



Town of AMHERST

Senior Center

# AMHERST SENIOR CENTER

370 John James Audubon Parkway  
Amherst, NY 14228  
716-636-3050

## JANUARY 2025 NEWSLETTER



### MEMBERSHIP DUES

#### Amherst Residents—Lifetime Membership

- \$50/Individual Membership
- \$75/Household Membership\*

#### Non-Resident—Annual Renewal

- \$50/Per Person for **current** non resident members only

*Membership is open to adults age 50 or older who live in the Town of Amherst*

*\*A household is defined as two or more people living together at the same address.*

*We are no longer accepting **new** non Amherst resident memberships. We appreciate your understanding.*

### TO JOIN THE CENTER:

Go to [AmherstCenterforSeniorServices.com/membership-plans](http://AmherstCenterforSeniorServices.com/membership-plans) and complete the application or sign up in person.

### IMPORTANT PHONE NUMBERS

#### **Main Line 636-3050**

This is an automated line where you choose an option:

1. Amherst Senior Transportation
2. Reservations for Lunches, Dinners, Frozen Meals
3. Reservations for Classes, Clubs, Programs and Membership Information
4. Amherst Meals On Wheels
5. Social Work appointments and Accessible Tags
6. Senior Outreach Services
7. Reception

**Registration 636-3051**—direct line to register for Classes, Clubs, Meals, Programs and Support Groups

**Amherst Meals on Wheels 636-3065**

**Amherst Senior Transportation 636-3075**

**Senior Outreach Services 636-3070**

ESTABLISHED IN 1962



[AmherstCenterForSeniorServices.com](http://AmherstCenterForSeniorServices.com)



[Facebook.com/amherstnyseniorcenter/](https://Facebook.com/amherstnyseniorcenter/)

## A NOTE FROM THE DIRECTOR

Happy New Year! Wow, 2025. What a year this will be! Our construction project has begun for our new café. We cannot wait to see how it turns out and all that it will offer to those coming to the center. It will be located right at the front of the building and will be a place to get a coffee or quick bite to eat, to hang out with your friends, or to purchase a gift for someone ( or yourself ). It is our hope that this is an intergenerational endeavor. We are looking to have young adults volunteering right alongside our older adults. This will be a shared opportunity to allow for the different generations to learn from each other and create new experiences.

I would like to thank Jodi Kwarta, our Director of Volunteers, who retired at the end of 2024, for her many years of service to the senior center. Jodi was instrumental in the success of our volunteer department, including overseeing the café and gift shop volunteers, all of our clubs, supporting local organizations through member donations, and especially with our partnership with the Ready Academy, which was very near and dear to her heart. Our volunteers are so important to us and with the change in staffing, please know that you will be in good hands with Michael Murphy who is joining our team this month.

We recognize the need to continue to develop our programming to fit the needs of our community. We are starting this year off with making a change to our membership policy. Beginning January 2025, the minimum age requirement to join the senior center will be lowered from 55 to 50. This will enable us to provide more programming to help our members to learn how to make measurable improvements to their physical, social, mental, and economic health and well-being. We will continue to offer recreational and health programming at various locations and hours that are more conducive to those still working. We will offer pre-retirement planning, additional caregiving and grandparent/kinship support, additional exercise classes, support groups, and more. This is a center for active living, and by joining at a younger age, it will help keep many physically and emotionally healthy longer and in their own homes longer. Embracing our age and celebrating it is key. We are embarking on a new generation of aging. One where we will continue to be the communities focal point for delivering vital programming and services to keep our seniors safe, active, and healthy.

*Melissa Abel*, Executive Director

## ABOUT US

### THE CENTER

The Center is a 53,000 square foot facility that includes:

- Art Gallery— *Sponsored by Asbury Pointe*
- Audubon Café—*Closed until 2025*
- Billiard Room
- Card Room
- Dance Room—*Sponsored by Excellus Blue Cross Blue Shield*
- Gift Shop—*Closed until 2025*
- Health & Fitness Rooms
- Library
- Music Room—*Sponsored by Susan Grelick in honor of her parents*
- Nutrition Room—*Sponsored by Highmark Blue Cross Blue Shield*
- Wellness Center—*Sponsored by Kaleida Health*
- There is an accessible private bathroom located off the hallway by Room 2

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### HOURS OF OPERATION

Monday, Wednesday, Friday: 8:30 am-4:30 pm

***Members are asked to conclude all activities and exit the building by 4:15 pm in order for staff to complete closing procedures***

Tuesday, Thursday, 8:30 am-7:30 pm

*The Center will be closed on Monday, January 20 for Martin Luther King Jr. day.*

**Programming is offered at the Northwest Amherst Community Center on Mondays. Please see page 12 for dates and times.**

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### KEY STAFF CONTRIBUTORS

Melissa Abel, Director: mabel@amherst.ny.us  
Christin Estrada, Nutrition Coordinator: estrda@amherst.ny.us  
Tammy Jacobs, Program Coordinator: tjacobs@amherst.ny.us  
John Jones, Social Caseworker: jjones@amherst.ny.us  
Jennifer Lazarz, Program Leader: jbono@amherst.ny.us  
Karen Lisiecki, Project Coordinator: klisiecki@amherst.ny.us  
Angelo Lorenzo, Program Leader: alorenzo@amherst.ny.us  
Greg Potter, Program Leader: gpotter@amherst.ny.us  
Jamie Sullivan, Kitchen Manager: jesullivan@amherst.ny.us  
Vijaya Tomar, Social Worker: vtomar@amherst.ny.us  
Cindy Weiss, Class Coordinator: cweiss@amherst.ny.us  
Marc Young, Program Leader: myoung@amherst.ny.us

***WiFi is available in the building  
Name: ACSSwifi***

***Password: RainStorm20***

# TOWN OF AMHERST

## AMHERST TOWN BOARD

- Brian Kulpa, Town Supervisor
- Shawn Lavin, Deputy Town Supervisor, Senior Services Liaison
- Jacqueline Berger
- Angela Marinucci
- Michael Szukala

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## AMHERST SENIOR CENTER ADVISORY BOARD

- James W. Bardot, Chairperson
- Melissa Abel, Executive Director, Amherst Senior Center
- Aaron Carlson
- Reverend Susan Frawley
- Gary Henry
- Ms. Carol Roy, President, Senior Center Representative Council
- Julie Whitbeck-Lewinski

## EX-OFFICIO MEMBERS:

- The Honorable Shawn Lavin, Liaison to Senior Services
- Michael Camilleri, Assistant Chief of Amherst Police Department
- Ann Nichols, Amherst Town Justice
- Mary-Diana Pouli, Executive Director, Youth & Recreation

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## AMHERST GENERATIONS FOUNDATION

- Andrew Napierala, Chair
  - Chandra Condon-Daigler, Secretary
  - Barry Kantrowitz
  - Meghan Reed
  - Karen Pusateri
  - Cory Zale
  - Petrina Sciandra
  - Sarah Blankenship
- Melissa Abel, Ex-Officio

**We have 2 Reserved for Combat Wounded Veterans parking spots in our parking lot. We ask that you please respect these spots. We acknowledge and honor Purple Heart Recipient Service Men and Women. Thank you for your service and sacrifice to our country.**



## A NOTE FROM YOUTH & RECREATION

Happy New Year! Before we dive into 2025, how did you do with your 2024 resolutions? I actually kept one of mine – to lose some weight. Not as much as I had hoped, of course, but a loss nonetheless. So, it will be my resolution again this year, hoping to build on my small success. In order to continue to lose, I still need to eat a healthier diet and exercise more. Fortunately for me, the Center offers lot of ways to make that happen! Check the winter course catalog for some great class options - there are still some classes available. If it's a healthier diet you're after, make a commitment to join us for lunch each day or dinner on Tuesdays, or if you have a difficult time getting here during the winter months, explore our frozen meal options as a healthier alternative to take-out. The kitchen staff does a fabulous job of providing meals that are both nutritious and delicious! And coming soon, grab a cup of coffee and a sandwich or salad in our new Café! Also beginning in January, we have lowered the age for membership to 50. Invite a friend or your son or daughter to join so that they can take advantage of the clubs and classes that you have come to know and love.

Start the new year off right by joining us for an all-ages First Day Hike at Veterans' Canal Park from 3:00-4:30pm on January 1. Register at [www.amherstyouthandrec.org](http://www.amherstyouthandrec.org) or just show up. We look forward to making more memories with you in the coming year and helping you fulfill those 2025 resolutions, no matter what they are!

Mary Diana Pouli, Executive Director, Youth & Recreation

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## TOWN PROGRAM LOCATIONS

### Amherst Senior Center

370 John James Audubon Parkway, Amherst 14228

### Clearfield Community Center

730 Hopkins Road, Williamsville 14221

### Harlem Road Community Center

4255 Harlem Road, Amherst 14226

### Northwest Amherst Community Center

220 Northpointe Parkway, Amherst 14228

### Northtown Center at Amherst

1615 Amherst Manor Drive, Williamsville 14221

### North Forest Park

85 North Forest Road, Williamsville 14221

### Williamsville Youth and Family Center

5005 Sheridan Drive, Williamsville 14221



# REGISTRATION PROCEDURES

## REGISTRATION/CANCELLATION

Registration is mandatory for all classes, clubs, meals, Programs and support groups. There are three ways to register:

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk

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## CREATING AN ACCOUNT ON

*myactivecenter* MyActiveCenter

Go to MyActiveCenter.com then click on the New User button and follow the directions. Your MySeniorCenter keytag is needed to set up your account. If you are unable to find your keytag, please call 716-636-3051 and a Senior Center staff member will assist you.

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## TO REGISTER FOR A CLASS, CLUB, MEAL, PROGRAM OR SUPPORT GROUP IN MyActiveCenter:

- Sign in to MyActiveCenter.com
- The Search Box and Filters are on the left side
- Once you have found the Class, Club, Meal or Program that you wish to Register for, click on the name. This will open a more detailed view of the activity. Listed below will be the Upcoming Events schedule.
- For classes with two sessions, each session is listed separately and requires separate registration.
- **To Register click on Add to Cart**
  - ⇒ A small box will appear to let you know that this has been reserved in your Cart.
  - ⇒ If this is the only activity that you wish to Register for, you can click the Go to Cart button **OR** click on any area not in the pop-up box to continue shopping.
  - ⇒ **In order to complete the Registration process you must finish your order by going to your Shopping Cart.**
- ◇ If registering for a Class, click Pay for selected items. Input your credit card information and click Pay to finish.
- ◇ If registering for a Club or Program, click Register for selected items.

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## PLEASE NOTE

Class registration and payment is mandatory. Those who participate in a class that they have not paid for will risk a suspension of their membership. So if you see a class you are interested in, register as soon as possible.

## AUDIT A CLASS

If you are uncertain about a particular class, we encourage you to observe the class by obtaining a guest pass at the Reception Desk

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## REFUNDS

Requests for refunds or transfers will be honored only if a member makes the request at least 5 full business days prior to the scheduled class start date. The refund will equal the cost of the class minus a \$5 processing fee (per class). Refunds will be credited within 72 hours to your Senior Center Account. Sorry, no exceptions.

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## NUTRITION

### TO REGISTER FOR LUNCH OR DINNER:

Follow same instructions on left. Lunch and Dinner registration opens for the following month on the third Tuesday of each month. Please call to cancel if you are unable to attend.

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## FROZEN MEAL PROGRAM

Please stop at our front reception desk and pick up an Erie County Registration Form. Completed forms must be returned to our Nutrition Site Coordinator, Christin Estrada. If you have any questions, she can be reached at 716-636-3055 ext. 3131.

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## ATTENDING THE CENTER

You are required to swipe in at the kiosk each time you enter the Center. This enables us to know who is in the building. You do not have to swipe out.

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## CANCEL IF YOU CAN'T MAKE IT

If you have registered for any activity at the Center and do not plan on attending, please cancel so someone may take your spot.

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## MEMBERSHIP 101

Tuesday, January 14 at 3:30pm

Friday, January 17 at 10:30am

So, you have taken the step of becoming a member, now what? Find out ways to get involved, how to sign up for classes or programs and where to find information on what is happening at the Center. Those attending the 10:30am session are invited to stay for a complimentary lunch at 12:00pm and if you are attending the 3:30pm you are invited to stay for a complimentary dinner at 5:00pm. Reservations are required for both.

**REGISTRATION IS ALWAYS REQUIRED. SEE ABOVE FOR DETAILS.**

# PROGRAMS

## OPEN CARDS

Thursday, January 2<sup>nd</sup> 10:00 am – 12:00 pm  
Join us for an open card time where you can relax, have fun, and enjoy a variety of social card games in a laid-back, non-competitive environment. You can come with your friends to play or join a table that's looking for other players. If you'd like to learn a new game, we're happy to teach you. Some examples of card games we can play include Rummy games, Spades, Hearts, Swoop, and Cribbage.

## ALL SHOOK UP

Wednesday, January 8 at 12:00 pm  
Celebrate Elvis Presley birthday with trivia and of course peanut butter, banana and bacon sandwiches. Fee is \$3.00. No refunds after 1/6.

## COOKING WITH JEN

Thursday, January 9 at 11:00 am  
Vegetable Soup Please bring a large Tupperware container. Fee is \$7.00  
No refunds after 1/7.



Wednesday, February 12 at 11:00 am  
Potato Soup Please bring a large Tupperware container. Fee is \$6.00. No refunds after 2/10.

Reservations for both classes begin 1/2. Due to popular demand, you may only register for one.

## TECH SUPPORT

Friday, January 10 at 10:00am  
Bring your devices and questions to our Tech Support Day, where tech savvy staff will be on hand to help you troubleshoot issues and provide guidance. This program is non-instructional – we can answer questions, give quick tutorials, diagnose issues, and provide advice or solutions.



## DINING IN EARLY AMERICA

Monday, January 13 at 11:00 am  
This talk will cover cooking and dining traditions in the American home in the 18th and early 19th centuries. We will look at five period rooms: a kitchen, a tavern and three different spaces for dining. Questions we will be considering: What was it like to be a guest at the table? Who served these meals? How did Americans prepare food in the 18th and 19th centuries? What type of foods did early colonial Americans consume? What were the social rules that one must follow while dining? Presented by Ann Sawusch, DAR Museum Correspondent Docent.

## MIND TEASER STATIONS

Wednesday, January 15 at 10:30 am.  
Get your mind moving with various games with your team.

## KARAOKE PARTY

Thursday, January 16 at 1:00pm  
Grab the mic or just listen.

## BRUSHIN' UP WITH STEVE

Thursday, January 16 at 6:00 pm  
Paint a picture with step by step instructions from staff member Steve Janis. Fee is \$5.00. No refunds after 1/14.

## WII GAMES

Friday, January 17<sup>th</sup> 10:30  
Come play a variety of different Wii sports video games, where you perform the actual motions of the sport.

## COLD-PROCESS SOAPMAKING

Wednesday, January 22 at 10:30 am, 1:00 pm, or 2:30 pm  
This introductory program teaches you how to make soap using lye and olive oil, following a basic cold-process method. We'll learn the chemistry of saponification, how to determine proper ratios, handle the lye safely, and create a simple, effective bar of soap. Wear old clothes! The soap will be fully cured and available for pickup in mid-February

## ASK THE DIRECTOR

Thursday, January 23 at 10:30 am  
Senior Center Director Melissa Abel will give updates on senior services and answer your questions.

## BINGO

Thursday, January 23 at 1:00 pm  
Please bring an item from the Dollar Store for the prize table.

## COOKING DEMO WITH THE FORSTER'S

Monday, January 27 at 10:30 am.  
Members Karen and Carl Forster will demonstrate their butternut squash soup. Fee is \$2.00. No refunds after 2/23.

## BOOKS AND BAGELS

Wednesday, January 29 at 9:30 am  
Calling all bookaholics! Let's talk books over a bagel. Fee is \$2.00. Please bring a new or used wrapped book for a book exchange.

## PIZZA AND GAME NIGHT

Thursday, January 30 at 5:00pm  
Pizza and salad from John and Mary's followed by a game of Chain Reaction. Paid reservations by 1/28. No refunds after.

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**

# PROGRAMS

## CARS

Friday, January 31 at 1pm

A friendly competition that challenges participants to design and build a magnetic car that can travel down a track as quickly as possible while carrying a designated amount of weight. Contestants will be judged on their car's speed and its ability to efficiently transport a load.

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## FIELDTRIP

### AXE THROWING AT BUFFALO BATTLEGROUND

Friday, January 24<sup>th</sup> at 1:00 pm

Learn how to throw an axe! Located at: 1888 Niagara Falls Blvd., Tonawanda, NY 14150. We will be guided and supervised by a professional the entire time. You will be required to sign a waiver prior to participating. Cost: \$25 per person. A \$10 cash deposit is required no later than 1/16, no refunds after this date. The remainder will be paid at the location. No experience needed.

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## FINANCIAL

### MEDICARE 101

Thursday, January 16 at 5:00pm

Are you turning 65 or will you be eligible for Medicare in the next 6 months? Learn the difference between Medicare Advantage and Medicare Supplement Plans and how to find the best plan for you. Presented by Andrea Grajeda Retirement & Insurance Advisor, KDM Wealth Consultants, LLC

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## INFORMATION TABLES

### GRAMMA'S HOUSE

Thursday, January 9 11:00am—1:00pm

**ASK THE REALTOR** –Wednesday, January 15 at 11:00 am

Ann Kader, WNY Metro Roberts Realty

**EPIC (Elderly Pharmaceutical Insurance Coverage)**

Wednesday, January 15 11:00am – 1:00pm

**CARE MANAGEMENT COLLECTIVE**

Wednesday, January 15 11:00am—1:00pm

### POTENTIAL POOL CLUB

A meeting will be held Tuesday, January 13 at 6:00pm for those interested in finding out more about being part of a Tuesday or Thursday evening club.



## HEALTH

### FITNESS ROOM RUNDOWN

Tuesday, January 7 at 1:00 pm

Come learn all about the Fitness Room at the Center. How to operate the machines, what each machine does, and potential workout routines & habits to start your fitness journey.

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### CHAIR FITNESS

Wednesday, January 22 11:00am

Wednesday, January 29 11:00am **NEW DATE!**

Strength, Flexibility, and Balance are all highlighted in this class. Get a total body workout in and out of the chair.

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### BALANCE WORKSHOP W/ PHYSICAL THERAPIST

Wednesday, January 8 from 1:00 – 2:00 pm

Learn all about the importance of balance from a trained professional. Nicholas Kehoe, PT, DPT, will lead the workshop; he is a Physical Therapist and the Clinic Director for Trilogity Wellness at Clarence.

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### OPEN HOOPS AT CLEARFIELD

Thursday, January 9 from 10:30 – 11:30 am

Shoot hoops, play pickup basketball, and work up a sweat movin' around the Large Gym at Clearfield Recreation Center.

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### PING PONG

Mondays 1:00 – 4:00pm

Tuesdays 2:00 – 6:00pm, 1/7 12:00—4:00pm

Fridays 12:00 – 4:00pm, 1/17 1:00—4:00pm

## REMINDERS FOR THE NEW YEAR

- **REGISTRATION IS REQUIRED FOR ALL CLASSES, CLUBS, MEALS, PROGRAMS AND SUPPORT GROUPS. YOU CAN REGISTER BY CALLING 636-3051 OR AT [myactivecenter.com](http://myactivecenter.com)**
- **REGISTRATION IS DONE PRIOR TO THE DAY OF THE ACTIVITY.**
- **CHECK IN AT THE KIOSK IS ALSO REQUIRED UPON ENTERING THE BUILDING. CHECKING IN AT THE KIOSK IS NOT REGISTRATION.**



**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**

# PROGRAMS

## MOVIES

### 1:00PM

Monday, January 6 The Laundromat R 96 minutes  
Monday, January 13 Beetlejuice Beetlejuice PG-13 104 minutes  
Monday, January 27 tick, tick...BOOM PG-13 121 minutes

### 5:30PM

Tuesday, January 14 Beetlejuice Beetlejuice PG-13 104 minutes  
Tuesday, January 21 Laundromat R 96 minutes  
Tuesday, January 28 tick, tick...BOOM PG-13 121 minutes

## FOREIGN FILM

Friday, January 3 at 1:00 pm Blow-Up 1966 Not Rated 110 minutes

## TRUE STORY

Friday, January 10 at 1:00 pm  
**Self Made Part 1** The inspiring story of trailblazing African American entrepreneur Madam C.J. Walker who built a haircare empire that made her America's first female self-made millionaire. 120 minutes

Friday, January 17 at 1:00 pm

**Self Made Part 2** 120 minutes

## DOCUMENTARIES

Friday, January 10 at 10:30 am

### Almost A Dynasty

'The Four year Super Bowl run of the Buffalo Bills will never be seen again. This film captures the events and emotions of the unbelievable feat with amazing interviews and stories.'

Thursday, January 23 at 5:30pm

### Life

Ep. 10 & 11 of the critically acclaimed nature documentary, 'Life,' a sequel to Planet Earth. Narrated by David Attenborough.

Friday, January 24 at 1:00 pm

### Martha

 Rated R 120 minutes

The film covers the breadth of her extraordinary life through intimate interviews with Stewart herself, who opened up her personal archives to share never before seen photos, letters and diary entries.

## FEEL GOOD MOVIE

Friday, January 31 at 1:00 Like Father TV-MA 103 minutes

## PARTNER PROGRAMS

### TOWN OF AMHERST ASSESSOR'S OFFICE

Thursday, January 16 1:00pm –4:00 pm  
Representatives from the Assessor's Office will be on site to assist you with your tax exempt forms

### BALANCE AND MEMORY CHECK-UP

Thursday, January 16 9:30am – 1:00pm  
Schedule your free 30 minute screening from Buffalo Occupational Therapy by calling 716-235-3013 or [hannah@buffalooccupationaltherapy.com](mailto:hannah@buffalooccupationaltherapy.com). Let them know that you want it at the Amherst Senior Center.

### BISTRO BOOKERS

Tuesday, January 21 at 4:00pm  
"The Illustrated Mark Twain and The Buffalo Express: 10 Stories and over a Century of Sketches"  
Presented by the author Thomas J. Reigstad  
Author will be selling and autographing his book. Hardcover \$25 and softcover for \$20 cash and checks accepted.

### BETTER BREATHERS GROUP

Tuesday, January 28 at 1:30 pm  
If you, or someone you know, is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer, consider joining us at this welcoming support group. Learn better ways to cope with your diagnosis and live life to the fullest.  
*Facilitated by: Jeremy Voorhees, American Lung Association Certified*

### HEAP Outreach Event

Thursday, January 30 from 9:00-3:30pm  
Stop in and see if you are eligible for assistance with heating your home this winter. Required documentation includes: photo ID, heating bill and proof of income. National Grid and National Fuel will be onsite for utility issues. Walk-ins only.



**HEALTH INSURANCE** – To schedule your personal appointment call the representative listed.

**Clarity Group – Medicare Plan Center** Lisa at 716-864-4886  
Monday, January 6 9:00am – 12:00pm

**Highmark BCBS** Kathy:716-658-8655  
Thursday, January 23 9:00 am – 11:00 am

**KDM Wealth Consultants** Andrea at 716-445-4332  
Thursday, January 16 1:00—4:00pm

**Univera** Michele:716-572-8315  
Tuesday, January 14 from 10:00am – 12:00pm

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**

# CLASSES

## WINTER CLASS CATALOG

The Winter Class Catalog is available in hard copy at the Center, Amherst Libraries and online at [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com)

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## DEFENSIVE DRIVING CLASS

### AARP Smart Driver

(\$25 for AARP Member/\$30 for Non AARP member)  
Wednesday, January 15 or February 19 9:00am-4:00pm  
Reservations required by calling 636-3051. Payment due to instructor on the day of the class

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## SPECIAL REQUEST:

If you have registered for a class and do not plan on attending, please let us know. While we can not refund your money, it would be nice if someone could take your spot

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## HIGHLIGHTS FOR WINTER TRIMESTER

Below is a select list of classes being offered this coming Winter. Full descriptions of ALL classes, including day, time and price, will be in our Winter Class Catalog.

- ◆ Age-ing to Sage-ing
- ◆ Ballroom Dancing – Beginner or Intermediate/Advanced
- ◆ Belly Dancing
- ◆ Comedy Improv
- ◆ Creative Writing Workshop
- ◆ Destress: Song, Chant, Silence, to Destress
- ◆ Get Fit While You Sit
- ◆ Greek Mythology and Art Part II
- ◆ Mindfulness Tools for Managing Chronic Pain
- ◆ Walking Soccer

**Looking for an activity to do from the comfort of your home?**

### Try one of our Zoom classes:

- ◇ Art History Zoom – Poetry and Painting
- ◇ Current Events Zoom
- ◇ Functional Living Everyday Exercise (FLEE) Zoom
- ◇ History of the Buffalo Philharmonic Orchestra Zoom
- ◇ Yoga Zoom

# BE SAFE

## AMHERST CENTER FOR SENIOR SERVICES 2025 CANCELLATION GUIDE

The safety and well-being of our members and visitors is a primary concern.

The following information is for your reference.

### STANDARD OPERATING HOURS:

Monday, Wednesday and Friday, 8:30am-4:30pm  
Tuesday and Thursday 8:30am-7:30pm

### STORM CLOSINGS:

If Amherst, Sweet Home, or Williamsville school districts are closed, Center classes, clubs, and programs will be cancelled.

If you want to know if the building or activities are cancelled during bad weather, please watch "WEATHER CLOSING" announcements on:

#### TV Stations:

Spectrum-Channel 1

WGRZ-Channel 2

WIVB-Channel 4

WKBW-Channel 7

Only upon notification by the Amherst Town Supervisor can the Amherst Center for Senior Services be officially closed.

**Register NOW!**

**Winter Classes start January 6**

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**



# RESOURCES

## Social Work Services are Here for You!

Your needs are important to us and we want to assure you that we are still committed to working diligently to provide information and referrals for programs and services. Social Workers are available to meet for in-person office visits **by appointment only**, as well as telephone or virtual appointments. Please call the Social Work office at 636-3055 ext. 3165 for Vijaya, or John at ext. 3129

## Men's Group

Tuesdays January 7 and 21 at 10:30am  
"Getting to know us: A man's perspective"  
Talk about issues that are specific to men.

## Loss & Grief Group

This group will meet every Thursday for 6 weeks, starting on January 30 at 10:30am. We discuss coping strategies, healing techniques, and stages of loss and grief.



## Veteran's Coffee Group

Monday, January 6 at 10:00am  
Come for a cup of coffee and share with others who understand your story and lend support.

## Widow/Widowers Group

Tuesday, January 14 at 10:30am  
If you are facing a stressful life change due to losing your spouse, you don't have to go through it alone.

## Caregivers Group

Wednesday, January 15 at 1:00pm  
Caregiving can be overwhelming and we are here to offer support.

## Parkinson's Group:

Thursday, January 23 at 2:00pm  
If you or a loved one have received a diagnosis of Parkinson's disease, you may wonder what to expect. Join us and feel more in control.

**Grandparent Kinship Group:** See page 12



There is an accessible private bathroom located off the hallway by Room 2 of the Senior Center

## SENIOR OUTREACH SERVICES 636-3070

Through a partnership with Erie County Department of Senior Services, the Center has an in-house senior outreach program. Trained staff are available to provide assessments for home and community-based services, such as Meals on Wheels, Home Care, Adult Day Care, and Personal Emergency Response Buttons. There may even be funds available to assist in the cost of services. Call Senior Outreach Services.

## ACCESSIBLE PARKING TAG

If you need assistance with an application, we are **available by appointment only**. Daytime hours are 8:30—4:00 and evening hours are from 4:00-7:00 pm on January 14 and 21 only.

## FRIENDS HELPING FRIENDS SHORT TERM FOOD ASSISTANCE

If you or someone you know is in need of non-perishable food items, we have on-site assistance. Please contact a Social Caseworker to make arrangements.

## FROZEN MEAL PROGRAM

If you are an older adult or caregiver and are finding it harder to prepare meals, this Erie County Program may be just what you need. Registration paperwork must be completed prior to participation. Meal pick-ups are only on Fridays. Please call our Nutrition Site Coordinator, Christin Estrada at 716-636-3055 ext. 3131 for more information.

## The Home Energy Assistance Program (HEAP)

HEAP is a federally funded program, which is administered by New York State to assist low-income families with their energy needs. Multiple components are available to apply for heating assistance or services while the funding is available. To see if you are eligible, please contact the Senior Outreach Services. Look for the outreach event on Thursday, January 30 9:00am—3:30pm.

## The Supplemental Nutrition Assistance Program (SNAP)

Monthly benefits can be used to purchase food at authorized retail food stores. If you are eligible, an Electronic Benefit Transfer (EBT) account is set up for you, and every month your benefits will be deposited right into your account. To see if you are eligible, please contact the Senior Outreach Services.

## YOUTHWORKS

Youthworks is a service that works as a liaison between residents and Amherst youth ages 12-20. Jobs include: yardwork, gardening, weeding, mowing, raking, and snow removal. To hire a youth, please contact John Jones at 716-636-3055, ext. 3129 or Vijaya at ext. 3165.

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**

# VOLUNTEER & CLUB

## **SERVICE HOURS**

Volunteers, please submit your service hours, both inside the Center and those performed out in the Community, on a monthly basis. See staff for assistance, if needed.

## **CLUB MEMBERS**

You must register prior to attending your meeting. Swiping in at the kiosk is not registering.

## **THANK YOU MEMBERS**

We sincerely thank all of our members who made donations and/or purchased gifts for the "Love-a-Veteran" collection, the "School #30 Giving Tree", the "Senior Snow Angels" and the Friends Helping Friends food collection. We're certain that the recipients enjoyed a merrier holiday season due to your thoughtfulness and generosity.

## **VOLUNTEERISM**

Have you made a resolution for 2025 to be more actively involved in your community? Keep your eyes open for volunteer opportunities as they become available here at the Center and in the community in the weeks and months ahead. There may be opportunities in the new Café/Gift Shop, University Express Class monitoring, and of course with tax season beginning soon, volunteers will be needed to greet guests at the NWACC while AARP prepares taxes there all season long. Volunteer opportunities can be found in this monthly newsletter, as well as in the Volunteer Department bulletin board, and in our emails. When you become aware of a volunteer opportunity that interests you, simply contact us to express your interest and we'll do our best to accommodate you.

## **BAKERS RACK SALE**

This month's Bakers Rack Sale will take place on January 22nd. Proceeds benefit the Center.

## **BOOK CLUB**

The book selection for the January 27 Book Club meeting is: *Before We Were Yours*, by Lisa Wingate. All participants are required to register for the meeting. ZOOM participants must register 24 hours in advance to receive the automated link. Comprehensive book selection lists can be found at the Senior Center on the racks across from the Fitness Room.

## **AM-CENTER PHOTOGRAPHY CLUB**

The meeting on Tuesday January 14 will feature members' projected images incorporating elements that are circles or ovals. Members will discuss how the images were created and what interested them in capturing the scene. On Tuesday January 28, well recognized photographer, teacher and traveler, Mary Lou Frost, who will present "Life on a Coral Reef." Mary Lou is an experienced diver who will share the unseen world of coral reefs. All are welcome.

## **BIBLICAL HEBREW GRAMMAR CLUB**

Beginning January 21, this club will change its meeting time to 6:00 to 7:30 pm. It's a great opportunity for those people who wish to attend this club, but are not available during the day. The key benefits of studying an ancient language include and appreciation of literature, vocabulary expansion, a deeper appreciation for historical context, cultural insight and more! This club is designed for beginners, but all are welcome.

# OPEN PICKLEBALL

## **\*\*\*OPEN PLAY PICKLEBALL ANNOUNCEMENT\*\*\***

### **Starting in January 2025:**

We are looking to provide more Open Play Pickleball times.

- Members can sign up for a maximum of 3 time slots PER WEEK for Open Play Pickleball.
- We are seeing large Waitlist numbers for Open Pickleball and want everyone to have a chance to play.
- If you are already signed up for 3 time slots and an Open Pickleball Session is NOT full, you can sign up the DAY OF that Pickleball session.
- Please cancel when you cannot make a Pickleball time to allow someone else a chance to play!

We're all in this together. Let's respect each other's time and opportunities. Thank you

## **PICKLEBALL**

Tuesday January 7, 2:00-4:00pm (1 court)

Tuesday January 14, 28, 2:00-4:00pm or 5:00-7:00pm (1 court)

Wednesday January 8, 12:00-2:00pm (Men) or 2:00-4:00pm (Women)

Wednesday January 15, 29, 12:00-2:00pm or 2:00-4:00pm

Wednesday January 22, 12:00-2:00pm (Women) or 2:00-4:00pm (Men)

Thursday, January 2, 12:00-2:00pm or 2:00-4:00pm

Thursday, January 16, 23, 30, 3:45-5:30pm

Friday, January 3, 31, 12:00-2:00pm (Beginner) or 2:00-4:00pm (Intermediate)

Friday, January 10, 24, 12:00-2:00pm or 2:00-4:00pm

Friday, January 17, 12:00-2:00pm (Intermediate) or 2:00-4:00pm (Beginner)

See page 12 for Open Play Pickleball at the Northwest Amherst Community Center.

You must bring your own paddle

# CLUBS

If you are interested in more information or joining a Club, please register and go to the next meeting to speak with the leader. For a description of clubs, go to [AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com) or pick up a brochure at the Center.

Am-Center Photography Club	2nd and 4th Tuesday of the month, 1:00 –3:00
Amherst Men’s Senior Softball League	Fridays, 12:30
Amherst Senior Singers Club	Wednesdays, 1:00-3:00
Art Club	Mondays, 1-3:30
Backgammon Club	Thursdays, 12:30
Biblical Hebrew Grammar Club	1st and 3rd Tuesdays, 6:00pm –7:30pm starting 1/21
Bike Club	Wednesdays, 9:30-11:30
Board Game Club-Afternoons	Wednesdays and Thursdays, 12:30-4:00
Board Game Club-Evenings	Wednesday or Thursday nights at Northtown Center from 6:30-10:00. See MyActiveCenter.com
Book Club	4th Monday, 1:00
Bridge Club	Tuesdays, 2:00-4:00
Canasta Club	Thursdays, 1:00-4:00
Chess Club	Tuesdays, 12:15-4:15
Community Service Sewing Projects Club	Mondays, 8:30-11:00
Creative Writers Club	1st & 3rd Mondays, 10:00-12:00
Dinner Club	Information on rack across from the Fitness Room
Dominos Club	Wednesdays, 12:30-4:00
Duplicate Bridge Club (Mon)	Mondays, 12:30-4:00
Duplicate Bridge Club (Fri)	Fridays, 12:30
Euchre Club	Tuesdays, 1:00
French Club	2nd and 4th Mondays, 12:30-2:00
Indian Senior Citizens Club	2nd Thursday of the month, 4:30
Genealogy Club	1st Tuesday, 10:30-12:00, General Meeting
Knitting Club	Tuesdays, 9:30-11:30
Mah Jongg <i>Beginner</i> Club	Fridays, 9:30-12:00
Mah Jongg Club	Tuesdays, 1:00-3:30
Men’s Golf Club	Information on rack across from the Fitness Room
News & Views ZOOM Club	Fridays, 10:00-11:30, must be on Club roster to receive weekly link
Pinochle Club (Mon)	Mondays, 12:45
Pinochle Club (Wed)	Wednesdays, 12:45-3:30
Quilting Club	1st and 3rd Mondays, 9:30
Reader’s Theater Club	Mondays, 1:30
Reading Poetry Aloud Club	Wednesdays, 9:00-10:00
Rocky Blues Band Club	Fridays, 12:30
Rummikub Club	Fridays, 1:00-4:00
Scrabble Club	Tuesdays, 10:00-12:30
Spanish ZOOM Club	Thursdays, 1:30
Speaking Italian Language Club	Fridays, 1:00-2:00
Stained Glass Club	Thursdays, 9:00-12:30
Tai Chi Club	Wednesdays & Fridays, 1:30-2:30
Tuesday Afternoon Music Club	Tuesday, 1:00
Upholstery Club	Wednesdays, 9:00-12:00
Wood Carving Club	Tuesdays, 9:00-11:30

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**

# NORTHWEST AMHERST COMMUNITY CENTER

## **SOCIAL WORKERS ARE AVAILABLE FOR WALK-IN VISITS AT THE NORTHWEST AMHERST COMMUNITY CENTER**

The first and third Tuesday of each month from 9:00 am - 11:00 am

### **BINGO**

Monday, January 6 at 10:00am

Please bring an item from the Dollar Store for the prize table.

### **NO SEW SNOWMAN SOCK**

Monday, January 13 at 10:00 am

Fee is \$2.00. No refunds after 1/9.

### **CIRCUIT FITNESS CLASS**

Monday, January 13 at 6:00pm

Monday, January 27 at 6:00pm

Try various workouts with weights. There are multiple stations that have different types of exercises. Strength, Balance, and Cardio are highlighted in these classes.

### **GRANDPARENT KINSHIP SUPPORT GROUP**

Wednesday, January 8 at 11:00am

Are you "parenting for a second time?" Many in today's world find themselves in this situation at a time when maybe you were planning a more relaxed lifestyle. If this is you, consider coming to this support group to share ideas, get support, comfort and resources. You are not alone, so join others to talk and share ideas!

**AARP Tax Preparation** will take place at the Community Center this year. To make your appointment please call 716-256-3743. Appointments will be made by the AARP Volunteers not Senior Center Staff this year.

### **TEA TIME**

Wednesdays , January 15—February 26 at 1:00pm

Grandparents and grandchildren ages 5+

Come gather together to share stories, play games, make crafts, paint, cook and enjoy tea together.

Fee is \$25 for the 5 week session,

No program on 1/29 and 2/19

### **SWOOP CARD GAME**

Monday, January 27 at 10:00 am

Join us for an exciting afternoon of Swoop, a fast-paced card game that keeps everyone on their toes! In this game, players will strategically play cards from their hand and from face-up piles, aiming to outwit their opponents.

### **PICKLEBALL Northwest Amherst Community Center**

Monday, January 6, 13, 27

9:00-11:00am (Intermediate)

11:00am-1:00pm (Beginner)

5:30-7:30pm (All Levels) No evening pickleball on January 6

Tuesday, January 7, 14, 21, 28

8:45-10:15am (All Levels)

### **COMING SOON!**

A new craft club for all abilities will be starting at the Northwest Amherst Community Center after the New Year. Please contact Doreen if interested at [dnotaro@amherst.ny.us](mailto:dnotaro@amherst.ny.us)



Breakfast with Santa was full of fun and surprises! Everyone enjoyed a yummy breakfast, crafts, cookie decorating, making slime and of course taking pictures with the jolly old man himself.



Thank you to the staff of Highmark for helping to provide holiday gifts for seniors in need! Sabretooth and Bluey came to the Center to deliver some holiday cheer.

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**



# JANUARY NUTRITION



The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. The Erie County Nutrition Program is open to anyone 60 years of age or older at a suggested contribution of \$3. Guests under 60 are welcome for \$5.

**Lunch is served Monday-Friday, 12:00-1:00pm and dinner is served at 5:00pm on Tuesday**

**evenings.** Reservations must be made at least 24 hours in advance by going on MyActiveCenter.com or by calling 716-636-3051. There are NO walk-ins accepted.

**We have had an increase in people not showing up for lunch. If you are not able to attend lunch or dinner, please cancel your reservation.**

## FROZEN MEAL PROGRAM

Please stop at our front reception desk and pick up an Erie County Registration Form. Completed forms must be returned to our Nutrition Site Coordinator, Christin Estrada. If you have any questions, she can be reached at 716-636-3055 ext. 3131.

The numbers on the menu represent the estimated calories/carbohydrates

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Registration for meals begins the third Tuesday of each month  The menu is subject to change		1 CLOSED  HAPPY NEW YEAR!	2 Breaded Chicken Rice Pilaf Carrots Wheat Bread Apple 612/79	3 Salisbury Steak w/gravy Mashed Potatoes Pacific Blend Vegetable Italian Bread Fresh Fruit 672/80
6 Polish Sausage w/roll Cheddar Baked Mashed Prince William Vegetable Pears  733/78	7 Beefaroni Corn Italian Bread Angel Food Cake  765/86	8 Pulled Pork w/roll Garden Rice Coleslaw Peaches  722/104	9 Roast Beef w/gravy Oven Browned Potato Green Beans Roll Oreo 600/77	10 Breaded Chicken Baked Beans Spinach Corn Muffin Apple Pie 770/97
13 BBQ Ribette w/roll Potato Wedge German Blend Vegetable Mandarin Oranges  786/91	14 Cabbage Casserole Mashed Potatoes Bahama Blend Veg Dinner Roll Brownie 836/116	15 Build Your Own Salad Grape Juice Italian Bread Banana  416/66	16 Macaroni & Cheese Stewed Tomatoes Broccoli White Bread Pears 647/81	17 Chicken Rice Pilaf California Blend Veg Wheat Dinner Roll Apple Pie 776/97
20  <b>CLOSED</b> <b>Martin Luther King Jr Day</b>	21 Hot Dog w/roll Potato Wedge German Blend Veg Mandarin Oranges  835/95	22 Chicken Leg Sweet Potato Spinach Muffin Apple Crisp 742/86	23 Pasta Bake w/Meat Sauce Carrots, Broccoli Italian Bread Caramel Pop Cakes 825/112	24 Fish Roasted Potato Peas Dinner Roll Apricots 669/91
27 Open Face Turkey Sandwich Mashed Potatoes Carrots White Bread Pears 618/72	28 Pork Chop w/gravy Roasted Potato Peas Multigrain Bread Chocolate Chip Cookie  703/75	29 Chicken ala King Mashed Potatoes Broccoli w/peppers Biscuit Peaches  680/93	30 Chili White Rice Corn Dinner Roll Fig Newton  897/123	31 Julienne Salad Grape Juice Green Beans Rye Bread Donut  416/66

### DINNERS

Tuesday, January 14— Spaghetti & Meatballs, Salad, Bread, Pudding  
 Tuesday, January 21— Chicken Sandwich, Mix Vegetables, Potato, Applesauce  
 Tuesday, January 28— Lasagna Roll, Vegetable, Bread, Fruit Cup

Dinner is served at  
5:00pm

**REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.**



Town of AMHERST

Senior Center

# Advertise in our newsletter



12,000 + members, 55 and older



Ads run in print and online



Annual ads as low as \$125 per month



Ads can be created at no additional charge

Contact Melissa Abel at:  
[mabel@amherst.ny.us](mailto:mabel@amherst.ny.us)

[AmherstCenterforSeniorServices.com](http://AmherstCenterforSeniorServices.com)



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**Ken-Ton Presbyterian Village**

3735 Delaware Avenue, Kenmore, NY 14217  
716-810-7477



**Skilled Nursing and Short Term Rehabilitation**

**Beechwood Homes**

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716-810-7000

**Wesley Rehabilitation Center**

2235 Millersport Highway, Amherst, NY 14068  
716-810-7000

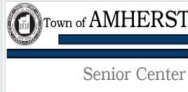
**Hospice Wells House**

2235 Millersport Highway, Amherst, NY 14068  
716-810-7000



*Please feel free to reach out to learn more about all we have to offer. We are just a phone call away.*

[www.beechwoodcare.org](http://www.beechwoodcare.org)

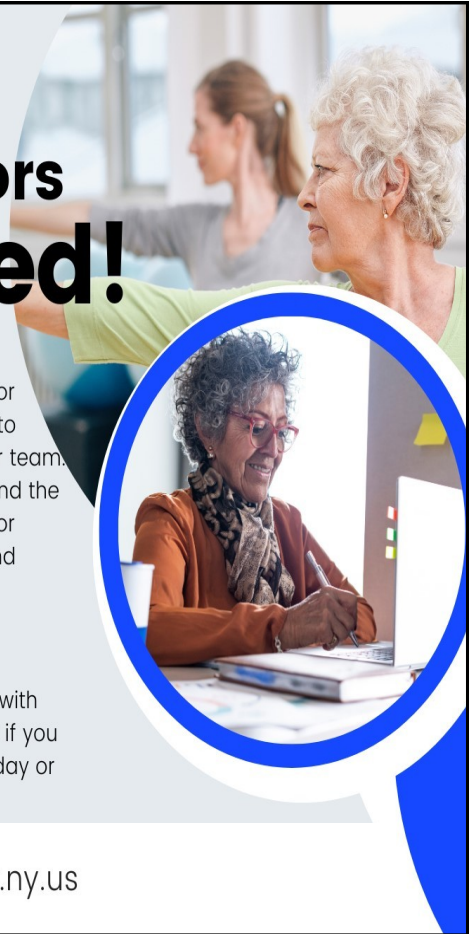


# Instructors Needed!

If you have a special skill or talent that you would like to share, consider joining our team. We welcome new ideas and the Center is always looking for language, local history, and fitness instructors.

Please contact our Class Coordinator, Cindy Weiss with your course proposal and if you are interested in teaching day or evening classes.

[cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us)



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## AMHERST CENTER FOR SENIOR SERVICES

### **OUR VISION**

To identify, understand, and create opportunities for improved quality of life for adults as they age.

### **OUR MISSION**

Empower all people with quality of life as they age.

### **OUR VALUES**

#### **ACCESSIBILITY**

Ensuring that members can participate and benefit from the many services by providing opportunities for all members to reach their potential and contribute their skills and talents to the Center.

#### **COMMUNITY**

Assisting older adults to remain independent by working with families, volunteers, and community partners by building strong bonds through shared objectives.

#### **DIVERSITY**

Embracing differences in skills, knowledge, cultural heritage, ethnicity, and gender orientation of older adults and their families.

#### **INCLUSION**

Offering individuals a sense of belonging, identity, and support by recognizing, respecting, embracing, celebrating, and valuing the unique abilities, perspectives, and experiences that each individual brings.

#### **KNOWLEDGE**

Committed to Life-Long Learning that encourages growth, engagement, and innovation among its members.

#### **SUPPORT**

Demonstrating understanding and empathy with the unique needs of our members by providing programs, activities, and services dedicated to ensuring satisfaction and building lasting relationships by extending a helping hand.