Woods has been providing the best in retirement living for 15 years. From luxury accommodations and gourmet dining to countless opportunities to exercise your mind, body, and spirit, Canterbury Woods has everything to make your retirement the best it can be. Canterbury Woods. Simply the best.

To learn more, call us at (716) 929-5817.

www.CanterburyWoods.org





YOGA (HATHA)

Hatha Yoga is for everyone, whatever your age or flexibility level. Promote your health and energy level through a variety of safe and relaxing Yoga stretches and postures. Relieve emotional tension and stress through breath awareness and systematic training in natural, healthy diaphragmatic breathing. Practice relaxation methods to lead to an inner sense of well-being. Beginning Yoga lays the foundation. Yoga Plus and Breathing for Health continues the training and explores new Yoga postures. **Bring floor mat to class.**

BEGINNING YOGA - DAY

Christina Phillips, instructor

Please specify which class you would like to attend.

Tuesday, 9:30 - 10:45 a.m.	11 weeks, starting Sept. 1	Fee: \$23.25	Activity Room B
Wednesday, 3:00 - 4:15 p.m.	11 weeks, starting Sept.2	Fee: \$23.25	Activity Room B
Thursday, 9:30- 10:45 a.m.	11 weeks, starting Sept. 3	Fee: \$23.25	Activity Room A

CHAIR YOGA

9 weeks, starting Sept. 11

Jennifer Nuwer, instructor

The same as Beginning Yoga, **except** students perform stretches and postures from a chair rather than sitting or lying on the floor.

Friday, 1:00 - 2:15 p.m.	Fee: \$21.50	Dance Room
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YOGA II / BREATHING FOR HEALTH

11 weeks, starting Sept. 1

Christina Phillips, instructor

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: Beginning Yoga, or previous Yoga experience.**

Tuesday, 11:00 a.m. - 12:30 p.m.	Fee: \$36.25	Health Room
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YOGA & MEDITATION

9 weeks, starting Sept. 9

MaryAnn Hailand, instructor

The mind and body are interconnected. This 10-week course will be a combination of meditation and yoga exercise, done from a chair. The ultimate goal is to achieve a gentle healing experience.

Wednesday, 10:30 - 11:30 a.m.	Fee: \$23.00	Health Room
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YOGA PLUS

11 weeks, starting Sept. 3

Christina Phillips, instructor

Prerequisite: Completion of Beginning Yoga, or previous Yoga experience.

Thursday, 11:00 a.m. - 12:15 p.m.	Fee: \$27.50	Activity Room A
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SPECIAL SERVICES



The Driver Safety program fills up quickly.
Check with your insurance agent to see if your discount is about to expire.

AARP SMART DRIVER

Classroom 2

Improve driving skills. Instructor provided by the AARP. Find out if your insurance company will give discount on liability/collision auto insurance policy when furnished with certificate of course completion.

Register using the underlined DATE(S) of the class.

Wednesday, Sept. 23	9:00 a.m. - 4:00 p.m.	All-day course (includes 40 min. break for lunch)
Wednesday, Oct. 14	9:00 a.m. - 4:00 p.m.	All-day course (includes 40 min. break for lunch)
Wednesday, Oct. 28	9:00 a.m. - 4:00 p.m.	All-day course (includes 40 min. break for lunch)

Fee:
\$25 for Senior Center members
\$20 for Senior Center members who are also AARP members --
Your AARP membership number must be written on both your check & registration form.

- Make your check payable to: Town of Amherst Senior Services. **(No Fee Waiver)**
- Please list your first and second choices for dates and **include a self-addressed, stamped envelope** when registering for an AARP Smart Driver course.

MASSAGE THERAPY

Health Room

Karen Farrell, Licensed Massage Therapist
Massage promotes relaxation as it soothes away minor aches and pains. It relieves fatigue, reduces tension and anxiety, and promotes a sense of renewed energy. Individual 25-minute massages will be scheduled. Sign up on a one-time, bi-monthly or monthly basis. Please bring a set of sheets with you.

Thursday, Sept. 17	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, Oct. 15	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, Nov. 19	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, Dec. 17	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference

Due to a limited schedule and high demand for massage appointments, we are unable to accommodate requests for specific times. Please follow directions by indicating a.m. or p.m. preference only. We will do our best to oblige.

Fee: \$20 per visit. Fee is non-refundable except for medical reasons or if cancelation is made one week prior to appointment. Make individual check (s) payable to: **Town of Amherst Senior Services. (No Fee Waiver)**

OPEN REGISTRATION

FOR NON-MEMBERS & NON-RESIDENT MEMBERS

Begins **Monday, August 3, 2015** -

If you have a senior friend or relative who has always wanted to attend a class here at the Center but has not been eligible due to their residency, ask them to give us a call at 636-3050, ext. 3109.

Laurie Juskiewicz, Licensed Massage Therapist

Massage promotes relaxation as it soothes away minor aches and pains. It relieves fatigue, reduces tension and anxiety, and promotes a sense of renewed energy. Individual 25-minute massages will be scheduled. Sign up on a one-time, bi-monthly or monthly basis. Please bring a set of sheets with you.

Thursday, Sept. 3	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, Oct. 1	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, Nov. 5	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference
Thursday, Dec. 3	10:00 a.m. - 1:00 p.m.	Please indicate a.m. or p.m. preference

Due to a limited schedule and high demand for massage appointments, we are unable to accommodate requests for specific times. Please follow directions by indicating a.m. or p.m. preference only. We will do our best to oblige.

Fee: \$20 per visit. Fee is non-refundable except for medical reasons or if cancelation is made one week prior to appointment. Make individual check (s) payable to: **Town of Amherst Senior Services. (No Fee Waiver)**

OPEN REGISTRATION FOR NON-MEMBERS

Begins **Monday, August 3, 2015** - Non-Members will pay an additional fee of **\$5 per class**. If you have a senior friend or relative who has always wanted to attend a class here at the Center but has not been eligible due to their residency, ask them to give us a call at 636-3050, ext. 3109.



PeopleInc

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- Independent seniors age 62+
- Monthly rent based on income
- Some utilities included
- One-bedroom apartments with kitchen
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 South Buffalo Springfield • West Seneca • Wheatfield • Akron*

**Our Akron apartments are also for individuals age 18 or older with a qualified disability. Amenities vary.*



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AMHERST CENTER FOR SENIOR SERVICES CLASS REGISTRATION

Use ONE form per person.

ADVANCE REGISTRATION for Amherst Resident Members begins Monday, July 13.

Registration may be mailed in or dropped off beginning July 6. A drop-off drum will be placed in the front lobby for your convenience. **OPEN REGISTRATION for Non- Resident Members & Non-Members** begins on **Monday, August 3.** OPEN REGISTRATION applications will not be accepted prior to this date. Please have your registration envelope marked clearly with **“FALL 2015 Registration.”**

Last Name First Name M/I Membership #

Number and Street Town Zip Code

Type of Membership (Please X one)

Phone Number: _____

Amherst Resident Member _____ Non-Member _____
Non-Resident Member _____ (additional \$5 per class)

COMPLETE COURSE TITLE	DAY	TIME	FEE	use only
1)				
2)				
3)				
4)				
5)				

I plan to submit this form to my health insurance carrier for Physical Fitness, Health and Self-Improvement reimbursement.

AARP Member AARP Membership # _____

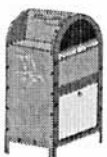
Total amount enclosed: \$ _____
(Separate check for each class)

PLEASE BE SURE TO INCLUDE:



- AARP Membership # if paying AARP member fee for AARP Smart Driver Course
- Completed Registration Form
- **Separate check or money order for each class**
- Make checks/money orders payable to: *Amherst Center for Senior Services.*
- Write class name on bottom, left, corner of check.

- **Stamped, self-addressed business envelope IF you would like a Class Confirmation or plan to submit receipts to insurance company for Physical Fitness reimbursement.**
- **Mark your calendar with dates and times of classes for which you are registering.**



**MAIL TO: FALL 2015 REGISTRATION
AMHERST CENTER FOR SENIOR SERVICES
370 John James Audubon Parkway
Amherst, NY 14228-1142**

Office Use Only:

Date Processed: _____
Staff Initials: _____

Amherst Police Club, Inc.

Town of Amherst – Erie County
Box 205, Williamsville, New York 14231-0205
716-568-1823
www.amherstpoliceclub.org

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*Proudly serving, protecting,
and supporting
the citizens of Amherst.*





AMHERST CENTER FOR SENIOR SERVICES CLASS REGISTRATION

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Number and Street Town Zip Code

Type of Membership (Please X one)

Phone Number: _____

Amherst Resident Member _____ Non-Member _____
Non-Resident Member _____ (additional \$5 per class)

COMPLETE COURSE TITLE	DAY	TIME	FEE	use only
1)				
2)				
3)				
4)				
5)				

I plan to submit this form to my health insurance carrier for Physical Fitness, Health and Self-Improvement reimbursement.

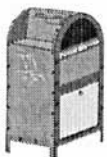
AARP Member AARP Membership # _____

Total amount enclosed: \$ _____
(Separate check for each class)

PLEASE BE SURE TO INCLUDE:



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- Completed Registration Form
- **Separate check or money order for each class**
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- Write class name on bottom, left, corner of check.
- **Stamped, self-addressed business envelope IF you would like a Class Confirmation or plan to submit receipts to insurance company for Physical Fitness reimbursement.**
- **Mark your calendar with dates and times of classes for which you are registering.**



**MAIL TO: FALL 2015 REGISTRATION
AMHERST CENTER FOR SENIOR SERVICES
370 John James Audubon Parkway
Amherst, NY 14228-1142**

Office Use Only:

Date Processed: _____

Staff Initials: _____



FayeBrooke
A Retirement Community

Welcoming You Home....
Summer 2015

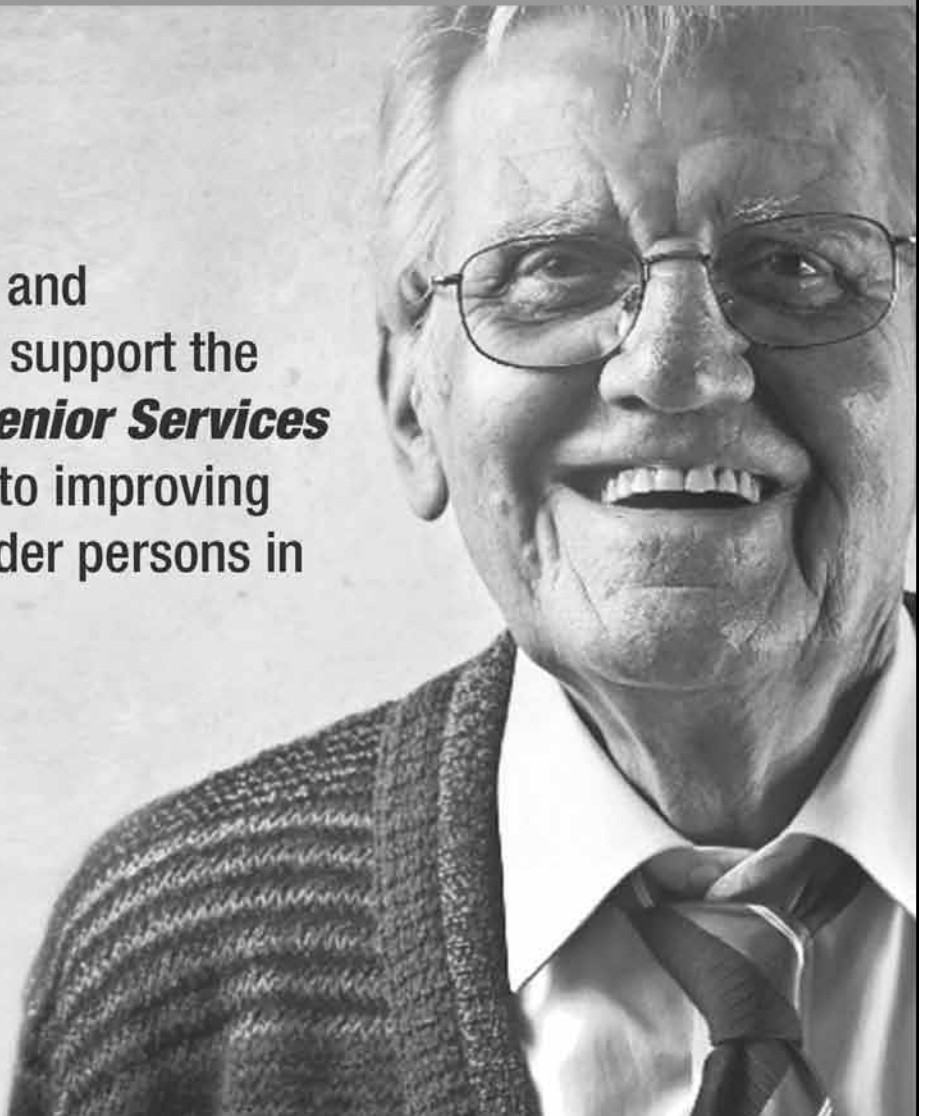
Contact 716-204-2917 For Additional Information.

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for Independent Seniors*

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5945 Vinecroft Drive
Clarence Center, NY 14032
716-741-7741

www.vinecroft.org



FREE upcoming events... **OPEN TO THE PUBLIC**...call for a reservation!

Oktoberfest

Thursday, September 24, 2015 at 12:00 Noon
Oktoberfest luncheon with entertainment by the Frankfurters
RSVP by September 17th

Ghost and Goblin Luncheon

Thursday, October 29, 2015 at 12:00 Noon
Enjoy a spooktacular lunch served by a frightful phantom crew with entertainment to keep you hopping.
RSVP by October 22nd

A White Christmas Luncheon

Thursday, December 10, 2015 at 12:00 Noon
A scrumptious lunch with divine music performed by the Mount Mercy Magic Belles.
RSVP by December 3rd

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At Vinecroft, you dictate your lifestyle surrounded by amenities that foster carefree living.
You need to meet our Vinecroft family. Call us today for a tour!

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at Vinecroft!!*



Tuesday Tea at the Village

How do you take your tea?

Our residents enjoy theirs with lively conversation and perfectly paired snacks. You can join us the 1st and 3rd Thursday of the month. We gather at 2pm in the community room of Building 1. Bring a friend if you'd like. There's enough for everyone.

You'll find us tucked right behind North Presbyterian Church on North Forest.

Call Jenna at 631-3430 to R.S.V.P.



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Williamsville, New York 14221
www.pscwny.org
Phone: 716-631-3430



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For more information, call **(716) 635-4900 or 1-800-958-4405** (TTY users call 1-888-357-9167),
October 1 – February 14: Monday – Sunday, 8 a.m. – 8 p.m.; February 15 – September 30:
Monday – Friday, 8 a.m. – 8 p.m. or visit www.IndependentHealth.com/Medicare.

Medicare Information Centers

Hours: Monday – Friday, 9 a.m. to 5 p.m.

Williamsville
Independent Health
250 Essay Road

Orchard Park
Tops Plaza (Near Tim Hortons)
3225 Southwestern Blvd.

Cheektowaga/Depew
Valu Plaza (Across from Wegmans)
620 Dick Road



Independent Health is a Medicare Advantage organization with a Medicare contract offering HMO, HMO-SNP, HMO-POS and PPO plans. Enrollment in Independent Health depends on contract renewal. *A sales person will be present with information and applications. For accommodations of persons with special needs at sales meetings, please call (716) 635-4900 or 1-800-958-4405 (TTY users call 1-888-357-9167), February 15 – September 30: Monday – Friday, 8 a.m. to 8 p.m.; October 1 – February 14: Monday – Sunday, 8 a.m. to 8 p.m. **Benefits vary by plan. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, copayments and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or copayments/coinsurances may change on January 1 of each year. You must continue to pay your Medicare Part B premium. Y0042_C5348 Accepted 04232015

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CLOVER COMMUNITIES HAS A LOCATION NEAR YOU!

Turtle Creek Senior Apartments
2730 North Forest Road
Amherst, NY 14068
568-1409



Transit Pointe Senior Apartments
8040 Roll Road
East Amherst, NY 14051
568-9096

Sweet Home Senior Apartments
1880 Sweet Home Road
Amherst, NY 14228
636-0001





AMHERST CENTER FOR SENIOR SERVICES
370 John James Audubon Parkway
Amherst, NY 14228-1142

Presorted Standard
U.S. Postage
PAID
Permit No. 4694
Buffalo, NY

~Plan Now for Some Great Fall Programs ~

- **Wellness Fair: Saturday, September 19 from 9 am—12 pm**
Presenters include Dr. Saralyn Notaro Rietz on the Aging Eye, Zounds Hearing conducting hearing screenings, VNA Immunization Campaign offering flu & pneumonia shots plus various vendors. Open to the public. No reservations required.
- **Veterans Day Lunch and Program: Tuesday, November 10 from 10 am-12:30 pm**
Including Erie County Clerk's "Thank a Vet" Discount program where Veterans can receive significant benefits and discounts on purchases and services. Complimentary lunch at noon for all Veterans. Reservations for lunch are required by calling 636-3059 by November 9th.
- **Ladies Night Shopping and Music: Wednesday, October 14 from 5 pm—8 pm**
Featuring the music of *Friends of Harmony*. RSVP at 636-3055, ext. 3108.
- **Holiday Program: Wednesday, December 2 from 5 pm—7 pm**
Featuring the music of *Serendipity Swing*. RSVP at 636-3055, ext. 3108.
- **Breakfast with Santa:**
Saturday, December 12 from 9 am – 11 am
Enjoy pancake breakfast, crafts, games and a visit from Santa himself! All ages welcome and open to the community. \$5.00 per person (children 2 and under free). Make reservations at 636-3055, ext. 3108. Walk-ins welcome.

