

**Amherst Senior Center**

370 John James Audubon Parkway, Amherst, NY 14228

Phone: 636-3051

<b>IN-PERSON CLASSES</b>				
<b>Site</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>
Amherst Senior Center	Friday	10/1/2021	2:00 PM	Eating With The Seasons
ASC	Monday	10/4/2021	10:00 AM	Computer Basics
ASC	Monday	10/4/2021	12:00 PM	1:1 computer questions
ASC	Monday	10/4/2021	2:00 PM	Internet Basics
ASC	Wednesday	10/6/2021	2:00 PM	History & Geology of Niagara Gorge
ASC	Wednesday	10/6/2021	6:00 PM	Better Choices for Future House Selling
ASC	Friday	10/8/2021	2:00 PM	Finding Common Ground
ASC	Wednesday	10/13/2021	2:00 PM	WNY Amusement parks
ASC	Friday	10/15/2021	2:00 PM	1950s Wrestling & Rock n Roll
ASC	Friday	10/22/2021	2:00 PM	Self-Care Tips
ASC	Monday	10/25/2021	2:00 PM	Magic and Magical Thinking
ASC	Friday	10/29/2021	10:00 AM	Digital Wallets
ASC	Monday	11/1/2021	2:00 PM	Three American geniuses

ASC	Wednesday	11/3/2021	10:00 AM	Unlocking the Past to Understand the Future
ASC	Friday	11/5/2021	10:00 AM	Patient Life Buffalo State Asylum
ASC	Monday	11/8/2021	2:00 PM	Beer Through the Years
ASC	Wednesday	11/10/2021	10:00 AM	Safe Dating Practices
ASC	Friday	11/12/2021	2:00 PM	Cyber Security
ASC	Monday	11/15/2021	2:00 PM	Preparing for Retirement
ASC	Wednesday	11/17/2021	6:00 PM	So Many Health Insurance Options
ASC	Friday	11/19/2021	10:00 AM	Asian Americans Past & Present
ASC	Friday	11/19/2021	2:00 PM	Being Social on Social Media
ASC	Monday	11/22/2021	2:00 PM	Living with Anxiety
ASC	Monday	11/29/2021	2:00 PM	Sugar, Sugar
<b>VIRTUAL CLASSES</b>				
ASC	Thursday	10/14/2021	10:30 AM	Coping with Grief & Loss: Caring for Grieving Grandchildren
ASC	Wednesday	10/21/2021	10:30 AM	Nelson Mandela
ASC	Thursday	10/27/2021	10:30 AM	Green Cleaning safe product

ASC	Thursday	11/18/2021	10:30 AM	Greater Buffalo Racial Equity
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