

Amherst Survival Center's Calendar



Our Hours

Monday: 11AM-3PM

Tuesday: 11AM-3PM

Thursday: 11AM-7PM

Friday: 11AM-3PM

Limited Programs

3rd Saturday

9:30-11:30

August 2017

Monday	Tuesday	Wed	Thursday	Friday	Sat
	1 11-1 DIABETES SCREENING 11:30-12:30 Food Stamp/SNAP Assistance 1-2:30 Salvation Army (vouchers)	2 <u>1-2PM Mobile Food Program</u> Southpoint Apartments	3 11-1 DIABETES SCREENING 11:30-1 Job Search Assistance 1:30-4 Health Insurance Help 2-6 Elliot Homeless Services 3:00 Movie 4:30-5:30 Free Health Clinic 5:00 Movie 5:30-6:30 Food Stamp/SNAP	4 12:30-1:30 Nutrition and Diabetes	5
7 11-12:30 Info and Referral 12:30-1:30 Free Health Clinic	8 11:30-12:30 Food Stamp/SNAP Assistance 1-2:30 Salvation Army (vouchers)	9	10 11:30-1 Job Search Assistance 1:30-4 Health Insurance Help 2-6 Elliot Homeless Services 3:00 Movie 4:30-5:30 Free Health Clinic 5:00 Movie	11 12-1 Music with Jay	12
14 11-12:30 Info and Referral 11:15-11:45 Movin to the Music 12:30-1:30 Free Health Clinic	15 11:30-12:30 Food Stamp/SNAP Assistance 1-2:30 Salvation Army (vouchers)	16	17 11:30-1 Job Search Assistance 1:30-4 Health Insurance Help 2-6 Elliot Homeless Services 3:00 Movie 3-4:30 Cooking with Whole Foods 4:30-5:30 Free Health Clinic 5:00 Movie 5:30-6:30 Food Stamp/SNAP	18 12-1 Tunes@ Noon	19 9:30-11:30 FOOD PANTRY OPEN
21 11-12:30 Info and Referral 12:30-1:30 Free Health Clinic	22 11:30-12:30 Food Stamp/SNAP Assistance 1-2:30 Salvation Army (vouchers)	23	24 11:30-1 Job Search Assistance 1:30-4 Health Insurance Help 2-4:30 Sewing Workshop 2-6 <u>NO</u> Elliot Homeless Services 3:00 Movie 4:30-5:30 Free Health Clinic 5:00 Movie	25 Open!	26
28 11-12:30 Info and Referral 11:15-11:45 Movin to the Music 12:30-1:30 Free Health Clinic	29	30	31 11:30-1 Job Search Assistance 1:30-4 Health Insurance Help 2-6 Elliot Homeless Services 3:00 Movie 4:30-5:30 Free Health Clinic 5:00 Movie 5:30-6:30 Food Stamp/SNAP		

ASC Community News

Amherst Survival Center
138 Sunderland Road./PO Box 9629
North Amherst, MA 01059
(413) 549-3968 <http://www.amherstsurvival.org>



August 2017

Volume 11, Issue 8

ASC Programs and Services

Hot Lunch

From 12-1, a nutritious protein-and-produce-filled meal (with vegan & vegetarian options) is served.

Community Store

We distribute donated clothing, household items, books and children's toys. Families are invited to take up to 15 items each day. **Please arrive before 2:45 (6:45 on Thursdays) if you'd like to shop.**

Food Pantry

Available once each month, income-eligible families and individuals from Amherst, Belchertown, Deerfield, Granby, Hadley, Leverett, Pelham, Shutesbury, South Deerfield, South Hadley, Sunderland, Ware & Whately. **Please arrive before 2:45 (6:45 on Thursdays) if you'd like a Food Box.**

Fresh Food Distribution

You can get fresh bread and produce here everyday. Open from 11-12 and 12:30-closing.

Free Health Clinic

Doctors can answer your medical questions: Mondays from 12:30-1:30 and Thursdays from 4:30-5:30 .

Thursday evenings—We serve a light meal from 5-6 and show movies in our dining area.

Fitness/Health

Some Mondays from 11:15-11:45, **Robin for Movin' to the Music!**

Information and Referrals

Meg will be available with information and referral on Mondays.

Food Stamp/SNAP Assistance

Ruth and Margo from the **Food Bank of Western MA** will be here every Tuesday mid-day and on Thursday evenings to help with applications.

Vouchers

Meg from the **Salvation Army** can provide vouchers for clothing and prescriptions on Tuesdays,. May also be able to help with utilities. **She can only serve people who live in Amherst, Pelham, Hadley, Shutesbury, Leverett, Whately and Sunderland.**

Job Search Assistance

Cristina can help folks with job search and resume/application advice on Thursdays from 11:30-1.

Health Insurance Assistance

Brenda from **Health Care for the Homeless** can fill out the paperwork to get insurance on Thursdays.

Housing Help

Charlyn from **Eliot Homeless Services** will be here on Thursdays to help the homeless and other.

Community Events

Diabetes Screening—Monday July 31st-Thursday, August 3rd. 11AM-1PM

Nutrition and Diabetes workshop—Friday, August 4th 12:30-1:30PM

Music with Jay—Friday, August 11th

Cooking with Whole Foods! - Thursday, August 17th 3-4:30PM

Tunes@Noon —Friday, August 18th. *Eshu Bumpus, Paul Arslanian, Bob Weiner: Songs for Social Justice.*

Sewing Workshop! Bring your mending/sewing project and learn!

Thursday. August 24th 2-4:30. Sign up first with Tracey at 540-3968 x102.

Calendar on Back....