



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



Health & Wellness

November 2016

| Date/Time | Event | Other information |
|--|---|--|
| Friday, November 4 from 9:00 a.m.-noon Wednesday, November 9 from 10:00 a.m.-noon Wednesday, November 16 from 10:00 a.m. Friday, November 18 from 9:00 a.m.-noon | United Healthcare Univera Fidelis United Healthcare | Insurance Information Seminar Insurance Information Seminar Insurance Information Seminar Insurance Information Seminar |
| Wednesday, November 23 at 11:30 a.m. | "Healthy Tidbits" How to reduce stress | Information on healthy living open discussion |
| Wednesday, November 2 from 10:00 a.m.-1:00 p.m. Friday, November 4 10:30 a.m. Monday, November 7 at 10:45 a.m. Monday, November 7 at 12:30 p.m. Thursday, November 17 at 10:00 a.m.-noon | Mini Health Fair Grief, loss & Depression: safe care Better Business Bureau & FBI Ask the Dietician Elderwood information table | Presented by NCCC Presented by Karl Shallowhorn Sponsored by Weinberg RSVP RSVP 636-3055 ext. 3108 In the gallery |
| Friday, November 20 at 10:00 a.m.-noon | Accessible Parking Permits | Provide by Amherst Town Clerk Office |
| Wednesday & Thursday 11:00 a.m.-noon | Blood Pressure Screening | |
| Everyday | Journey to Health 2015 | One point will be given per healthy activity & two points per individual event. Quarterly incentives will be given for highest points. Sign up in the program Office to get started. |
| 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 |
| Tuesday, November 1-November 30 | <p style="text-align: center;">Donations Needed</p> Collection Barrel for VA Hospital | New clothing and personal care items |
| Friday, November 18 -December 9 | Be a Santa to a Senior | Select a name off the tree in front Lob- by NEW items only please |
| Thursday, November 10-December 9 | The Giving Tree | Select a child name for the tree located by Activity Room A \$10.00 toy for a child 4-6 years old. |