



June University Express



Please sign up in advance 716-542-6645

Monday, June 2nd @ 2:00pm - Let's Get Potted

Why bother to re-pot a plant? How to do this easily without damaging the plant or your self-esteem. (You don't really believe in "brown thumbs, do you?")

Tuesday, June 3rd @ 5:30pm - Lake Erie Ice Boom

What is the ice boom supposed to do? Does it slow the arrival of Spring in Western New York? Is it unique to this area, and does it possibly harm some other parts of the environment? All this will be discussed in The Lake Erie Ice Boom presentation.

Wednesday, June 4th @ 1:00pm - Sparrows, Seeds and Safety

Feeding birds is a hobby enjoyed by many people. This hobby provides enjoyment for humans and a vital food source for our avian friends. Did you know that bird feeders and feeding stations can be a source of illness for birds? Are you wondering if you should continue feeding the birds during the recent outbreak of H5 bird flu? Are you at risk of contracting H5 bird flu when filling the feeders? How can we feed the birds and keep the rat population at bay? This class will answer these questions and show you what to feed the birds to avoid seed waste, how to keep your bird feeders clean to prevent illness in birds (and yourself), answer questions about H5 bird flu spread in bird and humans, and how to avoid letting your bird feeder become a rat buffet.

Friday, June 6th* @ 1:15pm - Landlubbing on the Buffalo River

From the comfort of your chair "sail" down the Buffalo River with its rich industrial history. Harken back to the days when Buffalo was a major inland port, and the grain elevators were the heart of the city's pulse. We will be revisiting the past and looking toward the future as we explore Buffalo's riverfront. *RESCHEDULED FROM ORIGINAL MAY 30TH DATE.

Monday, June 9th @ 2:00pm - Sleep Ergonomics

Best and worst sleep positions, how to sleep comfortably and correctly.

Wednesday, June 11th @ 1:00pm - Hands Only CPR/AED

This class will teach you the skills needed to perform hands only CPR on adults and infants. This is not a certificate course, but you will leave knowing that you can save a life. Class size limited.

Thursday, June 12th @ 4:00pm - Harry Potter for Grandparents

Learn about the characters, plot and vocabulary of this charming book series which was a catalyst for millions of children worldwide to experience the joy of reading. Put your name in the "Sorting Hat" to win a "magic wand".

Monday, June 16th @ 2:00pm - General Bennett Riley Defender of Buffalo

Thomas F. Schobert, author of "Hush the Cannon's Roar - The Life and Times of Bennet Riley: Defender of Buffalo", will discuss the career and personal life of Major General Bennet C. Riley, who served in the U.S. Army for 40 years from the War of 1812 through the Mexican War and culminated with his serving as the last military governor of California during the famous "California Gold Rush". In the early 1840s, Riley was commanding officer of the Buffalo Barracks, an army post located on what is now the Theodore Roosevelt Inaugural Site. The experience of Riley during his time here and his interactions with notable Buffalonians convinced him to return here after his military service was finished.

Wednesday, June 25th @ 1:15 pm - Gardens of Murder Creek

The restoration efforts at our gardens (Gardens at Murder Creek) focus on restoring the Great Lakes ecosystem on just under 10 acres. The property, a former horse pasture, was purchased in 2008 and restoration efforts in 2010. Our mission included the removal of invasive exotics, increased biodiversity of Great Lakes native plants, and stabilized the banks of our seasonally flooded creek bed. So far our efforts have transformed the landscape and we have begun cataloging the results of our efforts in terms of insects, birds, and mammals. More work is needed but restoration takes time. Our primary goal has always been to demonstrate what restoring native plants would mean to the community.


Thursday, June 26th @ 1:30pm - Horror of March 31, 1954 Cleve Hill School Fire

The local news story of the 20th Century in Cheektowaga; the worst school fire in New York State history. Back for another University Express series following last fall's presentations that informed and educated standing-room-only audiences.

Other Presentations

Please sign up in advance 716-542-6645

Wednesday, June 4th @ 10:30am - Improve Health with Art

Pick out a picture to color or bring your own. Supplies for use are available. Socialize and color! Good stress reliever! Socialize and have fun! Brought to you by: 

Wednesday, June 5th @ 4:00pm - 15 Ways to Avoid Probate

Have your questions answered and learn about estate and asset protection, probate legal procedures, the risks and benefits of avoiding probate, the best forms of real estate ownership, common estate planning mistakes, recent changes in estate and gift tax laws, the duties of trustees and executors, myths about living trusts, updating your will, and preventing will contests.

Thursday, June 12th @ 12:45pm - Fall Prevention

Tips and tricks to keep you on your feet. Learn home safety and home exercises to prevent falling.

Friday, June 13th @ 1:00pm - Aging: Better Than the Alternative

In this life, there's no escaping aging or declining health. It is part of the mortal dance. In our youth-oriented society, one must be intentional to feel good about aging or about health challenges. We'll use this session to explore what it means to come face to face with the two realities of aging and getting sick, lessening fear by facing it. *Light Refreshments Provided*



AKRON CHAIN GANG

The bicycle group from the Senior Center, known as the Akron Chain Gang, is going to be riding again in the **Ride for Roswell** on **June 28th** this year. Some of the group will ride 10 miles and some 20 miles. Do you have someone that has been touched by cancer? Would like to support our efforts? There will be a donation box at the Akron Senior Center or you can give your donation to office staff. If you would like to join our team and ride with us, feel free to contact John and Clare Noce at 716-908-4362. We are always looking for new friends to join. Thank you in advance for your support.

"A Murder Most Illuminating" Tuesday, August 26th @ 5:30pm

At **Buffalo's Pan-American Exposition in 1901**, the power suddenly goes out and a man is killed. The suspects are the soon-to-be president Teddy Roosevelt; Louise Bethune, first female architect; Nikola Tesla, a pioneer in electricity; Thomas Edison Jr., son of Tesla's adversary in electricity and Eleanor Mayer, Taylor Swift's Great Grandma. Can you piece together the clues to find out whodunit?

Akron - Newstead Senior Center
5691 Cummings Rd. Akron

Tickets by pre-sale only: \$25.00

Event to include: Appetizers, Pot Roast Dinner, Dessert,
Coffee/Tea/Water and Murder Mystery Show

*PERIOD DRESS ENCOURAGED BUT NOT REQUIRED!

MURDER
MYSTERY
SHOW
PRESENTED
BY:



Event Sign-up

Please use this sign up sheet to select the events you wish to attend. Limited space is available, in the event an activity is full we will call you to notify you.

Name(s): _____

Phone Number: _____

Please pay for the below events a week in advance.

Please provide separate checks for Trips and Travel, Casino Trips and Diners Club.

Event:	Name(s) Attending	Staff Use (PD)
<input type="checkbox"/> June 5th--Music Trivia \$4 _____		<input type="checkbox"/>
<input type="checkbox"/> June 10th--Strawberry Social \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> June 12th--Diners Club \$33 _____ Meal Choice: (circle one) Chicken Parm Haddock Pork Chop		<input type="checkbox"/>
<input type="checkbox"/> June 13th--Hitch a Ride: Heritage Village \$15 _____		<input type="checkbox"/>
<input type="checkbox"/> June 16th--Batavia Downs \$35 _____		<input type="checkbox"/>
<input type="checkbox"/> June 17th--Baton Twirlers \$4 _____		<input type="checkbox"/>
<input type="checkbox"/> June 18th--Board Luncheon \$3 _____		<input type="checkbox"/>
<input type="checkbox"/> June 20th--Craft: Birdhouse \$5 _____		<input type="checkbox"/>
<input type="checkbox"/> June 23rd--Homemade Monday \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> June 25th--Hitch a Ride: Herschell Carrousel Museum \$15 _____		<input type="checkbox"/>
<input type="checkbox"/> June 26th--Dinner and a Movie \$6 _____		<input type="checkbox"/>
<input type="checkbox"/> June 27th--Fancy Friday \$22 _____		<input type="checkbox"/>

Please sign up for Erie County Meals below and **pay at time of meal.**

Please indicate Date(s) and Name(s) of those attending below.

Lunch:

Date(s)

Name(s)

Dinner:

Date(s)

Name(s)

Additional Comments _____ Staff Initial _____