



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



Health & Wellness

National Senior Center Month
"Find Your Balance at Your Center"

September 2016

Date/Time	Event	Other information
Thursday, September 8 at 10:00 a.m. Wednesday, September 14 from 10:00	Mutual Omaha Univera	Insurance Information Seminar Insurance Information Seminar
Wednesday, September 14 at 11:30 a.m.	"Healthy Tidbits" Living to be 100	Information on healthy living open discussion
Thursday, September 8 at 10:00 a.m.-noon Friday, September 9 at 10:00 a.m.-1:00 p.m. Wednesday, September 21 at 10:00 a.m.-1:00 Friday, September 23 at 10:00 a.m.-noon	Flu/Pneumonia Clinics Rite Aide Flu Clinic Wegmens Flu & Pneumonia Clinic Wegmens Flu & Pneumonia Clinic Rite Aide Flu Clinic	No appointment needed No appointment needed No appointment needed No appointment needed
Wednesday & Thursday 11:00 a.m.-noon	Blood Pressure Screening	
Wednesday, September 7 at 10:00 a.m. Thursday, September 8 at 10:00 a.m. Friday September 9-October 14 at 9:30 a.m. Tuesday, September 6 at 12:30- 2:00 p.m. Monday, September 12 at 12:30 p.m. Wednesday, September 21-November 9 Thursday, September 22 at 11:00 a.m. Wednesday, September 28 at 11:00 a.m. Friday, September 30 from at 10:00 a.m.-noon	EPIC Elderwood Diabetics Self management Yellow DOT Program Ask the Dietician Janice Nowak EC Matter of Balance Class National Fall Prevention Day National Health & Fitness Day Accessible Parking Permits	Information Table Information Table Must register at 858-8526 RSVP 636-3055 ext. 3108 RSVP 636-3055 ext. 3018 Must register 858-8526 Largest Exercise event Largest Exercise Class Provide by Amherst Town Clerk
Everyday	Journey to Health 2016	One point will be given per healthy activity & two points per individual event.
Everyday Open Center Hours	Wellness Room Open	Doctor's Release required to use equipment see Program Department for form
Tuesdays at 2:30 p.m.	"Get in Shape"	Walk in Walton Woods

**Check the
Monthly Network
Newsletter
for more information**