

# SENIOR NEWS

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

**Widow/Widower Support Group**, 11 a.m. May 8 and June 12. The topics vary.

**Vision Support Group** for those experiencing loss of vision, 11 a.m. April 12, May 10 and June 14.

**Caregivers Support Group** for those caring for a relative or friend, 1 p.m. April 18, May 16 and June 20.

**Women's Issues Support Group**, 11 a.m. April 23 and June 25. The topics vary.

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**, 9 a.m. Tuesdays in the waiting lounge.

**Mah-Jongg Club**, 1 p.m. Tuesdays in the card room.

**Wheelchair Van Service** will run from 8 a.m. to 4 p.m. weekdays and is available to Amherst residents 55 and older. Call 636-3075, for more information.

**Instructors Wanted** Send a brief outline of the proposed subject matter to Phyllis Holmes, Amherst Senior Services, 370 John James Audubon Parkway, Amherst, NY 14228 or call 636-3055 ext. 109.

**Music Combo**, noon Fridays in the music room.

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

**Duplicate Bridge**, 9 a.m. Thursdays in the card room.

**Men's Social Club Mem-**

**bers**, 1 p.m. Wednesdays in the card room.

**Stained Glass Groups**, 9 a.m. and 1 p.m. Thursdays in the art room.

**Needlework Club**, 9:30 a.m. Mondays in classroom 1.

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

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

**Pinochle Review**, 9 a.m. Fridays in the card room.

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

**Woodcarving** classes, 9 a.m. Tuesdays in the art room.

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

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

**Bingo**, 1 p.m. Thursdays.

**Chess** matches, 12:30 p.m. Tuesdays in classroom 2.

**Chess**, 12:30 p.m. Tuesdays in classroom 2. Call 639-5950.

## Lunch Menu

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

**Wednesday, April 18** — Meatloaf with gravy, Harvard beets and whole wheat bread.

**Thursday, April 19** — Baked, bone-in chicken breast, mashed potatoes, green bean casserole.

**Friday, April 20** — Meatballs with spiral pasta and Italian bread.

**Monday, April 23** — LS frankfurter with Texas sauce, seasoned potato wedges and broccoli.

**Tuesday, April 24** — Veal stroganoff with rice, seasoned spinach and corn bread.



Master Gorino's Pil-Sung Tae Kwon Do students recently competed in Master Randall's Black Belt Academy Invitational Tournament. Several received first-, second- and third-place finishes. Pictured in the back row, from left to right, are Master R.T. Berry, David Pafford, Jeremy LeGasse, Dave Howard, Kevin Holbert, Yasmine Aboueldahab, Shannon Hiczewski, Marta Hiczewski and Grand Master Robert Summers. Front row, from left to right, are Jason Howard, Kevin Milane, Alyssa Milane, Zak Clor, Arik Haas and Wesley Caligiuri.

## Tournament yields junior championship

Master Gorino's Pil-Sung Tae Kwon Do students traveled to Dove, N.H., to compete in Master Randall's Black Belt Academy Invitational Tournament on March 23.

Junior black belt Wesley Caligiuri of Amherst came back with the Juniors Championship trophy. Wesley competed in forms, weapons and sparring, winning first place in all his classes, before being awarded the all-around trophy.

Other medal winners in their divisions were: Jeremy LeGasse of Getzville, first-degree black belt, placing first in forms and third in sparring; David Howard of Snyder, green stripe, placed third in forms and fourth in sparring; Yasmine Aboueldahab of Grand Island, red belt, second in forms and second in sparring;

Marta Hiczewski of West Falls, blue belt, first in forms and first in sparring.

Also, Shannon Hiczewski of West Falls, yellow stripe, first in forms and first in sparring; Kaelie Weber of Buffalo, blue belt, second in forms, first in sparring and first in weapons; Zac Clor of Snyder, junior black belt, third in forms, first in sparring and second in weapons; Jason Howard of Snyder, green belt, third in forms and third in sparring; and Robert Parsons of Tonawanda, red belt, third in forms.

Master Gorino's Pil-Sung Tae Kwon Do is located at 839 Niagara Falls Blvd. in Amherst. All students are taught by National and International Champion sixth-degree black belt master Chuck Gorino. Visit [www.pil-sung.net](http://www.pil-sung.net).

## Arbor Day, Earth Day event slated

The Village of Williamsville Environment Advisory Council will hold their annual Earth Day and Arbor Day celebration from 11 a.m. to 2 p.m. Saturday, April 21 in the Ed Young's parking lot at Mill and Main streets.

Presentations will be given by the members of the Williamsville Environmental Advisory Board and will include topics covering global warming, wind energy, indoor pollution, household products reduction and other environment related subjects.

Williamsville South High Schools students will also be on hand to distribute literature. The students will also be assisting with park clean up along The Lehigh Trail and other village locations.

An Arbor Day Sapling give-a-way will be held and refreshments will be served.

For more information, call the Williamsville Village Hall at 632-2101.

## What's Going On

### Amberleigh watercolor exhibit set

Now through April 30, the watercolor art of students of master art instructor Theresa Lee will be on display at Amberleigh Retirement Community, 2330 Maple Road, Williamsville. For more information, call 689-4195.

### JCC to host Secrets from Buffalo

JCC Benderson Family Building will host "Secrets from Buffalo" from 10:30 to 11:30 a.m. Thursdays now through April 26 at the Jewish Community Center of Greater Buffalo Inc., 2640 North Forest Road.

### Buffalo Bonsai Society meeting scheduled

The Buffalo Bonsai Society will hold a regular meeting at 7 p.m. Wednesday, April 18 at Menne's Nursery, 3100 Niagara Falls Blvd. For more information, call 662-4940.

### Baha'i faith lecture slated at center

An introduction to the Baha'i Faith will be given by Dr. Amelia Phillips, an Amherst Baha'i and an area physician at 7:30 p.m. Wednesday, April 18 at the Amherst Baha'i Center, 2218 Kensington Ave. For more information, call 833-1441.

## What's Going On

### Art league to exhibit at Amherst Museum

The Amherst Museum, 3755 Tonawanda Creek Road, will host the Spring Members' Exhibit of the Fine Art League of Buffalo from 9:30 a.m. to 4:30 p.m. Tuesday through Friday and 12:30 to 4:30 p.m. Saturday and Sunday through May 13. The exhibit includes more than 75 juried paintings and drawings in a variety of media by league members. Admission is \$5 for adults, \$1.50 for children and free for museum members.

### Reynolds seeks summer interns for offices

Rep. Thomas Reynolds, R-Amherst, is seeking college and graduate students to serve as interns in his Washington, D.C., Rochester and Williamsville offices. Responsibilities will be both administrative and legislative. The deadline for applications is Friday, April 20. For more information or an application, visit Reynold's Web site, [www.reynolds.house.gov](http://www.reynolds.house.gov), or call the Williamsville office at 634-2324 or the Capitol Hill office at 202-225-5265.

### Classes for caregivers now registering

Six two-and-a-half hour weekly sessions will be given to caregivers to learn to reduce stress, improve self-confidence, better communicate feelings and locate helpful resources from 2 to 4 p.m. Tuesdays through May 22 at Harris Hill Nursing Facility, 2699 Wehrle Drive, Williamsville. The course is \$25. For more information or to register, call 858-2177 or e-mail [caregiver@erie.gov](mailto:caregiver@erie.gov) or visit [www.erie.gov/depts/seniorservices](http://www.erie.gov/depts/seniorservices).

### Buffalo Gateway Chorus friend, family night set

The Buffalo Gateway Chorus will hold a friend and family night from 8 to 9 p.m. Wednesday, April 18 at Southeast Works Community Center, 181 Lincoln Ave. Call 635-8642.

### Auditory Processing program set

"Central Auditory Processing in the Home" is the topic of a presentation hosted by Diversified Services, LLC at 7 p.m. Wednesday, April 18 at 17 Limestone Drive, Suites 5 and 6. Preregistration is required. Presented by Carrie Cline, this event is designed for parents who want to learn more about central auditory processing delays. Call AnnMarie at 871-9883, ext. 101.

### Lucinda Williams to visit Mainstage Theatre

The Center for the Arts at the University at Buffalo North Campus will present Lucinda Williams at 8 p.m. Wednesday, April 18 in the Mainstage Theatre on the North Campus. Tickets are \$25. Call 852-5000.

### Poetry slam to be held at elementary school

Fourth- and fifth-graders at Windermere Boulevard Elementary will share original poetry with the public from 6:30 to 8 p.m. Wednesday, April 18 in the school auditorium, 291 Windermere Blvd. Third-graders will present their poetry to second-graders during the school day.

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