

# SENIOR NEWS

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

**Donated books for sale** in the Waiting Lounge. Three for 50 cents.

**Entertainment Books 2008**, available at the volunteer desk for \$25.

**Camera Club**, Bob Kaderabeck will present four essays on creating photo essays, 7 p.m. Wednesday, Jan. 23.

**"Hairspray,"** starring John Travolta and Michelle Pfeiffer, 12:45 p.m. Monday, Jan. 28.

**Candy Making for Chocolate Lovers**, 1 p.m. Tuesday, Jan. 29.

**Deal or No Deal**, 12:45 p.m. Tuesday, Jan. 29.

**Blizzard Bash Lunch**, 12:30 p.m. Tuesday, Jan. 31.

**Your Spine, Health and Disease**, 1 p.m. Thursday, Jan. 31

**Income Tax filing**, volunteers will be on hand to assist with Federal and New York State Income tax returns, 10 a.m. to 3 p.m. Wednesdays and Fridays starting in February and ending April 11. Appointments are necessary.

**Superbowl Trivia**, 12:45 p.m. Friday, Feb. 1.

**Cooking with Ann**, "Gnocchi," 9:30 a.m. Tuesday, Feb. 5. Cost is \$14.

**MOW Spaghetti Dinner**, 4-6:30 p.m. Wednesday, Feb. 13.

**Book Club**, "For One More Day," by Mitch Albom, 10 a.m. Thursday, Feb. 28.

**St. Joseph's Day Table**, 1-3 p.m. Monday, March 10. Tickets are \$10.

**Medicaid planning** and Elder Law issues, 1 p.m. Thursday, March 13.

**Book Club**, "Love in the Time of Cholera," by Gabriel Garcia Marquez, 10 a.m. Thursday, March 27.

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

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

**Blood Pressure Screenings**, 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.

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

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

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

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

**Pinochle**, 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, music room. Call 836-5568.

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

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

**Canasta Club** meets at 12:30 p.m. Mondays.

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

**Cribbage**, 1 p.m. Thursdays in the card room.

**Dominoes Club**, 1 p.m. second and fourth Mondays of every month.

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

**Blood Pressure Screening**, 11 a.m. to noon every Wednesday and Thursday.

**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.

## Lunch Menu

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

**Wednesday, Jan. 23** — Frankfurter and baked beans, french fries, carrots

**Thursday, Jan. 24** — Beef stroganoff with egg noodles, ratatouille, peas

**Friday, Jan. 25** — Shredded roast pork with gravy, green beans, apricots, minestrone soup

**Monday, Jan. 28** — Spaghetti with meatballs and tomato sauce, spinach, cauliflower

**Tuesday, Jan. 29** — Ham steak with honey mustard sauce, mashed sweet potatoes, creamed cabbage

## Autistic Services to exhibit at 'Art and Healing Show'

Autistic Services Inc., located in Williamsville, will take part in a monthlong "Art and Healing Show" during February at Impact Artists' Gallery, Tri-Main Center, 2495 Main St., Suite 545, Buffalo.

The show is a fine-art exhibition by artists and nonartists, with free workshops and presentations in the creative arts, drama, dance and music. The exhibition may be viewed during regular gallery hours, from 11 a.m. to 4 p.m. Wednesday through Friday and 1 to 4 p.m. Saturday.

An opening reception will be held from 1:30 to 4 p.m. Saturday, Feb. 2. There will be viewing of art, a chance to meet and mingle with the artists, and refreshments.

At 1:30 p.m. Saturday, Feb. 9, Veronica Federi-

coni, executive director of Autistic Services, will speak about the many ways the process of art helps individuals diagnosed with autism.

Following her presentation, ASI's drum group, "No Words Spoken," whose members are people with autism, will perform a drum circle in front of their panel of artwork.

The drumming group was formed in 2003 and has been performing in the community and at the annual Developmental Disabilities Awareness Day at the Buffalo Convention Center.

Autistic Services is the only Western New York agency whose primary mission is to provide personalized services to individuals with autism spectrum disorders.

## What's Going On

### Kiddie Character Carnival set at mall

The Amherst Youth Board with the Amherst Youth Foundation will present the "Kiddie Character Carnival" from 9:30 to 11:30 a.m. Saturday, Feb. 16 at the Boulevard Mall Food Court. The event will feature children's characters including Elmo, The Princesses and Spiderman. Tickets are \$6 per child and can be purchased at the Amherst Youth Board Office in the Harlem Road Community Center, 4255 Harlem Road. Tickets will also be available at the door. For more information, call 631-7215.

### ALS support group meeting set

The Amyotrophic Lateral Sclerosis support group meeting will be held from 7 to 8:30 p.m. Monday, Jan. 28 at the Eggertsville/Snyder Library, 4622 Main St. For more information on the group or the meeting, call 1-866-499-7257 or e-mail info@alsaupstateny.org.

### SOS meets regularly at CFI

The Amherst Secular Organizations for Sobriety support group meets at 7:30 p.m. Tuesday, Jan. 29 at the Center for Inquiry, 1310 Sweet Home Road, Amherst. The group, SOS, or Save Our Selves, meets weekly to support and maintain sobriety for recovering alcoholics and addicts who are uncomfortable with the spiritual nature of traditional 12-step programs. There is no charge for participation, and free parking is available. For more information, call Eric Chinchón at 636-4869, ext. 318.

### CRPS support group meeting set

The Cronic Regional Pain Syndrome/RSD Support Group will meet at 7 p.m. Monday, Jan. 28 at St. Paul's Lutheran Church, 4007 Main St., Eggertsville. For more information, call Lynda at 896-0771.

### Cat Venom sets improv comedy show

The Cat Venom comedy group will perform at 7:30 p.m. Thursday, Jan. 31, at the Center for Inquiry, 1310 Sweet Home Road. The troupe presents a collection of improvised skits focusing on social and political issues. This month's theme will be "Commercialism." General admission is \$7.15 — minimum wage.

### Adventure Club sets snowshoe trek

The Friends of the Center Outdoor Adventure Club with snowshoeing experts from Eastern Mountain Sports will give a guided winter trek through the trails of Sprague Brook Park. The trip will carpool to the park at 9 a.m. Saturday, Feb. 2, from the Center for Inquiry, 1300 Sweet Home Road, Amherst. Snowshoes are included, no experience is necessary, and children, adults and seniors are welcome. Cost is \$5. Call 636-4869, ext. 409 to register by Jan. 28.

### Fish fry dinner set at Amherst church

A fish fry dinner will be held from 5:30 to 7:30 p.m. Friday, Jan. 25 at Trinity United Methodist Church, 711 Niagara Falls Blvd., Amherst. The cost is \$9 for adults, \$5 for children. Call 835-7711.

### College seminar set at library

A seminar entitled "How to Choose the Best College for Your Student and Your Pocketbook" will be held at 7 p.m. Tuesday, Jan. 29 at the Williamsville Library, 5571 Main St., between Village and Town halls. The seminar focuses on high school sophomores and juniors but all grade levels are welcome. Reservations are suggested. For more information, call 632-6176.

### Belly dancing classes set at yoga studio

Rising Sun Yoga Studio, 13 Lincoln Road, Snyder, will hold a six week belly dancing class from 7:30 to 8:45 p.m. Tuesdays now through Feb. 12. Cost for the class, which is taught by Cathy Skora, is \$70 for all six weeks or \$16 per class. The class is appropriate for all levels, genders and ages. Attire is loose fitting clothing. For more information, call 632-5802.

### Planning ahead seminar set for Jan. 23

Dengler & Roberts Funeral Home and Perna-Pellegrino Funeral Home will hold a "Planning Ahead Seminar" at 7 p.m. Wednesday, Jan. 23 at Perna Pellegrino, 1671 Maple Road, Williamsville. Topics covered will include three easy steps to planning ahead, why many people do this type of planning, suggestion as to the right and wrong way to plan, funding options and exempt asset for Medicaid planning process. For more information, call 632-8200.

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**LOCKS OF LOVE** — Gabrielle Montalbano, a seventh-grader at Amherst Middle School, recently donated her hair to the nonprofit group Locks of Love. She is the daughter of Joe and Nadean Montalbano of Amherst. After growing her hair for just under two years, Gabrielle was able to donate 11 inches of hair at Jon Anthony's Hair Salon in Tonawanda. According to her parents, Gabrielle's motivation for her donation was witnessing her aunt battling cancer, losing her hair and needing a wig.



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