



**'IMAGES OF THE WILLIAMSVILLE WATER MILL'**—Ann Bellissimo of Williamsville and Florence Sodus of East Amherst listen to art history instructor Paul Becker and discuss paintings of the Williamsville Water Mill which is on display at the Amherst Center for Senior Services, 350 JJ Audubon Parkway,

through Feb. 28. A reception will be held by the Williamsville Mill Committee from 6 to 8 p.m. Wednesday, Jan. 17 at the center. The display is made up of photographs and paintings of the historical Williamsville Water Mill, located at 56 E. Spring St.

Photo by John Rusac

## 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.

**Amherst Travel Club** will meet at 1 p.m. Tuesday, Jan. 16.

**"Failure to Launch"** will be the featured matinee at 12:45 p.m. Wednesday, Jan. 17.

**The Caregivers Support Group** will be held at 1 p.m. Wednesday, Jan. 17 in the Waiting Lounge.

**Dental Program** will be held at 10 a.m. Thursday, Jan. 18.

**New Member Orientation** will be held at 10 a.m. Thursday, Jan. 18.

**Deal or No Deal** will be played at 12:45 p.m. Friday, Jan. 19 in the lounge.

**Cooking with Ann** cancelled.

**Multiple Sclerosis** will be discussed at 10 a.m. Thursday, Jan. 25.

**Chili Cook-Off** will be held at 12:45 p.m. Thursday, Jan. 25 and costs \$2 for those wishing to sample.

**Book Lovers Club** will review "Marley and Me" by John Grogan at 10 a.m. Thursday, Jan. 25. "Namesake" by Jhumpa Lahiri will be reviewed at 10 a.m. Thursday, Feb. 22.

**"Thank You for Smoking"** will be the featured matinee at 12:45 p.m. Friday, Jan. 26.

**Remember the Blizzard Of '77** will be celebrated at noon Monday, Jan. 29 with a special 30th anniversary lunch.

**Birthday Party Luncheon** will be held to celebrate those whose birthdays are in January and February at noon Tuesday, Jan. 30.

**Mardi Gras Celebration** will be held at 1 p.m. Thursday, Feb. 8. The cost is \$2.

**Valentine Dinner** will be held at 6 p.m. Wednesday, Feb. 14.

**Income Tax Filing** is being offered from 10 a.m. to 3 p.m. Wednesdays and Fridays during February, March and April. Call for an appointment.

**Dinner Club** will meet again in March. The annual fee is \$6 for individual and \$8 for couples. Send checks to Ida Kasprzak at 19 Miller Road Getzville, N.Y. 14068.

**Table Tennis/Ping Pong** is played in Activity Room A from 1 to 4 p.m. Tuesdays and from 9:30 a.m. to noon in Activity Room B.

**Women's Pool** is offered from 9 to 11:30 a.m. Monday through Friday in the billiards room.

**Blood Pressure Screenings** will be available from 11 a.m. to noon Wednesdays and Thursdays.

**Knitting Club** meets at 1 p.m. Tuesdays in the card room.

**Music Combo** will be held at noon Fridays in the music room.

**Drama Club** meets at 12:30 p.m. Mondays in classroom 3.

**Duplicate Bridge** is played at 9 a.m. Thursdays in the card room.

**Men's Social Club Members** meet at 1 p.m. Wednesdays in the card room.

**Stained Glass Groups** meet weekly at 9 a.m. and 1 p.m. in the art room.

**Needlework Club** meets at 9:30 a.m. Mondays in Classroom 1.

**Scrabble Club** meets at 12:30 p.m. Thursdays in the card room.

**Pinocle** members meet at 12:45 p.m. Wednesdays in the card room.

**Amherst Senior Singers** meet from 12:45 to 2:45 p.m. Wednesdays. Call 632-3929.

**Amherst Recorder Consort** meets from 9 to 11 a.m. Fridays in the music room. For more information or to join, call 836-5568.

**Woodcarving** classes are offered at 9 a.m. Tuesdays in the Art Room.

**Bridge Club** meets at 1 p.m. Fridays in the card room.

**Bingo** meets at 1 p.m. Thursdays.

**Chess** meets at 12:30 p.m. Tuesdays in Classroom 2. Call 639-5950.

**Cribbage** meets at 1 p.m. Thursdays in the card room.

**Dominoes Club** meets at 1 p.m. the second and fourth Monday of every month.

**The Quilt Club** meets at 12:30 p.m. Mondays. New members are always welcome.



### Lunch Menu

The cost of lunch is \$2.25 for Erie County residents age 60 & older. For reservations, call 636-3059.

**Wednesday, Jan. 10** — Barbecue pork ribbette with German potato salad, cauliflower with parsley and peach and pineapple cup.

**Thursday, Jan. 11** — Lasagna with tomato sauce, carrots, wax beans with parsley, Italian bread, cookies and chef salad.

**Friday, Jan. 12** — breaded chicken drumsticks, macaroni and cheese, seasoned spinach, cornbread, sweet potato pie with whipped topping.

**Monday, Jan. 15** — No Meals for Martin Luther King Day.

**Tuesday, Jan. 16** — Meatball stroganoff over noodles, broccoli, pineapple juice, apple and chef salad.

## BeeHealthy *Timely Hints for a Healthy Lifestyle*

### International Cesarean Awareness Network schedules meetings

The International Cesarean Awareness Network of Buffalo will hold a series of meetings for 2007 to focus on how women can take a more proactive role in their prenatal care and avoid cesareans that may otherwise be preventable.

When used appropriately, a cesarean can be a life-saving technique for both mother and baby.

However, cesarean surgery often poses life-threatening risks to mother and baby and should never be performed unless those risks outweigh the benefits of a vaginal birth.

The goal of this series is to help educate women about their choices both before and during labor, so that they and their babies can have the safest birth possible.

The first meeting of the new year will be a discussion entitled "Cesarean Prevention Through Nutrition."

The meeting will focus on how nutritional choices can decrease likelihood of developing pre-eclampsia, toxemia, gestational diabetes, prematurity and other prenatal and infant conditions that can often lead to a cesarean.

"Cesarean Prevention Through Nutrition" will be held at 10:45 a.m. Wednesday, Feb. 7 at HomeGrown Baby, 3111 Delaware Ave., Kenmore.

The second meeting, to take place on Wednesday, March 7, will present "Can Chiropractic Care Prevent a Cesarean?" featuring guest speaker Dr. Jessica D'Amore, a chiropractor from Family Chiropractic in Amherst.

She will discuss the benefits of prenatal chiropractic care, the Webster technique (for turning breech babies) and other ways spinal care can be beneficial to pregnancy and birth.

This meeting will also be held at HomeGrown Baby, 3111 Delaware Ave., Kenmore, at 10:45 a.m. Wednesday, March 7.

A discussion group for those in need of support for cesarean recovery will follow both meetings.

Other topics that are planned for the year include: "How to Get Your VBAC Back," "What You Need to Know About Pain Relief in Labor," and a healing circle for women who have experienced a traumatic birth.

ICAN of Buffalo is a nonprofit organization whose mission is to improve maternal-child health by preventing unnecessary cesareans through education, providing support for cesarean recovery, and promoting vaginal birth after undergoing a cesarean.

Meetings are held on a monthly basis. For more information, visit <http://hometown.aol.com/icanofbuffalo>, or e-mail Rachel at [icanofbuffalo@aol.com](mailto:icanofbuffalo@aol.com).



**ICAN**  
International Cesarean Awareness Network, Inc.

## Hospice Buffalo holds annual Spring Bouquet Sale

Area companies and schools are invited to participate in the 21st annual Hospice Buffalo Spring Bouquet Sale during January and February.

Participants simply assign a coordinator in an office who takes care of processing bouquet orders with Hospice Buffalo.

A free display bouquet and kit is provided to each company or school coordinator.

Large schools or companies can have several bouquet sale coordinators. Coordinators are eligible to win an overnight getaway for two.

Each bouquet of fresh flowers includes mums, carnations, greens and other fresh flowers such as sunflowers or Gerbera daisies.

The bouquets can be pre-ordered for \$7 apiece. A special oversized tribute bouquet will be provided free to a current Hospice Buffalo patient.

Founded by the professional Florists of Western New York, the Hospice Buffalo Spring Bouquet Sale is the largest fund-raiser for the Hospice Foundation. More than 500 community volunteers assist with the sale.

For more information on volunteering or signing up a company or school, call the Hospice Foundation at 686-8090 or visit online at [www.hospicebuffalo.com](http://www.hospicebuffalo.com).

