



Town of **AMHERST**



Senior Center

# AMHERST SENIOR CENTER

370 John James Audubon Parkway

Amherst, NY 14228

716-636-3050

## NOVEMBER 2024 NEWSLETTER

### FEATURED EVENTS:

#### LOVE A VETERAN

For the month of November the Center will collect new, unopened personal care and hygiene items for local veterans.

#### FROM NY TO NORMANDY- A COMBAT PILOT'S STORY

Friday, November 1

1:30pm

Step into the cockpit of a P-47 with Col. Jake Cooper as he reflects on his service as a combat pilot in WWII. Born in Ilion, New York, Col. Cooper flew critical missions in the European theater including the Normandy landings, and earned the Distinguished Flying Cross for his valor.

#### FLAG CEREMONY

Friday, November 8

9:00am

VFW Post 416 will help the Center honor veterans with a flag ceremony. Light refreshments following.

#### ERIE COUNTY CLERK

Friday, November 22

12:00—2:00pm

- ◆ Enroll Veterans in the "Thank A Vet Program"
- ◆ Purple Heart Recipients can apply for recognition in the William J. Donovan Book of Merit
- ◆ Passport applications
- ◆ REAL ID assistance



# Veterans Day



## THANK YOU TO ALL WHO HAVE SERVED

"For the Veteran, thank you for bravely doing what you're called to do so we can safely do what we're free to do."

- Unknown



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



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

ESTABLISHED IN 1962

## A NOTE FROM THE DIRECTOR

This is the time of year when we give thanks for all the blessings in our lives. I am thankful to all of the seniors who are here each day participating and enjoying our awesome center! You all make this place what it is today, and it brings me great joy to serve our senior community, and to continue to work with amazing staff to keep evolving and creating “the best senior center around!”

We are thankful to all of our Veterans and current service men and women for their bravery, courage, and sacrifice in serving our country. We will honor our Veterans with special programming this month. I wish to thank Heathwood for their sponsorship of our Veterans Day programming and Thanksgiving festivities. I am grateful for their support.

We have previously announced that the Kitchen will be under construction to replace a sewer line from November 1-15th. Instead of the Stay Fit Dining Program, we will have lunch and a program each day during this timeframe. Please refer to page 12 for more details. Frozen Meal distribution will continue as scheduled and Amherst Meals on Wheels will continue to serve their clients during this time.

We are anticipating resuming the Stay Fit Dining lunch program on November 18<sup>th</sup>. We did not include the menu for the rest of the month in case the construction project is delayed. Once we know the project will be complete, we will send the menu out in emails and postings in the building.

We are anticipating the project will be loud at times if you are in the area of the Kitchen and dining room. We appreciate your patience and understanding as we work through this construction project.

Best,

*Melissa Abel*, Executive Director

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### KEY STAFF CONTRIBUTORS

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

## ABOUT US

### THE CENTER

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

- Art Gallery—*Monthly Art is 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 vacate 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, November 11 in recognition of Veteran's Day and Thursday, November 28 and Friday, November 29 for the Thanksgiving Holiday*

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### IMPORTANT PHONE NUMBERS

Main Line 636-3050  
Registration 636-3051  
Amherst Meals on Wheels 636-3065  
Amherst Senior Transportation 636-3075  
Senior Outreach Services 636-3070  
Support Group Information 636-3050

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### MEMBERSHIP DUES

Amherst Residents—Lifetime Membership

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

Non-Resident—Renewal

- \$50/Per Person

*Membership is open to adults 55 or older*

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

*We have temporarily suspended accepting NEW non Amherst resident memberships for 2024. We appreciate your understanding.*

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### TO JOIN THE CENTER:

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

# TOWN OF AMHERST

## AMHERST TOWN BOARD

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



## AMHERST SENIOR CENTER ADVISORY BOARD

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

## EX-OFFICIO MEMBERS:

- The Honorable Shawn Lavin, Liaison to Senior Services
- Mary-Diana Pouli, Executive Director, Youth & Recreation
- Assistant Chief Michael Camilleri, Assistant Chief of Amherst Police Department
- Dal Giuliani, Executive Director, Amherst Generations Foundation

## 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

Executive Director, Dal Giuliani

## A NOTE FROM YOUTH & RECREATION

### A Note from Amherst Youth & Recreation

November is upon us and with it many things for which to be thankful. As we witness conflicts around the world, we are grateful for our democracy. The Center is once again a site for early voting, and I encourage all our members to exercise that right. As you do so, please take a moment to remember and honor our Veterans who have given so much for our country, not just on Veteran's Day, but throughout the year. A very Happy Thanksgiving to all!

Mary Diana Pouli, Executive Director, Youth & Recreation

## 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

**We have 2 Reserved for Combat Wounded 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.**



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

# 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

*my active center*

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.

## 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

Wednesday, November 20 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.

# PROGRAMS

## CREATIVE WRITING CLINIC

Wednesdays, November 6, 13, 20 at 3:00pm  
Ignite your imagination in our Creative Writing Clinic! Over three engaging sessions, we'll dive into elements of storytelling, focusing on character building, tone, and setting. Perfect for aspiring writers looking to enhance their craft. Join us and unleash your creativity!

## TECH SUPPORT

Thursday, November 8 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.



## TELESTRATIONS

Wednesday, November 13 at 10:30am  
Play a fun party game in which players are prompted to sketch a word listed on a card, then guess what the other players have drawn.

## WHAT YOU NEED TO KNOW ABOUT YOUR FURNACE

Thursday, November 14 at 4:00pm  
With home ownership comes maintenance and replacement of mechanical systems. Learn about the different home heating options and how to determine what is best for your situation. Presented by Chuck Turner from Turner Engineering

## MIND TEASERS WITH A TWIST

Friday, November 15 at 10:30am  
Stations of mind teaser games to get your mind moving.

## BOOK SCAVENGER HUNT

Thursday, November 21 at 10:30am  
Bring a wrapped book that you would recommend.

## KARAOKE PARTY

Thursday, November 21 at 1:00pm  
Grab the mic or just listen.

## PIZZA AND GAME NIGHT

Thursday, November 21 at 5:00pm  
Pizza and salad from John and Mary's followed by a game of America Says. Paid reservations by 11/19. No refunds after.

## FRIENDSGIVING

Friday, November 22 at 1:00pm  
Get to know your friends with an icebreaker game followed by a slice of pumpkin pie. Fee is \$1.00. No refunds after 11/20.

## BINGO

Tuesday, November 26 at 1:30pm  
Please bring an item from the Dollar Store that you are thankful for.

## COOKING WITH JEN

Wednesday, November 27 at 11:00am Pumpkin Pie Twists Fee is \$5.00 Please bring a baking sheet.

Wednesday, December 11 at 11:00am Veggie Crescent Tree Fee is \$6.00. Please bring a baking sheet.

Reservations for both classes begin 11/1. Due to popular demand, you may only register for one.

WHAT'S  
JEN  
COOKING

## FIELD TRIP

### PUTT-PUTT at the PADDOCK CHEVROLET GOLF DOME

Friday, November 15 at 11:00am  
Enjoy a fun outing of mini-golf! Located at 175 Brompton Rd, Tonawanda, NY 14150. The Golf Dome has a very scenic mini-golf course for all ages! Cost: \$5.

## HEALTH PROGRAMS:

### BLOOD PRESSURE CHECKS & HEALTH INFORMATION

Friday, November 1 10:00am – 1:00pm  
Stop to have your blood pressure checked and get helpful health information with RN students from SUNY Niagara.

### CHAIR FITNESS

Wednesdays November 6 and November 20 11:00 – 11:50am  
Strength, Flexibility, and Mobility are all highlighted in this class. Get a total body workout and have fun doing it.

### BUILDING FOUNDATIONS OF CAREGIVING

Wednesday, November 6 at 11:00am  
Understanding the key aspects of caregiving can help to ensure the delivery of person-centered care while managing your own emotional and physical well-being. Learn how dementia changes relationships over time, the benefit of person-centered care approaches, how to create a supportive care team and steps to identify and manage caregiver stress. Presented by the Alzheimer's Association

### FITNESS ROOM RUNDOWN

Thursday, November 14 at 1:00pm  
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.

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

# PROGRAMS

## MOVIES

### 1:00PM

Monday, November 4 *Escape from Germany* PG 97 min

Monday, November 18 *Chief of Station* 93 minutes

Monday, November 25 *Thelma* PG-13 98 minutes

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### 5:30PM

Tuesday, November 5 *Escape from Germany* PG 97 min

Tuesday, November 19 *Chief of Station* 93 minutes

Tuesday, November 26 *Thelma* PG-13 98 minutes

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## BOOK AND MOVIE COMPARISON—*All the Light We Cannot See*

Friday, November 1 at 1:00pm Part 2 120 minutes

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## DOCUMENTARY – *Life*

Thursday, November 7 at 5:30pm

Come watch Ep. 6&7 of the nature documentary, 'Life,' a sequel to Planet Earth. Narrated by David Attenborough.

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## DOCUMENTARY—*The Deepest Breath*

November 8 at 1:00, 110 minutes

A free diver trains to break a world record with the help of an expert safety diver. This film follows the paths they took to meet at the pinnacle of the free diving world, documenting the rewards and risks of chasing a dream through ocean depths.

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## FEEL GOOD MOVIE—*Otherhood*

Friday, November 15 at 1:00, Rated R 100 minutes

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## INFORMATION TABLES

### EPIC (Elderly Pharmaceutical Insurance Coverage)

Wednesday, November 6 11:00am—1:00pm

### SILVER LININGS

Thursday, November 14 11:00am—2:00pm

### ERIE COUNTY CLERK ON THE GO

Friday, November 22 12:00pm—2:00pm

## HEALTH INSURANCE

### Clarity Group – Medicare Plan Center

Lisa at 716-864-4886

Friday, November 8 9:00am – 12:00pm

Tuesday, November 19 4:00 – 7:00pm

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### Highmark BCBS

Kathy at 716-658-8655

Tuesday, November 12 9:00am – 11:00am

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## FINANCIAL PROGRAMS

### MEDICARE 101

Tuesday, November 5 at 1:00pm

Medicare is Confusing! What kind of plans might work best for me? Presented by Jason Myers, Owner of JBM Health & Wealth Consulting, LLC.

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### MEDICARE CHANGES

Tuesday, November 12 at 6:00pm

Presented by James Gembarosky Insurance Representative, Bankers Conseco Life Insurance.

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### UNDERSTANDING MEDICARE

Friday, November 15 at 10:00am

Are you new to Medicare? Are the different parts and plans confusing? Join us to clear up the confusion. Presented by Andrea Grajeda Retirement & Insurance Advisor, KDM Wealth Consultants, LLC

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### 15 WAYS TO AVOID PROBATE

Tuesday, November 26 at 4:00 pm

Learn about estate and asset protection, probate legal procedures, the risks and benefits of avoiding probate, the best forms of real estate ownership, common estate planning mistakes, recent changes in estate and gift tax laws, the duties of trustees and executors, myths about living trusts, updating your will, and preventing will contests. Presented by Robert Friedman of Friedman & Ranzenhofer, PC Attorneys

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**PARTNER PROGRAMS****BISTRO BOOKERS**

*111 Places in Buffalo That You Must Not Miss*

Tuesday, November 12 at 4:00pm

Author Brian Hayden will discuss his book.

**BALANCE AND MEMORY CHECK-UP**

Thursday, November 14 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.

**MUSICAL MEMORIES CAFÉ**

Tuesday, November 19 at 2:00pm

Caregivers are encouraged to spend an enjoyable time with your loved one for entertainment, socialization, and reminiscing. Reservations can be made by contacting Carolyn at 570-6520 or [westfallsartcenter@gmail.com](mailto:westfallsartcenter@gmail.com)

**BETTER BREATHERS GROUP**

Tuesday, November 26 at 1:30pm

If you, or someone you know, is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer, join us at this welcoming support group. Learn ways to cope with your diagnosis and live life to the fullest during these free monthly educational programs. *Led by an American Lung Association trained facilitator Jeremy Voorhees*



The VSC is an online platform designed by and for older adults. Using any internet ready device, unlock a world of live, interactive experiences from the comfort of your home or wherever you call home. Expert instructors take you through live and social presentations. Perfect for anyone looking to connect with others during the day, off-hours, or on weekends.

**HOW TO USE VSC**

Monday, November 18 at 11:00am

Interested in exploring new online programming through the Virtual Senior Center? Learn how to set up your account and navigate the VSC website. If you are interested in VSC online programs, please email Marc at [myoung@amherst.ny.us](mailto:myoung@amherst.ny.us). for information on the equipment needed.

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

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

**THINK FAST PARTY GAME**

Monday, November 4 at 10:00 am

You know all the answers, but can you identify the clues? Join us for a fun trivia party game and get ready to answer questions about avocados, Darth Vader, reindeer and more.

**4-SQUARE AND HORSE**

Monday, November 4 at 6:00pm

Get ready for some energetic fun with Foursquare and Horse! Join us for a lively afternoon of classic games, whether you're a seasoned player or new to the games, come out to enjoy some fun!

**GRANDPARENT KINSHIP SUPPORT GROUP**

Wednesday, November 13 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!

**COMMUNITY CROSSWORD**

Friday, November 15 at 10:30am

Put your puzzle-solving skills to the test in our Community Crossword event! Work together as a group to tackle clues and fill in the grid. This is a fantastic opportunity to bond with others while enjoying a brain-teasing challenge. Bring your thinking cap and join the fun!

**CIRCUIT FITNESS CLASS**

Mondays, November 18 and 25 at 6:00pm

Try various workout exercises at multiple stations that each have different types of exercises. By the end of the circuit, you will have gotten a total body workout!

**COOKING WITH JEN**

Monday, November 18 at 10:00 am

We will prepare Amish Friendship Bread ready to eat by Thanksgiving. Fee is \$2.00. No refunds after 11/15. Please bring a large glass or plastic bowl and a wooden spoon.

**SWOOP CARD GAME**

Monday, November 25 at 10:00am

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.

## CLASSES

### HIGHLIGHTS FOR FALL SECOND SESSION

Many fall classes begin in October, early November. Now is the time to register. Check online or with the reception desk for openings. Full descriptions of ALL classes are in the Fall Class Catalog.

Ballroom Dancing \$25 10/29-12/10 (7x)

Fall Prevention \$16 10/30-12/11 (6x)

Intro To Acting \$33 10/30-12/11 (7x)

Knitting/Crochet \$39 10/31-12/5 (5x)

Drumming Circle \$21 11/1-12/13 (6x)

Move, Tone & Stretch \$24 11/4-12/16 (6x)

HIIT \$18 11/5-12/10 (6x)

Yoga Zoom \$24 11/6-12/18 (7x)

Smartphone Essentials \$34 12/3-12/17 (3x)

Festive Holiday Tree \$16 12/5 (1x)

### WINTER CLASS CATALOG:

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

**Registration for the Winter Trimester begins**

**Wednesday, December 4.**

### MYACTIVECENTER TRAINING

Monday, December 2 at 1:00pm

Need help setting up an account on MyActiveCenter.com? It only takes a few minutes. Meet in the Computer Room for assistance. An account on MyActiveCenter will give you the ability to sign up for classes, programs and lunches on-line from the convenience of your home. Learn the fastest way to register!

### DEFENSIVE DRIVING CLASS

**AARP Smart Driver**

(\$25 for AARP Member/\$30 for Non AARP member)

November 13 from 9:00-4:00pm

Reservations required by calling 636-3051. Payment due to instructor on the day of the class

### 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.

## UNIVERSITY EXPRESS CLASSES

University Express offers free educational classes for older adults in Erie County. The program runs during spring and fall semesters. You will find classes in a variety of categories, including current affairs, history, humanities, finance and medicine.

Classes are designed to stimulate the mind and provide opportunities to build social networks, thereby reducing social isolation. No homework or tests, just exciting discussions alongside peers with similar interests!

### SENIOR CENTER:

Wednesday	11/6	2:00pm	Health Insurance Don't Get Sick Without It
Thursday	11/7	2:00pm	Basics of Medicaid & Long Term Care: Protecting and Preserving Assets
Tuesday	11/12	2:00pm	Origami Boxes
Tuesday	11/12	6:00pm	Who Was That Man
Wednesday	11/13	2:00pm	COL Bennet Riley: Defender of Buffalo
Thursday	11/14	2:00pm	Who Knew
Wednesday	11/20	2:00pm	A History of the Buffalo & Erie County Public Library
Thursday	11/21	2:00pm	A Young Woman's Remembrances of the Civil War
Wednesday	11/27	2:00pm	Understanding Your Annuity: A Comprehensive Educational Workshop

### NORTHWEST AMHERST COMMUNITY CENTER:

Friday	11/1	10:00am	Dreamwork and Dream Interpretation
Monday	11/4	1:30pm	Instacart
Friday	11/8	10:00am	Indian Boarding Schools
Friday	11/15	10:00am	Yoga Dance and Meditation
Monday	11/18	1:30pm	Microsoft Word * Class size limited to 10 as computers will be provided.

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



# VOLUNTEER & CLUBS

## 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.

## SCHOOL #30 GIVING TREE

Once again, the Center is collecting **NEW TOYS** for **pre-K children** who attend School #30 in Buffalo. You can stop by the Gallery in the Center and take a card with the name and gender of a deserving child off the display near the fireplace and then drop off your **new, unwrapped** toy to us **by Wednesday November 27** so we can wrap it and deliver some holiday spirit to these children.

## SENIOR ANGELS TREE

If you'd like to bring the spirit of the holiday season to a deserving senior, please consider taking a tag off of the Senior Angels Christmas tree in the Center's Gallery. Each tag will have a suggestion of what each senior could use. Please give your gifts and/or gift cards to the staff at the Reception Desk **by Wednesday November 27** and we will collect them and make sure to get them ready for holiday delivery.

## CENTER FOR ELDER LAW & JUSTICE VOLUNTEER OPENINGS

Wednesday, November 13 at 11:00 Stop by to see how you could positively affect a senior's wellbeing by volunteering to help them with budgeting, paying bills, etc. On Wednesday, November 20 at 1:00 a meeting will be held for potential volunteers. Training & support provided.

## BAKERS RACK SALE

Tuesday, November 26, while supplies last. Proceeds benefit the Amherst Center for Senior Services

## BOOK CLUB

Monday, November 25. Book Selection: *For Whom the Bell Tolls*, by Ernest Hemmingway. ZOOM option available as well as in-person; must register at least one day prior to meeting to receive automated ZOOM link.

## AM-CENTER PHOTOGRAPHY CLUB

On Nov. 12, well-recognized Ontario photographer, Peter Ferguson, will present "The Journey Continues: Photography with a Cell Phone." This presentation is useful to anyone who uses cell phones to capture images. Also, on Nov. 26, Larry Mathewson will present "A Photographic Trip through the Province of Alberta." Afterward Mr. Mathewson will stay to view members' submitted images.

## HOLIDAY SALES FRIDAY NOVEMBER 22

**GIFT SHOP 9:00am—3:00pm**  
75% off all merchandise  
except greeting cards and postage stamps

**CLUB SALE 9:00am—2:00pm**  
Many handcrafted items made by talented club members will be available. You'll find high quality wares at prices that will astound you!

# OPEN PICKLEBALL & PING PONG

## PICKLEBALL

Tuesday, November 5, 12, 19, 2:00-4:00pm or 5:00-7:00pm (1 court)  
Tuesday, November 26, 3:00-5:00pm or 5:00-7:00pm (1 court)  
Wednesday, November 13, 27, 12:00-2:00pm or 2:00-4:00pm  
Wednesday, November 6, 12:00-2:00 (Intermediate) or 2:00-4:00pm (Beginner)  
Wednesday, November 20, 12:00-2:00 (Beginner) or 2:00-4:00pm (Intermediate)  
Thursday, November 7, 14, 21, 3:45-5:30pm  
Friday, November 1, 12:00-2:00pm (Men) or 2:00-4:00pm (Women)  
Friday, November 8, 12:00-2:00pm or 2:00-4:00pm  
Friday, November 15, 12:00-2:00pm (Women) or 2:00-4:00pm (Men)  
Friday, November 22, 12:00-2:00 (1 court), 2:00-4:00 (2 courts by 2:15pm)

## PING PONG

Mondays, 1:00—4:00  
Tuesdays, 2:00—6:00  
Fridays, 1:00—4:00

## PICKLEBALL Northwest Amherst Community Center

Mondays, November 4, 18, 25  
9:00-11:00am (Intermediate)  
11:00am-1:00pm (Beginner)  
5:30-7:30pm (All Levels)

You must bring your own paddle

# 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, November 5 and 19 at 10:30am  
"Getting to know us: A man's perspective"  
Talk about issues that are specific to men.

## Loss & Grief Group

Thursdays starting November 21 at 10:30 am  
This group will meet every Thursday for six weeks.  
We discuss coping strategies, healing techniques, and stages of loss and grief.

## Veteran's Coffee Group

Monday, November 4  
at 10:00am  
Come for a cup of coffee and  
share with others who  
understand your story and  
lend support.



## Widow/Widowers Group

Tuesday November 12 at 10:30 am  
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 November 20 at 1:00 pm  
Caregiving can be overwhelming and we are here to offer support.

## Parkinson's Group:

Thursday, November 21 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 7



There is an accessible private bathroom located off the hallway by Room 2.

## 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 4:00-7:00 pm on Tuesdays November 5 and 12 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) *Applications open November 1, 2024*

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.

## 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.

## YOUTHWORK\$

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.

# CLUBS

If you are interested in more information or joining a Club, please register and go to the next meeting to speak with the

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 Thursdays, 10:00-12:00
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	Mondays, 12:30-3:00
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, 2nd Tuesday, 9:00-12:00, Research in Computer Rm
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.**

# NOVEMBER NUTRITION

## NOVEMBER LUNCH & PROGRAMS DURING KITCHEN CLOSURE



- Due to the kitchen construction, the Stay Fit Dining program has been suspended until completion of the project. Once we know when the project is expected to be complete, we will release the remainder of the menu through emails and posting in the building. We appreciate your patience and understanding.
- During this time we have planned lunch along with a program. The menu is not the usual congregating dining lunch. The menu is subject to change
- Please follow the same registration procedure on page 4.
- Seating will be limited.
- Each lunch is a suggested donation of \$3.00.
- The construction is expected to be loud at times, especially during the first week.

<p><b>Friday</b></p> <p><b>11/1</b></p> <p>Tuna salad over lettuce</p> <p>Assorted sides</p> <p>Episode of Mary Tyler Moore</p>
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<p><b>Monday</b></p> <p><b>11/4</b></p> <p>Pizza</p> <p>Salad</p> <p>Trivia</p>	<p><b>Tuesday</b></p> <p><b>11/5</b></p> <p>Grilled Chicken</p> <p>Salad</p> <p>Soup</p> <p>Presidential Quiz</p>	<p><b>Wednesday</b></p> <p><b>11/6</b></p> <p>Grilled</p> <p>Cheeseburger</p> <p>Chips</p> <p>Episode of Mash</p>	<p><b>Thursday</b></p> <p><b>11/7</b></p> <p>Ham and Turkey</p> <p>Sub</p> <p>Assorted Sides</p> <p>Fact or Fiction Game</p>	<p><b>Friday</b></p> <p><b>11/8</b></p> <p>Grilled BBQ</p> <p>Chicken</p> <p>Assorted Sides</p> <p>Clothespin Game</p>
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<p><b>Monday</b></p> <p><b>11/11</b></p> <p>Center Closed</p>	<p><b>Tuesday</b></p> <p><b>11/12</b></p> <p>Tuna Salad Over Lettuce</p> <p>Soup</p> <p>Assorted Sides</p> <p>I Love Lucy Episode</p>	<p><b>Wednesday</b></p> <p><b>11/13</b></p> <p>Grilled Hotdog</p> <p>Assorted Cold Salads</p> <p>Fall Bingo</p>	<p><b>Thursday</b></p> <p><b>11/14</b></p> <p>Chili</p> <p>Corn muffin</p> <p>Famous Duos Game</p>	<p><b>Friday</b></p> <p><b>11/15</b></p> <p>Pizza Party</p> <p>Salad</p> <p>Bills Party</p>
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**CAUTION**  
Menu subject to change.

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

## SAVE THE DATE

**Trot the Turkey Trail—Saturday, November 9**

**At Walton Woods 1:30—3:30pm**

**Breakfast with Santa—Saturday, December 7**

**Christmas Lunch—Wednesday, December 18**

**12:00pm**

**Holiday Happening—Friday, December 20**

**6:00—8:00pm**

**Hanukkah Lunch—Friday, December 27**

**12:00pm**

**New Year's Eve Lunch—Tuesday, December 31**

**12:00pm**

**Amherst Center for Senior Services**

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**Wesley Rehabilitation Center**  
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**Hospice Wells House**  
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716-810-7000

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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.