

# A look back, one more time

Despite the economy, the epidemic, COVID, and the snow we did it. We survived 2022 and made some good memories among the way. Below are comments of some of the things people are talking about from 2022.

John, age 17: "The main focus in my life is figuring out the whole college process. I am greatly looking forward to 2023 when the process wraps up and I have the answers to the question, "What college are you going to attend?"

Ari, age 16: "I made a new somewhat close friend, with whom I am able to talk with every day at school. We are similar in our introverted personalities. Although we have had our rough patches, we prevailed and still enjoy one another's company."

Maddie, age 15: "A personal ex-

perience that stands out to me was getting through freshman year while competing in sports. There were numerous times that I thought I wouldn't be able to make it through the year because of the stress I endured. However, I kept pushing to continue the year with a positive mindset. My family and friends kept me motivated."

Vidant, age 14: "I was delighted to be part of the local 'Sleep In Heavenly Peace' project that has many chapters nationally. I used drills and sanding tools to create beds for disadvantaged children. I am grateful that children will have a bed to sleep on. Everyone deserves a good night's sleep."

Moksh, age 11: "I helped out at a



food pantry. It felt so good to help those in need of supplies. Giving back to the community felt special to me."

Karen, adult: "2022 was a significant personal year for me. We spent our first winter as snowbirds in Florida, and the experience was fantastic both individually and as a couple for my husband and me. That was followed by the wedding of my daughter and the birth of my first grandchild. Having our family expand in such ways is a feeling beyond words! These personal events help us focus on what is so important - appreciating family and being thankful for every day."

Sally, adult: "2022 was a very interesting year. After working for 37

years, I retired. The experience is taking some time to get used to. The COVID virus continued to change how we went about our daily business, wear a mask, wipe the cart, use your hand sanitizer and so on. Students learned through virtual classrooms where the adults worked side by side from home as well. Conducting a virtual meeting was like trying to talk to the Brady bunch, but we prevailed. I reunited with two very old friends and that has been a wonderful experience that I will continue to hold onto. As this roller coaster year comes to a close, I look forward to new adventures in 2023."

The Amherst Youth and Community Coalition would like to wish you a very best of holidays with family and friends and a prosperous, fun-filled new year.



## Senior News

Membership fees for the Amherst Senior Center are \$30 for individuals and \$50 for couples/households. Fee is higher for nonresidents. To register or get more information, visit [www.AmherstCenterforSeniorServices.com](http://www.AmherstCenterforSeniorServices.com), call 716-636-3051, or stop by and pick up an application. Make payments using cash, check or credit card. Upon joining, members may take a tour and sign up for programs and classes. Registration for winter classes is now open.

Defensive Driving Class (AARP Smart Driver): 9 a.m. - 4 p.m., Wednesday, Jan. 18. \$25 for AARP member and \$30 for non-AARP member. Checks made pay-

able to AARP Smart Driver. Include AARP membership number on check and class registration form. No fee waiver. Bring check and submit to instructor on day of class.

Calligraphy - Beginning/Continuing HYBRID: 10 a.m. - noon, Fridays from Jan. 18 - March 3. Cost is \$53. No experience is necessary. Learn or refresh knowledge of this Italian Renaissance chancery/cursive style of writing.

Cardio Drumming Evening: 4:45 - 5:35 p.m. Thursdays from Jan. 19 - Feb. 23. Cost is \$18. Equipment provided. Aerobic exercise that takes a simple movement and turns it into a full-body workout.

Foundations of Mindfulness: 9:30 - 10:30 a.m. Saturdays from Jan. 14 - Feb. 18. No prior experience required. Class provides an overview of the foundational concepts, principles and practices of mindfulness. Class held at the Harlem Road Community Center,

4255 Harlem Road, Amherst.

Understanding Hockey 101: 11 a.m. - noon Thursdays from Jan. 19 - Feb. 2. Cost is \$10. Learn the basics of how hockey is played, from its history to the game of today.

Yoga (Afternoon): 4 - 5

p.m., Tuesdays from Jan. 17 - Feb. 14. Cost is \$16. Relieve emotional tension and stress through breath awareness and systematic training. Bring floor mats to class.

Yoga (Zoom): 9 - 10:15 a.m. Wednesdays from Jan. 11 - Feb. 15. Cost is \$18.

## Bee What's Going On

### Youth program serves ages 12 - 13

Rite 13 is part of a six-year program called Journey to Adulthood. Classes will meet from 9:45 to 10:30 a.m. Sundays at Calvary Episcopal Church, 20 Milton St. at South Cayuga Road, Williamsville. The purpose is to help youth begin to make choices about how they will fully live their faith in this world by walking alongside and supporting them as they explore options on how to integrate their uniquely personal faith into their young adult lives. The program will be led by volunteer co-leaders, consisting of one male and one female. To learn more, email [general@calvaryepiscopal.net](mailto:general@calvaryepiscopal.net) or call 716-633-7800. All are welcome.

MusicalFare presents 'Lady Day at Emerson's Bar and Grill' MusicalFare Theatre will

present "Lady Day at Emerson's Bar and Grill" at 8 p.m. Fridays and Saturdays and 2 p.m. Sundays from Jan. 13 to 29 at 4380 Main St. in Amherst. This production takes place in the late 1950s in Philadelphia only four months before Billy Holiday's death and provides insight on the woman behind the music. This performance starring Jazz-Buffalo's Female Vocalist of the Year Alex McArthur, is directed by Thembi Duncan with music direction by Grammy-Award winner George Caldwell. Tickets are \$40 and reservations may be made by calling 716-839-8540 or online at [www.musicalfare.com](http://www.musicalfare.com).

### WNY Winter Hiking Challenge

Explore 20 snow-friendly trails during winter in Western New York. Each trail offers a unique landmark including waterfalls, ruins, bridges and more.

The challenge encourages people to get outside, embrace the cold, and reap the many benefits of hiking in cold weather. The cost is \$22 for individuals and \$65 for families. All proceeds from the challenge will be donated to the WNY Land Conservancy, Foot-hills Trail Club, Niagara Frontier Search & Rescue. Pet-friendly trails benefit Sadie's Safe Harbor Canine Rescue. Registration is open through March 20. Register at [outsidechronicles.com/winter](http://outsidechronicles.com/winter).

### Museum Open House on Sunday

The Village of Williamsville Historical Society Museum in The Meeting House, 5658 Main St., will be open from 1 to 3 p.m. on Sunday, Jan. 8. Look at the past including pictures, artifacts, Glen Park information, maps, business items and more. Free admission and parking.

**HAPPY NEW YEAR!**

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<p style="font-size: 1.2em; font-weight: bold; color: white;">Boutique</p> <ul style="list-style-type: none"> <li>• Skin Care Products</li> <li>• Massage Products</li> <li>• Luxury Lingerie                             <ul style="list-style-type: none"> <li>• Hosiery</li> <li>• Swimsuits</li> </ul> </li> <li>• Women's Sensual Items</li> </ul>	<p style="font-size: 1.2em; font-weight: bold; color: white;">Spa Services</p> <ul style="list-style-type: none"> <li>• Massage Therapy                             <ul style="list-style-type: none"> <li>• Facials</li> <li>• Waxing</li> </ul> </li> <li>• Eyelash Extensions                             <ul style="list-style-type: none"> <li>• Lash Lifts</li> </ul> </li> <li>• Dental Whitening</li> <li>• Body Contouring</li> </ul>
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Now Booking Body Contouring Treatments

### News Briefs

Williamsville South High School will host a no-sort can and bottle drive fundraiser from 9 a.m. to noon on two Saturdays, Jan. 7 and 21, in the back parking lot of Williamsville South High School, 5950 Main St., Williamsville.

No sorting is necessary, drop and go service provided. The fundraiser is hosted by and will benefit the Williamsville South baseball team. For more information, call Sean at 716-949-1989 or email [seanmunzert@gmail.com](mailto:seanmunzert@gmail.com).