



<b>Date/Time</b>	<b>Event</b>	<b>Other information</b>
November 4 from 1-4:00 p.m.	Blue Cross Blue Shield	Insurance Information Seminar
November 18 from 1-4:00 p.m.	Blue Cross Blue Shield	Insurance Information Seminar
November 20 from 10:00 a.m.-noon	United Health Care	Insurance Information Seminar
November 23 from 9:00-11:00 a.m.	Independent Health	Insurance Information Seminar
November 24 from 10:00 a.m.-noon	Fidelis	Insurance Information Seminar
November 25 from 10:00 a.m.-noon	Univera	Insurance Information Seminar
November 2 at 11:30 a.m.	Healthy Eating for the Holidays "Healthy Tidbits"	Information on healthy living open discussion
November 4 from 10:00 a.m.-1:00 p.m.	Mini Health Fair	Presented by NCCC
November 5 at 10:45 a.m.	Mobility Device Adjustments	Presented by Sheridan Surgical
November 9 at 1:00 p.m.	Healthy Eating Club	RSVP
November 10 from 10:30 a.m.-12:30 p.m.	Pneumonia Shots	Presented by Rite Aide
November 14 from 10:00 a.m.-1:00 p.m.	Insurance Information Open Enrollment	Open to the community
November 14 from 10:00 a.m.-1:00 p.m.	Mini Health Fair	DYouville Pharmacy Students
November 18 at 10:30 a.m.	Stay fit & Healthy with Slimnastics	Presented by Claudia Fries
November 19 at 10:30 a.m.	Diabetics Information Session	Led by Sidney Fish
November 19 at 10:30 a.m.	Stay Safe: a personal alarm	Presented by Lively Safety Watch
		<u>*RSVP 636-3055 ext. 3108*</u>
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.
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

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



For more information  
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Network Newsletter