

# UNIVERSITY EXPRESS



FALL  
2021

Lifelong Learning for Adults Age 55+



ERIE COUNTY DEPARTMENT OF SENIOR SERVICES NY CONNECTS

**858-8526** | [ERIE.GOV/SENIORSERVICES](http://erie.gov/seniorservices)

**FREE VIRTUAL CLASSES & IN PERSON**

ON CURRENT AFFAIRS, HISTORY, SCIENCE, THE ARTS,  
WELLNESS, AND MORE!

UNIVERSITY EXPRESS IS BROUGHT TO YOU THROUGH A COLLABORATION OF:

*Wegmans*



ERIE COUNTY DEPARTMENT  
OF SENIOR SERVICES







# She's teaching the next generation of musicians.

As the music director of the Buffalo Philharmonic Orchestra, JoAnn Falletta knows the importance of bringing music and culture to life in our community. Whether she's on the stage of Kleinhans Music Hall or working with her individual students, JoAnn leads and inspires each and every day. Because she knows that together, we make a mark.

[bcbswny.com](http://bcbswny.com)

Highmark Blue Cross Blue Shield of Western New York is a trade name of Highmark Western and Northeastern New York Inc., an independent licensee of the Blue Cross Blue Shield Association. This is a paid endorsement.

**TOGETHER,  
WE MAKE A  
MARK.**



**HIGHMARK**  
WESTERN NEW YORK

# TABLE OF CONTENTS

Welcome Letter ..... 5

How to Register ..... 6

## Class Listings by Topic:

### VIRTUAL CLASSES

Current Events..... 7

History ..... 7

Humanities ..... 8

Environment ..... 9

Science and Medicine..... 10

Wellness ..... 11

### IN-PERSON CLASSES

Current Events..... 12

History ..... 15

Humanities ..... 20

Law and Finances..... 21

Environment ..... 23

Science and Medicine..... 23

Wellness ..... 25



## JOIN THE MOVEMENT!

There's a revolution happening in joint replacement and Excelsior Orthopaedics is leading the way. Success rates are high, recovery times are low, and in some instances you can get a new knee, hip, or shoulder without ever setting foot in a hospital. In addition to having nationally recognized surgeons and facilities, Excelsior is pioneering an approach that puts patients in charge. And that's revolutionary. Appointments are available just as soon as you are, so there's no reason to wait.

**TO LEARN MORE, CALL 716-250-6513 OR VISIT [WWW.NEWJOINTNOW.COM](http://WWW.NEWJOINTNOW.COM)**



**Excelsior Orthopaedics™**

*Wegmans*  
pharmacy

# It's easy to switch!

Transfer your prescriptions  
today either in-store or at  
[wegmans.com/transferRx](http://wegmans.com/transferRx)





## A New Season of Learning

Welcome to our fall 2021 semester! We're excited to offer you a mix of our traditional in-person classes and virtual classes. We're so grateful to our instructors, locations, and all of you for embracing this new style of learning, as we ensure the program continues to meet your needs and expectations.

Flip through to see this semester's growing list of class offerings. Be sure to note how and where you can participate. Visit [erie.gov/universityexpress](http://erie.gov/universityexpress) for more information, recordings of past classes, and the chance to sign up for our email list. Enjoy!



Stay well,

David J. Shenk  
Commissioner

Erie County Department  
of Senior Services



ERIE COUNTY DEPARTMENT  
OF SENIOR SERVICES



Did you know?

Senior Services offers funding for *consumer directed* in-home services!

- Do you have a loved one that you would like to get paid to care for?
- Do you need help and would like to pay your friend to help you?
- Would you like a part time job helping people?

Call 716-858-8526 to learn more!

Are you froggy  
about all your  
choices to fill the  
gaps in Medicare?

Are you hopping  
mad because of  
all the confusion?



Call the Erie County  
Department of Senior Services'  
Health Insurance Resource Center  
at 716-858-7883!

We can help explain your  
insurance options.

# HOW TO REGISTER FOR A UNIVERSITY EXPRESS CLASS

## 1) Read through the catalog to see what interests you.

All University Express classes are free and either in-person or virtual using Webex. Some classes may be recorded and posted on our website at a later date.

## 2) Register for the classes that interest you.

**Virtual Classes:** Visit our website to register for the classes you want to virtually attend. You'll receive an email confirming your registration status after registering. You can call our office for assistance if you do not have internet access.

**In-Person Classes:** Call the location where the in-person class is offered and reserve your spot. You must register ahead of time. Some locations may also be showing our virtual livestreams. Visit our website for their full schedules.

## 3) Make sure you have the right technology.

You can access the virtual classes from your smartphone, tablet, or computer. You may also phone in if you'd just like to listen to the presentation. Visit our website or call for more information.

## 4) Participate in the classes you registered for!

**Virtual Classes:** Once your registration is accepted, you will receive email reminders before the class(es) start that you can join from. Visit our website for instructions on how to join a class.

**In-Person Classes:** Make sure you called the location ahead of time to register. Be sure to follow all safety guidelines at the location you are attending.

Website: [erie.gov/universityexpress](http://erie.gov/universityexpress) | Phone: (716) 858-7605

## CURRENT EVENTS (VIRTUAL)

### All Things Travel with AAA

Learn about current travel trends, safety information, and day-trip locations to view beautiful fall foliage.

**Instructor:** Elizabeth Carey, director of public relations and corporate communications, AAA Western and Central New York

**Wednesday, October 13 10:30 a.m.**

.....

### Greater Buffalo Racial Equity Roundtable

Learn about the Roundtable's work to bring equity and prosperity to our region. We'll discuss who's at our table, specific strategies we're harnessing, and how you can make a difference.

**Instructor:** Felicia Beard, senior director of racial equity initiatives, Community Foundation for Greater Buffalo

**Thursday, November 18 10:30 a.m.**

.....

### How Local Government Works

Learn how towns, villages, and counties in New York State work together and work for you.

**Instructor:** David J. Shenk, commissioner, Erie County Department of Senior Services; former Boston town clerk

**Tuesday, October 19 10:30 a.m.**

### Erie County's Gallery of Online Maps

Learn about the interactive online maps available for free through Erie County's website, and how to access and use the Tax Parcel mapper, Natural Resource Inventory map, County Parks finder, and more.

**Instructor:** Lisa Matthies-Wiza, GISP, director, Office of Geographic Information Services, Erie County Department of Environment and Planning

**Wednesday, December 1 10:30 a.m.**

.....

### Challenges to Native Well-Being: Trauma and Community History

Learn about seldom-recognized aspects of history that haven't been favorable for many Native people and communities.

**Instructor:** Pete Hill, special initiatives coordinator, Native American Community Services of Erie & Niagara Counties, Inc. (NACS)

**Tuesday, October 5 10:30 a.m.**



Reconnect with your health and wellness goals by getting outside. Fall is a great time for hiking, biking, and exploring the great outdoors.

## HISTORY (VIRTUAL)

### Nelson Mandela

Mandela lived one of the most remarkable lives of the 20th century. Discover how he went from prison cell to presidential office.

**Instructor:** Claude Welch, PhD, SUNY distinguished service professor emeritus, department of political science, University of Buffalo

**Thursday, October 21 10:30 a.m.**

### The Founding of a Jewish Community in Buffalo, 1840s–1880s

Find out about the religious, civic, social, and work lives of Jewish Buffalonians. This first class in a series traces and explores institutions, businesses, families, and individuals who played a role.

**Instructor:** Chana Revell Kotzin, PhD, historian, Jewish Buffalo History Center

**Tuesday, November 23 10:30 a.m.**

**Cruising the Elbe:  
From Berlin to Prague**

Step onto a paddle wheeler and travel along one of Europe’s storied rivers. We’ll float between two of the continent’s most interesting cities, with major tours along the way.

**Instructor:** Claude Welch, PhD, SUNY distinguished service professor emeritus, department of political science, University of Buffalo

**Thursday, December 2 10:30 a.m.**

**F. Scott Fitzgerald and Jay Gatsby’s  
Gold Coast: The Long Island  
Mansions That Inspired the Setting  
for America’s Great Novel**

This mother and son, long-time fans of Fitzgerald’s novel, will share photos, discuss the regional history, and read excerpts to paint a picture of what inspired Fitzgerald’s masterpiece.

**Instructors:** Linda Drajem, PhD, retired English teacher and current memoirist; Christopher Drajem, writer and educator

**Tuesday, November 16 10:30 a.m.**

*Wegmans* healthy tip

Stock your kitchen with foods that deliver on both flavor and health. Keep fresh and frozen produce, beans, and whole grains on hand to help you feel your best.

**The Folklore of Trees**

Tree folklore helped our ancestors understand their connection to the natural world — to this day, it reinforces our connection with trees as living, breathing organisms.

**Instructor:** Pati Aine Guzinski, master gardener, Cornell Cooperative Extension

**Monday, October 11 10:30 a.m.**

**Vincent Van Gogh: 2021 Edition**

Through letters to his brother Theo and reviewing his most compelling paintings, we’ll gain a new appreciation for this man’s genius.

**Instructor:** Jean Serusa, BS, MS, certified New York State art educator

**Monday, October 4 10:30 a.m.**

**What Am I Looking At?**

We’ll get an overview of American museums from mastodon mania to community engaging art institutions. Learn how to enhance your visit with basic aesthetic guidelines to understand the works before you go.

**Instructor:** Jean Serusa, BS, MS, certified New York State art educator

**Friday, October 8 10:30 a.m.**



**Green Cleaning:  
An Introduction to Safer Cleaning  
Products for Your Home**

Learn about the health impacts associated with chemicals in some cleaning products, how to find out what's in the products you may be using, and how to find safer products. We'll also introduce a recipe booklet you can download with recipes to make your own cleaning supplies!

**Instructor: Donna Wysokenski, environment and health education coordinator, Environmental Health Study for Western New York, University at Buffalo**

**Wednesday, October 27 10:30 a.m.**

**Tonawanda Coke:  
Historic Land Use and Its Impact  
on the Environment and Local  
Communities**

Tonawanda Coke was in operation for more than 100 years. Learn more about the coking process, the corporation's conviction under the Clean Air Act, and more.

**Instructor: Tammy Milillo, research scientist, Environmental Health Study for Western New York, department of epidemiology and environmental health; research assistant professor, department of chemistry, University at Buffalo**

**Wednesday, November 17 10:30 a.m.**

**Sow Many Seeds!**

As we prepare to tuck our gardens in for the season, we can rejoice that seed catalog season is here! We'll unpack a lot of symbols and terms, talk about the importance of regional adaptation, and choose varieties that will thrive.

**Instructor: Caitlin Tucker, extension assistant, Cornell Cooperative Extension — Cornell Vegetable Program**

**Thursday, December 9 10:30 a.m.**

**Buffalo, City of Good Food  
Neighbors: Part 1**

Did you know Buffalo is home to more than a dozen urban farms and 100+ community gardens? Collectively, they have transformed more than 10 acres of vacant spaces into beautiful, bountiful spaces that feed their neighbors.

**Instructor: Caitlin Tucker, extension assistant, Cornell Cooperative Extension — Cornell Vegetable Program**

**Thursday, October 28 10:30 a.m.**

**Buffalo, City of Good Food  
Neighbors: Part 2**

Our panelists work to ensure our neighbors have access to culturally appropriate, affordable, and healthy foods. Let's learn about how they got started and how you can support current and aspiring urban farmers and gardeners.

**Instructors: Caitlin Tucker, extension assistant, Cornell Cooperative Extension — Cornell Vegetable Program; Allison DeHonney, CEO, Urban Fruits and Veggies LLC; Matt Kauffman, farm manager, 5 Loaves Farm; Tim Chen, program manager, Grassroots Gardens Western New York**

**Wednesday, November 10 10:30 a.m.**



People who exercise regularly are less likely to experience depression, weight gain, sleep disturbance, diabetes, high cholesterol, high blood pressure, and cancer.

## Vitamin D

We'll learn why vitamin D is necessary for our bodies and ways to increase our levels.

**Instructor: Darcie Hanson, RN, clinical coach, Highmark Blue Cross Blue Shield of Western New York**

**Wednesday, October 20 10:30 a.m.**

## What Is Prediabetes?

We'll talk about the risk factors, testing, and ways to help prevent developing Type 2 diabetes. You'll leave with nutritional tips and exercise ideas.

**Instructor: Darcie Hanson, RN, clinical coach, Highmark Blue Cross Blue Shield of Western New York**

**Wednesday, October 6 10:30 a.m.**

## High Blood Pressure

Learn about the ranges for high blood pressure, risk factors, and treatment paths.

**Instructor: Darcie Hanson, RN, clinical coach, Highmark Blue Cross Blue Shield of Western New York**

**Tuesday, December 7 10:30 a.m.**

## Fabulous Fiber!

Eating a diet high in fiber is a big step toward improving your health, but most Americans don't consume the recommended amount each day. We'll discuss how you can add more fiber to your diet and pick up some healthy recipes.

**Instructor: Jennifer Johnson, health promotion coordinator, Highmark Blue Cross Blue Shield of Western New York**

**Tuesday, November 30 10:30 a.m.**

## Nutrition in the News

It can be hard to know what to believe in the news or online. Are some foods really "superfoods"? Are there some foods you should completely avoid? Learn how to separate the fact from the fiction.

**Instructor: Jennifer Johnson, health promotion coordinator, Highmark Blue Cross Blue Shield of Western New York**

**Wednesday, December 8 10:30 a.m.**

## Perk up Your Posture

We'll discuss the muscles and bones that keep you upright. You'll learn the importance of good posture and some tips to help you achieve it.

**Instructor: Jeannethe King, PT, DPT, ATC, Excelsior Orthopaedics**

**Thursday, November 4 10:30 a.m.**

## Eat More Plants! How to Transition to a More Plant-Based Diet

We know eating a whole-food, plant-based diet is beneficial to our health, but how do we actually do it? We'll focus on tips for transitioning, how to change our eating and health behaviors, and more.

**Instructor: Jennifer Kuhrt, population health manager, Highmark Blue Cross Blue Shield of Western New York**

**Monday, November 1 10:30 a.m.**

## Living with COPD: Self-Care for People Diagnosed with Chronic Obstructive Lung Disease

The presentation is for people living with COPD and their significant others. We'll review treatment and medication options, daily self-care tips, warning signs, and when to call your doctor.

**Instructor: Suzanne Stoklosa, MSN, ANP-BC**

**Tuesday, November 9 10:30 a.m.**

## *Wegmans* healthy tip

Support a healthy immune system by enjoying foods like seafood, fruits, and veggies.

## Let's Talk about Depression and Suicide

We'll cover the signs and symptoms of depression and what treatment can look like. We'll also discuss risk factors for suicide and where to get help.

**Instructor: Mark O'Brien, LCSW-R, commissioner, Erie County Department of Mental Health**

**Tuesday, October 26 10:30 a.m.**

## Going Places

Learn about the transportation options available for older adults in Erie County. We'll discuss eligibility, registration, and scheduling.

**Instructor: Scott Freudenheim, principal dispatcher, Erie County Department of Senior Services**

**Thursday, October 7 10:30 a.m.**

## Where to Start?

There's a way to write and deliver a beautiful eulogy. Our class will demonstrate successful techniques. Please bring paper and a pen.

**Instructor: Jim Banko, retired English teacher, Buffalo Public Schools**

**Wednesday, November 3 10:30 a.m.**

## Expressive Arts Therapies: Creativity, Comfort, Connectivity, and Healing

The expressive arts foster self-expression and the unique opportunity to explore a creative outlet while addressing physical, emotional, cognitive, and social goals. Learn how these vibrant therapies can enhance one's well-being and overall quality of life.

**Instructor: Abigail Unger, LCAT, MT-BC, vice president of psychosocial services, Hospice & Palliative Care Buffalo**

**Monday, November 22 10:30 a.m.**

## Coping with Grief and Loss: Caring for Grieving Grandchildren

Supporting children as they grieve is instrumental to their understanding of life and relationships. Join us in exploring how grief looks different for children, how to approach difficult conversations, and how to support them during such confusing times.

**Instructor: Anna VanDien, LCSW, coordinator, Wilson Support Center & Hospice Bereavement Services**

**Thursday, October 14 10:30 a.m.**

## Safe Travels

Driving in autumn and winter brings special challenges, even for experienced drivers. This presentation will cover securing your home and vehicle before traveling, safe driving techniques, and personal safety while traveling.

**Instructor: Pati Aine Guzinski, training coordinator, Public Health Emergency Preparedness Division, Erie County Department of Health**

**Monday, October 25 10:30 a.m.**

## Teachings of the "Good Mind"

We'll share traditional, cultural messages of the Haudenosaunee people that help us to carry a "Good Mind" and promote respect, kindness, endurance, and compassion.

**Instructor: Pete Hill, special initiatives coordinator, Native American Community Services of Erie & Niagara Counties, Inc. (NACS)**

**Tuesday, October 12 10:30 a.m.**

## Understanding Veterans Benefits

Find out about the federal, state, and local benefits for which veterans, current service members, and their families may be eligible.

**Instructor: Daniel Ratka, veterans service officer, Erie County Veterans Service Agency**

**Monday, October 18 10:30 a.m.**



## CURRENT EVENTS (IN-PERSON)

### The Perception of Time

Learn about how time is mentally constructed and significantly personalized as it ebbs and flows throughout our lives.

**Instructor:** John Harrigan, PhD, professor, SUNY Erie

**Thursday, October 14** 2 p.m.

Elma Public Library, 652-2719 to register

**Tuesday, October 26** 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

---

### Price Gouging versus Supply and Demand

Learn the difference between price gouging and supply and demand and find out where to file complaints. We'll also hear how consumers can avoid panic buying.

**Instructor:** Jess Poleon, director of consumer protection, Erie County Office of Public Advocacy

**Tuesday, October 5** 10:30 a.m.

Grand Island Golden Age Center, 773-9682 to register

---

### America and China: What's on the Horizon?

Are we friends or foes? What are both powers thinking about the relationship? How can they both shape this world and make it better for everyone?

**Instructor:** Faizan Haq, communication department faculty, Buffalo State College; founding president, Western New York Muslims

**Tuesday, November 16** 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

### The Anatomy of a News Story

This class will provide a lesson in the background of news seldom seen by readers, viewers, and listeners.

**Instructor:** Lee Coppola, veteran newspaper and television reporter; retired dean of St. Bonaventure University's Journalism School

**Friday, October 8** 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

**Tuesday, October 26** 5:30 p.m.

**Dinner & Learn** 5 p.m. dinner

Akron Senior Center, 542-6645 to register

**Thursday, November 18** 2 p.m.

Elma Public Library, 652-2719 to register

**Thursday, December 2** 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

---

### Supports and Treatments for Mental Illness

We'll talk about the main types of mental illness and their prevalence, where to get help, and what that help can look like.

**Instructor:** Mark O'Brien, LCSW-R, commissioner, Erie County Department of Mental Health

**Tuesday, December 7** 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

---

### Cryptocurrency: What's the Latest?

Bitcoin has been around since 2017, and new cryptocurrencies are popping up for use instead of paper or plastic. Could banks fall by the wayside?

**Instructor:** Adam Goldfarb, ChFC, financial advisor, RJFS; chief sustainability officer, Goldfarb Financial Team

**Friday, October 22** 1:30 p.m.

Clarence Senior Center, 633-5138 to register

**Monday, November 8** 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

**Tuesday, November 9** 10 a.m.

Cheektowaga Senior Center, 686-3930 to register



According to the CDC, flu season runs October–May, which means now is the time to get your flu shot! Talk to your primary care doctor to learn more.

### Vetting Your Sources

What is fake news? How do you spot wrong information? Where does it run most rampant? We'll give you tips and tricks to vet your sources.

**Instructor: Ryan Gadzo, MPA, research analyst, Erie County Department of Senior Services**

**Thursday, October 7 10 a.m.**  
Hamburg Senior Community Center, 646-0665 to register

**Tuesday, October 19 10 a.m.**  
Grand Island Golden Age Center, 773-9682 to register

### Diversity in Western New York

Learn the difference between refugees, immigrants, and asylum seekers; the process they go through to come to the U.S., and the challenges when they arrive.

**Instructor: May Shogan, director of international exchanges and education, International Institute of Buffalo**

**Wednesday, October 13 10:30 a.m.**  
Grand Island Golden Age Center, 773-9682 to register

**Thursday, November 4 1:30 p.m.**  
Orchard Park Senior Center, 662-6452 to register

### Being Social on Social Media

Join us for a lesson on how platforms like Twitter, Instagram, Facebook, and TikTok are used; how they work; and how you can join.

**Instructor: Cassandra Kubiak, MS, director of enrollment marketing, Niagara University**

**Friday, November 19 2 p.m.**  
Amherst Senior Center, 636-3051 to register

**Friday, December 3 1:30 p.m.**  
Orchard Park Senior Center, 662-6452 to register

### What's a Filibuster?

Is it time to end the filibuster? Is it outdated? Is it blocking progress? Join us for an informational discussion.

**Instructor: Len Lenihan, political analyst; former community and political leader**

**Friday, November 19 1 p.m.**  
City of Tonawanda Public Library, 693-5043 to register

### Asian Americans, Past and Present

Using the 1965 Immigration and Nationality Act as a turning point in Asian immigration to the U.S., the class will offer snapshots of Asian American experiences during the periods of exclusion and inclusion.

**Instructor: Jeehyun Lim, associate professor of English, University at Buffalo**

**Friday, November 19 10 a.m.**  
Amherst Senior Center, 636-3051 to register



A good workout can cause muscle damage, resulting in inflammation. Studies suggest a cup and a half of tart cherries or one cup of juice significantly reduces muscle soreness.

## CURRENT EVENTS (IN-PERSON)

### Cybersecurity

How does a cyberattack work? What is ransomware, malware, and spyware?

**Instructor: Nathan Bake, information security officer, Erie County**

**Friday, November 12 2 p.m.**

Amherst Senior Center, 636-3051 to register

**Thursday, December 2 2 p.m.**

Elma Public Library, 652-2719 to register

---

### The Syrian Civil War (2011–present)

We'll focus on the conflict's political, sectarian, ethnic, and socioeconomic causes, as well as its far-reaching consequences on the region in general — particularly U.S. foreign policy.

**Instructor: York Norman, PhD, professor, department of history and social studies education, Buffalo State**

**Wednesday, October 13 10:30 a.m.**

Orchard Park Senior Center, 662-6452 to register

---

### Gaza

Considering the recent Israeli military activities in Gaza, we'll examine how this event fits into the Arab–Israeli conflict overall, and what it means for American relations with all sides.

**Instructor: York Norman, PhD, professor, department of history and social studies education, Buffalo State**

**Wednesday, October 27 1:30 p.m.**

Cheektowaga Senior Center, 686-3930 to register

### Buffalo's Tourism Development

Buffalo is experiencing a remarkable transformation. We'll talk about the recent developments and what is yet to come in the City of Good Neighbors.

**Instructor: Patrick Kaler, president/CEO, Visit Buffalo Niagara**

**Thursday, October 21 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register



### healthy tip

Exercising your mind is just as important as exercising your body. Meditation can enhance emotional health, improve sleep, and even lower blood pressure. Try deep breathing exercises or yoga.



## The Library of Congress: Our Nation's Crown Jewel

Learn how the Library of Congress in Washington literally rose from the ashes of war to become the most renowned library in history.

**Instructor: Judith Geer, retired educator and librarian, Erie Community College**

**Monday, October 25 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Thursday, October 28 1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

**Wednesday, November 3 1:30 p.m.**

Cheektowaga Senior Center, 686-3930 to register

## Buffalo's East Side Industry

Join us for a talk about the ethnic, cultural, and manufacturing center for Buffalo and Western New York.

**Instructor: Shane E. Stephenson, director of museum collections, Buffalo & Erie County Naval and Military Park; owner, Archives in the Buff**

**Wednesday, October 6 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

**Monday, November 22 2 p.m.**

Akron Senior Center, 542-6645 to register

## The Buffalo Naval Park

Learn about the three ships docked at the largest inland naval museum in the country. You'll hear their history and the memorable events of which they were a part.

**Instructor: Shane E. Stephenson, director of museum collections, Buffalo & Erie County Naval and Military Park; owner, Archives in the Buff**

**Wednesday, October 13 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

**Friday, November 12 1 p.m.**

Town of Tonawanda Senior Center, 874-3266 to register

**Friday, December 10 2 p.m.**

Akron Senior Center, 542-6645 to register

## Nikola Tesla: Before and After

How did Tesla change the world of electricity — and the world itself?

**Instructor: Francis S. Lestingi, PhD, professor emeritus of history of science and physics, Buffalo State, SUNY; president and cofounder, Buffalo Niagara Nikola Tesla Council, Inc.**

**Monday, November 1 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

## The Niland Family

Come learn about the story of the local Niland family's contribution and sacrifice during WWII and their connection to the movie "Saving Private Ryan."

**Instructor: Preston "Pete" Niland**

**Thursday, November 18 1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

## The Erie County Poorhouse

Historic records were used to piece together details of inmates from the Erie County Poorhouse (1829–1926) to reveal the period before or after their time spent in the institution.

**Instructor: Rosanne Higgins, PhD, author; adjunct professor of anthropology, University at Buffalo**

**Friday, October 22 2 p.m.**

Akron Senior Center, 542-6645 to register

**Friday, October 29 1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

**A Deserved Legacy Lost or Ignored**

Buffalo's first environmentalist, Stanley P. Spisiak, spearheaded the cleanup of the horribly polluted Buffalo River, a nearly 40-year crusade.

**Instructor: John Zach, retired Buffalo broadcast journalist**

**Friday, December 3 1 p.m.**

West Seneca Senior Center, 675-9288 to register

**Patient Life at the Buffalo State Asylum**

Join us for a lecture on the daily life and treatment of patients at the Buffalo State Asylum during the 19th century.

**Instructor: Rosanne Higgins, PhD, author; adjunct professor of anthropology, University at Buffalo**

**Friday, November 5 10 a.m.**

Amherst Senior Center, 636-3051 to register

**Friday, November 19 2 p.m.**

Akron Senior Center, 542-6645 to register

**Western New York Amusement Parks**

Enjoy a whirlwind trip to all the amusement parks from past to present through Western New York's eight counties.

**Instructor: Rose Ann Hirsch, amusement park historian; carousel restorer**

**Wednesday, October 6 6:30 p.m.**

Elma Public Library, 652-2719 to register

**Wednesday, October 13 2 p.m.**

Amherst Senior Center, 636-3051 to register

**Wednesday, December 1 2 p.m.**

Lancaster Senior Center, 685-3498 to register

**1950s Wrestling and Rock 'n' Roll**

Hear never-before-told inside stories from wrestlers' dressing rooms, recording studios, and record hops of the 1950s "Happy Days" era.

**Instructor: Richard Derwald, musician; author; former professional wrestler**

**Friday, October 15 2 p.m.**

Amherst Senior Center, 636-3051 to register

**Friday, November 12 1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

**Friday, November 19 10:30 a.m.**

Grand Island Golden Age Center, 773-9682 to register

**Wednesday, December 1 11 a.m.**

West Side Community Services, 884-6616 to register

**Lost Downtown: The Story of Urban Renewal in Buffalo**

"Urban renewal" typically referred to a series of programs used by cities in the mid-20th century to address urban decay. Learn how Buffalo's neighborhoods were shaped by urban renewal policies.

**Instructor: Angela M. Keppel, AICP, project planner, Buffalo Place**

**Thursday, October 14 11 a.m.**

Clarence Senior Center, 633-5138 to register

**Friday, October 15 1 p.m.**

Lancaster Senior Center, 685-3498 to register

**Thursday, November 18 10 a.m.**

Schiller Park Senior Center, 895-2727 Ext 207 to register

**Friday, November 19 10:30 a.m.**

Orchard Park Senior Center, 662-6452 to register

**Monday, November 22 11 a.m.**

West Side Community Services, 884-6616 to register



Yard work can be strenuous. Be sure to stretch your shoulders, hips, and knees as you would before other exercises. A quick warm-up beforehand will get the blood flowing to your muscles and joints to make stretching easier.

### Discovering Buffalo, One Street at a Time: Part 5

We'll continue our study of how the streets in Buffalo got their names. Learn about the man who brought vocational schools to the city, how the electric chair is connected, and more.

**Instructor:** Angela M. Keppel, AICP, project planner, Buffalo Place

**Thursday, October 28 11 a.m.**

Clarence Senior Center, 633-5138 to register

### Violence behind the Battle for Women's Suffrage: A Rarely Told Story

Since our country's inception, the right to vote has been a contested issue. This presentation will give an overview of the lobbying for suffrage in the 1900s.

**Instructor:** Linda Drajem, PhD, retired English teacher; current memoirist

**Thursday, October 28 2 p.m.**

Elma Public Library, 652-2719 to register

**Friday, November 19 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

### Abraham Lincoln in Western New York

There are many memorials to Lincoln around the city and region; hear how our 16th president visited Buffalo on four occasions.

**Instructor:** Bren T. Price, Sr., retired educator; trustee, Buffalo Presidential Center; master docent, Explore Buffalo

**Friday, October 22 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

### History on Headstones: A Look at Cemeteries across Erie County

We'll look through the old cemeteries of Erie County to decipher what messages were left on headstones and monuments across the area.

**Instructor:** Doug Kohler, Erie County historian

**Friday, October 29 10 a.m.**

Akron Senior Center, 542-6645 to register

### Erie County's Top 10 Events!

The county's history spans over 200 years and includes major military conflicts, significant inventions, three presidents, and an assassination.

**Instructor:** Doug Kohler, Erie County historian

**Friday, October 22 1 p.m.**

Town of Tonawanda Senior Center, 874-3266 to register

**Monday, November 22 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

### Classical Witchcraft, Inherently Human

Review the several meanings of "witchcraft" and identify 14 attributes that describe the near-universal concept of a really terrible being.

**Instructor:** Phillips Stevens, PhD, associate professor of anthropology emeritus, University at Buffalo

**Tuesday, October 19 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

**Friday, October 29 2 p.m.**

Akron Senior Center, 542-6645 to register



### Magic and Magical Thinking, Inherently Human

We'll cover the several popular meanings of "magic" and describe six principles that comprise the anthropological meaning.

**Instructor: Phillips Stevens, PhD, associate professor of anthropology emeritus, University at Buffalo**

**Monday, October 25 2 p.m.**  
Amherst Senior Center, 636-3051 to register

### Vampires, Werewolves, Witches, and Other Creatures of the Night

Cultures throughout history have believed dangerous beings roam in search of human victims. We'll look at examples of such beliefs and explanations for them.

**Instructor: Phillips Stevens, PhD, associate professor of anthropology emeritus, University at Buffalo**

**Tuesday, October 26 1:30 p.m.**  
Clarence Senior Center, 633-5138 to register

**Thursday, October 28 2 p.m.**  
Lancaster Senior Center, 685-3498 to register

**Saturday, October 30 11 a.m.**  
Central Library, 858-8900 to register

### History of North Tonawanda Amusement

Join in a brief history of the four North Tonawanda Amusement Companies, their products, and the legacy they left behind.

**Instructor: Herschell Carrousel Factory Museum**

**Friday, November 5 1:30 p.m.**  
Orchard Park Senior Center, 662-6452 to register

**Monday, November 29 1 p.m.**  
City of Tonawanda Public Library, 693-5043 to register

### Beer through the Years

We'll journey through the history of beer in Western New York starting with Prohibition and ending where we are today.

**Instructor: Tim Herzog, founder, Flying Bison Brewing**

**Monday, October 18 1:30 p.m.**  
Orchard Park Senior Center, 662-6452 to register

**Monday, November 8 2 p.m.**  
Amherst Senior Center, 636-3051 to register

### Unlocking Our Past to Understand the Present: History of the Michigan Street Baptist Church

The Michigan Street Baptist Church is one of the oldest structures built by African Americans for African Americans in the city of Buffalo. Its members were part of the Underground Railroad, and the church community was pivotal in the development of today's African American community in Buffalo.

**Instructor: Lillie Wiley-Upshaw, chair of the Buffalo Niagara Freedom Station Coalition; co-chair of the Michigan Street African American Heritage Corridor Commission**

**Tuesday, October 5 10 a.m.**  
Schiller Park Senior Center, 895-2727 Ext 207 to register

**Wednesday, November 3 10 a.m.**  
Amherst Senior Center, 636-3051 to register



Vitamin D is necessary for strong bones and muscles. Without it, our bodies cannot effectively absorb calcium. Aim for at least 1,000 IU per day from diet or sunlight.

### Feed Sacks and Quilts

Between 1840 and 1890, cotton sacks replaced barrels for food packaging and feed storage. Learn about the clever marketing idea and how it changed the lives of families during the Depression and World Wars I and II.

**Instructor: Theresa Wiater, retired teacher, Clarence Center Elementary School**

**Thursday, October 7 1 p.m.**

Concord Senior Center, 592-2764 to register

**Friday, October 15 1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

**Monday, November 8 10:30 a.m.**

Grand Island Golden Age Center, 773-9682 to register

**Wednesday, November 10 1:30 p.m.**

Town of Aurora Senior Center, 652-7934 to register

### Historic and Influential People from WNY during the 1800s

Hear about the residents of Western New York who shaped local, regional, and national history, commerce, and culture in the 1800s.

**Instructor: Rick Falkowski, author, founder, Buffalo Music Hall of Fame**

**Friday, October 8 10 a.m.**

Akron Senior Center, 542-6645 to register

**Monday, October 25 1 p.m.**

Concord Senior Center, 592-2764 to register

### Aerospace, Automotive, and Other Industries in WNY during the 1900s

Join in a discussion of the companies that employed thousands of workers during the early 1900s.

**Instructor: Rick Falkowski, author, founder, Buffalo Music Hall of Fame**

**Monday, November 22 1 p.m.**

West Seneca Senior Center, 675-9288 to register

**Wednesday, December 8 2 p.m.**

Akron Senior Center, 542-6645 to register

### Animals of the White House

White House pets provide companionship to First Families, but they have also promoted important issues, served as ambassadors for the U.S., and played a significant role in humanizing the president's political image.

**Instructor: Courtney Speckmann, board trustee, Buffalo Presidential Center**

**Saturday, October 23 1 p.m.**

Central Library, 858-8900 to register



Falls are the leading cause of injuries among older adults. Simple modifications can substantially lower the risk: carpet your floors, reduce clutter, install handrails on stairs, and use mats in bathtubs.

**Kabuki:**

**Japan’s Extraordinary Theater**

Contemporary with the expansion of cities in Japan’s Edo Period (1600–1868), a rambunctious drama form arose to entertain the urban masses. Kabuki is still world-class theater today.

**Instructor: Thomas W. Burkman, PhD, research professor of Asian studies, emeritus, University at Buffalo**

**Friday, November 12 10:30 a.m.**

Orchard Park Senior Center, 662-6452 to register

**Behind the Curtain**

We’ll chat with directors past and present and explore the ways in which a director approaches a Shakespearean script differently than that of a performer.

**Instructor: Kyle LoConti, director; Lisa Ludwig, executive director, Shakespeare in Delaware Park**

**Monday, October 25 10:30 a.m.**

Orchard Park Senior Center, 662-6452 to register

**Three American Geniuses:**

**Walt Whitman, Mark Twain, and Frank Lloyd Wright**

We’ll examine important points of biographical similarity between these men, as well as parallels between their revolutionary innovations.

**Instructor: Robert Butler, PhD, professor emeritus, Canisius College**

**Monday, November 1 2 p.m.**

Amherst Senior Center, 636-3051 to register

**Our Town**

This play won the Pulitzer Prize for drama. “Our Town” teaches us about mortality; appreciation of life, love, and marriage; and the circle of life.

**Instructor: Jim Banko, retired English teacher, Buffalo Public Schools**

**Thursday, November 4 1 p.m.**

Hamburg Senior Community Center, 646-0665 to register

**Swinging in the 21st Century**

We’ll relive the good old days of big bands and famous clubs throughout this city. Prepare to be transported!

**Instructor: George Scott, former president, Colored Musicians Club; chairman, Michigan Street African American Heritage Corridor Commission**

**Thursday, October 14 2 p.m.**

Lancaster Senior Center, 685-3498 to register

**Tuesday, November 2 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

*Wegmans* healthy tip

Cut back on added sugars to reduce your risk for certain health conditions. Try swapping sugary beverages with regular or sparkling water.

## Guide for Basic and Advanced Estate Planning

The presentation will cover basic estate planning (wills, powers of attorney, health care proxies, living wills), advanced estate planning (revocable and irrevocable trusts), and the basics of Medicaid.

**Instructor: Daniel J. Schuller, Esq., attorney/partner, Pfalzgraf Beinhauer Grear Harris Schuller LLP**

**Thursday, October 7 2 p.m.**

Elma Public Library, 652-2719 to register

**Monday, October 11 1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

**Friday, November 5 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

**Monday, November 8 10 a.m.**

Tosh Collins Senior Center, 822-4532 ext. 103 to register

**Tuesday, November 9 11 a.m.**

West Side Community Services, 884-6616 to register

## So Many Health Insurance Options!

Receive unbiased information on Medicare Advantage plans. Discuss supplemental plans, options to pay for prescription drugs, and low-cost care options.

**Instructor: Bill Daniels, coordinator of insurance outreach, Erie County Department of Senior Services**

**Wednesday, November 10 10 a.m.**

Hamburg Senior Community Center, 646-0665 to register

**Wednesday, November 17 6 p.m.**

Amherst Senior Center, 636-3051 to register

## Digital Wallets

How do things like Apple Pay, Venmo, and PayPal work? What are the safeguards? Join us to find out.

**Instructor: Adam Goldfarb, ChFC, financial advisor, RJFS; chief sustainability officer, Goldfarb Financial Team**

**Friday, October 29 10 a.m.**

Amherst Senior Center, 636-3051 to register

## The Basics of Giving

Join for a discussion on the avenues to gift to loved ones and charities. We'll also discuss what to consider and the main implications.

**Instructor: Adam Goldfarb, ChFC, financial advisor, RJFS; chief sustainability officer, Goldfarb Financial Team**

**Friday, October 29 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

## Be an Educated Consumer

Learn about well-known scams that affect people in every walk of life, each and every day. What red flags should you watch for to identify these scams? What tips will prevent you from becoming a victim?

**Instructor: Jess Poleon, director of consumer protection, Erie County Office of Public Advocacy**

**Monday, October 4 11 a.m.**

West Side Community Services, 884-6616 to register

**Wednesday, October 13 10 a.m.**

Hamburg Senior Community Center, 646-0665 to register

**Wednesday, November 3 6:30 p.m.**

Elma Public Library, 652-2719 to register

**Wednesday, November 17 1:30 p.m.**

Cheektowaga Senior Center, 686-3930 to register

## Am I Eligible?

We'll talk about the benefits older adults commonly qualify for, such as SNAP and HEAP. Learn about eligibility guidelines and the application process, and how to get the most out of these benefits. Come prepared with an idea of your household income.

**Instructor: Rachael Vega, aging disability resource representative, Erie County Department of Senior Services**

**Monday, October 4 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

## Health Care Fraud

Medicare fraud costs taxpayers billions of dollars a year. Find out how the Senior Medicare Patrol can help you prevent, detect, and report Medicare fraud.

**Instructor: Beth Nelson, director, NYS Senior Medicare Patrol**

**Monday, October 25 11 a.m.**

West Side Community Services, 884-6616 to register

**Wednesday, October 27 10 a.m.**

Hamburg Senior Community Center, 646-0665 to register

## Preparing for Retirement

Learn about issues you'll face as you approach retirement, including when to take Social Security, how to manage your investments as you get closer to beginning distributions, assessing your Medicare choices, and preserving assets for future generations.

**Instructor: Valerie Stanek, Esq., CFP, attorney at law;  
certified financial planner**

**Thursday, October 21 1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

**Monday, November 15 2 p.m.**

Amherst Senior Center, 636-3051 to register

**Tuesday, November 30 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

## Should I Turn Things Over? Joint Accounts, Life Estates, and Powers of Attorney

We'll discuss advantages of these tools for estate and financial planning, as well as potential problems that can arise.

**Instructor: Valerie Stanek, Esq., CFP, attorney at law;  
certified financial planner**

**Tuesday, November 9 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Tuesday, November 16 1:30 p.m.**

Clarence Senior Center, 633-5138 to register



## ENVIRONMENT (IN-PERSON)

### Getting Involved in Community Climate Action Planning

Erie County is developing an equity-centered Community Climate Action Plan and is seeking your input to ensure the plan addresses impacts on your neighborhood, your backyard, and your family.

**Instructor: Tracy Skalski, sustainability coordinator,  
Erie County Department of Environment and Planning**

**Tuesday, December 7 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

### Fall Tasks in the Garden

Cutting back perennials; protecting plants and pots; overwintering geraniums, begonias, and others; bringing in houseplants; and general cleanup all help your garden survive until the spring. We'll also talk about the "leave it be" philosophy of fall cleanup.

**Instructors: Lyn Chimera, master gardener, Cornell Cooperative Extension; owner, Lessons from Nature; Carol Ann Harlos, master gardener, Cornell Cooperative Extension**

**Monday, October 4 1 p.m.**

Akron Senior Center, 542-6645 to register

**Thursday, November 4 2 p.m.**

Elma Public Library, 652-2719 to register

## SCIENCE AND MEDICINE (IN-PERSON)

### History and Geology of the Niagara Gorge

Explore the historical and cultural significance of the oldest state park in America and how it impacts us today. Discover how Niagara Falls got its shape, how it's still changing today, and what secrets lie beneath it.

**Instructor: Catherine Konieczny, MS, director of science, Penn Dixie Fossil Park & Nature Reserve**

**Friday, October 1 1 p.m.**

Town of Tonawanda Senior Center, 874-3266 to register

**Wednesday, October 6 2 p.m.**

Amherst Senior Center, 636-3051 to register

**Tuesday, October 12 1:30 p.m.**

Town of Aurora Senior Center, 652-7934 to register

**Thursday, October 21 2 p.m.**

Elma Public Library, 652-2719 to register

**Monday, November 15 1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

**Wednesday, November 17 2 p.m.**

Akron Senior Center, 542-6645 to register

### Wastewater-Based Epidemiology

Learn how Erie County and the University at Buffalo have employed wastewater-based epidemiology to better understand COVID-19 impacts locally and how these methods might help monitor community health in the future.

**Instructors: Ian Bradley, PhD, assistant professor, department of civil, structural and environmental engineering, University at Buffalo; Joseph Fiegl, PE, BCEE, deputy commissioner in the Erie County Department of Environment and Planning, Division of Sewerage Management**

**Tuesday, October 5 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

### Medical Encounters: How to Make the Most of Your Visit

Are you unsure of what questions to ask your doctor about your health or how to ask? Learn how to create a successful partnership with your doctor.

**Instructors: Lito Gutierrez, MD, member of the NYS Public Health and Health Planning Council; Elisabeth Zausmer, MD, FACP**

**Tuesday, October 19 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Monday, November 22 10 a.m.**

Tosh Collins Senior Center, 822-4532 ext.103 to register

## Sugar, Sugar!

Compare natural sugars, added sugars, and substitutes, and then discover roles each can play in a healthy pattern of eating.

**Instructor:** Jenny Ferrentino, MS, RDN, Wegmans nutritionist

**Tuesday, October 19** 10 a.m.

Hamburg Senior Community Center, 646-0665 to register

**Tuesday, November 9** 10 a.m.

Schiller Park Senior Center, 895-2727 Ext 207 to register

**Monday, November 29** 2 p.m.

Amherst Senior Center, 636-3051 to register

## Mammal Identification

Learn what defines mammals and how to determine what kind of eater they are, what kind of vision they have, and how they walk.

**Instructor:** Theresa Wiater, retired teacher, Clarence Center Elementary School

**Friday, December 3** 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

## Get up to Speed with Electric Vehicles

We'll talk about the science behind electric vehicles (EVs) and what their future may look like. You'll also learn what Erie County is doing to become more EV-friendly.

**Instructor:** Reed Braman, director of energy development, Erie County Department of Public Works

**Monday, October 11** 1 p.m.

Concord Senior Center, 592-2764 to register

**Tuesday, November 16** 1:30 p.m.

Town of Aurora Senior Center, 652-7934 to register

## The 10 Warning Signs of Alzheimer's

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

**Instructor:** Alzheimer's Association, Western New York Chapter

**Tuesday, October 19** 10 a.m.

Schiller Park Senior Center, 895-2727 Ext 207 to register

**Monday, November 15** 10 a.m.

Tosh Collins Senior Center, 822-4532 ext. 103 to register

## Effective Communication

Explore ways Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and get tips to better communicate with people living with the disease.

**Instructor:** Alzheimer's Association, Western New York Chapter

**Friday, October 8** 1 p.m.

Lancaster Senior Center, 685-3498 to register

**Monday, November 29** 10 a.m.

Tosh Collins Senior Center, 822-4532 ext. 103 to register

## Living with Anxiety

We'll discuss types of anxiety, how anxiety may impact us, and ways to cope.

**Instructor:** Mark O'Brien, LCSW-R, commissioner, Erie County Department of Mental Health

**Monday, November 22** 2 p.m.

Amherst Senior Center, 636-3051 to register

**Tuesday, November 30** 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

## The Astronomical Twilight Zone

We'll discuss the ideas of those invisible things filling our universe — dark energy and dark matter — and the arguments that require their existence.

**Instructor:** Rance Solomon, PhD candidate, department of physics, University at Buffalo

**Monday, November 29** 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

## SCIENCE AND MEDICINE (IN-PERSON)

### Eating with the Seasons

Attend this session to learn what's in-season during fall and winter, as well as some tips on preparation and cooking methods. Learn to maintain weight or work on health goals while enjoying seasonal favorites.

**Instructor: Mindy Yoder, RDN, CDN, manager, nutrition services, Excelsior Orthopaedics**

**Friday, October 1 2 p.m.**

Amherst Senior Center, 636-3051 to register

**Tuesday, October 26 1:30 p.m.**

Town of Aurora Senior Center, 652-7934 to register

### All about Supplements

Learn about the myths and truths about supplements. Do they work? How do they work? Are they safe?

**Instructor: Mark S. Lenard, RPh, pharmacist, Mobile Primary Care**

**Tuesday, October 26 10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

### Dr. Roswell Park (1852–1914), Renaissance Man

Learn about the rich life of this brilliant man — and his many contributions to his adopted city and the advancement of cancer research and treatment nationally and internationally.

**Instructor: Cynthia Schwartz, director, Alliance Foundation Ambassador Program, Roswell Park Comprehensive Cancer Center**

**Friday, October 22 1 p.m.**

West Seneca Senior Center, 675-9288 to register

### Artifact Detective

How well do you know your artifacts? A museum docent will bring a canvas bag of artifacts so the audience can identify what each object is and what it does.

**Instructor: Buffalo History Museum**

**Wednesday, October 20 10 a.m.**

Akron Senior Center, 542-6645 to register

### Palliative Care and Advance Directives

The goal of palliative care is to improve quality of life for patients and their families. Learn more about this medical specialty and how to have conversations about your values and wishes for your future care.

**Instructor: Kenmore Mercy Palliative Care Team**

**Saturday, October 9 11 a.m.**

Central Library, 858-8900 to register

**Wednesday, December 8 11 a.m.**

West Side Community Services, 884-6616 to register

## WELLNESS (IN-PERSON)

### Living with Vision Loss

We'll discuss the types of visual impairment and available programs and services to assist.

**Instructor: Amanda Cleesattel, MS, OTR/L, vice president of Vision Rehabilitation Services, VIA**

**Monday, October 18 10:30 a.m.**

Grand Island Golden Age Center, 773-9682 to register

### Communication Competence

The importance of communication within relationships is crucial to interpersonal health and balance. Learn how to effectively communicate while avoiding miscommunications.

**Instructor: John Harrigan, PhD, professor, SUNY Erie**

**Tuesday, November 16 2 p.m.**

Hamburg Senior Community Center, 646-0665 to register

## The Wonderful World of Herbs

Why do we call some plants “herbs”? Learn about the history, lore, and uses for both common and unusual herbs you can grow.

**Instructor:** Carol Ann Harlos, master gardener, Cornell Cooperative Extension

**Tuesday, October 5 10 a.m.**

Hamburg Senior Community Center, 646-0665 to register

## Hands-Only CPR

This training method that teaches the compressions-only technique is a combination instruction and skills session that lasts approximately 30 minutes. CPR training certification is not provided through this course.

**Instructor:** American Red Cross, Western New York Chapter

**Wednesday, November 3 1:30 p.m.**

Town of Aurora Senior Center, 652-7934 to register

**Saturday, November 6 11 a.m.**

Central Library, 858-8900 to register

## Internet Basics

Learn the basics of exploring the Internet. You’ll be taught about the Internet browser Google Chrome, how it works, and how to search for specific web pages.

**Instructor:** The Buffalo & Erie County Public Library’s TechKnow Lab

**Monday, October 4 2 p.m.**

Amherst Senior Center, 636-3051 to register

**Monday, November 1 1 p.m.**

Tosh Collins Senior Center, 822-4532 ext. 103 to register

**Monday, December 6 1 p.m.**

Tosh Collins Senior Center, 822-4532 ext. 103 to register

## Computer Basics

Learn how to operate a computer, identify its parts, and use various useful software programs. Additionally, receive tips on purchasing a computer that fits your needs.

**Instructor:** The Buffalo & Erie County Public Library’s TechKnow Lab

**Monday, October 4 10 a.m.**

Amherst Senior Center, 636-3051 to register

**Wednesday, October 27 10:30 a.m.**

Orchard Park Senior Center, 662-6452 to register

**Monday, November 1 10 a.m.**

Tosh Collins Senior Center, 822-4532 ext. 103 to register

**Monday, November 15 1 p.m.**

Lancaster Senior Center, 685-3498 to register

**Monday, December 6 10 a.m.**

Tosh Collins Senior Center, 822-4532 ext. 103 to register

## Finding Living Descendants

Learn about resources and strategies to find living relatives. This class is helpful if you’re hoping to connect with family to collaborate on research, an adoptee looking for your birth family, trying to find heirs for probate cases, or planning a family reunion.

**Instructor:** Rhonda Hoffman, genealogy specialist, Buffalo & Erie County Public Library

**Thursday, November 4 1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

## Genealogy 101

Learn basic genealogy concepts, the types of records used, and an overview of genealogy resources available.

**Instructor:** Rhonda Hoffman, genealogy specialist, Buffalo & Erie County Public Library

**Tuesday, October 19 1:30 p.m.**

Town of Aurora Senior Center, 652-7934 to register

### Exercise with Ms. Fitness

Enjoy a low-impact exercise routine and discuss health and wellness programs the department offers.

**Instructor: Julie Ruzala, fitness trainer/media specialist, Erie County Department of Senior Services**

**Thursday, October 21 1 p.m.**

Concord Senior Center, 592-2764 to register

### Activities to Maintain Independence

Let's change our way of thinking about growing older! We'll learn about exercises and activities you can do at home to help maintain your independence.

**Instructor: Jill Bronsky, owner, Forward Fitness Inc.; author**

**Friday, November 12 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Saturday, December 4 11 a.m.**

Central Library, 858-8900 to register

### Senior Services: How We Serve You

Join us for a lesson on what Senior Services does and how you can access its programs and services.

**Instructors: Karen Adamo, senior case manager; Moira Mycio, assistant long-term care coordinator, Erie County Department of Senior Services**

**Monday, October 18 10 a.m.**

Lancaster Senior Center, 685-3498 to register

**Thursday, October 21 1 p.m.**

Hamburg Senior Community Center, 646-0665 to register

### Better Choices for Future House Selling

This session is designed for the homeowner who is not quite ready to sell but sees it on the horizon, perhaps in six months or even five years.

**Instructor: Michael Olear, Olear Team/MJ Peterson**

**Wednesday, October 6 6 p.m.**

Amherst Senior Center, 636-3051 to register

**Thursday, October 14 1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

### Finding Common Ground

What can we do when conversations seem tense? Will communicating get any easier? We'll discuss the steps you can take to build and repair relationships while finding common ground.

**Instructor: Marian Deutschman, PhD, professor emerita of communications, Buffalo State College**

**Friday, October 8 2 p.m.**

Amherst Senior Center, 636-3051 to register

### Self-Care Tips to Reduce Stress and Be More Productive

Self-care is the practice of taking an active role in protecting one's own well-being and happiness. Learn tips on how to incorporate self-care into your daily routine so you can reduce stress and be productive.

**Instructor: Rob Kubiak, director of marketing and PR, Compeer of Greater Buffalo**

**Friday, October 1 1 p.m.**

West Seneca Senior Center, 675-9288 to register

**Friday, October 22 2 p.m.**

Amherst Senior Center, 636-3051 to register

### Safe Dating Practices

Discuss how dating has changed over the years including safe sex, catfishing, scams, and other scenarios you may encounter while dating.

**Instructor: Nicole Cassata, outreach aide, Erie County Department of Health**

**Friday, October 1 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Monday, October 25 10:30 a.m.**

Grand Island Golden Age Center, 773-9682 to register

**Wednesday, November 10 10 a.m.**

Amherst Senior Center, 636-3051 to register





ERIE COUNTY DEPARTMENT OF SENIOR SERVICES

95 Franklin Street, 13th Floor  
Buffalo, NY 14202

# Open Your World Volunteer with Erie County Retired & Senior Volunteer Program



Contact

[RSVP@erie.gov](mailto:RSVP@erie.gov)

or call

716-858-7548

to get involved



**AmeriCorps**  
Seniors



UNIVERSITY EXPRESS BROUGHT TO YOU BY:



ERIE COUNTY DEPARTMENT OF SENIOR SERVICES

