

# SENIOR NEWS

The following events will take place at the Amherst Center for Senior Services, 350 John James Audubon Parkway. For more information, call 636-3059.

**SECOND ANNUAL HEALTHY AGING CONFERENCE** will take place from 5 to 9 p.m. Wednesday, Oct. 4.

**CALLING 911** will be taught from 10:30 a.m. to noon Thursday, Oct. 5 by Jim Zymanek, Director of Emergency Services.

**APPLE FESTIVAL MEETS DIXIELAND** will be held at 1 p.m. Friday, Oct. 6. The cost is \$2 and includes Dixieland sounds of the 23 Skidoo Band and apple crisp with ice cream.

**NAME THAT TUNE** will be played at 12:45 p.m. Tuesday, Oct. 10. For reservations, call 636-3059.

**DINNER CLUB** will meet at 6 p.m. Wednesday, Oct. 11. If making a reservation for a table of six or eight, call Cathy at 636-5055 ext. 106.

**BEING YOUR BEST AND MANAGING YOUR STRESS** will be the topic at 10 a.m. Thursday, Oct. 12.

**VASCULAR FLOW: HEART DISEASE TREATMENT** will be discussed at 12:45 p.m. Monday, Oct. 16.

**FARMERS MARKET** will be held in the lounge from 12:30 to 1:30 p.m. Tuesdays, Oct. 17 and Oct. 31.

**AMHERST TRAVEL CLUB** will meet at 1 p.m. Tuesday, Oct. 17.

**DID YOU KNOW BATS AREN'T BLIND** will be the topic at 1 p.m. Thursday, Oct. 19. Learn bat facts with wildlife rehabilitator Connie Beroza.

**SPORTS TALK WITH ED KILGORE** will take place at 1 p.m. Friday, Oct. 20 in the lounge. Make reservations by Friday, Oct. 13.

**CANASTA CLUB** will meet at 12:30 p.m. Mondays, Oct. 23, Oct. 30 and Nov. 6 in Classroom 2.

**COOKING WITH ANN** will be held at 9:30 a.m. Tuesday, Oct. 24. The cost is \$10. There is a maximum of 15 people.

**TRADITIONAL GERMAN OKTOBER-FEST** will be held at 7 p.m. Wednesday, Oct. 25. Entertainment will be provided by the Auslanders. The cost is \$5 for members and \$7 for non-members.

**BOOK LOVERS CLUB** will discuss "March" by Geraldine Brooks at 10 a.m. Thursday, Oct. 26. "Dispatch from the Edge" by Anderson Cooper, will be discussed at 10 a.m. Thursday, Nov. 30.

**FIRESIDE CHATS** will be held at 10:30 a.m. Thursday, Oct. 26 in the lounge.

**BONE DENSITY SCREENING** will be offered from noon to 3 p.m. Monday, Oct. 30.

**CARPAL TUNNEL INFORMATION** will be provided at 12:45 p.m. Thursday, Nov. 2.

**POWER OF THE MIND TO HEAL** will be offered at 10 a.m. Thursday, Nov. 9. Learn how to explore your own spirituality and healing ability within.

**FLU AND PNEUMONIA SHOT PROGRAM** will be held by appointment only Tuesday, Nov. 14 and Wednesday, Nov. 15. The cost is \$25 for flu shots and \$35 for pneumonia shots.

**HOLIDAY HAPPENING** will begin at 11 a.m. Wednesday, Dec. 6. Knitters, crafters and quilt clubs will be selling items for holiday shopping.

**BLOOD PRESSURE SCREENINGS** will be available from 11 a.m. to noon Wednesdays and Thursdays.

**AMHERST RECORDER CONSORT** meets from 9 to 11 a.m. Fridays in the Music Room. Call 836-5568.



Adam Danni, left, and Derek Setter hiked to the top of Mt. Fuji.

## South student goes to Japan, brothers climb Mt. Fuji

Adam Danni, a junior at Williamsville South High School, showed no fear of heights as he and brother Derek Setter climbed 11,000 feet to the top of Mount Fuji, the highest peak in Japan.

Danni and his parents, Bob and Kathy Danni were visiting Setter, who works in Japan, this past July.

It took the brothers more than six hours to ascend the mountain, where the temperature changed from 85 to 40 degrees.

"The higher you get the more wind, and you don't know where it is going to come from," Danni said. "Sometimes it felt like it would blow you over."

Danni was awarded a walking stick with commemorative stamps for his accomplishment.

"It was very interesting and exciting," he said. "As you go up you get to see the landscaping of Japan, and at certain heights, you are looking into the clouds."

To prepare for the climb, Danni walked and hiked, but this was his first trip to Japan and first mountain climb.

"The best part of the trip was being with my brother," Danni said. "I saw a view you (normally) only see from pictures."

The family also visited Kyoto, which is home to temples and the palace of the shogun. These military leaders ruled Japan from the 14th century to 1867.

Another highlight of the trip was a visit to the Peace Park, Peace Memorial Museum and A-Bomb Dome in Hiroshima.

"The museum was very moving and (it was) impressed on (me) the awesome destructive power of nuclear weapons and the need to control them," Danni said.

The South student received his black belt in karate shortly before his trip. He practices with Bill Adam's Martial Arts in Elma.



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